

# Darien

## Parks and Recreation Department & Senior Activities Center

### Fall 2011 ❄️ Winter 2012



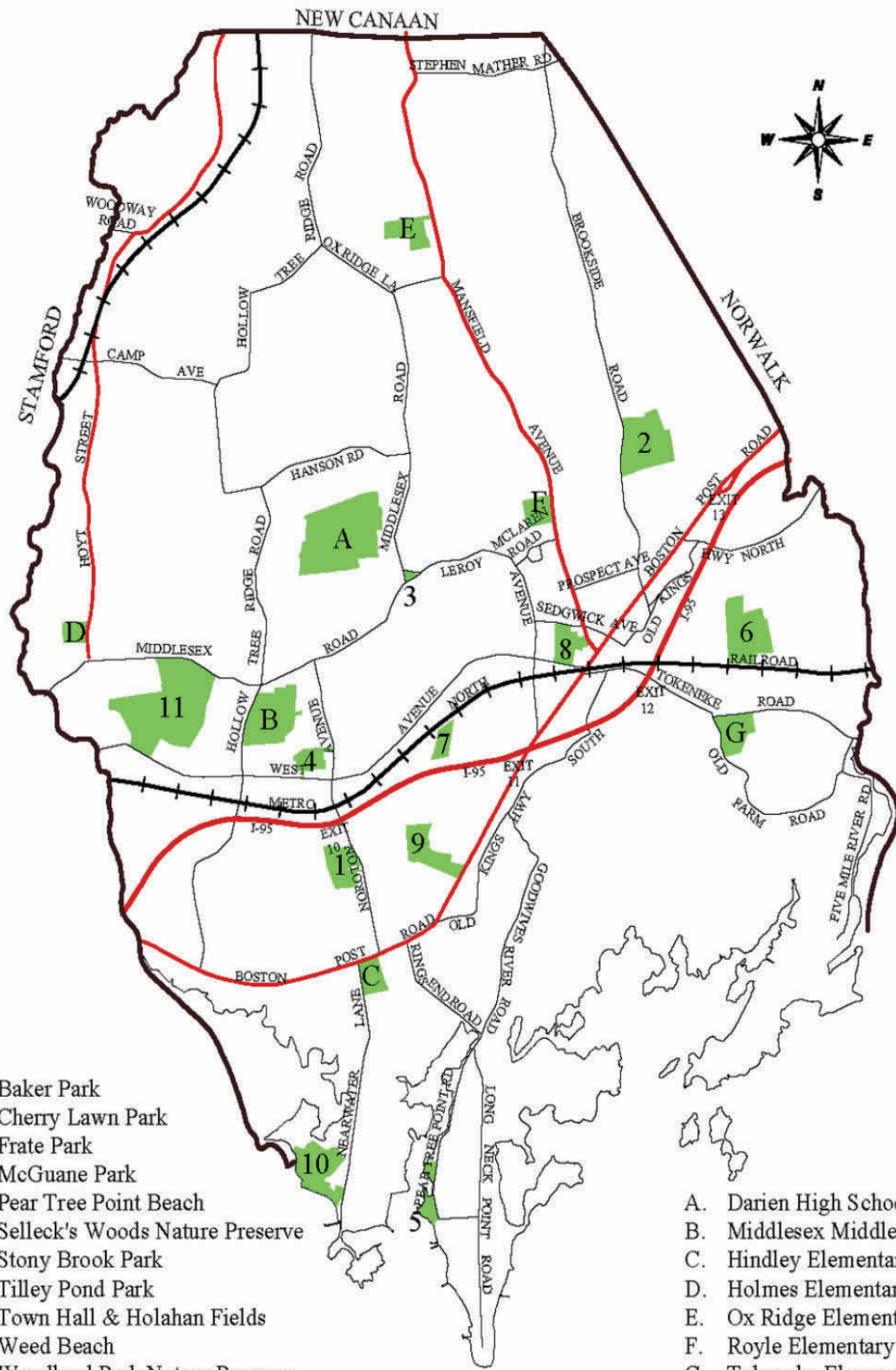
Resident registration for  
fall AND winter  
Parks & Rec programs  
begins August 30th

*Darien Senior Center - by Nobuko Miki*

[www.darientc.gov/parkrec](http://www.darientc.gov/parkrec)

Movie at Pear Tree Point Beach • Toy Story 3 • Friday, September 2nd (dusk)

# MAP OF TOWN PARKS/SCHOOLS



1. Baker Park
2. Cherry Lawn Park
3. Frate Park
4. McGuane Park
5. Pear Tree Point Beach
6. Selleck's Woods Nature Preserve
7. Stony Brook Park
8. Tilley Pond Park
9. Town Hall & Holahan Fields
10. Weed Beach
11. Woodland Park Nature Preserve

- A. Darien High School
- B. Middlesex Middle School
- C. Hindley Elementary School
- D. Holmes Elementary School
- E. Ox Ridge Elementary School
- F. Royle Elementary School
- G. Tokeneke Elementary School

## Town of Darien Parks and Recreation Guide

<b>Parks And Recreation Facilities</b>	<b>Address</b>	<b>Acres</b>	<b>Baseball</b>	<b>Basketball</b>	<b>Boat Launch</b>	<b>Community Gardens</b>	<b>Fishing</b>	<b>Football</b>	<b>Gazebo</b>	<b>Hiking/Walking</b>	<b>Ice Skating</b>	<b>Lacrosse</b>	<b>Open Space</b>	<b>Paddle Tennis Cts.</b>	<b>Parking</b>	<b>Picnic Area</b>	<b>Playground</b>	<b>Soccer</b>	<b>Softball</b>	<b>Swimming</b>	<b>Tennis</b>	<b>Volleyball</b>	
<b>Baker Park (1)</b>	75 Noroton Ave.	11.72										*	*		*		*	*	*				
<b>Cherry Lawn Park (2)</b>	120 Brookside Rd.	27.5	*	*		*	*		*		*		*		*	*	*	*	*		*		
<b>Frate Park (3)</b>	Corner of Middlesex Rd. & Leroy Ave.	.83											*										
<b>McGuane Park (4)</b>	221 Noroton Ave.	7.5	*										*		*	*	*	*	*				
<b>Pear Tree Point Beach (5)</b>	127 Pear Tree Point Rd.	7.95			*		*		*						*	*				*			
<b>Selleck's Woods Nature Preserve (6)</b>	Little Brook Rd.	28.093								*			*		*								
<b>Stony Brook Park (7)</b>	Ledge Rd.	11.3								*			*		*								
<b>Tilley Pond Park (8)</b>	Lakeside Ave.	8.651					*		*	*	*		*		*								
<b>Town Hall &amp; Holahan Fields (9)</b>	2 Renshaw Rd.	10	*					*				*	*		*	*		*	*				
<b>Weed Beach (10)</b>	155 Nearwater Ln.	22.12					*						*		*	*	*		*	*	*	*	*
<b>Woodland Park Nature Preserve (11)</b>	Middlesex Rd.	64.717								*			*		*								
<b>School Facilities</b>																							
<b>Darien High School (A)</b>	80 High School Ln.	40	*	*				*				*			*			*	*		*		
<b>Middlesex Middle School (B)</b>	204 Hollow Tree Ridge Rd.	27.34	*					*				*	*		*			*	*				
<b>Hindley Elem. School (C)</b>	10 Nearwater Ln.	9.6	*	*				*					*		*		*	*	*				
<b>Holmes Elem. School (D)</b>	18 Hoyt St.	10	*	*				*					*		*		*	*	*				
<b>Ox Ridge Elem. School (E)</b>	395 Mansfield Ave.	9.86	*	*									*		*		*	*	*				
<b>Royle Elem. School (F)</b>	133 Mansfield Ave.	8.3	*	*				*					*		*		*	*	*				
<b>Tokeneke Elem. School (G)</b>	7 Old Farm Rd.	12	*					*					*		*		*	*	*				

