

COLCHESTER PARKS & RECREATION

"Optimizing the Experience of Living"

Registration Opens: Residents: December 13 | Non-Residents: December 27



colchestervt.gov/recreation
802-264-5640

*Winter 2025
Activity Guide
January - May*



GENERAL INFORMATION

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OFFICE INFORMATION

Location: 781 Blakely Road
Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: colchestervt.gov/recreation
Office Hours: 8:00 am - 4:30 pm

OBSERVED HOLIDAYS (office closed)

December 31: New Years Eve (close at 11:30 am)
January 1: New Years Day
January 20: Martin Luther King Jr. Day
February 17: President's Day
May 26: Memorial Day

METHODS OF PAYMENT

We accept VISA, MASTERCARD, AMERICAN EXPRESS & DISCOVER credit cards, checks and cash. **All Credit Cards will be charged a 3% service charge.**

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 **\$25.00** administrative fee. This applies to transfers as well. All cancellation requests must be submitted in writing to recreation@colchestervt.gov

ONLINE REGISTRATION

Now you can register 24/7 online! Registrations can be made as soon as this brochure is published. For step by step directions, log on to our website at colchestervt.gov/recreation

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 a 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.

NON-RESIDENTS

Non residents may register for any programs offered, on a space available basis, after December 27, 2024.

NON-RESIDENT SURCHARGE

\$10: Program Fee \$0-\$99
\$20: Program Fee \$100-\$199
\$30: Program Fee \$200+

REC ADVISORY BOARD

Adriane Martin, Chair
Dick Pecor, Vice Chair
Jim Neary
Dr. Ruth Blauwiekel
Scott Perren
Inge Schaefer

CATHY NEARY SCHOLARSHIP FUND



It is with great pride that we have named our Scholarship Fund after Cathy Neary who was our Administrative Assistant from 2005 to 2012. In 2014, Cathy lost a courageous 11 year battle with cancer. But throughout those years, she never let it change her lovely personality or her positive attitude.

She was a kind and loving employee who felt that everyone, regardless of their financial situation, should experience the joy of recreation. There were many occasions that Cathy, out of her own pocket, financially assisted families who could not afford their portion of the scholarship match. Although she is no longer a physical presence in our office, her presence will continue in spirit through this scholarship fund.

COLCHESTER PARKS & RECREATION

“Optimizing the Experience of Living”

PARKS & RECREATION STAFF



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Parks Maintenance I



Joshua Thibault
Parks Maintenance I



SPECIAL EVENTS

41st ANNUAL WINTER CARNIVAL

FEBRUARY 1 & 2, 2025

Saturday:

- * Inflatables
- * Arts & Crafts
- * Playdough Room
- * Face Painting
- * Family Friendly Performances
- * Mini Golf
- * Hay Rides
- * Sensory Room
- * Hall Walkers

Sunday:

- * Skating with the police at Leddy



A full listing of events will be available in January. To enter into any part of our event, you must purchase a Winter Carnival Bracelet. Every person over the age of 2 must purchase a bracelet at \$8 per bracelet. Credit Cards will be accepted at the event this year for entry bracelets!

EASTER EGG HUNT

Saturday, April 19, 2025

10:00 a.m. Bayside Park

Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. 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. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at Upper Bayside Park. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Community Food Shelf. We are asking that all participants bring at least one non-perishable or canned item to the hunt.

Sponsored by the Colchester Lions Club and Colchester Parks & Recreation.

16TH ANNUAL TOUCH A TRUCK

Saturday, May 3, 2025

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, an ambulance, a school bus and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit in these neat vehicles! FREE event, rain or shine.



PARKS HAPPENINGS

AIRPORT PARK: X-COUNTRY SKI TRAILS & OUTDOOR ICE RINK

JANUARY - MARCH
(WEATHER DEPENDENT)



SUMMER 2025 PAVILION RENTALS

Reservations for Residents will begin on
Monday, January 6, 2025

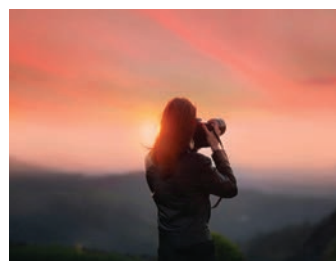
Reservations for Non-residents will begin on
Tuesday, January 21, 2025

***Online requests available and will open at
8:30 am!***



SEEKING INSTRUCTORS

Do you have a hobby or special skill you're interested in teaching to fellow community members? If so, we would love to discuss the possibility of you working with our department. If interested please email us at recreation@colchestervt.gov and tell us what your special skill is!



PRESCHOOL

START SMART SOCCER

Ages 3 - 5

This program introduces children to soccer without the threat of competition or the fear of getting hurt. This program is fully interactive as kids learn soccer skills like kicking, dribbling, trapping and throw ins through silly games and playing with their peers and parents. Please leave other siblings at home unless supervised by another parent or family member. We ask that parents engage with us during many of our games and activities. Children receive two balls, shin guards and cones. Minimum: 12, Maximum: 15.

Instructor: Jared Antoniak

Location: Malletts Bay School, Gym

3/4-3/20 T&TH 5:00-5:45 p.m. \$80(R)/\$90(NR)

START SMART SPORT DEVELOPMENT

Ages 3 - 5

The Start Smart Sports Development Program is a developmentally appropriate introductory sports program for children 3-5 years old. The program prepares children and their parents for organized sports in a fun, non-threatening environment. Age appropriate equipment from Franklin Sports® is utilized in the program. Sports skills developed in this program are: throwing, catching, batting and kicking. Minimum: 12, Maximum: 15.

Instructor: Jared Antoniak

Location: Malletts Bay School, Gym

4/29-5/15 T&TH 5:00-5:45 p.m. \$90(R)/\$100(NR)

START SMART BASKETBALL

Ages 3 - 5

Start Smart Basketball is an introductory basketball program for children 3-5 years old. This program introduces children to basketball in a fun non-competitive environment that is interactive and engaging. Participants will learn through fun activities and games that encourage listening and cooperation as well as practicing basketball related skills (dribbling, shooting, passing). Children will receive two basketballs and cones. Parents are asked to be present at all practices and participate when needed. Minimum: 12, Maximum: 15.

Instructor: Jared Antoniak

Location: Malletts Bay School, Gym

2/4-2/20 T&TH 5:00-5:45 p.m. \$80(R)/\$90(NR)



SANDBOX SENSORY

Ages 3 - 5

Lets get beachy....join us for an adventure in the sand as we explore the world of kinetic sand! During this program, participants will receive their very own sandbox as well as fun ocean themed sand building toys! With the tools we will have fun in the sand and explore the sensory world of kinetic sand. Participants will receive their own kinetic sand kit including a folding sandbox with sand and a variety of molds and tools. Registration Deadline: April 1. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

4/12 SAT 10:00-11:00 a.m. \$50(R)/\$60(NR)

SLIME DAY!

Ages 3 - 5

Explore the wide world of slime with us through making and feeling your very own slime! During this program we will introduce your little ones to the sensory feelings of slime and play with various spring-themed objects to see how they interact with the slime! Materials and their very own slime will be provided. Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

5/17 SAT 10:00-11:00 a.m. \$25(R)/\$35(NR)

Please Note: Beginning December 13, 2024 all transactions paid for by credit card will be charged a 3% Service Fee



A.C.E.

