

Darien

Parks and Recreation Department



“Cherry Lawn Park” by Nobuko Miki

Spring & Summer 2016

Registration begins March 2nd
Register online at www.darienct.gov/parkrec

Beach Permit Application on page 22

Spring & Summer



Letter From The Director

As I settle into my position here and look forward to my first spring, I must say I am very impressed with the Town of Darien and the people that I have met along the way. Our Parks and Recreation Department strives to present a multitude of activity options for all Town residents as well as taking beautiful care of all of our town parks and beaches. As residents visit our facilities throughout the year, our expectation is to provide them with outstanding service and create for them a memorable and positive experience so they continue to visit us. Please look through our 2016 Brochure and find something to enjoy just for yourself or with your family.

Another great asset to our Recreation Department is our dedicated volunteers who are appointed to our Parks and Recreation Commission and those who serve on our Weed Beach Committee. Through each of you, along with the Parks and Recreation staff, we can achieve great things for our community and its residents. The Parks and Recreation Commission meets once a month throughout the year and have many things on their agenda addressing things such as park policies, short and long term planning, master planning of facilities, park improvements, annual program fees, just to name a few. The Weed Beach Committee was formed as a sub-committee of the Parks and Recreation Commission to work on the Weed Beach Expansion Project after the town purchased the Short Lane property next to Weed Beach. They have been meeting once a month and together we have been working with the architectural design firm Weston & Sampson to come up with a professional park plan based on the needs of the community. Our fall survey received 2,100 respondents that gave us outstanding data to work with. This also showed us the level of interest that parks and recreation plays in the eyes of our residents. Feedback is crucial when updating facilities and programming. Please check our website for updated information and don't hesitate to email me in regards to this project or any other thoughts you have about our parks or programs.



Cherry Lawn Plants & Trees donated by the Garden Club of Darien



The Darien Tree Conservancy donated 20+ trees at Tilley Pond Park

Cover Photo

Our cover image of Cherry Lawn Park is compliments of Darien resident Nobuko Miki. Please visit

artbynobu.com to view her other wonderful works of art. The Parks & Recreation Department would like to thank the Garden Club of Darien for their generous contribution of the

beautiful flowers that line the entrance to this park as well as for the dozens of additional trees that can now be found throughout Cherry Lawn Park.

Cherry Lawn Community Gardens

Limited garden plots are available for the 2016 season.

For information regarding garden availability, please contact Cherry Lawn Garden Chair, Dorothy Shergalis, at 203-655-6233



Trails Discovery Day

Sunday, June 5

11 AM – 3 PM

Dunlap/Selleck's Woods



Activities include scavenger hunt, animal exhibits, music and food. Visit Darien's lovely nature preserve while enjoying the woodland exhibits: butterfly garden and building fairy houses, nature discovery trails with frogs, turtles and snakes. The day includes a hands-on amphibian and beach exhibit at Dunlap lake catching tadpoles and more surprises.

Sponsored by the Darien Land Trust



General Information

Parks & Recreation Staff & Commission

Pamela Gery *pgery@darienct.gov*
Director of Parks & Recreation

Jim Coghlan, CPRP *jcoghlan@darienct.gov*
Assistant Director of Parks & Recreation

Jeanne Foulds Office Administrator

Joan Cavett Program Staff

Linda Hannett Program Staff

James E. Flynn *jeflynn@darienct.gov*
Supervisor of Parks Maintenance

Sandy Rich Turf Maintainer

Edwin Acevedo Parks Maintainer

John Correa Parks Maintainer

Mike Staff Parks Maintainer

Anthony Taccone Parks Maintainer

Jack Whitehead Parks Maintainer

Parks & Recreation Commission

Mary Flynn, Chairman
Erika Morris
Amy Doering
Mary Louise Morgan

Susan Daly
Lorene Bora
Marc Ioli
Dennis Conetta



The mission of the Parks and Recreation Commission is to nurture active and passive recreational activities within existing Town parklands; to maintain clean and attractive facilities; and to adjust and expand both the recreational programs and parklands to meet the recreational requirements of all residents in a cost effective manner.

This Commission meets the 3rd Wednesday of the month at 7:30 p.m.

(please always check website or call to confirm meeting is on and location before coming)

Facility Hours/Information

Phone: 203-656-7325

Fax: 203-656-7393

Website: Darienct.gov/parkrec

Email: Park&recreation@darienct.gov

Facebook:
[Facebook.com/darienparksandrecreation](https://www.facebook.com/darienparksandrecreation)

please log on and "like" & "friend" our page!

Address & Office Hours

Town Hall 2 Renshaw Road Darien, CT 06820
Mon.- Fri. 8:30 a.m. - 4:30 p.m.

Closed on following holidays:

Friday	March 25	Good Friday
Monday	May 30	Memorial Day
Monday	July 4	July 4th
Monday	September 5	Labor Day



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IMPORTANT CONTACTS

Darien Little League.....	www.dybs.org
Darien Soccer Association	www.dariensoccer.org
Darien Youth Lacrosse League.....	www.dylax.com
Darien Jr. Football.....	www.djfl.org
Darien Youth Hockey.....	www.dyha.com
Darien Jr. Sailing Program.....	darienjuniorsailing.com
Darien Senior Program	203-656-7490
Darien Youth Commission.....	203-656-7326
Darien YMCA	203-655-8228
American Red Cross.....	203-621-1900
Darien Library.....	203-655-1234
Darien Ice Rink.....	203-655-8251
Darien Boat Club.....	www.darienboatclub.org
Darien Harbor Master.....	darienharbor@darienct.gov
Darien Nature Center.....	203-655-7459
Darien Sail & Power Squadron.....	dps.darien.org
Darien Arts Center.....	203-655-8683
YWCA of Darien-Norwalk.....	203-655-2535
Adult Co-Ed Softball.....	dariencoedsoftball@gmail.com

PARK FACILITY PERMITS

The Darien Parks and Recreation Department issues Park Facility permits to the residents of Darien and their guests to reserve picnic areas.



To apply for a permit, please contact the Parks & Recreation Department at park&recreation@darienct.gov or 203-656-7325. Please allow a minimum of two weeks for permit approval.

REGISTRATION INFORMATION

Resident - Starts **Wednesday, March 2nd @ 8:30AM**
 Non-Resident - Starts **Wednesday, Mar. 9th @ 8:30 AM**

There are three ways to register for programs:

- Online at www.darienct.gov/parkrec**
 * Please make note of the program course numbers in this brochure. They can be used to easily access programs on our registration website. 
 * You will need a client barcode number & family pin number to sign up for programs. Please call 203-656-7325 if you have misplaced your access numbers or to start a new account.
- By mail** - Mail-in registrations will be handled after those registering in-person on March 2nd.
- In-person** - Room 110 of the Darien Town Hall

****Please Note**** - Participants **MUST** be the appropriate age by the start of the program.

PAYMENTS

Payment must be made in full at time of registration. Credit card (Visa/MasterCard), check, or cash payments are accepted. 
 Checks should be made payable to the Town of Darien.

REFUNDS

If a program is cancelled due to insufficient enrollment, a full refund will be given. For any other reason, refunds will be granted up to one week from the start of the program less a \$15 administration fee. If cancellations are made within one week of the program start date, only 75% of the registration fee will be refunded. **No refunds will be granted after the start of a program.**

SCHOLARSHIPS

Full or partial financial assistance is available to help Darien residents who may be unable to afford the full cost of a program. Please contact the Parks & Recreation Department at park&recreation@darienct.gov or 203-656-7325 for more information.

PROGRAM INFORMATION

The Parks and Recreation Department reserves the right to set a minimum & maximum for each program to ensure that instructor-to-participant ratios are maintained. The Parks & Recreation Department reserves the right to cancel any program due to insufficient enrollment. Make-up classes are not provided for classes missed by participants.

SPRING YOUTH PROGRAMS

NEW LEVEL TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)
April 2 - June 6
(no class April 11 - 16; May 28 & 30)

<u>Times:</u>			<u>Course #</u>
Saturday	12:15 - 1:00 PM	Ages 3 & 4	7144
Saturday	1:00 - 1:45 PM	Ages 4 & 5	7147
Saturday	1:45 - 2:45 PM	Ages 6 - 8	7148
Saturday	2:45 - 3:45 PM	Ages 9 - 11	7145
Monday	10:00 - 10:45 AM	Ages 3 & 4	7146
Monday	10:45 - 11:30 AM	Ages 4 & 5	7157
Monday	1:45 - 2:30 PM	Ages 3 & 4	7158
Monday	2:30 - 3:15 PM	Ages 4 & 5	7159
Monday	3:15 - 4:00 PM	Ages 4 & 5	7160
Monday	4:00 - 5:00 PM	Ages 6 - 8	7161
Monday	5:00 - 6:00 PM	Ages 9 - 11	7162
Tuesday	1:45 - 2:30 PM	Ages 3 & 4	7171
Tuesday	2:30 - 3:15 PM	Ages 3 & 4	7141
Tuesday	3:15 - 4:00 PM	Ages 4 & 5	7153
Tuesday	4:00 - 5:00 PM	Ages 5 & 6	7169
Tuesday	5:00 - 6:00 PM	Ages 6 - 8	7170
Wednesday	1:45 - 2:30 PM	Ages 3 & 4	7150
Wednesday	2:30 - 3:15 PM	Ages 4 & 5	7152
Wednesday	3:15 - 4:00 PM	Ages 4 & 5	7151
Wednesday	4:00 - 5:00 PM	Ages 9 - 11	7163
Wednesday	5:00 - 6:00 PM	Ages 6 - 8	7164
Thursday	1:45 - 2:30 PM	Ages 3 & 4	7149
Thursday	2:30 - 3:15 PM	Ages 4 & 5	7142
Thursday	3:15 - 4:00 PM	Ages 4 & 5	7165
Thursday	4:00 - 5:00 PM	Ages 5 & 6	7166
Thursday	5:00 - 6:00 PM	Ages 9 - 11	7167
Friday	1:45 - 2:30 PM	Ages 3 & 4	7154
Friday	2:30 - 3:15 PM	Ages 3 & 4	7143
Friday	3:15 - 4:00 PM	Ages 4 & 5	7168
Friday	4:00 - 5:00 PM	Ages 6 - 8	7155
Friday	5:00 - 6:00 PM	Ages 10 - 14	7156

