City of Stamford

Mayor Caroline Simmons

Stamford Parks & Recreation
Winter Brochure 2027



Phone: (203) 977-5214 Fax: (203) 977-5504
888 Washington Blvd, 6th Floor www.stamfordrecreation.com

Registration for Most Winter Programs begins online December 1, 2026
Registration for holiday Programs begins online November 13th, 2026

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
Admin. Account Clerk: Tina Baines
Admin. Account Clerk: Karla Parham

Parks & Recreation Commission

Chair Parks & Recreation Commission: Michael Tedder
Parks & Recreation Commission: Angela Adetola
Parks & Recreation Commission: Shriya Nadella
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:

Thursday, December 24, 2026 - **Christmas Eve -Half Day**
Friday, December 25, 2026 - **Christmas Day**
Friday, January 1, 2027 - **New Years Day**
Monday, January 18, 2027 - **MLK Day**
Monday, February 15, 2027 - **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. With out 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 Shippan 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 polices. 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 Shippan 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, 2026. Registration for Preschool holiday classes begins November 13th, 2026. In Person Registration is Done By Appointment!



Stay & Play Preschool 2027 - 2028



Recreation Star Center, 1170 Shippan Ave

September 2027 – June 2028 (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
$4,700.00 per year (3 Year olds / 3 times per week) Can be paid in 4 payments of $1,175.00
$6,000.00 per year (4 year olds / 4 times per week) Can be paid in 4 payments of $1,500. 00
A $700.00 Non refundable deposit is due at the time of registration & the deposit will be deducted from your final payment.
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 2027 and run through June 2028 for the four-year-old program. The Lunch bunch will also be available to the three year olds starting in January 2028. **To schedule a visit call 203-977-5018 or @Skassouf@stamfordct.gov All students registering for the program must be 3 years old by October 1, 2027 to be eligible for the program. Registration begins December 1, 2026. Registration is open until the program fills**

Holiday Programs for Preschoolers

Turkey Toddler Craft & Play Time (Ages 1-3)

Recreation Star Center, 1170 Shippan Ave
November 19, 2026
Thursday
9:30AM - 10:15AM
$18.00 per child per section
Instructor: Jen Lupinacci & Chelsea Coussens
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. **Registration for this program begins November 13th online!**

Holiday Themed - Play and Learn (Ages 1 - 3)

Recreation Star Center , 1170 Shippan Ave
Tuesdays, December 1 - December 15 **-Sess. 1**
Thursday, December 3 - December 17 - **Sess. 2**
9:30AM - 11:00AM
$47.00 per child per section for 3 weeks
Instructor: Jen Lupinacci & Chelsea Coussens
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 13th online!**



Turkey Day Cookie Decorating and Playtime (Ages 1-3)

Recreation Star Center, 1170 Shippan Ave
November 20, 2026
Friday
9:30AM - 10:15AM
$18.00 per child per section
Instructor: Jen Lupinacci & Chelsea Coussens
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. **Registration begins November 13th online!**



Holiday Programs for Preschoolers

Handprint Keepsake Ornaments! (Ages 1-3)

Recreation Star Center, 1170 Shippan Ave
Friday, December 4 - **Sess. 1**
Monday, December 14 - **Sess. 2**
9:30AM - 10:15AM
$18.00 per child per section
Instructor: Jen Lupinacci & Chelsea Coussens



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 13th online!**

Do You Want to Build a Snowman (Ages 1-4)

Recreation Star Center, 1170 Shippan Ave
December 11, 2026
Friday
9:30AM - 10:15AM
$18.00 per child
Instructor: Jen Lupinacci & Chelsea Coussens



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. Caregivers & me class. **Registration begins November 13th. online!**

Holiday Pajama Party & Playtime (Ages 1-4)

Recreation Star Center, 1170 Shippan Ave
Monday, December 14 - **Sess. 1**
Wednesday, December 16 - **Sess. 2**
Friday, December 18 - **Sess. 3**
10:30AM - 11:15AM
$18.00 per child per section
Instructor: Jen Lupinacci & Chelsea Coussens



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! A care giver&me class. **Registration begins November 13th. online.**

Holiday Cookie Decorating (Ages 1 - 4)

Recreation Star Center, 1170 Shippan Ave
Friday, December 11
10:30AM - 11:15AM
$19.00 per child
Instructor: Jennifer Lupinacci
Come decorate sugar cookies with all s of the season! The children will decorate their own eat or take home with them! A care giver and me class. **Registration begins November 13th online!**

It is Time to Decorate Your Christmas Tree (Ages 1-4)

Recreation Star Center, 1170 Shippan Ave
December 4, 2026
Friday
10:30AM - 11:15AM
$18.00 per child
Instructor: Jen Lupinacci & Chelsea Coussens



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 13th online.**

Gingerbread House Decorating (Ages 1 - 4)

Recreation Star Center, 170 Shippan Ave
Wednesday, December 16 - **Sec. 1**
Friday, December 18 - **Sec. 2**
9:30AM - 10:15AM
$23.00 per child per section
Instructor: Jen Lupinacci & Chelsea Coussens
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 13th online!**

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 2:15PM – 4:15PM. 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 $325.00 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..**



Preschool Programs

Just Twos Drop Off (24 - 35 Months old)

Recreation Star Center, 1170 Shippan Ave
January 4 - March 31 (No class 1/18, 2/15 & 2/17)
Monday & Wednesdays
9:30AM - 12:00PM
$525.00 per child twice a week for 23 total sessions
Instructors: Jen Lupinacci & Chelsea Coussens
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 10 children. **Current fall session students have priority registration.**

Play and Learn (Ages 1-3)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday – 9:30AM – 11:00AM – **Sess. 1**
January 14 March 11 (No class 2/18)
Thursday – 9:30AM – 11:00AM – **Sess. 2**
$125.00 per child once a week for 8 weeks per session
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 & me program! No class 2/15 & 2/17/27**



