

City of Stamford
Mayor Caroline Simmons
Stamford Parks & Recreation
Fall Brochure 2026



Phone: (203) 977-5214 Fax: (203) 977-5504

888 Washington Blvd, 6th Floor www.stamfordrecreation.com

Registration for most Fall Programs begins online August 31, 2026

Note: Select marked programs begin registration August 17, 2026



@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 Statum

Customer Service Specialist: Tina Baines

Account Clerk II: 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 - 4:30PM

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:

Monday, September 7, 2026 - **Labor Day**

Monday, October 12, 2026 - **Columbus Day**

Wednesday, November 11, 2026 - **Veterans Day**

Thursday, November 26 & 27, 2026 - **Thanksgiving Break**

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:

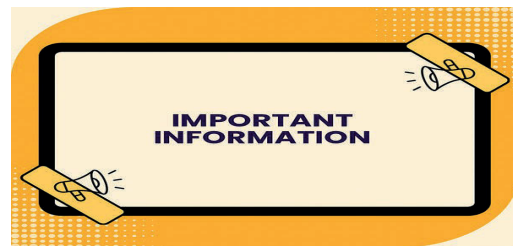
Refunds shall be granted before a class begins for an incapacitating medical hardship with a doctor's note, relocation with documented proof or if a waiting list is available and the spot can be filled. Any approved refund will be granted minus a 15% processing fee, no exceptions! If we cancel a program 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 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 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 Fall Programs on August 31st.

**Some marked programs begin earlier registration
online on August 17th!**

In Person Registration is Done By Appointment!

Stay and 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.

Registration is open until the program fills

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.**

Preschool Programs

Just Twos - Drop Off (24 - 35 Months old)

Recreation Star Center, 1170 Shippan Ave

September 14 - December 9 (No class 9/21 & 10/12 & 11/11)

Monday & Wednesdays

9:30AM - 12:00PM

\$525.00 per child twice a week for 23 total sessions

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 10 children per section.

Learn Spanish Through Music (Ages 1 - 4 Years old)

Recreation Star Center, 1170 Shippan Ave

September 28 - December 1 (No class 10/12)

Mondays

9:30AM - 10:10AM (

\$219.00 per child for 10 weeks/per section

Instructors: Ms. Eric / 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!



Play and Learn (Ages 1-3)

Recreation Star Center, 1170 Shippan Ave

September 22 - November 17 (No class 11/12)

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

September 24 - November 12

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 and me program!**

Let's Get Messy (Ages 1 - 3)

Recreation Star Center, 1170 Shippan Ave

September 25 - November 13

Friday

10:30AM - 11:15AM

Fee: \$110.00 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. **A caregiver and me class!**



Preschool Programs

Hands On Science (Ages 1.5 - 4)

Recreation Star Center, 1170 Shippan Ave
September 22 - November 17 (No class 11/3)
Tuesday
11:15AM - 12:00PM

\$110.00 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 caregiver & me program!**

Fall Fun Stem - A Science Adventure For Pre-K (Ages 3 - 4) -New

Recreation Star Center, 1170 Shippan Ave
October 3 - November 14 (No class 10/31)
Saturday

10:00AM - 11:00AM

Fee: \$230.00 per child for 6 weeks

Instructors: Mad Science Staff



BIG DISCOVERIES FOR LITTLE SCIENTISTS!

Put on your lab coat, grab your goggles, and get ready for an amazing science adventure! Join us as we explore, build, launch, discover, and experiment our way through a season full of STEM-tastic fun. Each week brings a brand-new hands-on adventure designed especially for our youngest scientists. From launching rockets to uncovering dinosaur secrets, every class is packed with excitement, creativity, & discovery.

Karate Zoo (Ages 3 - 6) - New

Recreation Star Center, 1170 Shippan Ave
September 26 - November 21 (No class 10/31)
Saturdays

8:45AM - 9:30AM (Ages 3 & 4) - **Sess. 1**

9:30aM - 10:15AM (Ages 4 & 5) - **Sess. 2**

10:15AM - 11:00AM (Ages 5& 6) -**Sess. 3**

\$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!



Munchkin Sports & Games (Ages 2 - 3)

Recreation Star Center, 1170 Shippan Ave
September 25 - November 13
Friday

9:30AM - 10:10AM

\$110.00 per child for 8 weeks

Instructor: 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!**

French For Children (Ages 3-5)

Recreation Star Center, 1170 Shippan Ave
September 28 - November 9 (No class 10/12)
Monday



4:00PM - 4:45PM

\$210.00 per student for 6 weeks

Instructors: Sylvie Lobsenz, /17 years experience teaching
Don't miss out on this opportunity for your child to continue or jump in learning French! If you are looking for a fun and captivating way to encourage your child to acquire a second language, Literakid has the perfect solution. Madame Sylvie is French. She captures the attention, interest and enthusiasm of your child employing visual, auditory and kinesthetic methods. Activities include music, singing, dramatic play games, arts and crafts. Madame's teaching style is fun, multi-sensory and highly interactive.

Soccer Tikes For Preschoolers (Ages 2 - 7)

Scalzi Park, 97 Bridge St
September 12 - October 17
Saturday

9:00AM - 10:00AM (**2 - 3 Caregiver & Me**) - **Sess. 1**

10:00AM - 11:00AM (**3 - 4 year olds**) - **Sess. 2**

11:00AM - 12:00PM (**5 - 6 year olds**) - **Sess. 3**

12:00PM - 1:00PM (**6 - 7 year olds**) - **Sess. 4**

\$135.00 per child per six week session

Kevin Fallon, Certified Soccer Instructor

At Soccer Tikes, we stress a non-competitive environment. This is a child development program for children. Classes are designed to develop motor skills, promote physical fitness, and create self-confidence. We also mix fun, skill development activities with actual small sided games. A great relaxing and fun way for you child to learn about soccer! **Registration begins August 17th for this program.**



Preschool & Youth Programs

USA Sport Group (Ages 2.5 - 5.5)

Scalzi Park - 97 Bridge St

Saturday - Outdoors

September 12 - October 24 - **Session 1**

\$191.00 per child/per section

9:10AM - 9:50AM (Ages 3.0 - 4.5) - **Sec. A**

9:50 AM - 10:30AM (Ages 2.5 - 3.5) - **Sec. B**

(Parent Assistance Required)

10:30AM - 11:10AM (Ages 4.0 - 5.5) - **Sec. C**

Lathon Center/ 137 Henry St.

