

City of
STAMFORD

Mayor David R. Martin

Stamford Recreation Winter Brochure 2017



Photo by Joe Rudd

Online Registration Begins December 6th
Walk-in Registration Begins December 7th



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

Welcome To Stamford Recreation Services

City Officials

Mayor: David Martin

Director of Operation: Ernie Orgera

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

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Recreation Office Holidays

Monday, December 26th, 2016 - **Christmas Break**

Monday, January 2nd, 2017 - **New Years Break**

Monday, January 16th - **Martin Luther King Jr. Day**

Monday, February 20th - **Presidents Day**

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 - 4:00PM

Regis www.stamfordrecreation.com

registration begins on-line December 6th, 2016

Walk-in registration begins December 7th, 2016



Registration Procedure

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

Fee Payment

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

Update Your On-Line Account

Make sure your on-line account is up to date and you have your password set for the first day of registration which will be on December 6th, 2016. If you are having trouble with your account or have forgotten your password, 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 & Special Events For Youth

Reduced Fee Policy

Any child that receives free or reduced lunch in the Stamford Public School System is eligible for a reduced fee on selected programs, events & camps. A copy of the school lunch certificate must be supplied at the time of registration to receive the reduced rate. **Programs that this applies to are marked in the pages ahead.** There is also a maximum number of reduced fee slots available per program or camp.

Refund Policy

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

Returned Check

If a check is returned to Recreation Services for any reason, a cash or money **order payment of \$50.00** plus the face value of the check is required immediately.

Class Cancellation

Whenever schools are closed due to bad weather or holidays, all youth recreational programs scheduled will be cancelled. Cancellation announcements can be heard on WTNH Channel 8 News, Channel 12 News or by calling our office at 203-977-5214.

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 MasterCard. On-Line registration for winter programs begins December 6th, 2016 at 8:30am and walk - in registrations begins December 7th, 2016 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 Craft Class (Ages 1-2)

Where: TOR Presbyterian Church/49 Turn of River Rd

When: December 7th, 2016

Day: Wednesday

Time: 10:00AM - 10:45AM

Fee: \$8.00 per child / **includes a snack**

Instructor: Beth Covino, **Preschool Instructor**

Description: 'Tis the season for ornaments and caroling. We will make a fun holiday craft and sing songs inspired by this wonderful time of the year! **A parent and me class.**

Ornament Making Work Shop (Ages 2-4)

Where: TOR Presbyterian Church/49 Turn of River Rd

When: December 14th, 2016

Day: Wednesday

Time: 10:00AM - 10:45AM

Fee: \$8.00 per child

Instructor: Beth Covino, **Preschool Instructor**

Description: Come experience the "art" of ornament making. In class we will make a fun holiday ornament or two and sing songs inspired by this wonderful time of the year! **A parent and me class. A holiday snack will be served.**

Gingerbread House Decorating (Ages 1-4)

Where: TOR Presbyterian Church/49 Turn of River Rd

When: December 20th & December 21st

Day: Tuesday / Ages 1-2 - **Session 1**

Wednesday/ Ages 3-4 - **Session 2**

Time: 10:00AM - 10:45AM

Fee: \$8.00 per child

Instructor: Beth Covino, **Preschool Instructor**

Description: There's nothing like a gingerbread house. They are as much fun to make as they are to eat! Join us for this one day event where we will decorate a gingerbread house and sing songs inspired by the season! **A parent and me class.**

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 13th and Wednesday, December 14th, 2016 from 6:00PM - 8:00PM. This program is free for Stamford residents and **NO LONG DISTANCE CALLS from Stamford will be made! This program is only a phone call from Santa and no gifts are supplied.** Please also remember that Santa will place the call. North Pole operators will not accept calls from your child/children. To have your child receive a call, please download a form at www.stamfordrecreation.com or pick one up at the recreation office. **Forms must be received by December 9th, 2016 at 4:00PM at the Recreation Services Office.** They can also be **faxed to 203-977-5504 or emailed to maura@stamfordrecreation.com**. For more information, please call Santa's helpers at 203-977-5214.

Preschool Instructional Programs

Play With A Purpose & Get Moving (Ages 2-3) - New

Where: Zion Church Lutheran Church/132 Glenbrook Road

When: January 9th - March 9th

Time: 10:30AM - 11:10AM - **Play With A Purpose**

11:15AM - 12:00PM - **Get Moving**

Day: Monday &/ or Thursday

Fee: \$80.00 per child once a week for 7 weeks

\$160.00 per child twice a week 7 weeks

Instructor: Beth Covino, **Preschool Instructor**

Description: **Two class in one Program! Play With A Purpose:** Introduce your toddler to the experience of Pre-

school with this caregiver-and-me classroom complete with centers and circle time! "Play with a purpose" learning centers are areas within the classroom where children learn by playing and engaging in activities. Our classroom will encourage child-initiated exploration and discovery. Each week we will sing songs, read stories and participate in activities that encourage fine motor development, coordination skills and independence! **The second part of this class will be Get Moving:** This class is a great way to encourage movement and independence in a fun and safe environment. Children can run jump and slide and play with friends as they develop the important gross motor skills and spatial awareness of the ever learning toddler! **A child and caregiver class. No class 1/16, 2/20 & 2/23/2017**



Tell Me A Story With Beth (Ages 2-3)

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

When: January 11th - March 1st (No class 2/27)

Time: 10:00AM - 10:40AM

Day: Wednesday

Fee: \$48.00 per child for 7 weeks

Instructor: Beth Covino, **Preschool Instructor**

Description: Take an adventure through old and new favorite stories! Each week we will read a new book and incorporate a fun craft or a delicious snack into our day. This is a fun way to grow your child's love of reading! A child and caregiver class.

Circle Time (Ages 1-2)

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

When: January 10th - February 28th (No class 2/21)

Time: 9:40AM - 10:20AM

Day: Tuesday

Fee: \$48.00 per child for seven weeks

Instructor: Beth Covino, **Preschool Instructor**

Description: This "Classroom like Playgroup" is a great way to introduce your toddler to the school readiness experience and is complete with learning centers and circle time! "Play with a purpose" learning centers are an important part of child development. Each week we will sing songs, read stories and participate in activities that encourage fine motor development, coordination skills and independence! A child and caregiver class.

Little Artist (Ages 1-2)

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

When: January 10th - February 28th (No class 2/21)

Time: 10:30AM - 11:10AM

Day: Tuesday

Fee: \$48.00 per child for 7 weeks

Instructor: Beth Covino, **Preschool Instructor**

Description: Introduce your little one to the world of art! We love seeing little hands try new things and experience different ways to produce art. We will use fun and sometimes messy techniques to create a new masterpiece each week. **A child and caregiver class.**

Get Artsy (Ages 2-3)

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

When: January 11th - March 1st (No class 2/27)

Time: 10:45AM - 11:25AM

Day: Wednesday

Fee: \$48.00 per child for 7 weeks

Instructor: Beth Covino, **Preschool Instructor**

Description: Let your child explore art and get creative with this hands on art class. Each week we will use different materials to "draw" out the artist in each child. We will use fun and sometimes messy techniques to create a new masterpiece each week. A child and caregiver class.

