

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

Summer

May - August 2018

Activity Guide



townofmiddlebury.org





**40th
annual
Middlebury**

Festival on-the- Green

**July 8-14
2018**

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

Sunday, July 8

7 p.m. Makoomba

Vibrant Afro-fusion and tantalizing traditional Tonga rhythms

Monday, July 9

Noon Rik Palieri

7 p.m. James Hill and Anne Janelle Canadian Folk Music Award-winning ukulele/cello duo
8:30 p.m. The Bengsons Indie-folk band with a foot-stomping, feel-good folk vibe

Tuesday, July 10

Noon Jon Gailmor

7 p.m. Night Tree: One of the most exciting roots-based music groups offering Celtic-tinged fusion

8:30 p.m. Genticorum: Energetic and original Québécois musical trio

Wednesday, July 11

Noon No Strings Marionette Company

7 p.m. Máire Ní Chathasaigh and Chris Newman Pioneering harp/guitar duo rooted in the Irish tradition

8:30 p.m. The Barbra Lica Quintet Fast-rising star in the Canadian Jazz scene

Thursday, July 12

Noon Robert and Gigi

7 p.m. The Ballroom Thieves Harmony-driven spirited blues, folk and rock trio

8:30 p.m. The Mammals Indie-roots trailblazers; high-octane Americana quintet

Friday, July 13

Noon Magician Tom Verner

7 p.m. The Welterweights Kelly Ravin and Lowell Thompson-fronted Vermont-based rockin' country band

8:30 p.m. Stone Cold Roosters Modern, old-school, swing and honky-tonk band

Saturday, July 14 7 p.m. Vermont Jazz Ensemble Street Dance:

Big Band tunes to dance the night away; 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

Physical Address: 154 Creek Road

Mailing Address: 77 Main Street
Middlebury, VT 05753

Other Contact Info:

802-458-8014 & 802-458-8015

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

Zoe Kaslow - A.C.T. Rep.

STAFF

Dustin Hunt, Program Coordinator

802-458-8014 • (802) 771-7107 (Cell during hours of 9am-5pm)

DHunt@townofmiddlebury.org

Brian Hald, Assistant Program Coordinator

802-458-8015 (work) • Bhald@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 802-458-8015.



MIDDLEBURY

Parks & Recreation

move • grow • connect



SUNDAY
SEPTEMBER 16
2018

COURSE

19-mile & 10k timed runs, **2-mile** family fun run/walk. All courses are loops on pristine trails through woods, farmland, meadow and river valleys, circumnavigating the town.

LOCATION

Start & end at Wright Park in Middlebury, VT. Post-race celebration with refreshments, prizes & music. All welcome, any ability.

Event hosted by the Middlebury Area Land Trust (MALT). All proceeds help to maintain & improve the Trail Around Middlebury (TAM).



Registration open now at <http://www.maltvt.org>

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, 802-458-8015

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 prorated 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.

At the Co-op, you're not just a number.

HOME • AUTO • BUSINESS • FARM



Local agents with a Vermont product supporting our communities, local businesses, and farmers.



CO-OPERATIVE
INSURANCE
COMPANIES

292 Colonial Drive, Middlebury, VT 05753-5890

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





2018 Summer Program Start Dates

APRIL

- 26th - Summer Activity Guide Released
Registration opens for most programs
- 30th - Session 1 Power Mama Early Morning Group Training

MAY

- 4th & 5th - Bike and Outdoor Gear Swap
- 6th - Human Powered Parade and Celebration
- 9th - Kelly Boe Memorial Bike Ride
- 15th - Foot Care Clinic

JUNE

- 2nd - Kids Obstacle Course Race
- 4th - Tai Chi Moderate-Advanced Level begins
- 11th - Gym Closes for Floor Maintenance
- 16th - Town Pool Open (Weekend Only)
- 18th - Camp Kookamunga Week 1- Spare Time Bowling
Pool begins full operating schedule
Gymnastics Camp Session 1
Session 2 Power Mama Early Morning Group Training
4 Kicks Soccer Camp
- 19th - Fit Mama Stroller Fitness Class- Summer Session
Foot Care Clinic
- 25th - Camp Kookamunga Week 2 - Fort Ticonderoga
MiddNourishes Free Lunch Program Begins
Swim Lessons Session I
Tennis Session I
Golf Camp Session I
Art Camp - Design and Build Your Own Tree House
Vermont Wilds Day Camp
Challenger Sports Soccer Camp

JULY

- 2nd - Camp Kookamunga Week 3 - Circus Smirkus
Tennis Session II
Art Camp - Birds on the Wing
- 9th - Camp Kookamunga Week 4 - Echo Center
Vermont Voltage Soccer Camp
Swim Lessons Session 2
Golf Session II
Tennis Session III
Art Camp - Whirligigs and Thingamajigs
A.C.T. Camp Week I- VT Scavenger Hunt
Gymnastics Camp Session II
- 16th - Camp Kookamunga Week 5 - Lake Monsters Game

JULY (continued)

- 16th - Gymnastics Session III
Golf Session III- Girls only
Flip, Dance and Circus Camp
Art Camp - Rainbow Paper Camp
A.C.T. Camp Week II- Outdoor Sports
- 17th - Foot Care Clinic
- 23rd - Camp Kookamunga Week 6 - Fun Spot
Middlebury Mayhem Youth Basketball Camp
Tennis Session IV
Swim Lessons Session 3- Evening Session
Art Camp - Never Laugh at a Live Dragon
Wilderness Survival and Bushcraft Camp
A.C.T. Camp Week III- STEAM
- 30th - Camp Kookamunga Week 7- Get Air VT
Golf Session IV- Intermediate/Advanced
Tennis Session V
Superhero Training Camp
Art Camp - Weird and Wacky Art!
Field Hockey Camp Begins
Survival and Bushcraft Camp Begins
A.C.T. Camp Week IV- Wilderness and Exploration

AUGUST

- 6th - Camp Kookamunga Week 8 - Field Days
Global Premier Soccer Camp
Art Camp - Fairies and Friends
Session 3 Power Mama Early Morning Training
A.C.T. Camp Week V- Farm to Teen
- 10th - MiddNourishes Ends
- 13th - Camp Kookamunga Week 9 - Ice Skating
Steam Camp for Girls- Session 1
Art Camp - Art of Thailand
- 20th - Steam Camp for Girls- Session 2
Challenger Sports Soccer Camp
- 21st - Foot Care Clinic
- 23rd - Fall Activity Guide Released

SEPTEMBER

- 4th - Fall Programs Begin
- 10th - Pre-School and Kindergarten Soccer Begins
- 15th - Woofstock

Make music with us! **MIDDLEBURY COMMUNITY MUSIC CENTER** Register now!

