

City of **STAMFORD**

Mayor David R. Martin

Stamford Recreation Services Winter Brochure 2015-2016



**Check Our
Violin
Lessons on
Page 10!**



at Stamford Recreation Department

**Online Registration
Begins December 8**

**Walk-in Registration
Begins December 9**

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

Stamford Recreation has switched to a new computer software for online registrations. Please login in to the new system and set up a new account for your household before registration begins on December 8th, 2015!

Welcome To Stamford Recreation Services

Department Staff

Superintendent: Laurie Albano

Assist. Superintendent: Scott Kassouf

Assist. Superintendent: Matthew Nordt

Recreation Supervisor: Megan Gearhart

Recreation Leader: Robert Pentino

Office Support Specialist: Tina Baines

Office Support Specialist: Maura Rudd

Recreation Office Holidays

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

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

Monday, January 18th - **Martin Luther King Jr. Day**

Monday, February 15th - **Washington's Birthday**

Parks & Recreation Commission

Joseph Andreana: **Commissioner/Chairman**

Althea Brown: **Commissioner**

Beth Cooper: **Commissioner**

Lyda Ruijter: **Commissioner**

David Winston: **Commissioner**

Office Hours

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

www.stamfordrecreation.com

Registration begins on-line December 8th, 2015

Walk-in registration begins December 9th, 2015

Update Your On-Line Account

Recreation has switched to new computer software for online registrations. Please login in to the new system and set up a new account for your household before registration begins on December 8th, 2015!

If you are having trouble setting up your new account please call our office staff at 203-977-5214.

Registration Information	2
Department Polices & Special Events	3
Preschool Programs	4
Preschool Age & Youth Programs	5
Youth American Doll & Fitness Programs	6
Youth & Teen Educational Programs	7
Youth & Teen After School Programs	8
Youth Art, Tennis & Cooking Programs	9
Youth Tae Kwon Do & Music Programs	10
Youth & Teen Music Programs	11
December School Vacation Camps	12
Horse Back Riding, Scholarship Fund Program	13
Ski Bums, Fitness Programs & Birthday Parties	14
Fitness Programs For Youth & Teens	15
Winter Aquatics Programs For Youth & Adults	16
Youth Summer Jobs & Healing Hearts Programs	17
Healing Hearts Programs & Adult Trips & Programs	18
Adult Fitness Programs	19
Adult Bus Trip & Softball League Meeting Dates	20

Registration Procedure

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

Fee Payment

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

Partial Music Scholarships Available

Stamford Recreation Services has partial scholarships available for all music programs listed pages 10 & 11 To qualify, students must receive free or reduced lunch in the Stamford School System. For more details please call 203-977-5214.

Department Policies

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 977-5214.**

Refund Policy

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

On-Line Registration Is Easy

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

Registration Forms

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

Holiday Special Events For Children

Calls From Santa

Once again this holiday season, children ages **3-8** can receive a personal call from Santa Claus. All calls from the North Pole will be made on Tuesday, December 15th and Wednesday, December 16th, 2015 from 6:00PM - 8:00PM. This program is free for Stamford residents and **NO LONG DISTANCE CALLS from Stamford will be made! This program is only a phone call from Santa and no gifts are supplied.** Please also remember that Santa will place the call. North Pole operators cannot accept calls from your child/children. To have your child receive a call, please download a form from the recreation website at www.stamfordrecreation.com or pick one up at the recreation office. **Forms must be received by December 14th, 2015 at 12:00PM at the Recreation Services Office.** They can also be faxed to 203-977-5504. **For more information, please call Santa's helpers at 203-977-5214.**



Preschool Holiday Fun (Ages 1 - 5)

Where: TOR Presbyterian Church/49 Turn of River Rd

When: December 17th, 2015

Day: Thursday

Time: 10:00AM - 11:00AM

Fee: \$7.00 per child

Instructor: Victoria & Shiran

Description: Come join us for a one day event that will start your jolly holidays off on the right foot! We will read a holiday story, make a fun holiday craft, sing songs and enjoy treats inspired by this wonderful time of the year! **A parent and me class.**



Be My Valentines (Ages 1 - 5)

Where: TOR Presbyterian Church/49 Turn of River Rd

When: February 5th, 2015

Day: Friday

Time: 10:00AM - 11:00AM

Fee: \$7.00 per child

Instructor: Victoria & Shiran

Description: Come join us for a one day event for Valentines Day. We will read a Valentines story, make a Valentine craft, sing songs and enjoy treats inspired by Valentines Day! **A parent and me class.**



Preschool Programs

Just Mommy & Me (Ages 1-2)

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

When: January 12th - March 1st (No class 2/16)

Time: 9:45AM - 10:15AM

Day: Tuesday

Fee: \$42.00 per child for 7 weeks

Instructors: Victoria & Shiran

Description: Join the fun! Allow your toddler, and yourself, time to socialize and make new friends in a fun and comfortable setting! We'll engage the children in hands on activities, art projects, stories, songs and free play. **A parent and me program.**



Toddler Gym (Ages 2-3)

Where: Break Thru Family Fitness 4 Life/ 48 Union Street

When: January 14th - March 3rd (No class 2/18)

Time: 9:45AM - 10:30AM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Victoria & Shiran

Description: Come in from the cold and warm up while playing! Held in a large gym with plenty of age appropriate equipment and space to use all of that toddler energy we love! We give children the chance to run, jump, slide and climb in a safe environment. **A parent and me program.**



Kids In The Kitchen (Ages 3-4)

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

When: January 12th - March 1st (No class 2/16)

Time: 10:30AM - 11:15AM

Day: Tuesday

Fee: \$47.00 per child for 7 weeks

Instructors: Victoria & Shiran

Description: We don't just cook in the kitchen. We have fun! If we're not baking a quick snack, or taste testing a new food, we'll use different types of food, or commonly used kitchen utensils to make a fun art project! **Parents can stay and join in the fun also!**



Watch Me Play (Ages 4-5)

Where: Break Thru Family Fitness 4 Life/ 48 Union Street

When: January 14th - March 3rd (No class 2/18)

Time: 10:45AM - 11:30AM

Day: Thursday

Fee: \$47.00 per child for 7 weeks

Instructors: Victoria & Shiran

Description: This is the perfect class to allow older children the time and space to run and explore without the assistance of a parent! We have plenty of supervised space, equipment & activities to keep your child busy. Feel free to stay & make new friends or enjoy some quiet time for yourself.