(Active, Creative, Enrichment) Before & Afterschool Program

Malletts Bay School (Before & Afterschool)

Porters Point School (Afterschool Only)

Union Memorial School (Afterschool Only)

All sites are currently full for the 2024-2025 school year, to add your child to this year's waitlist contact Jenn at jturmel@colchestervt.gov.

The 2025-2026 School year registration will take place on Monday, March 17, 2025

The Program

The A.C.E. program incorporates Active, Creative and Enrichment components throughout the school year. The Active components will focus on sports, recreational games, outdoor games and lifetime skills activities. The Creative components will focus on food fundamentals, arts and crafts and quiet activities. We will incorporate special programs and guest specialists to achieve the Enrichment component of the program

Schedule & Calendar

The A.C.E. Program follows the Colchester District School Calendar and runs Monday - Friday before school from 7:00 a.m. - 8:30 a.m. (MBS only) and is available after school until 6:00 p.m. (all sites). The program does not run on half days.

Registration & Enrollment

Parents must complete a registration form and submit it with a \$20 non-refundable registration fee (one time fee for new registrants to A.C.E.) along with the first week non-refundable payment. Children who cannot be immediately enrolled will be placed on a waiting list. Waitlists are kept for that school calendar year only and don't roll over to the next school year. Parents will be contacted by Colchester Parks & Recreation on the status of their child's enrollment.

For more information on availability contact Jenn Turmel, Assistant Director of Recreation for the Colchester Parks & Recreation Department at 264-5643 or e-mail jturmel@colchestervt.gov

VACATION CAMPS

Grades K - 5

Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department Staff. We will be offering a camp for the whole week of February & April Vacations. There will be games, activities, crafts, movies and much more. Participants need to bring a lunch, snacks and water bottle for each day. A more detailed letter will be emailed to registered families prior to camp. These camps are not licensed through DCF therefore subsidy cannot be used.

Minimum: 25, Maximum: 45.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Gym & Cafeteria

FEBRUARY

A: 2/24-2/28 M-F 7:30 a.m.-5:00 p.m. \$214(R)/\$244(NR)

APRIL

B: 4/21-4/25 M-F 7:30 a.m.-5:00 p.m. \$214(R)/\$244(NR)

BOTH FEBRUARY & APRIL

C: 2/24-2/28 & 4/21-4/25 M-F 7:30 a.m.-5:00 p.m. \$408(R)/\$468(NR)

1/2 DAY PROGRAMS

Grades K - 5

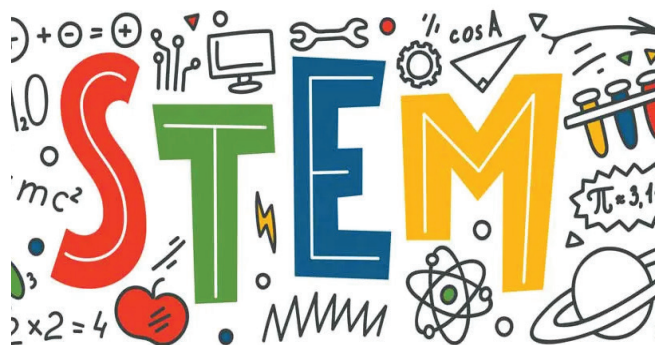
Trying to figure out what you are doing with your children for the upcoming half days? Look no further! There will be games, activities, crafts and much more. Participants need to bring appropriate clothing for outside, a snack (not provided) and water bottle. These programs are not licensed through DCF therefore subsidy cannot be used.

Maximum: 30 (PPS,UMS), 40 (MBS).

Instructor: Colchester Parks & Recreation Staff

Location: Gym of corresponding school

2/5	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) MBS
2/5	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) UMS
2/5	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) PPS
3/12	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) MBS
3/12	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) UMS
3/12	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) PPS
4/9	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) MBS
4/9	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) UMS
4/9	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) PPS
5/7	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) MBS
5/7	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) UMS
5/7	WED	Dismissal-5:30 p.m.	\$30(ACE)/\$45(R) PPS



Grades 3 - 5

Location: Malletts Bay School, Art Room

1/21-2/18 TUE dismissal-4:10 p.m. \$150(R)

Grades K - 5

Location: Room TBA in the school registering for

1/30-2/20 TH dismissal-4:30 p.m. \$50(R) - PPS

Ages 7 - 10

Location: Bayside Activity Center

3/9-3/30 SUN 10:00-12:00 p.m. \$55(R)/\$65(NR)

Grades K - 5

Location: Room TBA in the school registering for

3/27-4/17 TH dismissal-4:30 p.m. \$50(R) - PPS

Ages 7 - 10

Location: Bayside Activity Center

3/29-4/19 SAT 10:30-12:00 p.m. \$55(R)/\$65(NR)

ZOOKEEPER'S CLUB

Grades 3 - 5

Do you want to build a zoo? Design a habitat for 5 different types of animals to suit their needs. How would you build a petting zoo for farm animals? What would arctic animals need to stay comfortable and healthy? Incorporate your knowledge of each animal group to build the ultimate zoo to take home. We will study adaptations, the food chain and each animal's natural environment to provide a wicked cool home. Minimum: 8, Maximum: 14.

Instructor: Wicked Cool Science Instructor

Location: Malletts Bay School, Art Room

3/13-4/10 TH dismissal-4:10 p.m. \$150(R)

JENGA CHARADES

Grades K - 5

Jenga is fun, but what could make it more fun? CHARADES!! Join us for a fun-filled afternoon of goofy, silly and fun Jenga Charades. During this program participants will pick various charade options to put onto the Jenga blocks and then play through a few games of modified Jenga Charades.

Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

3/17	MON	dismissal-4:30 p.m.	\$15(R) - UMS
3/18	TUE	dismissal-4:30 p.m.	\$15(R) - PPS
3/19	WED	dismissal-4:30 p.m.	\$15(R) - MBS



THE LEGO ZONE

Grades 3 - 5

If you love LEGOs then "The LEGO Zone" is for you! Join this program to meet up once a week to build fun and wacky creations out of LEGOs. We will engage in LEGO building challenges and games as well as participants getting to choose a LEGO kit for themselves!

Minimum: 3, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

4/3-4/17 TH dismissal-4:30 p.m. \$90(R)



MINI ENGINEERS

Grades 3 - 5

Want to build or create your very own building, bridge or even a robot? Join us for all 3! During this Mini Engineers program we will spend each week building or creating something new out of various materials to test our engineering skills! On the last Monday participants will build their own robot that they will be able to bring home with them.

Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

5/9-5/23 FRI dismissal-4:30 p.m. \$55(R)

Please Note: Beginning December 13, 2024 all transactions paid for by credit card will be charged a 3% Service Fee

PI DAY

Grades 4 - 6

3.141592... I don't remember the rest but March 14th is National Pi Day! Participants will be making their very own pies to celebrate! We will start off by making our own pie crust and then we will split off into groups to make different pie fillings such as apple pie filling, chocolate cream pie filling and more! Then everyone will be able to sample the various pies they made!
Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

3/15 SAT 10:00-12:30 p.m. \$30(R)/\$40(NR)



CINCO DE MAYO

Grades 4 - 6

It's Cinco De Mayo! There is no better way to celebrate the day than cooking to your hearts desire! In this program, participants will be cooking a variety of Mexican inspired meals such as Mexican street corn salsa, Spanish rice, baked cheesy chicken flautas and Mexican cinnamon cookies.
Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

5/4 SUN 10:00-12:00 p.m. \$30(R)/40(NR)

NATIONAL PIZZA DAY

Grades 1 - 5

February 9th is National Pizza Day! In this program, participants will make their own pizza dough where they will have the opportunity to make their very own pizzas. A variety of toppings will be provided where participants can pick and choose what will be on their personal pizza. Participants will also learn how to make a s'mores dessert pizza. Participants will be able to take their pizza creations home to share with the rest of the family!
Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

2/9 SUN 10:00-12:00 p.m. \$25(R)/\$35(NR)



AFTERSCHOOL HEALTHY SNACKS

Grades K - 2

In this four week session, participants will be provided with a recipe book filled with healthy afterschool snacks! Each week, students will learn how to make the recipes that are provided. Some of the snacks participants could make include fruit and cracker pizza, animal cracker parfaits, fruit fries with a yogurt dip and more! Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

3/17-4/14 MON dismissal-4:30 p.m. \$55(R) - PPS (Skip: 3/31)

3/18-4/8 TUE dismissal-4:30 p.m. \$55(R) - UMS

CREATE-A-STORY CLUB

Grades 3 - 5

Love reading books and ever wanted to build your own story? Join us as we go through the elements of building a story including world-building, character-building and creating our own plots! Each week we will build upon our stories from the previous week as participants will work both in groups and get a chance to create their own stories on their own! Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

2/3-2/17 MON dismissal-4:30 p.m. \$30(R)

SOCK PUPPET MOVIE MAKERS

Grades K - 5

Lights, camera, ACTION! Join us to make our own movies, as well as our own actors and actresses! We'll start this program by creating our own characters made out of sock puppets that we will then use to act out our very own movies! Using a prompt, all participants will get a chance to be a director and create their own movies! Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

2/12 WED dismissal-4:30 p.m. \$25(R) - PPS

2/13 TH dismissal-4:30 p.m. \$25(R) - MBS

2/14 FRI dismissal-4:30 p.m. \$25(R) - UMS



YOUTH BOOK CLUB

Grades 3 - 5

Come and share your favorite books! During this book club we will come together to share our favorite books and stories as well as learn some new ones together. Participants will talk about the stories as a group as well as get a book on the first day to read throughout the month. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

3/7-3/28 FRI dismissal-4:30 p.m. \$50(R)

YOUTH KNITTING

Grades 3 - 5

Join instructor Chris Heavner who is a local instructor with over 20 years of experience for youth knitting. You will learn to knit or improve your knitting skills while enjoying the fun of knitting with a group. This class will offer the basics for first time knitters, as well as provide early and intermediate knitters with specific howto's like buttonholes, cables, finishing, repairs, etc. and help with projects. All materials will be provided. Participants should bring a snack and water bottle. Minimum: 4, Maximum: 10.

Instructor: Christine Heavner,
The Traveling Knitter

Location: Malletts Bay School, TBA

A: 1/16-2/6 TH 3:00-4:30 p.m. \$55(R)/\$65(NR)

4/3-5/1 TH 3:00-4:30 p.m. \$55(R)/\$65(NR)
(Skip: 4/24)

MOVIE MAKERS

Grades 3 - 5

3, 2, 1, ACTION!! Welcome to our Movie Makers program, during this program participants will learn and create short stories using basic storytelling elements. Once completed they will be able to direct their own short video as well as act in others! Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

5/5-5/19 MON dismissal-4:30 p.m. \$40(R)

T-SHIRT TIE-DYEING

Ages 8 - 12

Learn how to make cool tie-dye shirts that nobody else has! During this program you will learn how to make designs and shapes on your own tie-dye shirts. You will leave with a couple different of your very own T-shirt designs!
Minimum: 4, Maximum: 10.

Instructor: Corie Brown

Location: Bayside Activity Center

3/8 SAT 1:00-2:00 p.m. \$25(R)/35(NR)



SAFE @ HOME AFTERSCHOOL 'HOME ALONE' TRAINING FOR KIDS

Grades 3 - 5

Safe@Home by Safe Sitter® is a program designed for students in grades 3-5 to prepare them to be safe when they are home alone. This is a facilitated introductory level program to prepare students to care for themselves when parents are away for short periods of time. Safe@Home is a 90-minute program that teaches students how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. Come join a certified Instructor from Colchester Parks & Recreation for an afternoon focused on safety, learning and FUN! Participants can bring a snack/drink to this program. Participants will also receive a Home Alone Safety Booklet they get to take home with them!
Minimum: 8, Maximum: 16.

Instructor: Jared Antoniak

Location: Malletts Bay School, Room TBA

A: 2/7 FRI 3:00-4:30 p.m. \$30(R)
B: 5/21 WED 3:00-4:30 p.m. \$30(R)

SEASONAL CRAFTS

Grades K - 5

Grab your friends and make some seasonal holiday crafts! In this series, participants will be making Valentines Day, St. Patty's Day and Easter crafts. Each session will include 4-5 different crafts and will include a seasonal treat that the students make themselves! Some of the crafts include marbled hearts, paper plate rainbows and Easter bunny headbands. Please note that the St Patty's Day session at MBS is on Monday March 10th due to the Early Release Day on March 12th. Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

Porters Point School

2/11, 3/11 & 4/15 TUE dismissal-4:30 p.m. \$55(R)

Malletts Bay School

2/12, 3/10 & 4/16 W/M/W dismissal-4:30 p.m. \$55(R)

Union Memorial School

2/13, 3/13 & 4/17 TH dismissal-4:30 p.m. \$55(R)

PERLER BEAD CREATIONS

Grades K - 5

Come spend the afternoon getting creative with perler beads! Participants will have the opportunity to create their own beautiful perler bead designs using perler bead trays and patterns. The kids are more than welcome to use the trays and come up with their very own original design. Many different creations can be made on these boards - superheroes, video games and T.V. show characters, sports logos and more! Please register for the school that your child attends. Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

3/13 TH dismissal-4:30 p.m. \$20(R) - MBS
3/20 TH dismissal-4:30 p.m. \$20(R) - PPS
3/27 TH dismissal-4:30 p.m. \$20(R) - UMS

SPRING HAS SPRUNG

Grades K - 5

Say goodbye to the winter blues and hello to sunny spring! Spend the afternoon with your friends making beautiful and colorful spring crafts. Some of the activities could include hand print flowers, sponge painted butterflies, pom pom caterpillars and more! Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

3/18	TUE	dismissal-4:30 p.m.	\$25(R) - MBS
3/19	WED	dismissal-4:30 p.m.	\$25(R) - UMS
3/20	TH	dismissal-4:30 p.m.	\$25(R) - PPS

FAIRYTALE FANTASY

Ages 5 - 8

Do you love fairies, unicorns and anything magical? If you do then this is the program for you! At this program participants will make a variety of fairytale inspired crafts. Some of the activities could include popsicle stick fairy houses, fire breathing dragons, fairy wands and more! Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

