

MAYOR DAVID R. MARTIN

# STAMFORD RECREATION SERVICES

*Spring & Summer 2014*



## **ON-LINE REGISTRATION**

For Spring Programs & Summer Specialty Camps Begins *March 14th*

## **WALK-IN REGISTRATION**

For Spring Programs & Summer Specialty Camps Begins *March 17th*

**Summer Day Camp, Activity Program, Playground &  
Preschool Camp Registration Dates** *on Page 3*

# Welcome To Stamford Recreation Services

## City Officials

**Mayor:** David R. Martin

## 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

## Parks & Recreation Commission

Joseph Andreana: **Commissioner**

Althea Brown: **Commissioner**

Michael Macari: **Commissioner**

David Winston: **Commissioner**

## Office Hours

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

**until June 30th, 2014**

Monday - Friday from 8:00AM - 4:00PM

**July 1st - Sept. 1st, 2014**

**Note:** Registration for all spring & summer programs except specified camps, begins as follows:  
**On-line** - Friday, March 14th, 2014 @ 8:30AM  
**Walk-In Registration** - March 17th, 2014 @ 8:30AM

**Please see page 16 for Summer Day Camps, Activity Programs, Playground Camp and Preschool Camp Registration Dates!**

## Recreation Office Holidays

Friday, April 18th - **Good Friday**

Monday, May 26th - **Memorial Day**

Friday, July 4th - **Independence Day**

## 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 policies. Registrations are not accepted at any of our programs & must be done in advance at the Recreation Office or ONLINE

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## 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 March 14th, 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 March 14th, 2014 at 8:30am and walk - in registrations begins March 17th, 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.**

## 2014 Summer Camp Registration Dates

### Registration Dates For Day Camps, Activity & Playground Programs & Preschool Camp 2014

Please update your on-line account before registration the week of March 3rd, 2014. On-line Day Camp spots are only available for full pay fee spots and registration for all three camps starts at 8:00am on-line, March 3rd, 2014. **If your child requires a para (one on one aide in school) and will need one during summer camp, please supply a copy of your child's IEP at registration so that we can hire someone to work with them.**

### Monday, March 3rd, 2014 - 8:00AM ( No on-line wait lists available)

Heroy Day Camp - 70 spots out of 110 maximum spots

Davenport Day Camp - 75 spots out of 95 maximum spots

Westover Day Camp - 60 spots out of 80 maximum spots

- **If you are not successful in securing a spot online you may attend the walk-in registration**
- **All walk in registrations are first come, first served basis**

### Walk-in Registration Dates For The Above Listed Day Camps ( Full pay & Reduced Pay Fee Spots)

**Heroy Day Camp** - Monday, March 3rd, 2014 at 3:00PM - 30 Full pay spots & 10 Reduced Fee Spots

**Davenport Day Camp** - Monday, March 3rd, 2014 at 3:00PM - 20 Full pay spots & 70 Reduced Spots

**Westover Day Camp** - Thursday, March 6th, 2014 at 3:00PM - 20 Full pay spots & 85 Reduced Spots

- There could possibly be more walk-in spots available if the maximum number of on-line spots are not filled!

### Activity & Playground Program On-line ( Full Pay Only) & Walk - in Registration Date

**Stillmeadow & Newfield Activity Program**, Monday, March 10th, 2014 starting at 8:00AM on-line & Walk-In

**Cove Island Playground**, Monday, March 10th, 2014 starting at 8:00AM on-line & Walk - In

**Preschool Summer Camp At Roxbury** - Registration will be on Thursday, March 13th, 2014 at 8:30AM

**No on-line registration for this camp and a Copy of the child's Birth Certificate is required at registration!**



# Special Events For Children & Families

## Teddy, Tea & Me (Ages 2 - 5)

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

**When:** March 11th

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

**Day:** Tuesday

**Fee:** \$8.00 per child/Adult free

**Instructors:** Monica and Dan

**Program#:** 2201 - Sec. A

**Description:** Come join us for this one day of good old fashioned fun. Children accompanied by their favorite adult ( a grand parent, aunt, uncle or parent) and stuffed animal will have fun being part of various related activities, songs, games with prizes & of course "tea" and a snack!



## The Bunny Bash

**Where:** Stillmeadow School

**When:** April 11th

**Time:** 6:30PM - 8:00PM

**Day:** Friday

**Fee:** \$5.00 per person / All ages must have a ticket

**Instructors:** Recreation Staff

**Program#:** 2200 - Sec. A

**Description:** Bring the whole family and enjoy a night that will include face painting, Moon Bounces, Ice Cream and of course Mr. & Mrs. Easter Bunny. Each child will receive a small treat from the Bunny. We will also have a raffle with door prizes at the end of the evening. **Best for children ages 10 and under!**

## Early Childhood Programs

### Budding Artist (Ages 2 - 3 1/2)

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

**When:** April 1st - May 13th ( no class 4/15)

**Time:** 10:00AM - 10:45AM

**Day:** Tuesday

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

**Instructors:** Monica and Dan

**Program#:** 2202 - Sec. A

**Description:** Share the joy of creating art and take home your masterpiece. You will be amazed at your preschooler's creativity. Wear paint - friendly clothes! A small snack will be provided each week. **Adult & Child Program.**



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

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

**When:** April 2nd - May 14th ( No class 4/16)

**Time:** 10:00AM - 10:45AM

**Day:** Wednesday

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

**Instructors:** Monica and Dan

**Program#:** 2204

**Description:** This parent & child class is designed to provide young children with a great opportunity to socialize & make new friends. Each class will start with free play using various balls, balance beams, obstacle courses, trampoline, building blocks and more.



### Shape, Sizes & More (Ages 2 - 3 1/2)

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

**When:** April 1st - May 13th ( no class 4/15)

**Time:** 11:00AM - 11:45AM

**Day:** Tuesday

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

**Instructors:** Monica and Dan

**Program#:** 2203 - Sec. A

**Description:** Your child will learn shapes, counting, sorting & more while developing dexterity & small motor skills through activities, games & stories. A great way for you and your child to meet new friends while enjoying this fun program. **Adult & Child Program.**



### Spring Fun & More (Ages 2 - 3)

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

**When:** April 2nd - May 14th ( No class 4/16)

**Time:** 11:00AM - 11:45AM

**Day:** Wednesday

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

**Instructors:** Monica and Dan

**Program#:** 2205 - Sec. A

**Description:** Welcome this colorful season with "Springy" activities your preschooler will love! Gardening, games, crafts & stories based on the Spring season. A fun way for you and your child to enjoy the Spring as we head into the warm weather. **Adult & Child Program.**



# More Great Early Childhood Programs

## Fun Gym With Monica (Ages 3 - 5)

**Where:** Zion Lutheran Church/132 Glenbrook Rd

**When:** April 3rd - May 15th ( No class 4/17 )

**Time:** 10:00AM - 10:45AM

**Day:** Thursday

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

**Instructors:** Monica and Dan

**Program#:** 2206 - Sec. A

**Description:** Ready to chase the winter blues away? This fun class is structured around sports, games, and exercise to music. The children will work with balls, hoola - hoops, parachutes & more to improve coordination, strength & agility. **Parent participation is not required !**



## Bitty Chef & A Buddy (Ages 3 - 5)

**Where:** Zion Lutheran Church/132 Glenbrook Rd

**When:** April 3rd - May 15th ( No class 4/17 )

**Time:** 11:00AM - 11:45AM

**Day:** Thursday

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

**Instructors:** Monica and Dan

**Program#:** 2207 - Sec. A

**Description:** You & your child will get a chance to try culinary skills in this hands-on program where they will learn to make fun snacks. We will also read stories, sing songs and even play game based on our dishes.

**Adult & Child Program.**



## Budding Gardeners (Ages 2 - 4)

**Where:** Zion Lutheran Church/132 Glenbrook Rd

**When:** April 24th - May 22nd

**Time:** 12:30PM - 1:10PM

**Day:** Thursday

**Fee:** \$35.00 per child for 5 weeks

**Instructors:** Monica and Dan

**Program#:** 2208 - Sec. A

**Description:** Back by popular demand this Spring! With a little help from you, your child will learn about planting seeds, fertilizing plants and seeing them grow in this indoor and outdoor gardening class. All required supplies & tools will be provided. We suggest that you bring a pair of gardening gloves for you & your child. **Adult & Child Program.**

## Sun & Fun With A Buddy (Ages 3 - 4)

**Where:** Cove Island Beach By the Pavilion

**When:** April 29th - May 20th

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

**Day:** Tuesday

**Fee:** \$30.00 per child for 4 weeks

**Instructors:** Monica and Dan

**Program#:** 2209 - Sec. A

**Description:** A great class for children who attend preschool. Every week the class will begin with a 15 minute walk followed by a different activity that is age appropriate. Activities will include nature exploration, scavenger hunt, visit to sound waters, building a sand castle, and more. **An Adult & child Program!** A temporary parking pass for the class will be provided for anyone that does not have a beach sticker.



## Sundae On Friday

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

**When:** May 30th, 2014

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

**Day:** Friday

**Fee:** \$7.00 per child/Adult free

**Instructors:** Monica and Dan

**Program#:** 2210 - Sec. A

**Description:** Summer is here and what better way to celebrate than with ice cream! Create your own Sundae with many different toppings to choose from. Lots of choices and scoops of fun. The program will also include an exciting story followed by a craft project!



## Soccer Tikes For Preschoolers (Ages 3-6)

**Where:** Scalzi Park grass field

**When:** April 26th - May 31st

**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 #:** 2211

**Description:** At Soccer Tikes, we stress a non-competitive environment. This is a child development program for kids. 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!**

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



## Check Out Tiny Tots Camp

If your child is age 3-5 check out our summer pre-school camp on Page Three of this brochure. Registration will begin for this camp on Thursday, March 13th, 2014 at 8:30AM at the Recreation Office. This camp is full of fun activities, crafts, stories and special events!

# Pixalina Dance & Youth Programs

## Tiny Tu - Tus ( Age 2 )

**Where:** Terry Connors Rink/Second floor class room  
**When:** March 31st - June 16th ( No class 4/14 & 5/26 )  
**Day:** Monday  
**Times:** 9:30AM - 10:15AM  
**Fee:** \$180.00 per child for 10 weeks  
**Instructors:** Ms. Danette  
**Program#:** 2212 - 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.**



## Swan Ballet ( Age 3 )

**Where:** Terry Connors Rink/Second floor class room  
**When:** March 31st - June 16th ( No class 4/14 & 5/26 )  
**Day:** Monday  
**Time:** 10:30AM - 11:15AM  
**Fee:** \$180.00 per child for 10 weeks  
**Instructors:** Ms. Danette  
**Program#:** 2213 - Sec. A

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



## Princess Ballet ( Ages 4 - 5 )

**Where:** Terry Connors Rink/Second floor class room  
**When:** March 31st - June 16th ( No class 4/14 & 5/26 )  
**Days:** Monday  
**Times:** 11:30AM - 12:15PM  
**Fee:** \$180.00 per child for 10 weeks  
**Instructors:** Ms. Danette  
**Program#:** 2214 - Sec. A

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



## Ballet/Tap Combo ( Pre K - 3 Grade )

**Where:** Westover School Dance Studio  
**When:** April 1st - June 10th ( No class 4/15 )  
**Days:** Tuesday  
**Time:** 4:00PM - 5:00PM (Ages Pre - K) - **Section A**  
5:00PM - 6:00PM ( Gr. K-3) - **Section B**  
**Fee:** \$180.00 per child for 10 weeks  
**Instructor:** Ms. Danette  
**Program #:** 2215

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



## Irish Dancing ( Gr. K-2 )

**Where:** Zion Lutheran Church at 132 Glenbrook Rd  
**When:** March 29th - May 24th ( No class 4/19 )  
**Day:** Saturday  
**Time:** 11:45AM - 12:30PM  
**Fee:** \$75.00 per child for 6 weeks  
**Instructor:** Mary Curley, Irish Dance Instructor  
**Program#:** 2217 - Sec. A

