

# City of Stamford

Mayor David R. Martin

## STAMFORD RECREATION & TERRY CONNERS RINK FALL BROCHURE 2019

Registration for Fall Programs Begins September 5, 2019 online and  
at the Recreation Services Office

Stamford Recreation Services \* 888 Washington Blvd

Tel. 203-977-5214 \* Fax. 203-977-5504

[www.stamfordrecreation.com](http://www.stamfordrecreation.com)



Like our Facebook page at Stamford Recreation Department

# 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

**Customer Services Specialist:** Tina Baines

**Account Clerk II:** Karla Parham

## Parks & Recreation Commission

Althea Brown: **Commissioner**

John Rovegno: **Commissioner**

Michael Tedder **Commissioner**

Paul Newman, **Commissioner**

David Winston: **Commissioner/Chairman**

## Office Hours

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

**Note:** Registration for most Fall Programs program's except when specified begins on **Thursday, September 5, 2019** online and at the Recreation Office starting at 8:30am.

## Recreation Office Holidays

Monday, September 2, 2019 - **Labor Day**

Monday, October 14, 2019 - **Columbus Day**

Monday, November 11, 2019 - **Veteran's Day**

Thursday, November 28, 2019 - **Thanksgiving Day**

Friday, November 29, 2019 - **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!**

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## 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 and Adult Yoga begin on-line and in the office August 1, 2019! Registration for all other programs begin on-line & at the Recreation Office Thursday, September 5, 2019!**

# 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

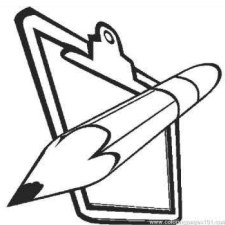
Whenever schools are closed due to bad weather or holidays, all youth recreational programs scheduled will be cancelled. Cancellation announcements can be heard on **WTNH Channel 8 News, Channel 12 News** or by calling our cancellation phone line at 977-4641 EXT. 111 or 977-5214.

## 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. **Online and Walk-in registration begins on Thursday, September 5, 2019 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 20th Annual Hay Ride With Santa At Cove Island

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

**When:** Saturday, December 7, 2019- **Day 1**

Sunday, December 8, 2019 -**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 20th 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, 2019!** The event has **sold out for the past 19 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.



## Preschool Halloween Party Fun ( Age 2-5)

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

**When:** October 25, 2019

**Day:** Friday

**Time:** 10:00AM - 11:15AM

**Fee:** \$12.00 per child

**Instructors:** Recreation Staff

**Description:** Mom, grandparents and caregivers, come join us with your little one dressed in costume for this fun Halloween event. Children will be involved in games like pin the tail on the pumpkin, bean toss, Bobbing for gummy worms, Pumpkin Bowling, music, Pumpkin Ring Toss, Costume parade, Halloween treats and more! You must preregister for this event as space is limited to 30 children.



# Preschool Programs

## Coming The Fall 2019 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. Space is limited!

## Sensory Fun (Ages 1-2)

Where: Recreation Star Center, 1170 Shippan Ave

When: September 17 - December 3

Day: Tuesday

Times: 10:15AM - 10:55AM

Fee: \$75.00 for 10 Weeks /No class 10/1 & 11/5

Instructors: Karen Wenz, **Preschool Instructor**

**Description:** Sensory play encourages discovery, support language and cognitive development, fine and gross motor skills and so much more. Each week we'll explore sensory play with everyday materials and have some sensory fun! **A child and care-giver class.**



## Tiny Tots Play Group (Ages 1-2)

Where: Recreation Star Center, 170 Shippan Ave

When: September 17 - December 3

Day: Tuesday

Times: 11:15AM - 11:55AM

Fee: \$75.00 for 10 Weeks /No class 10/1 & 11/5

Instructors: Karen Wenz, **Preschool Instructor**

**Description:** Come play and sing songs in our toddler friendly preschool classroom. Make friends, engage socially with other toddlers and try new things. This is important for building confidence in children, encouraging them to be independent from an early age. Parents can broaden their social network by meeting other parents with children in the same age group. **A child and care-giver class.**



## "Grand Time" (Ages 2 Years Plus)

Where: Recreation Star Center, 170 Shippan Ave

When: September 19 - November 21

Day: Thursday

Times: 9:30AM - 10:10AM

Fee: \$75.00 for 10 Weeks

Instructors: Karen Wenz, **Preschool Instructor**

**Description:** Special intergenerational opportunity for grandparent/grandchild to play and work together on creative projects, early literacy activities and imaginative play. We're sure to have a "grand" time! **A child and care-giver class.**



## Ready Set Go (Ages 2 Years Plus)

Where: Recreation Star Center, 1170 Shippan Ave

When: September 19 - November 21

Day: Thursday

Times: 10:10AM - 10:55AM

Fee: \$75.00 for 10 Weeks /

Instructors: Karen Wenz, **Preschool Instructor**

**Description:** - Let the game's begin! The fun is nonstop, run jump, hop, each week we'll play some active games and try new things with the emphasis on cooperative fun! **A child and care-giver class.**

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

Where: Recreation Star Center, 1170 Shippan Ave

When: September 17 - December 3

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! We will be play 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 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 classes on 10/1, 11/5 & 11/28!**

## Ring Along - Sing Along (Ages 2-4)

Where: Recreation Star Center, 1170 Shippan Ave.

When: September 16 - December 9

Day: Monday

Time: 10:00AM - 10:40AM

Fee: \$70.00 per child for 10 weeks

Instructors: **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. No class 9/30, 10/14 & 11/11.**



# Preschool & Youth Programs

## Art - Story Adventure (Ages 2-4)

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

**When:** September 16 - December 9

**Day:** Monday

**Time:** 10:45AM - 11:30AM

**Fee:** \$75.00 per child for 10 weeks

**Instructors:** 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 & Nature Too! (Ages 2-4)

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

**When:** September 17 - December 3

**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 **Sec. A** & Recreation Staff **Sec. B**

**Description:** It's full STEM/STEAM ahead in this hands on class. STEM/STEAM learning is very important because these five disciplines are used in everyday activities. We will explore something new every week-while using different accepts of STEAM that relate to the weekly theme. Throughout the year we will perform different experiments and we will learn about nature and the world around us. Themes may include dinosaurs, volcanoes, magnets, hibernation, space and so much more!

