

Darien

Parks and Recreation Department



"Tilley Pond Park" Nobuko Miki

FALL 2015 & WINTER 2016



Registration begins August 27th



Register online at www.darienct.gov/parkrec

Movie at Weed Beach, Friday, September 4th (Dusk)



"Big Hero 6"

Fall & Winter

Letter From The Director



I would like to take this opportunity to introduce myself as Darien's new Parks & Recreation Director. I have 19 years of experience working for the Towns of Westbrook and North Branford and bring with me a great amount of energy and enthusiasm to share. I am looking forward to serving you and your family by continuing to lead our dedicated staff in providing beautiful, well kept parks, beaches and programs for all ages. In my first months here, I have been busy getting to know the Town and the residents, the Parks & Recreation staff, the Parks & Recreation Commission as well as other departments and employees in town. Our department currently has a busy, well run program so the fun challenge is to introduce some new

ideas and creative opportunities outside of what we already offer. To start, we have launched our first Facebook page (please "Like" us on [facebook.com/darienparksandrecreation](https://www.facebook.com/darienparksandrecreation)), we collected over 75 pictures of the community using our parks and included some of them in this brochure! Flip through and you may just see your neighbor, friend or family member spending time enjoying Darien and all we have to offer. Have a picture enjoying one of our parks or programs? Please email to park&recreation@darienct.gov. We have also added a new addition to our programming with *Let's Go Darien*. We are offering affordable bus trip opportunities to explore new journeys through our department. These trips are located on page 22 and seating is limited so either sign up on-line with a credit card, mail in registration form or simply stop in to our office.

Lastly, I am looking forward to the park projects that I will be working on with the Parks & Recreation Commission and the Weed Beach Committee. At Weed Beach the plans are to work with a selected architect to offer additional active and/or passive recreational opportunities on the recently purchased Short Lane property. I want to thank all the volunteers on the Commission, Committee and all Boards for the great support they give to our Parks & Recreation Department as we continue to improve, update and maintain all of our facilities.

Very sincerely, Pamela Gery



MOVIE AT WEED BEACH "Big Hero 6"



Friday, September 4, 2015

7:30pm (dusk)

FREE

The Darien Parks and Recreation Department and the Darien Youth Commission will be co-sponsoring a movie night at Weed Beach on Friday, September 4th. Big Hero 6 will start at approximately 7:30 PM and beach permits are not required for entry to the movie. Uncle's By The Shore will be open selling popcorn, soda, and other yummy refreshments. So grab your family, grab a blanket, and come down to Weed Beach for a great night of FREE family entertainment!!!

BOY SCOUT CAMPOREE

100th Year Anniversary of Scouting

Saturday September 26, 2015

Noon - 4pm * Tilley Pond Park * FREE



To honor the 100th Anniversary of Boy Scouts in Darien, come join our community's two Scout troops at Tilley Pond

Park for an interactive Camporee! Experience scouting at its finest as members of Troops 35 and 53 give hands-on demonstrations of skills such as campsite setup, fire-building, outdoor cooking, orienteering, pioneering, fishing and more. So put down your video games and come join us for some great outdoor fun!

General Information



Parks & Recreation Staff

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 Secretary

Linda Hannett Program Secretary

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

Sandy Rich Turf Maintainer

Edwin Acevedo Parks Maintainer

Jack Whitehead Parks Maintainer

John Correa Parks Maintainer

Mike Staff Parks Maintainer

Rick Scharmer Parks Maintainer

Phone: 203-656-7325

Fax: 203-656-7393

Website:
Darienct.gov/parkrec

Email:
Park&recreation@darienct.gov

Facebook: [please log on and "like" our page!](https://www.facebook.com/darienparksandrecreation)
[Facebook.com/darienparksandrecreation](https://www.facebook.com/darienparksandrecreation)

Parks & Recreation Commission

Mary Flynn, Chairman	Susan Daly
Erika Morris	Lorene Bora
Amy Doering	Marc Ioli
Mary Louise Morgan	Dennis Conetta
Kevin Webb	

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 third Wednesday of the month at 7:30 p.m. in Room 119 of Town Hall (please always check website or call to confirm a meeting is on before coming)

Great thanks to these dedicated volunteers!

Facility Hours/Information

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:

Monday	September 7	Labor Day
Monday	October 12	Columbus Day
Wednesday	November 11	Veterans Day
Thursday	November 26	Thanksgiving
Friday	November 27	Day after Thanksgiving
Thursday	December 24	Christmas Eve
Friday	December 25	Christmas
Thursday	December 31	New Years Eve (at 3 p.m.)
Friday	January 1	New Years 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

ICE SKATING

Outdoor ice skating is available to Darien residents and their guests on Tilley Pond and Cherry Lawn Pond free of charge.

The following signs will be posted for ice conditions: "No skating" or "Skate at your own risk." You are reminded to always exercise caution while skating on ponds.



REGISTRATION INFORMATION

Resident - Starts Thursday, August 27th @ 8:30AM
 Non-Resident - Starts Tuesday, Sept. 1st @ 8:30 AM

There are three ways to register for programs:

1. **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.

2. **By mail** - Mail-in registrations will be handled after those registering in-person on August 27th.

3. **In-person** - Room 110 of the Darien Town Hall

****Please Note**** - For preschool-aged programs, child must be the appropriate age by the start of the program. For all school-aged programs, registrant must turn appropriate age by December 31st, 2015.

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 call 203-656-7325 for 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.

COVER PHOTO INFORMATION

Our cover image is of Tilley Pond Park by local artist Nobuko Miki. Please visit www.artbynobu.com for more of her wonderful works of art!

FALL YOUTH PROGRAMS

NEW LEVEL TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (7 weeks)
Sept. 8 - Nov. 9 (no class Sept. 14, 23 & Oct. 12)

