

# WILTON PARKS & RECREATION

## 2017 FALL / 2018 WINTER BROCHURE



*Office located at*

### COMSTOCK COMMUNITY CENTER

180 SCHOOL ROAD, WILTON, CONNECTICUT 06897

(203) 834-6234

[www.wiltonparksandrec.com](http://www.wiltonparksandrec.com)



**Wilton Parks & Recreation Department Information.....**

**Wilton Parks & Recreation Programs**

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  - Mini-Kickers .....
  - Gym Class Heros.....
  - Mike Garrity’s Beginner Basketball.....
  - Junior Engineer Explorers.....
  - US Sports Institute.....
  - Yoga.....
- Youth/Young Adult.....**
  - IST baseball Clinics.....
  - Baseball Hitting League.....
  - Bricks 4 Kidz.....
  - Enrichment Education for Students (offered by Boundless Education, LLC) .....
  - Karate – Tang Soo Do.....
  - Junior Warrior Volleyball Clinic.....
  - High School Basketball – Pre-Season Conditioning .....
  - Fall Tennis Lessons.....
  - Comstock Basketball .....
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  - Junior Warrior Basketball .....
  - Warrior Recreational Basketball.....
  - H.S. Recreational Basketball League.....
  - Dog Obedience Class.....
  - Happy Hands Art & Pottery.....
  - Cider Mill & Middlebrook Conditioning.....
  - Fencing – Youth Foil Fencing.....
  - Pen-Star Series.....
  - Yoga.....
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  - Thunder Ridge Skiing.....
  - Body Sculpting.....
  - Absolute Body Conditioning .....
  - Futsal.....
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  - Tremblemakers.....
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- Wilton Senior Center Programs.....**
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**WILTON FIRST SELECTMAN**

Lynne Vanderslice

**WILTON PARKS & RECREATION STAFF**

Office Hours: Monday – Friday 8:30 AM – 4:30 PM

**Director: Steve Pierce**  
[steve.pierce@wiltonct.org](mailto:steve.pierce@wiltonct.org)

**Assistant Director: Scott Kieras**  
[scott.kieras@wiltonct.org](mailto:scott.kieras@wiltonct.org)

**Program Director: Jim Lewicki**  
[jim.lewicki@wiltonct.org](mailto:jim.lewicki@wiltonct.org)

**Administrative Secretary: Bev Hodge**  
[beverly.hodge@wiltonct.org](mailto:beverly.hodge@wiltonct.org)

**Parks Superintendent: Doug Katz**  
[douglas.katz@wiltonct.org](mailto:douglas.katz@wiltonct.org)

**Parks Lead Crewman: Elio Mignogna**  
**Parks Crewman: Mike Pirre**  
**Parks Crewman: Pat Dagastino**  
**Parks Crewman: Frank Lema**

**WILTON DIAL-A-RIDE STAFF**

**Driver: Yves Magnin**  
**Driver: Ian Edwards**  
**Driver: Cary Nashe**

**WILTON PARKS & RECREATION COMMISSION**

**Chairperson: Pete Connolly**  
**Commissioner: Jennifer Kendra**  
**Commissioner: Pam Brown**  
**Commissioner: John Macken**  
**Commissioner: Bill Lalor**

**WILTON PARKS & RECREATION OFFICE**

**WILL BE CLOSED:**

September 4.....Labor Day  
October 9.....Columbus Day  
November 23 & 24.....Thanksgiving  
December 25.....Christmas  
January 1.....New Year’s Day  
January 15.....Martin Luther King, Jr. Day  
February 19.....Presidents' Day  
March 30.....Good Friday  
May 28.....Memorial Day

**HELP WANTED**

The Wilton Parks & Recreation Department is looking for qualified individuals for the following **Fall/Winter** positions:

**Basketball Supervisors / Scorekeepers**



**ROUTE 7 TENNIS COURT CONSTRUCTION**

The condition of the Wilton High School Tennis Courts has deteriorated and the Town has determined that the courts are in need of replacement. The tennis courts are located at Wilton High School, Kristine Lilly Way, Wilton, CT 06897. The courts are used by the Wilton High School tennis teams and residents of the Town. The project includes evaluation of the existing courts, the underlying concrete slab and soil conditions, evaluation of construction method alternatives, engineering design of new tennis courts, construction and maintenance cost estimates and construction and administration services for the project.

**INFORMATION LINE**

Information regarding program cancellations and/or other general program information will be announced and updated, as needed, by the Wilton Parks and Recreation staff. **To find out the status of any Parks and Recreation event or program at any time of day, please call (203) 454-5188 and listen for the recorded message.**

**WILTON DIAL-A-RIDE PROGRAM**

**(Hours of Operation: 9:15 AM - 3:45 PM)**

This town service provides van transportation for Wilton seniors and disabled individuals to destinations within town boundaries. This service is available Monday through Friday from 9:15 AM to 3:45 PM year round, excluding town holidays and during inclement weather. **Reservations must be made 24 hours in advance by calling (203) 834-6235 ext. 1. Fee: \$2.00 per round trip.**

**NORWALK DIAL-A-RIDE PROGRAM**

The Town of Wilton provides a second van that travels from Wilton to selected points in Norwalk. This service runs two days a week (Tuesdays and Thursdays) from 9:15 AM to 3:45 PM. (The cost for a round trip to Norwalk is \$4.00.)

**FACILITY RENTAL INFORMATION**

The Comstock Community Center has a variety of rooms available for rental. For more information regarding rentals, please call Steve Pierce at (203) 834-6234 ext. 6.

**REFUND POLICY**

Refunds are issued only in the following circumstances:

- If a program is cancelled by the Wilton Parks & Recreation Department.
- On request for medical reasons, injury or relocation.
- If we can replace the participant's spot from a waitlist.

**WILTON PARKS & RECREATION REFERENCE INFORMATION**

Town of Wilton:	<a href="http://wiltonct.org">wiltonct.org</a>
Senior Net:	(203) 834-6410
Dial-a-Ride:	(203) 834-6235
Continuing Education:	<a href="http://wilton.k12.ct.us">wilton.k12.ct.us</a>
Wilton Parks & Recreation #:	(203) 834-6234
Parks & Recreation Website:	<a href="http://wiltonparksandrec.org">wiltonparksandrec.org</a>
P&R Cancellation/Information #:	(203) 454-5188
P&R Office Fax #:	(203) 834-6323
Parks & Grounds Department:	(203) 834-6233
Wilton Basketball Association:	<a href="http://wiltonhoops.org">wiltonhoops.org</a>
Wilton Baseball & Softball:	<a href="http://thewbsa.com">thewbsa.com</a>
Wilton Youth Football (FCFL):	<a href="http://wiltonyouthfootball.org">wiltonyouthfootball.org</a>
Wilton Lacrosse:	<a href="http://wiltonlax.org">wiltonlax.org</a>
Wilton Soccer:	<a href="http://wiltonsoccer.info">wiltonsoccer.info</a>
Children's Theatre:	<a href="http://wiltonchildrenstheater.org">wiltonchildrenstheater.org</a>



### HAPPY HANDS – ART & POTTERY PRE-SCHOOL – PARENTS AND CAREGIVERS

Weekly Stories & Smiles, giggles & glazes! Happy Hand's Mommy & Me programs is designed to offer young children (ages 2-5) and their parents or caregivers a special bonding time to create beautiful pottery! All paints, bisque & clay are non-toxic, lead free and food safe. Contact: 203-762-6220

**Instructor:** Happy Hands  
**Where:** 5 River Road  
**Weeks of:** Session #1: 9/11 to 10/9  
 Session #2: 10/16 to 11/20  
**Day:** Tuesday  
**Time:** 10:00 AM – 10:45 AM  
*No Class:* 11/7  
**Activity #:** Session 1: **9737** Session 2: **9749**  
**Resi. Fee:** **\$140.00** Non-Resident Fee: **\$150.00**

*Registration for this program begins 8/31, 9:00AM*

### MINI-KICKERS

**NOTE: For ages 18 months to 5 years. Must be potty-trained. No pull-ups allowed**

A fantastic first soccer experience for young children! It is a fun introduction to the sport through a series of exciting, stimulating soccer games in a safe, enjoyable environment. Basic soccer skills will be taught each week. Passive Parent participation in the 3-5 yr and Parent involvement in the 18 months to 3 year old. FUN, FUN, FUN!!!

**Instructor:** Ct Soccer Network  
**Where:** Comstock Field / Comstock Gym  
**Day:** Monday and/or Friday  
**Weeks of:** 9/11 to 10/30 (7 Classes)  
**Time:** 10:15 to 11:00 am  
*No Class:* 10/9, 11/3  
**Activity #:** M: **9755** F: **9757**  
**Resident Fee:** **\$120.00** Non-Resident: **\$130.00**

*Registration for this program begins 8/31, 9:00AM*

### JUNIOR ENGINEER EXPLORERS GRADES K-2

This program introduces our youngest engineers to the basic concepts of engineering from a variety of engineering fields. Through open and focused exploration, children will design and construct a number of engineering projects. Examples of activities: Paddle Boats(Marine engineering), Slime(Chemical) and Straw Rockets(Aerospace).