Saturday - Indoor Session

November 7 - December 12 - **Session 2**

\$170.00 per child per child /per section

9:10AM - 9:50AM (Ages 3.0 - 4.5) - **Sec. D**

9:50AM - 10:30AM (Ages 2.5 - 3.5) - **Sec. E**

(Parent Assistance Required)

10:30AM - 11:10AM (Ages 4.0 - 5.5) - **Sec. F**

Instructors: USA Sport Group

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, and movement. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success. **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, Free Dri-Fit Shirt & completion certificate. **Registration begins August 17th!**

USA Sport Group T-Ball Squirts (Ages 2.5 - 5.5)

Scalzi Park, 97 Bridge St

Sunday

September 13 - October 25 - **Session 1**

\$191.00 per child/per section

9:10AM - 9:50AM (Ages 3.0 - 4.5) - **Sec. A**

9:50AM - 10:30AM (Ages 2.5 - 3.5) - **Sec. B**

(Parent Assistance Required)

10:30AM - 11:10AM (Ages 4.0 - 5.5) - **Sec. C**

T-Ball Squirts is the perfect class for introducing a child to baseball or softball. Our professional coaches ensure that children are engaged in fun, inclusive activities, in a positive learning environment. This class encourages players to develop motor skills and basic t-ball techniques in hitting, throwing, catching, base running, fielding, and more. Classes will include a series of fun challenges, structured activities, and scrimmages adapted to ensure everyone achieves success. We recommend that participants bring their own mitt/glove for this program, all other equipment needed for this class will be provided by USA Sport Group. Fun themed activities. Development of fine motor skills, Play a variety of different sports. Fun sports - themed activities. A free Dri-Fit shirt & completion certificate. **Registration begins August 17th!**



Birthday Parties & Halloween Event

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 \$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.**



Magical Friday Night Halloween Event (Gr. K-5)

Recreation Star Center, 1170 Shippan Ave

October 23, 2026

Friday

6:00PM - 8:00PM

\$20.00 per child

Instructor: Recreation staff

Come join us for this exciting Friday night Halloween Party featuring The Magic of Dan Bowen "Stage Fright" Show, a costume contest, Ice Cream Sundae's and a goodie bag for all to take home. All participants should come dressed in a costume for and prizes awarded for the top costumes. Limited to 100 students. **You must preregister and no tickets sold at the door.**



A - Z Dance Programs For Pre K– Youth

Mommy & Me (Ages 1 - 2.5)

Recreation Star Center, 1170 Shippan Ave
September 23 - December 2 (No class 11/11 & 11/25)
Wednesday
10:00AM - 10:45AM
\$220.00 per child

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. 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
September 28 - November 30 (No class 10/12)
Monday
10:00AM - 10:45AM
\$220.00 per child, 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 & ballet shoes recommended. 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
September 28th - November 30 - **Monday**
11:00AM - 11:45AM (Ages 3-4) - **Sess. 1**
September 26 - December 5 - **Saturday**
10:00AM - 10:45AM (Ages 3-4) - **Sess. 2**
11:00AM - 11:45AM (Ages 5-6) - **Sess. 3**
\$220.00 per child, 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. 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. No class 10/12, 10/31 & 11/28)**

Hip Hop/Funk (Ages 4 - 6)

Recreation Star Center, 1170 Shippan Ave
September 29 - December 1 (No class 11/3)
Tuesday
5:30PM - 6:30PM
\$220.00 for 10 weeks

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)

Recreation Star Center, 1170 Shippan Ave
September 26 - December 5 (No class 10/31 & 11/28)
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.**

Youth & Teen Educational Programs

Lego™ Vehicles and Robots (Ages 5 - 12)

October 1 - October 29

Thursday

4:00PM - 5:00PM

\$115.00 per child for 5 weeks

Instructor: CT Computer Education staff

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 compete against each other. Pictures will be emailed home. Please bring a snack. No Lego's will be taken home. **HALF DAY -10/15 Class meets 330-430pm on this day.**

Science is So Amazing Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave

October 7 - November 4

Wednesday

4:00PM - 5:00PM

\$115.00 per child for 5 weeks

Instructor: CT Computer Education staff

Class focuses on building different structures such as a toothpick tower, straw rocket, paper tower and a suspension bridge just to name a few. Please bring a snack. 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. **HALF DAY Class on 10/14,10/26 Class meets 330-430pm**

Engineering: Crazy Gears & Wheels (Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave

November 5 - December 10

Thursday

4:00PM - 5:15PM

\$115.00 per child for 5 weeks

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, Supercharged 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. No Lego's will be taken home. Pictures will be emailed home. Please bring a snack. **No class November 26th.**



NASA: Space Lab (Gr. 1-3) - New

Recreation Star Center, 1170 Shippan Ave

October 3 - November 14

Saturday

11:00AM - 12:00PM

Fee: \$230.00 per child for 6 weeks

Instructors: Mad Science Staff

TRAIN LIKE AN ASTRONAUT • EXPLORE THE COSMOS • DISCOVER THE UNIVERSE

3... 2... 1... BLAST OFF! Calling all future astronauts, rocket scientists, engineers, and space explorers! Get ready for an action-packed mission through the cosmos as we journey across the solar system and beyond! Each week, young explorers will tackle exciting space challenges, create amazing projects, and discover the science behind real NASA-inspired missions. **No class 10/31/26**



JR. Engineering with a Twist (Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave

November 10 - December 8

Tuesday

4:00PM - 5:15PM

\$115.00 per child for 5 weeks

Instructor: CT Computer Education staff

If you have a learner who likes building things and figuring out how things work, they will love this class. Join us as we explore, investigate, & solve problems while we learn about the building blocks of engineering-simple machines. Students will work through building models that demonstrate mechanical and physical engineering. Projects include: mini mechanical concept models, a dragon, scale, clown, crane, car, scale, fan, merry-go-round. This class involves free building with over 10,000 choice bricks to choose from. No Lego's will be taken home. **Pictures will be emailed home.**

ROARbots! Prehistoric Robotics (Gr. 2-5)

Recreation Star Center, 1170 Shippan Ave

September 22 - October 27

Tuesday

5:00PM - 6:00PM

Fee: \$160.00 per child for 5 weeks

Instructors: Snapology Staff

In this program, your engineer will explore the basics of robotics while building fascinating prehistoric creatures with their classmates! They will learn about dinosaurs and their habitats as they build and code robotic models



Youth & Teen Art & Afterschool Programs

Easel Painting Class (Ages 7-13)

Recreation Star Center, 1170 Shippan Ave

September 14 - December 14

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.

