

# City of Stamford

Mayor David R. Martin

## STAMFORD RECREATION FALL BROCHURE 2018

**Online Registration Begins September 5, 2018**  
**Walk-in Registration Begins September 6, 2018**

Like our Facebook page at  
Stamford Recreation Department



Like us on  
**Facebook**

**Stamford Recreation Services • 888 Washington Blvd**

**Tel 203-977-5214 • Fax 203-977-5504 • [www.stamfordrecreation.com](http://www.stamfordrecreation.com)**

# Welcome To Stamford Recreation Services

## City Officials

**Mayor:** David R. Martin

## Department Staff

**Superintendent:** Laurie Albano

**Assist. Superintendent:** Scott Kassouf

**Assist. Superintendent:** Megan Gearhart

**Recreation Supervisor:** Robert Pentino

**Recreation Leader:** Bertrand Oubida

**Office Support Specialist:** Tina Baines

## Parks & Recreation Commission

Althea Brown: Commissioner

John Rovegno: Commissioner

Michael Tedder: Commissioner

David Winston: Commissioner/Chairman

## Office Hours

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

**Note:** Registration for most Fall Programs program's except when specified begins as follows: **On-line** - Wednesday, September 5 @ 8:30AM **Walk-In Registration** - Thursday, September @ 8:30AM at the Recreation Office located at 888 Washington Blvd.

## Recreation Office Holidays

Monday, September 3, 2018 - **Labor Day**

Monday, October 8, 2018 - **Columbus Day**

Monday, November 12, 2018 - **Veteran's Day**

Thursday, November 22, 2018 - **Thanksgiving Day**

Friday, November 23, 2018 - **Thanksgiving Break**

## Registration Procedure

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



Registration Information	2
Department Pol ices & Special Events	3
Preschool Programs	4
Preschool Programs & Fitness	5
Preschool & Youth Programs	6
Preschool & Youth Dance Programs	7
Youth After School Educational & Vacation Programs	8
Youth Programs & Horse Back Riding	9
Youth Music & Teen Music Programs	10
Youth After School Programs & Eagle Soccer Aced.	11
Youth Fitness & Tennis Programs	12
Youth Fitness & Vacation Programs	13
Youth & Adult Fall Aquatics Programs	14
Public Open Swim and Vacation Camps For Youth	15
Tae Kwon Do, Peak Performance Camp & Ski Trips	16
Adult Programs & Bus Trips	17
Adult Fitness Programs With Body Wise By Betty	18
Terry Conners Rink Information & Programs	19
Birthday Parties For Preschoolers & Youth	20

## Fee Payment

Instructors **CANNOT** accept registration at the class. Fees must be paid at the Recreation Services Office in advance or on-line. Payments may be made by cash, check and credit card only.

**Credit cards will be accepted at the Recreation Services Office, or on line with Visa and Master Card Only!** You must be 16 years old to register for adult programs and 21 years of age for casino trips.

**All checks should be made payable to the City Of Stamford.**

**Registration for the Fall Big E Bus trip, Soccer Tikes, Eagle Soccer Academy, Horse Back Riding Lessons and Tennis Lessons begin on-line and in the office August 1, 2018! Registration for all other programs begin on-line September 5 & walk-in registration begins September 6, 2018.**

## Department Polices

### Reduced Fee Policy

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

### Refund Policy

Refunds shall be granted before a class begins **for an incapacitating medical hardship with a doctor's note, relocation with documented proof or if a waiting list is available** and the spot can be filled. Any approved refund will be granted minus a 15% processing fee, **no exceptions!** If we cancel a program for any reason, there will be a full refund with no processing fee. Any refund granted after a class begins shall be prorated in addition to the 15% processing fee. **If false information is given on a registration form, the registration is null and void and there will be no refund.**

### Returned Check

If a check is returned to Recreation Services for any reason, a cash or money order payment of \$50.00 plus the face value of the check is required immediately.

### Class Cancellation

Whenever schools are closed due to bad weather or holidays, all youth recreational programs scheduled will be cancelled. Cancellation announcements can be heard on **WTNH Channel 8 News, Channel 12 News** or by calling our cancellation phone line at 977-4641 EXT. 111 or 977-5214.

### On-Line Registration Is Easy

We now have on line registration available for residents by logging on to [www.stamfordrecreation.com](http://www.stamfordrecreation.com) Registrations can only be paid by credit card on line with a Visa or Master card. **On-Line registration for fall programs begins Wednesday, September 5th at 8:30am and walk - in registrations begins Thursday, September 6, 2018 at 8:30am.** For more information regarding On-Line registration, please call 977-5214.

### Registration Forms

Mail in registration forms are available on line at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) or at our office.



## Special Events

### The 19th Annual Hay Ride With Santa At Cove Island

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

**When:** Saturday, December 1, 2018 - **Day 1**  
Sunday, December 2, 2018 - **Day 2**

**Time:** 10:00AM -1:00PM & 2:00PM -5:00PM - **Sat.**  
10:00AM - 3:30PM only - **Sunday**

**Fee:** \$6.00 per person ( **all riders must have a ticket**)

**Staff:** SANTA, and The Recreation Services Staff

**Session - 01 - Saturday / Session - 02 - Sunday**

Come join us for the 19th 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 and will go on sale November 1, 2018!** The event has sold out for the past 18 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.

### Halloween Crafts & Things ( Gr. 1 -3 )

**Where:** Star Recreation Center, 1170 Shippan Ave

**When:** October 26, 2018

**Day:**

**Time:** 6:00PM - 8:00PM

**Fee:** \$20.00 per child

**Instructors:** Recreation Staff

**Description:** Kids! Come spend a few hours being creative. We will spend our time making a fun Halloween Craft, playing games and having a spooky time with friends. **Dinner is included!**



### Coming The Fall 2019 Stamford Recreation Services Stay & Play Preschool Ages 3-4

Children will gain independence & self-confidence in this 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 will supply a daily snack and follow the Stamford Public School calendar. **Program will be held at the Stamford Recreation Star Center at 1170 Shippan Ave. Monday, Wednesday & Friday 9:00AM - 12:00PM**

**For more information call 203-977-5214**



# Preschool Programs

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

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 18 - November 29  
**Time:** 10:00AM - 11:30AM  
**Day:** Tuesday &/ or Thursday  
**Fee:** \$107.00 per child once a week for a 10 week program  
\$214.00 per child twice a week for a 10 week program  
**Instructor:** Beth Covino, **Preschool Instructor**  
**Description:** Play With A Purpose: Introduce your toddler to the experience of Pre-school with this caregiver-and-me classroom complete with centers and circle time! "Play with a purpose" learning centers are areas within the classroom where children learn by playing and engaging in activities. Our classroom will encourage child-initiated exploration and discovery. Each week we will sing songs, read stories and participate in activities that encourage fine motor development, coordination skills and independence! The second part of this class will be Get Moving: Located in our spacious gym or weather permitting, outside on our beautiful play area. This part of the class is a great way to encourage movement and independence in a fun and safe environment. Children can run, jump, ride bikes and slide and play with friends as they develop the important gross motor skills and spatial awareness of the ever learning toddler! **A child and caregiver class. No class 11/6/18!**

## Ring Along - Sing Along (Ages 1-3)

**Where:** Recreation Star Center, 1170 Shippan Ave.  
**When:** September 17 - December 3  
**Day:** Monday  
**Time:** 10:00AM - 10:30AM  
**Fee:** \$70.00 per child for 10 weeks (No class 10/8 & 11/12)  
**Instructors:** Beth Covino, Preschool Instructor  
**Description:** Studies show that the simple melodies and inflections of singing prepares children's brains for language and that songs with actions and dance moves help develop balance, coordination and body awareness. Kids respond best to music when they actively participate so we will get your child rocking, rolling, tapping, clapping, and moving to the beat of our favorite children's songs! We hope to See you later, Alligator! **A child and care-giver class.**

## Art - Story Adventure (Ages 1-3)

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 17 - December 3  
**Day:** Monday  
**Time:** 10:40AM - 11:20AM  
**Fee:** \$75.00 per child for 10 weeks (No class 10/8 & 11/12)  
**Instructors:** Beth Covino, Preschool Instructor  
**Description:** Take an adventure through old and new favorite stories! Each week we will read a new book and incorporate a fun craft or silly song related to the story! **This is a fun way to grow your child's love of reading**

