

INSIDE THIS ISSUE

- 1** Upcoming Events
Openings & Closings
- 2** Swim Programs/Lessons
Youth Programs
Adult Programs
- 3** Tennis
Cooking Classes
- 4** Babysitting
Men's Club
Italian Language Lessons

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“FROM THE DIRECTOR’S DESK”

Paul J. Hickey, Executive Director

I will be hosting a series of breakfast, lunch and dinner meetings for interested members in an effort to gather feedback on how the Italian Center is doing in meeting your expectations and to look at opportunities for growth. The meetings will be limited to 12 – 14 adult members per session and may include other IC staff. The dates and times are as follows:

Tues., Sept. 14, from 9am-11am
Thurs., Sept. 16, from noon until 2pm
Thurs., Sept. 30, from 6pm until 8pm
Thurs., Oct. 14, from 6pm until 8pm

If you are interested in attending one of the meetings then please contact Vikki Burns at 203-322-6941 to reserve a spot. All of the meetings will take place in the Board Room upstairs in the main building.

A flyer highlighting Italian Cultural Month will be coming to you shortly. As in the past we will offer a variety of activities...wine tasting, food tasting, movie night and our annual Columbus Day Dinner Dance. Hopefully you can join us for one or more of these wonderful events.

Now is the time to start thinking about booking your holiday party, class reunion or anniversary event at the Italian Center. Please contact Jaclyn Salvatore Gallo or Mark Della Pesca in the catering office at 203-322-6950. Open dates are still available.

Outdoor pools officially close for the season on Monday, September 6, Labor Day.

FACILITY HOLIDAY HOURS

Mon., Sept. 6, Labor Day
Open at 8:00am / Close at 6:00pm
Mon., Oct. 11, Columbus Day
Open at 8:00am / Close at 9:30pm

HOMEMADE WINE TASTING CONTEST

Federazione Laziali presents the 18th Annual Wine Tasting Contest at the IC on Fri., Oct. 1, at 7:00pm. This event will also include music and folk dancing. **Fee is \$5 per person. Limited tickets are available so sign up ASAP at the front office.** Taste wines (Red or Whites) can be left at the Minturnese Club on Wed., Sept. 29 or at the Italian Center on Thurs., Sept. 30 from 8:00pm to 9:00pm.

ITALIAN CULTURAL MONTH

Saturday, October 9
Columbus Day Dinner Dance

Tuesday, October 19
Italian Movie Night

Wednesday, October 27
Taste of Italy

Swim Lessons & Programs

Laurie Houseknecht, Athletic Director

SWIM LESSONS: FALL SESSION

Will meet Tuesdays & Thursdays from Sept. 28 to Nov. 11. Saturday classes run from Sept. 25 to Nov. 13. Flyers and class descriptions are available by the check-in station.

Registration and class placement will be held Sept. 22 for members only, and Sept. 23 for nonmembers, from 4:30pm-5:30pm each day. New swimmers must bring a swimsuit. Non-swimmers do not get tested.

	Tuesday/Thursday	Saturday
Members	\$182	\$91
Nonmembers	\$224	\$112

Lessons must be paid upon registration. Children accepted on a first-come, first-serve, first-paid basis. No late registrations.

PRIVATE & SEMI-PRIVATE SWIM & DIVE LESSONS

Members: \$45 per half-hour lesson or 5 lessons for \$190

\$65 per semi-private half-hour lesson or 5 lessons for \$285

Nonmembers: \$54 per half-hour lesson or 5 sessions for \$235

\$75 per semi-private half-hour lesson or 5 lessons for \$340

This ongoing program is available to all ages and ability levels. Whether you swim for fitness or just for fun, you can improve your technique and efficiency through an analysis and correction of your stroke. Call Laurie Houseknecht to make arrangements about a week before you would like to start.

2010 ORCAS SWIM TEAM

Head Coach, Ausra McKenna

The IC Orcas Swim Team encompasses all ages and levels of ability, structured to provide careful development and steady progression through the stages of competitive swimming. The program is composed of athletes and their families from Stamford and communities throughout southwestern Connecticut. The Orcas Swim Team is a family-orientated swimming program in which the parents work cooperatively with the coaches and the IC staff to provide both operational and financial support for

their swim team. The strength of the volunteer parent organization, together with the excellence of the coaching staff and support of the IC, has resulted in a highly successful swim program.

