

WESTON

FALL 2017

PARKS • AND • RECREATION



ADULT
AQUATICS
AFTER SCHOOL
PRE SCHOOL

47 NORFIELD RD.

203-222-2655

WESTONCT.GOV/
PARKSANDREC

Adult & Fitness Programs

Registration: Online: 8/21 12:01 A.M.

www.westonct.gov/parksandrec

Walk in & Non-Residents 8/22 9:30 A.M. – 47 Norfield Road.

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

“Hit it” Cardio Boxing

Get some serious sweat on with our boxing class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any experience level welcome. *Limited amount of gloves to borrow, we recommend having your own along with a towel, mat and plenty of water. **Drop in space limited for \$30/class, please contact instructor to ensure availability.

7-8 P.M. Wednesday: 9/13-10/25

Sr. Center All Purpose Room

Fee: \$175 for 7 classes

Instructor: Cyrece Lehrman

Drop in space limited for \$30/class, please contact instructor to ensure availability

Cardio Chisel

It's all in a name....this workout is designed to be a total body boost! We leave no muscle untouched. Alternating between blasts of cardio and toning exercises, you will feel the burn long after the hour is up. Many exercises can be modified to suit the “bad back or tight hamstrings”. Please bring a towel, water and a mat. Class is OUTSIDE please dress accordingly.

8:30-9:30 A.M. Tues: 9/12- 10/24

Admin Basketball Court

Fee: \$175for 7 classes

Instructor: Cyrece Lehrman

Drop in space limited for \$30/class, please contact instructor to ensure availability

Pilates

Pilates is a system of exercises designed to strengthen the core, spine, glutes and other surrounding muscles which improves balance, control, coordination and agility. Breathing is used to enhance each movement, leaving you feeling long, lean and lengthened when you're finished!!

6-7 P.M.Thursday- 9/14-11/16 (No 9/21, 11/2)

Sr. Center All Purpose Room

Fee: \$120- 8 Classes

Instructor: Karen Jordan

After-School & Pre-School Programs

Registration: Online: 8/21 12:01 A.M.

www.westonct.gov/parksandrec

Walk in & Non-Residents 8/22 9:30 A.M. – 47 Norfield Road.

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

Pre-School Programs

Little Kickers

This 30 minute karate class is suitable for ages 3-5. Children will learn the basics of karate, control and discipline through lots of fun games and activities. The lessons will be structured around mindfulness ending with yoga to center and ground them. The last class is a karate show for family and friends. *Kids should wear comfortable attire- No tights or dresses*

Program Dates: 9/13- 11/1 (Make up: 11/8)

Program Dates: 9/13- 11/1

Wednesday: 3:30-4:00 P.M.

Location: Fitness Room, Senior Center

8 Classes for \$145

Instructor: Kerin Whitmore

This program fills quickly- don't wait!

\

Hurlbutt Elementary School

Rise & Run

This morning club gives younger athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching and warm up techniques. The sport of running will be taught through fun and exciting games that will naturally allow the children to run without them actually knowing it! This program will give children K-2 the opportunity to burn off some of their energy before the school day; getting their bodies and brains ready to learn and be more engaged in their classrooms. Bring: Water, comfortable shoes- the program is outdoors please dress accordingly.

Wednesday: 9/13-10/25

7:45 A.M. – 8:15

Location: Meet at Weston Senior Center- class on South House Lawn

Fee: \$80 for 7 Classes

Instructors: Pascal Butcher and Meghan 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.

Tuesday: 9/12-11/14 (No class 10/31, 11/7)

3:15-4:15 P.M.

Location: Meet: East House Hall

Pick Up: Courtyard Parking Lot (Behind Library)

Fee: \$170- 8 Classes

Instructor: Doug Barshop

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

Register Early!

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

www.westonct.gov/parksandrec

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: 9/18-11/13 (No class 10/9)

Instructor: Cathy Klein

Fees: \$144- 8 Classes

Grade 1: Wednesday: 9/13-11/1

Grade 2: Thursday: 9/14-11/16 (No class 9/21, 11/2)

Fees: \$144- 8 Classes

Instructor: Wyatt Hallgren

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!