Mini Artists (Age 1-2)

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

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

Time: 9:45AM - 10:15AM

Day: Wednesday

Fee: \$42.00 per child for 7 weeks

Instructors: Victoria & Shiran

Description: This special parent/child class is a fantastic first step into the world of art! We can help develop your child's sensory skills as well as fine and gross motor skills. We'll learn about colors, textures and more while exploring new art materials. **A parent and me program.**



Messy Art (Ages 3 - 4)

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

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

Time: 10:30AM - 11:15AM

Day: Wednesday

Fee: \$47.00 per child for 7 weeks

Instructors: Victoria & Shiran

Description: Using various art materials, children will be creating a fun and sometimes extra messy art project! We'll practice different skills during our art class and use various objects to help us create a masterpiece! We may get a little messy, so please dress appropriately. **A parent and me program.**



Free Gymnastics Class : For Toddler, Preschool & Pre K children. Come and learn about **Gym On Wheels** and see why we are the leading exercise and gymnastics program in the tri-state area. Kids love us! **Monday, December 21st, 2015**
Zion Lutheran Church at 132 Glenbrook Road
10:00aM - Ages 2 - Sess. 01 10:30AM - Ages 3- 4 - Sess. 02
After yours kids enjoy this free class we will be offering an 8 week session below starting in January! **You must preregister for this one time free program to participate.**

Gymnastics For Preschoolers - New

Where: Zion Lutheran Church at 132 Glenbrook Road

When: January 11th - March 14th (No class 1/18 & 2/15)

Time: 9:30AM - 10:00AM (Ages 2) - Sess. 01

10:15AM - 11:00AM (Ages 3-4) - Sess. 02

Day: Monday

Fee: \$128.00 per child for 8 weeks

Instructors: Matt Rowan, **certified instructor**

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

Preschool Age & Youth Programs

Indoor Soccer Tykes For Preschoolers

Where: Gym at Zion Lutheran Church/ 132 Glenbrook Rd.
When: January 9th - February 13th
Day: Saturdays (**Max of 20 kids per class**)
Time: 9:00AM -10:00AM - Koalas/ 3 year olds - **Sess. 01**
10:15AM - 11:15AM - Bears/4- 5 year olds - **Sess. 02**
Fee: \$105.00 for 5 weeks per session
Instructor: Kevin Fallon, Certified Soccer Tkes Program
Description: Kids should wear sneakers & comfortable clothing. At Soccer Tykes, we stress a non-competitive environment. This is a child development program for kids **ages 3-5**. Classes are designed to develop motor skills, promote physical fitness, and create self-confidence. We mix fun, skill development activities with actual small sided games Listed above are the two sessions we will offer this winter. **For more detailed information call 977-5214.**

Pre-Schoolers Yoga (Ages 3-5)

Where: Family Tree Yoga 980 Hope Street
When: January 12th - March 15th
Day: Tuesday
Times: 1:45AM - 2:30PM
Fee: \$185.00 for 10 weeks
Instructors: Kimberly Motill
Description: Your independent little one will enjoy this fun drop-off class. We will read a story and then create art and yoga according to the story theme. Little yogis will learn yoga poses by imitating animals and elements in nature.



Little Rec'ers Gym Program (Ages 5-6)

Where: Gym at Zion Lutheran Church/ 132 Glenbrook Rd.
When: March 5th - March 26th
Day: Saturday
Times: 10:00AM - 11:00AM
Fee: \$40.00 for four weeks
Instructors: Recreation Staff
Description: This Saturday morning program offers a fun, safe and nurturing environment which children can make new friends. Each week children will enjoy new gym activities and games designed for their age group. This program will keep children moving, laughing and enjoying their friends while participating in this fun program. **A max of 14 children in the program!**



Tiny Tots Summer Camp

If you child enjoys our preschool classes during the school year and will be between the ages of 3-5 this summer, they will love our preschool summer program. Camp runs for six weeks and is broken up into two week sessions. Information on this summer program will be in our 2016 Spring & Summer Brochure that will be out in February.

Tiny Tu - Tus (Age 2)

Where: Terry Connors Rink/Second floor class room
When: January 8th - March 4th (No Class 2/12)
Day: Friday
Times: 9:30AM - 10:15AM
Fee: \$144.00 per child for 8 weeks
Instructors: Ms. Danette
Description: Get your tu-tus out! It's time to twirl and leap to classical music. During this 45 minute class, your little dancer will learn the basic ballet techniques as they move to the beautiful sounds of classical music. *** Pink leotard, tights and pink ballet slippers required.**



Shake It Up & Dance (Ages 2 - 3)

Where: Terry Connors Rink/Second Floor classroom
When: January 8th - March 4th (No Class 2/12)
Days: Friday
Times: 10:15AM - 11:00AM
Fee: \$144.00 per child for 8 weeks
Instructors: Ms. Danette
Description: Children will bang on a drum, shake, rattle and roll in this fun class. Movement and music will be incorporated into this program.



Broadway Babies Ballet/Tap (Ages 4-5)

Where: Terry Connors Rink/Second Floor classroom
When: January 8th - March 4th (No Class 2/12)
Day: Friday
Time: 11:00AM - 11:45AM
Fee: \$144.00 per child for 8 weeks
Instructors: Ms. Danette
Description: Tiptoe into the world of ballet, explore movements, tempo and more. Students are required to wear their hair up out of their face, leotard and tights & leather ballet slippers or bare feet.



Ballet/Tap Combo (Pre K - 3 Grade)

Where: Terry Connors Rink/Second Floor classroom
When: January 8th - March 4th (No Class 2/12)
Days: Friday
Time: 4:00PM - 5:00PM (Pre - K) - **Sess. 01**
5:00PM - 6:00PM (Gr. K-3) - **Sess. 02**
Fee: \$180.00 per child for 10 weeks
Instructor: Ms. Danette
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. **Pink leotard, tights and pink ballet slippers required.**



Youth American Doll & Fitness Programs

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

Where: Family Tree Yoga 980 Hope Street

When: January 23rd

Day: Saturday

Times: 3:00PM - 5:15PM

Fee: \$55.00 per students - **Sess. 01**

\$10.00 materials fee - **Sess. 02 (Required)**

Instructors: Kimberly Motill

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



American Girl Doll Day of Fun Event 2 (Ages 6 & UP)

Where: Family Tree Yoga 980 Hope Street

When: January 30th

Day: Saturday

Times: 3:00PM - 5:15PM

Fee: \$55.00 per student - **Sess. 01**

\$10.00 materials fee - **Sess. 02 (Required)**

Instructors: Kimberly Motill

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



Kids Yoga (Ages 6 - 11)

Where: Family Tree Yoga 980 Hope Street

When: January 12th - March 15th

Day: Tuesday

Times: 4:15PM - 5:15PM

Fee: \$185.00 per student for 10 weeks

Instructors: Kimberly Motill

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



Yoga Camp For Kids, Tweens, & Teens (Ages 6 & UP)

Where: Family Tree Yoga 980 Hope Street

When: January 18th (**Martin Luther King Day/No School**)

Day: Monday

Times: 9:00AM - 3:00PM

Fee: \$85.00 per student

Instructors: Kimberly Motill

Description: A great way to spend the day off from school! Join Kimberly Motill, certified children's yoga instructor, for a fun filled day of yoga classes, yoga themed games, playful partner poses, art work, aromatherapy, guided meditation, and more.



