

Town Of Weston

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

**Recreation News Column**

Sept. 14, 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.

**\*\*\*FALL REGISTRATION IS OPEN\*\*\***

Please view our program flyers/catalog which are online and in the Recreation office. Preschool classes, before and after school classes, tennis classes and swim lessons are some of our offerings throughout the year. 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.

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

The Weston Middle School will open for public swim on Saturday, Sept. 22<sup>nd</sup>. 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. Tuesday & Thursday: 8:00 p.m. - 9:00 p.m. and Saturday and Sunday: 2:00 p.m. – 5:00 p.m. Registration has begun. 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).  
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**\*\*\*SATURDAY AND SUNDAY SWIM LESSONS\*\*\***

Saturday and Sunday swim lessons offered through the American Red Cross will begin Sept. 22<sup>nd</sup> – Dec. 8<sup>th</sup>. Parent/toddler classes for ages 1 – 3 years, 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, Sept. 23<sup>rd</sup> – Dec. 2<sup>nd</sup>. Fee: \$270.00 for 9 classes. Questions, contact Patty at [patricianizlek@westonps.org](mailto:patricianizlek@westonps.org).

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

Children will learn the basics of karate, control and discipline through games and activities. Dates: Thursday, Sept. 13<sup>th</sup> – Nov. 1<sup>st</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, Sept. 17<sup>th</sup> – Nov. 19<sup>th</sup>. Gr.1 & 2 will be instructed by Wyatt Hallgren. Day/dates: Wednesday, Sept. 12<sup>th</sup> – Nov. 14<sup>th</sup> and/or Thursday, Sept. 13<sup>th</sup> – Nov. 1<sup>st</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, Sept. 14<sup>th</sup> – Nov. 9<sup>th</sup>. Fee: \$144.00 for 8 classes.

**\*\*\*TENNIS – GRS. K-2\*\*\***

Learn to play tennis with instructor Doug Barshop! Class meets Tuesday, Sept. 11<sup>th</sup> – Oct. 30<sup>th</sup>. Fee: \$170.00 for 8 classes. This program is full. Call the Recreation office to leave your name on a waitlist.

**\*\*\*RISE & RUN – GRS. K – 2\*\*\***

This morning club gives younger athletes an entry into the popular, fun and healthy sport of running. Great way to burn off energy before the school day! Day/dates: Wednesday, Sept. 26<sup>th</sup> – Nov. 7<sup>th</sup>. Fee: \$70.00 for 6 classes.

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**\*\*\*AFTER SCHOOL RUNNING CLUB- GRS. 3-5\*\*\***

This after school Tri-fitness running club gives younger athletes an entry level on the healthy sport of running! Day/dates: Wednesday, Sept. 26<sup>th</sup> – Nov. 7<sup>th</sup>. Fee: \$120.00 for 6 classes.

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

This class provides fun and exercise while playing classic and new PE games. Days: Monday, Wednesday and Thursday. You may sign up for one or more days! Fee: \$144.00 for 8 classes.

**\*\*\*WIS RISE & RUN\*\*\***

This program will give students the opportunity to burn off energy before school begins. Day/dates: Monday, Sept. 24<sup>th</sup> – Nov. 12<sup>th</sup>. Time: 7:45 a.m. – 8:15 a.m. Fee: \$70.00 for 6 classes.

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

This popular tennis program will teach participants racquet skills, play games and learn tennis play formats. Day/dates: Friday, Sept. 14<sup>th</sup> – Nov. 9<sup>th</sup>. Fee: \$160.00 for 8 classes. This program is full. Call the Recreation office to leave your name on a waitlist.

**\*\*\*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!***

**\*\*\*WMS SPORTS & FITNESS\*\*\***

Program will offer playing classic and some new PE games. Participants will enjoy having fun while getting exercise! Days/dates: Monday, Sept. 17<sup>th</sup> – Nov. 19<sup>th</sup> and/or Wednesday, Sept. 12<sup>th</sup> - Nov. 14<sup>th</sup>. Fee: \$144.00 for 8 classes.

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

Volleyball Club is a great option for those who are interested in learning the sport and improving their skills. Day/dates: Tuesday, Sept. 11<sup>th</sup> – Oct. 30<sup>th</sup>. Fee: \$144.00 for 8 classes.

**\*\*\*ULTIMATE FRISBEE\*\*\***

This popular program is returning and is one of the fastest growing sports around! Day/dates: Tuesday, Sept. 11<sup>th</sup> – Oct. 30<sup>th</sup>. Fee: \$155.00 for 8 classes. This will fill up quickly!

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**\*\*\*RUN CLUB\*\*\***

WHS coach Medve will take you through all aspects of running and cross country to help you improve your pace and technique! Day/dates: Thursday, Sept. 13<sup>th</sup> – Nov. 1<sup>st</sup>. Fee: \$144 for 8 classes.

**\*\*\*GOOD CITIZEN DOG TRAINING\*\*\***

Instructor Janet Metzger will offer a fall dog training course. This seven week course will be taught on Saturday, Sept. 8<sup>th</sup> – Oct. 27<sup>th</sup>. Beyond beginners, beginners and puppy kindergarten levels will be offered. Fees: \$210.00 for puppy kindergarten & beginners and \$195.00 for beyond beginners. Contact Janet at [mandjmetzger@optimum.net](mailto:mandjmetzger@optimum.net) to register or for further information.

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