

CITY OF STAMFORD

MAYOR CAROLINE SIMMONS



STAMFORD PARKS & RECREATION WINTER BROCHURE 2026

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REGISTRATION FOR MOST WINTER PROGRAMS BEGINS ONLINE DECEMBER 1, 2025
REGISTRATION FOR HOLIDAY PROGRAMS BEGINS ONLINE NOVEMBER 14, 2025



@STAMFORDPARKSREC

WELCOME TO STAMFORD PARKS & RECREATION

DEPARTMENT STAFF:

Director of Parks & Recreation: Kevin Murray
Assist. Superintendent: Scott Kassouf
Assist. Superintendent: Megan Gearhart
Recreation Supervisor: Jack Lyons
Recreation Leader: Dante Dawkins
Customer Service Specialist: Tina Baines
Account Clerk II: Karla Parham

PARKS & RECREATION COMMISSION

Chair Parks & Recreation Commission: Melanie Hollas
Parks & Recreation Commission: Angela Adetola
Parks & Recreation Commission: Michael Tedder
Parks & Recreation Commission: Paul Newman
Parks & Recreation Commission: Benjamin Pomerantz

OFFICE HOURS:

Monday - Friday - 8:30AM - 4:00PM
Recreation Office located at 888 Washington Blvd.
OR On- line 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.**

RECREATION OFFICE HOLIDAYS:

Wednesday, December 24, 2025 - **Half Day**
Thursday, December 25, 2025 - **Christmas Day**
Thursday, January 1, 2026 - **New Years Day**
Monday, January 19, 2026 - **MLK Day**
Monday, February 16, 2026 - **President's Day**

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 & 21 years of age for casino trips.** All checks should be made payable to the City Of Stamford. 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.

REDUCED FEE POLICY:

With the Stamford Public School serving lunch to all students this school year the free and reduced lunch letters will not be available. If you have snap, you can receive a letter from the BOE for proof. If you do not have Snap, Parents must complete the Household Income Survey in their parent portal on the BOE website. This will provide proof of eligibility for the camp reduced fee and a copy of that survey form must be submitted at the time of registration. Without that document you will not qualify for the reduced rate at registration. **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.**

RECREATION STAR CENTER:

The Stamford Recreation Star Center is located at 1170 Shippin Ave in Stamford. The Recreation Star Center is Open Monday through Saturday offering programs from preschool age through adults! **Registration for all programs held at the Star Center are done the Recreation Services Office located the Stamford Government Center or online.** If you have any questions please go to our website: www.stamfordrecreation.com or call us at 203-977-5214.

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!** The Stamford Recreation Star Center is located at 1170 Shippin Ave in Stamford. The Star Recreation Star Center is Open Monday through Saturday offering programs from preschool age through adults! Registration for all programs held at the Star Center are done the Recreation Services Office located the Stamford Government Center or online. If you have any questions please go to our website: www.stamfordrecreation.com or at 203-977-5214.

Registration begins for most Winter Programs on December 1, 2025. Registration for Preschool holiday classes, Holiday special events & December Vacation Camps begin November 14, 2025.

In Person Registration is Done By Appointment!

STAY & PLAY PRESCHOOL 2026 – 2027

Recreation Star Center, 1170 Shippan Ave

September 2026 – June 2027 (Following Stamford Public School Calendar)

Tuesday Wednesday & Thursday – **3 year old program – Sess. 01**

Tuesday, Wednesday, Thursday & Friday – **4 year old program – Sess. 02**

Time: 9:15AM – 12:15PM

\$4,400.00 per year (3 Year olds / 3 times per week) **Can be paid in 4 payments of \$1,100.00**

\$5,700.00 per year (4 year olds / 4 times per week) **Can be paid in 4 payments of \$1,425.00**

A \$500.00 Non - refundable deposit is due at the time of registration & the deposit will be deducted from your final payment. **Registration is open until the program fills and will begin on Tuesday, December 2, 2025 at the recreation office located on the sixth floor of the Government Center in Stamford.**

Instructors: Beth Covino, **Preschool Instructor** & Victoria Eldridge, **Preschool Instructor**

Our exciting preschool program specifically **designed for 3 and 4 year old's**. 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. We also offer a **“Lunch Bunch”** option for students two days a week that will extend the school day until 1:30pm on those assigned days.

Families will be required to sign up on a monthly basis and pay in advance. This will begin in October 2026 and run through June 2027. **To schedule a visit call 203-977-5018 or @Skassouf@stamfordct.gov** All students registering for the program must be **3 years old by September 1, 2026** to be eligible for the program but may be flexible! All children must be potty trained to attend this preschool program.

HOLIDAY PROGRAMS FOR PRESCHOOLERS

TURKEY DAY COOKIE DECORATING (AGES 1-3)

Recreation Star Center, 1170 Shippan Ave

November 19, 2025

Wednesday

10:00AM - 10:45AM

\$18.00 per child per section

Instructor: Jen Lupinacci

Thanksgiving themed cookie decorating. Come enjoy the fun of frosting! We will make a simple craft to take home & decorate sugar cookies that get to be enjoyed by all! **Caregiver and me class.**

Note: registration for this program begins November 14th online!



TURKEY TODDLER CRAFT TIME (AGES 1-3)

Recreation Star Center, 1170 Shippan Ave

November 20, 2025

Thursday

10:00AM - 10:45AM

\$18.00 per child per section

Instructor: Jen Lupinacci

Get ready to celebrate Thanksgiving by crafting keepsake turkey decorations with your toddler! We will use simple materials to create lasting memories. We will read stories and have parachute time too! **A caregiver and me class.**

Note: registration for this program begins November 14th online!



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 16, 2025 from 5:15PM – 7:45PM**. This program is free for Stamford residents and **NO LONG DISTANCE CALLS**! This program is only a phone call from Santa & 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 Forms must be received by December 12, 2025 by 3:00PM. Forms **can faxed 203- 977-5504 or emailed to Dstatum@stamfordct.gov**. For more information, call Santa's helpers at 203-977-5214

HOLIDAY PROGRAMS FOR PRESCHOOLERS

HANDPRINT KEEPSAKE ORNAMENTS! (AGES 1-3)

Recreation Star Center, 1170 Shippan Ave

Tuesday, December 2 - **Sess. 1**

Wednesday, December 3 - **Sess. 2**

11:15AM - 12:00PM

\$18.00 per child per section

Instructor: Jen Lupinacci

They are only small for such a short time, come make a special keepsake handprint ornament to be cherished or given as a great gift. We will be working with modeling magic clay and also paint (please dress accordingly). This is a fun way to always remember how little they once were! We will be listening to festive music while we work.

Caregiver and me class! Registration begins November 14th online.



IT IS TIME TO DECORATE YOUR CHRISTMAS TREE (AGES 2-4)

Recreation Star Center, 1170 Shippan Ave

Tuesday, December 9 - **Sess. 1**

Wednesday, December 10 - **Sess. 2**

11:15AM - 12:00PM

\$18.00 per child per section

Instructor: Jen Lupinacci

Nothing is more fun than decorating your own Christmas tree! We will create a keepsake felt Christmas tree and make ornaments that can be used to decorate your very own tree. We will also decorate a Christmas tree that can be eaten! What fun we will have all while listening to holiday music. **A caregiver and me class. Registration begins November 14th online.**



DO YOU WANT TO BUILD A SNOWMAN (AGES 2-4)

Recreation Star Center, 1170 Shippan Ave

December 4, 2025

Thursday

11:15 - AM-12:00PM

\$18.00 per child per section

Instructor: Jen Lupinacci

There is a chill in the air and what is more fun than building a snowman?? We will build a snowman that is soft and snuggly! The children will also be able to decorate snowman cookies that they can enjoy for a snack all while listening to holiday music. **Caregiver and me class. Registration begins November 14th online.**



HOLIDAY PAJAMA PARTY (AGES 1-3)

Recreation Star Center, 1170 Shippan Ave

Thursday, December 11 - **Sess. 1**

Thursday, December 18 - **Sess. 2**

11:15AM - 12:00PM

\$18.00 per child per section

Instructor: Jen Lupinacci

Come dressed in your favorite holiday pajamas!! What can be more fun than a lazy day in our PAJAMAS? How about fun holiday crafts, stories and songs in our pajamas. We will have a fun holiday treat also! **Registration begins November 14th online.**



HOLIDAY THEMED - PLAY AND LEARN (AGES 1 - 3)

Recreation Star Center, 1170 Shippan Ave

Tuesdays, December 2 - December 16 - **Sess. 1**

Wednesdays, December 3 - December 17 - **Sess. 2**

Thursdays, December 4 - December 18 - **Sess. 3**

9:30AM - 11:00AM

\$55.00 per child per section for 4 weeks

Instructor: Jen Lupinacci

Play with a purpose introduces your toddler to the experience of preschool with a caregiver. Our classroom will be set up with child-initiated activities. There will be centers to explore...holiday themed play doh, painting and more. Plus simple holiday projects. We will have a circle time with songs and stories. A festive snack will be provided. We will play in our spacious gym or, weather permitting, outside on our playground. This will encourage movement and independence in a fun and safe environment. A great way for your child to continue to develop both fine and gross motor skills, learn about transitioning to the next activity and spatial awareness. **A child and caregiver class. Registration begins November 14th.**



GINGERBREAD HOUSE DECORATING (AGES 2 - 4)

