

Programs, Athletics and Special Events for Adults, Youth and Families

Spring Activity Guide



Middlebury Parks & Recreation Department
townofmiddlebury.org

March - May 2020

General Information

Mission Statement

The Middlebury Parks & Recreation Department (MPR) shall provide lands, facilities, and services for community members of all ages and all income levels. It shall provide programs for both sport and leisure. The department shall serve as instructor, facilitator, and partner in efforts to promote and improve quality of life for participants. MPR will work with an involved public and business community to provide a healthy and aesthetically pleasing environment with opportunities for cultural growth.

The department should be flexible enough to meet the changing needs and tastes of the community, while finding creative ways to deliver recreation programs and facilities that are affordable to the residents of Middlebury.

Contact Us

Middlebury Parks & Recreation Department Offices

Office Hours:

Monday-Friday, 8:00 a.m.-4:00 p.m.
Closed Saturday and Sunday and Holidays

Physical Address: 154 Creek Road

Mailing Address: 77 Main Street
Middlebury, VT 05753

Other Contact Info:

802-458-8014 /15

Website: townofmiddlebury.org — Go to Departments
and select Parks and Recreation

FB@ Town of Middlebury Parks & Recreation

Middlebury Parks & Recreation Committee

Greg Boglioli – Chair and East Middlebury Rep.

Tricia Allen – Ilsley Library Rep.

Bill Ford - Memorial Sports Center Rep.

Farhad Khan - Selectboard Rep.

Carl Robinson - Member At-Large

Mark Wilch - Member At-Large

Megan Curran - Member At-Large

Megan Mayo - Member At-Large

Karen Duguay - ACSD Rep.

STAFF

Dustin Hunt, Superintendent

802-458-8014

(802) 771-7107 (Cell during hours of 9am-5pm)

DHunt@townofmiddlebury.org

Scott Bourne, Program Coordinator

802-458-8015

sbourne@townofmiddlebury.org

ADVERTISING

The Addison Independent prints and distributes this publication four times per year.
We welcome your advertisement for a business, program or event in our publication for a fee;

RESERVATIONS

Facilities and Sports Fields

Middlebury Parks & Recreation Department requests that all groups planning to use our facilities or fields please notify us in advance by making a reservation. Anyone wishing to make a reservation must complete a facility use application, available in our offices or online at the Town website. Facility Use Request Forms are considered on a first come, first served basis, depending on availability.

Rental fees may apply. For additional information regarding availability, rates, and reservations, contact the MPR offices at 802-458-8014.





Basin Harbor

CAMP BASIN HARBOR

TWO WEEK-LONG CAMPS FILLED WITH FUN JUST FOR LOCAL KIDS

Now accepting reservations for ages 4–12.

WEEK ONE: **June 15–19** • WEEK TWO: **June 22–26**

Waterfront Recreation | STEM Projects | Arts & Crafts
Recreational Sports & Games | Scavenger Hunt

For details and reservations, call **802.475.2311**
or visit BasinHarbor.com/kids-camp/campbh

INCLEMENT WEATHER POLICY

Programs may be cancelled in the event of severe weather or power outages. MPR encourages you to do the following if you have questions:

Call: MPR Offices, 802-458-8014

Check: Facebook

Town of Middlebury Parks & Recreation

Check: Town of Middlebury web page
www.townofmiddlebury.org

REFUND POLICY

If you need to cancel your registration before the second session of the program, we will refund you a pro-rated registration fee, minus 10% processing fee. After the second session is attended, eligibility for a refund is void.

- Please be aware that refund requests may take up to 30 days to process.

- Every effort is made to ensure that the information in this guide is accurate. We reserve the right to add, withdraw, or revise programs or events as needed. For more updated information, please visit our website often.

ACCESSIBILITY

Individuals with or without disabilities may register for all programs offered by MPR provided program safety can be met. The Department provides reasonable accommodations for people with disabilities. Contact MPR offices in advance of the program start date to discuss accommodation on a case-by-case basis.

Non-Resident Policy

Non-Residents of Middlebury are allowed to register for all Parks and Recreation programs. Non-Residents will be charged an additional fee of 15% for each program registered for. A Non-Resident is defined as someone who does not live in Middlebury or pay property taxes to the Town of Middlebury.

Scholarships

Middlebury Parks and Recreation is pleased to be able to offer scholarships to participate in all of our programs. The scholarship guidelines are based on the free and reduced lunch guidelines within the schools. If you'd like to apply for a scholarship or more information, please contact our office.

Equipment Donations Wanted

Do you have gently used sports equipment lying around collecting dust at your house? Why not donate it to Middlebury Parks and Recreation. We are trying to build an inventory of used equipment so we can begin offering equipment swaps or donations to any family wishing to participate. Equipment can be dropped off anytime between 9am and 3pm at the Middlebury Recreation Center located at 154 Creek Rd. *Thank you in advance!*

ENJOY THE OUTDOORS!

Agway, Botanical Interests, High Mowing Organic, Livingston, New England Seed Co., Renee's, Seedway and Introducing Pages Liberty Seeds!

Seeds

Seed Starter Products

- Jiffy Pots, Strips & Pellets
- Windowsill Greenhouses
- Starter Trays
- Potting Soils
- ProMix, CowPots & more

Soils

Bulk Mulches, Compost and Top Soil

- Miracle-Gro & Agway top soil
- Pine/Spruce, Natural Cedar & Hemlock mulch

Delivery available on all bagged and bulked products

Clothing

Your year-round carhartt headquarters.

Outfitting active families for all seasons.

Pet Services

Self-service dog wash... OPEN EVERYDAY!