4/26	SAT	9:30-11:00 a.m.	\$20(R)/30(NR)
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UNDER THE SEA CRAFTS

Grades K - 5

Kick off the summer season with a 4-week program filled with under the sea themed activities! Some activities could include paper plate turtles, fork painted puffer fish, handprint fish, under the sea graham cracker snack and more! Each week participants will create new crafts and even complete some under the sea science activities! Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

Malletts Bay School			
5/13-6/3	TUE	dismissal-4:30 p.m.	\$55(R)
Porters Point School			
5/14-6/4	WED	dismissal-4:30 p.m.	\$55(R)
Union Memorial School			
5/15-6/5	TH	dismissal-4:30 p.m.	\$55(R)

COLCHESTER MERMAID ACADEMY

Ages 5 - 8

Are you a lover of all things mermaids? I mean who doesn't love mermaids! Colchester Mermaid Academy is your one stop shop for all things mermaid. In this program, participants will make their very own beautiful mermaid artwork! Some of the activities could include a mermaid doll craft, coffee filter mermaid tail, mermaid bookmarks and more! Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

5/10	SAT	9:30-11:00 a.m.	\$20(R)/30(NR)
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WATER GAMES

Grades K - 5

Summer is almost here! What's a better way to jump into summer than to jump into some water games? Join us for a fun afternoon of various water-based games such as water balloon toss, foam soaker tag among many others! Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

6/3	TUE	dismissal-4:30 p.m.	\$20(R) - UMS
6/4	WED	dismissal-4:30 p.m.	\$20(R) - MBS
6/5	TH	dismissal-4:30 p.m.	\$20(R) - PPS

MOVE TO THE BEAT

Grades 2 - 5

It's time to shake your tail-feather with Courtney! Former UVM dance team athlete is ready to show your child how to move and groove to the beat. This 6-week program will teach your child a variety of dance movements while working to combine these moves and turn them into a choreographed routine. Please make sure your child comes in comfortable clothing and brings a water bottle and indoor shoes.

Minimum: 6, Maximum: 15.

Instructor: Courtney Dessormeau

Location: Bayside Activity Center

3/8-4/19 SAT 9:00-10:00 am \$80(R)/\$90(NR)
(skip: 3/22)

BASEBALL CLINIC

Grades 2 - 8

Come and join some of Colchester's finest baseball staff and players who 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. Minimum: 15, Maximum: 30.

Instructor: Tom Perry & CHS Baseball Players

Location: Colchester High School, Gym

4/5 SAT 10:00-12:00 pm \$30(R)/\$40(NR)



VILLARI'S MARTIAL ARTS

Grades K - 5

Most children and teens will receive some benefit from Villari's martial arts after training for just a few short months. But the real benefit comes from long-term training. There is something special that happens to a child who grows up in a Villari's martial arts school. They are simply more confident, respectful, focused, healthy, hardworking, and optimistic. Time and time again we hear from adults who trained at Villari's as children who say that it was the best thing they did growing up.

Minimum: 10, Maximum: 25.

Instructor: Darrel Duffy, Owner of Villari's

Location: Room shown next to school below

Malletts Bay School - Gymnasium

A: 1/14-2/11 TUE dismissal-4:15 p.m. \$90(R)

B: 3/11-4/8 TUE dismissal-4:15 p.m. \$90(R)

C: 4/29-5/27 TUE dismissal-4:15 p.m. \$90(R)

Union Memorial School - Art Room

A: 1/16-2/13 TH dismissal-4:15 p.m. \$90(R)

B: 3/6-4/3 TH dismissal-4:15 p.m. \$90(R)

C: 5/1-5/29 TH dismissal-4:15 p.m. \$90(R)

Porters Point School - Art Room

A: 1/17-2/14 FRI dismissal-4:15 p.m. \$90(R)

B: 3/7-4/4 FRI dismissal-4:15 p.m. \$90(R)

C: 5/2-5/30 FRI dismissal-4:15 p.m. \$90(R)

AFTERSCHOOL WALKING CLUB

Grades 3 - 5

As spring comes around the sun starts to come out a little bit more. It's important to get out and take a walk! Join us afterschool as we get outside to enjoy some time outside. We'll spend the afternoon walking down to Bayside Park using the Colchester Bike Path before we hangout in the park and play a game or two. Minimum: 4, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School & Bayside Park

5/8-5/29 TH dismissal-4:30 p.m. \$40(R)

YOUTH LACROSSE

2025 Youth Lacrosse Season: April 7 - June 15

Registration is OPEN! Registration Deadline: March 15

Fee: Early Bird: \$92 (Until February 14 / \$102 (After February 14)

U11 Boys Team: Grades 3 & 4: Practices twice a week, Times TBD

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U11 Girls Team: Grades 3 & 4: Practices twice a week, Times TBD

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

U13 Boys Team: Grades 5 & 6: Practices twice a week, Times TBD

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U13 Girls Team: Grades 5 & 6: Practices twice a week, Times TBD

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

U15 Boys Team: Grades 7 & 8: Practices two - three times a week, Times TBD

Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U15 Girls Team: Grades 7 & 8: Practices two - three times a week, Times TBD

Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

Players are required to provide their own equipment which includes a stick and protective gear (Boys gear: gloves, arm pads, shoulder pads, and helmet / Girls gear: goggles and mouth guard)

USA LACROSSE MEMBERSHIP REQUIRED

Parents of players on U11 - U15 must register for a US Lacrosse membership before your child can play. The USA Lacrosse website is www.usalacrosse.com and click 'join' on the top right.

COACHING VOLUNTEERS NEEDED

The lacrosse program continues to grow and the need for volunteers grows as well. If you are interested in coaching, email Jared Antoniak: jantoniak@colchestervt.gov. **If you are chosen to be a coach your child's registration fee will be refunded. You will still need to purchase a US Lacrosse membership.**

LACROSSE LAUNCH

Grades K - 2

Want to experience the game of lacrosse in a brand new way? Players will be taught many elements of the game including how to grip a lacrosse stick, shooting, passing, catching, cradling, stick handling and running & agility. This program is to enhance skill development and teamwork before joining our lacrosse league in 3rd Grade. US Lacrosse Membership not needed for Lacrosse Launch participants. Fill out regular registration form on page 19. Participants can order an individual lacrosse kit for an extra \$55. This will include: 1 lacrosse manual, 1 lacrosse stick, 1 lacrosse ball & 4 disc cones. If you would like to volunteer to help coach this program please contact Jared at jantoniak@colchestervt.gov Minimum: 10, Maximum: 30.

