

Colchester Parks & Recreation Activity Guide



Winter/Spring 2012

Optimizing the Experience of Living!



Registration can be made as soon as you
receive this brochure.

On-line registration available!

www.colchestervt.gov

Office Hours: Monday - Friday: 8:00 a.m. - 4:00 p.m.

General Information

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DIRECTOR'S WELCOME

As I was driving into work one day, I had a chance to reflect on my role of Parks and Recreation Director for the Town of Colchester. I am quite fortunate to be able to work for such a recreation oriented community. But as a department, we have the ability to enrich the lives of the residents and non-residents who take part in our programs and visit our parks. With the economic challenges that we have before us it is great to know that our parks are a place to go and recreate. Be sure to try out the Hall Walking Program (page 21) in which we have partnered with the Colchester School District and the Vermont Department of Health. You cannot use the old "weather outside" excuse this winter.

As I write this, it is the last week of our seasonal park staff being with us. These gentlemen continue to amaze me with their dedication to the parks and this community. They work hard everyday and the results show in how wonderful our parks look. I would like to personally thank Ted Ryan and his staff consisting of Pete Cote, Jon Wells, Larry Rooney, Paul Rodrigue, Aaron Thibault, Lucas McLean, Luke Hayes, Cody Hammond, Craig Thompson and Vinnie Hayes.

That being said, our programming staff is as great a staff as I could ask for. They work endlessly to provide great programs and special events to our community. They take extreme pride in creating new programs for all ages. Special thanks for a job well done to Assistant Director Derek Mitchell, Program Coordinators Jenn Turmel and Hank Dombroski and Administrative Assistants Cathy Neary and Mike LaPan.

In closing, if you have any ideas you would like to share please feel free to contact us and share your thoughts. Remember that play keeps you young, so get out and play.

Yours in Recreation,
Glen Cuttitta, CPRP
Director
Colchester Parks and Recreation Department

PARKS & RECREATION BOARD

Todd Perry, Chair	Linda Lovell	Kevin Hatin
Owen Banks	Steve Morton	Dick Pecor
Stuart Marceau		

NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, beginning on *January 9, 2012*.

Info Hotline Phone #: 264-5645

Call for the most up to date information about our parks & programs.

OFFICE INFORMATION

Location: 781 Blakely Road, Colchester, VT
Mailing Address: PO Box 55, Colchester, VT 05446
Telephone: 802-264-5640 **Fax Number:** 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday, 8:00 a.m. - 4:00 p.m.

PARKS & RECREATION STAFF

Glen Cuttitta, CPRP, Parks & Recreation Director
gcuttitta@colchestervt.gov Direct Line: 264-5641

Derek Mitchell, CYSA, Assistant Parks & Recreation Director
dmitchell@colchestervt.gov Direct Line: 264-5642

Jennifer Turmel, CPRP, Program Coordinator
jturmel@colchestervt.gov Direct Line: 264-5643

Hank Dombroski, CPRP, CYSA, Program Coordinator
hdombroski@colchestervt.gov Direct Line: 264-5646

Cathy Neary, Administrative Assistant
cneary@colchestervt.gov Direct Line: 264-5640

Mike LaPan, Temporary Administrative Assistant
mlapan@colchestervt.gov Direct Line: 264-5640

Ted Ryan, Parks Supervisor
tryan@colchestervt.gov Direct Line: 864-4363

METHODS OF PAYMENT

We accept **VISA & MASTERCARD** credit cards, checks and cash.



CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to **10 business days prior to the start of the program with a \$6.00 administrative fee.**

SCHOLARSHIPS

Proceeds raised through the Recreation Departments Summer Pink Flamingo campaign are used to offer residents full or partial scholarships towards programs listed in this brochure. Scholarship Request Forms need to be completed and submitted to the Parks & Recreation Director in advance. Additionally, the Denyse M. Conant Scholarship Fund has been created to support those in financial need, wishing to participate in our recreation programs. A full or partial waiver of fees (residents only) are available to those requesting assistance. Scholarship Request Forms are available at the Recreation Department and on our web site under Downloadable Forms. The Town of Colchester, Parks & Recreation Department and the Conant Family thank all those who've donated towards this special fund, keeping Denyse's commitment towards recreation and community strong.

PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Web-Trac Procedures

Now you can register 24/7 online!
Registration can be made as soon as
you receive this brochure



What is Web-Trac?

WebTrac is our **online registration system**, which provides our customers with an additional method of registering for select Colchester Parks & Recreation activities. Those with internet access can view class availability, register for a class, and view their class history 24 hours a day. WebTrac is the system that enables you to browse and/or enroll online for programs and activities offered by the Colchester Parks & Recreation Department. You can use WebTrac as a Guest and browse our program listings or log on as a Registered User to enroll. To connect as a guest, just click the Guest button on the WebTrac site.

FIRST TIME USER: If you have registered for Colchester Parks & Recreation programs, but have not used WebTrac before, you are a first time user. Your User Name is your e-mail which you have placed on file with our department and your password is your home phone number with no dashes (example: 8022645640). If you have this information you can log onto WebTrac and follow the instructions for FIRST TIME USER. Once you are logged in it will prompt a screen that will give you the option to change your user name and password.

NEW USER: If you have never registered for anything at the Colchester Parks & Recreation Department, you are a new user. To receive a User Name and Password, log on and follow the instructions for a NEW USER. **STILL NOT SURE** if you have an active account? Send us an email at recreation@colchestervt.gov

PLEASE NOTE:

All registrants will be considered either a RESIDENT OF COLCHESTER or NON-RESIDENT. Residents are persons living in, or owning property in, Colchester Town limits. We reserve the right to require proof of residency.

Resident/Non-resident registration dates will still be observed for online registration. Residents may begin to register as soon as you receive this brochure. Non-residents may begin registration at 12:01 a.m. on Monday, January 9, 2012.

Programs must be paid in full when registering online.

The system will NOT allow you to:

- * Register individuals from other households.
- * Register children who do not meet the specific requirements for a class. For example, if a minimum age requirement for a class is 5 years old it will not permit you to register a child who is 4 years and 11 months.
- * Refund a class. Please see our Refund and Cancellation procedures on the bottom of this page. If you need assistance with a refund please contact the Parks and Recreation Department at 264-5640.
- * Transfer to another class. If you accidentally signed up for the wrong class or decide to change a class, please contact the Parks and Recreation Department at 264-5640 for assistance.
- * Apply for scholarships.

CANCELLATION & REFUND POLICY

Programs that do not meet the minimum number of registrants may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested cancellation & refunds are only available up to **10 business days prior to the start of the program with a \$6.00 administrative fee.**

A.C.E.

(Active, Creative, Enrichment) Before & After School



A.C.E. Program Mission Statement

- * Provide children with an Active, Creative, Enriching after school experience
- * Provide staff who strive for excellence
- * Support parents by providing the best after school environment for their children

Malletts Bay School: After School Program has limited availability. Before School Program still has availability.

Porters Point School: After School Program is full, but we are taking a waitlist.

Union Memorial School: After School Program is full, but we are taking a waitlist.

Cost Per Week

2011-2012

Before School Care - (Malletts Bay School ONLY)

Days Attending	1st Child	2nd Child
5 days/week	\$37	\$32
4 days/week	\$33	\$29
3 days/week	\$29	\$26
2 days/week	\$23	\$21

After School Care

Days Attending	1st Child	2nd Child
5 days/week	\$73	\$68
4 days/week	\$65	\$61
3 days/week	\$53	\$50
2 days/week	\$40	\$38

Both Before & After School Care - (MBS ONLY)

Days Attending	1st Child	2nd Child
5 days/week	\$97	\$92
4 days/week	\$86	\$82
3 days/week	\$71	\$68
2 days/week	\$54	\$52

You may enroll your child in the A.C.E. Program for 2, 3, 4 or 5 days a week. One day option is not available. Length of before school program (MBS ONLY) begins at 7:00 a.m. After school program is from school dismissal to 6:00 p.m.

For more information or to get a registration packet contact Jennifer Turmel, Program Coordinator at 264-5643 or e-mail her at jturmel@colchestervt.gov

REGISTRATION FOR THE 2012 - 2013 SCHOOL YEAR WILL TAKE PLACE ON MARCH 26TH FOR NEW ENROLLEES. MORE INFORMATION WILL BE IN THE NEXT BROCHURE.

29th Annual Colchester Winter Carnival

“Everyday Heroes to Superheroes”

February 3, 4 & 5, 2012

One night you drifted away into a soft sleep, flying into a dream... opening your eyes, you were stricken by a most pleasing sight. Families smiling, laughing, it was surreal; your dream world was bright with lights.

You glance to your left and find a small girl in a pink jacket and purple boots with her face painted as a charming cat: whiskered, white-faced and black-nosed. She giggles, waves to you, and turns to run to a small table where she is constructing a cute little house of Popsicle sticks and Play-Dough.

As she fades from your sight, you glance to the right and see a stage. Standing there in the distance is a small figure wearing a red cape with a large "S" emblazoned on his blue chest. Next to him is a slightly taller figure, a firefighter, with helmet, bulky jacket and pants, with a red and yellow axe in hand. The audience in front of the stage applauds, raising their hands and shouting praise. The banner above them reads "29th Annual Colchester Winter Carnival Costume Contest," italicized below it is the phrase "Everyday Heroes to Superheroes."

You turn around and find a set of double doors behind you. You open them. The sunlight reflecting off the snow blinds you for a moment, but as you regain your vision you are presented with a wintery wonderland. Horses pulling wagons of hay, topped with smiling families.

You step forward but are stopped by a smiling young lady with a small bowl of snow. "Sugar on snow?" she asks, pouring fresh, warm maple syrup onto the snow-filled bowl glistening in front of you. You accept the spoon she offers, but awoken from the dream before the dessert reaches your lips. You wrinkle your brow and ask yourself, "But who won the Talent Show?"

COSTUME CONTEST



Dress up as an everyday hero, from firemen to police to the military, dress up as your favorite Superhero or make your own hero costume. When you arrive, your photo will be taken and the Winter Carnival Committee will pick the best dressed representation of a hero.



COLCHESTER'S GOT TALENT FRIDAY, FEBRUARY 3RD

AUDITIONS:
JANUARY 19 & 20

PRIZES:
1ST PLACE: \$200.00
2ND: \$100.00
3RD: \$50.00

For an application, rules or more information log onto our website or call Jenn at 264-5643.

In front of you sits the Colchester Parks & Recreation Winter/Spring 2012 Activity Guide. You pick it up and frantically open it to page 3, relieved to discover that the Winter Carnival is on February 3, 4 & 5 at the Colchester High School. The Talent Show, thankfully, is on Friday night at 7:00pm. You haven't missed it yet! It was merely a premonition, and you can still live that dream of fun and excitement!

You realize it's time to run out and pick up bracelets for the whole family, heck, they're only \$5.00 if you get them now! To the Parks & Recreation Dept in the Town Offices! You simply cannot wait to get in on this fun-filled weekend!

Indoor Laser Tag!



New this year to the
Winter Carnival

5TH ANNUAL "TOUCH A TRUCK"

Saturday, May 5, 2012
Colchester High School,
Parking Lot

9:00 - 10:30 a.m. (*Quiet time - no sirens*)

10:30 - 11:00 a.m. (*Sirens may be used*)



Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on tractors, police cars, dump trucks, fire trucks and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit on the large trucks! **FREE Event, Rain or Shine.**



EASTER EGG HUNT

Saturday, April 7, 2012
10:00 a.m. Bayside Park

Join the Easter Bunny for a great hunt. Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Don't miss out! Dress appropriately because you never know what Vermont's weather has in store for us.



Bring a bag or basket to put your eggs and goodies in.



Sponsored by
Colchester Lions Club
and Colchester Parks & Recreation



AIRPORT PARK: X-COUNTRY SKI TRAILS & OUTDOOR ICE RINK: JANUARY - MARCH (WEATHER DEPENDENT)

Hours of Operation: (weather dependent)
Monday - Sunday: 8:00 a.m. - 9:00 p.m.

Lights will be on until closing time!



Building Bright Futures

COLCHESTER



Vermont Success by Six Initiative and Department of Human Services.

Vermont's Future Starts with Today's Children

PLAYGROUPE

Ages Birth - 6

A great opportunity for parents and their children to connect with other parents while children engage in a group experience. *Class will not meet February 29, March 2, April 25 & 27.*

#290000A Wed & Fri 9:30 - 11:00 a.m. Jan. 11 - Jun. 1

FACILATATOR: Building Bright Futures of Colchester
LOCATION: Colchester Meeting House, Downstairs
FEE: FREE



SCOTT NOYES: POWER STRUGGLES - UNDERSTANDING THIS POTENT DYNAMIC

Parents of children ages 2 - 8

Power struggles come from a variety of components: fatigue, stress, frustration, helplessness or the quest for autonomy and power. This presentation looks at avoiding responses that provide short-term relief, but long-term grief. We will explore why effective reactions to children's power struggles come from understanding not simply the behavior but also the function of the altercation, mainly the child's needs and feelings. Surprisingly the answer to power struggles is not avoiding them, but rather to take out the defiance and learn from them. Our goal will be helping children advocate for themselves by having conversations which increase their autonomy and balance new privileges with new responsibilities. No more ineffective responses, bribing, sulking, threatening, lecturing, controlling, pressuring, guilt-ing, or shaming children when power struggles arise.

Minimum: 10, Maximum: 75.

Parent Workshop:

#281004A Thursday 6:45 - 8:45 p.m. February 23

Childcare:

#281004B Thursday 6:45 - 8:45 p.m. February 23

LOCATION: Colchester Meeting House, Upstairs
FEE: FREE

Class Cancelled?

Sometimes courses are cancelled because people wait too long to register. Please register early to avoid disappointment!