Washing your pet has never been easier!
All the supplies you need and 30+ Premium Food Brands.
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Grills

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- Concrete Pavers
- Stepping Stones
- Edging
- Wall Stones

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Robert E. Collins Award

We are proud to announce Todd and Karen Duguay were selected as the 2019 Robert E. Collins Award Recipients. This award has been given out annually at Town Meeting since 1974 and recognizes a deserving individual or organization that has shown commitment and dedication to the Middlebury Parks and Recreation Department. Todd and Karen volunteer hundreds of hours to help coach and referee soccer, basketball and baseball. They are both incredible role models that care deeply about the youth in our community and have made positive impacts on hundreds of children within our programs. In Karen's role as the head of the Better Middlebury Partnership she has been directly responsible for overseeing the planning and execution of popular community events such as Spooktacular, the Summer Block Party, Very Merry Middlebury and Winterfest. A huge thank you to both of the Duguay's for helping make our community a better place to live!



Middlebury Town Meeting
Monday, March 2, 2020
Middlebury Union High School
73 Charles Avenue
7:00pm

Voting by Australian Ballot on Articles 8 through 13

Tuesday, March 3, 2020 7:00am to 7:00pm
Middlebury Recreation Center,
154 Creek Road, Middlebury.



Copies of the Town Report are available at the Town Offices, 77 Main Street, Middlebury, Vermont, and can be viewed online at www.townofmiddlebury.org.

FIRE & ICE RESTAURANT

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or after the little league game!**

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Youth Athletics

Quidditch

Ages: 9-12 (No magical ability required)

Instructor: Mary Scott and members of the Middlebury Quidditch team

Email: quidditch@middlebury.edu

What: Come and play the magical sport of Quidditch with Middlebury College's Quidditch team. Learn how to capture the elusive snitch, score a goal with the quaffle, and throw a bludger at your opponents. Invented by J.K. Rowling and adapted for the muggle world by Middlebury College students, Quidditch is a sport that welcomes all magical abilities!

Fee: \$60 for 6-weeks

Date: Tuesday's March 31st-May 5th
3:15-4:15pm.

Location: Middlebury Recreation Park (located behind Mary Hogan Elementary School)



Archery 1

What: A beginner's introduction to Archery! Learn the fundamentals of range safety, equipment use, stance, shooting and more in a fun and safe environment. Students will have the opportunity to learn skills as a group and one on one, and practice and develop new skills weekly. All equipment provided.

When: Thursdays 4:00-5:00pm, May 7th-May 28th

Where: Middlebury Recreation Park

Instructor: Melinda Hardt is a USA Archery Level 2 certified instructor who has been teaching youth since 2006. Ages 7 & up 12 students max per class.

Cost is \$80.00(Resident) or \$92.00(Non-Resident) per 4 week session for each class

RACE FOR SUNDAES

SUNDAY, JUNE 7, 2020

**BATTELL WOODS/TRAIL AROUND
MIDDLEBURY(PARKING OFF ROUTE 7 AT
TRAILHEAD ACROSS FROM DENECKER)**



1 MILE FUN RUN OR 2 MILE BIKE RIDE

BACK THIS YEAR: A TRAIL 5K!

PLUS ICE CREAM SUNDAES, MUSIC + GAMES

**THE FUN BEGINS AT 8:30AM ON JUNE 7TH!
REGISTER AND DETAILS AT MALT.VT.ORG**



Youth Athletics



Middlebury Area Little League 2020 -Baseball and Softball

All students in grades K-6 are invited to play.

Open Online Registration Dates: January 6th, 2020 - March 31st, 2020

To Register: visit Middleburyparksandrec.org

Like us on Facebook to stay current on events and information.

SPECIAL NOTE –

To ensure the continuation of this valuable youth program, Middlebury Area Little League needs YOU! Seeking volunteers for a range of tasks including administrative support, fundraising, coaching, umpiring and much more.

Please email middareall@gmail.com if you can help our organization.

Middlebury Area Little League sponsors 4 league levels:

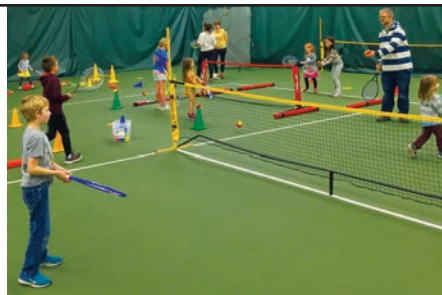
Farm League (ages 4-6) A great first exposure to baseball, Farm League players will meet Saturday mornings to build skills and gain awareness about the game. The focus is fun and caregivers are asked to remain with

See Baseball/Softball continued on Page 8



Tiger Tennis

Open to 7th–8th Grade Students (any school)
 April 10th–May 22nd | MIT | Wednesdays &
 Fridays 3:30–5:00pm
 No Cost; Spots are Limited!
 Register via MUMS Spring Sports
 Registration. Deadlines apply.

**Spring Youth Tournaments & Round Robins - Red/Orange/Yellow Ball**

Red/Orange Ball: April 4th | 10:30am–12pm
Yellow Ball: April 4th | 1pm–3:30pm
Yellow Ball Tourney: May 2nd | 1pm–4pm
 Registration Fee

Clinics

Red Ball: Tuesdays 3:30–4pm (beginner)
Orange Ball: Tuesdays 4–5pm (beginner/intermediate)
Yellow Ball: Tuesday & Thursday 3:30–5pm (intermediate/advanced, ages 10-14)
Discounts available for 60 or 90 min clinics for families with multiple children. Scholarship are also available.

Private Lessons

Provided by Sojo Tennis and can be arranged based on your schedule.
 Fees range from \$35–\$65 per lesson.

Sunday Family Play

Every Sunday
 10:30 am–12pm

Open to families with kids up to 18 years old age. All skill levels welcome. Equipment provided.
 No cost. Drop-in.