2018 SUMMER CAMPS

PLUS private lessons & group classes for all ages!

- Musical Arts - grades 2-6
- Camp Adagio - grades 3 & up
- Jazz Camp - NEW! - grades 7-12
- Music Discoveries - grades pre- k - k
- Young Musicians - NEW! - grades 1-3

mcmcvvt.org - (802) 989-7538

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!

FIND OUT HOW AT gotocollegevt.org

COMMUNITY COLLEGE OF VERMONT



Middlebury



THE Garden Game 2018
IS COMING...
ARE YOU READY TO PLAY?

ADDISON COUNTY
INDEPENDENT



Products for...

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& THE PLANET!**

AUTHENTIC & AFFORDABLE PRODUCTS made with integrity from responsibly sourced natural and organic ingredients. **FREE** of petroleum, GMOs, artificial fragrances, colors, detergents, sulfates & gluten. *We use only the good stuff!*

616 EXCHANGE ST. MIDDLEBURY, VERMONT • WWW.VERMONTSOAP.COM



Middlebury Nourishes

Free Summer Meals for Kids 2-18!

WHEN: Monday through Friday • 12-1pm • Starting June 25th and ending Aug. 10th (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 9th-13th

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

FIRE & ICE RESTAURANT

Supporting local youth sports since 1974.



**Come in before the gymnastics meet
or after the little league game!**

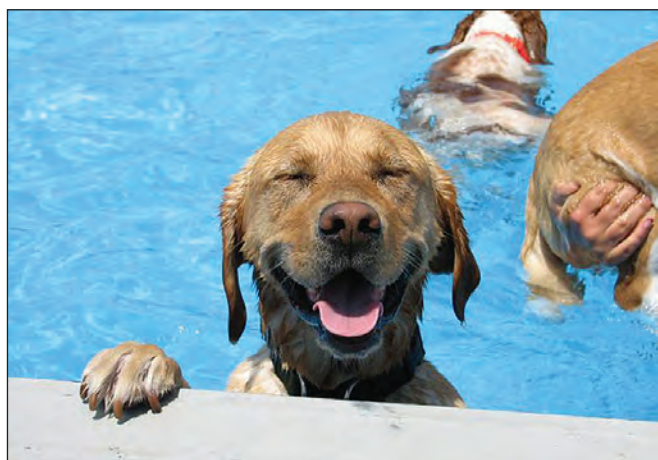
Families welcome • Kids' menu available.

Ask about our children's theater!

26 Seymour Street • Middlebury, Vermont
802.388.7166 • fireandicerestaurant.com

IMPORTANT NOTICE:

Gym Closure- The gym at the Middlebury Recreation Center will be closed from June 11th through June 17th for annual maintenance on the floor. The offices and multi-purpose room will remain open during this time. Thank you for your understanding.



Save the Date!

**Saturday,
September 15, 2018**

**Woofstock: Walk for the Animals to benefit
Homeward Bound**

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

Visit homewardboundanimals.org for more info.

Noonie's deli

Delivering the BIGGEST sandwich in town!

Mon. - Fri. 8am - 7pm • Sat. 8:30pm - 7pm • Sun. 11am - 7pm

137 Maple Street, Suite 8

Middlebury, Vt 05753

(802) 388-0014

nooniesdeli.com



CAMPS CAMPS CAMPS CAMPS CAMPS CAMPS CAMPS

Camp Kookamunga Day Camp

For Children going into Grades 1-7 8:30am-4:30pm Monday-Friday
Cost: \$185 for Residents and \$212.75 for Non-Residents (Cost is Per Week)

June 18-22: Theme: Get the Summer Rolling! Field trip to Spare Time (Bowling), in Colchester, VT. Campers will enjoy getting to know each other through cooperative sports games, and team activities. This week's field trip will be to Spare Time, as you will find us rolling into summer!

June 25-29th: Theme: Summer Revolution! Field trip to Fort Ticonderoga in Ticonderoga, NY. Join us as we take back the summer. We will play historical games, learn about American history in our area and will conclude the week by making the same trek Ethan Allen and the Green Mountain Boys took to Fort Ticonderoga.

July 2-6 (No camp on July 4th): Theme: Circus Acts. Field trip to Circus Smirkus, in Essex, VT. This week is all about circus and carnival fun. The kids will learn about many different circus acts, including juggling, tumbling, and more! The kids will also enjoy a mini carnival day, right here at camp and end the week under the Big Top!

July 9-13: Theme: Water Fun! Field trip to Echo, in Burlington, VT. We will dive into our fourth week learning all about aquatic animals, and summer water fun. Throughout the week we will enjoy water games and relays! We will also enjoy our lunches this week at the 40th Annual Festival on the Green right here in Middlebury!

July 16-20: Theme: World of Sports. Field trip to Vermont Lake Monsters Game, in Burlington, VT. During our fifth week at camp we will tour the world of sports. Each day we will explore a different sport. On July 19th, we will head to the Lake Monsters game to enjoy the Annual Kids Day event.



July 23-27: Theme: Summer Science. Field trip to The Fun Spot, in Lake George, NY. Leading into week six, we will be enjoying fun filled science experiments, and many creative crafts. At the end of the week we will venture to the Fun Spot to enjoy roller skating, go carts, and more!

July 30- August 3: Theme: Camp K Takes Flight. Field trip to Get Air, in Williston, VT. As we prepare to jump into flight at Get Air, we will learn about the mysteries of flight, as well as creating our own flying objects. Kites, planes, and bottle rockets are on this week's agenda!

August 6-10: Theme: Local Treasures! Field trip to Field Days, in New Haven, VT. This week we will explore the History of Vermont, and what makes us unique. Maple syrup, ice cream, and more! Join us on our journey of discovering treasures from our own state.

August 13-17: Theme: Cooling Down the summer. Field trip to Cairns Arena for Ice Skating, in South Burlington, VT. As the summer winds down, we will cool down with lots of talk about ice, ice experiments, ice games and more! Camp K will also hold our very own talent show!

Vermont Wilds Day Camp

Instructor: Josh Hardt Email: jhardt@rnesu.org

Ages: 8+

Dates and Time: Monday June 25th- 29th, 9am-4pm

Locations for each day of class will be emailed to participants before camp starts

Cost: \$175 for residents and \$201.25 for non-residents

Description: 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. Students will meet at dynamic locations within minutes of downtown Middlebury for an adventure of a childhood.





