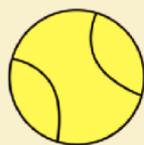


SPRING 2018



WESTON PARKS • AND • RECREATION

AFTER SCHOOL
RUNNING
AQUATICS
ULTIMATE

47 NORFIELD RD.
203-222-2655
WESTONCT.GOV/
PARKSANDREC

Adult & Fitness Programs

Registration: Online: 3/19 12:01 A.M.

www.westonct.gov/parksandrec

Walk in & Non-Residents 3/20- 9:30 A.M. – 47 Norfield Road.

Program Locations:

Senior Center Multipurpose Room: Weston Senior Center is located in the South House Section of Hurlbutt Elementary School. The Multipurpose Room is the second room on the right.

Senior Center Exercise Room: Located at the end of the hallway on the left.
9 School Road. Weston, CT

“Hit it” Cardio Boxing

Get some serious sweat on with our boxing class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any experience level welcome. *Limited amount of gloves to borrow, we recommend having your own along with a towel, mat and plenty of water. **Drop in space limited for \$30/class, please contact instructor to ensure availability.

Session III:

7-8 P.M. Wednesday: 4/18-6/6

Sr. Center All Purpose Room

Fee: \$200 for 8 classes

Instructor: Cyrece Lehrman

Drop in space limited for \$30/class, please contact instructor to ensure availability

HIT IT- CARDIO BOXING
WESTON PARKS & RECREATION
SIGN UP NOW!

WESTONCT.GOV/PARKSANDREC
Summary 8:10
TOTAL TIME
1:26:57
ACTIVE CALORIES
506CAL
TOTAL CALORIES
623CAL

BURN IT

CLASSES BEGIN 4/18

The image shows a close-up of a smartwatch screen displaying fitness tracking data. The watch is black with a white screen. The background is a blurred image of a person's arm and shoulder. The text on the watch screen is in white and yellow. A yellow arrow points from the 'BURN IT' text at the bottom left towards the watch screen. The overall design is modern and energetic, with yellow and black as primary colors.

After-School & Pre-School Programs

Registration: Online: 3/19 12:01 A.M.

www.westonct.gov/parksandrec

Walk in & Non-Residents 3/20- 9:30 A.M. – 47 Norfield Road.

Program Locations:

Senior Center Multipurpose Room: Weston Senior Center is located in the South House Section of Hurlbutt Elementary School. The Multipurpose Room is the second room on the right.

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Pre-School Programs

Little Kickers

This 30 minute karate class is suitable for ages 3-5. Children will learn the basics of karate, control and discipline through lots of fun games and activities. The lessons will be structured around mindfulness ending with yoga to center and ground them. The last class is a karate show for family and friends. *Kids should wear comfortable attire- No tights or dresses*

Program Dates: 4/18-5/23

Wednesday: 3:30-4:00 P.M.

Location: Fitness Room, Senior Center

6 Classes for \$113

Instructor: Kerin Whitmore

This program fills quickly- don't wait!

Let's Get Movin'



Your child will have fun movin' and groovin' in this 45 minute class. Give your preschooler the chance to release energy, play with friends, and sing songs in a group setting.

*Parents are invited to join their child the last class of the session for the last 15 minutes for a group activity.

Program Dates: 4/19-5/24

Thursdays: 3:30-4:15 P.M.

Location: Weston Senior Center

6 Classes for \$113

Instructor: Jr. Eagles Camp Directors- Sandy Bucaro & Ginny Campbell

Hurlbutt Elementary School

Hurlbutt Sports and Fitness

This course reflects some of the schools PE programs as well as many unique activities. Players will find themselves challenged as individuals as well as part of teams. Each session incorporates warm-up time where they can freely select from numerous activities and then a structured event. Laughing is good and effort is the goal. *Now you can sign up for Wednesday and/or Thursday Grades 1 & 2

Time: 3:10- 4:10 P.M.

Location: North House Gym

Kindergarten: Monday: 4/16-6/4

Instructor: Cathy Klein

Fees: \$144- 8 Classes

Grades 1 & 2: Wednesday: 3/28-5/23

Grades 1 & 2: Thursday: 5/3-6/7 (**\$126**)

Fees: \$144- 8 Classes

Instructor: Wyatt Hallgren

K-2 Tennis by *Backyard Sports*

Program and curriculum based on USTA 10 and Under Quick-Start tennis play format. Age appropriate sized rackets and balls will be provided. Portable 18 foot nets will be used.

Tuesday: 4/17-6/11

3:15-4:15 P.M.

Location: Meet: North House Gym

Fee: \$170- 8 Classes

Instructor: Doug Barshop

*** This class has a maximum attendance of 8- it will fill VERY quickly***

Rise & Run

This morning club gives younger athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching and warm up techniques. The sport of running will be taught through fun and exciting games that will naturally allow the children to run without them actually knowing it! This program will give children K-2 the opportunity to burn off some of their energy before the school day; getting their bodies and brains ready to learn and be more engaged in their classrooms. Bring: Water, comfortable shoes- the program is outdoors please dress accordingly.

Wednesday: 4/4-5/30

7:45 A.M. – 8:15

Location: Meet at Weston Senior Center- class on South House Lawn

Fee: \$90 for 8 Classes

Instructors: Pascal Butcher

Weston Intermediate School

After School Running Club

This after school Tri-fitness 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. Bring: Water, comfortable shoes- the program is outdoors please dress accordingly.

Questions contact Pascale at info@trifitness.net or call 203-612-8815

Program Dates: 4/4-5/30

Wed: 3:30-4:30 P.M.

Location: Sr. Center Multipurpose Room

Fee: \$160- 8 Classes

Instructor: Pascale Butcher

WIS Sports and Fitness

This tried and true after school program combines fun and exercise. This class provides students an opportunity to run around and blow off some energy from the school day. All while playing classic & new PE games. This class is for all athletic levels and simply asks that its participants “try their best.”

Time: 3:20-4:20 P.M.

Monday: 4/16-6/4

Tuesday: 4/17-6/5

Wednesday: 3/28-5/23

Thursday: 5/10-6/7 (7 classes for \$126)

Location: WIS Gym

Fee: \$144- 8 Classes

Instructors: Tom Ehret and Dan Ungar

Rise & Run

This morning club gives athletes an entry into the popular, fun and healthy sport of running. Children will learn proper stretching and warm up techniques. The sport of running will be taught through fun and exciting games that will naturally allow the children to run without them actually knowing it! This program will give children grades 3-5 the opportunity to burn off some of their energy before the school day; getting their bodies and brains ready to learn and be more engaged in their classrooms. Bring: Water, comfortable shoes- the program is outdoors please dress accordingly.

Monday: 4/2- 6/4

7:45 A.M. – 8:15

Location: Meet at WHS Track

Fee: \$90 for 8 Classes

Weston Parks & Recreation programs cannot be prorated. Refunds are given before the begins and ONLY after with a Doctor's note.

Ultimate Frisbee

Registration: March
19th

Join the sport
with over 5
million players
in the US & the
fastest growing
sport nationally!

westonct.gov/parksandrec



Where: WMS Field
Who: WMS Boys & Girls
When: Tuesday 2:35-4:15
Dates: 4/17-6/5
Cost: \$155 for 8 Wks.
Coach: Dan O'Connor

**Participants receive a
shirt & disc

Coach's Bio:

Coach Dan O'Connor has been competing in Ultimate for over 30 years, he's hosted & coached area leagues and tournaments including "Circles on Sounds" and The "Turkey Bowl" tournament; one of the longest running Ultimate tournaments. His dedication to the growth of the sport makes him a perfect addition for Weston!