Location: Weed Beach



Fee: 45-minute class (includes racket)
Resident - \$135; Non-Res - \$162

1-hour class - Resident - \$195; Non-Res - \$234

Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance student's understanding and aptitude for tennis. More advanced players will focus on stroke refinement, movement, court sense and match play.

TINY TOTS SOCCER

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)
April 2 - June 6
(no class April 11 - 16; May 28 & 30)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 9:45 AM	Ages 3 - 5	7207
Saturday	9:00 - 9:45 AM	Ages 2 & 3*	7208
Saturday	10:00 - 10:45 AM	Ages 3 - 5	7209
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	7210
Saturday	11:00 - 11:45 AM	Ages 3 - 5	7211
Saturday	11:00 - 11:45 AM	Ages 2 & 3*	7212
Monday	10:00 - 10:45 AM	Ages 2 & 3*	7213
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	7215
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	7216
Thursday	10:00 - 10:45 AM	Ages 3 - 5	7218
Friday	10:00 - 10:45 AM	Ages 2 & 3*	7219
Friday	12:30 - 1:15 PM	Ages 3 - 5	7220

Locations: Monday - Friday - Town Hall Fields
Saturday - Ox Ridge Elementary

Fee: Resident - \$160; Non-Res - \$192



Engages children in physical activity while developing their motor skills and basic soccer skills. The sessions begin with running and fun stretching exercises followed by playing fun games with the soccer ball. Each class consists of dribbling, shooting and passing. Children will be divided into age groups. This program is run by Jon Bradley, DHS varsity boys soccer coach. * 2 & 3 year-old classes are Mommy/Daddy & Me!

BLUE WAVE KICKERS LITTLE ATHLETES

Day: Wednesday or Thursday (8 weeks)
April 6 - June 2 (no class April 13 & 14)

<u>Times:</u>			<u>Course #</u>
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	7225
Thursday	1:15 - 2:00 PM	Ages 3 - 5	7226

Location: Town Hall Fields

Fee: Resident - \$160; Non-Res - \$192



Blue Wave Kickers staff will engage your child in physical activity while developing motor skills and sports fundamentals. We will help your child build confidence and self-esteem by playing fun games built around sports such as soccer and t-ball.

SPRING YOUTH PROGRAMS

KIDDIE BOOT CAMP

Day: Thursday (6 weeks)
April 21 - May 26

Time: 1:15 - 2:00 PM

Location: Weed Beach, Ages 3 - 5, boys & girls

Fee: Resident - \$90; Non-Res - \$108 

Course #
7395

BE ACTIVE, BE HEALTHY, BE FIT, BE STRONG: it's never too early to learn these four things. Welcome to 'KIDDIE BOOT CAMP', a program developed by Bodywise By Betty, designed to enhance overall development and improve fitness, balance, agility and proprioception of young children ages 3-5 with a fun, never boring and very active program. Our 'Kiddie Boot Camp' will focus on developing your child's body awareness, listening skills, flexibility and strength in a fun, positive manner using simple exercises and games, mini obstacle courses, and multiple fitness stations. Kids will have fun moving from station to station with fun, kid-friendly motivating music. This will enhance self esteem and provide some great social interaction with other children their age. Kids will learn that fitness can be fun. We also encourage good eating and sleeping habits for overall good health.

**Participants must wear sneakers and bring a water bottle to each class. Please encourage your children to participate and get excited for each class. The greater the participation the more fun and fit they will be!

PLAYGROUND BOOT CAMP

Day: Friday (6 weeks)
April 22 - May 27

Time: 4:15 - 5:00 PM

Location: Weed Beach
Ages 6 - 12, boys & girls

Fee: Resident - \$99; Non-Res - \$119

Course #
7347



The Playground Boot Camp program by Bodywise By Betty, was carefully designed to enhance the overall development and physical fitness of children through: Balancing, Brachiating (Overhead Climbing), Climbing, Sliding, Spinning, Swinging. The goal is to improve overall agility, quickness, stamina, strength and core all in a playful, fun and enjoyable way. Please bring a large beach towel and water bottle each week.

DANCE YOUR FEET SILLY

Day: Thursday (6 weeks)
April 21 - May 26 

Time: 2:00 - 2:45 PM

Location: Weed Beach, Ages 3 - 5, boys & girls

Fee: Resident - \$90; Non-Res - \$108

Course #
7397

This is a dance, stretch-n-play party for lil' feet where pint-sized party animals dance their feet silly. In this 45 minute program, 3-5 year-olds can just let loose and be themselves - little bundles of natural energy that are endlessly curious about new sounds and experiences! They can socialize, move to age-appropriate music, dance with scarves, maracas, and jingly belly skirts and play games with the new friends they will make. Class provides fun Zumba dance followed by Kids Yoga and ends with some fun games.



YOGA HOOP DANCE @ WEED BEACH

Day: Friday (6 weeks)
April 22 - May 27

Time: 5:15 - 6:00 PM

Location: Weed Beach
Ages 8 - 13, girls

Fee: Resident - \$99; Non-Res - \$119

Course #
7348



Girls will have a whirl of a time, on the beach, hooping it up to their favorite pop tunes using beautiful, specially designed hoops. We start with a dynamic warm up using the hoops, followed by hooping, hula hoop games, and learning 'hooping tricks'. Please bring a large beach towel and water bottle.

SPRING YOUTH PROGRAMS

FUTURE STARS BASKETBALL

<u>Day:</u>	Saturday (8 weeks) April 9 - June 11 (no class April 16 & May 28)	<u>Course #</u> 7257
<u>Time:</u>	10:00 - 11:30 AM Ages 5 - 10	
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$215; Non-Res - \$258	

Future Stars Basketball Academy, top-rated provider of basketball instruction, focuses on skill improvement through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere.



All players will receive a Future Stars jersey. This program will include Future Stars' "Lessons of Life" educational program.

YOUTH GOLF LESSONS

<u>Day:</u>	Wednesday or Saturday (5 weeks)	<u>Course #</u>
Session I		
Wednesday	April 20 - May 18	7249
Saturday	April 23 - May 21	7250
Session II		
Wednesday	June 22 - July 27 (no class July 6)	7253
Saturday	June 25 - July 30 (no class July 2)	7254
<u>Time:</u>	Wednesday - 4:30 - 5:30 PM Saturday - 3:00 - 4:00 PM	
	Ages 8 - 14	
<u>Location:</u>	Oak Hills Park Golf Course 165 Fallow Street, Norwalk	
<u>Fee:</u>	Resident - \$150; Non-Res - \$180	



Clinics are designed to introduce children to the game of golf using the correct fundamentals and will cover putting, chipping, pitching, bunker play and the full swing. The rules of golf and proper etiquette will be discussed. Juniors of all abilities are welcome (children will be grouped by age & ability). It is highly recommended that children bring their own golf clubs but some will be provided. Lessons are taught by PGA Certified Professional Paul Alexander.

FUTURE STARS BASEBALL/SOFTBALL

<u>Day:</u>	Thursday (8 weeks) April 7 - June 2 (no class April 14)	<u>Course #</u> 7260
<u>Time:</u>	4:00 - 5:30 PM	
<u>Location:</u>	Town Hall Fields Ages 5 - 10 (boys and girls)	
<u>Fee:</u>	Resident - \$199; Non-Res - \$239	

Future Stars Academy focuses on skill improvement for the participants through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere. Instruction will focus on throwing, catching, hitting, and fielding.



