

City of Stamford

Mayor David R. Martin

STAMFORD RECREATION & Terry Conners Rink WINTER BROCHURE 2019



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Stamford Recreation Department

Online Registration Begins December 11, 2018

Walk-in Registration Begins December 12, 2018

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 R. Martin

Department Staff

Superintendent: Laurie Albano

Assist. Superintendent: Scott Kassouf

Assist. Superintendent: Megan Gearhart

Recreation Supervisor: Robert Pentino

Recreation Leader: Bertrand Oubida

Office Support Specialist: Tina Baines

Parks & Recreation Commission

Althea Brown: **Commissioner**

John Rovegno: **Commissioner**

Michael Tedder **Commissioner**

Paul Newman, **Commissioner**

David Winston: **Commissioner/Chairman**

Office Hours

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

Note: Registration for most Winter Programs program's except when specified begins as follows: **On-line** - Tuesday, December 11 @ 8:30AM **Walk-In Registration** - Wednesday, December 12 @ 8:30AM at the Recreation Office located at 888 Washington Blvd.

Recreation Office Holidays

Tuesday, December 25, 2018 - **Christmas Day**

Tuesday, January 1, 2019 - **New Year's Day**

Monday, January 21, 2019 - **Martin Luther King Day**

Monday, February 18, 2019 - **President's Day**

Registration Procedure

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



Registration Information	2
Department Policies & Special Events	3
Preschool Programs	4
Preschool Programs & Santa Call Information	5
Preschool & Youth Youth Dance Programs	6
Youth Educational After School Programs	7
Youth After School Educational Programs	8
Vacation Break Programs & Camps For Youth	9
Youth Music & Teen Music Programs	10
Youth After School Programs	11
Youth Fitness, Tennis & Junior Counselor Programs	12
Youth Fitness, Hula Hoop & Dance Programs	13
Youth & Adult Winter Aquatics Programs	14
Public Open Swim, Horseback Riding, Chess Programs	15
Tae Kwon Do, Youth Boxing & Friday Night Ski Trips	16
Adult Programs & Bus Trips	17
Adult Fitness Programs and Adult Spring Softball Info	18
Terry Conner's Rink Information & Programs	19
Stay & Play Preschool Fall 2019	20

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.**

Recreation Star Center

The Stamford Recreation Star Center is located at 1170 Shippan Ave in Stamford. The New Recreation Center is Open Monday through Saturday offering programs from pre-school age through adults! Registration for all programs held at the Star Center are done the Recreation Services Office located on the first floor of the Government Center. If you have any questions please go to our website at www.stamfordrecreation.com or contact us at 203-977 - 5214.



Department Policies

Reduced Fee Policy

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

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 **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 Winter programs begins Tuesday, December 11 at 8:30am and walk - in registrations begins Wednesday, December 12 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.

Tiny Tots Summer Camp 2019 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 7 weeks and is broken up into three 2 week sessions & a one week session from 9AM - 1PM daily. Information will be out in February in the Spring & Summer Brochure.

Special Events

Holiday Sing (Ages 1 - 3)

Where: Recreation Star Center, 1170 Shippan Ave

When: December 7, 2018

Day: Friday

Time: 10:00AM - 11:00AM

Fee: \$10.00 per child

Instructor: Beth Covino, **Preschool Instructor**

Description: 'Tis the season for cookies and caroling. We will sing songs, make a simple craft and have a snack inspired by this wonderful time of the year! **A parent and me class. Registration begins November 19th!**



Ornament Making

Work Shop (Ages 2 - 4)

Where: Recreation Star Center, 1170 Shippan Ave

When: December 12, 2018

Day: Wednesday

Time: 10:00AM - 11:00AM

Fee: \$10.00 per child

Instructor: Beth Covino, **Preschool Instructor**

Description: 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 Registration begins November 19th!**



Gingerbread House

Decorating (Ages 2 - 4)

Where: Recreation Star Center, 1170 Shippan Ave

When: December 19 & December 21, 2018

Day: Wednesday (Dec. 19) - **Session 1**

Friday (Dec. 21) - **Session 2**

Time: 10:00AM - 11:00AM

Fee: \$10.00 per child per session

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. Registration begins November 19th!**



Reindeer Games (Ages 2 - 4)

Where: Recreation Star Center, 1170 Shippan Ave

When: December 13 & December 18, 2018

Day: Thursday, Dec. 13 - **Sess. 01**

Tuesday, Dec. 18 - **Sess. 02**

Time: 10:00AM - 11:30AM

Fee: \$15.00 per child per session

Instructor: Beth Covino, **Preschool Instructor**

Description: Come join in spirit of the season in our magically transformed preschool classroom and spacious gym! Children will be delighted as they bake pretend cookies in the play kitchen, build a fire place for Santa with our oversized blocks, Make a reindeer Craft, sing seasonal songs, and play reindeer games in our spacious gym!



Preschool Programs

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

Where: Star Recreation Center, 1170 Shippan Ave
When: January 8 - March 19
Time: 10:00AM - 11:30AM
Day: Tuesday &/ or Thursday
Fee: \$107.00 per child once a week for a 10 week program
\$214.00 per child twice a week for a 10 week program
Instructor: Beth Covino, **Preschool Instructor**
Description: 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: Located in our spacious gym or weather permitting, outside on our beautiful play area. This part of the class is a great way to encourage movement and independence in a fun and safe environment. Children can run, jump, ride bikes 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 on 2/19/2019!**

Ring Along - Sing Along (Ages 1 - 3)

Where: Recreation Star Center, 1170 Shippan Ave.
When: January 7 - March 25 (no class 2/21 & 2/18)
Day: Monday
Time: 10:00AM - 10:30AM
Fee: \$70.00 per child for 10 weeks
Instructors: Beth Covino, **Preschool Instructor**
Description: Studies show that the simple melodies and inflections of singing prepares children's brains for language and that songs with actions and dance moves help develop balance, coordination and body awareness. Kids respond best to music when they actively participate so we will get your child rocking, rolling, tapping, clapping, and moving to the beat of our favorite children's songs! We hope to See you later, Alligator! **A child and care-giver class.**

Tiny Chefs For Preschoolers (Age 3-5)

Where: Recreation Star Center, 1170 Shippan Ave.
When: January 11 - March 8 (No class 2/15)
Day: Friday
Time: 10:30AM - 11:30AM
Fee: \$200.00 per child for 8 weeks
Instructors: Beth Cherico, **Tiny Chefs Instructor**
Description: It is said that if you want to learn about a country you should start with the food. So during this Tiny and Gourmet Chefs children will learn how to create the cuisines of multiple countries. We will be cooking up some of the fabulous flavors of Italian, Indian, Vietnamese, Mexican & French foods and also learning about some of the cooking techniques & ingredients that make them unique.

Art - Story Adventure (Ages 1-3)

Where: Recreation Star Center, 1170 Shippan Ave
When: January 7 - March 25 (no class 2/21 & 2/18)
Day: Monday
Time: 10:40AM - 11:20AM
Fee: \$75.00 per child for 10 weeks (No class 10/8 & 11/12)
Instructors: 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 silly song related to the story! This is a fun way to grow your child's love of reading. **A child and care-giver class.**

Silly Science (Ages 2 - 4)

Where: Recreation Star Center, 1170 Shippan Ave.
When: January 8 - March 19 (No class 2/19)
Day & Time: Tuesday - 11:40AM - 12:20PM - **Sec. A**
Wednesday - 10:00AM - 10:40AM - **Sec. B**
Fee: \$75.00 per child for 10 weeks per section
Instructors: Beth Covino, **Preschool Instructor**
Description: Preschoolers are naturally wonderful at asking questions about the world around them. Science activities & experiments give young minds the skills they need to seek answers & view the world scientifically. Each week we will learn something about science or nature and we will work on a seasonally themed project or related craft. Projects can include simple demonstrations, like making our own snow & other science projects like sorting & categorizing things found in nature.

