



South End Community Center Winter Newsletter

(January – March 2008)

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Office Hours – Monday-Friday 9:30 am-6:00 pm



Happy New Year! As we start the New Year we also are bringing in new and exciting programs and activities for people of all ages. You will see that a lot of our new programs focus on health and fitness. We are also getting ready for income tax season and offering a new free income tax site at Franklin Elementary School. I welcome new ideas for programs and also encourage anyone who has a special skill or talent to contact me. I am always looking for new creative programs that can help us in our mission to meet the needs of a changing community. All registrations for these programs can be done at the South End Community Center, Recreation Department at Short Beach or online during at www.townofstratford.com/recreation. Winter office hours for the South End Community Center are Monday – Friday 9:30 am-6:00 pm. Recreation Department at Short Beach Hours are Monday – Friday 8:30 am-4:30 pm.

You may also contact Ty Sims, SECC Coordinator at tysims@townofstratford.com.



New Program: Double Dutch for Youth 214170 Section 42

This new and exciting program for girls and boys ages 10-16 will promote physical fitness and teamwork in all participants. Participants will work with an instructor on putting together routines and learning double dutch and jump rope techniques each week. This program meets on Wednesdays starting January 30-March 19 from 6:00p.m.-7:30p.m. at the South End Community Center. Registration is January 7-25. Fee is \$50.

Black History Month Contest

In collaboration with the Stratford Library Association Teen Services Department the SECC will sponsor a black history month contest. Topics will be distributed in the Stratford Schools, Stratford Library and at the South End Community Center. Essays must be turned in to the SECC by Friday, February 15. All entries must list the child's name, age, grade, and contact number. Prizes will be distributed to the top three entries in each age group on Thursday, February 28.



New Program: Tai Chi for Teens 524960 Section 21

This introduction to Tai Chi program is designed to promote health and wellness in teens ages 13-18 by providing teens with low impact, weight bearing exercise instruction and information about the art of Tai-Chi. First session of classes will be held on Tuesdays starting April 22-May 27 from 6:00pm-7:00pm at the South End Community Center. Registration is March 31 – April 18. Fee is \$25 for six weeks.



Tai Chi for Adults 524960 Section 02 & 05

This class is at the South End Community Center. The class is for six weeks and starts on January 22, 2008 from 7:00pm – 8:00pm. Registration is still ongoing at the Recreation Office at Short Beach or at the South End Community Center. The fee for this class is \$25.00.

Tai Chi for Seniors

The South End Community Center will be offering Tai Chi for Seniors for residents ages 60 years and older. The class will meet on Fridays, from 11:15a.m. To 12:15p.m. Starting January 18. For more information and to register, contact the South End Community Center. There is no fee for this program. There is limited space available for this class.



New Program: The Biggest Loser Fitness Class 524180 Section 61

This program includes flexibility, toning and cardio exercises to create a fun total workout for those of us easing back into fitness mode. Class will also focus on nutritional needs as well as offer motivation and support. Class meets on Tuesdays and Thursdays from 1:15 pm-2:15 pm beginning January 29. Registration is through January 28.

Volunteer Income Tax Assistance Program (V.I.T.A.)

The South End Community Center in collaboration with the Internal Revenue Service and other agencies will be preparing free income taxes for individuals in need during tax season. This program also serves as a financial literacy program encouraging participants to get checking and savings accounts, credit repair as well as assist those who qualify with getting Earned Income Tax Credit on their returns. Program runs Mondays at Franklin Elementary School from 4:00 pm-8:00 pm starting February 4, 2008 and Thursdays at the South End Community Center from 5:30 pm-8:00 pm and Saturdays from 9:30 am – 12:00 pm starting February 7, 2008. **All sites prepare taxes by appointment only.** For appointments contact the South End Community Center at 377-0689 starting Tuesday, January 22.