## GENERAL INFORMATION

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



Phone (203) 656-7325  
Fax (203) 656-7393



Website: [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)  
Email: [park&recreation@darienct.gov](mailto:park&recreation@darienct.gov)

Office Hours: Monday-Friday, 8:30 AM - 4:30 PM

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## IMPORTANT CONTACTS

Darien Little League.....	<a href="http://www.dybs.org">www.dybs.org</a>
Darien Soccer Association .....	<a href="http://www.dariensoccer.org">www.dariensoccer.org</a>
Darien Youth Lacrosse League.....	<a href="http://www.dylax.com">www.dylax.com</a>
Darien Jr. Football.....	<a href="http://www.fairfieldcountyfootball.org">www.fairfieldcountyfootball.org</a>
Darien Youth Hockey.....	<a href="http://www.dyha.com">www.dyha.com</a>
Darien Junior Sailing Program.....	<a href="http://sail.darien.org">sail.darien.org</a>
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 Harbor Master.....	<a href="mailto:darienharbor@darienct.gov">darienharbor@darienct.gov</a>
Darien Boat Club.....	203-655-1927
Darien Nature Center.....	203-655-7459
Adult Co-Ed Softball (Matthew Flood)	
Email.....	<a href="mailto:floody6@gmail.com">floody6@gmail.com</a>
Darien Sail & Power Squadron.....	203-656-1129
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 **Tuesday, August 30th @ 8:30AM**  
Non-Resident - Starts **Tuesday, Sept. 6th @ 8:30 AM**

You now have 3 ways to register:

1. **Online at [www.darienct.gov/parkrec](http://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 30th.

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, 2011.

## 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 info.

## PROGRAM INFORMATION

The Parks and Recreation Department reserves the right to set a minimum and maximum for each program to ensure that instructor-to-participant ratios are maintained. The Parks and Recreation Department reserves the right to cancel any program due to insufficient enrollment.

## COVER PHOTO INFORMATION

Our cover photo of the Darien Senior Activities Center is compliments of Darien resident Nobuko Miki. We would like to thank Nobuko for her wonderful talent and artwork. Please visit her website at [www.artbynobu.com](http://www.artbynobu.com)

# FALL YOUTH PROGRAMS

## TINY TOTS SOCCER

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (8 weeks)  
Sept. 10 - Nov. 10 (no class Sept. 29, Oct. 8 - 10)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 9:45 AM	Ages 3 - 5	4324
Saturday	9:00 - 9:45 AM	Ages 2 & 3*	4325
Saturday	10:00 - 10:45 AM	Ages 3 - 5	4326
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	4327
Saturday	11:00 - 11:45 AM	Ages 3 - 5	4328
Saturday	11:00 - 11:45 AM	Ages 2 & 3*	4329
Monday	10:00 - 10:45 AM	Ages 2 & 3*	4330
Tuesday	1:15 - 2:00 PM	Ages 3 - 5	4331
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	4332
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	4333
Thursday	10:00 - 10:45 AM	Ages 3 - 5	4334
Thursday	1:15 - 2:00 PM	Ages 3 - 5	4335
Friday	10:00 - 10:45 AM	Ages 2 & 3*	4336
Friday	12:30 - 1:15 PM	Ages 3 - 5	4337
Friday	12:30 - 1:15 PM	Ages 2 & 3*	4338
Friday	1:30 - 2:15 PM	Ages 3 - 5	4339

**Location:** Town Hall Fields

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

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!

## ZUMBATOMICS

**Days:** Monday (12 weeks)  
September 12 - December 12 (no class Oct. 10 & 31)

<u>Time:</u>		<u>Course #</u>
4:00 - 4:45 PM		4520

**Location:** Town Hall Gymnasium

**Fee:** Resident - \$150; Non-Res - \$180

Zumba Classes designed exclusively for kids ages 5-10 by Flair Fitness. Zumbatomic® classes are rockin', high energy fitness-parties packed with special choreographed, kid-friendly routines and all the music kids love like hip-hop, reggaeton and more. Parents love Zumbatomic® because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Class run by Zumbatomic® Licensed Instructor Amber Allen. Please wear workout attire, sneakers & bring a water bottle.



## NEW LEVEL TENNIS LESSONS

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (6 weeks)  
Sept. 10 - Oct. 27 (no class Sept. 29, Oct. 8 - 10)

<u>Times:</u>			<u>Course #</u>
Saturday	12:00 - 12:45 PM	Ages 3 & 4	4275
Saturday	12:45 - 1:30 PM	Ages 4 & 5	4276
Saturday	1:30 - 2:30 PM	Ages 6 - 8	4277
Saturday	2:30 - 3:30 PM	Ages 9 - 11	4278
Monday	10:00 - 10:45 AM	Ages 3 & 4	4284
Monday	10:45 - 11:30 AM	Ages 4 & 5	4285
Monday	1:45 - 2:30 PM	Ages 3 & 4	4259
Monday	2:30 - 3:15 PM	Ages 4 & 5	4260
Monday	3:15 - 4:00 PM	Ages 4 & 5	4288
Monday	4:00 - 5:00 PM	Ages 6 - 8	4257
Monday	5:00 - 6:00 PM	Ages 9 - 11	4261
Tuesday	1:45 - 2:30 PM	Ages 3 & 4	4262
Tuesday	2:30 - 3:15 PM	Ages 3 & 4	4263
Tuesday	3:15 - 4:00 PM	Ages 4 & 5	4264
Tuesday	4:00 - 5:00 PM	Ages 5 & 6	4265
Tuesday	5:00 - 6:00 PM	Ages 6 - 8	4266
Wednesday	1:45 - 2:30 PM	Ages 3 & 4	4267
Wednesday	2:30 - 3:15 PM	Ages 4 & 5	4268
Wednesday	3:15 - 4:00 PM	Ages 4 & 5	4269
Wednesday	4:00 - 5:00 PM	Ages 9 - 11	4258
Wednesday	5:00 - 6:00 PM	Ages 6 - 8	4270
Thursday	1:45 - 2:30 PM	Ages 3 & 4	4271
Thursday	2:30 - 3:15 PM	Ages 4 & 5	4272
Thursday	3:15 - 4:00 PM	Ages 4 & 5	4273
Thursday	4:00 - 5:00 PM	Ages 5 & 6	4286
Thursday	5:00 - 6:00 PM	Ages 9 - 11	4287
Friday	1:45 - 2:30 PM	Ages 3 & 4	4279
Friday	2:30 - 3:15 PM	Ages 3 & 4	4274
Friday	3:15 - 4:00 PM	Ages 4 & 5	4280
Friday	4:00 - 5:00 PM	Ages 6 - 8	4281
Friday	5:00 - 6:00 PM	Ages 10 - 14	4282

**Location:** Cherry Lawn Park

**Fee:** 45-minute class (includes racket)

Resident - \$95; Non-Res - \$114

1-hour class - Resident - \$145; Non-Res - \$174



Frank Russo & New Level Tennis will be offering an exciting tennis experience starting 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.

