

Town Of Weston

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

**Recreation News Column**

Nov. 30, 2018

**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 2018-2019 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.

**\*\*\*WINTER REGISTRATION IS OPEN\*\*\***

Winter program registration is open on [www.westonct.gov/parksandrec](http://www.westonct.gov/parksandrec) and in the Recreation office, if space is available. 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. Registration has begun online and in the Recreation Department.

**\*\*\*MT. SOUTHLINGTON SKI/SNOWBOARDING – GRS. 6 – 8\*\*\***

This is a five week ski/snowboarding afterschool program for Middle School students. You must sign up for all five weeks. Day/dates: Thursday, Jan. 3<sup>rd</sup> – 31<sup>st</sup>. There are limited spaces. Registration will end on Dec. 7<sup>th</sup>. Please view flyer on website for fees.

**\*\*\*WESTON MIDDLE SCHOOL POOL\*\*\***

The Weston Middle School is open for adult/public swim. Weston residents and non-residents may purchase a permit. Fees: Weston residents: Family- \$150.00, Adult- \$100.00, drop in fee - \$5.00. Seniors ages 62 and up are free with a permit. Non-residents: Family- \$230.00, Adult- \$150.00. Times: Monday, Wednesday & Friday: 6:15 a.m. – 7:15 a.m. Thursday: 8:00 p.m. - 9:00 p.m. and Saturday and Sunday: 2:00 p.m. – 5:00 p.m. Registration has begun online and in the Recreation office. Check payable to "Town of Weston" in the Recreation office.

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### **\*\*\*TRIFITNESS\*\*\***

Reach your best swimming levels for fitness or competitions and swim with us! Dates: Saturday, Oct. 6<sup>th</sup> – Dec. 15<sup>th</sup>. Time: 12:30 p.m. - 1:30 p.m. To register or questions contact instructor Pascale Butcher at [www.trifitness.net](http://www.trifitness.net).

### **\*\*\*SATURDAY AND SUNDAY SWIM LESSONS - WINTER\*\*\***

Saturday and Sunday swim lessons offered through the American Red Cross will begin Saturday, Jan. 5<sup>th</sup> and Sunday, Jan. 6<sup>th</sup> for the winter session. Special Needs and Levels 1 – 5 will be offered. Please view flyer on website for times and fees.

### **\*\*\*SPRINGBOARD DIVING – AGES 8 AND UP\*\*\***

Learn how to dive or work on your dives with Coach Patty Nizlek. This beginning diving class requires no prior diving experience. Must be ages 8 and up. Day/dates: Sunday, Jan. 6<sup>th</sup> – March 3<sup>rd</sup>. Fee: \$210.00 for 7 classes. Questions, contact Patty at [patricianizlek@westonps.org](mailto:patricianizlek@westonps.org).

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

Children will learn the basics of karate, control and discipline through games and activities. Dates: Thursday, Nov. 15<sup>th</sup> – Jan. 17<sup>th</sup>. Fee: \$150.00 for 8 classes. Limited space, program will fill quickly.

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

This course reflects some of the schools PE programs as well as many unique activities. Children will be challenged as individuals as well as part of teams. Great way to end the school day! Gr. K will be instructed by Cathy Klein. Day/dates: Monday, Nov. 26<sup>th</sup> – Feb. 4<sup>th</sup>. Gr.1 & 2 will be instructed by Wyatt Hallgren. Day/dates: Wednesday, Nov. 28<sup>th</sup> – Jan. 30<sup>th</sup> and/or Thursday, Nov. 15<sup>th</sup> – Jan. 17<sup>th</sup>. Fee: \$144.00 for each program.

### **\*\*\*DANCERCISE & JUMP\*\*\***

Boys and girls in grades K – 2 will move through a series of exercise routines set in a lively musical environment. Focus is on health, friendship and fun! Day/dates: Friday, Nov. 16<sup>th</sup> – Jan. 18<sup>th</sup>. Fee: \$144.00 for 8 classes.

### **\*\*\*TENNIS – GRS. K-2\*\*\***

Learn to play tennis with instructor Doug Barshop! Class meets Tuesday, Nov. 13<sup>th</sup> – Jan. 15<sup>th</sup>. Fee: \$170.00 for 8 classes. This program is now full. Please call to leave your name and number.

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**\*\*\*WIS SPORTS & FITNESS\*\*\***

This class provides fun and exercise while playing classic and new PE games. Days: Tuesday, Wednesday and Thursday. Monday class is full. You may sign up for one or more days! Fee: \$144.00 per day.

**\*\*\*WIS-FIT GRS. 3-5\*\*\***

A speed & agility training program specifically designed for each athlete with a common goal to enhance foot speed, gain power and become more flexible. Day/dates: Wednesday, Jan. 2<sup>nd</sup> – Feb. 6<sup>th</sup>. Fee: \$120.00 for 6 classes. Limited space!

**\*\*\*YOUTH WRESTLING – GRS. 2 – 8\*\*\***

Head Weston Wrestling Coach Mario Federici will offer this popular after school wrestling program. Day/dates: Friday, March 1<sup>st</sup> - 22<sup>nd</sup>. Time: 3:30 p.m. – 4:30 p.m.

**\*\*\*SATURDAY YOUTH BASKETBALL – BOYS & GIRLS GRS. K - 5\*\*\***

Saturday youth basketball programs will be offered for boys and girls in grades K – 5. A tutorial and game based program will introduce the sport of basketball. Day/dates: Saturday, Dec. 1<sup>st</sup> – Feb. 23<sup>rd</sup>. Please view brochure online for times.

**\*\*\*NEW\*\*\* WMS INTERMURAL SPORTS – GRS. 6 – 8\*\*\***

***Weston Middle School sports program is now being offered through the Parks & Recreation Dept. Programs offered will be run by the same instructors, same sports and same great service!***

**\*\*\*VOLLEYBALL\*\*\***

Volleyball Club is a great option for those who are interested in learning the sport and improving their skills. Day/dates: Tuesday, Nov. 13<sup>th</sup> – Jan. 15<sup>th</sup>. Fee: \$144.00 for 8 classes.

**\*\*\*AFTER SCHOOL BASKETBALL – GRS. 6 - 8\*\*\***

Weston Middle School pick- up basketball is a great addition to any team you're already on or the perfect way to review your skills while running and getting exercise. Day/dates: Monday, Dec. 3<sup>rd</sup> – Feb. 11<sup>th</sup>. Fee: \$144.00. Time: 2:45 p.m. – 4:00 p.m.



**\*\*\*AFTER SCHOOL H.S. BASKETBALL – GRS. 9 – 12\*\*\***

Have fun and get exercise in this low key after school basketball program for boys. Days/dates:

Wednesday: GRS. 9 & 10, Dec. 5<sup>th</sup> – Feb. 6<sup>th</sup>

Thursday: GRS. 11 & 12, Dec. 13<sup>th</sup> – Feb. 7<sup>th</sup>

Friday: GRS. 9 – 12 Dec. 14<sup>th</sup> – Feb. 8<sup>th</sup>

Fee: \$110.00 for either day

