
After-School Programs

Registration: Online: 8/22 12:01 A.M.
Walk in & Non-Residents 8/23 9:30 A.M.

Hurlbutt Elementary School

Hurlbutt Sports and Fitness

This course reflects some of the schools PE programs as well as many unique activities. Players will find themselves challenged as individuals as well as part of teams. Each session incorporates warm-up time where they can freely select from numerous activities and then a structured event. Laughing is good and effort is the goal.

Time: 3:10- 4:10 P.M.

Location: North House Gym

Kindergarten: Mon- 9/19- 11/21
(No Classes 10/3, 10/31)

Instructor: Cathy Klein

Fees: \$144- 8 Classes

Grade 1: Wed- 9/21-11/16 (No Classes 10/12)

Grade 2: Thur- 9/22- 11/10

Instructor: Wyatt Hallgren

Dancercise & Jump

A coed class for children in grades 1 & 2- set in a lively musical environment. Your child will move through a series of exercise routines. Our goal is to foster health, friendship and fun!

Program Dates: 9/23-11/18 (No Classes 11/11) Friday: 3:15- 4:15 P.M.

Location: Sr. Center All Purpose Room

Fee: \$144- 8 Classes

Instructor: Cathy Klein

K-2 Tennis by *Backyard Sports*

Program and curriculum based on USTA 10 and Under Quick-Start tennis play format. Age appropriate sized rackets and balls will be provided. Portable 18 foot nets will be used.

Program Dates: 9/20- 11/15 (No Classes 11/8)

Tues: 3:10-4:10 P.M.

Location: Meet: South House

Pick Up: Coley Parking Lot

Fee: \$160- 8 Classes

Instructor: Doug Barshop

Neuron-Do

This martial arts program is designed for K-5 grades. It introduces the student to the martial arts and encourages them to become a black belt in NEURON-DO®. This program focuses on martial art, movements are further integrated with cognitive strategies. Examples include developing concentration skills, the use of timing and spatial relationships, creating memory strategies, understanding the similarities and differences in patterns and movements, learning impulse control, prioritizing tasks, being perceptive of body language, and cultivating self-discipline and building self-esteem.

Program Dates: 9/22- 11/10

Thurs: 3:30-4:15 P.M.

Location: Sr. Center Fitness Room

Fee: \$230

Instructor: NEURON-DO®. Creator,
Dr. Douglas DeMassa

Register Early!

Don't take a chance that the class you want will be full or canceled

Weston Intermediate School

WIS Sports and Fitness

This tried and true after school program combines fun and exercise. This class provides students an opportunity to run around and blow off some energy from the school day. All while playing classic & new PE games. This class is for all athletic levels and simply asks that its participants “try their best.”

Time: 3:20-4:20 P.M.

Mon: 9/19-11/21 (No Classes 10/3, 10/31)

Tues: 9/20- 11/15 (No Class 11/8)

Wed: 9/21- 11/16 (No Class 10/12)

Thurs: 9/22- 11/10

Location: WIS Gym

Fee: \$144- 8 Classes

Instructors: Steve Santora and Tom Ehert

Running Club

This after school Tri-fitness running club gives younger athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching, running, pacing and cool down techniques as they run and have fun.

Questions contact Pascale at
info@trifitness.net or call 203-612-8815

Program Dates: 9/14- 10/26 (Rain: 11/2,
11/9)

Wed: 3:20-4:20 P.M.

Location: Meet: WIS Cafeteria

Pick up: WIS Main Entrance

Fee: \$120- 6 Classes

Instructor: Pascale Butcher

Neuron-Do

This martial arts program is designed for K-5th grades. It introduces the student to the martial arts and encourages them to become a black belt in NEURON-DO®. This program focuses on martial arts movements are further integrated with cognitive strategies. Examples include, and are not limited to, developing concentration skills, the use of timing and spatial relationships, creating memory strategies, understanding the similarities and differences in patterns and movements, learning impulse control, prioritizing tasks, being perceptive of body language, and cultivating self-discipline and building self-esteem.

Program Dates: 9/22- 11/10

Thurs: 3:30-4:15 P.M.

Location: Sr. Center Fitness Room

Fee: \$230

Instructor: NEURON-DO®. Creator

Dr. Douglas DeMassa

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Weston Middle School

“Hit it” Cardio Kickboxing (Ages 12+)

Learn how to box and kick-box at this 1 hour class. You'll jab, hook and upper-cut your way to a stronger upper body and core. This will increase range of motion and quicker response time for basketball, volleyball, tennis and baseball. Kicking combinations will utilize lower leg, hip and glute muscles, that will increase balance and strength for other sports. **Gloves not provided can be purchased at sporting goods stores or online.

Please buy between 10-12oz in weight, with ample padding around the knuckles. *Ringside, Bad Boy, Everlast* or *Title* are the recommended brands** Bring towel & water. Ages 12+ only please. Bus Service to Sr. Center Available.

Program Dates: 9/22- 11/10

Thurs: 3:15-4:15 P.M.

Location: Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Cyrece Lehrman

Neuron-Do

This martial arts program is designed for middle school grades. It introduces the student to the martial arts and encourages them to become a black belt in NEURON-DO®. This program focuses on martial arts movements are further integrated with cognitive strategies. Examples include, and are not limited to, developing concentration skills, the use of timing and spatial relationships, creating memory strategies, understanding the similarities and differences in patterns and movements, learning impulse control, prioritizing tasks, being perceptive of body language, and cultivating self-discipline and building self-esteem.

Program Dates: 9/22- 11/10

Thurs: 4:30-5:15 P.M.

Location: Sr. Center Fitness Room

Fee: \$230

Instructor: NEURON-DO®. Creator Dr. Douglas DeMassa

Register Early!

**Don't take a chance that the class
you want will be full or canceled**