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

Where: Family Tree Yoga 980 Hope Street

When: February 27th

Day: Saturday

Times: 6:00PM - 8:00PM

Fee: \$35.00 per student

Instructors: Kimberly Motill

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



Teen Yoga (Ages 12 & UP)

Where: Family Tree Yoga 980 Hope Street

When: January 14th - March 17th

Day: Thursday

Times: 4:30PM - 5:30PM

Fee: \$185.00 per student for 10 weeks

Instructors: Kimberly Motill

Description: Through the unity of breath and movement, students will become more connected to their inner selves. Greater emphasis is placed on correct alignment in poses. We will also learn tools to manage stress, and we will incorporate themes to empower each student. This class will improve flexibility and strength and cultivate an overall feeling of peace.



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Youth & Teen Educational Programs

Chess Wizards (Gr. K & UP)

Where: First Presbyterian Church/ 1101 Bedford St.

When: January 9th - March 5th (No class 2/13)

Day: Saturdays

Time: 9:30AM - 10:30AM

Fee: \$135.00 per child for 8 weeks

Instructor: Certified Chess Wizard Staff

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



Crazy Chemworks (Gr. 1-4)

Where: Westover School

When: January 25th - February 29th (No class 2/15)

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$90.00 per student for five weeks

Instructor: Certified Mad Science Staff

Description: This action packed STEM focused after-school program is bubbling over with classic experiments and crazy concoctions! Have bubbling, billowing, ice cold fun when you explore the changing states of matter. Perform spectacular hands-on activities using real laboratory tools. Witness stunning demonstrations and probe the properties of light with some spectacular glow-in-the-dark technology. Students join inquiry-based discussions as they learn and apply concepts and techniques just like a real chemist. Amazing Mad Science take home items included with each class. Crazy Chemworks is the perfect introduction to elementary chemistry.

Motor Movers To The Rescue (Ages 5 - 9)

Where: Davenport School

When: March 21st - April 25th (No class 4/4)

Day: Monday

Time: 4:00PM - 5:15PM

Fee: \$109.00 per child for 6 weeks

Instructor: CT Computer Education Staff

Description: It's a whole new dimension of LEGO building when you create your own Motor Mover. Build a monkey, a bird and other fascinating creatures that move. The monkey moves hand-over-hand on the high wire, or use your imagination (the sky is the limit) to create dozens of other motorized creations. Put it together, take it apart, and build whatever you choose. Please bring a snack. No Legos will be taken home.

CHEMICALS & More CHEMICALS

(Ages 5-12)

Where: Davenport School

When: January 25th - March 7th (No class 2/15)

Day: Monday

Time: 4:00PM - 5:15PM

Fee: \$109.00 per child for 6 weeks

Instructor: CT Computer Education Staff

Description: Come join this hands on class with all the fun and no blame. Experiment with different agents to form new compounds. Is it liquid or solid? Protective wear is a must for this class and will be provided. Children are encouraged to get messy. Bring an old t-shirt to tie-dye during class. This class is six weeks long creating and making chemical reactions. Children will watch various experiments and then be able to do them with guidance from the instructor. Please notify instructor of any allergies in advance. **Please bring a snack.**



Jr. Engineering Explorer (Gr. K - 2)

Where: Davenport Elementary School

When: January 14th - March 3rd

Day: Thursday

Time: 3:50PM - 4:50PM

Fee: \$175.00 per child for 8 weeks/ **includes all supplies**

Instructor: Engineering For Kids Staff

Description: Building a house to withstand the Big, Bad Wolf is where the fun begins in Junior Civil. This class is centered on exploring the concepts of building and construction through hands-on exploration and design. Students explore the engineering behind sky scrapers, bridges, roads, and more in this fun and engaging experience.

The Engineering Of Travel (Gr. 3-5)

Where: Roxbury School

When: January 11th - March 14th (No class 1/18 & 2/15)

Day: Monday

Time: 3:50PM - 4:50PM

Fee: \$175.00 per child for 8 weeks/ **includes all supplies**

Instructor: Engineering For Kids Staff

Description: 111 years ago airplanes had not even made their first flight, yet today we can fly to the other side of the world in 12 hours! It is thanks to advances in technology that we are able to explore so much of the world. As this class travels around the world, students will design their very own boat, plane, and even a rocket!



Youth & Teen After School Programs

Soft Sports & Games II (Gr K - 1)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 11th - March 7th (No class 1/18 & 2/15)

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$45.00 per child for seven weeks

Instructor: Recreation Staff



Description: Whether you took the Fall program or this is your first time, you will love this after school gym class. Each week we will play a new game, sport or activity that is age appropriate and everyone will enjoy. A great way to make new friends and blow off some steam on a cold winter day.

Peanut Basketball (Gr. K-1)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 12th - March 1st (No class 2/16)

Day: Tuesday

Time: 4:00PM - 5:00PM

Fee: \$45.00 per child for seven weeks

Instructor: Recreation Staff



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.

Gym Ball Madness (Gr. 2-3)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 13th - March 9th (No class 1/27 & 2/17)

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$45.00 for seven weeks

Instructor: Recreation Staff



Description: Each week students will learn and play an exciting gym games like dodgeball, crab soccer, foot volleyball, pickle ball and more. A great way for students to get exercise and make new friends at the same time.

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

Where: Gold Coast All Stars, 64 Research Drive

When: January 13th - February 10th

Day: Wednesday

Times: 7:30PM - 8:30PM

Fee: \$102.00 per child per five week Section

Instructor: Gold Coast All Star Staff

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

Peanut Basketball II (Gr. 2-3)

Where: The Zion Lutheran Church 132 Glenbrook Road

When: January 14th - March 3rd (No class 2/18)

Day: Thursday

Time: 4:00pm - 5:00pm

Fee: \$45.00 per child for seven weeks

Instructor: Recreation Staff



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. All participants should wear sneakers & comfortable gym clothing

Neighborhood Soccer (Gr. 1-2)

Where: The Zion Lutheran Church 132 Glenbrook Rd

When: January 15th - March 4th (No class 2/12 & 2/19)

Day: Fridays

Time: 4:00PM - 5:00PM

Fee: \$45.00 for seven weeks

Instructor: Recreation Staff



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

Early Release Day Activity Program (Grades K - 4)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 27th, 2016 - Sess. 01

February 24th, 2016 - Sess. 02

Time: 1:00PM - 5:00PM

Fee: \$16.00 per child per Section

Instructor: Recreation Staff



Description: School closes early for professional staff days and not sure what to do with your kids? Look no further! We will be offering an afternoon activity program filled with arts & crafts, gym games, sports, board games, homework time and more. The program is **limited to 35 students per Section.**

Snow Ball Kick Ball (Gr. 1-3)

Where: Barrett Park - On Newfield & Corner of Upland Road

When: February 24th - March 14th

Day: Wednesday

Time: 4:00PM - 5:00PM

Fee: \$25.00 for four weeks

Instructor: Recreation Staff



Description: Looking for something to do on a winter day after school? Come join us as we play kick ball outside and enjoy the fresh winter air.