TODDLER MUSIC

Toddlers 13 - 36 months

Toddlers love to MOVE...and this fun, interactive music and movement class offers activities designed just for this energetic age group! While gaining social, verbal and physical benefits, your child will engage in activities such as simple coordination "ball games", cooperative circle songs and creative dancing. In addition, toddlers will explore early rhythm skills as they jump, march, rock and stomp to the music or play with rhythm sticks, drums and shakers. Age appropriate activities will also include knee bounces, finger plays, "peek-a-boo" songs, colorful ribbons, scarves, guitar sing-a-longs with instruments, parachute activities and lots and lots of bubbles! Please, no older siblings. *Class will not meet on February 4 or March 31.*

Minimum: 8, Maximum: 16.

Session A1

#290005A1 Saturdays 10:00 - 11:00 a.m. Jan. 14 - Feb. 25

Session B1

#290005B1 Saturdays 10:00 - 11:00 a.m. Mar. 10 - Apr. 21

INSTRUCTOR: Ellen Tetrick, Heartworks Preschools
LOCATION: Colchester Meeting House, Upstairs
FEE: \$40 residents/\$45 non residents

BABY MUSIC

Babies 6 weeks - 12 months

This fun, interactive, music & movement class offers wonderful cognitive, social, & physical benefits and is designed to enhance your baby's natural sense of rhythm and love of music! Meet other parents and learn many delightful "take-home" activities and songs which will stimulate and enrich your child's ever expanding world! Age appropriate activities will include knee bounces, finger plays, scarf "peek-a-boo" songs, coordination exercises, baby dances with colorful ribbons, guitar sing-a-longs with instruments, parachute activities and lots and lots of bubbles! As an early childhood music educator, Ellie Tetrick (of The Heartworks Preschools and Ellie's Preschool Parties) combines over 20 years of experience teaching Gymboree, Kindermusik and preschool music with her love of children to help parents entertain, engage and enjoy their babies at this very special stage of their lives! This class is for babies with guardians only. (Please, no older siblings.) *Class will not meet on February 4 or March 31.*

Minimum: 8, Maximum: 16.

Session A

#290005A Saturdays 11:00 - 12:00 p.m. Jan. 14 - Feb. 25

Session B

#290005B Saturdays 11:00 - 12:00 p.m. Mar. 10 - Apr. 21

INSTRUCTOR: Ellen Tetrick, Ellie's Preschool Parties
LOCATION: Colchester Meeting House, Upstairs
FEE: \$40 residents/\$45 non residents

ELLIE'S PRESCHOOL PARTY

Ages 1 - 5

With over 20 years as a preschool music teacher and party entertainer, Colchester resident, Ellie Tetrick specializes in engaging children ages 1-5. Join Ellie at the Meeting House for 45 minutes of interactive music activities including a guitar sing-along, dancing with colorful ribbons & scarves, movement to music, parachute activities and lots & lots of bubbles! **PARENTS MUST ATTEND. REGISTRATION IS REQUIRED IN ORDER TO ATTEND. Maximum: 35 children.**

#290006A Saturday 10:00 - 10:45 a.m. March 31

FACILATATOR: Ellen Tetrick, Heartworks Preschools
LOCATION: Colchester Meeting House, Upstairs
FEE: FREE

Preschool Programs

LIL' DANCERS

Ages 3 - 5



In this class your child will start to develop the necessary skills such as listening, taking turns and movement needed to make them prepared for dance classes in the future. Mat tumbling, basic dance vocabulary/positioning and stretching are all incorporated in each class. **Minimum: 4, Maximum: 8.**

#281000A *Wednesdays* 4:30 - 5:15 p.m. *Jan. 18 - Feb. 22*

INSTRUCTOR: Studio 3 Staff
LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza
FEE: \$60 residents/\$65 non residents

SPLASH & STROKES FOR WEE FOLKS

Ages 6 - 24 Months



Water is an excellent medium for your baby to develop the senses and play. Help to foster a life-long enjoyment of water for your baby and learn new ways to facilitate development of skills in our 92 degree salt water pool. Classes will include information on holding techniques to encourage swimming and relaxation, group activities and play! Class is limited to babies aged 6-24 months that are new to swimming. Both parents are welcome with 1 adult to accompany baby in the water. Progression of activities will be led by baby. **Parent must participate. Minimum: 1, Maximum: 4 Babies.**

#290015A *Saturdays* 9:15 - 9:45 a.m. *Jan. 21 - Feb. 18*

INSTRUCTOR: Tori Lamphere, DPT
LOCATION: RehabGYM, 905 Roosevelt Highway
FEE: \$75 residents/\$80 non residents

MY FIRST ART CLASS

Ages 2 - 4



For the true beginner artist! This art class is for toddlers and parents. You will learn the fundamentals of art through painting, gluing and creating while developing fine motor skills. Children will also be introduced to colors, shapes and textures. **Minimum: 5, Maximum: 8.**

#290013A *Thursdays* 10:00 - 11:00 a.m. *Feb. 2 - 23*

INSTRUCTOR: Emily Bond, Colchester Recreation Staff
LOCATION: Colchester Meeting House, Downstairs
FEE: \$35 residents/\$40 non residents

STORIES THAT COME ALIVE

Ages 2 - 4



This 4 week session will include art projects, music and more, all centered around stories for children. This is a great way for your child to bring imagination to life. **Minimum: 5, Maximum: 8.**

#290012A *Mondays* 9:00 - 10:00 a.m. *Mar. 12 - Apr. 2*

INSTRUCTOR: Emily Bond, Colchester Recreation Staff
LOCATION: Colchester Meeting House, Downstairs
FEE: \$35 residents/\$40 non residents



SUPERHEROES IN TRAINING

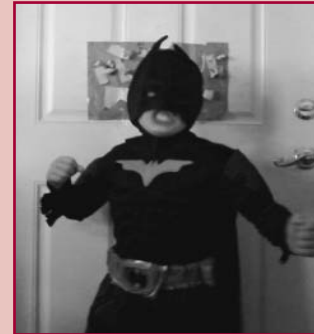
Ages 3 - 5



Put on your favorite superhero costume or create your own and come to our action packed hour. We'll stretch out our muscles and do all sorts of superhero moves all while getting a yoga workout. Children will learn the fundamentals of basic yoga and meditation. They will also have fun time role playing superheroes. **Minimum: 5, Maximum: 8.**

#290014A *Tuesdays* 9:00 - 10:00 a.m. *Feb. 7 - 21*

INSTRUCTOR: Emily Bond, Colchester Recreation Staff
LOCATION: Colchester Meeting House, Upstairs
FEE: \$15 residents/\$20 non residents



FIRST NOTES; MUSIC FOR CHILDREN AND THEIR PARENTS

Ages 3 - 4



In this class, toddlers and their parents will learn all about music through movement, song, arts and crafts and live performances in the classroom. Through fun and games, we will provide an environment for both parent and child that is safe and educational for everyone involved. 'First Notes; Music for Children and their Parents' will outline music in all its simplicity while being fun and eye-opening. With all of the singing and dancing in this workshop, it will be hard to not walk out tapping your toes! **Class will not meet on March 3. Minimum: 5, Maximum: 12.**

#288003A *Saturdays* 9:00 - 9:45 a.m. *Feb. 11 - Mar. 24*

INSTRUCTOR: Megan Beaucage, Movement Center Staff
LOCATION: Movement Ctr., 47 Commerce Street, Colchester
FEE: \$60 residents/\$65 non residents

TINY TUMBLERS

Ages 3 - 5

Tiny Tumblers is a fun and positive introduction to the sport of gymnastics and concept of physical fitness. This 6 week program will help your child develop confidence and build strength, balance and awareness. Your child will make new friends while enjoying gymnastics. Tiny Tumblers gymnastic activities develop large and small motor skills. Activities are fun-filled as experienced personnel direct the little ones toward strength, flexibility and social development. **Parents must participate. Minimum: 5, Maximum: 8.**

#288005A *Tuesdays* 10:00 - 10:45 a.m. *Mar. 13 - Apr. 17*

INSTRUCTOR: Karen Krajacic, Gymnastic Instructor
LOCATION: Colchester Meeting House, Upstairs
FEE: \$45 residents/\$50 non residents

Registration for programs can be made as soon as you receive this brochure!

Preschool & Youth Programs

START SMART BASKETBALL

Ages 3 - 5

Start Smart Basketball is a developmentally appropriate introductory basketball program for children 3 - 5 years old. The program introduces children to basketball in a fun non-competitive environment. This is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Pre-Registration is required. Minimum: 8, Maximum: 12.**

#288011A Tuesdays 6:15 - 7:00 p.m. Jan. 17 - Feb. 21

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Malletts Bay School, Cafeteria
FEE: \$50 residents/\$55 non residents

START SMART SOCCER

Ages 3 - 5

Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3 - 5 years old. The program introduces children to soccer in a fun non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the fear of getting hurt. This is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Pre-Registration is required. Minimum: 8, Maximum: 15.**

#288010A Mondays 6:15 - 7:00 p.m. Mar. 12 - Apr. 16

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Malletts Bay School, Gym
FEE: \$50 residents/\$55 non residents



START SMART SPORT DEVELOPMENT

Ages 3 - 5

This program will prepare your child for organized sports without the threat of competition. Focus will be on a variety of general skills including; throwing, catching, kicking and batting. This is an interactive program that gives parents and children the opportunity to work one on one and spend quality time together. A great way for your child to build motor skills while having fun! **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. **Class will not meet on April 4. Minimum: 8, Maximum: 15.**

#288013A Wednesdays 6:15 - 7:00 p.m. Mar. 7 - Apr. 18

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Malletts Bay School, Gym
FEE: \$30 residents/\$35 non residents

PRIVATE ADAPTIVE SWIMMING LESSONS

Ages 4+

Adaptive swimming lessons will be taught in a combination of our multi-level 92 degree pool and the 6 foot deep, 88 degree pool. These lessons are designed specifically for an adaptive population and are best suited for children with a physical handicap, developmental/global delay, or on the autism spectrum. The focus of the lessons can be tailored to the individual child and family. Swimming lessons will help to introduce your child to basic swimming strokes, water safety, progressively moving to safe independence in the water and allow your child to move and grow in the therapeutic environment of an aquatic pool. 6 - 30 minute lessons. **Minimum: 1, Maximum: 10.**

#280027A Dates & Times coordinated with Instructor Jan. 18 - May 31

INSTRUCTOR: Kids' RehabGYM Instructor
LOCATION: Kids' RehabGYM, 905 Roosevelt Highway
FEE: \$149 residents/\$154 non residents

SEW SIMPLE

Ages 8 - 14

Learn a skill and share some smiles! Chase away the winter blues by creating some fun projects in this basic sewing class. You will learn how to thread a machine and the five basic safety rules. Each workshop you will create at least one if not several projects. Bring three one yard, color coordinated pieces of cotton fabric to the first workshop. No matter what your age if you desire to learn to sew this will be a fun winter workshop for you. **Minimum: 4, Maximum: 8.**

Session A

#287004A Saturdays 10:00 a.m. - 12:00 p.m. Jan. 28 - Feb. 11

Session B

#287004B Saturdays 10:00 a.m. - 12:00 p.m. Mar. 10 - 24

INSTRUCTOR: Pam Whitten
LOCATION: Colchester Meeting House, Downstairs
FEE: \$50 residents/\$55 non residents

MUSIC, MUSIC, MUSIC

Ages 4 - 6



This class will help each student find out about the music all around them! Through dancing, songs, instrument construction and live performance, each student will have fun all while learning about the music around them. Introductions of world music, instruments, and singing will be a big part of 'Music, Music, Music!' There will be lots of educational movement, and musical games. All the activities during this workshop will ensure that each student will have a better understanding of the music that they know, and the music that they'd further like to explore! **Class will not meet on March 3. Minimum: 5, Maximum: 12.**

#288001A Saturdays 10:00 - 11:00 a.m. Feb. 11 - Mar. 24

INSTRUCTOR: Megan Beaucage, Movement Center Staff
LOCATION: Movement Ctr., 47 Commerce Street, Colchester
FEE: \$60 residents/\$65 non residents

Do you have a hobby or skill you would like to share with the community? If so, call us and we can help you create a program. For more information, please call 264-5640.

Youth Programs

8

OCEAN ADVENTURE WITH YOUNG REMBRANDTS

Grades K - 2 & 3 - 5

Join Young Rembrandts in exploring the underwater world of sea creatures and the swashbuckling life of pirates! Students will first learn to draw a variety of ocean characters, and then use that knowledge to create whole cartoon sequences. Our step-by-step process and coloring techniques will help students develop a lifetime of creativity! **Class will not meet on January 16. Minimum: 3, Maximum: 15.**

Session A: Malletts Bay School (Grades 3 - 5)

#287005A Wednesdays 3:10 - 4:15 p.m. Jan. 11 - Feb. 15

Location: Malletts Bay School, Art Room

Session B: Union Memorial School (Grades K - 2)

#287005B Tuesdays 3:05 - 4:15 p.m. Jan. 10 - Feb. 14

Location: Union Memorial School, Art Room

Session C: Porters Point School (Grades K - 2)

#287005C Mondays 2:50 - 4:00 p.m. Jan. 9 - Feb. 20

Location: Porters Point School, Mrs. Cummings Room

INSTRUCTOR: Young Rembrandts Staff

FEE: \$60 residents/\$65 non residents



MONSTERS AND DINOSAURS, OH MY!