# FALL YOUTH PROGRAMS

## KARATE

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (10 weeks)  
September 12 - November 19  
(no class Sept. 29, Oct. 10, Nov. 8)

<u>Time:</u>			<u>Course #</u>
Monday	4:00 - 4:45 PM	Ages 4 - 6	4479
Thursday	4:00 - 4:45 PM	Ages 4 - 6	4480
Saturday	9:00 - 9:45 AM	Ages 4 - 6	4481
Monday	4:45 - 5:30 PM	Ages 7 - 9	4483
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	4484
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	4485
Thursday	4:45 - 5:30 PM	Ages 7 - 9	4486
Friday	4:30 - 5:15 PM	Ages 7 - 9	4487
Saturday	9:45 - 10:30 AM	Ages 7 - 9	4488

**Location:** Darien Martial Arts Academy (300 Heights Road)

**Fee:** Resident - \$355; Non-Res - \$426



This program is for beginner students only or those that took the program through Parks & Rec. in the past. Program 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.

## FIT FRIDAYS - BOYS & GIRLS

**Day:** Friday (10 weeks)  
September 16 - December 9  
(no class Nov. 11 & 25, Dec. 2)

**Time:** 4:00 - 5:00 PM  
Ages 5 - 9

**Location:** Town Hall Gymnasium

**Fee:** Resident - \$150; Non-Res - \$180

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.

## HORSES 101

**Days:** Sunday or Tuesday (4 weeks)  
September 11 - October 4

<u>Time:</u>			<u>Course #</u>
Tuesday	6:00 - 7:00 PM	Ages 5 - 14	4394
Sunday	12:30 - 1:30 PM	Ages 5 - 14	4395

**Location:** Mead Farm (107 June Road, Stamford)

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

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). Participants must fill out a waiver packet before 1st session!!! These will be mailed home after registration is processed.

## TODDLER ZUMBATOMICS/HOOPS & YOGA

**Days:** Friday (10 weeks)  
September 16 - December 9  
(no class Nov. 11 & 25, Dec. 2)

**Time:** 2:45 - 3:45 PM  
Ages 2 1/2 - 4

**Location:** Town Hall Gymnasium

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

**Course #**  
4514



Join us as we celebrate and explore Zumba 'Little Stars'. Our 30 min Zumba dance PARTY is followed by 20 min of basic Yoga postures to breathe and stretch our bodies and a relaxing shavasana after a fun workout. Props such as hoops, maracas, and scarves are used to engage the toddlers in this wonderful class. Children can be left with instructor while you run errands or pick up older siblings from school.

## FIT FRIDAYS - GIRLS

**Day:** Friday (10 weeks)  
September 16 - December 9  
(no class Nov. 11 & 25, Dec. 2)

**Time:** 5:00 - 6:00 PM  
Ages 10 - 14

**Location:** Town Hall Gymnasium

**Fee:** Resident - \$150; Non-Res - \$180

**Course #**  
4476



Please see description to left (Fit Fridays - Boys & Girls).

# FALL YOUTH PROGRAMS

## FUTURE STARS BASEBALL/SOFTBALL

**Day:** Thursday (8 weeks)  
September 15 - November 10  
(no class September 29) **Course #**  
4393

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

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


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

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

## JUNIOR GOLF

**Day:** Tuesday (8 weeks)  
October 18 - December 13  
(no class Nov. 8) **Course #**

**Time:** 4:00 - 5:00 PM Ages 5 - 8 4398  
5:00 - 6:00 PM Ages 9 - 12 4399

**Location:** Town Hall Gymnasium 

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

Focus will be on golf skills and fitness. This program is run by LPGA/PGA/TPI Certified Junior Coach Roxanne Mitchell. Ages 5 - 8 - will learn the fundamentals of the golf swing using SNAG golf equipment. Ages 9 - 12 - program's goal is to develop a stronger, athletic golfer.

## GUITAR LESSONS

**Day:** Wednesday (8 weeks)  
September 14 - November 2 **Course #**

**Time:** 4:00 - 5:00 PM - Beginner 4417  
5:00 - 6:00 PM - Beginner 4418  
6:00 - 7:00 PM - Intermediate 4419  
Ages 8 - 15 


**Location:** Town Hall Small Gymnasium

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

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

## FUTURE STARS BASKETBALL

**Day:** Thursday (8 weeks) **Course #**  
October 13 - December 8 4390  
(no class November 24)

**Time:** 4:00 - 5:30 PM  
Ages 5 - 10 

**Location:** Town Hall Gymnasium

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

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.

## JUNIOR PADDLE TENNIS LESSONS

**Day:** Monday or Thursday (8 weeks)  
October 17 - December 15  
(no class November 24) **Course #**

**Time:** Monday 4:00 - 5:00 PM Ages 7 - 10 4461  
Monday 5:00 - 6:00 PM Ages 11 - 14 4462  
Thursday 4:00 - 5:00 PM Ages 11 - 14 4463  
Thursday 5:00 - 6:00 PM Ages 7 - 10 4464

**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

## LITTLE SCIENTISTS

<u>Day:</u>	Tuesday (8 weeks) October 11 - December 6 (no class November 8)	
<u>Time:</u>	3:00 - 3:45 PM - 4 & 5 years	<u>Course #</u> 4403
	4:00 - 4:45 PM - 5 & 6 years	4404
	5:00 - 5:45 PM - 6 - 8 years	4405
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$150; Non-Res - \$180	

Little Scientists is a "hands-on approach" to learning about the world of science. **Girls and boys** ages 4 through 8 will discover environmental and technological wonders.



Little Scientists' teachers follow a curriculum with a range of topics including *Why the Sky is Blue*, *Magical Magnets*, and *The Forces of Gravity*. Topics will vary with each session.

## LEGO IN MOTION

<u>Day:</u>	Monday (4 weeks) November 7 - 28	
<u>Time:</u>	4:00 - 5:30 PM	<u>Course #</u> 4523
	Ages 6 - 8	
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$120; Non-Res - \$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.

## PIANO LESSONS

<u>Day:</u>	Tuesday (9 weeks) October 4 - December 6 (no class November 8)	
<u>Time:</u>	4:00 - 5:00 PM - 6 - 13 yrs. Level 1	<u>Course #</u> 4409
	5:00 - 6:00 PM - 6 - 13 yrs. Level 2	4410
	6:00 - 7:00 PM - 6 - 13 yrs. Level 3	4411
	7:00 - 8:00 PM - All ages Advanced (must have completed levels 1 - 3)	4412
<u>Location:</u>	Town Hall Small Gymnasium	
<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



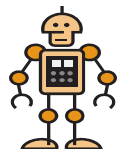
Level 2 is an intermediate course. (Level 1 pre-requisite)

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

Advanced class (Completed all 3 levels)

## LEGO ROBOTICS

<u>Day:</u>	Wednesday (4 weeks) November 30 - December 21	
<u>Time:</u>	4:00 - 5:30 PM	<u>Course #</u> 4521
	Ages 7 - 11	
<u>Location:</u>	Town Hall Room 119	
<u>Fee:</u>	Resident - \$120; Non-Res - \$144	



With the LegoWeDo Robotics System, young children can build and program their own robotic creations. Designed by the experts at MIT, this unique system teaches children about simple machines, engineering, computer programming and so much more. We will be building a robotic soccer team complete with cheering fans this fall!

# WINTER YOUTH PROGRAMS

## TINY TOTS SOCCER

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (6 weeks)  
November 28 - January 23  
(no class Dec. 2, 23 - 31, Jan. 2, 16)

<u>Time:</u>			<u>Course #</u>
Monday	10:00 - 10:45 AM	Ages 2 & 3*	4353
Tuesday	1:15 - 2:00 PM	Ages 3 - 5	4354
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	4355
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	4356
Thursday	10:00 - 10:45 AM	Ages 3 - 5	4357
Thursday	1:15 - 2:00 PM	Ages 3 - 5	4358
Friday	10:00 - 10:45 AM	Ages 2 & 3*	4360
Friday	1:15 - 2:00 PM	Ages 3 - 5	4361
Saturday	9:00 - 9:45 AM	Ages 3 - 5	4352

January 30 - March 17  
(no class February 20 - 25)

<u>Time:</u>			<u>Course #</u>
Monday	10:00 - 10:45 AM	Ages 2 & 3*	4371
Tuesday	1:15 - 2:00 PM	Ages 3 - 5	4372
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	4373
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	4374
Thursday	10:00 - 10:45 AM	Ages 3 - 5	4375
Thursday	1:15 - 2:00 PM	Ages 3 - 5	4376
Friday	10:00 - 10:45 AM	Ages 2 & 3*	4377
Friday	1:15 - 2:00 PM	Ages 3 - 5	4378
Saturday	9:00 - 9:45 AM	Ages 3 - 5	4370

**Location:** Town Hall Gymnasium - Monday - Friday  
Darien High School Wrestling Room - Saturday

**Fee:** Resident - \$110; Non-Res - \$132

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!

