



SOC CERTIKES

A non-competitive child development program, designed to promote motor skills, physical fitness, confidence & fun.

Boys & Girls Ages 3 to 6
Jan. 8 to Feb. 19, 2014
 (6 Week Program)
\$75 per child (includes t-shirt)
Wednesday's—4:15pm—5:15pm
Parsons Complex Gymnasium

Contact Rich Minnix at (203) 783-3387
 or rminnix@ci.milford.ct.us

FAMILY OPEN SWIM

Foran High School Pool
Dates & Times to be Determined.
 Visit www.milfordrecreation.org
 for more information.

Adults \$2, Children/Seniors \$1
 Participants should use the Natatorium entrance located to the left of the old Main entrance.

Contact Rich Minnix at (203) 783-3387
 or rminnix@ci.milford.ct.us



HOT SHOTS BASKETBALL CONTEST

21st Annual CRPA HotShots Contest
Boys & Girls Ages 9—15
Friday, February 14, 2014
 Parsons Complex Gymnasium
12:00pm
 Registration is FREE and will begin January 2, 2014
 Register online at www.milfordrecreation.org

Contact Rich Minnix at (203) 783-3387
 or rminnix@ci.milford.ct.us



LEARN TO SWIM

Boys & Girls Ages 5 to 16
 (based on level)
\$35 per child per session
Dates & Times to be Determined.
Milford Residents Only.
Registration to begin Tuesday, February 18, 2014

Contact Rich Minnix at (203) 783-3387
 or rminnix@ci.milford.ct.us



FUNDamental VOLLEYBALL

Parsons Complex Gymnasium
Boys & Girls
Ages 8 to 15
Tuesday's — 4:15—5:15pm
\$85 per child
January 7—March 18, 2014

Contact Rich Minnix at (203) 783-3387
 or rminnix@ci.milford.ct.us



INDOOR TENNIS INSTRUCTION

Boys & Girls Ages 3 to 9
Saturday's at Tri-Beach
January 18—February 22, 2014
 or
March 8—April 12, 2014

AGES	TIME	PRICE
3-5	9:00 am - 9:45 am	\$ 75
6-9	10:00 am - 11:00 am	\$100

(Non-residents add \$5 to price)
 Contact Bill Garfield at (203) 783-3388
 or bgarfield@ci.milford.ct.us



FUNDamental BASKETBALL CLINIC

Stressing the FUNDamentals of basketball.

Parsons Complex Gymnasium
Boys & Girls Ages 6 to 8
Monday & Thursday
4:15pm - 5:15pm
\$35 per child per session
 Session II: Jan. 2—Jan. 23, 2014
 Session III: Jan. 27—Feb. 13, 2014

Contact Rich Minnix at (203) 783-3387
 or rminnix@ci.milford.ct.us

ADULT EXERCISE CLASSES

Adults 18 & Up
Maragaret Egan Center
Fitness & Wellness
 Class #1—1/6—3/31 6:30—7:30pm
 Class #2—1/9—3/20 6:30—7:30pm
 Class #3—1/11—3/22 9:30—10:30am

Dance & Fun Workout
 Class #1—1/7—3/18 6:15—7:15pm
 Class #2—1/10—3/21 10:30—11:30am

Freestyle Yoga
 Class #1—1/6—3/31 9:30—10:30am
 All classes \$58 residents,
 \$63 non-residents

Adult Zumba Exercise
 Class #1—1/8—4/9 6:30—7:30pm
 Class #2—1/9—4/10 7:30—8:30pm

Adult Cardio Core Workout
 Class #1—1/7—3/20 at Tri-Beach
 6:30—7:30pm Tuesday & Thursday
 \$90 residents/\$95 non-residents

Contact Bill Garfield at (203) 783-3388
 or bgarfield@ci.milford.ct.us

Check out what's NEW!

