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# After-School Programs

Registration: Online: 11/14 12:01 A.M.

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

Walk in & Non-Residents 11/15 9:30 A.M.

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## Program Locations:

**Senior Center Multipurpose Room:** Weston Senior Center is located in the South House Section of Hurlbutt Elementary School. The Multipurpose Room is the second room on the right.

**Senior Center Exercise Room:** Located at the end of the hallway on the left.  
9 School Road. Weston, CT

## **Emmanuel Church:**

Parks & Recreation classes enter at the Rear of the building through the double doors. Room 1 is on the left and Room 2 is on the right. They will be clearly marked.  
285 Lyons Plain Road

\*Babysitting during programs *can* be provided. Please contact Joe Parciasepe at [jparciasepe@westonct.gov](mailto:jparciasepe@westonct.gov) for more information\*

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## Hurlbutt Elementary School

### Tiny Tumblers

All 8 classes will include a warm-up activity, stretching, a gymnastics circuit and a closing game for students in grades K-2. Students will learn basic beginner tumbling skills with games and activities that will build strength, balance and agility. All children are required to wear sneakers.

Session II: 2/10-4/7 (No class: 2/17, 3/17)

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

Location: North House Gym

Fee: \$126- 7 Classes

Instructor: Megan Cebulski

### 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.

Winter Session I: 11/29- 1/31 (no class 1/17)

Session II: 2/7- 3/28

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

Location: Meet: North House Gym

Pick Up: HES Pick Up Line

Fee: \$170- 8 Classes

Instructor: Doug Barshop

\*\*\* This class has a maximum attendance of 8- it will fill VERY quickly\*\*\*

### Dancercise & Jump

A coed class for children in grades K-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!

Winter Session I: 12/2- 2/3 (no class 1/6)

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

Instructor: Cathy Klein

Fee: \$144- 8 Classes

Location: North House Gym

## 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: Session I: 11/28-2/6 (No Class 1/16)      II: 2/13-4/24 (No class 2/20, 3/20)

Instructor: Cathy Klein

Fees: \$144- 8 Classes

Grade 1: Wednesday Session I: 11/30-1/25      II: 2/1-3/22

Grade 2: Thursday Session I: 12/1-1/26      II: 2/2- 4/6 (no class 2/16, 3/16)

Fees: \$144- 8 Classes

Instructor: Wyatt Hallgren

## 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 down to HES.**

Program Dates: Session I: 12/1-1/26      Session 2: 2/2- 4/6

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

### WIS FIT

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: 1/4- 2/8

Wed: 3:30-4:30 P.M.

Sr. Center All Purpose Room

Fee: \$120- 6 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.

#### Session I:

Mon: 11/28-2/6 (No Class 1/16)

Tues: 11/29- 1/31 (No Class 1/17)

Wed: 11/30-1/25

Thurs: 12/1-1/26

#### Session II:

Mon: 2/13-4/24 (No class 2/20, 3/20)

Tues: 2/7- 3/28

Wed: 2/1-3/22

Thurs: 2/2- 4/6 (no class 2/16, 3/16)

Location: WIS Gym

Fee: \$144- 8 Classes

Instructors: Steve Santora and Tom Ehert

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**Register Early!**

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

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