Let's Get Messy (Ages 1-3)

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



Hands On Science (Ages 1.5 - 4)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday
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 & more.! **A cargiver & me program.**

Munchkin Sports & Games (Ages 2 - 3)

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



Preschool & Youth Programs

Indoor Soccer Tikes for (Ages 2 - 6)

Recreation Star Center 1170 Shippan Ave
January 9 - February 13
Saturdays
9:00AM - 10:00AM (Ages 2 & 3) **- Sess. 1**
10;00AM - 11:00AM (Ages 4-6) **- Sess. 2**
$135.00 for 6 weeks per child
Kevin Fallon, Certified Instructor
Kids should wear sneakers & comfortable clothing.
At Soccer Tikes, 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**

Karate Zoo (Ages 3 - 6)

Recreation Star Center, 1170 Shippan Ave
January 16 - March 13 (No class 2/20)
Saturdays
8:45AM - 9:30AM (Ages 3 - 4.5) **- Sess. 1**
9:45AM - 10:30AM (Ages 4.5 - 6) **- Sess. 2**
$200.00 per child once a week for 8 weeks
Instructor: Karate Zoo Staff
Karate Zoo introduces children to the fundamentals of martial arts through a fun, age-appropriate curriculum. In this high-energy, non-contact class, kids build confidence, focus, coordination, balance, and self-discipline while learning basic karate techniques in a safe, encouraging environment. Every class combines movement, character development, and plenty of fun!

Learn Spanish Through Muisc (Ages 1-4)

Recreation Star Center, 1170 Shippan Ave
January 11 - March 29 (No class 1/18 & 2/15)
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!

USA Sport Group Multi Sports Classes (Ages 2.5 - 5.5)

Lathon Wider Gym, 137 Henry Street Saturday
January 9 - February 20 **- Sess. 1**
March 6 - April 3 (No class 3/27) - **Sess. 2**
$191.00 per child for **session 1**
$129.00 per child for **session 2**
9::00AM - 9:40AM (Ages 3.0 - 4.5) - **Sec. A**
9:40AM - 10:20AM (Ages 2.5 - 3.5) **- Sec. B**
(**Parent Assistance may be required for section B)**
10:20AM - 11:00AM (Ages 4.0 - 5.5) **- Sec. C**
MULTI SPORTS 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, and movement. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success. All equipment needed for this class will be provided by USA Sport Group. Multi-Sports Class Highlights: Development of fine motor skills, Play a variety of different sports, Fun sports-themed activities, Concept of being part of a team & Completion certificate.

Shinning Soccer Stars Indoors (Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave
January 16 - February 27 (No class 2/20)
Saturday
12:30PM - 1:15PM (Ages 5-8) - **Sess. 1**
1:15PM - 2:00PM (Ages 9 - 12) - **Sess. 2**
$150.00 per child per session for 6 weeks
Instructor: Super Soccer Star Staff
Shining Soccer Stars i**s an adaptive soccer program designed to give children of all abilities the opportunity to learn, play, and succeed in a supportive environment.** Through engaging games, soccer activities, and individualized instruction, partici-pants develop motor skills, coordination, confidence, and so-cial connections while having fun. Our experienced coaches create an inclusive atmosphere where every child can shine at their own pace. **For boys and girls!**



A - Z Dance Programs

Mommy & Me (Ages 1 - 2.5)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday
11:00AM - 11:45AM
$200.00 for 8 weeks
Instructor: A - Z Dance Instructor
Dance, move and make memories together.! This interactive parent and child class introduces music, rhythm, and creative movement through songs, games and guided activities that develop coordination and social skills. Attire: Comfortable clothing, ballet slippers or non-slip socks for children. Adults wear comfortable clothing and indoor footwear. **Please note: One parent or caregiver actively participates.**

Tiny Tu-Tu's (Ages 2 - 3)

Recreation Center, 1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday
10:00AM - 10:45AM
$200.00 per child for 8 weeks
Instructors: A - Z Dance Instructor
A playful introduction to movement! Dancers explore rhythm, balance, coordination, and body awareness through music, beginner dance exercises, and imaginative activities. Attire: Leotard and tights or fitted dancewear, ballet slippers, hair secured way from the face. Please note: This is an independent class. **We kindly ask that parents and caregivers wait outside the classroom while dancers participate.**

Tiny Dancers (ages 2-3) - New

Recreation Star Center, 1170 Shippan Ave
January 14 - March 11 (No class 2/18)
Thursday - 11:00AM - 11:45AM
$200.00 per child for 8 weeks
Instructors: A - Z Dance Instructor
A joyful introduction to movemnet! Dancers explore rhythm, balance, coordination, and body awareness through music, beginner dance exercise, and imaginative activities. Attire: Leotard and tights or fitted dancewear, ballet slippers, hair secured away from the face. Please note: This is an independent class. **We kindly ask that parents and caregivers wait outside the classroom while dancers participate.**

Mini Hip Hop (Ages 5 - 7) - New

Recreation Star Center, 1170 Shippan Ave
January 14 - March 11 (No class 2/18)
Thursday
4:30PM - 5:15PM
$200.00 for 8 weeks
Instructors: A - Z Dance Instructor
Build a strong foundation in ballet! Learn basic positions, terminology, posture, alignment, balance, and musicality through structured exercises and simple combinations. **Attire: Leotard, tights, and ballet slippers; hair in a bun or secured neatly away from the face.**



Ballet/ Tap Combo (Ages 3 - 5)

Recreation Star Center,1170 Shippan Ave
January 11 - March 15 (No class 1/18 & 2/15 & 2/20)
Monday: 11:00AM - 11:45AM (Ages 3-4) - **Sess. 1**
January 16 - March 13
Saturday: 10:00AM - 10:45AM -**Sess. 2**
$220.00 for 8 weeks per section
Instructors: A - Z Dance Instructor
A beginner - friendly combination of ballet and tap! Dancers learn basic ballet positions, introductory tap steps, rhythm, musicality, and coordination through imaginative exercise & age appropriate activities. **Attire: Leotard & tights or fitted dancewear, ballet slippers and tap shoes, hair secured away from the face.**

