

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

Summer Activity Guide



May -
August 2019

Middlebury Parks & Recreation Department
townofmiddlebury.org





**41st
Annual
Middlebury**

Festival on-the- Green

**July 7-13
2019**

**Free, family-friendly music series
on the Village Green in Middlebury, VT**

Sunday, July 7

**7:00 Sam Reider and the
Human Hands**

An irresistible mixture of bluegrass, gypsy jazz, and mysterious sounds from around the world, fronted by award-winning composer Sam Reider.

Monday, July 8

12:00 Rik Palieri

7:00 Windborne

Virtuosic vocal harmony deeply rooted in American folk-singing traditions

8:30 Bon Débarras

Trio bringing a fusion of Québécois music, step-dancing, and global influences

Tuesday, July 9

12:00 Jon Gailmor

7:00 The Small Glories

A roots powerhouse from Canadian Prairies

**8:30 Heather Pierson
Acoustic Trio**

Sounds of the streets of New Orleans and the valleys of Appalachia

Wednesday, July 10

12:00 No Strings Marionette Co

7:00 Joe Davidian Trio

*featuring Amber DeLaurentis
Exquisitely swinging and elegant jazz*

8:30 Matt Flinner Trio

*Bluegrass, jazz, and old-time music trio
with a dose of classical chamber music*

Thursday, July 11

12:00 Mime Chris Yerlig

7:00 OKAN

Fusion of Afro-Cuban, jazz, folk, & classical

8:30 Lowdown Brass Band

Chicago grit with a powerful brass frontline

Friday, July 12

11:30 MCMC House of Rock

12:00 Magician Tom Verner

7:00 Soule Monde

*Hammond B3 organ and drum-driven
danceable soul/jazz in its purest form*

8:30 Big Night

*Champlain Valley's own Cajun and
Western swing band*

Saturday, July 13

7:00 Vermont Jazz Ensemble Street Dance: *Come early for swing-dance lessons with Jim Condon*

The Festival is supported by community donations and volunteers. Join us!

Support this year's Festival at the "donate" link on our website or by mailing to: Festival on-the-Green, PO Box 451, Middlebury, VT 05753

Info: 802-462-3555 | festivalonthegreen.org





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

Closed from 11:30-1:30 from June 24th-August 9th

Physical Address: 154 Creek Road

Mailing Address: 77 Main Street
Middlebury, VT 05753

Other Contact Info:

802-458-8014

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.

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; please contact us for more specific information: ads@addisonindependent.com or 388-4944.

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.



MIDDLEBURY
Parks & Recreation
move • grow • connect



16th Annual TAM Trek

A benefit for the Middlebury Area Land Trust



September 15, 2019

19-mile, 10K, 2-mile fun run

All proceeds support the TAM

Early-bird pricing through July 1



Register by check
or online www.maltvt.org/tam-trek

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.

Be a member. Not just a number.

At Co-op, we're member owned and member committed. Since 1915 we've been providing protection for individuals, farms and businesses with a large network of local agents, fast and fair claims service, knowledge of farm safety practices, and affordable rates.

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**CO-OPERATIVE
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292 Colonial Drive, Middlebury, VT 05753-5890

www.co-opinsurance.com
(802) 388-7917

Important notice regarding online registration:

We recently updated our registration software and **every family must now create a new family account on www.middleburyparksandrec.org before being able to register for programs.**



2019 Important Summer Dates

APRIL

25th - Summer Activity Guide Released
Registration opens for most programs

MAY

1st - Walk & Roll to School
3rd - Bike Swap
11th - Human Powered Parade and Celebration
17th - Kelly Boe Memorial Bike Ride
19th - Red Sox Bus Trip
21st - Push Back Parkinson's Class Begins

JUNE

3rd - Swim Team Practices Begin
10th - Gym Closes for Floor Maintenance
15th - Town Pool Opens
17th - Camp Kookamunga Week 1-
Spirit of Ethan Allen
Gymnastics Camp Session 1
4 Kicks Soccer Camp
24th - Camp Kookamunga Week 2-
Bromley Adventure Park
MiddNourishes Free Lunch Program Begins
Gym Kids Academy-STEAM Moves
& Creates Camp
Swim Lessons Session I
Tennis Session I
Art Camp - Dragons, Castles and Hidden Lands
Vermont Wilds 1 Camp
Field Hockey Camp Session 1 and 2
Challenger Sports Soccer Camp
26th - Summer Reading Kick Off- Marquis Theater
29th - Vermont Grand Fondo

JULY

15th - Camp Kookamunga Week 5-
Ben & Jerry's/Skating
Gym Kids Academy- Flip, Dance
and Circus Camp
Golf Session II
Tennis Session IV
Art Camp - Nature Based Art
A.C.T. Camp Week II- Teen Talents

20th - Kids Obstacle Course Race

22nd - Camp Kookamunga Week 6 - "Staycation"
Middlebury Mayhem Youth Basketball Camp
Swim Lessons Session 3- Evening Session
Art Camp - Welcome to the Zoo!
Vermont Wilds 2 Camp
A.C.T. Camp Week III- Outdoor Adventures
23rd - Field Hockey Camp Session 3

29th - Camp Kookamunga Week 7- Fun Spot
Golf Session III- Intermediate/Advanced
& Girls
Tennis Session V
Art Camp - Five Days of Fun
A.C.T. Camp Week IV- STEAM

AUGUST

5th - Camp Kookamunga Week 8 - Field Days
Gym Kids Academy- Superhero Training Camp
Global Premier Soccer Camp
Art Camp - It's a World of Color
A.C.T. Camp Week V- Escape the Room
Survival and Bushcraft Camp
9th - MiddNourishes Ends
12th - Camp Kookamunga Week 9 - Get Air
Gymnastics Camp Session 3
Tennis Session VI
Art Camp - Art is Everywhere!
18th - Town Pool Closes (Tentative)
19th - Camp Kookamunga Week 10-
Bowling/Laser Tag
Challenger Sports Soccer Camp
Tennis Session VII


22nd - Fall Activity Guide Released

25th - MYFHC Fun Fall Kick-Off

SEPTEMBER

3rd - Fall Programs Begin
9th - Pre-School and Kindergarten Soccer Begins

**Getting your kid to go to college
is a good idea.**



Getting your kid to go to college for **FREE** while in high school is a brilliant idea!

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gotocollegevt.org

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OF VERMONT**

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Breakfast Daily, 7am – 10 am
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Dinner Tues. – Sun., 5:30 – 9
Sunday Brunch, 10:30 am – 1:30 pm

14 COURT SQUARE | MIDDLEBURY, VT
800-842-4666 | MIDDLEBURYINN.COM



LAKE ADVENTURE DAY CAMPS

Grades 2-12



Lake Champlain
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SUMMER ADVENTURES FOR ALL AGES

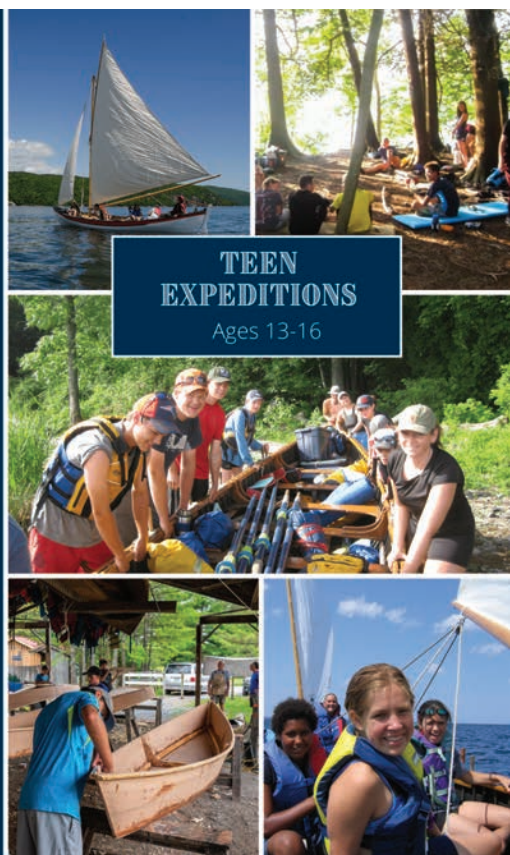
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History • Sailing • Camping
Swimming • Games

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4472 Basin Harbor Road, Vergennes, VT



TEEN EXPEDITIONS

Ages 13-16



KID'S CAMPS SUMMER 2019
REGISTRATION NOW

OPEN



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
- The HUB Teen Center & Skatepark
- 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

For more info check out www.mmvmt.com
56 Main Street • Middlebury, Vt. • 388-7245

Middlebury Nourishes- Free Summer Meals for Kids 2-18!

