

# Darien

## Parks and Recreation Department



"Pear Tree Point Beach" by Nobuko Miki

# Fall 2016 & Winter 2017

Registration begins August 30th

Register online at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)



Movie at Weed Beach,  
Friday, September 2nd (Dusk)  
"The Jungle Book (2016)"

# Fall & Winter 2016

## Letter From The Director

What a fantastic spring and summer season our Parks & Recreation Department had! The parks and beaches were busy with all ages enjoying the outside facilities and beautiful weather this season. Program enrollment was at its highest and we had numerous facility rentals and improvements to our parks as well. Some of the seasonal improvements to date have been: a complete renovation to the gazebo at Pear Tree Park, painting of the bathhouse and concession stand at Pear Tree Park, hanging flower baskets at Tilley Pond Park (thank you to the Beautification Committee!), new beach sand at Weed Beach and new fencing at the Weed Beach Playground.

The Parks and Recreation Commission has also been very busy and will begin the long awaited process of working on updating the Master Park Plan, with focus on a seasonal pool, as they recognize how important this recreational activity is to many of Darien residents. We also welcome our newest board member, Jonathan England. Welcome and thank you for your interest in the Darien Parks & Recreation Department.

As always, we hope that you will enjoy the diverse amount of programs we have to offer you and your family. Throughout the brochure you will see how we captured pictures of numerous smiling faces, activities and park projects over the spring and summer and look forward to capturing more during the fall and winter months! Thank you for those that sent pictures to our department to share!

*Sincerely, Pamela Gery*



## BEST OF LUCK!

Parks and Recreation Program Secretary, Linda Hannett, is embarking on a new career and has resigned from our office. Thank you for your hard work ethic and energy that you brought to our department. We now welcome Darien resident, Kathleen Maul in the Program Secretary position.



**We all wish you great success!**

## TRAILS DISCOVERY DAY

**Sunday, September 11th**

11 AM – 3 PM

Dunlap/Selleck's Woods



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

***Sponsored by the Darien Land Trust***

# General Information

## Parks & Recreation Department

**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

**Kathleen Maul** Program Secretary

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

**Sandy Rich** Turf Maintainer

**Edwin Acevedo** Parks Maintainer

**John Correa** Parks Maintainer

**Mike Staff** Parks Maintainer

**Anthony Taccone** Parks Maintainer

### Parks & Recreation Commission

Mary Flynn, Chairman  
Erika Morris  
Amy Doering  
Mary Louise Morgan  
Jonathan England

Susan Daly  
Lorene Bora  
Marc Ioli  
Dennis Conetta



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

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

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

### Facility Hours/Information

**Phone:** 203-656-7325

**Fax:** 203-656-7393

**Website:** [Darienct.gov/parkrec](http://Darienct.gov/parkrec)

**Email:** [Park&recreation@darienct.gov](mailto:Park&recreation@darienct.gov)

**Facebook:**

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

**Please log on and “like” & “friend” our page!**

### **Address & Office Hours**

Town Hall, 2 Renshaw Road, Darien, CT 06820

Mon.- Fri. 8:30 a.m. - 4:30 p.m.

### **Closed on following holidays:**

Monday	September 5	Labor Day
Monday	October 10	Columbus Day
Friday	November 11	Veterans Day
Thursday	November 24	Thanksgiving
Friday	November 25	Day after Thanksgiving
Friday	December 23	Christmas Eve
Monday	December 26	Christmas (observed)
Friday	December 30	New Years Eve (at 3 p.m.)
Monday	January 2	New Years (observed)



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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.....	800-733-2767
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 Tuesday, August 30th @ 8:30AM  
 Non-Resident - Starts Tuesday, Sept. 6th @ 8:30 AM

There are three ways to register for programs:

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, 2016.

## 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 Pear Tree Point Beach by local artist Nobuko Miki. We wish to thank Nobu for her wonderful talent over the years. Visit [www.artbynobu.com](http://www.artbynobu.com) for more of her terrific works of art!

# FALL YOUTH PROGRAMS

## NEW LEVEL TENNIS LESSONS

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (7 weeks)  
Sept. 10 - Nov. 2 (no class October 3 & 12)

<u>Times:</u>			<u>Course #</u>
Saturday	11:30 - 12:15 PM	Ages 3 & 4	7549
Saturday	12:15 - 1:00 PM	Ages 4 & 5	7550
Saturday	1:00 - 2:00 PM	Ages 6 - 8	7551
Saturday	2:00 - 3:00 PM	Ages 9 - 11	7552
Monday	1:45 - 2:30 PM	Ages 3 & 4	7533
Monday	2:30 - 3:15 PM	Ages 4 & 5	7534
Monday	3:15 - 4:00 PM	Ages 4 & 5	7535
Monday	4:00 - 5:00 PM	Ages 6 - 8	7536
Monday	5:00 - 6:00 PM	Ages 9 - 11	7537
Tuesday	1:45 - 2:30 PM	Ages 3 & 4	7523
Tuesday	2:30 - 3:15 PM	Ages 3 & 4	7524
Tuesday	3:15 - 4:00 PM	Ages 4 & 5	7525
Tuesday	4:00 - 5:00 PM	Ages 5 & 6	7532
Tuesday	5:00 - 6:00 PM	Ages 6 - 8	7530
Wednesday	1:45 - 2:30 PM	Ages 3 & 4	7541
Wednesday	2:30 - 3:15 PM	Ages 4 & 5	7542
Wednesday	3:15 - 4:00 PM	Ages 4 & 5	7543
Wednesday	4:00 - 5:00 PM	Ages 9 - 11	7544
Wednesday	5:00 - 6:00 PM	Ages 6 - 8	7531
Thursday	1:45 - 2:30 PM	Ages 3 & 4	7526
Thursday	2:30 - 3:15 PM	Ages 4 & 5	7527
Thursday	3:15 - 4:00 PM	Ages 4 & 5	7528
Thursday	4:00 - 5:00 PM	Ages 5 & 6	7539
Thursday	5:00 - 6:00 PM	Ages 9 - 11	7540
Friday	1:45 - 2:30 PM	Ages 3 & 4	7545
Friday	2:30 - 3:15 PM	Ages 3 & 4	7546
Friday	3:15 - 4:00 PM	Ages 4 & 5	7529
Friday	4:00 - 5:00 PM	Ages 6 - 8	7547
Friday	5:00 - 6:00 PM	Ages 10 - 14	7548

Location: Weed Beach

Fee: 45-minute class  
Resident - \$110; Non-Res - \$130

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, Friday, or Saturday (8 weeks)  
September 10 - November 9  
(no class October 3 & 12)