Mini Hip Hop (Ages 3 - 5) - New

Recreation Star Center, 1170 Shippan Ave
January 16 - March 13 (No class 2/20)
Saturday
9:00AM - 9:45AM
$200.00 for 8 weeks
Instructors: A - Z Dance Instructor
Big moves for little dancers! An upbeat introduction to hip hop with age appropriate music, beginner choreography, rhythm, coordination, and basic movement combinations. **Attire: Comfortable athletic clothing or fitted dancewear, clean indoor sneakers, hair secured away from the face.**

K-Pop Dance Party (Ages 5 - 8) - New

Recreation Star Center, 1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday
4:30PM - 5:30PM
$200.00 for 8 weeks
Instructors: A - Z Dance Instructor
Calling all future K-pop superstars! Unleash your inner pop hero with catchy beats, powerful performances & fearless teamwork. Dancers learn age appropriate choreography with sharp moves & dynamic formations while building confidence and coordination. **Attire: Comfortable athletic clothing or fitted dancewear, clean indoor sneakers, hair secured away from the face.**

Youth & Teen Programs

Eagles of Stamford Indoor Soccer Academy (Ages 4 - 15)

Lathon Wider Gym, 137 Henry St. Stamford
Mondays: January 4 **–** March 22 No program 1/18 & 2/15) Time:
5:30 PM **-** 6:30 PM (Ages 4**-**7) **-Sess. A**
6:30PM **-** 7:30PM (Ages 8 **-** 10) **-Sess. B**
7:30PM **-** 8:30PM (Ages 11**-**13) **- Sess. C**
Fee: $195.00 per student per session
Tuesday: January 5 - March 23 (No program 2/16) Time:
5:30 PM - 6:30 PM (Ages 5-7) **-Sess. A**
6:30PM - 7:30PM (Ages 8 - 10) **-Sess. B**
7:30PM - 8:30PM (Ages 12-14) **- Sess. C**
Fee: $230.00 per student per session
Fridays: January 8 - March 19 (No program 2/19) Time:
7:30 PM - 8:30 PM (Ages 9-12) **-Sess. A**
8:30PM - 9:30PM (Ages 13 - 15) **-Sess. B**
Fee: $200.00 per student per session
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.



CT SPORTS NETWORK Winter Volleyball Clinics (Gr. 3 - 12)

Lathon Wider Community gym, 137 Henry Street
January 13 - March 10 (No class 2/17)
Wednesday
4:30PM - 5:30PM (Gr. 9-12) - **Sess. 1**
5:30PM - 6:30PM (Gr. 3-5) - **Sess. 2**
6:30PM - 7:30PM (Gr. 6-8) - **Sess. 3**
$215.00 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 and elbow pads as well.

Star Center Half Day School Camp (Gr. K-5)

Recreation Star Center, 1170 Shippan Ave
Wednesday, January 27 **- Sess. 1**
Wednesday, February 10 **- Sess. 2**
Thursday, February 11 - **Sess. 3**
Friday, February 12 - **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.
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CT SPORTS NETWORK Winter Multi Sports Clinics (Ages 6 - 12)

Lathon Wider Community gym, 137 Henry Street
January 15 - March 12 (No class 2/19)
Friday 5:00PM - 6:00PM (Ages 6-8) - **Sess. 1**
6:00PM - 7:00PM (Ages 9-12) - **Sess. 2**
$215.00 per student per section
CT SPORTS NETWORK in conjunction with Stamford P&R will be offering multi sports clinics throughout the cold winter months for kids aged 6 - 12 years old. Each week the players will learn the basics of and play a new game including soccer, wiffle ball, basketball, volleyball etc. Coaches will provide a short sport introduction and coaching practice before getting down to play in small sided scrimmages (sport depending). We want the kids to enjoy as much play time as possible as they experiment with potentially new sports. Our staff will strive to provide the best experience for each player while allowing the kids to learn in a FUN environment. All equipment required for each sport will be provided weekly.

Afterschool Programs

Calling All Chefs (Gr. K - 4)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 4 (No class 2/16 & 2/18)
Tuesday (Gr. K-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,
Meet us in the kitchen for this yummy class! Chefs will learn about a variety of foods and cooking practices as they slice, dice, chop, measure and mix to create! Exciting breakfast, lunch, dinner and snack recipes will be on the menu and weekly, each chef will receive the recipe to share and prepare with their families. * We do not use peanut products in our recipes. All allergies need prior approval *** Weekly recipes and class re-caps are sent via email**

The Comic Tree Workshop Winter Cartooning Studio (Gr. 2-4)

Recreation Star Center ,1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday
5:00PM - 6:00PM
$165.00 per child for 8 weeks
Instructor: Phil Lohmeyer, The Comic Tree Workshop
Learn how cartoonists create winter-themed characters, poses, and fun scenes! Students will practice step-by-step cartoon drawing while exploring pencil, ink, and coloring techniques. We'll then use those skills to create original 1-panel comics featuring snowmen, skiing & sledding, ice skating, snow forts, hot cocoa, igloos, holiday lights, winter sports, and more. Each week will include new challenges, a variety of characters, and opportunities to build drawing and visual storytelling skills. **Min. 6 / Max. 18 students.**

Chess Wizards (Gr. 1 - 5) In Person Chess Club



Recreation Star Center, 1170 Shippan Ave
January 16 - March 13 (No class 2/20)
Saturday
9:30AM - 10:30AM
$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.