ADAPTIVE PROGRAMS

Sports, Life Skills, Arts & Humanities, Basketball, Tennis, Ballet, Theater & More

Curriculum Information
 Contact Debra Marchese
 (203) 550-2520



Registration Information
 Contact Rich Minnix (203) 783-3387
 or rminnix@ci.milford.ct.us

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2013-14 WINTER PROGRAMS



MILFORD RECREATION
www.milfordrecreation.org

Register online at www.milfordrecreation.org

LEARN TO SKATE

Boys & Girls Ages 3 to 15
 (in cooperation with Milford Ice Inc.)
Saturday
10:00am—11:00am
Three 8 week sessions
January 4—February 22, 2014
March 1—April 19, 2014
April 26—June 14, 2014
\$125 per child per week
 (payable to Milford Ice Pavilion, LLC)
 Skate Rentals Included

Contact Bill Garfield at (203) 783-3388
bgarfield@ci.milford.ct.us

LEARN TO PLAY HOCKEY

Boys & Girls Ages 3 to 15
 (in cooperation with Milford Ice Inc.)
Saturday 8:45am—9:45am
Three 8 week sessions
January 4—February 23, 2014
March 1—April 19, 2014
April 26—June 14, 2014
\$125 per child per week
 (payable to Milford Ice Pavilion, LLC)
 A hockey equipment package is available for purchase at Milford Ice Pavilion.
Program continues through the winter

Contact Bill Garfield at (203) 783-3388
bgarfield@ci.milford.ct.us

ADULT WATER AEROBICS

Adults 18 & Older—Held at McCann Natatorium, 150 Gulf Street

Hydro Aerobics
 Mon/Wed/Fri—Dec. 16—Feb. 12—9:30-10:30am \$80 (\$85 non-residents)
 Tue/Thur—Dec. 17—Feb. 18—6:30-7:30pm \$55 (\$60 non-residents)

Aqua Zumba
 Mon or Fri—Dec. 2—Feb. 18—7:30-8:30pm \$55 (\$60 non-residents)
 Mon AND Fri—Dec. 2—Feb. 7—7:30-8:30pm \$110 (\$120 non-residents)

Contact Rich Minnix at (203) 783-3387 or rminnix@ci.milford.ct.us



GYMNASTICS WITH CARTWHEELS

Boys & Girls Ages 3 & up

Tiny Tots Ages 1—3 w/ Adult Tuesday's (6wks) 10:10—10:55am
 01/07/14 to 02/11/14—\$68 02/18/14 to 03/25/14—\$68

Big Tots Ages 3 & 4* Wednesday's (6wks) 11:00—11:40am
 01/08/14 to 02/12/14—\$77 02/19/14 to 03/26/14—\$77
 *Must be fully potty trained

Gym 1 Ages 5 & Up Wednesday's (6wks) 7:00—8:00pm
 01/08/14 to 02/12/14—\$100 02/19/14 to 03/26/14—\$100
 (Non-Residents are welcome for an additional \$5 per class.)

For Registration, contact Pat Austin at (203) 783-3390 or paustin@ci.milford.ct.us
 Class Specifics/Instruction, contact Monica at Cartwheel's Etc. (203) 877-4291

PRE-ENGINEERING WITH LEGO

Boys & Girls—Ages 7 & 8
 Monday through Friday—\$120 per child—Tri-Beach Center
 Ages 6—7 from 9:00am—12:00pm / Ages 8—11 from 1:00pm—4:00pm

Session I: Ninjaneering—June 16, 2014—June 20, 2014
 Session II: Jedi Engineering—July 28, 2014—August 1, 2014
 Session III: Ninjaneering—August 11, 2014—August 15, 2014

Hands "ON" Minds "ON" Camp for the LEGO Novice or LEGO Maniac.
 Create, play & learn. Explore the possibilities & construction techniques.
 For curriculum information email ken@play-well.org
 Contact Bill Garfield at (203) 783-3388 or bgarfield@ci.milford.ct.us