Grades K - 2 & 3 - 5

Learn to draw both silly and scary monsters and dinosaurs with Young Rembrandts! We'll focus on how to show emotion through expressive faces and exaggerated features. Our creations will come to life in cartoon sequences that put them in some very human situations! As always, our step-by-step process and coloring techniques will help students develop a lifetime of creativity! **Minimum: 3, Maximum: 15.**

Session A: Malletts Bay School (Grades 3 - 5)

#287006A Wednesdays 3:10 - 4:15 p.m. Mar. 14 - Apr. 18

Location: Malletts Bay School, Art Room

Session B: Union Memorial School (Grades K - 2)

#287006B Tuesdays 3:05 - 4:15 p.m. Mar. 13 - Apr. 17

Location: Union Memorial School, Art Room

Session C: Porters Point School (Grades K - 2)

#287006C Mondays 2:50 - 4:00 p.m. Mar. 12 - Apr. 16

Location: Porters Point School, Mrs. Cummings Room

INSTRUCTOR: Young Rembrandts Staff

FEE: \$60 residents/\$65 non residents per session

HEARTS & TARTS

Ages 7 - 10

New

Children will enjoy making glittery heart crafts to get ready for Valentines Day. They will also have heart shaped cookies to decorate and bring home with them. Of course we will have some baking and eating time when we create and cook our own Tarts.

Minimum: 5, Maximum: 10.

#281006A Saturday 1:00 - 3:30 p.m. February 11

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center

FEE: \$25 residents/\$30 non residents

MUSIC AND ME

Ages 6 - 8

New

This class will be all about digging deeper into the everyday music we hear! Through more advanced games and fun songs, we will learn all about rhythm, musical notes and much more! Music sharing by the students will be extremely welcome in this class to explore as well and understand on a deeper, yet fun level. Knowing what you want to learn can be very important and in 'Music and Me,' students will get the chance to understand all types of music including the songs of yesterday and today. **Class will not meet on March 3.**

Minimum: 5, Maximum: 12.

#288002A Saturdays 11:00 a.m. - 12:00 p.m. Feb. 11 - Mar. 24

INSTRUCTOR: Megan Beaucage, Movement Center Staff

LOCATION: Movement Ctr., 47 Commerce Street, Colchester

FEE: \$60 residents/\$65 non residents

AMERICAN GIRL DOLL™ TEA PARTY

Ages 5 - 9

This American Girl Doll™ Tea Party is for children ages 5 - 9. This event will focus on the dolls from the American Girl Doll™ series. The tea party offers specially prepared refreshments and activities. We will also watch an American Girl Doll Movie with our dolls. Participants are invited to bring their dolls - of any type and to dress up like their dolls. **Minimum: 5, Maximum: 12.**

#280032A Saturday 12:00 - 2:00 p.m. February 18

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Meeting House, Downstairs

FEE: \$20 residents/\$25 non residents



Youth Programs

FEBRUARY & APRIL VACATION CAMP

Grades K - 6

Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department. We will be offering a camp for the whole week of February & April vacations. There will be games, activities, crafts, movies, a field trip and much more. Participants need to bring a lunch and snack for each day. **Minimum: 25, Maximum: 65.**

Session A: February Vacation

#280016A	Mon - Fri	8:00 a.m. - 4:00 p.m.	Feb. 27 - Mar. 2
#280016A1	Early Drop Off	7:30 a.m.	\$9
#280016A2	Late Pick Up	4:30 p.m.	\$9
#280016A3	Late Pick Up	5:00 p.m.	\$12
#280016A4	Late Pick Up	5:30 p.m.	\$15

FEE: \$130 residents/\$135 non residents

Session B: April Vacation

#280016B	Mon - Fri	8:00 a.m. - 4:00 p.m.	Apr. 23 - 27
#280016B1	Early Drop Off	7:30 a.m.	\$9
#280016B2	Late Pick Up	4:30 p.m.	\$9
#280016B3	Late Pick Up	5:00 p.m.	\$12
#280016B4	Late Pick Up	5:30 p.m.	\$15

FEE: \$130 residents/\$135 non residents

FEE FOR BOTH SESSIONS (MUST REGISTER FOR BOTH AT THE SAME TIME TO RECEIVE DISCOUNT):

#280016B5 \$250 residents/\$260 non residents

*Early and Late pick up charges the same as above per session

FACILITATOR: Colchester Recreation Staff

LOCATION: Malletts Bay School, Gym, Cafeteria & Outside



YOUNG REMBRANDTS IT'S ALL ABOUT ANIMALS VACATION CAMP

Ages 6 - 12

At Young Rembrandts, we teach children how to draw! This vacation, join Young Rembrandts and learn to use pastels. With this medium, children will enjoy the fun of drawing while also learning to appreciate the beauty of mixing and blending colors. Using our soft chalk pastels, it's easy to sketch out the basic shapes. Then fill in the fine details, all the while bringing the picture to life with vivid color and blended hues. In this session, we will draw and pastel a variety of subjects including a still life with fruit, a beautiful French landscape, Van Gogh's Starry Night and much more! **Minimum: 8, Maximum: 15.**

#287010A Mon & Tues 9:00 a.m. - 4:00 p.m. March 5 & 6

INSTRUCTOR: Young Rembrandt Staff

LOCATION: Malletts Bay School, Art Room

FEE: \$150 residents/\$155 non residents

HARRY POTTER LEGO CREATIONS

Grades 3 - 5

New

Do you love Legos and Harry Potter? If so this class is for you! Come join other Lego enthusiasts and create a Harry Potter Lego masterpiece. We will be watching a Harry Potter Movie while we create Harry Potter Legos! There will be plastic bags available if you do not complete the project by the end of the day. This lego kit is yours to keep! **Must register by February 12.** **Minimum: 5, Maximum: 12.**

Registration number located next to choice of Kit:

Thursday 3:10 - 5:30 p.m. March 8

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Malletts Bay School, Library

FEE: \$45 residents/\$50 non residents

Choice E: Harry Potter Knight Bus: # 280000E



Choice F: Hagrid's Hut: # 280000F

DISNEY LEGO AND MOVIE DAY

New

Grades K - 2

What a great day to watch one of your favorite Disney movies after school while making a lego kit that you can bring home with you! Come join other Lego enthusiasts and create a Lego masterpiece. The Lego models are yours to keep. There will be plastic bags available if you do not complete the project by the end of the day. **Must register by February 12.** **Minimum: 5, Maximum: 12.**

Session A: UMS: HOW TO TRAIN YOUR DRAGON

#280000A Thursday 3:05 - 5:30 p.m. March 15

Location: Union Memorial School, Art Room

Session B: UMS: ATLANTIS - MILO'S RETURN

#280000B Thursday 3:05 - 5:30 p.m. March 29

Location: Union Memorial School, Art Room

Session C: PPS: HOW TO TRAIN YOUR DRAGON

#280000C Thursday 2:50 - 5:15 p.m. March 22

Location: Porters Point School, Room TBA

Session D: PPS: ATLANTIS - MILO'S RETURN

#280000D Thursday 2:50 - 5:15 p.m. April 5

Location: Porters Point School, Room TBA

INSTRUCTOR: Colchester Parks & Recreation Staff

FEE: \$45 residents/\$50 non residents

Ninjago Earth Dragon Defense

"How to Train Your Dragon"

Union Memorial: #280000A

Porters Point School: #280000C

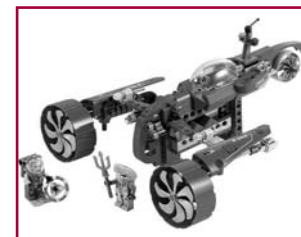


Atlantis Typhoon Turbo Sub

"Atlantis - Milo's Return"

Union Memorial: #280000B

Porters Point: #280000D



Youth Programs

10

YOUTH KNITTING

Grades 3 - 5

Learn to knit or improve your skills if you already know how. Enjoy the fun of knitting with others and make a project of your choice. All materials will be provided. **Minimum: 4, Maximum: 8.**

#280020A Thursdays 3:10 - 4:30 p.m. Mar. 8 - Apr. 12

INSTRUCTOR: Christine Heavner, The Traveling Knitter

LOCATION: Malletts Bay School, Art Room

FEE: \$69 residents/\$74 non residents



BEGINNING FRENCH

Ages 5 - 7 & 8 - 10



LES AMIS: "Friends": immersion-style instruction presents authentic French in a fun environment using movement, games, songs, art projects and stories encouraging natural language acquisition.

LES PETITS AMIS: "Little Friends" : immersion-style French learning achieved through songs, movement, games and art projects with an emphasis on fun. Authentic French in a warm, participatory environment. **Minimum: 8, Maximum: 10.**

Session A: LES AMIS (Ages 8 - 10)

#260004A Mondays 3:10 - 4:00 p.m. Mar. 12 - April 16
Location: Malletts Bay School, Room TBA

Session B: LES PETITS AMIS (Ages 5 - 7)

#260004B Mondays 3:05 - 4:00 p.m. Mar. 12 - April 16
Location: Union Memorial School, Room TBA

INSTRUCTORS: Yves Compire & Amandine Olive

FEE: \$60 residents/\$65 non residents

YOUTH THEATRE WORKSHOP

Grades 3 - 5



Focus of this class is on acting basics which includes stage direction, terminology and vocal quality (diction, projection and placement). Students will also learn about all aspects of the theatre which include costume and set design and much more. Different acting exercises and projects will be used to develop acting and theatre skills. **Minimum: 6, Maximum: 10.**

#281007A Mondays 3:10 - 4:30 p.m. Mar. 12 - Apr. 16

INSTRUCTOR: Danielle Bohrer

LOCATION: Malletts Bay School, Gym & Stage

FEE: \$50 residents/\$55 non residents

AFTER SCHOOL BOARD GAMES

Grades K - 5



Grab your friends and join us for an afternoon of board games including Uno Attack, Skip-Bo, Avalanche, Operation and many more. Drinks and snacks will be provided. **Minimum: 4, Maximum: 10.**

Session A: Malletts Bay School: Grades 3 - 5

#280036A Friday 3:10 - 4:30 p.m. March 23
Location: Malletts Bay School, TBA

Session B: Union Memorial School: Grades K - 2

#280036B Friday 3:05 - 4:30 p.m. March 9
Location: Union Memorial School, TBA

Session C: Porters Point School: Grades K - 2

#280036C Friday 2:50 - 4:30 p.m. March 16
Location: Porters Point School, TBA

INSTRUCTOR: Colchester Parks & Recreation Staff

FEE: \$8 residents/\$13 non residents

BUNNY COOKIE & CART

Grades K - 5

Kids get ready to make your bunny cookie pulling a cookie cart filled with little cookie eggs. Enjoy an afternoon of hands-on learning to create these beautiful cookies, an activity the kids will love. Everything is provided, just bring your imagination. The cookies will be baked and ready to be iced and assembled into a fun centerpiece for Easter. Participants will be taking home their creation to enjoy. **Minimum: 6, Maximum: 12.**

Session A: Malletts Bay School: Grades 3 - 5

#280013A Tuesday 3:10 - 4:45 p.m. March 20
Location: Malletts Bay School, Art Room

Session B: Union Memorial School: Grades K - 2

#280013B Tuesday 3:05 - 4:45 p.m. March 27
Location: Union Memorial School, Art Room

Session C: Porters Point School: Grades K - 2

#280013C Tuesday 2:50 - 4:30 p.m. April 3
Location: Porters Point School, TBA

INSTRUCTOR: Cal King

FEE: \$20 residents/\$25 non residents

INTRODUCTION TO VIDEO JOURNALISM

Grades 3 - 5



Looking to experience the world of video production? During this 6-week program, participants will learn camera and editing basics through a number of fun exercises which will air as a final program on Lake Champlain Access Television. Sessions will be held in MBS and in Lake Champlain Access Television's unique Mobile Video Lab, a rolling digital work center which LCATV Staff will bring to the school. **Minimum: 4, Maximum: 10.**

#281005B Tuesdays 3:10 - 4:15 p.m. Apr. 3 - May 15

INSTRUCTOR: Lake Champlain Access Television Staff

LOCATION: Malletts Bay School, Room 194

FEE: \$32 residents/\$37 non residents

Do you have a hobby or skill you would like to share with the community? If so, call us and we can help you create a program. For more information, please call 264-5640.