(No class 9/21, 10/12, 11/16, 11/23 & 11/30)

Art Innovators (Gr. K-3)

Recreation Star Center 1170 Shippan Ave

September 28 - November 9 (No class 10/12)

Monday

4:15PM - 5:15PM

\$150.00 per student

Instructor Spark business academy staff

Learn with SPARK!: This hands-on program is great way to introduce future artists to art and innovation! Students draw self-portraits, mold sculptures and create captivating collages cultivating essential creativity and risk-taking skills. As students explore the world of art, from da Vinci to Kahlo, they'll show their creativity and grow confidence by sharing their work with others!

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

Recreation Star Center, 1170 Shippan Ave

Tuesday, October 13, 2026: 5:30PM - 7:30PM - Sess. 1

Tuesday, November 17, 2026: 5:30PM - 7:30PM - Sess. 2

\$90.00 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. **Registration starts online August 17th!**

Mixed Media Drawing Class (Ages 5 - 13)

By Paint Draw & More

Recreation Star Center, 1170 Shippan Ave

September 23 - December 9

Wednesday

4:00PM - 5:00PM (Ages 5 -8) - Sess. 1

5:00PM - 6:00PM (Ages 9 - 13) - Sess. 2

\$205.00 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. (No class 11/11 , 11/18 & 11/25)

After School Club at the Star Center (Gr. K-5)

2026 - 2027 School Year

Recreation Star Center, 1170 Shippan Ave

August, 2026 - June 2027 School Year

Monday- Friday

2:45PM- 6:00PM(12:30pm start on half days)

Fee: **3 days a week:** \$215.00 per month

4 days a week: \$245.00 per month

5 days a week: \$270.00 per month

Stamford Recreation will be offering an After School Program for Children Grades K - 5 at the Recreation Star Center located at 1170 Shippan Avenue. Gym time, playground and out-door time, arts and crafts, and home work time (each day except on Fridays). Transportation provided by the Stamford Board of Education to the After School Club at the Star Center for the Catholic Elements School, Charter School of Excellence, and all Stamford Public Schools BOE. You must arrange for transportation through the BOE at your child's/children school ahead of time. We will follow all OEC and CDC guide lines at the start of the school year. Space is limited each month! We follow the Stamford Public School Calendar and will be open on all half days.

After School
program

Youth Cooking & Educational Programs

Chefs Club (Gr. 1 - 4)

Recreation Star Center, 1170 Shippan Ave

September 29 - November 17 (No class 11/3)

Tuesday (Gr. 1-2) -Sess. 1 (Current 1st & 2nd graders)

October 1 - November 12

Thursday (Gr. 3-4) - Sess. 2 (Current 3rd & 4th graders)

\$115.00 for 7 Weeks

Includes all supplies

Instructor: Ms. Nancy, Mighty Makers

Calling all Chefs, come and join us for the coolest club in town! We're kicking off the school year back in the kitchen learning about food and cooking as we create delicious and fun recipes together! Get ready to slice, dice, measure and mix to chef up a variety of breakfast, lunch dinner and yes of course, dessert recipes! Each chef will have the opportunity to bring home their creations with the recipe and class recap following in a weekly email. NOTE: Due to allergies, we will not be using any peanut products during this class. Should your child have a peanut or any other food allergy, prior approval is needed. **Max of 10 chefs per session.**

Mighty Makers Kids Day Out Fall Workshops (Gr. K - 4)

Recreation Star Center, 1170 Shippan Ave

Instructor: Ms. Nancy, Mighty Makers

Mighty Makers Pizza Party

Saturday , September 14h (**Registration starts 8/17**)

9:30AM - 12:30PM

\$50.00 per child/includes all supplies

Sorry grown-ups, this pizza party is just for kids!

Come join the fun as we make yummy individual pizzas and a cool creative pizza themed project! Music and games will be on the menu as well for our awesome day together!

Please send your child with a beverage, we'll supply the rest!!

Mighty Makers - Spooktacular Science

Saturday , October 24th

9:00AM - 12:00PM

\$50.00 per child/includes all supplies

Ghosts, goblins and witches beware! Our scientists will be concocting potions, creating colorful and cool eruptions and investigating Halloween themed science! Come join us for awesome hands on and spooktacular science experiments!

Please send your child with a beverage, we'll supply the rest!!

Might Makers - Art Explosion

Saturday , November 14th

9:00AM - 12:00PM

\$50.00 per child/includes all supplies

Calling all artists, let's get creative!

Join us for a morning full of cool and colorful art! Using a variety of materials, loose parts and assorted add ins, our artists will design and create their own one-of-a-kind masterpiece to bring home. If you love art this workshop is for you! Please send your child with a beverage, we'll supply the rest!!

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

Recreation Star Center ,1170 Shippan Ave

October 3 - December 5 (No class 10/31 & 11/28)

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. 3-5)

The Food Challenge at the Star Center

Recreation Star Center Kitchen 1170 Shippan Ave

October 5 - November 6 (No class 10/12)

Monday

4:15PM - 5:15PM

\$250.00 per child for 6 weeks

Instructors: KITK Instructors

Educational culinary enrichment disguised as fun food competition where kids build confidence, creativity, teamwork, and real - life skills through exciting weekly food challenges. Students will work together in exciting team challenges. Practice sequencing and following directions. Explore math & science through cooking. Build confidence and creativity. Learn kitchen & baking skills and create fun recipes to share at home. Enrollment includes : Keep sake KITK apron, Digital Cookbook of recipes and all the ingredients and supplies. **Allergy Awareness:** We do not add nuts to the recipes used in the classes.



