

Town of  
**Weston**

**Parks and Recreation  
Youth Services**



**Parks & Recreation Department**

47 Norfield Road  
203-222-2655  
Fax: 203-222-2587  
westonct.gov

**Youth Services Department**

24 School Road  
203-222-2585/2586  
Fax: 203-222-2623  
westonyouthservices.org

**Fall/Winter 2016-2017**

**“Keeping it Local”**

Parks and Recreation Philosophy

*To promote healthy social, cultural and physical activities for Weston residents of all ages and to provide a safe environment for all activities*

Parks and Recreation Staff

**David E. Ungar, Director**

- Gloria Sundlof, Administrative Assistant
- Joe Parciasepe, Program Director
- Lynn Stevens, Aquatics Director
- Bill Shaeffer, Part-Time Recreation Supervisor
- Bob Mattera, Parks & Grounds Maintainer

Parks and Recreation Commission

Chairperson- Eric Albert

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|------------------|----------------|
| Mark Crowley     | Carl Bernstein |
| David Juneau     | Jed Ferdinand  |
| Elizabeth Pocsik | Michael Scraem |

Office Registration Information

In person Program Registration takes place at the Parks & Recreation Office (9:30 – 12:30 & 1:30 – 4:30) on the designated walk in registration date. When registering in person, if you do not have an account, one will be created for future use. Payment for programs must be by checks only made payable to “TOWN OF WESTON.” **Non- Resident registration is available if space is available.**

Online registration  
www.westonct.gov

Weston Youth Services Mission

*Weston Youth Services provides a range of programs and services to promote the health and well-being of our children and families. This includes after-school and summer activities for children, parenting workshops and discussion groups, social-educational events for families, as well as crisis intervention and referral services. We also collaborate with the Weston Public Schools and other local youth-serving agencies to create programs to enhance children’s physical, social, and educational development.*

Youth Services Department Staff

**Michelle Albright, Director**

Charlene Monn, Program Coordinator

Commission for Children and Youth

Chairperson- Lynn Phillips

- |                  |                |              |
|------------------|----------------|--------------|
| Jeff Drobner     | Shara Kolodney | Dan McNeil   |
| Catherine Minter | Ellen Weyrauch | Laura Kaddis |
| Dru Walters      | Nicole Wilhelm | Chris Powers |
| Brendan Kirk     | Danny Petty    | Eliza Kleban |

Office information

Weston Youth Services is located in the Weston Town Hall Annex at 24 School Road next to the Admin Field and the Board of Education. Our office is usually open Monday through Friday from 9 am to 3:30 pm.

www.westonyouthservices.org

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## Park Information

Bisceglie- Scribner Park: is located at 154 Newtown Turnpike. It's comprised of 28.5 acres and offers fitness trails, three baseball fields, a playground, a picnic pavilion and a swimming pond.

Keene Park is located at River Road. This park has a playground for small children. It also allows river access and hiking trails.

Morehouse Farm Park is located at 478 Newtown Turnpike. This park is comprised of various softball, soccer fields and a picnic pavilion.

## Weston Youth Sports Organizations:

Basketball	<a href="http://www.westonbasketball.org">www.westonbasketball.org</a>
Soccer Club	<a href="http://www.westonsoccer.com">www.westonsoccer.com</a>
Little League	<a href="http://www.westonll.com">www.westonll.com</a>
Lacrosse Club	<a href="http://www.westonlax.com">www.westonlax.com</a>
Babe Ruth Softball	<a href="http://www.westonll.com">www.westonll.com</a>
Babe Ruth Baseball	<a href="http://www.westonctbaseball.com">www.westonctbaseball.com</a>
Swim Team	<a href="http://www.westonswimming.org">www.westonswimming.org</a>
Football & Cheer	<a href="http://www.trojansfootball.org">www.trojansfootball.org</a>

## Youth Services

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## Helpful & Local Resources:

Weston Public Schools  
[www.westonps.org](http://www.westonps.org)

Weston PTO  
[www.westonpspto.org](http://www.westonpspto.org)

Weston Library  
[www.westonpubliclibrary.org](http://www.westonpubliclibrary.org)

Lachat Town Farm  
[www.lachattownfarm.org](http://www.lachattownfarm.org)

Weston Historical Society  
[www.westonhistoricalsociety.org](http://www.westonhistoricalsociety.org)

Weston Alcohol and Drug Awareness Program  
[www.westonadap.org](http://www.westonadap.org)

Weston Domestic Violence Task Force  
<http://www.dvccct.org/task-forces.html>

## **Parks & Recreation Online Registration Frequently Asked Questions**

### **How do I get into my account?**

You must go into the website [www.westonct.gov](http://www.westonct.gov), Youth/Adult Programs, Parks & Recreation Programs, “Click Here” to register. On the lower left side under “Quick Links” and “Create” an account or “Login” into your account and enter your user name and password.

### **How do I get a password & user name?**

The system will automatically send you this when you set up your household account to your email address you provided in your account.

### **What if I get a “grade or age conflict” error message?**

You must update your child’s grade or grade going into if the school year has ended. Please make sure your child’s birth date is entered. The system does not do it.

### **Will the system automatically update my account?**

No, you must update your household account with any changes, i.e. email address, physical address and members.

### **Why am I not on the program roster if I registered?**

You did not complete the transaction when checking out. You must follow the prompts to the checkout to the end of the transactions. You will receive two confirmation receipts via email, to have successfully completed the transaction.

### **What if I forgot my password a/o user name?**

You will need to contact the Parks & Recreation Department to receive this information which will be forwarded to your email address.

## **Youth Services Online Registration Frequently Asked Questions**

### **How do I register and pay for a program?**

All registration is handled online via our website [www.westonyouthservices.org](http://www.westonyouthservices.org). ALL payments must be made online and you will have the option to pay with a credit card or by e-check. Full payment of program fees must be made within 24 hours of registration. The system has been set up to automatically delete unpaid registrations after 24 hours.

### **How can I register if I don’t have an account established with Weston Youth Services?**

Unfortunately the system will not allow you to establish an account prior to the start of registration. You will need to set up an account online once the registration system opens. The system will ask for your email address and generate a temporary password which will then be emailed to you so you can proceed with registration.

### **What if I registered my child for one program, but then decided I wanted to register them for a different program instead?**

The system will not allow you to delete a registration and will include the outstanding balance for any programs for which you have registered. Please register your child for the alternate program online in order to secure a spot and contact Charlene Monn, Program Coordinator, at [cmonn@westonct.gov](mailto:cmonn@westonct.gov) immediately so she can delete the program you no longer wish your child to be enrolled in.

### **What if I get a message that my child’s registration has been deleted for non-payment, but I would still like to register him/her for the program?**

You will need to re-register your child for the program and pay the tuition fee in full within 24 hours of registration.

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## Parks & Recreation Fall Programs

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### Infant/Toddler & Preschool Programs

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Registration: Online: 8/22 12:01 A.M.  
Walk in & Non-Residents 8/23 9:30 A.M.