Here's your chance to kick up your heels and dance an Irish reel – students will be introduced to Irish *céili* music; and will learn the steps (what to do with their feet) and the figures (how to move around the room) of *céili* dancing – laughter, fun and exercise guaranteed, and maybe even a few words of the Irish language! No previous experience necessary. **No special clothing/shoes required.**

## Irish Dancing II ( Gr. 3 - 5 )

**Where:** Zion Lutheran Church at 132 Glenbrook Rd  
**When:** March 29th - May 24th ( No class 4/19 )  
**Day:** Saturday  
**Time:** 12:45PM - 1:30PM  
**Fee:** \$95.00 per child for 8 weeks  
**Instructor:** Mary Curley, Irish Dance Instructor  
**Program#:** 2218 - Sec. A

Here's your chance to kick up your heels and dance an Irish reel – students will be introduced to Irish *céili* music; and will learn the steps (what to do with their feet) and the figures (how to move around the room) of *céili* dancing – laughter, fun and exercise guaranteed, and maybe even a few words of the Irish language! No previous experience necessary. **No special clothing/shoes required.**

## Chess Wizards ( Gr. K & UP )

**Where:** First Presbyterian Church/ 1101 Bedford St.  
**When:** March 29th - May 24th ( No class 4/19 )  
**Day:** Saturdays  
**Time:**  
9:30AM - 10:30AM - Beginners & Intermediate - **Sec. A**  
10:30AM - 11:30AM - Intermediate & Advanced - **Sec. B**  
**Fee:** \$135.00 per child for 8 weeks  
**Instructor:** Certified Chess Wizard Staff  
**Program#:** 2219

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



# Youth Art & Lego Programs

## Artist Workshop ( Gr. 1 - 2 ) - NEW

**Where:** Newfield Elementary School  
**When:** April 1st - May 13th ( No class 4/15)  
**Day:** Tuesday  
**Time:** 2:50PM - 3:50PM  
**Fee:** \$75.00 per child for 6 weeks / **supplies included**  
**Instructor:** TBA  
**Program #: 2220 - Sec. A**  
**Description:** Students will explore hands-on methods of painting, pasting and other projects that they may not try at home. Self-expression is encouraged! Experiment with fingers, tempera and watercolor paint.

## Young Artist ( Gr. 2 - 3 ) - NEW

**Where:** Roxbury Elementary School  
**When:** March 31st - May 19th ( No class 4/21)  
**Day:** Monday  
**Time:** 4:00PM - 5:15PM  
**Fee:** \$75.00 per child for 6 weeks/ supplies included  
**Instructor:** Ms. Nancy and Staff  
**Program #: 2221 - Sec. A**  
**Description:** Your child will enjoy an hour of creative fun! Young Artists will create individual masterpieces using paints, glue, tissue paper, markers and many other art supplies each week. If your student enjoys art they will love this afterschool program. Some art will take place outdoors. Dress for the Mess!

## Cartooning ( Gr. 2 - 4 )

**Where:** Davenport Elementary School  
**When:** April 2nd - May 14th  
**Day:** Wednesday  
**Time:** 3:45PM - 4:45PM  
**Fee:** \$80.00 for 6 weeks  
**Instructor:** Cartoonist Mr. Mike  
**Program #: 2223 - Sec. A**



**Description:** Use fun & creativity to enhance fine motor skills & boost confidence. Create silly characters, funny expressions, & drawing sequences that tell a story. Light-hearted subject matter will engage students, their sense of humor, and vivid imaginations.

## Birthday Party Information

Stamford Recreation Services offers 3 different types of birthday parties for children **ages 4-10**. Party types are as follows: Standard Party, Super Sports Party & Princess Party. We supply goodie bags, a small gift for the birthday child, card, staff and all of the equipment for the party you select. Parents must supply a cake, paper goods, beverages and whatever food they would like to serve.

**Please contact Bobby Pentino** to check available dates & times at 203-977-4645. Cost of each party is \$225.00 and with a maximum of 20 children per party. We will permit up to 5 extra participants at a cost of \$5.00 per child extra. For more information [www.stamfordrecreation.com](http://www.stamfordrecreation.com)

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

**Where:** Davenport School  
**When:** April 2nd - June 4th ( No class 4/16)  
**Day:** Wednesday  
**Time:** 4:00PM - 5:00PM - **Ages 5-7 - Section A**  
5:00PM - 6:00PM - **Ages 8 - 12 - Section B**  
**Fee:** \$152.00 per person for 9 weeks  
**Instructor:** Jo-Anne Claybourne  
**Program #: 2224**



**Description:** 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)

## Lego Fun Club ( Gr. 1-2 ) - New

**Where:** Newfield Elementary School  
**When:** March 31st - May 19th ( No class 4/14 & 4/21)  
**Day:** Monday  
**Time:** 2:50PM - 3:50PM  
**Fee:** \$35.00 for 6 weeks  
**Instructor:** TBA  
**Program #: 2225 - Sec. A**



**Description:** This fun class allows children to create with Legos and interact with each other in a safe and controlled environment. After each creation is completed each week, our staff will vote on the top creation and that child will receive a prize. Students will build spaceships, planes, vehicles and more during this fun and relaxing class. **We supply the Legos & a Snack each week!**

## Super Silly Science ( Gr. K - 2 )

**Where:** Westover Elementary School  
**When:** April 2nd - May 14th ( No class 4/16)  
**Day:** Wednesday  
**Time:** 4:00PM - 5:15PM  
**Fee:** \$75.00 for six weeks  
**Instructor:** Ms. Nancy & Staff  
**Program#: 2222 - Sec. A**



**Description:** Meet us in the lab for a session full of out of the ordinary discoveries and experiments. Little scientists will participate in hands on activities to engage, excite and spark their natural curiosity. Through fun experiments, we'll problem solve, predict, create and explore concepts such as states of matter, actions/reactions, basic physics and engineering. Our experiments will take place indoors as well as outdoors and each week is sure to bring a smile!

**So grab your lab coat and join us for Super Silly Science!**

# Youth Music Programs

## Musikids Keyboard I (Ages 6 - 8)

**Where:** Westover Elementary School  
**When:** April 2nd - May 28th (No class 4/16)  
**Day:** Wednesday  
**Time:** 6:00PM - 7:00PM  
**Fee:** \$195.00 per child for 8 weeks  
**Instructor:** Bob Fiorito  
**Program#:** 2226 - 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:** April 2nd - May 28th (No class 4/16)  
**Day:** Wednesday  
**Time:** 7:00PM - 8:00PM  
**Fee:** \$195.00 per child for 8 weeks  
**Instructor:** Bob Fiorito  
**Program#:** 2227 - Sec. A



**Description:** This keyboard program is designed for students who have successfully completed our beginner program or have had prior lessons. The program will build on their current keyboarding skills, and will have them playing their favorite songs. A max of 8 students

## Guitar Lessons With Mr. Truglio

**Where:** Westover Elementary School  
**When:** April 2nd - May 28th (No class 4/16)  
**Day:** Wednesday  
**Time:** 5:15PM - 6:00PM  
**Fee:** \$155.00 per student for 8 weeks  
**Program#:** 2231 - 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!

## Higher Level Guitar Lessons With Mr. Truglio

**Where:** Westover School  
**When:** April 2nd - May 28th (No class 4/16)  
**Day:** Wednesday  
**Time:** 6:00PM - 6:45PM  
**Fee:** \$155.00 per student for 8 weeks  
**Program#:** 2232 - 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!**

## Piano Lessons With Mr. Fiorito

**Where:** Westover School  
**When:** April 3rd - May 29th (No class 4/17)  
**Day:** Thursday  
**Time:** 4:00PM - 4:45PM  
**Fee:** \$165.00 per student for 8 weeks  
**Program#:** 2228 - 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:** April 3rd - May 29th (No class 4/17)  
**Day:** Thursday  
**Time:** 4:45PM - 5:30PM  
**Fee:** \$165.00 per student for 8 weeks  
**Program#:** 2229 - 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:** April 3rd - May 29th (No class 4/17)  
**Day:** Thursday  
**Time:** 5:30PM - 6:15PM  
**Fee:** \$165.00 per student for 8 weeks  
**Program#:** 2230 - 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.



## Partial Music Scholarships Available

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

# CT Computer Education Programs For Youth

## Art & Exploration

### To The Moon & Back Again (Ages 3 - 5)

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

**When:** April 24th - May 29th

**Day:** Thursday

**Time:** 11:00AM - 12:15PM

**Fee:** \$75.00 per child for six weeks

**Program#:** 2233 - Sec. A

**Description:** Explore our new form of space travel in this action packed class. Journey into our atmosphere, check out the outer galaxy of our solar system. Enjoy this hands-on program that takes children on a quest for exploration! Learn about the Milky Way, navigation, comets, planets, stars and much more. This class uses computer technology and arts and crafts. Please bring a snack.



## We Do Robotics (Ages 5 - 9)

**Where:** Roxbury Elementary School

**When:** May 2nd - May 30th

**Day:** Friday

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

**Fee:** \$100.00 per child for five weeks

**Program#:** 2236 - Sec. A

**Description:** Yes, We CAN learn about Robotics! With the LEGO™ WeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, programming and so much more. Young imaginations soar! Children will work in groups. Please provide a snack. **No Legos will be taken home.**



## Making Your Own Indiana Jones Move (Ages 5 - 9)

**Where:** Roxbury Elementary School

**When:** March 25th - May 6th

**Day:** Tuesday

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

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

**Program#:** 2234 - Sec. A

**Description:** Do you want to be the next Steven Spielberg? Using your own imagination, creativity, special digital movie making cameras, software and Indiana Jones™ Lego sets, you will create your very own Indiana Jones™ mini movie! You will become part of a team of writers, directors and producers and create your own story and script, build various Indiana Jones™ Lego® scenes and begin to edit your own movie. Please provide a snack. No Lego pieces will be taken home. Children can bring in their own mini figs to add to the fun.



## Elementary Engineering (Ages 5 - 9)

**Where:** Westover Elementary School

**When:** May 20th - June 17th

**Day:** Tuesday

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

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

**Program#:** 2237 - Sec. A

**Description:** Using the Lego Engineering system, students will begin their study of the world of Engineering. This class focuses on group building and individual building. Our young engineers will design and build various engineering structures of tractors, windmills, conveyor belts and merry go rounds. This class focuses on using wheels, gears, axles, levers and pulleys. Please bring a snack. No Legos will be taken home.



## UP, UP & Away With Space (Ages 5 - 9)

**Where:** Davenport Elementary School

**When:** May 1st - May 29th

**Day:** Thursday

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

**Fee:** \$100.00 per child for five weeks

**Program#:** 2235 - Sec. A

**Description:** Explore our new form of space travel in this action packed class. Journey into our atmosphere, to the outer galaxy of our solar system. Enjoy this hands-on program that brings children on a quest for exploration! Learn about the Milky Way, navigation, sun-dials, comets, planets, stars and much more. Please provide a snack.



## April Vacation Camp (Ages 5 - 10) Airplanes & Other Structures

**Where:** Westover Elementary School

**When:** April 14th - 17th

**Day:** Monday, Tuesday, Wednesday & Thursday

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

**Fee:** \$175.00 per child

**Program#:** 2238 - Sec. A

**Description:** Did you say Airplanes made of Legos. K'NEX, or wood? What type of building product produces the best airplane? Investigate which accelerates faster and further. This class includes experiments with parachutes and gliders. This fun filled camp has many surprises in store. Please bring a lunch and a snack. **No Legos or K'NEX will be taken home.**



# Youth Martial Arts, Tennis Programs & April Camp

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

**Where:** Westover School Gym  
**When:** April 7th - June 16th  
**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#:** 2239 - Sec. A  
**Description:** Taught safely with traditional values, Tae Kwon Do will help your child develop their physical coordination along with their concentration skills. Much more than learning the basic physical skills to defend themselves, Tae Kwon Do will help in all aspects of life - teaching respect for all things, giving them the positive influence and self confidence they will need to be successful at anything they do. Of course it is lot of fun to learn, and a good workout for our youth! Brand new students who enroll will start out with the rank of "White Belt" and will work towards higher ranks (also indicated by color) which are de-signed to help them with goal setting, have a sense of achievement and show their progress.