Kids In The Kitchen (Gr. 1-5)

At Stillmeadow School

Stillmeadow Elementary School Kitchen

September 10 - October 29

Thursday

3:00PM - 4:00PM

\$325.00 per child for 8 weeks

Instructors: KITK Instructors

Educational culinary enrichment disguised as fun food competition where kids build confidence, creativity, teamwork, and real - life skills through exciting weekly food challenges. Students will work together in exciting team challenges. Practice sequencing and following directions. Explore math & science through cooking. Build confidence and creativity. Learn kitchen & baking skills and create fun recipes to share at home. Enrollment includes : Keep sake KITK apron, Digital Cookbook of recipes and all the ingredients and supplies. **Allergy Awareness:** We do not add nuts to the recipes used in the classes. **Registration starts August 17th!**



Afterschool & Weeknd Sports Programs For Youth

Peanut Basketball (Gr. 1 - 2)

Recreation Star Center, 1170 Shippan Ave
September 29 - November 24 (No class 11/3)
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!**

Pee Wee Basketball (Gr. 3 - 4)

Recreation Star Center, 1170 Shippan Ave
October 1 - November 19th
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 and is **for boys & girls!**



All Stars Indoor Soccer (Gr.1 - 2)

Recreation Star Center, 1170 Shippan Ave
October 2 - November 20
Friday

4:15PM - 5:15PM

\$80.00 per student for eight 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.**

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

Recreation Star Center, 1170 Shippan Ave
Wednesday, October 14th - Sess. 1

Thursday, October 15th - Sess. 2

Friday, October 16th - Sess. 3

Wednesday, October 28 - Sess. 4

12:30PM - 5:00PM

\$25.00 per child per session

Instructor: Recreation Services Staff

Join us on early release days for recreational fun and games We provide a variety of activities along with outdoor play, arts and crafts may include arts and crafts, sports and free play. **Limited to 12 children per session. If you contact your child's school office ahead of time you can arrange busing from their Stamford Public school to the Star Center for these half day programs. We do not arrange bus transportation with the BOE.**



Shinning Soccer Star (Ages 3-12) - New

Cummings Park

September 26 - November 14 (No class 10/31)

Saturday

1:00PM - 1:45PM (Ages 3 - 4) - **Sess. 1**

1:45PM - 2:30PM (Ages 4 - 5) - **Sess. 2**

2:30PM - 3:30PM (Ages 10-12) -**Sess. 3**

\$175.00 per person for 7 week

Instructor: Super Soccer Star Staff

Shining Soccer Stars is 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, participants develop motor skills, coordination, confidence, and social connections while having fun. Our experienced coaches create an inclusive atmosphere where every child can shine at their own pace. For boys and girls!



Wright Sports Basketball Development Program (Grades K - 8 Boys/Girls)

Lathon Wider Gym, 137 Henry Street

Mondays - September 14 - November 9 (8 classes)

Grades K-2 - \$200 per person 5:00pm - 6:00pm **Sess. A**

Grades 3-5 - \$225 per session 6:00pm - 7:00pm **Sess. B**

Thursdays - September 17-November 12 (8 classes)

Grades K-2 - \$200 per person 5:00pm - 6:00pm **Session A**

Grades 3-5 - \$225 per session 6:00pm - 7:00pm **Session B**

Zachary Wright

This Fall basketball program builds fundamentals, confidence, and love for the game through age-appropriate instruction. Sessions include skill development, competitive drills, and small-sided games designed to improve coordination, basketball IQ, and game application. **Please bring a water bottle and basketball. Registration begins August 17th!**

Wright Sports Basketball - Saturday Skills & Competitive Training (Grades 3 - 8 Boys/Girls)

Lathon Wider Gym, 137 Henry Street

Saturday

September 19 - November 7th - 8 classes

12:00am-1:00pm

Grades (3-5) \$250 per person 12:00PM - 1:00PM Sess. A

Grades (6 - 8) \$250 per person 1:00PM - 2:00PM Sess. B

Instructor: Zachary Wright

Saturday sessions provide extended skill development and higher-intensity training. Athletes work on shooting, ball handling, defense, and game application through competitive drills and small-sided games. Designed for players looking to accelerate improvement & prepare for league or school play. Please bring a water bottle & basketball. **Registration begins August 17th!**

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

September 14 - December 2

Monday & Wednesday

Students are expected to participate twice a week

5:45PM - 6:30PM

\$220.00 per child

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

Asst. Instructor: Mr. Lucas 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 fall session. **Registration starts online August 17th!**



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

Located: Break Thru Family Fit 4 life/ 48 Union St

September 14 - November 15

Monday, Wednesday, Friday & Sunday

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

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

\$199.00 per student (two days per week) - **Sess. 1 (Pick any two days)**

\$249.00 per student **three days per week - Sess. 2**

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. **Self Defense Class!**

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

Recreation Star Center, 1170 Shippan Ave

September 14 - December 3

Day & Time By Rank

Students are expected to participate twice a week

Yellow & Orange Belts:

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

Green Belts & Blue Belts:

Tuesday & Thursday- 5:45PM - 6:40PM

Red Belts, Brown & Black Belts (All Ages):

Tuesday & Thursday - 6:45PM - 7:45PM

\$260.00 per student

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

Asst. Instructor: Mr. Lucas 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 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 fall session. **No class 10/14, 11/5, 11/11. Registration starts online August 17th!**



Real Gym For Kids (Ages 7 &UP)

Break Thru Family Fit 4 Life, Union Street

September 14 - November 15

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

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

\$180.00 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.**

Youth & Teen Sports Programs

Eagles of Stamford Soccer Academy (Ages 5-14)

Lione Park

September 9 - October 21

Monday & Wednesday

5:00 PM - 6:00 PM/ ages 5-7 -Sess. A

6:00pm - 7:00pm/ ages 7- 9-Sess. B

6:00pm - 7:00pm/ ages 8-10- Sess. C

6:00pm - 7:00pm/ ages 11-14 Sess. D

\$260.00 per child

September 8 - October 20

5:00 PM - 6:00 PM/ ages 4-5 -Sess. A

5:00pm - 6:00pm/ ages 6- 7-Sess. B

6:00pm - 7:00pm/ ages 7-9- Sess. C

6:00pm - 7:00pm/ ages 8-10 Sess. D

6:00pm - 7:00pm (ages 11-14) Sess. E

\$260.00 per child

September 4 - October 23

5:00pm - 6:00pm (ages 4-6) Sess. A

6:00pm - 7:00pm (ages 7-11) Sess. B

6:00pm - 7:00pm (ages 11-14) Sess. C

\$160.00

Instructors: Eddy, Edgar, Ricky, René (Certified Instructors) We specialize in technical development, motor skill training, & small sided games (rondos) Description: 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. **Registration begins August 17th!**