WHEN: Monday through Friday • 12-1pm • Starting June 24th and ending August 9th
(No meal on July 4th)

WHERE: Middlebury Rec. Park - Entrance to Memorial Sports Center (Across from Town Pool) Meal will be served at Festival on the Green July 8th-12th

WHO: Anyone between the ages of 2 through 18, No Registration. Just come!

Lunch is free and open to all children and youth who want to have a lunch. Sponsored by Mary Johnson



Children's Center in partnership with MidSummer Lunch and Recreation Program, and the Town of Middlebury Parks and Recreation Department, collectively known as Middlebury Nourishes. Middlebury Nourishes does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or

marital or family status.

***Volunteers are needed to help run this program.**
If you are able to volunteer please contact Dustin Hunt via email dhunt@townofmiddlebury.org*

Important Notice: Gym Closure

The gym at the Middlebury Recreation Center will be closed from June 10th through June 14th for annual maintenance on the floor. The offices and multi-purpose room will remain open during this time.
Thank you for your understanding.

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Boston Red Sox Bus Trip Sunday May 19th Vs the Houston Astros

Take a bus trip with the Brandon, Pittsford & Middlebury Recreation Departments to see the 9-time World-Series Champions play against the Houston Astros at historic **Fenway Park!**

Price: \$128 per person (Includes bus & ticket in Section B89, Rows DD-HH)

Contact your local Rec. Dept to reserve your spot!



Ok. You've got this is a public awareness and education campaign to build resilient youth in Addison County. Data from schools and organizations serving kids show low levels of resiliency among youth and a feeling of being undervalued in their communities. CSAC, Addison County Parent Child Center, Building Bright Futures, the Vermont Department of Health, Vermont Department of Children and Families, all 3 school districts and Middlebury Parks and Recreation are joining together and stepping up to change that. We believe that thriving communities and healthy families grow resilient kids. If you see this logo next to



a program it means that program is committed to the 7 C's Building Blocks of Resilience which are competence, confidence, connection, character, contribution, coping and control.

Is your bike ready for spring?

Call to schedule
a tune today!



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FOODAROO



SUNDAY, JUNE 23RD
4:00-9:00PM

MIDDLEBURY, VT
MARBLEWORKS



2019

5\$ at the door; 12 and under free.
Portion of the proceeds go to the United Way!





Summer Day Camps

Josh Hardt's Outdoor Adventure Camps

JH VT Wilds 1-

Dates and Times: June 24th-28th

9am-3:30pm

Ages 8 and up

Cost: \$250 per week- Scholarships available through Midd Parks and Recreation

What: -In this camp, campers will explore the mountains, waterways and forests of Vermont. All the while campers will experience things like paddling, climbing, survival skills and fly fishing. Transportation will be provided from Middlebury Recreation Home base.

JH VT Wilds 2-

Dates and Times: July 22nd-26th

9am-3:30pm

Ages 10 and up

Cost: \$250 per week- Scholarships available through Midd Parks and Recreation

What: Building upon skills and experiences in Vermont Wilds 1. Campers will experience slightly more challenging experiences including caving, tyrolian traverse, boating and fishing and peak bagging. Transportation will be provided from Middlebury Recreation Home base.

Wilderness Bushcraft and Survival Camp

Dates and Times: August 5th-9th 9am-3:30pm

Ages 10 and up

Cost: \$250 per week- Scholarships available through Midd Parks and Recreation

What: disconnect from our surroundings, this camp offers a real time immersion into a hands-on woods based camp. Campers will learn to observe and absorb the forested landscape of the Middlebury area. Making fire and cooking meals, harvesting wild plants, building primitive structures and tracking animals will be some of the earth based skills that campers will experience. The result will be a deeper relationship with the natural world an experience not soon forgotten. Transportation will be provided from Middlebury Recreation Home base.

These camps will be run by Joshua Hardt, a Vermont native whose life has been motivated by an inquiry into all things wild. After a life of guiding, paddling and mountaineering in the Rockies and Alaska, Josh has made his life's work the Moosalamoo Center at Otter Valley Union High School and is also is a professor of Outdoor Recreation and ecology at Castleton University where he teaches classes ranging from Primitive Skills to backcountry skiing and snowboarding. He holds certifications in: Wilderness First Response, American Mountain Guides Association, American Canoe Association, level 2 avalanche instruction and ARC lifeguard and is a SOLO certified wilderness first-aid instructor.

Middlebury



THE Garden Game 2019
IS COMING...
ARE YOU READY TO PLAY?

ADDISON COUNTY
INDEPENDENT

Stay Tuned - more info, rules and entries online at addisonindependent.com



Summer Day Camps

Camp Kookamunga Day Camp

For Children going into Grades 1-7 • 8:30am-4:30pm Monday-Friday • Memorial Sports Center- 296 Buttolph Drive
Cost: \$190 for Resident and \$218.50 for Non-Residents (Cost is Per Week)

New: Camp Kookamunga participants can sign up for Tennis Lessons and receive \$20 off the lesson price!

June 17th - 21st: Theme: "Cruise into Summer!" Field Trip aboard **The Spirit of Ethan Allen** followed by exploring the **Echo Center**, in Burlington, VT. Campers will cruise into the summer with marine themed crafts and water games. Camp K will also adventure through the woods on the Trail Around Middlebury before embarking on The Spirit of Ethan Allen on Friday.

June 24th - 28th: Theme: "Sliding & Soccer." Field Trip to the **Bromley Mountain Adventure Park**, in Peru, VT where campers will enjoy **alpine slides**, a climbing wall, water slides, mini golf and much more! During the week in addition to the traditional Camp K crafts and activities we will also be playing lots of soccer in support of the 2019 FIFA Women's World Cup.

July 1st - 5th: Theme: "Circus Tricks." Field Trip to **Circus Smirkus**, in Essex, VT. This week campers will practice juggling, balancing, tumbling and other circus tricks. Kids can create carnival themed games and crafts. Camp K will even have our own carnival day before ending the week under the Big Top on Friday, July 5th! **Please note there will not be camp on July 4th!**

July 8th - 12th: Theme: "Seventh Inning Stretch." Field Trip to a **Vermont Lake Monsters Game**, in Burlington, VT. This week Camp K will focus on the world of sports by playing a variety of games such as soccer, basketball, whiffle ball, and so many more! On Tuesday, July 9th, we will head to the diamond in Burlington for a Lake Monsters Game against Hudson Valley.

July 15th - 19th: Theme: "Mid(d) Summer Cool Down." Field Trip to Ben and Jerry's for a factory tour and then after lunch **Waterbury Ice Center** for **Ice Skating**, in Waterbury, VT. Camp Kook will beat the July heat with water games and ice experiments as well as tons of pool time! We will end the week with a trip to the Ben and Jerry's Factory and ice skating at the Waterbury Ice Center.

July 22nd - 26th: Theme: "Staycation." There will be no bus field trips just **hanging out in Midd! This week campers will enjoy exploring what the great town of Middlebury has to offer. Camp K will walk to get ice cream, enjoy a movie at the Marquis Theater and learn more about the history of Middlebury with a scavenger hunt!**

July 29th - August 2nd: Theme: "Need for Speed." Field Trip to **The Fun Spot** in Lake George, NY. On Friday we will head to The Fun Spot for go-karting, roller skating, laser tag, mini golf and more! This week we will have lots of relays, races and competitions such as puzzle races.

August 5th - 9th: Theme: "Farm Days!" Field Trip to **Addison County Fair & Field Days** in New Haven, VT. In honor of Field Days, Camp K will be making animal and plant themed crafts and holding our own arm wrestling, karaoke, and bean bag toss activities.