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

**Where:** Westover School Gym  
**When:** April 7th - June 16th  
**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#:** 2240  
**Description:** This Martial Art Program is designed specifically for returning students or those children who may have had prior martial arts experience elsewhere\*. Students enrolled who know the true benefit of Tae Kwon Do and how much fun it can be, will continue on their path to the eventual rank of Black Belt and be-yond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. (*Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot.*) \*Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will completed by the Instructor determine starting rank.  
**Note:** No classes on 4/13, 4/14, 4/15, 4/16 , 4/21 & 5/26/2014

## JUNIORS

### USA TENNIS 1-2-3 (pee- wee)

**Where:** Scalzi Park Tennis Courts  
**When:** May 17th - June 14th  
**Days:** Saturdays  
**SESSION ONE-** (9:30-10:00 a.m.) - **Sec. A**  
**SESSION ONE-** (9:30-10:00 a.m.) - **Sec. B**  
**SESSION TWO-** (10:15-10:45 a.m.) - **Sec. C**  
**SESSION TWO-** (10:15-10:45 a.m.) - **Sec. D**  
**SESSION THREE-** (11:00-11:30 a.m.) - **Sec. E**  
**SESSION THREE-**(11:00-11:30 a.m.) -**Sec. F**  
**FEE:** \$50 per child  
**Program#:** 2241  
**Staff:** Classes will be taught by **GSTA staff**  
**Description:** This program is designed to be a fun-filled introduction to tennis for children ages 6-7 with a game-oriented theme and utilizing 10 and under tennis program.

### USA TENNIS 1-2-3 (youth)

**Where:** Scalzi Park Tennis Courts  
**When:** May 17th - June 14th  
**Days:** Saturdays  
**SESSION ONE:** (9:30AM-10:30 AM) - **Sec. A**  
**SESSION TWO:** (10:45AM-11:45 AM) - **Sec. B**  
**FEE:** \$150.00 per child  
**Program#:** 2242  
**Staff:** Classes will be taught by **GSTA staff**  
**Description:** This program is designed to teach basic groundstrokes and volleys to children ages 8-12 who have already played some tennis or athletic rookies who are looking to test their talents in a new sport.

### Youth Elite Spring Soccer Camp

**Where:** West Beach Turf Soccer Field  
**When:** April 14th - April 18th  
**Day:** Monday  
**Time:** 9:00AM - 12:00PM - **Section A**  
9:00AM - 3:00PM - **Section B**  
**Fee:** \$125.00 per child /half day program  
\$188.00 per child / full day program

**Instructor:** YES Soccer staff

**Program#:** 2244

**Description:** YES Camps offer exciting & challenging camp programs for every level of player delivered by the best quality coaches in the industry. Our emerging talent program & community minded approach guarantees that Youth Elite Soccer will be with you every step of the way in your soccer development. Every day at camp, players will be coached in a safe environment, which encourages players to use their own imagination.



# Youth After School Programs

## Pro Impact Soccer Academy

### Program For Youth ( Gr. K- 5 )

**Where:** Davenport School Upper Field

**When:** April 30th - June 4th

**Day:** Wednesday

**Time:** 4:00PM - 4:50PM ( Gr. K-2) - **Section A**

5:00PM - 5:50PM ( Gr. 3-5) - **Section B**

**Fee:** \$100.00 per child for six weeks

**Instructor:** Pro Impact Academy Staff

**Program #: 2245**

**Description:** Our goal is for all children to leave with a smile on their face after each class. Soccer is not only a great game, but a great source of exercise & teamwork. We want every participant to learn in an exciting non-competitive environment. The classes will be focused on participant enjoyment while learning soccer skills through exciting and energetic games with a soccer ball. They will also work on becoming more comfortable with controlling their body, feet and the ball. The older class is a great start into more competitive and instructional soccer. The classes will be more focused on honing fundamental skills while introducing all aspects of soccer from dribbling, one v one, defense and small sided play. The older program entails more instruction through our drills and teaching to become a better soccer player.

## Flag Football For Kids ( Gr. 3 -5)

**Where:** Davenport Elementary School Field

**When:** May 5th - June 2nd ( No class 5/26)

**Day:** Monday

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

**Fee:** \$30.00 per child for five weeks

**Instructor:** Recreation Staff

**Program#: 2246 - Sec. A**

**Description:** If you love playing football you will enjoy this after school flag football program. Each week our staff will review the rules of the game & then have 50 minutes of game time. Whether you have played the game before or want to learn you will love this class. We will supply all of the equipment.



## Peanut Basketball (Gr. 1 - 2)

**Where:** The Zion Lutheran Church 132 Glenbrook Road.

**When:** April 1st - May 13th ( No class 4/15)

**Day:** Tuesday

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

**Fee:** \$40.00 for six weeks

**Instructor:** Recreation Staff

**Program #: 2247 - Sec. A**

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



## Peanut Basketball II ( Gr. 3-4)

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

**When:** April 3rd - May 15th ( No class 4/17)

**Day:** Thursday

**Time:** 4:00pm - 5:00pm

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

**Instructor:** Liz King & Recreation Staff

**Program#: 2248 - Sec. A**

**Description:** A great way for students to tune up their game whether you play on a competitive team or just enjoy playing the game. Each week includes drills, games and contests. A fun enjoyable and relaxing way to play your favorite game with friends.



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

**Where:** The Zion Lutheran Church 132 Glenbrook Rd

**When:** April 2nd - May 14th ( No class 4/16)

**Day:** Wednesday

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

**Fee:** \$40.00 for six weeks

**Instructor:** Recreation Staff

**Program #: 2249 - 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.



## Neighborhood Soccer ( Gr.1 - 2)

**Where:** The Zion Lutheran Church 132 Glenbrook Rd

**When:** April 4th - May 16th ( No class 4/18)

**Day:** Fridays

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

**Fee:** \$40.00 for six weeks

**Instructor:** Recreation Staff

**Program #: 2250 - 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 stress free way for your child to learn the proper way to play the game in a recreational setting.



**Registration for all Spring, Summer Sports , Art, Science and Specialty Camps begin on-line Friday, March 14th, 2014. Walk-in registration begins on Monday, March 17th at the Recreation Office.**

# Spring & Summer Aquatics Lessons For Youth

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. Swim lesson fees are \$105.00 for 7 weeks on Mondays and \$120.00 for 8 weeks per child for Wednesdays & Fridays.**

## 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 #: 2251**

### 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 #: 2252**

### Stroke Development (Ages 7 - 9)

Children will continue to improve free style & 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 #: 2253**

### 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#: 2254**

## Swim Class Days & Times

**Mondays, March 24th - May 19th (No class 4/14 & 4/21)**

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, March 26th - May 21st (No class 4/16)**

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, March 28th - May 23rd (No class 4/18)**

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**

## Summer Programs

### Youth Summer Swim Lessons

#### Session 1 - July 7th - July 18th

10:00AM-10:30AM - Primary Skills - **Sec. A**

10:30AM - 11:00AM - Stroke Readiness - **Sec. B**

11:00AM-11:30AM - Stroke Development - **Sec. C**

11:30AM-12:00PM - Stroke Refinement - **Sec. D**

#### Session 2 - July 21 - August 1st

10:00AM - 10:30AM - Primary Skills - **Sec. A**

10:30AM - 11:00AM - Stroke Readiness - **Sec. B**

11:00AM - 11:30AM - Stroke Development - **Sec. C**

11:30AM - 12:00PM - Stroke Refinement - **Sec. D**

**Days:** Monday through Friday

**Fee:** \$150.00 per two week section

**Staff:** American Red Cross Certified

**Program #: Session 1 - Program#: 2255**

**Session 2 - Program#: 2256**

**Description:** Swim Lessons will take place at Westhill High School, 125 Roxbury Road. Enter the school in the rear of the building through the loading dock .

## Junior Lifeguard Program

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 year olds a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15. The classes will take place at one of our beaches. Includes a Red Cross Certification in CPR/AED. **Program#: 2280**

**Limited to 12 participants per session.**

**Mandatory Orientation on June 11<sup>th</sup>, 6:30 pm at the Recreation Office.**

**All class times are 10:30 am – 12:30 pm.**

**Days/Dates –**

**Session I :** Tuesdays/Thursdays - June 24, June 26, July 1, July 8, July 10, July 15, July 17, 2014

**Session II:** Tuesdays/Thursdays – July 22, July 24, July 29, July 31, Aug. 5, Aug. 7, Aug. 12, Aug. 14

**Fees:**

**Session I - \$225.00 per Student - Sec. A**

**Session II - \$250.00 per Student - Sec. B**

## Free Public Swim

**Monday, Wednesday & Friday:** Public Swim takes place from 7:00pm - 8:45pm at Westhill High School Pool. The Spring session will run from March 24th - May 23rd, 2014 and will follow the school schedule for closings. Public Swim will not meet on 4/14, 4/16, 4/18 & 4/21) For more information please call the Recreation Office at 203-977-5214.

# Youth Fitness Programs & Horse Back Riding Lessons

## Kid's Fitness Circuit ( Ages 7-13 )

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

**When:** April 7th - June 20th

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

**Fee:** \$149.00 per child for **Section A / Unlimited Days**  
\$149.00 per child for **Section B / Unlimited Days**

**Instructor:** Kimberly Colletto, ACE Certified Trainer  
**Program #: 2258**

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.

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

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

**When:** April 8th - June 19th

**Day:** Tuesday/Thursday

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

**Fee:** \$120.00 per child for one day - **Section A**  
\$199.00 per child for both day - **Section B**

**Instructor:** Kimberley Colletto, ACE Certified Trainer  
**Program#: 2259**

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 .

## Horse Back Riding Lessons

**Where:** Mead Farm at 107 June Road, Stamford

**When:** Sunday - April 27th, May 4th, 11th  
( Mothers Day ) & 18th - **Section A**

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

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

**Fee:** \$180.00 per person /per section

**Instructor:** Mead Farm Staff

**Program#: 2264**

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! **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 April 18th, 2014** to participate in the program.

## Hip Hop For Girls

**Where:** Westover School Dance Studio

**When:** March 31st - June 16th ( No class 4/14)

**Day:** Monday

**Time:** 4:30PM - 5:30PM ( Gr. K-3) - **Sec. A**  
5:30PM - 6:30PM ( Ages 10-12) - **Sec. B**

**Fee:** \$140.00 per child for 10 weeks per section

**Instructor:** Ms. Fujiko

**Program#: 2216**

Come try out the latest moves to the hottest new "edited "music". With or without any dance experience your child will love this workout. Bring clean sneakers & a water bottle to each class

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

**Where:** Davenport Ridge Elementary School

**When:** March 31st - May 19th

**Day:** Monday

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

**Fee:** \$88.00 per child

\$50.00 per child for Free & Reduced Lunch ( 2 spots)

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

**Program #: 2265 - Sec. A**

**Description:** FOUR UNIQUE FITNESS PROGRAMS IN ONE. **A. FIT KIDS FIT A. KIDS MOVE BOOT CAMP** INCLUDES REBOUNDING **B.BOKWA BOUNCE & ZUMBA & YOGA C. KID VIBE HOOPING D.KICK BOXING KIDS** combined with JUMP ROPE TRAINING will be added to the mix in this fun, high energy, and never boring fitness program for kids that includes age appropriate nutrition and healthy lifestyle education. This perfect class for a child who is enjoys variety or just needs to be moving more.