**Instructor:** Engineering for Kids  
**Where:** Comstock Community Center  
**Day:** Monday  
**Weeks of:** 9/18 to 10/30  
**Time:** 4:00 PM to 5:00 PM  
**No Class:** 10/9  
**Activity #:** 9775  
**Res. Fee:** \$125 **Non-Resident Fee:** \$135

**Registration for this program begins 8/31, 9:00AM.**

### GYM CLASS HEROS

Looking for fun-filled activities for the Fall? You've come to the right place. Boys and girls from 1<sup>st</sup> to 2<sup>nd</sup> will have an extra opportunity to participate in Physical Education games and activities that are done year round in the MD PE curriculum. It will be non-stop action and all of your child's favorite games are included. Some of these games are: Yoshi, Survivor, Battleship, cone ball, capture the Flag, kickball and many more!!!

**Instructor:** Chris Kear  
**Where:** Driscoll Gym / Comstock Gym  
**Weeks of:** 11/27 to 1/22  
**Days:** Thursday  
**Time:** 3:30 to 5:00 PM  
**Activity #:** 9767  
**No Class:** 12/28  
**Res. Fee:** \$185.00  
**Non Res. Fee:** \$195.00

### MIKE GARRITY'S BEGINNER BASKETBALL

Mike Garrity will again bring back the popular program for children aged 3 to 5. They will learn basic skills of the game of basketball in a fun and very safe environment.



**Instructor:** Mike Garrity  
**Where:** Comstock Gym  
**Day:** Fridays  
**Time:** 1:15 - 2:00 PM (5 classes/session)  
**Weeks of:** Fall I: 9/11 - 10/9 **Fall I #: 9761**  
 Fall II: 10/16 - 11/13 **Fall II #: 9762**  
**4 Classes:** Winter I: 11/27-12/18 **Wint. I #: 9763**  
 Winter II: 1/8 - 2/5 **Wint.II #: 9765**  
**Resident Fee:** \$120.00 **Non-Resident:** \$130.00  
**Winter I:** \$100.00 **\$110.00**

**NOTE:** For ages 3 to 5.

**Registration for this program begins 8/31, 9:00AM.**



**BASEBALL HITTING LEAGUE****GRADES 3-8**

The Wilton Parks & Recreation Hitting Leagues gives players of all ages a chance to work on their hitting skills & compete against their friends in a fun and safe environment. The 6 week session runs throughout the winter. All games are held in the hitting tunnel at Wilton Parks and Rec.

**Instructor:** Eddie Klukoic  
**Where:** Comstock CC  
**Day:** Thursday  
**Times:** 6:45 PM to 7:45 PM (3-5): **9971**  
 7:45 PM to 8:45 PM (6-8): **9972**  
**Weeks of:** 11/27 to 1/8  
*No class:* 12/28  
**Resident Fee:** \$60      **Non-Resident Fee** \$70



**Registration for these programs begins 8/31, 9:00 AM.**

**BRICKS 4 KIDZ****Lego Star Wars Adventures:**

Inspired by NASA and Star Wars™, this class is packed full of models that will make your imagination blast off! Students will learn about real-life space exploration and build models related to the NASA space program. Each class includes LEGO® Star Wars™ themed models, games, & challenges.

**Instructor:** Ricky Wang, Director Bricks 4 Kidz  
**Where:** Comstock Community Center  
**Day:** Thursday  
**Time:** 4:15-5:15 PM

**Weeks of:** 10/30 to 12/11  
**Activity #:** **9781**  
*No Class:* 11/23

**Resident fee:** **\$120.00**      **Non-Res Fee:** **\$130.00**

**NOTE:** For children in grades K through 5<sup>th</sup>.  
***Limited enrollment.***

**Registration for this programs begins 8/31, 9:00AM**

**IST AFTER SCHOOL PRO BASEBALL CLINIC**

**Cider Mill: hitting, fielding, throwing, base running program**

Clinics will focus on supplementing fall season games and practices with more focused skills development. Each day players will be brought through a series of drills to improve their hitting, fielding and pitching technique. Players will also learn how to react during game situations. For grades: 3<sup>rd</sup> to 5<sup>th</sup>.

**Instructor:** IST Instructors

**Time:** 2:30-3:30

**Where:** Comstock Softball field

*Baseball- Tuesday Sept 12, 19, 26 Oct 3, 10, 17, 24*

*Baseball- Thurs Sept 14, 28 Oct 5, 12, 19, 26, Nov 2*

*Baseball- Friday Sept 15, 22, 29 Oct 6, 13, 20, 27*

No Class: 9/21

**Activity # Tu: 9787 Th: 9788 F: 9789**

We will pick up the kids at 2:15 in the South exit and bring them to the field. They should pack a snack for before the clinic. Please also pack cleats, a glove & sports clothing. Programs are not pro-rated due to missed sessions.

**Miller/Driscoll: Introduction to hitting, fielding, throwing, base running**

The Miller/Driscoll programs will focus on introducing all aspects of baseball/softball to participating players. Each day players will be brought through a series of drills to improve their hitting, fielding and pitching technique. Players will also learn how to react during game situations. For grades: K to 2<sup>nd</sup>.

**Instructor:** IST instructors

**Where:** Driscoll baseball field

**Time:** 3:30 – 4:30 PM

*Baseball- Tuesday Sept 12, 19, 26 Oct 3, 10, 17, 24*

*Baseball- Thurs Sept 14, 28 Oct 5, 12, 19, 26, Nov 2*

*Baseball- Friday Sept 15, 22, 29 Oct 6, 13, 20, 27*

No Class: 9/21

**Activity # Tu: 9784 Th: 9785 F: 9786**

3:25 pick up at the Library. They should pack a snack for before the clinic. Please have your parent send a note. Please also pack cleats, a glove & sports clothes. Program slots available on a first come, first serve basis. Programs are not pro-rated due to missed sessions.

**Resident fee for each program: \$295.00**

**Non-resident fee: \$305.00**



**Registration for this program begins 8/31, 9:00AM**



**MATHEMATICS ENRICHMENT EDUCATION FOR STUDENTS:**

OFFERED BY BOUNDLESS EDUCATION, LLC

Boundless Education offers **mind-stretching mathematics** for bright and inquisitive students in grades 1-7. We help students develop logical and critical thinking by covering deep and fundamental concepts of mathematics. Small classes are game-based and fun! The IMACS curriculum is specifically designed for children who *like math and do well in their math classes at school*. **Call Boundless Education (203) 762-7402 for more information and before enrolling ALL new students.** All classes run in 8-week quarters. New Students may join throughout the year.

**The Primary Level:** For Students in **grade 1**, meets Wednesday morning before school.

- **Wednesday** from 7:50-8:45 AM at Miller/Driscoll
- **Tuition \$500.00. Class begins week of 11/27. Activity #: 9714**

**The Elementary Level:** Provides challenge, learning and fun for **2<sup>nd</sup> graders** and meets one day each week before school at Miller-Driscoll.

- Choose either the **Tuesday** or **Thursday** option, 7:30-8:45 AM.
- **Tuition \$525.00. Begins week of 9/11. Activity #'s: TU: 9713 TH: 9790**
- **A Friday class will be added starting 11/17 Activity #:**

**The Full Enrichment Level:** students in **grades 3-5**, this level meets each week for 1 ½ hours after school at Comstock Community Center.

- **Wednesdays or Thursdays** from 2:20-3:50 PM
- **Tuition \$550.00. Class begins week of 9/11. Activity #'s W: 9717 TH: 9715**

**The Intermediate Enrichment Level:** For bright and mathematically talented students in **grades 4-6**.

- **Tuesdays** from 4:00 – 5:30 PM or **Thursdays** from 2:20-4:00 PM at Comstock
- **Tuition \$575.00. Class begins week of 9/12. Activity #'s: TU: 9718 TH: 9721**

**The Advanced Level: Grades 5-7.**

- **Tuesday** from 2:20-4:00 PM or **Thursday** from 4-5:30 PM at Comstock.
- **Tuition \$600.00. Class begins week of 9/11. Activity #'s: TU: 9719 TH: 9722**

**Analysis through Statistics** introduces students to the reality of how numbers are used in our modern world to explain and influence our behavior. Students will learn to look at data from the inside, discovering how it can be collected and manipulated. Topics will include sampling, test, causation and interpretation among others. Students will enjoy looking at the real world of marketing slogans and polls. **Grades 6<sup>th</sup> & 7<sup>th</sup>.**

- **Tuesdays** from 5:30-6:45 PM
- **Tuition \$550.00. Class begins week of 9/11. Activity #: 9716**

Registration for Boundless Education classes is ongoing throughout the year. All class sessions run 8 weeks. Students can sometimes be admitted mid-session with special permission. Call Boundless Education, LLC, for more information at (203) 762-7402.

