

# MILFORD RECREATION


## FALL ACTIVITIES AND LEAGUES


Office Hours: 9:00am-5:00pm

Phone: 203-783-3280

Email: [RecDesk@ci.milford.ct.us](mailto:RecDesk@ci.milford.ct.us)

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

 [/milfordrecreation](https://www.facebook.com/milfordrecreation)

 [@milfordrecreation](https://www.instagram.com/milfordrecreation)

 [@milford\\_rec\\_ct](https://twitter.com/milford_rec_ct)

# BASKETBALL, YOUTH

## Youth Basketball Season

Teams will practice once a week and play games once a week on week nights in the Milford Recreation Department's League. Teams will also be eligible to participate in either the Milford Knights Pre-Season Tournament or the CT HOOPFEST Tournament.

Boys Contact: Rich Minnix | [RMinnix@ci.milford.ct.us](mailto:RMinnix@ci.milford.ct.us)  
Girls Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

## Youth Developmental League

The emphasis of the league will be on its participants having fun while learning the basic fundamental skills & rules of basketball. The league features lowered baskets and uses a girl's 28.5 basketball. The Boy's league will be divided into 2nd and 3rd grade divisions. A separate girl's division will combine 2nd and 3rd graders. Coaches will serve as referees in the game portion of the program.

Contact: Pat Austin | [PAustin@ci.milford.ct.us](mailto:PAustin@ci.milford.ct.us)



# VOLLEYBALL

## Adult Co-Ed League

The Fall COED Recreation Volleyball League plays on Monday night's beginning mid September, 2019. Both A and B divisions will be offered. The entry fee for the COED Recreation league is \$25.00 per resident or \$30.00 per non-resident. All games will be played at the Parsons Complex Gymnasium. The registration deadline is Thursday, September 5, 2019. Those who register after this date are subject to a \$10.00 late fee. Registration is on a first come, first serve basis until leagues are full.

Contact: Pat Austin | [PAustin@ci.milford.ct.us](mailto:PAustin@ci.milford.ct.us)

# BASKETBALL, ADULTS

## Open-Gym Weekday Workout

The open gym lunch break basketball activity is open to both men and women 21+. For those who are 50 and over, they can play during the lunch break in addition to the morning Senior Workout Program that we offer. Registration is required for all programs.

Contact: Pat Austin | [PAustin@ci.milford.ct.us](mailto:PAustin@ci.milford.ct.us)

## Competitive Adult Leagues

From December-April we will once again offer Men's and Women's Competitive Basketball Leagues. You can register as an individual or team, registration deadline is Thanksgiving Day 2019.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

## Non-Competitive Adult Leagues

From December-April we will once again offer non-competitive basketball leagues for women and men. This league is non-refereed and recreation oriented. You can register as an individual or team, registration deadline is Thanksgiving Day 2019.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

## College Break Basketball League

Are you a college student who loves basketball? Then join our college break league! The league runs from mid-December to the first week in January.

Contact: Rich Minnix | [RMinnix@ci.milford.ct.us](mailto:RMinnix@ci.milford.ct.us)

## Adult Open Gym Volleyball

Open Gym Volleyball will be on Wednesdays at the Parsons Complex Gymnasium from 6:30pm to 8:30pm. The fee is \$15.00 per resident and \$20.00 per non-resident for the eight week program. The program provides an opportunity of players to participate in informal pickup games. The program will run March 20 through May 8, 2019.

Contact: Pat Austin | [PAustin@ci.milford.ct.us](mailto:PAustin@ci.milford.ct.us)

# ZUMBA

## Zumba Gold

Zumba is a Latin inspired, dance-fitness class that incorporates Latin and International music and dance movements, which create a dynamic, exciting and effective fitness system. The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

# PICKLEBALL

## Indoor Lessons

Pickleball is a racquet sport which combines elements of badminton, tennis, and table tennis. The sport is played on a court with the same dimensions as a doubles badminton court. The game is played with a hard paddle and a polymer smaller version of a wiffle ball. The morning Group will play on Tuesday (9:30 a.m. to 11:30 a.m.) and Thursday (10:30 a.m. to 12:30 pm). The evening group will play on Monday evenings from 5:45 p.m. to 7:45 p.m.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

# ADAPTIVE PROGRAMS

## Cheerleading, Baseball and More!

Year round, Milford Recreation works with various affiliates to provide programming for individuals of all abilities and ages. Visit us online frequently to learn more about current offerings.