Friday: 9/15-11/10 (No Classes 11/3)

3:15- 4:15 P.M.

Location: North House Gym

Fee: \$144- 8 Classes

Instructor: Cathy Klein

Weston Intermediate School

Rise & Run

This morning club gives athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching and warm up techniques. The sport of running will be taught through fun and exciting games that will naturally allow the children to run without them actually knowing it! This program will give children grades 3-5 the opportunity to burn off some of their energy before the school day; getting their bodies and brains ready to learn and be more engaged in their classrooms. Bring: Water, comfortable shoes- the program is outdoors please dress accordingly.

Monday: 9/11-11/6

7:45 A.M. – 8:15

Location: Meet at WHS Track

Fee: \$90 for 8 Classes

After School 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. Bring: Water, comfortable shoes- the program is outdoors please dress accordingly.

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

Program Dates: 9/13-10/18

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

Meet in WIS Cafeteria

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.

Monday: 9/11-11/6

Tuesday: 9/12-11/14 (No class 10/31,11/7)

Wednesday: 9/13-11/1

Thursday: 9/14-11/16 (No Class 9/21, 11/2)

Location: WIS Gym

Fee: \$144- 8 Classes

Instructors: Tom Ehret, Steve Santora and Dan Ungar

WIS Tennis by Backyard Sports

A tennis program for the student interested in seeing all the game has to offer. Participants will learn racquet skills, play games and learn tennis play formats. Tennis Racquets will be provided, however if children have their own, they are welcome to bring it. Participants will meet in the WIS cafeteria after school and pick up will take place at the tennis courts next to WIS.

****This class fills at 10 participants & only runs once a year- IT WILL FILL QUICKLY****

Program Dates: 9/15-11/10 (No classes 11/3)

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

Location: Meet: WIS Cafeteria

Pick Up: WHS Tennis Court #1 (Bad weather days will be in WIS Gym)

Fee: \$160- 8 Classes

Instructor: Doug Barshop

Aquatics

Registration: Online: 8/23 12:01 A.M.

www.westonct.gov/parksandrec

Walk in Resident: 8/24 9:30 A.M. & Non-Residents 8/25 9:30 A.M. – 47 Norfield Road.

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



AMERICAN RED CROSS SATURDAY & WEEKDAY SWIM CLASSES
FALL 2017

**** PARENTS WILL NOT BE ALLOWED ON POOL DECK DURING LESSONS. PARENTS MAY VIEW CLASS FROM BALCONY ONLY.**

POLICY: THERE WILL BE NO PRORATING OF CLASSES, REFUNDS OR CREDITS AFTER 1ST CLASS!!!

SATURDAY SWIM CLASSES

DAY/DATES: Saturday, Sept. 23, Oct. 14, 21, 28, Nov. 4, 11, 18, Dec. 2 & 9 (No class on 9/ 30, 10/ 7 & 11/25)

TIMES: 9:30 - Level 4 & 5 Level 4 & 5 classes are 45 minutes long.

10:00 - Parent/Toddler class Ages 1 yr. - 3 yrs. Each class is 30 minutes long.

10:30 - Special Needs class Ages 3 yrs. and up. Each class is 30 minutes long.

Class size limited to 6.

11:10 - Level 1 - 3 Classes are 30 minutes long.

11:50 - Level 1 - 4 Level 1 -3 classes are 30 minutes long. Level 4 classes are 45 minutes long.

FEES: \$245.00 9:30 class (Level 4) class

\$245.00 9:30 class (Level 5) class

\$165.00 Parent/Toddler, 11:10, 11:50 (Level 1 -3) or Special Needs class

\$245.00 11:50 class (Level 4) class

*****NEW*** SUNDAY SWIM CLASSES ***NEW*****

DAYS/DATES: Sunday, Sept. 24, Oct. 1, 15, 22, 29, Nov. 5, 12, 19, Dec. 3 & 10 (No class Oct. 8 & Nov. 26)

TIME: 11:45 - Level 1-3 Level 1 - 3 classes are 30 minutes long.
11:45 - Level 4 & 5 Level 4 & 5 classes are 45 minutes long.