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

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

**When:** April 7th - June 20th

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

**Fee:** \$249.00 per child for **Section A / 3 day option**  
\$199.00per child for **Section B / 2 day option**

**Instructor:** Tom Bacha & Kimberly Colletto

**Programs#: 2260**

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



# Youth After School Fitness Programs & April Camps

## Hooping Dance Team For Girls (Ages 9 - 13)

**Where:** Rippowam & Davenport School  
**When:** March 27th - May 15th  
**Day:** Monday at Davenport School - **Section A**  
Thursday at Rippowam School - **Section B**  
**Time:** 4:45PM - 5:30PM - Monday  
2:15PM - 3:15PM - Thursday  
**Fee:** \$80.00 per week for once a week  
**Instructor:** Betty Kelly Camlin, Certified Instructor  
**Program #: 2266**

**Description:** : **HOOPING TEAM BEING DEVELOPED!! YOU DON'T HVE TO KNOW HOW TO HOOP TO JOIN THIS PROGRAM. WE WILL TEACH YOU** 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. Body-wise 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, hooping and learning 'hooping tricks. The class will end with body strengthening yoga that is infused with Pilates for girls to further work core/abdominal muscles, strengthen upper & lower body while improving flexibility. Please bring a water bottle to class. **OUR GOAL IS TO GET GOOD ENOUGH TO PERFORM IN FUTURE PARADES AND EVENTS.**

## Fit To Go Spring Break Camp (K-6)

**Where:** Bodywise Studio 990 Hope Street  
**When:** April 16th, 17th, 18th & 21st  
**Days:** Wednesday, Thursday, Friday & Monday  
**Time:** 10:00AM - 4:00PM  
**Fee:** \$135.00 per child (April 16th, 17th & 18th) - **Sec. A**  
\$175.00 per child (April 16th, 17th, 18th & 21st) - **Sec B**  
\$45.00 per child for (April 21st) - **Sec. C**  
**Instructor:** Betty Kelly Camlin, Certified Instructor  
**Program #: 2267**

**Description:** Our very popular school break camps are back and better. REBOUNDING, HOOPING, PLAYGROUND 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. All camps run from 10am-4pm. **Arrangements can be made with Betty for working parents - earlier arrival 8:30 and late dismissal 5:00. Must pay additional \$20 per camp to Betty for extended day.** Bring a healthy lunch, water bottles and large beach towel. Wear clothes for exercise. Bring lots of energy and good cheer!!



## BOKWA FOR KIDS

**Where:** Bodywise Studio 990 Hope Street  
**When:** March 21st - May 21st  
**Day:** Wednesday  
**Time:** 4:30PM - 5:30PM  
**Fee:** \$88.00 per student  
**Instructor:** Betty Kelly Camlin, Certified Instructor  
**Program #: 2268 - Sec. A**  
**Description:** **CLASS FOR BOYS & GIRLS. Newest Dance Fitness Craze - popular in Europe, Asia and Canada now coming to USA @ Bodywise. BOKWA®** is a new and completely different approach to KIDS GROUP dance-exercise-hip hop like program that is rapidly spreading across the globe. The energizing music, the fun and predictable steps and great motivation coming from KIDS moving together to music. **EVERYONE CAN DO BOKWA. There are 12 simple steps.** The steps - Kids trace number, letters and symbols/patterns on the floor with they dance. Once they know the steps, they own it and can do it following an instructor's personal routine. We do Bokwa® to popular kid friendly music that appeals to a global audience. Class will end with upper and lower body work, abs and flexibility work. Class performance at th studio on May 21st.

## PEAK PERFORMANCE APRIL VACATION ALL SPORTS CAMP

**Where:** Turn of River Middle School  
**Dates:** April 14th – April 18th 2014  
**Days:** Monday - Friday  
**Time:** **Section A** 9:00AM - 12:30PM Half Day / **Section B** 12:30PM - 4:00PM Half Day / **Section C** 9:00AM - 4:00PM Full Day  
**Section D** ANY 3 Half Days 9:00AM – 12:30PM- **\$90.00**  
**Section E** ANY 3 Full Days 9:00AM – 4:00PM—**\$149.00**  
**Fee:** \$149.00 per child per section for half day camp, \$249.00 per child per section for full day camp  
**Program#: 2272**

**Description:** For Boys and Girls ages 4-12. This camp offers a combination of traditional sports games, physical education activities, and cooperative games. We ask that our full day campers bring a (peanut butter free) snack, lunch and water bottle, and our half day campers bring a peanut butter free snack and water bottle.



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

# Adult Fitness Programs

## Krav Maga Adults (KMX)

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

**When:** April 7th - June 22nd

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

7:30PM - Monday

6:30PM - Tuesday & Thursday

10:30AM - Saturday

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

**Instructor:** Tom Bacha

**Program#:** 2261 - Sec. A

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

## Jump, Pump & Jab Rebounding

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

**When:** March 22nd - May 14th

**Days & Times:** Monday 9:30AM - 10:30AM - Sec. A

Wednesday 7:15PM - 8:15PM - Sec. B

Saturday 9:00AM - 10:00AM - Sec. C

**Fee:** \$88.00 per section per person for 7 Sessions

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

**Program #:** 2269

**Description:** Awesome mini-trampoline (non impact) class using Standard aerobic moves, upper body boxing moves, plyometrics and strength training is highly effective and safe. Cardiovascular training on Rebounder is performed at different intensities referred to as cross /metabolic training. This technique combined with strength training, burns tons of calories in a shorter period of time. Classes ARE FUN yet challenging. Rebounding is the only exercise that enhances the immune system, detoxifies your cells and is proven to be 87% more effective in burning calories than jogging. Easy on knees and back.

## Women's Boot Camp

**Where:** BreakThru Family Fit For Life

**When:** April 7th - June 16th

**Day:** Mondays

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

**Fee:** \$149.00 per person / **includes free gym membership**

**Instructors:** Kimberly Colletto

**Program#:** 2263 - Sec. A

**Description:** 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.

**FITNESS  
BOOT  
CAMP**

## Burn At The Barre ( Boxing & Ballet Barre )

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

**When:** March 22nd - May 15th

**Day:** Monday or Thursday

**Time:** Monday 6:00PM - 7:00PM - Sec. A

Wednesday 6:00PM - 7:00PM - Sec. B

Saturday 10:15AM - 11:15AM - Sec. C

**Fee:** \$88.00 for 7 week session

**Instructor:** Betty Camlin, Certified Instructor

**Program#:** 2270

**Description:** Box-n-Burn at the Barre is the ultimate combo class. The first half focuses on ramping up your heart rate with HIIT Boxing segments. The second half is 25 minutes of an energizing blend of barre and mat pilates designed to help reshape your lower body, create flat abs, tone upper body, strengthen your back and improve posture. This class is guaranteed to make you sweat, make you shake and make you smile. This class is jam-packed with high intensity LOW IMPACT moves. Get the strength, stamina, power and endurance of a boxer and the long leanness of a dancer. Be prepared to jab, hook, pump and lift your way to a stronger, sleeker, leaner and more powerful you

## Women's Only Gym

**Where:** BreakThru Family Fit For Life

**When:** April 7th - June 22nd

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

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

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

**Fee:** \$120.00 per person for 10 weeks

**Instructors:** Personal Trainer: Kimberly Colletto

**Program#:** 2262 - 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!**

## USA TENNIS 1-2-3 (adults)

**Where:** Scalzi Park Tennis Courts

**When:** May 17th - June 14th

**Day:** Saturday

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

**Fee:** \$150.00 per person

**Instructor:** GSTA STAFF

**Program#:** 2243 - Sec. A

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



# Adult Programs & Trips

## Bodywise Body Fusion & Boot Camp

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

**When:** March 23rd - May 15th

**Time & Day:**

Fusion Boot - Thursday @ 9:30AM - **Sec. A**

Fusion Boot Thursday @ 6:15PM - **Sec. B**

Body Pump Fusion - Monday @ 7:30PM - **Sec. C**

Body Pump Fusion - Tuesday @ 9:30AM - **Sec. D**

Body Pump Fusion - Tuesday @ 6:15PM - **Sec. E**

Body Pump Fusion - Sunday @ 10:15AM - **Sec. F**

**Fee:** \$95.00 per session for 7 weeks

**Instructor:** Betty Camlin, Certified Instructor

**Program#:** 2271

**Description:** A Fusion of FOUR great formats for an unbelievable interval cardio/ body sculpting workout rendering fantastic results! **BODY PUMP, STEP, BOXING, PILATES.** This is a 60 minute program, with inspiring, motivating group environment, fantastic music, awesome instructors. Steps, Bar Bells, Body Bars, Free weights, tubing, stability balls and more fires up all the muscles of the body, burn tons of calories, gets you Ripped and Sculpted. Improve endurance, stamina, strength, flexibility- tone and tighten, lose pounds and inches. Ends with **PILATES FOR BUTT & CORE.**

## Mohegan Sun Trips

**Where:** Mohegan Sun Casino

**When:** May 3rd

**Day:** Saturday

**Departure Time:** 8:00AM

**Return Time:** 6:00PM

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

**Program #:** 2272 - **Sec. A**

**Description:** 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.



## Boston On Your Own

**When:** May 17th, 2014

**Day:** Saturday

**Depart:** Government Center Lobby at 7:00AM

**Return:** Government Center Lobby at 7:00PM

**Fee:** \$38.00 per person for residents

\$48.00 per person for non - residents

**Program #:** 2273 - **Sec. A**

Come enjoy a Spring 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 dining. **Registration is limited to 44 participants and usually fills up fast!**



## Philadelphia On Your Own In April

**When:** April 26th, 2014

**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 #:** 2183 - **Section A**

**Description:** Come join us this spring as we travel to the city of Philadelphia is 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!

## Fit4Mom Fairfield County: Stroller Strides

**Where:** Cummings Beach

(Rain location: Stamford Town Center)

**When:** Continuous Classes Starting March 31st

**Days:** Monday/Wednesday

**Time:** 9:30AM-10:30AM (**Rain time: 9-10AM**)

**Fee:** \$150.00 for 10 classes/Unlimited class options available

**Instructors:** Abbey Polito & Shanae Briggs, Certified

Pre & Postnatal Fitness

**Program#:** 2274 - **Sec. A**

**Description:** Stroller Strides is a total fitness program that moms can do with their babies. It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Taught by certified and specially trained fitness instructors, it is a great workout for any level of exerciser. <http://fairfieldcounty.fit4mom.com>

## Fit4Mom Fairfield County: Stroller Barre

**Where:** Scalzi (Rain location: Stamford Town Center)

**When:** Continuous Classes starting April 4th

**Days:** Friday

**Time:** 9:30AM-10:30AM (**Rain time: 9:00AM - 10:00AM**)

**Fee:** \$180.00 for 10 classes/Unlimited class options available

**Instructors:** Shanae Briggs, Certified Pre & Postnatal Fitness

**Program#:** 2275 - **Sec. A**

**Description:** Stroller Barre is a new class format from Stroller Strides which incorporates movements from pilates, ballet and barre methods to provide a unique and effective workout for the pre and postnatal mom. Stroller Barre uses tubing, the stroller and the environment to provide an all over toning and fat burning experience. <http://fairfieldcounty.fit4mom.com>



# Welcome To Summer

The next 12 pages of this Brochure are filled with Day Camps, Activity Programs, Playground Program, Preschool Camp Art, Sports, Fitness, Educational, Science Camps, Life Guard Training and More! **The registration dates for our Preschool, Day Camps, Activity Programs and Playground Program are listed on page 3 of the Brochure.** Registration for all other summer specialty camps begins **on-line March 14th & walk-in registration begins March 17th, 2014.**

## Lifeguard Training Class

### Program Dates

Tuesday, May 27th - 5:00PM - 9:00PM

Wednesday, May 28th - 5:00PM - 9:00PM

Thursday, May 29th - 5:00PM - 9:00PM

Monday, June 2nd - 5:00PM - 9:00PM

Tuesday, June 3rd - 5:00PM - 9:00PM

**Program#: 2257 - Sec. A**

**If you are interested in a summer Lifeguard Position, please see page 16 of the brochure for details.**

**Description:** 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 & older.** For more information call Matt Nordt, Assistant Superintendent of Recreation at 203-977-4644.