Get Moving (Ages 2 - 4)

Where: Recreation Star Center, 1170 Shippan Ave
When: January 9 - March 13
Day: Wednesday
Time: 10:50AM - 11:30AM
Fee: \$75.00 per child for 10 weeks
Instructors: Beth Covino, **Preschool Instructor**
Description: Baby it's cold outside come play in our spacious gym. This class is a great way to encourage movement and independence in a fun and safe environment. Children can run jump, ride bikes, 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.**



Make Art With Me (Ages 2 - 4)

Where: Recreation Star Center, 1170 Shippan Ave.
When: January 10 - March 14
Day: Thursday
Time: 11:40AM - 12:20PM
Fee: \$75.00 per child per section for 10 weeks
Instructors: Beth Covino, **Preschool Instructor**
Description: Let your child explore the "Process" of Art and get creative with these hands on art class. Process art is all about the experience children have while they're creating. We will create seasonally themed art using various materials and techniques. Each week we will use different materials and sometimes messy techniques so you will want to dress appropriately or bring a smock! **A caregiver and me class.**

Preschool Programs & Santa Call 2018

Kinder Music (Ages 3-5) - New

Where: Stamford Recreation Star Center, 1170 Shippan Ave

When: January 11 - February 22 (No class 2/15)

Day: Friday

Time: 9:30AM - 10:15AM

Fee: \$98.00 per child for 6 weeks

Instructor: Arts In CT Instructor

Description: Parents join us for the best rock band on this side of Stamford as our little one's rock it out. Wait don't leave Americas Talented Singers! You do not want to miss it!



Zumba Kids Jr. (Ages 4 - 6)

Where: Star Recreation Center, 1170 Shippan Ave

When: January 12 - March 2 (No Class 2/16)

Day: Saturdays

Times: 8:30AM - 9:30AM

Fee: \$80.00 per child for 8 weeks

Instructors: Patricia Moore, Certified Zumba Instructor

Description: Zumba Kids Jr. classes are rocking, highenergy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.

Indoor Soccer Tikes For Preschoolers (Ages 3-5)

Where: Stamford Recreation Star Center 1170 Shippan Ave

When: January 5 - February 9

Day: Saturdays (Max of 20 kids per class)

Time: 10:30AM - 11:30AM - Koalas (3 year olds) - Sec. A

11:35AM - 12:35PM - Bears (4-5) year olds - Sec. B

Fee: \$112.00 for 6 weeks per child

Instructor: Kevin Fallon, Certified Soccer Tots Program

Description: Kids should wear sneakers & comfortable clothing. At Soccer Tikes, 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!

Preschool Gymnastics On Saturdays (Ages 2 - 4)

Where: Stamford Recreation Star Center 1170 Shippan Ave

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

Time: 9:00AM - 9:35AM (Ages 2-3) -Sess. 01

9:40AM - 10:15AM (Ages 3-4) - Sess.02

Day: Saturday

Fee: \$128.00 per child per sessions for 8 weeks

Instructors: Certified Gym On Wheels Staff

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 team-work. 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 have fun!



Itty Bitty Sports & Games (Ages 2 - 3)

Where: Recreation Star Center, 1170 Shippan Ave

When: January 18 - March 1 (No class 2/15)

Day: Friday

Time: 10:30AM - 11:10AM

Fee: \$50.00 for 6 weeks

Instructors: Bertrand Oubida, Recreation Staff

Description: Children will have lots of fun learning new games and sports each week. This program will allow children to learn the basics and give each child confidence while having fun. Creative movement exercise, soccer balls, t-ball, and basketball just a few of the sports we will cover. Parent and me program!

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 11 & Thursday, December 13 2018 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 10, 2018 at 4:00PM at the Recreation Services Office.** They can also be faxed to 203-977-5504 or emailed to boubida@stamfordct.gov. For more information, please call Santa's helpers at 203-977-5214.



Registration for the holiday preschool programs on page 3 begins November 19 online or at the Recreation Office. Registration for all other programs begin on-line December 11 & walk-in registration begins December 12, 2018 at 8:30AM!

Preschool & Youth Dance Programs

Tiny Tu - Tu's (Age 2.5 & Older)

Where: Star Recreation Center, 1170 Shippan Ave
When: January 9 - March 30 (**No class 2/16**)
Day & Time: Wednesday - 1:30PM - 2:15PM - **Sec. A**
Saturday - 9:30AM - 10:15AM - **Sec. B**
Fee: \$180.00 per child for 10 weeks per sections
Instructors: Ms. Danette & Ms. Debbie
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 basic ballet techniques as they move to the beautiful sounds of classical music.

Ballet/Tap For Pre K

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 12 - March 23 (**No class 2/16**)
Day: Saturday
Time: 10:30AM - 11:30AM
Fee: \$180.00 for 10 weeks
Instructors: Ms. Debbie
Description: Ballet - the dancers will explore the great ballet stories as they learn technique. Waltz into class and leap into fun!! **Dancers need tap shoes, ballet slippers, and water bottle.**

Hip Hop/Funk (Gr. 1 - 6)

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 8 - March 19 (**No class on 2/19**)
Day: Tuesday
Time: 4:30PM - 5:15PM (Gr. 1 - 3) - **Sec. A**
5:30PM - 6:30PM (Gr. 4 - 6) - **Sec. B**
Fee: \$180.00 for 10 weeks
Instructors: Ms. Alexandra
Description: This class is one hour fun filled class is for the person who loves to dance around the house. Why not take it to the beautiful Star Center and shine even brighter? Dress comfortably. **Hip hop sneakers or Jazz shoes. No street shoes.** In class performance on the last day.

Ballet/Tap For Grades K- 5

Where: Stamford Recreation Star Center 1170 Shippan Ave
When: January 9 - March 20
Day & Time: January 9 - March 30 (**No class 2/16**)
Wednesday / 4:30PM - 5:30PM - (**Gr. K-2**) - **Sec. A**
Wednesday / 5:30PM - 6:30PM - (**Gr. 3 - 5**) - **Sec. B**
Saturday / 11:30AM—12:30PM - (**Gr. K - 3**) - **Sec. C**
Fee: \$180.00 per child per section for 10 weeks
Instructors: Ms. Danette & Ms. Debbie
Description: Dancers will begin class in tap shoes, learning a collection of basic steps and rhythms. Following their tap portion, dancers will switch to ballet slippers for the second half of the class. In ballet they will learn technique; positions of the feet, arms and head. As well as beautiful and fun combinations. **Dancers need tap shoes, ballet slippers,**

Broadway Dance (Gr. 3 - 5)

Where: Star Recreation Center, 1170 Shippan Ave
When: January 8 - March 19 (**No class on 2/19**)
Day: Tuesday
Time: 6:30PM - 7:30PM
Fee: \$180.00 per child for 10 weeks per sections
Instructors: Ms. Alexandra
Description: Learn a dance combination to a Broadway song. Class will include dance and theater technique.
In class performance on the last day.

Ballet/Jazz (Gr. K-3)

Where: Star Recreation Center, 1170 Shippan Ave
When: January 10 - March 14
Day: Thursday
Time: 4:30PM - 5:30PM
Fee: \$180.00 per child for 10 weeks per sections
Instructors: Ms. Alexandra
Description: Leap into this class ready to explore beyond the ballet basics. This class will build on basic ballet steps and develop the skills for turns and leaps. While creating beautiful ballet lines. The dancers will learn a combination to be demonstrated at the conclusion of the session.

Lyrical (Ages 5 - 7)

Where: Star Recreation Center, 1170 Shippan Ave
When: January 10 - March 14
Day: Thursday
Time: 5:30PM - 6:30PM (Ages 5 & 6) - **Sess. 01**
6:30PM - 7:30PM (Ages 6-7) - **Sess. 02**
Fee: \$180.00 per child for 10 weeks per sections
Instructors: Ms. Alexandra
Description: This really fun class is flowy, energetic and inspirational. Run, leap, twirl, release and rebound. Come prepared to work hard and enjoy the process. The dancers will learn a combination to be demonstrated at the conclusion of the session.