Josh Hardt's Wilderness Survival and Bushcraft Camp



Instructor: Josh Hardt Email: jhardt@rnesu.org • **Ages:** 10+
Dates and Time: Monday July 23rd- Friday July 27th 9am-4pm
Locations for each day of class will be emailed to participants before camp starts
Cost: \$175 for residents and \$201.25 for non-residents

Description: In a time of high tech gadgetry and an increased 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.

These camps will be run by Joshua Hardt, a Vermont native whose life has been motivated by an inquiry into all things wild. Josh has lived and guided in the Rocky Mountains and the oceans and summits of Alaska. Josh has guided expeditionary paddling in the Gulf of Alaska to the Nulhegan River; fly fishing from the Upper Connecticut to the Kenai; Mountaineering in the Chugach to the Presidentials'. Josh is a co-founder of the Moosalamoo Center at Otter Valley Union High School and is also is a professor of Outdoor Recreation at Castleton University where he teaches classes ranging from Primitive Skills to backcountry skiing and snowboarding. He holds certifications in: Wilderness First Responder, AMGA single-pitch climbing instructor, ACA paddling

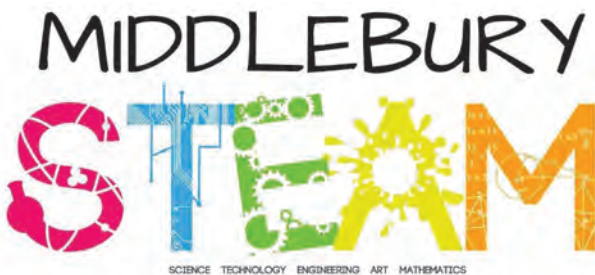
instructor, AIARE level 2 avalanche instruction and ARC lifeguard and is a SOLO certified wilderness first-aid instructor.

Midd Summer Music & Movies

Featuring great live music, outdoor movies on the big screen, food vendors, games & activities all summer long!

Details & schedule coming soon!
Check experiencemiddlebury.com





STEAM Girls Camp

Instructors: Gigi Miller and Kristine Su
Contact by email at steamgirlsvt@gmail.com or
through the website www.steamgirlsvt.com.

Dates and time:

Session 1 (Elementary School girls, ages 7-10):
August 13th - 17th
Session 2 (Middle School girls, ages 11-14):
August 20th - 24th
Both sessions are from 9:00AM - 4:00PM
Monday - Friday

Location: Middlebury Recreation Center
(154 Creek Road)

Cost: \$175 for resident \$201.25 non-residents per
session, financial scholarship available

STEAM Girls is returning for a third summer to help introduce girls to the world of Science, Technology, Engineering, Art, and Math. Girls will have an opportunity to experience Lego robotics, electrical engineering, and coding. We will work on building teamwork and leadership skills, while having a ton of fun. In addition to working with technology, campers will do arts and craft, hands-on engineering challenges, and take field trips to Shafer's for ice cream. By the end of the week, every camper will design and implement her own tech project. Each girl takes home her project and a USB with her programming projects. Don't worry if you've attended camp in the past, we have new projects every year! For more info see steamgirlsvt.com or email steamgirlsvt@gmail.com.



TEEN SUMMER CAMP

Instructor: Zoe Kaslow, ACT Executive Director

Email: zoe@middteens.org Phone: (802) 349-1790

Dates and time: ACT Summer Camp

runs from 8:30am - 4:30pm Monday-Thursday

Week 1: Vermont Scavenger Hunt July 9 - July 12

Week 2: Outdoor Sports July 16 - July 19

Week 3: STEAM July 23 - July 26

Week 4: Wilderness and Exploration July 30 - Aug. 2

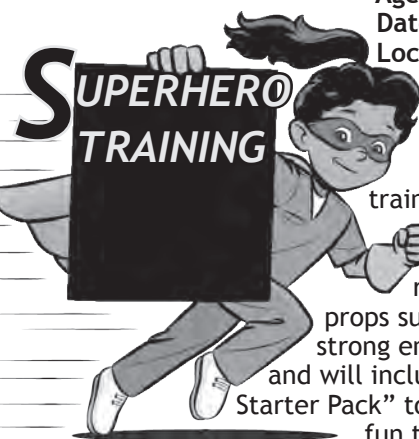
Week 5: Farm to Teen August 6 - August 9

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. 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.middteens.org.





Ages 5-11 • Instructor: Ila Sewall of GymKids Academy, Inc.

Dates and time: Monday - Friday from 9AM - Noon from July 30th to Aug. 3rd

Location: Middlebury Recreation Center Gym

Cost: Resident - \$140, Non-resident - \$161

In this camp, each Junior Hero will develop their very own 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 use props such as mats, balls, water noodles and more to learn the skills necessary to get strong enough to save the city! 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! (Please send your child with a healthy snack, water bottle, extra clothes or bathing suit for messy activities, and a smile!)

FLIP, DANCE & CIRCUS Camp

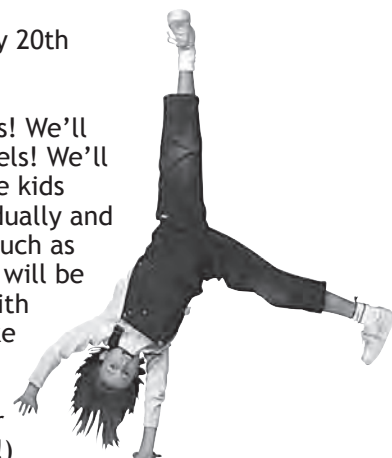
Ages 5-11 • Instructor: Ila Sewall of GymKids Academy, Inc.

Dates and time: Monday - Friday from 9AM - 12 Noon from July 16th to July 20th

Location: Middlebury Recreation Center Gym

Cost: Resident - \$140, Non-resident - \$161

This 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'll even play fun games like TAP, Clean up after the Elephant, Caught in the Clown Car, Musical Hoops and more! Kids will get a "Circus Starter Pack" to keep and there will be a graduation ceremony, dance and family fun time on Friday! (Please send your child with a healthy snack, water bottle, extra clothes and a pair of flip-flops!)