KARATE

<u>Days:</u>	Monday, Tuesday, Wednesday, Thursday, Friday, <u>or</u> Saturday		
Spring	March 14 - June 4 (11 weeks)		
Summer	June 6 - August 6 (9 weeks)		
<u>Time:</u>		<u>Spring Course #</u>	<u>Summer Course #</u>
Monday	4:00 - 4:45 PM Ages 4 - 6	7262	7271
Thursday	4:00 - 4:45 PM Ages 4 - 6	7263	7272
Saturday	9:00 - 9:45 AM Ages 4 - 6	7264	7273
Monday	4:45 - 5:30 PM Ages 7 - 9	7265	7274
Tuesday	4:45 - 5:30 PM Ages 7 - 9	7266	7275
Wednesday	4:45 - 5:30 PM Ages 7 - 9	7267	7276
Thursday	4:45 - 5:30 PM Ages 7 - 9	7268	7277
Friday	4:30 - 5:15 PM Ages 7 - 9	7269	7278
Saturday	9:45 - 10:30 AM Ages 7 - 9	7270	7279
<u>Location:</u>	Darien Martial Arts Academy (346 Heights Road)		
<u>Fee:</u>	Spring - Resident - \$390; Non-Res - \$468 Summer - Resident - \$319; Non-Res - \$383		

This program is for beginner students only or those who participated in the program through Parks & Rec. in the past. Program will not meet when public schools are closed. Each participant will receive a complimentary uniform.



SPRING YOUTH PROGRAMS

GIRLS YOGA

<u>Days:</u>	Tuesday (6 weeks) May 3- June 7		
		<u>Course #</u>	
<u>Time:</u>	3:00 - 3:50 PM Ages 11 - 14	7329	
	4:00 - 4:50 PM Ages 7 - 10	7328	
<u>Location:</u>	Elements Yoga & Wellness Center (354 Heights Road)		
<u>Fee:</u>	Resident - \$105; Non-Res - \$126		

Yoga enhances sports training and dance; increases strength & flexibility as well as increases attentiveness & awareness. Classes incorporate child friendly yoga asana, themes, storytelling, games, music, aromatherapy, and more!

CUPCAKE CLUB

<u>Day:</u>	Tuesday (8 weeks) April 26 - June 14		
		<u>Course #</u>	
<u>Time:</u>	4:00 - 5:00 PM Ages 5 - 11	7306	
<u>Location:</u>	Mather Center, Room 205		
<u>Fee:</u>	Resident - \$260; Non-Res - \$310		

In this class we will cover everything from basic frosting techniques to creating the perfect cupcake designs for spring and summer! Each week students will also have time for a 'Cupcake War' where they will create 2 'freestyle' cupcake designs of their very own using the techniques and supplies highlighted in each week's class! This class will provide all pre-baked cupcakes, decorations, and supplies as well as individual hand-on instruction. NOTE: This class contains allergens such as nuts, eggs, dairy and gluten.

HORSES 101

<u>Day:</u>	Sunday (4 weeks)		
		<u>Course #</u>	
<u>Time:</u>	April 24 - May 15 12:30 - 1:30 PM	7307	
<u>Fee:</u>	Resident - \$235; Non-Res - \$282 Ages 5 - 14		
<u>Location:</u>	Mead Farm (107 June Road, Stamford)		

Each session includes a 1/2 hour outdoor horseback riding lesson and 1/2 hour horsemanship class covering general horse care, grooming, tacking & untacking. Requirements include signed waiver, long pants & boots with sturdy heels. Mead Farm can supply riding helmets or participants may bring their own. Program is designed for beginning riders. Participants must fill out a waiver packet before 1st session!

LEGO GREEN ENGINEERING

<u>Day:</u>	Wednesday (4 weeks) May 4 - 25		
		<u>Course #</u>	
<u>Time:</u>	4:00 - 5:30 PM Grades 2 - 4	7399	
<u>Location:</u>	Mather Center, Room 205		
<u>Fee:</u>	Resident - \$120; Non-Res - \$144		

This curriculum uses Lego Renewable Energy Lab kits and is designed to help students grasp the abstract and sometimes difficult concept of energy through captivating and hands-on activities. Building projects such as turbine windmill, solar car and more will bring these science concepts alive!

MAD SCIENCE

<u>Day:</u>	Thursday (8 weeks) March 31 - May 26 (no class April 14)		
		<u>Course #</u>	
<u>Time:</u>	1:45 - 2:30 PM - Ages 3 - 5	7304	
	4:00 - 5:00 PM - Ages 5 - 8	7305	
<u>Location:</u>	Ages 3 - 5 - Town Hall, Room 119 Ages 5 - 8 - Mather Center, Room 205		
<u>Fee:</u>	Resident - \$180; Non-Res - \$215		

Ages 3 - 5 - This program offers a different science experiment each week! Students will explore spring topics such as Weather Wonders, Sea, Sand & Surf, Optical Illusions and Bugs.

Ages 5 - 8 - Join Mad Science for hands-on science discovery with these STEM based programs. Explore the wonders of the earth, try to defy gravity with a pendulum and forecast some walloping weather! Try out meteorology measurement tools and learn the amazing science behind weather. Make your own color changing ultraviolet light detector. Learn about physical and chemical reactions that occur when you prepare and digest your food. Make a model ecosystem and see how bugs can defend themselves. Plunge into the depth of ocean life exploring ocean ecosystems and life in the sea. Children will explore the technology behind motion picture magic. You won't believe your eyes when we practice spectacular movie special effects! Cool take homes in every class!

SPRING YOUTH PROGRAMS

PIANO LESSONS

<u>Day:</u>	Tuesday (9 weeks) March 29 - May 31 (no class April 12)	
<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM - 6 - 13 yrs. Level 1		7290
5:00 - 6:00 PM - 6 - 13 yrs. Level 2		7291
6:00 - 7:00 PM - 6 - 13 yrs. Level 3		7292
7:00 - 8:00 PM - All ages Advanced		7293
<u>Location:</u>	Mather Center, Room 133	
<u>Fee:</u>	Resident - \$200; Non-Res - \$240	

This revolutionary piano program builds a musical foundation and creates a hobby that will last a lifetime! Classroom keyboards and all materials are included in the registration fee.

Level 1 is an introductory course

Level 2 is an intermediate course. (Level 1 pre-requisite)

Level 3 is an advanced course. (Level 2 pre-requisite)

Advanced class (Completed all 3 levels)

DRUM LESSONS

<u>Day:</u>	Thursday (8 weeks) March 31 - May 26 (no class April 14)	
<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM - Beginner		7300
5:00 - 6:00 PM - Intermediate		7301
	Ages 8 - 15	
<u>Location:</u>	Mather Center, Room 133	
<u>Fee:</u>	Resident - \$270 Non-Resident - \$324	

Want to rock out on the drums? Now is your chance to get started! All the basics are covered to help you begin your drumming journey. Not only will you learn proper technique and how to read rhythmic notation, but you will also learn how to play cool rock beats and fills. Students will rotate between playing drum pads, bongos, snare drum and drum set. Drum sticks and practice pads will be provided for all students. Shane O'Reilly, who has been running the group guitar program, has hired one of the area's best drummers to teach this one hour after school class. Please contact Shane O'Reilly at shaneguitartennis@yahoo.com or (203) 500-5916 with any questions.

GUITAR LESSONS

<u>Day:</u>	Wednesday (8 weeks) March 30 - May 25 (no class April 13)	
<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM - Beginners		7295
5:00 - 6:00 PM - Beginners		7296
6:00 - 7:00 PM - Intermediate		7297
	Ages 8 - 15	
<u>Location:</u>	Mather Center, Room 133	
<u>Fee:</u>	Resident - \$245; Non-Res - \$294	



Want to be the next American idol? Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Classes will focus on providing a high level of instruction in a fun, cooperative atmosphere. Guitars will be provided for all students to use during their lessons. Rentals are also available. For more info contact Shane O'Reilly at 203-500-5916 or at shaneguitartennis@yahoo.com.

APRIL VACATION CAMP

<u>Dates:</u>	April 11 - 15	
		<u>Course #</u>
Monday - Friday	9:00 - 10:30 AM	7282
Monday - Friday	10:30 AM - 12:30 PM	7283
Monday - Friday	9:00 AM - 12:30 PM	7284
Monday Only	9:00 AM - 12:30 PM	7285
Tuesday Only	9:00 AM - 12:30 PM	7286
Wednesday Only	9:00 AM - 12:30 PM	7287
Thursday Only	9:00 AM - 12:30 PM	7288
Friday Only	9:00 AM - 12:30 PM	7289

Location: Town Hall Gymnasium & Fields

Fee: \$125 - Basketball (9 - 10:30 AM)
\$170 - Soccer (10:30 AM - 12:30 PM)
\$275 - Basketball & Soccer
\$60 - Daily

Future Stars Basketball Academy and Blue Wave Kickers soccer will offer an exciting sports experience for children in grades K - 6 during April Vacation.



SUMMER YOUTH PROGRAMS

PEE WEE SUMMER TENNIS

Day: Tuesday, Wednesday or Saturday (8 weeks)
June 25 - August 20 (no class July 2)

<u>Times:</u>			<u>Course #</u>
Saturday	11:30 AM- 12:15 PM	Ages 3 & 4	7181
Saturday	12:15 - 1:00 PM	Ages 4 & 5	7182
Tuesday	12:00 - 12:45 PM	Ages 3 & 4	7183
Tuesday	12:45 - 1:30 PM	Ages 4 & 5	7184
Wednesday	12:00 - 12:45 PM	Ages 4 & 5	7185
Wednesday	12:45 - 1:30 PM	Ages 3 & 4	7186

Locations: Saturday - Weed Beach
Tuesday & Wednesday - Darien High School

Fee: Resident - \$135; Non-Res - \$162



Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance student's understanding and aptitude for tennis. Program fee includes tennis racquet.

