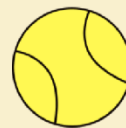


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2018**



**WESTON
PARKS
• AND •
RECREATION**

**AFTER SCHOOL
RUNNING
AQUATICS
ULTIMATE**

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

Adult Fitness Programs

www.westonct.gov/parksandrec

Program Locations:

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

"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 is limited- \$30/class, please contact instructor to ensure availability.

May Session:

7-8 P.M. Wednesday 5/2-5/30

Sr. Center All Purpose Room

Fee: \$125 for 5 classes

Instructor: Cyrece Lehrman

Cardio Chisel

It's all in a name....this workout is designed to be a total body boost! We leave no muscle untouched. Alternating between blasts of cardio and toning exercises, you will feel the burn long after the hour is up. Many exercises can be modified to suit the "bad back or tight hamstrings". Please bring a towel, water and a mat.

7- 8 P.M. Monday: 4/16- 5/21

Sr. Center All Purpose Room

Fee: \$150 for 6 sessions

Instructor: Cyrece Lehrman

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

Make Up's & Refund Policy:

Many programs build a snow-day or two into our program- Weston Parks & Recreation will attempt to make up programs due to weather, if you cannot attend the make up sessions, you may "gift" that class to a friend.

No refunds/prorating once a program has begun, except with a Doctor's note.

Pre- School Programs

www.westonct.gov/parksandrec

Program Locations:

Senior Center Activity Room: Located at the end of the hallway on your left. 9 School Road. Weston.

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: 4/18-5/30 (No class 5/2)

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 minutes for a fun group activity!*

Program Dates: 4/19-5/31 (No: May 10)

Thursdays: 3:30-4:15

Location: Fitness Room, Senior Center

6 classes for \$113

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

Make Up's & Refund Policy:

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No refunds/prorating once a program has begun, except with a Doctor's note.

After School Programs: Hurlbutt Elementary

Hurlbutt Sports & 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. *You can now sign up for Wednesday and/or Thursday- Grades 1 & 2

Location: North House Gym Grades 1 & 2: Wednesday- 4/4-5/30 (\$144)

Kindergarten: Monday 4/16-6/4 Grades 1 & 2: Thursday- 5/3-6/7 (\$108)

Instructor: Cathy Klein Fees: \$144- 8 classes

Fees: \$126- 7 Classes Instructor: Wyatt Hallgren

Powerful Play

Powerful Play: Children rediscover the lost art of “Free Play” in this fun after school program where kids can be kids. After the structure and rigidity of the school day, participants will be given the guidance, freedom, and opportunity to create and run their own games, use equipment creatively, work collaboratively, and engage in open ended play. Studies have shown that “Free Play” promotes creativity, compromise, friendship, and other important social skills all while kids get the exercise they need. Children enrolled in the Powerful Play program will learn problem solving skills, self-regulation, leadership, decision making, organization, and other executive functioning skills while having fun with friends!

Friday: 4/20-6/1

Location: North House Gym

\$126 for 7 classes

Instructor: Kevin Guertin

K-2 Tennis by Backyard Sports

Tuesday: 4/24-6/12

3:15-4:15

Location: Meet: Courtyard Exit **Pickup: Rear Courtyard- Coley Field (next to Weston Library)**

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. This program will give children 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- this program is outdoors please dress accordingly.

Wednesday: 4/4-5/30

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

7:45 A.M.- 8:15 A.M.

Fee: \$90 for 8 classes

Instructor: Pascal Butcher

After School Programs: 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.

Bring: Water, comfortable shoes- this program is outdoors, please dress accordingly.

Program Dates: 4/4-5/30

Wednesday: 3:30-4:30

Location: Meet- WIS Cafeteria. Pick Up: front of WIS

Fee: \$160- 8 classes

Instructor: Pascal Butcher

WIS Sports & Fitness

This tried and true after school programs 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 and new PE games. This class is for all athletic levels and simply asks that its participants "try their best."

Time: 3:15-4:15

Monday: 4/16-6/4 – No class 5/28 (\$126)

Tuesdays: 4/24-6/5 (\$126)

Wednesday: 4/4-5/30 (\$144)

Thursday: 5/3-6/7 (\$108)

Location: WIS Gym

Fee: \$126-7 classes, \$144 for 8 classes.

Instructors: Tom Ehret & Dan Ungar

WIS 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. This program will give children 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- this program is outdoors please dress accordingly.

Monday: 4/2-6/4

7:45 A.M.- 8:15 A.M.

Location: Meet at WHS track

Fee: \$90 for 8 classes

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!