



Trumbull Recreation Department

# Fall/Winter 2011-2012 Programs

Nick Bragano  
Roger McGovern  
Marie Petitti  
Nancy Walsh  
Dennis White – Chairman  
Gail Bokine – Secretary  
Mary Markham - Director

Hours: 9am – 5pm  
Mon - Fri  
Judge Aram Tellalian Building  
Town Hall Annex  
5892 Main Street  
(203) 452-5060

**[www.trumbull-ct.gov](http://www.trumbull-ct.gov)**

ALL PROGRAMS ARE RESTRICTED TO TRUMBULL RESIDENTS.

**All information is subject to change. No participant shall be excluded due to the inability to pay. Dates and times are subject to change. NO REFUNDS will be given. Listen to WICC for cancellations due to inclement weather and/or Radio Station WICC 600 AM / [www.wicc600.com](http://www.wicc600.com).**

PLEASE JOIN OUR MAILING LIST AT:

[www.trumbull-ct.gov](http://www.trumbull-ct.gov)

Go to bottom left on main page and click on  
Join Mailing Lists  
Enter your e-mail address and/or cell phone number  
And follow the directions for texting.

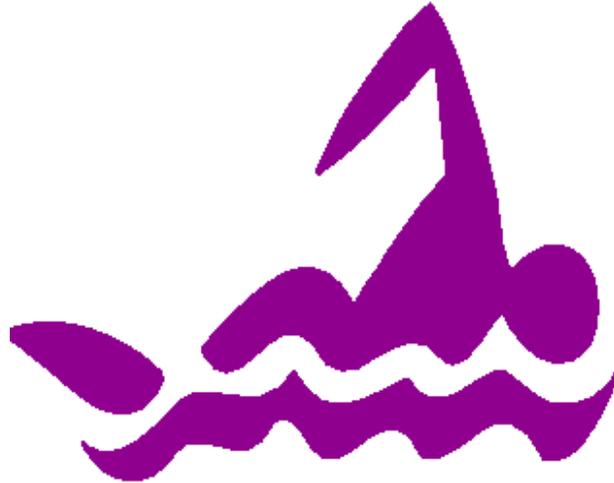
Check Recreation Notifications and/or  
Athletic Fields  
Click on Join and enter.

For further information, contact the Recreation Department at  
452-5060.

Fee Schedule:

Pay full price for 1<sup>st</sup> person and ½ price for any additional participants in the same program.

Also, an additional \$5.00/per transaction for Credit Card charges.



## **A1 - Adult Water Training Program**

Limit: 40 people

FEE: \$35/session. NO REFUNDS.

Adult Water Training is being offered at the Hillcrest Middle School pool on Daniels Farm Road for all Trumbull residents 18 years and older with proof of residency. There will be two ten-week sessions in September and January. Registration begins Tuesday, September 6<sup>th</sup>. The days and times for Adult Water Aerobics are as follows:

Monday & Wednesday mornings – 9:45 a.m. – 10:45 a.m.  
beginning September 19<sup>th</sup>.

Monday & Wednesday evenings – 7:00 p.m. – 8:00 p.m.  
beginning September 19<sup>th</sup>.

Please remember to bring two empty gallon jugs secured with lids to each class.



## **BABYSITTING**

### **B1- American Red Cross Babysitters Training Course**

Limit: 6 people minimum/12 maximum.

**FEE: \$85/session. NO REFUNDS.  
No Discounts.**

There will be four, two-day sessions offered to Boys' and Girls' ages 11 – 15 in the Teen Center located at Indian Ledge Park. Registration begins September 6<sup>th</sup> at the Recreation Department.

The days and times are as follows:

Session 1: October 12<sup>th</sup> and 13<sup>th</sup>, 3:30 p.m. – 7:00 p.m.

Session 2: November 15<sup>th</sup> and 16<sup>th</sup>, 3:30 p.m. – 7:00 p.m.

Session 3: March 7<sup>th</sup> and 8<sup>th</sup>, 3:30 p.m. – 7:00 p.m.

Session 4: April 10<sup>th</sup> and 11<sup>th</sup>, 3:30 p.m. – 7:00 p.m.