## FUTURE STARS BASKETBALL

**Days:** Monday (8 weeks) **Course #**  
January 9 - March 12 4391  
(no class Jan. 16, Feb. 20)  
OR  
Thursday (8 weeks) 4392  
January 5 - March 1  
(no class Feb. 23)

**Time:** 4:00 - 5:30 PM  
Ages 5 - 10

**Location:** Town Hall Gymnasium

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

Future Stars Basketball Academy, top-rated provider of basketball instruction, focuses on skill improvement for the participants through instruction that stresses excellence, education, practice and discipline, all in a fun-filled atmosphere. All players will receive a Future Stars jersey.



## BLUE WAVE KICKERS SOCCER ACADEMY

**Day:** Tuesday (8 weeks)  
January 3 - February 28  
(no class February 21)

<u>Times:</u>		<u>Course #</u>
4:00 - 5:00 PM	Grades K - 2 - Boys	4383
5:00 - 6:00 PM	Grades K - 2 - Girls	4384
6:00 - 7:00 PM	Grades 3 & 4 - Boys*	4385
6:00 - 7:00 PM	Grades 3 & 4 - Girls*	4389

**Location:** Town Hall Gymnasium

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



The Blue Wave Kickers Winter 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.

\* Gymnasium will be divided

# WINTER YOUTH PROGRAMS

## NEW LEVEL TENNIS LESSONS


**Days:** Monday or Thursday (8 weeks)  
January 5 - March 12  
(no class Jan. 16, Feb. 20 & 23)

**Times:**

		Ages	<u>Course #</u>
<b>Monday</b>	10:00 - 10:45 AM	Ages 3 & 4	4313
	10:45 - 11:30 AM	Ages 4 & 5	4314
	12:15 - 1:00 PM	Ages 3 - 5	4315
	1:00 - 1:45 PM	Ages 3 & 4	4316
	1:45 - 2:30 PM	Ages 4 & 5	4318
<b>Thursday</b>	1:00 - 1:45 PM	Ages 3 & 4	4319
	1:45 - 2:30 PM	Ages 3 & 4	4320
	2:30 - 3:15 PM	Ages 4 & 5	4317

**Location:** Town Hall Gymnasium

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



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.

## NEW LEVEL FLOOR HOCKEY

**Day:** Friday (8 weeks)  
January 6 - March 9  
(no class February 10 & 24)

**Time:**

		Ages	<u>Course #</u>
<b>Friday</b>	3:00 - 4:00 PM	Ages 4 & 5	4321
	4:00 - 5:00 PM	Ages 5 - 8	4322

**Location:** Town Hall Gymnasium

**Fee:** Resident - \$150; Non-Res - \$180



Sticks & pucks, but no ice! Bring your sneakers and perfect your slapshot! This program will serve as a solid foundation for the game of hockey. Each class will consist of instruction, a skill session, and game time. Every participant will receive a practice jersey.

## KARATE

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (12 weeks)  
December 5 - March 10  
(no class Dec. 24 - Jan. 2, Jan. 16, Feb. 20 - 24)

**Time:**

		Ages	<u>Course #</u>
<b>Monday</b>	4:00 - 4:45 PM	Ages 4 - 6	4490
	4:00 - 4:45 PM	Ages 4 - 6	4491
	9:00 - 9:45 AM	Ages 4 - 6	4492
<b>Thursday</b>	4:45 - 5:30 PM	Ages 7 - 9	4493
	4:45 - 5:30 PM	Ages 7 - 9	4494
<b>Wednesday</b>	4:45 - 5:30 PM	Ages 7 - 9	4495
	4:45 - 5:30 PM	Ages 7 - 9	4496
<b>Friday</b>	4:30 - 5:15 PM	Ages 7 - 9	4497
	9:45 - 10:30 AM	Ages 7 - 9	4498

**Location:** Darien Martial Arts Academy (300 Heights Road)

**Fee:** Resident - \$425; Non-Res - \$510

This program is for beginner students only or those that took the program through Parks & Rec. in the past. Program 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 information.

## HORSES 101


**Days:** Sunday or Tuesday (4 weeks)  
March 4 - April 3 (Tuesday class starts Mar. 13)

**Time:**

		Ages	<u>Course #</u>
<b>Tuesday</b>	6:00 - 7:00 PM	Ages 5 - 14	4396
	12:30 - 1:30 PM	Ages 5 - 14	4397

**Location:** Mead Farm (107 June Road, Stamford)

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



Please see description on page 6 of this brochure. Lessons are held outside, so please dress in warm clothes!

## JUNIOR PADDLE TENNIS LESSONS

**Day:** Monday or Thursday (9 weeks)  
January 5 - March 19  
(no class Jan. 16, Feb. 20 & 23)

**Time:**

		Ages	<u>Course #</u>
<b>Monday</b>	4:00 - 5:00 PM	Ages 7 - 10	4465
	5:00 - 6:00 PM	Ages 11 - 14	4466
<b>Thursday</b>	4:00 - 5:00 PM	Ages 11 - 14	4467
	5:00 - 6:00 PM	Ages 7 - 10	4468

**Location:** Weed Beach

**Fee:** Resident - \$240; Non-Res - \$288


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. Please remember to dress in warm clothes as lessons are often held in very cold temperatures!

# WINTER YOUTH PROGRAMS

## ZUMBATOMICS

**Days:** Monday (8 weeks)  
January 9 - March 12  
(no class January 16 & February 20)

**Time:** 4:00 - 4:45 PM **Course #** 4529

**Location:** Town Hall Gymnasium 

**Fee:** Resident - \$100; Non-Res - \$120

Zumba Classes designed exclusively for kids ages 5-10 by Flair Fitness. Zumbatomic® classes are rockin', high energy fitness-parties packed with special choreographed, kid-friendly routines and all the music kids love like hip-hop, reggaeton and more. Parents love Zumbatomic® because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Class run by Zumbatomic® Licensed Instructor Amber Allen. Please wear workout attire, sneakers & bring a water bottle.

## FIT FRIDAYS - BOYS & GIRLS

**Day:** Friday (10 weeks)  
January 6 - March 16 (no class Feb. 24)

**Time:** 4:00 - 5:00 PM **Course #** 4477  
Ages 5 - 9

**Location:** Town Hall Gymnasium


**Fee:** Resident - \$150; Non-Res - \$180

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.

## BOYS INDOOR SOCCER

**Day:** Wednesday (8 weeks)  
January 4 - February 29 (no class Feb. 22)

**Time:** 4:00 - 5:15 PM Grades 5 - 7 **Course #** 4379  
5:15 - 6:30 PM Grades 8 - 12 **Course #** 4380


**Location:** Town Hall Gymnasium 

**Fee:** \$180

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.