## Tiny Tots Preschool Camp & Cove Island Playground Program

### Tiny Tots Preschool Camp (Ages 3 - 5)

**Where:** Roxbury Elementary School

**When:** June 30th - July 11th - **Session A**

July 14th - July 25th - **Session B**

July 28th - August 8th - **Session C**

**Days:** Monday - Friday

**Time:** 9:00AM - 12:00PM

**Fee:** \$166.50 - **Session A** / No program 7/4

\$185.00 - **Session B & C**

**Program#: 2300**

#### Description:

Looking for something exciting for your preschooler to do this summer, then look no further. This six week summer program consists of both educational & recreational activities. Each day consists of games, arts & crafts, gym activities, sports, nature, story time, water games and more. Our camp is run by a certified (current) elementary school teacher who has exciting days planned that will help prepare your child for kindergarten. **What a great way to also give yourself some quality time each day in the summer.** Any child that has graduated kindergarten is not eligible for this camp. Campers should bring a back pack each day with extra clothes and should wear sneakers. Registration cannot be done online for this program and parents must bring a copy of their child's Birth Certificate and full payment to register. **All children must be potty trained to attend camp and no refunds will be given.**

### Cove Island Playground (Ages 6 - 12)

**Where:** Cove Island Pavilion at Cove Island Park,

**When:** June 25th - August 8th (No camp 7/4)

**Days:** Monday - Friday

**Time:** 8:30AM - 4:30PM

**Fee:** \$330.00 per child - **Section A**

\$165.00 per child/ Reduced Fee - **Section B**

**Program #: 2301**

**Description:** All children must be preregistered for this playground program which is open to children ages 6-12 only (or 5 year olds that have completed Kindergarten). Each day children will be involved in arts & crafts, sports, board games, water games, special events and other creative activities. There are two major field trips that campers can sign up for and space is limited to the first 43 campers. Parents will be required to fill out a permission slip. **The playground will be closed on rainy days due to no indoor facilities.** Lunch will be provided or campers can bring their own lunch each day plus a swim suit, towel, suntan lotion, flip flops and a snack. This program is structured and campers will be grouped by ages and will play age appropriate games/activities. Any child age 5/6 must show a copy of their birth certificate & a copy of a school report card at registration and cannot be done online. Reduced fee spots for all ages cannot be done online. We must have a copy of the lunch certificate at the time of registration with full payment to process.

# Davenport, Heroy & Westover Day Camps

## Davenport Summer Day Camp For Ages 6 - 12

**Where:** Davenport Elementary School  
**When:** June 25th - August 8th ( No camp 7/4)  
**Days:** Monday - Friday  
**Time:** 9:00AM - 4:00PM  
**Extended Care:** 7:30AM - 9:00AM / 4:00PM - 5:30PM  
**Fee:** \$950.00 per child Full Pay - **Section A**  
\$400.00 per child Reduced Fee - **Section B**  
\$25.00 per week for AM or PM Care  
\$50.00 per week for AM & PM Care

### Program#: 2302

**Description:** This traditional day camp mixes exciting activities, arts & crafts, adventures & offer new opportunities with friends that will create memories that will last a life time. **The program is for children ages 6 –12 or 5 year olds** who are currently in kindergarten. They will be involved in swimming 2 to 3 times per week, sports, gym games, water games, color wars, weekly theme weeks, weekly field trips & more. We offer a ten to one camper ratio & children are grouped by age/ grade in groups. We have both outdoor and indoor activities each day. **Any child age 5 or 6 must show a copy of their birth certificate & a copy of a school report card. Five year olds cannot register on-line! Reduced fee spots for all ages cannot be done online & we must have a copy of the lunch certificate at the time of registration with full payment to process.** Finally, campers must be walked into the building each day and signed in & out by their parent/guardian. Parents will enter through the door located on the side of the gym by the outside playground each day. Please make sure you list your child's shirt size on the camp registration form. There will a max of 150 children in this summer camp program.

## Heroy Summer Day Camp For Ages 6 - 12

**Where:** Heroy Park-Riding Stable Trail/off High Ridge Rd  
**When:** June 25th - August 8th ( No camp 7/4)  
**Days:** Monday - Friday  
**Time:** 9:00AM - 4:00PM  
**Extended Care:** 7:30AM - 9:00AM / 4:00PM - 5:30PM  
**Fee:** \$950.00 per child Full Pay - **Section A**  
\$400.00 per child Reduced Fee - **Section B**  
\$25.00 per week for AM or PM Care  
\$50.00 per week for AM & PM Care

### Program#: 2303

**Description:** If your child loves the outdoors they will love this camp located in North Stamford. This camp is set in a park that has its own baseball field, basketball court, pool, pavilion, tennis courts and an air conditioned recreation building. **Each day children ages 6 - 12 or 5 year olds** who are currently in kindergarten will be involved in activities, swimming, sports, games, crafts , color wars, video games and more. We also have weekly themes and several field trips throughout the summer. The program offers a 10 to one ratio so our staff gets to know every child. Campers are grouped by age/grade so they are involved in age appropriate activities. **Any child age 5 or 6 must show a copy of their birth certificate & a copy of a school report card at registration. Five year olds cannot register on-line! Reduced fee spots for all ages cannot be done online & we must have a copy of the lunch certificate at the time of registration with full payment to process.** Please make sure you list your child's shirt size on the camp registration form. There will be a max of 120 children in this summer camp program.

## Westover Summer Day Camp ( Ages 6 - 12)

**Where:** Westover Elementary School at 412 Stillwater Ave  
**When:** June 25th - August 8th ( No camp 7/4)  
**Days:** Monday - Friday  
**Time:** 9:00AM - 4:00PM  
**Extended Care:** 7:30AM - 9:00AM / 4:00PM - 5:30PM  
**Fee:** \$950.00 per child Full Pay - **Section A**  
\$400.00 per child Reduced Fee - **Section B**  
\$25.00 per week for AM or PM Care  
\$50.00 per week for AM & PM Care

### Program#: 2304

**Description:** This traditional style day camp is out largest camp & **is open to children ages 6-12 or 5 year olds** who are currently in kindergarten. Each day is filled with a structured schedule of sports, crafts , swimming, color wars, board games, activities, special events and several field trips. This camp offers both indoor & outdoor activities and children will be broken up by age/grade. Lunch will be served each day for any child that wishes not to bring a lunch. **Any child age 5 or 6 must show a copy of their birth certificate & a copy of a school report card at registration. Five year olds cannot register on-line! Reduced fee spots for all ages cannot be done online. We must have a copy of the lunch certificate at the time of registration with full payment.** Finally, campers must be walked into the building each day and signed in & out by their parent/guardian. Parents will enter through the door located between the main entrance and the auditorium each day. Please make sure you list your child's shirt size on the camp registration form. There will be a max of 160 children!



# Summer Activity Programs & Soccer Tikes Camps

## Newfield & Stillmeadow Activity Programs (Ages 6 - 12)

**Where:** Newfield School at 345 Pepper Ridge Road  
Stillmeadow School on 800 Stillwater Road

**When:** June 25th - August 8th (No camp 7/4)

**Days:** Monday - Friday

**Time:** 8:00AM - 4:00PM

**Fee:** \$500.00 per child Full Pay - **Section A**

\$250.00 per child Reduced Fee - **Section B**

**Program#: 2305 - Newfield Activity Program**

**Program#: 2306 - Stillmeadow Activity Program**

**Description:** Activity Programs are a combination of a playground & day camp program that features outdoor as well as indoor programs each day. Each day campers will be involved in group games, sports, arts & crafts (not every day), special events, playground time, and more. Group sizes are larger than a day camp and campers are grouped by age/grade to participate in age appropriate activities. **If your child is age 6 or 7 and attending camp for the first, a day camp has smaller ratios and may be a better fit.** Younger campers will only participate in activities with older campers during supervised ALL CAMP SPECIAL EVENTS! We will also offer swimming twice a week at city pools on a first come first serve basis. **There will also be three major field trips which campers must sign up for separately. Each trip will take a max of 90 campers per site and parents will be required to fill out a permission slip.** Wait lists will be taken for each swimming and field trip. All trips are first come first served basis. Activity Programs have indoor capability and therefore will not close for inclement weather. **Any child age 5 or 6 must show a copy of their birth certificate & a copy of a school report card at registration. Five year olds cannot register on-line! Reduced fee spots for all ages cannot be done online. We must have a copy of the lunch certificate at the time of registration with full payment to process.**

Finally, campers must be walked into the building each day and signed in & out by their parent/guardian. Parents will enter through the door located on the side of the gym by the outside playground each day. Please make sure you list your child's shirt size on the camp registration form. There will be a max of 160 children in this summer camp program. **Any child 13 years old before July 25th is not eligible for this**

**Please see page 3 for registration dates for the above Activity Programs, Davenport, Heroy, Westover Day Camp, Cove Island Playground and Tiny Tots Preschool Camp!**

## Soccer Tikes Camp I (Ages 3 - 4)

**Where:** Barret Park

**When:** July 7th - July 11th - **Sec. A**

August 4th - August 8th - **Sec. B**

**Days:** Monday - Friday

**Time:** 9:00AM - 10:00AM

**Fee:** \$107.00 per child per one week section

**Program#: 2307**

**Description:** SoccerTikes innovative curriculum introduces children to the game of soccer through fundamental skills building activities, games & fun soccer challenges. We strive to create an interactive learning environment with maximum participation, lots of repetition, & of course fun. Your young camper will enjoy a magical week of soccer while making new friends. The program is designed to meet the dynamic athletic abilities of children, therefore we make sure all involved will improve their skills & have lots of fun! We stress skill building – not winning - thus there is no opportunity to fail. All campers will receive a ball and camp t-shirt. Parents & caregivers are welcome to attend all camp sessions.



## Soccer Tikes Camp II (Ages 4 - 7)

**Where:** Barret Park

**When:** July 7th - July 11th - **Sec. A**

August 4th - August 8th - **Sec. B**

**Days:** Monday - Friday

**Time:** 10:15AM - 11:30AM

**Fee:** \$107.00 per child per one week section

**Program#: 2308**

**Description:** A longer and slightly more advanced program for children. This camp is designed to introduce the beautiful game of soccer to developing players and newcomers alike. Each day activities are varied and include fun games created for young players. Campers will learn dribbling, ball control & striking through age - appropriate instruction. We will also play small sided games where a basic understanding of rules & strategy are introduced. Each activity has been designed to develop coordination, physical skills & social interaction. Players are matched to their age and ability. Our staff is specifically selected & trained to work with the younger player. All campers will receive a ball and camp t-shirt. Parents & caregivers are welcome to attend all camp sessions.



# US Sports Institute Camps & Fit To Go Summer Camp

## Total Sports Squirts Program (Ages 3 - 5)

**Where:** Scalzi Park  
**When:** August 11th - August 15th  
**Days:** Monday - Friday  
**Time:** 4:30PM - 5:30PM  
**Fee:** \$85.00 per child  
**Program#:** 2309



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

## Parent & Me Golf (Ages 4 - 5)

**Where:** Scalzi Park  
**When:** July 7th - July 11th  
**Days:** Monday - Friday  
**Time:** 9:00AM - 9:45AM  
**Fee:** \$100.00 per child  
**Program#:** 2310



**Description:** Using the revolutionary SNAG (Starting New At Golf) system, US Sports Institute's Parent and Me Golf Squirts program is an ideal introduction to a life-long sport for 3-5 year olds. Delivered in a safe controlled environment, Parent and Me Golf Squirts makes learning simple, progressive and fun for both parent and child. The highly acclaimed SNAG equipment is specially designed to increase consistency, learning and development in a short period of time. Participants can take advantage of oversized, lightweight clubs, and with the help of Mom or Dad, will work towards attaining correct grip, stance and swing mechanics.