AQUATICS 2018 - TOWN POOL - 802-388-4020



OPERATING SCHEDULE JUNE 18th- AUGUST 19th
(schedule subject to change)

Please note the schedule will change the July 23rd-August 3rd to accommodate for evening swim lessons. Hours will be posted at the pool as well as our website

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

10:15am-12:15pm- Swimming Lessons (Evening lessons July 23rd-Aug 2nd)

12:15pm-1:00pm Adult Swim

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

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

5:45pm-6:30pm- Family Swim

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

Adult Supervision Required

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)

*** Home swim meets are held on
some Tuesday and Thursday evenings
Pool closes at 4:30pm on home meet days***



SWIM LESSONS

Lesson Schedule

Session I: June 25th- July 6th (2 weeks)

| | |
|---------------------------|-------------|
| 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 9th - July 20th (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 23rd- August 3rd (2 Weeks)

New 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 7/6)

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.

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.

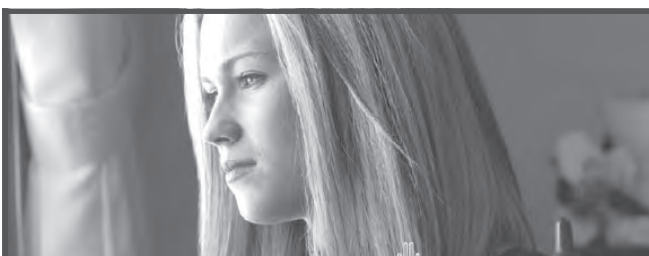
Instructors will teach to swimmers ability and confidence. Level 1 focuses on skills such as water entry and exit, bobbing, blowing bubbles through nose and mouth, opening eyes underwater and retrieving objects. Level 1 must be passed to move to next level. Level 2 participants must be able to perform 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) builds on previously learned skills by providing additional practice. Participants learn the survival 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) 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) 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.



Turning Point Center

Of Addison County Inc.

Peer recovery support for *all* addiction issues and *all* pathways to recovery.

Our mission is to offer peer-to-peer recovery support, social activities, recovery coaching, education and advocacy to people seeking recovery from substance use disorders, as well as their families and friends.

Looking for help for yourself or a loved one? Interested in volunteering or donating to help the recovery community? For a list of recovery meetings, groups, and recovery information, visit

www.turningpointaddisonvt.org

Call (802) 388-4249

or simply stop by the Turning Point Center

54 A Creek Road • Middlebury

tcavt@yahoo.com





MIDDLEBURY SWIM TEAM

Coaches: Colleen Rueppel and Archie Milligan (additional coaches to be announced before season)

Dates and times: June 2 (practice after school until school ends) - August 5 • Monday-Thursday:

Super Marlins: 7:15-8:45am **Marlins:** 8:45-9:45am

Mini Marlins: 9:45-10:15am

Friday, all 3 practice groups together from 8-9:00am. Additional optional Monday and/or Wednesday evening practices, by practice group, 4:30-6:00pm.

Dual-meets (two-team competitions) are held on Tuesday and Thursday evenings from the end of June until the end of July. Meets start 5pm and last around two hours.

Qualifying swim team members may choose to compete at The Champlain Valley Swim League Championship Meet July 27 & 28 in Essex; the Vermont State Championship is August 4 & 5 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 802-458-8015.

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 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 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 ATHLETIC CAMPS

Field Hockey Camp

Instructor: Tracey Harrington

Phone: (802)388-2882

Email: 4.mt.mice@gmail.com

Dates and time: 10am-12pm

July 30th-August 3rd

Location: MUMS Field

Cost: Resident - \$50.00

Non-resident - \$57.50

This program is an introductory camp for girls entering 4th, 5th, or 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 available to borrow, or girls may bring their own.



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 18th-June 22nd

| | | |
|-----------------|----------|--------------------------|
| 9:00AM-10:00AM | Ages 3-4 | \$75 (\$86.25 Non-Res) |
| 10:00AM-12:00PM | Ages 5-7 | \$100 (\$115 Non-Res) |
| 1:00PM-4:00PM | Ages 8+ | \$125 (\$143.75 Non-Res) |

Session 2: July 9th- July 13th

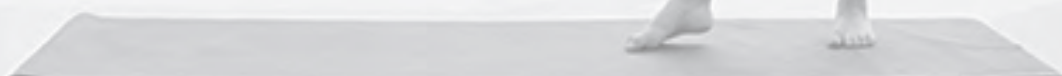
| | | |
|-----------------|----------|--------------------------|
| 9:00AM-10:00AM | Ages 3-4 | \$75 (\$86.25 Non-Res) |
| 10:00AM-12:00PM | Ages 5-7 | \$100 (\$115 Non-Res) |
| 1:00PM-4:00PM | Ages 8+ | \$125 (\$143.75 Non-Res) |

Session 3: July 16th-July 20th

| | | |
|---------------|---------|--------------------------|
| 1:00PM-4:00PM | Ages 6+ | \$125 (\$143.75 Non-Res) |
|---------------|---------|--------------------------|

(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.





Summer Soccer Camps



2018 Challenger Sports Soccer Camp June 25th-29th &/or August 20th-24th - 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 on 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!

| | | |
|-----------------------|-----------------|-------------|
| Mini Soccer: Ages 3-5 | Times: 8am-9am | Cost: \$95 |
| Half Day: Ages 5-16 | Times: 9am-12pm | Cost: \$150 |
| Full Day: Ages 7-16 | Times: 9am-4pm | Cost: \$205 |

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



2018 Vermont Voltage Soccer Camp July 9th-July 13th 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 competitive environment from a current professional player. 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, Mark Benson and several other Vermont Voltage 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 \$132.25 first child, then \$126.50 each add. 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.



2018 Global Premier Soccer Camp August 6th-10th- Middlebury Recreation Fields Ages 4-6, 9am-12pm • \$120 Resident/\$138 Non Residents (includes T-shirt) Ages 7-14, 9am-3pm • \$195.00 Residents/\$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 learnt. 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: jacksoneben3@gmail.com

Ages: 9-14

Dates and Time: 9am-12pm June 18-22nd

Location: Middlebury Rec. Park, 77 Mary Hogan Drive

Cost: \$95.00 for Residents \$109.25 for Non-Residents

Description: The purpose of this 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 Nordic Club stand out: the skills, mental attitude and advice on how to make the most of soccer opportunities in Vermont.



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 \$126.50 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 \$155.25 for Non-Residents

With Special Appearances
by local College and
High School Coaches!

Registration will begin Thursday April 26th. For more information contact
Dustin Hunt 802-458-8014 or dhunt@townofmiddlebury.org

Save the date:
**August
11th**



**Youth
Tennis
Jamboree**

More ways to play all summer long!

Middlebury Indoor Tennis—free court time for families
every Sunday from 10:30 a.m. -12 p.m.

