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# **AFTER-SCHOOL PROGRAMS**

Registration: Online: 3/20 12:01 A.M.

[www.westonct.gov](http://www.westonct.gov)

Walk in & Non-Residents 3/21 9:30 A.M.

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## **HURLBUTT ELEMENTARY SCHOOL**

### **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.

4/18- 6/6

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

Location: Meet: East House Hall

Pick Up: Weston Library Parking Lot

Fee: \$170- 8 Classes

Instructor: Doug Barshop

\*\*\* This class has a maximum attendance of 12- it will fill VERY quickly\*

### **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: 3:15- 4:15 P.M.

Location: North House Gym

Kindergarten: Monday: 5/1-6/5 (No class 5/29)

Instructor: Cathy Klein

Fees: \$100- 5 Classes

Grade 1: Wednesday: 4/5-5/31

Grade 2: Thursday: 4/20-6/8

Fees: \$144- 8 Classes Instructor: Wyatt Hallgren

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### **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. **NOTE: This class is for students K-5; WIS students take Bus 15 to HES.**

Program Dates: Thursday: 4/20-6/8

Thurs: 3:30-4:15 P.M. Location: Sr. Center Fitness Room

Fee: 8 classes for \$230

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

# WESTON INTERMEDIATE SCHOOL

## Running Club

A speed & agility training program specifically designed for each athlete with a common goal - to enhance foot speed, gain power and become more flexible. This program supports many athletic levels through a system of progressive exercises and instructions aimed at developing fundamental motor ability to enhance the capability of athletes to be more skillful at faster speeds and with greater precision. This program is a great compliment to our Running Club and a fun way to stay healthy!

Questions contact Pascale at [info@trifitness.net](mailto:info@trifitness.net) or call 203-612-8815

Program Dates: 4/19-6/7

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

Meet: WIS Cafeteria, Pick up WIS Front

Fee: \$160- 8 Classes

Instructor: Pascale Butcher

## 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: 5/1-6/5 (No class 5/29)- \$100 for 5 classes

Tues: 4/18- 6/6- \$144 for 8 classes

Wed: 4/5-5/31- \$144 for 8 classes

Thurs: 4/20-6/9 \$144 for 8 classes

Location: WIS Gym

Instructors: Steve Santora and Tom Ehert

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## **\*\*NEW\*\* WESTON MIDDLE SCHOOL**

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### Ultimate Frisbee

Ultimate Frisbee is one of the fastest growing sports in the U.S. Ultimate Frisbee is a no-contact game emphasizing ideals such as character and community. This 7-week program is run by Wilton PE teacher Mike Roberto. Participants will be introduced to Ultimate Frisbee using the rules and framework set forth by USA Ultimate, which is the governing body of Ultimate Frisbee in the U.S. USA Ultimate holds concepts such as “The Golden Rule” in high regard; teams receive a rank based solely upon how well they demonstrate it!

It’s an incredibly fun and active sport encouraging exceptional sportsmanship and overall fitness. All participants will receive a t-shirt and also partake in a last day celebration! For more information contact Mike; [robertom@wiltonps.org](mailto:robertom@wiltonps.org)  
Weston Middle School Front Field (Between WMS and WHS)  
Who: For boys and girls in grade 6-8  
Tuesdays: 4:10-5:10  
4/18-5/30- (makeup date: 6/6)  
Cost: \$150