<u>Time:</u>			<u>Course #</u>
Saturday	9:00 - 9:45 AM	Ages 3 - 5	7559
Saturday	9:00 - 9:45 AM	Ages 2 & 3*	7560
Saturday	10:00 - 10:45 AM	Ages 3 - 5	7561
Saturday	10:00 - 10:45 AM	Ages 2 & 3*	7562
Saturday	11:00 - 11:45 AM	Ages 3 - 5	7563
Saturday	11:00 - 11:45 AM	Ages 2 & 3*	7564
Monday	10:00 - 10:45 AM	Ages 2 & 3*	7565
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	7567
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	7568
Friday	10:00 - 10:45 AM	Ages 2 & 3*	7571
Friday	12:45 - 1:30 PM	Ages 3 - 5	7572
Friday	1:45 - 2:30 PM	Ages 3 - 5	7573

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 14 - November 9  
(no class October 12)

<u>Times:</u>			<u>Course #</u>
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	7586
Thursday	1:15 - 2:00 PM	Ages 3 - 5	7587

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

## BIG SWING WIFFLE BALL

Day: Thursday (8 weeks)  
September 15 - November 3



Time: 4:00 - 5:30 PM Course #  
7745

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

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



This program (for boys & girls) will be run by Overtime Athletics and isn't baseball, it's better! Everyone gets hits and no one strikes out in this version of America's favorite pastime. The fundamentals of throwing, catching and hitting are taught through games like Soft Toss, Base Runners, Home Run Derby and 500 Flies. Both new and seasoned players will love getting BIG hits with our favorite game, Tennis-Racquet Baseball. It's wiffle ball with a racquet! No real baseball equipment is used to ensure a safe playing environment. Sign up today before it's going, going, GONE! Every child gets an OTA H.I.G.H. F.I.V.E.S. Participation Medal!

## FUTURE STARS BASKETBALL

Day: Thursday (8 weeks)  
October 20 - December 15  
(no class November 24)

Time: 4:00 - 5:30 PM Course #  
Ages 5 - 10 7609

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 which focuses on teamwork, cooperation, and respecting yourself & others.



## YOUTH GOLF LESSONS

Day: Wednesday or Saturday (5 weeks)  
September 14 - October 22  
(no class October 12 & 15)

Time: Course #  
Wednesday 4:30 - 5:30 PM 7822  
Saturday 3:00 - 4:00 PM 7823

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 13 - December 14  
(no class November 23 - 26)

Time: Course #

Wednesday 4:00 - 5:00 PM Ages 7 - 10 7729  
Wednesday 5:00 - 6:00 PM Ages 11 - 14 7730

Thursday 4:00 - 5:00 PM Ages 11 - 14 7731  
Thursday 5:00 - 6:00 PM Ages 7 - 10 7732

Saturday 2:00 - 3:00 PM Ages 7 - 10 7733  
Saturday 3:00 - 4:00 PM Ages 11 - 14 7734

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

## PLAYGROUND BOOT CAMP

**Day:** Friday (8 weeks)  
September 16 - November 4

**Time:** 4:00 - 4:45 PM **Course #**  
7641

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

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



This program was carefully designed to enhance the overall development & physical fitness of children through: Running, Balancing, Brachiating (Overhead Climbing), Climbing, Sliding, Zigzagging and 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, water bottle and a light healthy snack each week. Classes will be held at Weed Beach. In case of inclement weather, we will meet in the Town Hall gym.

## DANCE YOUR FEET SILLY

**Day:** Wednesday (8 weeks)  
September 14 - November 9 (no class Oct. 12)

**Time:** 1:45 - 2:30 PM **Course #**  
7637

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

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

This is a dance, stretch-n-play party for lil' feet where pint-sized party animals dance their feet silly. Children will socialize, move to age-appropriate music, dance with scarves, maracas, and play games with the new friends they will make.

## GIRLS YOGA

**Days:** Tuesday (14 weeks)  
September 13 - December 13

**Time:** 3:00 - 3:50 PM Ages 11 - 14 **Course #**  
7804  
4:00 - 4:50 PM Ages 7 - 10 **Course #**  
7803

**Location:** Elements Yoga & Wellness Center

**Fee:** Resident - \$238;  
Non-Resident - \$285



Offer your daughter valuable life skills with yoga. She'll develop attentiveness and ability to focus and yoga will enhance her sports or dance training by increasing strength and flexibility. Classes incorporate child friendly yoga asana, themes, storytelling, games, music, aromatherapy, and more!

## GIRLS CIRCUIT TRAINING @ WEED BEACH

**Day:** Friday (8 weeks)  
September 16 - November 4

**Time:** 5:00 - 5:45 PM **Course #**  
7642

**Location:** Weed Beach/Town Hall Gymnasium  
Ages 10 - 14

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



Age appropriate circuit fitness STATIONS and DRILLS for a fun workout to improve overall fitness, packed with lots of variety and fun. Perfect for girls who need to get fitter and burn calories and perfect for girls who want to improve performance for sports and have fun. All performed to pre-teen kids-friendly pop music. Stations include Jogging, Bosu Balls, Agility Ladders, Equalizers, Stability Balls, Plyometrics and more. Ends with strength training using body weights and a Yoga cool down and stretch. Must wear sneakers, bring a beach towel and water bottle. Classes will be held at Weed Beach. In case of inclement weather, classes will be held in the Town Hall gym.

## KIDDIE BOOT CAMP

**Day:** Friday (8 weeks)  
September 16 - November 4

**Time:** 1:45 - 2:30 PM **Course #**  
7639

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

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

BE ACTIVE, BE HEALTHY, BE FIT, BE STRONG: it's never too early to learn these four things. Welcome to 'KIDDIE BOOT CAMP', a program designed to enhance overall development and improve fitness, balance, agility and proprioception of young children with a fun, never boring and very active program. Our 'Kiddie Boot Camp' will focus on developing your child's body awareness, listening skills, flexibility and strength in a fun, positive manner using simple exercises and games, mini obstacle courses, and multiple fitness stations. Kids will have fun moving from station to station with fun, kid-friendly motivating music. Kids will learn that fitness can be fun. Participants must wear sneakers and bring a water bottle to each class. Please encourage your children to participate and get excited for each class. The greater the participation the more fun and fit they will be!

# FALL YOUTH PROGRAMS

## MAD SCIENCE

<u>Day:</u>	Thursday (8 weeks) September 29 - November 17	
		<u>Course #</u>
<u>Time:</u>	1:45 - 2:30 PM - Ages 3 - 5	7613
	4:00 - 5:00 PM - Ages 5 - 8	7614
<u>Location:</u>	Ages 3 - 5 - Town Hall, Room 119 Ages 5 - 8 - Mather Center, Room 205	
<u>Fee:</u>	Resident - \$180; Non-Res - \$215	

Ages 3 - 5 - This program offers a different science experiment each week! Students will explore topics such as Butterflies, Dry Ice & Dinosaurs! Caregiver needs to stay in building during this class.