Youth Art, Tennis & Cooking Programs

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

Where: Davenport School
When: January 13th - March 23rd (No class 1/27)
Day: Wednesday
Time: 4:00PM - 5:00PM - Ages 5-8 - Sess. 01
5:00PM - 6:00PM - Ages 9 - 12 - Sess. 02
Fee: \$173.00 per person for 9 weeks
Instructor: Jo-Anne Claybourne
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**

Introductory Tennis Lessons (Ages 5 - 8)

Where: Zion Lutheran Church Gym/ 132 Glenbrook Road
When: March 5th - April 2nd
Day: Saturdays
Time: 12:15PM - 1:00PM - Sess. 01
1:15PM - 2:00PM - Sess. 02
Fee: \$75.00 per child for 5 weeks
Instructor: GSTA Instructors
Description: The Greater Stamford Tennis Association and Stamford Recreation Services is offering a 5 week introductory tennis program for kids age 5-8. The classes will feature age appropriate tennis equipment (shorter racquets, foam and low compression tennis balls) on short tennis courts. **Racquets will be provided for classes.**



Saturday Craft Club (Ages 5-7)

Where: Gym at Zion Lutheran Church/132 Glenbrook Rd.
When: March 5th - March 26th
Day: Saturday
Times: 11:00AM - 12:00PM
Fee: \$60.00 per student for four weeks / **Includes Supplies**
Instructors: Recreation Staff
Description: Come spend a Saturday morning creating fun crafts and make new friends. Each week will have a different project. Projects will include paints, glue, markers, tissue paper, glitter and more. Fee includes all supplies and **max of 12 children in the program!**



Performing Arts Acting Classes (K-6)

Where: Westover School Auditorium
When: February 10th - March 30th (No class 2/17)
Day: Wednesday
Time: 4:00PM - 4:45PM (Gr. K-2) - Sess. 01
5:00PM - 6:00PM (Gr. 3-6) - Sess. 02
Fee: \$132.00 per child for 7 weeks
Instructor: Performing Arts Programs Staff
Description: This acting program offers theater games, concentration exercises, voice, speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and more. The program is a fun-filled way for children to get started in acting classes in a non stressful environment.
For more go to www.performingartsprograms.biz



Creative Crafts (Gr. K-1)

Where: Zion Lutheran Church Gym/ 132 Glenbrook Road
When: January 12th - February 23rd (No class 2/16)
Day: Tuesdays
Time: 4:00PM - 5:00PM
Fee: \$80.00 per child for 6 weeks / **supplies included**
Instructor: Nancy & Nicole
Description: If your child enjoys arts & crafts, they will love this after school class. Each week students will make a new craft or art project working with paints, glue, markers, glitter and other art materials. Participants will create projects they will be proud of each week. **Max of six students in the class!**

Calling All Cooks (Gr. K-3)

Where: Zion Lutheran Church Gym/ 132 Glenbrook Road
When: January 14th - February 25th (No class 2/18)
Day: Thursdays
Time: 4:00PM - 5:15PM
Fee: \$80.00 for six weeks/ **includes all supplies**
Instructor: Nancy & Nicole
Description: We're heading back in the kitchen for another hands on and yummy adventure. Young chefs will be measuring, mixing and cooking up healthy and creative foods together. This is a hands on class and one that is best reserved for children who truly would like to roll up their sleeves, learn the basics of cooking and join our chefs club!



Update Your On-Line Account

Recreation has switched to new computer software for online registrations. Please login in to the new system and set up a new account for your household before registration begins on December 8th, 2015!

Youth & Teen Tae Kwon Do Programs

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

Where: Westover School Gym

When: January 4th - March 14th (No class 1/18, 2/15)

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

Time: 6:00PM - 6:45PM

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

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

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



Team Wrigley Tae Kwon Do (Ages 7 & Up)

Where: Westover School Gym

When: January 4th - March 14th (No class 1/18, 2/15 & 2/16)

Day & Time: By Rank (Must attend twice a week)

White: Monday & Wednesday : 6:00PM - 6:45PM - **Sess. 01**

Yellow & Orange Belts: Monday & Wednesday
6:45PM - 7:30PM - **Sess. 02**

Green & Blue Belts: Tuesday & Thursday
6:00PM - 7:00M - **Sess. 03**

Red & Brown Belts: Tuesday & Thursday
7:00PM - 7:45PM - **Sess. 04**

Black Belts: Monday & Wednesday
7:30PM - 8:30PM - **Sess. 05**

Fee: \$165.00 per student (**Twice a week**)

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

Description: This Martial Art Program is designed specifically for returning students or those children who may have had prior martial arts experience elsewhere*. Students enrolled who know the true benefit of Tae Kwon Do and how much fun it can be, will continue on their path to the eventual rank of Black Belt and beyond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. (Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot).

*Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will completed by the Instructor determine starting rank.

Youth & Teen Music Lessons

Violin Lessons (Ages 8-13) Primary Level - New

Where: Westover Elementary School

When: February 2nd - March 29th (No class 2/16)

Day: Tuesdays

Time: 5:30PM - 6:30PM (Ages 8-10) - **Sess. 01**

6:45PM - 7:45PM (Ages 11-13) - **Sess. 02**

Fee: \$240.00 per child for 8 weeks

Instructor: Jose Bastardes, **Professional Violinist**

Description: This program is designed for introducing the violin in a fun setting where the students will learn how to hold the instrument, the bow, basic theory and music reading and the basic principles for how to develop the ability to play the violin. **A Max of Three Students Per Class!**

Violin Lessons (Ages 8-13) Intermediate Level - New

Where: Westover Elementary School

When: February 3rd - March 30th (No class 2/17)

Day: Wednesday

Time: 5:30PM - 6:30PM (Ages 8-10) - **Sess. 01**

6:45PM - 7:45PM (Ages 11-13) - **Sess. 02**

Fee: \$240.00 per child for 8 weeks

Instructor: Jose Bastardes, **Professional Violinist**

Description: For students who already have a basic understanding of the Violin, **that have had two plus years of violin lessons.** In this course the students will learn how to develop higher technical abilities for both left hand and right hand, sensitivity to purity of tone and proper intonation. **A Max of Three Students Per Class!**

Youth & Teen Music Programs

Musikids Keyboard I (Ages 6 - 8)

Where: Westover Elementary School

When: January 13th - March 2nd

Day: Wednesday

Time: 6:00PM - 7:00PM

Fee: \$195.00 per child for 8 weeks

Instructor: Bob Fiorito

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



Musikids Keyboard II (Ages 6-10)