## **BADMINTON**



### **Co-ed Badminton**

Co-ed Badminton is being offered for Trumbull residents 15 years and older. Co-ed Badminton meets Friday evenings from 7:00 p.m. – 9:00 p.m. at the Middlebrook Elementary School Gym and will begin October 14<sup>th</sup>.



## **BASKETBALL**

### **C1 - Youth Basketball Leagues**

FEE: \$35 plus (\*see shirt prices below). No Refunds.

\*Boys Shirts - Grades K - 6 = \$12.00

Grades \*\*7 - 12 = \$20.00

\*\***(IF YOU HAVE A TANK SHIRT FROM LAST YEAR  
YOU HAVE THE OPTION OF USING IT THIS YEAR).**

\*Girls Shirts - Grades K - 6 = \$12.00

Grades \*\*7 - 12 = \$20.00

\*\***(IF YOU HAVE A TANK SHIRT FROM LAST YEAR  
YOU HAVE THE OPTION OF USING IT THIS YEAR).**

The department is offering a basketball league starting in November and/or December for boys and girls. The leagues will be set up as follows:

Boys' Kindergarten and 1<sup>st</sup> Grade

Boys' 2<sup>nd</sup> Grade

Boys' 3<sup>rd</sup> Grade

Boys' 4<sup>th</sup> Grade

Boys' 5<sup>th</sup> and 6<sup>th</sup> Grade

Boys' 7<sup>th</sup> - 9<sup>th</sup> Grade

Boys' 10<sup>th</sup> - 12<sup>th</sup> Grade

Girls' Kindergarten and 1<sup>st</sup> Grade

Girls' 2<sup>nd</sup> & 3<sup>rd</sup> Grade

Girls' 4<sup>th</sup> Grade

Girls' 5<sup>th</sup> and 6<sup>th</sup> Grade

Girls' 7<sup>th</sup> - 12<sup>th</sup> Grade

Please note: Volunteer Coaches are Needed! Registration begins September 6<sup>th</sup> and **closes** October 21<sup>st</sup>.

### **Adult Open Rec. Basketball**

Adult Open Rec. Basketball is offered for all Trumbull adults with proof of residency.

18 years and older: Hillcrest Middle School Gym - Friday evenings from 7:00 p.m. - 9:00 p.m. beginning October 14<sup>th</sup>.

30 years and older: Booth Hill Elementary School Gym - Thursday evenings from 7 p.m. - 10 p.m. beginning October 13<sup>th</sup>.

Men's 40+ Over the Hill: Jane Ryan Elementary School Gym - Tuesday evenings 7 p.m. - 9 p.m. beginning September 13<sup>th</sup>.

## **Open Rec. Basketball**

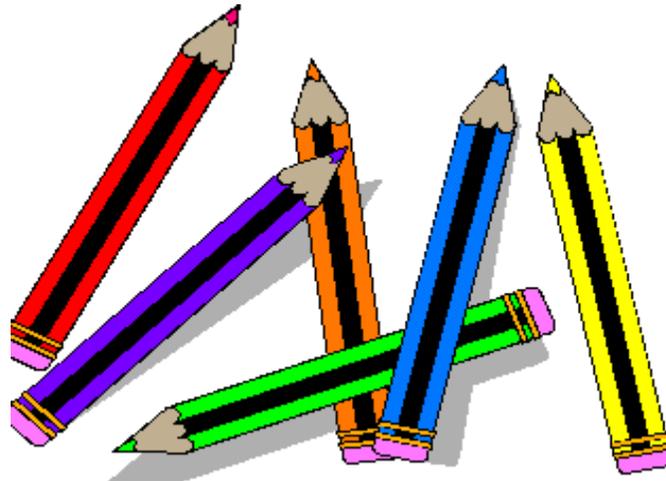
Open Rec. basketball is offered for all Trumbull residents with proof of residency. The days, times and locations are as follows:

Booth Hill: Tuesday evenings – 7:00 p.m. – 9:00 p.m. beginning October 11<sup>th</sup> .