Recreation Star Center, 170 Shippan Ave

Tuesday, December 16 - **Sec. 1**

Wednesday, December 17 - **Sec 2**

11:15AM - 12:15PM

\$22.00 per child per section

Instructor: Jen Lupinacci

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 you will decorate a gingerbread house to take home and sing songs inspired by the season! Limited to 16 children. **A caregiver and me class. Registration begins November 14th online.**



HOLIDAY COOKIE DECORATING (AGES 1 - 4)

Recreation Star Center, 1170 Shippan Ave

Friday, December 5 - **Sess. 1**

Friday, December 12 - **Sess. 2**

10:00AM - 10:45AM

\$19.00 per child per section

Instructor: Jen Lupinacci

Come decorate sugar cookies with all the goodies of the season! The children will decorate their own cookies to eat or take home with them! **A caregiver and me class. Registration begins November 14th, online.**



PRESCHOOL PROGRAMS

JUST TWOS - DROP OFF (24 - 35 MONTHS OLD) - NEW

Recreation Star Center, 1170 Shippan Ave

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

Monday

9:30AM - 11:00AM

\$150.00 per child for 6 weeks

Instructors: Jen Lupinacci & staff

Drop your two year old off for a preschool experience! Separation is the first step in the preschool process. In this drop off class your toddler will be exposed to daily art manipulative and creative play. Circle time & stories based on weekly themes. Following simple classroom rules the children will learn our daily schedule. It's the perfect way for your little one to play, learn, socialize and gain some independence. A snack will be provided. Please send a CLEARLY labeled bag with diapers, wipes, change of clothes and a labeled sippy cup. **Limited to 8 children.**



PLAY AND LEARN (AGES 1-3)

Recreation Star Center, 1170 Shippan Ave

January 13 - March 5

Tuesday - 9:30AM - 11:00AM - **Sess. 1**

Wednesday - 9:30AM - 11:00AM - **Sess. 2**

Thursday - 9:30AM - 11:00AM - **Sess. 3**

\$125.00 per child once a week for 8 weeks per section

Instructor: Jen Lupinacci

Play and Learn introduces your toddler to the experience of preschool with a caregiver. Our classroom will be set up with child-initiated activities. There will be centers to explore...play doh, painting and more. We will have a circle time with songs and stories. A snack will be provided. We will play in our spacious gym or, weather permitting, outside on our playground. This will encourage movement and independence in a fun and safe environment. A great way for your child to continue to develop both fine and gross motor skills, learn about transitioning to the next activity and spatial awareness. **A caregiver and me program!**



LET'S GET MESSY (AGES 1-3)

Recreation Star Center, 1170 Shippan Ave

January 16 - March 13 (No class 2/13)

Friday

10:30AM - 11:15AM

\$105.00 per child for 8 weeks

Instructors: Jen Lupinacci

Jump into art - we will explore different art mediums in this class. Paint, clay, wood and even rocks! The children will be encouraged to use their natural sense of curiosity while exploring different textures and sensory combinations to create their own toddler art. Being free to create builds confidence in children. **This is a caregiver and me class.**



HANDS ON SCIENCE (AGES 2-4)

Recreation Star Center, 1170 Shippan Ave

January 15 - March 5

Thursday

11:15AM - 12:00PM

\$105.00 per child once a week for 8 weeks

Instructor: Jen Lupinacci

It's full STEM/STEAM ahead in this hands on class. We will explore something new every week-while applying simple scientific aspects that children can relate to. We will have a lot of fun with simple experiments and hands on exploring. The children will be allowed to help mix -stir and possibly EXPLODE our experiments! Themes may include dinosaurs, volcanoes, magnets, hibernation, space and more! **A caregiver & me program!**



MUNCHKIN SPORTS & GAMES (AGES 2 - 3)

Recreation Star Center, 1170 Shippan Ave

January 16 - March 13 (No class 2/13)

Friday

9:30AM - 10:10AM

\$105.00 per child for 8 weeks

Instructors: Jen Lupinacci

Children will have lots of fun learning new games & sports each week. This program will allow children to work on their gross motor skills, learn the basics of team sports & give each child confidence while having fun. Creative movement exercise, soccer balls, basketball and games are just a few of the activities/sports we will cover. **A caregiver & me program!**



PLAY, ART & EXPLORATION (AGES 1-3) - NEW

Recreation Star Center, 1170 Shippan Ave

January 13 - March 3

Tuesday

11:15AM - 12:00PM

\$105.00 per child for 8 weeks

Instructors: Jen Lupinacci

In this class the children will have time to use their senses and explore different centers in our classroom. There will be weekly themed art activities offered as well as story time! Hands on learning inspires and encourages the eagerness to learn. Introductions of structured activities with simple step by step directions to help develop listening skills and how to follow basic patterns. **This is a caregiver and me class.**



Registration begins for most Winter Programs on December 1, 2025. Registration for Preschool holiday classes, Holiday special events begin November 14, 2025.

PRESCHOOL & YOUTH PROGRAMS

PARENT & ME INDOOR SOCCER TIKES FOR (AGES 2 - 3)

Recreation Star Center 1170 Shippan Ave
January 10 - February 14
Saturdays
8:30AM - 9:30AM
\$120.00 for 6 weeks per child
Kevin Fallon, Certified Instructor



Looking for a fun way to connect with your little one while introducing them to the joy of soccer? At SoccerTikes, our **Parent & Me classes** are designed for children ages 2-3 and their favorite grown ups, whether that's a mom, dad, a grandparent, or another special caregiver. Together, you'll enjoy playful, guided activities that help your child build early soccer skills, grow their confidence, and most importantly have fun! Parents and caregivers actively participate right alongside their child, creating special memories and a positive first experience on the field. **Max of 15 children.**

INDOOR SOCCER TIKES FOR (AGES 4 - 5)

Recreation Star Center 1170 Shippan Ave
January 10 - February 14
Saturdays
9:30AM - 10:30AM
\$120.00 for 6 weeks per child
Kevin Fallon, Certified Instructor



Kids should wear sneakers & comfortable clothing. At SoccerTikes, we stress a non-competitive environment. This is a child development program for kids ages 4 - 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. **Max of 20 children.**

FUN TO BE FIT—KIDDIE BOOT CAMP (AGES 3 - 5)

Recreation Star Center 1170 Shippan Ave
January 10th - March 7th
Saturdays
12:30PM - 1:00PM
\$150.00 for 7 weeks per child
Betty Kelly Camlin, Certified Instructor



Does Pre 3,4 & 5 year old like to run, jump, skip, hop and have fun? If they do they will love this class and you will too. The kids get to unleash their energy in a productive way and improve their fitness as they run, hop or jump through a variety of "fitness stations" guided by Ms. Betty to fun kid friendly music. We start with an aerobic warm up and we cool down with a Yoga stretch. Improve stamina, strength, social skills, self awareness, balance and coordination 30 min classes. Must wear sneakers and clothes meant for movement. Bring water bottle. **Parents must stay in gym during class.**

ZUMBA WITH YOGA FOR PRE K KIDS (AGES 3-5)

Recreation Star Center 1170 Shippan Ave
January 12th - March 9th
Monday
10:30AM - 11:00AM



\$150.00 for 7 weeks per child
Betty Kelly Camlin, Certified Instructor
This is a fun age appropriate dance movement/fitness program using scarves, bells, shakers and more that ends with yoga, designed for ages 3,4 & 5 a fun, healthy, happy and enjoyable experience. The program: enhances emotional development, social skills, cognitive skills, strengthens motor skills, rhythm by learning to move to the beat and improves flexibility and balance with Yoga. Lots of teacher/caregiver bonding through quality, fun time spent together as you move and grove together!!! Teachers/parents or caregivers are welcome to participate (not mandatory) but must stay for class. 30 minutes of fun!. Must wear sneakers and clothes meant for movement.

LEARN SPANISH THROUGH MUSIC (AGES 1 - 4 YEARS OLD)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 30 No class 1/19 & 2/16)
Monday
9:30AM - 10:10AM
\$219.00 per child for 10 weeks



Instructors: Ms. Ericka /Armelle For Kids
A fun, multi-sensory way to learn Spanish!
This interactive class uses songs to teach key vocabulary and sentence structures. By combining visual, audio, and tactile activities, your child will learn Spanish in an engaging and effective way perfect for children as young as one years old **all the way up to 4 years old!**

BIRTHDAY PARTIES FOR AGES PRE K - 4TH GRADE WITH STAMFORD RECREATION

Stamford Recreation Services is pleased to offer Birthday parties at our Star Recreation Center on Friday nights 6:00pm - 8:00pm and Saturdays 2:00PM - 4:00PM. Our parties include 70 minutes of instructed time and 50 minutes of social time food, presents and cake. Children can pick from the following Themed Parties: **Classic Party** (Games, arts & crafts and other activities) **Sports Party** (You pick the sport) **Zumba Party/Dance Party** a Hula Hoop Party or talk to our staff and design a theme that works for you. **Cost is \$299.00 per party which includes staff, equipment, goodie bags, decoration, balloons and a gift for the birthday child.** The fee covers the cost of 20 total children up to 25 children for an extra \$10.00 per child. For more information, **contact Dante Statum @ Dstatum@stamfordct.gov or call 203-977-4644.**



STAR CENTER DANCE PROGRAMS WITH A - Z DANCE

MOMMY & ME (AGES 1 - 2.5) - NEW

Recreation Star Center, 1170 Shippan Ave

January 7 - March 11

Wednesday

10:00AM - 10:45AM

\$220.00 for 10 weeks

Instructor: A - Z Dance Instructor

A delightful first dance experience for toddlers and their caregivers! This class encourages movement, music, and sensory exploration while fostering bonding between parent and child. Activities include gentle stretches, simple dance steps, songs, and playful games to introduce little ones to rhythm and coordination. **Attire:** Comfortable clothing for both parent and child; ballet shoes or soft-soled socks recommended. **Other:** Bring a labeled water bottle.