## TODDLER ZUMBATOMICS/HOOPS & YOGA

**Days:** Friday (10 weeks)  
January 6 - March 16  
(no class February 24)

**Time:** 2:45 - 3:45 PM **Course #** 4515  
Ages 2 1/2 - 4 

**Location:** Town Hall Gymnasium


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

Join us as we celebrate and explore Zumba 'Little Stars'. Our 30 min Zumba dance PARTY is followed by 20 min of basic Yoga postures to breathe and stretch our bodies and a relaxing shavasana after a fun workout. Props such as hoops, maracas, and scarves are used to engage the toddlers in this wonderful class. Children can be left with instructor while you run errands or pick up older siblings from school.

## FIT FRIDAYS - GIRLS

**Day:** Friday (10 weeks)  
January 6 - March 16 (no class Feb. 24)

**Time:** 5:00 - 6:00 PM **Course #** 4478  
Ages 10 - 14

**Location:** Town Hall Gymnasium 


**Fee:** Resident - \$150; Non-Res - \$180

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.

## GIRLS INDOOR SOCCER

**Day:** Thursday (8 weeks)  
January 5 - March 1 (no class Feb. 23)

**Time:** 5:30 - 6:45 PM Grades 5 - 7 **Course #** 4381  
7:00 - 8:15 PM Grades 8 - 12 **Course #** 4382

**Location:** Town Hall Gymnasium 

**Fee:** \$180

Former Darien High School Girls' Varsity Coach Jon Bradley 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

## LEGO ROBOTICS


Day: Monday (4 weeks)  
January 23 - February 13

Time: 4:00 - 5:30 PM  
Ages 7 - 11

Location: Town Hall Room 119

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

Course #  
4522



With the LegoWeDo Robotics System, young children can build and program their own robotic creations. Designed by experts at MIT, this unique system teaches children about simple machines, engineering, computer programming and so much more. We will be building fierce creatures like the hungry alligator and the rowdy monkey in Robotics Jungle.

## LITTLE SCIENTISTS


Day: Tuesday (8 weeks)  
January 3 - February 28 (no class Feb. 21)

Time: 3:00 - 3:45 PM - 4 & 5 years  
4:00 - 4:45 PM - 5 & 6 years  
5:00 - 5:45 PM - 6 - 8 years

Location: Town Hall Room 119

Fee: Resident - \$150; Non-Res - \$180

Course #  
4406  
4407  
4408



Little Scientists is a "hands-on approach" to learning about the world of science. **Girls and boys** ages 4 through 8 will discover environmental and technological wonders. Little Scientists' teachers follow a curriculum with a range of topics including *Wonders of a Volcano*, *Magic of Winter*, and *Science of Sound*. Topics will vary with each session.

## PIANO LESSONS

Day: Tuesday (9 weeks)  
January 3 - March 6 (no class Feb. 21)

Time: 4:00 - 5:00 PM - 6 - 13 yrs. Level 1  
5:00 - 6:00 PM - 6 - 13 yrs. Level 2  
6:00 - 7:00 PM - 6 - 13 yrs. Level 3  
7:00 - 8:00 PM - All ages Advanced  
(must have completed levels 1 - 3)

Location: Town Hall Small Gymnasium

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

Course #  
4413  
4414  
4415  
4416

Please see the program description on page 8 of this brochure.

## VIDEO GAME DESIGN


Day: Monday (4 weeks)  
March 5 - 26

Time: 4:00 - 5:30 PM  
Ages 8 - 12

Location: Town Hall Room 119

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

Course #  
4524



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!

## GUITAR LESSONS


Day: Wednesday (8 weeks)  
January 4 - February 29 (no class Feb. 22)

Time: 4:00 - 5:00 PM - Beginner  
5:00 - 6:00 PM - Beginner  
6:00 - 7:00 PM - Intermediate  
Ages 8 - 15

Location: Town Hall Small Gymnasium

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

Course #  
4420  
4421  
4422



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

## FEBRUARY VACATION CAMP

Dates: February 21 - 24

Tuesday - Friday 9:00 AM - 4:00 PM 4469  
Tuesday - Friday 9:00 AM - Noon 4470  
Tuesday Only 9:00 AM - 4:00 PM 4471  
Wednesday Only 9:00 AM - 4:00 PM 4472  
Thursday Only 9:00 AM - 4:00 PM 4473  
Friday Only 9:00 AM - 4:00 PM 4474

Location: Town Hall Gymnasium

Fee: \$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.

# ADULT PROGRAMS

## ADULT TENNIS LESSONS

**Days:** Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (6 weeks)  
Sept. 10 - Oct. 27 (no class Sept. 29, Oct. 8 - 10)

<u>Times:</u>			<u>Course #</u>
Saturday	9:00 - 10:30 AM	Beginner	4312
Saturday	9:00 - 10:30 AM	Intermediate	4307
Saturday	10:30 AM - Noon	Low Inter.	4309
Saturday	10:30 AM - Noon	Advanced	4310
Monday	9:15 - 10:45 AM	Beginner	4289
Monday	9:15 - 10:45 AM	Intermediate	4290
Monday	10:45 AM - 12:15 PM	Low Inter.	4291
Monday	10:45 AM - 12:15 PM	Advanced	4292
Tuesday	9:15 - 10:45 AM	Low Inter.	4293
Tuesday	9:15 - 10:45 AM	Advanced	4294
Tuesday	10:45 AM - 12:15 PM	Beginner	4295
Tuesday	10:45 AM - 12:15 PM	Intermediate	4296
Wednesday	9:15 - 10:45 AM	Low Inter.	4297
Wednesday	9:15 - 10:45 AM	Advanced	4298
Wednesday	10:45 AM - 12:15 PM	Beginner	4299
Wednesday	10:45 AM - 12:15 PM	Intermediate	4300
Thursday	9:15 - 10:45 AM	Beginner	4311
Thursday	9:15 - 10:45 AM	Intermediate	4301
Thursday	10:45 AM - 12:15 PM	Low Inter.	4302
Thursday	10:45 AM - 12:15 PM	Advanced	4303
Friday	9:15 - 10:45 AM	Low Inter.	4304
Friday	9:15 - 10:45 AM	Advanced	4308
Friday	10:45 AM - 12:15 PM	Beginner	4305
Friday	10:45 AM - 12:15 PM	Intermediate	4306

**Location:** Cherry Lawn Park

**Fee:** Resident - \$190; Non-Res - \$228



This program is now being run by Frank Russo and New Level Tennis. At New Level Sports, programs are led by a team of professionals who are chosen to raise levels of skill development and provide individuals with lessons that will increase both their knowledge and levels of enjoyment in the game of Tennis. Our motto of, 'We Take You Higher' is used in the hope that once each session has passed, each individual will walk away with a higher level of skill development and knowledge of the game than previously maintained.

Please visit us at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec) for weather-related make-up dates.

