

Youth Programs

Do you want email updates about our programs?

Call or email our office at 860-530-1281 or kbindert@hebronct.com.

All emails are blind copied and we do not sell our email lists. Join today!

Taekwondo

Come join us and learn the traditional martial art of taekwondo. You will learn the basics for fitness, self-defense, and Olympic style sparing. This class is for beginners only! A traditional uniform is included. Classes are offered on different mornings and nights. Attend one or attend all of them.

Age	Day	Time	Date	Fee	Activity #	Section #
All ages	Any day	see below	01/30-03/13	\$99		00

Children 4 & 5 years old
 Time: 4:00pm - 4:45pm, M, W, F

Juniors 6 & up
 Time: 5:00pm - 5:50pm, M, W, F
 4:00pm - 4:50pm, Tu, Th
 6:10pm - 7:00pm, Tu, Th
 9:00am - 9:50am, Sat

Family Taekwondo (6 & up)
 Time: 6:10pm - 7:00pm, Tu, Th
 9:00am - 10:00am, Sat

Adult Classes
 Time: 6:00pm - 7:00pm, M, F
 7:15pm - 8:15pm, Tu, W, Th
 11:00am - 12:00pm, Sat



After School Art

Join Deb Pierce, from the Golden Egg Studio, for this after school art program. It will introduce your children to projects ranging from collage, sculpture, journal making and much more.

Location: Art Room at Gilead Hill School or Hebron Elementary School

Instructor: Staff - Deb Pierce

Grade	Day	Time	Date	Fee	Activity #	Section #
3-6	M	03:15-04:45P	01/09-03/12*	\$92	313500	00
3-6	Tu	03:15-04:45P	01/10-03/13*	\$92	313500	01
1-2	Th	03:15-04:45P	01/12-03/15*	\$92	313500	02
3-6	M	03:15-04:45P	04/02-06/04*	\$92	313500	03
3-6	Tu	03:15-04:45P	04/03-05/29*	\$92	313500	04
1-2	Th	03:15-04:45P	04/12-06/07*	\$92	313500	05

*NO CLASS 01/16, 02/20, 01/17, 02/21, 02/02, 02/23, 04/16, 05/28, 04/17, 04/19

Firefly Yoga for Kids

Let your light shine in this fun and creative yoga class for kids' grade 3 - 5! We'll move and groove to create fun poses, learn breathing techniques to soothe or energize, play yoga games, and get creative with journal writing and drawing...all in the name of self-expression! Ignite your firefly light and shine it out! Please bring a mat and a water bottle. Julie is a certified yoga instructor and holds a CT K-6 teacher certification in Elementary Education.

Location: Hebron Elementary School, Multipurpose Room

Instructor: Julie Freer

Age	Day	Time	Date	Fee	Activity #	Section #
Youth	W	3:30-4:30P	01/25-03/07*	\$66		01
Youth	W	3:30-4:30P	03/14-04/25*	\$66		02
Youth	W	3:30-4:30P	05/2-06/13*	\$66		03



***NO CLASS 02/20, 04/16, 5/28**



Intro to Guitar

This fun and exciting course is designed to teach students of all ages the basic fundamentals and techniques needed to play guitar of any musical style. Concepts taught will be: anatomy of electric and acoustic guitars, and basic sight-reading and song study. Classes will highlight individual as well as ensemble play. Bring a guitar if you have one. If you don't have a guitar you may rent one for \$35.00 payable to the instructor. An additional \$17.00 is required for the course book, payable to the instructor.

Location: Hebron Elementary School Multi-Purpose Room

Instructor: Staff - Mike Cancellaro

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	Tu	06:00-07:00P	01/31-03/27*	\$93	313501	00
Adult	Tu	06:00-07:00P	04/10-06/05*	\$93	313501	01

***NO CLASS 02/21, 04/17**