Youth Programs

AFTER SCHOOL LASER TAG

Grades 3 - 5



Get ready for an action-packed afternoon courtesy of Colchester Paintball's Laser Tag program! The Malletts Bay School gym will be transformed into the ultimate tactical laser tag fortress, complete with inflatable barriers and obstacles. Through a variety of scenarios, participants will learn the value of teamwork and logical problem solving in a fast-paced and fun environment. **Minimum: 10, Maximum: 32.**

#288000A Friday 3:10 - 4:30 p.m. February 24

INSTRUCTOR: Colchester Parks & Rec. & Colchester Paintball
LOCATION: Malletts Bay School, Gym
FEE: \$8 residents/\$13 non residents

JUNIOR JAZZERCISE

Ages 5 - 11

The strong exercise habits kids develop now can go a long way in shaping their future. That's why Junior Jazzercise teaches things like coordination, strength and endurance, nutrition and the importance of physical fitness. Kids experience the joy of physical movement as they dance their way through specially choreographed age-appropriate routines to today's most popular music. **Class will not meet on April 28. Minimum: 8, Maximum: 12.**

Session A

#280001A Saturdays 10:15 - 11:05 a.m. Jan. 14 - Feb. 18

Session B

#280001B Saturdays 10:15 - 11:05 a.m. Mar. 3 - Apr. 7

Session C

#280001C Saturdays 10:15 - 11:05 a.m. Apr. 14 - May 26

INSTRUCTOR: Certified Jazzercise Instructor
LOCATION: Jazzercise Fitness Center, 69 Creek Farm Rd, Ste. 2
FEE: \$72 residents/\$77 non residents

ZUMBATOMIC (ZUMBA FOR KIDS)

Ages 6 - 12

Zumbatomic® classes are high-energy fitness-parties for kids. This class is packed with the latest music like hip-hop, reggaeton and cumbia. Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. **Class will not meet on February 28. Minimum: 4, Maximum: 10.**

#280033A Tuesdays 4:00 - 5:00 p.m. Jan. 24 - Mar. 6

INSTRUCTOR: Deborah Wiggin-Matthews
LOCATION: Kids' RehabGYM, 905 Roosevelt Highway
FEE: \$59 residents/\$64 non residents



AFTER SCHOOL TENNIS

Grades 3 - 5

This program will focus on the fundamentals of tennis. Our staff will teach the correct form, strokes and rules through a variety of drills and games. **Racquets will be provided. Class will not meet on February 27 or March 5. Minimum: 4, Maximum: 8.**

#203000A Mondays 3:10 - 4:15 p.m. Jan. 30 - Mar. 19

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Malletts Bay School, Gym
FEE: \$25 residents/\$30 non residents

JUNIOR KEMPO-JIUJITSU



Ages 7 - 11

A blend of discipline and fun, this class combines the action and excitement of the martial arts with a motivational life-skills development program. Self-defense skills are taught in a safe, age-appropriate and responsible manner, with an emphasis on non-violent conflict resolution. The traditional exercise regimen of the martial arts is presented in a playful and fun format, that gets kids excited about working out. **Class will not meet on March 1. Minimum: 2, Maximum: 12.**

#210006A Thursdays 3:10 - 4:00 p.m. Feb. 2 - Mar. 15

INSTRUCTOR: Martial Way Self-Defense Instructor
LOCATION: Malletts Bay School, Gym
FEE: \$75 residents/\$80 non residents

TENNIS CLINIC



Ages 5 - 12

This clinic is designed for beginners and intermediate players. Your child will learn basic skills and techniques through drills and games. Our staff will make sure your child is using the appropriate size racquet. **Loaner racquets are available. Minimum: 5, Maximum: 12.**

#203000B Weds & Fri 1:00 - 3:00 p.m. Feb. 29 & Mar. 2

INSTRUCTOR: Jim Olson, Colchester Parks & Recreation Staff
LOCATION: Colchester Middle School, Gym
FEE: \$20 residents/\$25 non residents

BASEBALL CLINIC

Ages 7 - 12

Our baseball staff will introduce the skills and FUN-damentals of the game of baseball. Players will develop new or improve existing throwing, hitting and other baseball skills. Open to all levels. **All players must bring their own glove, water bottle, sneakers and snack. Minimum: 5, Maximum: 25.**

#288006A Tues & Thurs 1:00 - 3:00 p.m. Feb. 28 & Mar. 1

INSTRUCTOR: Jim Olson, CMS Baseball Coach
LOCATION: Colchester Middle School, Gym
FEE: \$20 residents/\$25 non residents

THINKSAFE FOR CHILDREN

Ages 7 - 11

Children will learn about common lures used by predators, and ways to deter them. Participants will practice hands-on abduction prevention techniques, verbal deterrence and safety strategies. **Minimum: 9, Maximum: 35.**

#210007A Wednesday 3:10 - 4:00 p.m. March 14

INSTRUCTOR: Martial Way Self-Defense Instructor
LOCATION: Malletts Bay School, Gym
FEE: \$9 residents/\$14 non residents

Youth Programs

12

BEGINNING ICE SKATING

Ages 5 - 12

Ice skating is great fun and good exercise! This class is designed for beginners who have never skated before or beginners who want to improve their skills. Basic skating skills will be taught each night along with an open skate (instructor's discretion). Helmets & skates are not included. Skates are available to rent at the rink for \$3.00 each night. **Minimum: 8, Maximum 12.**

#210003A *Sundays* 3:15 - 4:15 p.m. *Mar. 4 - 25*

INSTRUCTOR: Arena Pros

LOCATION: Leddy Park Ice Rink-North Ave. Burlington

FEE: \$65 residents/\$70 non residents



AFTER SCHOOL BOWLING

Grades K - 5

Bus transportation will be provided from school to Spare Time for all 70 registrants. All children must ride the bus to Spare Time. Parents are responsible for 5:15 p.m. pick-up at Spare Time and need to sign out their children everyday inside Spare Time (No exceptions). Participants will bowl two games daily, receive shoe rental and free pizza party at the end of the program. **REGISTRATION DEADLINE: MARCH 2. Minimum: 30, Maximum: 70.**

#280009 *Tuesdays* *After School - 5:15 p.m.* *Mar. 6 - Apr. 10*

#280009A (*Porters Point School - pick up 2:30 p.m.*)

#280009B (*Union Memorial School - pick up 3:15 p.m.*)

#280009C (*Malletts Bay School - pick up 2:50 p.m.*)

FACILITATOR: Spare Time Staff

LOCATION: Spare Time, 215 Lower Mountain View Drive

FEE: \$85 residents/\$90 non residents

GIRLS GYMNASTICS

Girls Grades 3 - 5

This class will focus on beginner and intermediate skills. The elements of gymnastics that will be included are balance beams, vault and floor exercise. No experience is necessary and each child will be coached at their level and encouraged to achieve their personal best. Activities are fun-filled as experienced personnel direct them toward strength and flexibility. **Minimum: 5, Maximum: 10.**

#281002A *Fridays* 3:10 - 4:30 p.m. *Mar. 16 - Apr. 20*

INSTRUCTOR: Karen Krajacic, Gymnastic Instructor

LOCATION: Malletts Bay School, Gym

FEE: \$48 residents/\$53 non residents

HAT-TRICK

Grades 3 - 5



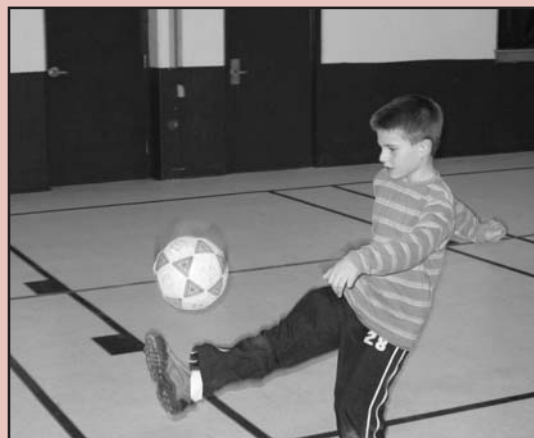
This after school program will have you playing a different sport each week in which you can score a Hat-Trick! Games will include soccer, lacrosse and floor hockey to name a few. **Class will not meet on April 26. Minimum: 8, Maximum: 12.**

#280035A *Thursdays* 3:10 - 4:30 p.m. *Apr. 5 - May 17*

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Malletts Bay School, Gym

FEE: \$20 residents/\$25 non residents



BEGINNER GIRLS MOUNTAIN BIKING

Ages 8 - 12

Do you like riding your mountain bike and are ready to start going off road, but not sure how or with who? This club is geared toward beginner riders and will provide a structured program that will work on the necessary skills to become a successful mountain biker. Girls will learn basic shifting, gearing, breaking, body positioning on the bike and trail riding. Meeting location will change weekly. A detailed schedule will be distributed at first meeting. All participants must have their own mountain bike with gears and a helmet. **Class will not meet on May 26. Minimum: 4, Maximum: 8.**

#288007A *Saturdays* 9:00 - 10:30 a.m. *May 12 - Jun. 16*

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center (First Meeting)

FEE: \$40 residents/\$45 non residents

INTERMEDIATE GIRLS MOUNTAIN BIKING

Ages 9 - 13



Explore the trails of Colchester and learn new skills, including bike maintenance, technical skills, safety, first aid, fitness and nutrition. This class is not for novice bikers. Meeting location will change weekly. A detailed schedule will be distributed at first meeting. All participants must have their own mountain bike with gears and a helmet. **Class will not meet on May 26. Minimum: 4, Maximum: 8.**

#288007B *Saturdays* 10:45 a.m. - 12:15 p.m. *May 12 - Jun. 16*

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center (First Meeting)

FEE: \$40 residents/\$45 non residents

Class Cancelled?

Sometimes courses are cancelled because people wait too long to register. Please register early to avoid disappointment!

Youth & Teen Programs

BEGINNER HIP HOP

Ages 9 - 14

This hour long class starts with a warm up, then breaks into hip-hop combinations and moves into a cool new routine! It is a great way to get a cardio workout all while listening to some cool new tunes!
Minimum: 1, Maximum: 20.

#271002A Saturdays 10:00 - 11:00 a.m. Jan. 14 - Feb. 25

INSTRUCTOR: Studio 3 Staff

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$84 residents/\$89 non residents

BEGINNER BALLET

Ages 10 - 14



This class is geared towards students with little or no ballet training and for those students that would like to fill the gaps in their knowledge of classical technique. The concentration is on teaching students correct alignment, ballet positions and steps. Traditional start with a full barre, center work and across the floor technique. **Class will not meet March 1. Minimum: 5, Maximum: 10.**

#271003A Thursdays 4:30 - 5:45 p.m. Jan. 19 - Mar. 15

INSTRUCTOR: Studio 3 Staff

LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza

FEE: \$112 residents/\$117 non residents

TEEN OVERNIGHT SNOWSHOEING TRIP

Ages 13 - 17



This overnight trip to The AMC Highland Center will provide you with an opportunity to explore the White Mountains of New Hampshire. We will snowshoe/hike to Arethusa Falls, New Hampshire's biggest waterfall and enjoy views from Mt. Willard or Elephant Head. We will also take advantage of different workshops the AMC offers daily, which could include snow shelter building, fire making or skins 'n skulls. Your child will have full use of the L.L. Bean gear room and will be properly prepared for all weather conditions. Trip includes dinner on Monday, breakfast and lunch on Tuesday and transportation. For additional information contact Hank Dombroski at 264-5646. **Minimum: 5, Maximum: 10.**



#280034A Mon & Tues 8:00 a.m. Drop Off March 5
5:00 p.m. Pick Up March 6

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Highland Center, Bretton Woods, NH
Drop off/Pick up Location: Town Offices

FEE: \$170 residents/\$175 non residents

NORTHERN LIGHTS ROCK'N ROPES 5 DAY VACATION CAMP

Ages 8 - 15

Activities for kids ages 8 - 15. Our five-day vacation camps focus on having fun while building confidence, self-respect and cooperation. You'll experience NLRI's exciting adventures, challenging courses and exhilarating games and initiatives. Learn things about communication, trust building and challenging yourself while having a thrilling time. High, Mid and Low course, map and compass, snow tubing, climbing challenges, two cooking classes, indoor swimming, high course, zip lines and much more. NLRI's adventure vacation camp will fly by and you'll create memories that last a lifetime. Camp will close on the last day with a bon fire, hot dogs, chips and s'mores for our campers and their families! Please come and join us to celebrate the achievements of your campers! (Snow activities are weather dependent). **Minimum: 8, Maximum: 16.**

Session A: February Vacation Camp

#286005A Mon - Fri 9:00 a.m.- 4:00 p.m. Feb. 27 - Mar. 2

Session B: April Vacation Camp

#286005B Mon - Fri 9:00 a.m.- 4:00 p.m. Apr. 23 - 27

INSTRUCTOR: Northern Lights Rock & Ice Staff

LOCATION: Northern Lights Rock & Ice,
14 Freeman Woods Rd, Essex Jct.

FEE: \$315 residents/\$320 non residents



SOFTBALL CLINIC

Grades 3 - 8

Sharpen up your softball skills with Colchester Varsity Softball Coach Geri Witalec and her staff of assistant coaches and current Varsity players. Clinic will focus on fielding, hitting and pitching skills, and will be a great tune-up for the upcoming season. Players should dress in comfortable athletic clothing and should bring sneakers, gloves and water bottle. Players may also bring their own bats, although bats will be available for use. Lunch will be provided.

Minimum: 10, Maximum: 30.

#280026A Sunday 9:00 a.m. - 12:30 p.m. March 18

INSTRUCTORS: Coach Geri Witalec & CHS Varsity Softball Players

LOCATION: Colchester High School, Gym

FEE: \$35 residents/\$40 non residents

For Information on Community Organizations and Youth Sports log onto our website at www.colchestervt.gov/Recreation/parksNRec.shtml and click on the Community Page

Lacrosse Programs

BEGINNERS LACROSSE CLINIC FOR BOYS

Grades 3 - 6

Discover the game of lacrosse this spring! This clinic will be for beginners and will focus on the fundamentals and instruction of the game of lacrosse; passing, catching, shooting and dodging. Participants are encouraged to bring their own sticks, but not necessary. **Participants will need to bring water. Sticks can be purchased for an additional fee. Minimum: 5, Maximum: 25.**

#280014A Tues & Wed 8:00 - 10:00 a.m. Feb. 28 & 29

INSTRUCTOR: Dan Shepherd, CHS Varsity Lacrosse Coach

LOCATION: Colchester Middle School, Gym

FEE: \$20 residents/\$25 non residents

STICK PURCHASE: USE CODE #: 280014C

\$30 per stick (must place order by 2/10/12)



LACROSSE LAUNCH

Grades K - 2

Want to experience the game of lacrosse? Then join us for this introductory lacrosse program! Kids will work alongside our coaches while learning the fundamentals of lacrosse. Players will be taught many elements of the game including how to grip a lacrosse stick and how to pass and shoot a lacrosse ball. Soft lacrosse balls will be used, no equipment necessary, just a lacrosse stick. Loaner sticks available with advance notice. All players receive a Colchester Lacrosse Tee! **Will not meet on May 26.**

Minimum: 10, Maximum: 30.

#500000A Saturdays 8:30 - 9:30 a.m. Apr. 28 - Jun. 9

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Bayside Park, Lacrosse Field

FEE: \$25 residents/\$30 non residents



2012 Youth Lacrosse Season: March 26th - June 10th



Registration Opens: December 29th, 2011

U11 Coed Team: Practices twice a week, 5:30 - 7:00 p.m.

\$55.00 per player. Maximum: 24 players.

Players need to be under 11 as of Dec 31st prior to season, & not in 5th grade

U13 Boys Team: Practices twice a week, 5:30 - 8:30 p.m.