August 12th - 16th: Theme: "Take Flight!" Field Trip to **Get Air** in Williston, VT. In preparation for this week's field trip, campers will create their own flying objects including paper planes, kites, bottle rockets and more!

August 19th - 23rd: Theme: "Rolling Out of Summer." Field Trip to **Spare Time**, in Colchester, VT. Campers can slow down the end of summer with all our favorite activities including dodgeball, making friendship bracelets and so much more. This week we will also host the annual Camp K talent show and end the week rolling into the school year at Spare Time.





Summer Day Camps

GymKids Academy Camps

Please send your child with a healthy snack, water bottle, extra clothes or bathing suit for messy activities, and a smile!
Costs: All camps are \$135 for Residents and \$155 for Non-Residents

STEAM Moves and Creates!!

Dates: June 24 - 28 **Time:** 9am -12pm

Ages: 5 - 11, older kids can be helpers

Calling all makers, movers and thinkers! This fun, non-competitive camp will have us exploring the space where movement meets science and the arts. We'll make flyers, gliders, and cool little parachuters! How would your body move if you were guided by air? What can you build with marshmallows and straws? Can your body take the same shape? Explore design and spatial concepts with geometric dream catchers! We'll check out pulleys, create reactions, draw and create art! We'll learn cool things about animals and even balance a giant feather! Have you ever made a human sculpture? We'll do creative moves on the mats such as cat leaps and log rolls. We'll even work with props individually and in groups. All concepts will be applied to various movement activities such as creative and mirror dance, animal limbo and more. The focus will be on learning through the body, while building on loco motor, gross and fine motor skills. Show off your projects and skills at our GymShow on the last day for family and friends!

FLIP, DANCE & CIRCUS!

Dates: July 15 - 19 **Times:** 9-12:00pm

Ages: 5 - 11, older kids can be helpers

This popular non-competitive camp is a fun filled week of mat, dance, and circus skills! We'll work daily on skills such as rolls, jumps, handstands, round-offs and cartwheels! We'll choreograph cool dances using 8-counts to popular, appropriate music that the kids help pick, and do fun creative movement activities. Campers will work individually and in teams to become human sculptures, mirror dance, and more! Circus skills such as balancing feathers, juggling beanbags and scarves, clown acts and specialties will be learned using the music of Cirque du Soleil! Carnival games are always fun, with jumping frogs, ring toss and throwing beanbags. We can even make up some of our own! We'll play fun games like TAP, Clean Up After the Elephant, Caught in the Clown Car, Musical Hoops and more! Campers will incorporate their new skills into routines for an exciting GymShow on Friday!! Please bring a healthy snack, flip-flops and water bottle daily. Everyone will get to take home an awesome Circus Starter Kit on the last day to continue to practice and wow their friends!



SUPERHERO TRAINING!

Dates: Aug 5 - 9 **Times:** 9-12:00pm

Ages : 5 - 11, older kids can be helpers

In this exciting new camp, each Junior Hero will develop their special superhero power, signature pose and hone their superhero skills! We will learn about the helpful behaviors and healthy habits needed to be a Superhero, while training our muscles to make them stronger! We'll spider-walk along the walls, jump over obstacles, learn a Superhero dance, play fun street games to challenge reflexes, and learn to work individually and in teams. Kryptonite removal will be learned and poison bubbles will be neutralized! We'll even learn to roll through the "streets" and kick up over the "buildings" of Metropolis. We'll use props such as mats, balls, water noodles and more to learn the skills necessary and get strong enough to save the city! Do you have x-ray vision? Can you get across the sticky web without getting caught? This non-competitive camp is for both boys and girls, and will include learning basic mat, fine and gross motor skills. Kids will get a "Superhero Starter Pack" to keep and there will be a graduation ceremony, Superhero dance and family fun time on Friday!



Summer Day Camps

ACT YOUTH ADVENTURE SERIES

Instructor: Cicilia Robison, ACT Youth Health and Success AmeriCorps Member

Email: cicilia@midddteens.org Phone: (802) 349-1790

Dates and time: ACT Youth Adventure Series runs every Friday from June 28th-August 9th. Each adventure will begin at 12:00pm, with a light lunch/snack, and if the adventure is leaving the teen center, it will depart by 1pm. Any other time changes will be publicized 2 weeks in advance on the ACT website, midddteens.org.

Location: Addison Central Teen Center, 77 Mary Hogan Drive, Middlebury, VT, 05753



Addison Central Teens is now providing a weekly outlet for all youth age 15 or older. Every Friday, ACT will host an adventure, whether that is going to a swimming hole, rainy day movie afternoons, and more. For more information, visit ACT's website, www.midddteens.org.



ACT SUMMER CAMP

Instructor: Cicilia Robison, ACT Youth Health and Success AmeriCorps Member

Email: cicilia@midddteens.org Phone: (802) 349-1790

Dates and time: ACT Summer Camp runs from Monday-Thursday 8:30am-4:30pm and Thursday 4:30-7:00pm for the whole community

Week 1: **Vermont Scavenger Hunt** July 8 - July 11

Week 2: **Teen Talents** July 15 - July 18

Week 3: **Outdoor Adventures** July 22 - July 25

Week 4: **STEAM** July 31 - August 1

Week 5: **Escape the Room** August 5 - August 8

Location: Addison Central Teen Center, 77 Mary Hogan Drive, Middlebury, VT, 05753

Cost: \$75 per session

Addison Central Teens is ready to roll out another summer packed with fun and adventure. While each week has a theme, we will be exploring, adventuring outside, and engaging with the larger Vermont community every day.

New this year is our community meal at the end of each week, from 5:00-7:00, where teens are able to show off what they've learned to their family, friends, and community. The summer camp is open to all graduates of 6th grade to teens 15 years of age. For more information and specific descriptions of each weeks activities, disclaimers and registration, please visit our website, www.midddteens.org

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Aquatics 2019



OPERATING SCHEDULE JUNE 15th- AUGUST 18th (schedule subject to change)

Please note the Town Pool will be closed July 26-28th as we host the CVSL Championship Meet

7:15am-10:15am- Swim Team Practice

10:15am-12:15pm- Swimming Lessons (Evening lessons July 22nd-Aug 1st)

12:15pm-1:00pm Adult Swim

1:00pm-4:45pm- Open Swim

4:45pm-5:30pm- Adult Swim

5:30pm-6:30pm- Family Swim

Kiddie pool- 5 years and younger is open from 12:15pm-6:30pm Adult Supervision Required

*** Home swim meets will be held on June 27th, July 9th, July 16th and July 18th

Pool closes at 4:30pm on home meet days***



Daily Fees

Youth (15 and younger) - \$3.00

Adults (16+) - \$4.00

Senior Citizens (55+)-\$2.00

Season Passes

Youth \$60 (Non-Resident \$69.00)

Adult \$70 (Non Resident \$80.50)

Family- Up to 6 people \$120 (Non Resident \$138.00)

Senior Citizens (55+) \$35 (Non Resident \$40.25)



Aquatics 2019

Lesson Schedule

Session I: June 24th-July 5th (2 weeks)

No class 7/4

Sec A: Level 1	10:15 - 10:45
Sec B: Level 2	10:45 - 11:15
Sec C: Level 3	11:15 - 11:45
Sec D: Level 4	10:15 - 10:45
Sec E: Level 5	11:15 - 11:45
Sec F: Parent & Child 1	11:45 - 12:15
Sec G: Pre-School Level 1	11:45 - 12:15
Sec H: Pre-School Level 2	10:45 - 11:15

Session II: July 8th-July 18th (2 Weeks)

Sec A: Level 1	11:45 - 12:15
Sec B: Level 2	11:15 - 11:45
Sec C: Level 3	10:45 - 11:15
Sec D: Level 4	11:45 - 12:15
Sec E: Level 5	10:45 - 11:15
Sec F: Level 6	10:15 - 10:45
Sec G: Parent & Child 2	10:15 - 10:45
Sec H: Pre-School 1	10:15 - 10:45
Sec I: Pre-School 3	11:15 - 11:45

Session III: July 22nd-August 1st (2 Weeks)

* Evening Session*

Sec A: Level 1	5:45 - 6:15
Sec B: Level 2	6:15 - 6:45
Sec C': Level 3	6:45 - 7:15
Sec D: Level 4	6:15 - 6:45
Sec E: Level 5	6:45 - 7:15
Sec F: Pre-School 1	5:15 - 5:45
Sec G: Pre-School 2	5:45 - 6:15
Sec H: Parent and Child 1	5:15 - 5:45

Lessons are held Monday-Thursday. **No class on July 4th (will be made up Fri 7/5)**

Fridays are reserved as a make-up day for cancellations due to weather.