Please note: Parents are required to actively participate in the class. This is a guided parent-child program designed for fun, movement, and early dance exploration.



TINY TU-TU'S (AGES 2 - 3)

Recreation Center, 1170 Shippan Ave

January 5 - March 23 (No class 1/19 & 2/16)

Monday

10:00AM - 10:45AM

\$220.00 per child for 10 weeks per section

Instructors: A - Z Dance Instructor

A fun and imaginative introduction to dance! Dancers will explore creative movement, music, and rhythm while developing coordination and confidence. This class focuses on age-appropriate motor skills through engaging songs, games, and props. **Attire:** Comfortable play clothes and ballet shoes recommended. **Other:** Bring a labeled water bottle. **Please note:** This program is designed to foster independence in young dancers. **Parents are kindly asked to wait outside the classroom during the class.**



INTRO TO DANCE (AGES 2 - 3) - NEW

Recreation Star Center, 1170 Shippan Ave

January 7 - March 11

Wednesday

11:00AM - 11:45AM

\$220.00 per child for 10 weeks per section

Instructors: A - Z Dance Instructor

In this class, your child will have the opportunity to express themselves creatively through movement & music while practicing valuable gross motor skills. Age-appropriate dance technique will be explored along with dance games, singing, and free dance. **Attire:** Comfortable play clothes encouraged. **Other:** Bring a labeled water bottle.

Please note: This program is designed to foster independence in young dancers. **Parents are kindly asked to wait outside the classroom during the class.**



BALLET/ TAP COMBO (AGES 3 - 6)

Recreation Star Center, 1170 Shippan Ave

January 5 - March 23 (No class 1/9 & 2/16)

Monday

11:00AM - 11:45AM (Ages 3-4) - Sess. 1

Saturday

10:00AM - 10:45AM (Ages 3-4) -Sess. 2

11:00AM - 11:45AM (Ages 5-6) - Sess. 3

\$220.00 for 10 weeks per section

Instructors: A - Z Dance Instructor

A wonderful blend of ballet and tap designed to develop rhythm, coordination, and grace. Dancers will learn basic ballet positions and steps, along with fun tap combinations that build musicality. **Attire:** Black leotard or black t-shirt with black jazz pants or leggings, **pink ballet slippers**, and **black tap shoes**. **Other:** Bring a labeled water bottle.

Please note: This program is designed to foster independence in young dancers. Parents are kindly asked to wait out-



HIP HOP/FUNK (AGES 4-9)

Recreation Star Center, 1170 Shippan Ave

January 6 - March 10

Tuesday

4:30PM - 5:15PM (Ages 4 - 6) - Sess. 1

5:30PM - 6:30PM (Ages 6 - 9) -Sess. 2

\$220.00 for 10 weeks per section

Instructors: A - Z Dance Instructor

This upbeat, high-energy class is perfect for the dancer who loves to move! Students will learn basic hip hop steps, combinations, and grooves set to fun, age-appropriate music while improving rhythm, coordination, and confidence.

Attire: Comfortable clothing with **hip hop sneakers or jazz shoes** (no street shoes). **Please note:** This program is designed to foster independence in young dancers. Parents are kindly asked to wait outside the classroom during the session.



JAZZ IT UP (AGES 5 - 8) - NEW

Recreation Star Center, 1170 Shippan Ave

January 10 - March 14

Saturday

1:00PM - 1:50PM (Ages 5-6) - Sess. 1

2:00PM - 2:50PM (Ages 7-8) -Sess. 2

\$220.00 for 10 weeks per section

Instructors: A - Z Dance Instructor

This lively class introduces dancers to the fundamentals of jazz technique, including kicks, turns, and combinations set to upbeat, age-appropriate music. Dancers will build strength, flexibility, and confidence while learning to express themselves through dynamic movement.

Attire: Black leotard or t-shirt with black jazz pants or leggings, and **jazz shoes**. **Other:** Bring a labeled water bottle.

Please note: This program is designed to foster independence in young dancers. **Parents are kindly asked to wait outside the classroom during the session.**



PRESCHOOL & YOUTH PROGRAMS

USA SPORT GROUP - PRESCHOOL MULTI SPORTS CLASSES (AGES 2.5 - 5.5)

Lathon Center - 137 Henry St. Stamford
Saturdays

January 10 - February 21 - **Sess.1**

\$185.00 per child for

March 8 - March 28 - **Sess.2**

\$125.00 per child for

9:00AM - 9:40AM (Ages 2.5-3.5/ Parent assisted) - **A**

9:40AM-10:20AM (Ages 3-4.5) - **B**

10:20AM-11:00AM (Ages 4 - 5.5) - **C**

11:00AM-11:40AM (Ages 3 - 4.5) - **D**

Instructors: USA Sport Group Staff (Certified Instr.)

MULTI SPORTS - Squirts allows children to experience a variety of sports throughout the program. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. Players will have the opportunity to try Lacrosse, Soccer, T-Ball, & Track & Field. In addition to emphasizing the fundamentals of each sport, each activity is designed to improve hand-eye coordination, balance, agility, & movement. Classes will include a series of fun challenges, structured active ties, & scrimmages adapted to ensure everyone achieves success. **Free Dri-Fit Shirt & completion certificate.**



HOLIDAY KIDS DROP / SO YOU CAN SHOP (GR. K-5)

Recreation Star Center, 1170 Shippan Ave

Saturday, December 20

9:00AM - 1:00PM

\$20.00 per child



Please take advantage of this opportunity to leave your child/children with our recreation staff while you get some of that last minute holiday prep done. Here, the kids will be occupied making crafts, playing games and involved in other fun activities. Students should pack a lunch, beverage & wear sneakers. **Please also send a coat for outdoor activities weather permitting.**

STAR CENTER HALF DAY SCHOOL CAMP (GR. K-5)

Recreation Star Center, 1170 Shippan Ave

Wednesday, January 28 - **Sess. 1**

Wednesday, February 18 - **Sess. 2**

Thursday, February 19 - **Sess. 3**

Friday, February 20 - **Sess. 4**

12:30PM - 5:00PM

\$25.00 per child per session

This Half Day School camp provides sports and recreational games designed to promote exercise, recreation, and fun in a relaxed, yet structured environment. Participants will play a variety of games from traditional sports and gym class favorites. **Limited to 20 children per session. If you contact the BOE in advance, your child can get busing from their Stamford school to the Star Center for these half day programs.**



EAGLES OF STAMFORD INDOOR SOCCER ACADEMY (AGES 4-14)

Lathon Wider Gym, 137 Henry St. Stamford

January 7 - March 25 (Tuesdays)

Time:

\$190.00 per Session

MONDAYS: JANUARY 12- MARCH 30 - Session 1
TIME:

4:00 PM - 5:00 PM (Ages 12-14) - **Sess. A**

5:00 PM - 6:00 PM (Ages 5 - 7) - **Sess. B**

NO CLASS. JAN. 19th & FEB. 16th

TUESDAYS: JANUARY 13 - MARCH 17 - Session 2
TIME:

5:00 PM - 6:00 PM (Ages 5-7) - **Sess. A**

6:00 PM - 7:00 PM (Ages 8-10) - **Sess. B**

7:00PM - 8:00 PM (Ages 11-14) - **Sess. C**

FRIDAYS: AN. 16- MAR. 20 - Session 3
TIME:

5:00 PM - 6:00 PM (Ages 4-7) - **Sess. A**

6:00 PM - 7:00 PM (Ages 8- 10) - **Sess. B**

7:00PM - 8:00 PM (Ages 11-13) - **Sess. C**

Instructors: Eddy, Alejandro, Rene & Ivan (Certified Instr.)

We specialize in technical development, motor skill training, & small, side games (rondos) Soccer development program. 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 size 3 or 4 soccer ball.**



CHESS WIZARDS DECEMBER BREAK HOLIDAY PROGRAM (GR. K -6)

Recreation Star Center ,1170 Shippan Ave

Monday & Tuesday

December 29 - December 30

9:00AM - 12:00PM (Half day) - **Sess. 1**

12:00PM - 3:00PM (Half day) - **Sess. 2**

9:00AM - 3:00PM (Full day) - **Sess. 3**

\$120.00 per student for Session 1 or 2

\$180.00 per student for session 3

Instructor: Certified Chess Wizard Staff

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.



YOUTH & TEEN AFTERSCHOOL PROGRAMS

CALLING ALL CHEFS (GR. 1 - 4)

Recreation Star Center, 1170 Shippan Ave

January 13 - February 26

Tuesday (Gr. 1-2) - Sess. 1

Thursday (Gr. 3-4) - Sess. 2

4:15PM - 5:30PM

\$115.00 for 7 weeks per section

Includes all supplies

Instructors: Ms. Nancy, Mighty Makers

Let's go chefs! We're back in the kitchen to learn about food and make delicious and oh so fun dishes together.