Instructor: Colchester Lacrosse Coaches

Location: Bayside Park, Lacrosse Field

5/10-6/21 SAT 9:00-10:00 a.m. \$50(R)/\$60(NR)
(Skip: 5/24 & 6/14) Lax kits available for an additional \$55.00



LAX REGISTRATION

Registration Deadline: March 15, 2025 to receive the early bird fee

Participant Information: (one form per player)

Player Name: _____ Date of Birth: ____/____/____ Age: ____ Grade: ____ Gender: ____
 Address: _____ City: _____ State: _____ Zip: _____
 Primary Guardian Name: _____ Guardian DOB: ____/____/____ Cell #: _____
 E-Mail Address: _____ Work Phone: _____
 Secondary Guardian Name: _____ Home #: _____ Cell #: _____
 E-Mail Address: _____ Work Phone: _____
 Emergency Contact #1 (other than guardians): _____ Relationship: _____ Cell : _____
 Emergency Contact #2 (other than guardians): _____ Relationship: _____ Cell : _____
 Allergies: _____ Medications: _____

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

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: _____

PERMISSION TO TRANSPORT

I give Colchester Parks & Recreation & the Colchester Youth Lacrosse programs permission to have my child transported to UVM Medical Center for emergency medical care. I give permission to transport my child by ambulance with a Colchester Parks & Recreation staff member or volunteer coach to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

Please check if interested in coaching: _____ HEAD _____ ASSISTANT _____ Name of Volunteer _____

Player Fees: \$92 till February 14, \$102 February 15 - March 15 (circle appropriate division)

BOYS

U11 BOYS: Grades 3 & 4

U13 BOYS: Grades 5 & 6

U15 BOYS: Grades 7 & 8

GIRLS

U11 GIRLS: Grades 3 & 4

U13 GIRLS: Grades 5 & 6

U15 GIRLS: Grades 7 & 8

All players must provide USA Lacrosse Membership Number 2025 USA LACROSSE #: _____

Payment Information:

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,
781 Blakely Rd, Colchester, VT 05446.

For more information call Parks & Rec: 802-264-5640

Card Type: ____ VISA ____ MC ____ DISCOVER ____ AMEX

Name on Card: _____

Credit Card #: _____

3 Digit Code: _____ Expiration Date: _____

Signature of Cardholder: _____

Please note: All payments made by credit card will have a 3% surcharge fee added to the total.

TWEEN, TEEN & FAMILY

BREAKING WORLD RECORDS!

Ages 13 - 18

Join us for a day of attempting to break world records! We will have a wide range of stations set up, equipped with all the materials you may need to attempt to break some world records! From eating M&M's with chopsticks, to rearranging Mr. Potato Head blindfolded, we'll have all sorts of world records that you can try! Minimum: 4, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

2/22 SAT 12:00-1:30 p.m. \$20(R)/\$30(NR)

FAMILY PUZZLE NIGHT

Families

Have your family come and join us for a fun night making puzzles! It's a wonderful way to bond with your family over some brain-teasing fun! You can gather around a table and choose a puzzle that everyone will enjoy, and work together to piece it all together! It's a fantastic way to challenge yourselves, have a good laugh, and create lasting memories. So get your family together and come enjoy a night of puzzle making! Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

3/22 SAT 6:00-8:00 p.m. \$25(R)/\$35(NR)

LAWN GAME SOCIAL

Families

Join us as a family to play all your favorite lawn games! It's a wonderful way to bond with your family over some fun games for all age levels! There will be multiple games to choose from that you can play together as a family all while having a good time and creating long lasting memories. Get the family all together for the day and come and enjoy some lawn games! Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

4/5 SAT 12:00-1:30 p.m. \$25(R)/\$35(NR)
Per Family

FAMILY TIE-DYE

Families

Ever wanted to learn how to add some color to your plain white tees? Let tie dyeing be your next family tradition! Come learn a couple different techniques to tie dye your clothes or other items. You will get new ideas for tie dyeing and leave with a couple tie dye items of your own! Minimum: 4, Maximum: 10.

Instructor: Corie Brown

Location: Bayside Activity Center

3/8 SAT 10:00-11:00 a.m. \$35(R)/\$45(NR)
Per Family of 4

COOKING WITH STEPHANIE: GALETTE MAKING CLASS

Ages 13 -19

Join Stephanie Gurrieri, professional chef instructor of Cooking With Stephanie, for a fun and interactive galette making class. Designed for teens, this class will teach the basics of creating rustic, freeform tarts filled with sweet or savory ingredients. Participants will learn hands-on techniques for making dough from scratch, crafting delicious fillings, and assembling their own unique galette to enjoy in class or take home and share! Minimum: 4, Maximum: 20.

Instructor: Stephanie Gurrieri

Location: Bayside Activity Center

3/15 SAT 1:00-3:30 p.m. \$110(R)/\$130(NR)

COOKING WITH STEPHANIE: PASTA MAKING

Families

Join Stephanie Gurrieri, professional chef instructor of Cooking With Stephanie, for a delightful fresh pasta making class. Perfect for younger kids and their families, this hands-on class will guide participants through mixing, rolling, and shaping homemade pasta dough. Families will work together to create delicious noodles and experience the joy of making fresh pasta together! Minimum: 4, Maximum: 20.

Instructor: Stephanie Gurrieri

Location: Bayside Activity Center

4/19 SAT 1:00-3:30 p.m. \$115(R)/\$135(NR)
Cost includes 1 adult / 1 child

RESTORATIVE PILATES WITH SOUND HEALING

Ages 18+

Restorative Pilates with sound healing is a calming and rejuvenating practice that combines gentle Pilates movements with the therapeutic effects of sound therapy. In this class, participants engage in mindful exercises designed to enhance flexibility, strength, and relaxation, while receiving tuning from various forks to promote deep somatic release and stress relief. This harmonious blend creates a nurturing environment that fosters physical well-being and inner peace, making it ideal for those seeking to recharge and restore their body and mind.

Minimum: 4, Maximum: 15.

Instructor: Mary Grunvald

Location: Bayside Activity Center

A: 1/21	TUE	6:30-7:45 p.m.	\$30(R)/\$40(NR)
B: 1/28	TUE	6:30-7:45 p.m.	\$30(R)/\$40(NR)
C: 2/4	TUE	6:30-7:45 p.m.	\$30(R)/\$40(NR)
D: 2/11	TUE	6:30-7:45 p.m.	\$30(R)/\$40(NR)

VILLARI'S WOMEN'S SELF DEFENSE

Ages 18+

Our self-defense courses cater to individuals seeking either individual or group sessions, providing a tailored approach to learning essential skills. We offer specialized programs such as women's self-defense, designed to empower women with practical techniques and strategies.

Minimum: 10, Maximum: 20.

Instructor: Villari's Martial Arts Instructor

Location: Bayside Activity Center

1/16-2/13	TH	6:30-7:30 p.m.	\$99(R)/\$109(NR)
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ESTATE PLANNING SEMINAR

Ages 18+

Join attorney Lisa Companion of LMC Law in Colchester to learn about how you can transfer and protect your assets in this Estate Planning Educational Seminar. Discussion will include wills, trusts, power of attorney, and living wills, as well as mistakes you should avoid to protect you and your loved ones. Minimum: 5, Maximum: 20.

Instructor: Lisa Campion, Esq., Attorney LMC Law

Location: Bayside Activity Center

A: 1/15	WED	5:30-6:30 p.m.	FREE
B: 3/11	TUE	5:30-6:30 p.m.	FREE
C: 5/13	TUE	5:30-6:30 p.m.	FREE



ADVANCED

ESTATE PLANNING PREPARATION

Ages 18+

Join Attorney Lisa Campion, owner of LMC Law, PLLC, to organize your estate planning documents into one binder and learn what should go into this binder, how you can keep it updated and who you should share the information with. Please come with your important documents as Attorney Campion will help participants sort and organize them. **You must attend an Estate Planning Seminar with Attorney Campion prior to this session.** Binder and supplies will be provided.