Ms. Danette Dance, Music & Art Camp

Where: Star Recreation Center, 1170 Shippan Ave
When: January 21, 2019 (**Martin Luther King Day**)
Time: 9:00AM - 12:00PM (**AM Half Day**) - **Sess. 01**
1:00PM - 4:00PM (**PM Half Day**) - **Sess. 02**
9:00AM - 4:00PM (**Full Day**) - **Sess. 03**
Fee: \$45.00 per child for Half Day Am Or PM Program
\$100.00 for Full Day Program
Instructors: Ms. Danette
Description: **9am- 12pm :** Dance, Music Making, and Art Morning program. This program's theme will incorporate arts from the holiday time period. **12pm -1pm :** Lunch Bunch for the students who are taking both the morning and afternoon holiday programs. In order to connect the morning and afternoon programs, for parents who want to send their child to a full day program. Bring your own Nut Free lunch. **1pm -4pm:** Act Out Loud Afternoon Program The actors will learn a skit, create props and present their pieces to their peers. **GRADES K - 4!**

Youth After School Educational & Art Programs

Cartooning Class (Ages 8 - 13) - New

Where: Recreation Star Center, 1170 Shippan Ave
When: January 12 - March 16 (No class 2/16)
Day: Saturday
Time: 1:00PM - 2:00PM
Fee: \$170.00 per person for 9 weeks/ All materials included
Instructor: Heather Bennett
Description: This is cartooning class plus! In this class young artists will develop a cartoon character, create its comic book story. The camp will follow the cartoon theme created by the students. During the session they will be designing, drawing, mask making and working in 2 and 3D. This class has been selling out and we are happy to offer our own little Comic Con at the Stamford Park and Recreation. All material included. Before becoming a teacher, Heather **Bennett** founded "The Late Night Milk Run," a 15-year-old online business specializing in hand made sculptures (plush dolls) and prop designs. Her work has been featured in publications including ELLE, Glamour, Milk Magazine (France) and Linda Wonen (Holland). Her dolls and artwork have also been seen on TV shows such as HBO's "Girls" and "Modern Family." **Offered by Paint, Draw and More**

Paint Draw & More Art (Ages 5 - 12)

Where: Davenport School Art Room
When: January 9 - March 20 (No class 1/30 & 3/13)
Day: Wednesday
Time: 4:00PM - 5:00PM - (Ages 5-8) - Sess. 01
5:00PM - 6:00PM - (Ages 9 - 12) - Sess. 02
Fee: \$170.00 per person for 9 weeks/ All materials included
Instructor: Jo-Anne Claybourne
Description: In this class students will learn how to use watercolors like a pro! In depth techniques and tips will be taught to enhance young artists painting abilities. Students will work on landscapes, animals, people, etc. We hope your child will join us for this fun and inspiring class. **Offered by Paint, Draw and More!**

Theater Workshop For Youth - New

Where: Recreation Star Center 170 Shippan Ave
When: January 15 - February 26 (No class 2/19)
Day: Tuesday
Time: 4:45PM - 5:45PM (Gr. K-3) - Sess. 01
6:00PM—7:00PM (Gr. 4 - 6) -Sess.02
Fee: \$113.00 per child for 6 weeks
Instructor: Arts In CT Staff
Description: Calling all Drama Kings & Queens! Here is your big opportunity. Join us as we put one of the funniest action packed, hilarious shows all in just 6 weeks. You don't want to miss it, there is something for everyone!



Paint Bar (Grades 2 - 5) - New

Where: Recreation Star Center, 1170 Shippan Ave
When: January 14 - March 18
Day: Monday - (Gr. 2 & 3) - Sess.01
Thursday - (Gr. 4 & 5) - Sess. 02
Time: 4:30PM - 5:30PM
Fee: \$145.00 per child for 8 weeks
Instructor: Beth Cherico
Description: Get painting! Students will create several acrylic paintings on canvas over the course of the session. They will learn to mix paint, and sketch on the canvas. They will also learn techniques such as masking and sponging. Please wear old clothes or bring a smock. **No class 1/21 & 2/18)**



Calling All Chefs (Gr. K-3)

Where: Recreation Star Center, 1170 Shippan Ave
When: January 15 - March 5 (No class 2/19)
Day: Tuesday
Time: 4:15PM - 5:30PM
Fee: \$85.00 for 7 weeks per child/ Includes all supplies
Instructor: Ms. Nancy
Description: Calling all Chefs, grab your aprons and meet us in the kitchen! We're gearing up for another fun session of cooking! Healthy snacks and meals are on the menu this round and we can't wait to begin! All chefs will help mix, measure and cook up delicious dishes and bring the recipe home to share with their families each week! **** Due to the nature of this class, should your child have allergies or intolerances, please speak with us prior to registration**

Doll House Making Mania For (Ages 6 -10) - New

Where: Recreation Star Center, 1170 Shippan Ave
When: January 26, February 2 & 9, 2019
Day: Saturday
Time: 9:30AM - 11:30AM
Fee: \$175.00 per student Includes all supplies
Instructor: Ms. Nancy
Description: It's here and we're hoping you'll join us for this creative, imaginative and oh so cool workshop! Each artist will make and take HOME their very own unique doll house! You supply the artist and we'll supply the rest! Registration costs are all inclusive including 1 wooden dollhouse approximately Height: 23¼ Width: 22¾ Depth: 8¾, set of 5 wooden dolls and loads of beautiful and eclectic "stuff" to design and build with. Each dollhouse artist will be making their own furniture and all they want to include in their houses!



Youth Educational Programs

Electronic Creepy Crawlers (Ages 5-10)

Where: Recreation Star Center, 1170 Shippan Ave

When: January 23 - February 30

Day: Wednesday

Time: 4:00PM - 5:15PM

Instructor: CT Computer Education Staff

Fee: \$109.00 per child for 5 weeks

Description: It's time to have fun creating, playing & inventing with littleBits™ electronic blocks. No need for all the extra materials we have what you need to build Creepy Crawlers. Make your own creepy crawler & race it against your friends the sillier the better.

LEGO™ Robot Explorer (Ages 5-10)

Where: Recreation Star Center, 1170 Shippan Ave

When: March 13 - April 10

Day: Wednesday

Time: 4:00PM - 5:15PM

Instructor: CT Computer Education Staff

Fee: \$109.00 per child for 5 weeks

Description: Come build your very own Robot featuring eyes, tracks & a rotating body. This robot can become a smaller or a larger robot. Build your very own squad of explorers & battle your friends.

Secret Agent Lab I: Spy Academy For Students Grades 1-2

Where: Davenport Elementary School

When: January 22 - March 5 (No class 2/19)

Day: Wednesday

Time: 4:00PM - 5:00PM

Instructor: Mad Science Staff

Fee: \$115.00 per child

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 & 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.

Truly Amazing Science Martin Luther King Day (Ages 5-11)

Where: Recreation Star Center, 1170 Shippan Ave

When: January 21, 2019

Day: Monday

Time: 8:30AM - 3:00PM

Instructor: CT Computer Education Staff

Fee: \$40.00 per child per section

Description: Come join your friends in Science. This class experiments with vinegar, shrinky dinks, eggs, playdough, floating jelly fish and when all else fails a messy tie dye. **Students need to bring a bagged lunch & a snack will be provided.**

Coding & Robotics After School At Happy Code Club (Gr. 1-5)

Where: Old Town Hall, 175 Atlantic Street

When: January 7 - January 30 - Sess. 01

February 4 - February 27 - Sess. 02

March 4 - March 27 - Sess.03

April 1 - April 30 - Sess. 04

May 1 - May 29 - Sess. 05

Day: Monday - Friday

Time: 2:45PM - 5:30PM

Instructor: Happy Code Staff

Fee: \$288.00 per 1 month session per student

Description: Learn Robotics and Programming with experienced instructors by participating in this exciting enrichment activity after school. Children will create fun and engaging personal coding projects in Video Game Programming and Robotics Engineering/Programming. All kids receive homework help in Math and Reading. Kids will finish off their busy day in our Video Game and Virtual Reality Game Lounge. Bring snacks and Water bottle. We are located at the Old Town Hall at 175 Atlantic Street with our entrance on Bank Street. If you wish to arrange for school bus drop off Happy Code Club a member can meet your child at the bus stop on Bank Street, Main Street or Atlantic Street. **Bus pick up requires signed parent permission and waiver. Parent's pick up from club no later than 5:45PM.**