Join us to slice, dice, chop, measure and mix up breakfast, lunch, dinner and snack recipes! Chefs will bring home their creations and recipes will be on hand or emailed to share and prepare at home! **Children MUST be in first or second grade to attend class**

Note: Due to allergies we will not be using any peanut products during this class. Should your child have any other food allergy, prior approval is needed. Max of 10 students per session.



SCIENCE IS AMAZING (AGES 5 - 12) - NEW

Recreation Star Center, 1170 Shippan Ave

January 21 - February 18

Wednesday

4:00PM - 5:15PM

\$119.00 per child for 5 weeks

Instructor: CT Computer Education staff

Class focuses on building different structures such as a toothpick tower, straw rocket, Shrinky dinks, superballs, and a spaghetti challenge just to name a few. Children will be grouped according to age level and ability. Children will take home various activities made in class. Please notify class of any allergies. **Students must be currently in Kindergarten to be eligible for this program.**

Early dismissal 2/28 CLASS MEETS 3:30pm-4:45pm.



JUNIOR INVESTIGATORS OF SCIENCE (AGES 5 - 12) - NEW

Recreation Star Center, 1170 Shippan Ave

March 4 - April 1

Wednesday

4:00PM - 5:30PM

\$119.00 per child for 5 weeks

Instructor: CT Computer Education staff

Interested in science? Curious what science experiments are all about? Attend this class with friends or make new friends. Ready for shrinky dinks, playdough, squishy food friends, flubber, oobleck, slime, and other various experiments. Please notify class of any allergies. Please bring a snack. This class we separate children into groups and have experiments done by the children. **Students must be currently in Kindergarten to be eligible for this program.**

Early dismissal 3/25 CLASS MEETS 3:30pm-5:00pm.



FRENCH FOR CHILDREN (AGES 6 - 10)

Recreation Star Center, 1170 Shippan Ave

January 15 - February 19

Thursday

5:00PM - 5:45PM

\$230.00 per student for 6 weeks

Instructors: Sylvie Lobsenz, **17 years experience teaching** Don't 'miss out on this chance to give your child the gift of languages. Literakid, French language lessons are specifically designed for children 6 to 10 years old. Mom, Dad, if you are looking for a fun and captivating way to encourage your child to acquire a second language, Literakid has the perfect solution. LiteraKid's innovative language programs have been created by experienced educators and a bilingual teaching staff. Madame Sylvie, captures the attention, interest and enthusiasm of your child employing visual, auditory and kinesthetic methods. Activities include role play, visuals, games, songs, arts and crafts to captivate & engage your child. Madame teaching style is modern, fun, multi-sensory and highly interactive. Enroll them in our French class today and watch them flourish! **Enroll now classes are limited to 8 children!**



CHESS WIZARDS (GR. 1 - 5) IN PERSON CHESS CLUB

Recreation Star Center, 1170 Shippan Ave

January 24 - March 21 (No class 2/14)

Saturday

10:30AM - 11:30AM

\$210.00 per child for 8 weeks

Instructor: Certified Chess Wizard Staff

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



SNAPOLOGY: REAL WORLD ROBOTICS (GR. 1 - 5) - NEW

Recreation Star Center, 1170 Shippan Ave

January 13 - February 17

Tuesday

5:00PM - 6:00PM

\$180.00 per child for 5 weeks

Instructors: Snapology Staff

In Snapology's Real World Robotics class using LEGO® Spike Prime, students interested in technology will create robotic models inspired by real life robotic technologies. Students will learn about gear ratio, sensors, simple machines, and programming as they build alarm devices, earthquake detectors, robotic arms, and much more. Your child will have a blast exploring the world of robotic technologies as they build, learn, and play.



YOUTH & TEEN EDUCATIONAL PROGRAMS

EASEL PAINTING CLASS (AGES 7 - 13)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 23 (No class 1/19 & 2/16)
Monday
4:00PM - 5:00PM

\$225.00 per person for 9 weeks/ **Includes all material**
Instructor: JoAnne Claybourne

Paint like the Masters! Paint, Draw & More! presents another fantastic art class. This fun class will give students experience with acrylic paints and teach brush techniques, color theory, color mixing that allow your child to express their creativity in the best way possible. Students are encouraged to problem solve and add their own unique ideas to their paintings. Their accomplishments help build self-esteem as they blossom and grow their own artistic style. **Jo-Ann T. Claybourne**, a CT native, attended the School of Visual Arts in NY, NY where she expanded her experience in sketching, drawing, painting and mixed media. Jo-Ann is gifted with the vision to create exciting pieces of artwork using different media. She enjoys exploring her creativity to it's fullest.

MIXED MEDIA DRAWING CLASS (AGES 5 - 13) BY PAINT DRAW & MORE

Recreation Star Center, 1170 Shippan Ave
January 14 - March 11
Wednesday

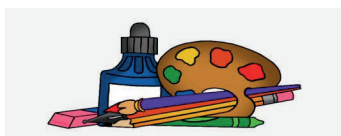
4:00PM - 5:00PM (Ages 5 - 8) - **Sess. 1**
5:00PM - 6:00PM (Ages 9 - 13) - **Sess. 2**

\$203.00 per person for 9 weeks/ **Includes all material**

Instructor: JoAnne Claybourne, **Paint Draw & More**

Want to try all the mediums? In this class Jo-Ann will guide students through drawings that will be finished with a number of mediums and sometime two! Students will fine tune their recognition of shapes, improve their hand eye coordination, learn representational drawing techniques and build their individual drawing style. We will explore use of chalk and oil pastels, colored pencils, watercolors, pen and ink, water based pastels and collage. This class teaches the fundamentals of drawing to all ages, older students will improve on their existing knowledge. Our artists will practice perspective, shading, shape and color theory and learn all the tricks and tools to improve their drawings. Please join us for this informative and fun filled class!

Jo-Ann T. Claybourne, a CT native, attended the School of Visual Arts in NY, NY where she expanded her experience in sketching, drawing, painting and mixed media. Jo-Ann is gifted with the vision to create exciting pieces of artwork using different media. She enjoys exploring her creativity to it's fullest. Her commitment to explore her heritage has won her not only regional acclaim but also the attention of national collectors.



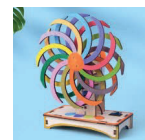
X IN 1 ROBOT FUN (AGES 6-10) - NEW

Recreation Star Center, 1170 Shippan Ave
January 26 - March 9 (No class 2/16)
Monday
5:00PM - 6:00PM

\$169.00 per child for six weeks

Instructor: Minds in Motion Staff

If you are new to robot building, this is for you! Come assemble up to five different vehicles, three different dinosaurs, and two windmills as you work on and take home your very own X in1 Robot kit! You will construct ten animated building options with child-friendly parts that function indoors with the use of a Hand Generator, outdoors with the use of the XL Solar Panel, and indoors and outdoors with the Wind Powered LED. Developing manual dexterity and building confidence has never been this fun! You will also learn three separate renewable energy concepts: Hand Generator power, Solar power, and Wind power. With the aid of your instructor, you will utilize the colored instruction manual and work with over 115 pieces as you explore, create, and innovate! With X in 1 Renewable Energy Kit, the fun never has to end. **Come unleash your inner robot engineer!**



YOUNG INVENTORS (GR. K-2) -NEW

Recreation Star Center, 1170 Shippan Ave
January 12 - March 2 (No class 1/19 & 2/16)
Monday

4:15PM - 5:15PM

\$150.00 per child

Instructor: Spark Business Academy staff

In this "inventive" program, students design and create solutions to problems, teaming up to identify the need for a new invention, and producing real structures and solutions. In one STEM challenge, students build bridges using a variety of material and experiment with how much weight they can hold. Students will also learn about famous inventors and discuss how inventions improve our lives. For more information go to Sparkbusinessacademy.com



DEBATE CLUB (GR.3 - 5) - NEW

Recreation Star Center, 1170 Shippan Ave
January 12 - March 2 (No class 1/19 & 2/16)
Monday

5:15PM - 6:15PM

\$150.00 per child

Instructor: Spark Business Academy staff

This program empowers students with an entrepreneurial mindset develop a plan for their very own business ideas drawing from such disciplines as marketing, finance and strategy, in a supportive environment fostering teamwork. From designing marketing flyers to estimating profits, students have fun while developing business savvy!

