

COLCHESTER PARKS & RECREATION

"OPTIMIZING THE EXPERIENCE OF LIVING"



*Registration for Residents
begins August 18*



colchestervt.gov/recreation
802-264-5640

*Fall 2025
ACTIVITY GUIDE
September - December*



GENERAL INFORMATION



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OFFICE INFORMATION

Location: 80 Dick Mazza Drive
Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: colchestervt.gov
Office Hours: Monday - Friday,
8:00 am - 4:30 pm

RECREATION CENTER HOURS

Monday - Thursday: 5:30 am - 9:00 pm
Friday: 5:30 am - 8:00 pm
Saturday: 7:00 am - 6:00 pm
Sunday: 7:00 am - 5:00 pm

OBSERVED HOLIDAYS (Office & Center Closed)

September 1: Labor Day (closes at 12:30)
November 27: Thanksgiving
December 24: Christmas Eve
(closes at 12:30)
December 25: Christmas
December 31: New Years Eve
(closes at 12:30)
January 1: New Years Day

METHODS OF PAYMENT

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

PROGRAM CANCELLATIONS

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 14 days prior to the start of the program with a \$25.00 administrative fee. This applies to transfers as well. All cancellation request must be submitted in writing to recreation@colchestervt.gov

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.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration begins August 18, 2025 for residents at 12 am. For step by step directions, log on to our website at colchestervt.gov/recreation

NON-RESIDENTS

Non-residents may register for any programs offered, on a space available basis, on September 1, 2025.

NON-RESIDENT SURCHARGE

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

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

**FIND US ON THE FOLLOWING
SOCIAL MEDIA:**
@colchesterrec



REC ADVISORY BOARD

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

SPECIAL EVENTS

HALLOWEEN FAMILY MOVIE NIGHT

**FRIDAY, OCTOBER 24, 2025
6:00 - 8:00 PM**

**COLCHESTER RECREATION
CENTER
80 DICK MAZZA DRIVE**

Join us for a frightfully fun evening at our Halloween Family Movie Night! This free, family-friendly event features a not-so-spooky movie perfect for all ages. Whether you're a little monster, it's the perfect way to celebrate the Halloween spirit together! Popcorn will be provided. All ages welcome.

42ND ANNUAL WINTER CARNIVAL

January 31 & February 1, 2026

Keep an eye on our website for updates! On Saturday a wide variety of indoor and outdoor activities and great performances are planned throughout the day. A full listing of activities will be available in January.



LETTER FROM SANTA

Want to give your child or a child you know a special gift this year for Christmas? Why not get a letter from Santa himself straight from the North Pole? Submit your child's name and we will contact Santa's elves to have your child's name on Santa's List. **Must register by November 14.**

ADDITIONAL FORMS NEED TO BE FILLED OUT.

MAILED OUT: Week of December 8, 2025
FEE: \$8.00 per letter



DINNER WITH SANTA

December 12, 2025

Once again Santa is visiting Colchester on his way to the North Pole to get ready for the holiday season! Join Santa and all of the elves in the Colchester Parks & Recreation Department for a delicious 'breakfast' dinner of pancakes, eggs, and sausage. Santa will read a bedtime story the last 10 minutes so make sure to have your visit with Santa prior to that! Maximum: 80.

LOCATION: Colchester Recreation Center

TIME: A: 5:00 - 6:00 p.m.

B: 6:15 - 7:15 p.m.

COST: \$14 Adults, \$7 Children, 2 &
Under Free

*All attending must register whether eating or not

RECREATION CENTER



Hours of Operation

Monday through Thursday: 5:30 AM – 9:00 PM

Friday: 5:30 AM – 8:00 PM

Saturday: 7:00 AM – 6:00 PM

Sunday: 7:00 AM – 5:00 PM

2025 MEMBERSHIP RATES

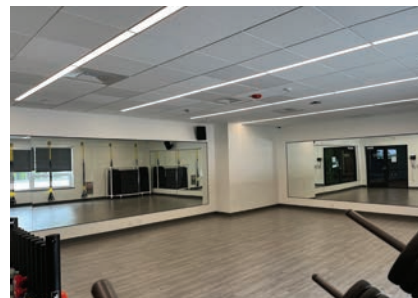
RESIDENTS	1-YEAR	3-MONTH	DAILY
ADULT (18-61)	\$600 (\$50/Mo)	\$200	\$15
SENIOR (62+)	\$504 (\$42/Mo)	\$144	\$12
FAMILY (2 Adults/2 Youth)	\$1,200 (\$100/Mo)	-	\$28
COLLEGE (up to age 26)	\$456.00 (\$38/Mo)	\$120	-
YOUTH (15-17)	\$360 (\$30/Mo)	\$105	\$10
NON-RESIDENTS	1-YEAR	3-MONTH	DAILY
ADULT (18-61)	\$780 (\$65/Mo)	\$240	\$18
SENIOR (62+)	\$612 (\$51/Mo)	\$173	\$15
FAMILY (2 Adults/2 Youth)	\$1,560 (\$130/Mo)	-	\$34
YOUTH (15-17)	\$432 (\$36/Mo)	\$126	\$12

FITNESS CLASS ADD-ON NOW AVAILABLE!

Annual Membership: Additional \$15/month (R) \$25/month (NR)
per person for access to Studio Fitness Classes

Group Studio Fitness Classes ONLY Pass (no membership):
\$40/month (R) \$55/month (NR)

Daily Rates still available



MEMBERSHIP INFORMATION

MUST COME INTO THE CENTER TO GET A MEMBERSHIP, ONLINE NOT AVAILABLE

Gymnasium - The gym is available for use when programs are not scheduled or during "Open Play". Children ages 14 and under must be accompanied by a responsible adult 18 years and older.

Fitness Center/Track - Members ages 15 and older are welcome to use the fitness center and indoor track during operating hours. Youth 15-17 must have a parent/guardian complete and sign all necessary paper work prior to participation.

Fitness Studio Punch Passes/Day Pass - There will be a variety of fitness classes offered in our studio. The monthly schedule will be posted on our website. Registration for each class can occur up to 1-week prior.

Walking Track Membership - Looking for a place to walk with no ice or snow? Look no further, the Recreation Center is equipped with an elevated track above the gymnasium to allow walking and running for all fitness types. The walking track membership is offered seasonally to help keep you moving during the winter months. If you are 62 and older sign up today and get moving!

GYM & ACTIVITY ROOM RENTALS

For more information or to download a rental form, log onto our website at colchestervt.gov/recreation
For inquires pertaining to room or gym rentals you can email Jenn at jfolsom@colchestervt.gov

RECREATION CENTER



COLCHESTER RECREATION CENTER OPEN HOUSE 6 MONTH CELEBRATION

FRIDAY, SEPTEMBER 12 ACTIVITIES

FOOD TRUCKS 5:00- 8:00 PM

Gerber's Joint (Mexican)

Palmer's Maple (Ice Cream)

Who wants to cook dinner on a Friday night?
Come buy your dinner & enjoy the band!

FREE THROW COMPETITION 5:00- 7:00 PM

Come to the gym for a chance to win prizes.

FACILITY TOURS 5:00- 7:00 PM

Come check out the facility!

FALL CONCERT ***"BUCK HOLLER BAND"***

6:00 - 7:30 PM

COLCHESTER RECREATION CENTER

Summer is just too short, so we are continuing the music one last evening before the weather gets cold on a Fall Friday. Admission is FREE. Join us for an evening of music with the beautiful foliage. The Buck Holler Band is a high-energy, up-tempo, soul-stirring band who plays Americana, R&B, Rockabilly, Rock-n-roll, Country, Newgrass & Irish music. Your foot will be tapping or you will be out of your seats dancing to the beats.



SATURDAY, SEPTEMBER 13 ACTIVITIES

FREE EXERCISE CLASS PREREGISTRATION REQUIRED

Must be at least 15 to participate in a fitness class

7:15-8:00 AM: FITNESS STUDIO SPINN WITH JENN

Max: 10 Participants

8:00-8:45 AM: GYMNASIUM BOOTCAMP WITH ALLI

Max: 30 Participants

9:00-9:45 AM: ACTIVITY ROOM YOGA FOR FITNESS WITH CAROL

Max: 20 Participants

10:00-10:45 AM: FITNESS STUDIO YIN YOGA WITH KELLY

Max: 10 Participants

9:00-11:00 AM: GYMNASIUM PICK-UP PICKLEBALL

Come try our courts and play a game of pickleball

10:00-10:45 AM: ACTIVITY ROOM VILLARI'S MARTIAL ARTS DEMO CLASS

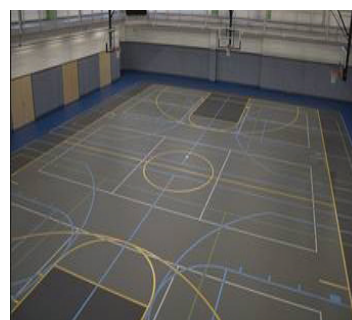
Ages 7+, parents must be present

11:00 AM-1:00 PM: GYMNASIUM BASKETBALL OPEN GYM

Come try our courts and shoot some hoops, parents must be present with children

FACILITY TOURS 8:00 AM - 1:00 PM

Come check out the facility!