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#### Prenatal Masterclass with *BABY Health & Fitness*

This class will provide an overview of the postural, hormonal, physiological changes during pregnancy. You'll learn the ABC'S of Prenatal Fitness ® as well as relaxation techniques for an easier labor. FREE **ABC'S of Prenatal Fitness** ® takeaway poster in first class attended (\$18 value)

Evening Date Available: 10/26  
Sr. Center Fitness Room: W: 6:30-7:45 P.M.  
Fee: \$35 per class  
Instructor: Jamie Levine

#### Baby and Me Yoga

##### "Pre- Crawlers, 6 Weeks- Crawling"

Stretch, bond and breathe with your baby in this unique yoga class designed for caregivers and their pre-crawling babies. Babies are natural yogis! Each class explores gentle yoga and massage techniques for babies which can help aid in digestion, gas and colic relief, improved sleep patterns and in the development of fine and gross motor skills. Partner poses and playful songs are also incorporated to create a casual, comfortable environment that is unlike any other yoga class! Dress comfortably, and bring a receiving blanket for your little one. No experience necessary!

Program Dates 9/27-11/22 (no classes 11/8)  
Tues: 10-11:15 A.M.  
Emmanuel Room 2  
Fee: \$185- 8 Classes  
Instructor: Kerri Gawreluk

#### "Crawlers & Waddlers"

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: 11:00 A.M.-12:45 P.M.  
Emmanuel Room 2  
Fee: \$185- 8 Classes  
Instructor: Kerri Gawreluk

#### Step Into Music & Movement

Music: A series of music classes for young children ages 3 to 5. The class will engage children in a variety of activities as they learn new songs and rhymes. Children will learn to sing, chant, perform finger plays, vocal and pitch exploration and begin to learn to sing independently.

Movement: A fun filled class to music where children will express themselves while learning different cultural dances. From Pop to Hip Hop from Salsa to Reggae, your child will get a worldly experience. Through Music & Dance, this class will inspire pre-school aged child to groove their way into Self Confidence and coordination.

Program Dates: 9/27-11/22 (No Class: 11/8)  
Tuesday 2:00-3:00 P.M.  
Emmanuel Room 1  
Fee: \$220- 8 Classes  
Instructors: Rosemary Boone & Ginny Campbell

### 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.

Program Dates: 9/26- 11/28

(No class 10/3, 10/31)

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

Location: Fitness Room, Senior Center

8 Classes for \$140

Instructor: Kerin Whitmore

### Dancercise & Jump

A coed class for children in grades 1 & 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

### 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.

Program Dates: 9/20- 11/15 (No Classes 11/8)

Tues: 3:10-4:10 P.M.

Location: Meet: South House

Pick Up: Coley Parking Lot

Fee: \$160- 8 Classes

Instructor: Doug Barshop

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## After-School Programs

Registration: Online: 8/22 12:01 A.M.

Walk in & Non-Residents 8/23 9:30 A.M.

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### Hurlbutt Elementary School

#### 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: 3:10- 4:10 P.M.

Location: North House Gym

Kindergarten: Mon- 9/19- 11/21

(No Classes 10/3, 10/31)

Instructor: Cathy Klein

Fees: \$144- 8 Classes

Grade 1: Wed- 9/21-11/16 (No Classes 10/12)

Grade 2: Thur- 9/22- 11/10

Instructor: Wyatt Hallgren

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**Refund Policy: There will be no prorating or refunds after the program has begun.**

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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.

Program Dates: 9/22- 11/10

Thurs: 3:30-4:15 P.M.

Location: Sr. Center Fitness Room

Fee: TBD

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

## Weston Intermediate School

### 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: 9/19-11/21 (No Classes 10/3, 10/31)

Tues: 9/20- 11/15 (No Class 11/8)

Wed: 9/21- 11/16 (No Class 10/12)

Thurs: 9/22- 11/10

Location: WIS Gym

Fee: \$144- 8 Classes

Instructors: Steve Santora and Tom Ehert

## 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.

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

Program Dates: 9/14- 10/26 (Rain: 11/2, 11/9)

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

Location: Meet: WIS Cafeteria

Pick up: WIS Main Entrance

Fee: \$120- 6 Classes

Instructor: Pascale Butcher

### GOOD CITIZEN

#### DOG OBEDIENCE CLASSES

Fall classes will begin for Beyond Beginners, Beginners or Puppy Kindergarten levels. Classes are Saturdays beginning September 10<sup>th</sup> and run through October 29<sup>th</sup>.

- 9 a.m. Beyond Beginners - \$185
- 10 a.m. Beginners - \$195
- 11 a.m. Puppy Kindergarten - \$195

For more information & registration contact Janet Metzger at 203-938-2951. Held at the playground and circle at North House at Hurlbutt School.

## Neuron-Do

This martial arts program is designed for K-5th 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 arts movements are further integrated with cognitive strategies. Examples include, and are not limited to, 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.

Program Dates: 9/22- 11/10  
Thurs: 3:30-4:15 P.M.  
Location: Sr. Center Fitness Room  
Fee: TBD  
Instructor: NEURON-DO®. Creator  
Dr. Douglas DeMassa

## Neuron-Do

This martial arts program is designed for middle school 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 arts movements are further integrated with cognitive strategies. Examples include, and are not limited to, 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.

Program Dates: 9/22- 11/10  
Thurs: 4:30-5:15 P.M.  
Location: Sr. Center Fitness Room  
Fee: TBD  
Instructor: NEURON-DO®. Creator  
Dr. Douglas DeMassa

## Weston Middle School

### “Hit it” Cardio Kickboxing (Ages 12+)

Learn how to box and kick-box at this 1 hour class. You’ll jab, hook and upper-cut your way to a stronger upper body and core. This will increase range of motion and quicker response time for basketball, volleyball, tennis and baseball. Kicking combinations will utilize lower leg, hip and glute muscles, that will increase balance and strength for other sports. \*\*Gloves not provided can be purchased at sporting goods stores or online. Please buy between 10-12oz in weight, with ample padding around the knuckles. *Ringside, Bad Boy, Everlast* or *Title* are the recommended brands\*\* Bring towel & water. Ages 12+ only please. Bus Service to Sr. Center Available.

Program Dates: 9/22- 11/10  
Thurs: 3:15-4:15 P.M.  
Location: Sr. Center All Purpose Room  
Fee: \$200- 8 Classes  
Instructor: Cyrece Lehrman

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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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Follow us on Facebook for up to date information. “Weston, CT Parks and Recreation” Also look for our “Meet the Instructor” posts coming weekly!

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# Adult Programs

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Registration: Online: 8/22 12:01 A.M.  
Walk in & Non-Residents 8/23 9:30 A.M.

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## 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. \* For the intermediate to advanced participant. "Some" exercises can be modified.\* Please bring a towel, water and a mat.