Hillcrest: Saturday afternoons – 12 noon – 3:30 p.m. beginning October 15<sup>th</sup> .  
Sunday afternoons – 12 noon – 3:30 p.m. beginning October 16<sup>th</sup> .

Madison: Sunday afternoons – 12:00 noon – 3:30 p.m. beginning October 16<sup>th</sup> .

Tashua: Monday evenings – 7:00 p.m. – 9:00 p.m. beginning October 17<sup>th</sup> .  
Saturday afternoons 12:00 noon – 3:30 p.m. beginning October 15<sup>th</sup> .



**D1 – Children’s Autumn Art For Threes/Fours**  
**Limit: 10 children.**

**FEE: \$35. NO REFUNDS.**

An adult/child class is being offered for three/four year olds. The class will run for 8 weeks on Thursday mornings.

Birth Certificates are required at the time of registration.

Day: Thursdays

When: October 6<sup>th</sup> , 13<sup>th</sup> , 27<sup>th</sup> , November 3<sup>rd</sup> , 10<sup>th</sup> , 17<sup>th</sup> , December 1<sup>st</sup> and 8<sup>th</sup>

Where: Teen Center – 2<sup>nd</sup> Floor located at Indian Ledge Park

Times: 10:00 a.m. – 10:45 a.m.

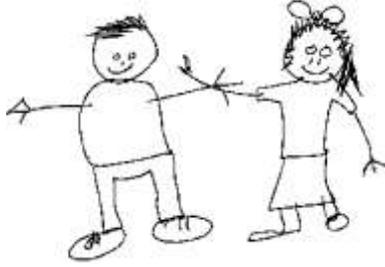
11:00 a.m. – 11:45 a.m.

About the Class: Kristen Mary, a Certified Teacher, will facilitate the group. Adult/child participation. The activities will include: gross motor activities, parachute play snack/socialize and adult/child art time.

\*Crackers or pretzels will be provided while caregivers and children meet and socialize. \*\*Parents are required to bring a spill-proof cup with drink for their own child.

\*The dress is comfortable and casual. Sneakers are recommended for children. Parental participation is required throughout the class.

Additional classes to follow.



## **D2 - Children's Autumn Sing-a-long**

Limit: 10 children.

**Fee: \$35. No Refunds.**

The class will run for eight weeks. The days and times are as follows:

When: Mondays – October 3<sup>rd</sup> , 10<sup>th</sup> , 24<sup>th</sup> , 31<sup>st</sup> , November 7<sup>th</sup> ,  
14<sup>th</sup> , 28<sup>th</sup> and December 5<sup>th</sup>

Where: Teen Center – 2<sup>nd</sup> floor located at Indian Ledge Park

Time: 10:00 a.m. – 10:45 a.m.  
11:00 a.m. – 11:45 a.m.

**OR**

When: Wednesdays – October 5<sup>th</sup> , 12<sup>th</sup> , 26<sup>th</sup> , November 2<sup>nd</sup> , 9<sup>th</sup> ,  
16<sup>th</sup> , 30<sup>th</sup> , and December 7<sup>th</sup>

Where: Teen Center – 2<sup>nd</sup> floor located at Indian Ledge Park

Time: 10:00 a.m. – 10:45 a.m.  
11:00 a.m. – 11:45 a.m.

Birth certificates are required at the time of registration. Enrollment for this class will be limited to 10 children.

This class is a foundation course where young children adjust to the classroom atmosphere in a comfortable setting. Activities will include nursery rhymes, finger plays, lap songs, parachute play, puppets, stories, stamps and group good-bye song for ages 1-3.

Half-way through class, crackers/pretzels will be provided, while caregivers socialize. Caregivers are required to bring a spill-proof cup for their own child.

The instructor, Kristen Mary, is a certified teacher and mother of two. Join the group with your child and model language through a variety of activities. Additional classes to follow.



