



City of Stamford,  
Mayor David R. Martin

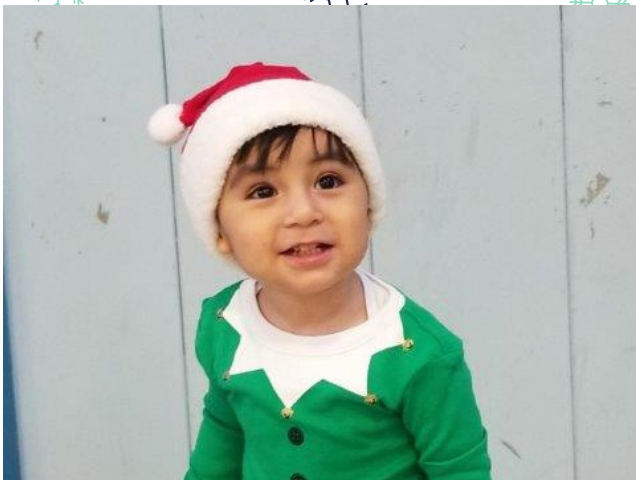


# STAMFORD RECREATION & TERRY CONNERS RINK

**WINTER 2021 BROCHURE**



@stamfordrec



**REGISTRATION STARTS DECEMBER 3RD**

One Day Holiday Programs on page 3 & 16 registration starts Nov 18th  
[www.stamfordrecreation.com](http://www.stamfordrecreation.com)



## RECREATION SERVICES

### Department Staff:

Superintendent: Laurie Albano  
Assist. Superintendent: Scott Kassouf  
Assist. Superintendent: Megan Gearhart  
Recreation Supervisor: Robert Pentino  
Recreation Leader: Bertrand Oubida  
Customer Service Specialist: Tina Baines  
Account Clerk II: Karla Parham



### Parks & Recreation Commission

Althea Brown: Acting Chair  
John Rovegno: Commissioner  
Michael Tedder: Commissioner  
Paul Newman: Commissioner



### Office Hours:

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

### Recreation Office Holidays:

Friday, December 25, 2020 - Christmas Day  
Friday, January 1, 2021 - New Years Day  
Monday, January 8, 2021 - MLK Day  
Monday, February 15, 2021- Presidents Day



### Fee Payment:

Instructors CANNOT accept registration at the class. Fees must be paid at the Recreation Services Office in advance or on-line. Payments may be made by cash, check and credit card only. Credit cards will be accepted at the Recreation Services Office, or on line with Visa and Master Card Only! You must be 16 years old to register for adult programs and 21 years of age for casino trips. All checks should be made payable to the City Of Stamford. If a check is returned to Recreation Services for any reason, a cash or money order payment of \$50.00 plus the face value of the check is required immediately.

### Reduced Fee Policy:

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.

### Registration Procedure:

Stamford residents are given first priority to register for all programs. Non-Residents may register for programs on an availability basis one week prior to the start of the program with a \$10.00 surcharge. This does not apply to athletic leagues which have separate eligibility polices. Registrations are not accepted at any of our programs & must be done in advance at the Recreation Office or ONLINE. Payments cannot be made at The Recreation Star Center! The Stamford Recreation Star Center is located at 1170 Shippan Ave in Stamford. The Star Recreation Center is Open Monday through Saturday offering programs from preschool age through adults! Registration for all programs held at the Star Center are done the Recreation Services Office located on the first floor of the Government Center or online. If you have any questions please go to our website: [www.stamfordrecreation.com](http://www.stamfordrecreation.com) or contact us at 203-977-5214.

### COVID-19 Precautions :

All Stamford Recreation youth sports and programs have a max of 12 to 16 participants per class. 16 is the max to meet State of CT guidelines, and all programs are following such guidelines to include social distancing of 6 feet when possible. During classes and youth sports participants must wear a mask when they are walking on and off of the field/grass areas. During non-sport classes, masks are optional for children. Staff must wear masks at all times. Parents are asked a few questions prior to classes via email or in person regarding the health and travel of the youth participants. Equipment and tables are cleaned after each class. Hand sanitizer is available for all participants. Temperatures are taken by the Star Center Building Supervisor as students enter and anyone with either a temperature or who appears sick will sent home. Parents/Guardians are asked to keep children home if they are not feeling well or have a fever above 100 degrees.

# Preschool Programs



## STAY AND PLAY PRESCHOOL

Recreation Star Center, 1170 Shippan Ave  
 September 2021 - June 2022 (Following Stamford Public School Calendar)  
 Tuesday, Wednesday & Thursday - 3 year old program - Sess. 01  
 Tuesday, Wednesday, Thursday & Friday - 4 year old program - Sess. 02  
 9:15AM - 12:15PM



\$3,900.00 per year (3 Year olds / 3 times per week) Can be paid in 4 payments of \$975.

\$5,200.00 per year (4 year olds/ 4 times per week) Can be paid in 4 payments of \$1300.

A \$500.00 non-refundable deposit is due at the time of registration & the deposit will be deducted from your final payment

Instructor: Beth Covino, Preschool Instructor & Karen Wenz, Preschool Instructor

*Open House Dates: November 30th 10am-12pm, December 9th: 12:30PM - 2:00PM, January 6th from 6pm-8pm., January 8th 10am-12pm, January 21st 12-2:00pm, Feb 10th 12:00pm-2:00pm & Feb 23rd 12:00pm-2:00pm*

Our exciting preschool program specifically designed for 3 and 4 year olds. Children will gain independence and selfconfidence in our play based approach to early learning focused on socialization and cooperation. This hands on, active environment will encourage exploration and discovery. Activities will include creative expression, dramatic play, music and movement, large and small motor activities, early literacy, sensory activities, math readiness and outdoor play. Note: For more information or to schedule a visit call 203-977-5018 or Email Scott Kassouf: The Assistant Superintendent Of Recreation: [Skassouf@stamfordct.gov](mailto:Skassouf@stamfordct.gov)

# Preschool Holiday

### Calls from Santa!

Once again this holiday season, children ages 3-8 can receive a personal call from Santa Claus. All calls from the North Pole will be made on Tuesday, December 8 & Thursday, December 10 2020 from 6:00PM - 8:00PM. This program is free for Stamford residents and NO LONG DISTANCE CALLS from Stamford will be made! This program is only a phone call from Santa and no gifts are supplied.

Please also remember that Santa will place the call. North Pole opera-tors will not accept calls from your child/children. To have your child receive a call, please download a form at [www.stamfordrecreation.com](http://www.stamfordrecreation.com) or pick one up at the recreation office. Forms must be received by December 7,2020 at 12PM at the Recreation Services Office. They can also be faxed to 203-977-5504 or emailed to [boubida@stamfordct.gov](mailto:boubida@stamfordct.gov). For more information, please call Santa's helpers at 203- 977-5214

### Handprint Keepsake Ornaments! (ages 1-3)

Star Center, 1170 Shippan Ave  
 Wednesday December 2, 2020  
 10:00AM -10:40AM  
 \$13.00 per child

Instructor: Jen Lupinacci

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

### It is Time to Decorate your Christmas Tree (ages 2-4)

Star Center, 1170 Shippan Ave  
 Wednesday December 2, 2020  
 11:00AM -11:45AM  
 \$13.00 per child

Instructor: Jen Lupinacci

Nothing is more fun then decorating your own Christmas tree! We will create a keepsake felt Christmas tree and make ornaments that can be used to decorate your very own tree. We will also decorate a Christmas tree that can be eaten! What fun we will have all while listening to holiday music. Caregiver and me class.. Parents are required to wear a mask!