Ages 5 - 8 - Sense-Sational Science: Stimulate your senses and explore the world around you as Science charges you up. Have a hair-raising experience with our Van De Graf machine. Learn the science behind making Cotton Candy. Color your world with a Technicolor Blender. Find out why you can't taste without smell. Listen closely as you travel with sound and see things before your very eyes. This session is sure to excite and intensify how you experience the world around you through your senses.

## KARATE

<u>Days:</u>	Monday, Tuesday, Wednesday, Thursday, Friday, <u>or</u> Saturday (11 weeks) September 10 - December 2 (no class Oct. 3, 12 & Nov. 8, 24)		
<u>Time:</u>	<u>Course #</u>		
Monday	4:00 - 4:45 PM	Ages 4 - 6	7645
Thursday	4:00 - 4:45 PM	Ages 4 - 6	7646
Saturday	9:00 - 9:45 AM	Ages 4 - 6	7647
Monday	4:45 - 5:30 PM	Ages 7 - 9	7648
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	7649
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	7650
Thursday	4:45 - 5:30 PM	Ages 7 - 9	7651
Friday	4:30 - 5:15 PM	Ages 7 - 9	7652
Saturday	9:45 - 10:30 AM	Ages 7 - 9	7653

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

<u>Day:</u>	Tuesday (4 weeks)	<u>Course #</u>
Session I	October 4 - 25	
	4:00 - 5:00 PM, ages 5 - 9	7824
	5:00 - 6:00 PM, ages 9 - 13	7825
Session II	November 15 - December 6	
	4:00 - 5:00 PM, ages 5 - 9	7826
	5:00 - 6:00 PM, ages 9 - 13	7827
<u>Location:</u>	Mather Center, Room 205	
<u>Fee:</u>	Resident - \$130; Non-Res - \$156	

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

<u>Day:</u>	Wednesday (4 weeks) November 2 - 30 (no class November 23)	
		<u>Course #</u>
<u>Time:</u>	4:30 - 6:00 PM. Grades K - 2	7723
<u>Location:</u>	Mather Center, Room 205	
<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. All new models to tinker with this year.

## MINECRAFT ADVENTURE

<u>Day:</u>	Friday (4 weeks) November 4 - December 2 (no class November 25)	<u>Course #</u>
		7835
<u>Time:</u>	4:30 - 6:00 PM, Grades 2 - 5	
<u>Location:</u>	Mather Center, Room 205	
<u>Fee:</u>	Resident - \$120; Non-Resident - \$144	

This is the perfect course for eager Minecrafters to learn the comprehensive features Minecraft PC offers, participate in teamwork and collaborate while playing with other students on a teacher-monitored closed server.

# FALL YOUTH PROGRAMS

## PIANO LESSONS

Day: Tuesday (9 weeks)  
October 4 - December 6 (no class Nov. 8)

<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM	6 - 12 yrs. Level 1	7617
5:00 - 6:00 PM	6 - 12 yrs. Level 2	7618
6:00 - 7:00 PM	6 - 12 yrs. Level 3	7619
7:00 - 8:00 PM	All ages Advanced (must have completed levels 1 - 3)	7620

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 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

Day: Thursday (8 weeks)  
September 29 - November 17

<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM - Beginner		7633
5:00 - 6:00 PM - Intermediate		7634
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 14 - November 9  
(no class October 12)

<u>Time:</u>		<u>Course #</u>
4:00 - 5:00 PM - Beginner		7625
5:00 - 6:00 PM - Beginner		7626
6:00 - 7:00 PM - Intermediate		7627

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 16 - November 6

<u>Time:</u>		<u>Course #</u>
Sunday	12:30 - 1:30 PM Ages 5 - 14	7611

Location: Mead Farm (107 June Road, Stamford)

Fee: Resident - \$250  
Non-Resident - \$300



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).

# W I N T E R Y O U T H P R O G R A M S

## BLUE WAVE KICKERS SOCCER ACADEMY

Day: Tuesday, Thursday or Saturday (8 weeks)  
January 10 - March 11  
(no class February 16, 18 & 21)

<u>Times:</u>			<u>Course #</u>
Tuesday	4:00 - 5:00 PM	Boys born in 2010/11	7592
Tuesday	4:00 - 5:00 PM	Boys born in 2009	7593
Tuesday	5:00 - 6:00 PM	Girls born in 2010/11	7594
Tuesday	5:00 - 6:00 PM	Girls born in 2009	7595
Tuesday	6:00 - 7:00 PM	Boys born in 2007/08	7596
Thursday	4:00 - 5:00 PM	Girls born in 2007/08	7598
Thursday	5:00 - 6:00 PM	Girls born in 2005/06	7600
Thursday	5:00 - 6:00 PM	Boys & Girls born in 2005 - 2008 - Foot Skills	7601
Saturday	12:30 - 1:30 PM	Boys born in 2009 - 11	7602
Saturday	12:30 - 1:30 PM	Girls born in 2009 - 11	7603

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)  
November 29 - January 27 (no class Dec. 2, 23 - 31, Jan. 3)

<u>Time:</u>			<u>Course #</u>
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	7574
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	7575
Friday	1:15 - 2:00 PM	Ages 3 - 5	7576
Saturday	11:45 AM - 12:30 PM	Ages 3 - 5	7577
Saturday	11:45 AM - 12:30 PM	Ages 2 & 3*	7578

January 31 - March 18 (no class February 17 - 21)

<u>Time:</u>			<u>Course #</u>
Tuesday	2:00 - 2:45 PM	Ages 3 - 5	7579
Wednesday	12:30 - 1:15 PM	Ages 3 - 5	7580
Friday	1:15 - 2:00 PM	Ages 3 - 5	7581
Saturday	11:45 AM - 12:30 PM	Ages 3 - 5	7582
Saturday	11:45 AM - 12:30 PM	Ages 2 & 3*	7583

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 parent/child!

## BLUE WAVE KICKERS LITTLE ATHLETES

Day: Wednesday or Thursday (6 weeks)  
November 30 - January 12 (no class Dec. 28 & 29)

<u>Times:</u>			<u>Course #</u>
Wednesday	1:30 - 2:15 PM	Ages 3 - 5	7588
Thursday	1:15 - 2:00 PM	Ages 3 - 5	7589

February 1 - March 16 (no class February 16)

Wednesday	1:30 - 2:15 PM	Ages 3 - 5	7590
Thursday	1:15 - 2:00 PM	Ages 3 - 5	7591

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.