FEES: \$180.00 Level 1 – 3 class
\$250.00 Level 4 & 5 class

NOTE: TO ALL ONLINE HOUSEHOLD ACCOUNTS PRIOR TO REGISTERING BE SURE TO UPDATE YOUR ACCOUNT WITH YOUR FAMILY'S CURRENT AGE, GRADE, ADDRESSES, ETC.

Private Swim Lessons for all ages by appointment only call 222-2588.

Public Swim times:

Monday, Wednesday & Friday: 6:15 a.m. – 7:15 a.m., Saturday & Sunday: 2:00 p.m. – 5:00 p.m.

Tuesday and Thursday: 8:00 p.m. – 9:00 p.m. Public swim begins on Saturday, September 23rd.

Swim passes for 2017 - 2018 school year will be available online or in the Recreation office on Thursday August 24th.

Parties - Pool available for rental for birthday, club, team and scout parties, etc. Call Recreation office for details!

Springboard Diving classes: For ages 8 & up. See separate registration information on website.

Website for purchasing online permits: www.westonct.gov/parksandrec with credit card payments or permits can be purchased at the Recreation office Monday – Friday, 9:00 a.m. – 12:30 p.m. or 1:30 p.m. – 4:30 p.m. by cash or check only.



WESTON PUBLIC SWIM PERMITS
GOOD FROM SEPT. 18, 2017 – JUNE 15, 2018

	<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Family	\$100.00	\$150.00
Adult	\$ 50.00	\$ 75.00
Non-Adult	\$ 50.00	\$ 75.00
Drop-In (All ages)	\$ 5.00	\$ 5.00
Seniors-age 62 & up FREE WITH PASS Non-resident seniors – age 62 & up PAY NON RES. INDIVIDUAL FEES		

DAYS/TIMES: MONDAY, WEDNESDAY & FRIDAY:	6:15 a.m. - 7:15 a.m.
TUESDAY & THURSDAY EVENING:	8:00 p.m. - 9:00 p.m.
SATURDAY & SUNDAY:	2:00 p.m. - 5:00 p.m.

POOL HOURS WILL CHANGE AT THE END OF SCHOOL YEAR. EARLY MORNING SWIM: ALL SWIMMERS MUST BE OUT OF THE BUILDING BY 7:30 A.M. POOL WILL CLOSE ON WEEKENDS AND EVENINGS STARTING JUNE 15TH, 2018 OR AT THE END OF SCHOOL YEAR. DURING SCHOOL VACATION POOL WILL CLOSE FOR EVENING SWIM AND EARLY A.M. LAP SWIM. EARLY LAP SWIM HOURS ENDS JUNE 15TH.

POOL WILL BE CLOSED ON THE FOLLOWING HOLIDAYS:

Thursday	Sept. 21, 2017	Rosh Hashanah
Monday	Oct. 9, 2017	Columbus Day
Tuesday	Nov. 7, 2017	Election Day
Thursday- Friday	Nov. 23 & 24, 2017	Thanksgiving Break
Sunday - Friday	Dec. 24 – 29, 2017	Holiday Break
Monday	Jan. 1, 2018	New Year's Day
Monday	Jan. 15, 2018	Martin Luther King Day
Thursday - Friday	Feb. 15 & 16, 2018	February Break
Monday	Feb. 19, 2018	President's Day
Friday	March 30, 2018	Good Friday
Sunday	April 1, 2018	Easter
Monday – Friday	April 9 – 13, 2018	Spring Break
Monday	May 28, 2018	Memorial Day

**** If there is inclement weather check the Board of Education's website beginning at 6:00 a.m. for campus delays or closings www.westonps.org. During thunder and lightning storms the pool will close. No swim lessons taught during public swim times. Swim lessons offered only through the Parks & Recreation Department by employees during scheduled swim lesson hours. ****

WINTER 2017

Information about Saturday Basketball & Winter Programs will be coming in late October.

REGISTRATION BEGINS OCTOBER 23RD. PROGRAMS WILL BEGIN IN LATE NOVEMBER/EARLY DECEMBER FOR SELECT PROGRAMS.