MIDDLEBURY INDOOR TENNIS
 Addison Community Athletics Foundation

For more information, contact
 playtennis@acafvt.org or (802)388-3733

Drop-In

Wednesday Mixed Doubles
 5:30–7pm

Monday Men's Night
 7–8:30pm

Mid-Day Tues/Thurs*
 12–1:30pm

Free for MIT members
 *\$12.00 discounted court fee for non-member seniors from 12–3:00 pm

Community.



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 Addison County strong.*

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Youth Athletics



(Baseball/Softball continued from Page 6)
their player.

Rookie League – (League Ages 6-8) Rookie League teams play an exciting brand of coach-pitch baseball. Teams will generally meet twice a week and will have an additional game a week once the season gets underway. Players gain skills that will be helpful to everyone at the next level. There is some travel within Addison County.

Minors Baseball/Softball (League Ages 8- 10) – This is the first level of player-pitch ball. Teams will generally practice two or three times a week with one or two games a week once the season begins. There will be some travel, almost all of it within Addison County.

Majors Baseball/Softball (League Ages 10 -12) - The highest level of Little League play, players can expect to practice several times a week and play in multiple games per week once the season gets underway. There will be travel, some of it outside of Addison County.

There will be mandatory assessments for all Minors and Majors players. Date to be determined.
Not sure of your player's "League Age"? Check out www.littleleague.org and search "Age Chart."

For more Information: middareall@gmail.com

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Youth Athletics

Pre-K and Kindergarten Introduction to Sports

Instructors: Staff from Middlebury Parks and Recreation as well as area coaches

Who: Children ages 4-6 **Location:** Middlebury Recreation Fields. 277 Mary Hogan Drive

Schedule: Tuesdays from 3:30-4:30pm May 5th-June 9th (6 Weeks)

Cost: \$60 Residents \$69 Non-Residents

Description: The Middlebury Parks and Recreation department is pleased to offer this program aimed to peak young children's interest in a variety of sports. Each week we will focus on the basic skills of a new sport while keeping the environment fun and engaging. Sports covered will include basketball, soccer, gymnastics, baseball and tennis! During our last session kids will enjoy a fun day playing all of the games they have learned topped off with a party and a special award for each child.

For more information- please email sbourne@townofmiddlebury.org or call 802-458-8015



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Morgan's Tavern menus suit all tastes and include a traditional kid's menu.



Breakfast - Daily, 7am - 10am
Lunch - Mon.-Sat., 11am-2pm
Dinner - Tues.-Sun., 5:30pm-9pm
Brunch - Sat. & Sun. 7am-1:30pm

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Spring into action with TaeKwon Do KICKS

First class is free to try out. No contracts. Family discounts and scholarships available.

Also available for:

- Birthday parties
- Self-defense workshops (groups or businesses)
- Anti-bullying classes for schools,
- After-school programs and in-school classes for preschool through high school

Classes taught by **Master Kellie Thomas**, 6th Degree Black Belt (highest ranking women ITF TaeKwon Doist in VT)



377-0476 • tkdkicks101@yahoo.com

Classes for preschool through adults in 6 locations:

Middlebury, Shoreham, Orwell,
Rutland, Vergennes and Hinesburg



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John and Jim Fitzgerald

Youth Athletics

Kindergarten-3rd Grade Panther Lacrosse Clinic

Instructors: Kate Livesay (klivesay@middlebury.edu) Head Women's Lacrosse Coach and Katie Ritter (kritter@middlebury.edu) Assistant Women's Lacrosse Coach and members of the Middlebury College lacrosse teams.

Who: Children in grades 1st through 3rd grade

Schedule: All practices will be from 3:15-4:15pm, Mondays March 30th-April 27th (*no session week of April vacation 4/20)

Location: Middlebury College Virtue Field House (Indoor turf area) and Kohn Field (when nice out)

Cost: \$35 Residents \$40 Non Residents

Description: Varsity lacrosse players and coaches will teach players basic skills such as shooting, passing, and defense during this weekly one hour session. The program will run for 4 weeks

Equipment- If your child has a stick please have them bring it with them. All other equipment will be provided.

For Information on Youth Lacrosse for Grades 3 and Above Please Visit Middlax.org

Gymnastics

Instructor: Terri Phelps

Phone: (802) 236-1315

Email: terriphelps@ymail.com (yes it is ymail, not gmail)

Registration will open **Tuesday March 3rd** at 9:30am, both online and in person. Late registrations will be accepted after this date in the Parks and Recreation office IF there are spots available.

Students will work to improve strength, flexibility, and coordination, as well as skill development in a safe and fun environment. Instruction will be included on uneven bars, beam, floor exercise, springboard, parallel bars, and vault.

Classes will be cancelled if minimum numbers are not met. All classes are held at the municipal gym.

Wednesdays and Thursdays: (8 Weeks) 3/14 – 5/15 (no classes 3/28 and 4/18-4/26)

Saturdays: (9 Weeks) 4/6-6/1

Preschool (Ages 3-4)

| | | |
|--------------------|-----------------|-------------------------------|
| (1)Sec A: Friday | 10:00am-11:00am | Res \$120.00 Non Res \$138.00 |
| (2)Sec B: Saturday | 10:00am-11:00am | Res \$120.00 Non Res \$138.00 |
| (3)Sec C: Saturday | 11:00am-12:00pm | Res \$120.00 Non Res \$138.00 |

Young Beginners (Ages 4 ½ - 6)

| | | |
|--------------------|----------------|----------------------------|
| (4)Sec D: Saturday | 12:00pm-1:00pm | Res \$110 Non Res \$126.50 |
|--------------------|----------------|----------------------------|

Beginner/Advanced Beginner (Ages 5+)