## Moving & Grooving (Ages 2-4)

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

**When:** September 18 - November 27

**Day:** Wednesday

**Time:** 10:50AM - 11:30AM

**Fee:** \$75.00 for 10 weeks

**Instructors:** 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 10/9**



## Itty Bitty Sports & Games (Ages 2 - 3)

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

**When:** September 27 - November 8 ( **No class 10/25**)

**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**

## Little Artist (Ages 2-4)

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

**When:** September 19 - November 21

**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 this hands on art class. Each week we will use different materials such as marbles, potato printing and various pasting techniques to create our masterpieces! Art can sometimes be messy so you will want to dress appropriately or bring a smock! **A caregiver and me class.**



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

**Where:** Scalzi Park Field

**When:** September 14 - October 19

**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 - 6 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!**



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

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

**When:** September 28 - November 16

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

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

**Day:** Saturday

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

**Instructors:** Certified Gym On Wheels Staff

**Description:** The GYM ON WHEELS program will have your children tumbling, tucking, and jumping out of their shoes until their next encounter with us. This class will help your children develop fundamental gymnastics skills, while also teaching them skills in areas such as coordination, balance, agility, listening to instruction, and the importance of team-work. **We are Team USA Gymnastics team members.** We teach children the basic skills used for pommel horse, high bars, balance beams, parallel bars, springboards, and much more....all while making sure you **have fun!**

# Preschool & Youth Sports Programs

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

**Where:** Scalzi Park

**When:** September 14 - November 3

**Days & Times:** Saturday - 9:00AM - 10:00AM - **Sec. A**  
Sunday - 9:00AM - 10:00AM - **Sec. B**  
Sunday - 1:00PM - 2:00PM - **Sec. C**

**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 14 - November 3

**Days & Time:** Saturday - 10:00AM - 11:00AM - **Sec. A**  
Tuesday - 1:30PM - 2:30PM - **Sec. B**

**Fee:** \$154.00 per child for 8 weeks per 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 14 - November 3

**Day & Times:** Saturday - 11:00AM - 12:00PM - **Sec. A**  
Sunday - 10:00AM - 11:00AM - **Sec. B**  
Sunday - 2:00PM - 3:00PM - **Sec. C**  
Sunday - 3:00PM - 4:00PM - **Sec. D**

**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!

## Squirts Multi Sports ( Ages 3-5 )

**Where:** Scalzi Park

**When:** September 14 - November 5

**Days & Times:** Tuesday - 2:30PM - 3:30PM - **Sec. A**  
Saturday - 12:00PM - 1:00PM - **Sec. B**

**Fee:** \$154.00 per child for 8 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!

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

**Where:** Scalzi Park

**When:** September 15 - November 5

**Days & Times:** Tuesday - 3:30PM - 4:30PM - **Sec. A**  
Sunday - 11:00AM - 12:00PM - **Sec. B**

**Fee:** \$154.00 for 8 weeks

**Description:** Senior Squirts T-Ball is a great way to introduce your young slugger to this exciting game. Players will focus on learning the rules and developing their skills in hitting, throwing, base running and fielding. Each session, players will apply what they have learned into a T-Ball scrimmage. (Please note participants are required to provide their own glove for this program.)

## TGA Golf For Pre K ( Ages 3-5 )

**Where:** Cummings Park By Basketball Courts

**When:** September 20 - October 25

**Day:** Friday

**Time:** 9:45AM - 10:30AM

**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!**



## Eagles Soccer Academy ( Ages 5 - 13 )

**Where:** Lione Park Turf Field

**When:** September 4– October 23( **Mon. & Wed.** )

**Time:** 5:15 PM - 6:15 PM/ ages 5-7-**Sec. A**

5:15PM - 6:15 PM/ ages 8-10- **Sec. B**

6:15 PM - 7:15PM/ ages 11-13- **Sec. C**

6:15PM - 7:15PM/ ages 8-10- **Sec. D**

**When:** September 5 – October 24 ( **Tues & Thurs.** )

**Time:** 5:30 PM - 6:35 PM/ ages 5-7-**Sec. A**

5:30PM - 6:35 PM/ ages 8-10- **Sec. B**

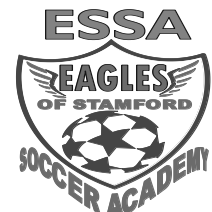
6:35 PM - 7:45PM/ ages 11-13- **Sec. C**

6:35PM - 7:45PM/ ages 8-10- **Sec. D**

**Fee:** \$160 Twice per week

**Instructors:** Eddy , Ricky, and Martin (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.**



# Preschool & Youth Dance Programs

## Tiny Tu - Tu's ( Age 2 -4 )

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

**When:** September 23 - December 7

**Day & Time:** Monday - 2:15PM - 3:00PM - **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. **No class 9/20 & 11/30.**

## Star Ballet For Pre K - New

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

**When:** September 28 - December 7 ( **No class 11/30** )

**Day:** Saturday

**Time:** 11:30AM - 12:30PM

**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!! **Girls— Royal Blue leotard, pink tights, pink ballet slippers. Boys—White t-shirt, dark shorts or sweats and black slippers.**



## Happy Tappin' Toddlers ( Ages 3 &4 )

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

**When:** September 26 - December 7 ( **No class 11/28 & 30** )

**Days & Times:** Thursday - 9:30AM - 10:15AM - **Sec. A**

Saturday - 9:30AM - 10:15AM - **Sec. B**

**Fee:** \$180.00 for 10 weeks

**Instructors:** Ms. Danette

**Description:** It's time to tap your sillies out. Get the rhythm with your feet. Your dancer should wear comfy clothes and tap shoes to join this loud and fun class.

## Ballet For Children ( Gr. K-6 )

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

**When:** September 23 - December 7 ( **No class 9/3 & 11/30** )

**Day & Times:**

Monday / 4:30PM - 5:30PM ( **Gr. K-3** ) - **Sess. A**

Monday/ 5:30PM - 6:30PM ( **Gr. 4-6** ) - **Sess. B**

Saturday / 10:30AM - 11:30AM ( **Gr. K-3** ) - **Sess. C**

**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.** Girls— Royal Blue leotard, pink tights, pink ballet slippers. Boys—White t-shirt, dark shorts or sweats and black slippers.