**F1**  
**Fall Adult Golf School**

**FEE: \$89/person.      NO REFUNDS.      No Discounts.**

Golf lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 6<sup>th</sup>. The days and times for the golf lessons are as follows:

Saturdays - 10:00 A.M. – 11:00 A.M.  
Session 1: October 1 - October 29 (skip 10/08 Columbus Day)  
Sundays – 6:15 P.M. – 7:15 P.M.  
Session 2: October 2 – October 30 (skip 10/09 Columbus Day)

**Fall Kids Golf School**

**FEE: \$89/child. NO REFUNDS.      No Discounts.**

There are two, four-week golf sessions being offered for Trumbull children 6-16 years of age. Registration begins September 6<sup>th</sup>. Days and times for the golf lessons are as follows:

Tuesdays - 4:00 P.M. – 5:00 P.M.  
Session 1: September 27 – October 18  
Sundays – 5:00 P.M. – 6:00 P.M.  
Session 1: October 2 – October 30 (skip 10/09 Columbus Day)

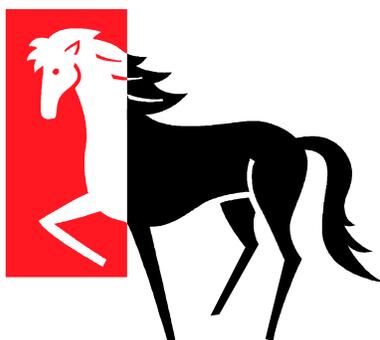
**Fall Women's Golf School**

**FEE: \$89/person.      NO REFUNDS.      No Discounts.**

Golf Lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 6<sup>th</sup>. The days and times for Golf Lessons are as follows:

Tuesdays - 10:00 A.M. – 11:00 A.M.  
Session 1: September 27 - October 18

**Location: Golf Center of Connecticut**  
**784 River Road**  
**Shelton, CT 06484**  
**(203) 929-6500**



**The Ridge Equestrian Center  
17 Papoose Hill Road  
Newtown, CT 06470  
203-426-8212**

**F2 – HORSEBACK RIDING FOR BEGINNERS**

**Fee: \$120/Four (1 hour lessons). No Refunds. No Discounts.**

**Ages 4+ - Adult**

The days and times are as follows :

Saturday's – beginning September 10, 2011 – 11:00 am – 12:00 noon  
Sunday's – beginning September 11, 2011 – 11:00 am – 12:00 noon  
Tuesday's – beginning September 13, 2011 – 4:30 pm – 5:30 pm

# **HILLCREST POOL PROGRAMS & SCHEDULES**

Hillcrest Pool is located in Hillcrest Middle School on Daniels Farm Road. All children under the age of 12 must be accompanied and supervised by an adult 18 years or older. All adults entering the pool, must show proof of residency. Children 12 years and older must sign in with the ID checker. No floatation devices of any kind are allowed. All untrained children must wear swim diapers. No shoes of any kind are allowed on the pool deck.



## **Family Swim**

Family Swim is offered for all Trumbull residents with proof of residency.

The days and times for Family Swim are as follows:

Thursday evenings – 7:00 p.m. – 8:15 p.m. beginning October 13<sup>th</sup>.  
Saturday afternoons – 2:00 p.m. – 3:30 p.m. beginning October 15<sup>th</sup>.  
Sunday afternoons – 1:30 p.m. – 3:30 p.m. beginning October 16<sup>th</sup>.

## **Adult Swim**

Adult Swim is offered to Trumbull residents 18 years and older with proof of residency.

The days and times for Adult Swim are as follows:

Monday mornings – 10:45 a.m. – 11:45 a.m. beginning September 19<sup>th</sup>  
Wednesday mornings – 10:45 a.m. – 11:45 a.m. beginning September 21<sup>st</sup>  
Sunday afternoons – 12:00 noon - 1:30 p.m. beginning October 16<sup>th</sup>

## **Adult Early Bird**

Adult Early Bird swim is offered for all Trumbull residents 18 years and older with proof of residency. Early bird swim is offered year-round Monday through Friday from 6:00 a.m. – 7:15 a.m.