TINY TOTS SOCCER

Days: Saturday (7 weeks)
June 25 - August 13 (no class July 2)

<u>Time:</u>		<u>Course #</u>
9:30 - 10:15 AM	Ages 3 - 5	7221
9:30 - 10:15 AM	Ages 2 & 3*	7222

Locations: Town Hall Fields

Fee: Resident - \$140
Non-Resident - \$168



The Blue Wave Kickers (BWK) Soccer Academy offers a Tiny Tots soccer program for 2 - 5 year olds.

Fun is the single most important thing Blue Wave Kickers (BWK) teaches. Blue Wave Kickers Tiny Tots soccer engages the children in physical activity while developing their motor skills and basic soccer skills. We engage the children in fun and imaginative games that help build their confidence and self esteem.

The session begins with running and fun stretching exercises followed by playing fun games with the soccer ball. Each class consists of dribbling, shooting and passing. This is all done in a fun, non-competitive way. The session always ends with shooting on the goals and/or a small-sided game.

* 2 & 3 year-old classes are Mommy/Daddy & Me!

BLUE WAVE KICKERS SOCCER ACADEMY

Day: Saturday (7 weeks)
June 25 - August 13 (no class July 2)

<u>Times:</u>		<u>Course #</u>
9:30 - 10:30 AM	Grades K - 2 - Boys	7223
9:30 - 10:30 AM	Grades K - 2 - Girls	7224

Location: Town Hall Fields

Fee: Resident - \$155
Non-Resident - \$186



The Blue Wave Kickers Summer Soccer Academy will be run by Jon Bradley, Head Boys Varsity soccer coach at Darien High School and DSA Coaching Director. Jon will be assisted by various DSA coaches and varsity soccer players from Darien. The BWK Soccer Academy program offers players the chance to further develop their skill set and gain more experience playing soccer...in a safe and fun environment. The more touches on the ball, the faster a player will develop. We will demonstrate techniques such as dribbling, shooting, juggling and many more. The sessions will consist of 30 minutes skill training and 30 minutes playing. Boys & girls will be divided into separate groups.

GUITAR LESSONS

Day: Wednesday (6 weeks)
June 22 - July 27

<u>Time:</u>		<u>Course #</u>
4:15 - 5:15 PM	Beginners	7298
5:15 - 6:15 PM	Intermediate	7299

Location: Mather Center, Room 133

Fee: Resident - \$185; Non-Res - \$222



Please see program description on page 9 of this brochure.

DRUM LESSONS

Day: Thursday (6 weeks)
June 23 - July 28

<u>Time:</u>		<u>Course #</u>
4:15 - 5:15 PM	Beginners	7302
5:15 - 6:15 PM	Intermediate	7303

Location: Mather Center, Room 133

Fee: Resident - \$200; Non-Res - \$240



Please see program description on page 9 of this brochure.

SWIM LESSONS

Lessons are offered to boys and girls of all abilities, including toddlers (age 3 & up). Classes are intended to serve as an introduction to Long Island Sound and will include games and activities (both in the water and on land). Parents are asked to stay at the beach during their child's lesson. Please be advised that due to the tide, some lessons will be held on land. Lessons are held rain or shine and are canceled for thunder/lightning. There are no make-up lessons for this program.

DATES

Dates: Session I - Monday - Thursday (3 weeks)
June 27 - July 14 (meets July 8 instead of July 4)

<u>Time:</u>		<u>Course #</u>
10:00-10:45 AM	Stroke Development (max 8)	7333
10:45-11:30 AM	Fundamental Skills (max 5)	7334
11:30 AM-12:15 PM	Intro. To Water Skills (max 5)	7335
12:15-1:00PM	Fundamental Skills (max 5)	7336
1:00-1:45 PM	Intro. To Water Skills (max 5)	7337
1:45-2:30 PM	Fundamental Skills (max 5)	7338

Dates: Session II - Monday - Thursday (3 weeks)
July 18 - August 4

<u>Time:</u>		<u>Course #</u>
10:00-10:45 AM	Stroke Development (max 8)	7339
10:45-11:30 AM	Fundamental Skills (max 5)	7340
11:30 AM-12:15 PM	Intro. To Water Skills (max 5)	7341
12:15-1:00PM	Fundamental Skills (max 5)	7342
1:00-1:45 PM	Intro. To Water Skills (max 5)	7343
1:45-2:30 PM	Fundamental Skills (max 5)	7344

Location: Weed Beach

Instructor: Certified Water
Safety Instructor

Fee: \$60 (Residents Only)

SWIM LEVEL DESCRIPTIONS

Level I (Introduction to Water Skills) - Purpose is to begin developing positive attitudes, good swimming habits and safe practices in and around the water. Certification requirements include (but not limited to):

- enter water unassisted, move 5 yards
- bob 3 times
- safely exit the water (participant can walk or swim)

Level II (Fundamental Aquatic Skills) - Purpose is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Certification requirements include:

- Step into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds

Level III (Stroke Development) - Purpose is to build on the skills in Level II by providing additional guided practice in deeper water. Certification requirements include:

- Jump into deep water, swim front crawl for 15 yards, maintain position by treading/floating for 30 seconds and swim elementary backstroke for 15 yards



SUMMER YOUTH CAMPS

BLUE WAVE KICKERS SOCCER CAMP

<u>Dates:</u>	Monday - Thursday		<u>Course #</u>
June 20 - 23	9:30 - 10:30 AM	Ages 3 - 5	7229
June 20 - 23	9:00 AM - Noon	Ages 5 - 18	7230

International Pro Soccer Camp for children ages 5 - 18. Campers will be split into 3 age groups. Camp will be led by current and former international professional players and coaches.

This camp will allow players from 5 - 18 years old to sharpen their game with this unique and special approach. It is designed to help players achieve a higher level of technical proficiency and ball-handling creativity. The camp's goal is to move every player from their current skill level up to the next level of competitive soccer. The week will end with a world cup style tournament with a cup and trophies for the winners. Space is LIMITED!!!

Fee: Resident - \$80; Non-Res - \$96 - 1-hour camp
Resident - \$240; Non-Res - \$288- 3-hour camp

			<u>Course #</u>
June 27 - 30	9:30 - 10:30 AM	Ages 3 - 5	7239
June 27 - 30	9:00 AM - Noon	Ages 5 - 15	7240
July 11 - 14	9:30 - 10:30 AM	Ages 3 - 5	7231
July 11 - 14	9:00 AM - Noon	Ages 5 - 15	7232
July 25 - 28	9:30 - 10:30 AM	Ages 3 - 5	7233
July 25 - 28	9:00 AM - Noon	Ages 5 - 15	7234
August 8 - 11	9:30 - 10:30 AM	Ages 3 - 5	7235
August 8 - 11	9:00 AM - Noon	Ages 5 - 15	7236
August 22 - 25	9:30 - 10:30 AM	Ages 3 - 5	7237
August 22 - 25	9:00 AM - Noon	Ages 5 - 15	7238

Location: Town Hall Fields

Fee: Resident - \$80; Non-Res - \$96 - 1-hour camp
Resident - \$180; Non-Res - \$216 - 3-hour camp

Jon Bradley, head coach of the DHS boys varsity soccer team, will direct these camps. Focus will be on skill improvement and FUN! All players receive a t-shirt and soccer ball.



Please note - In case of rain, camps will be made-up on Friday. For the week of August 22, camp will be run by UK Elite.

ALL STAR FC SOCCER CAMP

<u>Dates:</u>	Monday - Thursday		<u>Course #</u>
July 5 - 8 (Tu-F)	9:15 - 10:15 AM	Ages 3 - 5	7241
July 5 - 8 (Tu-F)	9:00 AM - Noon	Ages 5 - 12	7242
July 18 - 21	9:15 - 10:15 AM	Ages 3 - 5	7243
July 18 - 21	9:00 AM - Noon	Ages 5 - 12	7244
August 1 - 4	9:15 - 10:15 AM	Ages 3 - 5	7245
August 1 - 4	9:00 AM - Noon	Ages 5 - 12	7246
August 15 - 18	9:15 - 10:15 AM	Ages 3 - 5	7393
August 15 - 18	9:00 AM - Noon	Ages 5 - 12	7394

Location: Town Hall Fields

Fee: Resident - \$80; Non-Res - \$96 - 1-hour camp
Resident - \$180; Non-Res - \$216 - 3-hour camp



These camps will be directed by Leigh Parsons, DHS Girls Varsity head coach. All Star FC coaches are all very experienced in running great soccer camps with a strong focus on everyone having a great time!

Please note - In case of rain during the week of July 5th, camp will be held in Town Hall gymnasium. In case of rain any other week, camp will be made-up on Friday.

FLAG FOOTBALL CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
June 20 - 24		7349
July 25 - 29		7350

Time: 9:00 AM - Noon

Ages 6 - 12

Locations: Cherry Lawn Park

Fee: Resident - \$210; Non-Res - \$252



This camp offered by Overtime Athletics is geared towards beginner football players. Emphasis is placed on rules, teamwork, and fair PLAY. Games and scrimmages occupy the majority of the camp day.

