

## Rise & Run-7:45-8:15 A.M.



HES- K-2- Wednesday  
4/26-6/7



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.



### Class Information

Price: \$75 for 7 sessions

Program Dates: 4/26-6/7

Instructors: Pascale Butcher, Trifitness Founder  
Ms. Megan Cebulski, teacher HES

Classes will meet at the front of HES at 7:45 A.M. please come dressed in comfortable clothes and sneakers. Students should bring a water bottle and towel, this program is outdoors- please dress accordingly.

Registration has begun at [www.westonct.gov](http://www.westonct.gov) or in the recreation office at 47 Norfield Rd. Weston, CT 06883  
203-222-2655



**[WWW.WESTONCT.GOV/PARKSANDREC](http://WWW.WESTONCT.GOV/PARKSANDREC)**  
Questions contact Pascale at [info@trifitness.net](mailto:info@trifitness.net)  
Or call 203-612-8815