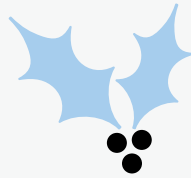
# Preschool Holiday



## Holiday Themed -Play with a Purpose and Get Moving (Ages 1.5-3)

Recreation Star Center, 1170 Shippan Ave  
 Tuesday - December 1, 8 and 15th and/or  
 Thursday - December 3, 10 and 17th  
 Tuesday -10:00Am 11:30AM - Sess. A  
 Thursday - 10:00AM - 11:30AM - Sess. B  
 Both Days - 10:00AM - 11:30AM - Sess. C  
 Fee:\$32.00 per child once a week  
 \$64.00 per child twice a week  
 Instructor: Jen Lupinacci

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



There's nothing like a gingerbread house. They are as much fun to make as they are to eat! Join us for this one day event where we will decorate a gingerbread house and sing songs inspired by the season! A caregiver and me class. Maximum Attendance 20 per class. Parents must wear a max unless state requirements change.

## Gingerbread House Decorating (Ages 2-4)

Star Center, 1170 Shippan Ave  
 Monday December 14th  
 10:00AM - 11:00AM session 1  
 11:30AM - 12:30PM Session 2  
 \$15.00 per child

## Tiny Tot Holiday Sing-a-Long and Cookie Decorating (Ages 1-3)

Star Center, 170 Shippan Ave  
 Wednesday December 16th, 2020  
 10:00AM -10:40AM  
 \$13.00per child/includes a snack  
 Instructor: Jen Lupinacci

Tis' the season for caroling and cookies! Come introduce your tot to the joy of simple holiday songs and the fun of frosting! We will sing, make a simple craft to take home and decorate sugar cookies that get to be enjoyed by all! Caregiver and me class. Parents are required to wear a mask!.

## Do You Want to Build a Snowman (Ages 2-4)

Star Center, 1170 Shippan Ave  
 Wednesday December 9, 2020  
 10:00AM -10:45AM  
 \$13.00 per child  
 Instructor: Jen Lupinacci

There is a chill in the air and what is more fun than building a snowman?? We will build a snowman that is soft and snuggly! The children will also be able to decorate snowman cookies that they can enjoy for a snack all while listening to holiday music. Caregiver and me class. Parents are required to wear a mask!

# Preschool Moving

## Munchkin Sports & Games (Ages 2 - 3)

Recreation Star Center, 1170 Shippan Ave  
 January 15 - February 26 ( No class 2/12)  
 Friday 10:30AM - 11:10AM  
 \$55.00 for 6 weeks

Instructors: Bertrand Oubida and Jen

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! Parents must wear mask.

# Preschool Moving



## Play With A Purpose & Get Moving (Ages 1.5 - 3)

Recreation Star Center, 1170 Shippan Ave  
January 12 - March 22 ( No class 2/16 & 2/18)  
Tuesday & or Thursday  
10:00AM- 11:30AM

\$107.00 per child once a week for 10 weeks  
\$214.00 per child twice a week for 10 weeks  
Jen Lupinacci Preschool Instructor

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

## Preschool Gymnastics Advanced Level (Ages 3-4)

Recreation Star Center 1170 Shippan Ave  
January 16 - March 13 (No class 2/13)  
10:00AM- 10:40AM

Saturday  
\$133.00 per child per sessions for 8 weeks

Instructors: Taught By Certified Gym On Wheels Staff  
The GYM ON WHEELS program incorporates stretching exercise, gymnastic and fitness skills, energetic games and lots of fun to bring your children a high energy, self esteem building & nurturing atmosphere. Some of the equipment they will be working on are the balance beam, parallel bars, obstacle course and will see the importance.

## Indoor Soccer Tikes For Preschoolers (Ages 3-5)

Stamford Recreation Star Center 1170 Shippan Ave  
January 9 - January 30 - Session 1  
February 6 - February 27 - Session 2  
Saturdays ( Max of 18 kids per class)

11:00AM - 11:45AM - Koalas ( 3 year olds) - Sec. A  
12:00PM - 12:45PM - Bears (4-5) year olds - Sec. B  
\$85.00 for 4 weeks per child per session

Instructor: Kevin Fallon, Certified Soccer Tots Program  
Kids should wear sneakers & comfortable clothing. At Soccer Tikes, we stress a non-competitive environment. This is a child development program for kids ages 3- 5. Classes are designed to develop motor skills, promote physical fitness, and create self-confidence. We also mix fun, skill development activities with actual small sided games. Listed above are the two sessions we will offer this winter! Parents will not be permitted in the gym during the class and must wear masks and social distance if waiting in the building.

## Let's Get Moving & Grooving (Ages 1-4)

Recreation Star Center, 1170 Shippan Ave  
January 13 - March 17  
Wednesday

11:00AM-11:40AM  
\$80.00 for 10 Weeks

Jen Lupinacci, Preschool Instructor

It is time to get up and get moving and grooving!! We will work on our gross motor skills, balance and cooperative play in our spacious gym and on our playground weather permitting. Each class will start with some stretching - simple games such as freeze dance and red light green light. Bikes, scooters, trampolines and slides will be set up. There will be parachute play and bubbles in the air to end the class! This is a caregiver and me.

Parents must wear a mask.

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

Recreation Star Center 1170 Shippan Ave  
January 16 - March 13 ( No class 2/13)  
8:30AM - 9:05AM (Ages 2 - 3) -Sess. 01  
9:15AM - 9:50AM (Ages 3- 4) - Sess.02  
Saturday

\$133.00 per child per sessions for 8 weeks  
Taught By Certified Gym On Wheels

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 pummel horse, high bars, balance beams, paral- lel bars, springboards, and much more....all while making sure you have fun! Parents must wear mask.





# Preschool Moving

## U.S Sports Institute Parent & Me T-Ball Squirts

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.

Lathon Wider, 137 Henry Street

Ages: 2-3 year olds

\$160

Saturdays, 1/16/21-3/13/21

9:00am-9:50am

## U.S Sports Institute Squirts T-Ball

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!

Lathon Wider, 137 Henry Street

Ages: 3-4 year olds

\$160

Saturdays, 1/16/21-3/13/21

10:00am-10:50am

## U.S Sports Institute Squirts Multi Sports

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!

Lathon Wider, 137 Henry Street

3-4 year olds

\$160

Saturday, 1/11/21-3/13/21

11:00am-11:50am

## U.S Sports Institute Parent & Me Multi Sports Squirts

U.S Sports Institute Parent & Me Multi Sports SquirtsThe Parent & Me 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!

Star Center, 1170 Shippan Avenue

Ages: 2-3 year olds

Fee: \$160

Mondays, 1/11/21-3/8/21 (No Class on

Monday 1/18 or 2/15)

Time: 9:00am-9:50am

## U.S Sports Institute Parent & Me T-Ball Squirts

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 skills of t-ball through structured activities, fun based games, and scrimmages.

Star Center, 1170 Shippan Avenue

2-3 year olds

\$160

Mondays, 1/11/21-3/8/21 (No Class on

Monday 1/18 or 2/15)

10:00am-10:50am

## U.S Sports Institute Squirts Multi Sports

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!

Star Center, 1170 Shippan Avenue

Ages: 3-4 year olds

Fee: \$160

Mondays, 1/11/21-3/8/21 (No Class on

Monday 1/18 or 2/15)

Time: 11:00am-11:50am

# Preschool Art & More

## Art Exploration (Ages 2-4)

Recreation Star Center, 1170 Shippan Ave

January 12 - March 23 ( No class 2/16)

Tuesday

11:50AM - 12:30PM

\$80.00 for 10 Weeks

Instructors: Jen Lupinacci, Preschool Instructor

Let's explore art! We will introduce different art mediums each week. Children will be able to explore textures, textiles, colors and more. In this class the children will develop fine motor, language and cognitive skills plus the ability to listen and follow simple directions. Art can get messy - dress accordingly! A caregiver and me class. Parents are required to wear a mask!