## KARATE

(Tang Soo Do)

For boys and girls ages 7 - adult who are interested in learning skills of Tang Soo Do. This ancient Korean sport will allow participants to learn a variety of martial art techniques, forms and fighting. There will be a test at the end of the session to award new belt levels and rankings. Classes will be instructed by 5<sup>th</sup> degree black belts. **Minimum of 10 to run the class.**

Instructor: Lisa Crosby-Bohacs  
 Where: Comstock C. C. Multipurpose Room  
 Day: Thursday  
 Time: 5:00 - 6:30 PM  
No Class: 11/23, 12/28  
**Fall I:** Weeks of 9/25 - 1/15 (15 Classes)  
 Activity #: **9793**  
 Resident Fee: **\$155.00** Non-Resident: **\$165.00**  
**Winter I:** Weeks of 1/22 - 5/7 (15 Classes)  
 Activity #: **9794**  
 Resident Fee: **\$155.00** Non-Resident: **\$165.00**  
No Class: 4/12

NOTE: For ages 7 and older.

**Registration for this program begins 8/31, 9:00AM.**

## SPANISH CLASSES

### With Señora Vicky for K-2 at Comstock in the fall

**Hola Amigos!** Señora Vicky is back with her popular Spanish for children program. Classes will include music & songs, movement, stories and games to make Spanish language learning a fun and memorable experience for K-5 children. The objective of the program is to learn more than colors, numbers and animals. Your child will be introduced to a rich vocabulary in context, including relevant phrases for their target age in a dynamic and entertaining way, aiming towards immersion style. Simple written and reading exercises will also be included so children can start practicing their emerging skills. A thematic snack will be provided and used as a language learning opportunity.

All classes taught by Señora Victoria Kantor, a native Spanish speaker from Argentina with an MA in Bilingual Ed from Fairfield University as well as a Wilton Mom. Questions: [vkantor76@icloud.com](mailto:vkantor76@icloud.com)

**Where:** Comstock Community Center  
**Day:** Thursday  
**Weeks of:** 9/25 to 12/18  
**No class:** 11/23  
**Time:** 4:00 to 5:10 PM  
**Resident Fee:** **\$336.00**      **Non-Resident Fee: \$346.00**  
**Activity#:** **9798**

**Registration for this program begins 8/31, 9:00AM.**

## JUNIOR WARRIOR VOLLEYBALL CLINIC

This program is led by Middlebrook PE teacher, Heather Schlitz. Come learn the fundamentals of volleyball, with an emphasis on FUN! Focus will be on combining basic skill development with game play each day. Girls, entering grades 6-8, will learn the proper techniques of passing, serving, setting, hitting, blocking and they will have lots of opportunities to play!

**Instructor:** Heather Schlitz  
**Assisted by High School Players  
& Experienced Volunteers**

**Where:** Middlebrook School New Gym  
**Day:** Friday  
**Weeks of:** 9/18 – 10/30

**Time:** 3:30 – 4:45 PM **Activity #:** 9805  
**Resident Fee:** \$155.00 **Non-Resident:** \$165.00

**NOTE:** No experience necessary. Players should come equipped with sneakers (preferably cross-trainers or volleyball shoes), knee pads, athletic attire, and water.

**Registration for this program begins 8/31, 9:00AM.**

## HIGH SCHOOL BASKETBALL PRE-SEASON CONDITIONING

Geared towards High School players, boys and girls who want to improve their fitness base and be prepared for tryouts. Program will teach form drills and develop cardiovascular, muscular and core endurance. Sessions include a warm up, dynamic drills, a workout (geared towards tryouts), then a cool down.

**Instructor:** Mary Zengo\*  
**Where:** Wilton HS Field House  
**Weeks of:** 9/18 to 11/13  
**Days:** M/W: Girls Tu/Th: Boys (See **NOTE**)  
**Time:** 6:50 – 7:50 AM  
**Activity #:** Girls: 9807 Boys: 9806  
**Resident Fee:** \$195.00 **Non-Resident:** \$205.00

**No Class:** 9/21, 10/9, 10/10, 10/30, 10/31, 11/7, 11/14-16  
**Limited to 35 participants.**

**NOTE:** 13 sessions. \*AFAA Personal Trainer, USA Track and Field – Level I Certified Coach, and has a CT Coaching Permit.



## FALL TENNIS LESSONS

Tennis lessons will be taught by the staff of Fairfield County Tennis. Minimum of 2 registrations per class with a maximum of 5. Rain make-ups are held at the end of session. For more information about their programs, please call (203) 640-1724 or visit their web site: [www.fairfieldcountytennis.net](http://www.fairfieldcountytennis.net).

**Minimum of 2 registrants per class**

**Instructor:** Fairfield County Tennis Staff  
**Where:** Middlebrook Courts  
**Weeks of:** 9/11 – 10/9

### **TUESDAYS** (5 classes) *No Class:*

3:30 – 4:00 PM, Pee-Wee Ages 3-4 **Activity #:** 9810  
**Resident:** \$75.00 **Non-Resident:** \$85.00

#### **Beginner/Adv. Beginner**

4:00 – 5:00 PM, Juniors Ages 8-11, 12-15 **Activity #:** 9809  
**Resident:** \$139.00 **Non-Resident:** \$149.00  
5:00 – 6:00 PM, Juniors Ages 5-7, 8-11 **Activity #:** 9806  
**Resident:** \$139.00 **Non-Resident:** \$149.00

### **WEDNESDAYS** (5 classes)

3:30 – 4:00 PM, Pee-Wee Ages 3-4 **Activity #:** 9811  
**Resident:** \$75.00 **Non-Resident:** \$85.00

#### **Beginner/Adv. Beginner**

4:00 – 5:00 PM, Juniors Ages 5-7, 8-11 **Activity #:** 9812  
**Resident:** \$139.00 **Non-Resident:** \$149.00  
5:00 – 6:00 PM, Juniors Ages 8-11, 12-15 **Activity #:** 9813  
**Resident:** \$139.00 **Non-Resident:** \$149.00

#### **Low Intermediate/Intermediate**

6:00 – 7:00 PM, Juniors Ages 8-11, 12-15 **Activity #:** 9814  
**Resident:** \$139.00 **Non-Resident:** \$149.00



### COMSTOCK FLOOR HOCKEY

This exciting, fast-paced activity is something to look forward to every week. There will be skill and drill time as well as scrimmage time each week. This class will stress the basic fundamentals of hockey including passing, shooting, positioning, safety and the importance of good sportsmanship.

**Instructor:** TBA  
**Where:** Comstock Gym  
**Day:** Wednesday  
**Times:** 2:30 – 3:30 PM, Grades 3-5  
 4:00 – 5:00 PM, Grades 1-2

**Fall:** Weeks of 11/20 to 12/18

5 weeks F 2:30: **9838**  
**Resident Fee:** \$75.00 NR: \$85.00 F 4:00: **9844**

**Winter:** Weeks of 1/8 to 2/12

6 weeks W 2:30: **9839**  
**Resident Fee:** \$90.00 NR: \$100.00 W 4:00: **9845**

NOTE: For children in grades 1 through 5. *Limited enrollment.*

*Registration for this program begins 8/31, 9:00AM.*



### COMSTOCK BASKETBALL

This program is for boys and girls in Grades 1 and 2. It features a 30-minute clinic each week followed by 30 minutes of game competition. Coach Mike Garrity administers this highly successful program. Teamwork and sportsmanship are stressed.

**Instructor:** Mike Garrity  
**Where:** Comstock Gym  
**Weeks of –**  
**Session 1:** 11/27 to 1/22 (7 weeks)  
**Session 2:** 2/5 to 3/12 (5 weeks)  
**Day:** Saturdays

*No program: 12/23,  
 12/30, 2/17*

**Times**  
**Session 1:** 8:30 - 9:30 AM **Activity #: 9847**  
 9:30 - 10:30 AM **Activity #: 9848**  
 10:30 - 11:30 AM **Activity #: 9849**  
 11:30 - 12:30 PM **Activity #: 9850**  
 \*Gr. 2 Only: 12:30 - 1:30 PM **Activity #: 9852**

**Resident Fee:** \$150.00 **Non-Resident:** \$160.00

**Session 2:** 8:30 - 9:30 AM **Activity #: 9853**  
 9:30 - 10:30 AM **Activity #: 9854**  
 10:30 - 11:30 AM **Activity #: 9855**  
 11:30 AM - 12:30 PM **Activity #: 9856**

**Resident Fee:** \$105.00 **Non Res Fee:** \$115.00

NOTE: For children in grades 1 and 2.

*Registration for this program begins 9/17, 9:00AM.*



### MIKE GARRITY'S KIDS FUNDAMENTALS

If you love basketball, these programs are for you. Coach Mike will introduce the basic fundamentals of basketball. Learning will be at an easy and fun pace. He will continue the basic fundamentals of basketball throughout the different classes. Game play and game skills will also be taught. Level IV will take your game to the next level. Student must have completed Level II & III.

