

WESTON PARKS & RECREATION

FALL 2020: BEGINS OCTOBER, 5TH

NEW!

UPDATED: 9/30

203.222.2655

westonct.gov/parksandrec



47 Norfield Road

P.O. Box 1184



WESTON PARKS AND RECREATION FALL 2020 - SESSION 10/5-10/29



M= Monday T= Tuesday W= Wednesday TR= Thursday

HES

Sports + Fitness- K-2: This program will meet on North House Playground and blacktop for a fun filled session of outdoor fun. Think of it like an extra recess! Wyatt Halgren and Cathy Klein will facilitate the fun!

Thursdays
3:30-4:30 P.M.
10/8, 10/15, 10/22, 10/29
\$80 for 4 Sessions

Tennis- Gr. K-2: Tennis lessons will focus on INTRODUCTORY skills, using age appropriate racquets, nets and balls. This program is a perfect starter for anyone interested in Tennis. HES rear lower blacktop (next to new playground)
Mondays
3:30-4:30 P.M.
10/5, 10/19, 10/26, 11/2 (No Class: 10/12)
\$88 for 4 Sessions

WIS

Sports + Fitness- Gr 3-5: This program will meet on the WIS rear blacktop for a fun filled session of outdoor activity and games!

3:30-4:30 P.M.
Monday: 10/5, 10/19, 10/26, 11/2
Tuesday: 10/6, 10/13, 10/20, 10/27
Wednesday: 10/7, 10/14, 10/21, 10/28
Thursday: 10/8, 10/15, 10/22, 10/29
\$80 for 4 Sessions

Tennis- Gr. 3-5: Tennis lessons will focus on INTRODUCTORY and SECONDARY skills, using age appropriate racquets, nets and balls. This program is a perfect starter for anyone interested in Tennis and a great refresher for WIS students to get the dust off their racquet.
Thursdays:
3:30-4:30 P.M.
10/8, 10/15, 10/22, 10/29
\$88 for 4 sessions

Running Club:
Pascal will host another year of running club. Participants will enjoy speed, agility and distance training.
Wednesdays
3:30-4:30
10/7, 10/14, 10/21, 10/28
\$80 for 4 sessions

WMS

Cross Country : This program will teach fundamentals of running distance as well as proper stretching techniques. Unlike years past, this program will not offer meets this season.

Thursdays
3-4 P.M.
10/8, 10/15, 10/22, 10/29
\$80 for 4 sessions

** Programs are still being confirmed with instructors, if you don't see something from last year- it may still be coming! **

Mountain Biking Gr. 6-12

NEXT PAGE!

****Pre- School****

Multisport: Coach Sara will lead this children through various skills associated with many sports. Throwing, kicking, running and catching- just to name a few! Program will take place at Jarvis Yard- Parks and Recreation building.

3:45-4:15 P.M.
Wednesdays, Ages: 3-6
10/7, 10/14, 10/21, 10/28
\$80/4 sessions



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Special Events:

Weekend Family Fishing:

Ms. Lynn’s summer hit is back. Fishing for all ages. Children under 9 should be accompanied by an adult. Participants must bring their own equipment, we’ll supply the worms!

Class meets at Angler’s Dock, Valley Forge Road.

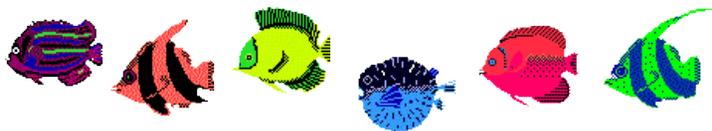
Dates: Saturday, 9/19: 3-5 P.M.

Sunday 9/20: 3-5 P.M.

Saturday 10/3: 3-5 P.M.

Sunday 10/4: 3-5 P.M.

\$30 per person.