Where: Westover Elementary School

When: January 13th - March 2nd

Day: Wednesday

Time: 7:00PM - 8:00PM

Fee: \$195.00 per child for 8 weeks

Instructor: Bob Fiorito

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

Guitar Lessons With Mr. Truglio

Where: Westover Elementary School

When: January 13th - March 2nd

Day: Wednesday

Time: 5:15PM - 6:00PM

Fee: \$155.00 per student for 8 weeks

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: January 13th - March 2nd

Day: Wednesday

Time: 6:00PM - 6:45PM

Fee: \$155.00 per student for 8 weeks

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



Voice Lessons With Mrs. Herrera - Crilly

Where: Dolan Middle School

When: January 14th - March 3rd

Day: Thursday

Times: 3:00PM - 3:45PM - Grades 6-8 - **Sess. 01**

4:00PM - 4:45PM - Grades 4-5 - **Sess. 02**

Fee: \$150.00 per student for 8 weeks

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

Piano Lessons With Mr. Fiorito

Where: Westover School

When: January 14th - March 3rd

Day: Thursday

Time: 4:00PM - 4:45PM

Fee: \$165.00 per student for 8 weeks

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

Piano Lessons With Mr. Fiorito II

Where: Westover School

When: January 14th - March 3rd

Day: Thursday

Time: 4:45PM - 5:30PM

Fee: \$165.00 per student for 8 weeks

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



Piano Lessons With Mr. Fiorito III

Where: Westover School

When: January 14th - March 3rd

Day: Thursday

Time: 5:30PM - 6:15PM

Fee: \$165.00 per student for 8 weeks

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.



December Vacation Camp Programs

Peak Performance Sports Camps December Vacation Camp

Where: Davenport Elementary School Gym

When: December 28th - December 31st

Days: Monday - Thursday

Time: 9:00AM - 12:30PM - 3 AM Half Days - \$99.00 - **Sess. 01**
12:30PM - 4:00PM - 3 PM Half Days - \$99.00 - **Sess. 02**
9:00AM - 4:00PM - 3 Full Days - \$165.00 - **Sec. 03**

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

Three Day Hooray Vacation Camp(K-5)

Where: Stillmeadow School

When: December 28th - December 30th

Days: Monday, Tuesday & Wednesday

Time: 8:30am - 3:30pm

Fee: \$120.00 per child

Instructor: Recreation Staff

Description: This three day December vacation camp for students will offer, arts & crafts, gym games, sports, board games and more each day. Children will be broken up into groups by age and will participate in age appropriate activities. All students should pack a bagged lunch each day and we will provide a small snack each morning.



Winter Wonderland Workshop With Lego (Ages 5-6)

Where: Davenport School Café

When: December 28th - December 30th

Day: Monday, Tuesday & Wednesday

Time: 9:00AM - 12:00PM

Fee: \$118.00 per child

Instructor: Play - Well TEKologies Staff

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



Winter Wonderland Workshop With Lego (Ages 7 - 12)

Where: Davenport School Café

When: December 28th - December 30th

Day: Monday, Tuesday & Wednesday

Time: 1:00PM - 4:00PM

Fee: \$118.00 per child

Instructor: Play - Well TEKologies Staff

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



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

Where: Westover Elementary School Café

When: December 28th - December 31st

Day: Monday - Thursday

Time: 8:30AM - 2:30PM

Fee: \$131.00 per child for three days - **Sess. 01**

\$175.00 per child for the four days - **Sess. 02**

Instructor: CT Computer Education Staff

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



Mini Camp For February Vacation (K-5)

Where: Davenport School

When: February 12th & February 16th

Day: Friday & Tuesday

Time: 8:30AM - 3:30PM

Fee: \$40.00 for one day per child - **Sess. 01**

\$80.00 for two days per child - **Sess. 02**

Instructor: Recreation Staff

Description: This mini two day vacation camp will offer arts and crafts, gym games, board games, sports and more. Students need to bring a bagged lunch each day and small snack will be provided. We will except a max of 80 students in the program.



Youth Programs & Scholarship Fund

A GREAT WAY TO HELP MAKE A CHILD FEEL SPECIAL!

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

We look forward to the citizens of Stamford taking advantage of this wonderful program! **For more information call the Recreation Office at 203-977-5214.**

Horseback Riding Lessons With Mead Farm

Where: Mead Farm on 107 June Road, Stamford

When: February 28th - March 20th

Day: Sunday

Time: 2:00PM - 3:00PM

Fee: \$230.00 per person

Instructor: Mead Farm Staff

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

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

Required Forms: All participants must fill out the required waiver forms that can be down loaded from our website at www.stamfordrecreation.com and returned to Mead Farm by **February 22nd, 2016. to participate in the program. Also, this is an introductory program and anyone looking to return from the spring session should contact Mead Farm directly for other programs. Max of 12 students! There will be No make up classes.**



Lego 101 During April Vacation (Gr. K-5)

Where: Westover School

When: April 4th - April 7th

Day: Monday - Thursday

Time: 8:30AM - 2:30PM

Fee: \$175.00 per child

Instructor: CT Computer Education Staff

Description: This class makes all the Lego bricks go haywire. Use our books to create androids, machines and cars to create your own invention. Children will work individually and in groups. No Lego's will be taken home. Please bring a lunch and a snack everyday to class. Pictures will be e-mailed home.



Rockin' Jump Trip (Gr. 1-5)

Where: Trumbull CT

When: January 30th, 2015

Day: Saturday

Time: 10:30Am - 3:15PM

Fee: \$35.00 per child / **Includes jumping socks**

Description: A fun place where you can soar in open jump arenas, dive into pools of soft foam cubes, play trampoline dodgeball, do flips and somersaults. Don't miss a great way to spend a Saturday with friends on this awesome day trip.



Peak Performance Sports Camps February Break Camp

Where: Davenport Elementary School Gym

When: February 12th & February 16th

Days: Friday & Tuesday

Time: 9:00AM - 12:30PM-2 AM Half Days - \$66.00 - **Sess. 01**

12:30PM - 4:00PM-2 PM Half Days - \$66.00 - **Sess. 02**

9:00AM - 4:00PM - 2 Full Days - \$110.00 - **Sess. 03**

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



Ski & Fitness Programs & Birthday Parties

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

Where: Thunder Ridge Ski Area

When: Friday, January 8th, 2016 – **Sess. 01**

Friday, January 22nd, 2016 - **Sess. 02**

Friday, February 5th, 2016 - **Sess. 03**

Friday, February 19th, 2016 - **Sess. 04**

Departure: 4:00PM from the Government Center

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

Fee:

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

\$20.00 per person extra for **ski rentals per trip**

\$25.00 per person extra for **ski lessons per trip**

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

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



Real Gym For Kids (Ages 7 & UP)