For more information go to Sparkbusinessacademy.com



YOUTH & TEEN ROBOTICS PROGRAMS

INTRODUCTORY ROBOTICS BEGINNER (GR. K-5) - NEW

Recreation Star Center, 1170 Shippan Ave

January 13 - March 3

Tuesday

5:15PM - 6:15PM

\$288.00 per student for 8 weeks

Instructor: Jragon Robotics Academy Staff

Based on the framework of the First Lego League competition, the most popular youth robotic competition in the world, this class will take the students into the world of robotic building and coding with a seamlessly fun and highly interactive learning experience! Led by a certified First Lego League coach, students get to explore different basic robotic design concepts and implementation with hands-on coding experience to see their robots come alive within a thematic "ecosystem". Not only will the students learn how to design, build, code, and test their robot, they will also use their creativity to give the robot a purpose within the ecosystem by interacting with their peers' robots. No prior experience is needed. Class photos will be delivered to parents. This class will help to build a solid foundation for K-5 students to tackle the next stage of robotics learning with confidence and skills, while making new friends who share their interests in robotics! Your student will have the chance to be scouted to join our FLL robotic competition team. **One scholarship spot is available please contact skassouf@stamfordct.gov**



INTRODUCTORY ROBOTICS ADVANCED (GR. 4-6) - NEW

Recreation Star Center, 1170 Shippan Ave

January 15 - March 5

Thursday

4:00PM - 5:00PM

\$288.00 per student for 8 weeks

Instructor: Jragon Robotics Academy Staff

Based on the framework of the First Lego League competition, the most popular youth robotic competition in the world, students will build robots that incorporate physics and mathematics concepts such as simple machines, forces and motion, geometry and data collection into the robotic design and implementation. Under the guidance of a certified First Lego League coach, they will build the robot with sensors and code it with algorithms while working on their chosen project in a small group. In the last class, the students will be given an opportunity to make a presentation on a project they have done during the class and present the data collected by the robot in that project to the class and draw conclusions of what they have learned. Students can take home the presentation they make, and parents will be invited to the presentation class. Recommended for students in 4-6th grade. Class photos will be delivered to parents. Prior robotic experience is helpful but not required. Class duration is 8 weeks. Your student will have the chance to be scouted to join our FULL robotic competition team. **One scholarship spot is available.**



COMPETITIVE ROBOTICS (AGES 9 - 14) - NEW

Recreation Star Center, 1170 Shippan Ave

January 15 - March 5

Thursday

5:15PM - 6:15PM

\$380.00 per student for 8 weeks

Instructor: Jragon Robotics Academy Staff

Taught by certified First Lego League coaches, this class is designed to be a mini version of the actual FLL competition, the most popular youth robotic competition in the world, using the exact competition kit, missions, the same robotic set, and the same scoring rules. The students will be first trained together by a FLL coach in connecting robot design with solving real-world problems. During the training, the students will learn how to build a robot, using sensors and coding platforms to operate the robot, and how to incorporate feedback to improve and upgrade the robot to complete the missions. Once we get to know the students, depending on their level of familiarity with robotics and coding, we will divide them into teams to further design the robot and solve the missions within their teams. Class photos will be delivered to parents. The last class will be a mini competition for the teams to compete against each other to see who scores the highest points. Medals will be awarded to all participants, and the winner will receive.



SUMMER EMPLOYMENT OPPORTUNITIES

Looking for individuals who are interested in having a fun and rewarding job this summer. We are hiring students age 16 & up to work in one of our 7 & 8 week camp programs as a camp counselor. Applications will be accepted until positions fill and interviews will be held afterschool from 2:00pm - 4:00pm Monday through Friday for high school students. For more information please contact Dante Statum, Recreation Leader at DStatum@stamfordct.gov. Interested candidates can download an applications for all summer positions at www.stamfordrecreation.com

CAMP DIRECTORS, ART & SPORTS INSTRUCTORS:

We are looking for adults with summer camp experience working with youth grades K-5 this summer. Camp positions are 8 weeks long and for more information about the positions contact Scott Kassouf, Assistant Superintendent at skassouf@stamfordct.gov

AFTERSCHOOL & WEEKEND SPORTS PROGRAMS

MICRO SPORTS (GR. K -2) - NEW

Recreation Star Center, 1170 Shippan Ave
January 12 - March 2 (No class 1/19 & 2/16)

Mondays

4:15PM - 5:15PM

\$60.00 per student for 6 weeks

Instructor: Recreation Staff

Children will learn the fundamentals of basketball, soccer, Floor hockey, and more! Children will learn the skills necessary to play the game and have fun doing it. **For boys and girls**



PEANUT BASKETBALL (GR. K - 1)

Recreation Star Center, 1170 Shippan Ave
January 13 - March 3

Tuesday

4:15PM - 5:15PM

\$80.00 per student for 8 weeks

Instructor: Recreation Staff

This program is for kids who are interested in learning the game of basketball in a fun and relaxing environment. Students will learn the basic skills, fundamentals and techniques of the game. We will work on dribbling, shooting, rebounding and more. Each week we will also play games to end the class. **For Boys and Girls!**



WEDNESDAY SPORTS FUN (GR. 3 - 4) - NEW

Recreation Star Center, 1170 Shippan Ave
January 14 - March 4 /No class (February 18th)

Wednesday

4:15PM - 5:15PM

\$70.00 per student for 7 weeks

Instructor: Recreation Staff

Come join us as each week we play a different indoor sport or gym game. The first 15 minutes we will review the rules and way to play the sport or game followed by 45 minutes of action! **For Boys and Girls!**



PEE WEE BASKETBALL (GR. 2 - 3)

Recreation Star Center, 1170 Shippan Ave
January 15 - March 12 (No class 2/19)

Thursday

4:15PM - 5:15PM

\$80.00 per student for 8 weeks

Instructor: Recreation Staff

Learn the basic basketball skills: teamwork, shooting, passing, defense, offense & dribbling This is a fun stress free program for your child/children to enjoy each week. **For boys & girls!**



INTRO TENNIS LESSONS INDOORS (AGES 5 - 7)

Recreation Star Center, 1170 Shippan Ave
February 28 - March 28

Saturday

8:30am - 9:30AM - **Sess. 1**

9:35AM - 10:35AM - **Sess. 2**

\$105.00 per child for 5 weeks

Instructor: GSTA Instructors

The Greater Stamford Tennis Association and Stamford Recreation Services is offering a 6 week introductory tennis program for kids age 5-7. 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 14 per class**



YOUTH BOXING PROGRAM (GR. 6 - 10)

Located: 1086 Hope Street

January - **Sess. 1**

February - **Sess. 2**

March - **Sess. 3**

Monday - Thursday

4:00PM - 5:00PM

\$150.00 per **1 month session/per student**

Instructor: Jesse Mendoza, **Certified Instructor**

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 life.



FRIDAY NIGHT KIDS CLUB (GR. K - 5)

Recreation Star Center, 1170 Shippan Ave

Friday, January 30 - **Sess. 1**

Friday, February 27 - **Sess. 2**

6:00PM - 9:00PM

\$25.00 per child per session

Instructor: Erica Grant and Recreation Staff

This Friday night program will give children and their parents a night out. Each night will be theme based filled with fun and age appropriate activities. A snack & beverage will be served and each night is **limited to 40 students. Parents can enjoy a night out while we watch your kids! This is a drop off program!**



TAE KWON DO & FITNESS PROGRAMS

NEW STUDENTS/BEGINNER WHITE BELT TAE KWON DO FOR YOUTH WITH MR. WRIGLEY (AGES 7 & UP)

Recreation Star Center, 1170 Shippan Ave
January 5 - March 12 (No class 1 /19 & 2/16)
Monday & Wednesday

Students are expected to participate twice a week
5:45PM - 6:30PM

\$220.00 per student

Master Tim Wrigley, **6th Degree Black Belt**

Asst. Instructor: Mr. Lucas Tuccinardi, **4th Degree**

Asst. Instructor: Mr. AJ Tuccinardi, **4th Degree**

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 start out with the rank of " White Belt" and will work towards higher ranks (also indicated by color) which is designed to help them with goalsetting and obtain a sense of self achievement. A higher rank in Tae Kwon Do demonstrates a level of maturity and personal responsibility in the students.

Please Note: All students that test for a promotion at the conclusion of the session **will be required to pay a \$40.00 testing fee.** Information will be passed out on how to pay the testing fee at the end of the Winter session.

KRAV MAGA KIDS (KMX) (AGES 7 - 13)

Located: Break Thru Family Fit 4 life/ 48 Union St
January 5 - February 9 - **Sess. 1**

February 16 - March 23 - **Sess. 2**

Monday, Wednesday, Friday & Sunday

5:00PM - 5:45PM- **Week Nights**

10:30AM - 11:15AM - **Sundays**

\$225.00 per student per 6 week session / **Unlimited classes**

Instructor: Tom Bacha & Kiberly Colletto

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

TEAM WRIGLEY TAE KWON DO FOR YOUTH AGES (7 & UP)

Recreation Star Center, 1170 Shippan Ave
January 5 - March 12 (No class 1 /19 & 2/16)

Day & Time By Rank

Students are expected to participate twice a week

Yellow & Orange Belts:

Monday & Wednesday - 6:30PM-7:15PM

Green, Blue, Red & Brown Belts:

Tuesday & Thursday- 6:00PM - 7:00PM

Black Belts (All ages)

Tuesdays and Thursdays - 7:05PM - 8:05PM

\$260.00 per child

Master Tim Wrigley, **6th Degree Black Belt**

Asst. Instructor: Mr. Lucas Tuccinardi, **4th Degree**

Asst. Instructor: Mr. AJ Tuccinardi, **4th Degree**

This Martial Art Program is intended for students having completed the beginner Tae Kwon Do Program 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 the class time according to their rank. (*Students with prior martial experience elsewhere should enroll in " White, Yellow & Orange Belt" timeslot. A skill assessment of the student (during first week of classes) will be completed by the Instructor determine starting rank. **Please Note:** All students that test for a promotion at the conclusion of the session will be **required to pay a \$40.00 testing fee.** Information will be passed out on how to pay the testing fee at the end of the winter session.

REAL GYM FOR KIDS (AGES 7 & UP)

Break Thru Family Fit 4 Life, Union Street
January 12 - March 15

4:00PM - 6:00PM - **Mon. - Fri.**

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

\$149.00 per student for 10 weeks / **Unlimited days**

Instructor: Kimberly Colletto, ACE Certified Trainer

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 good 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.** A Guardian must attend but will get a free membership if the child joins the gym. See Break thru Gym for Details.