Private Lessons: Private and semi-private lessons are available upon request. Arrangements are made through pool staff.

New This year: Swim Lesson participants can sign up for Tennis lessons and receive \$20 off the lesson price!

Fees: \$65.00- Resident \$75.00- Non-Resident

Register online or in person starting April 26th

www.Townofmiddlebury.org



Parent and Child (2 levels) for ages 6 months to 36 months (must be accompanied by an adult)

This class will teach your child to become more comfortable in water so they are willing and ready to learn to swim. Basic skills taught include adjusting to water environment, comfort holding a front or back position in water and demonstrating breath control (blowing bubbles. Etc)

Preschool Aquatics (3 Levels)

Ages 3 and up. Designed to give children a positive developmentally appropriate aquatic learning experience. Level 1 helps orient young preschool children to aquatic environment and gain basic skills. Level 2 helps children gain greater independence in the water using basic skills. Level 3 helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Each level must be completed before advancing to the next.

Learn-To-Swim (Levels 1 and 2) Ages 6 and up.

Instructors will teach to swimmers ability and confidence. **Level 1** focuses on skills such as water entry and exit, bobbing, blowing bubbles through nose and mouth, opening eyes underwater and retrieving objects. Level 1 must be passed to move to next level.

Level 2 participants must be able to perform kicks, basic arm strokes and be comfortable with face in water. This level focuses on jumping feet first into the water, fully submerging and holding breath, floating face down in the water, back float, changing direction while swimming on front and back and continued work on swimming on front and back. Level 2 must be completed before advancing to level 3.

Stroke Development (Level 3)

Level 3 builds on previously learned skills by providing additional practice. Participants learn the survival



Aquatics 2019

float, front crawl with rotary breath and elementary backstroke. Head first entry into water is introduced and treading skills are improved with scissor and dolphin kicks. Level 3 must be passed before advancing to level 4

Stroke Improvement (Level 4)

Level 4 develops participants confidence in the strokes learned in level 3 and improves other aquatic skills. In level 4 participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants also learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. Level 4 must be completed to advance to level 5

Stroke Refinement (Level 5)

In level 5 participants refine their performance of all strokes and increase their distances. Flip turns on the front and back are also introduced. Diving is refined. Level 5 must be completed to advance to level 6

Swimming and Skill Proficiency

The objectives of this level, the final level of the American Red Cross learn-to-swim program, are to refine the strokes so participants can swim them with



ease, efficiency, power and smoothness while going greater distances.

Level 6 will also cover aspects of personal water safety skills, diving and fitness swimming. This level prepares participants for more advanced courses such as lifeguarding and water safety instructor as well as competitive swimming.



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Adult	\$45	\$25
Student	\$20	\$10
Midd Staff and Alumni	\$28	\$18
Twilight—After 5 p.m.	\$20	\$20

*Kids 10 and under play FREE with a paying adult

Cart Fees	18 Holes	9 Holes
Nonmembers	\$20	\$11
Members	\$16	\$9

Additional Fees	18 Holes	9 Holes
Golf Club Rental	\$20	\$10
Push Cart Rental	\$10	\$5
Range Balls	\$5 for 35 balls	

802-443-5125 • RalphMyhreGolfCourse.com
 Ralph Myhre Golf Course at Middlebury College
 317 Golf Course Road, Middlebury, VT



Aquatics 2019



MIDDLEBURY SWIM TEAM

Coaches: Colleen Rueppel, Alli Martin, Archie Milligan, and Julian Schmitt

Dates and times: June 3 (practice after school until school ends) - August 4

Monday-Thursday: Super Marlins: 7:15-8:45am

Marlins: 8:45-9:45am **Mini Marlins:** 9:45-10:15am

Friday: all three practice groups together from 8:30-9:30am

Additional optional Monday and/or Wednesday evening practices, by practice group, 6:30-7:30pm.

Dual-meets (two-team competitions) are held on Tuesday and Thursday evenings from the end of June until the end of July. Meets start 6pm and last around two hours.

Qualifying swim team members may choose to compete at The Champlain Valley Swim League Championship Meet July 26 & 27 in Middlebury; the Vermont State Championship is August 3 & 4 at UVAC in White River Junction.

Location: Middlebury Town Pool

Fees: **Super Marlins:** \$180(\$207 non-res.) **Marlins:** \$175(\$201.25 non-res.) **Mini Marlins:** \$135(\$155.25 non-res.) Scholarships are available - for more

scholarship information please call 388-8100 ext 216.

Looking for a fun way to meet great families, develop a lifelong sport, be a part of a team, and make the most of your summer? Come join the Middlebury Swim Team! The team is divided into skill-level practice groups so each swimmer can develop at a comfortable pace. Not sure which practice group is right for your swimmer? Not to worry, MST coaches will help swimmers and their parents find their best fit! And also don't worry about missing a week or two for camp or vacation as our team is flexible to your schedule—we like vacation too!

Mini Marlins/Transition Swim Team: swimmers ages 5-8 with a competitive spirit and the need for experience. They will continue to improve rhythmic breathing and competitive stroke skills. As skills improve, swimmers are encouraged to compete in meets. Swimmers who can swim 25 yards independently are welcome to join this group.

Marlins: experienced 8 & under, 9-10 year old, and newer 11-12 year old swimmers. Emphasis is placed on stroke development, correct technique, and building swimming endurance. Competitive preparation is introduced.

Junior Super Marlin: experienced 9-10 year olds and 11-12 year olds, and newer 13 year old and older



Aquatics 2019

swimmers. The emphasis is on endurance, commitment, and competition. Stroke technique will be reviewed as necessary and race strategy is introduced.

Senior Super Marlins: swimmers 13 year old and older swimmers (11-12 year olds at the coaches' discretion). Emphasis is placed on intensive water training with a continued focus on endurance, commitment, and competition. Stroke technique is reviewed as necessary and race strategy is reinforced. All Senior Super Marlins serve as role models for younger teammates.

Apparel: Team suits are not required, but may be purchased at Forth 'n Goal in Middlebury. Team caps are required for meets; these will be available to purchase through team management at a future date. Team t-shirts will be given to all registered swimmers.

Parents: Parents will have the opportunity to try different jobs early in the season to match their talents to the many tasks needed to run a swim meet. From scorers to concessions, from timers to ribbons, there is something for everyone and a way for all to contribute to the fun and success of our team.

Youth Athletics Camps

2019 Ralph Myhre Golf Course Junior Golf Camp & Clinics

Kids ages 8-16, come explore the great game of golf with all your friends at The RMGC Golf Camp! The schedule runs Monday - Friday, 9 AM - 12 PM and includes instruction on all the fundamentals, rules and etiquette, fun and games, a snack break and lots of time on the golf course. Learn how to play the game now and enjoy it for the rest of your life!

Cost: \$89 resident or \$99 non-resident. For more information, visit: www.ralphmyhregolfcourse.com.