## First Play Golf Clinic (Ages 5 - 11)

**Where:** Scalzi Park  
**When:** July 7th - July 11th  
**Days:** Monday - Friday  
**Time:** 10:00AM - 11:30AM (Ages 5 - 7) - **Sec. A**  
11:30AM - 1:00PM (Ages 8 - 11) - **Sec. B**  
**Fee:** \$120.00 per section  
**Program#:** 2311

**Description:** Using the revolutionary SNAG (Start New At Golf) system, US Sports Institute's First Play Golf clinic is the ideal way to introduce youngsters to one of the world's most popular sports. Children will learn all the basic golf techniques including swing, grip and ball contact through unique and fun training methods, each day will also incorporate inclusive team challenges and individual play in our US Open Competition. Children will experience greater success by using larger balls and club heads increasing stroke consistency while developing player confidence. The First Play Golf clinic provides a thorough, early introduction to this life long pass time

## Total Play Multi Sports Camp (Ages 5 - 12)

**Where:** Scalzi Park  
**When:** August 11th - August 15th  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:30PM (Ages 5-12) - **Sec. A**  
1:00PM - 4:00PM (Ages 5-12) - **Sec. B**  
9:00AM - 4:00PM (Ages 6-12) - **Sec. C**  
**Fee:** \$155.00 per child Section A  
\$125.00 per child Section B  
\$195.00 per child Section C  
**Program#:** 2312

**Description:** Experience over 16 different sports from around the world including, soccer, basketball, lacrosse, volleyball, disc golf, cricket, floor hockey and many more at US Sports Institute's Total Play Multi Sports camp. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, fun. Campers will receive technical instruction, have the chance experience the sport in a realistic game situation, and will participate in the exciting USSI World Cup Competition. All participants will receive a t-shirt and certificate. This camp is dedicated to children of all abilities.



## Fit To Go Summer Break Camp (K-6)

**Where:** Bodywise Studio 990 Hope Street  
**When:** April 14th, 16th, 18th & 21st  
**Days:** Monday, Wednesday & Friday  
**Time:** 10:00AM - 4:00PM or 8:30AM - 5:00PM  
**Fee:** \$200.00 per child June 23rd - July 2nd - **Sec. A**  
\$240.00 per child July 7th - July 18th - **Sec. B**  
\$240.00 per child July 21st - August 1st - **Sec C**  
\$240.00 per child August 4th - August 15th - **Sec. D**  
**Instructor:** Betty Kelly Camlin, Certified Instructor  
**Program #:** 2313

**Description:** Our very popular school break camps are back and better. REBOUNDING, HOOPING, PLAYGROUND BOOT CAMP, ZUMBA, BOKWA, DRUMS ALIVE, YOGA & YOGA CIRCUS, ACTIVE VIDEO GAMING, KAROKE LUNCHESES, 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. All camps run from 10am-4pm. **Arrangements can be made with Betty for working parents - earlier arrival 8:30 and late dismissal 5:00. Must pay additional \$20 per camp to Betty for extended day.** Bring a healthy lunch, water bottles and large beach towel. Wear clothes for exercise. Bring lots of energy and good cheer!! **Book two or more sessions & receive a free yoga mat or fitness hoop!**

# Slammer Tennis, Fitness & Sports Camps

## Slammer Tennis World Summer Camp

**Where:** Scalzi Park Tennis Courts  
**When:** June 23rd - August 1st ( No camp 7/4)  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM  
**Fee:** \$652.00 for six weeks - **Sec. A**  
\$552.00 for six weeks/ Free & Reduced - **Sec. B**  
\$326.00 for first three weeks - **Sec. C**  
\$326.00 for second three weeks - **Sec. D**

### Program#: 2314

**Description:** Slammer Tennis World summer camp is designed to teach the participants the basics of tennis (rules, ground strokes, volleys, the overhead, and the serve) in a fun-filled atmosphere. It will also incorporate some light exercises & footwork drills to build stamina. Program is for children **6 to 16** years old / grouped by age. All participants must bring their own tennis racquet, snack and water bottle each day. Whether your child has tennis experience or not, they will enjoy this camp. **Make up week: August 4th to August 8th, 2014 (Note: There are no make-ups except for inclement weather; classes cancelled due to inclement weather will be made-up during the make-up week.**

## Viking Baseball Camp ( Ages 8 - 13 )

**Where:** Springdale Little League Baseball Field  
**When:** June 23rd - June 27th - **Program#: 2315**  
June 30th - July 3rd - **Program#: 2316**  
July 7th - July 11th - **Program#: 2317**  
July 14th - July 18th - **Program#: 2318**  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM  
**Fee:**

\$275.00 for 1 week – **Sec. A** / \$400.00 for 2 weeks - **Sec. B**  
\$600.00 for 3 weeks - **Sec. C** / \$700.00 all 4 weeks - **Sec. D**  
**Description:** Vikings Baseball Camp will focus on the fundamentals of the game and the skills that often get overlooked. Individual, group, and team drills will be done in a safe and competitive environment. Join the Viking staff on our new and improved diamond for this great summer camp.

## NOGA Soccer Camp ( Ages 4 - 18 )

**Where:** Rippowam Magnet School Upper Turf Field  
**When:** July 21st - July 25th  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM  
**Fee:** \$195.00 per child  
**Program#: 2319 - Sec. A**  
**Description:** The Noga Company is synonymous with high quality soccer education & boasts one of the most highly qualified & experienced staff anywhere in the country. NOGA Staff will teach each player to fulfill their true soccer potential in a fun filled environment. Whether you are a 4 year old your first steps in soccer or a High School player with aspirations of college, NOGA has a place for you. **Register through Stamford Recreation or online at [www.nogasoccer.com](http://www.nogasoccer.com)**



## BreakThru Summer Kid Fit ( Ages 7 - 12 )

**Where:** BreakThru Family Fitness/48 Union Street  
**When:** July 7th - August 29th  
**Days:** Monday - Friday  
**Time:** 4:15PM - 6:15PM  
**Fee:** \$199.00 per child unlimited days per week  
**Program#: 2320 - Sec. A**  
**Description:** Get in shape this summer all while having a blast! Kids get to use a KID sized gym made just for them with cardio and strength training machines. A certified personal trainer will guide them and teach them fun ways to keep healthy. Kids Krav Maga (Self-Defense and fitness) classes are on the menu for Monday/Wed/Friday and Kids Boot Camp classes ROCK on Tuesday and Thursday. Want to hear more??? A different obstacle course every day, hopping ball train rides, mini trampoline trots, jump rope challenge and hula hoop contests! PLUS fun, fitness and sports games that kids get to help make up, in our 3000 square foot air conditioned paradise for kids!! **Non –competitive just FUN!!**

## Slamma Jamma Camp ( Ages 5 - 15 )

**Where:** Westhill High School Gym  
**When:** July 14th - July 18th - Week 1 - **Program#: 2321**  
July 21st - July 25th - Week 2 - **Program#: 2322**  
**Days:** Monday - Friday  
**Time & Ages:** ( Boys & Girls)  
9:00AM - 12:15PM ( Ages 5-9) - **Section A**  
9:00AM - 3:00PM ( Ages 7-15) - **Section B**  
**Fee:** \$140.00 per child Section A ( Includes Shirt)  
\$200.00 per child Section B ( Includes Shirt)  
**Staff:** Bob Ruderman - Slamma Jamma ,Howard White, Westhill Basketball Coach & College Coaches

### Description: Half Day Camp

If you want to give your child ages 5-9 a wonderful opportunity to develop their motor skills & interest in basketball, Slamma Jamma Young Shooters is right for you. The program will engage young people in using basketball skills with group activities that keep them focused & excited. Your child will develop greater self-confidence & self worth through successfully participating in fun activities where everyone succeeds. The skills of basketball (shooting, passing, dribbling, footwork, catching) are taught through games.

**Full Day Camp** SHOOT SHOOT SHOOT Slamma Jamma Camps are designed to provide a positive learning experience that teaches the fundamentals with a style that motivates young people. Shooting drills that emphasizes proper technique and effective drills are used daily. PLAY PLAY PLAY, the schedule includes game's (Full game each day for the older groups), individual and team skill drills, contests, the very popular team competitions, and guest speakers. Campers are grouped by age, ability, size, gender, and experience, with the activities adjusted to the campers needs, ability, and experience. Free Ball, T-shirt & awards.

**For more information please call Bob Ruderman at 1-888-679-6513 or email him at [bobruderman@comcast.net](mailto:bobruderman@comcast.net)**

# Soccer Camps & Stars Sports Camps

## British Soccer Camp (Ages 3 - 16)

**Where:** Rippowam Magnet School Upper Turf Field  
**When:** July 7th - July 11th - ( Sess. 1) **Program#:** 2323  
July 14th - July 18th - ( Sess. 2) **Program#:** 2324  
**Days:** Monday - Friday  
**Times & Fees:**

### Session 1 – July 7th - July 11th

9:00AM - 10:30AM - \$111.00 per child (ages 3-5) **Sec. A**  
9:00AM - 12:00PM - \$156.00 per child - (6-16) **Sec. B**  
9:00AM - 3:00PM - \$219.00 per child - (8-16) **Sec C**

### Session 2 - July 14th - July 18th

9:00AM - 10:30AM - \$111.00 per child (ages 3-5) **Sec. A**  
9:00AM - 12:00PM - \$156.00 per child - (6-16) **Sec. B**  
9:00AM - 3:00PM - \$219.00 per child - (8-16) **Sec C**

**Description:** Challenger Sports' British Soccer Camps provide young players of all abilities with the rare opportunity to receive high-level soccer coaching from a team of international experts right in the heart of their own community. Campers will be exposed to individual foot skills, technical drills, tactical practices, small-sided games and scrimmages. Soccer skills are coached within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. We offer a cultural education too! Our ever-popular Camp World Cup Tournament allows us to introduce players to the geography, traditions and culture of other great soccer-playing countries. Simply put; amazing coaches, awesome accents and cultural ingredients combine for a one-of-a-kind camp experience. With each week-long camp, your child will receive a free t-shirt, soccer ball, giant fold-out poster and a personal player evaluation. Supplies: Campers should bring plenty of water each day. Full-day campers should also bring a packed lunch with a beverage and snacks each day. All campers should arrive at camp with sunscreen already applied, as well as with additional sunscreen to apply as needed (we recommend an SPF of at least 30). **Attire: Summer active wear, shin guards, and athletic shoes or soccer cleats .**

### Host a Coach

This has become one of the most popular elements of Challenger's British Soccer Camp program. The coaches at our camps are seeking residence with local families for the duration of a camp week. Coaches usually arrive on the Sunday before camp and depart on the following Saturday or Sunday. Host families are expected to provide coaches with a bed, showering and laundry facilities, and meals (coaches provide their own transportation). In return, not only will you receive a rebate of \$80 towards the cost of your child's British Soccer Camp fees, but more importantly you will enjoy a unique week learning about the U.K., learning about soccer and building lasting friendships.

For more information about becoming a host family, visit: [http://www.challengersports.com/pages/bsc\\_host\\_a\\_coach.aspx](http://www.challengersports.com/pages/bsc_host_a_coach.aspx)

## Youth Elite Soccer Camp (Ages 5 - 12)

**Where:** Rippowam Upper Soccer Field  
**When:** August 11th - August 15th  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM - Half Day - **Section A**  
9:00AM - 3:00PM - Half Day - **Section B**  
**Fee:** \$143.00 per child for half day program  
\$228.00 per child for a full day

### Program#: 2325

**Description:** #YEScamps offer exciting and challenging camp programs for every level of player delivered by the best quality coaches in the industry. Our Emerging Talent Program and community minded approach guarantees that Elite Soccer will be with you every step of the way in your development.

### Recreational Player Camp

Grassroots development with a FUNdamentals philosophy. Designed for our younger recreational players, typically up to 8 years old.