Kids In The Kitchen (Gr. K-6) The Food Challenge at Stillmeadow School

Stillmeadow Elementary School
January 14 - March 4 (No class 2/11 & 2/18)
Thursday
3:00PM - 4:00PM
$225.00 per child for 6 weeks
Instructors: KITK Instructors
Kids in the Kitchen Cook Create & Challenge Yourself! Get ready cooking adventure! Each week, young c fun, kid-friendly recipe using real ovens tools while learning practical cooking and baking skills. Kids will explore math and science through cooking, build confidence and creativity, and work together in exciting weekly team challenges with opportunities to earn team recognition and fun prizes! & there's more! Our special Bake It Forward Day gives kids the chance to bake with a purpose and experience the joy of sharing something they made with others. Enrollment includes: KITK keepsake apron, digital cookbook, prizes, all ingredients and supplies, and weekly recipes. **Allergy Awareness: Nuts are not added to our recipes**

Kids In The Kitchen (Gr. 3-6) The Food Challenge at the Star Center

Recreation Star Center Kitchen 1170 Shippan Ave
January 11 - March 1 (No class 1/18 & 2/15)
Monday
4:15PM - 5:15PM
$225.00 per child for 6 weeks
Instructors: KITK Instructors
Kids in the Kitchen Cook Create & Challenge Yourself! Get ready for a ha cooking adventure! Each week, young chefs will fun, kid-friendly recipe using real ovens and real kitchen tools while learning practical cooking and baking skills. Kids will explore math and science through cooking, build confidence and creativity, and work together in exciting weekly team challenges with opportunities to earn team recognition and fun prizes! & there's more! Our special Bake It Forward Day gives kids the chance to bake with a purpose and experience the joy of sharing something they made with others. Enrollment includes: KITK keepsake apron, digital cookbook, prizes, all ingredients and supplies, and weekly recipes.
Allergy Awareness: Nuts are not added to our recipes.



Youth Educational Programs

Mixed Media Art Class (Ages 5 - 12) -New

Recreation Star Center, 1170 Shippan Ave
January 11 - March 15 (No class 1/18 & 2/15)
Monday
4:00PM - 5:00PM (Ages 5 - 8) - **Sess. 1**
5:00PM - 6:00PM (Ages 9 - 12) - **Sess. 2**
$180.00 per person for 8 weeks
Instructor: JoAnne Claybourne
This fun filled art class will give students experience with acrylic paints, watercolors, pastels and much more! They will learn 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 its fullest. Her commitment to explore her heritage has won her not only regional acclaim but also the attention of national collectors. Includes all art suplies for the program.



It's Clay Time (Ages 5 - 12) - New

Recreation Star Center, 1170 Shippan Ave
January 13 - March 17 (No class 2/17 & 3/10)
Wednesday
4:00PM - 5:00PM (Ages 5 -8) - **Sess. 1**
5:00PM - 6:00PM (Ages 9 - 13) - **Sess. 2**
$190.00 per person for 8 weeks/ Includes all material
Instructor: JoAnne Claybourne
Want to make fun clay projects? In this class Jo-Ann will guide students through creating clay pots, clay animals... sometimes with different mediums intertwined into the clay! Students will fine tune their recognition of shapes, improve their hand eye coordination, learn representational smoothing techniques and build their individual style. We will explore different painting techniques. 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. Includes all materials.

Outer Space and Physics Fun (Ages 7-11)

Recreation Star Center 1170 Shippan Ave
January 19 – February 23 (No class 2/16)
Tuesday
4:30PM – 5:30PM
$190.00 per student
Instructor: Minds In Motion Certified Instructor
Come join an exciting world of space exploration as you build and take home your very own Orbiting Solar System Kit! You will assemble your own model, learn all about our planetary neighborhood, and watch the planets move around the sun with a wind-up motor inside. Set the planets in motion with a flick of your wrist! Take part in other exciting activities involving physics, air pressure, and density. Check out our real meteorite fragment sample! Watch a cosmic rocket shoot up fifty feet into the air! Be mesmerized as you assemble and take home your own stunt plane and learn about the four major forces of flight. You will also witness some neat demonstrations from your instructor. **Watch as an egg is magically sucked into a bottle, behold a tornado being created, and much more in this fun and exciting program!**

New Circuits & More Circuits (Ages 5-12)

Recreation Star Center 1170 Shippan Ave
January 19 – February 23 (No class 2/16)
Tuesday
4:00PM – 5:00PM
$109.00 per student
Instructor: Ms. Devra, CT Computer Education
Love Science and Building... This class will intrigue your child about the world of science while investigating how to use snap circuits. Discussion of what makes a circuit? Some battery experiments will be included in this class. This class is designed for all ages. If attended previous year you can start with our 1.5 version. Please bring a snack. No materials will be taken home. Group work and individual work. No circuits will be taken home.



Youth Educational Programs

Science or Art (Ages 5-12)

Recreation Star Center 1170 Shippan Ave
March 16 -April 20 (No class 4/13)
Tuesday
4:00PM – 5:15PM
$109.00 per student
Instructor: Ms. Devra, CT Computer Education
Camp includes ART and SCIENCE experiments. Children will be required to wear safety glasses during class. If a child has any allergies, please notify the instructor. Please bring a snack every day. Some experiments include airplanes, soap, bubbles, playdough, volcanos and slime contests.



