

**Web Version**

**FOR PUBLICATION: THE ADVOCATE – TWO INSERTIONS – WED, MAR 18, 2026  
WED, MAR 25, 2026**

**LEGAL NOTICE  
ZONING BOARD – CITY OF STAMFORD**

**Application 226-05** - Notice is hereby given that the Zoning Board of the City of Stamford, CT will conduct a Public Hearing on Monday, **March 30, 2026 at 6:30pm** through a web and phone meeting to consider the application of the City of Stamford’s Zoning Board for a Text Change to correct mistakes, add additional definitions and clarify the regulations for Special Permit Uses in single-family Districts.

Plain text indicates existing language to be retained

Single-underlined text indicates new language to be added

Double-underlined text indicates existing language to be moved

~~Struck out~~ text indicates existing language to be deleted

**AMEND Section 3.B. Definitions, as follows:**

***Lot, Interior***

A *Lot* other than an Accessway, Corner or Through Lot.

**Lot Size**

SEE: Lot Area

**MOVE Definition “Water-Dependent Use” from Section 3.B. to Section 4.**

**AMEND Section 4, Use Regulations and Standards, by adding a new Definition for Gymnasium or Physical Culture Establishment as follows:**

**Gymnasium or Physical Culture Establishment**

A Gymnasium or Physical Culture Establishment is a commercial or non-commercial health, fitness or wellness establishment containing equipment and facilities used by members or guests for the purpose of physical fitness and wellbeing, sports and recreational activities as well as ancillary uses including, but not limited to, child care, day camp, hair salon, day spa uses, medspa uses, weight loss, nutrition or other health counseling, Café, physical, massage, or similar therapies, medical office, retail sale of health and fitness related apparel, merchandise and

memberships and all other customary and incidental uses of a health, fitness or wellness facility. A Gymnasium or Physical Culture Establishment may include indoor and outdoor facilities and activities. All programs and treatments shall be administered by licensed professionals, where required by the State of Connecticut. All activities shall be predominantly participatory. Gymnasium or Physical Culture Establishment shall exclude the following:

- Day surgery and other outpatient procedures.
- Entertainment
- Any activities permitted in an Adult Establishment

**AMEND Section 4, Use Regulations and Standards, Definition for Senior or Disabled Day Program, as follows:**

**Senior or Disabled Day Program (224-06)**

A Senior or Disabled Day Program is a space dedicated for *Seniors* or *Disabled Persons* to receive meals, peer-engagement, limited care and programming during the day. This Use is intended to provide an alternative or supplemental solution to assisted living or nursing home care and allow program participants to socialize with other ~~and~~ *Seniors* to age-in-place. A Senior or Disabled Day Program may be run by a for-profit or non-profit entity. Transportation may be provided. Nothing contained herein shall prohibit participants from using outdoor space on the property.

**AMEND Section 5.HH.2., SRD-S District, as follows:**

**5.HH.2. Objectives**

The Zoning Board may designate properties as a SRD-S Tract provided that the *General Development Plan* for the property is consistent with the following objectives:

- a. The purposes and goals of Land Use Category MU3 ~~Categories 5, 9 and 10~~ of the ~~2015~~ *Comprehensive Plan*; (220-28)

[*remainder of section unchanged*]

**AMEND Section 5.X.6., Single Family Districts, by amending Subsection 5.X.6.c as follows:**

**c. Building Coverage**

- (1) **Building Coverage.** The total *Building Coverage* shall not exceed the following standards:

<b>District</b>	<b>Building Coverage max.</b>
RA-3 and RA-2 Districts	10%
RA-1 and R-20 Districts	15%
R-10 District	20%
R-7½ District	25%

(2) **Lot Coverage.** The total *Lot Coverage* shall not exceed the following standards:

<b><u>District</u></b>	<b><u>Lot Coverage max.</u></b>
<u>RA-3 District</u>	<u>25%</u>
<u>RA-2 District</u>	<u>35%</u>
<u>RA-1 District</u>	<u>45%</u>
<u>R-20 District</u>	<u>55%</u>
<u>R-10 District</u>	<u>60%</u>
<u>R-7½ District</u>	<u>65%</u>

*[remainder of Section unchanged]*

Details regarding how to access the meeting will be posted on the City of Stamford Zoning Board webpage ([www.stamfordct.gov/zoning](http://www.stamfordct.gov/zoning)) in advance of the Public Hearing.

At the above time and place all interested persons shall be given an opportunity to be heard. The hearing may be continued to such time and place as will be announced by the Zoning Board. Hearing impaired persons wishing to attend this meeting that require an interpreter may make arrangements by contacting the Department of Social Services administration office at 203-977-4050 at least five (5) working days prior to the meeting.

ATTEST: DAVID STEIN  
CHAIRMAN, ZONING BOARD  
CITY OF STAMFORD, CT

Dated at the City of Stamford, CT, this 18<sup>th</sup> day of March 2026