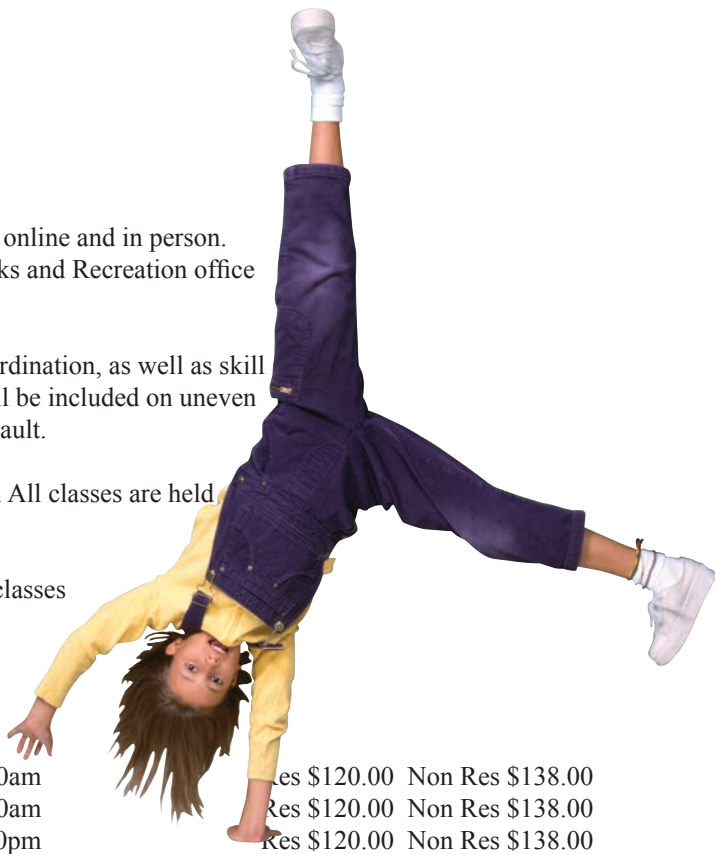
| | | |
|---------------------|---------------|----------------------------|
| (5)Sec E: Wednesday | 3:15pm-4:15pm | Res \$110 Non Res \$126.50 |
| (6)Sec F: Thursday | 3:15pm-4:15pm | Res \$110 Non Res \$126.50 |
| (7)Sec G: Saturday | 1:30pm-2:30pm | Res \$110 Non Res \$126.50 |

Advanced Beginner/Intermediate (Ages 7+)

| | | |
|--------------------|---------------|----------------------------|
| (8)Sec H: Saturday | 2:30pm-3:30pm | Res \$110 Non Res \$126.50 |
|--------------------|---------------|----------------------------|

Intermediate/Advanced

| | | |
|---------------------|---------------|----------------------------|
| (9)Sec I: Wednesday | 4:15pm-5:15pm | Res \$110 Non Res \$126.50 |
| (10)Sec J: Thursday | 4:15pm-5:15pm | Res \$110 Non Res \$126.50 |
| (11)Sec K: Saturday | 3:30pm-4:30pm | Res \$110 Non Res \$126.50 |
| (12) Sec L: Monday | 3:15pm-4:45pm | Res \$150 Non Res \$172.50 |



Drop-In Programs

Adult Co-ed 30+ Basketball-

Wednesdays 6:45-8:30pm at Midd. Recreation Facility

For more information please contact Bryan Jones

@ 989-8399

Cost: \$2.00 per drop-in or buy punch cards to save money!

Adult Co-ed Volleyball-

Monday's 6:45-9:00pm at Midd. Recreation Facility

For more information please contact Tom Randall

@ 343-2652

Cost: \$2.00 per drop-in or buy punch cards to save money!

Tot Time Gym Hours

Who: Children ages 5 and under **Location:** Midd. Recreation Facility

Schedule: Wednesdays and Thursdays from 10:00am-12:00pm during school year

Cost: \$2.00 per drop-in or buy punch cards to save money!

Pickleball

There are three indoor courts at the Middlebury Rec. Facility, 154 Creek Rd and 3+ located at Middlebury Recreation Park. To learn more about Pickleball, view the schedule and sign-up to play visit their website:

<http://acpickleball.weebly.com/>

Cost: \$2.00 per drop-in or buy punch cards to save money!



Adaptive Martial Arts

Instructor: Michael Bright Contact, 802-377-5159

Who: All ages and all abilities welcome

When: Friday mornings 9:30-11:00am

Where: Middlebury Recreation Center

Cost: \$5-15

Description: Adaptive Martial Arts is a collection of movements & group exercises from many martial arts around the world to challenge your body & mind.



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Health, Wellness and Fitness

Friday Morning Yoga

Instructor: Kenzie Schoell

Contact: kenzieschoell@live.com

Who: All abilities welcome!

When: Ongoing on Fridays, 8:00-9:00am

Location: Middlebury Recreation Center

Cost: \$15 per drop-in or \$60 for a 5 class punch card

Description: Come join Kenzie on Friday mornings for yoga! She brings with her an enthusiasm for practice, and enjoys combining pranayama, meditation and movement techniques from many different styles of yoga to work with the body in a holistic way. Kenzie is a 200-hour certified ISHTA yoga teacher and a certified holistic nutritionist.