<u>Times:</u>			<u>Course #</u>
Saturday	12:00 - 12:45 PM	Ages 3 & 4	6845
Saturday	12:45 - 1:30 PM	Ages 4 & 5	6846
Saturday	1:30 - 2:30 PM	Ages 6 - 8	6847
Saturday	2:30 - 3:30 PM	Ages 9 - 11	6848
Monday	10:00 - 10:45 AM	Ages 3 & 4	6819
Monday	10:45 - 11:30 AM	Ages 4 & 5	6820
Monday	1:45 - 2:30 PM	Ages 3 & 4	6821
Monday	2:30 - 3:15 PM	Ages 4 & 5	6822
Monday	3:15 - 4:00 PM	Ages 4 & 5	6823
Monday	4:00 - 5:00 PM	Ages 6 - 8	6836
Monday	5:00 - 6:00 PM	Ages 9 - 11	6837
Tuesday	1:45 - 2:30 PM	Ages 3 & 4	6824
Tuesday	2:30 - 3:15 PM	Ages 3 & 4	6825
Tuesday	3:15 - 4:00 PM	Ages 4 & 5	6826
Tuesday	4:00 - 5:00 PM	Ages 5 & 6	6840
Tuesday	5:00 - 6:00 PM	Ages 6 - 8	6839
Wednesday	1:45 - 2:30 PM	Ages 3 & 4	6844
Wednesday	2:30 - 3:15 PM	Ages 4 & 5	6843
Wednesday	3:15 - 4:00 PM	Ages 4 & 5	6827
Wednesday	4:00 - 5:00 PM	Ages 9 - 11	6841
Wednesday	5:00 - 6:00 PM	Ages 6 - 8	6842
Thursday	1:45 - 2:30 PM	Ages 3 & 4	6828
Thursday	2:30 - 3:15 PM	Ages 4 & 5	6829
Thursday	3:15 - 4:00 PM	Ages 4 & 5	6830
Thursday	4:00 - 5:00 PM	Ages 5 & 6	6849
Thursday	5:00 - 6:00 PM	Ages 9 - 11	6831
Friday	1:45 - 2:30 PM	Ages 3 & 4	6832
Friday	2:30 - 3:15 PM	Ages 3 & 4	6833
Friday	3:15 - 4:00 PM	Ages 4 & 5	6834
Friday	4:00 - 5:00 PM	Ages 6 - 8	6838
Friday	5:00 - 6:00 PM	Ages 10 - 14	6835

Location: Weed Beach

Fee: 45-minute class (includes racket)
Resident - \$118; Non-Res - \$141

1-hour class - Resident - \$170; Non-Res - \$204



Frank Russo & New Level Tennis will be offering an exciting tennis experience this fall in Darien. Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance students understanding and aptitude for tennis. More advanced players will focus on stroke refinement, movement, court sense and match play. Weather-related make-up classes will be posted on our website.

TINY TOTS SOCCER

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)
September 8 - November 16
(no class Sept. 14, 23 & Oct. 12)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 9:45 AM	Ages 3 - 5	6856
Saturday	9:00 - 9:45 AM	Ages 2 & 3*	6857
Saturday	10:00 - 10:45 AM	Ages 3 - 5	6858
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	6859
Saturday	11:00 - 11:45 AM	Ages 3 - 5	6860
Saturday	11:00 - 11:45 AM	Ages 2 & 3*	6861
Monday	10:00 - 10:45 AM	Ages 2 & 3*	6862
Monday	1:15 - 2:00 PM	Ages 3 - 5	6863
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	6864
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	6865
Wednesday	1:30 - 2:15 PM	K & 1st Grade	6866
Thursday	10:00 - 10:45 AM	Ages 3 - 5	6867
Friday	10:00 - 10:45 AM	Ages 2 & 3*	6868
Friday	12:45 - 1:30 PM	Ages 3 - 5	6869

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



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

Blue Wave Kickers Tiny Tots soccer engages children in physical activity while developing their motor skills and basic soccer skills. Each class consists of dribbling, shooting and passing. Children will be divided into age groups. This program will be run by Jon Bradley, Darien High School's varsity boys soccer coach.

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

BLUE WAVE KICKERS LITTLE ATHLETES

Day: Wednesday or Thursday (8 weeks)
September 9 - November 4
(no class September 23)

<u>Times:</u>			<u>Course #</u>
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	6889
Thursday	1:15 - 2:00 PM	Ages 3 - 5	6890

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.

FALL YOUTH PROGRAMS

PIANO LESSONS

Day: Tuesday (9 weeks)
October 6 - December 8 (no class Nov. 3)

Time:

		<u>Course #</u>
4:00 - 5:00 PM	6 - 13 yrs. Level 1	6924
5:00 - 6:00 PM	6 - 13 yrs. Level 2	6925
6:00 - 7:00 PM	6 - 13 yrs. Level 3	6926
7:00 - 8:00 PM	All ages Advanced	6927

(must have completed levels 1 - 3)

Location: Mather Center, Room 133

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

This revolutionary piano program builds a musical foundation and creates a hobby that will last a lifetime! Classroom key-boards 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

Day: Thursday (8 weeks)
October 1 - November 19

Time:

		<u>Course #</u>
4:00 - 5:00 PM	- Beginner	6940
5:00 - 6:00 PM	- Beginner	6941

Ages 8 - 15

Location: Mather Center, Room 133

Fee: 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

Day: Wednesday (8 weeks)
September 16 - November 18
(no class September 23 & November 11)

Time:

		<u>Course #</u>
4:00 - 5:00 PM	- Beginner	6932
5:00 - 6:00 PM	- Beginner	6933
6:00 - 7:00 PM	- Intermediate	6934

Ages 8 - 15

Location: Mather Center, Room 133

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



Want to be the next American idol? Now's your chance to get a start! Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Guitars will be provided for all students to use during their lessons.

Rentals are also available - for more information contact Shane O'Reilly at 203-500-5916 or shaneguitartennis@yahoo.com

HORSES 101

Days: Sunday (4 weeks)
October 18 - November 8

Time:

		<u>Course #</u>
Sunday	12:30 - 1:30 PM	6918

Ages 5 - 14

Location: Mead Farm (107 June Road, Stamford)

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



Each session includes a 1/2 hour horseback riding lesson in an outdoor ring and 1/2 hour horsemanship class covering general horse care, grooming, tacking & untacking. Requirements include a signed waiver, long pants & boots with heels. Mead Farm can supply riding helmets or participants may bring their own.

This program is designed for beginning riders (those who have not taken lessons at Mead Farm or through Parks & Recreation).

FALL YOUTH PROGRAMS

FUTURE STARS BASEBALL/SOFTBALL

Day: Wednesday (8 weeks)
September 9 - November 4
(no class September 23)

Time: 4:00 - 5:30 PM Course #
6917

Location: Town Hall Fields
Ages 5 - 10 (boys and girls)

Fee: Resident - \$199;
Non-Resident - \$239

Instruction will focus on throwing, catching, hitting, and fielding. This program will also include Future Stars' "Lessons of Life" educational program.



FUTURE STARS BASKETBALL

Day: Thursday (8 weeks)
October 15 - December 10
(no class November 26)

Time: 4:00 - 5:30 PM Course #
Ages 5 - 10 6913

Location: Town Hall Gymnasium

Fee: 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.

This program will include Future Stars' "Lessons of Life" educational program and will be run by former college star and NBA player Frank Oleynick.

YOUTH GOLF LESSONS

Day: Wednesday or Saturday (5 weeks)
September 9 - October 14
(no class September 23)

Time: Course #
Wednesday 4:30 - 5:30 PM 7044
Saturday 3:00 - 4:00 PM 7045
Ages 8 - 14

Location: Oak Hills Park Golf Course
165 Fallow Street, Norwalk

Fee: 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.