## Silly Science (Ages 2-4)

**Where:** Recreation Star Center, 1170 Shippan Ave.  
**When:** September 18 - December 5  
**Day & Time:** Tuesday - 11:40AM - 12:20PM - **Sec. A**  
Wednesday - 10:00AM - 10:40AM - **Sec. B**  
**Fee:** \$75.00 per child for 10 weeks per section  
**Instructors:** Beth Covino, Preschool Instructor  
**Description:** Preschoolers are naturally wonderful at asking questions about the world around them. Science activities and experiments give young minds the skills they need to seek answers and view the world scientifically. Each week we will learn something about science or nature and we will work on a project or related craft. Projects can include simple demonstrations, craft projects like building a tin can telephone, and other science projects like sorting and categorizing things found in nature. **No class 9/19, 11/6 & 11/21/18**

## Get Moving (Ages 2-4)

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 26 - December 5  
**Day:** Wednesday  
**Time:** 10:50AM - 11:30AM  
**Fee:** \$49.00 per child for 7 weeks  
**Instructors:** Beth Covino, Preschool Instructor  
**Description:** Located in our spacious gym or weather permitting, outside on our beautiful play area. This class is a great way to encourage movement and independence in a fun and safe environment. Children can run jump, ride bikes, slide and play with friends as they develop the important gross motor skills and spatial awareness of the ever learning toddler! **A child and caregiver class. No class 11/21 & 11/22/18**



## Make Art With Me (Ages 2-4)

**Where:** Recreation Star Center, 1170 Shippan Ave.  
**When:** September 27 - December 6  
**Day:** Thursday  
**Time:** 11:40AM - 12:20PM  
**Fee:** \$75.00 per child per section for 10 weeks  
**Instructors:** Beth Covino, Preschool Instructor  
**Description:** Let your child explore the "Process" of Art and get creative with these hands on art class. Process art is all about the experience children have while they're creating. We will explore the world of art using various materials and techniques as we create our masterpieces! Each week we will use different materials and sometimes messy techniques so you will want to dress appropriately or bring a smock! **A caregiver and me class. No class 11/22/18**



# Preschool Sports & Fitness

## Grandma or Grandpa & Me - NEW

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 28 ( "All About Apples" ) - **Session 1**  
October 12 ( "Teddy Bear Picnic" ) - **Session 2**  
October 26 ( "Pumpkin Palooza" ) - **Session 3**  
November 16 ( "I Am Thankful" ) - **Session 4**  
**Day:** Friday  
**Time:** 10:00AM - 11:00AM  
**Fee:** \$10.00 per child per session  
**Instructors:** Recreation Staff  
**Description:** Creative grandparent/child play time geared towards strengthening the bond between grandparents & their grand children. Each session will have a themed activity . You can sign up for 1 or all 4 sessions. **(Parent may come in lieu of grandparent.) For Children Ages 2-4.**



## Preschool Gymnastics On Saturdays (Ages 2 - 4 )

**Where:** Stamford Recreation Star Center ,1170 Shippan Ave  
**When:** September 29 - November 17  
**Time:** 9:30AM - 10:00AM (**Beginners**)- **Sess. 01**  
10:05AM - 10:35AM (**Returning Students**) -**Sess. 02**  
**Day:** Saturday  
**Fee:** \$128.00 per child per sessions for 8 weeks  
**Instructors:** Certified Gym On Wheels Staff  
**Description:** The GYM ON WHEELS program will have your children tumbling, tucking, and jumping out of their shoes until their next encounter with us. This class will help your children develop fundamental gymnastics skills, while also teaching them skills in areas such as coordination, balance, agility, listening to instruction, and the importance of team-work. We are Team USA Gymnastics team members. We teach children the basic skills used for pommel horse, high bars, balance beams, parallel bars, springboards, and much more....all while making sure you **have fun!**

## Soccer Tikes For Preschoolers (Ages 3-6)

**Where:** Scalzi Park Field  
**When:** September 15 - October 20  
**Day:** Saturdays  
**Time:** 9:00AM - 10:00AM - **3 year olds - Sess. 01**  
10:00AM - 11:00AM - **3 & 4 year olds - Sess. 02**  
11:00AM - 12:00PM - **4 - 5 years old -Sess. 03**  
12:00PM - 1:00PM - **5 - 7 years old - Sess. 04**  
**Fee:** \$120.00 per child per session for 6 weeks  
**Instructor:** Kevin Fallon, Certified Soccer Instructor  
**Description:** At Soccer Tikes, we stress a non-competitive environment. This is a child development program for kids. 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 your child to learn about soccer!**

## Zumba Kids Jr. (Ages 4 - 6 )

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 29 - November 17  
**Day:** Saturdays  
**Times:** 8:30AM - 9:30AM  
**Fee:** \$80.00 per child for 8 weeks  
**Instructors:** Patricia Moore, Certified Zumba Instructor  
**Description:** Zumba Kids Jr. classes are rocking, highenergy dance parties packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure.

## Tiny Yoga (Ages 3 - 5 ) - NEW

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 5 - November 9  
**Day:** Friday  
**Time:** 9:45AM - 10:15AM  
**Fee:** \$60.00 per child for 6 weeks  
**Instructors:** Nana Smith, Certified Instructor  
**Description:** Our Tiny Yoga class offers a 30 minutes of save surrounding, where children can learn mindfulness, care, friendship, sharing space and accessories while also leering simple yoga poses and begging of stillness (meditation.) Children will learn to move with control, coordination, confidence, and rhythm while learning the some poses and names of poses, all in playful and fun way.

## Little Athletes (Ages 2 - 3) - NEW

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 5 - November 9  
**Day:** Friday  
**Time:** 10:30AM - 11:10AM  
**Fee:** \$50.00 for 6 weeks  
**Instructors:** Bertrand Oubida, Recreation Staff  
**Description:** Children will have lots of fun learning new games and sports each week. This program will allow children to learn the basics and give each child confidence while having fun. Creative movement exercise, soccer balls, t-ball, and basketball just a few of the sports we will cover. **Parent and me program!**



## Fantastic Games For (Ages 3 - 4) - NEW

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** November 16 - December 14  
**Day:** Friday  
**Time:** 10:30AM - 11:10AM  
**Fee:** \$35.00 for 4 weeks  
**Instructors:** Bertrand Oubida, Recreation Staff  
**Description:** Each week children will be involved in a new gym game or activity. Our instructor has designed fun and creative activities that are age appropriate. **This program is designed for children to participate without the parents as they sit on the side and watch the fun! (No class 11/23)**



# Preschool & Youth Programs

## Parent & Me T-Ball Squirts (Ages 2-3)

**Where:** Scalzi Park  
**When:** September 16 - November 4  
**Days:** Sunday  
**Time:** 2:00PM - 3:00PM  
**Fee:** \$154.00 per child for 8 weeks  
**Description:** Parent & Me T-Ball Squirts is a fun and positive introduction to t-ball for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of t-ball through structured activities, fun based games, and scrimmages. **Run by US Sports Institution**

## Parent & Me Multi Sports Squirts (ages 2 - 3)

**Where:** Scalzi Park  
**When:** September 16 - November 4 - Sunday  
September 21 - November 2 - Friday  
**Days & Time:** Sunday - 3:00PM - 4:00PM - **Sec. A**  
Friday - 9:30AM - 10:30AM - **Sec. B**  
**Fee:** \$154.00 per child for 8 weeks for Sunday section  
\$134.00 per child for 7 weeks for Friday section  
**Description:** The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situation with support and confidence as you engage in fun sports activities

## Squirts T-Ball (Ages 3 - 5)

**Where:** Scalzi Park  
**When:** September 16 - November 4  
**Days:** Sunday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$154.00 per child for 8 weeks  
**Description:** Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!



## Parent & Me Soccer Squirts (Ages 2-3)

**Where:** Scalzi Park  
**When:** September 21 - November 2  
**Days:** Friday  
**Time:** 10:30AM - 11:30AM  
**Fee:** \$134.00 per child for 7 weeks  
**Description:** Classes are fun and positive introduction to soccer for children and their parents. With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through a program structured, fun based games and scrimmages.



## Squirts Multi Sports (Ages 3-5)

**Where:** Scalzi Park  
**When:** September 21 - November 2  
**Days:** Friday  
**Time:** 11:30AM - 12:30PM  
**Fee:** \$134.00 per child for 7 weeks  
**Description:** The Squirts Multi Sports program allows children to try a variety of different sports throughout the season including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, fun!