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

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

**When:** September 24 - December 10

**Day:** Tuesday

**Time:** 4:30PM - 5:30PM ( **Gr. K - 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. **No class 10/1 & 11/5.**

## Broadway Dance ( Gr. 3 - 5 )

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

**When:** September 24 - December 5

**Day:** Thursday

**Time:** 5:30PM - 6:30PM

**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. No class 11/28.**

## Tippy Toes ( Ages 3 & 4 ) - New

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

**When:** September 24 - December 10

**Day:** Tuesday

**Time:** 9:30AM - 10:15AM

**Fee:** \$180.00 per child for 10 weeks per sections

**Instructors:** Ms. Danette

**Description:** Creative Movement. Mermaids and dolphins, princesses and pirates join together to share the love of movement and music. Dress comfy and join the fun. **No class 10/1 & 11/5.**

## Dancing Stars ( Ages 3 - 5 ) - New

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

**When:** September 23 - December 2

**Day:** Monday

**Times:** 3:30PM - 4:15PM

**Fee:** \$180.00 for 10 weeks

**Instructors:** Ms. Danette

**Description:** This ballet class your dancer will reach for the stars! They will run, hop, skip and leap into the world of dance. Learning the basic positions in a fun and creative way. **No class 9/30.**



# Youth Dance & after School Tech Programs

## Jazz/Tap For Pre K - 3 - New

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

**When:** September 26 - December 7

**Days & Times:**

Thursday - 4:30PM - 5:30PM ( Gr. K-3) - Sec. A

Saturday - 10:30AM - 11:30AM (Pre. K) - Sec. B

Saturday - 11:30AM - 12:30PM ( Gr. K-3) - Sec. C

**Fee:** \$180.00 for 10 weeks

**Instructors:** Ms. Danette

**Description:** Get the rhythm of your feet. In this class we will explore a variety of sounds through tap dancing and move to music of the smooth and cool world of Jazz dance. Tap shoes and jazz shoes necessary. Bring a water bottle. **No class 11/28 & 11/30.**

## Teen Ballet - New

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

**When:** September 23 - December 2 ( No class 9/30)

**Days:** Monday

**Time:** 6:30PM - 7:30PM

**Fee:** \$180.00 for 10 weeks

**Instructors:** Ms. Alexandra

**Description:** Tiaras are for every age! This is a beginner ballet class is perfect for teens who love classical music and who love to move. We will learn the positions of the feet, arms, and head. In addition to technique, we will combine our moves to learn a dance. Leap on over to this beautiful class. Ballet slippers, black leotard and pink or black tights. Hair in a bun. Bring a water bottle.

## ARTS In CT /Curtain Call ( Ages 6 & UP) - New

**Where:** Recreation Star Center, 1170 Shippan Ave  
Davenport Elementary School

**When:** October 8 - December 10

**Days:** Tuesday - Star Recreation Star Center - Sess. A

Wednesday - Davenport Elementary School - Sess. B

**Time:** 5:00PM - 6:30PM

**Fee:** \$275.00 per child per section

**Instructors:** Arts In CT Staff

**Description:** Join us for a full 8 weeks adventure as we join the cast of Annie Jr. Children ages 6 and up will get a chance to display their talent through singing, acting and dancing some of their favorite songs. **No class 11/5 & 11/27/19)**

## Acting Workshop With Michael Lamb

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

**When:** October 5, 2019

**Day:** Saturday

**Time:** 12:00PM - 1:15PM ( Gr. 2 - 4) - Sess. A

2:00PM - 3:15PM ( Gr. 5 - 8 ) - Sess. B

**Fee:** \$63.00 per student per section

**Instructor:** Michael Lamb, Lamb Theatrical LLC

**Description:** One Day Acting Workshop will cover fun and exciting theater games, concentration exercises, voice and speech, improvisational exercises, basics acting terminology, stage skills and more! These classes will also be challenging and offer activities for the more experienced participant. **Each workshop will be followed by a 15-20 minutes Q & A providing parents and students with suggestions for next step. Michael Lamb has been working with and developing talent throughout New England for over 25 years. Also we take a 25 students per section.**

## Silly Science & Then Some ( Gr. K-5)

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

**When:** September 25 - October 23 ( No class 10/9)

**Day:** Wednesday

**Time:** 4:00PM - 5:30PM

**Fee:** \$109.00 for 4 classes

**Instructor:** CT Computer Education Staff

**Description:** This science class is packed with some amazing fun. The class involves cool experiments such as shrinky dinks, building your own parachute friend, power balls, owl pellets, play dough and various other experiments. When all else fails build your own volcano from the leftover playdough ruins. Please advise us of any allergies. Each day the children will do a variety of experiments. Class is broken down into groups and experiments are done by the children. Safety glasses will be provided. Students will be allowed to bring home samples in a Ziploc bag. **The first class on September 25th will run from 1:00pm - 3pm due to the early release day. Bus transportation is provided from the following schools: Catholic Elements School, Charter School of Excellence, Hart Magnet School, KT Murphy, Rogers International, Strawberry Hill School, Toquam School and Westover Magnet School. Please bring a snack!**



## Home School Open Gym Program For Ages 5 - 12

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

**When:** September 25 - December 4 ( No class 11/27)

**Day:** Wednesday

**Time:** 1:00PM - 2:30PM

**Fee:** \$55.00 per student for 10 weeks

**Instructor:** Recreation Staff

**Description:** This program is designed for home schooled children. Each week will consist of 30 minutes of fun structured games followed by 60 minutes of free play. All participants must be preregistered for the program to participate.





# Youth Programs & Horse Back Riding

## Chemical Reactions & Then Some ( Gr. K-5)

**Where:** Recreation Star Center ,1170 Shippan Ave  
**When:** November 6 - December 11 ( **No class 11/27**)  
**Day:** Wednesday  
**Time:** 4:00PM - 5:15PM

**Instructor:** CT Computer Education Staff

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

**Description:** Join the fun in this class as we experiment with reactions to various products we use every day. Come join this fun filled class of experiments. Please advise us if your child/ children are allergic to different products such as milk, baking soda, baking powder, vinegar, salt, latex, sugar or cleaning products. This class involves hands on experiments that are teacher directed and with experiments done by children. Children are required to wear safety goggles at all times and will be provided .Some experiments include the rocket blaster, gak, tornado, lava lamp, space writing and the blob. Please bring a lunch and a snack every day. December 11 is a half day .Class meets at 1:00- 300pm. Bus transportation is provided from the following schools- **Catholic Elements School, Charter School of Excellence, Hart Magnet School, KT Murphy, Rogers International, Strawberry Hill School, Toquam School and Westover Magnet School** .Please bring a lunch

## Chess Wizards ( Gr. K & UP )

**Where:** Recreation Star Center ,1170 Shippan Ave  
**When:** September 28 - November 17 - November 16  
**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.



## Anatomy Academy ( Gr. 2-5)

**Where:** Davenport Elementary School  
**When:** October 7 - November 18 ( **No class 10/14**)  
**Day:** Monday  
**Time:** 4:00PM - 5:00PM

**Instructor:** Mad Science Certified Staff

**Fee:** \$114.00 per child for 6 weeks

**Description:** Calling all future doctors and scientists! Step into our Anatomy Academy, with a Mad Science pedometer, and come on a journey with us inside the human body! Excavate a real dissection to learn about body systems and nutrition, create a slimy, blood clot to bring home, use glow in the dark technology to discover how to protect our skin and how skin protects.