JUNIOR PADDLE TENNIS LESSONS

Day: Wednesday, Thursday, or Saturday
(8 weeks)
October 14 - December 12
(no class November 26 & 28)

Time: Course #
Wednesday 4:00 - 5:00 PM Ages 7 - 10 6995
Wednesday 5:00 - 6:00 PM Ages 11 - 14 6996
Thursday 4:00 - 5:00 PM Ages 11 - 14 6997
Thursday 5:00 - 6:00 PM Ages 7 - 10 6998
Saturday 2:00 - 3:00 PM Ages 7 - 10 6999
Saturday 3:00 - 4:00 PM Ages 11 - 14 7000

Location: Weed Beach

Fee: Resident - \$215; Non-Res - \$258

These clinics are an introduction to the game of paddle tennis. Clinics will utilize fun drills and games to teach participants the rules and strategies of paddle tennis. Paddles will be provided, or participants may use their own.



FALL YOUTH PROGRAMS

CUPCAKE CLUB

Day: Tuesday (8 weeks)
September 22 - November 17 (no class November 3)

Time: 4:00 - 5:00 PM
Ages 5 - 11

Location: Mather Center, Room 205

Fee: Resident - \$260; Non-Res - \$310



Course #
7048



Do you love to bake? Join instructors from My Cupcake Party for a new class where every week we will create adorable seasonal themed cupcakes. We will cover basic frosting techniques to creating the perfect cupcake for fall, back to school, Halloween, Thanksgiving, winter and holidays. We will also have a cupcake wars competition! We will explore and demonstrate ways to effectively display your creations for maximum impact on your table. This class will provide all cupcakes, decorations and supplies. Note: This class contains allergens such as nuts, eggs, dairy and gluten.

LEGO IN MOTION

Day: Monday (4 weeks)
November 9 - 30

Time: 4:00 - 5:30 PM
Grades 1 - 3

Location: Mather Center, Room 205

Fee: Resident - \$120; Non-Res - \$144

Course #
6966



Calling all Lego enthusiasts and builders to this program. We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. This year will include all new models.

GIRLS YOGA

Days: Tuesday (12 weeks)
September 22 - December 8

Time: 3:00 - 3:50 PM Ages 11 - 14
4:00 - 4:50 PM Ages 7 - 10

Location: Elements Yoga & Wellness Center

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

Course #
7034
7033



Yoga is an excellent foundation for everything in life. It enhances sports training and dance; it increases strength and flexibility as well as increases attentiveness and awareness.

MAD SCIENCE

Day: Thursday (8 weeks)
September 17 - November 5

Time: 1:45 - 2:30 PM - Ages 3 - 5
4:00 - 5:00 PM - Ages 5 - 8

Location: Ages 3 - 5 - Town Hall, Room 119
Ages 5 - 8 - Mather Center, Room 205

Fee: Resident - \$180; Non-Res - \$215



Course #

6920

6921

Ages 3 - This program offers a different science experiment each week! Students will explore topics such as Butterflies, Dry Ice & Dinosaurs! Caregiver needs to stay in building during this class.

Ages 5 - 8 - Crazy Chemworks: This action packed STEM focused after-school program is bubbling over with classic experiments and crazy concoctions! Have bubbling, billowing, ice cold fun when you explore the changing states of matter. Perform spectacular hands-on activities using real laboratory tools. Witness stunning demonstrations and probe the properties of light with some spectacular glow-in-the-dark technology. Students join in inquiry-based discussions as they learn and apply concepts and techniques just like a real chemist. Amazing Mad Science take home items included with each class.

KARATE

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (11 weeks)
September 5 - November 20
(no class Sept. 7, 14, 23, Oct. 12, Nov. 3)

Time:

			<u>Course #</u>
Monday	4:00 - 4:45 PM	Ages 4 - 6	6948
Thursday	4:00 - 4:45 PM	Ages 4 - 6	6949
Saturday	9:00 - 9:45 AM	Ages 4 - 6	6950
Monday	4:45 - 5:30 PM	Ages 7 - 9	6951
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	6952
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	6953
Thursday	4:45 - 5:30 PM	Ages 7 - 9	6954
Friday	4:30 - 5:15 PM	Ages 7 - 9	6955
Saturday	9:45 - 10:30 AM	Ages 7 - 9	6956

Location: Darien Martial Arts Academy (346 Heights Road)

Fee: Resident - \$390; Non-Res - \$468

This program is for beginner students only or those that have taken the program through Parks & Rec. in the past. We will not meet when public schools are closed. Each participant will receive a complimentary uniform. Please contact Darien Martial Arts at 203-202-2764 for more info.

FALL YOUTH PROGRAMS

PLAYGROUND BOOT CAMP

Day: Friday (8 weeks)
September 18 - November 13
(no class October 30)

Time: 4:10 - 4:50 PM **Course #**
6944

Location: Weed Beach/Town Hall Gymnasium
Ages 6 - 12, boys & girls

Fee: Resident - \$120
Non-Resident - \$144



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 to each class. First four classes will meet at Weed Beach & the final four will meet at the Town Hall gymnasium.

YOGA HOOP DANCE @ WEED BEACH

Day: Friday (8 weeks)
September 18 - November 13
(no class October 30)

Time: 4:50 - 5:30 PM **Course #**
6945

Location: Weed Beach/TH Gym Ages 8 - 13, girls

Fee: Resident - \$120
Non-Resident - \$144



Hula Hoop Aerobics and dance conditioning class ends with yoga infused with Pilates! Girls will have a whirl of a time, on the beach, hooping it up to their favorite pop tunes using beautiful, specially designed hoops. Bodywise Hoops are handmade, slightly weighted, larger hoops, which makes learning hooping easier for beginners and challenging for the pro. We start with a dynamic warm up using the hoops, followed by hooping, hula hoop games, obstacle courses and learning 'hooping tricks'. Please bring a large beach towel & water bottle to class. First four classes will meet at Weed Beach & the final four will meet at the Town Hall gym.

WINTER YOUTH PROGRAMS

NEW LEVEL TENNIS LESSONS

Days: Monday or Thursday (8 weeks)
January 4 - March 7
(no class Jan. 18, Feb. 15 & 18)

<u>Times:</u>		<u>Course #</u>
Monday	12:15 - 1:00 PM	Ages 3 - 5 6854
	1:00 - 1:45 PM	Ages 3 & 4 6850
	1:45 - 2:30 PM	Ages 3 - 5 6851
Thursday	1:00 - 1:45 PM	Ages 3 & 4 6855
	1:45 - 2:30 PM	Ages 3 & 4 6852
	2:30 - 3:15 PM	Ages 4 & 5 6853

Location: Town Hall Gymnasium

Fee: Resident - \$125; Non-Res - \$150



Classes will utilize fun drills, coordination exercises, and age appropriate games to enhance student's understanding and aptitude for tennis. Lessons are intended to be a fun introduction to the game of tennis.