Tiny Tots Summer Camp 2017 News

If your child enjoys our preschool classes during the school year and will be between the ages of 3-5 this summer, they will love our preschool summer program. Our preschool Camp runs for six weeks and is broken up into two week sessions with new expanded hours. Information on this summer program will be in our 2017 Spring & Summer Brochure that will be out in February. **Registration will begin in March!**

Preschool & Youth Instructional Programs

Tiny Tu - Tus (Age 2)

Where: Zion Lutheran Church Gym at 132 Glenbrook Rd.

When: January 10th - March 21st (No class 2/21)

Day: Tuesday

Times: 9:30AM - 10:15AM

Fee: \$190.00 per child for 10 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.**



Swan Ballet (Age 3 - 5)

Where: Zion Lutheran Church Gym at 132 Glenbrook Rd

When: January 11th - March 22nd (No class 2/22)

Day & Time: Tuesday/10:15AM - 11:00AM - **Session 1**

Wednesday/ 1:00PM - 1:45PM - **Session 2**

Fee: \$190.00 per child for 10 weeks per session

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. **Pink leotard, tights & pink ballet slippers required.**

Chat & Play (Walkers - 3 Years Old) - New

Where: Family Tree Yoga 980 Hope Street

When: January 9th - March 13th (No class 1/16 & 2/20)

Day: Monday

Time: 9:30AM - 10:20AM

Fee: \$175.00 per child for 8 weeks

Instructors: Family Tree Staff

Description: Sit back, sip your coffee, and enjoy meeting other parents as your child socializes and explores our play area under the guided supervision of a highly qualified and experienced toddler teacher. Parents remain in the room and are encouraged to hang back and enjoy socializing while their children play. This unique class gives children the opportunity to engage in some independent undirected play and prepares them for a transition into drop off care or preschool. The gentle separation allows parents some much needed downtime and children to explore in a warm, safe environment. **Younger siblings are welcome to hang out with parents.**

Dad & Me Gym Time (Ages 4-5) - New

Where: Zion Lutheran Church Gym/ 132 Glenbrook Road

When: March 11th - March 25th

Day: Saturdays

Time: 11:30AM - 12:30PM

Fee: \$45.00 for 4 weeks

Instructor: Recreation Staff

Description: What a great way for dad and their child to spend a Saturday morning in the winter. Each week children and their parent will learn and play a new gym game or sport with soft equipment. This is a parent and child program and space is **limited to 16 children.**



Preschool Gymnastics (Ages 2 - 4)

Where: Zion Lutheran Church at 132 Glenbrook Road

When: January 9th - March 13th

Time: 9:30AM - 10:00AM

Day: Monday (No class on 1/16 & 2/20/2017!)

Fee: \$140.00 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 you **Smile & Have Fun!**

Basic to Building (Ages 3 - 5)

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

When: February 24th - April 7th (No class 3/31)

Day: Friday

Times: 11:00AM - 12:15PM

Fee: \$60.00 for five weeks

Instructors: Ct Computer Education Staff

Description: Young children love to build- and building is a great way to enter the world of engineering! Our hand- on exploration of simple machines introduces the basic concept of physical science and engineering. Children will use the Duplo Building System to create animals and machines to buildings and vehicles. No Legos will be taken home.

Please bring a snack.

Music & Movement (Mixed Ages) - New

Where: Family Tree Yoga 980 Hope Street

When : January 9th - March 13th (No class 1/16 & 2/20)

Day: Monday

Time: 11:00AM - 11:45AM

Fee: \$175.00 for 8 weeks

Instructor: Family Tree Staff

Description: For kids ages 2 months and up!

It's a family music experience! Each child participates at their own level - listening, singing, dancing and exploring musical instruments. Within our playful, relaxed environment, we share age-appropriate songs and rhymes from around the world.

Preschool & Youth Instructional Programs

Indoor Soccer Tykes (Ages 3-5)

Where: Gym at Zion Lutheran Church/ 132 Glenbrook Rd.

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

Day: Saturdays (Max of 20 kids per class)

Time: 9:00AM -10:00AM - Koalas/ 3 year olds - **Sec. A**

10:15AM - 11:15AM - Bears/4- 5 year olds - **Sec. B**

Fee: \$112.00 for 5 weeks per child

Instructor: Kevin Fallon, Certified Soccer Tots 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 also mix fun, skill development activities with actual small sided games . Listed above are the two sessions we will offer this winter!



Intro Tennis Lessons (Ages 5 - 8)

Where: Zion Lutheran Church Gym/ 132 Glenbrook Road

When: January 21st - February 25th

Day: Saturdays

Time: 11:45AM - 12:30PM - **Session 1**

12:45PM- 1:30PM - **Session 2**

Fee: \$85.00 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 & Balls will be provided for classes. Max of 16 per class.**



Saturday Sports Club (Gr. K-1) - New

Where: Zion Lutheran Church Gym/ 132 Glenbrook Road

When: March 11th - March 25th

Day: Saturdays

Time: 12:40PM - 1:40PM

Fee: \$45.00 for 4 weeks

Instructor: Recreation Staff

Description: A fun and non-competitive introduction to various sports. Emphasis is on developing motor skills, game concept and teamwork. Activities include soccer, basketball and floor hockey. **Max of 16 students!**



*Check out all of the School
Holiday vacation
Programs on Page 14!*

Mad Science Preschool

Hands On Science Session I (Ages 3-5)

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

When: January 23rd - February 13th

Day: Monday

Times: 10:00AM - 10:45AM

Fee: \$75.00 per child for 4 weeks

Instructors: Mad Science Teachers

Description:

Wiggly Worms: Have an opportunity to get your hands dirty while learning all about worms. Get an up close look at their lives and habits. Take one home – your garden will love it!

Dinosaurs: Meet our special friend the Stegosaurus. Discover the differences between meat eating and plant eating animals and look at some dinosaur teeth up close.

Animal Friends: Let's identify the special sounds of animals and learn about how animals use camouflage. Make an animal mask.

Keep in Touch: How sensitive are your fingertips? Experience all the touchy-feely fun that will thrill your senses!



Mad Science Preschool

Hands On Science Session II (Ages 3-5)

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

When: March 6th - March 27th

Day: Monday

Times: 10:00AM - 10:45AM

Fee: \$75.00 per child for 4 weeks

Instructors: Mad Science Teachers

Description:

Water Works: Determine what floats, experiment with absorption and make a cool density wand to take home!

Mineral Mania: Learn about different parts of the earth as we introduce the earth's "anatomy. We'll make a volcano really erupt!

Magnets: Fun experiences with the poles & powers of magnets. Take home a refrigerator magnet to personalize.

Winter Wonder Lab: What is hiding around the snow banks at Mad Science? Look out for a quick change in the weather as we de-frost a snow castle with science! **Max of 15**



Youth Instructional Programs

Kids Yoga (Ages 3 - 5)

Where: Family Tree Yoga 980 Hope Street
When: January 10th - March 7th (No class 2/21)
Day: Tuesday
Times: 4:15PM - 5:00PM
Fee: \$175.00 per child for 8 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, & simple relaxation techniques.