**This program is packed with knowledge and fun!**

## Horseback Riding Lessons With Mead Farm

**Where:** Mead Farm on 107 June Road, Stamford  
**When:** September 29 - October 20 - **Session 1**  
October 27 - November 17 - **Session 2**

**Day:** Sunday

**Time:** 2:30PM - 3:30PM

**Fee:** \$375.00 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 9 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.**



## Girls Youth Field Hockey Clinic Gr. 3-8

**Where:** Cummings 5

**When:** September 14- November 9, 2019. ( **No class 10/12**)

**Day:** Saturdays

**Time:**

8:00AM-9:00AM -Gr. 3-4 - **Sec. A**

9:00AM-10:00AM - Gr. 5-6 - **Sec. B**

10:00AM-11:00AM - Gr. 7-8 - **Sec. C**

**FEE:** \$250.00 for 8 weeks and Includes-Pinnie

**Instructor:** Kaylin English, Westhill High Freshman Coach

**Description:** Skills, drills, and game strategy along with game play. The Stamford Youth Field Hockey program provides instruction for young girls of all abilities to learn and enjoy the sport. By utilizing interactive drills and games the girls will learn hard work and develop their self esteem along with their skills and field hockey knowledge. This fun filled clinic teaches young girls the basic skills and fundamentals of field hockey.

**Special Events:**

PJ practice September 28th - In your favorite PJ's!

Halloween Practice October 26th- Come in costume



# Youth & Teen Music Programs

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

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 25 - November 20  
**Day:** Wednesday  
**Time:** 5:15PM - 6:00PM  
**Fee:** \$175.00 per student for 9 weeks/ **Max of 6 student**  
**Description:** Introduction to guitar. For beginners and players with a little experience. Finger dexterity, reading, chords & getting around the guitar is all part of this program. **You must supply your own acoustic or electric guitar. Max of 6 students!**

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

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 25 - November 20  
**Day:** Wednesday  
**Time:** 6:00PM - 6:45PM/ **Max of 6 students!**  
**Fee:** \$175.00 per student for 9 weeks /**Max of 6 students**  
**Description:** Continued study of guitar techniques for students with 1 plus years of lessons. Music that is age appropriate will be used. **You must supply your own acoustic or electric guitar.**

## Musikids Keyboard I ( Ages 6 - 8 )

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 25 - November 20  
**Day:** Wednesday  
**Time:** 4:45PM - 5:45PM - Sess. 01  
6:00PM - 7:00PM - Sess. 02  
**Fee:** \$220.00 per child for 9 weeks /**Max of 6 students**  
**Instructor:** Bob Fiorito



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

## Musikids Keyboard II ( Ages 6 - 10 )

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 25 - November 20  
**Day:** Wednesday  
**Time:** 7:00PM - 8:00PM  
**Fee:** \$220.00 per child for 9 weeks/ **Max of 6 students**  
**Instructor:** Bob Fiorito

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

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

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 26 - November 21  
**Day:** Thursday  
**Time:** 4:00PM - 4:45PM  
**Fee:** \$220.00 per student for 9 weeks / **Max of 4 students**  
**Description:** You will need a piano or keyboard at home to practice. **For grades 4 & up / Gr. 3 & up** if the student has completed our Musikids Keyboard II program. The basics of piano note & rhythm reading will be taught in this class, as well as, learning to play the piano correctly.

## Piano Lessons With Mr. Fiorito Intermediate / Advanced Intermediate Level

**Where:** Recreation Star Center ,1170 Shippan Ave  
**When:** September 26 - November 21  
**Day:** Thursday  
**Time:** 4:50PM - 5:35PM  
**Fee:** \$220.00 per student for 9 weeks / **Max of 4 students**  
**Description:** This program is designed for students with 2 plus years of study experience **grades 5 & up**. Younger students are 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.**

## Star Center Youth Choir ( Gr. 3 - 8 )

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 28 - November 23  
**Day:** Saturday  
**Time:** 11:00AM - 12:00PM  
**Fee:** \$163.00 per child for 9 weeks/ Minimum of 10 students  
**Instructor:** Certified Choir Director  
**Description:** This Youth Chorus Program is vocal ensemble just for kids where they can develop their musical gifts in a challenging, rewarding and enjoyable environment. The program's goal is to focus on training children **(3rd grade through 8th grade)** in vocal skill and the foundations of vocal music. **Participants will be required to purchase vocal books from the instructor at the first choir rehearsal.** This course also includes performance opportunities.

**Registration for the Fall Big E Bus Trip, Soccer Tikes, Eagle Soccer Academy, Horse Back Riding , Adult Yoga and Tennis Lessons begin on-line and in the office August 1, 2019! Registration for all other programs begin September 5, 2019 online & at the Recreation Office.**

# Youth After School Programs At Star Center

## Game Activity Club ( Gr. 2 & 3 )

**Where:** Recreation Star Center/ 1170 Shippan Ave  
**When:** October 7 - December 9 ( No class 10/14 & 11/11)  
**Day:** Monday  
**Time:** 4:30PM - 5:30PM  
**Fee:** \$50.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** Participate in board, card and strategy games while spending time with peers and recreation staff in a relaxing environment. Join with a friend or make a new friend during this 8 week program.

## Fundamentals Of Basketball ( Gr. 1- 2 )

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 1 - November 26 ( No class 11/5)  
**Day:** Tuesday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** A fun exciting program where children can meet new friends and learn the concepts of dribbling, passing, offense, defense and shooting. **For boys and girls.**

## Floor Hockey Club

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 2 - November 20  
**Day:** Wednesday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** This program will teach students the rules and skills of indoor floor hockey. Each week the class will start with reviewing some skills and rules followed by a 50 minute game time. Great way to spend afternoon with friends or make new ones in this fun program.



## Pee Wee Basketball ( Gr. 3-4)

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 3 - December 5 ( No class 10/31 & 11/28)  
**Day:** Thursday  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** Students learn the basic basketball skills, teamwork, shooting, passing, defense and dribbling. This is a fun stress free program for your child/children to enjoy each week and is **for boys and girls.**



## Indoor Soccer Club ( Gr.1-2 )

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 4 - December 6 ( No class 11/27)  
**Day:** Fridays  
**Time:** 4:15PM - 5:15PM  
**Fee:** \$55.00 per student for 8 weeks  
**Instructor:** Recreation Staff  
**Description:** This soccer program allows participants the opportunity to learn and play the game. Through staff instruction and practice participants will learn skills, strategies and gameplay each week.