I9 Sports Outdoor Flag Football (ages 5-14)

Lione Park

September 19 - October 31

Saturday

9:30AM - 11:00AM (Ages 5-7) - Sess. 1

11:30AM - 1:00PM (Ages 8-10) - Sess. 2

11:30AM - 1:00PM (Ages 11-14) - Sess. 3

\$250.00 per person per session

Our Flag Football League emphasizes skill development, teamwork, and sportsmanship in a fun and positive environment. Players learn the fundamentals of flag football through engaging instruction and exciting game play each week. Designed for all skill levels, participants have the opportunity to play alongside friends, classmates, and peers in their own age group, building connections that strengthen school and community spirit. Practice and games are held on the same day, one day per week, making participation easy and enjoyable for busy families. **Registration begins August 17th!**

Eagles of Stamford Indoor Soccer Academy (Ages 5-14)

Lathon Wider Gym, 137 Henry street

November 11 - December 21

Monday

6:00pm - 7:00pm (ages 7-10) - Sess. A

7:00pm - 8:00pm (ages 11-14) - Sess. B

\$120.00 per child per session

November 17 - December 22

Tuesday

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

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

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

\$120.00 per child per session

Friday

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

6:00PM - 7:00PM (Ages 7-11) - Sess. B

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

\$120.00 per child per session

Instructors: Eddy, Edgar, Ricky, René (Certified Instructors) We specialize in technical development, motor skill training, & small sided games (rondos) Description: 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 & size 3 or 4 soccer ball.

Registration begins August 17th!



I9 Sports Outdoor Boys & Girls Basketball (ages 5-14)

Lione Park

September 19 - October 31

Saturday

9:30AM - 11:00AM (Ages 5-7) - Sess. 1

11:30AM - 1:00PM (Ages 8-10) - Sess. 2

11:30AM - 1:00PM (Ages 11-14) - Sess. 3

\$250.00 per person per session

Our Basketball League emphasizes skill development, teamwork, and sportsmanship in a fun and positive environment. Players learn basketball fundamentals through engaging instruction and exciting weekly gameplay. Designed for all skill levels, participants have the opportunity to play alongside friends, classmates, and peers in their own age group, building connections that strengthen school and community spirit. Practice and games are held on the same day, one day per week, making participation easy and enjoyable for busy families. **Registration begins August 17th!**

Registration begins for most Fall Programs on August 31, 2026. Some marked programs begin earlier registration online on August 17th!
In Person Registration is Done By Appointment!

Youth & Teen Sports Programs

I9 Sports Outdoor Multi Sports Program (ages 5-14)

Lione Park

September 19 - October 31

Saturday

9:30AM - 11:00AM (Ages 5-7) - **Sess. 1**

11:30AM - 1:00PM (Ages 8-10) - **Sess. 2**

11:30AM - 1:00PM (Ages 11-14) - **Sess. 3**

\$250.00 per person per session

Our Multi-Sport Program introduces young athletes to a variety of sports in a fun, positive, & age-appropriate environment. Participants learn fundamental skills in sports such as soccer, basketball, flag football, Track & Field, Baseball, & more through engaging instruction, creative games, & exciting activities each week. Designed for all skill levels, children can play alongside friends, classmates, & peers while building confidence, teamwork, & sportsmanship. **Registration begins August 17th!**

CT Sports Network Fall Volleyball Clinics (Grade 3 - 12)

Lathon Wider Gym

September 9 - October 28

Wednesday

Times:

(Gr. 6-8) - 4:30PM- 5:30PM - **Sess. 1**

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

(Gr. 9 - 12) - 6:30PM- 7:30PM - **Sess. 3**

Fee: \$215.00 per student per session

Fall Clinics will be back and ready for action at Lathon Gym. The clinics are open to both new & experienced players & our certified coaches will focus on teaching skills, rotations, game scenarios & 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 & most of all, FUN! All participants should have athletic shoes (or sand socks), water, some sunscreen applied & you may also wish to bring your knee pads. **Registration begins August 17th!**



Intro To Tennis (Ages 5-7)

Scalzi Park Tennis Courts

September 12 - October 10

Saturday

9:00AM - 9:45AM - **Sess. 1**

9:50AM - 10:35AM - **Sess. 2**

10:40AM - 11:25AM - **Sess. 3**

\$80.00 per child per session for five weeks

This program is designed to be a fun filled introduction to tennis for children ages 5-7 with a game-oriented theme and utilizing 10 and Under Tennis racquet & balls. Each class will include 30 minutes of instruction and 15 minutes of tennis play. **Taught by GSTA Instructor. Registration starts online August 17th!**



CT Sports Network Fall Basketball Clinics - Girls Only (Gr. 3-12)

Lathon Wider Gym

September 11 - October 30 / **Registration begins 8/17/26**

Friday

Times: (Grade 6-8) 4:30PM - 5:30PM - **Sess. 1**

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

(Grade 9-12) - 6:30PM - 7:30PM - **Sess. 3**

Fee: \$215.00 per student per session

CT Sports Network Fall Basketball Clinics - Girls Only

This fall CT Sports Network will be running indoor basketball clinics, for girls only, in conjunction with Stamford P&R. The players will learn or improve on a variety of new & 'old' skills to help them evolve and develop into a stronger, more complete and confident basketball player prior to the winter BB season! Sessions will include hundreds of touches on the ball while encouraging the players to develop within a holistic environment. Using a ball each as often as possible, the players will improve through repetition and FUN based sessions. Classes will challenge the players individually and as a group on a weekly basis. Skills taught throughout the season will cover dribbling including 1v1 skills, ball handling, passing, shooting and protecting the ball. 1st touch & control and shooting.