Minimum: 5, Maximum: 20.

Instructor: Lisa Campion, Esq., Attorney LMC Law

Location: Bayside Activity Center

A: 2/12	WED	5:30-6:30 p.m.	\$85(R)/\$95(NR)
B: 4/16	WED	5:30-6:30 p.m.	\$85(R)/\$95(NR)

COOKIE DECORATING CLASS

Ages 18+

The instructor Laura Collins is the owner and operator of Laura's Cookies. She has over 15 years of cookie decorating experience. Laura's Cookies are hand-decorated cookies available in a variety of flavors. In this beginner cookie decorating program, participants will learn the basics of royal icing while also utilizing techniques that will allow you to make beautifully decorated cookies for friends and family! There will be cookie decorating classes for Valentines Day and Easter. Minimum: 4, Maximum: 8.

Instructor: Laura Collins, Owner of Laura's Cookies
Location: Colchester Meeting House, Downstairs

Valentine's Day Cookies

A: 2/6 TH 6:00-8:00 p.m. \$85(R)/\$95(NR)

Easter Cookies

A: 4/15 TUE 6:00-8:00 p.m. \$85(R)/\$95(NR)

KNIFE SKILLS CLASS

Ages 18+

Learn the basics of knife safety in the kitchen and hone your skills. Join Chef Stephanie in this hands-on skills class. Stephanie will cover basic cutting techniques, safe knife handling, sharpening, and care. She will also prepare a minestrone soup to enjoy at the end of class with your cuts! Minimum: 5, Maximum: 20.

Instructor: Stephanie Gurrieri, Profesional Chef
Owner of Cooking with Stephanie
Location: Colchester Meeting House, Downstairs

A: 2/11 TUE 6:00-8:00 p.m. \$130(R)/\$150(NR)

B: 2/20 TH 6:00-8:00 p.m. \$130(R)/\$150(NR)



ADULT ALCOHOL INK ART

Ages 18+

Create a beautiful piece of art to display in your own home! Alcohol ink art is a fluid art technique that uses alcohol-based inks to create colorful and fluid compositions on various surfaces. When alcohol is added to the dye, it creates a vibrant, translucent effect when applied on non-porous materials like ceramic tiles and glass. Alcohol ink art is a fun way to paint and create abstract pieces with no prior experience needed! Each participant will bring home their own set of coasters that they made during the program! Minimum: 10, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff
Location: Bayside Activity Center

A: 2/10 MON 6:00-8:00 p.m. \$50(R)/\$60(NR)

B: 3/13 TH 6:00-8:00 p.m. \$50(R)/\$60(NR)

C: 4/11 FRI 6:00-8:00 p.m. \$50(R)/\$60(NR)

D: 5/16 FRI 6:00-8:00 p.m. \$50(R)/\$60(NR)

SUNDAY MORNING SNOWSHOE GROUP

Ages 18+

Come and join us on a Sunday morning for some snowshoeing. This is a fun way to explore snowy trails around bayside park. It is a great workout and a cool way to make new friends while enjoying the beauty of winter. Requirement: Need to bring your own snowshoes. Minimum: 8, Maximum: 20.

Facilitator: Colchester Parks & Recreation Staff
Location: Meet at Bayside Activity Center

2/2-3/2 SUN 8:00-10:00 a.m. \$20(R)/\$30(NR)

ADULT PEBBLE ART

Ages 18+

Come and join us to create your own art with rocks. Pebble art is creating pictures or designs using small stones or pebbles. You can arrange them on a canvas and glue them down to make different shapes, scenes, or abstract designs. It's a great way to get creative and make something unique. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff
Location: Bayside Activity Center

2/15 SAT 6:00-7:00 p.m. \$30(R)/\$40(NR)

ADULTS

WINTER WREATH MAKING

Ages 18+

It is a winter wonderland out there, let's make a wreath that adds to it! Join us to make a deco mesh wreath in beautiful blues, whites and silvers to match the snowflakes. All supplies will be provided, you just need to bring the creativity! Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff
Location: Bayside Activity Center

2/19 WED 6:00-8:00 p.m. \$50(R)/\$60(NR)

ALZHEIMER'S WORKSHOPS

Ages 18+

10 Warning Signs of Alzheimer's: If you or someone you know is experiencing changes in memory, it's time to learn the facts. Knowing the warning signs can help determine if you should speak to a doctor. Early detection matters! Understanding Alzheimer's & Dementia: Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. Minimum: 5, Maximum: 20.

Instructor: Jo Cotto, Alzheimer's Association
Location: Bayside Activity Center

10 Warning Signs of Alzheimer's

2/18 TUE 6:00-7:00 p.m. FREE

Understanding Alzheimer's and Dementia

3/27 TH 5:30-6:30 p.m. FREE



ADULT CANDLE MAKING

Ages 18+

Have you ever been interested in making your own candle? If so then this program is for you! This candle making program is for all levels. Each participant will receive their own candle making kit. The kit includes a melting pot, wax melter, candle tins, bags of natural wax, candle essential oils, dyes, wicks and much more. During the program we will go through each step on how to make candles and at the end of the program you get to take your kit home to make more candles! Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter
Location: Bayside Activity Center

3/10 MON 6:30-8:00 p.m. \$72(R)/\$82(NR)

ADULT CHESS CLUB

Ages 18+

Chess club is a great way to meet other chess enthusiasts and improve your game. This is a social and intellectual activity that can be really rewarding. Additionally you get to challenge yourself and learn from others. Minimum: 8, Maximum: 16.

Facilitator: Colchester Parks & Recreation Staff
Location: Bayside Activity Center

3/5-4/2 WED 6:00-8:00 p.m. \$20(R)/\$30(NR)

ADULT BOWLING NIGHT

Ages 18+

Come and enjoy a Friday night of bowling at Spare Time in Colchester. This is a great opportunity to get out of the house and enjoy a night of bowling with friends. Minimum: 8, Maximum: 16.

Facilitator: Colchester Parks & Recreation Staff
Location: SpareTime Bowling Alley

4/4 FRI 6:00-8:00 p.m. \$40(R)/\$50(NR)

Please Note: Beginning December 13, 2024 all transactions paid for by credit card will be charged a 3% Service Fee

ACTIVE GENERATION

BOARD GAMES & COFFEE

Ages 55+

Come on by for our board game club that will be happening every other week! Each week a variety of board games will be available for you and your friends to pick from and play together. Just grab a cup of coffee, pick out a game and see who will be the winner! Minimum: 4, Maximum: 20.

Facilitator: Courtney Graeter

Location: Bayside Activity Center

2/17-5/5 MON 9:30-11:00 am FREE
Every Other Week!

MORNING CANDLE MAKING CLASS

Ages 55+

Come on over and spend the morning learning how to make your very own candle! This candle making program is for all levels. At this program, we will go through the process of making a candle step by step together. Each participant will be provided with the materials needed to make their very own candle, which they will be able to take home at the end of the program! Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter

Location: Bayside Activity Center

3/18 TUE 9:30-11:00 am \$20(R)/\$30(NR)
4/22 TUE 9:30-11:00 am \$20(R)/\$30(NR)

ICE CREAM SOCIAL

Ages 55+

Grab some friends and stop by for our ice cream socials! Make your own ice cream sundae and socialize with friends or even get to know new folks from around the town! A variety of ice cream and toppings will be provided. Minimum: 5, Maximum: 20.