Session I:	July 8-12th	Open to All
Session II:	July 15-19th	Open to All
Session III:	July 29-Aug 2nd	Section 1- Intermediate & Advanced Section 2- Girls Only Camp



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9-3 with aftercare till 4 available

August 5-9 open to ages 7-8

August 12-16 open to ages 9-10

Cost: \$215 per week with scholarships based on
free/reduced lunch eligibility available

Applications available at

236 Boardman Street and at:

www.homewardboundanimals.org

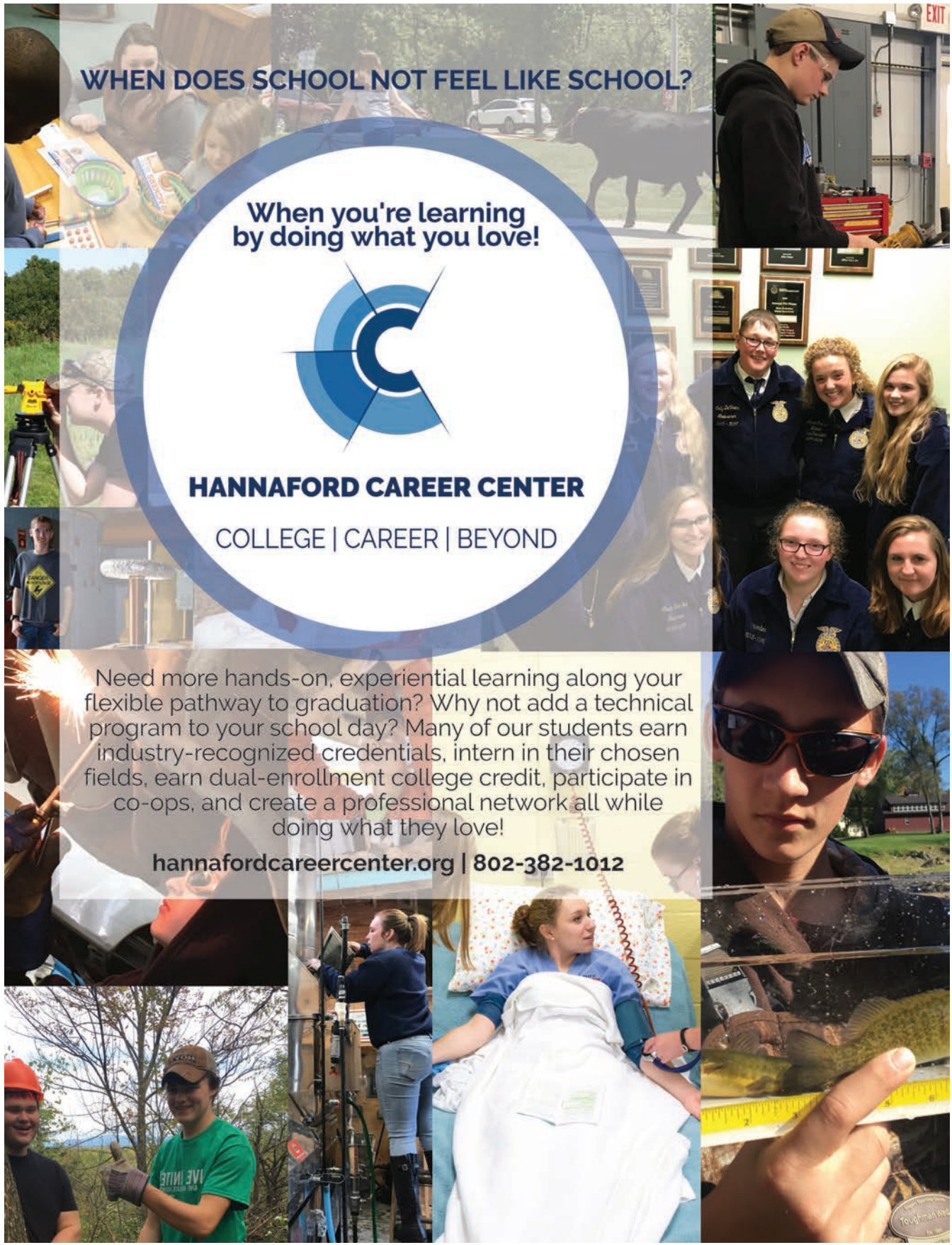
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Youth Athletics Camps

Gymnastics Camps

Instructor: Terri Phelps

Phone: (802) 236-1315 Email: terriphelps@ymail.com (yes it's Ymail)

Registration will open Tuesday May 8th at 9:30am, no registrations will be accepted before this time

Session 1: June 17th-June 21st

9:00AM-10:00AM	Ages 3-4	\$75 (\$86.25 Non-Res)
10:00AM-12:00PM	Ages 5-7	\$110 (\$126.50 Non-Res)
1:00PM-4:00PM	Ages 8+	\$135 (\$155.25 Non-Res)

Session 2: July 8th- July 12th

9:00AM-10:00AM	Ages 3-4	\$75 (\$86.25 Non-Res)
10:00AM-12:00PM	Ages 5-7	\$110 (\$126.50 Non-Res)
1:00PM-4:00PM	Ages 8+	\$135 (\$155.25 Non-Res)

Session 3: August 12th- August 16th

1:00PM-4:00PM	Ages 6+	\$135 (\$155.25 Non-Res)
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(Students will be placed in groups based on skill level and/or age in session 3)

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.

Middlebury Youth Field Hockey Club

Field Hockey Camp

Coaching Staff: Chelsey Giuliani, Katharine DeLorenzo, Tracey Harrington, and MUHS Varsity Players

Email: Tracey Harrington, 4.mt.mice@gmail.com Telephone: (802) 388-2882

Dates and time: Session 1: June 24th - 27th, AM Session 9:00 - 12:00 or PM Session 2: 3:00 - 6:00

Session 3: July 23rd - 26th, PM Session 3:00 - 6:00

Location: Middlebury College Field Hockey Turf

Cost: \$50.00 residents, \$65.00 non-residents for each session

Brief Description of Class: An introductory camp for girls and boys entering 2nd through 6th grades interested in learning the basics of field hockey. Players will learn dribbling, push passing and hitting techniques as well as basic field positioning and small group play. Participants should have sturdy sneakers, shin guards and a molded mouth guard. There will be sticks and balls to borrow for the week.

MYFHC Fun Fall Kick-off

Sunday, August 25th 2:00 - 5:00 PM, Middlebury College Field Hockey Turf

For all interested elementary students, kindergarten through sixth grade

Cost: \$10 residents, \$12 non-residents

Get ready for the season by playing fun relay games, practicing the basics like dribbling and passing, and learning more about the sport of field hockey. Come learn from the Middlebury college and high school coaches.

Free Coaching Sessions for middle schoolers

For any 7th - 9th grader interested in playing field hockey, contact Katharine DeLorenzo, Head Coach at Middlebury College to set-up a practice session. Email: kdeloren@middlebury.edu



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John and Jim Fitzgerald



Youth Athletics Camps

2019 Challenger Sports International Soccer Camp

June 24th -28th &/or August 19th -23rd - Middlebury Recreation Fields

Open to Children Ages 3-16

Challenger is excited to bring their high-quality coaching schools to Middlebury! The weeklong programs are conducted at local facilities and each will contain Challenger's own brand of innovative practices, small-sided games, camp world cup, cultural education, character building, and FUN!

Tiny Tykes: Ages 3-5 Times: 8am-9am Cost: \$96

Half Day: Ages 5-16 Times: 9am-12pm Cost: \$152

Full Day: Ages 7-16 Times: 9am-4pm Cost: \$208

Register: Online or in person. Early registration incentives available! See site for more details at challengersports.com! Registration link will be on our registration portal.



2019 Vermont Voltage Soccer Camp

July 8th-July 12th 9-12 Daily- Middlebury Recreation Fields

Open to Children Ages 5-15

The Academy offers an opportunity to learn and enjoy many aspects of the game of soccer in a fun, yet competitive environment. Fundamentals, as well as sophisticated techniques of soccer, will be taught on a personalized individual level along with various forms of group instruction provided by Camp Director Bo Vuckovic, a FIFA UEFA A Pro license holder and the staff of the Vermont Voltage Soccer Academy who are all former professional soccer players. Emphasis is placed on the development, improvement, and refinement of basic playing skills.

Cost: \$115 for first child and \$110 for each additional child. **Non-Residents will pay a 15% Non-Resident fee per child.** Families with multiple children must register in person at the Middlebury Parks and Recreation office starting May 1st. Each child will receive a camp T-shirt and soccer ball.

Register: Online or in person starting April 26th. Registration is limited to 100 participants.