CT Sports Network ' Schools Out' Multi Sports Camps (Ages 7-12)

Lathon Wider Gym

Monday, October 12, 2026 - Columbus Day - **Sess. 1**

Tuesday, November 3, 2026 - Election Day - **Sess. 2**

9:00AM - 3:30PM

\$60.00 per child per session/ **Registration begins 8/17/26**

Another day off school! Keep the kids active with our Schools Out Day Camp. CT Sports Network will be holding a multi-sport camp in which the campers will experience a variety of sports such as golf, soccer, basketball, volleyball etc. There may also be some additional "new sports" that you may never have seen or played before! As a multi sport camp we would like the kids to participate in several sports & so we will spend the majority of the time playing in realistic game situations while also meeting new friends within our safe & fun camp environment. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork, & most of all, FUN! This camp is dedicated to children of all abilities. All campers should have athletic shoes, plenty of water, lunch (full day participants only) & a snack.

Tennis Basics (Ages 8-12)

Scalzi Park Tennis Court

September 12 - October 10

Saturday

9:00AM - 9:55AM - **Sess. 1**

10:00AM - 10:55AM - **Sess. 2**

11:00AM - 11:55AM - **Sess. 3**

\$130.00 per child per session for five weeks

This program is designed to teach basic ground strokes and volleys to children ages 8- 12 who have already played some tennis or athletic rookies who are looking to test the talents in a new sport. **Taught by GSTA Instructors. Registration starts online August 17th!**



Hoop Girls - Whirl The World Programs

THE HOOP GIRLS "WHIRL THE WORLD (Gr. K-6)

Monday : Roxbury School /All Levels (GR 1-4) Ms. Betty Arrives 3:40PM Class begins at 4:00PM-5:00PM
September 28, October 5,19, 26 , November 2, 9,16 December 7 (**Holiday Recital Dec 13**) \$175 per student for 8 wks.

Tuesday: Stillmeadow School / All Levels (Gr 1-4) 2:40PM-3:50PM

September 22, 29 Oct 6,13, 20. October 27 November 10,17 December 1,8(**Holiday recital Dec 13**) \$195.00 per student 10 wks.

Wednesday: Davenport School / All Levels (Gr 1-4) Ms. Betty Arrives 3:40PM Class begins 4:00PM - 5:00PM

September 16, 30, October 7,21 November 4, 18, December 2,9 (**Holiday Recital Dec 13**) \$175.00 per student for 8 wks.

Thursday: Sillmeadow School /Inter - Advanced (Gr 3-6) 2:40PM-3:50PM. This class will prepare for Thanksgiving spectacular parade (TGS) Nov 22nd, (**Holiday Recital Dec 13**) September 17,24 October 1,8,22,29 November 5,12, December 3,10 \$195.00 per student for10 wks. (NO CL 11/19) (May require a parade meeting & 2 class/practice at Star Center on 11/14 & 11/21)

Saturday: Star Center@ 1170 Shippan Ave Beginner (Gr K-2) 11:15AM - 1200PM

Advanced (Gr. 3-7) 12:00PM - 100PM September 26, October 3,10,17,24 November 7,14,21 December 5,12

\$195.00 per student per session 10 wks. **Can TRY OUT for TGS if 9 years or older))can do sustained HOOPING on your waist.**

Instructor: Betty Kelly Camlin, Certified Instructor

The Hoop Girls of CT are everywhere. Opportunities for participants to perform in Parades, talent shows, festivals, dedications, fundraisers, pep rallies, block parties, holiday events, recitals and more. We love to share our love of Hoop dance with our wonderful community. With a big H - for HAPPY your Hoop Girl will have a whirl of a time hooping it up to her favorite pop tunes or show tunes with hand made designer Dance Fit Hoops. Hoop Dance is a wonderful form of exercise, self expression, and creativity. It improves fitness, stamina, endurance, strengthens core, improves hand-eye co-ordination, proprioception, balance and motor skills. For more details and video about the program, performances, outfits, dress codes in class etc. please visit the website @ www.hoopgirlsofct.com. Wear a pink shirt, Ms Betty will provide a pink bow. Hair must be OFF FACE PONY TAIL BEST. wear sneakers, leggings, skorts or shorts in class. NO skirts, dresses, midriffs, boots, crocs or sandals. Hoops will be provided for new Hoopers Min 10 required max of 18 per class. **Register: www.stamfordrecreation.com.**

"Fit To Go" Hoop Girls School Holiday Camps (Gr.1-6)

Bodywise By Betty Studio 990 Hope Street

Monday, September 21 - **Sess. 1**

Monday, October 12 - **Sess. 2**

Tuesday, November 3 - **Sess. 3**

Wednesday, November 11 - **Sess. 4**

Fee: \$85.00 per child per session

Betty Kelly Camlin, Certified Instructor

Hoop Dance Fitness - REAL Fitness equip, (Hoops, Rebounders, Treadmill, Elliptical, Stepper, Incline rower, Bosu ball, Kickboxing, Zumba & Yoga Glow classes, Relaxation Breathe Work, Theater Art, Karaoke lunches, Pj Spa & Crazy Hair Day fun, Crafts, Snack making. Trips to Dominos & or Sub-way for Lunch and Scoops for an ice cream treat. (Weather dependent) bring sneakers, beach towel, several water bottles & an afternoon snack! WE ARE A NUT FREE CAMP!! Ms. Betty will email an itinerary for each camp. Extra fees apply for trips to Subway or Scoops. Domino's is included in your fee per single day camp!



