



ITALIAN CENTER
OF STAMFORD INC.

January/February 2012

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“FROM THE DIRECTOR’S DESK”

Paul J. Hickey, Executive Director

The new dehumidification unit for the indoor pool was installed in late November. The initial company start-up of the unit was completed in mid December. We are anticipating annual energy savings of approximately \$15,000 – \$18,000 with this new unit. Much needed cosmetic renovations to the fitness center were also completed during the pool unit installation.

This year’s Breakfast with Santa event was again well attended by our members along with their families and friends. Both Santa and Mrs. Claus were in attendance and every child had an opportunity to sit on Santa’s lap and get their picture taken. Toys were also collected for “Toys for Tots”. We appreciate your continued support of this wonderful annual event.

We wish everyone a happy and prosperous new year in 2012!

FEBRUARY 20, PRESIDENT’S DAY, THE IC WILL OPEN AT 8:00AM

LADIES NIGHT

Ladies Night is back and even bigger this time! Join us on Friday, February 10, 2012 in the Wisteria Room for a night full of pampering. Details to follow.

ANNUAL MEETING

The Annual Meeting will be held Sunday, March 4, 2012 beginning promptly at noon in the Rose Room. Members are welcome to attend.

IC COOKING CLASSES

Cooking classes will be held for members from 5:30pm to 8:30pm for a nominal fee of \$20 per member per class. Registration is on a first-come, first-paid basis. Spaces are limited and fill up quickly so sign up ASAP. Contact Vikki Burns at vburns@italiancenter.org or 203-322-6941 to sign up. Students should bring an apron, notebook, pencil and a sharp kitchen knife. All classes start promptly at their scheduled times.

Tuesday, January 10

- Bell Peppers with olives and capers (pepperoni con olive e capperi) with crostini
- Chicken Cacciatore
- Homemade Noodles
- Apple Strudel

Thursday, February 2

- Cheese Olive Balls
- Winter Pesto with Homemade Noodles
- Stuffed Pork Chops
- Asparagus with butter & Reggiano
- Parmigiano Cheese
- Cream Puffs

Thursday, March 8

- Homemade Mozzarella
- Butternut Squash & Leek Soup
- Polenta
- Sausage and Beans
- Nutella Swirl Pound Cake with Ice Cream



Swim Lessons & Programs

Laurie Houseknecht, Athletic Director

SWIM LESSONS: WINTER SESSION

Will meet Tuesdays & Thursdays from Jan. 31 to March 29. Saturday classes run from Feb. 4 to March 31. Flyers and class descriptions are available by the check-in station. Registration and class placement will be held Jan. 24 for members only, and Jan. 26 for nonmembers, from 4:45pm-5:45pm each day. New swimmers must bring a swimsuit. Non-swimmers do not get tested.

| | Tuesday/Thursday | Saturday |
|------------|------------------|----------|
| Members | \$208 | \$104 |
| Nonmembers | \$256 | \$128 |

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.

2011 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.

PRE-ORCAS (10 & UNDER)

Monday & Friday from 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.

INDOOR POOL & SPA MAINTENANCE SCHEDULE

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

PLEASE NOTE:

Until the end of February the indoor pool will have 2 lanes closed from 8:30am-9:05am and 2:30pm-3:00pm, Monday thru Friday, for a swim program.

YOUTH PROGRAMS

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, Feb. 1 – March 28

Members \$80 * Nonmembers \$100

INSTRUCTIONAL BASKETBALL GRADES K – 5

This instructional program is offered to boys and girls. Players will meet on Mondays, Feb. 6 – April 2

K & 1st Grade 4:00pm-4:45pm

2nd & 3rd Grade 5:00pm-5:45pm

4th & 5th Grade 5:00pm-5:45pm

ADULT PROGRAMS

All adult programs are for members only. There are two choices to pay for classes. You may either pay the per class/drop-in fee of \$13 or purchase one of our class cards. Class cards will be in 10 (\$100) or 20 (\$180) classes. The class card can be used for ALL adult classes. Class cards can be purchased in the athletic or the front office. If you have any questions, please speak with the athletic director or one of our program instructors. Classes are ongoing.

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, 9:00am-10:00am in the nursery school room.

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

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 on Monday & Wednesday from 9:15am-10:15am.

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. Lead 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 on Tuesdays and Thursdays, 9:15am-10:00am.

“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! Classes on Mondays starting Jan. 9, 7:45am-8:45am

PLATFORM TENNIS COURTS

Platform tennis courts are open until 9:30pm Mon.-Fri. and Sat. & Sun until 6:00pm. Reserve by calling 322-6941 ext. 121. Courts are kept locked unless reservations have been previously made. 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 call John Nolan at 203-979-0355 or Allyn Michalek at 917-335-3582.

