

Town Of Weston

Weston Parks & Recreation Department, 47 Norfield Road, Weston, CT

**Recreation News Column**

Sept. 11, 2017

**For Further Information Please Visit Our Website**

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

Prior to registration online make sure you have updated your household account for 2017-18 school year. Review your family's household account with your child's current age, grade, address, phone number, etc. You will not be able to complete the online registration for any program if you do not do this.

See the website [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) for more information.

**\*\*\*FALL PROGRAM REGISTRATION!\*\*\***

Fall program registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec). You will also find on our website video tutorials to help with your registration. Program questions should be directed to Program Director, Joe at 203-222-2675.

**\*\*\*PUBLIC POOL PERMITS\*\*\***

The Weston Middle School will be open for public swim beginning Saturday, Sept. 23<sup>rd</sup>. The pool is available for lap swim begins Sept. 18<sup>th</sup>. Days/times: Monday, Wednesday and Friday from 6:15 a.m. – 7:15 a.m., Tuesday and Thursday from 8:00 p.m. – 9:00 p.m. and Saturday and Sunday from 2:00 p.m. – 5:00 pm. A permit is required and available in the Recreation office or on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec). Fee: \$100.00 – Weston family, \$50.00 for adults or non-adults. Daily drop in fee is \$5.00 per person. Weston seniors (ages 62 and up) is free!!

**\*\*\*FALL SWIM LESSONS – SATURDAY AND SUNDAY (NEW)\*\*\***

Fall swim lessons will begin on Saturday, Sept. 23<sup>rd</sup> and a NEW Sunday class beginning on Sept., 24<sup>th</sup>. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office at 47 Norfield Road if space is available for Weston residents. Saturday classes are: Parent toddler (ages 1 – 3 years), Special Needs and Levels 1 – 5. Sunday classes are: Levels 1 – 5. Limited spaces!

**\*\*\*SUNDAY SPRINGBOARD DIVING CLASSES\*\*\***

Coach Patty Nizlek will be offering a Springboard diving class this fall! Day/Dates: Sunday, Sept. 24<sup>th</sup> – Dec. 10<sup>th</sup>. Registration has begun online on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available. Fee: \$270.00 for 9 classes.

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**\*\*\*LITTLE KICKERS – AGES 3 -5\*\*\***

Instructor Kerin Whitmore will once again teach this karate class for children ages 3 -5 years. Children will learn the basics of karate, control and discipline through lots of fun games! Day/dates: Wednesday, Sept. 13<sup>th</sup> – Nov. 1<sup>st</sup>. Fee: \$145.00 for 8 classes. Time: 3:30 p.m. – 4:00 p.m. Registration has begun. Limited spaces!

**\*\*\*GOOD CITIZEN DOG OBEDIENCE – FALL\*\*\***

Join instructor, Janet Metzger for this 7 week dog training course. Classes held at the Hurlbutt Elementary School North House. Day/dates: Saturday: Sept. 9<sup>th</sup> – Oct. 28<sup>th</sup>. Time: 9:00 a.m. - Beyond Beginners, 10:00 a.m. - Beginners or 11:00 a.m. – Puppy Kindergarten. Fee: \$195.00 for Puppy Kindergarten and Beginners or \$185.00 for Beyond Beginners. If you have any questions or to register, contact Janet at 203-938-2951 or mandjmetzger@optonline.net.

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**\*\*\*RUNNING PROGRAMS GRS. K - 5\*\*\***

This Fall marks the return of “Rise & Run” the before school running club that meets Mondays for grades 3-5 at WIS and Wednesdays, grades K-2. The class will meet from 7:45 A.M. until 8:15. We will also welcome back WIS Running Club Wednesdays after school for students in grades 3-5. Coaches Pascal Butcher and Megan Cebulski will educate students through games, drills and challenges. These programs are a fun way to keep your child active. Registration has begun online on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

**\*\*\*TENNIS LESSONS – GRS. K – 2\*\*\***

Join instructor Doug Barshop for this after school tennis lessons program. Dates: Sept. 12<sup>th</sup> – Nov. 14<sup>th</sup>. Fee: \$170.00 for 8 classes. This class is full. You may call the Recreation office to be put on a wait list.

**\*\*\*HURLBUTT SPORTS & FITNESS – GRS. K – 2\*\*\***

This program reflects some of the schools’ PE programs in addition to other activities. Instructor Cathy Klein will offer the Kindergarten program held on Mondays beginning Sept. 18<sup>th</sup> – Nov. 13<sup>th</sup>. Fee: \$144.00 for 8 classes. Instructor Wyatt Hallgren will offer the grades 1 & 2 programs. Gr. 1 will be held on Wednesdays beginning Sept. 13<sup>th</sup> – Nov. 1<sup>st</sup>. Gr. 2 will be offered on Thursdays beginning Sept. 14<sup>th</sup> – Nov. 16<sup>th</sup>. Fee: \$144.00 for either class. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

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**\*\*\*DANCERCISE & JUMP – GRS. K - 2\*\*\***

Instructor Cathy Klein will again teach this coed Dancercise & Jump class. Set in a lively musical environment your child will move through a series of exercise routines and have fun!!

Day/Dates: Friday, Sept. 15<sup>th</sup> – Nov. 10<sup>th</sup>. Fee: \$144.00 for 8 classes. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

**\*\*\*TENNIS LESSONS – GRS. 3 – 5\*\*\***

Instructor Doug Barshop for offer this tennis program for students in grs. 3 – 5. Participants will learn racquet skills, play games and learn tennis play formats. Limited spaces! This will fill quickly.

Day/Dates: Friday, Sept. 15<sup>th</sup> – Nov. 10<sup>th</sup>. Fee: \$160.00. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

**\*\*\*WIS SPORTS & FITNESS – GRS. 3 -5 \*\*\***

Instructors, Steve Santora, Tom Ehret and Dan Ungar will offer this popular after school program for children in grs. 3 – 5. This program allows children to burn off energy while playing PE games and is for all athletic levels. Dates: Monday, Sept. 11<sup>th</sup> – Nov. 6<sup>th</sup>, Tuesday, Sept. 12<sup>th</sup> – Nov. 14<sup>th</sup>, Wednesday, Sept. 13<sup>th</sup> – Nov. 1<sup>st</sup> or Thursday, Sept. 14<sup>th</sup> – Nov. 16<sup>th</sup>. Fee: \$144.00 for either day. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

**\*\*\*HIT IT CARDIO BOXING\*\*\***

Get some serious sweat on with this boxing and kickboxing class! Class combines upper and lower body exercises that will leave you feeling fit and strong. Day/Dates: Wednesday, Sept. 13<sup>th</sup> – Oct. 25<sup>th</sup>. Fee: \$175.00 for 7 classes. Instructor: Cyrece Lehrman. This class is full. You may call the Recreation office to be put on a wait list.

**\*\*\*CARDIO CHISEL\*\*\***

Join instructor Cyrece Lehrman, with this workout designed to be a total boost! No muscle will be untouched! Day/Dates: Tuesday, Sept. 12<sup>th</sup> – Oct. 24<sup>th</sup>. Fee: \$175.00 for 7 classes. Time: 8:30 a.m. – 9:30 a.m. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

**\*\*\*PILATES - NEW\*\*\***

Class is 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 and longer leaner muscle tone! Day/Dates: Thursday, Sept. 14<sup>th</sup> – Nov. 16<sup>th</sup>. Time: 6:00 – 7:00 p.m. Fee: \$120.00. Registration has begun on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office if space is available.

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