

City of **STAMFORD**

Mayor David R. Martin

Stamford Recreation Fall Brochure 2016



**Online Registration
Begins September 7th
Walk-in Registration
Begins September 8th**



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 Operations: Ernie Orgera

Department Staff

Superintendent: Laurie Albano

Assist. Superintendent: Scott Kassouf

Assist. Superintendent: Matthew Nordt

Recreation Supervisor: Megan Gearhart

Recreation Leader: Bobby Pentino

Office Support Specialist: Tina Baines

Office Support Specialist: Maura Rudd

Recreation Office Holidays

Monday, September 5th - **Labor Day**

Monday, October 10th - **Columbus Day**

Friday, November 11th - **Veteran's Day**

Thursday, November 24th - **Thanksgiving**

Friday, November 25th - **Thanksgiving Break**

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

Registration begins on-line Sept 7th, 2016

Walk-in registration begins Sept. 8th, 2016

Partial Music Scholarships Available

Stamford Recreation Services has limited partial scholarships available for all music programs listed pages 9 & 10. To qualify, students must receive free or reduced lunch in the Stamford School System. For more details please call 203-977-5214.

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Registration Procedure

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

Fee Payment

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

All checks should be made payable to the City Of Stamford

Registration for the Fall Boston Bus Trip, Soccer Tikes, Eagle Soccer Academy and the Horse Back Riding Lessons begin on-line and in the office August 8th, 2016 Registration for all other programs begin on-line September 7th & walk-in registration begins September 8th, 2016.

Department Polices

Reduced Fee Policy

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

Refund Policy

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

Returned Check

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

Class Cancellation

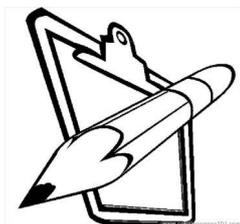
Whenever schools are closed due to bad weather or holidays, all youth recreational programs scheduled will be cancelled. Cancellation announcements can be heard on WSTC 1400 AM , **WTNH Channel 8 News, Channel 12 News** or by calling our cancellation phone line at **977-4641 EXT. 111 or 977-5214.**

On-Line Registration Is Easy

We now have on line registration available for residents by logging on to **www.stamfordrecreation.com** Registrations can only be paid by credit card on line with a Visa or Master card. **On-Line registration for fall programs begins Wednesday, September 7th at 8:30am and walk - in registrations begins Thursday, September 8th, 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.



Special Events

Halloween Festival 2016

Where: Turn Of River Middle School Gym

When: October 29th

Day: Saturday

Time: 10:00AM - 11:30AM

Fee: \$8.00 per person

Staff: Recreation Services Staff

Description: Come join us dressed in your costume as we offer games, face painting, moon bounces, entertainer, raffles, popcorn and a goodie bag for each child. All tickets must be purchased in advance. For **children ages 1 - 8.**



Stop Motion Scary Movie Workshop

Where: The Zion Lutheran Church Gym/132 Glenbrook Rd

When: October 28th & 29th

Day & Time:

Friday - 6:00PM - 9:00PM

Saturday - 9:00AM - 3:00PM

Fee: \$110.00 per child

Staff: Incrediflix Staff

Description: Bring your scary movie ideas to life in your very own stop motion animation horror movie. Create a character, and use movie magic to bring it to life. You'll create the story, film the movie and add your own voiceover to create a Halloween Themed movie.

For children ages 8-13.



The 17th Annual Hay Ride With Santa At Cove Island

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

When: Saturday, December 3rd, 2016 -**Day 1**

Sunday, December 4th 2016 -**Day 2**

Time: 10:00AM -1:00PM & 2:00PM -5:00PM - **Sat.**

10:00AM - 3:30PM only - **Sunday**

Fee: \$7.00 per person (**all riders must have a ticket**)

Staff: SANTA, and The Recreation Services Staff

Session -01 - Saturday / Session - 02 - Sunday

Come join us for the 16th Annual Hay Ride with Santa at Cove Island Park. This wonderful family event is open to Stamford residents. Bring the family or come with friends, and enjoy a horse drawn trip around Cove Island Park.

Santa will sing holiday songs with the children and at the end of each ride they will get to sit on Santa's lap and receive a small treat. After the ride, participants can enjoy holiday music, cookies, and cocoa under the decorated pavilion. Don't miss this wonderful holiday event. Let us help your children create memories that last a lifetime.

Tickets must be purchased in advance for this event and will go on sale November 1st, 2016. The event has sold out for the past 16 years.

Note: Tickets will be sold per half hour slot and there will be a maximum of 26 tickets per ride sold. A max of 10 tickets per family may be purchased and no tickets will be sold the day of the event.

NO TICKETS WILL BE SOLD ON LINE !