Grades 6-12 Mountain Biking

Intermediate Mountain Biking:

For all of our two wheeled intermediate and expert riders- we’re thrilled to offer this returning hit! Riders will meet at Huntington Park in Redding for a 2 hour ride. **This class is ONLY for riders who have participated in this program before- due to safety and difficult terrain; this is not for those who have not taken the program before.

Thursdays 10/8, 10/15, 10/22, 10/29, 11/5, 11/12

Huntington Park- Main Entrance- 4-6 P.M.

\$250/6 rides

Beginner Mountain Biking Clinic:

The perfect introduction to mountain biking, one of the fattest growing sports in the world. Rob Hudak and James Fisher will facilitate starter skills, bike safety checks and lead riders through courses and drills set on Weston’s campus. *The class MAY meet 1 or 2 days at Huntington Park, Redding – depending on the group’s ability.

Tuesdays 10/6, 10/13, 10/20, 10/27, 11/10, 11/17

Rear Parking Lot- WMS 4-6 P.M.

\$250/6 Rides

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**MOUNTAIN
◆ BIKING
RIDES**



**INTERMEDIATE ONLY
GRADES 6-12**

- **THURSDAYS**
- **10/8, 10/15, 10/22, 10/29, 11/5, 11/12**
- **HUNTINGTON PARK- MAIN ENTRANCE - 4-6 P.M.**
- **\$250/6 RIDES**

This is an intermediate program for riders who participated in our program last summer. Program will cover the safety, bike maintenance and physical conditioning. Run by Weston School security Rob Hudak and James Fischer. Programs meet at HUNTINGTON PARK- REDDING

IF YOU HAVE NOT ATTENDING THIS PROGRAM BEFORE- YOU CANNOT SIGN UP FOR INTERMEDIATE!

westonct.gov/parksandrec

203-222-2655

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[CLICK HERE TO REGISTER](#)



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MOUNTAIN ● BIKING CLINIC

BEGINNERS WELCOME!

- **TUESDAYS 10/6, 10/13, 10/20, 10/27, 11/10, 11/17**
 - **REAR PARKING LOT- WMS 4-6 P.M.**
 - **\$250/6 RIDES**
- ## **GRADES 6-12**



The perfect introduction to mountain biking, one of the fattest growing sports in the world. Rob Hudak and James Fisher will facilitate starter skills, bike safety checks and lead riders through courses and drills set on Weston's campus. *The class MAY meet 1 or 2 days at Huntington Park, Redding – depending on the group's ability.

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EQUIPMENT INFORMATION:

Required equipment:

- Entry level mountain bike
 - o Front suspension
 - o Mountain bike tires
 - o More than 3 gears
- DOT certified helmet
- Full Finger Gloves
- Hydration system/pack

Recommended Equipment:

- Handheld Pump
- Spare tire tube
- Protection glasses/goggles
- Multi-tool
- Riding shorts with padding
- Moisture wicking short sleeve shirt
- Sneakers or light hiking shoes
- Bug Spray

**** YOU MUST HAVE PARTICIPATED IN OUR PROGRAM LAST YEAR/ BE AN INTERMEDIATE RIDER ****

Helpful link:

<https://sacredrides.com/blog/mountain-bike-gear-for-beginners>

westonct.gov/parksandrec



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***New Weather/Refund Policy: With all programs running outdoors, all Weston Parks and Recreation programs will now be refunded as a household credit if a program is canceled due to weather. With Cohorts operating at our schools we cannot send students on another day or continue to attempt to make up a program. In light of this a program would be prorated and paid back in the form of household credit. That credit does not expire and will be in your household account and will come off your next registration. Example: Program is for 8 classes at \$144 a session. If program is canceled one day due to rain, you would receive a household credit of \$18. ***

****With our smaller class sizes, this will allow the next session to stay on schedule and allow more participants to sign up.****

***** Weston's policy on refunds given before a program has begun will still stand- you must give the Parks and Recreation office notice via 203-222-2655 BEFORE a program begins to be eligible for a refund. *****