## TGA Golf For Preschoolers Ages 3-5

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** October 5 - November 9  
**Day:** Friday  
**Time:** 9:30AM - 10:15AM  
**Fee:** \$128.00 per child for 6 weeks  
**Instructor:** TGA Certified Golf Instructor  
**Description:** This is an introductory class to the fundamentals of golf for preschool age children. It introduces the child to the concepts later learned in the 5 level TGA Golf Program. **Your preschooler will love this program!**



## Zumbini For Preschoolers (Ages 2 - 4) - New

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 22 - November 10  
**Day:** Saturday  
**Time:** 9:30AM - 10:15AM  
**Fee:** \$175.00 per child for 8 weeks / \$150.00 per sibling  
**Instructors:** Jenny Aline, Certified Zumbini Instructor  
**Description:** Children love Zumbini classes and develop while having fun! Zumbini is an early childhood education program that leverages music and movement to promote cognitive, social, emotional, and motor skill development. Each student will receive a Zumbini for Schools Bundle to take home (\$35 value). This bundle includes: music CD, songbook, code to access class music from your mobile devices and a plush toy that corresponds with our theme character.

## Coming The Fall 2019 Stamford Recreation Services Stay & Play Preschool Ages 3 - 4

Children will gain independence & self-confidence in this 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 will supply a daily snack and follow the Stamford Public



# Preschool & Youth Dance Programs

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

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 26 - December 8  
**Day & Time:** Wednesday - 1:30PM - 2:15PM - **Sec. A**  
Saturday - 9:30AM - 10:15AM - **Sec. B**  
**Fee:** \$180.00 per child for 10 weeks per sections  
**Instructors:** Ms. Danette  
**Description:** Get your tu - tus out! It's time to twirl and leap to classical music. During this 45 minute class, your little dancer will learn basic ballet techniques as they move to the beautiful sounds of classical music.

## Ballet/Tap For Pre K

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave  
**When:** September 26 - December 8  
**Day & Times:** Wednesday / 2:30PM - 3:15PM - **Sec. A**  
Saturday / 10:30AM - 11:30AM - **Sec. B**  
**Fee:** \$180.00 for 10 weeks  
**Instructors:** Ms. Danette  
**Description:** Ballet - the dancers will explore the great ballet stories as they learn technique. Waltz into class and leap into fun!! **Dancers need tap shoes, ballet slippers, and water bottle.**

## Kinder Bop ( Kindergarten)

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave  
**When:** September 25 - December 4 ( No class 11/6)  
**Day:** Tuesday  
**Times:** 3:30PM - 4:15PM  
**Fee:** \$180.00 for 10 weeks  
**Instructors:** Ms. Danette  
**Description:** Your dancer will learn some fun hip hopping and soul bopping moves. Dress comfortably & be prepared to boogie! Jazz shoes or ballet slippers required. **In class performance on the last day.**



## Hip Hop/Funk ( Gr. 1 - 6 )

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave  
**When:** September 25 - December 4 ( No class 11/6)  
**Day:** Tuesday  
**Time:** 4:30PM - 5:30PM ( Gr. 1 - 3 ) - **Sec. A**  
5:30PM - 6:30PM ( Gr. 4 - 6 ) - **Sec. B**  
**Fee:** \$180.00 for 10 weeks  
**Instructors:** Ms. Alexandra  
**Description:** This class is one hour fun filled class is for the person who loves to dance around the house. Why not take it to the beautiful Star Center and shine even brighter? Dress comfortably. **Hip hop sneakers or Jazz shoes. No street shoes.** In class performance on the last day.



## Ballet/Tap For Grades K- 5

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave  
**When:** September 26 - December 8  
**Day & Time:**  
Wednesday / 3:30PM - 4:30PM - **Gr. K-2- Sec. A**  
Wednesday / 4:30PM - 5:30PM - **Gr. 3 - 4 - Sec. B**  
Wednesday / 5:30PM - 6:30PM - **Gr. 5 - 6 - Sec. C**  
Saturday / 11:30AM—12:30PM - **Gr. K - 3 - Sec. D**  
**Fee:** \$180.00 per child per section for 10 weeks  
**Instructors:** Ms. Danette  
**Description:** Dancers will begin class in tap shoes, learning a collection of basic steps and rhythms. Following their tap portion, dancers will switch to ballet slippers for the second half of the class. In ballet they will learn technique; positions of the feet, arms and head. As well as beautiful and fun combinations. **Dancers need tap shoes, ballet slippers, and water bottle. No class 11/21 & 11/24/18**

## Broadway Dance ( Gr. 3 - 5)

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 25 - December 4 ( No class 11/6)  
**Day:** Tuesday  
**Time:** 6:30PM - 7:30PM  
**Fee:** \$180.00 per child for 10 weeks per sections  
**Instructors:** Ms. Alexandra  
**Description:** Learn a dance combination to a Broadway song. Class will include dance and theater technique. **In class performance on the last day.**

## Ballet/Technique ( Gr. 3 - 5)

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 27 - December 6 ( No class 11/22)  
**Day:** Thursday  
**Time:** 4:00PM - 5:00PM  
**Fee:** \$180.00 per child for 10 weeks per sections  
**Instructors:** Ms. Danette  
**Description:** Leap into this class ready to explore beyond the ballet basics. This class will build on basic ballet steps and develop the skills for turns and leaps. While creating beautiful ballet lines. The dancers will learn a combination to be demonstrated at the conclusion of the session.

## Lyrical ( Gr. 1 - 5)

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 27 - December 6 ( No class 11/22)  
**Day:** Thursday  
**Time:** 5:00PM - 6:00PM - (Gr, 1-3) - **Sec. A**  
6:00PM - 7:00PM - ( Gr. 4-5) - **Sec. B**  
**Fee:** \$180.00 per child for 10 weeks per sections  
**Instructors:** Ms. Alexandra  
**Description:** This really fun class is flowy, energetic and inspirational. Run, leap, twirl, release and rebound. Come prepared to work hard and enjoy the process. The dancers will learn a combination to be demonstrated at the conclusion of the session

# Youth After School Educational & Vacation Programs

## Circuits & More (Ages 7 - 12)

**Where:** Davenport Elementary School,

**When:** September 26 - October 24

**Day:** Wednesday

**Time:** 4:00PM - 5:15PM

**Instructor:** CT Computer Education Staff

**Fee:** \$109.00 per child for 5 weeks

**Description:** Have you ever wondered how electronics work? Students will gain hands-on experience building projects, using Snap Circuit kits with a partner. Children will learn about electronics, electrical components and all types of circuits. Bring a friend, challenge your friend to see what works? Note: No computers are used in this program. Please bring a snack.

**SEPTEMBER 26 EARLY RELEASE 2:00-3:15PM**



## Circuit Mania Jr. (Ages 5 - 7)

**Where:** Westover Elementary School

**When:** September 24 - November 5 (No class 10/8)

**Day:** Monday

**Time:** 4:00PM - 5:15PM

**Instructor:** CT Computer Education Staff

**Fee:** \$109.00 per child for 5 weeks

**Description:** Have you ever wondered how electronics work? Students will gain hands-on experience building projects geared toward younger students. Snap Circuits kits are geared with the youngest in mind with a partner. Jr. Learners will learn about electronics, electrical components and all types of circuits. Note: No computers are used in this program. **Please bring a snack!**

## Discover The Force Within You: Star Wars Robotic Lego (Ages 5-10)

**Where:** Recreation Star Center, 1170 Shippan Ave.

**When:** November 7 - December 5

**Day:** Wednesday

**Time:** 4:00PM - 5:15PM

**Instructor:** CT Computer Education Staff

**Fee:** \$109.00 per person for 5 weeks

**Description:** Come join us as we re-create Anakin's Workshop!! Campers will tinker away and use robotic LEGOS to build fantastic Star Wars creations! Soar through the galaxy with us, as we build super space ships and robots based on the Star Wars movies. Students will grow their knowledge of space and robotics. We'll be waiting for you... **No Legos will be taken home. Please bring a snack.**

**Note: Class on November 21 & 28 will be held from 2:00PM - 3:15PM do to the Early Release Day from School.**



## Bots & Battles Holiday Camp (Ages 5 - 12)

**Where:** Recreation Star Center, 1170 Shippan Ave.

**When:** December 26, 27, 28 & 31

**Day:** Wed., Thurs., Fri. & Mon.

**Time:** 8:30AM - 3:00PM

**Fee:** \$170.00 per child for 4 days

**Instructor:** CT Computer Education Staff

**Description:** Let's Get Ready to Rumble!!! Greetings Builders!! Bots camp will allow students the opportunity to design and build with Legos™. Time to program and control your own bots and compete in challenges and competitions. Students will work with multiple types of bots for their competitions and challenges each day. Engineers will try and program bots to smash, flip, and destroy their opponents bot. Bring your game face....winner takes all! No Legos™ will be taken home. **Please bring a lunch and a snack.**



## Jr. Engineering Explorers (Gr. K-2)

**Where:** Recreation Star Center, 1170 Shippan Ave

**When:** October 5 - November 9

**Day:** Friday

**Time:** 4:15PM - 5:15PM

**Fee:** \$152.00 per student for six weeks

**Instructor:** Engineering For Kids Staff

**Description:** This program introduces our youngest engineers to the basic concepts of engineering from a variety of engineering fields. Through open and focused exploration, students will design & construct a number of engineering projects. Examples of activities: Straw Rockets (Aerospace), Slime, Chemical) and Catapults (Mechanical Engineering).