# Trumbull **K**yokushin **O**rganization

## Trumbull Recreation Department 2011-2012 Karate Lessons Registration Form Make checks payable to the Trumbull Recreation Department

### Kyokushin Karate

#### G1 - Karate

Instructor: Sempai John Sulik (2<sup>nd</sup> Degree)

**Classes:**

**Tuesdays and Thursdays:**

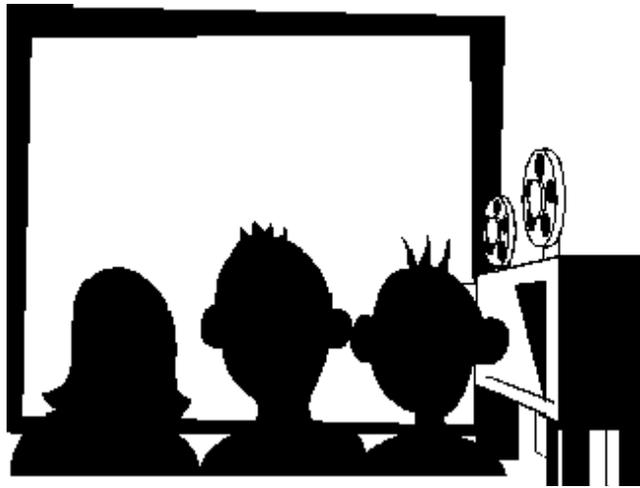
6:00 – 7:00 All students/All belts 8 years - Adult

7:00 – 7:30 Advanced students 13 years – Adult  
(Advanced students must be evaluated to attend)

Fee: ages 8-14:\$35 ages 15+:\$40 (8 weeks)

Class will take place at the Trumbull Teen Center, Indian Ledge Park, beginning September 6, 2011

“Kyokushin Karate, described as the ‘World’s Strongest Karate’, is designed to instill confidence and discipline in students of all ages. If your goal is to get a great workout and train your mind and body, through karate, to handle whatever life throws at you, this is the way.” --Sempai John



## **MOVIE TICKETS**

Movie Tickets for all Bow Tie Theaters **\$8.00/each**  
(Cash or Check Only)

Proceeds to benefit the Teen Center. Tickets available in the  
Trumbull Recreation Department.

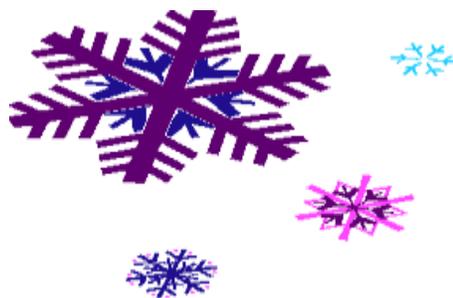


## **Rollerskating**

Rollerskating is offered at Middlebrook School for Trumbull residents with proof of residency. The days and times for Rollerskating are as follows:

Monday, Wednesday and Friday 4:30 p.m. – 6:00 p.m.,  
beginning October 17<sup>th</sup>.

Please note: Rollerblades are **NOT** permitted at Rollerskating, however Rollerskates will be provided.



## **SKATE LESSONS AT "THE RINKS AT SHELTON"**

**784 River Road, Shelton, CT 06484  
203-929-6500**

### **H1**

#### **Tots on Ice – 60 minutes – Ages 3 – 6**

**FEE: \$159/8 week session. NO REFUNDS. No Discounts.**

A parent or guardian must remain at the rink during each session. The Rinks require a helmet (prefer hockey helmet with facemask), kneepads, elbow pads and warm gloves. Days and times are as follows:

Tuesdays starting September 6<sup>th</sup> at 10:00 a.m.

Wednesdays starting September 7<sup>th</sup> at 10:00 a.m.

Saturday starting September 10<sup>th</sup> at 9:00 a.m.

Additional classes and rate increases to follow.

#### **Learn to Skate – 25 minutes Group Lessons/25 minutes Practice time – Ages 4 - Adult**

**FEE: \$159/8 week session. NO REFUNDS. No Discounts.**

Skaters are grouped according to age and ability and are taught in a fun and enjoyable atmosphere. Kids must wear helmets. Classes are as follows:

Wednesdays starting September 7<sup>th</sup> – 4:00 p.m.

OR

Saturdays starting September 10<sup>th</sup> – 9:30 a.m.

Additional classes and rate increases to follow.