Monday Morning Tai Chi

Who: All abilities welcome, no experience necessary

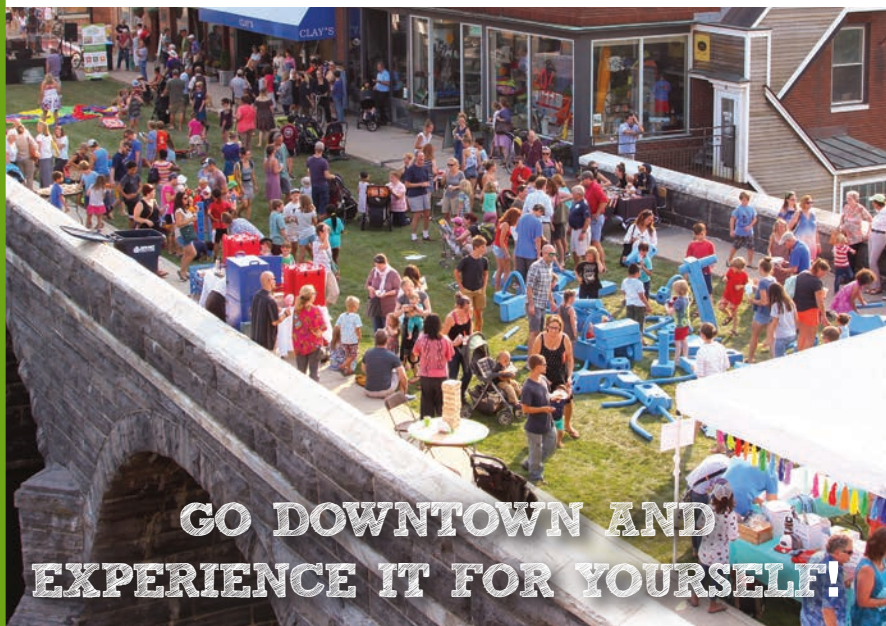
When: February 17th- May 18th, 9:30-10:30am

Location: Middlebury Recreation Center

Cost: \$2 drop-in fee paid to the gym office

Description: Tai Chi practice classes combine breathing, gentle warm-up exercises, and a silent form practice. Take some time out of your busy schedule and start your week off centered and relaxed. For more information contact Rodney Nicklaw at taichirod@gmail.com.

So much to do in Downtown Middlebury!



**GO DOWNTOWN AND
EXPERIENCE IT FOR YOURSELF!**



EXPERIENCE MIDDLEBURY.COM

Downtown Block Party

Bundle at 51 Main

Wednesday Night Events
(all summer long)

Concerts

Pop-ups & Tastings

Free Shuttle around downtown

Kids' Scavenger Hunt

Middlebury Money Giveaways
& Shopping Incentives

Raffles and Sales

Health, Wellness and Fitness



Fitness Boot Camp

Instructor: Ginger Lambert www.gingerlambert.com,

Schedule: Saturdays 8:00-9:00am

Location: Middlebury Rec. Center Multi-purpose room, 154 Creek Rd.

Cost: \$12 drop in or \$60 for 6 classes (pass good for 3 months)

Description: If you like working out with others then Fitness Boot Camp is for you! It is a high energy group and makes you stronger by working on strength, cardio, balance, agility and coordination. Any exercise can be modified to fit specific needs.



Sundance Yoga for Kids

Instructor: Rachel Klatzker- rklatzker@gmail.com
(928)600-1509

Who: Boys and Girls Ages 2-5 babies welcome to observe!

Dates and time: Wednesdays 10:15-10:45am
April 1st-May 13th

Location: Multi-Purpose Room at Middlebury Recreation Center

Cost : \$5 drop in fee per class, \$2 for each additional sibling

Brief Description of Class: Through games, storytelling, music and relaxation techniques, your child can gain the benefits of yoga! Poses and activities quickly become familiar favorites and are repeated to encourage mastery, while new poses and activities are introduced to stimulate and challenge your little ones! This class will help to build developmental skills such as turn taking, counting and picture recognition and gross motor skills such as jumping, balancing and body awareness.



MIDDLEBURY YOUTH LACROSSE CLUB

Have a blast playing the 'Fastest Game on Two Feet'

Programs for boys and girls of all abilities in 3rd – 6th grades, as well as competitive teams for students in 7th - 8th grades.

SEASON DETAILS:

- Practice starts in April w/ 2-3 sessions per week after 5PM
- Boys games on Saturdays, Girls games on Sundays starting in early May
- Season ends at Green Mountain Shootout, June 13-14.

REGISTRATION:

Registration open (closes March 29th)

Fees: \$105 = \$75 club fee

plus \$30 US Lacrosse registration

Scholarships and loaner equipment available by request



Visit www.middlax.org to register



Senior Programs

Push Back Parkinson's

"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!

PushBack at Parkinson's disease is a program of the UVM Binter Center developed in 2015 by physical therapists, Maggie Holt, PT, CEEAA, and Parm Padgett, PT, DPT, NCS

**Middlebury Rec. Center-
154 Creek Rd-Tuesdays**

1:00pm - 2:00pm

Cost: \$10 per class (scholarships are available)

Please call Kimberly Cobb at (802) 989-9724 to register***a pre-approval screening is required***



Foot Care Clinics

Our foot care clinics are available to any adult over 60. Nail kits and basins are available for purchase during your first visit for \$12.00. They can be washed and reused. Please bring your own towel. Clinics are free, however if you would like to make a donation toward providing this care, a \$15.00 donation is suggested. If this is not within your budget we will happily provide your care for free.

Dates/Times: Call Addison County Home Health and Hospice for Schedule

Location: Middlebury Recreation Center Locker Rooms, 154 Creek Rd

Appointments for the foot care clinics are now required. Please call our office at 388-7259 to make an appointment.

Age Well Senior Meals

When: First and third Wednesday of the month, 11:00-1:00pm

Where: Middlebury Recreation Center Multi-purpose room, 154 Creek Road Middlebury

Who: Open to anyone 60 years up and their spouse of any age.

Cost: Suggested \$5 donation. Please bring your own place setting.

Advance reservation required; call Michelle at 802-377-1419 to reserve your spot!

