



Trumbull Recreation Department

# Fall/Winter 2009-2010 Programs

Roger McGovern  
Dennis Mucci  
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. Cancellation Line 452-5169. 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 Aerobics**

Limit: 40 people

FEE: \$35/session. NO REFUNDS.

Adult water Aerobics 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 8<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 21<sup>st</sup>.

Monday & Wednesday evenings – 7:00 p.m. – 8:00 p.m.  
beginning September 21<sup>st</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: \$60/session. NO REFUNDS.  
No Discounts.**

There will be two, two-day sessions offered to Boys' and Girls' ages 11 – 15 in the Community Room located in the Trumbull Library on 33 Quality Street. Registration begins September 8<sup>th</sup> at the Recreation Department.

The days and times are as follows:

Session 1: Tuesday, December 8<sup>th</sup> and Wednesday, December 9<sup>th</sup>, 3:30 p.m. – 6:30 p.m.

Session 2: Monday, March 8<sup>th</sup> and Tuesday, March 9<sup>th</sup>, 3:30 p.m. – 6:30 p.m.

## **BADMINTON**



### **Co-ed Badminton**

Co-ed Badminton is being offered for Trumbull residents 15 years and older. Co-ed Badminton meets Monday evenings from 7:00 p.m. – 9:00 p.m. at the Trumbull High Auxiliary Gym and will begin October 19<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 late November/ 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> and 8<sup>th</sup> Grade

Boys' 9<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 8<sup>th</sup> and **closes** October 23<sup>rd</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 16<sup>th</sup>.

30 years and older: Booth Hill Elementary School Gym – Thursday evenings from 7 p.m. - 10 p.m. beginning October 15<sup>th</sup>.

Men's 40+ Over the Hill: Jane Ryan Elementary School Gym – Tuesday and Friday evenings 7 p.m. – 9 p.m. beginning September 15<sup>th</sup>.

## **Open Rec. Basketball**

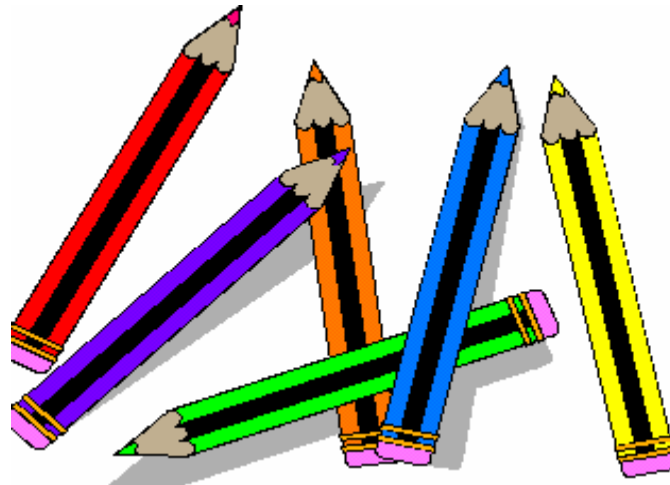
Open Rec. basketball is offered for all Trumbull residents with proof of residency. The days, times and locations are as follows:

Booth Hill: Tuesday evenings – 7:00 p.m. – 9:00 p.m. beginning October 13<sup>th</sup> .

Hillcrest: Saturday afternoons – 12 noon – 3:30 p.m. beginning October 17<sup>th</sup> .  
Sunday afternoons – 12 noon – 3:30 p.m. beginning October 18<sup>th</sup> .

Madison: Sunday afternoons – 12:00 noon – 3:30 p.m. beginning October 18<sup>th</sup> .

Tashua: Monday evenings – 7:00 p.m. – 9:00 p.m. beginning October 19<sup>th</sup> .  
Saturday afternoons 12:00 noon – 3:30 p.m. beginning October 17<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 year olds. The class will run for 6 weeks on Thursday mornings.

Birth Certificates are required at the time of registration.