### Competitive Player Camp

Identifying Talent with a learning to train and learning to compete philosophy. Designed for our competitive travel players, typically up to 12 years old. Every day at camp, players will be coached within a safe environment, which encourages players to use their own imagination. YESsoccer coaches aim to develop three traits within players **Flexibility, Freedom, Creativity** **Each Camper who attends a YEScamp will receive the following: YES camp Dri-Fit Jersey, YESsoccer Ball YES Camp Soccer, DNA Evaluation**

## STARS Sports Camp (Ages 7- 12)

**Where:** Scofield Middle School  
**When:** June 23th – June 27th - **Sec. A**  
June 30th - July 3rd (no camp July 4<sup>th</sup>) -**Sec. B**  
July 7th – July 11th - **Sec. C**  
July 14th - July 18th - **Sec. D**  
July 21st - July 25th - **Sec. E**  
July 28th - August 1st - **Sec. F**  
August 4<sup>th</sup> – August 8th - **Sec. G**

**Time:** 9:00AM - 2:00PM

**Fee:** \$159.00 per child for **Session B (four day week)**

\$199.00 per child Sessions **A through G**

**Staff:** Matt Shoztic & Mitch West

**Program#:** 2326

**Description:** Back for another summer of fun! Matt Shoztic and Mitch West's sports camp is a hit with kids and parents alike. This camp keeps your kids entertained while emphasizing good sportsmanship, team play, and all out enjoyment of such sports as softball, soccer, kick ball, flag football, dodge ball, capture the flag and much, much more! An experienced and responsible staff ensures your child's safety and fun. With both indoor & outdoor facilities, the weather is never an issue. Camp runs from 9-2 Monday through Friday. Campers need to bring a lunch & a drink. Snack will be provided and each camper will receive a t-shirt. **For more information call 203-979-0393**



# Skyhawks Summer Camps & NY Giants Football Camp

## Mini Hawk Camp (Ages 4 - 7) Soccer, Baseball, Basketball

**Where:** Scalzi Park

**When:** July 7th - July 11th

**Days:** Monday - Friday

**Time:** 9:00AM - 12:00PM

**Fee:** \$130.00 per child - Includes T-shirt & Merit Award

**Program#:** 2327 - Sec. A

**Description:** This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination, and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes. **8.1 Coach child ratio!**



## Beginning Golf (Ages 5 - 8)

**Where:** Scalzi Park

**When:** August 4th - August 8th

**Days:** Monday - Friday

**Time:** 9:00AM - 12:00PM

**Fee:** \$130.00 per child - Includes T-shirt & Merit Award

**Program#:** 2328 - Sec. A

**Description:** Skyhawks Golf focuses on building the confidence of young athletes by teaching proper technique to refine essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting, and body positioning. To assist in this training, Skyhawks has adopted the SNAG© (Starting New At Golf) system to its curriculum. SNAG utilizes a set of equipment designed for beginning golfers to help build confidence and to have fun. Developed by PGA professionals, SNAG© is specifically designed for the entry-level player; it simplifies instruction so that young players can make an easy and effective transition onto the golf course. No need to bring your own clubs--all equipment is provided. **8.1 Coach child ratio!**



## Skyhawks Tennis With Quickstart (5 - 9)

**Where:** Cummings Tennis Courts

**When:** July 21st - July 25th

**Days:** Monday - Friday

**Time:** 9:00AM - 10:30AM (Ages 5-6) - Sec. A

9:00AM - 12:00PM (7-9) - Sec. B

**Fee:** \$99.00 per child section A

\$130.00 per child section B

Includes T-shirt & Merit Award

**Program#:** 2329

**Description:** Skyhawks Tennis with Quickstart is a new format developed by the USTA to help kids ten and under learn and play tennis. To create a successful learning environment, we have made modifications to our traditional tennis program. The court is smaller and has shorter nets, and the racquets are smaller, and the balls are foam. With these modifications, any child between the ages of four and ten can immediately begin playing tennis, even if he or she has never picked up a racquet before. Quickstart is the fast, fun way to get kids into tennis – and keep them playing. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. **8.1 Coach child ratio!**



## Skyhawks Tennis (7 - 12)

**Where:** Cummings Tennis Courts

**When:** July 28th - August 1st

**Days:** Monday - Friday

**Time:** 9:00AM - 12:00PM

**Fee:** \$130.00 per child - Includes T-shirt & Merit Award

**Program#:** 2330 - Sec. A

**Description:** Skyhawks tennis breaks down the fundamental skills of tennis through easily understood games and exercises to help improve the athlete's overall coordination and technique. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill quickly. **8.1 Coach child**

## NY Giants Youth Football Camp For Ages 6-14

**Non-Contact Football Instruction for Kids 6-14**, Learn to run, throw, defend and compete the New York Giants way!

Lead by professional coaches and educators. Supplemental instruction from New York Giants Heroes like Bill Ard, Stephen Baker, Keith Elias, Rodney Hampton and Billy Taylor. Age appropriate, station-based training for both advanced players and newcomers. For football instruction, athletic skill development, fitness, agility training and fun! Dedicated blocking and tackling instruction for kids with tackle football interest. Skill contests, tournament action, awards and prizes Comprehensive Instruction for All Ages. Accelerated Skills for Experienced Players **Kids gain confidence, develop skills and have a blast!**

.For detailed information go to [www.nygiantscamps.com](http://www.nygiantscamps.com)

**Where:** Stamford High School

**When:** July 14th - July 18th

**Days:** Monday - Friday

**Time:** 9:00AM - 3:00PM

**Fee:** \$295.00 per child

**Program#:** 2331 - Sec. A



# Summer Art, Acting, Science & Chess Camps

## Paint Draw & More Art Camp (Ages 5 - 13)

**Where:** Roxbury Elementary School  
**When:** July 7th - July 11th - **Section A**  
July 14th - July 18th - **Section B**  
July 21st - July 25th - **Section C**  
July 28th - August 1st - **Section D**  
August 4th - August 8th - **Section E**  
**Days:** Monday - Friday  
**Time:** 8:30AM - 2:30PM  
**Fee:** \$305.00 per child per section  
**Program#:** 2332



**Description:** This fun summer art camp offered by Paint, Draw & More! is designed for students age 5-13. Each day includes creating fine art, some of which may include drawing, painting, mask making, sculpture, bookmaking, cartooning, collage, print making, and group projects. Story telling, music making and movement will also be added as time allows. Activities will take place in and out of doors depending on the weather. Students will explore a variety of mediums and be encouraged to break artistic boundaries and express their creativity in new and exciting ways. A compilation of the weeks activities may end up in an art show or small performance for the parents. **Bring a Smock!**

## Performing Arts Camp (Ages 6 - 14)

**Where:** Westover Elementary School Auditorium  
**When:** July 7th - July 11th  
**Days:** Monday - Friday  
**Time:** 8:30AM - 2:30PM  
**Fee:** \$263.00 per child  
**Program#:** 2333 - **Sec. A**  
**Description:** The Performing Arts Programs, Inc. is a professional program designed for students of all skill levels. The Summer Program is a week-long experience for the young drama and dance enthusiast. They provide a creative and nurturing environment for each child to come out of their shell, gain confidence and express themselves. The program concludes with a performance for family and friends on the last day. In the mornings students will participate in exciting Acting and Dance classes. The afternoons will be rehearsals for the performance.



## Red Hot Robots (Gr. 2 - 6) Mad Science Camp

**Where:** Toquam Elementary School  
**When:** July 7th - July 11th  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM  
**Fee:** \$240.00 per child/ includes all material  
**Program#:** 2334 - **Sec. A**



**Description:** Red Hot Robots is our junior robotics camp where children will investigate robotic fundamentals while building an ingenious robot that they get to keep! Children will explore circuits & electricity, robotic sensors, gears and mechanisms and advanced robotic applications. Students will play with various types of robots while exploring their different capabilities. Are robots just toys? How do they solve today's problems? What creative child will design tomorrow's future robots? In addition to their robot, children will build daily take home projects like mega pinchers, levers and series circuits. **For students entering grades 2-6 in the fall!**

## Nature's Anatomy Academy (Gr. 2 - 6) Mad Science Camp

**Where:** Stark Elementary School  
**When:** August 4th - August 8th  
**Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM  
**Fee:** \$200.00 per child  
**Program#:** 2335 - **Sec. A**



**Description:** Learn about insects, birds, beasts and you from the inside out in this action packed week. Have fun finding and magnifying nature's smallest critters, from fungus to insects. Discover what that night-hunting owl has found for dinner during our owl pellet dissection. Whip up your own Mad Mucus (eww!) and find out about the "basics" of your body. Have some creepy - crawly fun building a bughouse and finding tenants! Build a bird feeder to take home with you. Fun take-home projects every day like making your own paper and tie dyeing a tee shirt with natural vegetable dyes! **For students entering grades 1 - 5 in the fall!**

## Chess Wizards Summer Chess Camp

**Play Games, Make New Friends & Spend All Day With Us Having Fun! (Grades Kindergarten and up)**

**Where:** Stillmeadow School **When:** August 11h - August 15th **Days:** Monday - Friday  
**Time:** 9:00AM - 12:00PM - **Section A** 12:00PM - 3:00PM - **Section B** 9:00AM - 3:00PM - **Section C**  
**Fee:** \$203.00 per child **section A & B** \$303.00 per child **section C.** **Program #:** 2336

**Description:** An array of games and activities throughout the day led by the most energetic members of our staff. Activities include: Chess, Lessons, Puzzles, Wizard Says, Bug House Mirror, Fisher, Take Me, Charades, Basketball, Soccer, Dodge Ball and More! Each child will also receive a Chess Board, which all of their new friends can sign on the last day of camp. In addition, each child will receive a trophy, Chess Wizards TShirt, plus a folder containing all of the puzzles that they completed at camp. Chess Wizards is a premier chess education academy teaching at over 300 schools. The camps curriculum has been designed to make students time as fun as possible, while maintaining an environment of academic growth. All of the campers are divided into groups according to their chess experience and an instructor is assigned to each level.

# Summer Technology & Educational Camps

## Pre - Engineering Using LEGO ( Gr. K - 2 )

**Where:** Stark Elementary School

**When:** July 28th - August 1st

**Days:** Monday - Friday

**Time:** 9:00AM - 12:00PM

**Fee:** \$153.00 per child

**Program#:** 2337 - Sec. A

**Description:** Let your imagination run wild with tens of thousands of LEGO! Build engineer - designed projects such as boats, bridges, mazes and motorized cars and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO building system with the guidance of an experienced Play-Well Instructor. This is an ideal way prepare young builders for the challenge of Engineering Fundamentals. **For students entering grades K - 2 in the fall! Presented by Play- Well TEKologies**



## Engineering Fundamentals Using LEGO ( Gr. 3 - 5 )

**Where:** Stark Elementary School

**When:** July 28th - August 1st

**Days:** Monday - Friday

**Time:** 1:00PM - 4:00PM

**Fee:** \$153.00 per child

**Program#:** 2338 - Sec. A

**Description:** Power up your engineering skills with Play-Well TEKologies & tens of thousands of LEGO! Apply real - world concepts in physics, engineering, and architecture through engineer - designed projects such as arch bridges, skyscrapers, motorized cars and the Battltrack! Design & build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. **For students entering grades 3-5 in the fall! Presented by Play- Well TEKologies**



## Bracelets & More Bracelets ( Ages 6 - 10 )

**Where:** Stillmeadow Elementary School

**When:** July 8th - July 11th - Section A

August 5th - 8th - Section B

**Days:** Tuesday - Friday

**Time:** 8:30AM - 11:30AM

**Fee:** \$153.00 per child

**Program#:** 2339

**Description:** Join us for the first ever bracelet making class designed for children ages six thru ten. We will provide looms such as CraZloom, Loom Bands and Rainbow Loom, bands of various colors and project books. This is a mixed age group and children will be grouped according to ability and preference **of loom. All bands are latex free. Please bring a snack every day. This program has two sessions with a max 16 students per section. CT. Computer Education**



## Catapults & Other Structures ( Ages 5 - 9 )

**Where:** Stillmeadow Elementary School

**When:** July 15th - July 18th

**Days:** Tuesday - Friday

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

**Fee:** \$175.00 per child

**Program#:** 2340 - Sec. A

**Description:** Did you say Catapult made of Legos K'NEX, or wood? What type of building product produces the best catapult? Investigate which launches faster and further. This class includes experiments with parachutes and rockets. This fun filled camp has many surprises in store. Please bring a lunch and a snack. No Legos or K'NEX will be taken home. **CT. Computer Education**

## K'Nex Or Lego ( Ages 5 - 9 )

**Where:** Stillmeadow Elementary School

**When:** July 22nd - July 25th

**Days:** Tuesday - Friday

**Time:** 8:30AM - 10:00AM

**Fee:** \$109.00 per child

**Program#:** 2341 - Sec. A

**Description:** Come join this week filled with building with K'NEX and LEGO building sets. Children will discover the difference between building sets and which sets are more unique than others. This class is co-ed and children will build in groups at times. No bricks will be taken home. **Please bring a snack. CT. Computer Education**



## Art & Exploration - To the Moon & Back ( Ages 5 - 7 )

**Where:** Stillmeadow Elementary School

**When:** July 8th - July 11th

**Days:** Tuesday - Friday

**Time:** 9:00AM - 10:30AM

**Fee:** \$109.00 per child

**Program#:** 2342 - Sec. A

**Description:** Explore our new form of space travel in this action packed class. Journey into our atmosphere, check out the outer galaxy of our solar system. Enjoy this hands-on program that brings children on a quest for exploration! Learn about the Milky Way, navigation, comets, planets, stars and much more. This class uses computer technology and arts and crafts. Please bring a snack for your child.

