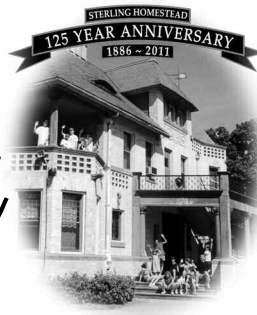


Sterling House



Social, Educational, and
Recreational Programs
For All Ages Since 1932

COMMUNITY CENTER
www.sterlinghousecc.org

2283 Main Street
Stratford, Connecticut 06615
(203) 378-2606 • FAX (203) 377-3713

... Nurturing body, mind and spirit in the heart of Stratford

Children & Youth Programs for Fall 2011

Child Development Center Programs

TODDLER PLAY GROUP- For ages 2 & 3 and their parents. Register for one or two days per week. Wed &/or Fri, 9:30-11am. Begins Sept. 15, 12wks. Fee: \$185-1 day/wk; \$300-2 days/wk plus membership fees for parent and child.

NURSERY/PRE-SCHOOL- A social-educational program for ages 3-5. Morning, Afternoon, Full Day and *NEW* EXTENDED DAY sessions available. State Licensed program. Limited openings. Begins Sept. 2.

Positive Youth Development Services

BEGINNER YOUTH ART CLASS - Exciting art class for ages 6-12; 5 wks. Sat., 9-10:30 am. Session One begins Sept. 17. Session Two begins Oct. 29. Instructor: Margarita David. Fee: \$55* Materials list available at registration.

ADVANCED YOUTH ART CLASS- For those who have taken beginner class or have an extensive knowledge of art; ages 6-12; 5 wks. Sat. 10:45 am -12:15 pm. Session One begins Sept 17. Session Two begins Oct. 29. Instructor: Margarita David; Fee: \$55* Materials list at registration.

TEEN ART CLASS- Offered through Neighborhood Studios of the Music and Arts Center for Humanity; ages 13-19, 5 wks. Sat. 12:45-2:45 pm. Session One begins Sept 17; Session Two begins Oct. 29. Fee: FREE* with SHCC membership. Materials list at registration.

CARTOONING CLASS for YOUTH - Learn the art of cartooning; for grades 1-6; 6 wks, Sat. 10:30-11:30 am. Session One begins Sept 17; Session Two begins Oct. 29. Instructor: Frank McLaughlin; Fee \$50*; No.2 pencils required.

CARTOONING CLASS for TEENS- Through Neighborhood Studios of the Music and Arts Center for Humanity. Learn art of cartooning for ages 13-19, 6wks. Sat. 11:45 am-1 pm. Session One begins Sept 17; Session Two begins Oct 29. Fee: FREE* with SHCC membership. Materials supplied.

AFTER SCHOOL YOUTH ART CLASS - Instructor: Janet L Zamparo. Details, date & time TBA.

RED CROSS BABYSITTING CLASS- American Red Cross class for ages 11-15. Tues. & Thurs. 3:30-7 pm. Nov. 8 & 10 by American Red Cross Staff. Fee \$85*

WOODCARVING CLASS - Learn this old Stratford tradition, for intermediate school youth - adult. 10 wks Thurs. 7-9 pm. Begins Sept. 15. Instructor: Zsolt Megai. Fee: \$100.* Materials purchased from instructor.

WEEKDAY KARATE CLASS - USA Seishin Karate in traditional Japanese full contact style, fundamentals, beginner & advanced, adults & youth classes on monthly basis. Wed. 7:30-9 pm. Begins Sept. 7. Instructor: Philip Lehrman. Fee: \$20*/month.

SATURDAY KARATE CLASS-USA Seishin Karate, traditional Japanese full contact style, fundamentals, beginner & adults, adult & youth classes on monthly basis. Sat. 10:30-12 Noon. Begins Sept. 10. Instructor: Philip Lehrman. Fee: \$20*/month.

TRANSITIONING TO MIDDLE SCHOOL GROUP- Transitioning from elementary school to middle school can be a scary and anxiety provoking time. Learn about: self advocacy, study skills, organizational skills, building support network, coping with change, making friends and internet safety. One evening presentation, Fee: \$60. Presenters: R-Group, Kimberly Foster LCSW & Melissa Perrotta LCSW. TBA.

TRANSITIONING TO HIGH SCHOOL GROUP-

Transitioning from middle school to high school can be exciting & overwhelming all at the same time. Learn about self advocacy, study skills, organizational skills, building a support network, coping with change, forming new relationships, making positive choices and internet safety. One evening presentation, Fee: \$60. Presenters: R-Group, Kimberly Foster LCSW & Melissa Perrotta LCSW. TBA.

YOUTH SOCIAL & COMMUNICATION GROUPS- Thurs. Oct. 13-Dec. 8. **TAKE ACTION** ADD/ADHD Skill Enhancement Group ages 7-10, 4-4:45 pm. **PIECING IT TOGETHER** Social Skills Group helping children with autism spectrum disorders, ages 9-12, 5-5:45 pm. **STAND UP & SPEAK OUT** A Bullying Reduction Group, ages 9-12, 6-6:45 pm. Fee: \$200/8 wk session. Presenters: Re-Group LLC, Kimberly Foster LCSW & Melissa Perrotta LCSW. (203) 345-9615.

SELF ADVOCACY & FUN FOR SPECIAL NEEDS YOUTH 6-9- Activity: crafts, games, cooking, advocacy, etc. First Thurs. of month starting Oct. 5-6:15 pm. Fee: \$75.* Register Fri. Sept. 9, 6:30-8 pm.