Preschool Programs

Small Beginnings (Infant - Age 1)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 27th -November 22nd (No class 10/4)
Time: 10:00AM - 10:30AM
Day: Tuesday
Fee: \$45.00 per child for 7 weeks
Instructors: Victoria DiMeglio
Description: Joining a playgroup is a fun way to introduce your baby to new experiences and for you to get out and make new mom friends. Play sessions will vary weekly and will include music, movement and songs, stories and play-time. **A child and caregiver class.**

Little Artists (Ages 1-2)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 27th -November 22nd (No class 10/4)
Time: 10:45AM - 11:15AM
Day: Tuesday
Fee: \$45.00 per child for 7 weeks
Instructors: Victoria DiMeglio
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'll use fun and sometimes messy techniques to create a new masterpiece each week. **A child and caregiver class.**



Tell Me A Story (Ages 2-3)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 28th - November 16th (No class 10/12)
Time: 10:00AM - 10:30AM
Day: Wednesday
Fee: \$45.00 per child for 7 weeks
Instructors: Victoria DiMeglio
Description: Take an adventure through old and new favorite stories! Each week we'll read a new book and incorporate a fun craft or delicious snack into our day. This is a fun way to grow your child's love of reading! **A child and caregiver class**



Get Artsy (Ages 2-3)

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 28th - November 16th (No class 10/12)
Time: 10:45AM - 11:15AM
Day: Wednesday
Fee: \$45.00 per child for 7 weeks
Instructors: Victoria DiMeglio
Description: Let your child explore, and inspire themselves to create a new piece of art each week with this hands on class! We'll use different materials each week to "draw" out the artist in each child. **A child and caregiver class.**



Get Moving (Ages 2-3)

Where: Break Thru Family Fitness 4 Life/ 48 Union St
When: September 28th - November 16th (No class 10/12)
Time: 10:00AM - 10:45AM
Day: Wednesday
Fee: \$50.00 per child for 7 weeks
Instructors: Victoria DiMeglio
Description: This class is a great way to encourage movement and independence in a fun and safe environment. Children can run, jump, slide and play with friends in this class! This is a great way to develop the important gross motor skills and spatial awareness of the ever learning toddler! **A child and caregiver class.**

Dinosaurs & More Dinosaurs

Where: TOR Presbyterian Church at 49 Turn of River Rd.
When: September 23rd - October 28th (No class 10/21)
Time: 11:00AM - 12:15PM
Day: Friday
Fee: \$60.00 for 5 weeks
Instructors: CT Computer Education Staff
Description: Join the great dinosaur search without the dirt and bugs. Children will go on a fossil dig, assemble, measure and draw the great dinosaur and use computer technology to encourage the learning experience. This class involves computer technology and small art projects. We supply all equipment and technology. **Please bring a snack**



Gymnastics For Preschoolers - New

Where: The Zion Lutheran Church Gym/132 Glenbrook Rd.
When: October 17th - December 5th
Time: 9:30AM - 10:00AM (Ages 2 - 3) - Sec. A
10:15AM - 11:00AM (Ages 4) - Sec. B
Day: Monday
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 your children are doing the two things that are most important to us...SMILING & HAVING FUN!



Preschool Sports, Dance & Skate Boarding

Soccer Tikes For Preschoolers

Where: Scalzi Park Field

When: September 17th - October 22nd

Day: Saturdays

Time: 9:00AM - 10:00AM - Koalas / 3 year olds - **Sess. 01**
10:00AM - 11:00AM - Koalas/ 3 year olds - **Sess. 02**
11:00AM - 12:00PM - Bears / 4 - 5 years old - **Sess.03**
12:00PM - 1:00PM - Tigers/ 5 - 6 years old - **Sess. 04**

Fee: \$117.00 for 6 weeks

Instructor: Kevin Fallon, Certified Soccer Instructor

At Soccer Tikes, we stress a non-competitive environment. This is a child development program for kids **ages 3 - 6**. Classes are designed to develop motor skills, promote physical fitness, and create self-confidence. We also mix fun, skill development activities with actual small sided games. **A great relaxing and fun way for your child to learn about soccer!**

Little Scoops Lacrosse (Ages 3 - 6)

Where: Scalzi Park

When: September 17th - October 22nd

Day: Saturdays

Time: 1:30PM - 2:30PM (Ages 3 - 4) - **Sess. 01**
2:30PM - 3:30PM (Ages 5 - 6) - **Sess. 02**

Fee: \$117.00 for 6 weeks per session

Description: Designed to introduce the game of lacrosse to boys and girls. The Little Scoops curriculum teaches introductory lacrosse skills such as catching and shooting, cradling, and scooping up ground balls. As the young athletes progress through the age and skill levels of the program, lessons are focused on developing individual skills as well as learning to work together in pairs and teams. Our sessions are taught by experienced coaches who are trained in teaching and engaging young children in creative, fun and instructional activities. As the safety and comfort of our young athletes, and their parents, is of the utmost importance, age-appropriate equipment such as vinyl lacrosse balls and smaller nets are used in all sessions

Total Sports Parent & Me (Ages 2 - 3)

Where: Scalzi Park Field

When: September 20th - November 29th

Day: Tuesday

Times: 9:30AM - 10:20AM

Fee: \$125.00 per child for 6 weeks

Instructors: Us Sports Institute Staff

Description: Each day your USSI coach will lead you and your child through a series of fun games and activities, designed to encourage learning, develop gross motor skills, and promote social interaction. All our progressive curriculums enable you and your child to work together to learn the key skills and techniques in each sport. **Parent & Me class.**