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

Bodywise By Betty Studio 990 Hope Street

October 21 - December 16

Wednesday

5:45PM - 6:30PM

\$150.00 per student for 7 weeks

Betty Kelly Camlin, Certified Instructor

Utilizing Rebounding Aerobics for Cardio Vascular Endurance and light resistance training with 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. Whether you are an athlete or if you just want a really good fitness program for your age group this one is for you. **Reduce risk of injury, Improve athletic ability & reduce stress:** Betty Kelly Camlin: Retired medical professional, we are Certified Master Rebounding Instructor, Certified youth fitness training with over 20 years experience. **Visit website at www.bodywisebybetty.com.**

FALL 2026 Youth Aquatics Swim Lessons

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

Fee: \$175 (10 Youth Classes per Session)

Pool Games: \$60.00 per session (5 classes per session)

TUESDAYS

Dates: 9/8 thru 11/17

No Class 11/3

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

WEDNESDAYS

Dates: 9/9 thru 11/18

No class 11/11

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

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

Pool Games -7:00PM - 8:30PM

Session 2: 10/14 -11/18

6-8 Year old - Section A

9-12 Year Old - Section B

THURSDAYS

Dates: 9/10 thru 11/12

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, & 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** This "Fun Pool Games for Kids"** class is an active, splash-filled program designed to teach essential swimming skills through engaging play. Children build water confidence, endurance, and coordination safely while enjoying classic and creative aquatic games like Marco Polo, Sharks and Minnows, and team relay

****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): \$60.00 for the season

Individual/ Adult (18 and older): \$50.00 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. September 8-November 12.

Music Programs For Youth & Teens

Group Piano Lessons I

For Beginners to Intermediate (Ages 6 - 14)

Recreation Star Center, 1170 Shippan Ave

September 22 - November 24 (No class 11/3)

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**

\$275.00 per child 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 4 per class.**

Group Guitar Lessons with Mr. Truglio

For Students (Grades 4 - 9)

Recreation Star Center, 1170 Shippan Ave

September 23 - November 18 (No class 11/11)

Wednesday

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

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

\$235.00 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.**

Piano Lessons with Mr. Fiorito Beginner to Early Intermediate

Recreation Star Center, 1170 Shippan Ave

September 24 - November 19

Thursday

4:00PM - 4:45PM

\$275.00 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.**

Friday Night Ski Program & The Hay Ride with Santa

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

Where: Thunder Ridge Ski Area

When:

Friday, January 8, 2027 - **Sess. 01**

Friday, January 22, 2027- **Sess. 02**

Friday, February 5, 2027- **Sess. 03**

Friday, February 26, 2027 - **Sess. 04**

Departure: 4:00PM from the Government Center

Return: 10:00PM at the Government Center Lobby

\$60.00 per trip for lift ticket & transportation per trip

\$50.00 per person extra for ski rentals per trip

Description: Back this winter by popular demand for the seventeenth season! This Friday night ski program is open to students grades 4 through 9 and will be offered on four Friday evenings this winter. We will travel to **Thunder Ridge Ski Area in Patterson New York** to enjoy an evening of skiing and/or snow boarding. Ski rentals are also available. Students can pack a meal for each trip or bring spending money and enjoy dinner at the ski lodge. What a great way for your child to spend a Friday night with friends! We travel by Coach Bus! If a trip is canceled due to poor weather conditions we will try to reschedule for another date. **Registration Begins November 2nd, 2026! Refunds are not granted for anyone that misses a trip unless it meets the city refund policy on page two.**

The 26th Annual Hay Ride With Santa At Cove Island Park

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

When: Saturday, December 5, 2026 - **Day 1**

Saturday, December 12, 2026 - **Day 2**

Time: 10:00AM -1:00PM & 2:00PM - 4:00PM - **Both Dates**

Fee: \$8.00 per person (**all riders must have a ticket**)

Staff: SANTA, and The Recreation Services Staff

Come join us for the 26th Annual Hay Ride with Santa at Cove Island Park. This wonderful family event is open to Stamford residents. Bring the family or come with friends, and enjoy a horse drawn trip around Cove Island Park. Santa will sing holiday songs with the children and at the end of each ride they will get to sit on Santa's lap and receive a small treat. After the ride, participants can enjoy holiday music, cookies, and cocoa under the decorated pavilion. Don't miss this wonderful holiday event. Let us help your children create memories that last a lifetime. Tickets must be purchased in advance for this event & will go on sale **November 2, 2026 online**. The event has sold out for the past 25 years. Note: Tickets will be sold per half hour slot and there will be a maximum of 26 tickets per ride sold. **A max of 10 tickets per family may be purchased and no tickets will be sold the day of the event.** Children cannot sit on parents laps all participants must have a ticket.



Star Center School Holiday Programs For Youth

Columbus Day School Break Program (Gr. K - 5)

Recreation Star Center, 1170 Shippan Ave

October 12, 2026

Monday

8:00AM – 5:00PM

\$60.00 per child per section

Instructor: Recreation Staff Schools are closed and your parents need to work! Come join us and enjoy a day filled gym games, sports, arts and crafts and more. Students need to bring a bagged lunch and a snack will be provided. **Space is limited for each program, so don't wait!**

Veterans Day School Break Camp (Gr. K - 5)

Recreation Star Center, 1170 Shippan Ave

November 11, 2026

Wednesday

8:00AM – 5:00PM

\$60.00 per child per section

Instructor: Recreation Staff Schools are closed and your parents need to work! Come join us and enjoy a day filled gym games, sports, arts and crafts and more. Students need to bring a bagged lunch and a snack will be provided. **Space is limited for each program, so don't wait!**



COLUMBUS DAY LEGO MY LEGO™ (Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave

October 12, 2026 - **Columbus Day**

Monday

9:00AM - 3:00PM

\$48.00 per child

Instructor: CT Computer Education staff

Come join your friends or make new friends. This class has something for everyone. This class will build in teams and with partners to build towers, forts, automobiles, rockets, spaceships and go-karts. E- mails are sent home from class. No experience needed to have fun. No Lego's will be taken home. Please bring lunch and a snack. Before care is offered at 8:30am for an additional fee of \$5.00 per child.

VETERANS DAY-Lego & K'Nex Building (Ages 5 - 12)

Recreation Star Center, 1170 Shippan Ave

November 11, 2026 - **Veterans Day**

Wednesday

9:00AM - 3:00PM

\$48.00 per child

Instructor: CT Computer Education staff

So 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 and a snack. No building pieces will be taken home. Pictures will be e-mailed home. Before care is offered at 8:30am for an additional fee of \$5.00 per child.

Friday Night Kids Club (Gr. K-5)

Recreation Star Center, 1170 Shippan Ave

Friday, November 13, 2026

6:00PM – 9:00PM

\$25.00 per child per session

Instructor: Recreation Staff

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



Invention Biz / Veterans Day Program (Gr. K-3)

Recreation Star Center 1170 Shippan Ave

November 11, 2026

Wednesday

9:00AM - 3:00PM

\$125.00 per student

Instructor Spark business academy staff

Learn with SPARK! : 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 and experiment with how much weight they can hold. Students learn about famous inventors and discuss how inventions improve our lives.