## Adaptive Ballet

The performance date is 12/13/2019. This adaptive theater program is for those of all abilities interested in the arts and mentors of all ages. Participants will rotate through dance & movement/music each week. Professionals along with Mentors will teach & guide students to target skills needed in each discipline. This unique inclusion program is also designed to enhance socialization & build self-esteem in a caring fun atmosphere.

Contact: Deb Marchese | phone: (203) 550-2520

# YOGA

## Intro to Yoga & Mindfulness

This is suitable for beginners and intermediate level students. Yoga helps to limber your body, calm your mind, develop strength and give you an overall sense of well-being. Debbie Carroll will run the Tuesday night class.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

## Hatha Yoga

Hatha Yoga gives one confidence, restores vitality, reduces stress, enhances flexibility and aids in weight control. Dee Stephens will teach the Monday and Wednesday class.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

## Yoga Freestyle

Experience the peace and relaxation in your body through Yoga with Sheila Frankel. This class gives one confidence, restores vitality, reduces stress, enhances flexibility and aids in weight control. It is a wonderful and soothing experience that enables you to feel good both inside and out.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

# WORKOUT CLASSES

## Cardio Core Workout

Cardio Core Workout is a fun and invigorating mix of cardio, core and strength training exercises designed to burn calories, build muscle, tone and strengthen the midsection and sculpt the legs. This workout includes a balanced mix of aerobics, pilates style abdominal and leg exercises that emphasis toning the core and lower body while using a stability ball. The strength training for firming arms and your upper body will use three-pound dumb bells and a five-pound weighted ball.

Contact: Bill Garfield | [BGarfield@ci.milford.ct.us](mailto:BGarfield@ci.milford.ct.us)

# WALKING ACTIVITIES

## Milford Walkers

A fun beginner or intermediate Walking Group for all ages. Walk with friends, make new ones, enjoy the fresh air. This group meets every Tuesday and Friday from 10:00am-11:00am at different locations around town.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

## Dog Training with PAWsitive Approach

Milford Recreation is proud to partner with PAWsitive Approach to offer dog training lessons each season. PAWsitive Approach specializes in helping you and your pup build bonds. Whether you're looking for basic manners training or addressing a bothersome behavior, this class will help you work with your dog to understand each other and to be great companions.

Call us at 203-783-3280 to inquire about classes.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)



# DANCE PROGRAMS

## Dance with Me

This fun and up beat class where toddlers and their caregivers actively participate together. We explore simple concepts of creative dance and movement. This class incorporates music, songs, dance and the imaginative use of props to help foster a love for dance, music and self expression.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

## Irish Step Dance

Boys & girls will have fun while learning basic movements in Irish Dance from the Lenihan School. The Lenihan School has held classes in Milford for over 30 years and is a leading force in Irish Dance in New England. High kicks, tapping feet - Irish Dance improves balance and coordination while developing rhythm and musical sense.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

# THE ARTS

## Pottery for Kids

This class welcomes beginners and intermediate artists. We will explore different types of ways to work with clay and paint to decorate each piece.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

## Young Composers Program

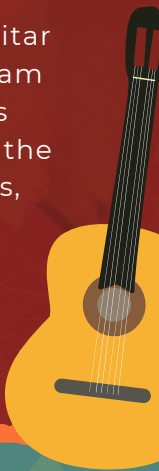
Have fun learning to play keyboards in group and private lessons. We'll cover all styles of music including classical, rock, jazz, and favorite holiday tunes. This group will even compose their own song. You must bring your own keyboard with batteries. Private lessons available.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