## Mechanical Engineering (Gr. 3-5)

**Where:** Recreation Star Center, 1170 Shippan Ave

**When:** October 4 - November 8

**Day:** Thursday

**Time:** 4:15PM - 5:15PM

**Fee:** \$152.00 per student for 6 weeks

**Instructor:** Engineering For Kids Staff

**Description:** The program is designed to introduce students to basic engineering concepts through several engineering disciplines. Through open and focused exploration, students will design and construct a number of engineering projects. Examples of activities could include: Helicopters (Aerospace) Sail Boats (Marine), and Candy Catapults (Mechanical).



## Toy Making (Gr. 1-4) - New

**Where:** Recreation Star Center, 1170 Shippan Ave

**When:** September 17 - November 19

**Day:** Monday

**Time:** 4:30PM - 5:30PM - (No class 10/8 & 11/12)

**Fee:** \$145.00 per child for 8 weeks

**Instructor:** Beth Cherico

**Description:** Students will enjoy exploring their creativity by making and playing with their own toys and games! Imagining and designing toys use skills such as art, math and writing while encouraging original thinking. Some of the projects include slime, board games, trading cards and catapults.



# Youth Programs & Horse Back Riding

## Cooking Around The World ( Gr. K-2)

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** October 2 - November 20 ( No class 11/6)

**Day:** Tuesday

**Time:** 4:15PM - 5:15PM

**Fee:** \$85.00 for 7 weeks per child/ Includes all supplies

**Instructor:** Ms. Nancy

**Description:** Grab your passports and let's go!

Each week we'll "travel" to an exciting country and make a tasty dish native to its land. This is a fully hands on class where our chefs will not only learn about cooking techniques and the foods we're using, but also a bit about the country we're "visiting". \*\*while we do not use peanut/tree nut products please note that due to our recipes, we cannot guarantee the use of other ingredients should your child have allergies.

**Please contact us prior to class beginning if your child have allergies. \*\***

## Chess Wizards ( Gr. K & UP )

**Where:** Recreation Star Center ,1170 Shippan Ave

**When:** September 29 - November 17

**Day:** Saturdays

**Time:** 9:30AM - 10:30AM

**Fee:** \$135.00 per child for 8 weeks

**Instructor:** Certified Chess Wizard Staff

**Description:** Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. Chess Wizards teaches children many important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship. Students will be divided into groups according to their chess experience. At the end of this session, each student will have had the chance to participate in a mini-chess tournament.



## Jewelry Making ( Gr. 2 - 4 ) - New

**Where:** Recreation Star Center ,1170 Shippan Ave

**When:** October 30 - November 7

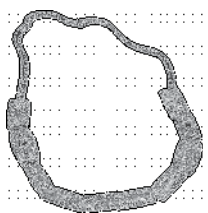
**Day:** Wednesday

**Time:** 4:15PM - 5:15PM

**Fee:** \$145.00 per child for six weeks/ includes all supplies

**Instructor:** Arts Of CT Staff

**Description:** In this class, students will how to make jewelry. They will make everything that dazzles from earrings, to bracelets to rings. **This new program is offered Arts Of CT and for more information go to [www.artsinct.org](http://www.artsinct.org)**



## Horseback Riding Lessons With Mead Farm

**Where:** Mead Farm on 107 June Road, Stamford

**When:** September 9 - September 30 - Session 1

October 7 - October 28 - Session 2

November 4 - December 2 - Session 3

**Day:** Sunday

**Time:** 1:30PM - 2:30PM - Session 2 & 3

2:30PM - 3:30PM - Session 1, 2 & 3



**Fee:** \$360.00 per person per 4 week session

**Instructor:** Mead Farm Staff

**Description:** We have teamed up with Mead Farm in Stamford to offer horseback riding lessons for children ages 5 & up. Teenagers and even adults are welcome. Session includes a 1/2 hour horseback riding lesson in an outdoor ring plus 1/2 hour horsemanship classes covering general horse care, grooming, **anatomy & parts of tack**. Requirements are a signed waiver, long pants & boots with a **slight** heel. Helmets are required and available to borrow. For more information go to [www.meadfarm.com](http://www.meadfarm.com) Note: Any child with special needs please contact Mead Farm at 203-322-4984 to arrange for a meeting to **determine if this program is suitable for your child**. Required Forms: All participants must fill out the required waiver forms that can be downloaded from our website at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) and returned to Mead Farm **no later than 8 days prior to the start of the session** in order to participate in the program. Also, this is an introductory program and anyone looking to return for the Winter Session should contact Mead Farm directly for other programs. **Max of 4 students per section! Program runs Rain or Shine and No Make Ups! Please arrive 10 minutes early.**

## Cartooning With Mike ( Gr. 1- 5)

**Where:** Recreation Star Center ,1170 Shippan Ave

**When:** September 25 - November 20 ( No class 11/6)

**Day:** Tuesday

**Time:** 4:15PM - 5:15PM ( Gr. 1 - 3 ) - Sec. A

5:30PM - 6:30PM ( Gr. 4 - 5 ) - Sec. B

**Fee:** \$95.00 per child per section for 8 weeks

**Instructor:** Mike Pannone, Cartoonist

**Description:** If you love drawing and doodling, you will love this after school cartooning program. Each week students will work with a different theme from sports, pirates, gags and popular cartoon characters. Come enjoy learning the correct way to draw while having fun and creating exciting characters.



# Youth & Teen Music Programs

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

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 26 - November 14

**Day:** Wednesday

**Time:** 5:15PM - 6:00PM

**Fee:** \$155.00 per student for 8 weeks/ **Max of 6 student!**

**Description:** Introduction to guitar. For beginners and players with a little experience. Finger dexterity, reading, chords & getting around the guitar is all part of this program. **You must supply your own acoustic or electric guitar. Max of 6 students!**

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

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 26 - November 14

**Day:** Wednesday

**Time:** 6:00PM - 6:45PM/ **Max of 6 students!**

**Fee:** \$155.00 per student for 8 weeks /**Max of 6 students!**

**Description:** Continued study of guitar techniques for students with 1 plus years of lessons. Music that is age appropriate will be used. **You must supply your own acoustic or electric guitar.**

## Musikids Keyboard I ( Ages 6 - 8 )

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 26 - November 14

**Day:** Wednesday

**Time:** 4:45PM - 5:45PM - Sess. 01  
6:00PM - 7:00PM - Sess. 02

**Fee:** \$200.00 per child for 8 weeks /**Max of 6 students**

**Instructor:** Bob Fiorito

**Description:** This beginner program is a great way to introduce your child to the world of music. Unlike traditional piano instruction where students must plod through weeks of seemingly unrelated exercises, this program will have your child playing notes and music in no time at all. !

## Musikids Keyboard II ( Ages 6 - 10 )

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 26 - November 14

**Day:** Wednesday

**Time:** 7:00PM - 8:00PM

**Fee:** \$200.00 per child for 8 weeks/ **Max of 6 students**

**Instructor:** Bob Fiorito

**Description:** This keyboard program is designed for students who have successfully completed our beginner program or have had prior lessons. The program will build on their current keyboarding skills, and will have them playing their favorite songs. **A max of 6 students. A book for all keyboard**

## Piano Lessons With Mr. Florito Beginner to Early Intermediate

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 27 - November 15

**Day:** Thursday

**Time:** 4:00PM - 4:45PM

**Fee:** \$200.00 per student for 8 weeks / **Max of 4 students**

**Description:** You will need a piano or keyboard at home to practice. **For grades 4 & up / Gr. 3 & up** if the student has completed our Musikids Keyboard II program. The basics of piano note & rhythm reading will be taught in this class as well as learning to play the piano correctly.