START SMART BASEBALL

Ages 3 - 5

Start Smart Baseball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun, non-threatening environment. Start Smart Baseball prepares children and their parents for organized baseball and softball without the threat of competition or the fear of getting hurt. Age appropriate equipment from Franklin Sports® is used in teaching throwing, catching, batting, running and agility. Minimum: 8, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Park, Green Space by Pavilion

9/30-10/16 T&TH 5:00-5:45 p.m. \$80(R)/\$90(NR)

PARENT & ME OPEN GYM

Ages Birth - 4

Come and join us for our playgroup for parents with toddlers. This program is designed for parents and their young children to engage in physical activities in a safe and fun environment. This is a great opportunity for families to connect with other families with children the same age. Required: Child and Parent MUST have an indoor pair of shoes that you change into when you arrive at the Recreation Center. Maximum: 30.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, Gym

**10/12-11/9 SUN 9:00-10:00 a.m. \$30(R)/\$40(NR)
Drop-In Fee: \$7**

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: 8, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Park, Green Space by Pavilion

9/9-9/25 T&TH 5:00-5:45 p.m. \$80(R)/\$90(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. Please leave other siblings at home. Minimum: 8, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, Gym

10/28-11/13 T&TH 5:00-5:45 p.m. \$80(R)/\$90(NR)

SENSORY ART EXPLORERS

Ages 3 - 5

Get ready to squish, swirl, and splatter! This sensory art program is designed especially for preschoolers to explore creativity through touch, texture, and color. This program features hands-on art activities that stimulate the senses and support early development in a fun, relaxed setting. From finger painting to textured collages, little artists will enjoy open ended play while building fine motor skills, curiosity, and confidence. An adult must stay during the program. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

12/6 SAT 9:00-10:15 a.m. \$25(R)/\$35(NR)

PRESCHOOL

PRESCHOOL

PARENT & ME CRAFT TIME

Ages 3 - 5

Join us for fun-filled, hands-on craft sessions designed specifically for preschoolers and their grown-ups! In this guided class, little artists and their caregivers will explore colors, textures, and creativity together through age-appropriate projects. Each week features a new craft that helps develop fine motor skills, encourages self-expression, and most importantly, makes memories together! Registration includes one adult and one child. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

10/5-10/26 SUN 9:00-10:00 a.m. \$35(R)/\$45(NR)

SENSORY SANDBOX

Ages 3 - 5

Let's get beachy and 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, 2 pounds of sand and 7 molds/tools. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

11/8 SAT 10:00-11:00 a.m. \$42(R)/\$52(NR)

LITTLE DANCERS

Ages 3 - 4

A wonderful starter class for your little one! This class will touch on ballet, movement, tumble, across the floor - a bit of everything for your wee one! An easy going, fun, upbeat class that incorporates basic steps, dance knowledge and class etiquette! Comfy dance clothes or athletic wear are highly suggested. Bare foot or ballet shoes and lots of smiles will be needed!

Instructor: Studio 3 Dance Instructor

Location: Studio 3, 65 Creek Farm Plaza

10/6-12/15 MON 4:30-5:00 p.m. \$150(R)/\$170(NR)
(skip: 11/24)

MUSICAL THEATRE

Ages 8 - 18

Ever wanted to dance, prance, sign, act all in the same class to fun theatrics like Matilda? Guy and Dolls? Mrs. Doubtfire? Well then, this class is for you! All levels welcome and get ready to have some great fun in a class that does it all! Spring show is in May where you'll put on a little show, and we'll be delighted to see what you do! Must continue for 2nd semester to perform in the show!

Instructor: Studio 3 Dance Instructor

Location: Studio 3, 65 Creek Farm Plaza

10/1-12/10 WED 6:30-7:30 p.m. \$150(R)/\$170(NR)
(skip: 11/26)

TOE TAPS & TUTU'S

Ages 5 - 7

This class is the next step in your little dancer's career or their beginning of the dance journey! We will do ballet, tap and jazz techniques and learn all kinds of fun combinations, steps and moves! This is a wonderful and fun class that is sure to please! Dance attire or athletic wear in solid color preferred! Ballet and tap shoes needed and are available at the studio to try on - just reach out! Let's Dance!

Instructor: Studio 3 Dance Instructor

Location: Studio 3, 65 Creek Farm Plaza

10/6-12/15 MON 5:30-6:15 p.m. \$150(R)/\$170(NR)
(skip: 11/24)





A.C.E.

(Active, Creative, Enrichment) After School Program

Malletts Bay School
Porters Point School
Union Memorial School

All sites are currently full, to add your child to this year's waitlist contact Jenn at jfolsom@colchestervt.gov
The 2026-2027 School year registration will take place on Monday, March 16, 2026

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 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 Folsom, Assistant Director of Recreation for the Colchester Parks & Recreation Department at 264-5643 or e-mail jfolsom@colchestervt.gov

SAFESITTER BABYSITTING COURSE

Grades 3 - 6

The SafeSitter curriculum includes instruction in babysitting skills and techniques such as: care of choking, CPR (non-certification), injury prevention and management, behavior management, how to change diapers and babysitting as a business. If you are looking to babysit, this is a great class for you and gives you a step up on your competition! Participants must bring snacks and plenty to drink. Participants will receive a babysitter kit and completion card at the end of the program.

Minimum: 8, Maximum: 16.

Instructor: Colchester Parks & Recreation Staff

Location: Bayside Activity Center

9/1 MON 8:00 a.m.-1:00 p.m. \$85(R)/\$95(NR)

KIDS NIGHT OUT

Grades 1 - 5

Hey parents! Go enjoy a night off while your kiddos have a fun-filled evening at our Kids Night Out! At Kids Night Out, kids can come hang out with friends and play organized sport games in our gym, do themed crafts or other activities in our activity room and much more! Each KNO will feature a different theme that activities/games will be based around. We will also be serving pizza for dinner! We will keep the kids active and entertained all night long, ensuring they are ready for bed when you pick them up! Minimum: 15, Maximum: 30.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center

Game Night

10/17 FRI 5:00-8:00 p.m. \$45(R)/\$55(NR)

Minute to Win it

11/14 FRI 5:00-8:00 p.m. \$45(R)/\$55(NR)

Glow Party

12/5 FRI 5:00-8:00 p.m. \$45(R)/\$55(NR)

MARTIAL ARTS

Grades K - 2 & 3 - 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 is was the best thing they did growing up.

Instructor: Darrel Duffy, Villari's Martial Arts

Location: Room TBA in the school registering for

Malletts Bay School (Min 15, Max 25)

9/2-9/30 TUE Dismissal-4:30 p.m. \$90(R)

Union Memorial School (Min 10, Max 20)

9/4-10/2 TH Dismissal-4:30 p.m. \$90(R)

Porters Point School (Min 10, Max 20)

9/5-10/3 FRI Dismissal-4:30 p.m. \$90(R)

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

9/10 WED Dismissal-4:30 p.m. \$30(R)

END OF SUMMER GAMES

Grades K - 5

Summer is coming to a close, but not officially done yet! What's a better way to end your 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

9/8 MON dismissal-4:30 p.m. \$15(R) - MBS

9/9 TUE dismissal-4:30 p.m. \$15(R) - PPS

9/10 WED dismissal-4:30 p.m. \$15(R) - UMS

TIE-DYE 101

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: 15.

Instructor: Corie Brown

Location: Bayside Activity Center

9/14 SUN 12:00-1:30 p.m. \$25(R)/\$35(NR)

FIELD HOCKEY CLINIC

Grades 2 - 5

Come join the CHS field hockey program for a 6-week clinic. This program is designed for players of all skill levels. Participants will learn fundamental skills such as dribbling, passing, shooting and defensive techniques through engaging drills and exercises. Sticks will be available for those that don't have them. If you need a stick for the clinic please email Jared at jantoniak@colchestervt.gov

Minimum: 10, Maximum: 30.

Instructor: CHS Field Hockey Program

Location: CHS Field Hockey Field

9/13-10/18 SAT 8:00-9:30 a.m. \$60(R)/\$70(NR)

AFTERSCHOOL BASKETBALL

Grades 3 - 5 & 6 - 8

Come and join us for afterschool basketball. This program is designed to help students develop their skills, stay active and enjoy the game in a fun and supportive environment. Students are able to walk from school and check in with the staff member in charge of the program.

Minimum: 10, Maximum: 25.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, Gym

Malletts Bay School

9/17-10/15 WED 3:00-4:30 p.m. \$35(R)/\$45(NR)

Middle School

9/18-10/16 TH 2:15-4:00 p.m. \$35(R)/\$45(NR)

GUYS ONLY HIP-HOP CLUB

Ages 7 - 10

An upbeat, energetic class that is geared to guys only! Come let loose, have fun with your buddies and learn hip hop dance moves and choreography! Please bring athletic wear, clean dry sneakers and a water bottle and lots of energy!

Instructor: Studio 3 Dance Instructor

Location: Studio 3, 65 Creek Farm Plaza

10/1-12/10 WED 4:45-5:30 p.m. \$150(R)/\$170(NR)

(skip: 11/26)

SWIFTIES DANCE PARTY

Ages 5 - 8

Hello Tay fans! This class is for YOU! Come jam out every week to your favorite Taylor Swift tunes while having fun learning dance moves and choreography! You won't be disappointed! Bring your bestie! Dress fun with clean dry sneakers and bring a water bottle!

Instructor: Studio 3 Dance Instructor

Location: Studio 3, 65 Creek Farm Plaza

10/1-12/10 WED 5:30-6:15 p.m. \$150(R)/\$170(NR)

(skip: 11/26)

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, Room TBA

10/2-10/23 TH 3:00-4:30 p.m. \$55(R)/\$65(NR)

MINUTE-TO-WIN-IT GAMES!

Grades K - 5

Kids compete in quick, silly challenges that test their speed, coordination, and creativity—all within 60 seconds! This high-energy program keeps kids engaged with simple games using household or craft supplies, perfect for groups of all sizes and minimal setup. Minimum: 5, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

10/7 TUE dismissal-4:30 p.m. \$18(R) - MBS

10/14 TUE dismissal-4:30 p.m. \$18(R) - UMS

10/21 TUE dismissal-4:30 p.m. \$18(R) - PPS

CORN MAZE ADVENTURE

Grades 3 - 5

Join us for a fun walk down to Sam Mazza's corn maze! We will be walking from MBS to the corn maze for an afterschool day of fun and adventure through the corn! Participants will get to adventure through the corn maze with a small group of their peers and look for all the challenges the maze has to offer.

Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: MBS then walk to Sam Mazza's

10/10 FRI 3:00-5:00 p.m. \$25(R)/\$35(NR)

OUT OF THIS WORLD CRAFTS

Grades K - 5

Blast off into creativity! In this stellar afterschool program, young explorers will journey through the galaxy while making fun, hands-on crafts inspired by the wonders of outer space. This program features cosmic adventure - build your own rocket ship, design alien masks, create glittering galaxies and more! Perfect for curious kids who love to imagine, explore, and create, this program sparks creativity while introducing fun space facts along the way!

Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

10/7	TUE	dismissal-4:30 p.m.	\$22(R) - UMS
10/8	WED	dismissal-4:30 p.m.	\$22(R) - MBS
10/9	TH	dismissal-4:30 p.m.	\$22(R) - PPS

MINECRAFT MONDAY

Grades K - 5

Are you a fan of Minecraft? Do you want to meet others that love the game just as much as you? If you do, then this is the program for you! At Minecraft Monday, participants will do various Minecraft themed crafts and activities. From exploding creepers, to making your own sword or pickaxe, to making your own Minecraft inspired squid, this program will have something for everyone!

Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

10/6	MON	dismissal-4:30 p.m.	\$25(R) - PPS
10/13	MON	dismissal-4:30 p.m.	\$25(R) - UMS
10/20	MON	dismissal-4:30 p.m.	\$25(R) - MBS

AFTERSCHOOL BAYSIDE SPORTS

Grades 3 - 5

Let's play some sports! During this program students will meet afterschool at MBS, then walk down to Bayside Park. At Bayside Park they will play at least one different game everyday, including games such as kickball, basketball, bocce and more! Students will be picked up at Bayside Park after the program. Minimum: 5, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: MBS then walk to Bayside Park

10/16-11/7	TUE	3:00-4:30 p.m.	\$30(R)/\$40(NR)
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SEASONAL SCIENCE

Grades K - 5

Let's enjoy the holidays with some science! In October, we will do some spooky Halloween experiments like erupting jack-o-lanterns, witch's brew fizzy cauldrons, dissolving pumpkins and more. In December, participants will conduct winter related experiments involving fizzing candy canes, snowstorm in a jar, melting snowmen 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

10/14,11/11,12/9	TUE	3:00-4:30 p.m.	\$60(R)-MBS
10/15,11/12,12/10	WED	3:00-4:30 p.m.	\$60(R)-PPS
10/16,11/13,12/11	TH	3:00-4:30 p.m.	\$60(R)-UMS

AUTUMN WALKING CLUB

Grades 3 - 5

It's fall time! The leaves are changing but there's still time to get outside before the crisp winter air rolls in to far! What's a better way to appreciate our wonderful foliage than to take a walk afterschool down to our wonderful Bayside Park. During this program students will start at MBS, walk down to Bayside Park on the bike path and then participate in an activity before walking back to MBS before being picked up.. Minimum: 5, Maximum: 15.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

10/15-10/29	WED	3:00-4:30 p.m.	\$30(R)/\$40(NR)
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AFTERSCHOOL STEM CLUB

Grades K - 5

Come hangout afterschool for our 4 week STEM club! Each week participants will be introduced to new activities that focus on the key areas of STEM, Science, Technology, Engineering and Mathematics. Some of the activities that will be taking place include a diy robotic arm, paper plate roller coasters, building card structures and more!

Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

10/27-11/17	MON	dismissal-4:30 p.m.	\$50(R) - MBS
10/28-11/18	TUE	dismissal-4:30 p.m.	\$50(R) - UMS
10/30-11/20	TH	dismissal-4:30 p.m.	\$50(R) - PPS

SEASONAL CRAFTS

Grades K - 5

Grab your friends and make some seasonal holiday crafts! In this series, participants will be making Halloween, Thanksgiving and Christmas crafts. Each session will include 4-5 different crafts that the students will make themselves. Some of the crafts include Spider Web Suncatchers, a curly turkey and handprint Christmas trees.

Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

10/28,11/18,12/16	TUE	3:00-4:30 p.m.	\$55(R)-PPS
10/29,11/19,12/17	WED	3:00-4:30 p.m.	\$55(R)-UMS
10/30,11/20,12/18	TH	3:00-4:30 p.m.	\$55(R)-MBS



SPOOKY SLIME

Grades K - 5

Do you love to make your own slime? Do you like the spookiest time of the year? Join us for some afterschool slime fun this Halloween season! During this program we will make spooky Halloween-themed slime. Participants will put together their own slime and be able to bring it home after the program.

Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

10/28	TUE	3:00-4:30 p.m.	\$18(R)-MBS
10/29	WED	3:00-4:30 p.m.	\$18(R)-PPS
10/30	TH	3:00-4:30 p.m.	\$18(R)-UMS

1/2 DAY PROGRAM

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 a snack and drink, snacks are not provided. Also appropriate clothing for outside. *This is not a licensed program therefore subsidy cannot be accepted.* Maximum: 30 (PPS,UMS), 40 (MBS).

Instructor: Colchester Parks & Recreation Staff

Location: Cafeteria/Gym of corresponding school

11/5	WED	Dismissal-5:30 p.m.	\$38(R)
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FUN FOODS

Grades 3 - 5

Food can get boring, especially snacks. Join us afterschool to learn how to make snacks fun! Students will learn fun ways to create healthy and quick snacks that can be enjoyed at anytime. We will be using common ingredients such as apples, bananas, granola and other things to create fun and exciting new snacks. This program will be held at the Colchester Recreation Center, students will walk to the Rec Center afterschool and get picked up here.

Minimum: 6, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: MBS then walk to Recreation Center

11/7-11/21	FRI	3:00-4:30 p.m.	\$50(R)/\$60(NR)
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LEGO CREATORS

Grades 3 - 5

What could be more fun than getting together with a couple of friends for some LEGOs afterschool? Each day will be a new surprise of LEGO creations and fun games! Participants will be creating different LEGO sets such as animals or cars but also playing LEGO themed games to keep the creativity flowing! Each week they will receive their own kit to bring home.

Minimum: 4, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

12/3-12/17	WED	dismissal-4:30 p.m.	\$90(R)
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MAD SCIENTISTS

Grades 3 - 5

Spend your afternoon being a mad scientist! In this 3 week program participants will be doing lots of explosive, messy, and exciting science experiments. Have you ever wondered what happens when you mix peroxide and yeast together? You get elephant toothpaste! Ever wonder what happens when you mix baking soda and vinegar together in a plastic bag? Want to see what happens when oil, food coloring and water mix together? If any of these things interest you then this is the program for you!

Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

12/1-12/15 MON dismissal-4:30 p.m. \$40(R)

FAIRYTALE FUN: AFTERSCHOOL CRAFTS

Grades K - 5

Step into a world of imagination after the school bell rings! In this magical afterschool program, kids will dive into classic fairytales and bring them to life through hands-on crafts. This program features exciting themed projects - think dragon puppets, glittering crowns, magic wands and more! Perfect for young artists and dreamers, this program encourages creativity, imagination, and a love for stories - all while having fun with friends!

Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

12/1	MON	dismissal-4:30 p.m.	\$22(R) - MBS
12/2	TUE	dismissal-4:30 p.m.	\$22(R) - UMS
12/3	WED	dismissal-4:30 p.m.	\$22(R) - PPS

BUILD IT BONANZA

Grades 3 - 5

In this hands-on program, kids will tackle a series of creative building challenges using a mix of materials such as LEGOs, craft sticks and even marshmallows! Each week they'll be tasked with building a different structure, encouraging imagination, teamwork and engineering skills in a playful, no-pressure environment. Minimum: 4, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

12/5-12/19 FRI dismissal-4:30 p.m. \$48(R)

GINGERBREAD HOUSE DECORATING

Grades K - 5

"Deck the Halls" of your very own holiday house! Come spend the afternoon bringing your gingerbread house vision to life! Each participant will each receive their own gingerbread house kit and decorate it with all the icing and candy that their hearts desire. Minimum: 5, Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Room TBA in the school registering for

12/8	MON	dismissal-4:30 p.m.	\$30(R) - UMS
12/15	MON	dismissal-4:30 p.m.	\$30(R) - PPS
12/22	MON	dismissal-4:30 p.m.	\$30(R) - MBS

DIY BOARD GAME DESIGN

Grades 3 - 5

Kids become game designers as they brainstorm, design, and build their own unique board games. This creative, fast-paced workshop blends storytelling, art, and strategy, encouraging teamwork and problem-solving. Minimum: 4, Maximum: 8.

Instructor: Colchester Parks & Recreation Staff

Location: Malletts Bay School, Room TBA

12/11-12/12 TH&FRI dismissal-4:30 p.m. \$35(R)



YOUTH BASKETBALL

COLCHESTER YOUTH BASKETBALL LEAGUE (CYBL)

Grades 1 - 8

Colchester Youth Recreational Basketball League promises to be a fun season. There will be designated practices for players in Grades 1 - 8. Participants will be assigned to teams, with practices once a week and games on Saturdays. Games will be played at Malletts Bay School, Colchester Middle School & Colchester Recreation Center. Grades 5-6 and 7-8 will have the chance to travel to play teams from surrounding communities.

**2025 - 2026 Season:
November 17 - February 14**

One hour practice per week, per team between the hours of 6:00 - 9:00 p.m. on assigned weekdays, plus one hour games on Saturdays. Game times to be determined, times will vary between 8 am - 4 pm. Schedule will be available mid-December. Grades 1 - 4 play each other, Grades 5 - 8 travel and play local.