Day: Thursdays

When: October 8<sup>th</sup> , 22<sup>nd</sup> , 29<sup>th</sup> , November 5<sup>th</sup> , 19<sup>th</sup> , December 3<sup>rd</sup> , 10<sup>th</sup> and 17<sup>th</sup> .

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

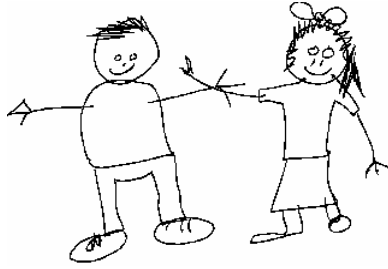
Times: 10:00 a.m. – 10:45 a.m.

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: greeting circle, 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.



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

Limit: 15 children.

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

A parent and child musical class is being offered for children, ages one through three. The class will run for eight weeks. The days and times are as follows:

When: Mondays – October 5<sup>th</sup> , 19<sup>th</sup> , 26<sup>th</sup> , November 2<sup>nd</sup> , 16<sup>th</sup> , 30<sup>th</sup> , December 7<sup>th</sup> and 14<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 15 children.

The musical activities will include: nursery rhymes, singing, freeze dance, finger play, lap songs, marching, and parachute play. Halfway through the class, crackers or cookies will be provided, while the parents meet and socialize (parents are required to bring in a spill-proof cup for their own child).

The instructor is Kristen Mary, a certified teacher and mother of two. Join the group with your child and model language through social time, songs, and musical activities. Parental participation required. Dress comfortably. Sneakers are recommended for children.



## Fitness

### E1 - Precision Stretching and Toning

**Limit: 15 people.**

**FEE: \$40/session. NO REFUNDS.**

An eight-week class is being offered to Trumbull residents ages 16 and up for all fitness levels at Teen Center Upper – 2<sup>nd</sup> Floor located at Indian Ledge Park on Wednesdays at 8:15 p.m. – 9:15 p.m. beginning 09/16/09. Various forms of integrated exercise that are performed to music and create a workout that will tone, firm, stretch, and strengthen the muscles of the body. This is an easy to follow program that will raise your fitness level. The workout is performed with music with a relaxation period at the close of the class. This can be used by people interested in beginning an exercise program and can act as a preparation and a starting point of movement into other types of exercise and fitness programs. Wear loose fitting clothing and bring a towel and a mat for a fun way to add exercise to your life. Due to the availability this class is limited to 15 participants.



## **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 8<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 3 - October 31 (skip 10/10 Columbus Day)

Session 2: November 7 - November 28

### **Fall Children's 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 8<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 1 – September 22

Session 2: September 29 – October 20

### **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 8<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 1 – September 22

Session 2: September 29 - October 20

**Location: Golf Center of Connecticut**

**784 River Road**

**Shelton, CT 06484**

**(203) 929-6500**

## **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 15<sup>th</sup>.  
Saturday afternoons – 2:00 p.m. – 3:30 p.m. beginning October 17<sup>th</sup>.  
Sunday afternoons – 1:30 p.m. – 3:30 p.m. beginning October 18<sup>th</sup>.

### **Adult Swim**

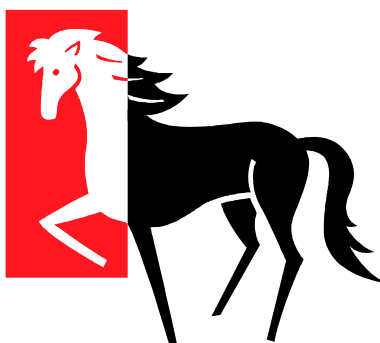
Adult Swim is offered to Trumbull residents 18 years and older with proof of residency.

The days and times for Adult Swim are as follows:

Monday mornings – 10:45 a.m. – 11:45 a.m. beginning September 21<sup>st</sup>.  
Wednesday mornings – 10:45 a.m. – 11:45 a.m. beginning September 23<sup>rd</sup>.  
Sunday afternoons – 12:00 noon - 1:30 p.m. beginning October 18<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.