Tiny Tu - Tus (Age 2)

Where: Terry Connors Rink/Second floor class room

When: September 28th - November 30th

Day: Wednesday

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. (No class 10/12 & 11/23)**



Shimmy, Shake & Shine (Ages 3 - 5)

Where: Terry Connors Rink/Second Floor classroom

When: September 28th - November 30th

Days: Wednesday

Times: 10:15AM - 11:00AM

Fee: \$144.00 per child for 8 weeks

Instructors: Ms. Danette

Description: In this 45 minute drop off class, your shining star will explore creative movement designed to encourage gross motor coordination and balance. They will play with rhythm and beats using instruments and voice, while creating positive friendships. **(No class 10/12 & 11/23)**

Total Sports -Squirts (Ages 3 - 5)

Where: Scalzi Park Field

When: September 20th - November 30th

Day: Tuesday

Times: 10:30AM - 11:30AM

Fee: \$125.00 per child for 6 weeks

Instructors: US Sports Institute

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



Scalzi Originals Skateboarding School

Where: Scalzi Park Field

When: September 20th - November 30th

Day & Times Tuesday & Thursdays 4:00PM - 5:00PM

Saturday - 9:30AM - 11:30AM

Fee: \$240.00 for 8 sessions per child (**Ages 3 & Up**)

\$320.00 for 10 sessions per child

Description: Natural executive Function Skill Development I. Also open to children with ADHD, on Autism Spectrum, Down Syndrome & Special Needs children welcome.

Youth Art, Cooking & Educational Programs

Calling All Chefs (Gr. K-2)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: October 11th - November 29th (No class 11/8 & 11/22)
Day: Tuesday
Time: 4:00PM - 5:00PM
Instructor: Nancy & Nicole
Fee: \$85.00 for six weeks
Description: Meet us in the kitchen for this yummy class! Chefs will learn about a variety of foods as we all pitch in to help slice, dice, chop, measure and mix! Exciting breakfast, lunch, dinner and snack recipes will be on the menu and weekly, each chef will bring home the recipe written up so they can share it with their families!



The Art of Nature (Gr. K-3)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: October 13th - November 17th
Day: Thursday
Time: 4:00PM - 5:00PM
Instructor: Nancy & Nicole
Fee: \$85.00 for six weeks
Description: A beautiful Fall is in the air and what better way to enjoy it than to create with it! Using natural items around us, we'll make-take and create masterpieces using a variety of fun materials and treasures we collect in the great outdoors. Painting, sculpture, collage and so much more!



Fungiengineering - Catapults (Ages 5-12)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: October 10th, 2016 - Columbus Day
Day: Monday
Time: 8:30AM - 2:30PM
Instructor: CT Computer Education Staff
Fee: \$65.00 per person
Description: No School and looking for something to do? Children will build in groups using the Lego® building kits to learn about gears, levers, axles and pulleys. Then the challenge begins to build your catapult, compare and challenge your friends to ultimate battle. Please bring a lunch & a snack.

Minions, Minions & More Minions

Where: Zion Lutheran Church/132 Glenbrook Rd
When: November 8th, 2016
Day: Tuesday
Time: 8:30AM - 2:30PM
Instructor: CT Computer Education Staff
Fee: \$65.00 per person
Description: Minions are everywhere ...Come join our fun filled class on Election Day and vote for your favorite ,This class has scavenger hunts, Lego® Building and computer technology. This class will include building with clay, paper and foam activities. Tablets are welcome with Minions pre-loaded.) Please bring a snack and a lunch. **Ages 5-12!**



Secret Agent Lab I: Spy Academy For Grades K-2

Where: Westover School
When: October 11th - November 15th (No class 11/8)
Day: Tuesday
Time: 4:00PM - 5:00PM
Fee: \$95.00 per child for 5 weeks / **Includes all supplies**
Instructor: Mad Science Staff
Description: Look out 007—the Mad Science Spy Academy is in session! From decoding messages to metal detectors and night vision, students will have the opportunity to check out equipment and even create their own edible message! Test solutions with indicators to determine the origin. Children will use the Secret Code Breaker to communicate stealthily, like real spies. With the Undercover Observer, children step into the shoes of a spy in action. The viewer allows them to observe visually, while the spy ear enhances their hearing. These tools provide a complete undercover kit for children to take home.

TECHNO - VATERS (Ages 5 - 10)

Where: Davenport School
When: October 24th - November 28th
Day: Monday
Time: 4:00PM - 5:00PM
Fee: \$109.00 per child for 5 weeks
Instructor: CT Computer Education Staff
Description: This class is for beginners to intermediate builders. Children will work with the LEGO® WEDO Robotics System to build a variety of robots, using sensors and motors. Some models include a lion, twirling top, birds and an alligator. Technology is provided to enhance the experience. Please bring a snack.