SUMMER YOUTH CAMPS

FUTURE STARS BASKETBALL ACADEMY

<u>Dates:</u>	Monday - Friday June 27 - July 1 July 18 - 22 Ages 5 - 12	<u>Course #</u> 7258 7259
<u>Time:</u>	9:00 AM - Noon	
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$180; Non-Res - \$216	



Players will improve through experienced instruction & competition that stresses excellence, education, practice, and discipline...all in a fun-filled environment. Camp will include Future Stars' "Lessons of Life" educational program.

OVERTIME ATHLETICS SPORTS SPECTACULAR

<u>Dates:</u>	Monday - Friday August 1 - 5 August 15 - 19	<u>Course #</u> 7351 7352
<u>Time:</u>	9:00 AM - Noon Ages 5 - 12	
<u>Locations:</u>	Town Hall Fields & Gymnasium	
<u>Fee:</u>	Resident - \$165; Non-Res - \$198	



This variety sports camp includes instruction in the fundamentals of traditional sports as well as utilizing Overtime Athletics signature curriculum incorporating non-traditional sports. Focus will be on fun & fitness. These camps are designed to maximize fun, while still achieving skills such as hand-eye coordination, teamwork, sportsmanship, & listening.

OVERTIME ATHLETICS BOYS BASKETBALL CAMP

<u>Dates:</u>	Monday - Friday July 25 - 29 Ages 8 - 12	<u>Course #</u> 7353
<u>Time:</u>	9:00 AM - Noon	
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	Resident - \$225; Non-Res - \$270	



Our focus on Tournament Style play keeps every player in the game and working to improve their individual skills and team play from the tip-off to the final buzzer. The only thing louder than the bouncing basketballs are the High Fives, Laughter, and Cheers during such segments like Knock-Out Kings, Money Basket, 3-Point Shootout, Hoop-It-Up Tournament, and Camp Playoffs!

NEW LEVEL TENNIS CAMP

<u>Dates:</u>	<u>Course #</u>	<u>Course #</u>
June 27 - July 1	7172	*July 5 - 8 7173
July 11 - 15	7174	July 18 - 22 7175
July 25 - 29	7176	Aug. 1 - 5 7177
Aug. 8 - 12	7178	Aug. 15 - 19 7179
Aug. 22 - 26	7180	
<u>Time:</u>	9:00 AM - Noon	



Location: Darien High School

Fee: Resident - \$195/week; Non-Res - \$234/week
*No class July 4th - Res. - \$156; Non-Res - \$187

Children ages 6 - 15 will learn the game of tennis plus have a great time doing it. Each camper will receive comprehensive instruction and camp t-shirt. The camp offers fun drills, coordination exercises, and age appropriate games to enhance the student's understanding of the game.

TECHSTARS CAMPS

<u>Dates:</u>	Monday - Thursday	
<u>Time:</u>	8:45 - 11:45 AM	
June 27 - 30		<u>Course #</u>
Lego In Motion	Ages 5 - 8	7388
July 5 - 8 (Tu - Fri)		<u>Course #</u>
Minecraft Adventure	Ages 7 - 10	7389
July 11 - 14		<u>Course #</u>
Programming - Scratch	Ages 8 - 12	7390
July 25 - 28		<u>Course #</u>
Lego Robotics	Ages 7 - 10	7391
August 1 - 4		<u>Course #</u>
Programming - Minecraft	Ages 8 - 12	7392

Location: Town Hall Room 119

Fee: Resident - \$235; Non-Res - \$282



TechStars by Computer Explorers are a series of technology classes designed to facilitate STEM (Science, Technology, Engineering, Mathematics) learning. The educational materials or equipment that is used in the curriculum came from various sources like Lego Education, MIT Media Lab who emphasize STEM education and 21st Century Skills. But most importantly, our classes provide a hands-on educational setting to make learning FUN!

SUMMER YOUTH CAMPS

READY TO ROCK - MUSIC CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
	*July 5 - 8 (Tu - Fri)	7382
	July 11 - 15	7383
	July 18 - 22	7384
	July 25 - 29	7385
	August 1 - 5	7386
	August 8 - 12	7387

Time: 9:00 AM - Noon

Location: TBD (will be in Darien)

Fee: Resident - \$375; Non-Res - \$450
*No class July 4th - Res. - \$300; Non-Res - \$360



This program is for aspiring musicians ages 10-15 who want to learn to jam out in a fun and cooperative atmosphere. Beginner students will learn the basics of their instrument in a fun and supportive group setting. More experienced musicians will have the opportunity to fine tune their skills and get to the next level. Students will join groups based on age and experience. Campers will participate in the following classes and activities each week:

- Learn the basics of their instrument- Guitar, bass, keyboards, drums or vocals.
- Group and private lessons
- Learning to record
- Music Theory
- Acoustic and electric full band jam sessions
- Opportunity to learn a 2nd or 3rd instrument
- Guest instructors will be invited in to share their expertise in song writing, performing, instrument maintenance, etc.



Shane O'Reilly has been running group guitar and percussion programs in Darien for 8 years and will be running the camp along with some of the area's best musicians. Please contact Shane if you have any questions: shaneguitartennis@yahoo.com

FUTURE STARS CHEERLEADING CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
	August 1 - 5	7281

Time: 9:00 AM - Noon

Location: Town Hall Gym & Fields

Fee: Resident - \$160; Non-Res - \$192



Camp's mission is to initiate a positive & fundamental base for girls (ages 6-10) interested in cheerleading. While teaching the fundamentals of cheerleading, Future Stars will introduce their "Lessons of Life" educational program as featured in the New York Times and USA Today.

FUTURE STARS BASEBALL/SOFTBALL CAMP

<u>Dates:</u>	Monday - Friday	<u>Course #</u>
	August 8 - 12	7261

Time: 9:00 AM - Noon
Ages 5 - 12

Location: Town Hall Fields

Fee: Resident - \$175; Non-Res - \$210



Future Stars will provide each camper with top baseball instruction from past and present professional baseball players. Also included in this camp are the educational "Lessons of Life" program and a Future Stars baseball shirt and cap.

HORSEMANSHIP CAMP

<u>Dates:</u>	Monday - Friday	
	<u>Course #</u> (ages 7 & up)	<u>Course #</u> (ages 4 - 6)
June 20 - 24	7309	7310

June 27- July 1 7311 7312

July 11 - 15 7313 7314

July 18 - 22 7315 7316

July 25 - 29 7317 7318

August 1 - 5 7319 7320

August 8 - 12 7321 7322

Time: 8:00 AM - Noon - Ages 7 & up
1:00 - 4:00 PM - Ages 4 - 6



Location: Mead Farm (107 June Road, Stamford)

Fee: Resident - \$625; Non-Res - \$750 - 7 & up
Resident - \$550; Non-Res - \$660 - 4 - 6

Each camp includes riding, horse care, and stable management. Requirements include a signed waiver, long pants & boots with heels. Mead Farm can supply riding helmets or participants may bring their own. Every participant must have a waiver packet on file before the 1st day of camp. These will be emailed to parents after registration is processed.

ADULT PROGRAMS

ADULT TENNIS LESSONS - SPRING

Days: Monday, Tuesday, Wednesday
Thursday, Friday, or Saturday (8 weeks)
April 2 - June 6 (no class Apr. 11 - 16; May 28 & 30)

<u>Time:</u>			<u>Course #</u>
Saturday	9:15 - 10:45 AM	Beginner	7122
Saturday	9:15 - 10:45 AM	Intermediate	7123
Saturday	10:45 AM - 12:15 PM	Low Inter.	7124
Saturday	10:45 AM - 12:15 PM	Advanced	7125
*Monday	8:15 - 9:15 AM	Intermediate	7354
Monday	9:15 - 10:45 AM	Intermediate	7099
Monday	9:15 - 10:45 AM	Advanced	7127
Monday	10:45 AM - 12:15 PM	Low Inter.	7128
Monday	10:45 AM - 12:15 PM	Intermediate	7131
*Monday	12:15 - 1:15 PM	Beginner	7129
Monday	6:45 - 7:45 PM	Advanced	7119
Tuesday	9:15 - 10:45 AM	Beginner	7100
Tuesday	9:15 - 10:45 AM	Advanced	7126
Tuesday	10:45 AM - 12:15 PM	Intermediate	7101
Tuesday	10:45 AM - 12:15 PM	Low Inter.	7120
*Tuesday	12:15 - 1:15 PM	Intermediate	7121
Tuesday	6:45 - 7:45 PM	Beginner	7130
*Wednesday	8:15 - 9:15 AM	Intermediate	7355
Wednesday	9:15 - 10:45 AM	Intermediate	7114
Wednesday	9:15 - 10:45 AM	Advanced	7115
Wednesday	10:45 AM - 12:15 PM	Intermediate	7116
Wednesday	10:45 AM - 12:15 PM	Low Inter.	7108
*Wednesday	12:15 - 1:15 PM	Advanced	7106
Wednesday	6:45 - 7:45 PM	Intermediate	7113
Thursday	9:15 - 10:45 AM	Advanced	7102
Thursday	9:15 - 10:45 AM	Intermediate	7103
Thursday	10:45 AM - 12:15 PM	Advanced	7104
Thursday	10:45 AM - 12:15 PM	Low Inter.	7105
*Thursday	12:15 - 1:15 PM	Intermediate	7107
Thursday	6:45 - 7:45 PM	Low Inter.	7118
Friday	9:15 - 10:45 AM	Intermediate	7109
Friday	9:15 - 10:45 AM	Low Inter.	7110
Friday	10:45 AM - 12:15 PM	Intermediate	7111
Friday	10:45 AM - 12:15 PM	Beginner	7112

Location: Weed Beach

Fee: Residents - \$265; Non-Res - \$318 - mornings (1.5hr)
Residents - \$185; Non-Res - \$222 - evenings (1 hr)
(maximum 5 participants)

* Residents - \$230; Non-Res - \$276 (maximum 3 participants)

At New Level Sports, programs are led by a team of professionals who are chosen to raise levels of skill development & provide individuals with lessons that will increase both their knowledge and levels of enjoyment in the game of tennis.