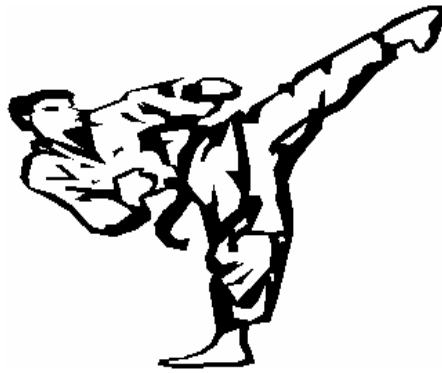
**Fox Ridge Farm**  
**39 Aunt Park Lane - Newtown, CT 06470**  
**(203) 270-8329 or Cell (203)209-5855**  
[www.foxridgefarmct.com](http://www.foxridgefarmct.com)

**F2 - INTRODUCTION TO HUNT SEAT HORSEBACK**  
**RIDING FOR BEGINNERS**

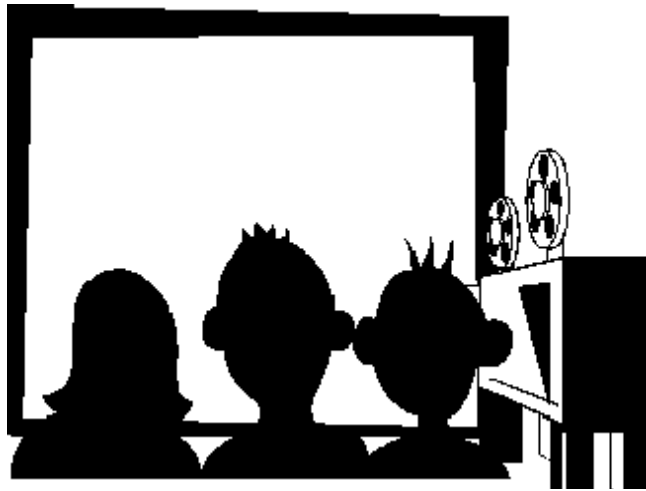
**Fee: \$160/Four ½hour lessons. No Refunds. No Discounts.**

The days and times are as follows beginning September 1, 2009:

Juniors (5 – 9 years old)	Saturdays - 9/5	9:30 a.m.
Children (10 – 12 years old)	Saturdays - 9/5	3:00 p.m.
Teens (13 – 18 years old)	Tuesdays - 9/1	5:00 p.m.
Adults	Wednesdays - 9/2	6:30 p.m.



**G1 – KARATE: TO BE ANNOUNCED.**



## MOVIE TICKETS

Movie Tickets for all Bow Tie Theaters **\$8.00/each**

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

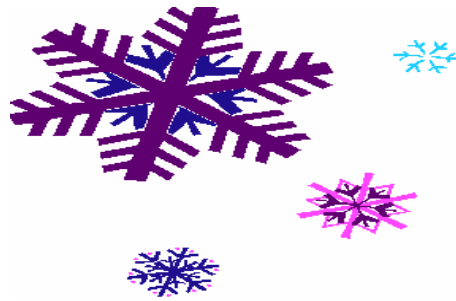


## Rollerskating

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 19<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: \$155/7 week session. NO REFUNDS. No Discounts.**

A parent or guardian must remain at the rink during each seven-week 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 8<sup>th</sup> at 10:00 a.m.

OR

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

Additional classes and rate increases to follow.

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

**FEE: \$155/7 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 9<sup>th</sup> – 4:00 p.m.

OR

Saturdays starting September 12<sup>th</sup> – 9:00 a.m.

Additional classes and rate increases to follow.

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

**FEE: \$155/7 week session. NO REFUNDS. No Discounts.**

Fridays starting September 11<sup>th</sup> – 10:00 a.m.

Additional classes and rate increases to follow.