## After School Club at the Star Center

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** August 29 - June 15, 2020  
**Day:** Monday - Friday  
**Time:** 2:45PM - 6:00pm  
**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.**

## Gymnastics For Youth ( Ages 5-7 )

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 23 - November 25  
**Day:** Monday  
**Time:** 4:45PM - 5:30PM  
**Fee:** \$128.00 per student for 8 weeks  
**Instructor:** Certified Gym On Wheels Staff  
**Description:** The GYM ON WHEELS program incorporates stretching exercise, aerobics to music, gymnastic skills, energetic games and lots of fun to bring your children a high energy, motivating, self esteem building & nurturing atmosphere. Some of the equipment they will be working on are the balance beam, parallel bars, obstacle course and the importance of team work and much more. **Taught by a certified GYM ON WHEELS staff member. No class (9/30 & 10/14)**

# Youth Fitness, Tennis & Golf Programs

## Zumba For Kids (Ages 7 - 11)

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** October 3 - November 21  
**Day:** Thursday  
**Times:** 4:45PM - 5:45PM  
**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 7 - October 5  
**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 7 - October 5  
**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 7 - October 5  
**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 23 - November 29  
**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 23 - December 1  
**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 good supplement for sports condition-ng. Program is customized to each child based on his/her individual needs. **Only 15.00 dollars per week for your child to feel good!** All students must call Break Through Fitness ( 203 - 355-9395) for first time orientation.

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

**Where:** Kociuszkco Park / Dyke Lane  
**When:** September 18 - October 23  
**Days:** Wednesday  
**Time:** 4:00PM - 5:00PM ( Gr. K-2) - Sess. 1  
5:00PM - 6:00PM ( Gr. 3 - 5) - Sess. 2  
**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 Youth Fitness Programs

## Hoop Girls “Whirl The World” For ( Gr. K-5)

**Where:** Davenport School & Star Center

**When:**

September 12 - November 25 ( **Beginner/ K-2**) - **Mon.**

September 11 - November 20 ( **Elite / Gr. 3-5**) -**Wed.**

September 11 - November 20 ( **Beg./Inter/ Gr. 1-5**) - **Wed.**

September 13 - November 1 ( **Intermediate / Gr. 2-5**) -**Fri.**

**Days & Time:**

Monday/ **Beginner ( Gr. K-2)** -3:50PM - 4:50PM

Wednesday/ **Elite-Invite Only ( Gr. 3-5)** -3:50PM - 4:50PM

Wednesday/ **Beg/Inter. ( Gr.1-5)** -5:00PM - 6:00PM

Friday/ **Beginner to Inter( Gr. 2-5)** - 3:50PM - 4:50PM

**Fee:** \$112.00 per child per 8 week session

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

**Description :** OUR MOTTO IS “HOOP GIRLS WHIRL THE WORLD” With a big H - for HAPPY Hoop Girls will have a whirl of a time, getting happy and fit, while burning calories hooping it up to their favorite pop tunes using beautifully designed hoops. Our Fitness Hoops ( they can purchase from Betty for about \$20) 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 eventually, full choreographed HOOP DANCE routines. As the class progresses and the girls master some “Hoop Tricks” they then collaborate together to create their very own choreography. The class will end gentle yoga stretch and some fun games. We do our best to have a Hooping performance for parents on last day (about 10 min before then end of the last class). Potential performance in various local events such as **Vets Day Parade, Thanksgiving Spectacular, Holiday Tree Lightings, St Pats Parade, Alive at 5, Walk for Hope and more.** No experience required for Monday or Friday class. Wed Hoopers by invitation only. **Hooping is a wonderful form of exercise, self expression, and creativity. It improves fitness, stamina, endurance, strengthens Core and improves hand-eye coordination, proprioception, balance and motor skills. Hoop Girls is also a phenomenal stress reducer. The endorphins flow as the smiles widen with each new Hoop Girl Tick they master. Visit American Counsel on Exercise (ACE) for more benefits of Hula Hoop exercise.** Wear sneakers, bring water. Sandals or open shoes not allowed. Hoops provided. **Dates do not include 1/2 days or holidays. MIN OF 10 REQUIRE TO HOST EACH CLASS.**



## Fit To Go Holiday Camps For Girls K- 5

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

**When:** September 30 - **Sess. 01**

October 1 - **Sess. 02**

October 9 - **Sess. 03**

October 14 - **Sess. 04**

November 5 - **Sess. 05**

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

9:30AM - 12:30PM - **AM Program**

1:00PM - 4:00PM - **PM Program**

**Fee:** \$65.00 per child per for a regular day

\$40.00 per child for the AM or PM day

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

**Description:** Will take **Pre K 4 girl or Boy K-1** with older sister. Our camps are very popular and very AFFORDABLE (approx. \$8hr). Camps include: Rebounding (mini- trampoline aerobic) Yoga, Hula Hooping, Zumba, Kick Boxing, Circuit Training, Art/Crafts, nutrition and healthy lifestyle ed. Trips to Subway or Amore for lunch (\$6pp) or Scoops for Ice Cream treat (\$4) and Playground ( all weather permitting). We end each day with games and a movie. 1/2 day campers bring a snack. Full day bring lunch & 2 snacks unless we have planned to eat out. Everyone bring water bottles and beach towel and sneakers. **MIN OF 10 FULL DAY CAMPERS MAX 16 REQUIRED TO HOST EACH DATE.**



## Sport Fit - For Boys & Girls ( Gr. 1-5)

**Where:** Davenport Ridge Elementary School

**When:** September 19 - November 17

**Days:** Thursday

**Time:** 3:50PM - 4:50PM

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

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

**Description:** If you are an athlete of any kind (soccer, softball, baseball, lax, football, hockey, field hockey, cheerleading, dance, gymnastic) and want to Improve your over all fitness for health and sports, then this class is for YOU!!! This Cross Fit - Sport Fit inspired Circuit training class includes: Boot Camp circuits, strength training using light weights and body weight, flexibility training with bands, plyometrics and more. Our goal is to improve overall agility, quickness, stamina, strength and core. These FUN but CHALLENGING and never boring fitness activities will change or Rotate every few weeks during each session. With Uno Challenge fitness and other fitness games at the ends of each class, this is a fitness program that is sure to please. All performed to heart pumping kids friendly music. **No class on half days!**



# Youth Cooking, Art, Fitness & Friday Night Club

## Zumba Dance, Shake Rattle -n- Roll ( Pre K 4- Gr. 1 )

**Where:** Kindergarden Rotunda at Davenport School.

**When:** September 17 - November 12 ( No class 10/9)

**Day:** Tuesday

**Time:** 3:50PM - 4:30PM

**Fee:** \$99.00 per child

**Instructor:** Betty, Certified Zumba Jr & Zumbini Instr.

**Description:** This is a Fun and PLAYFUL class with Age appropriate Dancing, with scarves, shakers and more providing a brain & body and cardio workout. Bursts of high intensity dance movements, interspersed with periods of recovery, create an interval cardio training experience that is fun and engaging for all ages. Using shakers and scarves and rhythm sticks, it provides a kinesthetic learning experience. This unique approach to combining music, dance, props and stretching at the end, increases creativity, enhances learning, reduces stress and awakens intuition .