Summer youth tennis programs—available in Bristol,
Vergennes, and Middlebury

Check out tennis equipment for the entire family—Ilsley
Public Library

Visit acafvt.org for more information



MIDDLEBURY INDOOR TENNIS
Addison Community Athletics Foundation



2018 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.ralphmyhregolcourse.com.

Session I: June 25-29 Open to All

Session II: July 9-13 Open to All

Session III: July 16-20 Girls Only

Session IV: July 30-Aug 3 Intermediate & Advanced

New! All kids attending a golf camp receive a 50% discount on a season pass!

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United Way of Addison County proudly supports local recreational programs and youth organizations, working to help build a healthy, productive, thriving community:

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



United Way of Addison County
PO Box 555, 48 Court Street
Middlebury, VT 05753
PH: 802 388-7189

To support UWAC and these organizations GIVE at
www.UnitedWayAddisonCounty.org



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SoJo Tennis Camps

PTR Certified Tennis Professional Franz Collas will lead a staff of pros including Heather Potter, and junior pros Brianna Cotroneo, Spencer Doran and Elizabeth Bright to offer tennis programming for children pre-school to age 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). Tuesday, Wednesday, and Thursday classes will meet at regularly scheduled times; Monday and Friday will meet from 10:30-12:00 on rain days only. For more information, please contact Franz Collas [at 802-349-7794 or sojotennis@gmail.com] or Heather Potter [at 802-458-5283 or hpotter897@gmail.com].

TINY SWINGERS

(AGES 5 AND UNDER)

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 9-9:30am

Session 1- June 25th-June 29th

Session 2- July 2nd-July 6th

Session 3 - July 9th- July 13th

Session 4- July 23rd- July 27th

Session 5- July 30th- Aug 3rd

Fee: \$60 Residents

\$69 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 9:30-10:30am

Session 1- June 25th-June 29th

Session 2- July 2nd-July 6th

Session 3 - July 9th- July 13th

Session 4- July 23rd- July 27th

Session 5- July 30th- Aug 3rd

Fee: \$80 Residents

\$92 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 9-10:30am

Session 1- June 25th-June 29th

Session 2- July 2nd-July 6th

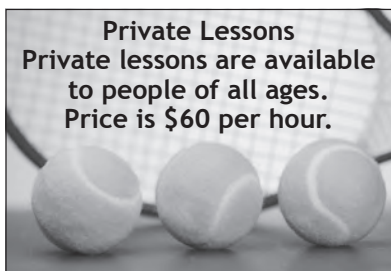
Session 3 - July 9th- July 13th

Session 4- July 23rd- July 27th

Session 5- July 30th- Aug 3rd

Fee: \$90 Residents

\$103.50 Non-Residents



Private Lessons

Private lessons are available to people of all ages. Price is \$60 per hour.

RAIN CONTINGENCY:

1. Rain contingency information is as follows:

- Mondays and Fridays: 10:30 am - noon
- Tuesdays, Wednesdays, Thursdays: 9 - 10:30 am

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Fall Soccer 2018 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 3rd. 1/2 grade will practice on Wed the 5th only, 3/4 graders will practice Thursday the 6th only.

- Registrations will begin online and in person on Thursday, April 26th

- We ask that all players be registered on or before Friday August 31st.

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 call Dustin Hunt at 802-458-8014 or email: dhunt@townofmiddlebury.org



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 & Time: Monday Sept 10th-Oct. 15th.

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.middleburyparksandrec.org



HEALTH , WELLNESS & FITNESS



Instructor: Amanda Payne
apayne.zumba@gmail.com 802-349-5964

Schedule: Monday and Wednesday 5:30 - 6:30 pm

Location: Middlebury Recreation Center Gym,
154 Creek Road

Cost: \$10 for a drop in, \$40 for a 6 class punch card
or \$75 for a 12 class punch card.

Description: Zumba is a high energy workout that is more fun than it is work! A dance party vibe with lots of fun people! All skill levels are welcome; you do not need to have any sort of background in dance!

**Tuesday and 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
Contact: www.gingerlambert.com, 802-343-7160
Cost: \$12 drop in or \$60 for 6.
Boot camp has moved outside for the season. Check out Backyard Boot Camp, every Saturday at 293 Pulp Mill Bridge Rd, Weybridge. An intense, interval workout flipping tires, running sprints, sandbags, kettle bells, and so much more. In case of rain, class moves back to the Rec. Center Multipurpose room.



Camps are geared for children 1 – 6th grade.
Please visit our website www.auroravt.org or
contact Katie McMurray at the
Aurora Learning Center, 388-2637,
for details regarding theme weeks and tuition.

Chinese Immersion Camp (4 weeks)

Science and Nature Camp (3 weeks)

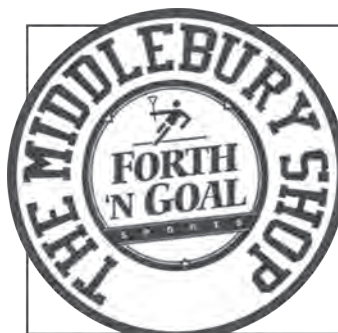
World Cup Soccer Camp

Festival on the Green Camp

Co-ed for kids entering grades 1 – 6 • 9:00 AM – 4:00 PM

Half day mini camp available for 3-5 yr. olds, too!

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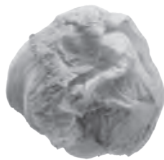
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LETTUCE TALK About Compost!



Get the dirt on backyard composting at one of our **FREE** Backyard Composting Workshops hosted by the Addison County Solid Waste Management District (ACSWMD). Registration is required for workshops hosted at ACSWMD offices, please call **802-388-2333** or email **annina@acswmd.org** to register.

2018 Backyard Composting Workshop Schedule

| <i>Date</i> | <i>Time</i> | <i>Location</i> | <i>Town</i> |
|-------------|-------------|------------------------|-------------|
| 4/21 | 2pm | ACSWMD Office | Middlebury |
| 5/12 | 10am | Holley Hall | Bristol |
| 5/19 | 10am | School Library | Weybridge |
| 6/9 | 10am | Bixby Library | Vergennes |
| 6/16 | 2pm | ACSWMD Office | Middlebury |
| 7/12 | 7pm | Platt Memorial Library | Shoreham |
| 7/21 | 2pm | ACSWMD Office | Middlebury |
| 8/18 | 2pm | ACSWMD Office | Middlebury |
| 9/15 | 2pm | ACSWMD Office | Middlebury |
| 10/20 | 2pm | ACSWMD Office | Middlebury |

Need Supplies? We sell compost bins, solar digesters, and kitchen collectors at the District Transfer Station!



