

ACTING CLASSES

Spark creativity and build self-confidence in your child with Acting Classes from Performing Arts Programs! Some of the things that will be covered are theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills, script work and more! **This class will offer **new and challenging material for returning students!*** At the end of the session there will be an informal showing to share what participants have been working on. All materials will be provided and included in the cost of the program. The classes meet 7 times and are held in the Conference Room at Fairfield Parks and Recreation. For more information and to register call Performing Arts Programs at 860 432-9890 or save \$3.00 by registering on line at: www.PerformingArtsPrograms.biz

DAYS	DATES	TIME	SITE	GRADE	MAX	FEE
Thu	9/20 - 11/8	4:15 - 5:00	Rec. Conf. Rm.	K & 1	22	\$125.00
Thu	9/20 - 11/8	5:05 - 6:00	Rec. Conf. Rm.	2nd - 4th	22	\$125.00
Thu	9/20 - 11/8	6:05 - 7:00	Rec. Conf. Rm.	5th - 8th	22	\$125.00
Fri	9/21 - 11/9	4:15 - 5:00	Rec. Conf. Rm.	K & 1	22	\$125.00
Fri	9/21 - 11/9	5:05 - 6:00	Rec. Conf. Rm.	2nd - 4th	22	\$125.00
Fri	9/21 - 11/9	6:05 - 7:00	Rec. Conf. Rm.	5th - 8th	22	\$125.00
Thu	1/3 - 2/14	4:15 - 5:00	Rec. Conf. Rm.	K & 1	22	\$125.00
Thu	1/3 - 2/14	5:05 - 6:00	Rec. Conf. Rm.	2nd - 4th	22	\$125.00
Thu	1/3 - 2/14	6:05 - 7:00	Rec. Conf. Rm.	5th - 8th	22	\$125.00
Fri	1/4 - 2/15	4:15 - 5:00	Rec. Conf. Rm.	K & 1	22	\$125.00
Fri	1/4 - 2/15	5:05 - 6:00	Rec. Conf. Rm.	2nd - 4th	22	\$125.00
Fri	1/4 - 2/15	6:05 - 7:00	Rec. Conf. Rm.	5th - 8th	22	\$125.00

Class will not meet on 10/4 & 10/5.

Register by telephone or online

Contact Performing Arts Programs
860-432-9890
www.PerformingArtsPrograms.biz



PAINT, DRAW & MORE!

This 6-week program helps children build self-esteem through personal drawing success. It enhances hand-eye coordination and provides an understanding of spatial and color relationships. The instructor provides projects, materials and other drawing aids to lead a structured, yet creative art lesson. Markers, watercolors, pastels and other mediums will be used. Multi-cultural arts and techniques are taught, educating the child in history, geography and story telling as well. Professional Artists will be providing the instruction.

www.paintdrawmore.com

DAYS	DATES	TIME	SITE	AGE	MAX	ACTIVITY	CODE	FEE
Wed	9/19 - 10/24	4:00 - 5:30	Rec. Activity Rm.	5 - 8	12	Paint, Draw	Sess 1 4:00	\$150.00
Wed	9/19 - 10/24	5:30 - 7:00	Rec. Activity Rm.	8 - 12	12	Paint, Draw	Sess 1 5:30	\$150.00
Wed	11/7 - 12/19	4:00 - 5:30	Rec. Activity Rm.	5 - 8	12	Paint, Draw	Sess 2 4:00	\$150.00
Wed	11/7 - 12/19	5:30 - 7:00	Rec. Activity Rm.	8 - 12	12	Paint, Draw	Sess 2 5:30	\$150.00
Wed	1/9 - 2/13	4:00 - 5:30	Rec. Activity Rm.	5 - 8	12	Paint, Draw	Sess 3 4:00	\$150.00
Wed	1/9 - 2/13	5:30 - 7:00	Rec. Activity Rm.	8 - 12	12	Paint, Draw	Sess 3 5:30	\$150.00

Class will not meet on 11/21.

BASIC STRENGTH TRAINING – FORM AND FUNCTION

Form and Function for boys and girls provides a basic overview of strength training in a non-competitive environment taught by a certified fitness trainer. Participants will be prescribed an individual exercise program utilizing a combination of exercise machines, free weights (dumbbells and barbells), and core training exercises designed to improve strength and increase lean muscle mass. Emphasis will be on learning proper form and technique to insure a safe and productive training experience. Middle School Program will meet 2 days a week after school. Open program will meet 2 days a week in the evenings. For program dates, times and fees log on to the Fairfield Recreation website: www.fairfieldrecreation.com

S.A.Q.S. PLUS – STRENGTH AGILITY QUICKNESS SPEED PLUS INJURY PREVENTION

This program combines speed ladder, plyometrics, dynamic stretching, and explosive medicine ball training to create a unique fitness prescription that will improve strength, agility, quickness, and speed. Program will also include ACL injury prevention exercises designed to reduce risk of ACL injury. Target audience for this program is for male and female athletes preparing for the Winter sports who seek to improve their performance. For program dates, times and fees log on to the Fairfield Recreation website: www.fairfieldrecreation.com