Games will begin Saturday, January 3rd

Grades 1 - 2: Early Bird: \$84.00 (After 10/24 \$94.00)
(\$60.00 (\$70.00 after 10/24) if you have CYBL jersey)

Grades 3 - 4: Early Bird: \$89.00 (After 10/24 \$99.00)
(\$65.00 (\$75.00 after 10/24) if you have CYBL jersey)

Grades 5 - 8: Early Bird: \$94.00 (After 10/24 \$104.00)
(\$70.00 (\$80.00 after 10/24) if you have CYBL jersey)

\$5.00 less per sibling

Visit colchestervt.gov/CYBL for more details

CYBL League Format:

Grades 1 - 2:
Coed

Grades 3 - 4:
Boys & Girls

Grades 5 - 6:
Boys & Girls

Grades 7 - 8:
Boys & Girls



CYBL REGISTRATION FORM IS LOCATED
ON THE NEXT PAGE OF THIS BROCHURE,
AT THE RECREATION DEPARTMENT,
OR ONLINE AT
colchestervt.gov/recreation/cybl

VOLUNTEER COACHES NEEDED!

Have an interest in coaching this season? Check the coaching portion of the registration. *If you are chosen to be a coach your registration fee will be refunded for one child.*

For more information contact Jared Antoniak
at jantoniak@colchestervt.gov
TRAINING WILL BE PROVIDED

Register TODAY! Early Bird discount expires October 24th. Registration open until teams are full. No registration will be accepted after December 12th.

KINDERGARTEN BASKETBALL ACADEMY

This 5-week program is perfect for your child to learn proper basketball techniques before joining the CYBL in the First Grade. Your child will learn teamwork, ball-handling, defense, passing and shooting skills through our station based practice plans, while using age-appropriate equipment. We will also have competitions, team and family games and have a TON of FUN during this program. All you need is sneakers! If there are any weather cancellations during this program, there will be no make up classes. Parent volunteers needed. **To volunteer contact Jared Antoniak at jantoniak@colchestervt.gov. The CYBL registration form is not needed for this program, please fill out the regular registration form on page 31 or register online.** Minimum: 10, Maximum: 45.

Location: Colchester Recreation Center, Gym

1/10-2/7

SATURDAYS

8:00 - 8:45 a.m.

\$55(R)/\$65(NR)

25-26 CYBL REGISTRATION

Player Name: _____ Birth date: ____/____/____ Age: ____ Grade: ____ Gender: _____

Address: _____ Parents Name: _____ Parents DOB: _____

City: _____ State: _____ Zip: _____ E-Mail: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact #1 _____ Phone: _____ Cell Phone: _____

Emergency Contact #2 _____ Phone: _____ Cell Phone: _____

Special Needs: _____ Last Years Team Name: _____

Is there a day of the week that you can not practice on?: _____

Allergies & Other Medical Conditions: _____

Medications: _____

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

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and volunteers 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 CYBL through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

MEDICAL RELEASE

I hereby grant consent to any and all health care providers designated by Colchester Parks & Recreation Department to provide my child _____ (child's full name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation by Colchester Rescue to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

PARTICIPANT JERSEY INFORMATION:

All CYBL players will wear reversible jerseys during games. Jerseys are yours to keep to be used for future CYBL seasons. Does your child have a jersey from last year? Yes _____ No _____ *If you wear a previous jersey what is the jersey number:* _____

Jersey Size (circle one): YS YM YL S M L XL

VOLUNTEER SUPPORT:

Colchester Youth Basketball is a volunteer based activity. Your participation and support is vital to the continued success of the programs for the children of our community. Please indicate below where you may be able to invest your time, energy, or talent to make this program better than ever. Thank you for volunteering! (check all that apply)

_____ Coach _____ Assistant Coach

REGISTRATION FEES:

Grades 1-2: NEED CYBL JERSEY: \$84.00 (After 10/24 \$94.00) | HAVE CYBL JERSEY \$60.00 (After 10/24 \$71.00)

Grades 3-4: NEED CYBL JERSEY: \$89.00 (After 10/24 \$99.00) | HAVE CYBL JERSEY \$65.00 (After 10/24 \$66.00)

Grades 5-8: NEED CYBL JERSEY: \$94.00 (After 10/24 \$104.00) | HAVE CYBL JERSEY \$70.00 (After 10/24 \$81.00)

\$5.00 off each additional sibling / Add \$10 to registration fee if registering after October 24, 2025

No registration will be accepted after December 12, 2025

PAYMENT INFORMATION:

Check # _____ Cash: _____ Credit Card: _____	Name on Card: _____
Please Circle Card Type: Visa MasterCard Discover	Expiration: _____/_____ 3-Digit Code: _____
Checks should be filled out & mailed to: Colchester Parks & Recreation, 80 Dick Mazza Dr, Colchester, VT 05446	Credit Card #: _____
For more information call Parks & Recreation: 802-264-5640	Signature of Cardholder: _____

SPINNING FOR KIDS

Grades 6 - 8

Students must be at least 4'11" to participate. Spinning provides a fantastic opportunity for these young children to explore physical activity in a safe, non-judgmental, supervised and self-paced environment. Participants will walk over on their own from the middle school to the Recreation Center. They will have time to eat a home snack and change prior to spinning. All participants need to bring sneakers (street shoes cannot be worn), water bottle, snack from home and gym-appropriate clothes (if wearing pants they must be tight on the legs). Spin time will not exceed 30 minutes. Minimum: 5; Maximum: 10.

Instructor: Jenn Folsom, Certified Spinning for Kids

Location: Colchester Recreation Center

10/1-10/29 WED 2:15-3:30 p.m. \$60(R)/\$70(NR)

AFTERSCHOOL SNACKS

Grades 6 - 8

Afterschool snacks can often get repetitive and be a little lackluster. Join us to learn how to shake things up and create some fun, quick and healthy afterschool snacks! We will be using common ingredients such as apples, bananas, granola and other things to create fun and exciting new snacks. This program will be held at the Colchester Recreation Center, students will walk to the Rec Center afterschool and get picked up here. Minimum: 6; Maximum: 12.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

10/2-10/16 TH 2:05-4:00 p.m. \$50(R)/\$60(NR)

CANDLE PAINTING FOR TEENS

Ages 14 - 17

Light up your creativity! In this chill and creative program, participants will transform plain candles into beautiful works of art using colored tealights and painting techniques. Whether you go bold and colorful or soft and minimalist, this is your chance to design a candle that reflects your personal style. This is a perfect program for expressing yourself and making something totally unique - these hand painted candles make great room decor or thoughtful handmade gifts. Minimum: 5; Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

11/1 SAT 10:00-11:30 a.m. \$45(R)/\$55(NR)

FALL MACRAME RAINBOW CRAFT

Ages 11 - 13

Get into the fall spirit with a cozy macrame rainbow project, perfect for decorating your room or giving as a handmade gift! In this hands-on program, you will learn the basics of macrame and create your own autumn-inspired rainbow using warm, seasonal colors like rust, mustard and sage. No experience needed - just bring your creativity and friends! Come craft, chill and leave with a beautiful boho-style piece to celebrate the season! Minimum: 5; Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

10/18 SAT 9:00-10:30 a.m. \$35(R)/\$45(NR)

HALF DAY SPORT, SPEED & AGILITY CLINIC

Grades 5 - 8

Looking to sharpen your athletic skills? Join us after school on Wednesday during a scheduled half day of school to come to the Recreation Center and participate in various drills, games and demonstrations. The group will meet at 1pm to change and eat a quick snack from home before hitting the gym. Whether you are working on your ability to change direction, improve balance or increase speed this is the place for you! Minimum: 12; Maximum: 30.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center

11/5 WED Dismissal-4:00 p.m. \$35(R)/\$45(NR)

CHILL & CREATE: ICE CANDLE MAKING

Ages 11 - 13

Ready to make something cool? Join us for a fun and frosty craft session where you'll create your own unique ice candles! Using colorful wax, ice, and a bit of creative flair, you will design beautiful, one of a kind candles with stunning textures and patterns. This hands-on program is perfect for anyone who loves DIY projects, cozy vibes and experimenting with new techniques. Participants will also take their candles home to keep or gift to someone special! Minimum: 5; Maximum: 10.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

11/9 SUN 9:00-10:30 a.m. \$45(R)/\$55(NR)

FAMILY TIE-DYE

Families

Ever wanted to learn how to add some color to your plain white tees? Let tie dying 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 Families.

Instructor: Corie Brown

Location: Bayside Activity Center

9/7 SUN 12:00-1:30 p.m. \$35(R)\$45(NR)
Per Family

FAMILY PUMPKIN CARVING

Families

Halloween is getting close! Bring the family down and get in the Halloween spirit by joining us to carve a couple of Jack-O-Lanterns and paint some mini pumpkins for autumn decorations. Each family will receive 2 Jack-O-Lantern sized pumpkins and 3 mini pumpkins. We will have all the materials needed, you just need to bring the family! Only one registration per family needed.

Minimum: 4, Maximum: 8 Families.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

10/22 WED 6:00-7:30 p.m. \$40(R)\$50(NR)
Per Family

FAMILY CRAFT NIGHT

Families

Gather the whole crew for an evening of creativity, connection, and hands-on fun! Family Craft Night is a relaxed, all-ages program where kids and adults can enjoy working together on season or themed crafts. This program features simple, engaging projects designed to spark imagination and encourage collaboration! Come ready to cut, glue, paint and create something special as a family! Minimum: 5, Maximum: 10 Families.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

11/7 FRI 5:00-7:00 p.m. \$25(R)\$35(NR)
Per Family

FAMILY GINGERBREAD HOUSE DECORATING COMPETITION

Families

Bring the whole family and your holiday spirit for a sweet and spirited gingerbread house decorating showdown! Teams/families will be provided with a gingerbread house kit and a variety of candy and decorating supplies to create their most imaginative (or deliciously outrageous) design. Whether you go classic, creative or crazy with candy, it's all about teamwork and festive fun! Gingerbread houses will be judged based on the following categories - "Most Creative", "Sweetest Theme" and "Best use of Candy". All ages welcome - one gingerbread house per family/team.

