

Weston Parks & Recreation Department

P.O. Box 1184, WESTON, CT 06883 Tel. 203-222-2655

Go to [www.westonct.gov](http://www.westonct.gov) click on Parks & Recreation and follow registration procedures

**LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)**

## **DANCERCISE AND JUMP - ROPING**

### **CO-ED GRADES K - 2**

This class combines dance and exercise routines in a lively musical environment. You will move and groove to contemporary, hip hop and “oldies”. Jump roping will include an introduction on how to turn the ropes, run in and run out using classic jump rope rhymes. Two left feet are so welcome! Our goal is to foster health, friendship and good old fun! Maximum: 25 and minimum 10 students.

**DAY/DATES:** Friday, November 16, 30, December 7, 14, 21, January 4, 11 & 18

**TIME:** 3:10 p.m. – 4:10 p.m.

**LOCATION:** North House Gym. Sneakers recommended. Please pick up promptly outside of the North House Gym.

**FEE:** \$144.00 for eight weeks.

**INSTRUCTOR:** Cathy Klein

**REGISTRATION:** Online Registration: Registration will begin on Monday, Oct. 29<sup>th</sup> at 12:01 a.m. on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec). Payment made by credit card online only or if you are paying in the office it is by cash or check to “Town of Weston”. You may not pay by credit card in the Recreation office. Please do not send your check through school.

Walk in Registration: Will begin on Tuesday, Oct. 30<sup>th</sup> at 9:30 a.m. in the Recreation office at 47 Norfield Road.

Early registration is encouraged and recommended. This program will fill up quickly. Prior to registration online make sure you have your Web Trac user I.D. and password setup. If you already have an account make sure your information has been updated (i.e. address, current grade, age, health, etc.)