## Piano Lessons With Mr. Florito Intermediate Level

**Where:** Stamford Recreation Star Center ,1170 Shippan Ave

**When:** September 27 - November 15

**Day:** Thursday

**Time:** 4:50PM - 5:35PM

**Fee:** \$200.00 per student for 8 weeks / **Max of 4 students**

**Description:** This program is designed for students with 2 plus years of study experience **grades 5 & up**. Younger students permitted with instructors approval. Students should already have basic reading skills. Assignments will continue to build piano skills. **Students need a piano or keyboard at home to practice.**

## Piano Lessons With Mr. Florito Late Intermediate To Early Advanced

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 27 - November 15

**Day:** Thursday

**Time:** 5:40PM - 6:25PM

**Fee:** \$200.00 per student for 8 weeks/ **Max of 4 students!**

**Description:** This program is designed for students with 3 plus years of study experience or intermediate level **grades 6 and up**. Students must have reading skills. Assignments are progressively more complex. You also **need a piano or keyboard at home to practice.**

## Fashion Design Class ( Gr. 3-5) - NEW

**Where:** Davenport Elementary School

**When:** October 4 - November 8

**Day:** Thursday

**Time:** 4:15PM - 5:15PM

**Fee:** \$145.00 per student for 6 weeks/ includes all supplies

**Instructors:** Arts Of CT Staff

**Description:** Students will learn the “do’s and don’ts” of fashion and how to dress accordingly for different occasions. You will learn about fashion around the world, different types of material used for clothing, how to create their own clothing designs and how to style a model ( a class mate). Students will be introduced to fashion sketching, create vision boards, work on developing and editing collections and current fashion trends.

# Youth After School Programs & Eagle Soccer Academy

## Super Sports ( Gr. 2 & 3 )

**Where:** Recreation Star Center/ 1170 Shippan Ave  
**When:** October 1 - December 3 ( No class 10/8 & 11/12)  
**Day:** Monday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** Super Sports will introduce a variety of sports and the basics skills needed to play these sports. Cooperation and teamwork will be the focus, rather than competition of the games. A wide variety of sports and games will be covered all while having fun!

## Basketball Basics ( Gr. 1-2 )

**Where:** Recreation Star Center/ 1170 Shippan Ave  
**When:** October 2 - December 4 ( No class 11/20)  
**Day:** Tuesday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** This program is an introduction to basketball. Fun drills and exciting activities combined to teach children fundamentals. The basic skills of dribbling, rebounding and shooting will be stressed each week as players move closer to experiencing game situations through scrimmages. All students should wear sneakers & comfortable gym clothing.



## Mini Sports ( Kindergarten )

**Where:** Recreation Star Center/ 1170 Shippan Ave  
**When:** October 3 - November 28 ( No class 11/21)  
**Day:** Wednesday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** This program will introduce children to sports and games such as kickball, t-ball, soccer, basketball, tag games and more. We will also teach the importance of team work in a relaxing environment and have new and exciting game planned each week for class.

## Hoop Jam Basketball ( Gr. 3-4 )

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave  
**When:** October 4 - November 29  
**Day:** Thursday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** Each week students will start the program out by reviewing basic drills and skills of the game followed by a 40 minute game time. We will break the class up into two teams and students will enjoy a stress free game.



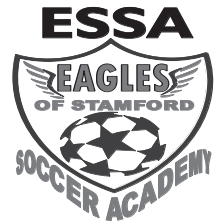
## World Cup Soccer ( Gr.1-2 )

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave  
**When:** October 5 - November 30 ( No class 11/23)  
**Day:** Fridays  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** This fun filled class teaches young students the basic skills and fundamentals of soccer each week. Each class will end with a game. What a great stress free way for your child to learn the proper way to play the game in a recreational setting.  
**Also a great way to meet new friends**



## Eagles Soccer Academy ( Ages 5 - 13 )

**Where:** Lione Park  
**When:** September 5 - October 24 ( Mon. & Wed.)  
September 6 - October 25 ( Tues. & Thurs.)  
**Time:** 5:30PM - 6:30PM / ages 5 - 7 - **Sess. 01**  
5:30PM - 6:30PM / Ages 8-10 - **Sess. 02**  
6:35PM - 7:45PM / Ages 11 - 13 - **Sess. 03**  
6:35PM - 7:35PM / Ages 8 - 10 - **Sess. 04**  
**Fee:** \$160.00 for twice a week/ **\$20.00 off for sibling's but Cannot be done online only at the Rec. Office.**  
**Instructors:** Eddy, Edwin & Desmond (Certified Instructors)  
**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.**



## After School Club at the Star Center

**Where:** Recreation Star Center ,1170 Shippan Ave  
**When:** August 30, 2018 - June 14, 2019  
**Day:** Monday - Friday  
**Time:** 2:45PM - 5:30PM  
**Fee:** 3 days a week: \$190.00 per month  
4 days a week: \$220.00 per month  
5 days a week: \$245.00 per month  
**Description:** Stamford Recreation will be offering a New After School Program for Children Grades K – 5 at the Recreation Star Center located at 1170 Shippan Avenue. **Gym time, playground and outdoor time, arts and crafts, video game time and home work time** (each day except on Fridays). Transportation provided by the Stamford Board of Education from the following schools to the After School Club at the Star Center: Catholic Elements School, Charter School of Excellence, Hart Magnet School, KT Murphy, Rogers International School, Strawberry Hill School, Toquam School, and Westover Magnet School.  
**We follow the Stamford Public School Calendar.**



# Youth Fitness & Tennis Programs

## Zumba For Kids (Ages 7 - 11)

**Where:** Star Recreation Center, 1170 Shippan Ave

**When:** October 4 - November 29 (No class 11/22)

**Day:** Thursday

**Times:** 4:30PM - 5:30PM

**Fee:** \$80.00 per child for 8 weeks

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

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

## Intro To Tennis (ages 5-7)

**Where:** Scalzi Park Tennis Courts

**When:** September 8 - October 6

**Days:** Saturday

**Time:** 9:00AM - 9:45AM - Sess. 01

9:45AM - 10:30AM - Sess. 02

10:30AM - 11:15AM - Sess. 03

11:15AM - 12:00PM - Sess.04

**Fee:** \$75.00 per child per session

**Description:** 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 and balls. Each class will include 30 minutes of instruction and 15 minutes of tennis play. **Greater Stamford Tennis Association**



## Tennis Basics (Ages 8-12)

**Where:** Scalzi Park Tennis Courts

**When:** September 8 - October 6

**Days:** Saturday

**Time:** 9:00AM - 9:55AM - Sess. 01

10:00AM - 10:55AM - Sess. 02

10:00AM - 10:55AM - Sess. 03

11:00AM - 11:55AM - Sess.04

**Fee:** \$150.00 per child per session

**Description:** This program is designed to teach basic groundstrokes 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. **Greater Stamford Tennis Association.**



## Tennis Basics For Teens

**Where:** Scalzi Park Tennis Courts

**When:** September 8 - October 6

**Days:** Saturday

**Time:** 11:00AM - 11:55AM

**Fee:** \$150.00 per Student session

**Description:** This program is designed to be an introduction to tennis. Participants will be taught the fundamentals of forehands, backhands, serves and volleys as well as the rules of the game. **Greater Stamford Tennis Assoc.**



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

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

**When:** September 24 - November 30

**Days:** Monday, Wednesday & Friday

**Time:** 5:00PM - 5:45PM

**Fee:** \$199.00 per student two days per week - Sess. 01

\$249.00 per student three days per week - Sess. 02

**Instructor:** Tom Bacha & Kimberly Colletto

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

## Real Gym For Kids (Ages 7 & UP)

**Where:** Break Thru Family Fit 4 Life

**When:** September 24 - December 2

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

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

**Fee:** \$149.00 per student / **Unlimited days**

**Instructor:** Kimberly Colletto, ACE Certified Trainer

**Description:** A one-of-a-kind kids' fitness circuit with 10-12 strength and cardio machines. A REAL GYM, the only one around, with Kid sized equipment. Kids learn the right way to work out independently & form good habits for life. Great for kids who don't like competitive sports & a great supplement for sports 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.**

## TGA Premier Golf Classes (Grades K-5)

**Where:** Kocsiuszkco Park / Dyke Lane

**When:** September 20 - October 25

**Days:** Thursday

**Time:** 4:00PM - 5:00PM (Gr. K-2) - Sess. 01

5:00PM - 6:00PM (Gr. 3-5) -Sess. 02

**Fee:** \$155.00 per child for 6 weeks

**Instructor:** TGA Certified Golf Instructor

**Description:** Students are taken through the basic concepts of golf like putting & chipping, to hitting fairway woods. All classes will have equipment provided, real golf clubs in varying sizes, golf balls, hitting mats, target nets, along with ancillary equipment. By the end of the program, students will have confidence in their game to be playing on the golf course.