## ADULT PADDLE TENNIS LESSONS

**Days:** Monday, Tuesday, Wednesday or Thursday  
Fall (8 weeks)  
October 17 - December 15 (no class Nov. 8, 23 & 24)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Inter./Advanced	4427
Monday	10:30 AM - Noon	Beginner/Adv. Beg.	4428
Monday	6:00 - 7:30 PM	Beginner/Adv. Beg.	4429
Monday	7:30 - 9:00 PM	Inter./Advanced	4430
Tuesday	9:00 - 10:30 AM	Inter./Advanced	4431
Tuesday	10:30 AM - Noon	Beginner/Adv. Beg.	4432
Tuesday	Noon - 1:30 PM	Beginner/Adv. Beg.	4433
Wed.	9:00 - 10:30 AM	Beginner/Adv. Beg.	4434
Wed.	10:30 AM - Noon	Inter./Advanced	4435
Wed.	Noon - 1:30 PM	Inter./Advanced	4436
Wed.	6:00 - 7:30 PM	Inter./Advanced	4437
Wed.	7:30 - 9:00 PM	Beginner/Adv. Beg.	4438
Thursday	9:00 - 10:30 AM	Beginner/Adv. Beg.	4440
Thursday	10:30 AM - Noon	Inter./Advanced	4441
Thursday	Noon - 1:30 PM	Inter./Advanced	4442

Winter (9 weeks)

January 3 - March 19 (no class Jan. 16, Feb. 20 - 23)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Inter./Advanced	4446
Monday	10:30 AM - Noon	Beginner/Adv. Beg.	4447
Monday	6:00 - 7:30 PM	Beginner/Adv. Beg.	4448
Monday	7:30 - 9:00 PM	Inter./Advanced	4449
Tuesday	9:00 - 10:30 AM	Inter./Advanced	4450
Tuesday	10:30 AM - Noon	Beginner/Adv. Beg.	4451
Tuesday	Noon - 1:30 PM	Beginner/Adv. Beg.	4452
Wed.	9:00 - 10:30 AM	Beginner/Adv. Beg.	4453
Wed.	10:30 AM - Noon	Inter./Advanced	4454
Wed.	Noon - 1:30 PM	Inter./Advanced	4455
Wed.	6:00 - 7:30 PM	Inter./Advanced	4456
Wed.	7:30 - 9:00 PM	Beginner/Adv. Beg.	4457
Thursday	9:00 - 10:30 AM	Beginner/Adv. Beg.	4458
Thursday	10:30 AM - Noon	Inter./Advanced	4459
Thursday	Noon - 1:30 PM	Inter./Advanced	4460

**Location:** Weed Beach

**Fee:** Fall - Resident - \$320; Non-Res - \$384  
Winter - Resident - \$360; Non-Res - \$432



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

## ZUMBA W/FLAIR FITNESS

**Days:** Monday, Wednesday or Thursday  
 Fall - September 12 - December 15 (12 weeks)  
 (no class Sept. 29, Oct. 10 & 31, Nov. 24)

<u>Times:</u>		<u>Course #</u>
Monday	10:45 - 11:45 AM	4516
Thursday	10:45 - 11:45 AM	4517
Monday & Thursday	10:45 - 11:45 AM	4518
Wednesday	7:00 - 8:00 PM	4519

Winter - January 4 - March 12 (8 weeks)  
 (no class Jan. 16, Feb. 20, 22 & 23)

		<u>Course #</u>
Monday	10:45 - 11:45 AM	4525
Thursday	10:45 - 11:45 AM	4526
Monday & Thursday	10:45 - 11:45 AM	4527
Wednesday	7:00 - 8:00 PM	4528

**Location:** Town Hall Gymnasium



**Fee:** Fall 1-day: Resident - \$150; Non-Res - \$180  
 Fall Mon & Th: Resident - \$275; Non-Res - \$330  
 Winter 1-day: Resident - \$100; Non-Res - \$120  
 Winter Mon & Th: Resident - \$185; Non-Res - \$222

These classes are provided by Flair Fitness Studio. Ditch the Workout, Join the Party! Zumba® fuses hypnotic Latin rhythms with easy to follow moves to create a dynamic fitness program. Achieve long-term health benefits while experiencing an exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements. Join Zumba® Licensed Instructors Eddie Calle on Monday/Thursday mornings or Dina Fay Wednesday evenings and party your way to Good Health! Please wear workout attire, sneakers and bring a water bottle. Contact Flair Fitness at 203-202-9200 for more info.

## ADULT DROP IN BASKETBALL

**Day:** Tuesday  
 September 20, 2011 - August 28, 2012  
 (does not meet Nov. 8)

**Time:** 7:30 - 9:30 PM



**Location:** Town Hall Gymnasium

**Fee:** Resident - \$60; Non-Res - \$100

**Course #**  
4499

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

## BOOT CAMP & FITNESS W/NICHOLE ARNO

**Day:** Varies  
 Fall - September 12 - December 16  
 Winter - January 3 - April 6



	<b>Boot Camp</b>	
Mon/Wed/Fri	5:45 - 6:45 AM	Pear Tree Beach
Mon/Wed/Fri	9:30 - 10:30 AM	Pear Tree Beach
Tuesday/Thur.	8:30 - 9:30 AM	Pear Tree Beach
Tuesday/Thur.	3:00 - 4:00 PM	DHS
Monday/Wed.	7:00 - 8:00 PM	Pear Tree Beach

	<b>Ab Core Class</b>	
Tuesday/Thur.	9:30 - 10:30 AM	Pear Tree Beach

	<b>Running Class</b>	
Tuesday	10:30 AM	Pear Tree Beach
Thursday	7:30 AM (fall)	Pear Tree Beach
Thursday	10:30 AM (winter)	Pear Tree Beach

	<b>Kardio Kickboxing (winter only)</b>	
Mon/Wed/Fri	8:30 - 9:30 AM	Town Hall

<u>Fall Fees:</u>	<u>Req. by 9/9</u>	<u>After 9/9</u>
	Res/Non-Res	Res/Non-Res
Boot/Ab. 1 day/wk	\$205/\$246	\$225/\$270
Boot/Ab. 2 days/wk	\$400/\$480	\$440/\$528
Boot/Ab. 3 days/wk	\$605/\$726	\$665/\$798
Running Class	\$130/\$156	\$150/\$180

<u>Winter Fees:</u>	<u>Req. by 12/29</u>	<u>After 12/29</u>
	Res/Non-Res	Res/Non-Res
Boot/Ab/Kick 1 day/wk	\$175/\$210	\$195/\$234
Boot/Ab/Kick 2 days/wk	\$340/\$408	\$380/\$456
Boot/Ab/Kick 3 days/wk	\$515/\$618	\$575/\$690
Running Class	\$110/\$132	\$130/\$156

Please email Nicole at nicholearno@gmail.com or call her at 860-729-2038 for more info.

## CO-ED DROP IN VOLLEYBALL

**Day:** Monday  
 September 19, 2011 - August 27, 2012  
 (does not meet Oct. 10, Nov. 7, Dec. 26,  
 Jan. 2, 16, Feb. 20, May 28)

**Time:** 8:00 - 10:00 PM



**Location:** Town Hall Gymnasium

**Fee:** Resident - \$60; Non-Res - \$100

**Course #**  
4501

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.


# ADULT PROGRAMS

## ADULT PADDLE KICKOFF CAMPS

<u>Day:</u>	Monday, October 3	<u>Course #</u>	
<u>Time:</u>	9:00 AM - Noon		4425
	12:00 - 3:00 PM		4439
	7:00 - 10:00 PM		4426
<u>Location:</u>	Weed Beach		
<u>Fee:</u>	Resident - \$90; Non-Res - \$108		

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.

## DOG OBEDIENCE & SOCIALIZATION


<u>Day:</u>	Saturday (4 weeks) September 17 - October 15 (no class October 8)	<u>Course #</u>	4513
<u>Time:</u>	1:30 - 2:30 PM		
<u>Location:</u>	Tilley Pond Park		
<u>Fee:</u>	Resident - \$100; Non-Res - \$120		

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. This class is also useful for all dogs starting out in any K9 sport or competition. These classes are designed to be an introduction to obedience and socialization. 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 should be at least 6 months old and **MUST** have all their vaccinations!




## GOLF LESSONS

<u>Day:</u>	Tuesday (8 weeks) October 18 - December 13 (no class November 8)	<u>Course #</u>	4402
<u>Time:</u>	6:00 - 7:00 PM		
<u>Location:</u>	Town Hall Gymnasium		
<u>Fee:</u>	Resident - \$200; Non-Res - \$240		

Golf class will emphasize proper technique for all aspects of the game - full swing, pitching, chipping, and putting. Video capture available. Instructor is LPGA/PGA Golf Professional Roxanne Mitchell.