Program Dates: 9/13- 10/20  
Tues/Thur 8:30- 9:30 A.M.  
Admin Basketball Court  
Fee: \$300- 12 Classes  
Instructor: Cyrece Lehrman

## Gentle Yoga

A multi-level class that helps to release chronic tension and stress, activate energy and balance, cultivate inner focus and clear awareness both on and off your yoga mat. All experience levels are welcome, modifications will be offered to accommodate varying physical needs. Classes include yoga postures, breathing techniques and deep relation. Please bring a yoga mat, large blanket or towel and water.

Program Dates 9/27-11/22 (No classes 11/8)  
Tues: 9:30-10:30 A.M.  
Emmanuel Room 1  
Fee: \$160- 8 Classes  
Instructor: Diane Lowman

Program Dates: 9/28-11/30  
(No classes 10/12, 11/23)  
Wed: 7-8 P.M.  
Sr. Center All Purpose Room  
Fee: \$160- 8 Classes  
Instructor: Diane Lowman

## Vinyasa 'Power Hour' Yoga

A fitness-based approach to Vinyasa style flow. Students of all levels will focus on linking conscious breath with a vigorous and mindful flow. You can expect a great cardiovascular and strength building workout combined with breath work.

9/26- 11/28 (No Classes 10/3, 10/31)  
Mon: 7-8:15 P.M.  
Sr. Center All Purpose Room  
Fee: \$160- 8 Classes  
Instructor: Kerin Whitmore

9/27-11/22 (No Classes 11/8)  
Tues: 8:30-9:45 A.M.  
Emmanuel Room 2  
Fee: \$160- 8 Classes  
Instructor: Kerin Whitmore

## "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: 10/4- 11/29 (No classes 11/8)  
Tues: 7-8 P.M.  
Sr. Center All Purpose Room  
Fee: \$200- 8 Classes  
Instructor: Cyrece Lehrman

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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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### Pilates

Designed to re-align the spine in regards to its natural skeletal position. Rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, enhanced body awareness, deeper ability to concentration and enhanced coordination. This class caters to new and experienced participants.

Program Dates: 9/27-11/22 (No Class 11/8)

Tues: 6-7 P.M.

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Karen Jordan

Thur: 6-7 P.M. 9/29-11/17

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Karen Jordan

### Zumba

Zumba fitness fuses hypnotic Latin rhythms and easy-to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

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

Tues: 10-11 A.M.

Emmanuel Room 1

Cost \$160- 8 Classes

Instructor: Juli Quevedo

Program Dates: 9/29-11/17

Thurs: 7:15 P.M. – 8:15 P.M.

Sr. Center All Purpose

Cost: \$160- 8 Classes

Instructor: Juli Quevedo

### Cooking with Chef. Leticia Schwartz

Two Fall Cooking Class opportunities available. Classes will be a hands on cooking format with Demos & Tastings along the way. Classes are held at Emmanuel Church Kitchen.

- *Make Ahead Week Night Dinners-* 10/18 6:30-9:30 PM
- *Healthy Week Night Dinners-* 11/1 6:30-9:30 PM
- *Cost:* \$90 Per Class

For more information and menus see our website. [www.westonct.gov](http://www.westonct.gov)

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**Refund Policy: There will be no prorating or refunds after the program has begun.**

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# Aquatics- Fall 2016

Location: Weston Middle School Pool

Registration: Online: 8/25 12:01 A.M.  
Walk in & Non-Residents 8/26 9:30 A.M.

## American Red Cross Swim Classes

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

## Saturday Swim Classes

Day/Dates: Saturdays: 9/24, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19 (No class 10/1)

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:

\$225.00 9:30 class (Level 4)

\$225.00 9:30 class (Level 5)

\$145.00 Parent/Toddler, 11:10, 11:50 (Level 1 -3) or Special Needs class

\$225.00 11:50 class (Level 4)

## Private Swim Lessons

Private swim lessons are available by appointment only.

Contact [lstevens@westonct.gov](mailto:lstevens@westonct.gov) or call 203.222.2588

Fee: \$160 for set of 4 lessons

\$180 for 4 semi private lessons

## Weekday Preschool Swim Classes

Tuesday: Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1 & 15

Wednesday: Sept. 21, 28, Oct. 5, 19, 26, Nov. 2, 9 & 16

Time: 2:15- 2:45 Ages 3-5 years old

Fee: \$145.00- 8 classes.

## Springboard Diving Classes: Ages 8 – 18+

Learn how to dive or work on your dives with Coach Patty Nizlek. This beginning diving class requires no prior experience.

Program Dates: 9/25-11/6 (No Class 10/2)

Sun: 11:45 A.M.-1:00 P.M.

Location: Weston Middle School Pool

Fee: \$180- 6 Classes

Instructor: Patty Nizlek

## Pool Parties

The pool is available for rent for birthday, club, team, and scout parties, etc. Call Weston Parks and Recreation Department 203.222.2655 or email [lstevens@westonct.gov](mailto:lstevens@westonct.gov)

Hours/Days: Saturday or Sunday 1-2 pm or 5-6 pm

Fee: \$125 for 1 hour, up to 25 swimmers.

There will be an additional fee for more than 25 swimmers.

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](http://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.

### Adult Swim Classes

For the non-swimmer to the beginner level swimmer or the swimmer who would like to improve their strokes. Class will have 30 minutes of instruction with 30 minutes time for practice.

Tuesday: Oct. 4, 11, 18, 25, Nov. 1 & 15

Thursday: Oct. 6, 13, 20, 27, Nov. 3 & 10

Time: 8-9 P.M.

Fee: \$240.00 for (12) twelve classes-2 days/week

\$120.00 for (6) six classes- 1 day/week

### Lifeguard Training Certification

Classes will be forming in September/October or November/December. Class meets at the Weston Middle School Pool on Saturdays & Sundays.

There will also be an online portion of the class, which can be done on the student's time, prior to the water sessions. There will be an additional fee to the American Red Cross for the online registration. Participants must be 15 years old upon completion of the class.

For more information, call or email

[Lstevens@westonct.gov](mailto:Lstevens@westonct.gov) or 203.222.2588.

Fee: \$350

### Weston Swimming

Weston Swimming is a year round competitive USA Swimming program in Weston, CT. Our talented staff of dedicated and registered ASCA coaches work together towards one common goal - success for every swimmer at every level. Our team goal is to produce happy, confident and well-rounded athletes, both in and out of the pool. To learn more about our program, please visit our website at [www.westonswimming.org](http://www.westonswimming.org)

### Water Safety Training (WSI)

This class will certify an instructor to teach swimming. All participants must pass a Level 4 swim test before registering for the class.

A class will be forming in November/December. Class will meet at the Weston Middle School Pool on Saturdays and Sundays. There will also be an online portion of the class and an additional registration fee with the Red Cross.

Participants must be 16 years old upon completion of the class.