Minimum: 5, Maximum: 15 Families.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 1

12/14 SUN 10:00-12:00 p.m. \$30(R)\$40(NR)
Per Family

AMERICAN SIGN LANGUAGE FOR PARENTS & KIDS

All Ages

This course is a fun class for both parents and kids to learn basic sign language. We will be covering finger spelling, vocabulary, signing, use of facial expression, games and simple signing sentences. With any child from infant to age 4, the parent is welcome to learn. You will receive emails from Google Drive with lists and videos of new signs and other things to practice and review. Prerequisites: None. Minimum: 8, Maximum: 25.

Instructor: Alex Grist

Location: Colchester Recreation Center, AR 1 or 2

10/23-12/11 TH 6:00-7:00 p.m. \$100(R)/\$120(NR)
(skip: 11/27) Per Family of 4 or less



AMERICAN SIGN LANGUAGE 1

All Ages

American Sign Language 1: 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 at social events. General finger spelling, vocabulary, signing, using facial expressions, and role playing will be emphasized. Students with some or no experience are encouraged to attend. You will receive emails from Google Drive with lists and videos of new signs and other things to practice and review. Prerequisites: none. Minimum: 8, Maximum: 25.

Instructor: Alex Grist

Location: Colchester Recreation Center, AR 1 or 2

9/30-12/9 TUE Times see Below \$115(R)/\$135(NR)
(skip: 11/25) **7:00-8:30 pm** (first 5 weeks) / **6:30-8 pm** (last 5 weeks)

CONTINUING IN ASL (LEVEL 4+)

Ages 18+

Continuing In ASL (Levels 4+): These ASL students who have taken at least ASL 3 from Parks-and-Rec skilled classes and ASL 3 through 4 college-credited classes, and others who have learned ASL for a long time, continue learning more about ASL. We will be learning a lot of vocabulary signs and sign sentences. We will also practice ASL conversations with sign idioms, loan signs, and other signing tools. More discussions on Deaf Culture. This is also flexible in what we all want to learn and to enhance our ASL skills. You will also receive emails from Google Drive with lists and videos of new signs and other things to practice and review. Prerequisites: ASL 3 at Parks and Recreation and ASL 3 to 4 at colleges. Minimum: 8, Maximum: 25.

Instructor: Alex Grist

Location: Colchester Recreation Center, AR 1

10/2-12/11 TH 7:00-8:30 p.m. \$115(R)/\$135(NR)
(skip: 11/27)

ESTATE PLANNING: WILLS 'VS' TRUSTS

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: 25.

Instructor: Lisa Campion, Attorney

Location: Colchester Recreation Center, AR 2

A: 9/9	TUE	5:30-6:30 p.m.	FREE
B: 11/4	TUE	5:30-6:30 p.m.	FREE



YOUNG ADULT & COLLEGE ESTATE PLANNING - WHAT'S NEEDED WHEN YOU TURN 18?

Ages 18+

Once you become an adult at 18, your parents technically cannot access your banking and health records unless you provide permission. To understand your rights and responsibilities, please join us for a session. At the session, I'll discuss how to give your parents or others access to your medical records and financial information should an emergency arise. Be prepared before you go to college, travel the world, or you just want to be prepared and understand your rights as an adult. This session is ideal for parents, young adults over the age of 18, and those interested in learning the basics of estate planning. You don't have to have much to protect yourself for the unexpected. Minimum: 5, Maximum: 25.

Instructor: Lisa Campion, Attorney

Location: Colchester Recreation Center, AR 2

A: 10/7	TUE	5:30-6:30 p.m.	FREE
B: 12/2	TUE	5:30-6:30 p.m.	FREE

KNIT YARN PUMPKINS

Ages 18+

Get into the autumn spirit with this fun and relaxing craft program! Join us to create your own adorable knit yarn pumpkin - perfect for fall decorating or gifting. This hands-on workshop is a great way to unwind, get creative, and enjoy the season. Whether you're a seasoned crafter or a complete beginner, you'll love making these soft, stylish pumpkins. In this program, you will be able to make multiple different pumpkins ranging in different sizes. Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 1

10/1 WED 5:30-6:45 p.m. \$30(R)/\$40(NR)



CANDLE MAKING

Ages 18+

Join us for a relaxing and creative evening as we explore the art of candle making! In this hands-on workshop, participants will learn how to craft their own beautiful, scented candles to take home or give as thoughtful gifts. Two of the sessions will introduce regular candle making and one of the sessions will introduce ice candle making. You can sign up for one or give all three a try! Session A & C are Regular Candles. Session B is Ice Candle. Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter

Location: Recreation Center, AR 1 or 2

A: 10/10 FRI 5:30-7:30 p.m. \$30(R)/\$40(NR)

B: 11/13 TH 5:30-7:30 p.m. \$30(R)/\$40(NR)

C: 12/19 FRI 5:30-7:30 p.m. \$30(R)/\$40(NR)

ADULT KNITTING

Ages 18+

Join instructor Chris Heavner who is a local instructor with over 20 years of experience. Learn to knit or improve your knitting skills while enjoying the fun of being part of a group. All skill levels are welcome! Materials will be available for purchase at the first class (\$10), or feel free to bring your own. Minimum: 4, Maximum: 10.

Instructor: Christine Heavner, The Traveling Knitter

Location: Colchester Recreation Center, AR 1

10/7-10/28 TUE 7:00-8:30 p.m. \$55(R)/\$65(NR)

CANDLE PAINTING

Ages 18+

Light up you creativity! In this chill and creative program, participants will transform plain candles into beautiful works of art using colored tealights and painting techniques. Whether you go bold and colorful or soft and minimalist, this is your chance to design a candle that reflects your personal style. This is a perfect program for expressing yourself and making something totally unique - these hand painted candles make great room decor or thoughtful handmade gifts. Minimum: 5, Maximum: 15.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 1

A: 10/20 MON 5:30-6:45 p.m. \$45(R)/\$55(NR)

B: 11/17 MON 5:30-6:45 p.m. \$45(R)/\$55(NR)

C: 12/8 MON 5:30-6:45 p.m. \$45(R)/\$55(NR)

AUTUMN HARVEST BOTANICAL CANDLES

Ages 18+

Enjoy the warm glow and blissful aroma of a crackling candle in the cool fall nights! May your light shine bright as the brilliantly colored leaves float to the ground. Join Kelley Robie of Horsetail Herbs and learn how to make your own natural "fireside candles" scented with essential oils. The basics of candle making will be covered as we create a Botanical Decorated Glass Votive Candle and a Luminous Tea Light Candle, using wooden and cloth wicks to create the soothing sounds of a soft crackling fire. Using soy and sweet-smelling beeswax as our base we will review necessary equipment and discover the nuances of candle making. Minimum: 5, Maximum: 10.

Instructor: Kelley Robie, Horsetail Herbs

Location: Colchester Recreation Center, AR 1

11/5 WED 6:00-8:00 p.m. \$54(R)/\$64(NR)

DIY FALL GNOME WREATH

Ages 18+

Embrace the cozy vibes of autumn and join us for a creative craft program where you'll design your very own fall-themed gnome wreath - complete with festive leaves, flowers and that unmistakable gnome charm! Enjoy a relaxing evening of creativity, conversation, and fall fun. Perfect for decorating your front door or giving as a handmade gift!

Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 1

10/8 WED 5:30-6:45 p.m. \$35(R)/\$45(NR)

INTRO TO COOKIE DECORATING

Ages 18+

Have you ever wanted to learn the art of cookie decorating? Learn how to decorate cookies with Laura's Cookies! In each class, we go through step-by-step how to decorate up to 5 cookies with 4 icing colors. Along the way, you will learn tips and tricks to make sure you will leave confident regardless of your skill level. Each class includes all materials needed to create your edible art, a goodie bag with cookie related items, and a digital "Intro to Cookie Decorating" guide. *Cookie designs are subject to change. Minimum: 4, Maximum: 8.

Instructor: CLaura Collins - Laura's Cookies

Location: Colchester Recreation Center, AR 1

Halloween Cookie Decorating

10/23 TH 6:00-8:00 p.m. \$75(R)/\$85(NR)

Holiday Cookie Decorating

12/11 TH 6:00-8:00 p.m. \$75(R)/\$85(NR)

SOCK SNOWMAN FAMILY

Ages 18+

Join us for a delightful winter-themed craft program where adults can create their own adorable sock snowman family - no sewing required! Bring your creativity and enjoy a cozy, hands-on activity filled with fun, laughter, and a little winter magic. Add a touch of winter to your home with your own handmade snowmen! Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 1

12/3 WED 5:30-6:45 p.m. \$30(R)/\$40(NR)

ADULT STRING ART

Ages 18+

Celebrate the season with a relaxing and creative string art workshop for adults. Using simple materials like wood, nails, and colorful thread, you'll design and craft fall-themed shapes such as pumpkins, leaves, or acorns. Whether you're a beginner or experienced crafter, this hands-on activity is a fun way to unwind and create a rustic piece of seasonal décor to take home. All materials are provided, just bring your creativity!

Minimum: 8, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff

Location: Colchester Recreation Center, AR 2

10/3 FRI 6:00-7:00 p.m. \$20(R)/\$30(NR)



MINI BARN QUILT WITH A FALL FLAIR

Ages 18+

Join the barn quilt movement! Immerse yourself in this hands-on class and learn to make your own Painted Mini Barn Quilt for inside your home or office! Ever wonder how it's done? Well, now's your chance to find out! Kelley Robie, of Horsetail Herbs, will provide the tools, materials, and techniques for making this creative project. Choose your pattern and paint colors, then get to work creating your unique piece of barn quilt therapy on a primed wooden board. Barn quilts add coziness and character to any space, whether in your home, on the porch, on a shed, or on the barn! Get ready to have some fun and get creative! Minimum: 5, Maximum: 10.