Chemistry & Beyond (Ages 5 - 10)

Where: Northeast School
When: October 25th - November 22nd
Day: Tuesday
Time: 2:50PM - 4:15PM
Fee: \$109.00 per child for 5 weeks
Instructor: CT Computer Education Staff
Description: Join the fun in this class as we experiment with reactions to various products we use every day. Come join this fun filled class of experiments. Please advise us if child/children are allergic to different products such as milk, baking soda, baking powder, vinegar, salt, latex, sugar or cleaning products. This class involves hands on experiments teacher directed and with experiments done by children. Children are required to wear safety goggles at all times and will be provided .Some experiments include gak, silly putty, bouncing balls, volcano's, floating balls, geysers and invisible ink. Please bring a snack. Children are dismissed directly after-school to this program. **Class is limited in size to 16.**



Youth Science, Engineering, Chess & Horse Back Riding

Robotic Explorers (Ages 5-12)

Where: Zion Lutheran Church/132 Glenbrook Rd

When: November 11th, 2016 - Veterans Day

Day: Friday

Time: 8:30AM - 2:30PM

Instructor: CT Computer Education Staff

Fee: \$65.00 per person

Description: Children will work with two different Lego® Building Systems to build robots, amusement park rides and various construction vehicles. Children will then use technology to make their inventions move. **Bring a lunch and a snack**

Pre - Engineering Using Lego For Grades K-2

Where: Newfield Elementary School

When: October 11th - December 6th (No class 11/8)

Day: Tuesday

Time: 2:50PM - 4:20PM

Fee: \$170.00 per child for 8 weeks

Instructor: Play - Well TEKologies Staff

Description: Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering Fundamentals. **Max 16 kids!**

Engineering Fundamentals Using Lego For Grades 3 - 5

Where: Springdale Elementary School

When: October 13th - December 8th (No class 11/24)

Day: Thursday

Time: 3:45PM - 5:15PM

Fee: \$170.00 per child for 8 weeks

Instructor: Play - Well TEKologies Staff

Description: Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. **Max 16 kids.**



Chess Wizards (Gr. K & UP)

Where: First Presbyterian Church/ 1101 Bedford St.

When: October 1st - November 19th

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. For more information go to www.ChessWizards.com**



Horseback Riding Lessons With Mead Farm

Where: Mead Farm on 107 June Road, Stamford

When: October 16th - November 6th

Day: Sunday

Time: 3:30PM - 4:30PM

Fee: \$250.00 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 downloaded from our website at www.stamfordrecreation.com and returned to **Mead Farm by October 7th, 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 we ride rain or shine!**



Youth American Doll, Yoga and Dance Programs

Kids Yoga (Ages 3 - 5)

Where: Family Tree Yoga 980 Hope Street
When: September 27th - December 20th (No class 10/4)
Day: Tuesday
Times: 4:15PM - 5:00PM
Fee: \$225.00 per child for 12 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: November 5th
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!

Kiddie Boot Camp (Ages 3 - 5)

Where: Bodywise Studio 990 Hope Street
When: September 26th - October 31st
Day: Monday
Times: 10:45AM - 11:30AM
Fee: \$90.00 per child
Instructors: Betty Kelly Camlin, Certified Instructor
Description: BE ACTIVE, BE HEALTHY, BE FIT, BE STRONG: KIDS 3-5. It's never too early to learn these four things. Welcome to "KIDDIE BOOT CAMP" A program developed Bodywise By Betty designed to enhance overall development and improve fitness, balance, agility and proprioception of young children ages 3-5 with a fun, never boring and very active program. Our "Kiddie Boot Camp" will focus on developing your child's body awareness, listening skills, flexibility and strength in a fun, positive manner using simple exercises and games, mini obstacle courses, and multiple "fitness stations." Kids will have fun moving from station to station with fun kid friendly movement motivating music. They will enhance self esteem and get some great social interaction with other children their age. Kids will learn that fitness can be fun. We also encourage good eating and sleeping habits for overall good health. Participants must wear sneakers and bring a water bottle each class. Please encourage your children to participate and get excited for each class. Parent participation encouraged

Empower Girls - Yoga, Art & Self Discovery (Ages 11 & UP)

Where: Family Tree Yoga 980 Hope Street
When: September 28th - December 21st (No class 10/12)
Day: Wednesday
Times: 3:30PM - 5:00PM
Fee: \$275.00 per child 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.

American School Of Dance Stamford Dance Movement (Gr. 3 & 8)

Where: Zion Lutheran Church/132 Glenbrook Rd
When: October 5th - December 7th
Day: Wednesday
Times & Grades: 4:15PM - 5:00pm (Gr. K-2) - Sess. 01
5:00PM - 6:00PM (Gr. 3-5) - Sess. 02
Fee: \$145.00 per student for 9 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 two classes in Stamford, divided by grade-level. No dance experience necessary!
Offered by American Dance Training Camps: www.AmericanDanceTrainingCamps.com.



Painting, Music & Yoga Programs For Youth

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

Where: Davenport School
When: September 28th - December 7th
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 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.**
No classes on Oct. 12th & Nov. 23rd, 2016!