**SoilSaver
Composter**
Price: \$45

**Green Cone
Solar Digester**
Price: \$125



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POWER Mama Early Morning Small Group Training

Session #1 4 weeks - 8 classes

Time: Mondays & Wednesdays 5:45am-6:30am

Dates: April 30th - May 30th (No class 5/9 or 5/28)

Cost: Resident \$69/Non-resident \$74
(Minimum 4 Mamas)

Session #2 5 weeks - 10 classes

Time: Mondays & Wednesdays 5:45am-6:30am

Dates: June 18th - July 25th (No class 7/4 & 7/16)

Cost: Resident \$86/Non-resident \$96
(Minimum 4 Mamas)

Session #3 4 weeks - 8 classes

Time: Mondays & Wednesdays 5:45am-6:30am

Dates: August 6th - August 29th

Cost: Resident \$69/Non-resident \$74
(Minimum 4 Mamas)

Location: Middlebury Recreation Center, 154 Creek Rd.

Brief Description of Class: Our POWER Mama class is a 45-minute indoor/outdoor class for mamas who want to get in an awesome workout before the day begins! Your mini(s) are home asleep and you're getting it done. Perfect for the working mama or for those who love to start their day off with a great workout! A small group training environment which includes cardio, strength, conditioning, and core workouts. All fitness levels are welcome! Postpartum mamas must be at least 12 weeks postpartum with clearance from their physician to resume physical activity.



FIT Mama Stroller Fitness Classes

Summer Session: 10 weeks - 10 classes

Time: Tuesdays 6pm - 7pm

Dates: June 19th - August 28th No class 7/31

Cost: Resident - \$86 Non-resident - \$96 Minimum: 5 Mamas

Location: Middlebury Rec. Park basketball court on Mary Hogan Drive next to the Teen Center.

MIDDLEBURY
mama

Our FIT Mama class is a 50-minute outdoor stroller fitness class for Moms which include cardio, strength, conditioning, and core workouts. All fitness levels are welcome! Every exercise can be modified for a pregnant, postpartum, or avid-moving mama. Postpartum mamas must be at least 8 weeks postpartum (10 weeks for a c-section) with clearance from their physician to resume physical activity. Kids are welcome! All children under the age of three must be secured in a five-point harness stroller with suitable wheels for brisk walking and running on various terrains for the first 30 minutes. You will need water, a yoga mat and any snacks or activities your child might need while in their stroller.

SENIOR PROGRAMS

TAI CHI VERMONT

SUN STYLE TAI CHI - Moderate-Advanced Level

Certified Instructor: Karen Glauber

Date: Mondays AND Thursdays, June 4 - August 30, 2018

Location: Middlebury Recreation Center, 154 Creek Rd

Fee: None

Time: 10:30am-11:30am



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.

This program is a joint sponsorship by Age Well and the Middlebury Town Recreation Department, and is extended to all 50 years of age and older at no charge. Donations to sustain the program are welcome and can be mailed directly to Age Well, 76 Pearl St, Suite 201, Essex Junction, VT 05452.

To register or to inquire about joining the class, contact Karen Glauber at (802)989-7532.

Bone Builders Osteoporosis Exercise Program

Who: Adults ages 55+ **Schedule:** Tuesday's and Thursday's 3:00-4:00pm

Location: Middlebury Recreation Center- 154 Creek Rd **Cost:** Absolutely Free!

What: Bone Builders is a strength training and balance exercise program for men and women designed to address the issue of osteoporosis. The program is delivered by trained and certified volunteers. Individuals that participated in a weight training program twice weekly gained in bone density, muscle strength, balance, flexibility, energy and well being.

For More Information: Call (802)388-7044 or visit www.volunteersinvt.org

Foot Care Clinics

Service provided by Addison County Home Health and Hospice at no charge to any adult 60 and over. Please bring a basin and towel to your visit.

Dates/Times: Tuesdays 10am-12pm May 15th, June 19th, July 17th and August 21st.

Location: Middlebury Recreation Center Locker Rooms, 154 Creek Rd.



SPECIAL EVENTS/INTERESTS

Middlebury Studio School - Summer Art Camps 2018

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

June 25-29, Design and Build Your Own Tree House - Instructor: Kathy Hall

Here is your chance to design and build your own free-standing miniature tree house. You will be given a form that is made from an actual tree branch with its own stand and from there the sky's the limit! Build the tree house of your dreams. Wear your paint clothes and bring a snack and a drink.

Ages 6-12. Tuition \$150 - materials included

July 2-6, (no camp on the 4th), Birds on the Wing

Instructor: Michaela Granstrom

Birds are everywhere! Let's get inspiration from our feathered neighbors. We will make bird masks and sculptures, draw and paint, and explore the surroundings for our neighborhood birds. Come prepared to be outside and wear paint clothes. Bring a snack and a drink.

Ages 6 and up. 4 days. Tuition \$120 - materials included



July 9-13, Whirligigs and Thingamajigs - Instructor: Kathy Hall

In this camp we will be making art and craft projects from whirligigs to houses on wheels that you create yourself. Starting with a base with or without wheels and lots of materials to choose from, children can let their imaginations go wild. You will make your own designs, do planning, prep and painting of the whirligig. Wear paint clothes and bring a snack and a drink.

Ages 6-12. Tuition \$150 - materials included.

July 16-20, Rainbow Paper Camp - Instructor: Elizabeth Sciore-Jones

This class is hands-on, elbows-in, papermaking! Make colorful one-of-a-kind paper. We will use glitter, yarn, confetti and colorful paper. We will go on a nature walk collecting leaves and flowers that will make each paper individual. Come wearing water sandals or galoshes, aprons and fun clothes to get messy in.

Ages 6-12. Tuition \$150 - materials included

July 23-27, Never Laugh at a Live Dragon - Instructor: Renee Ursitti

Do you see dragons in your dreams? In this class we will use paper clay and other media to create your very own dragon. You will begin with a sketch and bring it to life with paper clay and other media such as beads, gems, and material. Be prepared to get dirty and have fun. Bring a snack and a drink.

Ages 6 and up. Tuition \$150 - materials included

July 30-Aug 3, Weird and Wacky Art! - Instructor: Eileen Gombosi

Back by popular demand! Get ready for some wacky fun with this creative art camp. Paint with homemade slime, build a clothespin shark, and make the wackiest hat you dare to wear and much more! Come dressed to get messy and bring a water bottle and snack.