Robotics For Little Ones (Gr. 1-2)

Where: Old Town Hall, 175 Atlantic Street

When: January 11- February 15

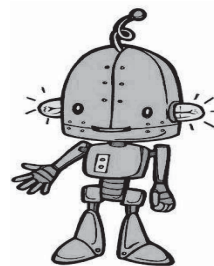
Day: Monday - Friday

Time: 4:15PM - 5:15PM

Instructor: Happy Code Staff

Fee: \$175.00 per student for 6 weeks

Description: Learn Robotics and Programming with Ozobots. These fun little robots are capable of doing amazing things. Kids learn the concepts of programming by using Ozocodes where color codes control the behavior of the robot. It is a simple yet effective way to introduce kids to coding through color coded instructions that robots can read. Later when kids are comfortable with the results of Coding and behaviour of specific instruction, we will introduce Ozoblockly a tablet based visual language that will inspire your young engineer for future learning in Computer Science. It's fun from first minute to last! No Robots will be taken home!



Vacation Break Programs For Kids

December Vacation Camp For Grades K - 4

Where: Recreation Star Center, 1170 Shippan Ave

When: December 26, 27 & 28, 2018

Days: Wednesday - Friday

Time: 8:00AM - 5:00PM

Fee: \$150.00 per child

Instructor: Recreation Services Staff

Description: Come join us during the holiday break as we offer this 3 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 50 students so don't miss out on a great time! **Bring a bagged lunch each day!**



Chess Wizards Camp (Gr. K - 5)

Where: Recreation Star Center, 1170 Shippan Ave

When: February 15, 18 & 19, 2019

Day: Friday, Monday & Tuesday

Time: 9:00AM - 12:00PM - Sess. 01

12:00PM - 3:00PM - Sess. 02

9:00AM - 3:00PM - Sess. 03

Fee: \$108.00 per child AM Session

\$108.00 per child PM Session

\$177.00 per child Full Day Session

Instructor: Certified Chess Wizard Staff

Description: A holiday chess camp designed for students ages 6-12. We've developed an interactive day-camp format which includes all kinds of activities to keep kids both physically and mentally engaged during their time with us. Team chess games, puzzles, skill—building, and team as well as individual physical games are just some of the ways we integrate the whole person into our camp activities. As day might include exploration of technical chess concept, fun group challenges which hone on specific chess thinking patterns, a healthy snack, mini tournament, capture-the flag and blob tag.



February Vacation Camp (Gr. K - 4)

Where: Recreation Star Center, 1170 Shippan Ave

When: February 15, 18 & 19, 2019

Days: Friday, Monday & Tuesday

Time: 8:00AM - 5:00PM

Fee: \$150.00 per child

Instructor: Recreation Services Staff

Description: Come join us during the holiday break we offer this 3 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 50 students so don't miss out on a great time! **Bring a bagged lunch each day**



as

December Break Coding & Robotics Camp (Gr. 1-5)

Where: Old Town Hall at 175 Atlantic street

When: December 26, 27 & 28, 2018

Days: Wednesday - Friday

Time: 9:00AM - 3:00PM

Fee: \$125.00 per day/ \$375.00 for all three days

Instructor: Happy Cody Staff

Description: 9AM - 11:50AM Kids Start off their day by going behind the scenes of Video Games & learning how they are made and then they make their own using the programming languages that are age appropriate; Scratch or Python. Through coding activities kids create animations, stories & solve problems making this class a perfect continuation and/or introduction to Computer Programming with fun projects.

11:50 AM- 12:30PM Lunch., 12:30 PM -1:00 PM Game Lounge,

1PM-2:30PM Robotics build and program Ozobots or EV3 Mindstorms Robots. Learn how to make a robot interact with its environment by programming it's sensors. We will finish the three days of Camp with a robot race., 2:30-3PM Game Lounge and Virtual Reality It's fun from the first minute to the last, come and be a Game Programmer & Robotics Engineer! **No Half Day Options.**

Peak Performance December & February Vacation Sports Camp (Age 4-12)

Where: Davenport Elementary School Gym

When: December 26 - December 28 - **Camp 1**

February 15 & 19., 2019 - **Camp 2**

Days: Wednesday - Friday - **December Camp**

Friday & Tuesday - **February Camp**

Time & Fees:

December Camp (Dec. 26 - Dec. 28)

9:00AM - 12:30PM - **3 Half Days** \$99.00 - Sess.01

12:30PM - 4:00PM - **3 Half Days** - \$99.00 - Sess. 02

9:00AM - 4:00PM - **3 Full Days** \$165.00 - Sess. 03

February Camp (Feb. 15 & Feb 19)

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

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

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

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



PEAK PERFORMANCE
SPORTS CAMPS
TAKING KIDS TO THE TOP OF THEIR GAME!

Youth & Teen Music Programs

Recorder Lessons (Gr. 2-4) - New

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 9 - February 13
Day: Wednesday
Time: 4:30PM - 5:30PM
Fee: \$113.00 per child for 6 weeks
Instructor: Arts In CT Instructor
Description: Music Ain't Over Yet! Join us for some fun toe tapping sounds. Students will enjoy reading music and playing their first musical instrument.



Clarinet Lessons (Gr. 5-8) - New

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 10 - February 14
Day: Thursday
Time: 6:00PM - 7:00PM
Fee: \$128.00 per child for 6 weeks
Instructor: Arts In CT Instructor
Description: This group lessons focus on basic technique, embasure, fingering, breathing technique & tone. We also focus on scales (all-keys) sight reading, musicianship skills, literature, eludes and solo literature.

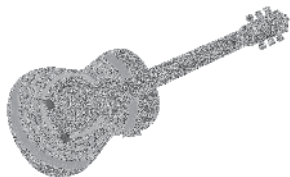


Beginner Guitar Lessons With Mr. Truglio For Students Grades 4 & 5

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 9 - March 6
Day: Wednesday
Time: 5:15PM - 6:00PM
Fee: \$173.00 per student for 9 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. Max of 6 students!**

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

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 9 - March 6
Day: Wednesday
Time: 6:00PM - 6:45PM/ Max of 6 students!
Fee: \$173.00 per student for 9 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.**



Musikids Keyboard I (Ages 6 - 8)

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 9 - March 6
Day: Wednesday
Time: 4:45PM - 5:45PM - Sess. 01
6:00PM - 7:00PM - Sess. 02
Fee: \$220.00 per child for 9 weeks /Max of 6 students
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: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 9 - March 6
Day: Wednesday
Time: 7:00PM - 8:00PM
Fee: \$220.00 per child for 9 weeks/ Max of 6 students
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 6 students. A book for all keyboard**

Piano Lessons With Mr. Fiorito Beginner to Early Intermediate

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 10 - March 7
Day: Thursday
Time: 4:00PM - 4:45PM
Fee: \$220.00 per student for 9 weeks / Max of 4 students
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 Intermediate / Advanced Intermediate Level

Where: Stamford Recreation Star Center ,1170 Shippan Ave
When: January 10 - March 7
Day: Thursday
Time: 4:50PM - 5:35PM
Fee: \$220.00 per student for 9 weeks / Max of 4 students
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. **Students need a piano or keyboard at home to practice.**

Youth After School Programs & Birthday Parties

Gymnastics For Youth (Ages 5-7)

Where: Stamford Recreation Star Center, 1170 Shippan Ave

When: January 7 - March 11 (**No class 1/21 & 2/18**)

Day: Monday

Time: 4:45PM - 5:30PM

Fee: \$128.00 per student for 8 weeks

Instructor: Certified Gym On Wheels Staff

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 team-work. 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 have fun!**

Basketball Basics (Gr. 1-2)

Where: Recreation Star Center, 1170 Shippan Ave

When: January 8 - March 5 (**No class 2/19**)

Day: Tuesday

Time: 4:15PM - 5:15PM

Fee: \$55.00 per student for 8 weeks

Instructor: Recreation Staff

Description: This program is an introduction to basketball. Fun drills and exciting activities combined to teach children fundamentals. The basic skills of dribbling, rebounding and shooting will be stressed each week as players move closer to experiencing game situations through scrimmages. **All students should wear sneakers & comfortable gym clothing.**

Gym Burners (Grades K-1)

Where: Recreation Star Center, 1170 Shippan Ave

When: January 9 - February 27

Day: Wednesday

Time: 4:15PM - 5:15PM

Fee: \$55.00 per student for 8 weeks

Instructor: Recreation Staff

Description: This program will introduce children to sports and games such as kickball, t-ball, soccer, basketball, tag games and more. We will also teach the importance of team work in a relaxing environment and have new and exciting game planned each week for class.