## Young Concert Guitarists

This program strives to train youngsters to learn to play the guitar and perform for others. The program emphasizes solo playing as well as ensemble repertoire from around the world in the form of duos and trios, to develop the students' musical performance skills as well as their social skills.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)



# KARATE CLASSES

## Little Dragons & Karate Kids

Learn self defense, confidence, self control, flexibility, and respect for self and others. Children who do martial arts perform better at school, home, are more focused and more physically fit. You'll also learn about bully awareness and stranger danger.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)



# SCIENCE AND BEYOND

## Waterbotics

Different from many land-based robotics programs, WaterBotics® is an innovative, underwater robotic program where teams collaborate to design, build, program, test and redesign underwater robots, made with LEGO® and other components. Teams use LEGO® materials that are familiar, have ease of use and durability, come in a variety of pieces, and are tweak friendly. Teams will learn about the Engineering Design Process (EDP); a format that engineers use to make life easier by creating and improving how things work.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

# SWIM PROGRAMS

## Learn to Swim

Our learn to swim programs teach the fundamentals of swim, build confidence, and guides children of all aquatic levels in the steps necessary to grow as a swimmer.

Our programs range from 5 and under all the way up to 16 years of age and take place at the Foran High School Natatorium.

Contact: Rich Minnix | [RMinnix@ci.milford.ct.us](mailto:RMinnix@ci.milford.ct.us)

## Adult Open Swim - Fitness

Adult Open Swim - Fitness Swim is for adults that want to get a water aerobics workout, swim laps, or just use the pool as a therapeutic source.

Contact: Rich Minnix | [RMinnix@ci.milford.ct.us](mailto:RMinnix@ci.milford.ct.us)

# GOLF

## Academy, Clinics & Camps

Milford Recreation offers a variety of clinics, camps and leagues at The Orchards Golf Course year round. Whether your new to the game, looking to brush up your game, or make some friends who love the game, this program is for you. Visit us online to learn more about current offerings.

Contact: Bob Hayes | [RHayes@ci.milford.ct.us](mailto:RHayes@ci.milford.ct.us)

# TENNIS

## Tennis Warriors

Our "Ageless Warriors" tennis workshops are designed for players 55 and over. Glen has served as a director of tennis for the Town of Westport and a former tennis coach at Wilton High School. Glen's Knowledge and passion for tennis and tennis people is acknowledged far and wide. The workshop is five weeks for one hour per week.

Contact: Pat Austin | [PAustin@ci.milford.ct.us](mailto:PAustin@ci.milford.ct.us)

# CHILDREN'S SOCCER

## Soccer Tikes

This six-week non-competitive child development program, is designed to promote motor skills, physical fitness, self confidence and fun through a variety of soccer based skills and related physical education games.

Contact: Rich Minnix | [RMinnix@ci.milford.ct.us](mailto:RMinnix@ci.milford.ct.us)



# AFFILIATE PROGRAMS

## **American Legion Baseball**

[www.legion.org/mission](http://www.legion.org/mission)

## **Milford Junior Major League**

[www.milfordbaseball.org](http://www.milfordbaseball.org)

## **Milford Little League**

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

## **Milford United Soccer Club**

[www.musc.org](http://www.musc.org)

## **Milford Road Runners**

<http://milfordrr.com/>

## **Milford Youth Hockey**

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

## **Milford Youth Lacrosse**

[www.milforyouthlacrosse.org/](http://www.milforyouthlacrosse.org/)

## **Milford Eagles Pop Warner Football**

[www.mepwsite.org/](http://www.mepwsite.org/)

## **Milford Eagles Pop Warner Cheerleading**

[www.mepwsite.org/](http://www.mepwsite.org/)

## **Milford Knights Basketball**

<https://tshq.bluesombrero.com/milfordknightsbball>

## **The New Haven Age Group Track Club**

<http://www.newhavenagegrouptrack.org/>

## **Milford Sport Fishermen Association**

[facebook.com/MilfordSportFishermensAssociation/](https://facebook.com/MilfordSportFishermensAssociation/)