# W I N T E R Y O U T H P R O G R A M S

## NEW LEVEL TENNIS LESSONS

Days: Monday or Thursday (8 weeks)  
January 9 - March 13  
(no class Jan. 16, Feb. 16 & 20)

<u>Times:</u>			<u>Course #</u>
Monday	12:15 - 1:00 PM	Ages 3 - 5	7557
	1:00 - 1:45 PM	Ages 3 & 4	7553
	1:45 - 2:30 PM	Ages 3 - 5	7558
Thursday	1:00 - 1:45 PM	Ages 3 & 4	7554
	1:45 - 2:30 PM	Ages 3 & 4	7555
	2:30 - 3:15 PM	Ages 4 & 5	7556

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.

## KARATE

Days: Monday, Tuesday, Wednesday, Thursday, Friday, or Saturday (11 weeks)  
December 5 - March 13 (no class Dec. 24-31, Jan. 2, 3, 19, Feb. 16 - 21)

<u>Time:</u>			<u>Course #</u>
Monday	4:00 - 4:45 PM	Ages 4 - 6	7654
Thursday	4:00 - 4:45 PM	Ages 4 - 6	7655
Saturday	9:00 - 9:45 AM	Ages 4 - 6	7656
Monday	4:45 - 5:30 PM	Ages 7 - 9	7657
Tuesday	4:45 - 5:30 PM	Ages 7 - 9	7658
Wednesday	4:45 - 5:30 PM	Ages 7 - 9	7659
Thursday	4:45 - 5:30 PM	Ages 7 - 9	7660
Friday	4:30 - 5:15 PM	Ages 7 - 9	7661
Saturday	9:45 - 10:30 AM	Ages 7 - 9	7662

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.

## DANCE YOUR FEET SILLY

Day: Wednesday (8 weeks)  
January 11 - March 1

Time: 1:45 - 2:30PM

Location: Town Hall Gymnasium  
Ages 3 - 5, boys & girls

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

Course #

7834



This is a dance, Stretch-n-play dance party for lil' feet where pint-sized party animals 'dance their feet silly'. In this 45 min program, 3-5 year-olds can just let loose and be themselves - little bundles of natural energy that are endlessly curious about new sounds and experiences! They can socialize, move to age-appropriate music, dance with scarves, maracas, and play games with the new friends they'll make. Class provides Fun Zumba dance followed by Kids Yoga and ends with some fun games. Must wear sneakers, bring a water bottle. Parents encouraged to participate.

## KIDDIE BOOT CAMP

Day: Friday (8 weeks)  
January 13 - March 10  
(no class February 17)

Time: 1:45 - 2:30 PM

Location: Darien Town Hall Gymnasium  
Ages 3 - 5, boys & girls

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



BE ACTIVE, BE HEALTHY, BE FIT, BE STRONG: it's never too early to learn these four things. Welcome to 'KIDDIE BOOT CAMP', a program designed to enhance overall development and improve fitness, balance, agility and proprioception of young children with a fun, never boring and very active program. Our 'Kiddie Boot Camp' will focus on developing your child's body awareness, listening skills, flexibility and strength in a fun, positive manner using simple exercises and games, mini obstacle courses, and multiple fitness stations. Kids will have fun moving from station to station with fun, kid-friendly motivating music. Kids will learn that fitness can be fun. Participants must wear sneakers and bring a water bottle to each class. Please encourage your children to participate and get excited for each class. The greater the participation the more fun and fit they will be!

# WINTER YOUTH PROGRAMS

## FUTURE STARS BASKETBALL

Day: Monday (8 weeks)  
January 9 - March 13  
(no class January 16 & February 20)

Time: 4:00 - 5:30 PM Course #  
Ages 5 - 10 7610

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 which focuses on teamwork, cooperation, and respecting yourself & others.

## GIRLS YOGA

Days: Tuesday (11 weeks)  
January 10 - March 28 (no class Feb. 21)

Time: 3:00 - 3:50 PM Ages 11 - 14 Course # 7813  
4:00 - 4:50 PM Ages 7 - 10 7812

Location: Elements Yoga & Wellness Center

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



Offer your daughter valuable life skills with yoga. She'll develop attentiveness and ability to focus and yoga will enhance her sports or dance training by increasing strength and flexibility. Classes incorporate child friendly yoga asana, themes, storytelling, games, music, aromatherapy, and more!

## FIT FRIDAYS - GIRLS

Day: Friday (8 weeks)  
January 13 - March 10 (no class Feb. 17)

Time: 5:00 - 5:45 PM Course #  
Ages 10 - 14 7644

Location: Town Hall Gymnasium

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



This class will include Rebounding (trampoline), Boot Camp, Jump Rope Sports, Kickboxing, Fitness Hooping flexibility training & other fitness techniques for a fun, never boring fitness program that is sure to please your Pre-Teen and teen girls. Nutrition & healthy lifestyle education included.

## JUNIOR PADDLE TENNIS LESSONS

Day: Wednesday, Thursday, or Saturday  
(8 weeks)  
January 11 - March 11  
(no class February 16 & 18)

Time: Course #

Wednesday	4:00 - 5:00 PM	Ages 7 - 10	7735
Wednesday	5:00 - 6:00 PM	Ages 11 - 14	7736
Thursday	4:00 - 5:00 PM	Ages 11 - 14	7737
Thursday	5:00 - 6:00 PM	Ages 7 - 10	7738
Saturday	2:00 - 3:00 PM	Ages 7 - 10	7739
Saturday	3:00 - 4:00 PM	Ages 11 - 14	7740

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 - BOYS & GIRLS

Day: Friday (8 weeks)  
January 13 - March 10  
(no class February 17)

Time: 4:00 - 4:45 PM Course #  
Ages 6 - 12 7643

Location: Town Hall Gymnasium

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



Rebounding, Zumba, Hula Hoop Dance, 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.

# WINTER YOUTH PROGRAMS

## LEGO ROBOTICS

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

Course #  
7725

Time: 4:30 - 6:00 PM

Grades 2 - 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. All new models this year.

## MINECRAFT POWER USERS

Day: Friday (4 weeks)  
January 20 - February 10

Course #  
7727

Time: 4:30 - 6:00 PM

Grades 2 - 5

Location: Mather Center, Room 205

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



Are you interested in checking out modpacks that let you ride an ender dragon or a creeper pig? Or get a NASA workbench to build a rocket and blast off to the moon and plant your own flag on the surface? The possibilities are endless with different modpacks - come have fun!

## LEGO IN MOTION

Day: Friday (4 weeks)  
March 3 - 24

Course #  
7724

Time: 4:30 - 6:00 PM

Grades K - 2

Location: Mather Center, Room 205

Fee: 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. All new models to tinker with this year.