Where: Break Thru Family Fit 4 Life

When: January 11th - March 20th

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

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

Fee: \$149.00 per student/ Unlimited days for 12 weeks

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

Description: A one-of-a-kind kids' fitness circuit with 10-12 strength and cardio machines. A REAL GYM, the only one around, with Kid sized equipment. Kids learn the right way to work out independently & form good habits for life. Great for kids who don't like competitive sports & a great supplement for sports conditioning. Program is customized to each child based on his/her individual needs. **Only 15.00 dollars per week for 10 weeks. Student may stay for one hour and utilize the big play area that has hooping balls, jump ropes, hula hoops and more! All students must call Break Through Fitness for first time orientation. Call 203-355-9395.**

Birthday Party Info

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

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

Party Types:

Classic Party – Just like the Good Old Days

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

Butterfly Party - A Fun Time for your Butterfly Princess

Hawaiian Luau - Party in Paradise with Island Fun

Zoo Party - A Great Party for your Animal Lover

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

For more information or to schedule your party contact :

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

rpentino@ci.stamford.ct.us or Erica Grant Birthday

Party Coordinator at egrantstamford@gmail.com

Stamford Recreation Services 888 Washington Blvd-
Stamford CT 06901

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

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

When: January 11th - March 18th

Days: Monday, Wednesday & Friday

Times: 5:00PM - 5:45PM

Fee:

\$249.00 per student for 3 days per week/ 10 weeks - **Sess. 01**

\$199.00 per student for 2 days per week/ 10 weeks - **Sess. 02**

Instructor: Tom Bacha & Kimberly Colletto

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



Fitness Programs For Youth & Teens

Heart Smart & Bodywise Fit Kids After School Program

Where: Bodywise Studio 990 Hope Street

When: January 11th - March 2nd

Day: Monday or Wednesday (**One or the other**)

Fee: \$85.00 per student for **one class per week** /six weeks

Instructor#: Betty Kelly Camlin, Certified Instructor

Description: If you have a child that needs to **GET MOVING** or if you just want to find a **FUN** unique **HEALTHY** alternative to your after-school routine, this pediatrician approved program provided in a kid friendly Fitness Studio in Springdale is it!! Program includes a world-class nutrition curriculum, "**Nutrition Detectives**" by Dr. David Katz of Yale. This innovative program held at **Bodywise Studio** provides fun, never boring fitness classes like: **ZUMBA KIDS & YOGA**, **REBOUNTING** mini-trampoline aerobics **CARDIO BOXING & KIDS BOOT CAMP** Class venue changes weekly. **For Boys & Girls!** Book 2 classes/wk, both sessions, and arrangements can be made with Betty for pick up at some schools for an additional fee.

Kids Night Out (Grades 1 - 6)

Where: Bodywise Studio 990 Hope Street

Day: Saturdays

Time: 6:00PM - 10:00PM

Fee: \$40.00 per night includes dinner and snack

Instructor: Betty Camlin, Certified Instructor

Description: Includes Fun Fitness, Rebounding & Yoga, Zumba Glow Disco, Games, Dinner. Making Fun Healthy Snacks, Karoke, Active Video games, Popcorn and a movie!! Each one has a different theme. Themes may be subject to change. Bring towel and water bottle. **Kids and parents get a night out with this program!** For details visit www.bodywisebybetty.com

Program Dates:

January 23rd - Circus Theme (Yoga Circus, Acting, Mime, Face painting and More. Boys & Girls - **Sess. 01**)

February 13th - Paint & Party (Zuma, Disco and painting your own canvas American Girl Doll - Valentines Theme - **Sess. 02**)

March 12th - St Patrick's Theme (Wearin Green) - **Sess. 03**

April 16th - Girls Night Out (Yoga Spa Theme) - **Sess. 04**

May 21st - Bounce Into Spring (Jumping Glow Party) - **Sess. 05**

All Camps and Special events limited to 16 students grades 1-6 for each date. Will take a child in grade K with an older sibling.



MLK Day & Winter Break Camps

Where: Bodywise Studio 990 Hope Street

When: January 18th (Mon) - **MLK Day**

February 12th, 15th & 16th - **Winter School Break**

Time: 10:00AM - 4:00PM

8:30AM - 5:30PM **Extended Day**

Fee:

\$50.00 per child / **MLK Day** (Normal day) - **Sess. 01**

\$70.00 per child / **MLK Day** (Extended day)- **Sess. 02**

\$150.00 per child / **Winter Break** (Normal Day) - **Sess. 03**

\$210.00 per child / **Winter Break** (Extended Day) -**Sess. 04**

Instructor#: Betty Kelly Camlin, Certified Instructor

Description: Our very popular holiday camps are back and better then ever. **Rebounding** (aerobics on mini-trampoline) , **Fitness Hooping**, **Fun Boot Camps**, **Yoga**, **Yoga Circus**, **Face Painting**, **Playground Fun**, **Zumba**, **Cardio Drumming**, **Active Video Gaming**, **Karoke Lunches**, **Healthy Snack Prep**, **Field Trips To Farmers Market**, **Dairy Inn**, **Subway**, **Fit Arts & Crafts**, (decorating yoga mats, cooking aprons, herb gardens and more) All tied into fun fitness, nutrition & healthy life style education. **Must pay additional \$20 per camper/day to Betty for extended day and \$5 for craft supplies.** Bring a healthy lunch, water bottles and large beach towel. Wear clothes/sneakers for exercise. Bring lots of energy and good cheer!!



Practical Self Defense for Kids (Ages 8 & Up)

Where: Break Thru Family Fit 4 Life

When: January 17th - March 20th

Day: Sunday

Time: 1:30PM - 2:15PM

Fee: \$200.00 per student for 10 weeks

Instructor: Andre Woodbury

Description: Through the use of drills and games, children learn life skills, self-reliance and self-defense along with discipline, focus, common sense and respect for others. This program will enhance their strength, flexibility and confidence levels. Classes end with Stranger Danger Awareness Drills where flash cards are used to develop instinctive responses to dangerous situations. (This class will be helmed by Andre Woodbury, a Krav Maga Instructor and Black Belt in Tae Kwon Do, as well as an engaging and talented teacher.) **A Healing Hearts Program For Kids!**



Winter Aquatics Programs

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

Swim Lesson Level Description

Primary Skills (Ages 4 - 6)

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

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.

Stroke Development (Ages 7 - 9)

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

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.