Violin Lessons (Ages 8-13) Primary Level

Where: Westover Elementary School
When: October 17th - December 14th, 2016
Day: Monday - Sess. - 01
Tuesday - Sess. 02
Wednesday - Sess. 03
Time: 5:30PM - 6:30PM (Ages 8-10)
6:45PM - 7:45PM (Ages 11-13)
Fee: \$255.00 per child for 8 weeks session
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: October 17th - December 14th
Day: Monday - Sess. - 01
Tuesday - Sess. 02
Wednesday - Sess. 03
Time: 5:30PM - 6:30PM (Ages 8-10)
6:45PM - 7:45PM (Ages 11-13)
Fee: \$255.00 per child for 8 week session
Instructor: Jose Bastardes, Professional Violinist
Description: For students with 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 Class



Voice Lessons With Mrs. Herrera - Crilly

Where: Dolan Middle School
When: October 6th - December 8th (No class 11/3 & 11/24)
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.

Guitar Lessons With Mr. Truglio

Where: Westover Elementary School
When: October 5th - December 7th
Day: Wednesday
Time: 5:15PM - 6:00PM
Fee: \$155.00 per student for 8 weeks/ **Max of 6 student!**
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. **No class 10/12 & 11/24**

Advanced Level Guitar With Mr. Truglio

Where: Westover School
When: October 5th - December 7th
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 2 plus years of lessons. Music that is age appropriate will be used. You must supply your own acoustic or electric guitar. Grades 6 & UP! **No class 10/12 & 11/24**



Kids Yoga (Ages 6 - 11)

Where: Family Tree Yoga 980 Hope Street
When: September 27th - December 22nd
Day: Tuesday - Sess.- 01
Thursday - Sess.- 02
Times: 4:15PM - 5:15PM
Fee: \$225.00 for 12 weeks per session
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. **(No classes 10/4 & 11/24)**



Music & Dance Programs

Musikids Keyboard I (Ages 6 - 8)

Where: Westover Elementary School

When: October 5th - December 7th

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.

No class 10/12 & 11/23



Musikids Keyboard II (Ages 6-10)

Where: Westover Elementary School

When: October 5th - December 7th

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. No class 10/12 & 11/23**



Piano Lessons With Mr. Fiorito

Where: Westover School

When: October 6th - December 1st (No class 11/24)

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: October 6th - December 1st (No class 11/24)

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: October 6th - December 1st (No class 11/24)

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.**

American School Of Dance

Stamford Dance Movement (GR. 6 - 8)

Where: Zion Lutheran Church/132 Glenbrook Rd

When: October 11th - December 6th

Day: Tuesday

Times: 7:00PM - 8:00PM

Fee: \$145.00 per student for 9 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. No dance experience necessary! **Offered by American Dance Training Camps: No Class on 10/8!**

www.AmericanDanceTrainingCamps.com

Zumba Little Kids (Ages 3 - 5)

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

When: September 22nd - October 27th

Day: Thursday

Time: 9:45AM - 10:30AM

Fee: \$90.00 per child

Instructor: Betty Kelly Camlin, Certified Instructor

Description: This is a dance, Stretch-n-play dance party for lil' feet where pint-sized party animals "dance their feet silly". In this 45 min program, 3-5 year-olds can just let loose and be themselves – little bundles of natural energy that are endlessly curious about new sounds and experiences! They can socialize, move to age-appropriate music, dance with scarves, maracas, add jingly belly skirts and play games with the new friends they'll make. Class provides Fun Zumba dance followed Kids Yoga and ends with some fun games. **Parents encouraged to participate.**

Youth After School Sports Programs

Soft Sports & Games (Gr. K-1)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 17th - November 28th

Day: Monday

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

Description: Each week participants will be involved in playing a new game or sport using soft equipment. A great way to blow off steam after school with your friends and a great way to make new friends.



Peanut Basketball (Gr. 1-2)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 11th - November 29th (No class 11/8)

Day: Tuesday

Time: 4:00PM - 5:00PM

Fee: \$50.00 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



Indoor World Cup Soccer (Gr. 3 - 4)

Where: The Zion Lutheran Church 132 Glenbrook Road.

When: October 13th - December 1st (No class 11/24)

Day: Thursday

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

Description: Each week students will be broken up into two equal teams and will enjoy a full hour of indoor soccer. Participants should wear appropriate clothing and sneakers. **If your child enjoys soccer they will love this class!**



Neighborhood Soccer (Gr.1-2)

Where: The Zion Lutheran Church 132 Glenbrook Rd

When: October 14th - December 2nd (No class 11/25)

Day: Fridays

Time: 4:00PM - 5:00PM

Fee: \$50.00 for seven weeks

Instructor: Recreation Staff

This fun filled class teaches young students the basic skills and fundamentals of soccer each week. Each class will end with a game. What a great stress free way for your child to learn the proper way to play the game in a recreational setting. **Also a great way to meet new friends !**



Pro Impact Soccer Academy Program For Youth (Gr. K-5)

Where: Davenport School Upper Field

When: September 14th - October 26th (No class 10/12)

Day: Wednesday

Time: 4:00PM - 4:50PM (Gr. K-2) - Sess. 01

5:00PM - 5:50PM (Gr. 3-5) - Sess. 02

Fee: \$100.00 per child for six weeks

Instructor: Pro Impact Academy Staff

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

Eagles Soccer Academy (Ages 5 - 13)