Girl Talk! 514760 Section 01

This age appropriate discussion group for girls ages 12 – 16 will focus on topics like: Self-Esteem, Domestic Violence, Anger Management, and Drug and Alcohol Abuse and Prevention. The class meets on Tuesdays from 6:00 pm – 7:00 pm at the South End Community Center, January 22, 29, February 5, 12, 26, March 4. The program is FREE.

Boys to Men (Empowering young men through dialogue and support): 514760 Section 32

This age appropriate discussion group for boys ages 12-16 will focus on topics like: self-esteem, domestic Violence, drug and alcohol abuse, self control and anger management. The class meets on Tuesdays, from 5:00 pm-6:00 pm at the South End Community Center on January 22, 29, February 5, 12, 26 and March 4. There is no fee for this program.



Drills and Skills I 514760 Section 21

This six-week basketball and life skills program for girls and boys in grades 2 – 5 and 6 – 8 will be held on Tuesdays, starting January 29 from 6:00pm – 7:00pm at Birdseye Gymnasium will work to provide youth with hands-on basketball drills and age appropriate life skills on topics related to wellness and fitness, communication, goal setting, decision making and problem solving, responsibility and leadership. Community leaders and special presenters will also be invited as speakers on various program topics. Registration begins January 7-25 at the Recreation Office and at South End Community Center. The Fee is \$15 for the 6-week program.

Drills and Skills II 514760 Section 25

This intermediate level basketball and life skills program for girls and boys in grades 2 – 5 and 6 – 8 is for those youth who have completed Drills and Skills 1 and are ready to move on to the next level of basketball instruction. This program will offer more intense drills and some games for participants applying the life skills learned in Drills I to the game of basketball. This program will be held on Wednesdays, starting January 30, from 6:00pm – 7:00pm at Birdseye Gymnasium. Registration begins December 26 – January 25. Fee for this program is \$20.

South End Community Center Rentals

Interested in having a baby shower, bridal shower or other small gathering for up to 65 people? Call the South End Community Center and inquire about our weekend hall rentals. Kitchen space is also available. Contact Ty Sims at South End Community Center to schedule dates and times. The Fee is \$185.00 per four hour rental with each additional Hour \$30.00. The Kitchen Fee is \$10.00 for four hours.

South End Community Food Pantry

The South End Community Center offers emergency food pantry services to Stratford Residents on Mondays and Wednesdays from 10:00 am – 12:00 pm. All food pantry participants must show identification and/or proof of Stratford residency. Emergency food services are also available for those individuals who receive food stamp assistance or come with an agency referral regardless of residency. **Non perishable canned goods and supermarket gift cards are needed. Call 377-0689 to make arrangements.**



New Program: Trendsteppers Dance Team 514800 Section 06

The Trendsteppers Dance team program is for girls ages 9-18 from the Town of Stratford. The dance team performs at various community events. Parent meeting will be held in February at 6:00pm at the South End Community Center. Dance Team will practice Mondays beginning February 5 from 6:00 pm-7:30 pm at the South End Community Center. Registration is NOW. Fee is \$50.00



K-4 Winter Vacation Camp (February 19 – February 22) 419360 Section 70

Children in grades K-4 can take part in recreational and educational activities based around the theme of winter. Children must bring a lunch each day, a nutritional snack is provided. Program runs daily at the SECC from 9:00am-4:00pm for \$100 with extended day being offered for 10 or more children from 4:00pm-6:00pm for an additional \$30.00. Sibling discounts are available at \$75.00 for the second and third child only for the core program and \$15.00 for extended day for the second and third child. Registration begins December 17 – February 8, 2008.

Winter Vacation Week Teen Activities

The recreation center will be open February 19-21 at the Birdseye Complex from 1:00 pm-3:00 pm for grades 4 – 8. Grades 9-12 meet from 3:00 pm-5:00 pm.



School Vacation Open Swims – February 19-21 & April 15-17

During these weeks the Flood Pool will be open from 1-3p.m. for open swims on Tuesday – Thursday. The cost is \$1.00 for children and \$2.00 for adults per swim.