2019 Global Premier Soccer Camp

August 5th-9th- Middlebury Recreation Fields

Ages 4-5 9:00-10:30am \$90.00 Resident \$103.50 Non Residents (includes T-shirt)

Half Day Ages 6-14 9:00-12pm \$120.00 Resident \$138.00 Non-Resident

Full Day- Ages 6-14 9:00-3pm \$195.00 Resident \$224.25 Non Residents (includes T-shirt)

GPS coaches are licensed (USSF/NSCAA/SFA/FA) male and female soccer coaches from Europe. The GPS Juniors Program (4-6 years) teaches the fundamentals of soccer using a fun and energetic curriculum and facilitates the development of motor and coordination skills.

The Technical Training Program is for players aged 7-14 years. Consisting of four days of technical training, each day focuses on a different technique followed by a final day of games allowing players to showcase the skills they've learned. Players will be divided by age and ability and receive an age appropriate, and fun training experience provided by our professional coaching staff. **Register:** Online or in person starting April 26th. Space is limited so register early! More Info: www.gps-vermont.com



4 Kicks Soccer Camp

Instructors: Eben and Woody Jackson **Email:** wj@shoreham.net or jacksoneben3@gmail.com

When: June 17th-21st 9am-12pm **Where:** Middlebury Recreation Park 277 Mary Hogan Drive

Ages: 5-12 **Cost:** \$95.00

What: The purpose of the camp is to foster a love of the game through fun activities, drills, small sided games and contests. The focus will be on first touch, ball control, passing, conditioning and field awareness. Learn from a MUHS Varsity high school and Far Post Club stand out and all state first team player; and Hyde School NE prep league standout Jed Danforth, the skills, mental attitude and advice on how to make the most of the soccer opportunities in Vermont.



Youth Athletics Camps

Fall Soccer 2019 Early Registration

Playing Times:

Division 1- Grades 1 and 2 (Coed) - Wednesday and Friday 3:30-4:45

Division 2- Grades 3 and 4 (Gender Specific) - Tuesday and Thursday 3:30-5:00

Division 3- Grades 5 and 6 (Gender Specific) -

Boys: Monday and Friday 3:30-5

Girls: Monday and Thursday 5-6:30

(Note: 5/6 grade girls play later in the evening so that any girls interested in participating in the field hockey program on Monday afternoons may do so)

- All practices will be held at the Middlebury Recreation Park
- Program will begin the week of Sept 2nd. 1/2 grade will practice on Wed the 4th only, 3/4 graders will practice Thursday the 5th only
- Registrations will begin online and in person on Friday, April 26th
- We ask that all players be registered on or before Friday August 30th.

Fee: \$70 for Residents of Middlebury, \$80.50 for Non-Residents (Scholarships available)

Each player will receive a ball and jersey to keep

If you are interested in coaching a team please email Dustin Hunt dhunt@townofmiddlebury.org or call 388-8100 ext 216

Preschool and Kindergarten Soccer (Ages 4-5)

This 6 week session will focus on teaching the basic fundamentals of soccer. This program is designed to be clinic-based skills work which will help players get ready for the



next level of competitive soccer while keeping it fun and engaging. The groups will be age specific this year and we will be limiting it to 20 players per age group so we can keep the group sizes small and offer more one on one direction.

Dates and Time: Monday Sept 9th-October 14th.

4 Year olds- 3:30-4:25 **5 Year olds-** 4:30-5:25

Cost: \$50 for Residents, \$57.50 Non-Residents

Register: Starting April 26th on [www](http://www.middleburyvt.org).

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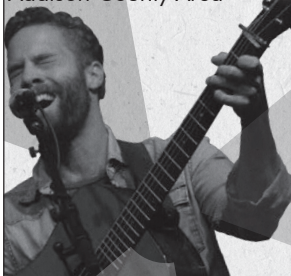
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SUMMER Guide

FEATURING:

SUMMER TIME ADVENTURE

TOWN FEATURES

CALENDAR

DINING GUIDE

Look in the May 30th issue and on local newstands!



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Youth Athletics Camps



MIDDLEBURY MAYHEM YOUTH BASKETBALL CAMP JULY 22nd-July 26th Grades 3-9

If your child loves playing basketball and is interested in taking his or her game to the next level than this is the perfect camp for them! Players will receive instruction from Coach Randy Stockwell with assistance from local players and coaches. We will focus on perfecting the basic fundamental skills while giving your player the tools to be successful as they move up through the local basketball program. This camp will include specialized drills, fun games and scrimmages every day. Campers will also receive a T-shirt the last day of camp. Children going into grades 3rd- 6th will practice from 10am-12pm daily.

The cost for this age group is \$110 dollars for Residents and \$120 for Non-Residents

Children going into grades 7th-9th will practice from 1pm-4pm daily.

The cost for this age group is \$135 dollars for Residents and \$150 for Non-Residents

Registration will begin Thursday April 25th

For more information contact Dustin Hunt
802-458-8014 or dhunt@townofmiddlebury.org

**With Special Appearances
by local College and High School Coaches!**



Youth Athletics Camps



SoJo Tennis

USPTR Certified Tennis Professional

Camps

PTR Certified Tennis Professional Franz Collas and Associate Tennis Professional Heather Potter will offer tennis programming for children ages 4 to 13. Tennis lessons will include instruction, drills, and a variety of fun play-based games.

Lessons will be held at the Middlebury Recreation Park. In the event of inclement weather, lessons will be held at Middlebury Indoor Tennis (located behind Middlebury Fitness).

For more information, please contact

Franz Collas [at 802-349-7794 or sojotennis@gmail.com]

Heather Potter [at 802-458-5283 or hpotter897@gmail.com]

TINY SWINGERS (AGES 4-5)

Using USTA red starter balls, participants will be introduced to the game of tennis by focusing on hand/eye coordination and ball control.

All Lessons are from 8:30-9:00am

Session 1- June 24th-June 28th

Session 2- July 1st-July 5th

Session 3- July 8th- July 12th

Session 4- July 15th-July 19th

Session 5- July 29th- Aug 2nd

Fee: \$60.00 Residents
\$69.00 Non-Residents

LITTLE ACES (AGES 6-9)

Depending on skill level, participants will use USTA red or orange starter balls and learn basic ground strokes and volleys. In addition, participants will learn play-based games, basic tennis rules, and expectations for court conduct.

All lessons are from 10:30-11:30

Session 1- June 24th-June 28th

Session 2- July 1st-July 5th

Session 3- July 8th- July 12th

Session 4- July 15th-July 19th

Session 5- July 29th- Aug 2nd

Session 6- Aug 12th-Aug 16th

Session 7- Aug 19th- Aug 23rd

Fee: \$95.00 Residents
\$109.25 Non-Residents

HOT SHOTS AGES 10-13 (RECOMMENDED)

Helpful to have prior tennis experience and general knowledge, but not required. Participants will develop consistency with basic ground strokes and volleys, practice shot placement, and learn to serve and return.

All lessons from 9:00-10:30am

Session 1- June 24th-June 28th

Session 2- July 1st-July 5th

Session 3- July 8th- July 12th

Session 4- July 15th-July 19th

Session 5- July 29th- Aug 2nd

Session 6- Aug 12th-Aug 16th

Session 7- Aug 19th- Aug 23rd

Fee: \$115.00 Residents
\$132.25 Non-Residents

RAIN CONTINGENCY: Midd Indoor Tennis

Tiny Swingers classes will meet at the regularly scheduled times Monday through Friday.

Little Aces classes will meet at the regularly scheduled times Monday through Friday.

Hot Shots classes will meet at the regularly scheduled times on Tuesday, Wednesday and Thursday. Monday and Friday classes will meet from 10:30 - noon on rain days only.

Discount Camp Rate

Mary Johnson Children's Center (MJCC), Middlebury Parks and Recreation, and SoJo Tennis are collaborating to make tennis available to children enrolled in their Summer Camps and Swim Lessons. Families with children attending a Summer Camp or Swim Lessons can receive a \$20 discount for each week of tennis that they enroll their child in. Scholarships are available for families who may need them. MJCC families will need to sign up in person at the Recreation offices

Private Lessons

Private lessons are available to people of all ages. Price is \$65 per hour.