## CODING IN MINECRAFT

Day: Monday (4 weeks)  
March 6 - 27

Course #  
7728

Time: 4:30 - 6:00 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 learn a range of coding concepts like loops, functions and conditionals using JAVA to create MODs for the game. This is a fun introduction to computer programming. Share your MODs with your friends and learn together.

# WINTER YOUTH PROGRAMS

## MAD SCIENCE

Day: Thursday (8 weeks)  
January 12 - March 9  
(no class February 16)



		<u>Course #</u>
<u>Time:</u>	1:45 - 2:30 PM - Ages 3 - 5	7615
	4:00 - 5:00 PM - Ages 5 - 8	7616

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

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

Ages 3 - 5 - 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 - Academy of Future Space Explorers-NASA- Explore the farthest reaches of our solar system and create a lunar eclipse in a 'Mad' planetary tour. Journey through a soapy galaxy as you investigate the life cycle of stars. Race a balloon rocket and design your own car engine as you learn about thrust. Investigate the four forces of flight with the help of a unique flying object! Build your own Skyblazer II rocket plus other cool experiments that you can take home. The classes are out of this world!

## HORSES 101

Days: Sunday (4 weeks)  
March 5 - 26

		<u>Course #</u>
<u>Time:</u>	Sunday 12:30 - 1:30 PM	7612

Ages 5 - 14

Location: Mead Farm (107 June Road, Stamford)

Fee: Resident - \$250  
Non-Resident - \$300



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!

## CUPCAKE CLUB

Day: Tuesday (4 weeks)



		<u>Course #</u>
<u>Session I</u>	January 17 - February 7	
	4:00 - 5:00 PM, ages 5 - 9	7828
	5:00 - 6:00 PM, ages 9 - 13	7829
<u>Session II</u>	March 7 - 28	
	4:00 - 5:00 PM, ages 5 - 9	7830
	5:00 - 6:00 PM, ages 9 - 13	7831

Location: Mather Center, Room 205

Fee: Resident - \$130; Non-Res - \$156

Please see class description on page 8 of this brochure.

## BOYS INDOOR SOCCER

Day: Monday, Wednesday or Saturday (8 weeks)  
January 9 - March 13  
(no class Jan. 16, Feb. 18 & 20)

		<u>Course #</u>
<u>Time:</u>		
Monday	5:45 - 7:00 PM Grades 8 - 12	7604
Wednesday	4:00 - 5:15 PM born in 2004 - 06	7605
Wednesday	5:15 - 6:30 PM Grades 8 - 12	7606
Saturday	1:45 - 3:00 PM Grades 8 - 12	7607

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.

## GIRLS INDOOR SOCCER

Day: Thursday (8 weeks)  
January 12 - March 9  
(no class Feb. 16)

		<u>Course #</u>
<u>Time:</u>	7:00 - 8:15 PM Grades 8 - 12	7608

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

## PIANO LESSONS

Day: Tuesday (9 weeks)  
January 10 - March 14  
(no class February 21)

<u>Time:</u>	<u>Course #</u>
4:00 - 5:00 PM - 6 - 12 yrs. Level 1	7621
5:00 - 6:00 PM - 6 - 12 yrs. Level 2	7622
6:00 - 7:00 PM - 6 - 12 yrs. Level 3	7623
7:00 - 8:00 PM - All ages Advanced (must have completed levels 1 - 3)	7624

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 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

Day: Thursday (8 weeks)  
January 12 - March 9  
(no class February 16)

<u>Time:</u>	<u>Course #</u>
4:00 - 5:00 PM - Beginner	7635
5:00 - 6:00 PM - Intermediate	7636
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)  
January 11 - March 1

<u>Time:</u>	<u>Course #</u>
4:00 - 5:00 PM - Beginner	7628
5:00 - 6:00 PM - Beginner	7629
6:00 - 7:00 PM - Intermediate	7630

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

## FEBRUARY VACATION CAMP

<u>Dates:</u>	<u>Course #</u>
February 16, 17 & 21	
Thurs., Friday, Tuesday 9:00 AM - 4:00 PM	7746
Thurs., Friday, Tuesday 9:00 AM - Noon	7747
Thursday Only 9:00 AM - 4:00 PM	7750
Friday Only 9:00 AM - 4:00 PM	7751
Tuesday Only 9:00 AM - 4:00 PM	7748

Location: Town Hall Gymnasium

Fee: \$185 - Tuesday - Friday (full day)  
\$100 - 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: Every Day! (7 weeks)  
September 10 – November 2 (no class Oct. 3 & 12)

<u>Times:</u>			<u>Course #</u>
Saturday	8:30 - 10:00 AM	Advanced	7482
Saturday	8:30 - 10:00 AM	Intermediate	7483
Saturday	10:00 - 11:30 AM	Low Inter.	7484
Saturday	10:00 - 11:30 AM	Advanced	7485
Sunday	8:30 - 10:00 AM	Advanced	7487
Sunday	8:30 - 10:00 AM	Intermediate	7488
Sunday	10:00 - 11:30 AM	Low Inter.	7489
Sunday	10:00 - 11:30 AM	Beginner	7490
*Monday	8:15 - 9:15 AM	Low Inter.	7470
Monday	9:15 - 10:45 AM	Beginner	7456
Monday	9:15 - 10:45 AM	Intermediate	7457
Monday	10:45 AM - 12:15 PM	Low Inter.	7458
Monday	10:45 AM - 12:15 PM	Intermediate	7459
*Monday	12:15 - 1:15 PM	Intermediate	7468
Tuesday	9:15 - 10:45 AM	Low Inter.	7460
Tuesday	9:15 - 10:45 AM	Intermediate	7461
Tuesday	10:45 AM - 12:15 PM	Advanced	7462
Tuesday	10:45 AM - 12:15 PM	Intermediate	7463
*Tuesday	12:15 - 1:15 PM	Low Inter.	7469
*Wednesday	8:15 - 9:15 AM	Intermediate	7479
Wednesday	9:15 - 10:45 AM	Low Inter.	7475
Wednesday	9:15 - 10:45 AM	Advanced	7476
Wednesday	10:45 AM - 12:15 PM	Beginner	7464
Wednesday	10:45 AM - 12:15 PM	Intermediate	7477
*Wednesday	12:15 - 1:15 PM	Advanced	7478
Thursday	9:15 - 10:45 AM	Advanced	7473
Thursday	9:15 - 10:45 AM	Intermediate	7471
Thursday	10:45 AM - 12:15 PM	Low Inter.	7472
Thursday	10:45 AM - 12:15 PM	Intermediate	7465
*Thursday	12:15 - 1:15 PM	Intermediate	7474
*Friday	8:15 - 9:15 AM	Advanced	7486
Friday	9:15 - 10:45 AM	Intermediate	7480
Friday	9:15 - 10:45 AM	Advanced	7481
Friday	10:45 AM - 12:15 PM	Beginner	7466
Friday	10:45 AM - 12:15 PM	Intermediate	7467