**Limit of 8 students! CT. Computer Education**



# Summer Technology, Educational & Golf Camps

## Robots Our On The Horizon (Ages 5 - 9)

**Where:** Stillmeadow Elementary School

**When:** July 22nd - July 25th

**Days:** Tuesday - Friday

**Time:** 10:30AM - 12:00PM

**Fee:** \$109.00 per child

**Program#:** 2343 - Sec. A

**Description:** Robots and more robots, so many to choose from. Try using our manual or create your own mighty robot. Can you build a robot two feet high? How many robots can you combine to make the ultimate invention? This class is coed and includes team building. No bricks will be taken home. **Please bring a snack. CT. Computer Education**



## Basics To Building (Ages 5 - 7)

**Where:** Stillmeadow Elementary School

**When:** July 15th - 18th

**Days:** Tuesday - Friday

**Time:** 9:00AM - 10:30AM

**Fee:** \$109.00 per child

**Program#:** 2346 - Sec. A

**Description:** Young children love to build- and building is a great way to enter the world of engineering. This hands on approach to simple machines introduces the basic concept of physical science and engineering. Children will use the Duplo Lego Building System to create animals, machines, buildings and vehicles. This class is designed especially for preschoolers. Please bring a snack. No bricks will be taken home. **Limit of 8 students CT. Computer Education**



## Wooden Structures (Ages 5 - 9)

**Where:** Stillmeadow Elementary School

**When:** July 29th - August 1st

**Days:** Tuesday - Friday

**Time:** 8:30AM - 11:30AM

**Fee:** \$125.00 per child

**Program#:** 2344 - Sec. A

**Description:** Come join the fun building airplanes, bridges and gliders from wood. Children can use their imagination because the sky is the limit. This class includes step-by-step instructions /or use your imagination for numerous creations. This class is co-ed and is in a teamwork setting. Children will have time to create their own inventions. **Please bring a snack. CT. Computer Education**



## Rockets & More Rockets Or Bust (Ages 5 - 9)

**Where:** Stillmeadow Elementary School

**When:** July 29th - August 1st

**Days:** Tuesday - Friday

**Time:** 9:00AM - 10:30AM

**Fee:** \$109.00 per child

**Program#:** 2347 - Sec. A

**Description:** Join in on the fun, building your very own bottle rocket. Each child needs to bring a clean, empty twenty ounce bottle for this class. **(soda bottles work best)** This class will experiment with different types of rockets to enhance the fun and mystery. Each child will launch their own rocket with compressed air! This course demonstrates the basics of aerodynamics, including thrust, drag and ballast. Please bring a snack. **Limit 10! CT. Computer Education**



## Lego's & More Lego's Phase 1.5 (Ages 5 - 9)

**Where:** Stillmeadow Elementary School

**When:** August 12th - August 15th

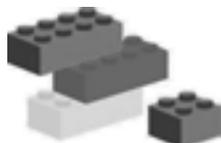
**Days:** Tuesday - Friday

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

**Fee:** \$175.00 per child

**Program#:** 2345 - Sec. A

**Description:** Attention !!! All Lego builders beginner thru advanced will love this program! If you attended the summer short program last summer this program has new excitement with new challenges. Come experience a fun and new way of building with Lego's. This program will focus on individual and group building. Students will learn how to use wheels, axles, levers, gears, pulleys and different building techniques to create various machines which will be powered with various motors and RCX bricks. No Lego's will be taken home. Please bring a lunch and a snack **CT. Computer Education**



## TGA Premier Junior Golf (Ages 6 - 14)

TGA Premier Junior Golf is a youth development program for PK-8th grade students. TGA conducts a five level after school golf enrichment program that takes place primarily at elementary schools and youth centers across the U.S. TGA's curriculum was created by golf professionals and education experts to include lesson plans that are fun, safe and educational. TGA's program can be conducted indoors or out, on concrete or grass, year-round by utilizing fields, blacktops and gyms. Every TGA student will receive our custom-made Student Handbook that includes all of these lessons plus interactive activities, skills challenges and notes. TGA provides all necessary equipment, including multiple sizes of junior golf clubs that properly fit kids ages 6-14. All TGA instructors are certified through an extensive training program and/or the PGA. **For more details on upcoming camps this summer in Stamford go to [www.goltga.com](http://www.goltga.com)**

# Peak Performance Summer Sports Camps

## PEAK ALL SPORTS CAMP

**Where:** Westhill High School

**Dates:** June 23rd - June 27th - **Program#: 2348**

June 30th - July 3rd - **Program#: 23479**

July 7th - July 11th - **Program#: 2350**

July 14th - July 18th - **Program#: 2351**

July 21st - July 25th - **Program#: 2352**

July 28th - August 1st - **Program#: 2353**

August 4th - August 8th - **Program#:2354**

August 11th - August 15th - **Program#:2355**

**Days:** Monday - Friday

**Time:** 9:00AM - 12:30PM - Half Day - **Section A**

12:30PM - 4:00PM - Half Day - **Section B**

9:00AM - 4:00PM - Full Day - **Section C**

9:00AM - 12:30PM - Any 3 Half Days - **Section D**

9:00AM - 4:00PM - Any 3 Full Days - **Section E**

**Fee:** \$119.00 half day/\$199.00 full day - July 4th week

\$149.00 per child per section for half day camp

\$249.00 per child per section for full day camp

\$90.00 per child for any 3 Half Day Section

\$149.00 per child for any 3 Full Day Section

**Description:** For Boys and Girls ages 4-12. This camp offers a combination of traditional sports games, physical education activities, and cooperative games. We ask that our full day campers bring a (peanut butter free) snack and lunch and water bottle, and our half day campers bring a peanut butter free snack and water bottle. Once again Sean Ireland will lead this highly qualified staff.

## PEAK BASKETBALL CAMP

**Where:** Westhill High School

**Dates:** June 23rd - June 27th - **Program#: 2356**

June 30th - July 3rd - **Program#:2357**

July 7th - July 11th - **Program#: 2358**

**Days:** Monday - Friday

**Time:** 9:00AM - 12:30PM - **Section A**

9:00AM - 4:00PM - **Section B**

**Fee:** \$149.00 per person per section half day

\$249.00 per person per section full day

**Description:** For Boys and Girls ages 4 – 12. Once again Kevin Ireland will lead this highly qualified staff. Campers will develop all of their basketball skills - shooting, passing, dribbling, rebounding and defense. Our Basketball Camp immerses you in the sport, giving you the kind of focused, intensive training that is essential to improvement. Over the course of the camp week, your self confidence will grow along with your skills and overall appreciation of the game. Bring a peanut free snack.



## PEAK BASEBALL CAMP

**Where:** Westhill High School

**Dates:** July 14th - July 18th - **Program#: 2359**

July 21st - July 25th - **Program#: 2360**

July 28th - August 1st - **Program#: 2361**

**Days:** Monday - Friday

**Time:** 9:00AM - 12:30PM - **Section A**

9:00AM - 4:00PM - **Section B**

**Fee:** \$149.00 per person per section half day

\$249.00 per person per section full day

**Description:** For Boys and Girls ages 4 - 12. Running the program again will be Ryan Smart. Our staff is comprised of standout college and high school players. This staff will provide instruction on hitting, pitching, fielding, throwing, base running and game strategies. Participants will be grouped according to age and/or skill level Campers need sneakers (especially for rainy days indoors) and a glove, wearing cleats is optional. **Bring a peanut free snack.**

## PEAK FLAG FOOTBALL CAMP

**Where:** Westhill High School

**Dates:** July 28th - August 1st - **Program#: 2362**

August 4th - August 8th - **Program#: 2363**

August 11th - August 15th - **Program#: 2364**

**Days:** Monday - Friday

**Time:** 9:00AM - 12:30PM - **Section A**

9:00AM - 4:00PM - **Section B**

**Fee:** \$149.00 per person per section half day

\$249.00 per person per section full day

**Description:** For Boys and Girls ages 4-12. Ryan Smart will once again lead this highly qualified staff. This camp will develop all skills: receiving, passing, running routes, handoffs, punting, flag pulling, kicking and defense. Our Flag Football Camp immerses you in the sport, giving you the kind of focused, intensive training that is essential to improvement. Over the course of the camp week, your self confidence will grow along with your skills and overall appreciation of the game. **Campers need sneakers (for rainy days indoors) Bring a peanut free snack**



**PEAK** PERFORMANCE  
SPORTS CAMPS

TAKING KIDS TO THE TOP OF THEIR GAME!

### Gentle Yoga - For All Levels

**Where:** Elements Yoga/ 354 Heights Rd, Darien CT  
**When:** April 26th - May 31st  
**Days:** Saturday  
**Time:** 10:45AM - 12:00PM  
**Fee:** \$85.00 per adult for 6 weeks  
**Program#:** 2276 - Sec. A  
**Description:** Come explore a gentle form of Yoga– designed to stretch & tone your body, calm your mind & soothe your Soul.

### Yoga Basics - Lunch Break

**Where:** Elements Yoga/ 354 Heights Rd, Darien CT  
**When:** April 30th - June 4th  
**Days:** Wednesday  
**Time:** 11:00AM - 12:00PM  
**Fee:** \$85.00 per adult for 6 weeks  
**Program#:** 2277 - Sec. A  
**Description:** This step-by-step program will introduce you to the basics of yoga & is designed for those who are brand new & for those who would like to refine their practice. Makes a great middle of the week mid-day class to keep you rejuvenated & to get you over the Hump!



### Yoga For Men

**Where:** Elements Yoga/ 354 Heights Rd, Darien CT  
**When:** April 29th - June 3rd  
**Days:** Tuesday  
**Time:** 7:30PM - 8:30PM  
**Fee:** \$85.00 per adult for 6 weeks  
**Program#:** 2278 - Sec. A  
**Description:** 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 seasonal practitioners.

### Core Yoga For Adults

**Where:** Elements Yoga Studio / 34 Heights Road in Darien  
**When:** April 30th - June 4th  
**Days:** Wednesday  
**Time:** 7:30PM - 8:30PM  
**Fee:** \$85.00 for 6 weeks  
**Program #:** 2279 - Sec. A  
**Description:** Core Yoga combines a series of flowing postures designed for all levels with rhythmic breathing for a full mind-body workout with emphasis on the core.



**Stamford Recreation Services**

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