Health, Wellness and Fitness



Friday Morning Yoga

Instructor: Kenzie Schoell **Contact:** kenzieschoell@live.com
Who: All abilities welcome!
When: Ongoing on Tuesdays and Fridays, 8-9am
Location: Middlebury Recreation Center
Cost: \$15 per drop-in.

Fitness Boot Camp

Instructor: Ginger Lambert: www.gingerlambert.com, 802-343-7160
Boot camp has moved outdoors to Weybridge at 293 Pulp Mill Bridge Rd. Come check out the circuit that boosts cardiovascular endurance, strength, agility and so much more. Flip tires, hula hoop and skip your way to fitness.
Saturdays 8-9AM. \$12 drop in or \$60 for 6 classes. In case of rain, class moves back indoors to the gym. For more info call 802-343-7160 or go to www.gingerlambert.com



PushBack 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, OPT, NCS.



Middlebury Rec. Center
154 Creek Rd

Tuesdays 1:00pm - 2:00pm
May 21 - August 6th

no classes on June 11th and 18th

Cost: \$10 per class
(scholarships are available)
Please call Kimberly Cobb
at (802) 989-9724 to register
*a pre-approval screening
is required*

Senior Programs

SUN STYLE TAI Chi

Moderate-Advanced Level

Certified Instructor: Karen Glauber

Date: Mondays AND Thursdays

July 8th - August 29, 2019

Location: Middlebury Recreation Center,
154 Creek Rd

Fee: None **Time:** 10:45am-11:45am

This class is designed for people who have completed levels 1 and 2 of the Sun Style Tai Chi for Fall Prevention. It will revisit the Tai Chi forms that have been taught in levels 1 and 2 courses, with greater depth into Tai Chi principles, and alignment. We will look at the subtlety of the forms and how to have greater flow between the forms. The Eight Treasures Qi Gong will be included in our practice. Mindfulness practices will be explored and developed through our Tai Chi practice. This course can improve strength, balance,



agility, flexibility and range of motion through the slow, flowing Tai Chi movements. Current research suggests that the ancient healing art of Tai Chi harmonizes mind, body, and subtle energies in the body, and has been shown to reduce inflammatory illnesses, heart disease, diabetes, and high blood pressure while promoting feelings of well-being.

Addison County Home Health and Hospice Foot Care Clinics

Appointments for the foot care clinics are now required. Please call our office at 388-7259 to make an appointment. Each patient will need a nail care kit which costs \$12. If you have not previously purchased one from us, please see our nurse when you attend the clinic. We are now requesting a donation of \$15 for nail care. If this does not fit into your budget we will happily continue to serve you, as we have in the past.

Dates/Times: 9am-12pm May 21st, May 23rd, June 18th, June 25th, July 16th, July 25th, Aug 20, Aug 27

Location: Middlebury Recreation Center Locker Rooms, 154 Creek Rd

Age Well Senior Meals

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

Where: Middlebury Recreation Center

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!

MiddSummer Lunch and Recreation Program



June 24 - July 26 • Monday - Friday • 8am - 4pm

Nutritious snacks and meals • Swimming & weekly field trips

For students entering grades 3-7

Scholarships available*

Choose from
1-5 weeks

Located at
Mary Hogan School

For more information contact Jennifer Urban, Program Administrator,
at 802-382-1415 or middsummercamp@gmail.com

*Families receiving 3SquaresVT are strongly encouraged to apply.



Special Events/Interests

Kids Obstacle Course Race

Saturday, July 20th

All Participants will get free admission to the Town Pool after the Race @1pm!

Sign your children up for the kid's obstacle course race. We encourage kids to exercise by jumping, running and helping each other out. Throughout the race, the kids conquer obstacles just their size, going over walls as well as under and through things. Climbing, balancing, carrying, pulling and pushing things are all skills that will be emphasized. First, we will do a walkthrough of the course and answer any questions participants might have and then we will do a stretch and warm up and then start the race. It will be broken up in three different age groups.

KIDS AGES 3 TO 5 TIGERS-9:30 -10:30

For children ages 3 through 5, The Kids OCR Race includes 100 yard dash followed by a series of fun obstacles that are just their size, a pit of bubbles and bouncy house.

* The younger kids will be grouped together

KIDS AGES 6 TO 8 LIONS- 10:30-11:30

For racers aged 6-8 years old, racers will tackle a One-Mile run. Racers will encounter fun obstacles throughout the course and a pit of bubbles, bouncy house, water and mud.



KIDS AGES 9 TO 11 BEARS- 11:30- 12:30

For racers aged 9-11 years old, racers will tackle a One-Mile run. Racers will encounter

fun obstacles throughout the course and a pit of bubbles, mud and water too.

All Kids OCR will receive a Kids OCR T-Shirt and Finisher medal at the end of the last Race!

Additional Course Details: a towel, change of clothes and a bag to put dirty clothes in if they get muddy. Obstacles will be optional.

* If you feel that your kid can run a mile and is younger, feel free to sign them up for the older race. If you feel that your kid can't run a mile, feel free to sign them up for the shorter race. You know your kid best.

* Dress your kids accordingly to weather/ if weather is real bad then we will reschedule

Cost is \$35. (Resident) or \$ 40 (Non-Resident)



Clinics & Lessons

Youth and Adult clinics are available afterschool, during the week day, and on weekends.

Middlebury Indoor Tennis
is open 7 days a week
and to the public.



MIDDLEBURY INDOOR TENNIS
Addison Community Athletics Foundation

Sunday Family Play

Every Sunday
10:30 a.m.. -12 p.m.

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

Visit acafvt.org
for more information

Drop-In

Monday Men's Night
7-8:30 p.m.

Free for members

Wednesday Women's Night
5:30-7 p.m.

Free for members

Mid-Day Tues/ Thurs*
12-1:30 p.m.

*\$12.00 fee for non-member
seniors from 12-3:00 p.m.



Special Events/Interests

Middlebury Studio School - Summer Art Camps 2019

Check out www.middleburystudioschool.org for Clay Classes!

All camps will be from 9-11:30AM & are held at the Patricia Hannaford Career Center, 51 Charles Ave.

June 24-28, Dragons, Castles and Hidden Lands of your Imagination, Instructor: Brian Slavin

In this class, we will be doing art projects that involve drawing, painting and sculpting of castles, dragons, and fanciful landscapes! Materials and ideas will vary as students use their imagination to journey together in a story filled and playful environment that will inspire creativity and wonder. We will spend some time outside, so bring a hat or sunscreen, wear paint clothes, and prepare to get messy! Bring a snack and drink. Ages 8 and up. Tuition \$160 - materials included

July 1-5, Art is Delicious! Instructor: Brittan Traughber-

We will explore artists who use food as their medium, make art from food products-or are making art that looks good enough to eat! Students will make salt-dough jewelry beads or decorations, black-light milk paint, make photographs with coffee, and delicious masks and art. Wear paint clothes and bring a snack and drink. Ages 6 and up. 4 days (no camp on the 4th). Tuition \$130 - materials included

July 8-12, Art of Israel, Instructor: Sarit Katzew

Explore ancient stone walls, hand-woven tapestries, street murals, and colorful fragrant spices! Come engage all of your senses and create art inspired by the diverse culture of Israel. We will make our own 'protective hand' sculptures, explore with mosaic and collage and even use some materials from Israel to enhance our projects! Wear comfortable paint clothes and bring a snack and drink. Ages 6 and up. Tuition \$160 -materials included

July 15-19, Nature Based Art, Instructor: Heather Hardt-

Do you like drawing and painting plants and animals from nature? Have you ever made string from plants, or crafted tea from plants you found in the woods? In this camp you will have opportunities to draw and paint in your nature journal using a variety of materials including graphite, watercolor, colored chalk and charcoal. We will spend time exploring the natural world around our site as we go tracking; collect plants for teas, cordage, natural dyes and beads. Come prepared to get dirty, spend time outside and make lots of art! Bring a snack & drink, insect repellent if you like, and a mug for tea. For ages 6-12. Tuition \$160 - materials included