Facilitator: Courtney Graeter

Location: Bayside Activity Center

A: 3/5 WED 12:00-1:00 pm \$5(R)/\$10(NR)
B: 4/16 WED 12:00-1:00 pm \$5(R)/\$10(NR)
C: 5/14 WED 12:00-1:00 pm \$5(R)/\$10(NR)

CHAIR BALLOON VOLLEYBALL

Ages 55+

We all need a little bit of exercise so there is no better way to do that than playing chair balloon volleyball! Players will be divided into two teams just like in volleyball. Players will take a seat on their teams side and will be provided with a small pool noodle. The goal is to volley a balloon back and forth over the net. If the balloons falls to the ground or doesn't go over the net, then the opposite team scores one point. While this is a fun activity, balloon volleyball helps improve hand-eye coordination, encourage socialization and boosts mood and morale! Minimum: 12, Maximum: 24.

Facilitator: Courtney Graeter

Location: TBA

4/29 TUE 12:30-1:30 p.m. FREE

COFFEE & PUZZLES

Ages 55+

Grab your friends and come hang out every other week for our coffee and puzzle program! Grab a coffee, puzzle and some friends and spend some quality time putting together your puzzle of choice. Freshly brewed coffee and a variety of puzzles will be provided! Minimum: 4, Maximum: 20.

Facilitator: Courtney Graeter

Location: Bayside Activity Center

3/6-5/29 TH 9:30-11:00 am FREE
Every Other Week! Sign Ups are by the Date!

MAHJONG

Ages 55+

Have you ever played Mahjong or would like to learn more about this intense, but exciting game? Mahjong is a tile based game that was developed in 19th century China and is played in groups of four. Feel free to sign up for just one or all of the sessions. We will provide the Mahjong game. Minimum: 4, Maximum: 20.

Facilitator: Courtney Graeter

Location: Bayside Activity Center

3/14-5/23 FRI 10:00-11:30 am FREE
Every Other Week! Sign Ups are by the Date!

ACTIVE GENERATION

MEDICARE CARD FRAUD

Ages 55+

Join Senior Medicare Patrol (SMP) to learn about Medicare card scams. Medicare last updated the Medicare cards in 2018 from containing a person's Social Security Number to a random identifier that includes numbers and letters. There is no plan to update Medicare cards again. However, scammers will call Medicare beneficiaries claiming that Medicare is sending out new plastic cards or they are switching to a card with a chip in it, among other claims. During our presentation, you will learn more about protecting your Medicare card and protecting yourself from fraud and scams. There will be door prizes and a lot of giveaways too! Minimum: 2, Maximum: 20.

Instructor: Jean McDermott

Location: Bayside Activity Center

A: 2/20	TH	10:00-11:00 a.m.	FREE
B: 2/27	TH	6:00-7:00 p.m.	FREE

DURABLE MEDICAL EQUIPMENT FRAUD

Ages 55+

Join Senior Medicare Patrol (SMP) to learn about Durable Medical Equipment (DME) fraud and scams. DME is considered medical equipment prescribed by your doctor that can withstand repeated use, serve a medical purpose, and can be used in the home. However, many fraudulent companies across the country are charging Medicare beneficiaries for this equipment without showing the medical necessity and sometimes without even sending the equipment to beneficiaries. During our presentation, you will learn more about DME fraud and how to protect yourself from this and other types of Medicare fraud-related scams. There will be door prizes and a lot of giveaways too! Minimum: 2, Maximum: 20.

Instructor: Jean McDermott

Location: Bayside Activity Center

A: 4/14	MON	10:00-11:00 a.m.	FREE
B: 4/17	TH	6:00-7:00 p.m.	FREE

RSVP BONE BUILDERS

Ages 55+

RSVP Bone Builders, a program of United Way of Northwest Vermont, is a low-impact weight training program designed to prevent and reverse osteoporosis in older men and women. Twice weekly classes have been proven to increase strength, balance, bone density, and reduce risk of falls. Wear comfortable clothing, sturdy shoes and bring a water bottle. PRE-REGISTRATION IS REQUIRED. Minimum: 5, Maximum: 24.

Instructor: Certified RSVP Bone Builder Instructor

Location: Bayside Activity Center

1/3-6/27 WED&FRI 10:00-11:00 a.m. FREE

YOGA FOR EVERY BODY

Ages 55+

This class will use chairs and props to help maximize balance and flexibility through yoga asanas. These exercises will also help to build body appreciation and awareness of all you can do. Perfect for those looking to promote good bone health and ease pain associated with arthritis and other chronic conditions through movement and stretching. We will use chairs and other props to enhance flexibility and balance through yoga poses. Dress comfortably, bring a yoga mat, and come and enjoy. Minimum: 6, Maximum: 14.

Instructor: Betty Molnar

Location: Bayside Activity Center

A: 1/14-2/18	TUE	9:30-10:30 a.m.	\$67(R)/\$77(NR)
B: 3/18-4/29	TUE	9:30-10:30 a.m.	\$67(R)/\$77(NR)
(Skip: 4/22)			
C: 5/6-6/10	TUE	9:30-10:30 a.m.	\$67(R)/\$77(NR)

MOVIE MATINEE

Ages 55+

Come join us at the Bayside Activity Center on the second Tuesday of each month for a matinee movie! Enjoy popular flicks from the past to the present each month. Popcorn and refreshments provided. Minimum: 5, Maximum: 15.

Facilitator: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

2/11,3/11,4/8,5/13,6/10 TUE 11:00-1:30 p.m. FREE

ACTIVE GENERATION

SENIOR ALCOHOL INK ART

Ages 55+

Come spending your late morning creating a beautiful piece of art to display in your own home! Alcohol ink art is a fluid art technique that uses alcohol-based inks to create colorful and fluid compositions on various surfaces. When alcohol is added to the dye, it creates a vibrant, translucent effect when applied on non-porous materials like ceramic tiles and glass. Alcohol ink art is a fun way to paint and create abstract pieces with no prior experience needed! Each participant will bring home their own set of coasters that they made during the program! Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

A: 2/21	FRI	10:00-12:00 p.m.	\$35(R)/\$45(NR)
B: 3/10	MON	10:00-12:00 p.m.	\$35(R)/\$45(NR)
C: 4/18	FRI	10:00-12:00 p.m.	\$35(R)/\$45(NR)
D: 5/19	MON	10:00-12:00 p.m.	\$35(R)/\$45(NR)

TAI CHI - YANG 24

Ages 55+

Yang 24 is the most popular Tai Chi form practiced today. Tai Chi carries many benefits: participants will enjoy improved strength, flexibility, and well-being while they practice a flowing series of graceful movements, bringing awareness of body and mind. Pre-registration is required. Brought to you in collaboration with Age Well.

Minimum: 4, Maximum: 15.