Where: Lione Park

When: September 8th - October 27th

Days: Tuesday and Thursday

Time: 5:15PM - 6:15PM / ages 5 - 7 - Sess. 01

5:15PM - 6:15PM / Ages 8-10 - Sess. 02

6:15PM - 7:15PM / Ages 11 - 13 - Sess. 03

6:15PM - 7:15PM / Ages 8 - 10 - Sess. 04

Fee: \$150.00 for 8 weeks, **30% discount for siblings but Cannot be done online only at the Rec. Office.**

Instructors: Eddy, Johnathan & Ricky Certified Instructors

Description: "Where seeds grow to harvest a bright future" At Eagles of Stamford we create a fun, safe and friendly environment that provides the necessary tools to enable each player to achieve success through motor skills as well as tactical learning while promoting physical fitness. Please bring a bottle of water and a size four soccer ball.

Registration Dates

Online - Wednesday, September 7th

Walk-In - Thursday, September 8th

Registration for the following programs only will begin **August 8th, 2016** :

Boston Trip, Soccer Tikes, Eagle Soccer & Horse Back Riding Lessons!

Youth Fitness, Tennis & Ski Programs

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

Where: Break Thru Family Fit 4 life/ 48 Union Street
When: September 26th - December 2nd
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.

Real Gym For Kids (Ages 7 & UP)

Where: Break Thru Family Fit 4 Life
When: September 26th - December 4th
Day & Time: 3:00PM - 6:00PM - **Mon. - Fri.**
7:00AM - 12:00PM - **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 for 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.**

Dungeons & Dragons (Ages 7 - 12)

Where: Break Thru Family Fit 4 life/ 48 Union Street
When: September 24th - November 26th
Day: Saturdays
Time: 10:00AM - 12:00PM
Fee: \$125.00 per child for 10 weeks
Instructor: Healing Hearts Staff
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. **Open to children of all abilities.**



Pee Wee Tennis Lessons (Ages 5 - 7)

Where: Scalzi Park Tennis Courts
When: September 17th - October 15th
Days: Saturdays
SESSION ONE- (9:30-10:00 a.m.) - **Sess. 01**
SESSION TWO- (10:15-10:45 a.m.) - **Sess. 02**
SESSION THREE- (11:00-11:30 a.m.) - **Sess. 03**
FEE: \$75.00 per child per section for 5 weeks
Staff: Classes will be taught by **GSTA staff**
Description: This program is designed to be a fun-filled introduction to tennis for children ages 5-7 with a game-oriented theme and utilizing 10 and under tennis program.



Youth Tennis Lessons (Ages 8 - 12)

Where: Scalzi Park Tennis Courts
When: September 17th - October 15th
Days: Saturdays
SESSION ONE: (9:15AM-10:15 AM) - **Sec. A**
SESSION TWO: (10:30AM-11:30 AM) - **Sec. B**
FEE: \$150.00 per child for 5 weeks
Staff: Classes will be taught by **GSTA staff**
Description: This program is designed to teach basic groundstrokes and volleys to children ages 8-12 who have already played some tennis or athletic rookies who are looking to test their talents in a new sport.

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.**

PROGRAMS FOR KIDS BY BODYWISE BY BETTY

Heart Smart & Bodywise Fit Kids After School Program (Gr. 1-5)

Where: Bodywise Studio 990 Hope Street - **Mon & Thurs.**
Newfield School - **Friday**

When: September 19th - November 28th - **Mondays**
September 22nd - November 10th - **Thursdays**
September 23rd - November 18th - **Fridays**

Days & Time: **Mon. & Thursday** - 4:15PM - 5:30PM
Friday - 2:30PM - 5:45PM

Fee: \$110.00 per student one day per week

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: **REBOUNding 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. Min 6 max 12 participant

Kids Night Out - Parents Night Off

Where: Bodywise Studio 990 Hope Street

When: September 24th - Circus Theme
October 29th - Halloween Costume Bouncing Party
November 19th - Thanksgiving Theme Yoga & Painting
December 17th - Holiday Theme - Zuma Party

Days: Saturdays

Time: 6:00PM - 10:00PM

Fee: \$80.00 per student per session

Instructor: Betty Kelly Camlin, Certified Instructor

Program #: 2867

Description: This Saturday evening program allows students grades 1-5 to enjoy an evening out with friends. INCLUDES FUN ACTIVITIES, KARAOKE, ACTIVE VIDEO GAMES, MAKING HEALTHY SNACK/DESSERTS, POPCORN AND A MOVIE!! EACH ONE HAS A DIFFERENT THEME!

Themes may be subject to change. Girls & Boys

Visit website@www.bodywisebybetty.com for more details

Christmas Break & School Holiday Camps At Bodywise By Betty

Where: Bodywise Studio 990 Hope Street

When: October 3rd - **Sess. 01**

October 4th - **Sess. 02**

October 10th - **Sess. 03**

October 12th - **Sess. 04**

November 8th - **Sess. 05**

November 11th - **Sess. 06**

December 26th - December 30th - **Sess. 07**

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

8:30AM - 5:15PM - **Extended Day**

Fee: \$50.00 per child per single day camp

\$240.00 per child December camp

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Our very popular holiday camps are back and better than ever. **Holiday dates are below.** Camps can include: **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, SUBWAY, FIT ART & CRAFTS,** (decorating yoga mats, cooking aprons, herb gardens and more) **ALL TIED INTO FUN FITNESS, NUTRITION & HEALTHY LIFE STYLE EDUCATION.** Must pay additional \$15 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!! **For Grades 1-5.**



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.