## Silly Science & Nature Too (Ages 2-4)

Recreation Star Center, 1170 Shippan Ave

January 13 - March 18

Wednesday- 10:00AM - 10:40AM - Sess. A

Thursday - 11:45AM - 12:25PM - Sess. B

\$80.00 for 10 Weeks

Instructors: Jen Lupinacci, Preschool Instructor

It's full STEM/STEAM ahead in this hands on class. We will explore something new every week while applying simple scientific aspects that children can relate to.

We will have a lot of fun with simple experiments and hands on exploring. Themes may include dinosaurs, volcanoes, magnets, hibernation, space and more! A caregiver and me class.



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

Recreation Center, 1170 Shippan Ave

January 11 – March 27

Monday 2:15PM – 3:00PM – Sec. A

Saturday 9:30AM – 10:15AM – Sec. B

\$195.00 per child for 10 weeks per section

Instructors: Ms. Danete/ Ms. Debbie

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. Max of 10 children per class!

(No class 2/13 & 2/15)

## Dancing Stars (Ages 3 - 5 )

Recreation Star Center, 1170 Shippan Ave

January 11 – March 22 (No class 2/15)

Monday

3:30PM – 4:15PM

\$195.00 for 10 weeks

Instructors: Ms. Danete

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. Max of 10 children

## Star Ballet For Pre K

Recreation Star Center, 1170 Shippan Ave

January 9 – March 20 ( No class 2/13)

Saturday

11:30AM -12:30PM

\$195.00 for 10 weeks

Instructors: Ms. Danette

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.

Max of 10 children per class!

## Jazz/Tap For Pre K - 3

Recreation Star Center, 1170 Shippan Ave

January 7 – March 20

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

\$195.00 for 10 weeks

Instructors: Ms. Danete/ Ms. Alexandra

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 & jazz shoes necessary. Bring a water bottle. Max of 10 children per class!

No class (2/13)

# Birthday Parties

## Recreation Virtual Birthday Parties With Mad Science

Celebrate your child's next birthday with us! Our 45 minute party will cost \$160.00 per party. Optional : Slime kit drop off \$8.00 per child! Please contact Stamford Recreation to book your party with Bertrand Oubida, Recreation Leader. He can be reached at 203 -977-4644 or [boubida@stamfordct.gov](mailto:boubida@stamfordct.gov)



## BODYWISE BY BETTY - KIDS VIBE HULA HOOP BIRTHDAY PARTY Girl and Boys Grades K-5.

Where: Star Center, 1170 Shippan Ave

When: Friday evening and Saturday afternoons

Fee: \$299.00 per party—Up to 16 students

Instructor: Betty Camlin, Certified Instructor



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. We start with warm up and games using the hoops, followed by Hula Hooping on waist and learning some awesome "hooping tricks" and fully choreographed HOOP routine. Ends with Yoga cool down and Balancing Peacock Feathers. Party Girl or Boy receives a beautiful Hula Hoop from Betty as a gift. (\$25 value) and guest receive Hula Hoop Rubber Bracelet and a Peacock Feather. Party runs for 1hr 45 min and includes help with serving food and cupcakes. Betty will play Happy Birthday song while blowing out candles. Host will clean up while Betty plays with kids balancing peacock feathers. Host can arrive 15-20 min in advance to decorate if they like.

Party does not include paper products decorations, food or candles. That is provided by the host. Parties Available on Fridays & Saturdays! Distancing, temps, wearing of mask and hand washing can be maintained during Covid mitigation.



# Youth Sports & Moving

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

Recreation Star Center, 1170 Shippan Ave

January 14 - March 4

Thursday

4:15PM 5:15PM

\$55.00 per student for 8 weeks

Instructor: Recreation Staff

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



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

Recreation Star Center, 1170 Shippan Ave

January 12 - March 9 (No class 2/16)

Tuesday

4:15PM 5:15PM

\$55.00 per student for 8 weeks

Instructor: Recreation Staff

A fun exciting program where children can meet new friends, understand the concept of dribbling, passing, defense, offense, and shooting. We will also play small sided games during second half of class. For Boys and Girls!



## Sports & Games For Kids (Gr. 1-2)

Recreation Star Center, 1170 Shippan Ave

January 13 - March 3

Wednesday

4:15PM 5:15PM

\$55.00 per student for 8 weeks

Instructor: Recreation Staff

Learn the fundamentals of team sports such as soccer, dodge ball, basketball, Floor hockey, kickball and more. We will introduce a new sport each week and play related games to reinforce skills learned. In addition we will incorporate fun playground games! Children will release energy, get exercise, learn new sports and games and socialize with other children. Values such as sportsmanship, teamwork, sharing and consideration of others will be stressed. Please bring a water bottle and appropriate athletic shoes.

## Zumba For Kids (Ages 7-11)

Recreation Star Center, 1170 Shippan Ave

January 14 - March 4

Thursday

4:45PM 5:45PM

\$80.00 per child for 8 weeks

Instructors: Patricia Moore, Certified Zumba Instructor

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 lives by making fitness fun!

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

Recreation Star Center, 1170 Shippan Ave

January 15th-March 12th No Class (2/12)

Friday

4:15PM 5:15PM

\$55.00 per student for eight weeks

Instructor: Recreation Staff

This soccer program allows students to learn the basic skills of soccer such as dribbling, trapping, defense, shooting, passing and weekly games. They will learn the concept of team work in a fun stress free environment. For boys and girls.

## Gymnastics For Youth (Ages 5-7)

Recreation Star Center, 1170 Shippan Ave

January 11 - March 15 (No class 1/18 & 2/15)

Monday

Time: 4:45PM 5:30PM

\$133.00 per student for 8 weeks

Instructor: Taught By Certified Gym on Wheels Staff

The GYM ON WHEELS program incorporates stretching exercise, aerobics to music, gymnastics 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.

## Zumba Family Dance Party 2021

Where: Recreation Star Center, 1170 Shippan Ave

January 29th 2021

Day: Friday

6:30PM - 7:30PM

\$15.00 per family

Instructors: Shannon Wade, Certified Zumba Instructor. Silliness & Wacky dance moves are not required, but highly encouraged! Join us for a night of Zumba, laughter and a ton of fun for the family. Great way to spend a health Friday night with the kids! Max of 25 participants in the program!

A max must be worn by all participants during the class.





# Youth Sports & Moving

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

Located: Break Thru Family Fit For Life/ 48 Union Street

January 4 - January 28 Sess. 1

February 1 - February 25 Sess. 2

March 1 - March 31 - Sess. 3

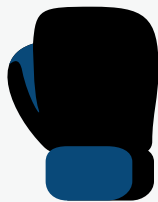
Monday - Thursday

3:00pm - 4:00pm Or 4:00pm - 5:00pm

\$120.00 per 1 month session/per student

Instructor: Jesse Mendoza, Certified Instructor

Our Boxing Program offers a variety of classes which includes Boxing Technique, Strength Training and High Intensity Interval Training. Why choose boxing? Our Boxing Program creates a challenge both physically and mentally which offers many health benefits for all ages and fitness levels. Boxing is the perfect choice for anyone interested in a different type of workout, learning self defense, losing weight, building confidence, seeking a positive life.



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

Recreation Star Center, 1170 Shippan Ave

January 4 - March 8 (No class 2/15)

Monday & Thursday (must send twice a week)

6:00PM- 6:40PM

\$180.00 per student (Twice a week)

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

Lucas Tuccinardi, Black Belt

Taught safely with traditional values, Ta 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 a lot of fun to learn, and a good workout for our youth! Brand new students

## Home School Open Gym Program (Ages 5-12)

Recreation Star Center, 1170 Shippan Ave

January 6 - March 10

Wednesday

1:30PM- 3:00PM

\$55.00 per student for 10 weeks

Instructor: Recreation Staff

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. All staff will wear masks and campers will be split into two groups. Masks are optional for students under state camp guidelines. Subject to change with state compliance.