SELF ADVOCACY & FUN FOR SPECIAL NEEDS YOUTH 10-14- Activity: crafts, games, cooking, dancing, advocacy, etc. First Fri. of month starting Oct. 5-6:15 pm. Fee: \$75.* Register Fri. Sept. 9, 6:30-8 pm.

SELF ADVOCACY & FUN FOR SPECIAL NEEDS TEENS & YOUNG ADULTS- Activity: crafts, games, cooking, dancing, in-house movie nights, advocacy, etc. First Fri. of month starting Oct. Fee: \$100.* Register Fri. Sept. 9, 6:30-8 pm.

SPECIAL NEEDS YOUTH SIBLING GROUP- TBA.

MUSIC LESSONS-Private instruction in flute, guitar and piano. Group lessons in guitar. Call for details.

Community Service Programs

YOUTH IN THE COMMUNITY PROGRAM- For ages 13-18 to volunteer in the community; Staff available at Stratford & Bunnell High Schools, Wooster & Flood Middle Schools and Sterling House. Bob Wargo, Director of Volunteers Ext. 113 or rwargo@sterlinghousecc.org

COLLEGE/CAREER EXPO - Meet with representatives of colleges, armed services, business & technical schools. Tues. Oct. 11, 6:30-8 pm. Stratford High School cafeteria. FREE youth & adults welcome.

S.T.R.O.B.E. (Stratford Teens Reaching Out Beyond Education) - a volunteer teen youth group which meets weekly; For information contact Pam Robertson Ext. 359 or YIC@sterlinghousecc.org

RENT-A-KID PROGRAM - For middle school and high school students who want an opportunity to earn money and assist Stratford residents with doing odd jobs (yard work, snow shoveling, babysitting, etc.). Call Sandi Kozloski at Ext. 350.

SMART BUDDIES PEER TUTORING PROGRAM - High School Volunteer Tutors needed to mentor and work with elementary students afterschool at Sterling House. Volunteering 3 days a week, M-TH. 3-5pm. For information, contact Pam Robertson at YIC@sterlinghousecc.org

Athletic Programs

BASKETBALL LEAGUE - For boys in grades 2-8. Registration begins Oct. 1. Practice during Dec. League play begins Jan. 2012. Fee: \$95*

INDOOR INSTRUCTIONAL BASKETBALL with Coaches Randy & Dave Weaver - For boys & girls grades K-2. Meets once a week Sat. 6 wks. Registration begins Oct. 1; Sessions begin Nov. 5. Players receive basketball & tee shirt Fee: \$75*

HIGH SCHOOL BASKETBALL LEAGUE - For boys in grades 9-12. Registration begins Oct. 1. JV (grades 9 & 10) & Varsity (grades 11 & 12) divisions. Practice during Dec. League play begins Jan. 2012. Fee: \$95*

GOLF LESSONS - For ages 7 and older & adults. 5 wks Sun. Youth 5-6 pm. Adults 6:15-7:15 pm at Sports Center of Connecticut, 784 River Rd (*Route 110N*), Shelton (Rain or shine in heated, weather protected facility). Taught by Teacher/PGA professionals. Includes free golf club use. Start date TBA; Fee: \$90 Youth*, \$95 Adults*.

LACROSSE LEAGUE- For grades 4-8. Registration begins Oct. 1; play begins in spring against teams from other towns; separate Boys and Girls teams. Fee: \$160*. US Lacrosse membership required.

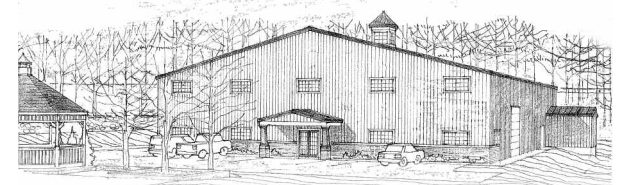
BANTAM LEARN TO PLAY LACROSSE - For boys & girls in grades 1-3. Fee: \$80*.

FALL BASIC INSTRUCTIONAL SOCCER with Coach Ken Hill - For boys & girls ages 4-5; 6 wks; Mon. 5:30-6:30 pm or Sat., 9-10 am. Begins Sept. 17; Players receive ball & tee shirt. Fee: \$75*

ADULT FLAG FOOTBALL - Adults age 18 and up. Fall season begins Sept. Spring season begins Mar. SHCC membership required. Details: www.quickcores.com/sterlinghouse.

NEW- INDOOR YOUTH FLAG FOOTBALL LEAGUE - "Erin's Gym", for boys & girls grades 5-8. Registration Oct. 1

NEW- INDOOR SOCCER LEAGUE - "Erin's Gym", for boys & girls grades 1-4. Registration Oct. 1. Fee: \$75*



DATES TO REMEMBER

- Sept. 11 Bridgeport Mens Garden Show
- Sept. 19 Sterling Classic 20th Annual Golf Tournament at Mill River Country Club
- Oct. 1 Basketball Registration Begins
- Oct. 11 College Career Expo at Stratford High School
- Nov. 12 Harvest Auction/Dance
- Nov. 26 Sterling House/Stratford Exchange Club Christmas Tree Sale Begins
- Dec. 4 Holiday House Tour

*A Sterling House Membership is required for all participants - \$12 per year for youth and adults, \$7 per year for seniors, \$30 for family. All class fees payable in advance and non-refundable after the first class. Class size limited. \$10 Administrative fee charged for any refund requests.

CANCELLED CLASSES

Sterling House reserves the right to cancel any course due to insufficient enrollment, in which case refunds will be made. Sterling House membership fee is non-refundable.

Member: The Stratford Youth Sports Association • Connecticut Camping Association • Connecticut Recreation and Parks Association • Connecticut Food Bank, Bridgeport Regional Business Council