**Instructor:** Mike Garrity  
**Where:** Comstock C. C. Gym

#### LEVEL I KINDERGARTEN / 1<sup>ST</sup> GRADE

**Day:** Tuesdays  
**Time:** 4:00 - 5:00 PM  
**Fall: weeks of:** 11/13 - 12/18 (6 weeks) **Act #:** 9858  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00  
**Winter I:**  
**weeks of:** 1/8 - 2/12 (6 weeks) **Act #:** 9864  
**Winter II:** 2/26 - 4/2 (6 weeks) **Act #:** 9866  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00

#### LEVEL II 2<sup>ND</sup> / 3<sup>RD</sup> GRADE

**Day:** Fridays  
**Time:** 4:00 - 5:00 PM  
**Fall I:** 9/18 - 10/23 (6 weeks) **Act #:** 9859  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00  
**Fall II:** 10/30 - 12/11 (6 weeks) **Act #:** 9860  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00  
**Winter I:** 1/8 - 2/19 (6 weeks) **Act #:** 9865  
*No Class: 11/24, 2/16*  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00

#### 3<sup>RD</sup> - 5<sup>TH</sup> GRADE "NEW"

**Day:** Mondays  
**Time:** 2:30 to 3:30 PM  
**Fall: weeks of:** 11/13 - 12/18 (6 weeks) **Act #:** 9861  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00  
**Winter I:**  
**weeks of:** 1/8 - 2/26 (6 weeks) **Act #:** 9862  
**Resident Fee:** \$140.00 **Non-Resident:** \$150.00  
*No class: 1/15, 2/19*

**NOTE:** For children in Kindergarten through grade 5.

**Registration for this program begins 8/31, 9:00AM.**

### JUNIOR WARRIOR BASKETBALL

This program is for boys and girls who are in grades 3 and 4. Participants will be assigned an evaluation day and time when registered. **The dates for our evaluation are 10/21 and 10/28.** Each participant will attend only one day for one total hour. The purpose of the evaluation is to assess the participant's ability for the purpose of equal distribution amongst the teams in our league. Evaluations will take place in the Cider Mill School, Lower Gymnasium.

**Where:** Cider Mill School Lower Gymnasium  
**When:** Weeks of 11/27 - 2/26  
 (Approx. 9 Practices/Games)

No Game

/Practice: 12/23 through 1/1, 1/15, 2/15-2/19

**Days:** **Practices** are for one hour, one day each week, Monday through Friday between the hours of 5:00 - 8:00 PM. All **Games** will be at Cider Mill School. Games are one hour on Saturdays between the hours of 8:30 AM - 1:30 PM.

**Fee:** \$165.00 (game shirt included)  
**Activity #:** **Girls:** 9867 **Boys:** 9868



**NOTE:** There is limited enrollment for this program! Volunteer coaches are needed in order for this program to run. All volunteer coaches will undergo a mandatory background check by the Town of Wilton. Please email Jim Lewicki in our office @ [jim.lewicki@wiltonct.org](mailto:jim.lewicki@wiltonct.org) to sign up to volunteer before September 25<sup>th</sup>.

**Registration for this program begins 9/17, 9:00AM.**



## WARRIOR RECREATIONAL BASKETBALL

This program is offered to boys and girls in grades 5-8. This is a recreational league with all participants playing an equal amount of game time. All practices and games will be at either Cider Mill or Middlebrook Schools. Practices are for one hour one day per week Mon-Fri between the hours of 5:00-9:00PM. Games are 1 hour on Saturdays between the hours of 8:30-4:30PM. **The dates for our evaluation are 10/21 and 10/28.** Each participant will attend only one day for a total of one hour. The purpose of the evaluation is to assess the participant's ability for equal distribution amongst the teams in our league. Evaluations will take place in the Middlebrook School old gym.

**Where:** Middlebrook and Cider Mill Gyms  
**When:** Weeks of 11/27-2/26  
**Game Day:** Saturday  
**Times:** 8:30 AM – 4:30 PM

**Fee:** \$165.00 (game shirt included)  
**Activity #:** 5/6 Girls: 9869 5/6 Boys: 9870  
 7/8 Girls: 9871 7/8 Boys: 9872

**No game/  
 Practice:** 12/23 through 1/1, 1/15, 2/15-2/19



**NOTE:** There will be a P&R administered player draft for all coaches held at the Comstock C. C. Only volunteer coaches will attend the draft.

**Registration for this program begins 9/17, 9:00AM**

## HIGH SCHOOL RECREATIONAL BASKETBALL LEAGUE

The high school basketball recreational league plays an 8 game regular season schedule, plus single-elimination playoffs. This program has limited team availability. Students in grades 9-12 must form their own teams, and register as a team.



**Where:** Middlebrook Gym  
**Weeks of:** 12/4 to 3/12  
**No Program:** 12/25, 1/1, 1/15, 2/19

**Game Times:** Mondays between 4:30 – 9:30 PM  
 & Saturdays between 2:30 – 4:30 PM  
 (if needed)

**Fee:** To be determined by the number of teams

**Activity #:** 9873

**NOTE:** Interested teams need to be confirmed no later than November 2<sup>nd</sup> by calling or emailing Jim Lewicki at the Wilton P&R Office @ (203) 834-6234 ext. 4., [jim.lewicki@wiltonct.org](mailto:jim.lewicki@wiltonct.org)

**Registration for this program begins 9/17, 9:00AM**

# DOG OBEDIENCE CLASS

By  
**Canine Training Behavior Svcs., LLC**  
Fall 2017 Sessions

**AKC S.T.A.R. Puppy Program Code #: 9874 Session #2: 9881**

S.T.A.R. stands for "Socialization, Training, Activity and a Responsible" owner – all the things a puppy needs to have a good life. Life skills will be taught to new pups including the basic commands, such as heel, sit, down, stay and come when called. Proper socialization, interactions and responsible dog ownership will also be addressed. This class is open to all pups up to one year of age.

Fee: **\$225.00**

**PRACTICAL Household Obedience – LEVEL 1 Code #: 9875 Session #2: 9882**

This class is designed for dogs 4 months of age and older with no formal training. All elements of basic canine training will be covered, including sit, down, stand, stay, recall and heel. Common household problems, jumping, chewing and good manner will be addressed.

Fee: **\$225.00**

**PRACTICAL Household Obedience – LEVEL 2 Code #: 9876 Session #2: 9883**

This class is for the graduate of the S.T.A.R. Puppy or Level 1 class. Consistency and reliability will be significantly improved through distraction training and attention training. Emphasis is on off-leash work, hand signals and progression toward advance obedience, Canine Good Citizen or therapy dog certification.

Fee: **\$185.00**

**CANINE GOOD CITIZEN (CGC) & Therapy Training Code #: 9877 Session #2: 9884**

Using positive reinforcement techniques, this course prepares students for the CGC test/title and testing by various therapy dog groups. Therapy certification is required by most health-care facilities and schools for visiting dogs and handlers. Open to all dogs that have completed Household Obedience Level 1. CGC stresses good manners in the presence of people and other dogs. Testing for the CTC is included in the fee. **NOTE:** Therapy dog groups will not certify dogs less than one year of age.

Fee: **\$185.00**

**ADVANCED OBEDIENCE / RALLY "O" Code #: 9878 Session #2: 9885**

Rally and advanced obedience offer dogs and their handlers an experience that is fun and energizing. The class focuses on Rally signs, Rally exercises and the attention skills that dogs need for performance events. This class includes off-lead heeling, drop on recall, hand signals and obstacle training. Successful completion of Household Obedience Level 2 is required.

Fee: **\$185.00**

**AGILITY TRAINING CLASS Code #: 9879 Session #2: 9886**

In this class, dogs and handlers will become familiar with the various obstacles in an agility course, including the tunnel, dog walk, weave poles, tires, A-frame and jumps. Completion of Household Obedience Level 1 ( or a comparable class) is required. Dogs **must** be able to sit, down, stay and come on command.

Fee: **\$185.00**

Where: Allen's Meadows\*\*  
When: Tuesdays  
Dates: Session I: Weeks of 9/11 to 10/9  
Session II: Weeks of 11/6 to 12/4  
Time: 10:00 AM to 11:00 AM ( AKC STAR and Level 1)  
11:00 AM to 12:00 PM (Level 2, CGC, "O" & Agility)

**\*\*If inclement weather, Comstock Community Gym**

**Registrations for these classes begin on 8/31 at 9:00 AM**

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## HAPPY HANDS – ART & POTTERY

GRADES K-2 & 3<sup>RD</sup>-8<sup>TH</sup>

Our program offers a creative, sensory and social development. Our open concept Studio allows the artists to be involved in the full process of a pottery studio, including loading and unloading the kilns and dipping. Our Studio is a green environment. All paints, bisque & clay are non-toxic, lead free and food safe. Contact: 203-762-6220

**Instructor:** Happy Hands  
**Where:** 5 River Road  
**Weeks of:** Session #1: 9/11 to 10/23  
Additional Session #2: 10/30 to 12/11  
**Day:** Thursday  
**Time:** 3:00 PM to 4:00 PM ( Grades 3<sup>rd</sup> – 8<sup>th</sup>)  
4:00 PM to 5:00 PM (Grades K-2<sup>nd</sup>)  
*No Class:* 9/21, 11/23  
**Activity #:** Sess #1 only: K-2: 9743 3-8: 9745 Sess #1&2- K-2: 9750 3-8: 9751  
**Resident Fee:** \$225.00 Session #1 only Non-Res. Fee: \$235.00  
\$410.00 Session #1 & 2 Non-Res. Fee: \$420.00

All Artwork will be glazed and fired by Happy Hands Art & Pottery.