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

Where: Family Tree Yoga 980 Hope Street
When: February 11th, 2017
Day: Saturday
Times: 2:00PM - 4:30PM
Fee: \$65.00 per child - Sess. 01
\$10.00 materials fee - Sess. - 02



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 !

Tween/Teen Empower Girls Yoga (11 & UP)

Where: Family Tree Yoga 980 Hope Street
When: January 11th - March 8th (No class 2/22)
Day: Wednesday
Times: 4:00PM - 5:30PM
Fee: \$195.00 per Student for 8 weeks
Instructors: Kimberly Motill

Description: Don't miss out on this special class where girls will gain tools to cultivate self-awareness, self love, and self esteem. Young girls are at an especially vulnerable time in their lives and it is important for them to be surrounded with a group of kind, like-minded peers. We will practice yoga, learn meditation, create art and work through personal issues in a safe and accepting space. The girls will be lead in a program of mentorship, support and guidance. Our goal is to empower girls to make positive decisions and create healthy and meaningful lifestyle.



Valentine Workshop (Ages 6-8)

Where: Davenport Elementary Café
When: February 10th, 2017
Day: Friday
Times: 6:00PM - 7:15PM
Fee: \$14.00 per child
Instructors: Recreation Staff



Description: Students will create a one of a kind Valentine's Day project with glitter, paints, doilies, stickers and more. After the project we will enjoy a Valentine Snack!

American School Of Dance Stamford Dance Movement (Gr. K-5)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: January 11th - March 22nd (No class 2/22)
Day: Wednesday
Times & Grades: 4:15PM - 5:00pm (Gr. K-2) - Sess. 01
5:00PM - 6:00PM (Gr. 3-5) - Sess. 02

Fee: \$159.00 per student for 10 classes

Instructors: American School Dance Staff

Description: Hey Girls! You're invited to join the ULTIMATE Dance Movement!! Make new friends and have tons of fun while learning the latest jazz, hip-hop & contemporary dance moves from America's best dance teachers. Dance compliments sports and has been proven to increase strength, flexibility and self-esteem. Our unique affiliation with American Dance Training Camps means you'll have access to choreography straight from the professional dancers who teach at our overnight camps: Broadway and MTV performers, collegiate dance team competitors, and even stars from your favorite dance TV shows. Our dance classes are funky and fun: the hottest music, all new dance steps, and a professional show...all in a relaxed and nurturing environment. We offer three classes in Stamford, divided by grade-level. No dance experience necessary! **Offered by American Dance Training Camps:** www.AmericanDanceTrainingCamps.com

Kids Yoga (Ages 6 - 11)

Where: Family Tree Yoga 980 Hope Street
When: January 10th - March 7th (No class 2/21)
Day: Tuesday
Times: 4:15PM - 5:15PM
Fee: \$175.00 per student for 8 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 .

Youth Science & Technology Programs

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

Where: The New School @ 200 Strawberry Hill Road

When: January 11th - February 8th (No class 1/25)

Day: Wednesday

Time: 3:40PM - 4:40PM

Fee: \$75.00 per student for 4 weeks/ All supplies included

Instructor: Mad Science Staff

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

Sense - Sational Science (Gr. K-1)

Where: The New School @ 200 Strawberry Hill Road

When: February 22nd - March 22nd (No class 3/15)

Day: Wednesday

Time: 3:40PM - 4:40PM

Fee: \$75.00 per student for 4 weeks/ All supplies included

Instructor: Mad Science Staff

Description: Stimulate your senses and explore the world around you as Science charges you up. Have a hair-raising experience with our Van De Graaff generator. Experiment with diffracted light with our prism glasses. Color your world with a Technicolor Blender. Find out why you can't taste without smell. Listen closely as you travel with sound and see things before your very eyes. This session is sure to excite and intensify how you experience the world around you through your senses.

Jr. Pirate Engineer (Gr. K - 2) - NEW

Where: Northeast Elementary School

When: January 12th - March 9th (No class 2/16)

Day: Thursday

Time: 2:45PM - 3:45PM

Fee: \$175.00 per student for 8 weeks/Includes all supplies

Instructor: Engineering For Kids Staff

Description: : Being a pirate involves more than just swabbing the deck and searching for buried treasure. Pirates have to engineer ways to build their ship, load it up and sail around the world. Sometimes, buried treasure isn't found on an island but in a dark cavern far below the ocean's surface. In this camp, students explore industrial and marine engineering as they design their own boat and sails and devise ways to dive deep into the ocean to retrieve buried treasure.

Jedi Engineering Using LEGO (Gr. K-2)

Where: Davenport Elementary School

When: January 17th - March 28th (No class 2/21)

Day: Tuesday

Time: 3:50PM - 4:50PM

Fee: \$170.00 per student for 10 weeks / Includes all supplies

Instructor: Play-Well Teknologies Staff

Description: The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO® X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized & architectural projects with imagination and engineering to defeat the Empire!



Jedi Master Engineering Using Lego For Students Grades 3 - 5

Where: Davenport Elementary School

When: January 19th - April 6th (No class 2/16 & 3/16)

Day: Thursday

Time: 3:50PM - 4:50PM

Fee: \$170.00 per student for 10 weeks / Includes all supplies

Instructor: Play-Well Teknologies Staff

Description: The Force Awakens in this advanced engineering course for young Jedi! Discover key engineering concepts such as gear trains, worm drives, pneumatics, and eccentric motion. Build LEGO XWings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, Settlements, Fortresses, and other complex machines and structures from a galaxy far, far away.

Friday Night At To The Sky Zone (Gr.3 - 5)

Where: Sky Zone In Norwalk CT

When: Friday, February 10th, 2017

Time : 6:15PM - Depart Government Center Lobby
9:30PM - Return Government Center Lobby

Fee: \$35.00 per student includes admission & transportation

Instructor: Recreation Staff

Description: Kids come join us as we travel to the Sky Zone Trampoline Park in Norwalk CT for 2 hours of Friday night fun! **Space is limited to 40 students** so get your friends and sign up today!