#### **Learn to Skate for Adults – 25 minutes Group Lessons/25 minutes Practice time**

**FEE: \$159/8 week session. NO REFUNDS. No Discounts.**

Fridays starting September 9<sup>th</sup> – 10:00 a.m.

Additional classes and rate increases to follow.

**Little Islanders Hockey – Ages 4-7 and Tiny Tigers – Ages 2-4**  
**FEE: \$159/8 week session. NO REFUNDS. No Discounts.**

Students will learn the basics. Classes will be grouped by age/skill level.  
Hockey equipment required.  
Classes are as follows:

Thursdays starting September 8<sup>th</sup> – 10:00 a.m.

Additional classes and rate increases to follow.



## **SPECIAL NEEDS SPORTS PROGRAM**

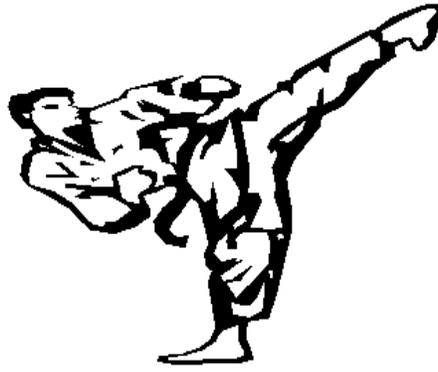
I1 - Fee: \$35. NO REFUNDS.

**The Special Needs Sports Program is open to children ages 8-18 years old with special needs. It will take place at Tashua Elementary School Gym on Wednesdays from 6:30 – 8:30 p.m. The sports activities will alternate each week! The enrollment will be limited to 30 children.**

Players will focus on having fun playing basketball, volleyball, kickball, dodgeball and crab (floor) soccer. They will learn basic skills in the various sports along with sportsmanship and teamwork to increase their self-esteem.

Register now at the Trumbull Recreation Department and the program will begin October 12<sup>th</sup> and run through mid-March.

\*Parents must remain with children under the age of 12 or any children with severe disabilities.



## **I2 - NEW!! SPECIAL NEEDS MARTIAL ARTS FOR CHILDREN**

Fee: \$15 per child with parent  
Limit: 10 children/10 parents  
Age: 7+

The program requires participation with a minimum of one parent who must attend the class and assist with their own children.

The Town of Trumbull Recreation Department is pleased to offer a new class designed for children ages seven and above with special needs. The program known as Shaolin Kempo Karate will be instructed by Steve Stollman (3<sup>rd</sup> Degree Black Belt) and Jeremy Stollman (2<sup>nd</sup> Degree Black Belt) who teach at most elementary schools in the Town of Trumbull as part of their after school enrichment programs and who previously worked with children with special needs. Each of the instructors offer over 22 years of Martial Arts experience and will instruct students in the Art of Shaolin Kempo Karate a Chinese Martial Art blending Chinese Karate with traditional Kung Fu. Shaolin Kempo is a self defense styled Martial Arts which will improve the student's confidence, concentration and balance and instills discipline in obtaining life goals. Students will learn blocking techniques, balance drills, coordination drills, escaping from basic grabs as well as various punching and kicking techniques. The program is taught to utilize positive motivation.

Where: Booth Hill Elementary School

When: Thursday's - 6:00 - 7:00 p.m. - BEGINNING October 13, 2011  
8 weeks

## **SWIM LESSONS**

Hillcrest pool is located in Hillcrest Middle School on Daniels Farm Road.

**J1 - Swim Lessons - Adult:** FEE: \$35/session. NO REFUNDS.

Limit = 4 people

Adult swim lessons are offered on Wednesday mornings from 9:00 a.m. – 9:30 a.m. beginning September 21<sup>st</sup>. There are four six-week sessions. Registration begins September 6<sup>th</sup>. For further information call the Recreation Department at 452-5060.

Session 1: September 21<sup>st</sup>, 28<sup>th</sup>, October 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>

Session 2: November 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 30<sup>th</sup>, December 7<sup>th</sup>, 14<sup>th</sup>

Session 3: January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, February 1<sup>st</sup> and 8<sup>th</sup>

Session 4: March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, April 4<sup>th</sup> and 11<sup>th</sup>

### **Special Needs Swim:**

Special needs swim is offered on Saturdays from 1:00 p.m. – 2:00 p.m. beginning October 15<sup>th</sup>. For further information call the Recreation Department at 452-5060.