For more information, email or call

[Lstevens@westonct.gov](mailto:Lstevens@westonct.gov) or 203.222.2588

Fee: \$350

### Weston Public Swim Permits

Good from Sept 24, 2016- June 16, 2017

#### RESIDENT

Family \$140.00

Adult \$90.00

Non-Adult \$90.00

Drop-In (All ages)\$5.00

Resident Seniors-age 62 & up Free with Pass

#### NON-RESIDENT

\$210.00

\$135.00

\$135.00

\$5.00

### Pool Public Swim Hours

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 16<sup>TH</sup>, 2017 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 16<sup>th</sup>.

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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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# Winter Programs

Registration: Online: 11/14 12:01 A.M.  
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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In case of inclement weather all after school programs will be canceled. Please refer to [www.westonps.org](http://www.westonps.org) for up to date information on cancelations and early dismissals.

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### Youth Basketball

Parks and Recreation offers fun and competitive basketball for boys and girls ages K-8. Programming begins with clinics on December 3, 10 and 17. Regular play will begin after December recess and continue through mid-March. Games will be played on Saturdays and midweek practices will be held for grades 5-8.

### Boys High School Basketball

Parks and Recreation will run a low key basketball league for all boys NOT playing WHS Basketball. It will be after school with games two days a week. It will begin after Thanksgiving. Have fun, get exercise and be with your friends.

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# Snow Sports & Trips

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## After-School Ski Trips

This is a four-week program for all Middle School students. Anyone planning to rent equipment should do so locally for maximum ski time. The Mt. Southington waiver form **must** be completed. This form is on our website. It must be returned to the Parks & Rec. office by Dec. 5<sup>th</sup> by fax 222-2587, mail: P.O. Box 1184, drop off at the Recreation office at 47 Norfield Road or email Joe at [jparciasepe@westonct.gov](mailto:jparciasepe@westonct.gov) for all questions.  
Time: Depart: 3 P.M. from WMS back lot  
Return: Appx 8:45 P.M.

Location: Mount Southington

Cost: Ski/Snowboard Ticket only: \$300

Ski/Snowboard Lesson & Ticket \$330

\*All participants MUST wear helmets, transportation provided by Land Jet Coach Bus. Equipment must be dropped at WMS cafeteria stage 7a.m. - 7:15 prior to school rush. All equipment left is owner's responsibility, Parks & Recreation does not assume responsibility for lost or stolen items.

\*\*Parks & Recreation is seeking chaperones that ski to join the trips. Interested parties should email Joe at [jparciasepe@westonct.gov](mailto:jparciasepe@westonct.gov)

\*\*\*The Recreation Department & The Middle School assume no responsibility for lost or stolen items, bring a lock for equipment.

Trip Dates: Thursday, January 5, 12, 19, 26.

## Weekend Ski Trip

The Recreation Department will be organizing a Family Saturday Ski trip to a Southern Vermont mountain. Details to be determined. Be sure to follow our Facebook page for ALL our updates.

[facebook.com/westonparksandrecreation](https://facebook.com/westonparksandrecreation)

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# Infant/Toddler & Preschool Programs

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

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

**\*ALL WINTER PROGRAMS HAVE 2 BUILT IN SNOW DAYS\***

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## 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.

Program Dates: 12/5-3/27 (No Class: 1/16, 2/20)

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

Location: Fitness Room, Senior Center

10 Classes for \$175

Instructor: Kerin Whitmore

## Prenatal Masterclass with *BABY Health & Fitness*

This class will provide an overview of the postural, hormonal, physiological changes during pregnancy. You'll learn the ABC'S of Prenatal Fitness ® as well as relaxation techniques for an easier labor. FREE **ABC'S of Prenatal Fitness** ® takeaway poster in first class attended (\$18 value)

Program Dates: TBD

Instructor: Jamie Levin

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In case of inclement weather all after school programs will be canceled. Please refer to [www.westonps.org](http://www.westonps.org) for up to date information on cancelations and early dismissals.

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## Baby and Me Yoga

### "Pre- Crawlers, 6 Weeks- Crawling"

Stretch, bond and breathe with your baby in this unique yoga class designed for caregivers and their pre-crawling babies. Babies are natural yogis! Each class explores gentle yoga and massage techniques for babies which can help aid in digestion, gas and colic relief, improved sleep patterns and in the development of fine and gross motor skills. Partner poses and playful songs are also incorporated to create a casual, comfortable environment that is unlike any other yoga class! Dress comfortably, and bring a receiving blanket for your little one. No experience necessary!

Program Dates 12/6- 2/21 (no classes 1/17)

Tues: 10-11:15 A.M.

Emmanuel Room 2

Fee: \$232- 10 Classes

Instructor: Kerri Gawreluk

### "Crawlers & Waddlers"

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 12/6- 2/21 (no classes 1/17)

Tues: 11:00 A.M.-12:45 P.M.

Emmanuel Room 2

Fee: \$232- 10 Classes

Instructor: Kerri Gawreluk

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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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### Step Into Music & Movement

Music: A series of music classes for young children ages 3 to 5. The class will engage children in a variety of activities as they learn new songs and rhymes. Children will learn to sing, chant, perform finger plays, vocal and pitch exploration and begin to learn to sing independently.

Movement: A fun filled class to music where children will express themselves while learning different cultural dances. From Pop to Hip Hop from Salsa to Reggae, your child will get a worldly experience. Through Music & Dance, this class will inspire pre-school aged child to groove their way into Self Confidence and coordination.

Program Dates: 12/6- 2/21 (No Class: 1/17)

Tuesday: 2:00-3:00 P.M.

Emmanuel Room 1

Fee: \$275- 10 Classes

Instructors: Rosemary Boone & Ginny Campbell

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**Refund Policy: There will be no prorating or refunds after the program has begun.**

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### Program Locations

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**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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## After-School Programs

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

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

**\*ALL WINTER PROGRAMS HAVE 2 BUILT IN SNOW DAYS\***

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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.

Program Dates: 12/9-3/3

(No Classes: 12/23, 2/17)

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

Location: North House Gym

Fee: \$170- 10 Classes

Instructor: Megan Cebulski & Kelley Coleman

#### 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: 3:10- 4:10 P.M.

Location: North House Gym

Kindergarten: Mon- 12/5-3/6

(No Classes 1/16, 2/20)

Instructor: Cathy Klein

Fees: \$180- 10 Classes

Grade 1: Wed- 12/7-2/15

Grade 2: Thur- 12/8-2/23 (No Classes: 2/16)

Instructor: Wyatt Hallgren

### Dancercise & Jump

A coed class for children in grades 1 & 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 Program Dates: 12/9-3/3  
(No Classes: 12/23, 2/17)  
Fridays: 3:15- 4:15 P.M.  
Location: Sr. Center All Purpose Room  
Fee: \$170- 10 Classes  
Instructor: Cathy Klein

## 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

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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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### 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: 12/5-1/23 (No classes 1/16)

Tues: 12/6-1/24 (No Classes 1/17)

Wed: 12/7-1/18

Thurs: 12/8-1/19

Session II:

Mon: 2/6-3/27 (No Classes 2/20)

Tues: 2/7-3/14

Wed: 2/1-3/8

Thurs: 2/2-3/23 (No classes 2/16, 3/16)

Location: WIS Gym

Fee: \$108- 6 Classes

Instructors: Steve Santora and Tom Ehert

## Weston Middle School

### "Hit it" Cardio Kickboxing- Ages 12+

Learn how to box and kick-box at this 1 hour class. You'll jab, hook and upper-cut your way to a stronger upper body and core. This will increase range of motion and quicker response time for basketball, volleyball, tennis and baseball. Kicking combinations will utilize lower leg, hip and glute muscles. \*\*Gloves not provided can be purchased at sporting goods stores or online. Please buy between 10-12oz in weight, with ample padding around the knuckles. *Ringside, Bad Boy, Everlast or Title* are the recommended brands\*\* Ages 12+ only please. Bus transportation available.