French For Children (Ages 6 - 10)

Recreation Star Center, 1170 Shippan Ave
January 19 - February 23 (No class 2/16)
Tuesday
5:30PM - 6:15PM
$210.00 per student for 6 weeks
Instructors: Sylvie Lobsenz, **17 years teaching experience**
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! **For more information go to www.literakid.com**

After School Enrichment Program
My First Craft Fair (Gr. K-3)

Recreation Star Center, 1170 Shippan Ave
January 11 - March 1 (No class 1/18 & 2/15)
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 info go to **Sparkbusinessacademy.com**

Camp My First Hot Cocoa Stand
Martin Luther King Day Program (Gr. K-2)

Recreation Star Center, 1170 Shippan Ave
Monday, January 18, 2027
9:00AM - 3:00PM
$125.00 per child
Instructor: Spark Business Academy staff
Learn how to make yummy hot cocoa, and earn money selling it! A hot cocoa stand is a great way to introduce our youngest entrepreneurs to the world of business and is fun! From designing marketing flyers to estimating profits to experimenting with recipes, students have fun while developing business savvy! As a showcase event, students launch the stand as a fundraiser for a charity they select! **Minimum 10 kids & max of 16 kids.**

Camp Young Inventors Presidents
Day Program (Gr. K-3)

Recreation Star Center, 1170 Shippan Ave
February 15, 2027
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.

SPARK business academy

Youth Educational Programs

Introductory Robotics With A I Advanced & Competitive ((Ages 9-14)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 9 (No class 2/16)
Tuesday
4:00PM - 5:00PM
$360.00 per student for 8 weeks
Instructor: First Lego Coach/Mentor
This class will be a mini version of the actual First Lego League Challenge Division's competition, using the exact competition set, missions, the same robotic set and scoring rules. The students will learn, within a competitive environment, 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 with AI elements to complete the missions. They will be divided into teams to further design the robot and solve the missions within their teams. In the last class, students will compete against each other with all of their best designs to see who scores the highest points. Students graduate from this class will have a pathway towards Jragon Academy robotic competition team. This class is intended for students who have previous competition experience and wish to polish up their skills in the off season. Medals will be awarded to all participants, and **the winner will receive a certificate issued by Jragon Academy.**



Introductory Robotics with AI- Beginner (Gr. K-5)

Recreation Star Center, 1170 Shippan Ave
January 14 - March 11 (No class 2/18)
Thursday
5:15PM - 6:15PM
$288.00 per student for 8 weeks
Instructor: First Lego Coach/Mentor of Jragon Robotics
Based on the framework of the First Lego League competition, the most popular youth robotic competition in the world, not only the students will learn how to design, build, code, and test their robot using customized Lego Robotics sets, but they will also use their creativity to give the robot a purpose within the ecosystem by interacting with their peers' robots using AI elements in the coding process. This session is focused on Robotic Fundamentals with an introduction to Artificial Intelligence. No prior experience is needed. Your student will have the chance to be scouted to join the Jragon Academy's robotic competition team. One scholarship spot is available for neurodiverse children and students in the school's free-lunch program. **Jragon Robotics.**

Introductory Robotics with AI - Intermediate (Gr. 4-6)

Recreation Star Center, 1170 Shippan Ave
January 14 - March 11 (No class 2/18)
Thursday
4:00PM - 5:00PM
$320.00 per student for 8 weeks
Instructor: First Lego Coach/Mentor
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. They will build the robot using customized Lego Robotics sets, with sensors, code and control it with algorithms and AI elements. After working on their chosen project in a small group, the students will make a presentation with the data collected by running the robot and draw conclusions. In the last class, students will showcase their final project as a group. This session is focused on Robotic Fundamentals with an introduction to Artificial Intelligence. Your student will have the chance to be scouted to join the Jragon Academy robotic competition team. One scholarship spot is available for Neurodiverse children and students in the school's free-lunch program. **Jragon Robotics.**

Mighty Makers Kids Day Out Holiday Make & Take (Gr. K - 4)

Recreation Star Center, 1170 Shippan Ave
Saturday
December 19. 2026
9:00AM - 12:00PM
$50.00 per child/includes all supplies
Instructor: Ms. Nancy Mighty Makers
Are your kiddos ready for blast of a morning with us, so you can get your shopping done? Let's go! We're ready and excited to spend time with a creative Make and Take day. Your little elves will make and decorate holi-day cookies to share with their favorite people. As the cookies are baking, we'll join into festive and fun holiday gym and musical games **Please send your child with a beverage, we'll supply the rest!!**



Afterschool & Weekend Programs

Peanut Basketball (Gr. K - 1)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 2 (No class 2/16)
Tuesday
4:15PM - 5:15PM
$70.00 per student for 7 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!**

Dodgeball (Gr. 2 - 3)

Recreation Star Center, 1170 Shippan Ave
January 14 - March 4 (No class 2/18)
Thursday
4:15PM 5:15PM
$70.00 per student for 7 weeks
Instructor: Recreation Staff
Students have the opportunity to enroll in a dodgeball program in which participants will play dodgeball as well as different variations of dodgeball every week. Dodgeball is a great way for children to stay active, be part of a team, and have fun. Gator Skin Dodgeballs are used in the program because they are kid-friendly and are designed to virtually eliminate the sting associated with getting hit by the ball. Limited enrollment! **For boys & girls!**



Turbo Kicks Indoor Soccer Program (Gr.1 - 2)

Recreation Star Center, 1170 Shippan Ave
January 15 - March 5 (No class 2/19)
Friday
4:15PM - 5:15PM
$70.00 per student for 7 weeks
Instructor: Recreation Staff
This class is designed to perfect basic skills such as dribbling, passing and shooting. Participants will also play a mini game each week. Emphasis will be on fun & sportsmanship in a relaxing environment. **For boys and girls.**

Intro Tennis Lessons Indoors (Ages 5 - 7)

Recreation Star Center, 1170 Shippan Ave
February 27 - March 27
Saturday
8:30am - 9:20AM - **Sess. 1**
9:30AM - 10:25AM - **Sess. 2**
$105.00 per child for 5 weeks
Instructor: GSTA Instructors



The Greater Stamford Tennis Association and Stamford Recreation Services is offering a 5 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.**

I9 Sports 3 v 3 Basketball Training & League (Ages 7-12)

Lathon Wider Gym, 137 Henry Street
January 12 - March 4 (No program 2/16 & 2/18)
Tuesday: Practice & Training -4:00PM - 5:30PM
Thursday: 3v3 Games/Leag./Tournament 6:30PM - 8:00PM
$300.00 per player
The i9 Sports 3v3 Basketball Training & League is designed for boys and girls ages 7–12 who want to improve their skills, get more touches, and compete in a fun, fast-paced environment. Tuesday sessions focus on basketball development including ball handling, shooting, passing, footwork, spacing, defense, and game situations. Thursday nights are dedicated to 3v3 league play, giving players more opportunities to handle the ball, make decisions, move without the ball, and compete in live game situations. The program will build toward tournament-style competition as the season progresses. i9 Basketball 3v3 tournament . Players will be grouped by age and skill level whenever possible. All skill levels are welcome. Please bring a bottle of water, basketball sneakers, and athletic clothing. **Basketballs and other program equipment will be provided.**
.