## GUITAR LESSONS

<u>Day:</u>	Wednesday (8 weeks) September 14 - November 2	<u>Course #</u>	4423
	January 4 - February 29 (no class February 22)		4424
<u>Time:</u>	7:00 - 8:00 PM		
<u>Location:</u>	Town Hall Small Gymnasium		
<u>Fee:</u>	Resident - \$199; Non-Res - \$239		

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.

# DARIEN SENIOR ACTIVITIES CENTER

The Darien Senior Activities Center, located at 30 Edgerton Street, is now under the direction of the Parks & Recreation Department. In many ways the mission of Parks & Recreation works in conjunction with the Senior Center - quality of life, pursuit of enrichment, opportunities for socialization and optimal physical fitness is an ageless goal. In this spirit we are happy to announce the inclusion of the Senior Center Activities calendar for the fall/winter issue of this brochure. The next few pages feature some of the wonderful senior opportunities in Darien.

Please also visit the Darien Senior Activities Center online at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec) and click on "Darien Senior Center". Here you can see a copy of the monthly newsletter and notices.

**Please Note: The registration form on page 19 of this brochure is for Parks & Recreation programs only!**

# DARIEN SENIOR ACTIVITIES CENTER

## MISSION STATEMENT

The mission of the Darien Senior Activities Center 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.

**Coordinator:** Beth Paris, Gerontologist; eparis@darienct.gov  
**Program Specialist:** Marcy Rand, MSW; mrand@darienct.gov  
**Office Manager:** Anne DiCeglie; adiceglie@darienct.gov  
**Master Chef:** Tom Mirto  
**Building Attendant:** Bill Kirsch

**General Phone:** 203-656-7455

**Days:** Monday through Friday

**Hours of Operation:** 9:00-3:00

(No Classes: September 5th, October 10th, November 11th, 24th, 25th, December 23rd, 26th)

**Registration for the following programs takes place at the Darien Senior Activities Center!**

## EXERCISE PROGRAMS

Monday	10:00 Low Impact Aerobics with Weights 11:00 Ballet 12:30 Zumba Gold
Tuesday	10:00 Sittercize 11:00 Tai Chi
Wednesday	11:00 Yoga 1:00 Ping Pong
Thursday	9:00 Pilates 11:15 Jazzercise 12:30 Pool
Friday	1:00 Senior Fitness 9:30 Dance for Health 11:00 Ballet 12:30 Pool



\*Most classes charge \$4.00 - \$5.00 drop in basis

## LANGUAGES

Tuesday	12:30 French Literature - (1st Tuesday of month) 1:00 Italian Conversation
Friday	11:00 Intermediate Spanish

## ARTS & CRAFTS

Monday	9:30 Stained Glass 9:30 Quilting 9:30 Woodshop 10:00 Sewing
Tuesday	9:30 Knitting and Needlepoint 9:30 Woodshop
Wednesday	9:30 Holiday Crafts 10:00 Watercolor Painting
Thursday	10:00 Acrylic Painting
Friday	9:00 Sketching 10:00 Stone Carving 10:00 Oil Painting

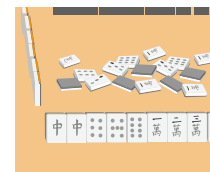


## DISCUSSION GROUPS & CLASSES

Monday	11:00 Discussion Group
Tuesday	10:00 Writing Class 12:30 Movie Review
Wednesday	12:45 "Let's Talk"
Thursday	9:30 Women of the 50's & 60's Discussion 12:30 Couponing 101 1:00 Short Story Discussion
Friday	12:30 Current Events 12:45 Remember When

## GAMES

Monday	9:30 Mahjong 10:00 Pinochle 1:30 Bingo Swap 1:30 Kings Corner
Tuesday	10:00 Pinochle 1:30 Kings Corner
Wednesday	10:00 Pinochle 1:30 Kings Corner
Thursday	12:30 Mahjong 1:30 Kings Corner



## DARIEN GARDEN CLUB

A group of dedicated volunteers from the Garden Club lead a flower arranging class each month called "Pleasure Through Plants Program." They graciously provide all the flowers and the containers to highlight occasions or special holidays themes that month. They also offer instructions on making arrangements as well as valuable information on the flowers used at each class. Class size is limited - sign up required.

# DARIEN SENIOR ACTIVITIES CENTER

## DAILY LUNCH

Full lunch is offered daily at Noon sharp. The menu is varied, delicious and a wonderful value at \$4.00. The meal is prepared by a Master Chef and is nutritionally balanced.

Call in by 11:15 for reservations 203-656-7448 or 203-656-7455.

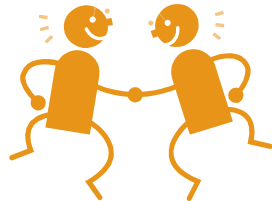


## WOODSHOP REPAIR PROGRAM

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 and Tuesdays between 9:30-11:30. A suggested donation will be requested to support this program and others at the Center. Call 203-656-7455 for more information.

## VOLUNTEER OPPORTUNITIES

Front Desk Greeter/Lunch Reservations  
Office Assistants  
Lunch Host/Hostesses  
Instructors/Group Leaders  
Gift Shop Managers  
Event Planners  
Entertainers  
Computer Assistants  
Woodshop Repair Workers  
De-Cluttering Squad  
Crafters



## BLOOD PRESSURE

Blood Pressures are checked the first Monday of every month from 10:00 - 11:30. Check calendar for exact date.

## MONTHLY NEWSLETTER

Monthly Newsletter is available at the Senior Center & Town Hall in Parks & Rec. Office and the Resource Table outside of the Social Services Office. It is also online at [darienct.gov](http://darienct.gov) click on Parks & Recreation then click on Senior Center on far left of the page. Programs are added often, so check for updates!

## AARP

**AARP Chapter 972** meets at the Center the 1<sup>st</sup> Friday of every Month from September through May at 1:15 pm. Pertinent information is given out regarding AARP as an organization and updates regarding federal programs that impact older adults. A local speaker or entertainment is also part of each monthly meeting. Membership for the year is \$12.00. Call Ron Heinbaugh at 203-655-0538 for more information.

**AARP DRIVING COURSE** will be offered twice, September 15th and October 12th.

The course is now only one day from 9:00-1:00. The Facilitator is Margaret Nielsen. Please sign up for either date by calling the Senior Center or Volunteer Helen Ries at 203-327-6286.

## LIFETIME LEARNERS

Starting Mid-September through Mid-November **Life Time Learners Institute at Norwalk Community College** will offer at least 3 courses at the Darien Senior Center in Oil Painting, Acrylic Painting, the Ancient Art of Stone Carving and Women of the 50's & 60's Discussion Group. Each Spring and Fall, LLI offers approximately 40 courses, as well as the Brown Bag Lunch and Learn lecture series. There is also a 5 week Winter Session. For more information or to receive a printed catalog please call 203-857-3330 and leave a message or email [info@lifetimelearners.org](mailto:info@lifetimelearners.org)

## CAREGIVER EDUCATIONAL SUPPORT

The Caregiver Educational Support Group meets the 3rd Tuesday 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 203-656-7455.

## MEMBERSHIP

To become a member please fill out a registration card the next time you're at the Center. Membership is free and open to those 55 yrs of age and above. For more information call 203-656-7455.