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

Recreation Star Center, 1170 Shippan Ave

January 4 - March 8 ( No class 2/15 & 2/16)

By Rank (Must send 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

\$200.00 per student (Twice a week)

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

Lucas Tuccinardi, Black Belt

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. An skill assessment of the student (during first week of classes) will be completed by the Instructor to determine starting rank.

## Intro Tennis Lessons ( Ages 5 - 8 )

Recreation Star Center, 1170 Shippan Ave

January 23 - Feb 27 (No class 2/13) - Sess.01

March 6 - May 1 (No class 4/10) - Sees. 02

Saturdays

1:00PM - 1:45PM - Session 1

1:45PM - 2:00PM - Session 2

\$85.00 per child for session 1 / 5 weeks

\$136.00 per child for session 2/ 8weeks

GSTA Instructors

The Greater Stamford Tennis Association and Stamford Recreation Services is offering a 5 week introductory tennis program for kids age 5-8. The classes will feature age appropriate tennis equipment (shorter racquets, foam and low compression tennis balls) on short tennis courts. Racquets & Balls will be provided for classes.

Max of 14 per class.

## Young Athletes 4 Change Basketball Classes

Have fun while learning fundamental skills and drills to help improve your basketball abilities. Bring a basketball and a water bottle.

Session 1: Wednesdays starts on 1/13-2/17 from 4:15pm-5:15pm for ages 6-8

Session 2: Fridays starts on 1/15-2/19 from 4:15pm-5:15pm for ages 10-12

Session 3: Saturdays starts on 1/16-2/20 from 1:00pm-2:00pm for ages 10-12

Lathon Wider Gym 137 Henry Street Fee: \$220 for 6 classes

# Youth Sports & Moving



## CT Soccer Network Winter Soccer Clinics

CT Soccer Network, led by UEFA A licensed ex Manchester United and Atletico Madrid coach, Rich Sutherland will be running winter soccer clinics for players in Kinder through 5th grade. The winter program will be run by professional coaches with many years of youth development experience. The coaches will be adhering to an age specific curriculum that has been designed through years of work in Europe, Asia and the USA. Sessions will include hundreds (if not thousands) of touches on the ball while encouraging the players to develop within a holistic environment. Using a ball each as often as possible, the players will evolve through repetition and FUN based sessions. Classes for the younger players will be taught in a 'child's fantasy world' to help the players relate to the games and skills taught each week. The older players will be challenged individually and as a group on a weekly basis. Skills taught throughout the winter will cover dribbling including 1v1 skills & moves, passing, 1st touch & control and shooting.

Time: 3:00pm - 4:00pm for grades K-2

4:15pm - 5:15pm for grades 3-5

Dates: Mondays-Session 1: 1/11, 1/18, 1/25, 2/1, 2/8,

Session 2: 2/22, 3/1, 3/8, 3/15, 3/22, 3/29

Location: Lathon Wider Community gym, 137 Henry Street

Cost:

Session 1 - \$99

Session 2 - \$119



## Eagles of Stamford Soccer Academy (Ages 5-13)

Winter Session 1

CLC. Lathon Wider Community Center, 137 Henry Street

Jan. 5th - Feb. 16th

TUESDAYS ONLY

5:30 PM - 6:30 PM/ ages 10-11-Sess. A

7:00PM - 8:00 PM/ ages 12-13- Sess. B

Jan.8th - Feb-19th

FRIDAYS ONLY

5:30 PM - 6:30 PM/ ages 6-7- Sess. A

7:00 PM - 8:00PM/ ages 8-9 - Sess.B

\$120 One day per week

Eddy, Martin (Certified Instructors)



## CT Sports Network Winter Volleyball Clinics

Starting in January, CT Sports Network will be holding winter volleyball clinics throughout the winter months at Lathon Wider Community gym.

The clinics are open to both new and experienced players and our master coaches and nationally certified staff will focus on teaching skills, rotations, game scenarios and the rules of the game in a fun filled environment. Our clinics are open to players in 3rd through 8th grade. All activities will take place in an atmosphere which promotes good sportsmanship, teamwork and most of all, FUN!

All participants should have athletic shoes, water and you may also wish to bring your knee pads as well.

3:00pm-4:00pm for grades K-2/ 4:15pm-5:15pm for grades 3-5

Thursdays

Location: Lathon Wider Community gym

Cost: \$119 per session

Session 1 - 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

Session 2 - 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

## Polar Bear Sports & Games ( Gr. 1-2)

New Recreation Star Center, 1170 Shippan Ave

January 23 -February 27 ( No class 2/13)

Saturday

10:00AM - 11:00AM

\$30.00 per child for 5 weeks

Instructors: Recreation staff

Come join us for this outside gym program where all the gym games and sports we play will be with soft Nerf Balls. Great way to burn some energy outside during the winter with your friends on a Saturday morning! The program will be held on the turf field on the side of the Star Center. Max of 14 children!

## Eagles of Stamford Soccer Academy (Ages 5-13)

Winter Session 2

Lathon Wider Community Center, 137 Henry Street

Feb. 23rd - Apr. 6th TUESDAYS ONLY

5:30 PM - 6:30 PM/ ages 10-11-Sess. A

7:00PM - 8:00 PM/ ages 12-13- Sess. B

Feb.26th - Apr.- 9th FRIDAYS ONLY

5:30 PM - 6:30 PM/ ages 6-7- Sess. A

7:00 PM - 8:00PM/ ages 8-9 - Sess.B

Fee: \$120 One day per week

Instructors: Eddy, Martin (Certified Instructors)

We specialize: in technical development, motor skill training, & small sided games (rondos)Description: Soccer development program. At Eagles of Stamford we create a fun, safe, and friendly environment that provides the necessary tools to enable each player to achieve success through motor skills as well as tactical learning while promoting physical fitness. Please bring a bottle of water and size 3 or 4 soccer ball.



### Hoop Girls "Whirl the World" For (Gr. K-5)

#### Located: Davenport School

January 12 - February 23 ( No Class 2/16) - Tuesday - Sess. 1

January 13 - February 24 ( No class 17) - Wednesday - Sess. 2

3:55PM - 5:00PM (Davenport students will be called to gym at 3:30PM to have snack. All others drop off between 3:45PM and 3:50PM)

\$115.00 per student per session for 6 weeks

Instructor: Betty Kelly Camlin, Certified Instructor

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) 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 eventually, full choreographed HOOP DANCE routines. As the class progresses and the girls master some "Hoop Tricks" they collaborate together to create their very own choreography. Hoop- ing is a wonderful form of exercise, self expression, and creativity. It improves fitness, stamina, endurance, strengthens Core and improves hand-eye co-ordination, proprioception, balance and motor skills. Hoop Girls is also a phenomenal stress reducer. The endorphins flow and the smiles widen with each new Hoop Trick they master. Visit American Counsel on Exercise (ACE) for more benefits of Hula Hoop exercise. The class will end gentle yoga stretch and if time permits, 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 St Pats Parade, Alive at 5, Walk for Hope and more. ALL LEVELS WELCOME- GRADES K-5. Wear sneakers, bring water. Sandals or open shoes not allowed. Hoops provided and can be purchased. Dates do not include 1/2 days or holidays. MIN OF 10 MAX 16 REQUIRE TO HOST EACH CLASS. Bring a snack to have before class. All participants must wear a mask unless state guidelines change. Note this program will not run if the school is not available due to Covid Restrictions.