Registration begins for most Winter Programs on December 1, 2025. Registration for Preschool holiday classes, Holiday special events begin November 14, 2025.

WINTER 2026 YOUTH AQUATICS SWIM LESSONS

Location: Westhill High School Pool, 125 Roxbury Road, Stamford, CT

Fee: \$190.00 (10 Youth Classes per Session)

\$200.00 (6 Junior Lifeguard Class & Pool Fun Club) 1/6 - 3/11

\$150.00 Junior Lifeguard Class (6 weeks 13-15 yrs. Old) ** 1/6 - 2/11

\$80.00 Pool Fun Club (4 weeks 11-15 yrs. Old) ** 2/28 - 3/11

TUESDAYS

Dates: 1/6 thru 3/10

Level 1- 6:00PM-6:30PM

Level 2- 6:30PM-7:00PM

Level 3- 7:00PM -7:30PM

Level 4- 7:30PM -8:00PM

*Junior LG - 8:00PM - 8:30PM

WEDNESDAYS

Dates: 1/7 thru 3/11

Level 1-6:00PM - 6:30PM

Level 2-6:30PM -7:00PM

Level 3 -7:00PM - 7:30PM

Level 4-7:30PM - 8:00PM

*Junior LG - 8:00PM - 8:30PM

*Pool Fun Club - 8:00PM - 8:30PM

THURSDAYS

Dates: 1/8 thru 3/12

Level 1-6:00PM-6:30PM

Level 2-6:30PM-7:00PM

Level 3-7:00PM-7:30PM

Level 4-7:30PM-8:00PM

Level 5-8:00PM-8:30PM

Swim Class Level Descriptions

Level One: An introduction to water skills that helps children become comfortable in the water while learning basic water/safety skills. The class helps children learn to back float, and swim on their stomachs with their face in the water. We introduce combined arm and leg swimming action, and encourage confidence in independent swimming. **The child must be able to voluntarily get in the water and put face in the water to participate in the class.**

Level Two: Building off of the Level One class, we introduce fundamental skills such as floating for longer periods of time without assistance, front and back gliding, and rolling from front to back for safe swimming. Kids are encouraged to swim on their own with minimal help. During the course of the class we cover, flutter kicking with pointed toes, streamline positioning, independent swimming on front/back, and much more. **The child must be able to back float without assistance, put face in the water while blowing bubbles, and be able to voluntarily swim on front and back with minimal assistance.**

Level Three: The children focus on coordinating arm and leg movements, and improving skills covered in Level Two, such as independent swimming on front and back. We introduce the elementary backstroke, breaststroke kick, swimming in the deep end of the pool and much more. **The child must be able to swim 10 meters on their front/back without assistance. Child must also be able to breathe out while face is in the water, breathe in while face is out (perform rotary breathing).**

Public Open Swim - January 6 - March 12

Tuesdays, Wednesdays & Thursdays

Public swim takes place from 6:30pm-8:00pm at West hill High School Pool.

Family of 4 (2 parents 2kids./Kids under 18): \$60.00

Individual/Adult (18 and older) \$50.00

Open swim is included in the 10 week fee for Swim Lesson participants and 1 guardian/parent for the specific night the

Level Four: Stroke improvement is occasionally held in the 12-foot deep side of the pool. Child will be in the water without assistance learning to tread water, perform open turns, and improve all learned strokes. Swimmers are trained to improve their swimming stamina by introducing parts of all six strokes. **The child must be comfortable swimming in 12 feet deep water for the entire class. Must also have knowledge of side breathing, front crawl, back crawl, elementary backstroke, and be able to do a kneeling dive with minimal assistance.**

Level Five: This is the Stroke Refinement class level class we offer. This class works on swimming laps, perfecting stroke technique, and preparing children for competitive swim. In addition, the class introduces circle swimming and swim team terms. **For this class, child must have knowledge of all 6 strokes and be able to swim continuous laps. Swimmers should have knowledge of diving as well.**

Note: ***if your child has an IEP or 504 plan and you agree to inform us after you register, we can better accommodate your child's needs. This will allow us to give them the best possible swimming experience.*

NEW Junior Lifeguard Class: Junior lifeguard training introduces youth (ages 13-15) to foundational lifeguarding skills, focusing on water safety, emergency prevention, basic rescue techniques, first aid, and CPR in a fun, teamwork-oriented environment to build confidence and prepare them for future lifeguard certification. Programs emphasize physical conditioning, water hazard education, communication, and teamwork, often including shadowing real lifeguards for valuable experience.

NEW: Pool Fun Club (PFC) is a social and recreational club for 11-14 year old, PFC is focused on pool activities, designed to be fun. The club combines organized games, events, themes and music in a supervised setting.

Stamford Rec wants to hire YOU as one of our NEW lifeguards!!! For more info check out tinyurl.com/stamfordLG or email Jack Lyons, jlyons@stamfordct.gov

NO SWIM LESSONS OR OPEN SWIM WHEN SCHOOL IS CLOSED.

MUSIC & EDUCATIONAL PROGRAMS FOR STUDENTS

MUSIC MIXING—DJ 101 (GR. 4-6) - NEW

Recreation Star Center, 1170 Shippan Ave

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

Monday

6:00pm - 7:00PM

\$200.00 per student for 6 weeks

Instructor: The Music Team Staff

Get Ready to Spin, Mix, and Party in Our DJ Music Class! Calling all young music lovers! In this high-energy, hands-on class, you'll dive into the world of DJing, learning how to mix your favorite songs and create epic beats. Ever dreamed of blending Taylor Swift with Sabrina Carpenter or adding some Hip-Hop vibes to your playlist? Now's your chance! We'll show you how to create amazing mashups and even challenge your friends in fun DJ mixing showdowns. No prior experience needed – we've got everything you'll need: laptop, controller, headphones, music, and more. All you need to bring is your love for music and your best energy. **Get ready to mix, match, and party like a pro!**



DIGITAL ART (GR. 3 - 4) - NEW

Recreation Star Center, 1170 Shippan Ave

January 29 - March 5

Thursday

6:00PM - 7:00PM

\$200.00 per student for 6 weeks

Instructor: The Music Team Staff

Create, Design & Wear Your Art! Unleash your creativity in our exciting digital art program – perfect for beginners and budding artists! No experience is necessary, as students will learn everything needed to start creating on touch-screen laptops, with all software and hardware provided. Each week, young artists will bring their ideas to life through digital projects, experimenting with colors, shapes, and design techniques to craft unique creations. As a grand finale, students will transform their favorite piece into a wearable t-shirt, celebrating their journey from digital canvas to real-world art. This course is ideal for aspiring designers eager to express themselves through the magic of digital art!



PIANO LESSONS WITH MR. FIORITO BEGINNER TO EARLY INTERMEDIATE

Recreation Star Center, 1170 Shippan Ave

January 15 - March 12

Thursday

4:00PM - 4:45PM

\$250.00 per student for 9 weeks

Instructor: Bob Fiorito

You will need a piano or keyboard at home to practice. **For grades 4 & up / Gr. 3 & up if the student has completed our lower level group lessons.** The basics of piano note & rhythm reading will be taught in this class, as well as, learning to play the piano correctly. **Max of 4 students per class.**



GROUP GUITAR LESSONS WITH MR. TRUGLIO FOR STUDENTS (GRADES 4 - 9)

Recreation Star Center, 1170 Shippan Ave

January 14 - March 11

Wednesday

Beginner Group - 5:15PM - 6:00PM - Sess. 1

Adv. Beginner/Intermediate - 6:00PM - 6:45PM - Sess. 2

\$225.00 per student for 9 weeks

Instructor: Anthony Truglio

Beginner Group: Introduction to guitar. For beginners and players with a little experience. Finger dexterity, reading, chords around the guitar is all part of this program. You must supply your own acoustic or electric guitar.

Advance Beginner/ Intermediate Group: 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. **Max of 4 students per class.**

GROUP PIANO LESSONS I

FOR BEGINNERS TO INTERMEDIATE (AGES 6 - 14)

Recreation Star Center, 1170 Shippan Ave

January 13 - March 11

Tuesday & Wednesday

6:00PM - 6:45PM (All levels /Tues (Ages 6 - 9) - Sess. 1

4:00M - 4:45PM (Beginner 1/ Wed (Ages 6 - 9) - Sess. 2

5:00PM - 5:45PM (Beginner 2 / Wed (Ages 6 - 9) - Sess. 3

6:00PM - 6:45PM(Early Inter. /Wed(Ages 10-14) - Sess. 4

\$250.00 per student for 9 weeks

Instructor: Bob Fiorito

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. A book will be required and students should have a keyboard or piano at home to practice.

Max of 4 students per class.

MAD SCIENCE WINTER WONDERLAND LAB (K-2)

Recreation Star Center, 1170 Shippan Ave

January 17 - February 28 (No class 2/14)

Saturday

10:00AM - 11:00AM

\$200.00 per student

Instructor: Mad Science Staff

Join us for a frosty, fun, and electrifying science experience like no other! Step into a world of icy wonders and experience winter in a whole new scientific way! **Here's what's in store:** Create snow that **magically comes alive**—and never melts! Watch **mysterious dry ice fog** roll in and **giant dry ice bubbles** float and pop! Simulate a **winter storm** and create an **arctic whirlwind blast**! Make shadows glow on our **"magical" glowing wall**! Feel the shock as the **Van de Graaff Generator** makes **sparks fly** and your **hair stand on end**!