Instructor: Kelley Robie, Horsetail Herbs

Location: Bayside Activity Center, 36 Blakely Rd

10/25 SAT 9:30-1:00 p.m. \$78(R)/\$88(NR)

HOLIDAY TOTE BAGS

Ages 18+

Get into the holiday spirit by designing your own festive tote bag in this fun and relaxing workshop for adults. Using fabric paints, holiday-themed stencils, markers, and stamps, create a personalized tote featuring Christmas trees, snowflakes, ornaments, or cozy seasonal quotes. Perfect for holiday shopping, gift-giving, or carrying winter essentials! Take home a cheerful, reusable bag that spreads the joy all season long! Minimum: 8, Maximum: 20.

Instructor: Colchester Parks & Recreation Staff
Location: Colchester Recreation Center, AR 2

12/18 TH 6:00-7:30 p.m. \$15(R)/\$25(NR)

ADULT TRIVIA NIGHT

Ages 18+

Bring your brainpower and your team spirit to our fun-filled Trivia Night! Compete in teams across multiple themed rounds including pop culture, history, music, movies, and more. Whether you're a trivia champ or just in it for the laughs, this low-pressure event is perfect for a night of laughter, snacks, and friendly competition.

Minimum: 10, Maximum: 40.

Instructor: Colchester Parks & Recreation Staff
Location: Colchester Recreation Center, AR 2

12/2	TUE	6:30-8:00 p.m.	\$5(R)/\$15(NR)
12/9	TUE	6:30-8:00 p.m.	\$5(R)/\$15(NR)
12/16	TUE	6:30-8:00 p.m.	\$5(R)/\$15(NR)

BOTANICAL MOCKTAILS, CACKTAILS & MIXED DRINKS

Ages 18+

This workshop will teach everything you need to know to start making flavorful herbal drinks at home using ingredients and supplies that you likely already have in your pantry. Join Kelley Robie, of Horsetail Herbs, as we infuse, stir, and sip our way to sprucing up bare-bones drinks into something tastier, aromatic, and pleasing to the senses. We will explore the anatomy of a well-made drink, discover how to transform a cocktail into a mocktail (non-alcoholic drink) and learn what supplies to have on hand. We will do some taste testing, then make some recipes, using syrups, honey, botanical vinegars, bitters, teas, and tinctures. You do not need to drink alcohol to enjoy the recipes and techniques shared in this class! Minimum: 5, Maximum: 10.

Instructor: Kelley Robie, Horsetail Herbs
Location: Bayside Activity Center

12/3 WED 6:00-8:00 p.m. \$54(R)/\$64(NR)



WINTER WREATH MAKING

Ages 18+

Get into the festive spirit with our hands-on Holiday Wreath Making Class! Whether you're a seasoned DIYer or just looking for a fun seasonal activity, this workshop is the perfect way to add a personal touch to your holiday decor. Join us for a creative session where you'll learn how to design and craft your own beautiful grapevine wreath using fresh greenery, ribbons, and other festive accents. Our instructor will guide you step-by-step, sharing tips and techniques for layering, arranging, and securing your materials. Leave with a gorgeous handmade wreath perfect for your front door—or as a thoughtful, one-of-a-kind gift! Minimum: 8, Maximum: 30.

Instructor: Kristin Eaton
Location: Colchester Recreation Center, AR 2

12/4 TH 5:30-7:30 p.m. \$45(R)/\$55(NR)

ADULT BALLET BARRE & CONDITIONING

Ages 18+

This class will consist of ballet techniques while using the barre and center and will incorporate fitness along with conditioning. This is a great class for all levels of dancers and levels of fitness. Athletic attire: ballet shoes or bare foot is fine.

Minimum: 3, Maximum: 20.

Instructor: Studio 3 Dance & Fitness Instructor
Location: Studio 3, 65 Creek Farm Plaza

10/1-12/10 WED 7:30-8:30 p.m. \$150(R)/\$170(NR)
(skip: 11/26)

INTRO TO WEIGHTS**Ages 40+**

New to lifting or looking to build confidence with weights? This beginner-friendly class is designed to teach you the fundamentals of weight training in a safe, supportive environment. You'll learn proper form, technique, and how to structure effective workouts to build strength, improve posture, and boost overall fitness. Maximum: 2.

Instructor: Sarah Gremelsbacker**Location:** Fitness Center**9/2-9/18 T&TH 10:00-10:45 a.m. \$160(R)/\$180(NR)****9/23-10/9 T&TH 10:00-10:45 a.m. \$160(R)/\$180(NR)****10/14-10/30 T&TH 10:00-10:45 a.m. \$160(R)/\$180(NR)****DODGEBALL NIGHT****Ages 18+**

Return to your recess days and join us for a night of dodgeball! Dodge, duck, dip, dive and dodge your way to a night of fun by playing some old school dodgeball. During this program we will play some old school dodgeball as well as adding in a couple new rules throughout the night to keep it fresh and fun! All you need to bring is yourself and a pair of clean, dry sneakers. Minimum: 10, Maximum: 24.

Facilitator: Colchester Recreation Staff**Location:** Colchester Recreation Center, Gym**10/3 FRI 6:00-8:00 p.m. \$7 per player****PERSONAL TRAINING NOW AVAILABLE**

Are you ready to take your fitness to the next level? We have a certified personal trainer available for one-on-one or small group sessions — tailored to your goals, schedule, and fitness level. Whether you're just getting started or pushing for that next milestone, we're here to support you every step of the way. For more information contact Nicole Conley, (802) 264-5640 or nconley@colchestervt.gov

PUSHBACK™ PARKINSON'S**Ages 18+**

PushBack at Parkinson's Disease - or "PushBack"™- is an exercise program for people with PD. It is informed by current evidence; it provides a supportive environment; it emphasizes intensity of exercise; and it is adaptable to individual levels of ability. Most importantly, it's FUN! **These classes require a physical therapy evaluation prior to participation.** These appointments are billable to your insurance. Please contact Brandolyn Bradley at brandolyn.bradley@uvmhealth.org for any questions Maximum: 12.

Instructor: Sarah Gremelsbacker**Location:** Colchester Recreation Center, AR 2**Session A: 8-weeks**

8/26-10/16	T&TH	11:00-12:00 p.m.	\$160
8/26-10/14	TUE	11:00-12:00 p.m.	\$80
8/28-10/16	TH	11:00-12:00 p.m.	\$80

Session B: 8-weeks

10/21-12/18	T&TH	11:00-12:00 p.m.	\$160
<small>(skip: 11/25 & 11/27)</small>			
10/21-12/16	TUE	11:00-12:00 p.m.	\$80
<small>(skip: 11/25)</small>			
10/23-12/18	TH	11:00-12:00 p.m.	\$80
<small>(skip: 11/27)</small>			

THE
University of Vermont
MEDICAL CENTER

Frederick C. Binter Center
for Parkinson's Disease
& Movement Disorders

MOVE FREELY: IMPROVING SPINAL MOBILITY**Ages 18+**

Improve your spinal health and well-being in this hands-on workshop! We'll delve into the importance of spinal mobility and practical strategies for spinal hygiene. You'll learn how to assess and adjust your posture throughout the day, and discover simple yet effective spinal mobility exercises. We'll provide you with a ready-to-use morning mobility routine to help you cultivate a more flexible and resilient spine. Minimum: 5, Maximum: 30.

Instructor: Eniel Rolon, Mahoney Chiropractic**Location:** Colchester Recreation Center, AR 1**12/11 TH 2:00-3:00 p.m. FREE**



18+ BASKETBALL

Ages 18+

Kick off the start of your week right on Monday nights with other basketball enthusiasts! Community members ages 18+ will have the opportunity to play several pick-up games throughout the night. All skill levels are welcome. By registering early you will ensure your enrollment as well as save \$2 per week for residents and \$1 per week for non-residents! Drop-in fee (if space allows: \$7). Minimum: 10, Maximum: 30.

Facilitator: Colchester Recreation Staff

Location: Colchester Recreation Center, Gym

A: 10/6-11/3 **MON** 6:45-8:45 p.m. \$25(R)/\$30(NR)

B: 11/10-12/15 **MON** 6:45-8:45 p.m. \$30(R)/\$36(NR)

YIN YOGA

Ages 18+

Yin Yoga is a contemplative practice that targets the connective tissues of the body such as tendons, ligaments, and the deep fascia network. This practice consists of going into a pose, finding stillness, and then connecting to the breath while holding the pose for 3-4 minutes. Most poses are seated poses similar to stretching poses. This practice is suitable and beneficial for all, from the athletic, to the aging body. Maximum: 15.

Instructor: Kelly Barnett

Location: Colchester Recreation Center, Studio

FREE CLASS

9/13 **SAT** 10:00-10:45 a.m. **FREE**

SERIES

9/16-10/21 **TUE** 6:00-7:15 p.m. \$67(R)/\$77(NR)

ADULT TAP DANCING

Ages 18+

Calling all tap dancers! Past, present and future! This is a fantastic class that is fun and upbeat! All levels are welcome! You will need tap shoes because it's just more fun with them! Comfy clothes and a water bottle and you are good to go!

Minimum: 1, Maximum: 20.

Instructor: Studio 3 Dance & Fitness Instructor

Location: Studio 3, 65 Creek Farm Plaza

10/2-12/11 **TH** 6:00-6:45 p.m. \$150(R)/\$170(NR)

(skip: 11/27)

35+ BASKETBALL

Ages 35+

This popular adult basketball program is back for the fall! Join us on Thursday nights at the Colchester Recreation Center for fun, competitive pick-up games for those who are 35+. Grab your sneakers and meet us there! By registering early you will ensure your enrollment as well as save \$2 per week for residents and \$1 per week for non-residents! Drop-in fee (if space allows: \$7).

Minimum: 10, Maximum: 30.