Youth Technology & Sports Programs

February Break Camp

Crazy Gears & Wheels (GR. K-4)

Where: Northeast Elementary School

When: February 16th, 17th & 21st

Day: Thursday, Friday & Tuesday

Time: 9:00AM - 3:00PM

Fee: \$132.00 per child for 3days

Instructor: CT Computer Education Staff

Description: If you love building and inventions, our hands on building activities will inspire you! Students working in pairs will work with special LEGO® gears and levers and engineering components to possibly build a Wall Rocker Racer, Supercharged Speedster, a Battle Spinner and even a drawing machine. This fun, hands-on class shows students how engineering can be fun and silly, yet still educational. Students will build models, and discuss the engineering science behind each model. Students will then be challenged to improve the model and customized their creations. Please bring a lunch and a snack, No Legos will be taken home. **No camp on Monday, February 20th due to the City Holiday.**

Crazy Contraptions (Ages 5-10)

Where: Westover Elementary School

When: January 23rd - February 27th (No class 2/20)

Day: Monday

Time: 4:00PM - 5:15PM

Fee: \$109.00 per student for 5 weeks

Instructor: Computer Education Staff

Description: If you love building and inventions, our hands on building activities will inspire you! Students working in pairs will work with special LEGO® gears and levers and engineering components to possibly build a Skittle Top, Pinwheel, Goal Kicker, Coat Hanger Daredevil and more! Students will build models, and discuss the engineering science behind each model. Please bring a snack. **No Legos will be taken home.**

Junior Engineering (Ages 5-10)

Where: Davenport Elementary School

When: March 6th - April 3rd (No class 2/20)

Day: Monday

Time: 4:00PM - 5:15PM

Fee: \$109.00 per student for 5 weeks

Instructor: Computer Education Staff

Description: If you have a learner who likes building things and figuring out how things work, they will love this class. Join us as we explore, investigate, & solve problems while we learn about the building blocks of engineering-simple machines. Students will work through building models that demonstrate mechanical and physical engineering. Learning projects may include: mini mechanical concept models, a moving dragon, scale, clown, crane, car, scale, fan, merry-go-round. No Legos will be taken home. **Please bring a snack.**



Nerf Gym Sports (Gr. K - 1) - New

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 23rd - March 6th (No class 2/20)

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$45.00 for six weeks / **includes all supplies**

Instructor: Recreation Staff

Description: Come join us for After - School gym program where all the gym games and sports we play will be with soft Nerf Balls. Great way to burn some energy after school on a cold winters day!

Peanut Basketball (Gr.1 - 2)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 24th - March 7th (No class 2/21)

Day: Tuesday

Time: 4:00PM - 5:00PM

Fee: \$45.00 per student for six 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!



Slam Dunk Basketball (Gr. 3 - 4)

Where: The Zion Lutheran Church 132 Glenbrook Rd

When: January 26th - March 9th (No class 2/16)

Day: Thursday

Time: 4:00PM - 5:00PM

Fee: \$45.00 per student for 6 weeks

Instructor: Recreation Staff

Description: This after school program allows students to improve their basketball skills and fundamentals. Each week will start with a 15 minute skills session followed by a game.



Neighborhood Soccer (Gr. K-1)

Where: The Zion Lutheran Church 132 Glenbrook Rd

When: January 27th - March 10th (No class 2/17)

Day: Fridays

Time: 4:00PM - 5:00PM

Fee: \$45.00 per student for 6 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!



Youth Art, Chess & Birthday Programs



Art Explosion (Gr. K - 1) - NEW

Where: The New School @ 200 Strawberry Hill Road

When: January 19th - March 2nd (No class 2/16)

Day: Thursday

Time: 3:45PM - 4:45PM

Fee: \$75.00 per student for six weeks

Instructor: Nancy & Nicole

Description: Bring your imagination and creativity each week and we'll have a fun and engaging project or craft to suit! Children will experiment with a variety of process based activities to bring out their inner artist! Join us as we paint, sculpt, bedazzle and build fun projects together!

Chess Wizards (Gr. K - 5)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: January 7th - March 4th (No class 2/18)

Day: Saturday

Time: 9:30AM - 10:30AM - Beginners & Intermediate

Fee: \$135.00 per student per 8 week session

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 have had the chance to participate in a mini-chess tournament.**

Cooking Around The World (Gr. K-2)

Where: Zion Lutheran Church/132 Glenbrook Rd

When: January 17th - February 28th (No class 2/21)

Day: Tuesday

Time: 4:00PM - 5:15PM

Instructor: Nancy & Nicole

Fee: \$85.00 per student for six weeks

Description: Join us each week as we explore a new country each week! Our chefs will not only learn about the country we've visiting, they'll jump in to help create a delicious dish representing our country of the week! This is a hands on, all in cooking class! * we must know of any allergies upon registration* (we try not to use peanut or tree nut products, but cannot guarantee).

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

Where: Davenport School

When: January 11th - March 29th (No class 1/25 & 3/15)

Day: Wednesday

Time: 4:00PM - 5:00PM - Ages 5-8 - Session 1

5:00PM - 6:00PM - Ages 9 - 12 - Session 2

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

Performing Arts Acting Classes (K-6)

Where: Westover School Auditorium

When: February 8th - March 29th (No class 2/22)

Day: Wednesday

Time: 5:00PM - 5:45PM (Gr. K-2) - Session 1

5:50PM - 6:45PM (Gr. 3-6) - Session 2

Fee: \$132.00 per child for 7 weeks

Instructor: Performing Arts Programs Staff

Description: Whether your child participated on our summer camp they will love this afterschool program 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. **Minimum of 7 per session!**
For more go to www.performingartsprograms.biz

Birthday Parties For Kids (Ages 4-10)

Where: The New School @ 200 Strawberry Hill Rd

Zion Lutheran Church Gym /132 Glenbrook RD

When: The New School - **Friday Evenings Only**

Zion Lutheran Church Gym - **Saturdays**

Time: 6:00PM - 7:30PM - Fridays

1:30PM and on Saturdays

Fee: \$275.00 per party for up to 15 children

\$5.00 per child extra after 15 children

Description: Parents if you are looking to have a birthday party for your child look no further! We offer to styles of Birthday Parties: **Classic Party** - Consists of traditional games and activities for the party. **Sports Party:** Your child can choose between basketball, floor hockey , kickball or soccer. All parties include a goodie bay for each child, card & small gift for birthday child and all the equipment & staff to run the party. For more information call Bobby Pentino at 203 -977-4645 or **email him @ rpentino@stamfordct.gov**

Youth Tae Kwon Do & Other Programs

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

Where: Westover School Gym

When: January 9th - March 15th

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

Time: 6:00PM - 6:45PM

Fee: \$160.00 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 de-signed to help them with goal setting, have a sense of achievement and show their progress. **No classes 1/16, 2/20 & 2/22/17!**

Horseback Riding Lessons With Mead Farm

Where: Mead Farm on 107 June Road, Stamford

When: March 5th - March 26th

Day: Sunday

Time: 2:00PM - 3:00PM

Fee: \$250.00 per student

Instructor: Mead Farm Staff

Description: 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 27th, 2017 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 in the program. There will be No make up classes.