SCHOOL VACATION & SPECIAL EVENT PROGRAMS

DECEMBER VACATION CAMP (GR. K - 5)

Recreation Star Center, 1170 Shippan Ave

Monday, December 29- **Sec. 1**

Tuesday, December 30 - **Sec. 2**

Friday, January 2 - **Sec. 3**

8:00AM - 5:00PM

\$50.00 per child per day

Instructor: Recreation Services Staff

Come join us during the holiday break as we offer this 4 day vacation program. Each day campers will be involved in gym games, sports, arts and crafts and more. Camp is open to a max of 50 students per day and you can sign up for as many days as you need. Bring a bagged lunch each day & snack



MARTIN LUTHER KING DAY ACTIVITY CLUB (GR. K - 5)

Recreation Star Center, 1170 Shippan Ave

January 19, 2026

Monday

8:00AM - 5:00PM

Fee: \$50.00 per student

Instructor: Recreation Services Staff

Schools are closed and you need to work, look no further as we offer this one day program filled with gym games, arts and crafts, board games, outside activities (Weather permit) and more. **Campers should bring a bagged lunch & we will supply an afternoon snack.**



YOUNG INVENTORS MARTIN LUTHER KING DAY PROGRAM (GR. K-2)

Recreation Star Center, 1170 Shippan Ave

January 19, 2026

Monday

9:00AM - 3:00PM

\$125.00 per child

Instructor: Spark Business Academy staff

In this "inventive" program, students design and create solutions to problems, teaming up to identify the need for a new invention, and producing real structures and solutions. In one STEM challenge, students build bridges using a variety of material and experiment with how much weight they can hold. Students will also learn about famous inventors and discuss how inventions improve our lives. Students should pack a lunch, snack and beverage. For more information go to Sparkbusinessacademy.com



VALANTINE'S KIDS DAY OUT (GR. 1 - 4)

Recreation Star Center, 1170 Shippan Ave

Saturday, February 7, 2026

9:00AM - 12:00PM \$45.00 per child

Instructors: Ms. Nancy, **Mighty Makers**

Come join the fun as we MAKE and decorate love, family and friendship projects to celebrate Valentine's Day. Projects will include sweet treats and a creative art for our makers to bring home and share with the ones they love!



LEGO & K NEX BUILDING MARTIN LUTHER

KING DAY PROGRAM (AGES 5 - 12)

Recreation Star Center, 1170 Shippan Ave

January 19, 2026

Monday

9:00AM - 3:00PM

\$47.00 per student

Instructor: CT Computer Education staff

What's the easiest way to build a car, plane or tractor? What type of building blocks makes better machines? This class breaks down the building types with directions and using your imagination to build the most awesome things you can dream up. Children will work in groups and teams to challenge each other projects. **Please bring lunch, beverage and a snack.** No building pieces will be taken home. **Pictures will be emailed home. Students must be currently in Kindergarten to be eligible for this program.**



WINTER BREAK: CRAZY GEARS & WHEELS (AGES 5 - 12)

Recreation Star Center, 1170 Shippan Ave

February 13 & 16, 2026

Friday & Monday

9:00AM - 3:00PM

\$95.00 per student

Instructor: CT Computer Education staff

If you love building and inventions, our hands on building activities will inspire you! Students working in pairs will work with special LEGO® gears and levers and engineering components to possibly build a Wall Rocker Racer, Super-charged Speedster, a Battle Spinner and even a drawing machine. This fun, hands on class shows students how engineering can be fun and silly, yet still educational. Students will build models, and discuss the engineering science behind each model. Students will then be challenged to improve the model and customized their creations. Please bring lunch and a snack, No Lego's will be taken home. Pictures will be emailed home. **Students must be currently in Kindergarten to be eligible for this program.**



FEBRUARY VACATION CAMP (GR. K - 5)

Recreation Star Center, 1170 Shippan Ave

Friday, February 13, 2026 - **Sess. 1**

Monday, February 16, 2026 - **Sess. 2**

8:00AM - 5:00PM

\$50.00 per day per student

Instructor: Recreation Services Staff

Winter break is here and you need to work, parents look no further as we offer this school break 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 per day so don't wait! **Bring a bagged lunch each day!**



HOOP GIRLS PROGRAM

THE HOOP GIRLS "WHIRL THE WORLD (GR. K - 5)

Davenport School:

Monday: January 12 - March 23 (Gr.1-4) All Levels including Beginners - 4:05PM - 5:00PM - \$199.00 for 9 weeks - Sess.1

Thursday: January 15 - March 19 (Gr.3-5) Inter-Advanced Class - 4:05PM - 5:00PM - \$199.00 for 9 weeks - Sess. 2

Note: For Davenport classes students will be called to the gym at 3:45PM when Ms. Betty arrives for the 4:05pm start.

Stillmeadow School:

Tuesday: January 13 - March 17 (Gr. 1-4) All Levels including Beginners - 2:45PM - 3:45PM - \$199.00 for 9 weeks - Sess. 3

Wednesday: January 7 - March 18 (Gr. 3-5) Intermediate Level Only - 2:45PM - 3:45PM - \$199.00 for 9 weeks - Sess. 4

Star Center:

Saturday: January 10 - March 14 (Gr. K-3) Beginner - 11:00AM - 12:00 PM - \$175.00.00 per child for 8 weeks - Sess. 5

Roxbury School: (Rise and Shine Hoop Girls)

Wednesday: January 14 - March 18 (Gr. 1-5) All levels including beginners 7:45AM - 8:45AM - \$150.00 for 7 weeks - Sess. 6

Instructor: Betty Kelly Camlin, Certified Instructor

You've seen them everywhere. Parades, Mall performances, Tree Lightings, Mill River, Town Parties, Festivals & more. Dancing with Hoop, is a wonderful form of exercise, self expression & creativity. It improves fitness, stamina, endurance, strengthens core, hand-eye co-ordination, proprioception, balance & motor skills. Improves confidence & self-esteem. It's a phenomenal stress reducer. The endorphins flow and the smiles widen with each new Hoop Trick they master. Opportunities to perform in parades, holiday or patriotic performances and school events, once they master the skills required. Wear **Hoop Girl Shirt (\$20) or cotton short sleeve shirt to class (no mid drifts) sneakers, leggings, or shorts. NO sweatshirts, sweatpants, skirts, dresses, boots, crocs, or sandals. Hair pulled back in pony tail for class. A practice Hoop provided 1st few weeks -after purchase designer dance hoop from Ms. Betty \$25 - \$30 depend on size. Bring water bottle. For more info www.hoopgirlsofct.com to register please go to www.stamfordrecreation.com**

COUNSELOR IN TRAINING PROGRAM FOR TEENS AGES 14 - 15 SUMMER 2026

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 1, 2026** Applications will be available beginning **January 3, 2026 online at www.stamfordrecreation.com** The program is limited to 24 counselors in training. Interviews will begin starting February 1st, 2025 and will be held at the Recreation Office on the 6th floor of the Government Center. 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, 2026 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 Dante Statum, Recreation Leader at 203-977-4644 or email him at Dstatum@stamfordct.gov **JC 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. No exceptions!**



AFTERSCHOOL ART PROGRAM FOR STUDENTS GR. 1-3

❄️ ❄️ IT'S THE SEASON FOR MAKING ART ❄️ ❄️ FOR GRADES (1 - 3) - NEW

Recreation Star Center, 1170 Shippan Ave
January 26 - March 16 (No class 2/26)

Monday

4:30PM - 5:30PM

\$110.00 for 7 weeks

Instructor: Lori Federica, Artist

Young artists explore *color, texture, and shape* through fun winter crafts and creative projects. Seasonal art activities provide young artists with opportunities to develop fine motor skills while expressing their unique individuality and inventiveness.. from shimmering snow scenes to cozy mittens and glowing "windows of light". Each class builds art skills while celebrating the magic of the season. Additionally, these art projects can boost their confidence and foster a sense of accomplishment as they see their ideas come to life. ***Paint, glue, and sparkle your way through the season!***



YOUTH & TEEN PROGRAMS

CABA: CHILD & BABYSITTING SAFETY CLASS FOR STUDENTS (AGES 11 & UP)

Recreation Star Center, 1170 Shippan Ave

Tuesday, January 13 / 5:30PM - 7:30PM - Sess. 1

Tuesday, February 10 / 5:30PM - 7:30PM - Sess. 2

\$110.00 per child per session (**Only required to sign up for one session to be certified**)

Instructors: Better Babysitting staff

The Child and Babysitting Safety (CABS) program from ASHI and MEDIC First Aid gives young people everything they need to know for safe and successful babysitting. From getting started with their business, to relating with parents and children, to key safety, caregiving, and first aid tips, the magazine-format CABS guide and video makes learning fun. I also have realistic looking dolls to learn safe handling and diaper changing. **Attendees will leave with the skills of handling choking, basic first aid and CPR. 2 Year Certification from HIS.**

SPIN & LEARN TABLE TENNIS ACADEMY (AGES 8 - 13)

Lathon Wider Gym, 137 Henry Street

January 26 - March 30

Monday

6:00PM - 7:00PM (Ages 8-10) - Sess. 1

7:00PM - 8:00PM (Ages 11-13) - Sess. 2

\$220.00 per student per section

At Spin & Learn, we create a fun, safe, and inclusive environment that equips students with the tools to build focus, coordination, and confidence through learning the fundamentals of table tennis, engaging drills, and game play. We specialize in technical development, motor skill training, and teamwork based activities that strengthen both athletic ability and character. Please bring a bottle of water and wear comfortable athletic shoes.