Story Art 419360 Section 33, 43

A creative class for children and their caregiver that uses a weekly theme to incorporate an age appropriate craft, book, songs, parachute play and games. Children will make 2 projects each class. Great for siblings ages 2-5 years. Class is held Mondays at the South End Community Center beginning January 28 from 10:00-10:45am for 8 weeks. Fee is \$35. Registration is January 14-25. Spring sessions will start April 7 with registration March 24-April 4.

Creative Cooking 514460-Section 31, 32

This is a hands-on; no heat cooking class for preschoolers and their caregivers. Children will measure, mix, count and create edible projects. Class will also have story time and singing. Discover the fun in cooking with your child. Program is designed for ages 3-5 years old. The fee is \$50 per child and includes all supplies. The 8-week class begins on Tuesday, January 29 at South End Community Center from 1:45-2:30 pm. Registration is January 14-25. The spring session will begin April 8 with registration March 24-April 4.



Gymnastics Movement Class 419360-Section 26

This is a fun-filled gymnastics and movement class that teaches beginning gymnastic tumbling skills, movement techniques and creates a positive physical fitness environment. Program is designed for ages 3-5 years old. The fee is \$55 per child for the 8 weeks. Class is held at the South End Community Center on Mondays from 11:30-12:15 pm beginning January 28. Registration is January 14-25. Spring session begins April 7 with registration March 24-April 4.

Youth Dance Lessons 214170-Section 01, 02, 03

The Recreation Department will offer dance classes on Tuesday afternoons at the Baldwin Center. The next session will begin on Tuesday, January 22. Class size is limited. Class times are as follows:

4:00-4:45 pm for ages 3yrs. old	Tap & Ballet
4:45-5:30 pm ages 4 yrs. old	Tap & Ballet
5:30-6:15 pm 5& 6 yrs. old	Tap and Ballet
6:15-7:00 pm ages 7-11yrs. old	Hip Hop and Jazz



Classes will be for 8 weeks and the fee is \$60. Registration is November 13 – January 15.

New Program: Tiny Techs 549360 Section 40



This introduction to computer class is for children in grades K-3. Participants will be instructed in the basics of computer operation using age appropriate software. Classes will be offered at various schools from 3:15-3:45p.m. Classes will be announced in late January. Registration is January 7- 25. Fee is \$75 for 6 weeks. Class size is limited.

Birdseye Complex Recreation Center

The Recreation Department will be offering a variety of programs this fall and winter. The Complex includes a full size gym, game room and classrooms for programs and activities. Activities will include art and crafts programs, basketball leagues, open gyms, theatre workshops, fitness programs, dance classes and much more.

The Birdseye Complex Recreation Center will be open Monday-Friday from 3-5 pm for grades 3-8 with a variety of activities scheduled in the game room, cafeteria and gym. The center will open the week of September 17. **All children must be registered prior to attending the center.**

Registration is ongoing throughout the school year. This is a free program offered by the Recreation Department. Extended care is available from 5pm – 6pm and the cost is \$15 per week.

Birdseye	Saturday	Grades 7 and 8	10:30-12:00 pm
Birdseye	Monday-Friday	grades 4-8	3-5:00 pm
Birdseye	Wed. & Thurs.	Grades 9 - 12	7:30-9:00 pm

Youth Chess League 219300 Section 31

Open to grades 3-8. The program will begin Thursday, **January 24 at Birdseye Municipal Complex from 6:30-7:30pm**. During the 8-week program the students will play chess, and matches will be arranged. Parent volunteers are needed. Registration is January 2 - 18 at the Recreation Office at Short Beach Park. Fee is \$30.

SUMMER CAMPS

A Special Registration Day will be held Saturday March 1 from 10:00 am to 12:00 pm at the Recreation Office at Short Beach Park for all Youth Day Camps and Spring & Summer programs