July 22-26, Welcome to the Zoo! Instructor: Heather Hardt-

In this camp, we will be doing tons of art projects that involve drawing, painting and printing of (you guessed it!) animals! -furry, feathered, slimy and hard shelled! Students will come up with their own ideas of which animals (real or imaginary!) they want to make. We will create with paint, paper, fabric, feathers, 3-D constructions, and more. Wear your paint clothes, prepare to get messy



and have fun! Bring a snack and drink. Ages 6 and up. Tuition \$160 - materials included

July 29-Aug 2, Five Days of FUN, Instructor: Sarit Katzew-

In this camp we will be doing a different art project every day. We will make origami flowers, stained glass windows and sand art. Students will use household items to make animal tracks and imprints from leaves and nature. Their imagination will guide us in creating fun dress up items (think monster feet!), puppets and more. Bring a snack and drink. Ages 6 and up. Tuition \$160 - materials included

Aug. 5-9, It's a World of Color, Instructor: Brittan Traughber-

Each day we will explore the colors used in different countries around the world. We will make colorful flower potato prints from Holland, bright blue sun prints from England, masks from Kenya and fish flags from Japan. Plus so much more! Use your imagination and create colorful artwork to decorate your room. Wear paint clothes and bring a snack and drink. Ages 6 and up. Tuition \$160 - materials included

Aug. 12-15, Art is Everywhere, Instructor: Sarit Katzew-

Art is everywhere if you just use your imagination! Take your favorite bedtime story and turn it into a place to keep your favorite items safe while you sleep! Up-cycle an old book into a modern self-portrait for your room! Explore collage, paper and a variety of media; learn micrography, mosaic/ puzzle art and more. Wear comfortable clothes and bring a snack and drink. Ages 6 and up. 4 days, (no camp on Aug 16).

Tuition \$130 -materials included



A UNIVERSE OF STORIES



WHO CAN PARTICIPATE IN THE SUMMER READING PROGRAM?

Ilsley Library has a reading program for everyone!

Youth Summer Reading Program: Babies - 5th grade.

Teen Summer Reading Program: 6th—12th grade students.

Adult Summer Reading Program: Older Teens and Adults.

TO PARTICIPATE IN THE YOUTH PROGRAM:

- Agree to spend a significant time reading an average of 5 days/week. Reading time includes time spent reading to yourself, listening to others read to you and/or listening to audiobooks.
- Receive a creemee coupon after completing 25 days of reading;
- Receive a certificate and free book after completing 50 reading days.

TO PARTICIPATE IN THE TEEN PROGRAM:

- Receive a BINGO card of recommended books and Summer experiences;
- Receive a raffle ticket for every 5 squares completed.

TO PARTICIPATE IN THE ADULT PROGRAM:

- Receive a punchcard of book categories.
- Earn a raffle ticket for a book read and reviewed from each category.
- Receive a browsing bag for the first review submitted

<u>Date and Time</u>	<u>Activity</u>	<u>What to Expect</u>
Wednesday June 26	Summer Kick-Off at the Marquis Theater!	Travel to a galaxy far, far away with Ilsley Public Library to kick off our Summer Reading Program: A Universe of Stories! Admission is free. <i>All ages welcome</i>
Tuesdays June 25—July 30 10:30am	Baby/Toddler Storytime	It's time to read and sing and dance with Ms. Tricia! Join us as we bounce, sing and play along with a board book you take home at the end of the 6-week session. <i>All ages with adult</i>
Wednesdays July 3—July 31 10:00am	Itsy Bitsy Yoga with Mikki Raveh	Enjoy some creative learning for caregivers and children in movement, song, and yoga. <i>Toddler—prek with adult</i>
Fridays, June 21—August 16 10:00am	PreSchool Storytime	Join Ms. Tricia for a fun experience with books, songs and games! <i>2—5 years with adult</i>
Thursdays June 27 — August 8 12:30pm	Book Bike Storytime with Ms. Tricia	Come see Ms. Tricia at the Hockey Rink for a fun outdoor storytime! <i>All ages</i>
Mondays June 24, July 1, 15, 22, 29 6-7pm	Alien Adventures: A Sewing Class That's Out of This World! *Please Register in advance. *	Learn the basics of hand sewing. Each week we will work on a different project for participants to complete at home. <i>Ages 7—10 years with adult</i>
June 25—28—Week 1 July 16—19—Week 2 9am—12pm	Youth Media Lab Camps *Please Register in advance. *	Week 1— Introduction to Movie-Making Week 2— Female Filmmakers <i>4th grade and up</i>
Fridays June 28—August 9 2:30—3:30	Library League	Volunteer, plan Ilsley Programs, do fun stuff. <i>4th—6th grade</i>
August 20—23 9am—12pm	LEGO League Intro	Interested in joining LEGO League in the Fall? Join Kurt for this introduction to the program! <i>4th—6th grade</i>
Saturdays June 22—August 17 1:30—3pm	TAG (Teen Advisory Group) Events with Kathryn	Join Kathryn for Teen Book Swap, Book Bites, Board Games, Movies and more. Check the Teen Calendar for more details. <i>7th grade and up</i>
Various	Adult Events	Movies, Speakers, Trivia and more. Check the Adult Calendar for more information.
Tuesdays July 2, 16, 23, & 30 Times Vary, Check Calendar for Details	Community Performers & Events	Performers and Events for all ages, birth to 100+! We will have movie showings, science talks, live animals, author visits and more! Check our Summer Calendars for more details.



Special Events/Interests



CALLING ALL CYCLISTS!

May Is Bike Month! Post your miles cycled with American League of Cyclists at nationalbikechallenge.org.

Walk & Roll to School Day, Wed May 1- Join in this celebration of the many benefits of walking and rolling to school. Improves health and relieves traffic congestion. Form “walking” school bus and “bike” train routes from your neighborhoods. Mary Hogan Elementary class with highest rate of participants wins the “golden shoe” and a fancy fruit plate.

National Bike to School Day, Wed May 8 and National Bike to Work Day, Fri May 17

Bike Swap, Fri May 3, 3-6:30 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 3. Look for displays from local groups, demo rides, electric bikes and great deals. Proceeds benefit Middlebury Safe Routes. For more or to arrange display, contact froghollowbikes@gmail.com.

Human Powered Parade & Celebration, Sat May 11, 10-2:30 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, Fri May 17, 4 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. Cancelled in event of heavy rain.

Vermont Gran Fondo, Sat June 29- 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.

Local Motion’s Everyday Biking Workshops- Visit localmotion.org to see and arrange area workshops and resources designed to bring walking and biking within reach of all Vermonters.

Cargo Bikes 101- 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.

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 Laura Asermily at lasermily@yahoo.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 Tri-Town 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 adamfranco@gmail.com.



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Special Events/Interests

Woofstock: Walk for the Animals to benefit Homeward Bound

Save the Date! Saturday, September 14, 2019

You don't want to miss our post-walk
doggie dip in the Middlebury Town Pool!

Visit homewardboundanimals.org for more info

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!

Drop-In Programs

Adult Co-ed 30+ Basketball-

Wednesdays 6:45-8:30 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 6:45-9pm 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

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!

Martial Mind & Body

Instructor: Michael Bright Contact: 802-377-5159

Who: Every Age and all abilities welcome

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

Where: Middlebury Recreation Center

Cost: Please contact instructor for cost

Description: New Explorations in Each Class that include punches, kicks, ground work, breathing, and weapons training.

RACE FOR SUNDAES

SUNDAY, JUNE 9TH

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

1 MILE FUN RUN OR 2 MILE BIKE RIDE

NEW THIS YEAR: A TRAIL 5K!

PLUS ICE CREAM SUNDAES, MUSIC + GAMES

THE FUN BEGINS AT 8:30AM ON JUNE 9TH!

REGISTER AND DETAILS AT MALTVT.ORG



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Branbury State Park on beautiful Lake Dunmore

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6/22, 7/14, 8/11

LAKE DUNMORE OLYMPIC TRIATHLON

6/22 & 8/11

BRANBURY CLASSIC TRIATHLON

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