\$75.00 per player.

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade.

Due to the large number of players we might have to create an A & B Team.

U15 Boys Team: Practices twice a week, 5:30 - 8:30 p.m.

\$75.00 per player.

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade.

Due to the large number of players we might have to create an A & B Team.

U15 Girls Team: Practices twice a week: 5:30 - 8:30 p.m.

\$55.00 per player. Accepting players in grades 5, 6, 7 & 8.

Boys Games: Jamborees will be held on Saturdays beginning in May (traveling necessary), and 2-4 week day games will be scheduled

Girls Games: Jamborees will be held on Sundays beginning in May (traveling necessary)

Lacrosse is a fast-paced sport that combines the power of football and hockey, and the endurance, agility and strategy of soccer and basketball. This program will focus on individual and team concepts in a fun and learning environment. Join us as we learn one of America's oldest team sports.

Players are required to provide their own equipment which includes a stick and protective gear (helmets, gloves, arm pads and shoulder pads). CYL has some loaner equipment that will be available on a first-come first-serve basis and we will do our best to help all interested players with equipment needs. Colchester Youth Lacrosse will be distributing equipment on Wednesday, March 21st, 2012 at 6:30 p.m. for those who wish to borrow equipment.

The lacrosse program continues to grow and the need for volunteers grows along with it. If you are interested in volunteering, please email Hank Dombroski at hdombroski@colchestervt.gov

U15 Girls Lacrosse

The Colchester Parks and Recreation Department is entering its second year offering a U15 Girl's Lacrosse Program. We received an equipment grant from US Lacrosse which will provide 24 sticks, 24 eye masks and goalie equipment. This would be a great opportunity for your daughter to try a new sport without making that initial equipment investment. Equipment is first-come first-serve.

Youth Lacrosse Registration



Registration Deadline: March 9th

Participant Information: (One form per player)

Player Name: _____ Date of Birth: ____/____/____ Age: ____ Grade: ____ Gender: M F
 Address: _____ Parents Name: _____
 City: _____ State: _____ Zip: _____ E-Mail: _____
 Day Phone: _____ Evening Phone: _____ Cell Phone: _____
 Emergency Contact #1 _____ Phone: _____ Cell Phone: _____
 Emergency Contact #2 _____ Phone: _____ Cell Phone: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in lacrosse games and practices through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

MEDICAL RELEASE

I/We give our consent and authorization for our child _____ (child's full name) in the event of injury or illness, to be medically treated by a qualified physician or dentist to render such medical or dental treatment as the DOCTOR decides necessary under the circumstances including, but not limited to, first aid treatment, anesthetics, suture of wounds, x-rays, and/or other procedures.

Signature of Parent or Legal Guardian: _____ Date: _____

Insurance Carrier: _____

Allergies & Other Medical Conditions: _____

Medications: _____

Family Doctor: _____ City: _____ Phone: _____

Family Dentist: _____ City: _____ Phone: _____

<p>Player Fees: (circle appropriate division)</p> <p>U11 COED: \$55.00 Under 11 as of 12/31/11 and not in 5th grade</p> <p>U13 BOYS: \$75.00 Under 13 as of 12/31/11 and not in 7th grade</p> <p>U15 BOYS: \$75.00 Under 15 as of 12/31/11 and not in 9th grade</p> <p>U15 GIRLS: \$55.00 (grades 5, 6, 7 and 8)</p> <p>*U11, U13 & U15 Boys must complete US Lacrosse Membership Form*</p>	<p>Class Codes: (circle appropriate division)</p> <p>U11:500000B</p> <p>U13:500000C</p> <p>U15 Boys: 500000D</p> <p>U15 Girls:500000E</p>
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Payment Information:

League Registration Fee:

Check # _____ Cash: _____

Cash or Check Amount: _____

Check Policy: \$25.00 service fee for all returned checks

All checks should be made out & mailed to :
 Colchester Parks & Recreation, P.O. Box 55, Colchester,
 VT 05446. For more information call Colchester Parks
 & Recreation: 802-264-5646.

Please Circle Card Type: Visa MasterCard

Name on Card: _____

Credit Card #: _____

Expiration Date: _____

Total Amount to Charge: \$ _____

Signature of Cardholder: _____

COLCHESTER FAMILY SWIM



All Ages (COLCHESTER RESIDENTS ONLY)

The Sports & Fitness Edge of Essex and Colchester Parks & Recreation have designated specific days and times for open swim and the water slide for Colchester residents to wash away their winter blues. Use of the pool is free for Edge members. Lifeguards will be on duty. All children must be accompanied by an adult. All participants must pre-register, including parents. Walk-ins are NOT allowed. Maximum: 30.

Session A			
#230202A	Sunday	6:00 - 8:00 p.m.	January 15
Session B			
#230202B	Sunday	6:00 - 8:00 p.m.	February 19
Session C			
#230202C	Sunday	6:00 - 8:00 p.m.	March 18
Session D			
#230202D	Sunday	6:00 - 8:00 p.m.	April 15

LOCATION: Sports & Fitness Edge, 4 Gauthier Dr., Essex
FEE: \$3 residents per person

FAMILY SKATE NIGHT



All Ages (COLCHESTER RESIDENTS ONLY)

It's time to dust off your ice skates and grab your kids for a little family fun. The Colchester Parks & Recreation Department has reserved ice time at Leddy Arena for Colchester families. The minimum number of participants must be met two weeks prior to the program start date. Skate rentals are available at the rink for \$3.00.

Minimum: 20, Maximum: 45.

Session A			
#210004A	Saturday	6:25 - 7:25 p.m.	February 11
Session B			
#210004B	Saturday	6:25 - 7:25 p.m.	March 10

FACILITATOR: Colchester Parks & Recreation Staff
LOCATION: Leddy Park Ice Rink - North Ave. Burlington
FEE: \$5 residents per person



FAMILY SNOWSHOE DINNER

Families

The Colchester Parks and Recreation Department has a cure for your "Cabin Fever". Come join us for a snowshoe dinner at Airport Park. The dinner will include hot chocolate, soup, appetizers, dinner and dessert. Travel by snowshoes, ski or by sled on a lit trail to each station where you will enjoy dining with us. *A special thank you to the Parks & Recreation Advisory Board and Malletts Bay Fire Department for assisting with this event.* **Minimum: 1 Family, Maximum: 6 Families per time slot.**

Session A: Adult (Ages 13 & up)			
#210005A	Friday	6:00 p.m.	February 10
Session A1: Child (Ages 12 & under)			
#210005A1	Friday	6:00 p.m.	February 10
Session B: Adult (Ages 13 & up)			
#210005B	Friday	6:20 p.m.	February 10
Session B1: Child (Ages 12 & under)			
#210005B1	Friday	6:20 p.m.	February 10
Session C: Adult (Ages 13 & up)			
#210005C	Friday	6:40 p.m.	February 10
Session C1: Child (Ages 12 & under)			
#210005C1	Friday	6:40 p.m.	February 10
Session D: Adult (Ages 13 & up)			
#210005D	Friday	7:00 p.m.	February 10
Session D1: Child (Ages 12 & under)			
#210005D1	Friday	7:00 p.m.	February 10

FACILITATOR: Colchester Parks & Recreation Staff, Advisory Board & Malletts Bay Fire Department

LOCATION: Airport Park
FEE: \$10 per adult/\$3 per child (12 & under)

DADDY / DAUGHTER SKATE

Daddy & Daughter

A night designed for daddy and his little girl. Enjoy an evening of skating, pizza and more. Each daddy and daughter will leave with a picture and a frame they made together. Skate rentals are available at the rink for \$3.00. **Minimum: 16, Maximum: 36.**

#280023A	Saturday	4:15 - 6:15 p.m.	March 3
FACILITATOR:	Colchester Parks & Recreation Staff		
LOCATION:	Leddy Park Ice Rink - North Ave. Burlington		
FEE:	\$9 residents/\$14 non residents per person Father must register with daughter(s)		

FAMILY PANORAMA SUGAR EGGS

Families

Looking for an event for your family to enjoy? Come start a new tradition by registering for an old family favorite of Panorama Sugar Egg making. We will provide the instruction and supplies. Families will be able to take their eggs home. Additional Sugar Eggs (small egg) available for \$15.00 each, must request prior to class. Registration Deadline: March 26. **Minimum: 5, Maximum: 10 Families.**

#280012A	Sunday	1:30 - 3:30 p.m.	April 1
INSTRUCTOR:	Cal King		
LOCATION:	Colchester Meeting House, Downstairs		
FEE:	\$25 residents/\$30 non residents		

Additional Smaller Egg: \$15 each must be requested before March 26 use code 280012B when registering for an additional smaller egg

Registration for programs can be made as soon as you receive this brochure!

Safety Programs

BASIC DOG TRAINING

Puppies 7 Weeks - 6 Months (Older dogs allowed with approval)

New

A great all-around introductory class for obedience, dog training & behavior basics. This 6 week class focuses on building a foundation of manners, basic training and social skills. Exercises will be fun and positive. This class is tailored to puppies, but older dogs or newly adopted dogs needing the basics, or dog owners wanting a foundation in basic dog training will also benefit. The class focuses on understanding your dog's body language/behavior, how to work with your particular dog and how to apply very simple dog training concepts! During each class, you will work on: Teaching your dog a range of behaviors, commands such as eye contact, sit, no jumping, leave it, recall, walk nicely on leash and more. Getting your dog accustomed to touch, gentle hold and massage and learning to have gentle mouths. Safely and productively exposing your dog to new people, experiences and situations in ways that build confidence and mental resiliency.

Minimum: 6, Maximum: 16.

#240010B Sunday 5:00 - 6:00 p.m. Mar. 11 - Apr. 15

INSTRUCTOR: Deb Helfrich, Co-Founder Gold Star Dog Training

LOCATION: Malletts Bay Fire Department, 844 Church Road

FEE: \$120 Residents/\$125 Non-Residents

BEYOND BASICS - LEVEL 2

Dogs Ages 6 months + with Prior Training

New

This 6 week class continues to build on the foundation of manners, training and social skills. Exercises will be fun and positive and will focus on honing the training techniques learned in the basic course. The class is taught as a "levels" class, which allows each handler and dog to work at their pace and remain challenged; all instruction, exercises and homework provide options for easier or more difficult versions of each concept or command. This class is perfect for those who have adolescent and young adult dogs and who need help weathering this "teenage" stage in ways that are constructive and positive. You will learn how to: Get consistent response from your dog, while adding difficulty to commands, introducing, distractions, wean off food treats, lures without loss of reliability and hone your handling skills related to timing, consistency and reading your dog.

Minimum: 6, Maximum: 16.

#240010C Sunday 6:30 - 7:30 p.m. Mar. 11 - Apr. 15

INSTRUCTOR: Deb Helfrich, Co-Founder Gold Star Dog Training

LOCATION: Malletts Bay Fire Department, 844 Church Road

FEE: \$120 Residents/\$125 Non-Residents

BOATER SAFETY

Ages 13+

Vermont State Law requires that individuals born after January 1, 1974 need to attend a boating safety course prior to operating a motor boat in Vermont waters. Topics covered include boating safety equipment, emergency procedures, basic navigation and Vermont boating laws. This class is appropriate for all new boaters, youth and adult.

Minimum: 20, Maximum: 25.

Session A

#240001A Mondays 6:00 - 8:30 p.m. Mar. 5 - 26

Session B

#240001B Tuesdays 6:00 - 8:30 p.m. Apr. 3 - 24

INSTRUCTOR: Colchester Police Department

LOCATION: Colchester Rescue, Blakely Road

FEE: \$10 residents/\$15 non residents

2- HOUR PUPPY BOOTCAMP

Puppies 7 Weeks - 4 Months

New

This 2-hour workshop covers the essentials for starting your pup on the right paw and you with the right tools for raising a happy, balanced, well-mannered dog. Our fun, interactive workshop will help you with the challenges of raising a puppy and will help to build a foundation for future training. You will walk away from this workshop with the confidence and knowledge to: Handle puppy



mouthing, biting and chewing, teach your puppy that you are the (benevolent) leader, habituate your puppy to focusing on you, apply fun techniques to bond with your puppy, play fun games that will serve as a foundation for getting your puppy to come when called and to accept a leash. Start socializing your puppy productively and effectively using simple training approaches and read and understand your puppy's body language. **Minimum: 6, Maximum: 16.**

#240010A Sunday 1:00 - 3:00 p.m. February 12

INSTRUCTOR: Deb Helfrich, Co-Founder Gold Star Dog Training

LOCATION: Malletts Bay Fire Department, 844 Church Road

FEE: \$44 Residents/\$49 Non-Residents

BABYSITTING TRAINING COURSE

Ages 10 - 15

This class will stress the safety principles of babysitting. Topics include interviewing for a babysitting job, choosing safe and age appropriate toys and games, preventing injuries, performing first aid, diaper and feeding techniques, handling bed time issues and more. Participants who complete this course and pass a written test will receive a card of completion through the mail. For more information visit www.redcross.org **Participants must bring a lunch, snack and drinks. Minimum: 8, Maximum: 15.**

#280003A Friday 9:00 a.m. - 3:00 p.m. March 2

INSTRUCTOR: American Red Cross Staff

LOCATION: Colchester Meeting House, Upstairs, 828 Main St.