Program Dates: 12/8-3/23

(No Classes 12/22, 2/16)

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

Sr. Center All Purpose Room

Fee: \$250- 10 Classes

Instructor: Cyrece Lehrman

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# Adult Programs

Registration: Online: 11/14 12:01 A.M.  
Walk in & Non-Residents 11/15 9:30 A.M.  
**\*ALL WINTER PROGRAMS HAVE 2  
BUILT IN SNOW DAYS\***

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## “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 12/6- 3/7 (no classes 1/17)  
Tues: 7-8 P.M.  
Sr. Center All Purpose Room  
Fee: \$250- 10 Classes  
Instructor: Cyrece Lehrman

## Gentle Yoga

A multi-level class that helps to release chronic tension and stress, activate energy and balance, cultivate inner focus and clear awareness both on and off your yoga mat. All experiences levels are welcome, modifications will be offered to accommodate varying physical needs. Classes include yoga postures, breathing techniques and deep relation. Please bring a yoga mat, large blanket or towel and water.

Program Dates 12/6- 2/21 (no classes 1/17)  
Tues: 9:30-10:30 A.M.  
Emmanuel Room 1  
Fee: \$200- 10 Classes  
Instructor: Diane Lowman

Program Dates: 12/7-2/15  
Wed: 7-8 P.M.  
Sr. Center All Purpose Room  
Fee: \$200- 10 Classes  
Instructor: Diane Lowman

## Vinyasa ‘Power Hour’ Yoga

A fitness-based approach to Vinyasa style flow. Students of all levels will focus on linking conscious breath with a vigorous and mindful flow. You can expect a great cardiovascular and strength building workout combined with breath work.

12/5-3/6 (No Classes 1/16, 2/20)  
Mon: 7-8:15 P.M.  
Sr. Center All Purpose Room  
Fee: \$200- 10 Classes  
Instructor: Kerin Whitmore

Program Dates 12/6- 3/7 (no classes 1/17)  
Tues: 8:30-9:45 A.M.  
Emmanuel Room 2  
Fee: \$200- 10 Classes  
Instructor: Kerin Whitmore

## Pilates

Designed to re-align the spine in regards to it natural skeletal position. Rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, enhanced body awareness, deeper ability to concentration and enhanced coordination. This class caters to new and experienced participants.

Program Dates 12/6- 2/21 (no classes 1/17)  
Tues: 6-7 P.M.  
Sr. Center All Purpose Room  
Fee: \$250- 10 Classes

Thur: 6-7 P.M. 12/8- 2/23 (no classes 2/16)  
Sr. Center All Purpose Room  
Fee: \$250- 10 Classes

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In case of inclement weather all after school programs will be canceled. Please refer to [www.westonps.org](http://www.westonps.org) for up to date information on cancelations and early dismissals.

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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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GOOD CITIZEN  
DOG OBEDIENCE CLASSES

Fall classes will begin for Beyond Beginners, Beginners or Puppy Kindergarten levels. Classes will be Saturdays. Dates to be announced. Approximate times:

For more information & registration contact Janet Metzger at 203-938-2951.

Cooking with Chef. Leticia Schwartz

Winter Cooking Class opportunities will be available. Classes will be a hands on cooking format with Demos & Tastings along the way. Classes are held at Emmanuel Church Kitchen.

- *Make Ahead Week Night Dinners*
- *Healthy Week Night Dinners*

For times, dates and menu information see our website. [www.westonct.gov](http://www.westonct.gov)

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Follow Us on Facebook

The best way to stay updated with Weston Parks & Recreation Programming is by following us on Facebook at:

[www.facebook.com/westonparksandrecreation](http://www.facebook.com/westonparksandrecreation)

**You'll find photos, flyers and updated information about programs, cancelations and much more!**

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**Refund Policy: There will be no prorating or refunds after the program has begun.**

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# Aquatics- Winter 2016/2017

## Weston Middle School Pool

Registration: Online: 11/17 12:01 A.M.

Walk in & Non-Residents 11/18 9:30 A.M.

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### American Red Cross Swim Classes

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

### Saturday Swim Classes

Day/Dates: Saturdays: 12/3,12/10, 12/17, 1/7, 1/21, 1/28, 2/4, 2/11, 2/25, 3/4  
(No class on 12/24, 12/31, 1/14 & 2/18)

#### Times:

9:30 - Level 5	45 min.
9:30 - Level 4	45 min.
10:00 - Parent/Toddler (ages 1-3)	30 min.
10:30 - Special Needs class (ages 3+)	30 min.
(Class size limited to 6.)	
11:10 - Levels 1-3	30 min.
11:50 - Levels 1-3	30 min.
11:50 - Level 4-5	40 min.

#### Fees:

\$145.00 for 10:15 Parent/Toddler, 11:10, 11:50 (Level 1 -3) or 10:30 Special Needs class-8 classes  
\$195.00 for 9:30 or 11:50 Level 4- 8 classes  
\$220.00 for 9:30 Pre-competitive class Level 5-8 classes

### Private Swim Lessons

Private swim lessons are available by appointment only.

Contact [lstevens@westonct.gov](mailto:lstevens@westonct.gov) or call 203.222.2588

Fee: \$160 for set of 4 lessons

\$180 for 4 semi private lessons

### Weekday Preschool Swim Classes

Tuesday: 2:10-2:50 P.M. Nov. 29, Dec. 6, 13, Jan. 3, 10, 24, 31, Feb. 7, 14, 21, 28 & March 7  
(No class 12/20, 12/27 & 1/17)

Wednesday: 2:10-2:50 P.M. Nov. 30, Dec. 7, 14, Jan. 4, 11, 18, 25, Feb. 1, 8, 15, 22, March 1 & 8  
(No class 12/21 & 12/28)

Fee: Tues: \$220 for 12 classes

Wed: \$235 13 classes

### Springboard Diving Classes: Ages 8 – 18+

Learn how to dive or work on your dives with Coach Patty Nizlek. This beginning diving class requires no prior experience.