ADULT TENNIS LESSONS - SUMMER

Days: Monday, Tuesday, Wednesday
Thursday, or Saturday (8 weeks)
June 25 - August 22 (no class July 2 & 4)

<u>Time:</u>			<u>Course #</u>
Saturday	8:30 - 10:00 AM	Low Inter.	7200
Saturday	8:30 - 10:00 AM	Advanced	7201
Saturday	10:00 - 11:30 AM	Beginner	7187
Saturday	10:00 - 11:30 AM	Intermediate	7202
*Monday	8:15 - 9:15 AM	Intermediate	7193
Monday	9:15 - 10:45 AM	Intermediate	7203
Monday	10:45 AM - 12:15 PM	Low Inter.	7204
Monday	6:30 - 7:45 PM	Intermediate	7197
*Tuesday	8:15 - 9:15 AM	Low Inter.	7194
Tuesday	9:15 - 10:45 AM	Low Inter.	7188
Tuesday	10:45 AM - 12:15 PM	Intermediate	7189
Tuesday	6:30 - 7:45 PM	Beginner	7198
*Wednesday	8:15 - 9:15 AM	Intermediate	7195
Wednesday	9:15 - 10:45 AM	Intermediate	7190
Wednesday	10:45 AM - 12:15 PM	Advanced	7191
Wednesday	6:30 - 7:45 PM	Low Inter.	7199
*Thursday	8:15 - 9:15 AM	Advanced	7196
Thursday	9:15 - 10:45 AM	Advanced	7205
Thursday	10:45 AM - 12:15 PM	Intermediate	7192
Thursday	6:30 - 7:45 PM	Advanced	7206

Location: Weed Beach

Fee: Residents - \$265; Non-Res - \$318 - mornings (1.5hr)
Residents - \$230; Non-Res - \$276 - evenings (1.25hr)
(maximum 5 participants)

* Residents - \$230; Non-Res - \$276 (maximum 3 participants)

GUITAR LESSONS

Day: Wednesday (8 weeks)
Spring March 30 - May 25
(no class April 13)



Time: 7:00 - 8:00 PM
Location: Mather Center, Room 133

Fee: Resident - \$245; Non-Res - \$294

Learn chords, scales, theory and best of all - learn to play your favorite songs!!! One-hour classes will focus on providing a high level of instruction in a fun, cooperative atmosphere. Guitars will be provided for all students to use during their lessons. Rentals are also available - please see instructor at the 1st class for more information.

ADULT PROGRAMS

BEACH YOGA W/DANIELLE

Beach Yoga for All Levels @ Weed Beach

Dates: Saturday (8 weeks) Course #
June 11 - August 6 7331
(no class June 25)

Fee: Resident - \$145; Non-Res - \$174

Saturday (6 weeks)
August 27 - October 1 7332

Fee: Resident - \$115; Non-Res - \$138

Time: 8:00 - 9:00 AM

Location: Weed Beach



Rise and Shine for this all-level flow yoga class designed to stretch and tone the body, mind and spirit! Please bring a yoga mat and towel.

CORE YOGA W/DANIELLE

Day: Wednesday (8 weeks) Course #
March 23 - May 11 7330

Time: 7:30 - 8:30 PM

Location: Elements Yoga & Wellness Center
354 Heights Road

Fee: Resident - \$135; Non-Res - \$162



Core Yoga combines a series of flowing postures designed for all-levels with rhythmic breathing for a full mind-body workout with emphasis on the core.

BEGINNER'S YOGA

Day: Saturday (6 weeks) Course #
April 23 - May 28 7398

Time: 12:30 - 1:30 PM

Location: Elements Yoga & Wellness Center
(354 Heights Road)

Fee: Resident - \$90; Non-Res - \$108



This step-by-step program will introduce you to the Basics of Yoga and is designed for those who are brand new to yoga and for those who would like to refine their practice. Focus will be on good form and alignment, how to utilize the breath in practice and how yoga provides the foundation for good health and healing.

HIIT 2B FIT! W/NICHOLE MALKIEL

Dates:

Spring
April 18 - June 13 (8 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7356
M/W	6:00 - 7:00 AM	Weed Beach	7357
W/F	6:00 - 7:00 AM	Weed Beach	7358
M/W/F	9:30 - 10:30 AM	Weed Beach	7359
M/W	9:30 - 10:30 AM	Weed Beach	7360
W/F	9:30 - 10:30 AM	Weed Beach	7361
Monday	6:00 - 7:00 AM	Weed Beach	7362
Monday	9:30 - 10:30 AM	Weed Beach	7363
Wednesday	6:00 - 7:00 AM	Weed Beach	7364
Wednesday	9:30 - 10:30 AM	Weed Beach	7365
Friday	6:00 - 7:00 AM	Weed Beach	7366
Friday	9:30 - 10:30 AM	Weed Beach	7367

<u>Fee (Spring):</u>	<u>Early Bird</u>	<u>Regular Rate</u>
	Res/Non-Res	Res/Non-Res
1 Day	\$136/\$163	\$160/\$192
2 Day	\$272/\$326	\$320/\$384
3 Day	\$408/\$490	\$480/\$576

Early bird registration ends April 8.

Summer
June 20 - August 1 (6 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7369
M/W	6:00 - 7:00 AM	Weed Beach	7370
W/F	6:00 - 7:00 AM	Weed Beach	7371
M/W/F	9:30 - 10:30 AM	Weed Beach	7372
M/W	9:30 - 10:30 AM	Weed Beach	7373
W/F	9:30 - 10:30 AM	Weed Beach	7374
Monday	6:00 - 7:00 AM	Weed Beach	7375
Monday	9:30 - 10:30 AM	Weed Beach	7376
Wednesday	6:00 - 7:00 AM	Weed Beach	7377
Wednesday	9:30 - 10:30 AM	Weed Beach	7378
Friday	6:00 - 7:00 AM	Weed Beach	7379
Friday	9:30 - 10:30 AM	Weed Beach	7380

<u>Fee (Summer):</u>	<u>Early Bird</u>	<u>Regular Rate</u>
	Res/Non-Res	Res/Non-Res
1 Day	\$102/\$122	\$120/\$144
2 Day	\$204/\$245	\$240/\$288
3 Day	\$306/\$367	\$360/\$432

Early bird registration ends June 10.

For more info contact Nichole at www.shapeyourbeing.com, 860-729-2038 or nicholearno@gmail.com



ADULT PROGRAMS

SAFE BOATING/PERSONAL WATERCRAFT CLASSES

<u>Days:</u>	<u>Course #</u>
I: April 19 & April 21 (Tuesday/Thursday)	7323
II: June 7 & 9 (Tuesday/Thursday)	7324
III: June 18 (Saturday)	7326
IV: July 12 & 14 (Tuesday/Thursday)	7325
V: August 9 & 11 (Tuesday/Thursday)	7327

<u>Time:</u>	6:00 to 10:00 PM 8:30 AM to 4:30 PM (June 18)	
<u>Location:</u>	Town Hall Auditorium Weed Beach Paddle Building (June 18)	

Fee: Resident - \$90; Non-Res - \$108

Professional Marine Education comes to Darien Parks and Recreation to offer this eight hour course that meets all of the requirements to obtain a Connecticut Safe Boating Certificate and Personal Watercraft Operations. Successful completion will allow the student to obtain a Connecticut Certificate of Personal Watercraft Operation, which enables them to operate recreational vessels up to 65 feet in length including Jet Skis. An easy to understand classroom format is designed for students age 10 and over. Students should bring a pen or pencil.

GOLF LESSONS

<u>Day:</u>	Tuesday or Saturday (5 weeks)	<u>Course #</u>
Session I		
Tuesday	April 19 - May 17	7247
Saturday	April 23 - May 21	7248

Session II		
Tuesday	June 21 - July 26 (no class July 5)	7255
Saturday	June 25 - July 30 (no class July 2)	7256

<u>Time:</u>	Tuesday - 10:00 - 11:00 AM Saturday - 2:00 - 3:00 PM	
<u>Location:</u>	Oak Hills Park Golf Course 165 Fallow Street, Norwalk	
<u>Fee:</u>	Resident - \$150; Non-Res - \$180	

Group lessons may cover all aspects of the golf swing including putting, chipping, pitching, bunker play, course management and include the Rules of Golf and etiquette. Lessons are taught by PGA Certified Professional Paul Alexander.