### Goddess Yoga For Girls ( Ages 10-14)

Star Recreation Center, 1170 Shippan Ave

January 13 - March 3

4:40PM - 5:40PM

Wednesday

\$180.00 per student for 8 weeks

Instructors: Laurie Findeisen, Certified Instructor

Join this mindful blend of movement and breathing to build confidence, release stress and increase concentration and awareness of body, mind and emotions. These classes will help girls find calm and balance for their busy lives as well as build flexibility and strength. All levels are welcome. Please bring a mat and a water bottle.

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

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

Monday, Wednesday, Friday & Sunday

January 11 - March 21

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

10:30AM - 10:45AM - Sundays

\$199.00 per student two days per week - Sess. 01 \$249.00 per student three days per week - Sess. 02

Instructor: Tom Bacha & Kimberly Colleto

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, selfreliance, 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 selfdefense drills and end with Stranger Danger Awareness drills where flash cards are used to develop instinctive responses to dangerous situations.

### Kids Aerial Fitness Fusion (Ages 11 & Up)

Break Thru Family Fit 4 Life, 48 Union Street

January 25 - March 8 ( No class 2/15)

Monday

6:45PM - 7:35PM

\$192.00 per student for 6 classes

Instructors: Certified Vega Aerial Fitness Instructor

This class draws from Pilates, Yoga, Ballet, Aerial Arts and suspension training techniques. Children will gain strength, flexibility, balance and coordination while using an aerial fabric hammock suspended from the ceiling for support. This unique class will let children put their creative energy to good use by taking flight in a safe, fun, nurturing environment. AERIAL FITNESS is a fun and active approach to get children moving, while increas- ing their overall strength. It will empower their minds, body and souls! AERIAL FITNESS has many benefits for children including; Learn relaxation skills along with breath work to promote mindfulness and self regulation skills. Development social skills to neurological and developmental benefits. Boost their self confidence, necessary body awareness & exploration while subconsciously training the body + mind to embrace new experiences. Will gain enhanced concentration & refine gross and fine motor skills Most importantly AERIAL FITNESS is super fun! Advanced sign up is required for all classes.

Bring own Yoga Mat + lots of H2O.



# Stamford Recreation Services

# Youth Programs

## Gross Science ( Gr. K-2)

Recreation Star Center, 1170 Shippan Ave

January 25 - March 8 ( No class 2/15)

Monday

4:30pm - 5:30pm

\$115.00 for 6 weeks per child Instructors: Mad Science

Staff Are you interested in smelly, gooey, icky and creepy things? If so, this is the program for you! Did you know most stinky things are chemical reactions? Or farts, snot and burps are healthy bodily reactions? Or how caterpillars disguise themselves as bird poop? We have tons of crazy, gross chemical reactions that you won't want to miss! Get ready to learn the science behind all GROSS THINGS! Every week, students receive a specially designed take home to help extend learning at home!

## Chess Wizards (Gr. K & UP)

Recreation Star Center ,1170 Shippan Ave

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

Saturdays

9:30AM 10:30AM

\$150.00 per child for 8 weeks

Instructor: Certified Chess Wizard Staff

Enter into the magical and exciting world of chess with Chess Wizards! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia and more! Our specialized classes are a blast for everyone kindergarten through fifth. Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - Chess Wizards is the place for you!



## Calling All Chefs ( Gr. K-2)

Recreation Star Center, 1170 Shippan Ave

January 12 - March 2 ( No Class 2/16)

Tuesday

4:15PM - 5:30PM

\$85.00 for 7 Weeks / Includes all supplies

Instructors: Ms. Nancy

Meet us in the kitchen for this yummy class! Chefs will learn about a variety of foods and cooking practices as they slice, dice, chop, measure and mix to create!

Exciting breakfast, lunch, dinner and snack recipes will be on the menu and weekly, each chef will bring home the recipe write up to share and prepare with their families!



Come kick off your weekend in our Winter Wonderland Workshop. What will you make? A cool snow fort, sparkly castle or happy home?

Each child will design and create their very own wonderland using a variety of winter themed materials, clay and recycled bits!

We'll even incorporate "SNOW" to make it extra wintery! (minimum 4, max 10)

## After School Club at the Star Center

Recreation Star Center, 1170 Shippan Ave

September 8 - June 15, 2021

Monday - Friday

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

Fee: Prices vary per group every month

December: Blue: \$130 Green: \$130

January : Blue: \$175 Green: \$160

February: Blue: \$145 Green: \$130

March: Blue: \$145 Green: \$130

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 and more. BOE provides transportation from most Stamford Elementary Schools. All staff wear masks and it is optional for students under current state guidelines. Subject to change with state compliance. Space is limited each month! We follow the Stamford Public School Calendar.

## Play Well Lego® Home Stem Fundamentals ( Ages 6-11) - New

Online/Zoom ( Virtual)

January 11 - February 15

Monday

4:00PM - 4:45PM

\$87.00 per student for 6 week session

Instructors: Play - Well Technologies Staff Play-Well classes are going virtual! Tap into your imagination from the comfort of your own home with the guidance of an experienced Play-Well instructor and simple pieces from your own LEGO® collection - all while connecting virtually with your friends and classmates! Students will explore their creative boundaries, learn new building techniques, and connect their projects to practical real-world STEM concepts, all with a focus on open-ended builds that do not require special LEGO® pieces.

## Make and Take Saturday (Gr. K - 3)

Winter Wonderland/Might Makers

Recreation Star Center, 1170 Shippan Ave

January 16, 2021

Saturday

10:30AM - 11:45AM

\$25.00 per child includes all supplies

Instructors: Ms. Nancy





# Youth Programs

## Online Fantasy Adventures Program For Students (Age 7-11) - New

Online ( Virtual from home)

January 7 - February 25

Thursday

3:00PM - 4:00PM

\$192.00 per student for 8 weeks

Instructors: Guard Up's Guardian Adventure Staff

Our Fantasy Adventures specialize in getting participants physically, mentally and socially active in a setting that appreciates their uniqueness. Where else can they fight monsters, solve mysteries, and learn while burning calories with their new friends? These exciting adventures bring out the best in your young hero. \*Kids are encouraged to dress the part of their heroes with costuming and representative weapons and props which they can find or make at home.

[www.youtube.com/watch?v=zwlcNIQ-ywo](http://www.youtube.com/watch?v=zwlcNIQ-ywo)

## Science & More Science ( Ages 5-10)

Star Recreation Center, 1170 Shippan Ave

January 27 - February 24

4:00pm -5:15pm

Wednesday

\$109.00 per child for five weeks

Instructors: CT Computer Education Staff Lets talk about creating different soluble forms. Some experiments in class will be making play dough, flubber, oobleck, dissecting owl pellets, egg balancing, stress balls, bubbles, floating jelly fish and perler beads. This class we separate children into groups and have experiments done by the children. Please notify class of any allergies. Please bring a snack. Mask must be worn.



## POD Squad ArtsPod Squad Arts-

is a pod created by you and your personal group of 4-6 members.

During these uncertain times, many families are choosing their own personal social group that stays together and learns together. We have teachers available for dance, music, theater, and art.

Teacher, location, and time, is based on availability.

Price \$650./10 weeks per person with a minimum of 4 people and a maximum of 6 people. For more information on this program offering and how it works contact Scott Kassouf @skassouf@stamfordct.gov or call 203-977-5018!

Run by Danette Meigel

## Online Little Knights Adventures For Students (Age 5-6) - New

Online (Virtual from home)

January 6 - February 24

Wednesday

2:30PM - 3:30PM

\$192.00 per student for 8 weeks

Instructors: Guard Up's Guardian Adventure Staff

Our Fantasy Adventures for ages 5-6 specialize in getting kids physically, mentally and socially active in a setting that appreciates their uniqueness. Where else can they battle monsters, solve mysteries, and learn while getting out of their chairs and swinging pretend swords with their new friends? These exciting adventures bring out the best in your young hero. \*Kids are encouraged to dress the part of their heroes with costuming and representative weapons and props which they can find or make at home.