Program Dates: 12/4- 3/5

(No class on 12/25, 1/1, 1/15, 2/5, 2/12, 2/19)

Sun: 11:45 A.M.-1:00 P.M.

Location: Weston Middle School Pool

Fee: \$240- 8 Classes

Instructor: Patty Nizlek

### Pool Parties

The pool is available for rent for birthday, club, team, and scout parties, etc. Call Weston Parks and Recreation Department 203.222.2655 or email [lstevens@westonct.gov](mailto:lstevens@westonct.gov)  
Hours/Days: Saturday or Sunday 1-2 pm or 5-6 pm

Fee: \$125 for 1 hour, up to 25 swimmers.

There will be an additional fee for more than 25 swimmers.

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](http://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.

### Adult Swim Classes

For the non-swimmer to the beginner level swimmer or the swimmer who would like to improve their strokes. Class will have 30 minutes of instruction with 30 minutes time for practice.

Tuesday: Jan. 3, 10, 24, Feb. 7, 14, 21 & 31

(No class Jan. 17)

Thursday: Jan. 5, 12, 19, 26, Feb. 2, 9 & 23

(No class Feb. 16)

Time: 8-9 P.M.

Fee: \$280.00 for (14) fourteen classes-2 days/week

\$140.00 for (7) six classes- 1 day/week

### Lifeguard Training Certification

Classes will be forming in February/March. Class meets at the Weston Middle School Pool on Saturdays & Sundays. There will also be an online portion of the class, which can be done on the student's time, prior to the water sessions. There will be an additional fee to the American Red Cross for the online registration. Participants must be 15 years old upon completion of the class.

For more information, call or email

[Lstevens@westonct.gov](mailto:Lstevens@westonct.gov) or 203.222.2588.

Fee: \$350

### Weston Swimming

Weston Swimming is a year round competitive USA Swimming program in Weston, CT. Our talented staff of dedicated and registered ASCA coaches work together towards one common goal - success for every swimmer at every level. Our team goal is to produce happy, confident and well-rounded athletes, both in and out of the pool. To learn more about our program, please visit our website at [www.westonswimming.org](http://www.westonswimming.org)

### Water Safety Training (WSI)

This class will certify an instructor to teach swimming. All participants must pass a Level 4 swim test before registering for the class. A class will be forming in November/December and February/ March. Class will meet at the Weston Middle School Pool on Saturdays and Sundays. There will also be an online portion of the class and an additional registration fee with the Red Cross. Participants must be 16 years old upon completion of the class. For more information, email or call [lstevens@westonct.gov](mailto:lstevens@westonct.gov) or 203.222.2588

Fee: \$350

### Weston Public Swim Permits

Good from Sept 24, 2016- June 16, 2017

<u>RESIDENT</u>	<u>NON-RESIDENT</u>
Family \$140.00	\$210.00
Adult \$90.00	\$135.00
Non-Adult \$90.00	\$135.00
Drop-In (All ages)\$5.00	\$5.00
Resident Seniors-age 62 & up	Free with Pass

### Pool Public Swim Hours

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 16<sup>TH</sup>, 2017 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 16<sup>th</sup>.

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# Youth Services

## Fall Programs

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Fall online registration will begin on Tuesday, September 13<sup>th</sup> at 10:01 p.m. Classes are scheduled to begin the week of September 26<sup>th</sup> and run through the week of December 5<sup>th</sup>, unless otherwise noted. All classes run from 3:15-4:15 p.m., unless otherwise noted.

For program details, costs, FAQ's and registration and payment policy, please visit our website at [www.westonyouthservices.org](http://www.westonyouthservices.org).

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## Hurlbutt Elementary School

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### Making Music with Ms. Cardamone

Making Music is a way for children to explore their passion and love for singing and creating music! Students will learn about different styles of music, how to sing expressively, and even how to create their own songs. We will explore how to sing as a group as well as alone, and may even have a chance to use instruments. Making music will allow students to think creatively, work collaboratively with others, and have fun while doing it!

Day: Monday (10 weeks)

Grades: 1-2

Cost: \$ 160.00

Instructor: Jessica Cardamone

### Fun with Fabric

Hands-on activities with different materials like wool, yarn, linen, felt, and silk allow children to experiment with textures and fabrics, and are a welcome contrast to a school day of textbooks, screens, and whiteboards. New sewing skills, finger knitting and crocheting, braiding, and much more will be introduced in this program.

Day: Monday (9 weeks) – Class begins Oct 10<sup>th</sup>

Grades: 1-2

Cost: \$ 162.00

Instructor: Gabriela Low

### Paint, Draw, & More!

Paint Draw & More! is proud of its 20+ successful years as pioneers in children's art instruction. Paint, Draw & More! allows children to express their creativity, while learning technical skills, and helps to build self-esteem through artistic accomplishments.

Days: Monday (10 weeks)

Friday (9 weeks)

Grades: K-2

Cost: Monday \$ 190.00

Fridays \$ 171.00

Instructor: Paint, Draw & More!

### Magic...Jr. Genies Club

We can't teach you how to make your little sister disappear—that wouldn't be right!—but we can reveal the secrets of the professional magician. Improve your presentation, public speaking, and leadership skills, build self-confidence and poise, and develop stage presence. Each week, you'll receive tricks and materials to take home with you.

Days: Tuesday (10 weeks)

Friday (9 weeks)

Grades: K-2

Cost: Tuesday \$ 190.00

Friday \$ 171.00

Instructor: Nisan Eventoff

### Jr. Aerospace and Jr. Chemical Engineering

Get ready engineers! The Junior Aerospace Engineering classes will introduce fundamental concepts of aircraft and spacecraft design. Students will explore and construct airplanes, rockets, helicopters, and more.

The Junior Chemical Engineering curriculum introduces fundamental concepts of solids, liquids, and solutions. Students investigate the properties of several crazy concoctions and make their own samples of bubbles, play dough, flub, and more!

Day: Tuesday (10 weeks)

Grades: 1-2

Cost: \$ 270.00

Instructor: Fairfield East Engineering for Kids

## Creative Papermaking with Meg Murphy

The creative process of making hand-made paper has been around for centuries. Students will learn how to make paper pulp and turn it into creative works of art that include card making, plates, bowls, art paper, and more! Children will add touches of creativity and imagination to their work. A sure enjoyment for your art oriented child!

Days: Tuesday (10 weeks)

Wednesday (9 weeks)

Grades: K-2

Cost: Tuesday \$ 185.00

Wednesday \$ 167.00

Instructor: Meg Murphy

## Karate

This NON-competitive, core-strengthening exercise is good for beginners, intermediates, and advanced students. Sensei Dave focuses on helping students understand and use martial arts to develop self-discipline, self-control, confidence, focus, and respect for others in a fun and safe environment. (If your child requires a white uniform (gi) there is an additional fee of \$ 25.00)

Days: Tuesday (10 weeks)

Wednesday (9 weeks)

Thursday (10 weeks)

Grades: K-2

Cost: Tuesday \$ 160.00

Wednesday \$ 144.00

Thursday \$ 160.00

Instructor: Georgetown Martial Arts

Sensei Dave Chapman

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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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## Stop Motion Experience

A full 360° immersion into the world of stop motion filmmaking awaits you! Students work in groups rotating through filming stations around the room collaborating as an entire class on videos using 4 different styles of stop motion animation. Work with a variety of styles including time-lapse animation, action scene animation, and live action animation!