DOG OBEDIENCE & SOCIALIZATION

<u>Day:</u>	Saturday (5 weeks) April 23 - May 21	<u>Course #</u> 7345
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June 18 - July 23 (no class July 2)	7346
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<u>Time:</u>	10:30 - 11:30 AM
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<u>Location:</u>	Cherry Lawn Park (meet in parking lot near baseball field)
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<u>Fee:</u>	Resident - \$125; Non-Res - \$150
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This course will focus on attention, some limited heeling, and sits/downs. Class will be fun and motivational with games and attention work to build a solid relationship with your dog. Classes will be run by Rick Weatherstone from Tactical Response LLC. Rick is an AKC Certified Evaluator, K9 Trainer, Patrol Dog Handler and is a member of many national dog obedience/training associations. All dogs must be at least 6 months old and MUST have all their vaccinations! Please do not bring your dog to 1st class.

CO-ED DROP IN VOLLEYBALL

<u>Day:</u>	Monday ongoing - Aug. 29 (does not meet April 25, May 30, July 4, August 8)
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<u>Time:</u>	7:30 - 10:00 PM
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<u>Location:</u>	Town Hall Gymnasium	<u>Course #</u> 7032
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<u>Fee:</u>	Resident - \$30; Non-Res - \$55
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This informal volleyball program is for players to bump, set and spike in a friendly, non-competitive atmosphere.

DROP IN BASKETBALL

<u>Day:</u>	Tuesday ongoing - August 30 (does not meet April 26 & August 9)
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<u>Time:</u>	7:30 - 9:30 PM
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<u>Location:</u>	Town Hall Gymnasium	<u>Course #</u> 7031
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<u>Fee:</u>	Resident - \$30; Non-Res - \$55
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This program is an informal drop-in.



LET'S GO DARIEN - LUXURY EXCURSIONS

Luxury Motorcoach Transportation

BOSTON FLOWER SHOW & QUINCY MARKET

Saturday March 19, 2016 COURSE # 7077
\$80 res./\$85 non-res.

Connect with nature at the Seaport World Trade Center in Boston as the garden show returns with "Nurtured by Nature"

Celebrate the benefits of gardening and landscape design & how to keep your garden growing strong!

Browse hundreds of floral arrangements & indoor and outdoor plant displays.

Visit Haymarket Square & Quincy Market, the largest market complexes in the US!



9/11 MEMORIAL & LITTLY ITALY

Thurs. May 19, 2016 COURSE # 7080
\$80 res./\$85 non-res.

Visit the One World Observation Deck and the Memorial Pools. Enjoy the time-lapse history elevator ride and visit the Memorial Museum.

Spend the afternoon touring Little Italy. Then enjoy lunch at some of the best Italian eateries in New York!



LOBSTER BAKE ON CAPE ANN

Sat. June 11, 2016 COURSE # 7081
\$125 res./ \$130 non-res.

Marvel at the spectacular seascapes and feast on a traditional Lobster Bake luncheon at the Gloucester House!

Enjoy photo ops at the Fisherman's Statue Experience the salty air, fishing villages, coastal estates, harbors and galleries in Rockport at Bearskin Neck!



NATIONAL CHERRY BLOSSOM FESTIVAL WASHINGTON, DC

Fri-Sun April 1-3, 2016 COURSE # 7078
(See website for pricing)

Spend two nights at a suburban Washington DC Hotel Tour many of the major Memorials, art galleries and museums around DC. Take photos at the US Capitol & White

House, witness Changing of the Guard at the Tomb of the Unknown Soldiers, and tour the famous Cherry Blossom Festival!



WINERIES OF LONG ISLAND

Sun. Sept. 11, 2016 COURSE # 7082
\$110 res./\$115 non-res.

Set out on an adventure to three distinguished wineries on LI's north shore

- **Laurel Lake Vineyards** housed in an elegant antique bar, stained glass windows and a gift shop...
- **Martha Clara Vineyards** state-of-the-art tasting vineyard with live entertainment
- **Baiting Hollow Farm Vineyards** for wine sampling



WEST POINT PARADE

Sat. April 30, 2016 COURSE # 7079
\$115 res./\$120 non-res.

West Point Academy invites you to view the famous Dress Parade

- The Cadets march in full uniform to military music
- Lunch at the Hotel Thayer for a deliciously bountiful buffet
- Enjoy a guided tour of West Point



VIVA LAS VEGAS!

Late October 2016 COURSE # 7400
6 days & 5 nights at Harrah's Las Vegas
(Price to be announced)

Trip includes round trip airport shuttle plus airfare and accommodations. Enjoy two matinee shows and bonuses including discount coupons. Details to follow in April!



Register online at www.darienct.gov/parkrec



PARKS & RECREATION PROGRAM REGISTRATION FORM

(Please Print and Fill Out Completely)

Resident Registration begins
Wednesday, March 2nd

Please fill out the Registration Form completely. All pertinent information is needed to register. Forms that are not properly filled out will be returned. Mail in or Drop off the Registration Form with payment in full to the Darien Parks and Recreation Department. Checks should be made out to the *Town of Darien*.

Registration Forms and Payment mailed to:
(Mailing in form does not guarantee enrollment)

Darien Parks and Recreation Department
Town Hall, 2 Renshaw Road
Darien, CT 06820

Parent Last _____ Parent First _____

Street # _____ Street Name _____ City _____

State _____ Zip _____ Home # _____ Cell # _____ Email _____

Participant Name	M/F	Birth Date	Age	Grade	Course #	Program Name (note spring/summer)	Time/Day	Fee
Total Fee							\$	

Emergency Contact _____ Relation _____ Phone _____
(Someone other than the parent/guardian)

Allergies/Medications _____

Please advise us of any special needs of program participants: _____

Other Information/Comments _____

Waiver of Town Liability: I understand that injuries are inherent with recreational activity. In the event that an injury occurs to myself or family members, I agree to hold the Darien Park and Recreation Department, Darien Park and Recreation Commission, and any other person or contractor connected therewith the Town of Darien, harmless from all claims for personal injury, bodily injury and property damage arising from the use of Town facilities, participation in Town activities, programs and trips or use of Town equipment during the course of a Town of Darien sponsored activity.

Photo Policy: By registering for a program, you give the Darien Parks and Recreation Department permission to take and publish photos of you/your child participating in the program. If you do not wish to be photographed, you must include this request in writing along with your registration.

Parent/Guardian Signature _____ Date _____

For Office Use Only

Total Fee _____ Check # _____ Cash _____ Visa _____ MC _____ Staff Initials _____ Date _____

DARIEN SENIOR PROGRAMS

MISSION STATEMENT

The mission of the Darien Senior Programs is to nurture the physical, intellectual and social well-being of the senior community aged 55 or better by providing a comprehensive and coordinated system of services that enhance individual lives, promote well being, dignity and independence throughout the aging process and keep members connected and integrated into the community by collaborating with other agencies and organizations who provide support programs and social services to seniors, thereby enhancing the independence and wholesome lifestyle for seniors in Darien.

Director: Beth Paris, Gerontologist; eparis@darienct.gov

Program Specialist: Marcy Rand, MSW; mrand@darienct.gov

Clerk/Receptionist: Kathleen Meehan

Master Chef: Tom Mirto

Building Attendants: Angelo Vitti and Michael Mullins

Address: 2 Renshaw Road, Mather Center

General Phone: 203-656-7490

Days: Monday through Friday

Hours of Operation: 9:00-3:00

(No Classes: March 25, May 30, July 4)

Closed: August 22 - 26

Registration for the following programs takes place at the Darien Senior Programs.

EXERCISE PROGRAMS

Ballet, \$4/Class

Feldenkrais Movement, \$4/Class

Jazzercise, \$5/Class

Low Impact Aerobics

Pickleball

Pilates, \$4/Class

Qigong, \$4/Class

Senior Fitness (chair class)

Sittercise

Stretch and Strength

Tai Chi, \$4/Class

Wii Bowling

Yoga, \$4/Class

Zumba, \$4/class



ARTS & CRAFTS

Acrylic Painting, \$4/Class

Assorted Crafts

Oil Painting, \$4/Class

Knitting/Crochet and Needlepoint

Stained Glass

Watercolor Painting, \$4/Class

Woodshop



LANGUAGES

Italian Conversation

Beginner Spanish \$5/Class

Intermediate Spanish \$5/Class

Spanish Conversation \$4/Class

DISCUSSION GROUPS & CLASSES

Brain Twisters & Teasers

Computer Class

Computer Help

Contemporary Issues

CT Humanities

Discussion Group/Family Centers

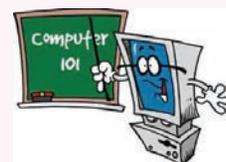
Health & Wellness Lecture

Historical Discussions

Reminisce, Remember & Reflect

Short Story Discussion

Writing Class



GAMES

Beginner Bridge

Intermediate Bridge

Mahjong

Newplicate Bridge

Open Pickleball

Open Wii Bowling



Bridge Instructors - Doug Thompson and Karen Barrett

Pinochle and Kings in the Corner are played daily in the morning and in the afternoon. We are looking for Gin Rummy players so if you are interested please call the Senior Programs.