**J2 - Swim Lessons - Children:** FEE: \$30. NO REFUNDS.

Limit: 12 people/level



Swim lessons are offered to all Trumbull children between the ages of 5 and 12 on Saturdays. There are four six-week sessions and they last for 35 minutes. Registration will begin on Tuesday, September 6<sup>th</sup> at the Recreation Department on a first come first serve basis.

Session 1: October 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>, November 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>

Session 2: December 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, January 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup>

Session 3: January 28<sup>th</sup>, February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> and March 3<sup>rd</sup>

Session 4: March 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>

Birth Certificates are required for ages 5 and 6.

The times are as follows: 9:15 a.m. , 10:00 a.m. , 10:45 a.m. , 11:30 a.m. and 12:15 p.m.

**J3 - Swim Lessons - Toddlers:** FEE: \$30. NO REFUNDS.

Limit = 10 toddlers

Toddler swim is offered for parents and their children between the ages 2 ½ and 4 ½ . A parent or guardian must accompany their child in the water. There are four six-week sessions that run on Monday mornings from 9:00 a.m. – 9:30 a.m. Registration will take place in the Recreation Department beginning September 6<sup>th</sup>. Birth Certificates required.

Session 1 begins September 19<sup>th</sup>

Session 2 begins November 7<sup>th</sup>

Session 3 begins January 9<sup>th</sup>

Session 4 begins March 12<sup>th</sup>



# Teen Center

*Fall/Winter Hours Begin Friday September 16<sup>th</sup>*

Indian Ledge Barn

**-Middle School 7<sup>th</sup> and 8<sup>th</sup> grade Friday Nights 7-10 PM**

**-High School Saturday Nights 7-10 PM**

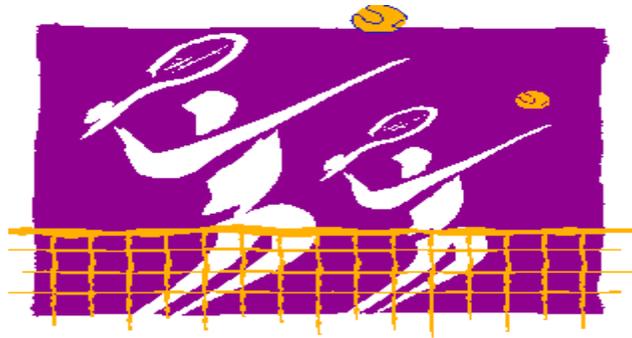
**Things to do:** Pool tables, ping-pong, air hockey, foosball, half-court basketball, arcade games, televisions with DVD Players, music and more.

*\*Now Featuring XBOX 360 with Guitar Hero and other games\**

Admission is \$1.00/person.

Any students interested in joining our Teen Activities Board, or volunteering contact Dan at 452-5003.





## **TENNIS LESSONS FOR ADULTS**

**K1 - FEE: \$70/session. NO REFUNDS.**

**Limit: 6 people/class.**

PTR Certified Tennis Instructor Francesca Winfield from Marcy's Tennis Academy will be offering a six-week Tennis Lesson at the Tashua Knolls Tennis Courts.

### **Levels are as follows:**

Beginner – Never played before or never had formal lessons.

Advanced Beginners – Player had an introduction i.e. formal lessons as Beginner/Advanced Beginner with instruction on grips, strokes and starting to make contact with ball on regular basis.

Low Intermediate/Intermediate USTA 3.0+ Recreation – Player keeps the ball in play consistently at slow pace and is learning singles and doubles strategy.

### **The days and times are as follows:**

Wednesdays – beginning August 24, 2011

Beginners – 6:00 p.m. – 7:00 p.m. (never played)

Advanced Beginners – 7:00 p.m. – 8:00 p.m. (pre-requisite to include previous formal beginner classes or related experience)

Low Intermediate (3.0 player) – 8:00 p.m. – 9:00 p.m.