BLUE WAVE KICKERS LITTLE ATHLETES

Day: Wednesday or Thursday (6 weeks)
December 2 - January 21
(no class Dec. 23, 24, 30, 31)

<u>Times:</u>		<u>Course #</u>
Wednesday	1:30 - 2:15 PM	Ages 3 - 5 6891
Thursday	1:15 - 2:00 PM	Ages 3 - 5 6892
February 3 - March 17 (no class Feb. 17 & 18)		
Wednesday	1:30 - 2:15 PM	Ages 3 - 5 6893
Thursday	1:15 - 2:00 PM	Ages 3 - 5 6894

Location: Town Hall Gymnasium

Fee: Resident - \$120; Non-Res - \$144



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, basketball and t-ball.

WINTER YOUTH PROGRAMS

BLUE WAVE KICKERS SOCCER ACADEMY

Day: Tuesday, Thursday or Saturday (8 weeks)
January 5 - March 5
(no class February 16, 18 & 20)

<u>Times:</u>			<u>Course #</u>
Tuesday	4:00 - 5:00 PM	Grades K & 1 - Boys	6895
Tuesday	4:00 - 5:00 PM	Grade 2 - Boys	6896
Tuesday	5:00 - 6:00 PM	Grades K & 1 - Girls	6897
Tuesday	5:00 - 6:00 PM	Grade 2 - Girls	6898
Tuesday	6:00 - 7:00 PM	Grades 3 & 4 - Boys	6899
Thursday	4:00 - 5:00 PM	Grade 3 & 4 - Girls	6901
Thursday	4:00 - 5:00 PM	Grades 3 - 6 Boys & Girls Finishing Clinic	6902
Thursday	5:00 - 6:00 PM	Grades 5 & 6 - Girls	6903
Thursday	5:00 - 6:00 PM	Grades 3 - 6 Boys & Girls Foot Skills	6904
Saturday	12:30 - 1:30 PM	Grades K - 2 - Boys	6906
Saturday	12:30 - 1:30 PM	Grades K - 2 - Girls	6907

Location: Town Hall Gymnasium

Fee: Resident - \$170; Non-Res - \$204



The Blue Wave Kickers Winter Soccer Academy will be run by Jon Bradley, Head Boys Varsity soccer coach at Darien High School & 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 sessions will consist of 30 minutes skill training and 30 minutes playing.

TINY TOTS SOCCER

Days: Tuesday, Wednesday Friday, or Saturday
(6 weeks)
December 1 - January 23
(no class Dec. 4, 23 - 31, Jan. 1 & 18)

<u>Time:</u>			<u>Course #</u>
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	6870
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	6871
Friday	1:15 - 2:00 PM	Ages 3 - 5	6873
Saturday	11:45 AM - 12:30 PM	Ages 3 - 5	6874
Saturday	11:45 AM - 12:30 PM	Ages 2 & 3*	6875

February 2 - March 19
(no class February 16 - 20)

<u>Time:</u>			<u>Course #</u>
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	6884
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	6885
Friday	1:15 - 2:00 PM	Ages 3 - 5	6886
Saturday	11:45 AM - 12:30 PM	Ages 3 - 5	6887
Saturday	11:45 AM - 12:30 PM	Ages 2 & 3*	6888

Location: Town Hall Gymnasium

Fee: Resident - \$120; Non-Res - \$144

Blue Wave Kickers Tiny Tots soccer 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. Program is run by Jon Bradley, DHS varsity boys soccer coach.



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

WINTER YOUTH PROGRAMS

FUTURE STARS BASKETBALL

Day: Monday (8 weeks)
January 4 - March 7
(no class January 18 & February 15)

Time: 4:00 - 5:30 PM **Course #**
Ages 5 - 10 6915

Location: Town Hall Gymnasium 

Fee: Resident - \$215
Non-Resident - \$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.

This program will include Future Stars' "Lessons of Life" educational program and will be run by former college star and NBA player Frank Oleynick.

KARATE

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (11 weeks)
November 30 - March 5 (no class Dec. 24-31, Jan. 1, 18, Feb. 15 - 20)

Time: **Course #**

Monday	4:00 - 4:45 PM	Ages 4 - 6	6957
Thursday	4:00 - 4:45 PM	Ages 4 - 6	6958
Saturday	9:00 - 9:45 AM	Ages 4 - 6	6959
Monday	4:45 - 5:30 PM	Ages 7 - 9	6960
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	6961
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	6962
Thursday	4:45 - 5:30 PM	Ages 7 - 9	6963
Friday	4:30 - 5:15 PM	Ages 7 - 9	6964
Saturday	9:45 - 10:30 AM	Ages 7 - 9	6965

Location: Darien Martial Arts Academy (346 Heights Road)

Fee: Resident - \$390; Non-Res - \$468 

This program is for beginner students only or those that have taken the program through Parks & Rec. in the past. We will not meet when public schools are closed. Each participant will receive a complimentary uniform. Please contact Darien Martial Arts at 203-202-2764 for more info.

CUPCAKE CLUB

Day: Tuesday (8 weeks)
February 9 - April 5
(no class February 16)

Time: 4:00 - 5:00 PM **Course #**
Ages 5 - 11 7049

Location: Mather Center, Room 205

Fee: Resident - \$260; Non-Res - \$310

Do you love to bake? Join instructors from My Cupcake Party for a new class where every week we will create adorable seasonal themed cupcakes. We will cover basic frosting techniques to creating the perfect cupcake for fall, back to school, Halloween, Thanksgiving, winter and holidays. We will also have a cupcake wars competition! We will explore and demonstrate ways to effectively display your creations for maximum impact on your table. This class will provide all cupcakes, decorations and supplies.

Note: This class contains allergens such as nuts, eggs, dairy and gluten.



GIRLS YOGA

Days: Tuesday (12 weeks)
January 12 - April 5
(no class February 16)

Time: **Course #**

3:00 - 3:50 PM	Ages 11 - 14	7040
4:00 - 4:50 PM	Ages 7 - 10	7039

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

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

Yoga is an excellent foundation for everything in life. It enhances sports training and dance; it increases strength and flexibility as well as increases attentiveness and awareness. Your child will also learn to cherish the art of meditation and will relish in the relaxation component that is present in each and every class.