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 Stamford Recreation Services 888 Washington Blvd-Stamford CT 06901



Fall Aquatics Lessons & Open Swim

Fall 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 (NEW)

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 and **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 swim/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, 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.**

Swim Class Days & Times

Mondays, September 12th – November 28th

(No class 10/3, 10/10, 10/31)

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, September 13th – November 1st (No class 10/4)

6:30pm – 7:00pm Parent & Child

7:00pm – 7:30 pm Adult Level One

7:30pm – 8:00pm Adult Level Two

Wednesdays, September 14th – November 30th

(No class 10/12, 10/19, 11/23)

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, September 16th – November 18th (No class 11/11)

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

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 breath and must be willing to swim continuous laps.**

Public Open Swim

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 Fall Sessions. Register in the office, online, or in person at Westhill (In person at Westhill the week of September 19th)
Open Swim dates are: September 19th – March 10th, 2017 (No open swim on 10/3, 10/4, 10/10, 10/12, 10/19, 11/24, 11/25)

| | | 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 |

Vacation Break Programs & Life Guard Training

Election Day Field Trip (Gr. K-5)

When: November 8th, 2016

Day: Tuesday

Time: 8:15AM - 4:00PM

Depart: Government Center Lobby

Fee: \$36.00 per child/ includes ticket & Transportation

Staff: Full Time & Seasonal Staff Chaperones

Description: No school so come join us and enjoy this all day trip. With 150 hands-on exhibits, a state-of-the-art 3D digital theater, four educational labs, plus daily programs and events, the Connecticut Science Center offers endless exploration for children, teens, and adults. From physics to forensics, geology to astronomy, visitors have the sciences at their fingertips.

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!**

Lifeguard Training & Certification Class

Where: West Hill 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.**

Junior Lifeguard Program (Ages 9-15)

Where: Westhill Pool

When: September 26th - December 30th

Time: 6:30PM - 8:30PM

Fee: \$300.00 per student

Staff: Full Time & Seasonal Staff Chaperones

Description: Not old enough to become a Lifeguard but would love to get some early training in? Register for the Stamford Recreation Junior Guard Program. Learn the basics of Lifeguarding, first aid, and supervision. Participants will get on-deck experience during swim lessons and open swim times

No class on 10/3, 10/4, 10/10, 10/12, 10/19, 11/24 And 11/25, 2016!

December School Break 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!

Winter Wonderland Workshop With Lego (Ages 5-6)

Where: Davenport School Café
When: December 27th - December 30th
Days: Tuesday - Friday
Time: 9:00AM - 12:00PM
Fee: \$165.00 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 16 spots in this program!**



Winter Wonderland Workshop With Lego (Ages 7 - 12)

Where: Davenport School Café
When: December 27th - December 30th
Days: Tuesday - Friday
Time: 1:00PM - 4:00PM
Fee: \$165.00 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 16 spots in this program!**

Vacation Camp Programs fill up fast
so don't wait too long even though
the holiday break is 3 months away!

Winter Live Action Flix (Ages 7-13)

Where: Newfield Elementary School Café
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 Café
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!**

Winter Live Action & Imagination Flix Full Day (Ages 7-13)

Where: Newfield Elementary School Café
When: December 27th - December 30th
Day: Tuesday - Friday
Time: 9:00AM - 4:00PM
Fee: \$336.00 per child
Instructor: Incrediflix Staff
Description: Make a Winter themed movie that you help write, direct, act in, and film for your own live action film! Then the afternoons are for Clay Animation stop motion movies. See half day descriptions for more details. Lunch supervision included at no cost. **Max of 10 kids!**



Winter Swim Camp (Ages 5 - 12)

Where: Westhill Pool
When: December 27th - December 30th
Time: 9:00AM - 4:00PM
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.

Tae Kwon Do & Peak Performance Holiday Camp

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

Where: Westover School Gym
When: September 26th - December 5th
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 class on 10/3, 10/10, 10/12 & 11/23/ 2016**



Team Wrigley Tae Kwon Do (Ages 7 & Up)

Where: Westover School Gym
When: September 26th - December 5th
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: \$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 be-yond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. (Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot). *Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will completed by the Instructor determine starting rank.
No class 10/3, 10/4, 10/10, 10/12, & 11/8

Peak Performance Sports Camps

December Vacation Camp

Where: Davenport Elementary School Gym
When: December 27th - December 30th
Days: Tuesday - Friday
Time: 9:00AM - 12:30PM - 2 Half Days \$66.00 - **Sess.01**
9:00AM - 4:00PM - 2 Full Days \$110.00 - **Sess. 02**
9:00AM - 12:30PM - 3 Half Days \$99.00 - **Sess. 03**
9:00AM - 4:00PM - 3 Full Days \$165.00 - **Sess. 04**
9:00AM - 12:30PM - 4 Half Days - \$132.00 - **Sess. 05**
9:00AM - 4:00PM - Full Days - \$220.00 - **Sess. 06**