Team Wrigley Tae Kwon Do (Ages 7 & Up)

Where: Westover School Gym

When: January 9th - March 16th

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 - 7:00PM - **Sess. 03**

Red & Brown Belts: Tuesday & Thursday

7:00PM - 7:45PM - **Sess. 04**

Black Belts: Monday & Wednesday

7:30PM - 8:30PM - **Sess. 05**

Fee: \$180.00 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 be completed by the Instructor to determine starting rank. **No classes on 1/16, 2/16, 2/20, 2/22 & 2/23/2017!**

Summer Camp News 2017

Summer is right around the corner! Watch for our Spring & Summer Brochure in February with all of our great summer camp programs. Day Camp, Activity & Playground Program Registration will be in early March. Watch our website for registration information! starting in February. www.stamfordrecreation.com

Youth & Teen Music Programs



Violin Lessons For Current Primary & Intermediate Levels (Ages 8 - 13)

Where: Westover Elementary School
When: January 9th - March 13th (No class 1/16 & 2/20)
Day: Monday
Time: 5:30PM - 6:30PM Primary (Ages 8-13) - Sess. 01
6:45PM - 7:45PM - Intermediate (Ages 8-13) - Sess. 02
Fee: \$255.00 per child for 8 weeks

Instructor: Jose Bastardes, Professional Violinist
Description: This program is designed for students that have been currently taking the Primary & Intermediate level program this school year with Mr. Bastardes. All participants must receive approval from the instructor to register for these classes. **Max of three Students Per Class!**

Violin Lessons (Ages 8 - 13) Primary Level

Where: Westover Elementary School
When: January 10th - March 7th (No class 2/21)
Day: Tuesdays
Time: 5:30PM - 6:30PM (Ages 8-10) - Sess. 01
6:45PM - 7:45PM (Ages 11-13) - Sess. 02
Fee: \$255.00 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

Where: Westover Elementary School
When: January 11th - March 1st
Day: Wednesday
Time: 5:30PM - 6:30PM (Ages 8-10) - Sess. 01
6:45PM - 7:45PM (Ages 11-13) - Sess. 02
Fee: \$255.00 per child for 8 weeks
Instructor: Jose Bastardes, Professional Violinist
Description: For students who already have a basic understanding of the Violin, **who 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!**

Musikids Keyboard I (Ages 6 - 8)

Where: Westover Elementary School
When: January 11th - March 1st
Day: Wednesday
Time: 4:45PM - 5:45PM - Sess. 01
6:00PM - 7:00PM - Sess. 02
Fee: \$200.00 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 11th - March 1st
Day: Wednesday
Time: 7:00PM - 8:00PM
Fee: \$200.00 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. **A max of 8 students.**



Beginner Guitar Lessons With Mr. Truglio For Students Grades 4 - 5 - New

Where: Westover Elementary School
When: January 11th - March 1st
Day: Wednesday
Time: 5:15PM - 6:00PM
Fee: \$155.00 per student for 8 weeks/ **Max of 6 student!**
Description: 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.**

Advanced Beginner Guitar With Mr. Truglio For Students Grades 6 & UP

Where: Westover School
When: January 11th - March 1st
Day: Wednesday
Time: 6:00PM - 6:45PM
Fee: \$155.00 per student for 8 weeks /**Max of 6 students!**
Description: Continued study of guitar techniques for students with 1 plus years of lessons. Music that is age appropriate will be used. **You must supply your own acoustic or electric guitar.**



Youth Music Lessons, Ski Trip & Bingo Party

Piano Lessons With Mr. Fiorito

Where: Westover School

When: January 12th - March 9th (No class 2/16)

Day: Thursday

Time: 4:00PM - 4:45PM

Fee: \$180.00 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 12th - March 9th (No class 2/16)

Day: Thursday

Time: 4:45PM - 5:30PM

Fee: \$180.00 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 12th - March 9th (No class 2/16)

Day: Thursday

Time: 5:30PM - 6:15PM

Fee: \$180.00 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.**

Voice Lessons With Mrs. Herrera - Crilly For Students Grades 3 - 6

Where: Westover School

When: January 12th - March 9th (No class 2/16)

Day: Thursday

Times: 4:00PM - 4:45PM - Grades 3 & 4 - **Sess. 1**

4:50PM - 5:50PM - Grades 5 & 6 - **Sess. 2**

Fee: \$150.00 per student for 8 weeks

Description: "If you can 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.

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

Where: Thunder Ridge Ski Area

When: Friday, January 6th, 2017 - **Sess. 01**

Friday, January 20th, 2017 - **Sess. 02**

Friday, February 3rd, 2017 - **Sess. 03**

Friday, February 24th, 2017 - **Sess. 04**

Departure: 4:00PM from the Government Center

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

Fee:

\$35.00 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 with a movie each way.**

BINGO PARTY (Grades 1 - 3) - New

Where: Davenport School Caf 

When: March 3rd, 2017

Day: Friday

Time: 6:15PM - 7:45PM

Fee: \$15.00 per student, includes food & beverage

Description: Grab some friends and head to this great program where you can eat, socialize and win fabulous prizes. We will also serve pizza and beverages before this event begins , so don't eat dinner before you come. **There will be no registration taken on site and you must sign up ahead of time.** If car pooling, we must have a note stating whose parent will be signing out the specific group of children.



Youth Holiday Vacation Programs



Polar Bear Vacation Camp For Grades K - 5

Where: Westover School
When: December 27th - December 30th
Days: Tuesday - Friday
Time: 8:30AM - 4:00PM
Fee: \$175.00 per child
Instructor: Recreation Services Staff
Description: Come join us during the holiday break as we offer this 4 day vacation camp. Each day campers will be involved in gym games, sports, arts and crafts and more. Camp is open to a **max of 75 students** so don't miss out on a great time!



Mini February Day Camp (Gr. K-4) - New

Where: Davenport Elementary School
When: February 16th, 17th & 21st
Day: Thursday, Friday & Tuesday
Time: 8:30AM - 4:00PM
Fee: \$105.00 per student
Instructor: Recreation staff
Description: A fun filled 3 days of camp including Arts & Crafts, Sports, Games and Special Events. A great way for your kids to spend their winter school break while you work.
Note: There will be no camp on Monday, February 20th, 2017 due to the City Holiday and schools are closed.



Space Explorers Vacation Camp (Ages 5-12)

Where: Westover School
When: December 27th - December 30th
Day: Tuesday - Friday
Time: 9:00AM - 3:00PM
Instructor: CT Computer Education Staff
Fee: \$175.00 per child
Description: This class teaches building techniques and how to design vehicles and structures with the outer space theme. This class includes gears, pulleys, cones and motors. Children will use the Lego® Building System to create rockets, space vehicles, spaceships and more. If you have a tablet they're welcome. Please bring a lunch and a snack and wear sneakers. **What a great way to spend the holiday break!**



Winter Wonderland Workshop With Lego (Ages 5 - 12)

Where: Davenport School Caf e
When: December 27th - December 30th
Days: Tuesday - Friday
Time: 9:00AM - 12:00PM / Ages 5 & 6 - Session 1
1:00PM - 4:00PM / Ages 7 - 12 - Session 2
Fee: \$165.00 per child
Instructor: Play - Well TEKnologies 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 16 spots in this program!**

Winter Live Action Flix (Ages 7-13)

Where: Newfield Elementary School Caf e
When: December 27th - December 30th
Day: Tuesday - Friday
Time: 9:00AM - 12:00PM
Fee: \$180.00 per child
Instructor: Incrediflix Staff
Description: School's out, so come have a blast making a winter themed movie. Will your movie be about a snow day, a huge winter storm, or going to the beach in California? This is your chance to write, direct, film, and star in your very own movie, and you'll get to keep your movie to share and enjoy forever! Start your year with your movie premiere! **Max 8 kids.**



Winter Imagination Flix (Ages 7-13)

Where: Newfield Elementary School Caf e
When: December 27th - December 30th
Day: Tuesday - Friday
Time: 1:00PM - 4:00PM
Fee: \$180.00 per child
Instructor: Incrediflix Staff
Description: What's better than building a snowman? How about building a claymation snowman that you bring to life to star in your own movie?! You'll create a story, create your clay character, build your set, and film. Once your movie masterpiece is complete you'll have a movie you created to share and enjoy forever! **Max 8 kids!**



Summer Camp Counselor Jobs

If you enjoy working with children and are looking for a summer job then look no further. Applications will be available starting December 5th for summer camp counselor positions. For more information you can email Scott Kassouf / Skassouf@stamfordct.gov or Contact Bobby Pentino at 203-977-4645.