Location: Weed Beach

Fee: Residents - \$230; Non-Res - \$276 - mornings (1.5hr)

\* Residents - \$200; Non-Res - \$240 (maximum 3 participants)

For appropriate level, please visit our online registration website found at [www.darienct.gov/parkrec](http://www.darienct.gov/parkrec)

## ADULT PADDLE TENNIS LESSONS

Days: Mon., Tues., Wed., Thurs., Fri., or Saturday  
Fall (8 weeks)

Oct. 10- Dec. 8 (no class Oct. 12; Nov. 8, 24 - 26)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Beginner	7670
Monday	10:30 AM - Noon	Intermediate	7671
Monday	12:00 - 1:30 PM	Beginner	7672
Monday	7:00 - 8:30 PM	Beginner	7673
Monday	8:30 - 10:00 PM	Advanced	7674
Tuesday	9:00 - 10:30 AM	Advanced	7675
Tuesday	10:30 AM - Noon	Beginner	7676
Tuesday	12:00 - 1:30 PM	Intermediate	7677
Wed.	9:00 - 10:30 AM	Beginner	7678
Wed.	10:30 AM - Noon	Advanced	7679
Wed.	12:00 - 1:30 PM	Beginner	7680
Wed.	7:00 - 8:30 PM	Intermediate	7689
Wed.	8:30 - 10:00 PM	Beginner	7690
Thurs.	9:00 - 10:30 AM	Beginner	7681
Thurs.	10:30 AM - Noon	Beginner	7682
Thurs.	12:00 - 1:30 PM	Intermediate	7683
Friday	9:00 - 10:30 AM	Advanced	7684
Friday	10:30 AM - Noon	Beginner	7685
Friday	12:00 - 1:30 PM	Advanced	7686
Saturday	11:00 AM - 12:30 PM	Intermediate	7687
Saturday	12:30 - 2:00 PM	Beginner	7688

Winter (8 weeks)

January 9 - March 13 (no class Jan. 16, Feb. 16 - 21)

<u>Time:</u>			<u>Course#</u>
Monday	9:00 - 10:30 AM	Beginner	7695
Monday	10:30 AM - Noon	Intermediate	7696
Monday	12:00 - 1:30 PM	Beginner	7697
Monday	7:00 - 8:30 PM	Beginner	7698
Monday	8:30 - 10:00 PM	Advanced	7699
Tuesday	9:00 - 10:30 AM	Advanced	7700
Tuesday	10:30 AM - Noon	Beginner	7701
Tuesday	12:00 - 1:30 PM	Intermediate	7702
Wed.	9:00 - 10:30 AM	Beginner	7703
Wed.	10:30 AM - Noon	Advanced	7704
Wed.	12:00 - 1:30 PM	Beginner	7705
Wed.	7:00 - 8:30 PM	Intermediate	7706
Wed.	8:30 - 10:00 PM	Beginner	7707
Thurs.	9:00 - 10:30 AM	Beginner	7708
Thurs.	10:30 AM - Noon	Beginner	7709
Thurs.	12:00 - 1:30 PM	Intermediate	7710
Friday	9:00 - 10:30 AM	Advanced	7711
Friday	10:30 AM - Noon	Beginner	7712
Friday	12:00 - 1:30 PM	Advanced	7713
Saturday	11:00 AM - 12:30 PM	Intermediate	7714
Saturday	12:30 - 2:00 PM	Beginner	7715

Location: Weed Beach

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

# ADULT PROGRAMS

## ADULT PADDLE TENNIS CAMPS

<u>Day/Time:</u>		<u>Course #</u>
Sat., Sept. 24	3:00 - 5:00 PM - FREE CLINIC	7663
Sat., Oct. 1	9:00 AM - Noon	7667
Sat., Oct. 1	1:00 - 4:00 PM	7668
Sun., Oct. 2	9:00 AM - Noon	7669

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 24th is a free clinic & exhibition. These are paddle camps with nationally recognized instructors.

## CO-ED DROP IN VOLLEYBALL

Day: Monday  
September 12, 2016 - August 28, 2017  
(does not meet Nov. 7, Dec. 26, Jan. 2, 16, Feb. 20, May 29)

Time: 7:30 - 10:00 PM

Location: Town Hall Gymnasium



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

Course #  
7753

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 DROP IN BASKETBALL

Day: Tuesday  
September 13, 2016 - August 29, 2017  
(does not meet November 8 & July 4)

Time: 7:30 - 9:30 PM

Location: Town Hall Gymnasium

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

Course #  
7752

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



## GOLF LESSONS

Day: Tuesday or Saturday (5 weeks)  
September 13 - October 22  
(no class October 11 & 15)

Course #

Tuesday 10:00 - 11:00 AM 7820  
Saturday 2:00 - 3:00 PM 7821

Location: Oak Hills Park Golf Course  
165 Fallow 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.



## GUITAR LESSONS

Day: Wednesday (8 weeks) Course #  
Fall September 14 - November 9 7631  
(no class October 12)

Winter January 11 - March 1 7632

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.



## DOG OBEDIENCE & SOCIALIZATION

Day: Saturday (5 weeks) Course #  
September 10 - October 8 7832

Time: 10:30 - 11:30 AM

Location: Cherry Lawn Park (meet in parking lot near baseball field)

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

This course will focus on attention, some limited heeling, and sits/downs. Class will be fun and motivational with games and attention work to build a solid relationship with your dog. Classes will be run by Rick Weatherstone from Tactical Response LLC. Rick is an AKC Certified Evaluator, K9 Trainer, Patrol Dog Handler and is a member of many national dog obedience/training associations. All dogs must be at least 6 months old and **MUST** have all their vaccinations! Please do not bring your dog to 1st class.

# ADULT PROGRAMS

## HIIT 2B FIT! W/NICHOLE MALKIEL - FALL

Dates:

Session I September 12 - November 4 (8 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7754
M/W	6:00 - 7:00 AM	Weed Beach	7755
W/F	6:00 - 7:00 AM	Weed Beach	7756
M/W/F	9:30 - 10:30 AM	Weed Beach	7757
M/W	9:30 - 10:30 AM	Weed Beach	7758
W/F	9:30 - 10:30 AM	Weed Beach	7759
Monday	6:00 - 7:00 AM	Weed Beach	7760
Monday	9:30 - 10:30 AM	Weed Beach	7761
Wednesday	6:00 - 7:00 AM	Weed Beach	7762
Wednesday	9:30 - 10:30 AM	Weed Beach	7763
Friday	6:00 - 7:00 AM	Weed Beach	7764
Friday	9:30 - 10:30 AM	Weed Beach	7765

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

Early bird registration ends September 6.