My First Craft Fair / Columbus Day Program (Gr. K-3)

Recreation Star Center 1170 Shippan Ave

October 12, 2026

Monday

9:00AM - 3:00PM

\$125.00 per student

Instructor Spark business academy staff

Learn with SPARK! : Let's get crafty! Young entrepreneurs will create handmade items to "sell" to other "vendors" at their very own craft fair! In this program, students will learn about craft fairs and the ingenuity and creativity of the small business entrepreneur. Other topics include counting currency, budgeting, profit margins, selling and assessing the quality of goods.

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 holiday 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!!



Youth Robotics Programs & Adult Tennis League

Camp Power Up - Morning Program with Mr. Darling (Gr. 2-5)

Before school Program for Davenport students

Davenport Elementary School

October 23 - December 11

Fridays

11:00AM - 12:00PM

Fee:\$170.00 per student for 7 weeks

Instructors: James Darling

The Camp Power Up Morning Program offers students a fun, safe, and structured environment to start their day before school begins. Mornings are filled with engaging activities that encourage teamwork, creativity, and positive social interaction. Every morning students get to choose from team-based Minecraft challenges, Drone flight lessons, LEGO® building activities, crafting with Perler Beads and Nintendo games such as Mario Kart and Super Smash Bros. These activities are designed to promote collaboration, problem-solving, and sportsmanship while giving students opportunities to connect, work together, and form new friendships. For more information on Camp Power Up!, please visit camppowerup.com

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

Recreation Star Center, 1170 Shippan Ave

October 1 - November 19

Thursday

5:15PM - 6:15PM

\$288.00 per student for 8 weeks

Instructor: : First Lego League Coach/Mentor

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 Deployment 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.

USTA Social Fall Tennis League for Adults

Scalzi Park Tennis Courts

August 24 - October 12 (No league 9/7)

Monday (6:30PM - 8:00PM) - \$80.00 per person

The USTA Social Tennis League offers the opportunity for adults throughout New England to meet new people through the game of tennis. This league is a great way to improve your skills or get back into tennis in a fun, social environment. All skill levels are welcome as long as you're ready for match play (i.e., you can serve, rally and know the rules). Please note this league is NOT for beginners. We are currently in search of a site coordinator for this league. The site coordinator gets to play in the league for free (and receives a special swag item!) in exchange for handing out balls at the start of each night (provided by USTA) & recording match scores. If you're interested in coordinating email socialtennis@newengland.usta.com Registration starts August 14th, 2026 online.

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

Recreation Star Center, 1170 Shippan Ave

October 1 - November 19

Thursday

4:00PM - 5:00PM

\$320.00 per student for 8 weeks

Instructor: First Lego League 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 Deployment 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



Introductory Robotics with AI Advanced & Competitive (Ages 9-14)

Recreation Star Center, 1170 Shippan Ave

September 29 - November 24 (No class 11/3)

Tuesday

4:00PM - 5:00PM

\$360.00 per student for 8 weeks

Instructor: First Lego League 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 the same 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. Medals will be awarded to all participants, and the winner will receive a certificate issued by Jragon Academy

Adult Programs

Mat Pilates for Adults

Recreation Star Center, 1170 Shippan Ave

September 14 - November 30

5:30PM - 6:30PM / Monday - **Sec. 1**

September 10 - December 3

10:00AM - 11:00AM / Thursday - **Sec. 2**

September 12 - December 5

10:15AM - 11:15AM / Saturday - **Sec. 3**

\$125.00 per person for per session

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

September 10 - December 3

Thursday

5:30PM - 6:30PM

\$110.00 per person

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.

Tennis Basics Adults & Teens

Scalzi Park Tennis Courts

September 12 - October 10

Saturday

10:00AM - 10:55AM - **Sess. 1**

11:00AM - 11:55AM - **Sess. 2**

\$155.00 per person per session

Instructor: GSTA STAFF

This program is designed to be an introduction to tennis. Participants will be taught the fundamentals of forehand, Back hand, serves and volleys as well as the rules of the game. **Registration starts online August 19th!**



French for Intermediate/Advance Level Adults

Recreation Star Center, 1170 Shippan Ave

September 28 - November 9 (No class 10/12)

Monday

6:00PM - 7:00PM

\$225.00 per person

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

September 14 - November 15

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

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

\$180.00 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.

September 14 - November 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

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



Self - Defense Training for the "Everyday" Adult

Recreation Star Center, 1170 Shippan Ave

September 14 - December 2

Monday & Wednesday

Students are expected to participate twice a week

7:30PM - 8:30PM

\$220.00 per person

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.

2026 Fall 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 terryconnors@stamfordct.gov or called in to the rink office at (203)977-4728.

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

Terry Connors Rink offers many programs throughout the year. We are open all year round!



Pubic 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 sessions are for advanced skaters for practice and private lesson time. The Skating Club of Southern CT offers Sessions on Tuesdays from 4:00-5:00pm. You must be a member of the SCSC Club. www.skatescsc.com.

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.

STAMFORD YOUTH HOCKEY

Stamford Youth Hockey runs a Learn to Play Hockey on Saturday mornings from September thru April; for more information or to register – www.syha.org

FALL GROUP SKATING LESSONS

Ages 4 and up – All Levels

Beginners thru Freestyle Classes

Dates: Sept. 10 thru October 31, 2026

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 through Basic 6 and all Freestyle levels and 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 with Terry Connors Rink. Call Rink directly at 203-977-4728 to register. Our website is www.tcrink.com and our email address is terryconnors@stamfordct.gov.

Fee for the 8-week cycle is 185.00

(Lesson is 160.00, learn to skate membership is 25.00)

BIRTHDAY PARTIES

TCR offer birthday parties during the Public Skating on Saturday or Sundays. You are provided with a room and skating and skate rentals, the fee is 200.00. Please call ahead to arrange a party at (203)977-4728 or email at terryconnors@stamfordct.gov

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.

TO CONTACT TERRY CONNERS CALL (203) 977-4728