## Come Bake With US ( Gr. 2 -4 )

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

**When:** October 1 - November 19 ( No class 11/5)

**Day:** Tuesday

**Time:** 4:15PM - 5:30PM

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

**Instructor:** Ms. Nancy

**Description:** Calling all bakers! Here we go, it's time to explore baking in all forms. Did you know that not all baked treats are full of sugar? Some can actually be healthy!! In this class, we'll learn baking basics through hands on preparations of delicious recipes and healthy treats. Each week, bakers will create their own breads, muffins, snacks and desserts as they experience the science, art and FUN that baking offers! This will not be a session solely full of sugar treats, it will also be balanced with healthy . We'll also learn about ingredient swaps to shift the sugar content in some recipes! **Please contact us prior to class beginning if your child has food allergies. \*\***

## Wake & Bake ( Ages 7 - 10 )

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

**When:** September 14, 21, & 28

**Day:** Saturday

**Time:** 10:30AM - 1:45AM

**Fee:** \$120.00 per child/ Includes all food & supplies

**Instructor:** Ms. Nancy

**Description:** Rise and Shine!

Roll up your sleeves and let's kick off the weekend with a healthy boost of breakfast! Chefs will not only learn about the nutrition of foods and the importance of a healthy breakfast... they will be "cheffing" to create their own delicious meal! This is a hands- on, full of fun and learning class and we can't wait to begin! After preparing our recipes, chefs will sit down to sample and enjoy them together! Recipes will be sent home as well so your family can enjoy breakfast in bed made by your own personal chef!

## Paint Draw & More Art (Ages 5 - 12 )

**Where:** Davenport School Art Room

**When:** October 2 - December 11 ( No class 10/9 & 11/27)

**Day:** Wednesday

**Time:** 4:00PM - 5:00PM - Ages 5-8 - Sess. 01

5:00PM - 6:00PM - Ages 9 - 12 - Sess. 02

**Fee:** \$173.00 per person for 9 weeks/ All materials included

**Instructor:** Jo-Anne Claybourne

**Description:** This program teaches children to draw what they see, while enhancing their drawings with their own ideas and concepts and using different materials in creative ways. The class environment is non-competitive and fun. This program helps children to build self-esteem through their drawing success and enhances hand-eye coordination, as well as spatial and color relationships. **Offered by Paint, Draw and More**

## Cartooning Class (Ages 8 - 13 )

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

**When:** October 5 - December 14 ( No class 10/12 & 11/30)

**Day:** Saturday

**Time:** 1:00PM - 2:00PM

**Fee:** \$170.00 per person for 9 weeks/ All materials included

**Instructor:** Heather Bennett

**Description:** This is cartooning class plus! In this class young artists will develop a cartoon character, create its comic book story. The camp will follow the cartoon theme created by the students. During the session they will be designing, drawing, mask making and working in 2 and 3D. This class has been selling out and we are happy to offer our own little Comic Con at the Stamford Park and Recreation. All material's included. Before becoming a teacher, Heather **Bennett** founded "The Late Night Milk Run," a 15-year-old online business specializing in hand made sculptures (plush dolls) and prop designs. Her work has been featured in publications including ELLE, Glamour, Milk Magazine (France) and Linda Wonen (Holland). Her dolls and artwork have also been seen on TV shows such as HBO's "Girls" and "Modern Family." **Offered by Paint, Draw and More**

## Friday Night Club ( Gr. 1 - 4 )

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

**When:** October 11, 2019 - Sess. 1

October 25, 2019 - Sess. 2

November 8, 2019 - Sess. 3

**Day:** Friday

**Time:** 6:30PM - 8:30PM

**Instructor:** Recreation Staff

**Fee:** \$12.00 per child per section

**Description:** Parents are you looking for something fun for your child to do on a Friday night, look no further! Each night will be filled with gym games, board games and other fun activities for your child/children. **Space is limited to 24 students per session so don't wait**

*Happy Friday!*

# Youth Vacation Programs & Birthday Party Info

## Lego & K'Nex Building Camp For Columbus Day ( Gr. K-5 )

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

**When:** October 14, 2019

**Day:** Monday

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

**Instructor:** CT Computer Education Staff

**Fee:** \$40.00 per child

**Description:** 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 a lunch and a snack. No building pieces will be taken home. Pictures will be e-mailed home.

## Lego Minecraft On The Farm For Veteran's Day ( Gr. K-5 )

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

**When:** November 11, 2019

**Day:** Monday

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

**Instructor:** CT Computer Education Staff

**Fee:** \$40.00 per child

**Description:** This class combines Engineering, Paper crafts and Legos in one class. You'll need food to survive, so fence in the livestock and channel the flowing water to nurture the crops. Children will work in groups to design their own creation. This class includes Micro-figs, torches, mob figures custom blocks and terrains. No Legos ® will be taken home. Please bring a lunch and a snack to class. Pictures will be e-mailed home.

## Engineering/ Crazy Gears & Wheels jkm December Break Camp ( Gr. K-5 )

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

**When:** December 23, 24, 26 & 27

**Days:** Monday, Tuesday, Thursday & Friday

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

**Instructor:** CT Computer Education Staff

**Fee:** \$160.00 per child

**Description:** 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. Please bring a lunch and a snack, No Lego's will be taken home. Pictures will be emailed home.

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

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

**When:** October 14, 2019 - Sess. 01

November 11, 2019 - Sess.02

**Day:** Monday

**Time:** 8:00AM - 5:00PM

**Instructor:** Recreation Staff

**Fee:** \$70.00 per child per section

**Description:** Schools are closed and your parents need to work! Come join us and enjoy a day filled with 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!**

## Lillie's Backing Camps ( Ages 8 -14 )

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

**When:** October 14 - Columbus Day - Sess. 1

November 11 - Veterans Day - Sess. 2

December 30 - Holiday Break - Sess. 3

**Time:** 8:30AM - 12:30PM

**Instructor:** Shana Green , Lillie's Event & Catering

**Fee:** \$100.00 per child per camp session

**Description:** **October 14** - Start celebrating Halloween the moment you join our class October, 14th. With a strawberry orange smoothie served in an orange jack o'lantern, spider web toast, and a ghostly hardboiled egg. kids won't be scared of eating their fruit when they see these terrifyingly tasty treats! chocolate covered strawberry ghost. Along with Jacko lantern, Jack the pumpkin King, Frankenstein candy apples. For Lunch Pumpkin Quesadilla choices of ,Veggie ,Chicken , Cheese Halloween Breakfast.

**November 11**- Intro to waffles Do you love waffles for breakfast? Well roll your sleeves up ! November 11th we will be making waffles, with a variety of toppings. Along with scrambled eggs. A cute turkey Cupcake is a perfect way to "gobble" down that Thanksgiving dessert! Come learn to make turkey cupcakes & Turkey sliders for lunch gobble gobble !