Swim Class Days & Times

Mondays, January 4th - March 7th (No class 1/18 & 2/15)

6:30PM-7:00 PM Primary Skills - Sess. 01

7:00PM-7:30 PM Stroke Readiness - Sess. 01

7:30PM-8:00 PM Stroke Development - Sess. 01

8:00PM-8:30 PM Stroke Refinement - Sess. 01

Wednesdays, January 6th - February 24th

6:30PM-7:00PM Primary Skills-Sess. 02

7:00PM-7:30PM Stroke Readiness-Sess. 02

7:30PM-8:00PM Stroke Development - Sess. 02

8:00PM-8:30PM Stroke Refinement - Sess. 02

Fridays, January 8th - March 4th (No class 2/12)

6:30PM-7:00PM Primary Skills - Sess. 03

7:00PM-7:30PM Stroke Readiness - Sess. 03

7:30PM-8:00PM Stroke Development - Sess. 03

8:00PM-8:30PM Stroke Refinement - Sess. 03



Adult Swim Lessons (Ages 18 & up)

When: January 5th - March 1st (No class 2/16)

Day: Tuesday

Time: 7:00PM - 7:30PM - Sess. 01

7:30PM - 8:00PM - Sess. 02

8:00PM - 8:30PM - Sess. 03



Fee: \$140.00 per adult

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

Free Public Swim

Monday, Wednesday & Friday

Public Swim takes place from 7:00pm - 8:45pm at Westhill High School Pool. The Winter session will run from January 5th - March 1st and will follow the school schedule for closings. **Public Swim will not meet on 1/18, 2/12 & 2/15/16. For more information please call the Recreation Office at 203-977-5214.**

Lifeguard Training Class

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

Program Dates

Monday, **December 28th, 2015** - 10:00AM - 3:00PM

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

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

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

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

Fee: \$400.00 per student

Note: Payment Plan Available



Youth Summer Jobs With Recreation Services

Counselor In Training Program For Teens Ages 14-15

The program is designed to train students to be future camp counselors. Students that are accepted into the program will work during the summer from 8:30AM - 3:00PM Monday through Friday and will be placed at one of our two large Day Camps. All applicants must be 14 by March 1st, 2016 which is the application deadline. Applications will be available beginning January 4th, 2016 at the Stamford Recreation Office or on-line at www.stamfordrecreation.com The program is limited to 16 counselors in training. Interviews will begin in early March. Interviewing does not guarantee the applicant a position in the program. Interviews will be held Monday through Friday afterschool from 2:00PM - 5:00PM only! This program does not guarantee a future position as a camp counselor with Stamford Recreation Services. The C.I.T program is not a paid position, but looks great on college applications. However, if the applicant turns 15 years old by May 31st, 2016 he or she will be eligible to receive a \$500.00 stipend if they successfully complete the program. All candidates will be required to go through an interview to be selected. **For more information please call Bobby Pentino at 203 - 977 - 4645.**

Summer Camp Counselor

If you enjoying working with children and looking for an enjoyable summer job then look no further. We are currently looking for summer day camps, activity program , playground program and preschool camp staff. Camp counselor positions are open to students ages **16 and older**. Applications will be available beginning in January. College students home on break please contact Scottk@stamfordrecreation.com while you are home. Camp Counselors work 40 hours per week during the summer and all of our camps run 7 weeks except for preschool camp. Preschool camp staff work 20 - 22 hours per week for 6 weeks during the summer. All counselors are required to go through staff training which consists of two days. No hired staff will be permitted to miss staff training **If you are a college student home for the winter break and would like to set up an interview during that time, please contact Bobby Pentino at 203-977-4645.**

Camp Art & Sports Instructors Wanted

We are currently looking for arts & crafts Instructors and Sports/Gym Instructors to work in our summer camp programs 37.5 per week. Art Instructors must have prior experience in running, preparing projects and lesson plans for students ages 6 - 12 in a group setting. As for the Sports/Gym Instructor all applicants must have a background in sports and working with children ages 6-12 with the experience in planning gym games as well as outdoor activities. **All candidates for both positions must be 21 years of age and older.** Anyone interested in applying for either of the above positions, please contact Scott Kassouf, Assistant Superintendent at scottk@stamfordrecreation.com



Are you Whistle Worthy?

Do you think you have what it takes to keep people safe at our beaches and pools?

We are currently hiring lifeguards to work during **the 2016 season.**

All candidates must have:

- Current certification in Lifeguard and/or Waterfront Training
 - First Aid Certification
 - AED, First Admin and CPR Training.
- **16 Years old at the start of employment**

For more information check us out at

www.stamfordrecreation.com under beaches/pools

Questions ? Contact Assistant Superintendent, Matthew Nordt, at 203-977-4644 or mnordt@ci.stamford.ct.us

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

Contact our Waterfront Director, Dione Clinkenbeard, dclinkenbeard@ci.stamford.ct.us about possible Life Guard Trainings/Classes

Healing Hearts Programs For Kids Of All Abilities

Healthy Choices (Ages 6 & Up)

Where: Break Thru Family Fit 4 Life

When: January 14th - March 17th

Day: Thursday

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

5:15PM - 6:00PM - Cooking

Fee: \$130.00 per student for 10 weeks

Description: Fitness, & cooking fun. It begins with a game filled fitness period followed by a cooking section that sometimes lends proof to the idea that "the journey is more important than the destination".

Dance With Maria Fiora (Ages 6 & Up)

Where: Break Thru Family Fit 4 Life

When: January 11th - March 28th

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$240.00 per student for 12 weeks

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

Healing Hearts Programs For Kids Of All Abilities

Sports Skills Express (Ages 8 & Up)

Where: Break Thru Family Fit 4 Life

When: January 17th - March 13th

Day: Sunday

Time: 12:45PM - 1:30PM

Fee: \$140.00 per student for 10 weeks

Description: Play ball! Play games! Move to the beat! Have fun while developing motor skills and hand/eye coordination. (The priority is always on fun.) with the very creative, coordinated and kid friendly Andre Woodberry. (Andre is a prolific Sports Skills Instructor and Assistant Coach at the Elementary School level as well as a talented personal trainer.

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

Dungeons & Dragons (Ages 6 & Up)

Where: Break Thru Family Fit 4 Life

When: January 16th - March 19th

Day: Saturdays

Time: 10:00AM - 12:00PM

Fee: \$125.00 per student for 10 weeks

Description: Be a wizard, a warrior, an elf. Battle monsters and participate in adventures both small and large in scope with the greatest role-playing game yet to be devised. Dungeons & Dragon is a fantasy tabletop role-playing game. Each player is assigned a specific character to play. These characters embark in imaginary adventures within a fantasy setting. It involves some math skills for which players can use a calculator. Imagination required.



Adult Programs & Casino Trips

FAMILY ZUMBA & YOGA In The DISCO

Where: Bodywise Studio 990 Hope Street

Date: January 16th - March 12th (No class 2/13)

Day: Saturdays

Time: 10:30AM - 11:15AM

Fee: \$99.00 for a family of 2 / Additional child can pay \$5.00 at class

Instructor: Betty Camlin, Certified Instructor

Description: ZUMBA is a fun aerobic dance -interval training, incredible music with moves that are easy to learn! This interacting FAMILY CLASS, offers simple, easy to follow dances for all levels for families with kids ages 5 -11. Parent must participate. The disco light and strobes make it feel like a real dance party. So much fun, you will forget you are working out. This 45 min class provides 25 min of Zumba followed by a Yoga flow and A relaxing Shavasana!!