[www.youtube.com/watch?v=zwlcNIQ-ywo](http://www.youtube.com/watch?v=zwlcNIQ-ywo)

# Youth Arts

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

Recreation Star Center, 1170 Shippan Ave

January 13 - March 10

Wednesday

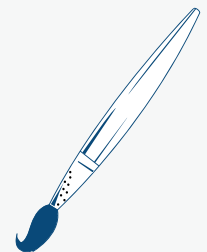
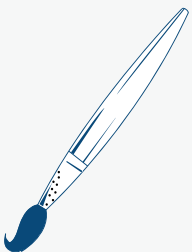
4:00PM - 5:00PM (Ages 5 -8) - Sess. 01

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

\$173.00 per person for 9 weeks/ Includes all material Instructor: JoAnne Claybourne

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 noncompetitive and fun. This program helps children to build self-esteem through their drawing success and enhances hand-eye coordination, as well as color relationships. Offered by Paint, Draw and More. All students are required to wear a mask.





# Stamford Recreation Services

## Youth Arts

### **Cartooning Class (Ages 8 - 13)**

Recreation Star Center, 1170 Shippan Ave

January 16 - March 20 ( no class 2/13)

Saturday

1:00PM - 2:00PM

\$170.00 per person for 9 weeks/ materials included

Instructor: Heather Bennett

This is cartooning class plus! In this class young artists will develop a cartoon character, create 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 publication including ELLE, Glamour, Milk Magazine (France) and Linda Women (Holland). Her dolls and artwork have also been seen on TV shows such as HBO's "Girls" & "Modern Family." Offered by Paint, Draw and More! All students are required to wear a mask.

### **Puppet Making Class (Ages 8 - 13)**

Recreation Star Center, 1170 Shippan Ave

January 14 - March 11

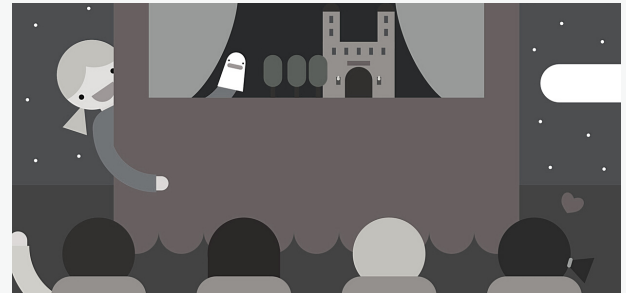
Thursday

4:00PM - 5:00PM

\$170.00 per person for 9 weeks/ materials included

Instructor: Heather Bennett

This fun filled puppet making class will teach students how to develop and build fun animal and people puppets by using a variety of materials. We will utilize not only recycled materials but also assorted papers and decorative doodads to build, decorate and personalize their creations. Offered by Paint, Draw and More! All students are required to wear a mask.



# Youth Music

### **Musikids Keyboard I (Ages 6 - 14)**

Recreation Star Center, 1170 Shippan Ave

January 13 - March 11

Wednesday & Thursday

4:45PM - 5:45PM (Wednesday Ages 6 - 9) - Sess. 01

6:00PM - 7:00PM (Wednesday/ Ages 6 - 9) - Sess. 02

5:50PM - 6:50PM ( Thursday/ Ages 10-14) - Sess.03

\$220.00 per child for 9 weeks /Max of 6 students

Instructor: Bob Fiorito

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

### **Musikids Keyboard II (Ages 6 - 10)**

Recreation Star Center, 1170 Shippan Ave

January 13 - March 10

Wednesday

7:00PM - 8:00PM

\$220.00 per child for 9 weeks/ Max of 6 students

Instructor: Bob Fiorito

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 is required for all keyboarders.

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

Recreation Star Center, 1170 Shippan Ave

January 13 - March 10

Wednesday

5:15PM - 6:00PM/Max of 6 student \$175.00 per student for 9 weeks

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





# Youth Music

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

Recreation Star Center, 1170 Shippan Ave

January 13 – March 10

Wednesday

6:00PM – 6:45PM/ Max of 6 students!

\$175.00 per student for 9 weeks

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. Mask required.

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

Recreation Star Center, 1170 Shippan Ave

January 14 – March 11

Thursday

4:50PM – 5:35PM

\$220.00 per student for 9 weeks / Max of 4

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 skills.

## Piano Lessons With

### Mr. Fiorito Beginner to Early Intermediate

Recreation Star Center, 1170 Shippan Ave

January 14 – March 11

Thursday

4:00PM – 4:45PM

\$220.00 per student for 9 weeks / Max of 4

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.

## Violin Lessons (Ages 5 -10) Primary Level

Recreation Star Center, 1170 Shippan Ave

January 11 – March 8 ( No class 2/15)

Monday

5:30PM – 6:00PM (Ages 5 –7) Sess 1

6:00PM – 6:30PM (Ages 8–10) – Sess 2

\$210.00 per child for 8 weeks session

Instructor: Andrew Knebel, Professional Violinist

This program is designed for introducing the violin in a fun setting where the students will learn how to hold the instrument, the bow, basic theory and music reading and the basic principles for how to develop the ability to play the violin. A Max of 5 students per session.

# Youth Dance

## Broadway Dance (Gr. 3-5)

Recreation Center, 1170 Shippan Ave

January 7 – March 11

Thursday

5:30PM – 6:30PM

\$195.00 per child for 10 weeks per section

Instructors: Ms. Alexandra

Learn a dance combination to a Broadway song. Class will include dance and theater technique. In class performance on the last day.

Max of 10 children.



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

Recreation Star Center,, 1170 Shippan Ave

January 11 – March 22

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

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

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

\$195.00 for 10 weeks

Instructors: Ms. Danee/ Ms. Debbie

Ballet – The dancers will explore the great ballet stories as they learn technique. Waltz into class and leap into fun!! Dancers need 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. Max of 10 children per class! No class 2/13 & 2/15)

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

Recreation Star Center, 1170 Shippan Ave

January 5 – March 16 ( No class 2/16)

Tuesday

4:30PM – 5:30PM (Gr. K – 3) – Sec. A

5:30PM – 6:30PM (Gr. 4 – 6) – Sec. B

\$195.00 for 10 weeks

Instructors: Ms. Alexandra

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. Max of 10 children per class!

# Holiday Programs & Camps

## **Snowman Apples ( Gr. K-2) - New**

Recreation Star Center 1170 Shippan Ave  
December 22, 2020

Tuesday

4:30PM - 5:30pm

\$24.00 per child / includes all supplies

Instructors: Arts In CT Staff

Learn how to make this seasonally inspired treat! A chef will lead you step by step through the process to create a culinary masterpiece. Max of 12 participants.

## **Gingerbread Cookies ( Gr. K-2) - New**

Recreation Star Center 1170 Shippan Ave

December 17, 2020

Thursday

4:30PM-5:30pm

\$22.00 per child / includes all supplies

Instructors: Arts In CT Staff

Join us for a class on making our holiday favorite, gingerbread cookies. Students will make dough and bake cookies. Children will select their favorite cookies and decorate them with all kinds of sweets. Max of 12 participants .

## **Ornament Making ( Gr. K-2) - New**

Recreation Star Center 1170 Shippan Ave

December 15, 2020

Tuesday

4:30PM - 5:30pm

\$22.00 per child / includes all supplies

Instructors: Arts In CT Staff

You can make your tree beautiful. Join us to make a crafty and colorful holiday ornament. This will be something you can have for a lifetime or present as a gift to family and friends.! Max of 12 participants .