CT SPORTS NETWORK WINTER VOLLEYBALL CLINICS (GR. 3 - 12)

Lathon Wider Community gym, 137 Henry Street

January 14 - March 14

Wednesday

4:30PM - 5:30PM (9 - 12 grade) - Sess. 1

5:30PM - 6:30PM (3 - 5 grade) - Sess. 2

6:30PM - 7:30PM (6 - 8 grade) - Sess. 3

\$199.00 per student per section

The clinics are open to both new and experienced players and our certified coaches will focus on teaching skills, rotations, game scenarios and the rules of the game in a fun filled environment. Our clinics are open to players in 3rd through 12th grade. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN! All participants should have athletic shoes, water and you may also wish to bring your knee pads as well.



CT SPORTS NETWORK WINTER BASKETBALL CLINICS (GR. 3 - 12)

Lathon Wider Community gym, 137 Henry Street

January 15 - March 5

Thursday

5:00PM - 6:00PM (3-5 grade) - Sess. 1

6:00PM - 7:00PM (6-8 grade) - Sess. 2

7:00PM - 8:00PM (9-12 grade) - Sess. 3

\$199.00 per student per section

The clinics are open to both new and experienced players as you aim to perfect your skills for the winter season. Our experienced staff will work on a variety of skills with thousands of touches on the ball, transitions, court movements and game scenarios all in a fun filled environment. Our clinics are open to players in 3rd through 12th grade. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN! All participants should bring water with them each week.



THE HOOP GIRLS -"FIT TO GO" WINTER CAMPS BY BETTY (AGES 6 - 12)

Bodywise By Betty Studio 990 Hope Street

Monday, January 19 - Sess. 1

Friday, February 13 - Sess. 2

Monday, February 16 - Sess. 3

\$78.00 per child **per day** (9:30AM - 4:00PM)

\$96.00 per child **per day** (8:30AM - 4:30PM)

This is a fun fitness and healthy lifestyle camp for Hoop Girls ages 6 to 12. Girls Improve your hooping skills, or LEARN HOW TO HOOP DANCE!! in addition we have: Kid friendly fitness equipment such as; treadmills, elliptical, mini trampolines, incline rowers, steppers, and more. This gym environment helps teach them how to use this kind of equipment properly and also INCREASE stamina & endurance while having fun. We also have Zumba & Yoga classes in the glow, karaoke lunches, crafts, active video games, indoor and outdoor. Weather permitting Fun trips to Dominos for Pizza (included in fee) and Scoops for ice cream weather permitting (extra fee). We often end with a movie and a snack. **You do not have to be a current Hoop girls to attend this camp Min. 10 and Max. 16 girls per day.** Any questions, please don't hesitate to email me Bodywisebybetty@me.com or call me at 203 561-4080.



ADULT PROGRAMS & TRIPS

MAT PILATES FOR ADULTS

Recreation Star Center, 1170 Shippan Ave
January 5 - March 30
5:30PM - 6:30PM / **Monday - Sec. 1**
10:00AM - 11:00AM / **Thursday - Sec. 2**
10:15AM - 11:15AM / **Saturday - Sec. 3**
\$160.00 per person per section
Instructor: Celeste Beaver, Certified Instructor
Contemporary Pilates with strength training to improve flexibility, endurance and muscle tone. Also aims to strengthen the spine and abdominal core. **Bring a mat!**

SELF - DEFENSE TRAINING FOR THE "EVERYDAY" ADULT

Recreation Star Center, 1170 Shippan Ave
January 5 - March 12 (No class 1 / 19 & 2 / 16)
Monday & Wednesday
Students are expected to participate twice a week
7:30PM - 8:30PM

\$110.00 per person once a week - **Sess. 1**

\$220.00 per person twice a week - **Sess. 2**

Master Tim Wrigley, **6th Degree Black Belt**

This twice a week training session will focus on **common-sense techniques that anyone (female or male) can perform** when faced with a physical threat of anyone. This class is intended for any adult aged individual, regardless of their fitness level or whether they never trained before in a martial art or has years of experience. The class will be 10-15 minutes of strength & mobility training followed by 45 minutes of self-defense skills & awareness training. Led by Tim Wrigley who has been an Instructor for adults & kids along with training himself in Krav Maga self-defense & Tae Kwon Do for over 30 years. We all know how important it is these days to feel safe and confident. He has dedicated his life to helping individuals with learning common sense techniques that will keep them safe. Learn how to increase your existing knowledge base through these common sense based seminars designed for the "everyday" man or woman living in today's world.

MGM SPRINGFIELD CASINO TRIP

March 2nd, 2026
Monday
Depart Government Center Lobby at 8:00AM
Return: Government Center Lobby at 6:00PM
\$48.00 per person per trip/includes drivers tip
Come let us do the driving and enjoy a day at the MGM Springfield Casino. Try your luck at table games, Poker, & slot machines. Enjoy the food and restaurants as well.
Limited to 48 passengers!



FRENCH FOR INTERMEDIATE/ADVANCE LEVEL ADULTS

Recreation Star Center, 1170 Shippan Ave
January 15 - February 19
Thursday

6:00PM - 7:15PM

\$280.00 per person for 6 weeks

Instructors: Sylvie Lobsenz, 17 years of experience teaching
Whether you are pursuing language for travel, business, or reconnecting with your heritage, Madame S. Lobsenz, can help you develop and expand your skills in reading, writing and conversation. Deepen your understanding of the culture and speak with ease and confidence. Practice your conversational French in an informal, relaxed atmosphere. Build on existing skills to help you expand your fluency in French. Engage in conversations with ease and confidence, Increase your proficiency in French vocabulary, Understand the meaning of French text and articles, Deepen your understanding of current French culture.



WOMEN'S ONLY GYM

Located: Break Thru Family Fit For Life

January 12 - March 15

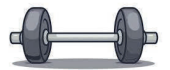
7:00AM- 9:00PM- **Mon-Fri.**

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

\$125.00 per person for 10 weeks / Unlimited days

Instructors: Personal Trainer: Kimberly Colletto

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. **Break Thru to a new you!!!**



KRAV MAGA ADULTS (KMX)

Break Thru Family Fit 4 life, 48 Union St.

January 12 - March 15

6:30PM - 7:30PM - Mon, Tues & Thurs

10:30AM - 11:30AM - Saturday

11:15AM - 12:15PM - Sunday

\$249.00 per person for 10 weeks unlimited

Instructor: Tom Bacha

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

Registration begins for most Winter Programs on
December 1, 2025. Registration for Preschool holiday
classes, Holiday special events begin November 14, 2025.

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. 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.

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



PUBLIC SKATING SESSIONS

Our Public Skating is offered during weekdays and on the weekends. Please check our website for public skating hours at www.tcrink.com. We offer group rates for groups over 15 with a reservation. Our admission rates are Child U18 - \$8.00, Adults - \$10.00, Skate Rentals - \$4.00.

OPEN HOCKEY

TCR has Open Hockey Sessions for all ages year round. Please check our website for these sessions at www.tcrink.com. Admission rates are \$15.00. All skaters under the age of 17 must wear full equipment and adults must wear helmet and gloves. Bring your own pucks!

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. The Skating Club of Southern CT offers Freestyle Sessions on Tuesday afternoons from 3:50 to 4:50pm. You must be a member of the SCSC Club to either walk-on or subscribe to the Tuesday Ice Time. Club's website www.skatescsc.com.

BIRTHDAY PARTIES

We offer parties during public skating at a reduced group price which includes admission, skate rentals and use of a party room. Food is not included in the price and must be purchased from the snack bar when operational. Our rates for parties are 200.00 for up to 25 people.

MULTI USE DISCOUNTS

TCR offers multi use discounts for Stamford Residents for Public Skating, Freestyle, and Open Hockey Sessions. Discounts are 10 paid for 13 sessions. Please inquire and purchase at Rink Office.

WINTER GROUP SKATING LESSONS

AGES 4 AND UP – ALL LEVELS

BEGINNERS THRU FREESTYLE CLASSES

Dates: Oct. 30 thru Jan. 10, 2026 (8 weeks)

Jan. 29 thru March 21, 2026 (8 weeks)

Our group lessons are offered on Thursdays or Saturdays. 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 4 & 5. We offer all levels thru Basic 6 and all Freestyle levels and have Specialty Classes including Intro to Synchro, Moves Classes, Advanced Freestyle, and Intro to Hockey. The Intro to Hockey Class is for ages 4-10 who have passed Basic 2 and who can skate forward, backwards and stop. Registration is done thru Terry Connors Rink. Call Rink directly at 203-977-4728 to register. Our website is www.tcrink.com and our email address is terryconners@stamfordct.gov.

Fee for the 8 week cycle is 180.00.

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 skill lesson programs. TCR is home to Stamford Youth Hockey, Skating Club of Southern Connecticut, Terry Connors Synchronized Skating, and Stamford/Westhill Boys and Girls High School Hockey.

For More Info on our Programs or to Register for the Learn to Skate Program, please call the Rink directly at **(203)977-4728**