**December 30** - It's cold outside let warm things up on December 30, with home made hot chocolate create snowman pancakes with a bacon scarf yum. Learn to create winter wonderland cookies and cream popcorn. **Learn to make the best chicken pot pot pie ever !**

### Birthday Party Connection

#### We offer 9 types of fun birthday parties for Kids Pre K-Through 5th Grade

Stamford Recreation Services offers 9 styles of Birthday Parties for children ages 3 - 10 at the Stamford Recreation Star Center at 1170 Shippan Ave. If you are looking for a place to hold your child's next party please contact Bertrand Oubida at 203-977-4644 or Boubida@stamfordct.gov.

**We have a party for everyone!**

# Tae Kwon Do, Boxing & Peak Performance

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

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 16 - December 12  
**Days:** Monday & Thursday (must attend twice a week)  
**Time:** 6:00PM - 6:40PM  
**Fee:** \$175.00 per student (Twice a week)  
**Instructors:** Mr. Tim Wrigley, 6th Degree Black Belt  
**Description:** Taught safely with traditional values, Tae Kwon Do will help your child develop their physical coordination along with their concentration skills. Much more than learning the basic physical skills to defend themselves, Tae Kwon Do will help in all aspects of life teaching respect for all things, giving them the positive influence and self confidence they will need to be successful at anything they do. Of course it is lot of fun to learn, and a good workout for our youth! Brand new students who enroll will start out with the rank of "White Belt" and will work towards higher ranks (also indicated by color) which are designed to help them with goal setting, have a sense of achievement and show their progress. **No class on 9/30 & 11/28.**

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

**Where:** Recreation Star Center, 1170 Shippan Ave  
**When:** September 16 - December 12  
**Day & Time:** By Rank (Must attend twice a week)  
**Yellow & Orange Belts:**  
Monday - 6:45PM - 7:30PM  
Wednesday - 6:15PM - 7:00PM  
**Green, Blue, Red & Brown Belts:**  
Tuesday - 6:30PM - 7:30PM  
Thursday - 6:45PM - 7:45PM  
**Black Belts:**  
Monday - 7:30PM - 8:30PM  
Wednesday - 7:15PM - 8:15PM  
**Fee:** \$195.00 per student (Twice a week)  
**Instructors:** Mr. Tim Wrigley, 6th Degree Black Belt  
**Description:** This Martial Art Program is designed specifically for returning students or those children who may have had prior martial arts experience elsewhere\*. Students enrolled who know the true benefit of Tae Kwon Do and how much fun it can be, will continue on their path to the eventual rank of Black Belt and beyond. Note that classes are separated by rank. Students can now expect to develop to more advanced level Tae Kwon Do skills than they have ever achieved before. Returning students should enroll in a class time according to their rank. (Limited allowances may be possible with Instructor's approval, but we encourage all students to participate at their designated time slot). \*Students with prior martial arts experience elsewhere should enroll in the White Belt Class timeslot. A skill assessment of the student (during first week of classes) will completed by the Instructor determine starting rank. **No class on 9/30, 10/9 11/5, 11/27 & 11/28!**



## Peak Performance December Vacation Sports Camp

**Where:** Davenport Elementary School Gym  
**When:** December 26 - December 21, 2019  
**Days:** Thursday, Friday, Monday & Tuesday  
**Time & Fees:**  
**December Camp ( Dec. 26 - Dec. 28)**  
9:00AM – 12:30PM - 4 Half Days \$160.00 - Sess.01  
12:30PM - 4:00PM - 4 Half Days - \$160.00 - Sess. 02  
9:00AM - 4:00PM - 4 Full Days \$240.00 - Sess. 03  
9:00AM – 12:30PM - 2 Half Days \$80.00 - Sess.04  
12:30PM - 4:00PM - 2 Half Days - \$80.00 - Sess. 05  
9:00AM - 4:00PM - 2 Full Days \$120.00 - Sess. 06  
**Description#:** Peak Performance Sports Camps are back for the December break! 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! These programs will be an All Sports Format for children 4-12 years old. The program will allow the children the chance to play **EVERYTHING** they see during the school year! Floor Hockey, Pinball, Battleship, Basketball, Tag Games, Wiffle ball, Soccer, Flag Football, and much, much, more! Best of all the programs will be supervised by Physical Education Teachers. Southport subway will once again offer a lunch option for purchase and delivery to the camp

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

**Where:** Break Thru Family Fit For Life/ 48 Union Street  
**When:** October 2 - October 30 - Sess. 1  
November 4 - November 27 - Sess. 2  
December 2 - December 30 - Sess. 3  
**Days:** Monday & Wednesday  
**Times:** 3:45PM - 4:45PM or 5:00PM - 6:00PM  
**Fee:** \$100.00 per 1 month session/per student  
**Instructor:** Jesse Mendoza, Certified Instructor  
**Description:** Our Boxing Program offers a variety of classes which includes Boxing Technique, Strength Training and High Intensity Interval Training. Why choose boxing? Our Boxing Program creates a challenge both physically and mentally which offers many health benefits for all ages and fitness levels. Boxing is the perfect choice for anyone interested in a different type of workout, learning self defense, losing weight, building confidence, seeking a positive lifestyle change, improving cardiovascular health and endurance. We encourage everyone of all fitness levels to join our classes and come experience a challenging and enjoyable workout.  
[www.StamfordBoxingandFitness.com](http://www.StamfordBoxingandFitness.com)





# Adult Bus Trips & Programs

## THE BIG E FAIR

**When:** September 21, 2019

**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, 2019 online or at the recreation office!**

## Mohegan Sun Trip

**When:** October 12, 2019

**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.

## Active Living Every Day (Ages 60 - 90)

**Where:** Government Center Lobby

**When:** September 9 - September 27

**Days:** Mondays (Ages 60-75) - Sec. 01

Wednesday (ages 76-90) - Sec. 02

**Time:** 10:00AM - 10:50AM

**Fee:** Free to all just pre-register

**Instructors:** Bertrand Oubida

**Description:** Active living is a lifestyle that can be learned under any circumstance and with the right support. Come join us as we discuss steps to get you to your ideal active lifestyle. An active lifestyle promotes good health and positively affects your social and mental well-being. We will partake in walks when the weather permit, and when it does not, fun replacement activities will be done.

## Adult Belly Dance - New

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

**When:** October 8 - December 3 (No class 11/5)

**Day:** Tuesday

**Time:** 6:30PM - 7:30PM

**Fee:** \$144.00 for 8 weeks

**Instructor:** PixaLina Dance Staff

**Description:** Ladies night!! Learn the beautiful art of bellydance! Not just fun and dramatic, bellydance is also a great full body workout. This class will cover basic bellydance technique from snake arms and shimmies to hip circles and bumps. Flexibility and traveling steps will also be emphasized. Each class will end with a fun dance combination to let loose and show off what you've learned. Body confidence will be encouraged!

