
Program Changes:

Due to time errors, omissions and typos ☹ sorry we're not perfect.

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 for more information*

Baby/Toddler & Pre-School “Crawlers & Woddlers”

Yoga for crawling/waddling babies combines stretching, creative movement and relaxation techniques in a fun, interactive setting. Learn how to help your baby feel happier and more confident in their growing bodies as well as to strengthen the bond between you and your active little one! Songs and age-appropriate props are incorporated to create a safe, playful environment that your baby is encouraged to explore. No experience necessary, babies just starting to crawl to babies that are waddling/cruising unsupported (but not yet running at full speed) are welcome!

Program Dates 9/27-11/22 (no classes 11/8)

Tues: 11:30 A.M.-12:45 P.M.

Emmanuel Room 2

Fee: \$185- 8 Classes

Instructor: Kerri Gawreluk

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!

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

Location: North House Gym

Fee: \$144- 8 Classes

Instructor: Cathy Klein

“Hit it” Cardio Kickboxing

Get some serious sweat on with our boxing and kickboxing-class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any level of experience welcome. *Gloves not provided, please bring your own* along with a towel, mat and plenty of water. Family Friendly Ages 12+ please.

Program Dates: 9/22- 11/15 (No classes 11/8)

Tues: 7-8 P.M.

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Cyrece Lehrman