Day: Wednesday (8 weeks) Class ends Nov. 30<sup>th</sup>

Grades: 2

Cost: \$ 152.00

Instructor: Incrediflix

## Chess

In this beginner class, students will learn the basics of the game of chess, including, but not limited to: board set up, value of pieces, elementary tactics and strategy and elementary endgame. The curriculum builds logical and critical thinking, helps develop patience and concentration, and connects the students with the global historical evolution of chess strategy.

Day: Wednesday (8 weeks) Class ends Nov. 30<sup>th</sup>

Grades: 1-2

Cost: \$ 160.00

Instructor: The Chess Club of Fairfield County

## Around the World in Eight Weeks

Give your child the opportunity to discover the world! Students will experience the traditional language, costumes, animals, and cuisine of eight different countries across the globe. This course is specifically designed to offer students a chance to see the world through the eyes of another culture and strengthen their knowledge of cultural diversity. With a lesson plan that combines facts and fun and a plethora of hands-on activities, children will be totally engaged.

Day: Thursday (8 weeks) Class ends Nov. 17<sup>th</sup>

Grades: 1-2

Cost: \$ 152.00

Instructor: Sylvie Lobsenz

### Pre-Engineering Using Legos

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system in this **1 ½ hour** program. **Note:** Projects will not go home with students!

Days: Thursdays (8 weeks) Class ends Nov. 17<sup>th</sup>  
Grades: 1-2  
Cost: \$ 184.00  
Instructor: Play-well TEKnologies

### Brixology

Build a different LEGO™ project, inspired by an engineering theme in this 8 week program. Students will explore engineering fields that include mechanical, structural, aerospace, nautical, and bioengineering and use critical thinking, cooperation, and creative problem-solving to test and improve creations.

Days: Fridays (8 weeks) Class ends Dec. 2<sup>nd</sup>  
Grades: 1-2  
Cost: \$ 160.00  
Instructor: Mad Science of Fairfield & New Haven Counties.

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## Weston Intermediate School

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### International Cuisine

Why stop at only one type of cuisine when you can have a taste of the whole world? Students will prepare soups, salads, appetizers, entrees, desserts, and more from different countries and should bring a willingness to explore new tastes and enjoy old favorites in this **1 ½ hour** hands-on program!

Days: Monday (10 weeks)  
Wednesday (9 weeks)  
Grades: 3-5  
Cost: Monday \$ 220.00  
Wednesday \$ 198.00  
Instructor: Shelley McConnell

### Brixology

Build a different LEGO™ project, inspired by an engineering theme in this 8 week program. Students will explore engineering fields that include mechanical, structural, aerospace, nautical, and bioengineering and use critical thinking, cooperation, and creative problem-solving to test and improve creations.

Day: Monday (8 weeks) Class ends Nov. 21<sup>st</sup>  
Grades: 3-5  
Cost: \$ 160.00  
Instructor: Mad Science of Fairfield & New Haven Counties.

### Stop Motion Experience

A full 360° immersion into the world of stop motion filmmaking awaits you! Students work in groups rotating through filming stations around the room collaborating as an entire class on videos using 4 different styles of stop motion animation. Work with a variety of styles including time-lapse animation, action scene animation, and live action animation!

Day: Monday (8 weeks) Class ends Nov. 21<sup>st</sup>  
Grades: 3-5  
Cost: \$ 152.00  
Instructor: Incrediflix

### Sew Fun!

Come and learn something new and experience the relaxing qualities of sewing, finger knitting, crocheting and much more! Spend some time with your friends while making accessories to wear and creating pretty decorations for your home!

Day: Tuesday (8 weeks) Class begins Oct. 11<sup>th</sup>  
Grades: 3-5  
Cost: \$ 144.00  
Instructor: Gabriela Low

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## Yoga

Join Michelle Mecca as she encourages children to explore and discover the mind and body connection in a fun-filled way! Michelle takes a creative approach to yoga that can be very helpful for children whose bodies are still developing. The use of animated poses and basic stretching exercises promote strength, flexibility, coordination and body awareness. Breathing and visualization techniques teach kids how to focus, relax and develop self-control.

Day: Tuesday (9 weeks) No class Nov. 22<sup>nd</sup>

Grades: 3-5

Cost: \$ 144.00

Instructor: Michelle Mecca

## Engineering Fundamentals using LEGO

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects, such as arch bridges, skyscrapers, motorized cars, and the Battltrack! Design and build as never before, and explore your most creative ideas in a supportive environment. An experienced instructor will challenge new and returning students to take their engineering skills to the next level in this **1 ½ hour** class. **Note:** Projects will not go home with students!

Day: Tuesday (8 weeks) Class ends Nov. 22<sup>nd</sup>

Grades: 3-5

Cost: \$ 184.00

Instructor: Play-well TEKnologies

### **Refund Policy for WOW Programs**

If we cancel a course, all fees will be refunded. If you withdraw from a program before the start of a class, you will be refunded less a \$25 processing fee per class. No refunds or credits after a program has begun.

## AM Chess

Start your day off with chess! Beginners and intermediate players will learn the rules, strategies and tactics of chess. So why not get up a little earlier and join the fun of the game! **Class begins at 7:45 a.m.**

Day: Wednesday (8 weeks) Class ends Nov. 30<sup>th</sup>

Grades: 3-5

Cost: \$ 96.00

Instructor: Rudd Anderson

## Magic Club

We can't teach you how to make your little sister disappear—that wouldn't be right!—but we can reveal the secrets of the professional magician. Improve your presentation, public speaking, and leadership skills, build self-confidence and poise, and develop stage presence. Each week, you'll receive tricks and materials to take home with you.

Day: Wednesday (9 weeks)

Grades: 3-5

Cost: \$ 171.00

Instructor: Nisan Eventoff

## Lego Robotics 101

Robotics 101 is designed to introduce students to not only robot building and programming, but also teamwork! Each week students will work in teams of two to build robots to accomplish a specific task, while using their imagination. During the **1 ½ hour** class, students will discover the Engineering Design Process in a real world setting as they test their robots multiple times to enhance and add precision. **Note:** Projects will not go home with students.

Day: Thursday (6 weeks) Class ends Nov. 3<sup>rd</sup>

Grades: 3-5

Cost: \$ 249.00

Instructor: Fairfield East Engineering for Kids

## Paint, Draw & More!

Paint Draw & More! is proud of its 20+ successful years as pioneers in children's art instruction. Paint, Draw & More! allows children to express their creativity, while learning technical skills, and helps to build self-esteem through artistic accomplishments.