Birthday Party Connection

Stamford Recreation Services offers 9 styles of Birthday Parties for children ages 3 - 10 at the Stamford Recreation Star Center at 1170 Shippan Ave. Below is a brief description of the 4 types of parties we offer. If you are looking for another theme that is not listed please contact Bertrand Oubida to see if we can offer that to you! For more information contact 203-977-4644 or Boubida@stamfordct.gov. Parties are available on Friday nights and Saturday afternoons.

Party Types: Classic Party, Super Sports Part, Princess & Pirates Party, Zumba, Hula Hoop and More!

Hoop Jam Basketball (Gr. 3-4)

Where: Stamford Recreation Star Center, 1170 Shippan Ave

When: January 10 - February 28

Day: Thursday

Time: 4:15PM - 5:15PM

Fee: \$55.00 per student for 8 weeks

Instructor: Recreation Staff

Description: Each week students will start the program out by reviewing basic drills and skills of the game followed by a 40 minute game time. We will break the class up into two teams and students will enjoy a stress free game.

TGA Indoor Golf & Tennis Program (Ages 5-12) - New

Where: Recreation Star Center, 1170 Shippan Ave

When: January 18 - March 1 (**No class 2/16/19**)

Day: Fridays

Time: 4:30PM - 6:30PM

Fee: \$204.00 for six weeks

Instructor: Recreation Staff

Description: TGA brings the tennis court and golf course to you offering a fun introduction to the game for ages 5-12. Students focus on improving fine motor skills and coordination while learning the basic rules & etiquette of tennis and golf. Coaches use teachable moments to promote life skills like honesty and sportsmanship. Modified equipment (provided by TGA) and activities are designed to help each student reach a new level of success in an entertaining and supportive environment. **This 2 in one class allows students to enjoy and learn both sports at once with 1 hour of tennis lessons and 1 hour of golf lessons.** Students will be grouped in age groups during the class. For more information go to www.Playtga.com/swfairfield

After School Club at the Star Center

Where: Recreation Star Center, 1170 Shippan Ave

When: December 3rd - June 14, 2019

Day: Monday - Friday

Time: 2:45PM - 5:30PM

Fee: 3 days a week: \$190.00 per month

4 days a week: \$220.00 per month

5 days a week: \$245.00 per month

Description: Stamford Recreation will be offering a New After School Program for Children Grades K – 5 at the Recreation Star Center located at 1170 Shippan Avenue. **Gym time, playground and outdoor time, arts and crafts, video game time and home work time** (each day except on Fridays). Transportation provided by the Stamford Board of Education from the following schools to the After School Club at the Star Center: Catholic Elements School, Charter School of Excellence, Hart Magnet School, KT Murphy, Rogers International School, Strawberry Hill School, Toquam School, and Westover Magnet School.

We follow the Stamford Public School Calendar.

Youth Fitness, JC Training & Tennis Programs

Intro Tennis Lessons (Ages 5 - 8)

Where: Stamford Recreation Star Center, 1170 Shippan Ave

When: March 2 - April 27 (No class 4/20)

Day: Saturdays

Time: 11:45AM - 12:30PM - Session 1
12:45PM - 1:30PM - Session 2

Fee: \$136.00 per child for 8 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.**



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 three large Day Camps. All applicants must be **14 by March 1st, 2019**. Applications will be available beginning **January 2nd, 2019** 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 21 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 Thursday afterschool from 2:00PM - 4:30PM 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, 2019** 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 Bertrand Oubida, Recreation Leader at 203-977-4644.**

JC Test Date Information

Test Dates:

Stamford Recreation Star Center, 1170 Shippan Ave

Tuesday, February 19, 2019 - 11:00AM - 11:45AM

Monday, February 25, 2019 - 6:00PM - 6:45PM

Note: If you are selected at the end of the process for this program, students will not be permitted vacation days off during the summer.

Zumba For Kids (Ages 7 - 11)

Where: Star Recreation Center, 1170 Shippan Ave

When: January 10 - February 28

Day: Thursday

Times: 4:30PM - 5:30PM

Fee: \$80.00 per child for 8 weeks

Instructors: Patricia Moore, Certified Zumba Instructor

Description: Zumba Kids classes feature kid friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's live by making fitness fun!

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

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

When: January 7 - March 15

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: January 7 - March 17

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

9:00AM - 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 conditioning. 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.**



Youth Fitness, Hula Hoop & Dance Programs

Hoop Girls With Yoga & Hoop Girls On The Beach (Gr. K-5)

Where: Davenport Ridge School
When: January 9 - February 27 (Gr. K-5) - Wed. - Sess. 01
January 11 - March 1 (Gr. K - 3) - Fri. - Sess. 02
March 6 - May 15 (Gr. K - 5) -Wed, -Sess. 03
March 8th - May 3 (Gr. K - 3) - Fri. - Sess. 04

Days: Wednesday & Friday

Time: 3:40PM - 4:40PM

Fee: \$99.00 per person once a week/ per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description :OUR MOTTO IS "HOOP GIRLS WHIRL THE WORLD" Girls will have a whirl of a time, getting fit and burning calories hooping it up to their favorite pop tunes using beautiful, specially designed hoops. Fitness Hoops are handmade, slightly weighted, larger hoops, which makes learning hooping easier for beginner and challenging for the pro. We start with a dynamic warm up using the hoops, followed by Hula Hooping and learning some awesome "hooping tricks" and full choreographed HOOP DANCE routines. Girls also collaborate together for create chore. The class will end gentle yoga stretch and some fun games. Hooping performance for parents on last day. Potential performance other occasions. Bring water bottle to class. No experience required. **No classes on half day or holidays!**

Holiday School Camps 2019

Where: Bodywise Fitness Studio 990 Hope St.
Newfield Elementary School
When: January 21, 2019 (MLK DAY) -BodyWise Studio
February 15, 18 & 19 (Winter Break) - Newfield
Time: 9:30AM - 4:30PM - Regular Day
8:15AM - 5:30PM - Extended Day
9:00AM - 12:00PM - Half Day AM
1:00PM - 4:00PM - Half Day PM

Fee: \$60.00 per child per for a regular day per camp
\$70.00 per child per day for extended day per camp
\$40.00 per child per day per camp half day program

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Our very popular and very AFFORDABLE (approx. \$8hr) camps are back and better then ever. **Girls & Boys K-5** Camps include: Rebounding (mini trampoline aerobic) Yoga, Hula Hooping, Zumba, Kick Boxing, Circuit Training, Kick Ball, **Playground (weather permitting). Fit Art**, Theater Arts nutrition and healthy lifestyle ed. We end each day with games and ext day with a movie. 1/2 day campers bring a snack. Full day bring lunch 2 snacks. Everyone bring water bottles and beach towel and sneakers.