ORCAS FALL/WINTER SEASON

Tryouts and registration for new swimmers will be held Friday, Sept. 10 from 4:00pm-6:00pm. All swimmers will compete in USS swimming sanctioned meets. Orcas registration fees do not include the cost of joining USS. The team is a registered member of USA Swimming Inc. (USS). First practice of the season will be Mon., Sept. 13. Practice schedules and more detailed information is available on the swim team bulletin board. Call Ausra McKenna at 322-6941, ext. 124, for more information.

PRE-ORCAS (10 & UNDER)

Monday & Friday 4:00pm-4:30pm Pre-Orcas is designed for the younger swimmer who has progressed through the Italian Center's instruction program and learned the four basic strokes. The program is ideal for those swimmers who wish to prepare for team or competitive swimming and entry into the IC Orcas Swim Team program. Registration and tryouts will be on the same day as the swim team tryouts.

INDOOR POOL & SPA

MAINTENANCE SCHEDULE

Beginning Sept. 6 indoor pool/spa closed for cleaning:

Monday thru Friday
11:15am-12:15pm

GYM/POOL SCHEDULE &

ACTIVITY FLYERS for all programs can be found in the rack by check-in.

Detailed information for all programs is also available on our website

www.italiancenter.org

YOUTH PROGRAMS

*Please register by Sept. 17

FLAG FOOTBALL

An outdoor activity of recreational, noncontact football for fun and exercise, offered to boys and girls, ages 7-9, on Mondays, 4:00pm-5:00pm, Sept. 20 – Nov. 15. Participants will learn basic rules and strategies of football and apply them to game situations during controlled scrimmages.

Members \$80 * Nonmembers \$100

INTRO TO SPORTS SKILLS

For boys and girls, ages 4-6, this program will introduce your child to skills such as catching, batting, kicking, throwing, dribbling, etc., required to play a variety of sports. Sessions will be held on Wednesdays, 4:00pm-4:45pm, Sept. 22 to Nov. 10

Members \$80 * Nonmembers \$100

ADULT PROGRAMS

*All adult programs are for members only

YOGA

This class will offer you a chance to come in touch with your physical, mental, emotional, and spiritual person. It will target all of your muscles, bones tendons, ligaments, and organs as well as your mind and spirit. Classes offered Saturdays, Sept. 11 – Nov. 6, 9:00am-10:00am in the nursery school room.

*Members: \$100 or \$13 per class

PERSONAL TRAINING

A certified personal trainer is available, by prior arrangement, to guide you on a one-to-one basis in strength training and/or cardiovascular conditioning in a program created to help you achieve maximum results. The IC trainers are also able to provide you with more details for your personal health goals by offering fitness assessments. The assessments will be used to determine a person's fitness level in the following areas: flexibility, body composition, muscular endurance and aerobic conditioning. (Members only)

Special package \$165 for 3 sessions

\$68 – 1 hr. session * \$315 – 6 sessions

\$400 – 8 sessions * \$570 – 12 sessions

ADDITIONAL ITEMS**ICNS HOLIDAY EXTRAVAGANZA**

The Italian Center Nursery School Mother's Club will be hosting our seventh Annual Ladies Holiday Extravaganza on November 5. Please join us for wine, light appetizers and a wonderful shopping opportunity just in time for the holidays! 100% of the proceeds will go directly back to the IC Nursery School program. Come enjoy an evening out and bring a friend or two! Tickets are \$15 and are available for advance purchase only, please phone Jen Salvatore for details at 203-329-4002. See you there!

ITALIAN CENTER COOKING CLASSES

There is a nominal fee of \$20.00 per class. If interested call Vikki Burns at 322-6941 to sign up. Students should bring an apron, notebook, pencil and sharp kitchen knife. Classes will be held in the Italian Center kitchen and will start promptly at 5:30pm. Students will dine on the dinners they've prepared.

Tuesday, September 14

5:30pm-8:30pm

Caprese Tartlets

Garlic-Oil Sauteed Broccoli with Pasta

Parmesan Crusted Pork Loin Cutlets

Cod with Lemon Butter and Almonds

Lemon Meringue Cake

Tuesday, October 5

5:30pm-8:30pm

White Bean and Roasted Eggplant

Hummus

Roasted Chicken with Balsamic

Vinaigrette

Bluefish and Potatoes

Mascarpone Chocolate Toffee Bars

Wednesday, November 17

5:30pm-8:30pm

Bocconcini Stuffed Roasted Cherry

Peppers

Mini Lasagnas with Sweet Corn and

Mascarpone

Italian Meat Loaf Stuffed with Red

Peppers

Seven Layer Cookie/Rainbow Cookie

BODY SCULPTING

You will be guided through total body strength training sessions using free weights, resistance bands, and natural body resistance. Strength training increases your body's lean muscle mass, so you will burn more calories, even at rest. Wind down after each session with a deep, relaxing stretch...for mind, body spirit. Class will run Sept. 13 to Nov. 8 on Monday & Wednesday from 9:15am-10:15am.