Youth & Teen Programs

CABA: Child & Babysitting Safety Class For Students (Ages 11 & UP)

Recreation Star Center, 1170 Shippan Ave
Tuesday, January 19/ 5:30PM - 7:30PM - **Sess. 1**
Tuesday, February 16 / 5:30PM - 7:30PM - **Sess. 2**
Tuesday, March 16/ 5:30PM - 7:30PM - **Sess. 3**
$120.00 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.

Mighty Makers Kids Night Out (Gr. K-3)

Recreation Star Center, 1170 Shippan Ave
Friday, January 8, 2027 - **Sess. 1**
Friday, February 5, 2027 - **Sess. 2**
5:00PM – 8:00PM
$60.00 per child per session
Instructor: Ms. Nancy, **Mighty Makers**
Your parents deserve a night off... so send them out on the town while YOU have the most awesome night ever!
⭐Get ready for KIDS NIGHT OUT! ⭐ We'll chef up and enjoy delicious pizza creations for dinner, dive into a funky and creative art project, and of course top off our night with lively music and fun games**! Max of 15 students.**

Youth & Teen Music Programs

Group Piano Lessons I For Beginners to Intermediate (Ages 6 - 14)

Recreation Star Center, 1170 Shippan Ave
January 12 - March 16 (No class 2/16 & 2/17)
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.**

Piano Lessons with Mr. Fiorito Beginner to Early Intermediate

Recreation Star Center, 1170 Shippan Ave
January 14 - March 18 (No class 2/18)
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 13 - March 17 (No class 2/17)
Wednesday
Beginner Group - 5:15PM - 6:00PM - **Sess. 1**
Adv. Begin/Inter - 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 studentswith1 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.**



Youth & Teen Fitness Programs

Hoop Girls of Stamford (Gr. K - 7)

Bodywise Studio: Hoop Dance Glow: Light up the dance floor! Learn to hoop dance in a dazzling disco setting with glowing LED hoops, mirrors, and energizing music. Master fun tricks, exciting moves, and more complicated combinations with greater ease while dancing, spinning, and flowing with light. Hoops are provided!
Monday: January 15 - March 22 (Gr.3-7) All Levels - 4:45PM - 5:45PM - **Sess. 1**
Stillmeadow School: Tuesday: January 19 - March 16 (Gr. K-4) Beginner 1 & 2 Combo - 2:40PM - 3:50PM **- Sess. 2**
Thursday: January 14 **-** March 18 (Gr. 3-6) Intermediate to Advanced **-** 2:40PM **-** 3:50PM **- Sess. 3**
Davenport School: Wednesday: January 13 **-** April 7 (Gr. K **-** 6) All Levels **-** 4:00PM **-** 5:00PM **- Sess. 4**
Note: For Davenport classes students will be called to the gym at 3:45PM with Ms. Betty arrives for 4pm start.
Star Center: Saturday: January 16 **-** March 13 (Gr. K-4) All Levels **-** 11:20AM **-** 12:20PM **- Sess. 5**
Instructor: Betty Kelly Camlin, Creator /Director /Certified Instructor
$180.00 per child per section for 8 week program Hoop, Dance, Perform & Shine! Join The Hoop Girls of Stamford. Once you can walk and hoop around your waist while following choreography, exciting performance opportunities await! Join us for parades, fundraisers, pep rallies, block parties, school & hol more! We love sharing our passion for hoop dance with our wonderful community! With a big H for HAPPY have a whirl of a time hooping it up to her favorite pop hits & show tunes using handmade designer danc helps develop stamina, endurance, core strength, hand-eye coordination, balance, proprioception, and mo fun, find your rhythm, and let your inner Hoop Girl shine! ● What to wear: Cotton shirt, hair ponytail off leggings ● Please avoid: Jeans, Skirts, dresses, midriff tops, boots, Crocs or sandals. ● Hoops: Provided purchase a performance Shirt & Hoop when ready! ● Class size: **Min 10 max 18 participants at school. Saturday at the Star Center.**

The Hoop Girls - "Fun To Be Fit" School Holiday Camps for Girls (Gr. 1 - 7)

Bodywise By Betty Studio, 990 Hope street
Monday, January 18, 2027 (MLK Day) **- Sess. 1**
Tuesdays, February 16 **-** Thursday, February 18 **- Sess. 2**
Wednesday, March 10, 2027 (EID **-** AL **-** FITR) **- Sess. 3**
9:30AM **-** 4:00PM
$85.00 per child for single day camp
$270.00 per child for the 3 day Winter Break Camp
FUN, interactive FITNESS camp to help improve hoop dance skills and overall fitness, endurance & stamina. Which intern will help with performing or sports. You do not have to be a current Hoopgirl to enjoy this camp. We will teach you how to hoop. Camp includes: HOOP DANCE INSTRUCTION, Rebounding (aerobics mini trampolines), ZUMBA & YOGA In the GLOW (disco party setting) Ellipticals, treadmills, Incline Rower, Bosu Balls, Boxing, calisthenics, Theater Arts, ART, karaoke, disco parties, and more. Activities performed inside (some outside if weather permits) to fun, high energy, kid friendly music. Domino's for lunch. (will walk to Dominos weather permitting) itinerary for each day will be provided. Fees includes pizza lunch single day camps. 3 days camps pizza included one day/camp. Will take Gr K with older sibling) Min 10 max 14 campers. Bring lunch on the days we're not having pizza. **We are a nut free camp.** Pack something that is easy to eat that does not require any utensils or cooking or heating.