Note: For more information on any of the fitness programs listed on this page, email bodywisebybetty@me.com

Boys Boot Camp Fun (Gr. 1 - 5) - New

Where: Davenport Ridge School
When: January 17 - February 28 - Sess. 01
March 7 - May 2 - Sess.02

Day: Thursday

Time: 3:50PM - 4:50PM

Fee: \$99.00 per student for 7 weeks per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Cross Fit inspired Circuit training, Jump Rope Sports, Boxing and more. FUN but CHALLENGING and never boring fitness activities that change or Rotate every few weeks during each session. Boot camp circuit, jump rope sports, boxing aerobics, strength training using body weight and bands and flexibility training. Uno Challenge fitness and other fitness games - never boring fitness program that is sure to please. Goal is to improve overall agility, quickness, stamina, strength and core. All performed to heart pumping kids friendly music. **Nutrition & Healthy Lifestyle information provided.** **Max of 8 students per session and no class on 1/2 days or holidays. Please bring a water bottle to class!**

Dance, Drum, Shake Rattle -n- Roll (Pre K - K) - New

Where: Davenport Ridge School

When: January 28 - March 18

Day: Monday

Time: 3:40PM - 4:30PM

Fee: \$99.00 per student for 7 weeks per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Fun and PLAYFUL class for Boys and Girls Pre K & K. Age appropriate Dancing, drumming and playful instruments, provides a brain & body and cardio workout. Bursts of high intensity drumming and dance movements, interspersed with periods of recovery, create an interval cardio training experience that is fun and engaging for all ages. Drumming and other instruments also provides a kinesthetic learning experience. All equipment provided. **Yoga improves flexibility, strength and mindfulness.** This unique approach to combining these two fitness formats increases creativity, enhances learning, **reduces stress and awakens intuition and other extrasensory perceptions.** Bring water and towel and sneakers!

Jamaican Jammin (Gr. 3-6) - New

Where: Stamford Recreation Star Center, 1170 Shippan Ave
When: January 14 - March 25 (No class 2/18)

Day: Monday

Time: 5:00PM - 6:00PM

Fee: \$180.00 for 10 weeks

Instructors: Ms. Sophie

Description: Authentic Jamaican dance with a sprinkle of hip hop and a taste of salsa. Grab your water bottle and get ready to warm up your winter, Jamaican style.



Youth & Adult Winter Aquatics Programs 2018

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!!

(NEW!) Youth Monday lessons level 1&2 \$165 Youth Wednesday's level 1, 1&2 combined, level 3 \$165

(NEW!) Youth Thursday lessons level 1-6 \$165.00, Youth Friday lessons level 1 - 6 \$165.00

Youth Tuesday Parent & Child \$180.00, Youth Tuesday combined 1&2 165\$, Adult Lesson Tuesday \$175.00

Swim Lesson Level Description

Parent Child: This class is developed for children 6 months to 3 years. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, such as, bubble blowing, front kicking, back floating, class song singing, underwater exploration and more. The water is introduced as a fun and safe environment to start off your child's swimming experience the correct way. **The child must enter the water with assistance & be able to hold their head up to participate in the class.**

Level One: Introduction to water skills helps children become comfortable in the water while learning basic water safety/swimming skills. The class uses floatation backpacks to help children learn to swim on their stomachs with their face in the water. We introduce combined arm and leg swimming action and encourage confidence in independent swimming **he child must be able to voluntarily get in the water, put face in & blow bubbles to participate in the class.**

Level Two: Building off of the Level One class, we introduce fundamental skills such as arm finning on back and floating *without* assistance. Kids are encouraged to swim on their own with minimal use of floatation devices. During the course of the class we cover, flutter kicking with pointed toes, streamline positioning, independent swimming on front and back and much more. **The child must be able to swim with floatation devices without needing help, put face in water while exhaling out bubbles & must be able to voluntarily swim on front & back with minimal assistance.**

Combined Level One & Two: This class is for children who are both levels, we cater to children who need more assistance & children who are just not confident enough in the water. See level one & two description.

Level Three: This class is a bigger jump from a level two. The children focus on coordinating arm and leg movements and improving skills covered in level 2, such as independent swimming on front and back. We introduce side breathing, also known as rotary breathing, backstroke, front crawl and much more. **The child must be able to swim three body lengths, on front and back, without assistance. Must be able to exhale while face is in water and breathe in while face is out. If your child is not a confident swimmer this class is not for them.**

Adult Lessons: (Ages 16 & Up) For beginners and people who are interested in improving their stroke. We work on core basics of swimming and perfecting the technique of the stroke. Covers Front crawl, Back crawl, Breast Stroke, and Elementary backstroke. 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.

Level Four: Stroke improvement is held in the 12 foot diving well. Kids are in the water without assistance, so they must be strong swimmers for this class. Swimmers are trained to improve their swimming stamina by conditioning kicks and arm pulls. This course introduces parts of all six strokes. **The child must be able to swim in deep end of pool for entire class, must be able to swim on front, back and side. Swimmers must have knowledge of side breathing, front crawl, back crawl, and elementary backstroke. Swimmers must be able to do kneeling dive with minimal assistance.**

Level Five & Six: The highest level offered works on swimming laps, perfecting stroke technique and introduction to a swim team inspired class. Introduces circle swimming and swim team terms. **Must have knowledge of all 6 strokes and be able to swim continuous laps. Swimmers should have knowledge of diving as well.**

Swim Class Days & Times

Mondays, January 7 - March 11 (No class 1/21 & 2/18)

6:00pm - 6:30pm **Level One**
6:30pm - 7:00pm **Level One**
7:00pm - 7:30 pm **Level Two**
7:30pm - 8:00pm **Level Three**

Tuesdays, January 8 - February 26

6:30pm - 7:00pm **Parent & Child**
7:00pm - 7:30 pm **Level 1 & 2 Combined**
7:30pm - 8:00pm **Adult Lesson**

Wednesdays, January 9 - February 27

6:00pm - 6:30pm **Level One**
6:30pm - 7:00pm **Level Two**
7:00pm - 7:30 pm **Level One & Two Combined**
7:00pm - 7:30pm **Level Three**

Thursdays, January 10 - February 28

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 11 - March 8 (No class 2/15)

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**



Public Open Swim At Westhill School Pool

Public Open Swim

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

Public swim takes place from 7:00PM – 8:30PM at Westhill High School Pool. The Fees listed below are for the Fall Sessions. Register in the office or online. You must enter the school through the front doors past the courtyard.

Open Swim dates are: January 7 - March 15, 2019 (No open swim 1/21, 2/15 & 2/18/19)

There is no public open swim when schools are closed.

		City of Stamford Resident Rate (-20%)	Swim Lesson Registrant *
-			
Infants < 2	Free	Free	N/A
Child (2-6)	\$35	\$25	\$20
Youth (7-18)	\$45	\$35	\$25
Adult (19-61)	\$55	\$45	\$35
Senior (62+)	\$30	\$25	\$20
Family*	\$85.00	\$75	\$65
*Family=2 adults, plus all children under 18 in household			*Admission during current enrollment session

Horseback Riding Lessons, Chess & Birthday Parties

Horseback Riding Lessons With Mead Farm

Where: Mead Farm on 107 June Road, Stamford

When: March 3, 10, 17 & 24, 2019

Day: Sunday

Time: 1:45PM - 2:45PM

Fee: \$299.00 per person per 4 week session

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. Session includes a 1/2 hour horseback riding lesson in an outdoor ring plus 1/2 hour horsemanship classes covering general horse care, grooming, **anatomy & parts of tack**. Requirements are a signed waiver, long pants & boots with a slight heel. Helmets are required and available to borrow. 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 meeting to **determine if this program is suitable for your child**. 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 **no later than February 23, 2019** in order to participate in the program. Also, this is an introductory program and anyone looking to return for the Winter Session should contact Mead Farm directly for other programs. **Max of 12 students! Program runs Rain or Shine and No Make Ups! Please arrive 10 minutes early.**

Chess Wizards (Gr. K & UP)

Where: Recreation Star Center ,1170 Shippan Ave

When: January 5 - March 2 (No class 2/16/19)

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 learning 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. 4 - 5) - New

Where: Recreation Star Center, 1170 Shippan Ave.