*Members: \$145 or \$13 per class

JUMP START

"Jump start" your work out routine by trying a program that will kick things up. Jump start is a 45 min. high intensity, indoor/outdoor conditioning program. Led by our personal trainers, this program will apply a varied combination of body weight exercise, running and plyometrics, offering the participant a total body workout. Classes are on Tuesdays and Thursdays from 9:15am-10:00am. The session will run from Sept. 14 - Nov. 4.

*Members: \$145 or \$13 per class

PILATES

Looking to add another dimension to your workout routine...then Pilates is the class for you! Focusing on various exercises that train your core muscles as well as teaching proper breathing techniques, this class will offer you the freedom and strength to go about your daily activities effortlessly. Tuesday classes run from 7:00am-8:00am, Sept. 14 - Nov. 2.

*Members: \$100 or \$13 per class

"MUAY THAI" KICKBOXING

The martial art of Thailand, Muay Thai is nothing like you have ever seen before! Unlike your typical cardio kickboxing class, this specialized fighting art is a great full body cardio workout. Muay Thai encompasses techniques including basic boxing, Thai kicks, and knee and elbow strikes. This class brings a level of intensity unlike any other!

Tuesdays & Fridays, 7:45am-8:45am
Sept. 14 - Nov. 5

*Members: \$145 or \$13 per class

TENNIS

Congratulations to all the men's and women's teams for a great year.

The Men's 50's #1 Team won their division!

Individual winners were:

Mixed Doubles:

Barbara & Victor Calaba

Men's Doubles:

Bob Morse & Matthew Kurtz

Ladies Member-Guest Tournament:

Cynthia Dardis & Amy Shay

Men's Member-Guest Tournament:

Alberto Vogel & Paul Bigler

Parent-Child Tournament:

Jules & Zachary Kaplove

JUNIOR TEAM AWARD WINNERS

Most Improved: Andrew Blum

Julianna Gonzalez

Coaches Award: Alex LeRose

Marc Lupinacci, Jr.

"Roe Denham MVP": Ava Ignatowich

Peter Shields

Thanks to everyone who participated in the tennis program. We had a great year.

TENNIS COURTS POST SEASON

Front Courts: All six front courts will be playable through October 31. There will be no regularly scheduled court maintenance after September 1.

Rear courts will close December 1.

Make post season reservations by calling 322-6941 ext. 121.

PLATFORM TENNIS COURTS

Platform tennis courts will be open mid Sept. until 9:30pm Mon.-Fri. and Sat. & Sun until 6:00pm. Reserve by calling 322-6941 ext. 121. Before court lights can be turned on and play starts, allow enough time to come in to the indoor check-in station to scan membership ID cards and pay for guest(s), if applicable.

MENS PADDLE PROGRAM

If interested in more information check out the IC Paddle Website

www.newbrands.com or call John

Nolan at 203-979-0355 or Allyn

Michalek at 917-335-3582.

BABYSITTING

Babysitting service is located in the tennis building and is available for children of members who remain on the grounds to utilize the facilities. The hours of operation are Monday-Friday, 9:00am-12:00 noon depending on usage. Pre-paid cards must be purchased before you drop off for babysitting. Cards are available at the front office in the main building. Payment is accepted via check, cash or credit card. Participants must call 24 hours in advance to sign-up. Please call 322-6941 ext. 121.

ITALIAN CENTER MEN’S CLUB

The ICMC still has openings available for new members. To find out what benefits the Men’s Club has to offer, contact Pat Russo or any of the club officers at 322-8036. Every Tuesday night is “Supper Night” from 6:00pm to 9:00pm. Prospective members are welcome to stop in. A club officer will show you around and introduce you to the members. A delicious menu is available if you would like to have supper with us.

ITALIAN LANGUAGE LESSONS

Registration for Adult Classes is on Oct. 7th and 14th from 7:00pm-8:30pm at IC. Adult classes start Oct. 21, 7:00pm - 8:30pm. Fee is \$210 for 14 classes. For further information call Nino Antonelli at 203-322-7276 (evenings).

**THE ITALIAN CENTER OF STAMFORD, INC
1620 NEWFIELD AVENUE
STAMFORD, CT 06905**