# DARIEN SENIOR ACTIVITIES CENTER

## HIGHLIGHTS FOR THE MONTHS AHEAD

**Oktoberfest** celebration is **Thursday, October 13<sup>th</sup> at 12:00**. It's time to jump into your lederhosen, grab your bier stein and yodel your way over to the Darien Senior Center! Come enjoy some kraut and bier (O'Doul's of course!) and the music of Frank Billowitz and the Austrian Boys Band. Frank carries on the tradition of regional Austrian-German music here in the U.S. Frank and his band are Grammy Award finalists and have been featured in the New York Times, Connecticut Post, and the Norwalk Hour. Tom Mirto, Master Chef will have a mouthwatering Oktoberfest menu for you to enjoy before the performance, so please come for lunch - \$4.00, and enjoy the music and entertainment free of charge!

Ya'll are invited to a **Hoe Down** at the Senior Center Ranch! Mosey on over and kick up your heels to the music of Richard Stillman. There will be square dancing and a country show full of rope tricks, cowboy hat tricks, and banjo playing! Tom Mirto, Master Chef will be creating a mouthwatering western BBQ for \$4.00 that can't be beat! You don't want to miss this stompin' good time! Roundup is **Thursday, October 20<sup>th</sup> at 12:00!**

Our **Holiday Fair** will be held on **Saturday, November 19<sup>th</sup> from 9:00-3:00**. The ladies have been working all year on beautiful handmade knitted and crocheted items. This year crafters have come up with creative decorations and ornaments. The men in the workshop have several projects to offer, the most popular item being birdhouses. This year we also have jewelry, vintage and handmade, which is unique and a great value. The popular White Elephant table is back with treasures galore at unbeatable prices.

Here at the Center, the traditional **Circle of Light Celebration** will be held on **Wednesday, December 21<sup>st</sup> from 12:00-1:30**. We will share a wonderful meal prepared by our Master Chef, Tom Mirto. Lunch is \$4.00. Make lunch reservations by Monday, December 19<sup>th</sup>. After lunch we will join together in a symbolic circle of light while singing carols and wishing each other well. Please come and celebrate with Bonnie Leitner on the piano and Senior Center member Mary Giarratano leading us in song.

## SAVE THE DATE: SEPTEMBER

- Sept 6 Historical Series: New York World's Fair 12:30
- Sept 12 Funeral Prearrangements - Lawrence Funeral Home 12:45
- Sept 13 Historical Series: Brooklyn Bridge 12:30
- Sept 15 AARP Driving Course 9:00
- Sept 19 Congressman Jim Himes 11:30
- Sept 19 Entertainment with Bob Mel 12:30
- Sept 20 Historical Series: Statue of Liberty 12:30
- Sept 22 "Ask a Lawyer" with Michael Nedder 12:30
- Sept 26 "Estate Planning" 11:00
- Sept 27 Flu Shot Clinic 9:30
- Sept 28 High Tea with Cookie Martini 1:30

## SAVE THE DATE: OCTOBER

- Oct 4, 11, 18 & 25 Memory Matters Series 12:45 (Call 656-7455 for more info)
- Oct 12 AARP Driving Course 9:00
- Oct 12 Coping With Your Hearing Loss 10:30
- Oct 13 Oktoberfest with Austrian Boys Band 12:30
- Oct 18 Flu Shot Clinic 9:30
- Oct 18 Medicare Part D Information Session 12:30
- Oct 20 Hoe Down with Richard Stillman Band 12:30
- Oct 24 Humble Bees Entertainment 12:30

## SAVE THE DATE: NOVEMBER

- Nov 1 Blue Note Singers Entertainment 12:30
- Nov 7 "Language Trivia" with Tom Gildersleeve 12:30
- Nov 15 "National Memory Screening Day" Memory Screening by Appointment Call 203-762-8958
- Nov 16 Thanksgiving Dinner 12:00; \$4.00 Reservations Required - Call 656-7455
- Nov 16 Bob Giannotti Entertainment 12:30
- Nov 19 Holiday Fair 9:00-3:00

## SAVE THE DATE: DECEMBER

- Dec 5 Shubert Chorale Holiday Entertainment 12:30
- Dec 6 "Navigating Financial Storms" Morgan Stanley Smith Barney 12:45
- TBA High Tea with DHS students TBA
- Dec 12 Entertainment with Bonnie Leitner 12:30
- Dec 21 Visit with Santa 12:00
- Dec 21 Holiday Luncheon 12:00; \$4.00 Reservations Required - Call 656-7455
- Dec 21 Circle of Light 12:30



# PARKS & RECREATION PROGRAM REGISTRATION FORM

(Please Print and Fill Out Completely)

Resident Registration begins  
Tuesday, August 30th

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 or use of Town equipment during the course of a Town of Darien sponsored activity.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

For Office Use Only

Total Fee \_\_\_\_\_ Check # \_\_\_\_\_ Cash \_\_\_\_\_ Visa \_\_\_\_\_ MC \_\_\_\_\_ Staff Initials \_\_\_\_\_ Date \_\_\_\_\_

RESIDENTIAL CUSTOMER

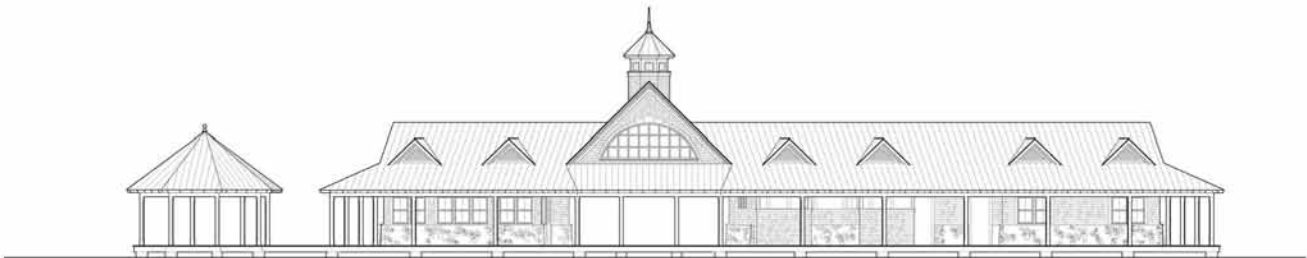
**WEED BEACH IMPROVEMENT PROJECT**

The Weed Beach Improvement Project is set to start in late August! Improvements for summer 2012 include a new bathhouse (below), an operations building for the paddle tennis courts, new "greener" parking areas, and new walking/exercise trails. Please pardon our appearance during the improvement process! Please visit our website for updates as the project moves forward.

Weed Beach Building Committee

Debra Parnon, Chair  
Lorene Bora  
Courtney Darby  
Kent Epley

David Bayne  
Susan Daly  
Jason Enters  
James Howe



**PARK & RECREATION COMMISSION**

The mission of the Park 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. The Park and Recreation Commission meets the third Wednesday of the month at 7:30 PM in Room 119 of Town Hall.

- |                            |                    |
|----------------------------|--------------------|
| Jane Branigan, Chairperson | Susan Daly         |
| Mary Flynn                 | Charles Goodyear   |
| Susan Graham               | Marianne Gutierrez |
| Andrew Hunter              | Robert Marchesi    |
| Erika Morris               |                    |

**PARKS & RECREATION DEPARTMENT STAFF**

- |                     |                                      |
|---------------------|--------------------------------------|
| Susan Swiatek, CPRP | Director of Parks & Recreation       |
| Jim Coghlan, CPRP   | Assistant Dir. of Parks & Recreation |
| Jeanne Foulds       | Office Administrator                 |
| Joan Cavett         | Program Secretary                    |
| Linda Hannett       | Program Secretary                    |
| James E. Flynn      | Supervisor of Parks Maintenance      |
| Edwin Acevedo       | Parks Maintainer                     |
| Lucien Goulet       | Parks Maintainer                     |
| Rick Scharmer       | Parks Maintainer                     |
| Jack Whitehead      | Parks Maintainer                     |