

Town Of Weston

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

Recreation News Column

Feb. 10, 2017

For Further Information Please Visit Our Website www.westonct.gov

Prior to registration online make sure you have updated your household account for 2016-2017 school years. 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 for more information.

*****WINTER PROGRAM REGISTRATION*****

Winter registration for some new programs has begun. You may register on www.westonct.gov. You will also find video tutorials to help with the registration. Program questions should be directed to Program Director, Joe at 203-222-2675.

*****SPORTS & FITNESS – GRS. K*****

Sports & Fitness for kindergarten with instructor Cathy Klein will begin on Monday, Feb. 13th – April 24th. Registration has begun. Limited space, don't get closed out! Time: 3:15 p.m. – 4:15 p.m. Location: North House gym.

*****SPORTS & FITNESS – GRS. 1 & 2*****

Instructor, Wyatt Hallgren will be offering Sports & Fitness for children in grades 1 & 2. Registration has begun. Class held on Wednesday for grade 1 and Thursday for grade 2. Fee: \$144.00 for either class. Limited space, register early!

*****SPORTS & FITNESS – GRS. 3 – 5*****

Instructors Steve Santora and Tom Ehert will be offering Sports & Fitness for grades 3 – 5. This after school program combines fun and exercise for all athletic levels! Days/dates: Monday, Feb. 13th – April 24th, Tuesday, Feb. 7th – March 28th, Wednesday, Feb. 1st – March 22nd and Thursday, Feb. 2nd – April 6th. Fee: \$144.00 for either day. Time: 3:20 p.m. – 4:20 p.m. Registration has begun.

*****TINY TUMBLERS – GRS. K – 2*****

Join Megan Cebulski for this after school program which will help build strength, balance and agility. Students will learn basic tumbling skills with games and activities. Day/dates: Friday, Feb. 10th – April 7th. Time: 3:15 p.m. – 4:15 p.m. Fee: \$126.00. This class is full.

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*****WINTER SWIM PROGRAMS*****

Winter swim program is underway!! The winter aquatic lessons are held on Saturday mornings for various ages and swim levels. We also offer Sunday springboard diving lessons, adult swim lessons and private swim lessons. Lifeguard training courses are also offered at various times. Please call to leave your name and phone number for the next class offered. Please view our swim flyer on the website.

*****WESTON MIDDLE SCHOOL POOL PERMITS*****

The Weston Middle School pool is open for public and lap swimming. Please view the flyer on www.westonct.gov for detailed information. A pool permit is required or you may come and pay a drop in fee of \$5.00 per person each visit.

*****TRIFITNESS SWIM TRAINING FOR TRIATHLETES*****

Coach Pascale Butcher is offering swim training classes on Saturdays. Time: 12:30 p.m. – 1:45 p.m. For more information or to register contact Pascale at pascalebutcher@trifitness.net.

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

Learn how to dive or work on your dives with Coach Patty Nizlek. Days/dates: Sunday, March 26th – May 21st. Time: 11:45 a.m. – 1:00 p.m. or Wednesday, April 5th – May 24th. Time: 3:45 p.m. – 4:45 p.m. Fee: \$210.00 for either class. Limited spaces! Registration will begin on Wednesday, March 1st on www.westonct.gov or Thursday, March 2nd in the Recreation office if space is available for Weston residents.

*****WIS FIT – GRS. 3 -5*****

Join Coach Pascal Butcher with this popular after school program. This class focuses on speed and agility training specifically designed for each athlete with a common goal to enhance foot speed, gain power and become more flexible. Questions contact Pascale at info@trifitness.net or call 203-612-8815. Day/dates: Wed., Feb. 15th – March 22nd. Time: 3:30 p.m. – 4:30 p.m. Fee: \$120.00. Register early, limited space.

*****BACKYARD SPORTS PLUS*****

*****SPECIAL NEEDS TENNIS – GRS. K – 8*****

Backyard Sports Plus tennis program is for children with Special Needs in grades K – 8. This program provides a safe and appropriately competitive environment for children to learn and enjoy sports. Registration has begun on www.westonct.gov. Dates: Sunday, Feb. 26th – April 2nd. Fee: \$150.00 for six classes.



*****WESTON YOUTH COED WRESTLING – GRS. 2 - 8*****

Join Head Weston Wrestling coach Mario Federici and Wrestling Coach Rick Sloat for this after school program. Dates: Friday, March 3rd – 24th. Fee: \$125.00. This program will be held in the Weston High School old gym. Time: 3:30 p.m. – 4:30 p.m. Minimum of 10 students required.

*****ULTIMATE FRISBEE – GRS. 6 – 8- SPRING*****

Ultimate Frisbee is an incredibly fun and active sport encouraging exceptional sportsmanship and overall fitness!! Join Wilton PE teacher Mike Roberto in this seven week course. Day/dates: Tuesday, April 18th – May 30th. Fee: \$150.00. Registration will begin on Monday, March 20th at 12:01 a.m. online at www.westonct.gov. If space is available walk in registration begins at 9:30 a.m. in the Recreation office. Time: 4:10 p.m. – 5:10 p.m.

*****CARDIO CHISEL*****

Cyrece Lehrman will give you a total body boost and leave no muscle untouched! Alternating between blasts of cardio and toning exercises you will feel the burn long after the hour is up. Days/dates: Tuesday, April 18th – May 30th, Thursday, April 20th – June 1st or Tuesday & Thursday class, April 18th – June 1st. Fee: \$150.00 for Tuesday or Thursday, \$250.00 for Tuesday and Thursday class. Registration will begin on Monday, March 20th at 12:01 a.m. online or Tuesday, March 21st at 9:30 in the Recreation office if space is available.

*****HIT IT CARDIO KICKBOXING*****

Instructor, Cyrece Lehrman will be offering HIT IT for ages 12 years and up! This cardio based class combines upper and lower body exercises that will leave you feeling fit and strong. Any level of experience is welcome. Day/dates: Tuesday, Feb. 21st – March 21st. Fee: \$125.00. Time: 7:00 p.m. – 8:00 p.m. Limited space. Registration has begun.

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