**Tiny Tigers – Ages 2 - 4**

**FEE: \$145/7 week session. NO REFUNDS. No Discounts.**

Thursdays starting September 10<sup>th</sup> at 9:30 a.m. – 10:00 a.m.

Additional classes and rate increases to follow.

**Little Islanders Hockey – Ages 4-7**

**FEE: \$155/7 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 10<sup>th</sup> – 10:00 a.m.

Additional classes and rate increases to follow.



## **SPECIAL NEEDS SPORTS PROGRAM**

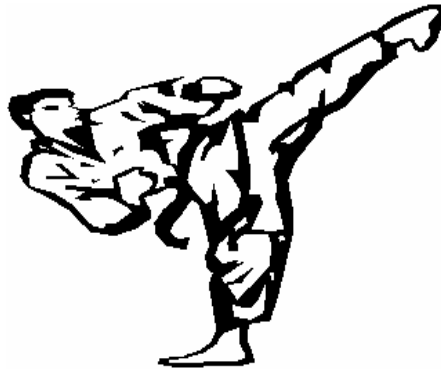
I1 - Fee: \$35. NO REFUNDS.

**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 14<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 15, 2009  
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 9:15 a.m. – 9:45 a.m. beginning September 23<sup>rd</sup>. There are four six-week sessions. Registration begins September 8<sup>th</sup>. For further information call the Recreation Department at 452-5060.

Session 1: September 23<sup>rd</sup>, 30<sup>th</sup>, October 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>.

Session 2: November 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, December 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup>.

Session 3: January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, February 3<sup>rd</sup> and 10<sup>th</sup>.

Session 4: February 24<sup>th</sup>, March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>.

### **Special Needs Swim:**

Special needs swim is offered on Saturdays from 1:00 p.m. – 2:00 p.m. beginning October 17<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 8<sup>th</sup> at the Recreation Department on a first come first serve basis.

Session 1: October 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>, November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>.

Session 2: December 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, January 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup>.

Session 3: January 30<sup>th</sup>, February 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> and March 6<sup>th</sup>.

Session 4: March 20<sup>th</sup>, 27<sup>th</sup>, April 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</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 9:15 a.m. – 9:45 a.m. Registration will take place in the Recreation Department beginning September 8<sup>th</sup>. Birth Certificates required.

Session 1 begins September 21<sup>st</sup>.

Session 2 begins November 9<sup>th</sup>.

Session 3 begins January 4<sup>th</sup>.

Session 4 begins March 1<sup>st</sup>.



# Teen Center

*Fall/Winter Hours Begin Friday September 11<sup>th</sup>.*

Indian Ledge Barn

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

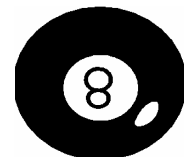
**-High School Saturday Nights 7-10 PM**

**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 26, 2009

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.



## ***“Free Trial Class”***

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

**FEE: \$240.00. (includes baseline evaluation). No Refunds.  
No Discounts. “Join the class at any time!”**

Limit: 5 min/25 max

Where: Twin Brooks Park

When: Monday & Wednesday evenings 6:15 pm – 7:15 pm beginning  
September 9, 2009.

We are now offering a Training – “Outdoor Boot Camp” for a 6 week session/12 classes. The instructor Chris Terenzio is an ACE Certified Personal Trainer.

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 and a full bottle of water. Heart rate monitors are a plus.

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 8<sup>th</sup>. Co-ed volleyball will meet every Tuesday at Christian Heritage School located at 575 White Plains Road, from 7 – 9 p.m. beginning October 13<sup>th</sup> and ending February, 2010.

### 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 7<sup>th</sup>.

**Trumbull Recreation Department**  
**2009 Yoga Class**

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

Yoga is being offered for 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 16, 2009

7:00 p.m. – 8:00 p.m.

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

## 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.

**NOTE: CANCELLATIONS** of all our programs will be announced on Radio Station WICC 600 AM and by calling 452-5169.