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## Cider Mill and Middlebrook Fitness programs

Ages: 4<sup>th</sup> to 8<sup>th</sup>

**Cider Mill** – Geared towards 4<sup>th</sup> and 5<sup>th</sup> graders who want to improve their fitness base. Program will teach form drills and develop cardiovascular, muscular and core endurance. Sessions include a warm up, dynamic drills, a run of 1 or 2 miles, light core work out or plyometrics, then a cool down.

**Middlebrook** – geared towards 6<sup>th</sup> to 8<sup>th</sup> graders who want to improve their fitness base. Same info as Cider Mill except we will build up to 3 miles.

**Instructor:** Mary Zengo/Bonnie Sheehan  
**Where:** Cider Mill Fields for Cider Mill/Middlebrook Field for Middlebrook Session #1  
Cider Mill or Comstock/Middlebrook Session #2  
**Weeks of:** 9/18 to 10/30 Session #1  
1/8 to 2/12 Session #2  
**Day:** Monday's Session #1 in the Fall, Wednesday's Session #2 in the Winter  
**Time:** 2:20 to 3:20 PM Cider Mill  
3:15 to 4:15 PM Middlebrook  
**Activity # session#1 (CM):** 9900      **Activity # session #2 (CM):** 9935  
**Activity # session #1 (MB):** 9901      **Activity # session #2 (MB):** 9936

*No Class:* 10/9  
**Resident Fee:** \$145.00 Non-Res. Fee: \$155.00  
**Registration for this program begins 8/31, 9:00AM.**



**FENCING FOR EVERYONE-YOUTH FOIL FENCING**

**About the Course:**

These courses are designed for 8-12 year olds and 14-18 year old students. There are beginner courses up to the intermediate level student and may be used for recreational fencing as well as a steppingstone to competitive fencing. Tom Ciccarone, Jeremy Goun and associates teach this course. The course is 1 hour of training. Tom is a former NCAA Head Coach of Sacred Heart University as well as the current coach of Vassar College varsity fencing team, the founder of Candlewood Fencing Center and is a registered member of the USFCA. Jeremy is head coach at Candlewood Fencing Center. All equipment is provided.

Instructor: Candlewood Fencing Center  
 Where: Comstock Multipurpose Rm.  
 Weeks of: 10/2 to 12/18  
 Days: Tuesday and Thursday  
 Time: 2:30-3:30 PM (8-12) 3:30-4:30 (HS)  
 Resident Fee: **\$396.00**; Non-Resident: **\$406.00**  
*No Class: 11/7,11/23*

**Activity #: 8-12 year old: 9937 HS: 9938**  
**Registration for this program begins 8/31, 9:00AM.**  
*Membership to the US Fencing Assoc. must be purchased on the first night of class for a fee of \$10. This fee is for a 1 year membership in the USFA as well as insurance. Checks should be made out to USFA and paid at the first class attended.*

**ADULT BASKETBALL LEAGUE**

The adult basketball league plays a regular season schedule plus playoffs. Limited to 10 teams. New teams only allowed based on availability.

**Coordinator:** Scott Kieras  
**Where:** Middlebrook Old Gym  
**Weeks of:** 11/13 through to mid-March  
**Day:** Mondays or Wednesdays  
**Times:** 7:45 PM & 8:45 PM  
**Fee:** To be determined by the number of teams in the league.  
**No Program:** 11/22, 12/25, 12/27, 1/1, 1/15, 2/19  
**Activity #:** **9939**

**NOTE:** Interested teams can call Scott Kieras at the Wilton Parks & Recreation office at (203) 834-6234, ext. 5, for more information.

**Registration for this program is on-going.**



### THUNDER RIDGE SKI AREA

Lessons are for skiers and snowboarders, first grade and up. New this season, Freestyle Program for upper level snowboarders, third grade and up. (Offered W-5:30pm, Fr – 5:00 and 6:30 pm). All students regardless of age and ability must purchase a pre-paid 6-week lift ticket or Season Pass at time of registration of lesson package.

**Lesson only** - \$156.00 – Six 1 ½ hour group lessons  
**Lift & Lesson** - \$252.00 – Six 1 ½ hour group lessons  
**Lift, Lesson & Rental** - \$402.00 – Six 1 ½ hour group lessons  
 Parents and siblings may ski or ride and rent at the discount price any night their child or sibling is in a 6-week open enrollment lesson

**Lift ticket only:** \$16 per Night  
**Rental Equip:** \$25 per Night  
**Activity #:** 9940

Please pick up enrollment form at Wilton Parks and Recreation office. Program begins Wednesday January 3<sup>rd</sup>

Should you have any questions, Please call the P & R office.



### BODY SCULPTING

The focus of this exercise class is on strength, endurance and flexibility. This program will help to increase bone density which can help prevent osteoporosis.



**Instructor:** Christine Leventhal  
**Where:** Comstock Dance Studio  
**Day:** Wednesdays  
**Time:** 6:30 – 7:30 PM

**Fall Weeks of:** 9/25 to 12/18 (12 classes)  
*No Class:* 11/22  
**Activity #:** 9941

**Resident Fee:** \$156.00 **Non-Resident Fee:** \$166.00

**Winter Weeks of:** 1/8 to 5/7 (17 classes)  
*No Class:* 4/11  
**Activity #:** 9942

**Resident Fee:** \$221.00 **Non-Resident Fee:** \$231.00

**NOTE:** Participants must supply their own handheld weights.

**Registration for this program begins 8/31, 9:00AM.**

### FITNESS CENTER AT COMSTOCK

The fitness center will give people the opportunity to increase their strength, tone and firm their bodies, improve their cardiovascular system, look great, feel good, and have more energy. For ages 16 and over. **Monthly memberships** or more!!

**Where:** CCC – Fitness  
**Day:** Monday-Friday  
**Weeks of:** All year  
**P&R Closed:** 10/9, 11/23, 11/24, 12/25, 1/1, 1/15, 2/19, 3/30, 5/28, 7/4  
**Time:** 8:30 AM to 9:00 PM  
**Monthly Res:** \$10.00 **Non-Resident Fee:** \$20.00  
**Monthly Family:** \$18.00 **Non-Resident Family:** \$28.00

### PERSONAL TRAINING AT COMSTOCK COMMUNITY

Fitness Center will offer one-on-one Personal Training sessions with a certified Personal Trainer. These Personal Training packages are designed to develop positive changes to one’s health, physical fitness, and overall well-being. The Personal Trainer will work with the individual to customize a fitness plan to fit the individual’s needs, schedule, and goals.

**Where:** Comstock  
**Day & Time:** Upon Request  
**Fees:** 1 Session - \$55 per  
 5 Sessions - \$45 per  
 10 Sessions - \$40 per

**HS FUTSAL LEAGUE**  
**Boys and Girls grades 9-12**

Come hone your skills with some Futsal!!!

**Where:** WHS Fieldhouse  
**Weeks of:** 1/1 to 2/5 (7 weeks)  
**Day:** Sunday  
**Time:** 4:00 to 5:30 Boys, 5:30 to 7:00 Girls  
**Activity #:** Boys: 9950 Girls: 9951  
**Res. Fee:** \$50.00 Non-Residents : \$60.00  
**No Class:** 2/18

*Registration for this program begins on 8/31 @ 9:00 AM.*

**BECOME A CERTIFIED EMT**  
**AGES 16 AND ABOVE**

The EMT Basic Course teaches proper techniques in First Aid, CPR, AED, basic life support, patient assessments, extrications, communication and other essential concepts to prepare a student to become an Emergency Medical Technician. HAZMAT/terrorism training also included.

**Instructor:** Jim Brubaker, NRP, CTEMS-I  
**Where:** Comstock Community Center  
**Weeks of:** 9/11 to 1/15/18  
**Day:** Monday's and Wednesday's  
**Time:** 6:00 PM to 10:00 PM Act #: 9791  
 1 Sat. a month – 8:00 AM to 4:00 PM  
*No class: 9/11, 10/9, 12/25, 1/1, 1/15*  
**Resident Fee: \$975.00 Non-Resident Fee: \$985.00**  
 Textbook included in registration fee

*Registration for this program is ongoing.*

**ZUMBA**  
**AGES 18 AND OLDER**

We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check!