FEE: \$100 residents/\$105 non residents

HEARTSAVER FIRST AID & CPR

Ages 16+

This course includes the American Heart Assoc. curriculum for the adult, child and infant CPR and FBAO (foreign body airway obstruction) modules as well as First Aid Basics, Medical Emergencies and Injury Emergencies. **THIS COURSE IS NOT A RECERTIFICATION COURSE!** American Heart Association CPR and First Aid is valid for 2 years. First night will cover Adult and Child CPR and FBAO; Second night will cover Infant CPR and First Aid. Text book is included. **BOTH NIGHTS ARE MANDATORY FOR CERTIFICATION. Minimum: 4, Maximum: 12.**

#240000A Mon & Thurs 6:30 - 9:30 p.m. April 16 & 19

INSTRUCTOR: Colchester Rescue CPR Training Center Staff

LOCATION: Colchester Rescue, Blakely Road

FEE: \$40 Residents/\$45 Non-Residents

Safety & Adult Programs

18

BASIC SELF-DEFENSE PROGRAM FOR WOMEN

Ages 13+ (Females 13 - 17 must be accompanied by a guardian)

This interactive 12 hour class will prepare you to defend yourself using basic physical techniques and focus on awareness and prevention. This class will be taught by officers from the Colchester Police Department and volunteer R.A.D. Instructors from the community. The class is designed for the average woman with no previous experience or background. This is NOT a martial arts class! Students enrolled in this class must attend a minimum of 9 hours to receive a certification of participation. For more information contact the Colchester Police Department at 264-5553.

Minimum: 10, Maximum: 20.

#240006B Tuesdays 5:00 - 7:00 p.m. Jan. 24 - Feb. 28

INSTRUCTOR: Colchester Police Department

LOCATION: TBA

FEE: \$30 residents/\$35 non residents

THINKSAFE SELF DEFENSE WORKSHOP FOR WOMEN

Ages 14+

This program will teach women to become her own best protector! Thinksafe can teach you how to prevent attacks before they occur and how to defend yourself if all else fails. The course is part discussion and part hands-on practice. Exertion is mild to moderate. Wear comfortable clothing. **Minimum: 6, Maximum: 12.**

#240006A Friday 5:30 - 7:30 p.m. February 3

INSTRUCTOR: Martial Way Self-Defense Instructor

LOCATION: Martial Way Self-Defense Center, 73 Prim Rd

FEE: \$20 residents/\$25 non residents

AMERICAN SIGN LANGUAGE - LEVEL 1

Ages 18+

Here is an opportunity to learn the elements of beginning American Sign Language. Sign Language can broaden your communication skills, stimulate your senses, and increase your ability to be expressive. This can be an excellent preparatory tool for learning theatre mime techniques or fostering a career as an interpreter as well as communication with deaf friends in social events. General finger spelling, vocabulary, signing, using facial expression and role playing will be emphasized. Students with some or no experience are encouraged to attend. Prerequisites: none. *Class will not meet March 1 or April 26.* **Minimum: 7, Maximum: 25.**

#260003A Thursdays 7:00 - 9:00 p.m. Feb. 16 - May 10

INSTRUCTOR: Alex Grist

LOCATION: Colchester High School, Room 101

FEE: \$65 Residents/\$70 Non-Residents



Class Cancelled?

Sometimes courses are cancelled because people wait too long to register. Please register early to avoid disappointment!

HERBAL CHOCOLATE DELIGHTS

Ages 18+

New

Chocolate has been used since the days of the Aztec and Mayan people, where they believed that this sweet treat was a source of spiritual wisdom, energy and power. Who doesn't need another excuse to eat chocolate? Join Kelley Robie, of Horsetail Herbs, in this decadent class just in time for Valentines Day. For our culinary delight we will be making Magic Truffles to tantalize your taste buds and a smooth and silky Chocolate Damiana Cordial to awaken your senses. And did you know that chocolate is good for your skin? Try a Sweet Mocha Honey Scrub to smooth your skin and a Cocoa Butter Bar to moisturize your body. Happy chocolate! **Minimum: 5, Maximum: 14.**

#230512A Thursday 6:30 - 8:30 p.m. February 9

INSTRUCTOR: Kelley Robie, Owner of Horsetail Herbs

LOCATION: Colchester Senior Center

FEE: \$25 residents/\$30 non residents

THE ART OF SOAP MAKING

Ages 10+

New

In this hands-on class, learn how to create and make traditional, healthy hand made soap! You will use herbs, spices, essential oils, plant based oils and other natural and nourishing ingredients to make a batch of beautiful aromatic soap. Each student will go home with a soap sample to cut and age, as well as a handout containing detailed instructions. Recipes and ideas for customizing your own soap will be given. Please bring a quart paperboard milk or soy container for your soap mold and an old towel to wrap your fresh soap in. Get ready to make some suds! **Minimum: 5, Maximum: 12.**



#230512B Wednesday 6:00 - 9:00 p.m. March 7

INSTRUCTOR: Kelley Robie, Owner of Horsetail Herbs

LOCATION: Colchester Senior Center

FEE: \$44 residents/\$49 non residents

BLUES GUITAR CLINICS WITH STAGE AND RECORDING ARTIST CHARLIE HILBERT

Ages 12+

BLUES BOOT CAMP (for beginners & intermediate players): This series includes Song Structure; Basic Blues Chording; Turnarounds; The Secrets of Authenticity; Approaching the Guitar; and Simple Soloing. At the end of this series, students will be able to recognize and play slow blues ballads, shuffles, and swing standards.

BLUES BLAST (for advanced players): This series includes Song Structure; Basic Blues Chording; Turnarounds; The Secrets of Authenticity; Approaching the Guitar; and Simple Soloing. At the end of this series, students will be able to recognize and play slow blues ballads, shuffles and swing standards. **Minimum: 8, Maximum: 20.** Check out the instructor at: <http://www.youtube.com/user/MrHilbert?feature=mhw5>

Session A: BLUES BOOT CAMP (Beginner/Intermediate)

#260001A Sundays 2:00 - 3:00 p.m. Mar. 11 - Apr. 15

Session B: BLUES BLAST (Advanced)

#260001B Sundays 3:00 - 4:00 p.m. Mar. 11 - Apr. 15

INSTRUCTOR: Charlie Hilbert

LOCATION: Colchester Meeting House, Upstairs

FEE: \$82 residents/\$87 non residents

Adult Programs

HERBALISM BASICS SERIES

Ages 18+

New

Join Laura, proprietor & herbalist of Purple Shutter Herbs, in an introductory exploration into the world of herbs. This series, which includes 6 separate units, is designed for those with little or no knowledge of the herbal world or for those who need a refresher. It will cover enough of the herbal basics to leave you confident & hopefully wanting more. Each session can be taken independently.

WINTER IMMUNITY: What would winter in Vermont be without the despicable cold & flu season? We'll explore what you can do to improve your immune response through herbs & diet. We'll discuss protecting yourself, healing if you are already sick & what to do if you just can't kick that lingering cough, sneeze, sore throat, or other symptoms. This is vital information to keep yourself, family & friends going strong. We'll make a few preparations for you to take home.

THE ART OF TEA: Together we'll explore the fascinating world of tea by delving into the art of brewing, the fun of tea tasting & all those wonderful gadgets. We'll learn how different herbs can promote good health & wellbeing. Everyone will create their own special tea blends to take home.

INTERNAL HERBAL REMEDIES: Our ancestor's first medicine was most likely fresh herbs taken internally. We instinctively crave herbs when our body is unwell. Have you ever reached for a beer after a long stressful day or hot spicy cuisine when feeling cold? These are two examples of herbs as medicine! We'll look at preparations such as syrups, capsules, pillballs, douches, suppositories, oxymels & slurries, as well as medicinal herbal candy.

SPRING DETOXIFICATION: Feeling the need to shed your heavy winter coat from the inside out? Come learn about the benefits & importance of internal cleansing in the spring. We'll be discussing several different ways to cleanse. Emphasis will be on proper digestion & detoxification using herbs, as well as other remedies to support the body as it goes through the process of releasing old toxins.

THE WORLD OF FRAGRANCE: Aromatherapy & essential oils have become part of everyday life today, but do you really know what they are about? In this session, we'll delve into the aromatic world of scent, psyche & enjoyment. In class you'll create your own perfume roll-on. The journey begins as we just follow our noses!

SUMMER FIRST AID KIT: THE HERBAL WAY: Everyone should own a good first aid kit containing all the necessary items to be ready for all needs. Come & learn how to prepare this essential tool. Our focus will be on a kit for use in the summer months ahead. Whether you're out on a hike, camping, enjoying your own backyard or just basic care for your family - having a functional first aid kit is crucial. We'll be making four items to start you on your way in creating a practical useful kit. **Minimum: 5, Maximum: 14.**

Session A: Winter Immunity

#230511A Tuesday 6:30 - 8:30 p.m. January 24

Session B: The Art of Tea

#230511B Tuesday 6:30 - 8:30 p.m. February 28

Session C: Internal Herbal Remedies

#230511C Tuesday 6:30 - 8:30 p.m. March 27

Session D: Spring Detoxification

#230511D Tuesday 6:30 - 8:30 p.m. April 24

Session E: The World of Fragrance

#230511E Tuesday 6:30 - 8:30 p.m. May 22

Session F: Summer First Aid Kit - The Herbal Way

#230511F Tuesday 6:30 - 8:30 p.m. June 26

INSTRUCTOR: Laura Brown, Proprietor & Herbalist
Purple Shutter Herbs

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: \$25 residents/\$30 non residents

LUSCIOUS LOTIONS & BODACIOUS BODY BUTTERS

Ages 18+

New

Would you like to pamper your skin & body using only the finest natural ingredients? You will create formulas that will nourish, support and hydrate making you look and feel your very best! To keep your skin looking radiant we will be making two luxurious lotions for all skin types using pure essential oils to create heavenly scents. We will be making a soft and hard body butter to both protect and moisturize your skin. Discover your inner beauty as we teach you to care for your outer beauty just in time for the spring and summer months ahead! **Minimum: 5, Maximum: 14.**

#230512C Wednesday 6:30 - 8:30 p.m. April 11

INSTRUCTOR: Kelley Robie, Owner of Horsetail Herbs

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: \$25 residents/\$30 non residents

THE FABULOUS FOOD FACIAL

All Ages

New

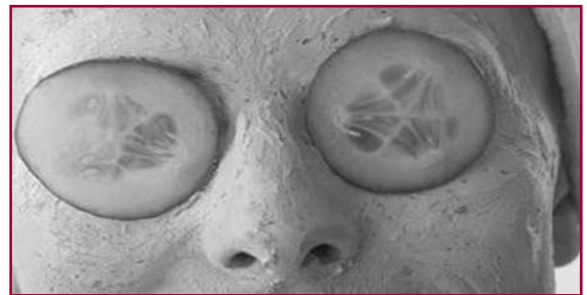
We nourish our bodies with good food now feed your face! Kelley Robie, of Horsetail Herbs, will show you how to care for your special skin type with wonderful natural beauty products you can make yourself. Together, using foods as the main ingredients, you'll make your own nutritious face care products & then indulge in a fabulous five-step facial. All of our recipes will include foods and herbs: an apricot facial cleanser, a yogurt/honey mask, a cucumber/ rosewater eye gel and an avocado/chamomile moisturizer. Come in stressed & go home relaxed & glowing! Please bring a large towel, bowl & something to tie your hair back. **Minimum: 5, Maximum: 14.**

#230512D Wednesday 6:30 - 8:30 p.m. May 9

INSTRUCTOR: Kelley Robie, Owner of Horsetail Herbs

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: \$25 residents/\$30 non residents



SUMMER HERBAL MANICURE

Ages 18+

New

Are you ready for soft, smooth & silky hands? Join Kelley Robie, of Horsetail Herbs, for an herbal manicure designed to enhance the health & appearance of your nails, cuticles, fingers & hands. You'll start with an aromatic hand soak to reduce tension, soften skin & delight the senses. Next you'll create your own soothing salt scrub to exfoliate your skin. Dry, cracked hands will then take pleasure in an all-natural moisturizer designed to rejuvenate the skin. This will be followed by a cuticle massage salve, made by you! And if the desire strikes, you can paint your nails with our organic nail polishes. Enjoy! **Minimum: 5, Maximum: 14.**

#230512E Wednesday 6:30 - 8:30 p.m. June 6

INSTRUCTOR: Kelley Robie, Owner of Horsetail Herbs

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: \$25 residents/\$30 non residents

Adult Programs

HOW TO USE YOUR DIGITAL CAMERA

Ages 16+

Bring your digital camera and plan on leaving class knowing how to get the most out of your camera! Besides learning how to use your camera, you'll learn about getting photos in and out of your computer and methods for printing digital photos. Please bring your camera manual. **Minimum: 5, Maximum: 10.**

#270008A Tuesday 6:30 - 8:30 p.m. January 24

INSTRUCTOR: Jeff Marcotte
LOCATION: Colchester High School, Room 105
FEE: \$31 residents/\$36 non residents

YOGA FOR FITNESS FOR INTERMEDIATES

Ages 18+

Bring your yoga practice to the next level. Develop strength and cardiovascular fitness in this progressive format. All the elements of the basic yoga for fitness yoga postures with the added element of core and balance conditioning. Prior experience suggested, but not required. Mat and water bottle a must! **Minimum: 8, Maximum: 30.**



Session A
#230500A Thursdays 5:30 - 6:30 p.m. Jan. 12 - Feb. 16

Session B
#230500B Thursdays 5:30 - 6:30 p.m. Mar. 1 - Apr. 5

Session C
#230500C Thursdays 5:30 - 6:30 p.m. Apr. 12 - May 17

INSTRUCTOR: Carol Bennett; A.F.A.A., Yoga Fit Certified
LOCATION: Colchester Meeting House, Upstairs
FEE: \$35 residents/\$40 non residents

YOGA FLOW

Ages 18+

Breath awareness & alignment are encouraged as we flow through a moderately paced class. Enjoy sequencing postures to increase your flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation. All classes are held in a private, clean and comfortable studio within our state-of-the-art facility. **Minimum: 4, Maximum: 14.**