REBOUNDING CROSS TRAINING for Tween & Teen Girls (Ages 11 - 16)

Bodywise By Betty Studio 990 Hope Street
January 13 - February 10 - **Sess. 1**
February 24 - April 21 - **Sess.2**
Wednesday 5:45PM - 6:30PM
$150.00 per student for 7 weeks per session
Betty Kelly Camlin, Certified Instructor
Utilizing Rebounding Aerobics for Cardio Vascular Endurance and light resistance training with diverse age, appropriate movements both on and off the rebounder to build overall strength, endurance, stamina, proprioception, and most of all confidence in a truly fun and engaging way. Combined with some health and nutritional education, in a friendly girl only environment, it is a safe, highly effective way to prevent sports burnout, promote healthy body image, and build physical resilience during crucial growth years. Whether you are an athlete or not, if you just want a really good fitness program for your age group this one is for you.!! Benefits of Rebounding/Cross Training are: Reduce risk of injury, Improve athletic ability & Mental Well-Being: REBOUNDING is highly rated for its energy inducing, immune enhancing , Endorphin-boosting workouts, that help reduce symptoms of anxiety and or depression while fostering self-esteem and body positivity. Betty Kelly Camlin: Retired medical professional, we are Certified Master Rebounding Instructor, Certified youth fitness training South Carolina with over 20 years experience. **Visit website at www.bodywisebybetty.com.**



Youth 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 4 - March 10 (No class 2/15 & 2/17)
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**
Instructor: Mr. Lucas Tuccinardi, **4th Degree Black Belt**
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.**



Team Wrigley Tae Kwon Do For Youth Ages (7 & Up)

Recreation Star Center, 1170 Shippan Ave
January 4 - March 11 (No class
Day & Time By Rank Students are expected to participate twice a week
Yellow & Orange Belts:
Monday & Wednesday -6:30PM-7:15PM
Green & Blue Belts:
Tuesday & Thursday– 5:45PM - 6:40PM
Red, Brown & Black Belts (All ages)
Tuesdays and Thursdays - 6:45PM - 7:45PM
$260.00 per child
Master Tim Wrigley, **6th Degree Black Belt**
Instructor: Mr. Lucas Tuccinardi, **4th Degree Black Belt Asst.**
This Martial Arts 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 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 11 - March 20
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 condition-ng. Program is customized to each child based on his/her individual needs. **Only 15.00 dollars per week for your child to feel good!** All students must call Break Through Fitness (203 - 355-9395) for first time orientation. A Guardian must attend but will get a free membership if the child joins the gym. See Break thru Gym for Details.

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

Located: Break Thru Family Fit 4 life/ 48Union St
January 11 - March 20
Monday, Wednesday & Friday: 5:00PM - 5:45PM
Sundays :10:30AM - 11:15AM
Instructor: Tom Bacha & Kiberly Colleto
This is a unique kids version of the Israeli Self-Defense & Military Training System. It uses drills & games to teach children life skills ,Personal Protection. Discipline Focus Common Sense. Also Self-Confidence. Classes begin with a full 20minutes off un cardio drills (obstacle course, boot camp drills etc.), followed by realistic self-defense drills & end with Stranger Danger.

KRAV MAGA

Winter 2027 Youth Aquatics Swim Lessons
Location: Westhill High School Pool, 125 Roxbury Road
Fee: $175.00 (10 Youth & Adult classes per session)

MONDAYS
Dates: 1/11 thru 3/15
(No class: 1/18, 2/15)
Level 1- 6:00PM-6:30PM
Level 2- 6:30PM-7:00PM
Level 3- 7:00PM-7:30PM
Level 5- 7:30PM-8:00PM
ADULT- 8:00PM -8:30PM

TUESDAYS
Dates: 1/12 thru 3/9
(No class 2/16)
Level 1-6:00PM-6:30PM
Level 1-6:30PM-7:00PM
Level 2-7:00PM-7:30PM
Level 3-7:30PM-8:00PM
Level 4-8:00PM-8:30PM

THURSDAYS
Dates: 1/14 thru 3/11
(No class 2/18)
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).

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.

****NEW** Learn the basics (18 & older)** ADULT swim class is new program where swimmers are introduced to water in a safe and supportive environment. This class focuses on creating comfort in the water while learning to swim independently. Swimmers will become more acclimated with front/back floats, swimming 10 yards, submerging and jumping with assistance.

****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.

SIGN UP FOR OPEN SWIM: Family of 4 (2 parents, 2 kids/under 18)
$60 for the season Individual/ Adult (18 and older): $50 for the season
Once you have enrolled in open swim you are welcome to attend any of the swim lesson nights, each week, throughout the season. January 11th - March 15th. You must sign in with our aquatics staff each time you arrive for public open swim.

School Vacation Programs

December School Vacation Camp (Gr. K - 5)

Recreation Star Center, 1170 Shippan Ave
Monday, December 28- **Sec. 1**
Tuesday, December 29- **Sec. 2**
Wednesday, December 30 - **Sec. 3**
8:00AM - 5:00PM
$50.00 per child per day
Instructor: Ms. Nancy & 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
Monday, January 18, 2027
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 his 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.