PLATFORM TENNIS**Free Intro Clinics - Saturday January 7th**

Demo paddles and hot chocolate for all who attend.

4:00-5:00pm Juniors 8-10yrs old and 11+
5:00-6:00pm Adults - For new or beginner players

Fee Structure**Private Lessons:**

\$80 per hour for Head Professionals
\$72 per hour for Assistant Professional

Adult Clinics:

\$40 per 1.5 hour clinic
7 Pack – Pay for 6 get 1 free

Junior Clinics:

\$24 per clinic hour
7 Pack – Pay for 6 get 1 free

Women’s paddle program

Open Clinics – Start January 3rd
Tuesdays 9:00-10:30am
Fridays 10:30-12noon
Call or email to work out your schedule

Junior Program

Clinics: Start January 3rd
Tuesdays 4:00-5:00pm 7-9 year olds
5:00-6:00pm 10+ year olds

Saturdays Start January 14th
4:00-5:00pm 7-9 year olds
5:00-6:00pm 10-12 & 13+ year olds
Fee: \$24 per clinic hour
7 week session (pay for 6 get 1 free) -
\$144 per hour class

Frank Lorenzetti, Platform Tennis Professional, can be reached at 203-249-7549 or icpaddlepro@play10s.com

ADULT MEN’S BASKETBALL

We are looking for a few good men to join this informal program. Sundays from 9:00am to noon and Tuesday evenings from 7:00pm to 9:00pm.

ADDITIONAL ITEMS**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 Mike Chiravolo or any of the club officers at 203-322-8036. 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.

KIDDIE CAMP

The brochure for kiddie camp will be available in mid January. This partial-day program is for children, ages 3-6, and is held from 9:00am-1:00pm. Members have first preference and then registration is open to the public Tuesday, Feb. 21. Questions should be directed to Cathy Turcio at 203-322-6941 or cturcio@italiancenter.org

THINKING AHEAD TO SUMMER...DAY CAMP 2012

Watch for the day camp brochure available mid January. Registration begins immediately once the brochure is received. *Each group has limited availability and registrations are accepted on a first come/first serve basis.* Day camp registration is open from mid January through Feb. 20 exclusively for current Italian Center members and the 2011 day campers. On Tues., Feb. 21 any remaining camp availability will be opened to the general public. The IC Day Camp program is for campers entering kindergarten in the fall of 2012 and for campers currently in the 6th grade. The hours for the program are 9:00am-4:00pm and there is an Extended Day available from 8:00am-5:00pm. The day camp offers 4 two week sessions starting on Mondays:
1st Session: June 25 – Fri., July 6
No camp on Wed., July 4
2nd Session: July 9 – Fri., July 20
3rd Session: July 23 – Fri., Aug. 3
4th Session: Aug. 6 – Thurs., Aug. 16
Applications will be accepted at the main office of the Italian Center during normal business hours or can be mailed directly to the Italian Center Day Camp. If you wish to charge your camp deposit/fees on Visa, Discover or

Master Card, you must bring your credit card and camp registration to the main office of the Italian Center during normal business hours. *No phone charges are accepted.* If you have any questions, contact Karyn Caffrey-Wahnowsky at daycamp@italiancenter.org

ITALIAN LANGUAGE CLASSES

Adult Italian language classes will begin in the spring on Thursday evenings at 7:00pm. The fee is \$220 for 14 classes. If interested, contact Angelo Raus at 203-358-4512 (evenings).

NURSERY SCHOOL

Spaces are still available for children in the IC Nursery School starting September 2012. Contact Cathy Turcio at 203-322-6941 ext. 115 or cturcio@italiancenter.org

FEBRUARY 2012 SCHOOL VACATION ACTIVITY PROGRAM

DATE/TIME: Feb. 20, 21, 22, 23 & 24 from 9:00am to 3:00pm
 AGE: Ages 5 to 11, elementary grades only!
 PLACE/PROGRAM: Meet in IC gym. Activities include gym, swim and movies.
 BRING: Proper gym/swim attire and lunch/drink. No glass glass bottles allowed.
 REGISTER: Mail or drop off the form below by Thursday, Feb. 16, at the athletic office.
 IMPORTANT NOTE: **NO PHONE OR WALK-IN REGISTRATION ON DAY OF ACTIVITY!**
 FEE: Members \$40 per child, per day
 Nonmembers \$60 per child, per day

 Child's Name _____ Age _____

Street/City/State/Zip _____

Parent's Names _____ IC Member: Yes ___ No ___

Emergency Phone _____

Emergency Contact _____

Circle days attending: Mon. 2/20 Tues. 2/21 Wed. 2/22 Thurs. 2/23 Fri. 2/24

Payment enclosed \$ _____ Cash _____ Check _____ Credit Card _____

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