WINTER YOUTH PROGRAMS

GUITAR LESSONS

<u>Day:</u>	Wednesday (8 weeks) January 6 - March 2 (no class February 17)	
<u>Time:</u>	4:00 - 5:00 PM - Beginner	<u>Course #</u> 6937
	5:00 - 6:00 PM - Beginner	6938
	6:00 - 7:00 PM - Intermediate	6939
	Ages 8 - 15	
<u>Location:</u>	Mather Center, Room 133	
<u>Fee:</u>	Resident - \$245 Non-Resident - \$294	

Want to be the next American idol? Now's your chance to get a start! Learn chords, scales, theory and, best of all, learn to play your favorite songs!!! Guitars will be provided for all students to use during their lessons. Rentals are also available - for more information contact Shane O'Reilly at 203-500-5916 or shaneguitartennis@yahoo.com

PIANO LESSONS

<u>Day:</u>	Tuesday (9 weeks) January 5 - March 8 (no class February 16)	
<u>Time:</u>	4:00 - 5:00 PM - 6 - 13 yrs. Level 1	<u>Course #</u> 6928
	5:00 - 6:00 PM - 6 - 13 yrs. Level 2	6929
	6:00 - 7:00 PM - 6 - 13 yrs. Level 3	6930
	7:00 - 8:00 PM - All ages Advanced	6931
	(must have completed levels 1 - 3)	
<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) January 7 - March 3 (no class February 18)	
<u>Time:</u>	4:00 - 5:00 PM - Beginner	<u>Course #</u> 6942
	5:00 - 6:00 PM - Beginner	6943
	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.

FEBRUARY VACATION CAMP

<u>Dates:</u>	February 16 - 19	
		<u>Course #</u>
Tuesday - Friday	9:00 AM - 4:00 PM	7021
Tuesday - Friday	9:00 AM - Noon	7022
Tuesday Only	9:00 AM - 4:00 PM	7023
Wednesday Only	9:00 AM - 4:00 PM	7024
Thursday Only	9:00 AM - 4:00 PM	7025
Friday Only	9:00 AM - 4:00 PM	7026
<u>Location:</u>	Town Hall Gymnasium	
<u>Fee:</u>	\$245 - Tuesday - Friday (full day)	
	\$130 - Tuesday - Friday (morning)	
	\$65 (daily)	

This variety sports camp for children ages 5 - 12 includes instruction in the fundamentals of such traditional sports as basketball and soccer as well as utilizing Overtime Athletics signature curriculum incorporating non-traditional sports.

WINTER YOUTH PROGRAMS

MAD SCIENCE

<u>Day:</u>	Thursday (8 weeks) January 7 - March 3 (no class February 18)	
		<u>Course #</u>
<u>Time:</u>	1:45 - 2:30 PM - Ages 3 - 5	6922
	4:00 - 5:00 PM - Ages 5 - 8	6923
<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 - Ages 3 - This program offers a different science experiment each week! Students will explore topics such as Butterflies, Dry Ice & Dinosaurs! Caregiver needs to stay in building during this class.

Ages 5 - 8 - Freaky Physics, Forces & Flights: With a focus on STEM learning, play engineer, chemist and stunt pilot! Children will investigate physics fundamentals and bring their scientific minds to learn secrets behind basic magic tricks. Your Mad Scientists will be shocked by what they learn about electricity, blown away by their experiments with air pressure, and swept away by the excitement of working with waves. Children discover the forces of flight, navigate electrical mazes and work as a junior engineer as they build triangles, cylinders and arches that make buildings and skyscrapers.

LEGO IN MOTION

<u>Day:</u>	Monday (4 weeks) February 1 - 29 (no class February 15)	<u>Course #</u> 6967
<u>Time:</u>	4:00 - 5:30 PM	
	Grades 1 - 3	
<u>Location:</u>	Mather Center, Room 205	
<u>Fee:</u>	Resident - \$120; Non-Resident - \$144	



Calling all Lego enthusiasts and builders to this program. We put fun in motion as students learn how to use wheels and axles, motors, kinetic energy and balance to create numerous contraptions which will be powered with motors and battery packs. This year will include all new models.

MINECRAFT ADVENTURE

<u>Day:</u>	Wednesday (4 weeks) January 6 - 27	<u>Course #</u> 6970
<u>Time:</u>	4:00 - 5:30 PM	
	Grades 3 - 6	
<u>Location:</u>	Mather Center, Room 205	
<u>Fee:</u>	Resident - \$120; Non-Resident - \$144	



Imagine playing the popular game Minecraft while learning! Students will access a proprietary MinecraftEdu mod created for this class to address all of the 21st century skills: critical thinking, creativity, problem solving, decision making, collaboration, communication, ICT literacy and more. Come hang with your friends as you mine, craft and build together to survive!

VIDEO GAME DESIGN

<u>Day:</u>	Wednesday (4 weeks) February 3 - March 2 (no class February 17)	<u>Course #</u> 6971
<u>Time:</u>	4:00 - 5:30 PM	
	Grades 3 - 6	
<u>Location:</u>	Mather Center, Room 205	
<u>Fee:</u>	Resident - \$120; Non-Resident - \$144	



Students will be using the software program 'Scratch' developed by MIT Media Institute to create animation, music videos, Pac man-like video games and more. Creations from this class along with a copy of this software will be sent home so they can continue to have fun!

WINTER YOUTH PROGRAMS

CODING IN MINECRAFT

Day: Monday (4 weeks)
March 7 - April 4
(no class March 28)

Course #
6972

Time: 4:00 - 5:30 PM

Grades 3 - 6

Location: Mather Center, Room 205

Fee: Resident - \$120;
Non-Resident - \$144



This class is more than just "mining" and "crafting" in Minecraft. Students will conceptualize, design and learn how to create mods and modify the game using an easy drop and drag interface. This is a fun introduction to computer programming. Share your mods with your friends and learn together.

BOYS INDOOR SOCCER

Day: Monday, Wednesday or Saturday (8 weeks)
January 4 - March 7
(no class Jan. 18, Feb. 15, 17, 20)

Course #

<u>Time:</u> Monday	5:45 - 7:00 PM	Grades 8 - 12	6908
Wednesday	4:00 - 5:15 PM	Grades 5 - 7	6909
Wednesday	5:15 - 6:30 PM	Grades 8 - 12	6910
Saturday	1:45 - 3:00 PM	Grades 8 - 12	6911

Location: Town Hall Gymnasium

Fee: Resident - \$190; Non-Resident - \$238

DHS Boys' Varsity Coach Jon Bradley will offer this popular boys soccer clinic. Focus will be on skill refinement on both offense & defense and will include game play.



LEGO ROBOTICS

Day: Wednesday (4 weeks)
March 16 - April 6

Course #
6968

Time: 4:00 - 5:30 PM

Grades 3 - 5

Location: Mather Center, Room 205

Fee: Resident - \$120;
Non-Resident - \$144

Designed by the MIT Media Lab, Lego® WeDo Robotics introduces young children to the world of construction and computer programming. Building with colorful Lego bricks, electric motors and sensors, the robots are brought to life in a simple drop and drag computer programming environment. This year will include all new models.



GIRLS INDOOR SOCCER

Day: Thursday (8 weeks)
January 7 - March 3
(no class Feb. 18)

Course #
6912

Time: 7:00 - 8:15 PM

Grades 8 - 12

Location: Town Hall Gymnasium

Fee: Resident - \$190; Non-Resident - \$238

Darien High School Girls' Varsity Coach Leigh Parsons will offer this popular girls soccer clinic. This soccer program will focus on skill refinement on both offense and defense and will include game play.