Session II November 7 - December 23 (6 weeks)  
(no class week of November 21)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7767
M/W	6:00 - 7:00 AM	Weed Beach	7768
W/F	6:00 - 7:00 AM	Weed Beach	7769
M/W/F	9:30 - 10:30 AM	Weed Beach	7770
M/W	9:30 - 10:30 AM	Weed Beach	7771
W/F	9:30 - 10:30 AM	Weed Beach	7772
Monday	6:00 - 7:00 AM	Weed Beach	7773
Monday	9:30 - 10:30 AM	Weed Beach	7774
Wednesday	6:00 - 7:00 AM	Weed Beach	7775
Wednesday	9:30 - 10:30 AM	Weed Beach	7776
Friday	6:00 - 7:00 AM	Weed Beach	7777
Friday	9:30 - 10:30 AM	Weed Beach	7778

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

Early bird registration ends October 31.

## HIIT 2B FIT! W/NICHOLE MALKIEL - WINTER

Dates:

Session I January 4 - February 15 (6 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7779
M/W	6:00 - 7:00 AM	Weed Beach	7780
W/F	6:00 - 7:00 AM	Weed Beach	7781
M/W/F	9:30 - 10:30 AM	Weed Beach	7782
M/W	9:30 - 10:30 AM	Weed Beach	7783
W/F	9:30 - 10:30 AM	Weed Beach	7784
Monday	6:00 - 7:00 AM	Weed Beach	7785
Monday	9:30 - 10:30 AM	Weed Beach	7786
Wednesday	6:00 - 7:00 AM	Weed Beach	7787
Wednesday	9:30 - 10:30 AM	Weed Beach	7788
Friday	6:00 - 7:00 AM	Weed Beach	7789
Friday	9:30 - 10:30 AM	Weed Beach	7790

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

Early bird registration ends December 31.

Session II February 27 - April 7 (6 weeks)

			<u>Course #</u>
M/W/F	6:00 - 7:00 AM	Weed Beach	7791
M/W	6:00 - 7:00 AM	Weed Beach	7792
W/F	6:00 - 7:00 AM	Weed Beach	7793
M/W/F	9:30 - 10:30 AM	Weed Beach	7794
M/W	9:30 - 10:30 AM	Weed Beach	7795
W/F	9:30 - 10:30 AM	Weed Beach	7796
Monday	6:00 - 7:00 AM	Weed Beach	7797
Monday	9:30 - 10:30 AM	Weed Beach	7798
Wednesday	6:00 - 7:00 AM	Weed Beach	7799
Wednesday	9:30 - 10:30 AM	Weed Beach	7800
Friday	6:00 - 7:00 AM	Weed Beach	7801
Friday	9:30 - 10:30 AM	Weed Beach	7802

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

Early bird registration ends February 15.

This program is designed to build strength, endurance and shed pounds! HIIT, or high-intensity interval training, is a training technique in which you give 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time. We will be using body weight and/or equipment to torch calories and increase metabolism. Participants will have the opportunity to "opt-in" for a body fat loss challenge where the winner with the highest body fat percentage loss will win 20% off the fees for the next session. Will be held at Weed Beach (Town Hall gym all other times) for as long as the weather permits! All fitness levels are welcomed as everyone will be going at their own pace. Classes will be taught by Holistic Health Coach and Fitness Trainer Nichole Malkiel. Please contact Nichole if you have any questions at [nicholemalkiel@gmail.com](mailto:nicholemalkiel@gmail.com) or 860-729-2038.

# ADULT PROGRAMS

## BEGINNER'S YOGA

<u>Day:</u>	Monday or Saturday	
		<u>Course #</u>
Fall Monday	September 12 - December 12	7809
Fall Saturday	September 17 - December 17 (no class Sept. 24, Oct. 22, Nov. 5, 26, Dec. 3)	7807
Winter Monday	January 9 - March 27	7815
Winter Sat.	January 14 - April 1	7816
<u>Time:</u>	Monday - 7:30 - 8:30 PM Saturday - 12:30 - 1:30 PM	
<u>Location:</u>	Elements Yoga & Wellness Center (354 Heights Road)	

Fee: Fall Mon. - Resident - \$260; Non-Res - \$312 (14 weeks)  
Fall Sat. - Resident - \$167; Non-Res - \$200 (9 weeks)  
Winter - Resident - \$222; Non-Res - \$266 (12 weeks)

This step-by-step program gives you a foundation in yoga for good physical and mental health. It's designed for those who are brand new to yoga and for those who would like to refine their practice. No previous experience necessary. This series is eligible to first time Elements students only.

## CORE YOGA

<u>Day:</u>	Wednesday	<u>Course #</u>
Fall (13 weeks)	September 14 - December 14 (no class November 23)	7806
Win. (12 weeks)	January 11 - March 29	7814
<u>Time:</u>	7:30 - 8:30 PM	
<u>Location:</u>	Elements Yoga & Wellness Center (354 Heights Road)	
<u>Fee:</u>	Fall - Resident - \$241; Non-Res - \$289 Winter - Resident - \$222; Non-Res - \$266	

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. This series is eligible to first time Elements students only.



## PRE-NATAL YOGA

<u>Day:</u>	Saturday	<u>Course #</u>
Fall (10 weeks)	September 17 - November 19	7808
Win. (12 weeks)	January 14 - April 1	7817
<u>Time:</u>	8:00 - 9:00 AM	
<u>Location:</u>	Elements Yoga & Wellness Center 	
<u>Fee:</u>	Fall - Resident - \$185; Non-Res - \$122 Winter - Resident - \$222; Non-Res - \$266	

Prenatal yoga makes a woman's pregnancy and birth a generally more positive experience. It helps her connect to her baby, prepares her body by increasing strength and flexibility, alleviates common prenatal discomforts, and provides support in the form of community.

## MUSICAL VINYASA

<u>Day:</u>	Monday	<u>Course #</u>
Fall (14 weeks)	September 12 - December 12	7810
Win. (12 weeks)	January 9 - March 27	7818
<u>Time:</u>	5:45 - 7:00 PM	
<u>Location:</u>	Elements Yoga & Wellness Center 	
<u>Fee:</u>	Fall - Resident - \$260; Non-Res - \$312 Winter - Resident - \$222; Non-Res - \$266	

Elevate your heart rate with well-balanced flow and a wide variety of fundamental poses. Play with a challenge-pose here and there, and lengthen your muscles. The range of options offered makes this class broadly accessible. Bruce's Musical class is celebrated for his rollicking playlists. This series is eligible to first time Elements students only.