**Instructor:** Valerie  
**Where:** Dance Studio – Comstock CC  
**Weeks of:** 9/25 to 12/18  
**Day:** Monday's and/or Thursday's  
**Time:** 7:00 PM to 8:00 PM  
**Activity #:** M: 9949 TH: 9948  
**Res. Fee:** \$110.00 Non-Resident: \$120.00  
**No Class:** 10/9, 11/6, 11/16, 11/23  
*Registration for this program begins on 8/31 @ 9:00 AM.*

**BLUETHEORY OUTDOOR INTERVAL FITNESS TRAINING**

BlueTheory is group personal training that focuses on circuit-style intervals of cardio and strength to your maximize metabolic conditioning. Track, turf, stadium stairs, dumbbells, kettlebells and resistance bands will be used to generate heart-rate goals. Working outside for a higher physical, mental and emotional gain, these sessions are different each time, with great individual attention. Dress appropriate and bring a mat, 5 pound dumbbells and water. Additional equipment to be provided.

**Prerequisite:** Ability to run for 10 minutes at a slow, consistent pace.

**Instructor:** Bonnie Sheehan  
**Where:** WHS Track / CCC Gym when it rains  
**Weeks of:** 9/11 to 10/30  
**Day:** Wednesday  
**Time:** 9:15 to 10:15 AM Activity #: 9903  
**Res. Fee:** \$185.00 Non-Resident Fee: \$195.00  
**No Class:**

*Registration for this program begins on 8/31 @ 9:00 AM.*

**AAA SENIOR DRIVER  
REFRESHER COURSE**

An \*adult driving education course to improve your driving skills. Insurance reductions may be available for individuals 55 and up who complete the course. **You only have to attend one of the dates**

Instructor: David Hartman  
Where: Comstock Community Center  
Dates: 8/27, 9/26, 10/22, 11/13 and 12/17  
Time: 8:30 AM to 12:30 PM

Fee: No Cost

NOTE: Limited to 30 registrants. \*Participants must be over 55years old and have a valid CT Drivers License. Some insurance companies recognize 60 years old. Please check with your carrier.



**TREBLEMAKERS**

Now in its 20th season, the Wilton Treblemakers continue to accept new singers to sing and dance their way into the hearts of all who hear them!A course for ladies who would like to be part of an all female ensemble, singing in 3-4 part harmony, the Treblemakers prepare musical programs to be performed at nursing homes, assisted living facilities and community events throughout the year!

It's fun, rewarding and a great way to give back while learning and increasing music and vocal skills. Taught by Mary Bozzuti Higgins, a former opera singer and currently a director and conductor for over 35 years.

Where: WHS Choral Room  
Day: Monday's  
Weeks of: 9/18 to 12/18  
No Class: 10/9, 11/6  
Time: 7:00 to 8:30 PM

Resident Fee: \$160.00 NR Fee: \$170.00  
Activity #: 9952

**Registration for this program begins 8/31, 9:00AM.**

**Wilton Adult Co-ED Recreational Soccer  
(WARS)**

Co-Ed Recreational soccer for Adults ages 18 and older.

Where: Kristine Lilly Soccer Field  
When: Tuesdays and Thursdays  
Time: 8:00 PM to 10:00 PM starting on 9/5 – 12/7 (Fall Session) #: 9954  
Resident Fee: \$30.00 per session  
Non-Resident Fee: \$40.00 per session  
Supervisor: Brian Lilly

**ABSOLUTE BODY CONDITIONING**

**Tone –Up For Winter**

Tone-up is a 45-minute cardio-pumping and full-body strength workout that challenges you to move in multiple planes to achieve your athletic and weight management goals. Each week focuses on a current conditioning theme, including Metabolic Conditioning, Tabata, and Strengthen and Lengthen. Please bring a mat, 5 pound dumbbells and water. Additional equipment to be provided, including medicine balls, bands and battling ropes. Appropriate for all fitness levels.

Where: CCC-Multipurpose Rm  
Day: Wednesday  
Weeks of: 1/8 to 2/12  
Time: 9:15 AM to 10:00 AM  
Activity #: 9905  
Resident Fee: \$145.00 NR Fee: \$155.00  
**Registration for this program begins 8/31, 9:00AM.**

**YOGA**

**Mindful Slow Flow Yoga**

This breath centered, aka vinyasa yoga, class will focus on the alignment of the poses and the components of the practice including Sun Salutations, standing poses, seated poses, back bends and inversions. The emphasis is on the coordination of movement with breath and adapting the poses to suit the individual. Appropriate for all levels! Includes breath exercise, aka pranayama, and mindfulness meditation. Please bring a yoga mat, towel and water.

**Instructor:** Jackie Jackson  
**Where:** Comstock Community Ctr  
**Day:** Wednesday  
**Weeks of:** 9/11 to 10/30  
**Time:** 8:45 AM to 10:00 AM  
**Res. Fee:** 8 Classes - \$80, 4 classes - \$40  
**Activity #:** 9959  
**Non – Residents please add \$10.00**

*Registration for this program begins 8/31, 9:00AM*



**HAY RIDE WITH SANTA**

This program is **only** for Wilton Residents. Enjoy a sleigh-ride with Santa and his elves, holiday singing, and refreshments by the bonfire.

**Where:** Ambler Farm  
**When:** 12/8/17  
**Fee:** Free. Wilton Residents Only!  
**Hay ride times:** 4:00 PM - 5:00 PM  
 5:00 PM - 6:00 PM  
 6:00 PM - 7:00 PM  
 7:00 PM - 8:00 PM

**NOTE:** We will start taking registrations on Tuesday, 10/10. Registrations will be on a first come, first served basis online at our website: [www.wiltonparksandrec.org](http://www.wiltonparksandrec.org).

**YOGA**

**Yoga Therapeutics**

Yoga therapeutics is specially suited for students with injuries but it is open to all. Poses are adapted to the individual. The emphasis is on the coordination of movement with breath and adapting the poses to suit the individual. Here students can delve deeper into the therapeutic benefits of yoga practice. Poses are broken down to different levels allowing students to practice at their own pace. The class wraps around empowering themes allowing students to feel the benefits of the poses physically, mentally and spiritually. Includes breath exercise aka pranayama and mindfulness meditation.

**Instructor:** Jackie Jackson  
**Where:** Comstock Community Ctr  
**Day:** Wednesday  
**Weeks of:** 9/11 to 10/30  
**Time:** 10:15 AM to 11:30 AM  
**Res. Fee:** 8 Classes - \$80, 4 classes - \$40  
**Activity #:** 9960  
**Non – Residents please add \$10.00**

*Registration for this program begins 8/31, 9:00AM*

**The Pen-Stars Story Club****Grades K - 5**

Whether you are an athlete, a singer, an artist, a writer or a dancer - ***You all have a story to tell!***

"JOIN **Pen-Stars Creativity Club**, where learning meets creativity. We offer a low-tech environment where children are encouraged to connect with their true selves and to discover their talents. We incorporate music, drama, art, and brain-stimulating games and activities to foster our Pen-Stars' unique gifts and enhance their creative, writing (including spelling and vocabulary), presentation, and public speaking skills in a fun and innovative way. Our hands-on activities are designed with children's needs, interests, and skill levels in mind, with the goal to have intramural/inter-school competitions for kids up for a challenge.

On the last day, parents are invited to attend a talent show where our Pen-Stars showcase their work. Stories created by children may be featured in **The Pen-Stars Series**, an interactive book series created by children, for children. For more information, visit [www.thepenstars.com](http://www.thepenstars.com)."

**Instructor:** Pen-Star Staff  
**Where:** Comstock Community Ctr  
**Day:** Wednesday  
**Weeks of:** 9/18 to 11/6  
**Time:** 2:45 – 3:45 PM (Grades 3-5) 4:00 – 5:00 PM (Grades K-2)  
**Res. Fee:** \$210.00 Non-Resident Fee: \$220.00  
**Activity #:** Grades 3 – 5: **9961** Grades K– 2: **9962**  
*Registration for this program begins 8/31, 9:00AM.*

**US Sports Institute Programs****Soccer Squirts, T-Ball Squirts & Total Sports Squirts****Ages 3 to 5**

**Soccer Squirts** – Soccer Squirts is your child's perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

**Squirts T-Ball** - Open to both boys and girls, there's no better introduction to the sports of baseball or softball! Skills covered include hitting, throwing, catching, base running, fielding, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun!

**Squirts Multi Sports** - The Squirts Multi Sports program allows children to experience a different sport each session including Lacrosse, Soccer, Basketball, T-Ball, Track & Field, Hockey & Flag Football. All sports are taught in a safe, structured and fun learning environment designed to ensure learning and most importantly: fun, fun, fun!

**Instructor:** US Sports Institute  
**Where:** Comstock Community Center  
**Day:** Thursday  
**Weeks of:** 9/11 to 10/30  
**Time:** 3:00 PM – 4:00 PM (Soccer Squirts) Activity #: **9965**  
 4:00 PM – 5:00 PM (T-Ball Squirts) Activity #: **9966**  
 5:00 PM – 6:00 PM (Total Sports Squirts) Activity #: **9967**  
**No Class:** 9/21  
**Resident Fee:** \$130.00 Non-Resident Fee: \$140.00  
*Registration for this program begins 8/31, 9:00AM.*

# Baseball & Softball Program at Comstock Community Center

Sponsored by: Wilton Parks and Recreation

## MULTI-USE HITTING TUNNEL PROGRAM

Practice batting, pitching, and fielding at your own pace. Tunnels can be rented out by the half hour and full hour to the public or used weekly by select teams and/or members. Although reservations are taken and recommended for tunnel use, walk-ins are welcome upon availability.