Instructor: Viviane Levy

Location: Bayside Activity Center

1/13-5/19	MON	11:00-12:00 p.m.	FREE
(Skip: 2/24 & 4/21)			



BEGINNER TAI CHI

Ages 55+

This class offers an introduction to Tai Chi, an ancient Chinese form of gentle, yet powerful exercise. You can learn how this free-flowing movement builds strength, improves balance and flexibility, reduces pain and stress, and enhances our sense of wellbeing. The class will be working with fundamental Tai Chi exercises and will continue working with the form of the Sun style which was introduced in our fall session. Everyone can benefit from Tai Chi no matter your age or fitness level. Brought to you in collaboration with Age Well.

Minimum: 8, Maximum: 17.

Instructors: Megan Elberty & Molly Orshoff

Location: Bayside Activity Center

2/27-5/29	TH	10:00-10:45 a.m.	FREE
(Skip: 4/24)			

AARP SMART DRIVER PROGRAM

Ages 55+

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. During the course, participants learn about how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include: maintaining proper following distances, minimizing the effect of dangerous blind spots, limiting driver distractions, properly using all car features, the effects of medications on driving, and more. This course also reviews current national and VT traffic laws, and their impact upon older drivers. If you are an AARP member, please provide your membership number with your registration. Minimum: 5, Maximum: 20.

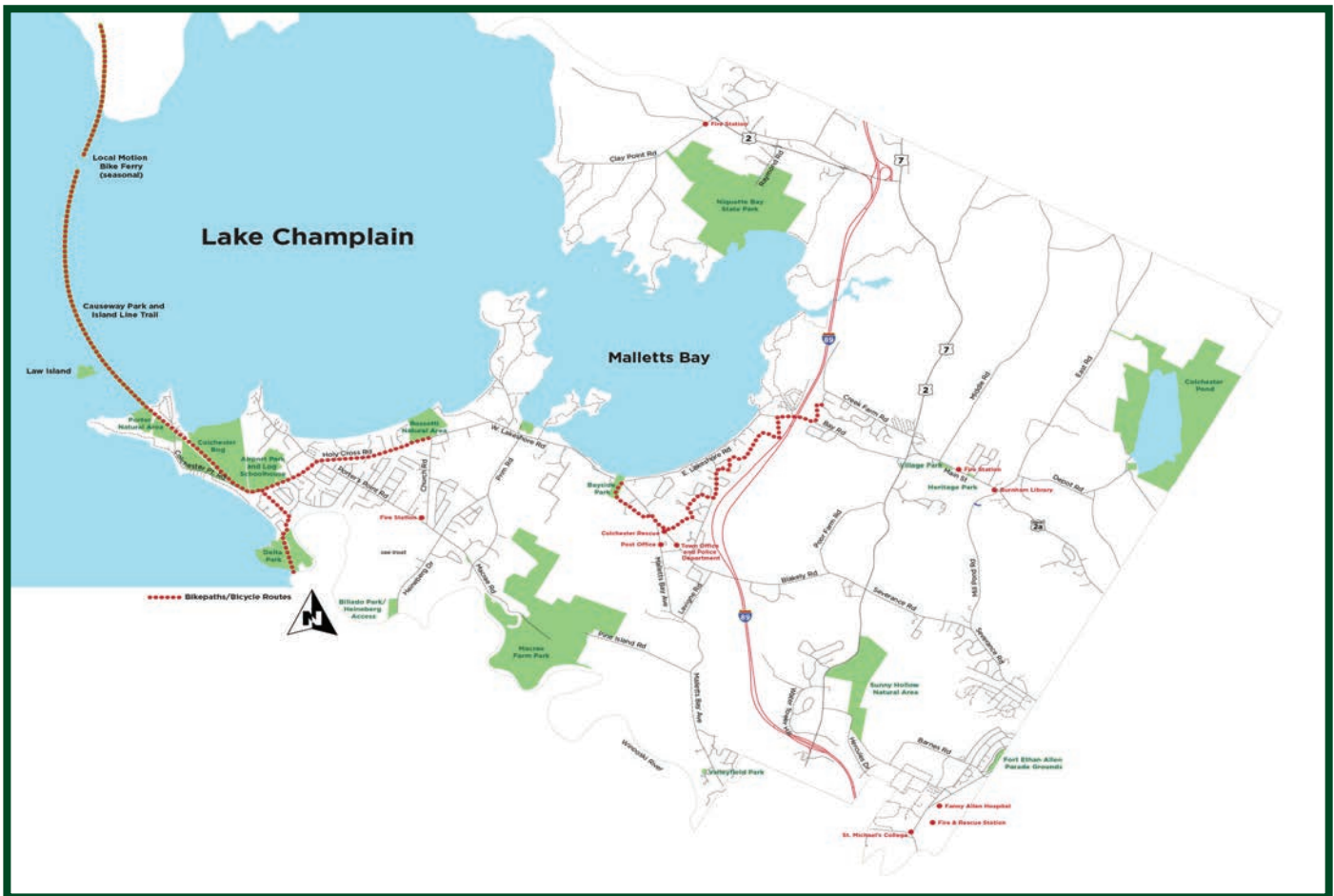
Instructor: Richard Smiles, AARP Volunteer

Location: Bayside Activity Center

3/24	MON	12:00-4:30 p.m.	\$20 (AARP member) \$25 (non-member)
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Please Note: Beginning December 13, 2024 all transactions paid for by credit card will be charged a 3% Service Fee

COLCHESTER PARKS



AIRPORT PARK: 500 Colchester Pt. Road, 64.5-acres. 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 pickleball courts, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Bayside Activity Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. Playground, tennis courts, 2 pickleball courts, 2 soccer fields, rugby, gazebo, walking trail.

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

HERITAGE PARK: Heritage Drive, 1-acre, parking, playground, 1 tennis court, 1 basketball court.

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

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods and sand beach.

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

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground.

VILLAGE PARK: Behind Colchester Water District Building, Main Street. 66-acres, primitive park with a trail network that is just under a mile.

2025 REGISTRATION FORM

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: _____ DOB(parent's): _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Home Phone: _____ Work Phone: _____

Cell Phone: _____ Cell Provider (for text updates - optional): _____

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 NAME	GENDER	DOB M/D/Y	PROGRAM NAME	SESSION LETTER (A/B/C) (if applicable)	CLASS FEE
Total Amount Due:					\$

PAYMENT METHOD (CHECK ONE):

☐ Check (payable to Colchester Parks & Recreation) ☐ Cash ☐ Credit Card (Visa, Mastercard, Discover Accepted)

Credit Card #: _____ Exp: _____ 3 Digit Code: _____ Zip of Cardholder: _____

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 \$25.00 administrative fee will be charged when a refund is requested. If paying by credit card, you will be charge 3% surcharge. 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 may register for any program offered, on a space available basis, beginning on December 13.

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: _____

FOUR SIMPLE WAYS TO REGISTER...

► Online Log onto colchestervt.gov/Recreation and register for classes! Major credit card and family sign in/ password will be needed	► Fax in (802)264-5647 Complete the registration form including your credit card information on the form. Incomplete forms will not be processed.	► Mail in Completed registration form with payment to: Colchester Parks & Recreation 781 Blakely Road Colchester, VT 05446	► Drop by the office Monday - Friday 7:30 a.m. - 4:30 p.m. 781 Blakely Road Second Floor
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FIND US ON THE FOLLOWING SOCIAL MEDIA:
@colchesterrec