# BODYWISE BY BETTY Kids Programs & Vacation Day Programs

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

**Where:** Davenport School & Star Center

**When:** September 12 - November 14 - **Wed.**

September 21 - November 2 - **Fri.**

September 21 - Nov. 3 - **Sat.**

**Days:** Wednesday, Fri & Sat.

**Time:** 3:50PM - 4:50PM ( **Wed.**) - **Sess. 01**

2:50PM - 3:50PM - (**Fri.**) - **Sess. 02**

12:15PM - 1:15PM - (**Sat, On the Beach**) -**Sess. 03**

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

**Instructor:** Betty Kelly Camlin, Certified Instructor

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

## Fit To Go Camps

**Where:** Bodywise Fitness Studio 990 Hope St. & Star Center

**When:** September 11 ( **Star Center**) - **Sess. 01**

September 19 ( **Star Center**) - **Sess. 02**

October 8 ( **990 Hope St**) - **Sess. 03**

November 6 ( **990 Hope St.** ) - **Sess. 04**

November 12 (**Hope St.** ) - **Sess. 05**

**Time:** 9:30AM - 4:30PM - **Regular Day**

8:30AM - 5:30PM - **Extended Day**

**Fee:** \$60.00 per child per for a regular day

\$70.00 per child per day for extended day

**Instructor:** Betty Kelly Camlin, Certified Instructor

**Description:** Our very popular and very **AFFORDABLE** (approx \$8hr) **camp**s are back and better then ever. **Girls K-5 Boys K-3** Camps include: Rebounding (mini-trampoline aerobic) Yoga, Hula Hooping, Zumba, Hip Hop, Kick Boxing, Circuit Training, Kick Ball, **Playground and Beach fun at New Star Center.** **Bodywise Studio location** includes Fitness equipment like Treadmills, Balance Boards, Equalizers and Video Gaming. **Fit Art**, Theater Arts nutrition and healthy lifestyle ed at both locations. We end each day with games and a movie. **Min of 10 max of 14 required per camp. 9:30-4:30 \$60/DAY CAN PROVIDE EXTENDED 8:30-5:30 with a Min 5 participants additional \$10/day paid to Betty. Must contact Betty to confirm extended day.**

## Fit To Go Kids & Heart Smart Girls ( Gr. 1-5)

**Where:** Bodywise Fitness Studio 990 Hope Street

**When:** September 17 - November 19 - **Monday**

September 20 - November 8 - **Thursday**

**Day & Time:** Monday - 4:30PM - 5:30PM -**Sess. 01**

Thursday - 4:30PM - 5:30PM -**Sess. 02**

**Fee:** \$120.00 per child per session / once a week for 8 weeks

**Instructor:** Betty Kelly Camlin, Certified Instructor

**Description:** If you want to find a FUN & HEALTHY alterna-tive to your after-school routine, this Award winning, pediatri-cian approved Fitness & Healthy Lifestyle oriented program provided in a kid friendly fitness studio in Springdale is it!

This innovative program provides a variety of fun, never boring fitness classes: **MONDAY GIRLS AND BOYS GIRLS** will be Rebounding, Boot Camp, Boxing, Step, Jump Rope and open gym. (Treadmills, Elypticals, Bosu Ball, Equalizer and more). **THURSDAY GIRLS ONLY**, we will do Zumba/Hip Hop Glow, Yoga Flow, Cardio Drumming and Hooping.

For pick up Email [bodywisebybetty@me.com](mailto:bodywisebybetty@me.com) for details and fee. **Monday Girls Gr. 1-5 & Boys Gr.1-3 Thurs Girls only Gr 1-5. PICK UP @TOQUAM, SPRINGDALE, DAVEN-PORT can be provided for additional fee.**

## Ms. Danette Dance, Music & Art Camps

**Where:** Star Recreation Center, 1170 Shippan Ave

**When:** October 8 ( **Columbus Day**)

November 12 ( **Veteran's Day**)

**Time:** 9:00AM - 12:00PM (AM Half Day) - **Sess. 01**

1:00PM - 4:00PM ( PM Half Day) -**Sess. 02**

9:00AM - 4:00PM ( Full Day ) - **Sess. 03**

**Fee:** \$45.00 per child for Half Day Am Or PM Program

\$100.00 for Full Day Program

**Instructors:** Ms. Danette

**Description:** **9am- 12pm :** Dance, Music Making, and Art Morning program. This program's theme will incorporate arts from the holiday time period.

**12pm -1pm :** Lunch Bunch for the students who are taking both the morning and afternoon holiday programs. In order to connect the morning and afternoon programs, for parents who want to send their child to a full day program. Bring your own Nut Free lunch.

**1pm -4pm:** Act Out Loud Afternoon Program  
The actors will learn a skit, create props and present their pieces to their peers. **Schools out and we are on!**

**Registration for the Fall Big E Bus Trip, Soccer Tikes, Eagle Soccer Academy, Horse Back Riding Lessons and Tennis Lessons begin on-line and in the office August 1, 2018! Registration for all other programs begin on-line September 5 & walk-in registra-tion begins September 6, 2018.**

# Youth & Adult Fall Aquatics Programs 2018

All lessons take place at Westhill High School, 125 Roxbury Rd.

All Registrations must take place at the Recreation Office or online, no onsite registration is permitted.

Lessons are limited to **8** participants per class and fill up fast!!

**(NEW twice a week lessons!)** Lesson Fees: Youth Monday & Wednesday lesson \$325.00

**(NEW!)** Youth Thursday lessons \$165.00 Youth Friday lessons \$165.00 Youth Tuesday Parent & Child \$180.00,

Adult Lesson Tuesday \$175.00

## Swim Lesson Level Description

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

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

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

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

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

**Adult Lessons: (Ages 16 & Up)** For beginners and people who are interested in improving their stroke. We work on core basics of swimming and perfecting the technique of the stroke. Covers Front crawl, Back crawl, Breast Stroke, and Elementary backstroke. Works on breaking fear in the water, focuses on comfort in the water, understanding balance and floating as well as rotary breathing; introduction to stroke development, floats, streamline and much more.

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

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

## Swim Class Days & Times

**Mondays, September 17 – November 19**

6:00pm - 6:30pm **Level One**  
6:30pm - 7:00pm **Level Two**  
7:00pm - 7:30 pm **Level Three**  
7:30pm - 8:00pm **Level Four**  
8:00pm - 8:30pm **Level 5 & 6**

**Tuesdays, September 18 - November 6**

6:30pm – 7:00pm **Parent & Child**  
7:00pm – 7:30 pm **Adult Level One**  
7:30pm – 8:00pm **Adult Level Two**

**Wednesdays, September 26 – November 14**

6:00pm – 6:30pm **Level One**  
6:30pm – 7:00pm **Level Two**  
7:00pm – 7:30 pm **Level Three**  
7:30pm – 8:00pm **Level Four**  
8:00pm – 8:30pm **Level 5 & 6**

**Thursdays, September 20 – November 9**

6:00pm - 6:30pm **Level One**  
6:30pm - 7:00pm **Level Two**  
7:00pm - 7:30 pm **Level Three**  
7:30pm - 8:00pm **Level Four**  
8:00pm - 8:30pm **Level 5 & 6**

**Fridays, September 16 – November 18**

6:00pm – 6:30pm **Level One**  
6:30pm – 7:00pm **Level Two**  
7:00pm – 7:30 pm **Level Three**  
7:30pm – 8:00pm **Level Four**  
8:00pm – 8:30pm **Level 5 & 6**



# Public Open Swim

## Public Open Swim

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

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

Open Swim dates are: September 17, 2018 - November 30th (No open swim 9/19, 10/8, 11/12/18)

There is no public open swim when schools are closed.

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

## Vacation Break Programs For Kids

### Science Experiment Camp For Columbus Day (Ages 5-11)

**Where:** Recreation Star Center, 1170 Shippan Ave

**When:** October 8, 2018

**Day:** Monday

**Time:** 8:30AM - 3:00PM

**Instructor:** CT Computer Education Staff

**Fee:** \$40.00 per child

**Description:** Lets talk about creating different outcomes... Some experiments in class will include playdough, bubble socks, bubblemania, yeast balloons, crystal exploration, static electricity and volcanoes building. This class we separate children into groups and have experiments done by the children. Children can bring a smock. Please notify class of any allergies. Please bring a lunch and a snack.

### Elementary Engineering Camp For Veteran's Day (Ages 5-11)

**Where:** Recreation Star Center, 1170 Shippan Ave

**When:** November 12, 2018

**Day:** Monday

**Time:** 8:30AM - 3:00PM

**Instructor:** CT Computer Education Staff

**Fee:** \$40.00 per child

**Description:** Join us as we explore, investigate and solve problems while we learn about the building blocks of mechanical engineering. This class combines Lego® Education and Lego® Technic™ materials to build hands on activities. Children will work in groups to build various motorized and non-motorized engineering challenges. If you took the first class, you can pick right up with the second set with windshield wipers, crane and the merry go round. No Legos ® will be taken home. Please bring a lunch!