Women's Group Training Class

Where: BreakThru Family Fit For Life

When: January 11th - March 18th

Day: Monday

Time: 6:30PM - 7:30PM

Fee: \$149.00 per person for 10 weeks

Instructors: Kimberly Colletto

Description: Want a personal trainer, but can't afford the prices? Try one-on one instruction in a group setting!!! Learn how to work out efficiently for your individual body type, utilizing a women's only fitness circuit with a great cardio cross training and strength workout! Ace certified personal trainer specializing in women's fitness. **Fee also includes a free membership to the gym!**



Mohegan Sun Trip

Where: Mohegan Sun Casino

When: March 5th, 2015

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$27.00 per person per trip / includes tip

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.



Foxwood Casino Trip

Where: Mohegan Sun Casino

When: January 23rd, 2015

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$27.00 per person per trip / includes tip

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



Bodywise By Betty - Women Only Fitness Pass

This winter Bodywise Studios will offer women the opportunity to pay one price and participate in any of the four programs listed below with one pass. This new fitness pass will allow you to attend 10 classes over the next three months of your choice. **The cost is \$185.00 for 10 classes! MUST BOOK CLASS IN ADVANCE -NO REFUNDS FOR CANCELLATIONS. NO DROP INS. SCHEDULE MAY BE SUBJECT TO CHANGE. PASS EXPIRES MAR 11. CLASS PASS WILL BE EMAILED TO YOU.** You must bring with you to each class. Women only classes. No fitness professionals allowed. **No two classes are alike!** All Sales Final, No Make Ups, No Refunds, No Excuses!! **January 11th - March 11th, 2016 - 3 Months - BodyWise Fitness Pass**

REBOUNding - STRENGTH & BARRE

Where: Bodywise Studio 990 Hope Street

Day & Time: Wednesday - 7:00PM - 8:00PM
Saturday - 9:15AM - 10:15AM

Description: REBOUNding (aerobics on a mini-trampoline) is one of the best aerobic workouts around. Participants literally "jump for joy". This aerobic activity, in a class format, uses standard aerobic moves, plyo specific training, core stabilization techniques with abdominal work, performed to high-energy music with an enthusiastic instructor! This thrilling and exhilarating workout detoxes your cells, challenges your heart and lungs, and continually challenges balance, coordination and proprioception. **Bodywise Fitness Pass**

BODY PUMP FUSION

Where: Bodywise Studio 990 Hope Street

Day & Time: Tuesday - 6:15PM - 7:15PM

Description: A Fusion of several great formats for an unbelievable cardio and body sculpting workout rendering fantastic results! This is a 60 minute Interval Cardio and barbell/ free weight training class in an inspiring, motivating group environment with fantastic music, REAL women participating. **Using Steps, Bar Bells, Free weights, Tubing, Stability Balls, Ballet Barres and more** this interval training class fires up all the muscles of the body and allows you to burn tons of calories and get Ripped and Sculpted. **Bodywise Fitness Pass**

BODYWISE CARDIO BARRE FUSION

Where: Bodywise Studio 990 Hope Street

Day & Time: Thursday - 6:15PM - 7:15PM
Friday - 9:30AM - 10:30AM

Description: This is our latest fitness class that reshapes your body entirely. The program focuses on Cardio-Core conditioning fusing Boxing & Ballet Barre routines, Pilates, Yoga, strength training, using light weights or body weight for resistance with stretching, into one powerful, body sculpting routine giving you long, lean muscles, a flatter stomach, toned legs, and a high, rounded seat. **Bodywise Fitness Pass**

WOMEN'S BOOT CAMP "GET FIT IN 2016"

Where: Bodywise Studio 990 Hope Street

Day & Time: Tuesday & Thursday - 7:30PM - 8:30PM- **Sess. 01**
Wednesday - 9:30AM - 10:30AM - **Sess. 02**

Description: Class combines interval cardio drills and muscle conditioning exercises for the ultimate circuit workout. You can burn 400 - 600 calories in a variety class that may use boxing drills, free weights, Rebounders, Elliptical machine, Long Ropes, Bosu Balls, Stability Balls and more. Full-body workout packed with lots of variety in a FUN WOMEN ONLY STUDIO. **Bodywise Fitness Pass**

Adult Fitness Programs

Krav Maga Adults (KMX)

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

When: January 11th - March 20th

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

Fee: \$249.00 per person for 10 weeks/Unlimited days

Instructor: Tom Bacha

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

Women's Only Gym

Where: BreakThru Family Fit For Life

When: January 11th - March 20th

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

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

Instructors: Personal Trainer: Kimberly Colletto

Description: 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!**



Adult Bus Trip

Maple Sugaring In The Berkshires Trip

When: March 19th, 2015

Day: Saturday

Depart: Government Center Lobby at 7:00AM - Estimated

Return: Government Center Lobby at 7:30PM

Fee: \$95.00 per person/ **Limited Space**

Description: We will visit Ioka Valley Farm's Sugar House

Watch the fascinating process of turning Fresh Maple Sap into Pure Maple Syrup. Rob and his wife, Melissa revived the art of maple sugaring in 1992 with 13-taps and mom's Kitchen stove. Today, the farm has more than 9500 taps and two modern boilers housed in the sugar house, built especially for production of the sweet treat. Next **Enjoy a Pancake Lunch in the "Calf-A"** In the spring of 1997, the farm's calf barn was turned into the Calf-A, serving Pancake meals with their own maple syrup during the sugaring season. The Menu will consist of Pancakes (all you can eat - blueberry, chocolate chip, M & M, butterscotch, Apple cinnamon, pecan or plain) Bacon or Sausage Corn Muffin Coffee, Tea, Orange Juice, Milk, Hot Chocolate, Maple Milk and **MAPLE SYRUP. Finally, Admission to the Norman Rockwell Museum** The Norman Rockwell Museum is dedicated to education and art appreciation inspired by The legacy of Norman Rockwell. The museum preserves, studies and communicates with a worldwide audience the life, art and spirit of Norman Rockwell. It is a gathering place for reflection, involvement and discovery through the enjoyment of the artist's work. Norman Rockwell's unique contributions to art and society, popular Culture and social commentary influence the museum's programs and interpretations. **Max of 25 spots and the earlier you sign up the better the seat in the front of the bus you get!**



City of Stamford Softball League



DAY/DATE	LEAGUE	TIME
Tue, February 16	Men's Industrial	6:15 pm
Tue, February 16	Men's Open Leagues	6:45 pm
Tue, February 16	Men's Tuesday A	7:15 pm
Tue, February 16	Modified	7:45 pm
Wed, February 17	Coed Industrial	6:15 pm
Wed, February 17	Women's League	6:45 pm
Wed, February 17	Coed Open	7:15 pm
Wed, February 17	USSSA League	7:45 pm
Thu, February 25	New Men's Industrial	6:15 pm
Thu, February 25	New Coed Teams	6:45 pm
Thu, February 25	New Men's Open Teams	7:15 pm

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