



Weston Parks & Recreation Department

P.O. Box 1184, WESTON, CT 06883 Tel. 203-222-2655

LOCATION: 47 NORFIELD RD. (CORNER OF ROUTE 57 & NORFIELD RD.)

www.westonct.gov - Parks & Recreation

WIS – RUNNING CLUB – GRADES 3 – 5

This after school Trifitness 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 or call 203-255-8892.

DAY/DATES: Wed., April 20, 27, May 4, 11, 18 & 25

Rain dates: June 1 & 8

TIME: 3:20 p.m. – 4:20 p.m. Bring running shoes and water bottle each week

LOCATION: All students meet in the cafeteria after school. Please pickup in front of the WIS main entrance.

FEE: \$120.00 for six weeks

INSTRUCTOR(S): Pascale Butcher, All-American Triathlete and owner of Trifitness of Fairfield

REGISTRATION: Online Registration: Begins on Thursday, March 31st at 12:01 a.m. at www.westonct.gov. Walk in Registration: Begins on Thursday, March 31st at 9:30 a.m. in the Recreation office. Payment made by credit card only online and check only to the Town of Weston in the Recreation office.

Early registration is encouraged and recommended. This program will fill up quickly. Prior to registration online make sure you have your Web Trac user I.D. and password setup. If you already have an account make sure your information has been updated (i.e. address, grade, age, etc.)