### Election Day Trip To The Conn. Science Museum (Gr. K - 5)

**When:** November 6, 2018

**Day:** Tuesday

**Time:** 8:00AM - 4:00PM

**Depart:** Recreation Star Center 1170 Shippan Ave

**Fee:** \$45.00 per child/ includes ticket & Transportation

**Staff:** Full Time & Seasonal Staff Chaperones

**Description:** No school so come join us and enjoy this all day trip. We will travel to the Connecticut Science Center is a nine-story museum located on the Connecticut River in Hartford, Connecticut. The building has a total 154,000 square feet including 40,000 square feet of interactive exhibits consisting of videos, audios, visuals, tactile components, programs, and live demonstrations.

### Columbus & Veteran's Day School Break Program (Gr. K - 4)

**Where:** Recreation Star Center, 1170 Shippan Ave

**When:** October 8, 2018 - Sess. 01

November 12, 2018 - Sess.02

**Day:** Monday

**Time:** 8:00AM - 4:30PM

**Instructor:** Recreation Staff

**Fee:** \$55.00 per child per section

**Description:** 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!**

# Tae Kwon Do , Peak Performance Camp & Ski Bums

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

**Where:** Stamford Recreation Star Center ,1170 Shippan Ave

**When:** September 17 - December 13

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

**Time:** 6:00PM - 6:40PM

**Fee:** \$170.00 per student (Twice a week)

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

**Description:** Taught safely with traditional values, Tae Kwon Do will help your child develop their physical coordination along with their concentration skills. Much more than learning the basic physical skills to defend themselves, Tae Kwon Do will help in all aspects of life teaching respect for all things, giving them the positive influence and self confidence they will need to be successful at anything they do. Of course it is lot of fun to learn, and a good workout for our youth! Brand new students who enroll will start out with the rank of "White Belt" and will work towards higher ranks (also indicated by color) which are de-signed to help them with goal setting, have a sense of achievement and show their progress.  
**No class 11/22, 2018**

## Team Wrigley Tae Kwon Do (Ages 7 & Up )

**Where:** Stamford Recreation Star Center, 1170 Shippan Ave

**When:** September 17 - December 13

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

**Yellow & Orange Belts:**

**Monday - 6:45PM - 7:30PM /Wednesday - 6:15PM -7:00PM**

**Green, Blue, Red & Brown Belts:**

**Tuesday - 6:30PM - 7:30PM / Thursday - 6:45PM - 7:45PM**

**Black Belts:**

**Monday -7:30PM - 8:30PM /Wednesday - 7:15PM - 8:15PM**

**Fee:** \$190.00 per student (Twice a week)

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

**Description:** This Martial Art Program is designed specifically for returning students or those children who may have had prior martial arts experience elsewhere\*. Students enrolled who know the true benefit of Tae Kwon Do and how much fun it can be, will continue on their path to the eventual rank of Black Belt and beyond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. (Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot). \*Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will be completed by the Instructor determine starting rank. **No Class 9/19, 11/6 & 11/22/2018**



## Peak Performance December Vacation Sports Camp

**Where:** Davenport Elementary School Gym

**When:** December 26 - December 28

**Days:** Tuesday - Friday

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

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

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

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

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

**Where:** Thunder Ridge Ski Area

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

Friday, January 18 , 2019- Sess. 02

Friday, February 1 , 2019 - Sess. 03

Friday, February 22, 2019 - Sess. 04

**Departure:** 4:00PM from the Government Center

**Return:** 10:00PM at the Government Center Lobby

**Fee:**

\$32.00 per person extra for ski rentals per trip

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

\$30.00 per person extra for ski lessons per trip

\$25.00 per person extra for snow boards plus deposit per trip

**Description:** Back this winter by popular demand for the twelfth straight season! This Friday night ski program is open to students grades 4 through 8 and will be offered on four Friday evenings this winter. We will travel to Thunder Ridge Ski Area in Patterson New York to enjoy an evening of skiing and/or snow boarding. If your child does not know how to ski or they just want to brush up on their skills, lessons are available. Ski rentals are also available. If you want to rent a snowboard at the ski area, you will be required to put down a \$350.00 deposit on a credit card that evening at the ski area. If you would prefer to talk to our staff ahead of time, we can refer you to a local dealer in Stamford. Students can pack a meal for each trip or bring spending money and enjoy dinner at the ski lodge. What a great way for your child to spend a Friday night with friends! **We travel by Coach Bus with a movie each way.**



# Adult Bus Trips & Programs

## THE BIG E FAIR

**When:** September 22, 2018  
**Day:** Saturday  
**Depart:** Government Center Lobby at 8:00AM  
**Return:** Government Center Lobby at 6:00PM  
**Fee:** \$50.00 per person for residents  
**Description:** Come enjoy a Fall day at THE BIG E FAIR in Springfield Mass. You will enjoy, shows, food, Shopping, entertainment, rides, music, agriculture, competitions and so much more. Come alone or bring the family for this great event. **Registration is limited to 50 participants!**  
**Registration Begins August 1, 2018 online or at the recreation office!**

## Mohegan Sun Trip

**When:** October 13, 2018  
**Day:** Saturday  
**Departure Time:** Government Center Lobby at 8:00AM  
**Return Time:** Government Center Lobby at 6:00PM  
**Fee:** \$29.00 per person per trip/includes drivers tip  
**Description:** Come let us do the driving and enjoy a day at the Mohegan Sun Casino. Try your luck at the hundreds of table games, novelty games, keno and slot machines. Enjoy a day of great entertainment and food.

## Tai Chi For Adults

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 26 - November 14 - **Wednesday**  
September 27 - November 15 - **Thursday**  
**Days & Time:** Wednesday - 9:00AM - 10:00AM - **Sec. 01**  
Thursday - 6:00PM - 7:00PM - **Sec. 02**  
**Fee:** \$95.00 per person for 8 weeks per section  
**Instructors:** Ken Dolan, Certified Instructor  
**Description:** Tai Chi is an ancient Chinese art consisting of light exercise and stretching, the movements of which are performed in a deliberately slow and fluid manner with attention to mind, body and breath. Focused attention, balance awareness and postural alignment are encouraged while moving. Deep rhythmic breathing promotes heart health and helps reduce stress. Movements can be modified to suit all levels.

## Krav Maga Adults (KMX)

**Where:** Break Thru Family Fit 4 life/ 48 Union Street  
**When:** September 24 - December 2  
**Days & Times:**  
Monday - Thursday - 6:30PM  
Saturday - 10:30AM  
Sunday - 11:30AM  
**Fee:** \$249.00 per student for 10 weeks  
**Instructor:** Tom Bacha & Andre Woodberry  
**Description:** Krava Maga is the official Self-Defense and Fighting System of the Israeli Defense Forces and various police departments through the United States. This highly effective, easy to learn system of Self -defense is offered for men/women of all ages & skill levels.

## Teen/Adult Tennis Basics

**Where:** Scalzi Park Tennis Courts  
**When:** September 8 - October 6  
**Day:** Saturday  
**Time:** 10:00AM - 10:55AM  
**Fee:** \$175.00 per person per session  
**Instructor:** GSTA STAFF  
**Description:** This program is designed to be an introduction to tennis. Participants will be taught the fundamentals of forehand, backhand, serves and volleys as well as the rules of the game.  
**Ages 16 & Up and a max of 12 participant per class.**



## Zumba For Adults - New

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 25 - November 20 ( No class 11/6)  
**Day:** Tuesday  
**Times:** 6:30PM - 7:30PM  
**Fee:** \$95.00 per person for 8 weeks  
**Instructors:** Patricia Moore, Certified Zumba Instructor  
**Description:** We take the 'work' out of workout by mixing low - intensity & high intensity moves for an interval - style, calorie-burning dance fitness party. Once the Latin & World rhythms take over, you'll see why Zuma fitness classes are effective and fun. A total workout, combining all elements of fitness-cardio, muscle conditioning , balance and flexibility!

## Yoga For Adults

**Where:** Star Recreation Center, 1170 Shippan Ave  
**When:** September 24 - October 29 - **Monday**  
September 26 - October 31 - **Wednesday**  
**Days & Times:** Monday - 6:30PM - 7:30PM - **Sec. 01**  
Wednesday - 6:30PM - 7:30PM - **Sec. 02**  
**Fee:** \$60.00 per section for once a week for 6 weeks  
\$80.00 per person twice a week for 6 weeks  
**Instructors:** Nana Smith, Certified Instructor  
**Description:** An hour blend of slow flowing breath inspired movements and postures which stretch, relax and restore at the end of the long day. Practice is breath based, guided poses which are held for about 30 seconds; modifications are offered if needed to accommodate all levels of yoga experience and physical condition. The cost of the program is \$80.00 per person per 8 week session (**can sign up for both Mon. & Wed.**).