Science & All That Stuff (Ages 5-12)

Recreation Star Center, 1170 Shippan Ave
Monday, January 18, 2027 **(MLK Day)**
9:00AM - 3:00PM
Fee: $48.00 per student
Some experiments in class will be slime, static electricity, penny cleaning, stress balls, play dough, perler beads and floating balls. This class we separate children into groups and have experiments done by the children. Please notify instructor of any allergies. All children will be required to wear safety goggles, which will be provided. Please bring lunch and a snack. Early Care 830am - 900am for a fee. **Offered by CT Computer Education!**

Lego Vehicles & Robots (Ages 5-12)

Recreation Star Center, 1170 Shippan Ave
March 10, 2027 **- (Eid-al-Fitr day/ No school)**
9:00AM - 3:00PM
$48.00 per child
This class focuses on a different theme each day. Does your child love Lego's? This class combines the best of both worlds. This class will show children how to build from books and to free build. The class then switches the children to building cars and other movable vehicles. Children will have an opportunity to race with each other. Pictures will be emailed home. Please bring lunch and a snack. No Lego's will be taken home. Early Care 830am-900am for a fee. **CT Computer Educaton Staff!**

December & February Vacation Chess Camps (Gr.1-5)

Recreation Star Center, 1170 Shippan Ave
December Camp: December 28 **-** December 30 **- Sess. 1**
Monday **-** Wednesday **-** 9:00AM **-** 12:00PM **-Section A**
12:00PM **-** 3:00PM **- Section B**
9:00AM **-** 3:00PM **- Section C**
$144.00 per child per half day section
$216.00 per child full day section
February Camp: February 16 - February 19 - **Sess. 2**
Tuesday - Friday 9:00AM - 12:00PM **-Section A**
12:00PM - 3:00PM - **Section B**
9:00AM - 3:00PM - **SectionC**
$216.00 per child half day section
$324.00 per child full day section
Join us this for these school break camps for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends and work out your most powerful muscle - your brain!

Infinity Building through Space with Lego's (Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave
February 15 - February 18
Monday - Thursday
9:00AM - 3:00PM
Fee: $160.00 per student
So, who wants to be an astronaut? Come build your own space station with your friends. Challenge your friends to creativity while building your own planet of space aliens from Lego's. This class involves discussions of rockets, constellations and galaxies. Pictures will be emailed home. No Lego's will be taken home. Please provide lunch and a snack. Early Care 830am -900am for a fee. **Offered by CT Computer Education!**

February School Vacation Camp (Gr. K - 5)

Recreation Star Center, 1170 Shippan Ave
February 15 **-** February 19
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! **You can sign up for 1 day or all 5 days during the week.**



Spanish for Adults - Beginner Program

Recreation Star Center, 1170 Shippan Ave
January 12 - February 16
Tuesday
6:00PM - 7:00PM
$270.00 per person for 6 weeks
Instructor: Sarah Rodriguez
Ready to discover Spanish and from day one? Whether you're planning a trip, d speaking a new language, or simply looking for a challenge, Senora Sarah Rodriguez , is a native s will guide you every step of the way. Discover the essential Spanish skills you need to travel with ease, connect with new people, and feel truly confident speaking. Our classes are held in a warm, relaxed atmosphere and include:• Practical vocabulary • Clear, accessible grammar • Engaging role-plays • Friendly conversation practice Join us and start your journey toward speaking Spanish with confidence - while meeting wonderful new friends along the way!
Questions: contact Sylvie @www.literakid.com or 203-241-1522 www.literakid.com



Self - Defense Training for the "Everyday" Adult

Recreation Star Center, 1170 Shippan Ave
January 4 - March 10(No class 2/15 & 2/17)
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 is 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.

Mat Pilates for Adults

Recreation Star Center, 1170 Shippan Ave
December 12 - February 13 (No class 12/26 & 1/2)
5:30PM - 6:30PM / Monday - **Sec. 1**
10:00AM -11:00AM / Thursday **- Sec.2**
10:00AM - 11:00AM / Saturday **- Sec. 3**
$125.00 per person per section
February 22 - April 8 - Mini winter Session
5:30PM - 6:30PM / Monday **- Sec. 1**
10:00AM - 11:00AM / Thursday **- Sec.2**
10:00AM - 11:00AM / Saturday **- Sec. 3**
$94.00 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!

Adults Body Conditioning

Recreation Star Center, 1170 Shippan Ave
December 10 - March 4 - **Session 1**
March 11 - April 8 (Winter Mini Session) **- Session 2**
Thursday 5:30PM - 6:30PM
$110.00 per person **session 1**
$70.00 per person **session 2**
Instructor: Celeste Beaver, **Certified Instructor**
Strength: Focus on building full body power, lean muscle, bone density, through progressive resistance training.in. Bring a matt, water bottle and set of weights to class

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.

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 days**
Krava Maga is the official Self-Defense & Fighting System of Israeli Defense Forces & variuos US police departments. .This highly effective easy to learn system of Self-defense is offered for men/women of all ages & skill levels! **A Self Defence Program fo Adults!**

Winter Ice Skating Programs at

TERRY CONNERS RINK

All Ice Skating is at Terry Conners Rink, 1125 Cove Road located in Cove Island Park in Stamford. All Registration must be done directly with Terry Conners Rink. We do not have online registration but all forms are listed on our website www.tcrink.com & can be emailed to terryconners@stamfordct.gov or called in to the rink office at (203)977-4728.

Terry Conners 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 $20.00 per session. Please check our website for these sessions at **www.tcrink.com.** Freestyle session 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 25p.

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 3 and up – All Levels
Beginners thru Freestyle Classes

Dates: Feb. 4 thru April 3, 2027 (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 3-5. We offer all levels thru Basic 6 and all Freestyle levels and have Specialty Classes including Intro to Synchro, Moves Classes, and Advanced Freestyle. Registration is done thru Terry Conners Rink. Call Rink directly at 203-977-4728 to register. Our website is www.tcrink.com and our email terryconners@stamfordct.gov. **Fee for the 8 week cycle is $181.00.**

TCR Programs & Ice Rentals

Terry Conners 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 Conners 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