When: January 11 - March 8 (No class 2/15)

Day: Friday

Time: 4:30PM - 5:30PM

Fee: \$200.00 per student for 8 weeks

Instructors: Beth Cherico, **Tiny Chefs Instructor**

Description: It is said that if you want to learn about a country you should start with the food. So during this Tiny and Gourmet Chefs Students will learn how to create the cuisines of multiple countries. We will be cooking up some of the fabulous flavors of Italian, Indian, Vietnamese, Mexican & French foods and also learning about some of the cooking techniques & ingredients that make them unique.

Tae Kwon Do , Ski Bums & Youth Boxing Program

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

Where: Stamford Recreation Star Center, 1170 Shippan Ave

When: January 7 - March 18

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

Time: 6:00PM - 6:40PM

Fee: \$175.00 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 2/18/19

Team Wrigley Tae Kwon Do (Ages 7 & Up)

Where: Stamford Recreation Star Center, 1170 Shippan Ave

When: January 7 - March 21

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

Yellow & Orange Belts:

Monday - 6:45PM - 7:30PM

Wednesday - 6:15PM - 7:00PM

Green, Blue, Red & Brown Belts:

Tuesday - 6:30PM - 7:30PM

Thursday - 6:45PM - 7:45PM

Black Belts:

Monday - 7:30PM - 8:30PM

Wednesday - 7:15PM - 8:15PM

Fee: \$195.00 per student (Twice a week)

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

Description: This Martial Art Program is designed specifically for returning students or those children who may have had prior martial arts experience elsewhere*. Students enrolled who know the true benefit of Tae Kwon Do and how much fun it can be, will continue on their path to the eventual rank of Black Belt and beyond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. (Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot). *Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will completed by the Instructor determine starting rank. **No Class 2/18 & 2/19/19**



Ski Bums Friday Night Program (Gr. 4 -9)

Where: Thunder Ridge Ski Area

When: Friday, January 4 , 2019 - **Sess. 01**

Friday, January 18 , 2019 - **Sess. 02**

Friday, February 1 , 2019 - **Sess. 03**

Friday, February 22, 2019 - **Sess. 04**

Departure: 4:00PM from the Government Center

Return: 10:00PM at the Government Center Lobby

Fee:

\$32.00 per person extra for ski rentals per trip

\$38.00 per trip for lift ticket & transportation per trip

\$30.00 per person extra for ski lessons per trip

\$25.00 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.**

Youth Boxing Program (Gr. 6-10) - NEW

Where: Break Thru Family Fit For Life/ 48 Union Street

When: January 7 - February 4 - **Session 1**

February 6 - March 4 - **Session 2**

March 7 - April 1 - **Session 3**

Day: Monday & Wednesday

Time: 4:00PM - 4:45PM

Fee: \$100.00 per 1 month session/per student

Instructor: Jesse Mendoza, Certified Instructor

Description: Our Boxing Program offers a variety of classes which includes Boxing Technique, Strength Training and High Intensity Interval Training. Why choose boxing? Our Boxing Program creates a challenge both physically and mentally which offers many health benefits for all ages and fitness levels. Boxing is the perfect choice for anyone interested in a different type of workout, learning self defense, losing weight, building confidence, seeking a positive lifestyle change, improving cardiovascular health and endurance. We encourage everyone of all fitness levels to join our classes and come experience a challenging and enjoyable workout. www.StamfordBoxingandFitness.com



Adult Bus Trips & Programs At The Star Center

Edible Arts For Adults - New

Where: Star Recreation Center, 1170 Shippan Ave

When: February 2 - February 23

Day: Saturday

Times: 12:45PM - 2:45M

Fee: \$160.00 per person for 4 weeks

Instructors: Arts In CT Instructor

Description: Are you a chef at heart! Have you ever wanted your table to have an appeal? Theme shaped foods that taste good. Join us as we take you on a whirlwind adventure on cooking food and making them look so delightful until you don't eat them. Chocolate deserts, delectable cup cakes, monuments cake and more.



MGM Casino In Springfield Mass.

When: February 23, 2019

Day: Saturday

Departure Time: Government Center Lobby at 8:00AM

Return Time: Government Center Lobby at 6:00PM

Fee: \$30.00 per person per trip/includes drivers tip

Description: Come let us do the driving and enjoy a day at the NEW MGM Casino in Springfield Mass. . Try your luck at the hundreds of table games, novelty games, keno and slot machines. Enjoy a day of great fun and food!

Tai Chi For Adults

Where: Star Recreation Center, 1170 Shippan Ave

When: January 9 - February 27 - **Wednesday**

January 10 - February 28 - **Thursday**

Days & Time: Wednesday - 9:00AM - 10:00AM - **Sec. 01**

Thursday - 6:00PM - 7:00PM - **Sec. 02**

Fee: \$95.00 per person for 8 weeks per section

Instructors: Ken Dolan, **Certified Instructor**

Description: Tai Chi is an ancient Chinese art consisting of light exercise and stretching, the movements of which are performed in a deliberately slow and fluid manor with attention to mind, body and breath. Focused attention, balance awareness and postural alignment are encouraged while moving. Deep rhythmic breathing promotes heart health and helps reduce stress. Movements can be modified to suit all levels.

Krav Maga Adults (KMX)

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

When: January 7 - March 17

Days & Times:

Monday - Thursday - 6:30PM

Saturday - 10:30AM

Sunday - 11:30AM

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.



Zumba For Adults

Where: Star Recreation Center, 1170 Shippan Ave

When: January 8 - March 15

Day: Tuesday & or Friday

Times: 6:30PM - 7:30PM

Fee: \$95.00 per person once a week for 8 weeks

\$190.00 person twice a week for 8 weeks

Instructors: Patricia Moore, **Certified Zumba Instructor**

Description: We take the 'work' out of workout by mixing low - intensity & high intensity moves for an interval - style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zuma fitness classes are effective and fun. A total workout, combining all elements of fitness-cardio, muscle conditioning , balance and flexibility!

Yoga For Adults

Where: Star Recreation Center, 1170 Shippan Ave

When: January 7 - February 11 - **Monday - Sess. 01**

January 9 - February 13 - **Wednesday -Sess. 02**

February 25 - April 1 - **Monday - Sess. 03**

February 27 - April 3 - **Wednesday -Sess. 04**

Days & Times: Monday - 6:30PM - 7:30PM

Wednesday - 6:30PM - 7:30PM

Fee: \$60.00 per section for once a week for 6 weeks per sess.

\$80.00 per person twice a week for 6 weeks per sess.

Instructors: Nana Smith, **Certified Instructor**

Description: An hour blend of slow flowing breath inspired movements and postures which stretch, relax and restore at the end of the long day. Practice is breath based, guided poses which are held for about 30 seconds; modifications are offered if needed to accommodate all levels of yoga experience and physical condition. The cost of the program is \$80.00 per person per 8 week session (**can sign up for both Mon. & Wed.**).

Women's Only Gym

Where: Break Thru Family Fit For Life

When: January 7 - March 17

Time: 7:00AM - 9:00PM - **Mon. through Fri.**

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

Instructors: Kimberly Colletto, **Personal Trainer**

Description: Intimidated by free weights? Don't like large gyms? Hate the crowds? This easy, 30-minute workout combines cardio-vascular 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. Break Thru to a new you!!!