GARDEN CLUB OF DARIEN

A group of dedicated volunteers from the Garden Club of Darien lead a flower arranging class each month called "Pleasure Through Plants Program." They graciously provide all the flowers and containers to highlight occasions or special holiday themes that month. They offer instructions on making arrangements as well as valuable information on the flowers used at each class. The program is held on the first Wednesday of the month from October through May.

DARIEN SENIOR PROGRAMS

DAILY LUNCH

Full dinner is offered daily at 12:00 sharp. A nutritionally balanced meal is prepared by our Master Chef, Tom Mirto. The menu is varied, delicious and a wonderful value at \$4.00. For reservations please call 203-656-7490 by 11:15 the day of. Dining on entertainment days requires advanced reservations.

WOODSHOP REPAIR PROGRAM

This program is run by several volunteers with various woodworking backgrounds from hobbyists to carpenters. Provides a wonderful light repair service: readjusting table and chair legs, changing hinges on trunks, chests, and cabinets, re-gluing items, replacing mirrors and more...Drop off furniture Monday or Tuesday 9:30-11:30. A suggested donation will be requested to support this program. Call 203-656-7490 for more information.

VOLUNTEER OPPORTUNITIES

Sign In Desk/Reservations
Computer Assistants
Entertainers
Crafters
Instructors/Group Leaders
Flower Arrangers



MONTHLY NEWSLETTER

The newsletter is full of all special programs as well as our daily regular programs. Be sure to pick one up the beginning of every month. The Monthly Newsletter is available at the Senior Programs and Town Hall outside of the Human Services Office. It is also online at www.darienct.gov/seniors.

ASK A SOCIAL WORKER

Every Wednesday a Social Worker from Human Services will have weekly office hours covering government benefits, town services, or to have a confidential chat about concerns you may have.

Voice Mail...If a program or activity requires a sign up or a reservation, you may call the Center number 203-656-7490, seven days a week 24 hours a day and **leave a message** for the staff. We will get back to you on the next working day to let you know your call has been heard and noted.

AARP

AARP DRIVING COURSE will be on September 9th and November 4th. The cost for the course is \$15 for members and \$20 for non-members. The course is now only one day from 10:00-2:30 (lunch break 12:00 - 12:30). Please call the Senior Program at 203-656-7490 to register.

BLOOD PRESSURE

Blood Pressures are checked the first Monday of every month from 9:30 - 11:30 and the third Thursday from 1:00 - 2:00. Check our calendar for the exact date. This service is provided by Visiting Nurse and Hospice of Fairfield County.

GREAT OPPORTUNITIES

Health & Wellness Information

The Darien Senior Programs has teamed with **Stamford Hospital, Ridgefield Visiting Nurses Association, Visiting Nurse and Hospice of Fairfield County, Fairfield University, Walgreens and CT Pharmacy (as well as other area organizations)** to provide health-based lectures on a variety of topics. All programs are complimentary and open to the senior community. Reservations are a must as these are very popular programs. Sign up at the Senior Programs or call 203-656-7490.

CAREGIVER EDUCATIONAL SUPPORT

The Caregiver Educational Support Group meets the 3rd Wednesday of every month from 1:00-2:30. If you provide care to a family member or friend with multiple needs, especially related to cognitive impairments such as Alzheimer type dementia, this group could be beneficial. A different topic is presented each month. For more information call Beth Paris at 203-656-7490.

MEMBERSHIP

To become a member please fill out a registration card the next time you're at the Senior Program. Membership is open to those 55 years of age and above. For more information call 203-656-7490.

2016 BEACH/BOAT PERMIT APPLICATION

TOWN OF DARIEN
Parks and Recreation

Town Hall, 2 Renshaw Road
Darien, CT 06820
www.darienct.gov/parkrec

****Motor Vehicle Registration(s) Required****
BEACH/PARK PERMIT STICKERS & BOAT LAUNCHING PERMITS
(READ INSTRUCTIONS CAREFULLY)

203-656-7325

In order to receive your 2016 Park Permit, MAIL IN the form below OR ORDER ONLINE at www.darienct.gov/parkrec. Permits will be mailed directly to you beginning the week of 4/4/16.

1. Completed application form (for mail-in customers; walk-in customers do NOT need to fill out this application)
2. Check payable to TOWN OF DARIEN (Visa/MasterCard accepted for online purchase and also in Parks and Recreation office)
3. Proof of current residency (DMV registration for each vehicle; ONLINE PURCHASE - ENTER ACCURATE LICENSE PLATE NUMBERS)
4. Self-addressed, stamped envelope (if mailed)
5. All vehicles purchased after October 1, 2015 will require photo copy of registration .

PROOF OF RESIDENCY is required in form of current Darien motor vehicle registration for each vehicle. For mail-in applications, please send photo copy of each vehicle registration; ONLINE purchase requires accurate license plate number(s) entry. NOTE: If you are a Darien resident and your vehicle is registered out-of-town, the higher, Non-Resident fee applies (see "FEES" below), and you must still prove residency with rental lease if renter, or closing papers/property deed if new resident.

FEES:

- Beach/Park Permit: \$45 per vehicle
- Senior Citizens (65 years) receive **ONE FREE** PERMIT PER FAMILY with car registration; \$45 each additional vehicle
- Non-resident taxpayer: \$75 per vehicle. Applies to Darien taxpayer who resides out of town or any vehicle registered out of town/state even if residing in Darien.

BOAT LAUNCH PERMITS are required for the use of Darien launch areas at both beaches. (Include vessel registration number on application form). Trailers must be detached from vehicles and parked in designated locations.

- Boat Launch Permit: \$45 per boat
- Small Craft Storage for access to Pear Tree Point Beach moorings: \$55 per dinghy

Applications will be processed provided all information and applicable fees are included. **REPLACEMENT FEE FOR LOST OR STOLEN PERMIT STICKER IS \$45. Permit stickers must be affixed to INSIDE windshield, lower left corner.** Permit stickers are non-transferable. If you purchase a new vehicle or if your windshield is replaced, please remove your permit sticker and return it (even in pieces) to the Parks and Recreation office for a free replacement sticker.



2016 APPLICATION FOR BEACH/PARK & BOAT LAUNCHING PERMITS
Park and Recreation Commission - TOWN OF DARIEN - copy of motor vehicle registration(s) required
OFFICE USE ONLY:

_____		_____		_____
Last Name	First Name	Birthdate		
_____		_____		_____
PO Box	Street No.	Street Name	Town/State	Zip
_____		_____		_____
Home Phone	Business Phone	Home email		

CAR #1 Lease Own
Name on Registration: _____
Year & Make of Vehicle: _____
License Plate Number: _____

CAR #2 Lease Own
Name on Registration: _____
Year & Make of Vehicle: _____
License Plate Number: _____

CAR #3 Lease Own
Name on Registration: _____
Year & Make of Vehicle: _____
License Plate Number: _____

Car Permit No. _____

Boat Permit No. _____

Senior ____ Cash ____

Check # _____

Visa ____ MC ____

Date: _____

Total Fee: _____

TYPE OF BOAT AND/OR REGISTRATION #



DARIEN YOUTH COMMISSION

www.darienct.gov/yc



SUMMER CAMP PROGRAMS

TRADITIONAL DAY-CAMP



- ◇ Session 1 — June 27—July 15; Session 2 — July 18—August 4
- ◇ 1 session: \$525; 6 weeks: \$875
- ◇ Registration: residents — 2/8—5/31/16; non-residents: 5/2—5/31/16
 - * Camp Ox Ridge — Entering Grade 1
 - * Camp Royle — Entering Grades 2 & 3
 - * Camp Mather (@ Holmes School) — Entering Grades 4, 5 & 6

MIDDLE SCHOOL SUMMER ACTIVITY PROGRAM (MSSAP)

- ◇ 6 week program, Mondays—Thursdays, for students entering grades 7—9 (students may sign-up per week or for entire 6-week program) — June 27—August 4
- ◇ Weekly: \$90; 6 weeks: \$500 (cost of some field trips extra) — registration 3/7—5/31/16



UPCOMING YOUTH COMMISSION SPONSORED ACTIVITIES

(please check the DYC website for detailed information about these other DYC events)

- SATURDAY, MARCH 12 — JEDLIE THE CLOWN — Town Hall Auditorium — \$4 pp; 12:15 p.m.
- SATURDAY, MARCH 12 — COMMUNITY FESTIVAL OF ARTS: A DAY TO CREATE! TOWN HALL GYM — AN AFTERNOON OF HANDS ON ARTS & CRAFTS, PERFORMANCES, FACE-PAINTING AND FUN — FREE !!1:00—3:00 P.M.
- SATURDAY, MARCH 19 — DARIEN DASH —Community-wide scavenger hunt!
- SATURDAY, APRIL 30 — 24TH ANNUAL TILLEY POND MODEL BOAT REGATTA
- WEDNESDAYS IN JUNE — FAMILY CONCERT SERIES @ WEED BEACH — 6:30 pm; \$4 pp/\$10 per vehicle per concert
- WEDNESDAY, JUNE 29 — SANDCASTLE CONTEST & MOVIE @ THE BEACH



DARIEN PARKS AND RECREATION DEPARTMENT
2 RENSRAW ROAD
DARIEN, CT 06820

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PERMIT NO. 2010

RESIDENTIAL CUSTOMER

Spring into summer in your parks!