Saturdays – To be determined.



## **L1 – Training–“Outdoor Fitness Boot Camp”–An Exercise Program**

**FEE: See Below No Refunds.  
No Discounts.**

Limit: Unlimited

Where: Twin Brooks Park

When: Tuesday’s 6:00 pm – 7:00 pm and  
Thursday evenings 6:30 pm – 7:30 pm,  
Saturday 9:30 am – 10:30 am and Sunday 9:30 am – 10:30 am

NOTE: As the weather changes the course will be moved indoors to  
Jane Ryan Elementary School on Tuesday’s, Thursday’s and  
Saturday’s only.

The instructor Chris Terenzio is an ACE Certified Personal Trainer.

8 classes @\$15.00 for \$120.00

4 classes/week @\$9.00 for \$216.00 for 6 weeks

3 classes/week @12.00 for \$144.00 for 4 weeks

Take your fitness to the next level with this fun and challenging outdoor exercise program that is appropriate for all ability levels. This class combines cardiovascular fitness, strength training, agility, balance and coordination to create a complete and unique workout. If you enjoy fun, friendly competition and teamwork, this is the class for you and your friends! Participants are asked to bring a towel, exercise ball and a full bottle of water.

Upon registration, participants are required to complete a health history form and exercise waiver. A doctors note may be required if certain medical conditions exist.

Please call Chris at 203-253-3179 or email: [spinlordct@aol.com](mailto:spinlordct@aol.com) for more information.



## **VOLLEYBALL**

**M1 - Children's Co-ed Volleyball:** FEE: \$30.

**NO REFUNDS.**

**Limit: 30 children.**

The department will be offering a children's Co-ed volleyball league for boys and girls 10 years and older. For further information, call the department at 452-5060. Registration begins September 6<sup>th</sup>. Co-ed volleyball will meet every Tuesday at Middlebrook School from 7 - 9 p.m. beginning October 11<sup>th</sup> and ending March, 2012.

### **Co-ed Adult Volleyball League:**

The Co-ed Volleyball League is offered for Trumbull residents 16 years and older. For further information call the Recreation Department at 452-5060.

### **Drop-in Co-ed Volleyball:**

Drop-in Co-ed Volleyball is being offered for Trumbull residents 18 years and older. Volleyball will meet at the Daniels Farm Gym on Wednesday evenings from 6:30 p.m. - 9:00 p.m. beginning October 5<sup>th</sup>.

**Trumbull Recreation Department**  
**2011 Yoga Class**

N1 - FEE: \$70. No Refunds.  
Limit: 10 – 12 people.

Charles Sikorski, Jr. a registered Yoga teacher certified by Yoga Spirit will offer an eight-week Session to Trumbull Residents 18 years and older at the Teen Center – 2<sup>nd</sup> Floor at Indian Ledge Park.

The day and time will be as follows:

Wednesday evenings, starting September 14, 2011

7:00 p.m. – 8:00 p.m.

If interested please contact the Recreation Department at 452-5060.



**O1 – Aqua Zumba. No Refunds. No Discounts.  
Space is limited.**

**Trumbull Recreation, Trumbull, CT will be hosting a Brand New AQUA ZUMBA Class led by Renay a certified Aqua Zumba instructor in the Hillcrest Pool- 530 Daniels Farm Road.**

**AQUA ZUMBA** means move fast and have fun in the water. **AQUA ZUMBA** uses Latin and International music modified and adapted to the aquatic environment without losing the basic identity and flavor that makes a **ZUMBA** class so much fun on land. No swimming skills required.

**Tuesdays - September 20<sup>th</sup> - November 8<sup>th</sup>**

**7:30-8:30 pm**

**8 classes \$60.00/person**

**Bring water and water shoes to class.**

**Additional classes to follow.**

**Renay 203-522-2616 or [Zumbarenay@gmail.com](mailto:Zumbarenay@gmail.com)**

## Reminder to Trumbull Residents:

All Trumbull residents will be notified in the future of any changes regarding vehicle decals.

Please remember to remove your old decal from any vehicle you no longer own and return the decal to the Trumbull Recreation Department.