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!**

Adult Fitness Programs & Tennis Lessons

Bodywise Bounce For Women

Where: Bodywise Fitness Studio 990 Hope Street

When: September 12th - October 24th - **Sess. 01**

Health Bounce with Yoga

September 17th - October 22nd - **Sess. 02**

Bodywise Power Bound

Day & Time: Monday - 7:15PM - 8:00PM

Tuesday & Saturday - 9:30AM - 10:30AM

Fee: \$95.00 per person for once a week per session

Instructor: 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. Includes Upper Body Boxing, Strength Training, Plyometrics, Abs and deep stretch. We are offering **2 types of Rebounding Classes this fall**

Piloxing Barre Fusion

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

When: September 14th - October 26th (No class 10/12)

Days: Wednesday & Friday

Time: 9:30AM - **Wednesday. & Friday - Sess. 01**

6:15PM - **Wednesday - Sess. 02**

Fee: \$95.00 per person once a week per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description : This class reshapes your body entirely. The program focuses on 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. **70 min class.**



Note: Betty is a cert. personal trainer, Master Rebound instructor, Zumba, Step, Barre, Boxing, Yoga & Strength cert. specializing in women’s health, wellness, fitness and Nutrition. Studio is located at 990 Hope Street- corner of the State Theater Building. Parking s in the back of building.

BodyWise Ripp Fusion

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

When: September 13th -October 18th - **Sess.01**

September - 15th - October 27th - **Sess. 02**

Days: Tuesday - **Sess. 01**

Thursday - **Sess. 02**

Fee: \$95.00 per person per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Strength Training is vital to a women's total health and Fitness. Get strong in this 60 minute Cardio and barbell/free weight training class in an inspiring, motivating group environment with fantastic music and awesome instructors and great women participating. Using Steps, Bar Bells, Free weights, Tubing, Stability Balls, 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.

Mother & Teen Daughter Circuit Training

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

When: September 12th - October 24th

Days: Monday

Time: 6:00PM - 7:00PM

Fee: \$75.00 per person

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Moms, get your daughters and join us for a Total body INTERVAL CARDIO workout packed with lots of variety. Perfect for moms with their pre-teen & teen, middle & high school girls who want to get fitter and burn calories and perfect for the girls who want improve performance for sports and have fun with mom. Tabata style rotation including, Rebounders, Elliptical machines, Long Ropes, Bosu Balls, Stability Balls, Agility Ladders, Equalizers, Free weights, resistance bands and more. **Ends with a Yoga cool down and stretch. Good for every fitness level. Min of 6 participants required, max of 12 !**

Teen/Adult Tennis Lessons (Ages 16 Plus)

Where: Scalzi Park Tennis Courts

When: September 17th - October 15th

Day: Saturday

Time: 9:30AM - 10:30AM

Fee: \$175.00 per person for weeks

Instructor: GSTA STAFF

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



Adult Fitness Programs & Bus Trips

Krav Maga Adults (KMX)

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

When: September 26th - December 4th

Days & Times:

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 student 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: September 26th - December 4th

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.

Boston On Your Own

When: September 17th, 2016

Day: Saturday

Depart: Government Center Lobby at 7:00AM

Return: Government Center Lobby at 7:00PM

Fee: \$45.00 per person for residents

Description: Come enjoy a Fall day in beautiful Boston with your family or friends. We will drop you off at Quincy Market and you will have over 6 hours to enjoy the sights, shopping and dining. **Registration is limited to 52 participants!**



Mohegan Sun Trip

When: October 15th, 2016

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$26.00 per person per trip/includes drivers 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

When: December 3rd, 2016

Day: Saturday

Departure Time: 8:00AM

Return Time: 6:00PM

Fee: \$26.00 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.

Men's Yoga Class

Where: Family Tree Yoga Studio 980 Hope Street

When: September 28th - November 30th

Day: Wednesday

Time: 7:30PM - 8:30PM

Fee: \$185.00 per person for 10 weeks

Description: This is a yoga class designed specifically to address the needs of men. This class will focus on balancing the strengths and weaknesses that are unique to men. Men can reap many benefits from a regular yoga practice, including: increased strength, flexibility & stamina; reduced stress; improved breathing; sharper focus; and enhanced overall health. This class offers the opportunity for men to explore, and experience the benefits of yoga in a non-competitive & non-judgmental environment. No yoga experience necessary.

Beginner Yoga For Adults

Where: Family Tree Yoga Studio 980 Hope Street

When: September 29th - December 8th

Day: Thursday

Time: 6:00PM - 7:00PM

Fee: \$185.00 per person for 10 weeks

Description: This class focuses on yoga basics and creating a strong foundation. This class helps to build strength and flexibility and offers pose modifications, breath awareness and simple meditation and relaxation techniques. A great class for those who are new to yoga, or who are restarting a practice.

Youth Recreation Sponsorship Initiative

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 about this sponsorship program, please contact the
Recreation Services Office at 977 - 5214.**



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