Facilitator: Colchester Recreation Staff

Location: Colchester Recreation Center, Gym

A: 10/9-11/6 **TH** 6:45-8:45 p.m. \$25(R)/\$30(NR)

B: 11/13-12/18 **TH** 6:45-8:45 p.m. \$30(R)/\$36(NR)

(Skip: 11/27)

WOMEN ON WEIGHTS

Women Ages 18-65

Women on Weights is a strength training program designed specifically for women who want to build confidence, improve fitness, and gain strength through weight training. This program focuses on proper form, progressive resistance, and empowering education to help women of all fitness levels to feel strong inside and out. Minimum: 4, Maximum: 6.

Instructor: Carol Bennett

Location: Colchester Recreation Fitness Center

10/4-10/25 **SAT** 10:00-11:00 a.m. \$65(R)/\$75(NR)

LEARN TO PLAY PICKLEBALL

Ages 18+

Pickleball is an exciting and fast-growing sport. It's easy to learn, fun to play, and can be enjoyed by people of all ages and skill levels. This beginners' class is designed to introduce you to the basics of pickleball, including rules, techniques, and strategies to get you started on the right foot. Pickleball is a fantastic sport that can be enjoyed by everyone. This beginners' class is designed to give you a strong foundation in the game, build your skills, and help you have fun on the court. We look forward to seeing you in class and watching you grow as a pickleball player! Minimum: 5, Maximum: 12.

Instructor: Len Boston, Certified Instructor

Location: Colchester Recreation Center, Gym

9/9-9/30 TUE 6:00-7:30 p.m. \$90(R)/\$100(NR)

PICK-UP PICKLEBALL

Ages 18+

All levels welcome. Can't make it during the day, this is a fantastic opportunity for you to play pickleball with fellow pickleball enthusiasts. By registering early you will ensure your enrollment as well as save \$2 per week for residents and \$1 per week for non-residents! Drop-in fee (if space allows: \$8).

Minimum: 8, Maximum: 24.

Facilitator: Colchester Recreation Staff

Location: Colchester Recreation Center, Gym

A:10/7-11/4 TUE 6:45-8:45 p.m. \$30(R)/\$35(NR)

B:11/11-12/16 TUE 6:45-8:45 p.m. \$36(R)/\$42(NR)

DROP-IN PICKLEBALL

Ages 18+

All levels welcome. Self seeding. If different levels arrive they will be arranged as: Levels 1-2 Court 1, Level 3-4 Court 2, Level 5-6 court 3.

MONDAYS: Starts 9.8.25

SESSION 1: 9:00 - 10:30 a.m.

SESSION 2: 10:30 - 12:00 p.m.

TUESDAYS: Starts 9.2.25

SESSION 1: 7:00 - 8:30 a.m.

SESSION 2: 8:30 - 10:00 a.m.

WEDNESDAYS: Starts 9.3.25

SESSION 1: 9:00 - 10:30 a.m.

SESSION 2: 10:30 - 12:00 p.m.

THURSDAYS: Starts 9.4.25

SESSION 1: 7:00 - 8:30 a.m.

SESSION 2: 8:30 - 10:00 a.m.

FRIDAYS: Starts 9.5.25

SESSION 1: 9:00 - 10:30 a.m.

SESSION 2: 10:30 - 12:00 p.m.

FEES:

\$7.00 drop in per time slot

Punch Cards available

13 Visits \$72.00

PICK-UP VOLLEYBALL

Ages 18+

Let's Volley! Join other volleyball fanatics on Wednesday evenings in the Colchester Recreation Center. All pick-up games will be played on two courts and will rotate accordingly so everyone can get in on the fun! By registering early you will ensure your enrollment as well as save \$2 per week for residents and \$1 per week for non-residents! Drop-in fee (if space allows: \$7).

Minimum: 10, Maximum: 24.

Facilitator: Colchester Recreation Staff

Location: Recreation Center, Gymnasium

A: 10/8-11/5 WED 6:45-8:45 p.m. \$25(R)/\$30(NR)

B: 11/12-12/17 WED 6:45-8:45 p.m. \$30(R)/\$36(NR)

PICKLEBALL CLINIC

Ages 18+

Pickleball is an exciting and fast-growing sport. It's easy to learn, fun to play, and can be enjoyed by people of all ages and skill levels. This beginners' class is designed to introduce you to the basics of pickleball, including rules, techniques, and strategies to get you started on the right foot. Pickleball is a fantastic sport that can be enjoyed by everyone. This beginners' class is designed to give you a strong foundation in the game, build your skills, and help you have fun on the court. We look forward to seeing you in class and watching you grow as a pickleball player! Minimum: 6, Maximum: 12.

Instructor: Len Boston, Certified Instructor

Location: Colchester Recreation Center, Gym

10/25 SAT 9:00-11:00 a.m. \$38(R)/\$48(NR)

ACTIVE GENERATION



THE BUZZ ABOUT BEES

Ages 50+

Come and learn about Vermont's bees, with a particular focus on honeybees. Take this opportunity to gain insight into the world of beekeeping, including its methods and equipment. In addition, enjoy tasting samples of a variety of local and exotic honeys with Colchester beekeeper, Pat Phillips. Minimum 10; Maximum: 30.

Instructor: Pat Phillips

Location: Colchester Recreation Center, AR 1

10/15 WED 11:15-12:15 p.m. FREE

AGEWELL MEALS

Ages 55+

Age Well is a nonprofit organization that serves Addison, Chittenden, Franklin, and Grand Isle Counties and is the largest Meals on Wheels provider in Vermont. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence. To learn more and donate, visit: agewellvt.org. Maximum: 60.

Location: Recreation Center, AR 1 & 2

9/5, 9/19, 10/3, 10/17, 10/31, 11/14

EVERY OTHER FRI 12:00 p.m. \$5 (suggested donation)

DURABLE MEDICAL EQUIPMENT FRAUD

Ages 55+

Have you ever received a phone call from a number you do not recognize offering you "free" medical supplies or equipment? This is one of the most frequent scams targeting Medicare. Durable Medical Equipment (or DME) fraud is unfortunately running rampant. Join Jean McDermott from the federally funded nonprofit Senior Medical Patrol program as they lead a discussion on how to prevent and detect DME fraud, and how to report it when it happens. There will be door prizes and a lot of giveaways too! Maximum: 15.

Instructor: Jean McDermott, Sr. Medicare Patrol

Location: Colchester Recreation Center, AR 1

9/26 FRI 11:00-11:45 a.m. FREE

MOVIE MATINEE

Ages 55+

Come join us 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: Courtney Graeter

Location: Colchester Recreation Center, AR 1

10/14, 11/11, 12/9 TUE 11:00-1:00 p.m. FREE

WILDLIFE PRESENTATION

Ages 50+

Join us for an inspiring wildlife journey with local Colchester resident and talented photographer, Lee Cordner. Through his lens, Lee captures the breathtaking beauty and diversity of the natural world, bringing to life the wonder of wildlife from near and far. During this engaging presentation, Lee will share a curated collection of his stunning photographs, each telling a unique story of nature's creatures in their natural habitats.

Minimum 5; Maximum: 30.

Instructor: Lee Cordner

Location: Colchester Recreation Center, AR 1

10/22 WED 11:00-12:00 p.m. FREE

ACTIVE GENERATION

COFFEE & TEA

Ages 55+

Please join us for some Coffee or Tea and some great conversation with your fellow community members. Last month we had great gathering and discussed programming in the Recreation Center and ways to stay connected. Bring yourself, a friend or a neighbor, the more the merrier! Maximum: 30.

Location: Colchester Recreation Center, AR 1

9/3, 10/1, 11/5, 12/3 11:00-12:00 p.m. FREE
FIRST WED OF EACH MONTH

CARD MAKING

Ages 55+

Get creative and connect with others at our Card Making program! Whether you're a seasoned crafter or trying something new, this relaxed and welcoming session is a great way to express yourself and make beautiful, personalized greeting cards for birthdays, holidays, or just to say hello. All supplies will be provided, and friendly instruction is included - just bring your imagination and enjoy a morning of creativity, conversation and fun!
Minimum: 8, Maximum: 15.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 1

TH 11:15-12:45 p.m. \$10(R)/\$20(NR) per class
A: 10/9, B: 10/23, C: 11/6, D: 11/20, E: 12/4, F: 12/18

ALCOHOL INK ART COASTERS

Ages 55+

Discover the beauty of alcohol ink art in this relaxing and creative program! Using vibrant alcohol inks and ceramic tiles, you'll create a stunning, one of a kind coasters - no art experience needed! Enjoy the soothing process of watching colors blend and flow as you design your own abstract masterpieces. It's the perfect way to unwind, explore your creativity, and make something both beautiful and functional.
Minimum: 8, Maximum: 15.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 2

A: 10/24 FRI 11:15-12:45 p.m. \$15(R)/\$25(NR)
B: 11/21 FRI 11:15-12:45 p.m. \$15(R)/\$25(NR)
C: 12/19 FRI 11:15-12:45 p.m. \$15(R)/\$25(NR)

ART CART

Ages 55+

The Art Cart is a mobile, interactive arts program designed to bring creativity, self-expression, and joy directly to our active agers. The Art Cart offers a curated selection of art supplies and simple, engaging projects tailored for everyone. Each session offers a variety of hands-on activities such as painting, drawing, collage, clay modeling, and seasonal crafts. No previous experience is necessary—just a willingness to explore and create.
Minimum 5; Maximum: 15.

Location: Colchester Recreation Center, AR 1

9/17	WED	11:00-12:30 p.m.	FREE
10/8	WED	11:00-12:30 p.m.	FREE
11/19	WED	11:00-12:30 p.m.	FREE
12/17	WED	11:00-12:30 p.m.	FREE

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, 36 Blakely Rd

10/20 MON 10:00-2:30 p.m. \$20 (AARP member)
\$25 (non-member)



ACTIVE GENERATION

BRIDGE CLUB

Ages 55+

Looking for a fun and mentally stimulating way to spend your time? Join our Bridge Club - a welcoming space for players of all experience levels to enjoy the timeless game of bridge. Enjoy regular sessions with friendly competition and good company. Meet new people, share laughs, and build lasting friendships. Bridge will keep your mind sharp with challenging your memory, strategy, and teamwork.
Minimum: 4, Maximum: 20.