Ages 6 and up. Tuition \$150 - materials included



Aug. 6-10, Fairies and Friends - Instructor: Michaela Granstrom

Wee folk of field and forest need homes, too! Come build houses, shelters, and furniture for the elves and fairies of our neighborhoods. You can bring wood, bark, acorns, shells, small sticks, etc. if you have some. Wear paint clothes bring a snack/drink.

Ages 6 and up. Tuition \$150 - materials included

Aug. 13-17 (no camp on Aug 16), Art of Thailand - Instructor: Saisorn Peemanao

Have fun learning to make and decorate a floating lantern. These little boats are decorated to look like a lotus blossom. Make a colorful Thai elephant. Build and decorate a traditional Thai house. Draw and decorate a "Tuk Tuk"...a 3 wheeled motorcycle taxi. Bring a snack and a drink.

Ages 6 and up. Tuition \$120 - materials included



MiddSummer Lunch and Recreation Program



June 25 - July 27 • Monday - Friday • 8am - 4pm
Nutritious snacks and meals • Swimming & weekly field trips
For students entering grades 4-7
Scholarships available*

Choose from
1- 5 weeks
Located at
Mary Hogan School



For more information contact Jennifer Urban, Program Administrator,
at 802-349-5223 or middsummercamp@gmail.com
*Families receiving 3SquaresVT are strongly encouraged to apply.



Relax with
the *Addison
Independent's*
Addison
County Area



Guide

FEATURING:

SUMMER TIME

ADVENTURE

TOWN FEATURES

CALENDAR

DINING GUIDE



Look for it in the May 31st issue and on
local newstands!



Kids Obstacle Course Race -Saturday June 2nd, 2018

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- 9:30am -10:30am

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 and a pit of bubbles, and bouncy house.

* The younger kids will be grouped together.

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

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- 11:30am- 12:30pm

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. 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) Ages 6 and up.



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RACE FOR SUNDAES

**SUNDAY, JUNE 10TH
9:00AM-NOON**



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

REGISTRATION FOR
TRAIL BIKE OR RUN
STARTS IN PERSON AT 8:20AM

**\$8/ADULT
\$5/CHILD**

**TRAIL BIKE/RUN
ICE CREAM SUNDAES
MUSIC & GAMES
RAFFLE PRIZES & MORE!**

Middlebury Area





CALLING ALL CYCLISTS!

May Is Bike Month!

Attend VT Walk/Bike Summit, Fri May 4 in White River Junction. Look for Walk & Roll to School days in Middlebury, Bristol and Vergennes and events like those below. Post your miles with American League of Cyclists at nationalbikechallenge.org.

Bike & Outdoor Gear Swap & Sale, Fri May 4, 3-6 pm and

Sat May 5, 9 am- 12 pm • Cannon Park

Drop off bikes and gear you wish to give away or sell on consignment at Frog Hollow Bikes Mon April 30 to noon Fri May 4. Look for displays from local groups, demo rides and great deals at Frog Hollow Bikes, Middlebury Mountaineer and Forth 'N Goal. Proceeds benefit Middlebury Safe Routes. For more, contact froghollowbikes@gmail.com.



Human Powered Parade & Celebration, Sun May 6, 12-4 pm

A regional celebration of the capacity of the bicycle and the creative force of the human being. Begins at Bristol Recreation Center with a BMX/ skateboard show and community bike decorating followed by a parade to the town green for a festival with a bike-powered stage, local performers, local food, bike-powered items and art and tabling from advocacy organizations. Hosted by Bristol Recreation and Bristol Safe Routes.

Kelly Boe Memorial Bike Ride, Wed May 9, 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. Rain date Fri May 11.

Everyday Biking Workshops, Sat May 19,

10 am and 11 am, Vermont Coffee Company

Come for free iced coffee, learn tips from Local Motion on getting about town by bike safely and without getting your bike stolen. Stay for Frog Hollow Bikes coupon for free u-lock. First session starts inside Cafe at 10 am and is limited to 30 people. Go to goo.gl/wieaxS to register. Second one starts just before 11 am for on-street skills demonstrations and practice and is limited to 10. Go to goo.gl/Qnmk68 to register.

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. Join the middbikeped email list by going to sites.google.com/site/middbikeped.

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. Council members work with state and regional agencies, municipal staff, schools and other interested community partners. We have a great team on the ground but are looking for representatives from a number of towns/regions in the County. We also seek a youth representative. Anyone interested should visit www.walkbikeaddison.org or email Claire Tebbs: ctebbs@acrpc.org.





LIBRARIES ROCK!

WHO CAN PARTICIPATE IN THE SUMMER READING PROGRAM?

Ilsley Library has a reading program for everyone!

Youth Summer Reading Program: Babies - 5th grade.

NEW 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 20 days of reading;
- Receive a ribbon and free book after completing 40 reading days;
- Receive a special surprise after completing 60 reading days.

TO PARTICIPATE IN THE TEEN PROGRAM:

- Agree to spend at least 20 minutes reading for at least 50 days during the summer. Reading time includes time spent reading to yourself, listening to others read to you and/or listening to audiobooks;
- Receive a card of recommended challenge books to expand reading horizons;
- Receive an invitation to a Teen Beach Bash after 50 days of reading;
- Receive a raffle ticket after reading at least 5 challenge books.

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> |
|---|--|---|
| Last Day of School 3:30pm | Kick-Off Ice-Cream & Popsicle Social and Book Swap | Come celebrate the beginning of summer vacation (and summer reading) with a sweet treat and book swap! Bring some books from home that you are ready to pass on to others and pick out new books to replace them! <i>All ages</i> |
| Tuesdays June 26—August 14 10:00am / 10:30am | Family-Friendly Movie Matinees | Join us for free showings of scholastic storybook films perfect for pre-schoolers followed by a family-friendly feature-length movie. Popcorn provided! <i>All ages with adult</i> |
| Various Mondays & Fridays 2:30—3:30pm | Mini Makers & Maker Mayhem | Various hands-on activities! Monday Mini-Makers for grades K—3 Friday Maker Mayhem for grades 4—6 |
| Wednesdays June 27, July 4, July 25, August 8 10:30am | Performers *Tickets available 2 weeks in advance* | Come See Our Fabulous Summer Performers! June 20 —Southern VT Natural History Museum - Birds of Prey June 27—Backpack Theater presents <i>Peter Pan and the Three Bears</i> July 25—Saragail Benjamin Drum Circle Storytelling Aug 1—Hampstead Theater presents <i>American Folktales and Songs</i> |
| Thursdays July 5-August 9 10:00am | Itsy Bitsy Yoga with Mikki Raveh | Enjoy some creative learning for caregivers and children in movement, song, and yoga. <i>Toddler—PreK</i> |
| Fridays, June 22-August 17 10:00am | Rock Star Storytimes with Tricia | Friday - All Ages Saturday - Family Fun Tuesdays - Off-Site at Hockey Rink |
| Various Wednesdays and Fridays 2:00-3:00pm | Book Bites with Kathryn | Tween Book Bites - 4th, 5th and 6th Grade; Teen Book Bites - 7th and up. Come talk books and eat snacks with your friends! |
| June 19—22—Week 1 July 17—20—Week 2 August 21—24—Week 3 9am—12pm | Youth Media Lab Camps *Please Register in advance. * | Week 1— Stop-Motion Animation Week 2— Introduction to Movie-Making Week 3— Female Filmmakers II **For Children entering 4th grade and up.** |
| Saturday Afternoons | TAG (Teen Advisory Group) Events with Kathryn | Check the Teen Calendar for a list of dates and times for Teen Advisory Group events like Young Writers, Teen Matinees, Book Bites, Board Games and more. <i>Grades 7 and up.</i> |
| T, W, Th, July 31—Aug 2 2-2:30pm & 2:45—3:15pm | Recorder Lessons with MCMC | Learn the basics of playing a recorder with Susan from Middlebury Community Music Center! <i>K—2</i> |
| Various Evenings | Adult Events | Concerts, Speakers, Trivia and more. Dates TBD. |