Winter Aquatics Lessons

Winter Aquatics Lessons and Open Swim

All lessons take place at Westhill High School, 125 Roxbury Rd.

All Registrations must take place at the Recreation Office or online, no onsite registration is permitted.

Lessons are limited to 8 participants per class and fill up fast!!

Lesson Fees: Youth \$125.00, Parent & Child \$140.00, Adults \$150.00

Swim Lesson Level Description

Parent Child:

Developed for children 6 months to 3 years, Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. **Must enter the water with assistance, must be able to hold head up.**

Level One:

Introduction to water skills helps children become comfortable in the water and basic water safety. Using floatation backpacks, diving rings and other resources to help introduce combined arm and leg action and help understand the concept of blowing bubbles more. **Must be able to enter water, must be able to blow bubbles/put face in water, & must be able to blow bubbles/put face in water.**

Level Two:

Builds off of level 1 class and introduces fundamental skills such as, arm finning on back and floating without assistance. Kids are encouraged to swim on their own with minimal use of backpacks and floatation devices. **Must be able to swim with floatation device without assistance, must be able to float on front and back with assistance and must be able to put face in water with bubbles.**

Level Three:

Focuses on coordinating arm and leg movements and improving upon skills learned in Levels 1 and 2. This class introduces Scissor kick and side breathing & more. **Must be able to swim three body lengths without assistance, must be able to put face in water, and must be able to swim on front and back without assistance.**

Level Four:

Stroke improvement is held in the diving well, kids are encourage swimming without any assistance and are conditioned to swim continuously to improve stamina and train for level 5&6. This course introduces all 6 strokes. **Must be able to swim in deep end of pool for entire class, must be able to swim on front and back (front crawl, back crawl, elementary backstroke) and -must be able to do kneeling dive with minimal assistance.**

Level 5 & 6:

The highest level offered, works on swimming laps, perfecting stroke technique and introduction to a swim team inspired class. Must have knowledge of all 6 strokes and be able to swim continuous laps. **Must have knowledge of all 6 strokes, must be able to swim continuous laps and must be able to do kneeling dive from side.**

Adult Level One (Ages 16 & UP): Works on breaking fear in the water, focuses on comfort in the water, understanding balance and floating as well as rotary breathing; introduction to stroke development, floats, streamline and much more. **Must be willing to put face in water, and must be able to swim on front and back with minimal assistance.**

Adult Level Two(Ages 16 & UP): Focuses on stamina in the water and stroke refinement, including all strokes on front and back. Perfecting strokes and getting a great workout while going easy on joints and muscles. **Must be able to swim three body lengths, on front and back, without assistance, must be able to rotary breathe and must be willing to swim continuous laps.**

Swim Class Days & Times

Mondays, January 9th - March 20th, 2017

(No class 1/16 & 2/20)

6:00pm – 6:30pm Level One
6:30pm – 7:00pm Level Two -
7:00pm – 7:30 pm Level Three
7:30pm – 8:00pm Level Four
8:00pm – 8:30pm Level 5 & 6

Tuesdays, January 10th - March 7th, 2017

(No Class 2/21)

6:30pm – 7:00pm Parent & Child
7:00pm – 7:30 pm Adult Level One
7:30pm – 8:00pm Adult Level Two

Wednesdays, January 11th - March 8th, 2017

6:00pm – 6:30pm Level One
6:30pm – 7:00pm Level Two
7:00pm – 7:30 pm Level Three
7:30pm – 8:00pm Level Four
8:00pm – 8:30pm Level 5 & 6

Fridays, January 13th—March 17th, 2017

(No class 2/17)

6:00pm – 6:30pm Level One
6:30pm – 7:00pm Level Two
7:00pm – 7:30 pm Level Three
7:30pm – 8:00pm Level Four
8:00pm – 8:30pm Level 5 & 6

OPEN SWIM INFO ON PAGE 16

Public Open Swim

(Monday, Wednesday, & Friday (No open swim when schools are closed)

Public swim takes place from 6:30 – 8:30 pm at Westhill High School Pool. The Fees listed below are for the Winter Sessions. Register in the office, online, or in person at Westhill (In person at Westhill the week of January 9th, 2017)
Open Swim dates are: January 9th - March 17th 2017 (No open swim on 1/16, 2/17 & 2/20/2017)

-		City of Stamford Resident Rate (- 20%)	Swim Lesson Registrant *
Infants < 2	Free	Free	N/A
Child (2-6)	\$50	\$40	\$25
Youth (7-18)	\$60	\$48	\$25
Adult (19-61)	\$70	\$56	\$25
Senior (62+)	\$40	\$32	\$25
Family*	\$120	\$96	\$80
*Family=2 adults, plus all children under 18 in household			*Admission during current enrollment session

Lifeguard & Jr. Camp Counselor Training

Lifeguard Training & Certification Class

Where: Westhill Pool

When: December 27th - December 30th

Day: Tuesday - Friday

Time: 9:00AM - 5:00PM

Fee: \$400.00 per student and you must attend all dates to be certified.

Description Interested in becoming a Lifeguard? Are you whistle worthy? Register for a Lifeguard Certification class. This class will enable you to be a American Red Cross Certified Guard. Waterfront Certification included. Class takes place at Westhill High School Pool. **Registrants must be 16 or older by the completion of class dates.**



Winter Swim Camp (Ages 5 - 12)

Where: Westhill Pool

When: December 27th - December 30th

Day: Tuesday - Friday

Time: 12:00PM - 5:00PM

Fee: \$250.00 per student

Staff: Aquatics Staff

Description: Have the winter blues? Miss swimming in the pool? Join us for some fun days of swim lessons and pool games during winter break!! We will have some snacks. **Pack a lunch each day.**

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, 2017. Applications will be available beginning January 3rd, 2017 on-line at www.stamfordrecreation.com **All candidates will be required to take & pass a written test to be eligible for an interview. Applications must be turned in on your test date. Students can register for the test @ www.stamfordrecreation.com .**The program is limited to 18 counselors in training. Interviews will begin after the test dates and students that qualify for an interview will be contacted. Interviewing for the position does not guarantee the applicant a position in the program. Interviews will be held Monday through Friday afterschool from 2:00PM - 5:00PM only! 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 June 1st, 2017 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.**