Session A
#270001A Wednesdays 5:30 - 6:45 p.m. Jan. 18 - Feb. 15

Session B
#270001B Wednesdays 5:30 - 6:45 p.m. Feb. 29 - Mar. 28

Session C
#270001C Wednesdays 5:30 - 6:45 p.m. Apr. 11 - May 9

INSTRUCTOR: Lisa Tidman, PTA, Yoga Instructor
LOCATION: RehabGYM, 905 Roosevelt Highway
FEE: \$60 residents/\$65 non residents

YOGA FOR FITNESS FOR BEGINNERS

Ages 18+

Begin your yoga practice with the basic yoga fitness postures. Learn the unique flow that makes a classic yoga fitness workout. This class is ideal for those who have never taken yoga or for those who are looking to try a different kind of yoga practice. Yoga mat is helpful, but not required. Water bottle a must! **Minimum: 8, Maximum: 30.**

Session A1
#230500A1 Mondays 5:30 - 6:30 p.m. Mar. 5 - Apr. 9

Session B1
#230500B1 Mondays 5:30 - 6:30 p.m. Apr. 16 - May 21

INSTRUCTOR: Carol Bennett; A.F.A.A., Yoga Fit Certified
LOCATION: Colchester Meeting House, Upstairs
FEE: \$35 residents/\$40 non residents

FLIRTY GIRL FITNESS



Women Ages 16+

Flirty Girl Fitness is a fun, fabulous fitness program designed for women only! It is a dance-based class using popular dance moves that avoid complicated choreography with a focus on fun to appeal every woman regardless of age, size or cultural background. The result is a fabulous, fun effective full body workout! You will burn tons of calories we promise! If you like Zumba you'll LOVE Flirty Girl! **Minimum: 5, Maximum: 10.**

#230107A Thursdays 6:45 - 7:30 p.m. Jan. 12 - Feb. 2

FLIRTIFIED INSTRUCTOR: Stacey Mercure
LOCATION: Colchester Health & Fitness, Prim Road
FEE: \$50 residents/\$55 non residents

THERAPEUTIC YOGA

Ages 18+

Each class includes breath awareness, postures and relaxation. Guidance and instruction provided for optimum alignment to support you during each class. All levels welcome! All classes are held in a private, clean and comfortable studio within our state-of-the-art facility. **Minimum: 4, Maximum: 14.**

Session A
#270002A Tuesdays 8:30 - 9:30 a.m. Jan. 17 - Feb. 14

Session B
#270002B Tuesdays 8:30 - 9:30 a.m. Feb. 28 - Mar. 27

Session C
#270002C Tuesdays 8:30 - 9:30 a.m. Apr. 10 - May 8

INSTRUCTOR: Lisa Tidman, PTA, Yoga Instructor
LOCATION: RehabGYM, 905 Roosevelt Highway
FEE: \$50 residents/\$55 non residents

ROLL IT OUT AND MOVE IT PILATES

Ages 16+

Learn how the foam roller can challenge your core, improve stability and release tight muscles. Great for athletes of all ages and stages! The instructor will use her physical therapy background to guide you through this intelligent and fun way to exercise! **Minimum: 4, Maximum: 14.**

#230100B Wednesdays 6:00 - 7:00 a.m. Jan. 18 - Feb. 22

INSTRUCTOR: Mary Grunvald, PT, M.Ed, Stott Cert. Mat II
LOCATION: Colchester RehabGYM, 905 Roosevelt Highway
FEE: \$60 residents/\$65 non residents

Registration for programs can be made as soon as you receive this brochure!

Adult Programs

PICK-UP VOLLEYBALL

Ages 18+

Join other volleyball players for an extra night of fun and exercise. Games will be played involving team strategy at the Intermediate/Advanced level. Courts may be assigned depending on the number and skill level of participants. **Registration will be on Wednesday, January 4 at 7:30 p.m. in the CMS Gym. Class will not meet on March 15, 22 or 29. Maximum: 22.**

#201000A Wednesdays 7:30 - 9:00 p.m. Jan. 4 - Mar. 21

COORDINATOR: Pat Spacapan
LOCATION: Colchester Middle School, Gym
FEE: \$22 resident/\$27 non resident
 Walk-ons: \$4 per night if space allows

#201000B Sign up for both Coed Volleyball Level II & Pick - Up Volleyball: \$40 residents / \$45 non-residents

COED VOLLEYBALL - LEVEL II

Ages 18+

Coed Volleyball is for players who use proper technique and team strategy in their play. Players need to be at an intermediate to advanced intermediate level of play. This is not a program for novice players. Please check your level at one of our pre-season volleyball times. **Times are subject to change. Registration will be on Monday, January 2 at 7:30 p.m. in the CMS Gym. Class will not meet on January 16, February 27 or March 5. Maximum: 22.**

#202000A Mondays 7:30 - 9:00 p.m. Jan. 2 - Mar. 19

COORDINATOR: Bill Syverson
LOCATION: Colchester Middle School, Gym
FEE: \$22 residents/\$27 non residents
 Walk-ons: \$4 per night if space allows

In order to preserve the wood surface in the school gyms, it is requested that players BRING their playing shoes to the gym to prevent tracking in stones, dirt and other debris. Thank you!

ADULT BASKETBALL - WALK-ONS

Ages 18+

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school, ages 18 and older. **Times are subject to change. SCHEDULES WILL BE DISTRIBUTED ON THE FIRST DAY OR VISIT OUR WEBSITE FOR THE SCHEDULE.**

Thursdays 7:30 - 9:30 p.m. Jan. 5 - Mar. 22

COORDINATOR: Jim Park
LOCATION: Colchester Middle School, Gym
FEE: Walk-ons Only: \$4 per night

PROFESSIONAL GOLF FITNESS TRAINING

Ages 14+

Posture, balance and flexibility training helps not just your overall health, but speed and strength within your golf swing. Taught by a professional golf instructor and personal trainer, this 6 week course will incorporate a variety of strength and conditioning exercises to produce a better repeatable golf swing for both men and women. **Minimum: 8, Maximum: 20.**

#260014A Sundays 9:00 - 10:00 a.m. Jan. 15 - Feb. 19

INSTRUCTOR: Colchester Health & Fitness Staff
LOCATION: Colchester Health & Fitness, Prim Road
FEE: \$150 residents/\$155 non residents



INDOOR WALKING PROGRAM

Ages 18+

Looking for a warm and dry place to get some exercise during the winter months? If you like to walk but don't like doing it in slush and snow, check this out! The Colchester School District is opening their doors to residents who would like to "walk the halls" at the following times:

Malletts Bay School: M - F: 6:00 - 7:30 a.m. & 4:00 - 8:00 p.m.
Colchester Middle School: M - F: 6:00 - 7:15 a.m. & 5:00 - 8:00 p.m.
Colchester High School: M - F: 6:00 - 7:00 a.m. & 5:30 - 8:00 p.m.

Walking is unsupervised and at your own risk; participants are encouraged to bring a cell phone and walk with a buddy. Walkers must use the front entrance and sign in and out every time. For more information contact Connie Gavin at: gavinc@csdvt.org

ZUMBA GOLD® 10 CLASS PASS

Ages 18+

This is a great class for all you babyboomers! The moves and pacing suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a Fitness-Party known for zesty Latin music, like salsa, merengue, cumbia and reggaeton, the exhilarating, easy-to-follow moves and the invigorating, party-like atmosphere. It's a dance-fitness class that's friendly and most of all, fun! Ditch the workout - Come Join the Party! You can use the 10 classes any time you want between January 18 and May 30. **Registration Deadline April 16. Minimum: 1, Maximum: 20.**

#260013A Wed and/or Fri 4:30 - 5:15 p.m. Jan. 18 - May 30

INSTRUCTOR: Michelle Little
LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza
FEE: \$75 residents/\$80 non residents



ZUMBA® 10 CLASS PASS

Ages 18+

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. This class is a full hour of fun! This class will get your heart pumping and you'll be dancing your way to a fit and more healthy you! ALSO, FREE on-site CHILD CARE! You can use the 10 classes any time you want between January 19 and the end of May. **Registration Deadline March 22. Minimum: 1, Maximum: 20.**

#260012A Thursdays 6:15 - 7:15 p.m. Jan. 19 - May 31

INSTRUCTOR: Rachel Bilodeau & Jennifer Urban Petrie
LOCATION: Studio 3 Dance & Fitness, Creek Farm Plaza
FEE: \$90 residents/\$95 non residents

Adult Programs

JAZZERCISE/BODY SCULPTING/JAZZERCISE LITE - UNLIMITED CLASSES

Ages 18+

Jazzercise (High Impact, High Intensity): The original dance exercise phenomenon! Each 60-minute workout blends dance and muscle toning movements choreographed to today's hottest music, including Top 40, jazz, country, funk and classics. Our instructors make all the routines fun and easy-to-follow. Every class includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights and a stretch finale.

Jazzercise (Low Impact, High Intensity): Same description as above, but taught as LOW IMPACT keeping in the high intensity!

Body Sculpting: Sculpted arms, a strong core, tight glutes and firm legs are the focus of this challenging 40-50-minute muscle toning workout that features a creative combination of strength training movements and stretching.

Day/Times: Log onto www.jazzincolchester.com for updated schedule. There are 31 classes offered every week. That equals 186 classes to choose from during offer period!

#230501A Schedule online at www.jazzincolchester.com Jan. 17 - Feb. 26

INSTRUCTOR: Certified Jazzercise Instructor

LOCATION: Jazzercise Fitness Center, 69 Creek Farm Rd, Ste. 2

FEE: \$79 residents/\$84 non residents

TOTAL BODY CONDITIONING

Ages 18+

Join us for a total body workout. Learn effective strength-building exercises to tone and build muscle as well as help prevent injury. Focus on core strengthening in each class to help you prepare for any event, sport or help prevent injuries. We will incorporate the use of weights, balls and body-weight type exercises designed to be fun and challenging. **Minimum: 4, Maximum: 14.**

Session A

#270000A Thursdays 9:30 - 10:30 a.m. Jan. 19 - Feb. 16

Session B

#270000B Thursdays 9:30 - 10:30 a.m. Mar. 1 - 29

Session C

#270000C Thursdays 9:30 - 10:30 a.m. Apr. 12 - May 10

INSTRUCTOR: Lisa Tidman, PTA, Yoga Instructor

LOCATION: RehabGYM, 905 Roosevelt Highway

FEE: \$50 residents/\$55 non residents

SCRAWNY TO BRAWNY

Ages 18+



Do you want to compete with your bodybuilding workout buddies but don't feel that you can make the grade? Our weight lifting program will make you the envy of your friends. We always promote weight loss programs but this personal training package is designed for the guy who would like to build more muscle mass! You will work with a certified trainer to build you an effective mass building program to get the results you're looking for. Also included is the added benefit of nutritional counseling to keep you get brawny not scrawny! 6 - 1 Hour Training Sessions. Call 860-1010 to set up training times after registering.

#230108A Dates & Times set up with your Personal Trainer

INSTRUCTOR: Colchester Health & Fitness Personal Trainer

LOCATION: Colchester Health & Fitness, Prim Road

FEE: \$270 residents/\$275 non residents

USE IT TO LOSE IT CHALLENGE

Ages 18+

Do you have weight to lose? Do you need some help losing it? If so, you NEED to take this class and start the new year off right. Incorporated in this 12 week program are diet coaching, exercise training and various fitness assessments to help highlight your successes within the 12 weeks and beyond. You will also get weekly e-mails with healthy tips and recipes to try. This group class is designed for people who want to lose weight, better their eating habits, improve their lifestyle and win prizes and even cash along the way. The more people that join us the higher the cash prize so bring your friends and family, challenge each other and come LOSE together! Current and former participants have experienced tremendous weight loss through this program and we are confident that you will too! **FEE INCLUDES 36 GROUP TRAINING SESSIONS & 12 WEEK CLUB MEMBERSHIP.** **Minimum: 4, Maximum: 15.**

#260016A Mon, Weds & Fri 5:30 - 6:30 p.m. Jan. 16 - Apr. 6

INSTRUCTOR: Eric Place, ATC

LOCATION: Colchester RehabGYM, 905 Roosevelt Highway

FEE: \$250 residents/\$255 non residents

RUNNING INJURY FREE: A PROGRAM FOR THE INJURY-PRONE ATHLETE



Ages 18+

This program is geared towards injury-prone runners seeking valuable advice from a physical therapist to get through the new year on their feet! Instructor Anthea Schmid is a licensed physical therapist and highly accomplished runner. The combination of medical expertise and running experience is sure to provide the outcome you've been looking for. This class includes valuable injury avoidance and rehabilitation advice, core conditioning and motivation. Beginner runners are welcome! **Minimum: 4, Maximum: 14.**

Session A

#271001A Tuesdays 5:30 - 6:30 p.m. Jan. 17 - Feb. 14

Session B

#271001B Tuesdays 5:30 - 6:30 p.m. Feb. 28 - Mar. 27

Session C

#271001C Tuesdays 5:30 - 6:30 p.m. Apr. 10 - May 8

INSTRUCTOR: Anthea Schmid, PT

LOCATION: RehabGYM, 905 Roosevelt Highway

FEE: \$50 residents/\$55 non residents



Active Generation

LUNCH & MOVIE MATINEE

Ages 55+



New

Join us for a great lunch and enjoy a movie on a 46" Flatscreen with old friends while meeting new ones. A lunch will be served followed by a popular and highly ranked movie. Plus FREE popcorn. **Pre-registration is required. Minimum: 4, Maximum: 20.**

Session A: The Change-Up (Comedy)

#220007A Thursday 12:00 p.m. January 12

Session B: Crazy Stupid Love (Romantic Comedy)

#220007B Monday 12:00 p.m. February 13

Session C: Bridesmaids (Comedy)

#220007C Monday 12:00 p.m. March 12

Session D: Captain America (Sci-Fi Adventure)

#220007D Monday 12:00 p.m. April 16

Session E: Fast Five (Action & Adventure)