## **Polar Bear Vacation Club Grades K - 5**

Recreation Star Center, 1170 Shippan Ave  
December 28 - December 31

Monday - Thursday

8:00AM - 5:00PM

\$40.00 per child per day

\$160.00 per child all 4 days

Instructor: Recreation Services Staff

Come join us during the holiday break as we offer this 4 day vacation program. Each day campers Will be involved in gym games, sports, arts and crafts and more. Camp is open to a max of 32 students per day and you can sign up for as many days as you need. Bring a bagged lunch each day! All staff will wear masks and campers will be split into two groups. Masks are optional for students under state camp guidelines. Subject to change with state compliance.

## **Junior Investigator Of Science Winter Break Camp (Ages 5-12)**

Star Recreation Center, 1170 Shippan Ave

February 12, 15 & 16, 2021

8:30AM - 2:30PM

Monday

\$130.00 per child

Instructors: CT Computer Education Staff

Interested in science? Curious what science experiments are all about? Attend this class with friends or make new friends. Ready for shrinky dinks, crystals, squishy food friends, flubber, oobleck, slime, volcano building and other various experiments. Please notify class of any allergies. Please bring a lunch and a snack. This class we separate children into groups and have experiments done by the children. A mask must be worn unless guidelines change.

## **Peak Performance December All Sports Camp**

Monday, December 28 thru  
Wednesday 30.

No Camp on 12/30/12/31

Lathon Wider Community Center,  
137 Henry Street

9am-4pm

\$140

8-12 years old

For Boys and Girls ages 8-12.

Peak offers a combination of traditional sports games (soccer, basketball, volleyball) and physical education activities (capture the flag, dodgeball, tag games). We ask that our campers bring a (peanut butter free) snack, lunch and water bottle.

## **Make and Take Valentines Treats (Gr. K-3)**

Recreation Star Center, 1170 Shippan Ave  
February 10, 2021

Wednesday

4:00PM - 5:30PM

\$25.00 per child includes all supplies

Instructors: Ms. Nancy

We're cooking up some Valentine YUM together, come join the fun! Together we'll make and bake delicious shortbread cookies to decorate and share with the ones we love! As the cookies bake we'll get our art on as we create cards to accompany our sweet treat gifts! (minimum 4, max 10)



## **Valentines Day Party For Home School Children Ages 5-12**

Recreation Star Center, 1170 Shippan Ave  
February 9 ,2020

Tuesday

1:30PM - 2:45PM

Fee: \$5.00 per student

Instructors: Recreation Staff

Come join us with your friend or too meet new friends at this Valentine's Day Party for Home school children. We will have arts and crafts, valentines snacks and games to enjoy.



# Holiday Programs & Camps

## Martin Luther King Day Activity Club (Gr. K-5)

Recreation Star Center, 1170 Shippan Ave

January 18, 2021

Monday

8:00AM - 5:00PM

\$40.00

Instructor: Recreation Services Staff

Schools are closed and you need to work, look no further as we offer this one day program filled with gym games, arts and crafts, board games, outside activities (Weather permitting) and more. Campers should bring a bagged lunch and we will supply an afternoon snack. Space is limited! All staff will wear masks and campers will be split into two groups. Masks are optional for students under state camp guidelines. Subject to change with state compliance.

## February Vacation Camp (Gr. K -5 )

Recreation Star Center, 1170 Shippan Ave

February 12, 15 & 16, 2021

Friday, Monday & Tuesday

8:00AM - 5:00PM

\$40.00 per day per child \$120.00 for all three days

Instructor: Recreation Services Staff

Description: Winter break is here and you need to work, parents look no further as we offer this school break camp. Each day campers will be involved in gym games, sports, arts and crafts and more. Camp space is limited per day so don't wait! Bring a bagged lunch each day! All staff will wear masks and campers will be split into two groups. Masks are optional for students under state camp guidelines. Subject to change with state compliance.

## Lego & Nex Building ( Ages 5-12)

Martin Luther King Day Program

Star Recreation Center, 1170 Shippan Ave

January 18, 2021

8:30AM - 2:30PM

Monday

\$40.00 per child

Instructors: CT Computer Education Staff

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

Pictures will be e-mailed home. A mask must be worn!

# Programs and More

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

Where: Thunder Ridge Ski Area

Friday, January 8, 2021- Sess. 01

Friday, January 22, 2021 - Sess. 02

Friday, February 5, 2021 - Sess. 03

Friday, February 19, 2021- Sess. 04

Departure: 4:00PM from the Government Center

Return: 10:00PM at the Government Center Lobby

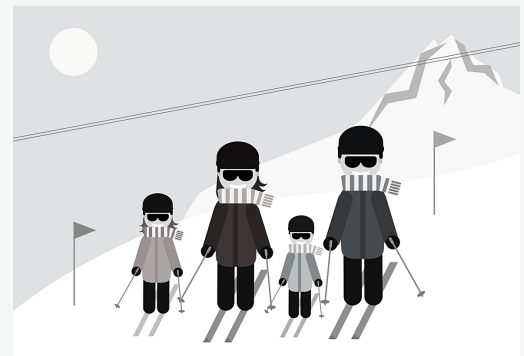
\$32.00 per person extra for ski rentals per trip

\$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 de-posit per trip

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!



# Programs and More



## Summer Job Applications Available

### Starting In December

If you enjoy working with children and are looking for a summer job then look no further. Applications will be available starting December 14th for summer camp counselor positions. We are also looking for Directors, Assistant Directors, Arts & Crafts Instructor, Sports Instructors and Special Education Paras. For more information you can email Scott Kassouf / SKassouf@stamfordct.gov or Contact Bertrand Oubida/Boubida@stamfordct.gov

## Body Activated Learning TM Certification

### Ages 15 & Up

Recreation Star Center, 1170 Shippan Ave

January 26 - February 23 (No class 2/16)

Tuesday

7:00PM - 8:00PM

\$90.00 for four weeks

Instructors: Ms. Danette

Are you working as a babysitter, volunteer, or counselor in a program serving both typical and neurologically diverse children? Are you passionate about helping children grow and gain confidence in their abilities while having fun but feel like you need to improve your understanding about how to do that with children with developmental delays, autism, ADHD, and sensory deficits? This introductory 4 hour certification will give you the foundation you need to make you an asset to any family or organization that serves children with diverse needs. Using the Body Activated Learning TM framework, you will better understand the neurosensory needs of children as well as learn activities and exercises you can do to support them at home and in the community. This certification course is an innovative program unlike any other presented in an educational, interactive and fun environment! Body Activated Learning is a framework created by Aubrey Schmale, OTR/L. She is a pediatric occupational therapist specializing in sensory integration, learning, and development with a passion for empowering the community to better support neurologically diverse children where they learn



## Counselor In Training Program For Teens Ages 14-15

The program is designed to train students to be future camp counselors. Students that are accepted into the program will work during the summer from 8:30AM - 3:00PM Monday through Friday and will be placed at one of our three large Day Camps.

All applicants must be 14 by March 1st, 2021.

Applications will be available starting January 4th, 2021 on-line [www.stamfordrecreation.com](http://www.stamfordrecreation.com) All candidates will be required to take & pass a written test to be eligible for an interview. Applications must be turned in on your test date. Students can register for the test @ [www.stamfordrecreation.com](http://www.stamfordrecreation.com) .The program is limited to 21 counselors in training. Interviews will begin after the test dates and students that qualify for an interview will be contacted. Interviewing for the position does not guarantee the applicant a position in the program. Interviews will be held Monday through Thursday afterschool from 2:00PM - 4:30PM only! The C.I.T program is not a paid position, but looks great on college applications. However, if the applicant turns 15 years old by June 1st, 2021 he or she will be eligible to receive a \$500.00 stipend if they successfully complete the program. All candidates will be required to go through an interview to be selected.

For more information please call

Bertrand Oubida, Recreation Leader at 203-977- 4644.