JC Test Information

Test Dates: (Held at the Recreation Services Office)
Tuesday, February 21st 2017 - 10:00AM - 10:45AM
Tuesday, February 28th, 2017 - 5:00PM - 5:45PM

Youth Fitness Programs & Peak February Camp

Real Gym For Kids (Ages 7 & UP)

Where: Break Thru Family Fit 4 Life

When: January 9th - March 19th

Day & Time: 3:00PM - 6:00PM - **Mon. - Fri.**
7:00AM - 3:00PM - **Sat & Sun**

Fee: \$149.00 per student / **Unlimited days**

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 or sports condition-ng. Program is customized to each child based on his/her individual needs. **Only 15.00 dollars per week for your child to feel good! All students must call Break Through Fitness (203 - 355-9395) for first time orientation.**

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

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

When: January 9th - March 17th

Days: Monday, Wednesday & Friday

Time: 5:00PM - 5:45PM

Fee: \$199.00 per student two days per week - **Sess. 01**

\$249.00 per student three days per week - **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.

Practical Self Defense For Youth (Ages 7 - 13) - NEW

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

When: January 15th - April 16th

Days: Sunday

Time: 1:30PM - 2:15PM

Fee: \$200.00 per student for 10 weeks

Instructor: Andre Woodbury, Krav Maga & Black Belt Instructor

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.



Zumba & Lunch Bunch (Ages 7-13)

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

When: January 14th - March 18th

Days: Saturdays

Time: 12:15PM - 2:15PM

Fee: \$250.00 per student for 10 weeks

Instructor: Andrea Dempson, Certified Zumba Instructor

Description: Lunch Bunch" begins at 12:15pm with games, movies, play, chat and general fun. The kids decide the activities themselves. (Children bring their own lunch but snacks are provided.) "Zumba" begins at 1:15pm and it's dance, dance, dance with Zumba instructor par excellence **Andrea Dempson! The kids choose the music.**



Fun Circuit Training For Pre Teen & Teenage Girls (Gr. 6 - 10)

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

When: January 23rd - March 13th

Days: Monday

Time: 6:00PM - 7:00PM

Fee: \$99.00 per student

\$89.00 per student for family of two or more

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Grab your sneakers and join the fun for a Total body INTERVAL CARDIO workout packed with lots of variety. Perfect for pre-teen & teen, middle girls grades 6 - 10 who want to get fitter and burn calories and perfect for the girls who want improve performance for sports and have fun with friends and team mates Tabata style rotation including, Rebounders (mini -trampolines) Elliptical machines, Long Ropes, Bosu Balls, Stability Balls, Agility Ladders, Equalizers, Free weights, resistance bands and more. All performed to popular and techno music of the day that teen girls love. Ends with a Yoga cool down and stretch. Good for every fitness level. Includes nutritional education. **Min of 6 participants required, max of 12!**



Peak Performance February Three Day Mini All Sports Camp (Ages 4-12)

Where: Turn of River Middle School Gym

When: February 16th, 17th & 21st, 2017

Days: Thursday, Friday & Tuesday

Time: 9:00AM - 12:30PM - Half Days - \$99.00 - **Sess.01**

12:30PM - 4:00PM - Half Day - \$99.00 - **Sess. 02**

9:00AM - 4:00PM - Full Day - \$165.00 - **Sess. 03**

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 refillable water bottle. **All the camps supervised by Physical education teachers!**

Youth Fitness & Teen Dance Programs

Heart Smart Fir Kids After - School Program For Boys & Girls (Gr. K-5)

Where: Bodywise Studio 990 Hope Street
Stillmeadow School - **Fridays**
When: January 23rd - March 6th / Mondays - **Sess. 1**
January 19th - March 2nd/ Thursdays - **Sess. 2**
January 20th - March 3rd / Friday - **Sess. 3**
Time: 4:15PM - 5:30PM - **Tuesday & Thursday**
2:40PM - 3:40PM - **Friday**
Fee: \$85.00 per student one class per week
\$80.00 per student for family off 2
Instructor: Betty Kelly Camlin, Certified Instructor
Description: Fitness & Healthy lifestyle oriented, pediatrician approved program provided in a kid friendly Fitness Studio Hope Street in Springdale. This innovative program provides fun, never boring fitness classes like: REBOUNTING (mini-trampoline aerobics), CARDIO BOXING, FUN KIDS BOOT CAMP, HOOPING, ZUMBA KIDS & KIDS YOGA all performed to kid friendly pop music. Class venue changes every two weeks. Program includes a world-class nutrition curriculum, "Nutrition Detectives" by Dr. David Katz of Yale. Stillmeadow kids meet Ms. Betty in cafeteria before going to the gym. Arrangements can be made with Betty for pick upon Mon & Thurs to studio at Davenport, Toquam, Stark and Springdale school for an additional fee. Call Betty @ 203 561-4080 for more info on pick up. **NO CLASS SCHOOL HOLIDAYS.**

American School Of Dance Stamford Dance Movement (GR. 6 - 8)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: January 10th - March 21st (No class 2/21)
Day: Tuesday
Times: 7:00PM - 8:00PM
Fee: \$159.00 per student for 10 classes
Instructors: American School Dance Staff
Description: : Hey Girls! You're invited to join the ULTIMATE Dance Movement!! Make new friends and have tons of fun while learning the latest jazz, hip-hop & contemporary dance moves from America's best dance teachers. Dance compliments sports and has been proven to increase strength, flexibility and self-esteem. Our unique affiliation with American Dance Training Camps means you'll have access to choreography straight from the professional dancers who teach at our overnight camps: Broadway and MTV performers, collegiate dance team competitors, and even stars from your favorite dance TV shows. Our dance classes are funky and fun: the hottest music, all new dance steps, and a professional show...all in a relaxed and nurturing environment. We offer three classes in Stamford, divided by grade-level. No dance experience necessary! **Offered by American Dance Training Camps: www.AmericanDanceTrainingCamps.com**

Kids Night Out - Parents Night Off Saturday Evenings (Gr. 1-5)

Where: Bodywise Studio 990 Hope Street
When: January 28th - **Party In The Disco Zuma & Healthy Cooking Theme - Boys & Girls**
February 25th - **American Girl Doll Valentine Yoga Party (Girls Only)**
March 18th - **Wear in The Green ST. Patrick Party For Boys & Girls**
April 29th - **Yoga Spa Party**
Day: Saturday
Time: 6:00PM - 10:00PM
Fee: \$45.00 per students per night
\$40.00 per student per night for family of two
Description: Join us at BODYWISE STUDIO. INCLUDES FUN ACTIVITIES, KARAOKE, ACTIVE VIDEO GAMES, MAKING HEALTHY SNACK/DESSERTS, AND A MOVIE!! EACH ONE HAS A DIFFERENT THEME! Themes may be subject to change. Evening includes dinner when we have 18 kids. **Otherwise \$3pp paid to Betty on arrival. Girls & Boys.**