#220007E Friday 12:00 p.m. May 11

INSTRUCTOR: Colchester Recreation Staff
LOCATION: Colchester Senior Center, 2 West Lakeshore Drive
FEE: \$2 residents/\$3 non residents

DANCERCISE - LINE DANCING

Ages 55+

Moving to music, low impact aerobics and fun exercise is what you will get when you are in the class. Also you will use another muscle, the brain. This is a great class with easy movements for everyone to enjoy. **Pre-registration is required. Minimum: 4, Maximum: 15.**

Session A

#220013A Thursdays 11:00 a.m. - 12:00 p.m. Jan. 19 - Feb. 23

Session B

#220013B Thursdays 11:00 a.m. - 12:00 p.m. Mar. 8 - Apr. 12

INSTRUCTOR: Hattie Saville
LOCATION: Colchester Meeting House, Upstairs
FEE: \$5 residents/\$10 non residents

A MATTER OF BALANCE

Ages 55+



New

This is a free 8 week workshop for seniors with concerns about falling or who have fallen. It teaches people how to prevent falls, steps to take to make their homes and environments safer, as well as exercises to increase strength, balance and flexibility. It is taught by a trained facilitator. **Pre-registration is required. Minimum: 4, Maximum: 8.**

#220003A Wednesdays 10:00 a.m. - 12:00 p.m. Jan. 25 - Mar. 14

INSTRUCTOR: Trained FAHC Adult Outreach & Education Staff
LOCATION: Colchester Senior Center, 2 West Lakeshore Drive
FEE: FREE

COUNTER CROSS STITCH

Ages 55+



New

Come join us and learn how to plot your own design. This class is for novice stitchers who want to learn a new craft. All materials will be provided. **Pre-registration is required. Minimum: 6, Maximum: 10.**

#220010A Thursdays 9:00 - 10:30 a.m. Jan. 26 - Feb. 16

INSTRUCTOR: Moira Plant, Colchester Parks & Recreation Staff
LOCATION: Colchester Senior Center, 2 West Lakeshore Drive
FEE: \$15 residents/\$20 non residents

BEGINNER DRAWING FOR SENIORS

Ages 55+



New

This is a beginner drawing class. Gesture drawing, line drawing, continuous line drawing and negative image drawing. Participants will learn the basics and have the opportunity to work with multiple materials. All materials will be provided. All sessions will be different from each other. **Pre-registration is required. Minimum: 6, Maximum: 15.**

Session A

#220016A Fridays 10:15 - 11:45 a.m. Jan. 20 - Feb. 10

Session B

#220016B Fridays 10:15 - 11:45 a.m. Mar. 9 - 30

Session C

#220016C Fridays 10:15 - 11:45 a.m. Apr. 6 - May 4

INSTRUCTOR: Emily Bond, Colchester Parks & Recreation Staff
LOCATION: Colchester Senior Center, 2 West Lakeshore Drive
FEE: \$10 residents/\$15 non residents

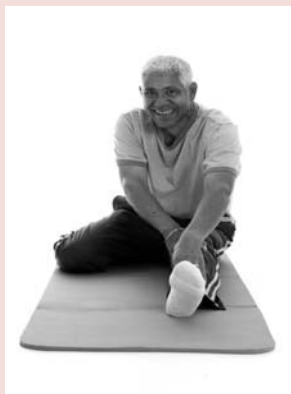
GROWING STRONGER

Ages 55+



New

Growing Stronger is an 8 week strength training program for seniors that helps increase strength, balance and flexibility. This program stimulates bone and muscle growth, which helps prevent osteoporosis. As a senior, feeling physically strong promotes mental and emotional health. Seniors who exercise regularly are healthier and able to remain independent longer. Growing Stronger will be taught by Neighbor to Neighbor AmeriCorps member, Megan. This program is free of charge. For any questions, concerns, or for more information contact Megan at the Champlain Valley Agency on Aging at 802-865-0360. **Pre-registration is required. Minimum: 2, Maximum: 10.**



#220014A Wednesdays 1:00 - 1:45 p.m. Jan. 25 - Mar. 14

INSTRUCTOR: Megan VanGorden, Certified CVAA Instructor
LOCATION: Colchester Senior Center, 2 West Lakeshore Drive
FEE: FREE

WII BOWLING

Ages 55+

Do you have grandchildren who love playing the Wii and you want to learn? Do you just want to get some exercise and socialization in with a twist? Then this program is for you! Come and enjoy a morning of virtual bowling. Get exercise while in the comfort of the Senior Center. Enjoy an energetic and healthy afternoon among the company of fellow friends. **Class will not meet on March 1. Pre-registration is required. Minimum: 4, Maximum: 8.**

Session A

#220009A Thursdays 10:30 - 11:30 a.m. Jan. 26 - Mar. 8

Session B

#220009B Thursdays 10:30 - 11:30 a.m. Mar. 15 - Apr. 19

INSTRUCTOR: Colchester Parks & Recreation Staff
LOCATION: Colchester Senior Center, 2 West Lakeshore Drive
FEE: FREE

FRIDAY MORNING SKIPBO

Ages 55+



Come join the fun of playing this easy to learn card game. Everyone is welcome whether you've got experience or its your very first time. Cards and coffee will be provided. **Pre-registration is required.** **Minimum: 4, Maximum: 15.**

Session A

#220008A Fridays 9:00 a.m. - 10:00 a.m. Jan. 20 - Feb. 17

Session B

#220008B Fridays 9:00 a.m. - 10:00 a.m. Feb. 24 - Mar. 23

Session C

#220008C Fridays 9:00 a.m. - 10:00 a.m. Mar. 30 - Apr. 27

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: FREE

SLOW COOKER RECIPE SWAP

Ages 55+



Bring your favorite slow cooker meal and recipe and join the fun. Taste numerous slow cooker meals from your peers and swap recipes. Drinks will be provided. **Pre-registration is required.** **Minimum: 4, Maximum: 15.**

#220015A Thursday 11:30 a.m. - 1:00 p.m. February 9

INSTRUCTOR: Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: FREE

HEALTHIER LIVING WORKSHOPS

Ages 18+



This is a free 6 week series for people living with chronic conditions, or living with someone with a chronic illness such as diabetes, COPD, fibromyalgia, arthritis, heart disease, etc. The series provides participants with tools to manage all of the symptoms that go along with living with a chronic condition such as fatigue, depression, anxiety, tension and other symptoms. This is led by trained leaders, who many times are themselves living with a chronic condition. Participants will receive a book and DVD. **Pre-registration is required.** **Minimum: 4, Maximum: 8.**

#220004A Thursdays 2:00 - 4:30 p.m. Mar. 1 - Apr. 5

INSTRUCTOR: Trained FAHC Adult Outreach & Education Staff

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: FREE

DIGITAL CAMERA BASICS

Ages 55+



Bring your digital camera and plan on leaving class knowing how to get the most out of your camera! Tips on lighting, shadowing and framing shots will also be discussed. **Please bring your camera manual.** **Pre-registration is required.** **Minimum: 6, Maximum: 10.**



#220017A Monday 1:00 - 3:00 p.m. March 5

INSTRUCTOR: Kristin Roy, Colchester Parks & Recreation Staff

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: \$7 residents/\$12 non residents

I.T. AND ME

Ages 55+

Feeling left behind with all the technology around us? Join the wave of knowledge that is available to you. This is a great class designed to teach you some basic computer skills. **Pre-registration is required.** **Minimum: 4, Maximum: 8.**

Session A: Windows Basics

#250009A Thursday 9:00 - 10:30 a.m. March 8

Session B: Computers Inside and Out

#250009B Thursday 9:00 - 10:30 a.m. March 15

Session C: Getting the most from Web Searching

#250009C Thursday 9:00 - 10:30 a.m. March 22

Session D: Microsoft Word

#250009D Thursday 9:00 - 10:30 a.m. March 29

INSTRUCTOR: Colchester Information Technology Staff

LOCATION: Colchester Senior Center, 2 West Lakeshore Drive

FEE: FREE

FREE FUNCTIONAL MOVEMENT SCREENING & FITNESS ASSESSMENT

Ages 18+



FUNCTIONAL MOVEMENT SCREENING: The RehabGYM now proudly offers the Functional Movement Screen. This screen is the result of years of research and is a part of the Functional Movement System. This system has been designed to find dysfunctional movement patterns and correct them. In any individual, a dysfunctional movement pattern limits performance. "Put simply, the FMS is a ranking and grading system that documents movement patterns that are key to normal function. By screening these patterns, the FMS readily identifies functional limitations and asymmetries. These are issues that can reduce the effects of functional training and physical conditioning and distort body awareness." To learn more about the FMS, please visit www.functionalmovement.com. Note: Average appointments will take 15-20 minutes.

FITNESS ASSESSMENT: Are you starting (or interested in starting) an exercise program? Our trained professionals are offering Free Fitness Assessments that will be individualized to you and your respective level of activity. Our comprehensive fitness assessments will provide you all the baseline information necessary to set realistic and measurable goals as you work to achieve personal fitness success! Our FREE fitness assessments will highlight what you have been doing well and point out aspects of your routine that may need improvement. Testing will incorporate and measure all areas of a balanced routine including aerobic endurance, strength, flexibility, balance and core. We will provide target heart rate ranges in addition to determining your maximum heart rate. Please call to schedule your appointment today. Note: Average appointments will take 15-20 minutes. **Call 861-0111 or email eric.place@rehabgym.com for more information or to schedule an assessment!**

LOCATION: RehabGYM, 905 Roosevelt Highway

FEE: FREE

With reduction in budgets and limited staff we are challenged to provide program supervision at the Senior Center. What we need is community members willing share their time and interest in a particular field. If you are interested in assisting us please contact Glen Cuttitta at 264-5641.

Parks Map

HERITAGE PARK

HERITAGE PARK: located off Main Street on Heritage Drive, Colchester Village. 1-acre, parking, limited playground, tennis court, basketball court.

FORT ETHAN ALLEN PARADE GROUNDS

FORT ETHAN ALLEN PARADE GROUNDS: between route 15 and Dalton Drive. 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, .9 mile walking trail.

SUNNY HOLLOW NATURAL AREA

SUNNY HOLLOW NATURAL AREA: access from Hercules Drive. 80-acre diverse area, limited parking, 3 miles of walking, mountain biking and x-country trails.

BAYSIDE PARK

BAYSIDE PARK: both sides of Lakeshore Drive at the intersection with Malletts Bay Ave. 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Senior Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 baseball field, 1 lighted softball field, football/lacrosse field, and a skatepark.

BONANZA PARK

BONANZA PARK: on Bonanza Park Road off Heineburg Drive. .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH

CAUSEWAY PARK & RECREATION PATH: 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

LAW ISLAND

LAW ISLAND: west of Causeway off Colchester Point. 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA

PORTER NATURAL AREA: 56-acre natural area off Mills Point Road.

AIRPORT PARK

AIRPORT PARK: 64.5-acres located on Colchester Point Road. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating and cross-country skiing trails in the winter.

ROSSETTI NATURAL AREA

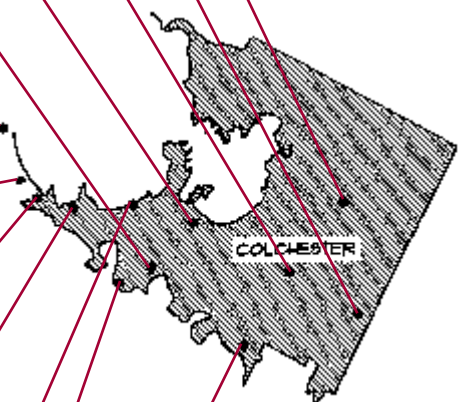
ROSSETTI NATURAL AREA: 47-acres of natural area between lake and Lakeshore Drive/Holy Cross Road/Church Road intersection conserving wetland, woods, and beach.

HEINEBERG ACCESS/BILLADO PARK

HEINEBERG ACCESS/BILLADO PARK: 4-acres, Town and State access to Winooski River, off Heineberg Drive.

VALLEYFIELD PARK

VALLEYFIELD PARK: on Valleyfield Drive off Malletts Bay Avenue. .65-acre neighborhood park with limited playground and all-purpose field.



REGISTRATION FORM:

Please complete entire form

Colchester Resident

Non Resident

One form can be used for all family members that live in the same household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT	M/F	BIRTHDATE M/D/Y	CLASS CODE	PROGRAM NAME	FEE	TOTAL

Mail completed form and payments to:
Colchester Parks & Recreation, PO Box 55, Colchester, VT 05446

Total Due: \$ _____

Payment Method (Check One):

Check (Payable to Colchester Parks & Recreation) Cash Charge to: VISA MASTERCARD

Check here for a receipt to be sent to you _____
Card Number _____ Exp. Date _____

Winter registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full.

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years.

Non residents my register for any program offered, on a space available basis, beginning on January 9.

Town of Colchester Release and Indemnity Agreement

Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:

Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;

A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____

COLCHESTER PARKS & RECREATION DEPARTMENT
P.O. Box 55
781 Blakely Road
Colchester, VT 05446

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**To register for the programs
inside this brochure?**

It's as easy as 1, 2, 3 or 4

- 1 REGISTER ONLINE:**
Log onto www.colchestervt.gov and go to the parks & rec link and click on online registration
- 2 REGISTER IN PERSON:**
Visit our office on the second floor of the town offices at 781 Blakely Road during business hours
Monday - Friday,
8:00 a.m. - 4:00 p.m.
- 3 MAIL:**
Mail completed form and payment (with check, cash, or credit card #) to: Colchester Parks & Recreation
PO Box 55
Colchester, VT 05446
- 4 FAX:**
Fax signed registration form along with credit card number and expiration date to 264-5647

WE DO NOT ACCEPT PHONE REGISTRATIONS

TOWN OFFICES CLOSED

January 2
January 16

New Years Day Observed
Martin Luther King Day

February 20
May 28

President's Day
Memorial Day