Facilitator: Courtney Graeter

Location: Colchester Recreation Center, AR 1

10/6, 10/20, 11/3, 11/17, 12/15

EVERY OTHER MON 1:00-2:30 p.m. FREE

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 provide two sets of tiles, but participants are more than welcome to bring their own!
Minimum: 4, Maximum: 20.

Facilitator: Courtney Graeter

Location: Colchester Recreation Center, AR 1

10/10, 10/24, 11/7, 11/21, 12/5, 12/19

EVERY OTHER FRI 11:00-1:30 p.m. FREE

CRIBBAGE CLUB

Ages 55+

Join our new Cribbage Club! Whether you're a seasoned player or new to the game, this program offers a relaxed and friendly environment to enjoy one of the most classic and engaging card games. Cribbage helps with memory, concentration, and keeping your mind active. Make new friends and enjoy great conversation in a warm, inclusive setting. Come for the cards - stay for the community! This program will take place every other Monday.
Minimum: 2, Maximum: 20.

Facilitator: Courtney Graeter

Location: Colchester Recreation Center, AR 1

10/13, 10/27, 11/10, 11/24, 12/8, 12/22

EVERY OTHER MON 11:30-1:30 p.m. FREE

WEATHERIZATION 101

Ages 50+

Winter is coming! That means it is time to start buttoning up our homes in preparation for the colder months. Efficiency Vermont and Vermont Gas experts will give you a primer on weatherization and where to start. Minimum: 10, Maximum: 30.

Instructor: Mary-Catherine, Efficiency VT

Location: Colchester Recreation Center, AR 1

9/10

WED

11:00-12:00 p.m.

FREE

SILVER SPIN: INDOOR CYCLING

Ages 55+

Stay fit, energized, and heart-healthy in our Silver Spin class—an indoor cycling experience designed specifically for older adults. Whether you're new to spin or a seasoned rider, this low-impact workout focuses on building cardiovascular endurance, strength, and flexibility at your own pace. Each session features: Adjustable resistance and modified intensity, easy-to-follow instructions, music to motivate and energize and focus on joint-friendly movement and balance. Led by a certified instructor trained in senior fitness, this class emphasizes safety, support, and enjoyment. Come ride with us in a welcoming, social atmosphere—no prior experience needed! Minimum: 4, Maximum: 10.

Instructor: Jenn Folsom

Location: Recreation Center, Fitness Studio

A: 9/19-10/17 FRI 10:30-11:30 a.m. \$32(R)/\$42(NR)
(skip: 10/3)

B: 10/24-11/14 FRI 10:30-11:30 a.m. \$32(R)/\$42(NR)

CANDLE MAKING

Ages 55+

Join us for a relaxing and creative morning as we explore the art of candle making! In this hands-on workshop, participants will learn how to craft their own beautiful, scented candles to take home or give as thoughtful gifts. You can sign up for one or give all three a try! Sessions A & C will be Regular Candles. B will be Ice Candles. Minimum: 5, Maximum: 10.

Instructor: Courtney Graeter

Location: Colchester Recreation Center, AR 1

A: 10/8 WED 11:30-1:30 p.m. \$25(R)/\$35(NR)

B: 11/18 TUES 11:30-1:30 p.m. \$25(R)/\$35(NR)

C: 12/17 WED 11:30-1:30 p.m. \$25(R)/\$35(NR)

ACTIVE GENERATION

BALANCE WITH NICOLE

Ages 50+

This program is designed for Active Agers to improve stability, coordination, and confidence to help prevent falls and maintain independence. It typically includes gentle exercises to strengthen legs, improve coordination, and stabilize core stability. The program focuses on safe, low-impact activities tailored to individual abilities and incorporates equipment like TRX straps, steppers, balance sticks, and resistance bands for added support. Regular participation can enhance posture, mobility, and overall well-being. Maximum: 6.

Instructor: Nicole Conley

Location: Fitness Studio

A: 9/16-10/21 TUE \$66(R)/\$76(NR)

B: 10/28-12/9 TUE \$66(R)/\$76(NR)

(skip: 11/25)

Beginner Level: 10:00-10:55 am

Intermediate Level: 11:00 -11:55 am

TAI CHI - INTRODUCTION TO 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. Let's have fun as we release stress, improve flexibility, and address the risk of falling. Pre-registration is required. Brought to you in collaboration with Age Well. Minimum: 4, Maximum: 15.

Instructor: Viviane Levy

Location: Colchester Recreation Center, AR 2

9/8-12/15 MON 11:00-12:00 p.m. FREE

BEGINNING 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 spring session. Everyone can benefit from Tai Chi no matter your age or fitness level. Brought to you in collaboration with Age Well. Minimum: 4, Maximum: 21.

Instructor: Megan Elberty & Molly Orshoff

Location: Colchester Recreation Center, AR 2

9/25-12/4 (skip: 11/27)

TH

10:00-10:45 a.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. If you consistently miss class, your spot could be given up to a waitlist participant. **Everyone that attends must sign medical and written waivers.** Maximum: 30.

Instructor: Certified RSVP Bone Builder

Location: Colchester Recreation Center, AR 2

9/3- 12/19 WED&FRI 10:00-11:00 a.m. FREE

(Skip: 11/28)

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: 15.

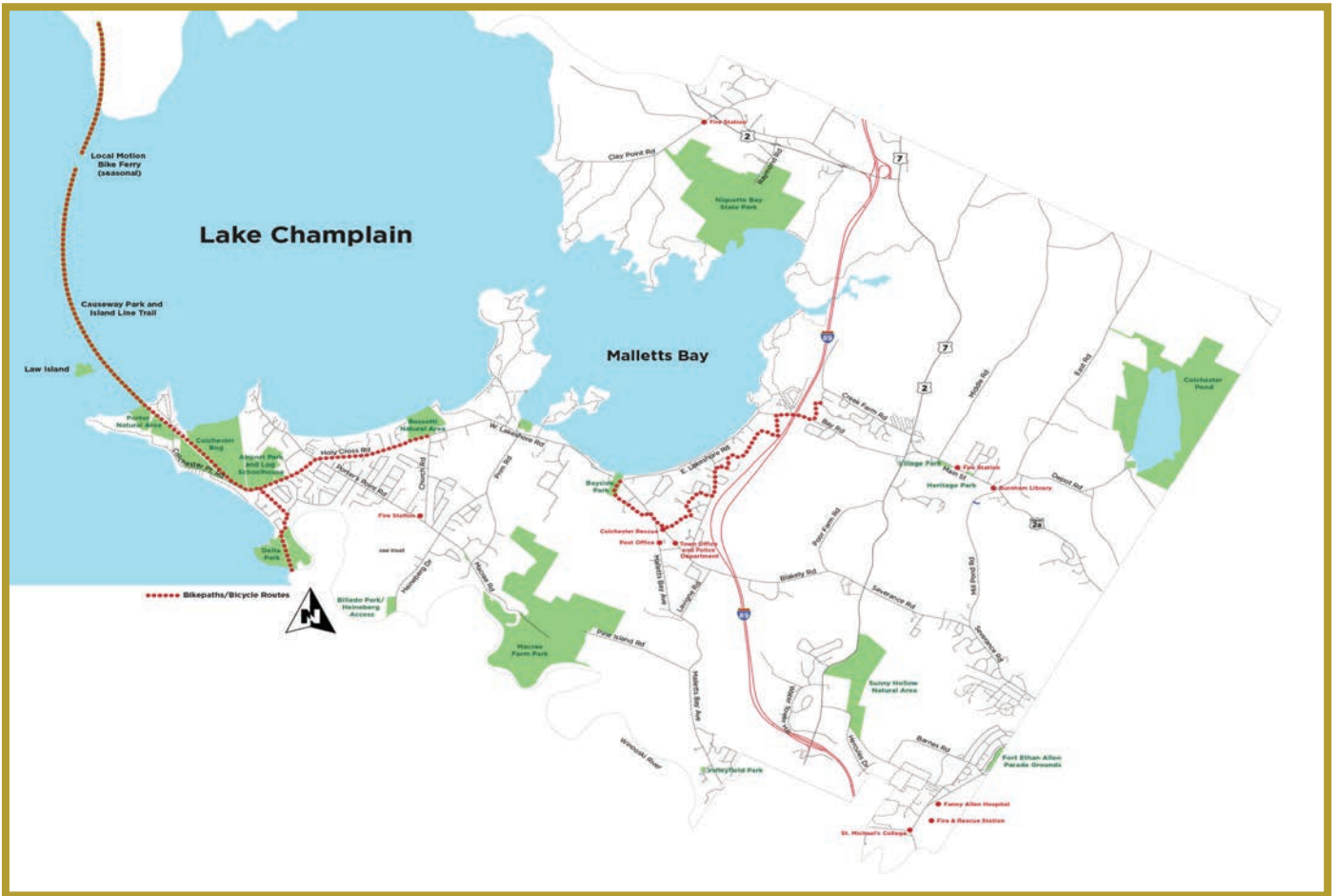
Instructor: Betty Molnar

Location: Colchester Recreation Center, AR 2

A: 9/16-10/21 TUE 9:30-10:30 a.m. \$67(R)/\$77(NR)

B: 11/4-12/9 TUE 9:30-10:30 a.m. \$67(R)/\$77(NR)

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	ENTERING GRADE	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: _____ Security Code: _____ Zip of Cardholder: _____

Registrations can be made as soon as this brochure is published. 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 14 days prior to the start of the program. **A \$25.00 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 may register for any program offered, on a space available basis, beginning on September 1, 2025.

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
80 Dick Mazza Drive
Colchester, VT 05446

► Drop by the office

Monday - Friday
8:00 a.m. -
4:30 p.m.
80 Dick Mazza Drive
Colchester, VT
05446