Free transportation provided by ACTR, please call 802-388-2287 to arrange.

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United Way of Addison County is a Champion for Kids & Families! *Did you know...*

UWAC provides important funding and resources to the following recreational programs and youth organizations:

- Addison Central Teens
- Addison County Parent/Child Center
- Addison County Readers
- Boys & Girls Club of Vergennes
- Bristol Family Center
- Green Mountain Foster Bikes
- The HUB Teen Center & Skatepark
- Junebug
- Lund Family Center
- Mary Johnson Children's Center
- MidSummer Lunch & Recreation
- Otter Creek Child Center
- Starksboro Cooperative Preschool



PO Box 555, 48 Court Street
Middlebury, VT 05753
802-388-7189

UnitedWayAddisonCounty.org

Special Events/Interests

Dance Xplorations

Classes will start the week of February 10th and run through May 8th. We will prorate classes if you would like to join after the session has already started! For more information on dance classes please email danceexplorations@gmail.com. Each class is \$125 per session.

Dance for Adults taught by Christal Brown **Mondays 6:00-7:15pm**

Integrating a mix of styles and methods, this class starts with a warm-up that will get you sweating, and then dive into a blend of delicious full body stretching, core conditioning, and fun and funky dance choreography to energetic music. Get your body moving in a new and challenging ways. Let loose, have fun, build community and increase your capacity.

Beginning Ballet (ages 8 and up)

Thursdays 5:00-6:00pm

This class will cover basic ballet positions, steps and vocabulary with a focus on the student's awareness of proper posture and body alignment. Standing barre work and center floor exercises will be given to enhance coordination, strength, balance and flexibility.

Tap taught (ages 8 and up)

Tuesdays 4:00-5:00pm

Students learn tap-rhythm and timing. Class consists of warm-up, center, and across the floor training. Proper terminology and musicality is stressed. Students learn shuffles, flaps, time steps, buffalo, hops, drawbacks, cramp rolls, and basic turns. Students learn dance routines to all types of music. Ages 5 and up. No experience necessary.

Creative Movement

(Ages 3-6) Mondays 4:00-4:45pm

(Please note class begins Feb 26th)

This 45-minute class is designed for 2 year old toddlers as a pre-cursor to the Pre-Ballet/Pre-Tap program. Overall emphasis is on having fun while learning coordination, balance, rhythm, musical

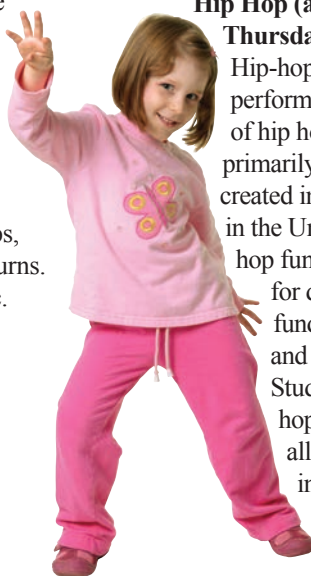


counting, self-confidence, muscle isolation and development, taking turns and following directions. Students will be exposed to multiple movements and musical styles. Students in this class will be introduced to elements in the Ballet and Tap programs. This class incorporates the use of props such as balls, scarves, building squares, and lots of imagination! No experience necessary.

Hip Hop (ages 10 and up)

Thursday 4:00-5:00pm

Hip-hop dance refers to street dance styles primarily performed to hip hop music which has evolved as part of hip hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. Students will begin learning hip hop fundamentals. Hip hop moves are broken down for dancers. Then, students' knowledge of hip hop fundamentals will be expanded upon by explaining and demonstrating various techniques and methods. Students will be exposed to multiple styles of hip hop dance. Original choreography will be taught, allowing students to discover their own hip hop style in a stress-free and fun environment, encouraging confidence building, independent creativity, and teamwork. No experience necessary.



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Special Events/Interests

GymKids Academy, Inc. Classes

FLIP, DANCE and CIRCUS!!

Ages 5-11 Older kids can help!

Dates: Wednesdays: March 11 - April 29th
(no class April 22nd)

Times: 3:45 - 5pm (students who ride the bus will have snack and free play until class starts!)

Cost- \$99 Resident, \$114 Non-Resident



Join us for fun dance, activities and games! We'll choreograph a dance to popular, appropriate music while we learn to follow counts and patterns. We'll work on basic mat skills and learn proper form for rolls, leaps and more! Explore your space with creative movement activities to cool music the kids help pick. Each week we'll have a CIRCUS activity that keeps you moving and practicing locomotor skills, such as juggling scarves and doing specialty acts to music! We'll use colorful, fun props like scarves, hoops, beanbags and more! New skills will be incorporated into our dances. Strengthening, dance, motor development and learning what your body can do are the focus. GymShow for family and friends last day of class! ** Kids will receive

SPECIAL SURPRISE to take home!! Please bring a water bottle and a snack. Those with long hair need to have a hair tie, and everyone needs appropriate clothes, such as t-shirts, shorts or leggings and sneakers. Kids who ride the bus to Middlebury Recreation Center will have snack and free time before class starts. Please contact the instructor at 802-233-6862 with any questions!



GymKids Academy Classes and In-service Camps

MOVE IT!!

Ages: 5-11, older kids can be helpers!

Date: March 29th

Time: 8:30am - 12:30pm

Cost: \$50 includes materials!!

This cool half-day camp will keep kids moving while having lots of fun! Play games with a parachute, dance, walk the walls, play Chinese Jump Rope, Animal Limbo, Superhero games, Quick start Tennis games and LOTS MORE! Kids can help choose what we do! We'll have fun doing creative movement activities and working on basic mat skills, such as rolls and leaps! Kids will have time to work on things that interest them, such as juggling and balancing feathers. We'll take a break for a healthy snack brought from home, and do art/craft projects! The focus is on rhythmic, musical and motor skills. What can your body do? Parents are welcomed to come play games with us during the last half hour! Please send a water bottle, flip flops, two snacks, hair tie. Kids should wear sneakers and appropriate clothes that can get messy!