WINTER YOUTH PROGRAMS

FIT FRIDAYS - BOYS & GIRLS

Day: Friday (8 weeks)
January 8 - March 4
(no class February 19)

Time: 4:10 - 4:50 PM

Location: Town Hall Gymnasium

Fee: Resident - \$120;
Non-Resident - \$144

Course #
6946

Ages 6 - 12



Rebounding, Zumba, Hula Hoop Dance, Yoga/Yoga Circus and Boogie Box Kids with Jump Rope Sports (single & Chinese) are all added to the mix in this fun high energy, and never boring fitness program for kids that includes age appropriate nutrition and healthy lifestyle education. Our exercise topic will change every two weeks so the children can experience many different way to exercise & stay fit.

JUNIOR PADDLE TENNIS LESSONS

Day: Wednesday, Thursday, or Saturday
(8 weeks)
January 6 - March 5
(no class February 17, 18, 20)

Time: 4:00 - 5:00 PM Ages 7 - 10 Course # 7015
5:00 - 6:00 PM Ages 11 - 14 Course # 7016

Thursday 4:00 - 5:00 PM Ages 11 - 14 Course # 7017
Thursday 5:00 - 6:00 PM Ages 7 - 10 Course # 7018

Saturday 2:00 - 3:00 PM Ages 7 - 10 Course # 7019
Saturday 3:00 - 4:00 PM Ages 11 - 14 Course # 7020

Location: Weed Beach

Fee: Resident - \$215; Non-Res - \$258

These clinics are an introduction to the game of paddle tennis. Clinics will utilize fun drills and games to teach participants the rules and strategies of paddle tennis. Paddles will be provided, or participants may use their own.

FIT FRIDAYS - GIRLS

Day: Friday (8 weeks)
January 8 - March 4
(no class February 19)

Time: 4:50 - 5:30 PM

Location: Town Hall Gymnasium

Fee: Resident - \$120;
Non-Resident - \$144

Course #
6947

Ages 6 - 12



Girls only class will combine Rebounding, Hooping/Boot Camp/Flexibility Training, a new fitness venue called 'Drums Alive' (cardio Drumming class using stability balls and drum sticks) and Piloxing (Kick Boxing/pilates) for a fun, never boring Fitness program that is sure to please. Nutrition & healthy lifestyle education also included.

HORSES 101

Days: Sunday (4 weeks)
February 28 - March 20

Time: Sunday 12:30 - 1:30 PM

Location: Mead Farm (107 June Road, Stamford)

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

Course #
6919

Ages 5 - 14

Each session includes a 1/2 hour horseback riding lesson in an outdoor ring and 1/2 hour horsemanship class covering general horse care, grooming, tacking & untacking. Requirements include a signed waiver, long pants & boots with heels. Mead Farm can supply riding helmets or participants may bring their own.

This program is designed for beginning riders (those who have not taken lessons at Mead Farm or through Parks & Recreation). Lessons are held outside, so please dress in warm clothes!



ADULT PROGRAMS

ADULT TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (7 weeks)
September 8 - November 9 (no class Sept. 14, 23 & Oct. 12)

<u>Times:</u>			<u>Course #</u>
Saturday	9:00 - 10:30 AM	Advanced	6813
Saturday	9:00 - 10:30 AM	Intermediate	6814
Saturday	10:30 AM - Noon	Low Inter.	6815
Saturday	10:30 AM - Noon	Advanced	6816
Monday	9:15 - 10:45 AM	Beginner	6791
Monday	9:15 - 10:45 AM	Intermediate	6792
Monday	10:45 AM - 12:15 PM	Low Inter.	6793
Monday	10:45 AM - 12:15 PM	Intermediate	6794
*Monday	12:15 - 1:15 PM	Intermediate	6800
Tuesday	9:15 - 10:45 AM	Low Inter.	6808
Tuesday	9:15 - 10:45 AM	Intermediate	6809
Tuesday	10:45 AM - 12:15 PM	Advanced	6803
Tuesday	10:45 AM - 12:15 PM	Intermediate	6795
*Tuesday	12:15 - 1:15 PM	Low Inter.	6804
Wednesday	9:15 - 10:45 AM	Low Inter.	6805
Wednesday	9:15 - 10:45 AM	Advanced	6806
Wednesday	10:45 AM - 12:15 PM	Beginner	6796
Wednesday	10:45 AM - 12:15 PM	Intermediate	6807
*Wednesday	12:15 - 1:15 PM	Advanced	6801
Thursday	9:15 - 10:45 AM	Advanced	6797
Thursday	9:15 - 10:45 AM	Intermediate	6817
Thursday	10:45 AM - 12:15 PM	Low Inter.	6798
Thursday	10:45 AM - 12:15 PM	Intermediate	6818
*Thursday	12:15 - 1:15 PM	Intermediate	6802
Friday	9:15 - 10:45 AM	Intermediate	6810
Friday	9:15 - 10:45 AM	Advanced	6811
Friday	10:45 AM - 12:15 PM	Beginner	6812
Friday	10:45 AM - 12:15 PM	Intermediate	6799

Location: Weed Beach

Fee: Residents - \$230; Non-Res - \$276 - mornings (1.5hr)
* Residents - \$200; Non-Res - \$240 (maximum 3 participants)

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

Please visit us at www.darienct.gov/parkrec for weather-related make-up dates.

ADULT PADDLE TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Friday or Saturday
Fall (8 weeks)
October 13 - December 12
(no class Nov. 3, 27 & 28)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Beginner/Adv. Beg.	7027
Monday	10:30 AM - Noon	Inter./Advanced	7028
Monday	7:00 - 8:30 PM	Beginner/Adv. Beg.	6976
Monday	8:30 - 10:00 PM	Inter./Advanced	6977
Tuesday	9:00 - 10:30 AM	Inter./Advanced	6978
Tuesday	10:30 AM - Noon	Beginner/Adv. Beg.	6979
Wed.	9:00 - 10:30 AM	Beginner/Adv. Beg.	6980
Wed.	10:30 AM - Noon	Inter./Advanced	6981
Wed.	7:00 - 8:30 PM	Inter./Advanced	6982
Wed.	8:30 - 10:00 PM	Beginner/Adv. Beg.	6983
Friday	9:00 - 10:30 AM	Inter./Advanced	6984
Friday	10:30 AM - Noon	Beginner/Adv. Beg.	6985
Saturday	11:00 AM - 12:30 PM	Inter./Advanced	6986
Saturday	12:30 - 2:00 PM	Beginner/Adv. Beg.	6987