## Women's Only Gym

**Where:** Break Thru Family Fit For Life  
**When:** September 24 - November 30  
**Time:** 7:00AM - 9:00PM - **Mon. through Fri.**  
**Fee:** \$125.00 per person for 10 weeks/ **Unlimited days**  
**Instructors:** Personal Trainer: Kimberly Colletto  
**Description:** Intimidated by free weights? Don't like large gyms? Hate the crowds? This easy, 30-minute workout combines cardio-vascular exercise and strength training utilizing machines designed specifically for women. A staff personal trainer will get you started with a fitness evaluation, equipment instructions and help you establish goals. Break Thru to a new you!!!



# Adult Fitness Programs With Betty

## STUDIO B - BOUNCE-BARRE-BURN-BUILD (and Stretch)

### BODYWISE BY BETTY WOMEN ONLY FITNESS CLASSES & PERSONAL TRAINING

990 HOPE STREET, SPRINGDALE (downstairs) FALL SPECIAL for 2 months classes offering two sessions this fall.

**Dates:** October 1 - October 30 - **Session 1**

November 5 - November 25 - **Session 2**

**Fee: \$150.00 per 1 month session per person**

**Description:** CHOOSE FROM ANY OF THESE 7 CLASSES TAUGHT EACH WEEK. MUST RESERVE ALL CLASSES IN ADVANCE WITH [bodywisebybetty@me.com](mailto:bodywisebybetty@me.com). Cancellation for a class you book must be made 24 hours in advance or class is considered used. Pass expires on last date and cannot be extended. Min 5 must be registered in each class to host. Must bring receipt of payment to class. Park in back of building.

**VISIT [www.bodywisebybetty.com](http://www.bodywisebybetty.com) to reserve your classes and for more complete class descriptions!**

### 1. BODYWISE BARRE ABOVE/ BALLET BARRE INSPIRED FITNESS

**Days:** Monday or Wednesday

**Time:** 6:20PM - 7:20PM

**Description:** Please bring a yoga mat, towel and water bottle to class. Carry light weight sneakers change when you arrive or bring grippy socks to class. This is a class everyone can do!

### 2. BODYWISE STRONG

**Days:** Tuesday or Thursday

**Time: 6:20PM - 7:20PM**

**Description:** Strength training is vital to a woman's total health and fitness. Get strong in this 60 minute bar bell/free weight strength training/body changing class. Modifications movements and amount of weight provided for every level of fitness.



### 3. BODYWISE BOUNCE WITH STRENGTH

**All levels welcome. No Rebounding experience needed.**

**Days:** Saturday

**Time:** 9:15AM - 10:15AM

**Description:** Known as the "healthiest exercise on the planet" Bodywise Bounce (aerobics mini trampoline) is an awesome, exhilarating, heart pumping Non impact program Burns tons of calories, tones muscles and Increase bone mass. Every cell in body is stimulated. Rebounding is the only exercise that detoxifies and rid the body of toxins, while enhancing the immune system. **Stability Bar Provided for minitrampoline.**



### 4 & 5. BOUNCE-n-STRETCH & BARRE -n-STRETCH

**Days & Times:** Saturday - 9:30AM - 10:30AM ( **Bounce -n- Stretch**)

Sunday - 9:30AM - 10:30AM ( **Barre - n - Stretch** )

**Description:** Flexibility and Injury prevention. Rebounding or Barre 30min to warm your body/muscles followed by Deep muscle stretch work on your yoga mat. We will use studio Rebounders, Yoga blocks, straps bands, stability balls and more. This 60 minute class is for anyone who would like to detox their bodies. This stretching portion of the class will also calm the mind, provide a mental break, and give your body a chance to recharge for the day. **Carry sneakers for Rebounding or bring grippy socks for barre ,Yoga Mat, towel, water bottle.**

**Programs located at Break Thru Fitness Studio 990 Hope Street**



# 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, CT. All Registration must be done directly with Terry Connors Rink. We do not have online registration but all forms are listed on our website – [www.tcrink.com](http://www.tcrink.com) and can be emailed to [terryconners@stamfordct.gov](mailto:terryconners@stamfordct.gov) or called in to the rink office at (203) 977-4728. Please feel free to visit Terry Connors to register or in-

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



## **Public Skating Sessions**

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

## **Open Hockey Sessions**

TCR has open hockey sessions for all ages year round. Please check our website [www.tcrink.com](http://www.tcrink.com) for times. Admission rates are \$12.00 for Child U18 and \$15.00 for Adults. All skaters under the age of 17 must wear full equipment and adults must wear helmet & gloves.

## **Freestyle Sessions**

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

## **Stamford Youth Hockey Association**

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

## **Birthday/Group Parties**

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

## **Fall Group Skating Lessons Ages 3 and up – All Levels Beginners thru Freestyle Classes**

**Dates: Sept. 20 thru Nov. 10, 2018 (8 weeks)**

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

## **Multi Use Discounts**

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

## **Private Lessons at TCR**

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

## **TCR Programs & Ice Rentals**

Terry Connors Ice Rink, located in beautiful Cove Island Park has served the skaters of Stamford and its surrounding neighbors since 1973. The Rink is owned and operated by the City of Stamford, offering affordable hockey, figure skating, and basic skills programs.

TCR is home to Stamford Youth Hockey, Skating Club of Southern Connecticut, Terry Connors Synchronized Skating Team, and Stamford, Westhill, Trinity, and Stamford/Westhill Girls Hockey Teams.

Ice time is available at Terry Connors for hourly increments throughout the year. Please call the rink for ice rentals at (203)977-4728.



# Birthday Party Connection

**We offer 9 types of fun birthday parties for Kids Pre K–Through 5th Grade At The Star Center**

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

## Party Types:

**Classic Party** – Just like the Good Old Days, Games, Arts & Crafts and Musical Games.

**Fee:** \$275.00 per party for up to 20 guests - includes Party Staff, Goodie Bags, card & small gift for the birthday child, and all equipment you needed for the party you choose. **45 minute instructed time and 45 minutes social time.**

**Parties Available on Fridays & Saturdays!**

**Super Sports Party-** A Great Active Party for the Sports Lover. Pick the sport o gym games your child loves to play.

**Fee:** \$275.00 per party for up to 20 guests - includes Party Staff, Goodie Bags, card & small gift for the birthday child, and all equipment you needed for the party you choose. **45 minute instructed time and 45 minutes social time.**

**Parties Available on Fridays and Saturdays!**

**Princess and Pirates Birthday Extravaganza:** Dance to your favorite princess and pirate tunes. Make a themed craft. Lots of fun games like treasure hunt and where's my tiara? You bring the cake, food, juice, simple decorations, plates, and we clean the mess. **Don't forget to tell your guests to dress up in your favorite princess or pirate outfit. 45 minute instructed time and 45 minutes social time.**

**Fee:** \$300 for up to 15 guests \$375 for up to 20 guests / **Saturdays 1PM- 2:30PM**

**Red Carpet Birthday Party** Have your nails painted, & hair braided. Learn a fun dance combination and walk the red carpet. You bring the cake, food, juice, simple decorations, plates, and we clean the mess. Don't forget to tell your guests to dress up in their most fancy party outfit. **45 minute instructed time and 45 minutes social time.**

**Fee:** \$300 per party for up to 15 guests \$375 for up to 20 guests / **Saturdays 1PM- 2:30PM**

**ZUMBA Party:** Zumba with Yoga Dance Party (K-5) Belly shirts & scarves. ,

**American Girl - Zumba Dance Party** (Girls K-5) Dancing with Dolls

**Make Some Music Dance Party** - Zumba, Drums, Rhythm Sticks, Shakers, Scarves and more (Pre K - Grade 3)

**Mommy & Me Make Some Music** - Zumba, Drums, Rhythm Sticks, Shakers, Scarves and more (Toddlers 2 & 3 with moms and family members participating)

**Fee:** \$275.00 per party up to 20 kids /**45 minute instructed time and 45 minutes social time. Parties on Fri. & Sat.**

**KIDS VIBE HULA HOOP:** Kids will have a whirl of a time at this super duper hula hooper party, hooping it up to their favorite pop tunes using beautiful, specially designed hoops. Fitness Hoops are handmade, larger hoops, which makes learning hooping easier for beginner and fun for all. We start with a warm up games using the hoops, followed by Hula Hooping and learning some awesome 'hooping tricks" and full choreographed **HOOP** routine. **Fee:** \$275.00 per party

**Grade Pre K - 1 up to 12 kids**

**Grades 2-3 up to 16 kids**

**Grades 4-5 up to 20 kids.**

**45 minute instructed time and 45 minutes social time. Parties Available on Fridays & Saturdays!**



---

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