CREATE IT!!

Ages: 5-11, older kids can be helpers!

Date: April 22nd

Time: 8:30am - 12:30pm

Cost: \$50 includes materials!!

This great camp will have us doing all things creative! We will create an awesome t-shirt tote bag to take home! We'll work on 8-counts and create a dance! Kids will get to work in groups to come up with their own moves, which we'll put together to great a group flow. We'll create art! Have you ever made a human sculpture? We'll do creative moves on the mats such as leaps, rolls and more! We'll even work with colorful scarves to work on individual creative movement skills to music! Kids can even create acts with various fun props! Show off your projects and skills at our GymShow on the last half hour for family and friends! Please send a water bottle, flip flops, two snacks, hair tie. Kids should wear sneakers and appropriate clothes that can get messy!

Birthday Parties!!

Birthday parties with GymKids Academy, Inc. are now available at your location or at Middlebury Recreation Center! Various themes are available, and parties can be held at your home, park, or other place you've secured. Middlebury Recreation Center has a large gym and multipurpose room, perfect for your party! Prices vary, as we work together to build your perfect party! Contact GymKids Academy, Inc. at 802-233-6862 for more info!



Special Events/Interests

Calling All Cyclists!

May Is Bike Month! National Bike to School Day, Wed May 6th and National Bike to Work Day, Fri May 15th. Post your miles cycled with American League of Cyclists at nationalbikechallenge.org. Try out extra bike racks and mobility measures in place for Middlebury's 10-week rail bridge construction Main St shutdown starting May 27th. Get recognized and prizes for your efforts.

Bike Smart Training, April 13th-17th, Middlebury Rec Park/ Mary Hogan Kohl's bike smart trailer returns with over 30 bikes and helmets and props to hone skills and teach rules of the road. Mary Hogan students will receive training in their PE classes that week.

Bike Swap, Fri May 1st, 3:00-6:30 pm Cannon Park

Drop off bikes and gear you wish to give away or sell on consignment at Frog Hollow Bikes up to noon Fri May 1. Look for displays from local groups, demo rides, electric bikes and cars and great deals. Proceeds benefit Middlebury Safe Routes. For more or to arrange display, contact froghollowbikes@gmail.com.

VT Walk/Bike Summit, Fri May 8th, Downtown

Middlebury Brings together professionals, volunteers, and activists to share information and learn from each other. Oriented toward encouraging more to walk and bike and to facilitate changes and improvements in walking and bicycling infrastructure in Vermont. Hear acclaimed transportation planner Don Kostelec from Idaho as our keynote speaker. For more and to register, visit vtwalkbikesummit.com

Motherload film screening and discussion about next generation cargo bikes Fri,

May 8th, 7:00 pm, Middlebury Town Hall Theater. Visit vbikesolutions.org to take an

online tutorial of electric-assisted cargo bikes and how they're transforming bike culture. See other mobility options like the ELF.

Human Powered Parade &

Celebration, Sat May 9th, 10:00-2:30

pm Bristol Rec Park. This community event launches with a professional high flying BMX show and moves through town on human powered wheels. An after party includes a community-

wide party at the skate park with bands, pickleball, cargo bike test rides and bike races for kids.

Kelly Boe Memorial Bike Ride, Thur May 14th, 4:00 pm, departs MUHS Lot. A slow-paced 8-mile bike ride in honor of those who have been injured or killed while cycling on public roads, including Middlebury's Kelly Boe for which the ride was started and named. Goes through Middlebury and Weybridge via Weybridge St and Hamilton Rd, escorted by police and returns to MUHS by about 5 pm. Wear helmet.

Vermont Gran Fondo, Sat June 27th Road cycling over Addison County mountain gaps: Appalachian, Middlebury, Lincoln. Choose from three courses. Details at <http://vermontgranfondo.com>.

Mountain Bike Group Rides, Saturdays 8:30 am and

Tuesdays 5:30 pm, departs Frog Hollow Bikes Join Addison County Bike Club (ACBC) cyclists on Trail Around Middlebury rides. For more about group rides, trail work days, clinics and safety training for the next generation of mountain bikers, visit addisoncountybikeclub.org.

Middlebury Safe Routes hosts "Walk and Roll to School Day" first Wednesday of month, monitors traffic patterns and student travel behavior, plans activities to teach bike skills and rules of the road, and recommends improvements to roads, parking lots, drop offs, sidewalks, crosswalks, traffic lights, signage, bus routes, bike routes, bike racks, and more. Contact Erik Remsen at erik.remsen@gmail.com to help or offer input.

Walk/Bike Council of Addison County is a county-wide, citizen-led advisory group that meets every 6-8 weeks in Middlebury. The Council seeks to build momentum and capacity for safer walking and biking to our towns and villages. We are mapping a Triangle road bike loop best connecting our Addison County hubs of Bristol, Vergennes and Middlebury via New Haven. Council members work with state and regional agencies, municipal staff, schools and other interested community partners. Anyone interested should visit walkbikeaddison.org or email Adam Franco at adam.franco@gmail.com



Addison Central Teens

Drop in hours

What: Join us at the Teen Center for programming, snacks, and fun, every day after school. We always have food waiting, and look forward to seeing teens! We have activities like LGBTQIA+ group and Teens Supporting Teens groups (on alternating Mondays and we're planning many more new things in the months to come! Come check us out-- there's something for everyone. Check out middteens.org for more information, and to learn about our newest programs.