## RESTORATIVE YOGA

<u>Day:</u>	Sunday	<u>Course #</u>
Fall (14 weeks)	September 18 - December 18	7811
Win. (12 weeks)	January 15 - April 2	7819
<u>Time:</u>	6:00 - 7:00 PM	
<u>Location:</u>	Elements Yoga & Wellness Center 	
<u>Fee:</u>	Fall - Resident - \$260; Non-Res - \$312 Winter - Resident - \$222; Non-Res - \$266	

Calm your nervous system and body with this soothing class. Restorative yoga poses don't require muscular exertion—they're supported with blankets, pillows, and blocks. You'll leave feeling relaxed, well rested, restored, and ready to face Monday morning. No previous yoga experience required. All levels welcome.

# DARIEN SENIOR PROGRAMS

## MISSION STATEMENT

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

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

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

**Clerk/Receptionist:** Eileen Manhart

**Master Chef:** Tom Mirto

**Building Attendants:** Angelo Vitti and Michael Mullins

**Address:** 2 Renshaw Road, Mather Center

**General Phone:** 203-656-7490

**Days:** Monday through Friday

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

(Closed: September 5, October 10, November 11, November 24, November 25, December 23, December 26)

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

## EXERCISE PROGRAMS

Ballet, \$4/Class

Feldenkrais Movement, \$4/Class

Jazzercise, \$5/Class

Low Impact Aerobics

Pickleball

Pilates, \$4/Class

Qigong, \$4/Class

Senior Fitness (chair class)

Sittercise

Stretch and Strength

Tai Chi, \$4/Class

Wii Bowling

Yoga, \$4/Class

Zumba, \$4/class



## ARTS & CRAFTS

Acrylic Painting, \$4/Class

Assorted Crafts

Oil Painting, \$4/Class

Knitting/Crochet and Needlepoint

Stained Glass

Watercolor Painting, \$4/Class

Woodshop



## LANGUAGES

Italian Conversation

Beginner Spanish \$5/Class

Intermediate Spanish \$5/Class

Spanish Conversation \$4/Class

## DISCUSSION GROUPS & CLASSES

Brain Twisters & Teasers

Computer Class

Computer Help

Contemporary Issues

CT Humanities

Discussion Group/Family Centers

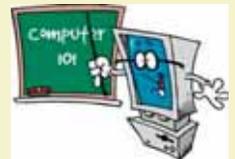
Health & Wellness Lecture

Historical Discussions

Reminisce, Remember & Reflect

Short Story Discussion

Writing Class



## GAMES

Beginner Bridge

Intermediate Bridge

Mahjong

Newplicate Bridge

Open Pickleball

Open Wii Bowling



**Bridge Instructors** - Doug Thompson and Karen Barrett

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

## GARDEN CLUB OF DARIEN

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

# DARIEN SENIOR PROGRAMS

## DAILY LUNCH

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

## WOODSHOP REPAIR PROGRAM

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

## VOLUNTEER OPPORTUNITIES

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



## MONTHLY NEWSLETTER

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

## ASK A SOCIAL WORKER

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

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

## AARP

**AARP DRIVING COURSE** will be on September 13 and November 1. The cost for the course is \$15 for members and \$20 for non-members. The course is now only one day from 10:00-2:30 (lunch break 12:00 - 12:30). Please call the Senior Program at 203-656-7490 to register.

## BLOOD PRESSURE

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

## GREAT OPPORTUNITIES

### Health & Wellness Information

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

## CAREGIVER EDUCATIONAL SUPPORT

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

## MEMBERSHIP

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

# 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 activities, programs and trips or use of Town equipment during the course of a Town of Darien sponsored activity.

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

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

For Office Use Only

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

# LET'S GO DARIEN!



## THE BIG E FAIR

Wednesday  
September 21, 2016  
\$60 Course #7454

The Big E, "New England's Great State Fair" is the premier event each Fall with nearly 1 million guests passing through the gates every September. Located in West Springfield, MA, it is ranked among the top fairs in the country.

- ◆ Entertainment/Shopping
- ◆ The Avenue of States
- ◆ Agriculture and livestock events
- ◆ The Magic Midway (over 50 rides and attractions)
- ◆ Food for all tastes!

Trip price includes: RT transportation & Admission to Fair

## Basketball Hall of Fame

@ MOHEGAN SUN ARENA

UCONN WOMEN VS. U. of TEXAS

Sunday December 4, 2016 \$ 75 Course #7836

Game time is 4 p.m. Bus will arrive at Mohegan Sun early to enjoy lunch and the gaming tables or shopping before the game. Price includes a \$15 food voucher, \$15 Casino Bonus for the Big wheel and game ticket.



## VICTORIAN CAPE MAY

Sunday Oct. 2nd -5th  
\$550 Double  
Course #7837

A fabulous 4 day package features one of the most scenic locations on the East Coast with its beautifully restored Victorian homes and breathtaking water views.

Tour includes:

- ◆ 3 nights at oceanfront Grand Hotel of Cape May on boardwalk
- ◆ Guided tour of the 1879 Emlen Physick Estate museum
- ◆ Narrated trolley tour and time at Cape May Mall
- ◆ Time in Atlantic City and lunch at Carmines in the Tropicana
- ◆ 2 hour dolphin cruise on Cape May Whale Watcher
- ◆ Open bar and entertainment first night
- ◆ 2 dinners, 1 lunch, 3 breakfasts

## MOHEGAN SUN CASINO

Saturday February 18, 2017

\$45 Course #7838



Come out and spend a day at the Mohegan Sun! Premier shopping, great restaurants and try your luck at the casino! \$25-\$40 (TBD) gift package included in price along with a RT chartered bus.

## HUDSON HIGHLAND'S FALL ADVENTURE

Sunday October 9th  
\$130 Course #7839

### Cruise, Winery & River Grill Lunch

Enjoy the majestic Hudson Highlands aboard **The Pride of the Hudson**. From the sundeck to the main salon offering beautiful views of the Hudson River, your narrated 2 hour cruise will provide stunning fall scenery and history of the area.

Full course lunch at the **River Grill Restaurant** while enjoying the views. Tour Includes: Two hour cruise, full course lunch and wine tasting at America's oldest winery, **The Brotherhood Winery**.



## BOSTON FLOWER SHOW

Saturday March 25th 2017 \$90 Course #7840

Boston Flower & Garden Show is the biggest horticultural happening in Boston that will provide the tools and inspiration to kick off the season in style. The show will be the best gathering place for all the professionals related to horticulture and for those who love flowers and plants, gardens and landscape design. Top garden writers, industry experts and creative local chefs will share ideas and inspiration while the diverse and lively garden marketplace offers

Leisure time for shopping  
at Quincy Market, Newbury  
Street, Copley Place, Downtown  
Crossing and Haymarket Square



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