School Holiday & School Break Programs For Girls & Boys

Where: Bodywise Studio 990 Hope Street
When: January 16th - **MLK Day - Sess. 1**
February 16th - February 21st - **Winter Break - Sess. 2**
April 10th - April 14th - **Spring Break - Sess. 3**
Time & Fee: **Session 1** - 9:30AM - 4:30PM - \$60.00 pp.
Session 1 - 8:30AM - 5:15PM - \$75.00 pp.
Session 2 - 9:30AM - 4:30PM - \$250.00 pp.
Session 2 - 8:30AM - 5:15PM - \$290.00 pp.
Session 3 - 9:30AM - 4:30PM - \$299.00 pp.
Session 3 - 8:30AM - 5:5PM - \$39.00 pp.
Instructor: Betty Kelly Camlin, Certified Instructor
Description: Our very popular holiday and school break camps are back and better then ever.. For less than \$10/hr your child can have fun, be active and learn how to be healthy and well for a life-time. Teaching kids how to develop good habits and make smart choices in everything they do is what we are all about. Program includes: REBOUNTING (aerobics on mini-trampoline), FITNESS HOOPING, FUN BOOT CAMPS, YOGA, YOGA CIRCUS, FACE PAINTING, PLAYGROUND FUN, ZUMBA, CARDIO DRUMMING, ACTIVE VIDEO GAMING, KAROKE LUNCHESES, HEALTHY SNACK PREP, FIELD TRIPS TO FARMERS MARKET, SUBWAY, FIT ART & CRAFTS, (Decorating yoga mats, cooking aprons, craft bags, sports hats, mason jar salads or herb gardens, glow art are just some of the things we have done in past programs) **ALL TIED INTO FUN FITNESS, NUTRITION & HEALTHY LIFE STYLE EDUCATION. All are required to pay an extra \$5 FOR CRAFT /SNACK SUPPLIES to Betty on the first day.** Bring a healthy lunch, water bottles and large beach towel. Wear clothes/sneakers for exercise. **Bring lots of energy and good cheer.**

Adult Fitness Programs & Bus Trips

Krav Maga Adults (KMX)

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

When: January 9th - March 19th

Days & Times:

Monday, Tuesday & Thursday - 6:30PM - Level 1

Wednesday - 6:30PM - Level 1

Wednesday - 7:30PM - Level 2

Saturday - 10:30AM - Level 1

Sunday - 11:15AM - Level 1 & 2

Fee: \$249.00 per person for 10 weeks

Instructor: Tom Bacha & Andre Woodberry

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 9th - March 19th

Time: 7:00AM - 8:00PM - **Mon. through Friday**

7:00AM - 3:00PM - **Sat. & Sun.**

Fee: \$125.00 per person for 10 weeks

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 A Week!**

BodyWise Bounce For Women

Where: BreakThru Family Fit For Life

When: January 18th - February 25th

Day & Time: Wednesday - 7:00PM - 8:00PM - **Sess. 1**

Rebounding with Barre

Saturday - 9:30am - 10:30am - **Sess. 2**

Rebounding with Weights

Fee: \$99.00 pp for one class per week

\$170.00 pp for 2 classes per week

Instructors: Betty Kelly Camlin, Certified Instructor

Description: Known as the "healthiest exercise on the planet" Bodywise Bounce is an awesome, exhilarating, heart pumping REBOUNDING program that I have PERSONALLY designed, performed on a mini-trampoline and provided in an inspiring, motivating "women only" group environment with fantastic dance/techno pop music. It will leave you energized like no other exercise can. Non impact/ Burns tons of calories, tones muscles. increase bone mass. Every cell in body is stimulated. Rebounding is the **only exercise that detoxifies and rids the body of toxins, while enhancing the immune system.** EASY ON JOINTS AND BACK.. **Includes Upper Body Boxing, Strength Training,**

Sands Casino In Bethlehem PA - NEW

When: February 11th, 2017

Day: Saturday

Departure Time: 8:00AM

Return Time: 7:00PM

Fee: \$36.00 per person/ **includes \$30.00 Slot Play, \$5.00**

Meal Voucher and drivers tip

Description: Come join us as we travel to the beautiful Sands Casino in Bethlehem PA. Enjoy the hundreds of table games, slots, novelty games, food and outlet stores.



Philadelphia Flower Show 2017 - NEW

When: March 18th, 2017

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:15PM

Fee: \$75.00 per person/ includes flower show & drivers tip

Description: The Flower Show, an amazing world of great gardening and design that dates back to 1829. This event is special for so many reasons and number one on the list is that it takes place at a time of year when we crave color and beauty from our gardens. The Flower Show offers this and so much more.



Piloxing Barre Fusion

Where: BreakThru Family Fit For Life

When: January 18th - March 3rd

Day: Wednesday &/or Friday

Time: 9:30AM - 10:30AM

Fee: \$99.00 pp for once a week/ \$170.00 for twice a week

Instructors: Personal Trainer: Kimberly Colletto

Description: Cardio-Core conditioning fusing Boxing & Ballet Barre routines, Pilates, Yoga, strength training, using light to medium weights or body weight, balls and more 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. **High energy, high calorie burn but low impact.**

BodyWise RIPP Fusion

Where: BreakThru Family Fit For Life

When: January 17th - March 2nd (No class 2/16)

Day: Tuesday & Thursday

Time: 6:15PM - 7:15PM

Fee: \$99.00 pp for once a week

\$170.00 pp for two classes per week

Instructors: Personal Trainer: Kimberly Colletto

Description: Strength Training is vital to a women's total health & Fitness. Get strong in this 60 minute Cardio & barbell/free weight training class in an inspiring, motivating group environment with fantastic music and awesome instructors and great women participating. Using Bar Bells, Free weights, Tubing, Stability Balls, and more, this interval training class fires up all the muscles of the body & allows you to burn tons of calories and get Ripped.



City of Stamford Softball League

Tentative Meeting Dates and Times for Spring/Summer 2017

DAY/DATE	LEAGUE	TIME
Thurs, February 16	Men's Industrial	6:15 pm
Thurs, February 16	Men's Open Leagues	6:45 pm
Thurs, February 16	Men's Tuesday Open Roster	7:15 pm
Thurs, February 16	Modified	7:45 pm
Tues, February 21	Coed Industrial	6:15 pm
Tues, February 21	Women's League	6:45 pm
Tues, February 21	Coed Open	7:15 pm
Thu, February 23	New Men's Industrial	6:15 pm
Thu, February 23	New Coed Teams	6:45 pm
Thu, February 23	New Men's Open Teams	7:15 pm
Wed, March 15	Final day for payment/paperwork	8:30 am – 7:00 pm
Tues, April 4	Schedule/Packet p/u day	8:30 am – 7:00 pm
Tues, April 18	Regular Season Starts	TBA
Mon, Aug 7	Tentative start of playoffs	TBA

**All dates for season start/end are tentative
 Questions: Contact Matt Nordt, mnordt@stamfordct.gov**

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