Winter (8 weeks)
January 4 - March 7
(no class Jan. 18, Feb. 15 - 20)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Beginner/Adv. Beg.	7029
Monday	10:30 AM - Noon	Inter./Advanced	7030
Monday	7:00 - 8:30 PM	Beginner/Adv. Beg.	7001
Monday	8:30 - 10:00 PM	Inter./Advanced	7002
Tuesday	9:00 - 10:30 AM	Inter./Advanced	7003
Tuesday	10:30 AM - Noon	Beginner/Adv. Beg.	7004
Wed.	9:00 - 10:30 AM	Beginner/Adv. Beg.	7005
Wed.	10:30 AM - Noon	Inter./Advanced	7006
Wed.	7:00 - 8:30 PM	Inter./Advanced	7007
Wed.	8:30 - 10:00 PM	Beginner/Adv. Beg.	7008
Friday	9:00 - 10:30 AM	Inter./Advanced	7009
Friday	10:30 AM - Noon	Beginner/Adv. Beg.	7010
Saturday	11:00 AM - 12:30 PM	Inter./Advanced	7011
Saturday	12:30 - 2:00 PM	Beginner/Adv. Beg.	7012

Location: Weed Beach

Fee: Resident - \$320; Non-Resident - \$384

Clinics will focus on stroke production, strategy and teamwork with a mixture of high intensity drills, point-situation drills, technique work and match play.

ADULT PROGRAMS

HIIT 2B FIT! W/NICHOLE MALKIEL

Dates:

Fall

September 9 - December 14 (14 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7050
M/W	6:00 - 7:00 AM	Weed Beach	7051
W/F	6:00 - 7:00 AM	Weed Beach	7052
M/W/F	9:30 - 10:30 AM	Weed Beach	7053
M/W	9:30 - 10:30 AM	Weed Beach	7054
W/F	9:30 - 10:30 AM	Weed Beach	7055
Monday	6:00 - 7:00 AM	Weed Beach	7056
Monday	9:30 - 10:30 AM	Weed Beach	7057
Wednesday	6:00 - 7:00 AM	Weed Beach	7059
Wednesday	9:30 - 10:30 AM	Weed Beach	7060
Friday	6:00 - 7:00 AM	Weed Beach	7061
Friday	9:30 - 10:30 AM	Weed Beach	7062
Wed (Running)	8:00 AM	Pear Tree	7058

Fee (Fall):

Early Bird

Regular Rate

	Res/Non-Res	Res/Non-Res
1 Day	\$191/\$229	\$225/\$270
2 Day	\$374/\$449	\$440/\$528
3 Day	\$561/\$673	\$660/\$792
Running Class	\$119/\$143	\$140/\$168

Early bird registration ends September 3.

Winter

January 4 - April 1 (13 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7063
M/W	6:00 - 7:00 AM	Weed Beach	7064
W/F	6:00 - 7:00 AM	Weed Beach	7065
M/W/F	9:30 - 10:30 AM	Weed Beach	7066
M/W	9:30 - 10:30 AM	Weed Beach	7067
W/F	9:30 - 10:30 AM	Weed Beach	7068
Monday	6:00 - 7:00 AM	Weed Beach	7069
Monday	9:30 - 10:30 AM	Weed Beach	7070
Wednesday	6:00 - 7:00 AM	Weed Beach	7071
Wednesday	9:30 - 10:30 AM	Weed Beach	7072
Friday	6:00 - 7:00 AM	Weed Beach	7073
Friday	9:30 - 10:30 AM	Weed Beach	7074
Wed (Running)	8:00 AM	Pear Tree	7075

Fee (Winter):

Early Bird

Regular Rate

	Res/Non-Res	Res/Non-Res
1 Day	\$177/\$212	\$208/\$250
2 Day	\$353/\$423	\$415/\$498
3 Day	\$527/\$632	\$620/\$744
Running Class	\$102/\$122	\$120/\$144

Early bird registration ends December 23.

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

ADULT PADDLE TENNIS CAMPS

Day/Time:

Course #

Sat., Sept. 26	3:00 - 5:00 PM - FREE CLINIC	6973
Th., Oct. 1	9:00 AM - Noon	6974
Th., Oct. 1	Noon - 3:00 PM	6975
Th., Oct. 1	7:00 - 10:00 PM	6989
Sat., Oct. 3	9:00 AM - Noon	6990
Sat., Oct. 3	1:00 - 4:00 PM	6991
Sun., Oct. 4	9:00 AM - Noon	6992

Location:

Weed Beach



Fee:

Resident - \$110; Non-Res - \$130

Start your paddle season off with some great instruction and a lot of fun! Camp will include all aspects of the game and is a great "tune-up" for the winter season. September 26th is a free clinic & exhibition. These are paddle camps with nationally recognized instructors.

GUITAR LESSONS

Day:

Wednesday (8 weeks)

Course #

Fall	September 16 - November 18 (no class September 23 & November 11)	6935
Winter	January 6 - March 2 (no class February 17)	6936

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!!! Classes will focus on providing a high level of instruction in a fun, cooperative atmosphere. Guitars will be provided during lessons. Rentals also available.

BEGINNER'S YOGA

Day:

Saturday (6 weeks)

Course #

Fall	September 26 - October 31	7037
Winter	January 23 - February 27	7042

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.

ADULT PROGRAMS

GOLF LESSONS

<u>Day:</u>	Tuesday or Saturday (5 weeks) September 8 - October 10	<u>Course #</u>
	Tuesday 10:00 - 11:00 AM	7046
	Saturday 2:00 - 3:00 PM	7047

Location: Oak Hills Park Golf Course
165 Fillow Street, Norwalk



Fee: 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 & etiquette. Lessons taught by PGA Certified Professional Paul Alexander.

BACK CARE CLASS

<u>Day:</u>	Thursday	<u>Course #</u>
	October 22	7035

Time: 7:30 - 8:30 PM

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

Fee: Resident - \$25; Non-Res - \$30

This course will be taught by the owner of Elements Yoga, Bruce Bassock. This practical and effective workshop will teach you how to treat and prevent back pain through a number of yoga poses and simple exercises. In addition, breathing techniques will be taught in order to calm the nervous system as a way of releasing accumulated stress & tension that can contribute to back pain.

PRE-NATAL YOGA

<u>Day:</u>	Monday (8 weeks)	<u>Course #</u>
Fall	September 21 - November 9	7038

Winter	January 11 - February 29	7043
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Time: 7:15 - 8:30 PM

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



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

Pregnancy is a time to explore gentle movement and to practice yoga exercises that will help you stay comfortable during your pregnancy and relaxed during labor and delivery. We will explore useful breathing techniques and will practice yoga that is safe and extremely beneficial for the mom-to-be.

CORE YOGA

<u>Day:</u>	Wednesday (10 weeks)	<u>Course #</u>
Fall	September 30 - December 2	7036

Winter	January 13 - March 16	7041
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Time: 7:30 - 8:30 PM

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

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

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.