Program Registration Form

- Please fill out every field of this form.
- Parent must sign bottom of form if participant is under 18 years of age.
- You can put multiple children on each form.



Middlebury Parks & Recreation

154 Creek Rd., Middlebury, VT 05753

www.experiencemiddlebury.com

388-8100 x205 or x216

Mailing address: 77 Main Street

PLEASE PRINT & COMPLETE ENTIRE FORM

Amt. Rec'd

Ck#

Date:

Rec'd by:

Family Last Name: Home Phone:

Parent/Guardian:

Day Phone: Email:

Mailing Address

Box/Street

Town

State/Zip

Emergency Contact: Relationship: Phone:

| Program | Sess. | Sect. | Registrant's Name | D.O.B. | Sex | Grade | Age | Fee |
|---------|-------|-------|-------------------|--------|-----|-------|-----|-----|
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Make Checks Payable to: Town Of Middlebury

Total Fees: \$

RELEASE: I understand that there are risks of physical injury inherent in participating in sports and recreational activities. I understand that the Town of Middlebury does not carry health or accident insurance for participants of its programs, and strongly advises participants to carry adequate coverage for themselves and their family. I am aware of the particular risks involved in the above programs and have considered these risks before registering myself or my child. I hereby release the Town of Middlebury, its employees, and agents from any liability of personal injury, or the loss or damage to personal property which I or my child may experience in connection with activities sponsored by the Parks and Recreation Department. I hereby consent to any medical procedures deemed advisable for my child in the event I cannot be reached and my child has sustained an injury. I hereby consent to the use of my or my child's photo, video, etc. by the department for flyers, presentations, etc.

NOTE: All programs are on a first-come, first-served basis. Space may be limited in some programs!

Signature of Participant (parent if under 18)

Date



Community.

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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 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 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 per drop-in or buy punch cards to save money!

Age Well Senior Meals

When: First & 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!

Inner Wave Silat

Instructor: Michael Bright **Contact:** 802-377-5159
Who: All abilities welcome
When: Friday mornings 9:30-11:00am
Where: Middlebury Recreation Center
Cost: Please contact instructor for cost
Description: Inner Wave Silat is a complete martial art from Indonesia that includes punches, kicks, close quarter combat, yoga, meditation, and weapons training.

West African Dance Class

Instructor: Seny Daffe, **Contact:** senydaffe4@gmail.com 802-349-5941; 802-453-5664
Who: Ages 15 and Up
Schedule: Thursdays 5:30-7:00pm
Location: Middlebury Rec. Center Gym (starting June 29th)
Cost: \$15 per class
Description: Seny Daffe grew up in Guinea, West Africa where dancing and drumming are inseparable from their culture. He was trained by various master instructors of these arts and has taught throughout W. Africa, Europe and the U.S. This will be an exciting, lively class for all levels of experience, accompanied by live drumming.



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Terra Cotta.



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OPEN 7 DAYS



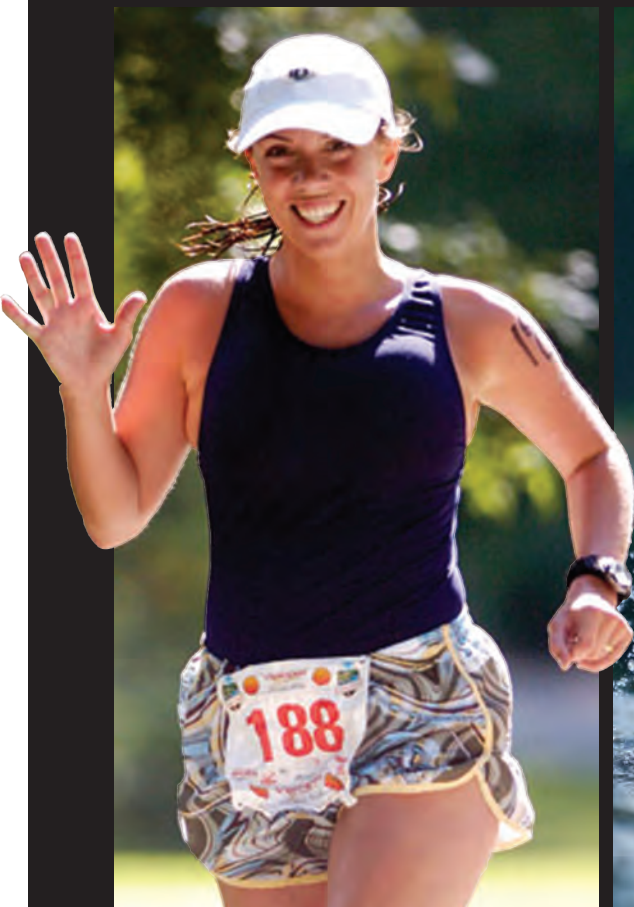
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HALF MARATHON SEPT. 23

10K 5K RUN



Vermont Sun Triathlon

600 yd. swim, 14 mi. bike,
3.1 mi. run

June 23, July 15 & Aug. 12

Lake Dunmore Triathlon

1600 yd. swim, 28 mi. bike,
6.2 mi. run

June 23 & Aug. 12



NEW EVENT 2018: BRANBURY CLASSIC – JULY 15

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