Test Dates: Friday, February 12, 2021 (4:45PM-5:30PM)

Tuesday, February 16, 2021 (1:00PM-1:45PM)

Test will be held at the Recreation star Center at  
1170 Shippan Ave

Note: If you are selected at the end of the process for this program, students will not be permitted vacation days off during the summer.

## Stamford Recreation Service Presents Santa's Coming to Town

December 19th 2020

Registration starts Nov 6th

10am-3pm

We placed a special call to Santa and convinced him to come to the Star Center!

Don't miss out on your chance to Santa LIVE! This is your chance to say hello to him, drop your wish list off, take a picture of Santa from your car, and receive a small goodie bag from his elves. Christmas music will be playing, snow will be blasting, and the scene will be set up just right for you and your family to make the most of Christmas this year! It's bound to be the talk of the town. All visitors must have a mask on, and remain in their cars for the entirety of the visit.

Tickets: \$15 per car



# Adult Programs

## Bodywise Strong Step Strong

Recreation Star Center, 1170 Shippan Ave

January 14 - February 18

Thursday

9:15AM- 10:15AM

\$110.00 per person/ Bring water, towel & Yoga Matt  
Instructors: Betty Kelly Camlin, Certified Instructor Burn calories, shape your body with a varied, but never complex, STEP choreography in this interval cardio with strength training class USING free weights WE USE BODY BARS for strength and endurance. You will increase your strength, lose body fat, and gain cardiovascular endurance. All levels of fitness are welcome. Classes end with a deep stretch using bands and body. Equipment provided. Bring Yoga Mat, towel, water bottle. Wear a good cross training sneaker.

## Bodywise Box-N-Barre

Recreation Star Center 1170 Shippan Ave

January 12 - February 23

Tuesday

9:15AM- 10:15AM

\$110.00 per person/ Bring water, towel & Yoga Matt  
Instructors: Betty Kelly Camlin, Certified Instructor the ultimate 60 minute class providing an energizing blend of upper body boxing, ballet barre with chair, light weights with high reps and MAT PILATES, using bands and balls and more, all designed to help reshape your entire body, lift your butt, create flat abs, tone your arms and legs and improve posture, burn calories, increase energy and metabolism.

## Krav Maga Adults (KMX)

Located: Break Thru Family Fit 4 life, 48 Union St.

January 11 - March 21

6:30PM - 7:30PM

Mon, Tues & Thurs

10:30AM-11:30AM - Saturday

11:15AM - 12:15PM - Sunday

\$249.00 per person for 10 weeks unlimited

Instructor: Tom Bacha

Krava 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.

## Aerial Fitness Fusion for Adults

Located: Break Thru Family Fit 4 Life,

48 Union Street

January 17-February 21

Sunday

9:00AM - 9:50AM - Sess. 01

10:00AM - 10:50AM - Sess. 02

\$192.00 per student for 6 classes

Instructors: Certified Vega Ariel Fitness Instructor Utilizing an Aerial Fabric Hammock to exercise has various health benefits. You strengthen, lengthen + tone the muscles all at the same time while also decompressing the spine. Perfect for creating leaner, sculpted muscles. This beginner class is designed to familiarize students to the building blocks of VEGA Aerial Fitness Fusion practice. Students will learn how to balance their bodies + counter act the forces of gravity, within the aerial fabric hammock. Various exercises + techniques + poses + proper body alignment will be introduced. All students will be able to successfully complete a comfortable supported sacrum inversion in the hammock. Students will gain proprioceptive body awareness sensing movements throughout the body, joints and joint position. Advanced sign up is required for all classes.  
Bring own Yoga Mat + lots of H2O.

## Functional Mobility Yoga For Adults - NEW

Recreation Star Center 1170 Shippan Ave

January 13 - March 3

Wednesday

12:15 - 1:15pm

\$135.00 per person for 8 weeks

Instructor: Laurie Findeisen, Certified Instructor

Join this mindful blend of movement and breathing to build strength and flexibility, awaken your core and increase integration of body and mind. These sessions will help you focus on mobility for shoulders, hips, spine and more to keep your joints moving smoothly and avoid pain and injury. Great for both athletes and non athletes.  
All levels are welcome.

## Women's Only Gym

Located: Break Thru Family Fit For Life

January 11 - March 21

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

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

\$125.00 per person for 10 weeks/ Unlimited days

Instructors: Personal Trainer: Kimberly Colletto

Intimidated by free weights? Don't like large gyms? Hate the crowds? This easy, 30-minute workout combines cardiovascular exercise and strength training utilizing machines designed specifically for women. A staff personal trainer will get you started with a fitness evaluation, equipment instructions and help you establish goals. Break Thru to a new you!!!

# Winter Ice Skating Programs at TERRY CONNERS RINK

All Ice Skating is at Terry Connors Rink, 1125 Cove Road located in Cove Island Park in Stamford, 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.

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

## Public Skating Sessions

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

## Open Hockey

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

## Freestyle Sessions

TCR offers Freestyle Sessions at \$18.00 per session. Please check our website for these sessions at [www.tcrink.com](http://www.tcrink.com). Freestyle sessions are for advanced skaters for practice and private lesson time. The Skating Club of Southern CT offers Freestyle Sessions on Tuesday afternoons from 3:50 to 5:00pm. You must be a member of the SCSC Club to either walk-on or subscribe to the Tuesday Ice Time. Club's website - [www.skatescsc.com](http://www.skatescsc.com).

## Birthday Parties

We offer parties during public skating at a reduced group price which includes admission, skate rentals and use of a party room. Food is not included in the price and must be purchased from the snack bar when operational. Our rates for parties are 130.00 for 10p and 13.00 for additional skaters. Stamford Residents will receive 13 skaters for the price of 10.

## Multi Use Discounts

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

## Winter Group Skating Lessons

**Dates: Nov. 12 thru Jan. 23, 2021 (8 weeks)**

Our group lessons are offered on Thursdays or Saturdays for a 25 minute lesson. Please check our website for specific times for your age and level. Due to covid restrictions we cannot offer our full schedule of lessons. TCR is restricted to 25 skaters on the ice for each 25 minute session. We cannot offer practice time only the 25 minute lesson time. Basic 1 is for beginners aged 6 and above and Snowplow Sam 1 is for beginners 4 and 5 years old. We offer all levels thru Basic 7 and all Freestyle levels and have Specialty Classes including Intro to Synchro, Moves Classes, Advanced Freestyle, and Intro to Hockey. The Intro to Hockey Class is for ages 5-10 who have passed Basic 2 and who can skate forward, backwards and stop. Registration is done thru Terry Connors Rink. Call Terry Connors Rink directly at 203-977-4728 to register. Our website is [www.tcrink.com](http://www.tcrink.com) which lists our current levels offered; email us at - [terryconners@stamfordct.gov](mailto:terryconners@stamfordct.gov). Registration has begun. Fee for this cycle is 160.00 and there is a Learn to Skate annual membership of 18.00 which may be due at time registration.

## Private Lessons at TCR

Private lessons are permitted during Public Skating, Open Hockey, and Freestyle Sessions. Skating Instructors must provide the Rink with their current insurance and pay a \$10.00 teaching fee per session. If you are interested in receiving private lessons please call the Rink Office at (203)977-4728 or email [terryconners@stamfordct.gov](mailto:terryconners@stamfordct.gov).

## TCR Programs & Ice Rentals

Terry Connors Ice Rink, located in beautiful Cove Island Park has served the skaters of Stamford and its surrounding neighbors since 1973. The Rink is owned and operated by the City of Stamford, offering affordable hockey, figure skating, and basic skill lesson programs. TCR is home to Stamford Youth Hockey, Skating Club of Southern Connecticut, Terry Connors Synchronized Skating, and Stamford/Westhill Boys and Girls High School Hockey.