ADULT DROP IN BASKETBALL

<u>Day:</u>	Tuesday
	September 15, 2015 - August 30, 2016 (does not meet November 3)

Time: 7:30 - 9:30 PM

Location: Town Hall Gymnasium



Fee: Resident - \$65; Non-Res - \$110

Course #
7031

This program is an informal drop-in. All participants must register in the office before playing.

CO-ED DROP IN VOLLEYBALL

<u>Day:</u>	Monday
	September 14, 2015 - August 29, 2016 (does not meet Oct. 12, Nov. 2, Jan. 18, Feb. 15, May 30, July 4)

Time: 7:30 - 10:00 PM

Location: Town Hall Gymnasium



Fee: Resident - \$65; Non-Res - \$110

Course #
7032

Informal volleyball program for participants to bump, set and spike in a friendly, non-competitive atmosphere. Participants must register in the office prior to playing.



PARKS & RECREATION PROGRAM REGISTRATION FORM

(Please Print and Fill Out Completely)

Resident Registration begins
Thursday, August 27th

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 fall/winter)	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 activity program, trip 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 PROGRAM @ MATHER CENTER

MISSION STATEMENT

The mission of the Darien Senior Program is to nurture the physical, intellectual and social well-being of the senior community aged 55 or older 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 that 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

Address: 2 Renshaw Road, Mather Center

General Phone: 203-656-7490

Days: Monday through Friday

Hours of Operation: 9:00-3:00

(No Classes: 2015 - September 7, October 12, November 11, 26 & 27, December 24, 25 & 31. In 2016 - January 1 & 18, February 15, March 25)

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

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 Strengthen
Tai Chi, \$4/Class
Wii Bowling
Yoga, \$4/Class



ARTS & CRAFTS

Acrylic Painting, \$4/Class
Assorted Crafts
Oil Painting, \$4/Class
Knitting/Crochet and Needlepoint
Sketching, \$4/Class
Stained Glass
Watercolor Painting, \$4/Class

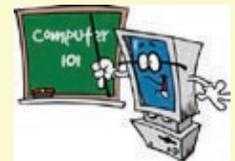


LANGUAGES

Italian Conversation
Beginner Spanish \$5/Class
Intermediate Spanish \$5/Class

DISCUSSION GROUPS & CLASSES

Brain Twisters & Teasers
Computer Class
Computer Help
Current Events
"Let's Talk"/Family Centers
Health & Wellness Lectures
Historical Discussions
Reminisce, Remember & Reflect
Short Story Discussion
Writing Class



GAMES

Beginner Bridge, \$12/class
Intermediate Bridge, \$12/class
Mahjong
Newplicate Bridge, \$12/class
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 Program.

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.

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.

DARIEN SENIOR PROGRAM @ MATHER CENTER

DAILY LUNCH

Full dinner is offered daily promptly at 12:00. 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 advance 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 items 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

Welcome Desk/Reservations
Computer Assistants
Instructors/Group Leaders
Woodshop Repair Workers

Crafters
Event Planners
Lunch Host/Hostess
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 Program and Town Hall outside of the Human Services Office. It is also online at www.darienct.gov/seniors.

MONTHLY SERVICES

Ask a Lawyer
Ask a Nurse
Blood Pressure
Ask a Social Worker



Musical Entertainments offered throughout the month by quality performers please check the newsletter!

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.

GREAT OPPORTUNITIES

Health & Wellness Information + Free Lunch

The Darien Senior Program will be hosting health and well-being programs monthly throughout the year. **The Stamford Hospital Physicians Speakers Bureau, CT Pharmacy, Visiting Nurse & Hospice of Fairfield County and Ridgefield Visiting Nurse Association** will all be presenting health based lectures on a variety of topics. Many programs provide a complimentary lunch. See Newsletter for dates and times. Lunch is served at noon. Reservations are a must as these are very popular programs. 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.

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.



LET'S GO DARIEN!

RT Luxury Motorcoach Transportation



CHRISTMAS IN NEWPORT

Sunday, December 6, 2015 \$80 Course #7076

Come view some of the most magnificent Mansions.

- Tour **The Breakers**, the grandest of Newport's 'cottages' featuring "Sunday Afternoon" holiday entertainment. Enjoy a 10 mile highlight tour along Ocean Drive with spectacular views of mansions decorated for the holidays!
- Spend time holiday shopping at Bowen's Wharf



WEST POINT PARADE

Saturday, April 30, 2016 \$100 Course #7079

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 bountiful buffet
- Guided tour of West Point



9/11 MEMORIAL & LITTLY ITALY

Thursday, May 19, 2016 \$80 Course #7080

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



the museum. Afterwards, spend the afternoon touring Little Italy and enjoying lunch at the best Italian eateries in New York City!

BOSTON FLOWER SHOW & QUINCY MARKET

Saturday, March 19, 2016 \$80 Course #7077

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 the hundreds of floral arrangement & plant displays.
- Visit Haymarket Square & Quincy Market, one of the largest market complexes in the US!



LOBSTER BAKE ON CAPE ANN

Saturday, June 11, 2016 \$125 Course #7081

Marvel at the spectacular seascapes and feast on a traditional Lobster Bake luncheon at the Gloucester House! (Chicken and steak also available.)



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 \$410 DBL Course #7078

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



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



WINERIES OF LONG ISLAND

Sunday, September 11, 2016

\$105 Course #7082

Set out on an adventure to three distinguished wineries on the North Shore of Long Island with wine samplings along the way!

- **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**



Summer Memories 2015



RESIDENTIAL CUSTOMER

Weed Beach Paddle Tennis

Come out this winter and participate in the exciting game of paddle tennis!

The Parks and Recreation Department has five paddle tennis courts and a wonderful paddle building located at Weed Beach Park. The 2015 - 2016 season begins Monday, October 12th and concludes Saturday, March 26th. Advance block time is available with a lottery deadline of September 18th. Forms may be found on the Parks & Recreation website at www.darienct.gov/parkrec. To reserve a court, please visit the Parks & Recreation website or reserve in-person at the courts. The court supervisor can be reached starting October 12th at 203-656-7350.

Please call the Parks and Recreation Department at 203-656-7325 or visit us online at www.darienct.gov/parkrec for more information on paddle tennis, including reserving courts and the building for a paddle party. The paddle building now has air conditioning and can be reserved in the off-season (April - September) for birthday parties or family gatherings!



Hours of operation at the paddle courts:

Monday - Friday	9 AM - 10 PM
Saturday	8 AM - 10 PM
Sunday	8 AM - 6 PM



Darien Youth Commission

For information about Youth Commission sponsored activities and events including 6th, 7th & 8th Grade TOPS program; Annual Halloween Window Painting Contest; Community-Wide movie; Arts Festival & more, be certain to visit the DYC website: www.darienct.gov/yc.