## Teen/Adult Tennis Basics

**Where:** Scalzi Park Tennis Courts

**When:** September 7 - October 5

**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.**



## Adult Guitar Lessons - New

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

**When:** September 23 - December 2

**Day:** Monday

**Times:** 5:00PM - 6:00PM

**Fee:** \$175.00 per person for 9 weeks

**Instructors:** Anthony Truglio, **Musician**

**Description:** Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Learn the fundamentals of guitar. Focusing on chords and rhythm and using example from songs as a learning method. **! No class 9/30, & 11/11.**

## Yoga For Adults - New

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

**When:** September 11 - November 10

**Days:** Wednesday

**Time:** 6:30PM - 7:40PM

**Fee:** \$100.00 for 10 weeks ( \$10.00 per class)

**Instructors:** Marilyn Zavido **Of Yoga Z, Certified Instructor**

**Description:** A mindful blend of movement, postures and breathing aimed to strengthen, stretch, relax and energize. Carefully guided with modifications offered for all levels of experience, these sessions will calm and restore you at the end of your day, and center you for the balance of the week. Warm, friendly and supportive, they are also a great opportunity to give Yoga a try, and if you are a beginner looking to grow your practice at your own pace.

**Marilyn Zavidow is a RYT® 200 Yoga Alliance Registered Yoga Teacher who brings to her Yoga teaching her Reiki, Meditation and Thai body work training, and experience as a musical comedy entertainer and the creator of Karma Kabaret. Marilyn believes that there is a practice of Yoga that can enrich the life of every person. "Yoga is the practice of living a healthful, balanced, joyful life. Yoga is infused with thousands of years of wisdom about how to do that — I keep learning and keep sharing what I learn with my students."**



# Adult Fitness Programs

## Krav Maga Adults (KMX)

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

**When:** September 23 - December 1

**Days & Time:** 11:15AM - 12:15PM - Sunday  
6:30PM - 7:30PM - Mon, Tues & Thurs  
10:30AM - 11:30AM - Saturday  
11:15AM - Sunday

**Fee:** \$249.00 per person for 10 weeks unlimited

**Instructor:** Tom Bacha

**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.

## Women's Only Gym

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

**When:** September 23 - December 1

**Time:** 7:00AM - 9:00PM - **Mon. through Fri.**  
7:00AM - 3:00PM - **Sat. & Sun.**

**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!!!

## Bodywise Bounce

**Where:** BodyWise Studio 990 Hope Street

**When:** September 14 - October 19 - **Saturday - Sess. 1**  
September 16 - October 28 - **Monday - Sess. 2**

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

**Fee:** \$120.00 per person per session

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

**Description:** Known as the "healthiest exercise on the planet" Bodywise Bounce is an awesome, exhilarating, heart pumping REBOUNDING program I have PERSONALLY designed, performed on a mini-trampoline and provided in an inspiring, motivating "women only" group class with fantastic dance/techno pop musci disco environment. It will leave you energized like no other exercise can. Non impact/ Burns tons of calories, tones muscles. increase bone mass. Every cell in body is stimulated. Rebounding is the only exercise that detoxifies and rids the body of toxins, while enhancing the immune system. Includes Upper Body Boxing, Strength Training and Plyometrics INCLUDES BARRE on Monday.and Core work in Health Bounce.

**BOUNCE - BARRE - BUILD -BURN**

## Barre Fusion

**Where:** BodyWise Studio 990 Hope Street

**When:** September 16 - October 28- **Monday - Sess. 1**  
September 11 - October 216 - **Wednesday - Sess. 2**

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

**Fee:** \$120.00 per person per session

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

**Description:** This class reshapes your body entirely. The program focuses on Cardio-Core conditioning fusing Boxing Ballet Barre routines, Pilates, Yoga, strength training, using light to medium weights or body weight, balls , bands and more for resistance with stretching, into one powerful, body sculpting routine giving you long, lean muscles, a flatter stomach, toned legs, and a high, rounded seat. High energy, high calorie burn but low impact.

## Bodywise Strong

**Where:** BodyWise Studio 990 Hope Street

**When:** September 19 - October 24

**Day:** Thursday

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

**Fee:** \$120.00 per person per session

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

**Description:** Strength Training is vital to a women's total health and Fitness. Get strong in this 60 minute Cardio and barbell/free weight training class in an inspiring, motivating group environment with fantastic music and awesome instructors and great women participating. Using Steps, Bar Bells, Free weights, Tubing, Stability Balls, and more, this interval training class fires up all the muscles of the body and allows you to burn tons of calories and get Ripped and Sculpted.



# 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.tcink.com](http://www.tcink.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 inquire about any of our Rink Programs.

*Terry Connors Rink offers Public Skating, Open Hockey, Freestyle Sessions, Hockey Programs, Birthday Parties, and hosts Events throughout the year. We are open 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.tcink.com](http://www.tcink.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.tcink.com](http://www.tcink.com) for times. Admission rates are \$12.00. 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.tcink.com](http://www.tcink.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. 5 thru Oct. 26, 2019 (8 weeks)**

Our group lessons are offered on Thursdays or Saturdays for a 25 minute lesson and a 25 minute practice. Please check our website for specific times for your age and level. Basic 1 is for beginners aged 6 and above and Snowplow Sam 1 is for beginners aged 3 thru 5. We offer all levels thru Basic 7 and all Freestyle levels and have specialty classes including Intro to Hockey for ages 4-9 (who have passed basic 2). Registration is done thru Terry Connors Rink. Call Rink directly at 203-977-4728. Website is [www.tcink.com](http://www.tcink.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.**

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

**Where:** Thunder Ridge Ski Area

**When:** Friday, January 10, 2020– Sess. 01

Friday, January 24, 2020- Sess. 02

Friday, February 7, 2020 - Sess. 03

Friday, February 21, 2020 - Sess. 04

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

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

**Fee:**

\$35.00 per person extra for ski rentals per trip

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

\$32.00 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 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. 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. Trips fill up fast so don't wait! Registration Begins October 1st, 2019.**



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## Aquatic Program Information Fall 2019

**Pool Info:** The Westhill H.S. pool will be closed due to construction until **October**. Please check [www.stamfordrecreation.com](http://www.stamfordrecreation.com) for more information on October 1 regarding late fall registration dates for Swim Lesson and Open Swim



**Stamford Recreation Services**  
**888 Washington Blvd. Stamford, CT 06901**  
**Tel. 203-977-5214 Fax. 203-977-5504**  
**[www.stamfordrecreation.com](http://www.stamfordrecreation.com)**