Dear Residents,

If you have any suggestions of adult programs or trips that you would like to see offered by Stamford Recreation, please email Skassouf@stamfordct.gov

Adult Fitness Programs

Bodywise - Bounce - Barre - Build & Burn Women Only Fitness Class

Where: Bodywise Studio B - 990 Hope Street
When: January 14 - March 4 (No class 1/21 & 2/18)
Day: Monday
Time: 6:30PM - 7:30PM
Fee: \$99.00 per student

Instructor: Betty Kelly Camlin, Certified Instructor

Description: It may look like ballet, but it's not. Barre fitness classes are all the rage now and are simply ballet-inspired exercises. Essentially, Bodywise barre classes mix or INFUSE together elements of Barre, Pilates, Yoga and FLEXIBILITY & FUNCTIONAL training, with moves choreographed to motivating music. In each energizing and targeted workout, you'll use the Barre and exercise equipment such as mini-balls and small hand weights, gliders, and bands to sculpt, slim and stretch your entire body. Please bring a yoga mat, towel and water bottle to class. Wear light sneakers change when you arrive or bring grippy socks to class. Bring your friends and neighbors, sisters and moms as this is a class everyone can do! Modifications are provided for all fitness levels. **Min of 5 required to register each class/session.**



Bodywise Strong

Where: Bodywise Studio B - 990 Hope Street
When: January 15 - Feb 26 - Tuesdays (No class 2/19)
January 17 - February 28 - Thursday (No class 2/14)
Day: Tuesday - Sess. 01
Thursday - Sess. 02
Time: 6:20PM - 7:20PM
Fee: \$99.00 per person per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description: Strength training is vital to a woman's total health and fitness. Strong muscles means strong bones, strong back, strong core. Get strong in this 60 minute class using BODY BARS, RESISTANCE BANDS FREE WEIGHTS AND BODY WEIGHT Bring your friends and neighbors, sisters and moms as this is a class everyone can do! Modifications in level and weight are provided for all fitness levels. **Min of 5 required to register each class/session.**

Bring a Yoga Mat, towel, water bottle.

FREE YOGA MAT WHEN YOU BOOK BOTH CLASSES

Bodywise Bounce

Where: Bodywise Studio B - 990 Hope Street
When: January 14 - March 4 - Monday
January 12 - February 28 - Saturday
Day: Monday - Sess. 01
Saturday - Sess. 02

Time: 9:15AM - 10:15AM

Fee: \$99.00 per person per session

Instructor: Betty Kelly Camlin, Certified Instructor

Description: All levels welcome. No Rebounding experience needed. Modification and stability bar provided for newbies. **REBOUNDING (aerobics on mini trampoline)** Known as the "healthiest exercise on the planet" Bodywise Bounce is an awesome, exhilarating, heart pumping Non impact program. Burns tons of calories, tones muscles and increases 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. **Carry sneakers for Rebounding (clean on bottom and change when you arrive) Bring a Yoga Mat, towel, water bottle. Min 5 each class/ per session! No class 1/21 & 2/18!**

Adult Spring/Summer Leagues 2019

Stamford Recreation offers a number of Adult Leagues for Spring and Summer, including but not limited to Softball, Volleyball, Flag Football, Kickball and Beach Volleyball. Our leagues are open to all Stamford residents and companies. League meetings and information will be posted on our website, www.stamfordrecreation.com by January 2019.



2018/2019 Winter Ice Skating Programs at TERRY CONNERS RINK

All Ice Skating is at Terry Connors Rink, 1125 Cove Road located in Cove Island Park in Stamford, CT. All Registration must be done directly with Terry Connors Rink. We do not have online registration but all forms are listed on our website – www.tcrink.com and can be emailed to terryconners@stamfordct.gov or called in to the rink office at (203) 977-4728. Please feel free to visit Terry Connors to register or inquire about any of our Rink Programs.

Terry Connors Rink offers Public Skating, Open Hockey, Freestyle Sessions, Hockey Programs, Birthday Parties, and hosts Events throughout the year. We are open year round!



Public Skating Sessions

Our Public Skating is offered during weekdays and on the weekends. Please check our website for public skating sessions at www.tcrink.com. We offer group rates for groups over 20 including school groups and company packages. Our admission rates are Child U18 - \$6.00, Adults - \$8.00, Skate Rentals \$4.00.

Open Hockey Sessions

TCR has open hockey sessions for all ages year round. Please check our website www.tcrink.com for times. Admission rates are \$12.00 per skater. All skaters under 17 must wear full equipment and adults must wear helmet & gloves.

Freestyle Sessions

TCR offers freestyle sessions at \$18.00 per session. Please check our website for these sessions at www.tcrink.com. Freestyle sessions are for advanced skaters for practice and private lesson time.

Stamford Youth Hockey Association

SYHA is our youth hockey program at Terry Connors Rink. They skate from September thru March. Tryouts are usually held in May. If you are starting out in hockey they have a great Tiger Sharks program on Saturday mornings for beginners starting in the fall. Please visit their website at www.syha.org for more info or email them at info@syha.org.

Birthday/Group Parties

We offer parties during the public skating times for a reduced group price which will include skating admission, skate rentals and use of a party room. Food is not included in price and must be purchased from the snack bar. Desserts and cakes are permitted. Our rates for parties are 120.00 for 10p and 12.00 for additional skaters. Stamford residents will receive 13 skaters for the price of 10.

Winter Group Skating Lessons Ages 3 and up – All Levels Beginners thru Freestyle Classes

Dates: Nov. 15 thru Jan. 19, 2019 (8 weeks)

Dates: Feb. 7 thru March 30, 2019 (8 weeks)

Our group lessons are offered on Thursdays or Saturdays for a 25 minute lesson and a 25 minute practice. Please check our website for specific times for your age and level. Basic 1 is for beginners aged 6 and above and Snowplow Sam 1 is for beginners aged 3 thru 5. We offer all levels thru Basic 7 and all Freestyle levels and have specialty classes including Intro to Hockey for ages 4-9 (who have passed basic 2). Registration is done thru Terry Connors Rink. Call Rink directly at 203-977-4728. Website is www.tcrink.com or email at terryconners@stamfordct.gov or stop by at 1125 Cove Road in Cove Island Park, Stamford, CT. Registration is being accepted now. Fee for the 8 week cycle of lessons is 136.00.

Multi Use Discounts

TCR offers multi use discount cards for Stamford Residents for public skating, freestyle sessions, and open hockey sessions. Discount cards are 10 paid for 13 sessions. Please inquire at rink office for purchase.

Private Lessons at TCR

Private lessons are permitted during public skating, open hockey and freestyle sessions. Outside Professionals must provide the rink with their insurance and pay a \$5.00 teaching fee per session. If you are interested in receiving private lessons please call the rink office – (203) 977-4728.

TCR Programs & Ice Rentals

Terry Connors Ice Rink, located in beautiful Cove Island Park has served the skaters of Stamford and its surrounding neighbors since 1973. The Rink is owned and operated by the City of Stamford, offering affordable hockey, figure skating, and basic skills programs. TCR is home to Stamford Youth Hockey, Skating Club of Southern Connecticut, Terry Connors Synchronized Skating Team, and Stamford, Westhill, Trinity, and Stamford/Westhill Girls Hockey Teams. Ice time is available at Terry Connors for hourly increments throughout the year. Ice time is more readily available during the spring and summer months.

COMING FALL 2019
NEW OPPORTUNITY for 3 & 4 YEAR OLDS
“STAY & PLAY” PRESCHOOL

Our new and exciting preschool program specifically designed for 3 and 4 year olds. Children will gain independence and self-confidence in our play based approach to early learning focused on socialization and cooperation. This hands on, active environment will encourage exploration and discovery. Activities will include creative expression, dramatic play, music and movement, large and small motor activities, early literacy, sensory activities, math readiness and outdoor play. **Children must be 3 years old before the start of the program in September of 2019! Registration begins December 11, 2018!**

Where: Stamford Recreation’s Star Center 1170 Shippan Ave.

When: September 2019 - June 2020 (Following Stamford Public School Calendar)

Days: Monday, Wednesday & Friday

Time: 9:15AM - 12:15PM

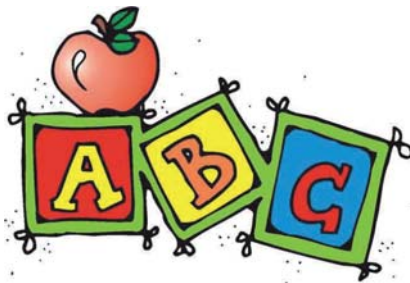
Fees: \$3,900.00 per person for the year (Limited discounts and payment plans available)

Instructors: Beth Covino, Preschool Instructor

Karen Wenz, Preschool Instructor & former Preschool Director

Note: For more information or to schedule a visit call 203-977-5018 or Email Scott Kassouf
The Assistant Superintendent Of Recreation @ Skassouf@stamfordct.gov

DON'T DELAY...REGISTER FOR STAY & PLAY!!
Registration Begins December 11, 2018



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