Day: Thursday (10 weeks)

Grades: 3-5

Cost: \$ 190.00

Instructor: Paint, Draw & More!

### Dare to Write: (For no one but Yourself)

Writing creatively develops unique skills, not the least of which is fostering imagination. In this 8-week course, we will experiment with character, language, and story. The writing will be done in class (no homework!) and shared in a safe and supportive environment.

Day: Thursday (8 weeks) Class ends Nov. 17<sup>th</sup>

Grades: 5

Cost: \$ 144.00

Instructor: Nora Raleigh Baskin

**Winter online registration is tentatively scheduled to begin on November 15<sup>th</sup>, with classes beginning the week of January 9<sup>th</sup> and run through the week of March 20<sup>th</sup>. Our winter catalog will be available for preview by late October.**

**For more information, please contact Charlene Monn, Program Coordinator at 203-222-2586 or email [cmonn@westonct.gov](mailto:cmonn@westonct.gov).**

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## Weston Middle School

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### Sitter Safety Program

Weston Youth Services offers a Sitter Safety program four times during the school year from 2:30-3:45 p.m.. The schedule is as follows:

October 5, 2016 – November 9, 2016

January 4, 2017 – February 1, 2017

March 1, 2017 – March 29, 2017

April 19, 2017 – May 17, 2017

Each session will cover the following:

- American Heart Association (AHA) First Aid Certification along with Hands Only CPR
- Infant and Toddler Child Care
- Emergency Situations, including a visit from the Weston Public Department
- Child Development and Behavior

Day: Wednesday (5 weeks)

Grades: 6-8

Cost: \$ 75.00

Instructor: Julia Braden

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## Weston High School

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### The Next Street Driver's Education Program

If your high school student is driving you crazy about driving, he/she can participate in The Next Street Driver's Education program held at Weston High School. Five sessions, including afternoon and evening programs, will be offered during the academic year.

#### **Afternoon Sessions: 2:45 – 4:45 p.m.**

September 21, 2016 - November 16, 2016

January 18, 2017 - March 13, 2017

April 3, 2017 - May 31, 2017

#### **Evening Sessions: 7:00 – 9:00 p.m.**

November 15, 2016 - January 12, 2017

March 14, 2017 - May 9, 2017

For further information and to register online, please visit [www.thenextstreet.com](http://www.thenextstreet.com)

In the event of an early dismissal due to inclement weather or any other school emergency, all after-school programs will be cancelled and the children will be sent home per school policy. In the event of a cancellation, we will send a reminder via email and also post this information on the Weston Youth Services website. If we are unable to contact you in the case of a last minute cancellation by an instructor, children will stay in the main office with the WOW! Supervisor until a parent arrives. We will make every effort to make up missed classes due to cancellations.

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## PROGRAMS FOR FAMILIES

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Weston Youth Services offers a range of programs for parents and children including parenting workshops, guest speakers, and social-educational events for families. The WYS website also features corresponding resources including articles, book recommendations, and suggested organizations and websites. Through our programs we aim to help parents gain awareness of how their own beliefs and behaviors influence their parenting styles and practices, as well as learn practical and effective tips and tools to enhance parent-child communication and family relationships.

*All programs are free of charge although advance registration is appreciated. Please visit [www.westonyouthservices.org](http://www.westonyouthservices.org) to register and learn more.*

**Tuesday September 20<sup>th</sup> 7:00 pm  
Let's Talk with Kevin Breel  
WHS Auditorium**

Kevin Breel is a 22-year-old writer, comedian, and activist for mental health. His TED talk titled "Confessions of a depressed comic" has over 4 million views. Kevin brings warmth, humor and honesty to a topic many people are uncomfortable talking about. This presentation is appropriate for parents of children of all ages and children who are in middle school and older.

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## FOR PARENTS & CAREGIVERS

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**Thursday October 6<sup>th</sup> 12:00 pm**  
**Expectations & Excess with Michelle Albright**

Michelle Albright, PhD, is a licensed clinical psychologist and the Director of Weston Youth Services. Join Michelle for this fun and interactive workshop to learn how to manage expectations for ourselves and our children given the unique pressures of our community and county.

**Friday October 21<sup>st</sup> 10:00 am**  
**The Price of Privilege with Suniya Luthar**  
**Wilton High School Little Theater**

Suniya Luthar, PhD, is the Foundation Professor of Psychology at Arizona State University and Professor Emerita of Columbia University's Teachers College. Dr. Luthar is one of the first researchers to acknowledge that affluent teenagers experience high levels of anxiety and depression.

**JOIN OUR EMAIL LIST AT**  
**WESTONYOUTHSERVICES.ORG.**

**Tuesday November 1<sup>st</sup>**  
**Managing Social Media with Chris Parrott**  
**10:00 am at the Wilton Library and**  
**7:00 pm at the Weston Library**

Chris Parrott is a BPS Chartered Counseling Psychologist and the co-founder of the “Your Self Series,” a program to enhance the identity development of teenagers. Chris will discuss how to engage kids in meaningful conversations about media use and abuse.

**Wednesday February 1<sup>st</sup>**  
**10:00 am at the Weston Library and**  
**7:00 pm at the Wilton Library**  
**Raise Your Child to be a Resilient Adult with**  
**Tracey Masella**

Tracey Masella is an adolescent social worker at Silver Hill Hospital. She will discuss how to promote resilience among children in order to nurture healthy and successful adults.

**Tuesday March 7<sup>th</sup>**  
**10:00 am at the Wilton Library and**  
**7:00 pm at the Weston Library**  
**Delay Your Gray with Liz Jorgensen**

Liz is a psychotherapist specializing in substance abuse. Liz will discuss how to keep your teenager safe and yourself sane by managing moods and setting effective limits.

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## “Keeping it Local”

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Weston Parks & Recreation and Weston Youth Services are committed to “**Keeping it Local**” by providing high quality programs facilitated by local instructors right here in Weston. We want to be the first place you look for enriching activities for children, adults, and families. We take pride in serving our community and hope by “Keeping it Local” you will show your support of our departments, our programming, and our town.

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## Registration Dates

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### **Parks & Recreation: Fall**

August 22, 12:01 AM- Online Registration

August 23, 9:30 AM- Office Registration & Non- Resident Registration

### **Aquatics: Fall**

August 25, 12:01 AM- Online Registration

August 26, 9:30 AM- Office Registration & Non- Resident Registration

### **Youth Services: Fall**

September 13, 10:01 PM- Online Registration

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### **Parks & Recreation: Winter**

November 14, 12:01 AM- Online Registration

November 15, 9:30 AM Office Registration & Non- Resident Registration

### **Aquatics: Winter**

November 17, 12:01 AM- Online Registration

November 18, 9:30 AM Office Registration & Non- Resident Registration

### **Youth Services: Winter**

November 15, 10:01 PM- Online Registration