When: Every day school is open, 3:00-6:00pm. Open 1:00-6:00pm on early release days. Closed when school is closed.

Where: Addison Central Teens, 77 Mary Hogan Drive, Middlebury Recreation

Special Events/Interests

DOG TRAINING: Bestbuddyk9training.com

HOW TO SIGN UP: Do sign up directly for classes online at middleburyparksandrec.org AND to complete the sign up process send an email to: Bestbuddyk9training@gmail.com to let our trainer know you are in, and she will send you the rest of the information you need. The 1st class is a seminar without your dog. Please sign up two weeks ahead of start date or more.

Free Dog Behavior and Learning Seminar: April 5th at 10:00am. This opportunity is required for all owners who will be taking part in BEST BUDDY K9 TRAINING's upcoming dog classes but is open to the public for free. You will learn how dogs learn, why they behave the way they do, and how best to teach them.

Adult Dog I & Puppy K's first class is a one hour seminar on dog behavior and learning that is without your dog. **DATES FOR ALL CLASSES:** April 5th, without your dog, then with your dog: 19th, 26th, May 3rd, May 17th, May 24th, May 31st

Puppy Kindergarten: 9:30-10:15am (1st class is at 10:00am without your dog) Ages 5 months and younger. Off-leash play and training is critical to your dog's socialization, which prevents fears and problems later in life. Reduce behavior problems & raise your puppy right for a fun and easier adult life. Start now for a foundation of attention and training that will last a lifetime! It is never too early to start training and in fact the American Veterinary Society of

Animal Behavior recommends puppies be socialized as early as 7 to 8 weeks of age before the vaccine series is complete. \$100 Res, \$105 non-residents.

Adult Dog I: Sundays 10:30-11:30am (1st class is at 10:00am) Open to dogs of any age 5 months or older.

Learn new skills or brush up on old ones to get your dog

to pay attention to you in the face of distractions. Learning to get attention along with teaching cues such as sit, down, stay, come, leave it, drop it, heel, and change directions, will strengthen your communication and bond with your dog to create a dynamic human dog team! With this positive way to train you will get your dog's brain on the same page as yours. Learn how to work through minor behavior problems. No overly aggressive or overly barking dogs please. \$105 resident, \$120 for non-residents.

Supply list for classes: Up to Date Copy of Vet Records. *Adults must have current rabies vaccination; puppies must have first two rounds of DHLPP or DHPP. This is a great family activity. Your dog's regular collar and leash but no choke or prongs please, about 100 pea size training treats, and for strong pullers I recommend the Deluxe Easy Walk Harness, and a training pouch is also helpful. All of those the dog lives with should understand and be part of as much of the training as possible. Children under 9 must be accompanied by an adult.



Middlebury Dog Park

Are you a dog owner looking for a place to exercise and socialize your dog? Come visit Middlebury's 1.5 acre dog park. Located in the field behind Porter Medical Center and adjacent to the MREMS building this fenced in park includes both small and large dog areas. You will find many friendly humans and dogs there daily.

Facebook users may check out the Middlebury (VT) Dog Park page. Those interested in contributing to the ongoing costs of the Park may 1) make a donation at the Middlebury Town Office building or 2) sign over your bottle redemption returns to the Park. Please use and support the Middlebury Dog Park!



Special Events/Interests

There's Something for Everyone at the Ilsley Public Library

All library programming is FREE.

All programs are drop-in unless stated otherwise and take place in the Ilsley Library Meeting Room (basement level of the library).

PROGRAMS FOR ADULTS

Loosely Bound Book Group

3rd Tuesday of the month @ 5:30pm in the Vermont Room (mezzanine).

March: *My Sister the Serial Killer*, Oyinkan Braithwaite

April: *In the Dream House*, Carmen Maria Machado

May: *She Would be King*, Wayetu Moore

Adults Read YA Too!

3rd Thursday of the month @ 6:00pm in the Vermont Room (mezzanine).

Book discussion group for adults who read YA and Teen literature. The participants in the group chose the books. Stop in IPL to see what next month's title will be.

Let's Get Graphic

4th Thursday of the month @ 5:45pm in the Vermont Room (mezzanine).

Graphic novel book discussion group led by local graphic novel author, Jeremy Holt. This group is for teen – adult.

March: *Deathbed*, Joshua Williamson & Riley Rossmo

April: *Daytripper*, Gabriel Ba & Fabio Moon

May: *Sin Titulo*, Cameron Stewart

First Wednesdays Speaker Series

1st Wednesday of the month @ 7:00pm

Speakers include Alison Bechdel and David Macaulay. See our website details. Sponsored by Vermont Humanities.

Middlebury Community Classic Film Club

3rd Tuesday of the month @ 6:00-8:30pm.

Spring Series is Elections: Fateful Decisions in a Time of Turbulence. Join us for screens of the Suffragette, the Candidate, Primary colors and The Best Man.



PROGRAMS FOR YOUTH

Movers and Shakers Storytime

A time for 0 – 2 year-olds to read, sing, and dance! Tuesdays 10:30am – 11:15am

Preschool Storytime

Songs, rhymes, and stories for kids 3 – 5 years-old. Fridays 10:30am – 11:15am

Library Explorers Storytime

After school stories and crafts for K – 3rd grade. Wednesdays 3:30pm – 4:15pm

*Please register in advance 388-4097

Family Storytime

Songs and stories for everyone! Saturdays 10:30am – 11:15am

Youth Media Lab

Students in 4th grade and up can learn how to film and edit movies with MCTV.

Tuesdays 3:30pm – 4:30pm

Library League

Meetings every other Friday 3:30pm – 4:15pm for students 4th grade and up to plan and run fun library programs!

Teen Advisory Group Saturday meetings for students in 6th grade and up – Check the library for more details.



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