### Individual Rental

Half Hour: \$25

Full Hour: \$50

### Team Rental (Six or More People)

Half Hour: \$40

Full Hour: \$80

## PRIVATE LESSONS

Baseball Lessons at Comstock Community Center work with players to improve their hitting and fielding mechanics. The Instructor will teach the finer points of hitting and players practice them through drills that cover balance, stance, approach, point of contact and follow through. During field lesson instructors teach players the drills and skills necessary to improve their defensive games. Learn the proper mechanics of the fielding stance, footwork, balance and the importance of using 2 hands, along with proper throwing techniques. All instructors at Wilton Parks and Recreation are former College and High School players, and come with an extensive baseball coaching background

**Instructor:** Wilton Parks and Rec Professional Coaching Staff

**Where:** Comstock Community Center

**Days:** Upon request

**Time:** 45min Session Upon Request

**Resident Fee:** \$45 **Non-Resident Fee:** \$55

## YOGA: BIRTH TO BEGINNING WALKERS YOGA: Walking Well to Age 4

**Baby Yoga:** This practice increases body awareness for baby and parent. Songs, movement, stretching and massage support the development of strength, and flexibility, of your baby while enhancing a playful connection. Yoga is a great way for parents to strengthen their bodies, calm their minds, feel more relaxed while passing this gift on to your baby. Enjoy this gift yoga. **Benefits:** \*After birth, the gentle movement and light touch provides an opportunity for connection.\*Babies unify their sensory experiences by emotional interaction with their parents.

\*Yoga poses for infants aids in digestion ,constipation, and relieves gas and colic. **NOTE:** Please bring a clean blanket or towel for your baby to work on.

**Instructor:** Deb Clelland\*\*  
**Where:** Comstock Community Center  
**Day:** Saturday  
**Weeks of:** 9/18 to 11/6  
*No Class:* 10/14, 11/4  
**Time:** 9:00 AM to 9:45 AM  
**Activity #:** 9955  
**Resident Fee:** \$150      **Non-Resident Fee:** \$160

## TODDLER TO PRE-SCHOOL YOGA

This sweet yoga class is designed to promote joy in movement, physical explorations, self-expression and self-confidence by using songs, movement and stretching to support the development of strength, flexibility, balance and social competence.

**Benefits:**\* Increases language processing skills (following directions) \*Increases motor planning abilities (eyes and ears to the brain, then to the body) \* Increases social skills by promoting turn taking and teaching waiting \*Builds physical strength and endurance\*Increases imagination. **NOTE:** Parents are welcome!

**Instructor:** Deb Clelland\*\*  
**Where:** Comstock Community Center  
**Day:** Saturday  
**Weeks of:** 9/18 to 11/6  
*No Class:* 10/14, 11/4  
**Time:** 10:15 AM to 11:00 AM  
**Activity #:** 9956  
**Resident Fee:** \$150      **Non-Resident Fee:** \$160

## YOGA: SPECIAL NEEDS K THROUGH 6<sup>TH</sup> GRADE

It is so important for Special Needs Children to have a special place to go to meet friends and have fun. Deb's special affection for these children creates a safe, laughter-filled space for children to explore yoga and meditation. **ALL SPECIAL NEEDS CHILDREN AND THEIR PARENTS ARE WELCOME!** **Benefits:** \* Increases language processing skills (following directions) \*Increases motor planning abilities (eyes and ears to the brain, then to the body) \* Increases social skills by promoting turn taking and teaching waiting \*Builds physical strength and endurance \*Increases imagination It is so important for Special Needs Children to have a special place to go to meet friends and have fun. Deb's special affection for these children creates a safe, laughter-filled space for children to explore yoga and meditation.

**Instructor:** Deb Clelland\*\*  
**Where:** Comstock Community Center  
**Day:** Saturday  
**Weeks of:** 9/18 to 11/6  
*No Class:* 10/14, 11/4  
**Time:** 11:30 AM to 12:15 PM  
**Activity #:** 9957  
**Resident Fee:** \$150      **Non-Resident Fee:** \$160



## YOGA: SPECIAL NEEDS 7<sup>TH</sup> TO 12<sup>TH</sup> GRADE

It is so important for Special Needs Children to have a special place to go to meet friends and have fun. Deb's special affection for these children creates a safe, laughter-filled space for children to explore yoga and meditation.

**ALL SPECIAL NEEDS CHILDREN AND THEIR PARENTS ARE WELCOME! Benefits:**\* Increases language processing skills (following directions) \*Increases motor planning abilities (eyes and ears to the brain, then to the body) \* Increases social skills by promoting turn taking and teaching waiting \*Builds physical strength and endurance\*Increases imagination.

**Instructor:** Deb Clelland\*\*  
**Where:** Comstock Community Center  
**Day:** Saturday  
**Weeks of:** 9/18 to 11/6  
*No Class:* 10/14, 11/4  
**Time:** 12:45 PM to 1:45 PM  
**Activity #:** 9958  
**Resident Fee:** \$150      **Non-Resident Fee:** \$160  
*Registration for all Yoga program begins 8/31, 9:00AM.*

**\*\*About the Instructor:** Deb is a Naam Yoga teacher at Naam Yoga Connecticut in Bethel. She is a former professional stage manager (18 years) and is currently a pre-school special educator (20 years). She has a strong understanding of child development. Her love of music, movement and children, enrich her yoga class in a creative, playful, loving and joyous way. She is grateful to be part of the Comstock Community Center.



## SENIOR CENTER ACTIVITIES

Call the Senior Center 203-834-6240 for reservations for the programs listed here.

### Wilton Garden Club

First Tuesday of the month beginning in October, Noon to 1:30 p.m., \$3 for lunch

The Garden Club serves a delectable lunch and presents a garden-related program. Programs include trips to local gardens, media presentations, and workshops in the Comstock greenhouse.

### Comstock Writers Group

First and Third Wednesdays of the month, 10:00 a.m. to 11:30 a.m.

Are you interested in reading and writing? Here's a group for you! Do you have family history that you would like to record for future generations? Are you passionate about politics, the arts, travel, or gardening, any of which would provide plenty of material to write about? Leading the group is Magdalen Livesey, an editor and writer living in Wilton.

### Monday Movies

Mondays, noon to 2:15 p.m.

Bring your lunch and enjoy quality features in the comfort of the Senior Center lounge.

### Line Dance Fusion

Mondays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee

This program blends traditional dance steps with elements of modern line dancing. This is a great form of exercise and social interaction. Beatriz Araujo, Instructor.

### BeMoved! (No class on September 12 and October 24)

Tuesdays, 9:45 a.m.; \$5 drop-in fee

BeMoved is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly experience that improves the quality of a person's movement. Each class focuses on a different musical dance genre using continuous, engaging dance combinations to inspire anyone from first-time dancer to professional. Phyllis Hirschfield, Instructor.

### Tuesday and/or Thursday Yoga

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 drop-in fee

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus.

### Tai Chi

Wednesdays, 10:30 a.m. to 11:30 a.m., \$3 drop-in fee

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Joe Alampi, Instructor.

### Feldenkrais

Fridays, 10:00 a.m. to 11:00 a.m., \$5 drop-in fee

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

### Jewelry Workshop with Viola Galetta

First and third Friday of the month, 10:00 a.m. to noon, \$5 drop-in fee

No prior experience is necessary for this jewelry-making workshop. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

## Studio Knitting

Tuesdays, 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects, and the company will be great. If you have a work in progress, bring it. If it's all new to you, come give knitting a try! We'll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company.

## Five Crowns

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.

## Chinese Mah Jongg

Second Tuesday of the month at 1:30 p.m., Fourth Tuesday of the month at 12:30 p.m.

Kay Chann supervises the Chinese Mah Jongg. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-544-7414 for information regarding the group.

## American Mah Jongg

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards, and has several distinct game-play mechanics. Come and see this game in action. In order to play, call Gale Roeder 203-762-3784 or Pat Wernig 203-762-1739.

## Thursday Lunch

Thursdays, Noon, \$3

Enjoy a light lunch in the Senior Center café. Reservations preferred when you're coming for the first time. Call 203-834-6240.

Bingo follows at 12:45 p.m. Join the fun and the challenges afforded by playing over 60 different bingo game configurations. Fee: 25 cents per card. Winner takes all!

## WEDNESDAY LUNCH

Local religious and civic organization teams prepare a delicious lunch every month. Open to all Wilton seniors, lunch (\$3) takes place at the Ogden House, 100 River Road, at noon and is followed by entertainment.

## Planning for Longevity, Monday, September 25, 2:00 p.m., Senior Center Lounge

You planned for buying a house. You planned for raising a family. You planned for retirement. Have you planned for longevity? Paul Doyle of Oasis Senior Advisors will discuss the resources, strategies and costs of living longer and which paths to take and which to avoid.

**Martha Link Walsh and the Art of Papercutting, Monday, October 23, 11:00 a.m., Senior Center Lounge** The ancient art of papercutting has been practiced the world over by folk artists, graphic designers, contemporary fine artists, and book illustrators. Martha will demonstrate her papercutting techniques and provide insights into her design process which makes each piece one-of-a-kind. A collection of her work will be available for viewing. Space is limited.

## Genealogy with Kevin Cleary, October 27, 11:00 a.m., Senior Center Lounge

Have you ever wondered where your family migrated from or where your second cousins are today? With the help of the computer and a vast data base of information you may be able to find these answers. Limited enrollment.

## How Not to Wait for the Emergency, " Wednesday, October 4, 12:00 p.m., Senior Center Lounge

"How Not to Wait for the Emergency" is an educational talk presented by Lance Galassi from **A Place For Mom**. Lance will explain the differences among the categories of nursing home, assisted living facility, and home care while going over the advantages and disadvantages of each.

## INSTRUCTIONAL BRIDGE OPPORTUNITIES

**Introduction to Bridge Lessons**, Fridays, October 6 to November 17, 11:30 a.m. to 1:15 p.m., \$70 for the seven-week series. Bridge combines mental exercise of the reasoning faculties, short- and long-term memory centers, planning and collation skills, social interaction techniques, and a host of other mental calisthenics useful in everyday life. This class is for the player with very little or no bridge experience. Mike Hess, Instructor.

**Intermediate Bridge**, Fridays, September 8 to October 27, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Once you know how to play bridge, it is time to learn how to play it well! This course is ideal for the person who used to play bridge but has not done so for years and needs to get up-to-date on the latest advances in this forever-evolving game, for the person who plays bridge but feels developmentally stalled and needs help getting to the next level of proficiency, or for the moderately experienced social and/or duplicate bridge players. Mike Hess, Instructor.

**Open Bridge**, Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee. Duplicate Bridge is a form of contract bridge in which contestants play identical cards, with each deal scored independently, permitting comparison of individual scores. For all levels of play. This is not a sanctioned game. Mike Hess, Supervisor.

**BRIDGE GROUPS**, If you would like to join other seniors in an afternoon of bridge, call these organizers:

**Encore Bridge**: Mondays at 1:00 p.m., contact Maureen Turnier at 203-762-9386.

**Duplicate Bridge**: First Wednesday of the month at 1:00 p.m., contact Lois Bruce at 203-762-5818.

**Duplicate Bridge**: Third Tuesday of the month at noon, contact Maureen Turnier at 203-762-9386.

**Contract Bridge**: Fridays at noon, contact Eleanor Mihailidis at 203-762-8720.

## Medicare Information Sessions

This year **open enrollment for Medicare Part D** begins on October 15 and ends December 7.

On Wednesday, September 27, Rich Felitto of OneSource for Senior Living Inc. will present **“Keys to Unlocking Medicare Benefits”** at 6:00 p.m. in the Senior Center Café. Find answers to these questions:

- “ Do I have to sign up for Medicare? When should I sign up?
- “ When does my Medicare start? Should I keep my group health coverage?
- “ What is covered by Medicare? What are Part C and Part D?

Thursday, October 12, CHOICES specialist Nancy Lombard from the Southwestern Connecticut Agency on Aging (SWCAA) will present **“What’s New with Medicare”** in the Senior Center Lounge from 1:00 p.m. to 3:00 p.m. This program will contain useful information for all Medicare beneficiaries, particularly those seniors new to Medicare. Advance registration is not required.

On Monday, November 6, representatives from SWCAA will **meet one-on-one with individuals** in the Senior Center Technology Room regarding the Medicare Part D prescription drug program. Appointments are available between 10:00 a.m. and 2:00 p.m. for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to **choose or change** your prescription drug plan. It is strongly recommended that you review your plan annually as plan coverage and drug costs often change for the coming year. In order to attend this session, you must schedule an appointment through the Social Services office, 203-834-6238.

## Book Discussion

Michael Bellacosa from the Wilton Library has prepared an exceptional reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. on the fourth Tuesday of the month. Lunch (\$3) is served at noon. Books are on reserve at the Wilton Library. Brochures describing the entire 2017-2018 season are available at the Senior Center and the Library.

September 26, Judson Scruton, Leader; *The Poets Laureate Anthology*, edited by Elizabeth Hun Schmidt

October 24, Barbara Jones, Leader; *Louisa: The Extraordinary Life of Mrs. Adams* by Louisa Thomas

November 28, Ray Rauth, Leader; *Billy Budd* by Herman Melville

January 23, Michael Hess, Leader; *Brideshead Revisited* by Evelyn Waugh

**Computer Classes**, Andrea Ragusa, Coordinator, 203-762-2445; Classes from 10:00 a.m. to 12:00 p.m.

**Word Basics for Beginners**

This class is for people who are new to word processing and want to learn the basics and get started. It introduces vocabulary, concepts and features. Topics will include windows operations, using the toolbar and creating and formatting documents. Some prior use of the mouse and knowledge of the keyboard are required. Taught by Andrea Ragusa on Tuesday, October 10. Fee: \$10.

**Internet Basics for Beginners**

This introductory course begins with an overview, followed by the concepts and terminology needed to get you googling and searching the web for specific information, as well as downloading information and pictures. Also learn how to email (Gmail) attachments, save, and print. Prior mouse and keyboard experience are required. Taught by Andrea Ragusa on Thursday, October 12. Fee: \$10.

**WORD 2010/2013**

Learn the functions of changing margins, paper size and orientation, printing, saving, page numbering, spell checker, grammar checker, and thesaurus as part of setting up documents, letters, and invitations. Specific advanced questions will be addressed. Taught by Catherine Myers on Tuesday and Wednesday, September 26 and 27. Fee: \$20.

**WORD 2010/2013 Graphics**

Have fun with software opportunities such as borders for paragraphing and full page, inserting pictures and clipart, changing fonts, using the color wheel, and working with full page and half sheets. Word Art and shapes also will be incorporated in a book cover or art project of choice. Taught by Catherine Myers on Tuesday and Thursday, October 3 and 5. Fee: \$20.

**Free Downloads**

BYOD - Bring your own device to the Senior Center and follow along as Melissa Baker demonstrates how to obtain free downloadables available through the Wilton Library. There is something for everyone and hours of enjoyment for patrons with Wilton Library cards. Presented by Wilton Library for seniors at the Senior Center. Registration is strongly suggested: [www.wiltonlibrary.org](http://www.wiltonlibrary.org) or 203-762-3950. Taught by Melissa Baker on the second Wednesday of the month, 1:00 p.m. to 2:30 p.m.

**PARKS & RECREATION ACTIVITY REGISTRATION FORM**  
**WILTON PARKS & RECREATION – 180 SCHOOL ROAD – WILTON, CONNECTICUT 06897**

Parent/Guardian: \_\_\_\_\_  
Last Name First Name

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Activity #	Participant's Last Name	First Name	Grade	M/F	D.O.B.	Fee
1.	_____	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____	_____

**Non-Residents please add \$10.00 per participant per program!**

**Fee Total: \$** \_\_\_\_\_

**MAKE CHECK PAYABLE TO:**  
**WILTON PARKS & RECREATION**

**Refunds are issued only in the following circumstances:**

- 1. If a program is cancelled by the Parks & Recreation Department**
- 2. On request for medical reasons, injury, or relocation**
- 3. If a program participant is replaced by a new participant**

I understand that there are inherent risks and dangers in any and all activities including the one(s) for which I have registered for myself and/or my child/ward. I also understand that there is a heightened risk and danger for myself and/or my child/ward and others by participating in the prescribed activity. Nevertheless, I agree to defend and hold harmless and to indemnify the Town of Wilton, the Wilton Parks and Recreation Department, its members, agents, officers, and employees and any person there within from any and all claims, actions, demands, damages, costs, and loss of services, expenses, including but not limited to attorney fees, and compensation on account of, or in any way growing out of, or arising from, my and/or my child/ward's participation in the designated activities, including but not limited to, negligence claims for bodily injury, sickness, disease or death or property damage of any kind, against any and all of the aforementioned parties, whether or not such, claim, demand, damage, cost, loss or expense is caused in part by a party indemnified hereunder. The execution of this Release is done with my full knowledge and appreciation of the act and its ramifications and is free from coercion of any kind by the Town of Wilton, the Wilton Parks and Recreation Department, their members, agents, officers, and employees. I represent that I have carefully read and understand this Release and that I have entered into this Release knowingly and voluntarily after having had an opportunity to consult with my legal advisors, which I am encouraged to do by the Town of Wilton. I further understand that I am waiving substantial rights by signing this release. I further understand that I and or my child/ward may be photographed for the purpose of promotion or advertising in future brochures, newspapers, newsletters, or in the Town of Wilton website. By signing this release, I am also giving permission to the Town of Wilton to use the photos of me and/or my child/ward for any of the aforesaid purposes.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**mail to:**  
**WILTON PARKS & RECREATION**  
**180 SCHOOL ROAD**  
**WILTON, CT 06897**  
[www.wiltonparksandrec.org](http://www.wiltonparksandrec.org)

