

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

Spring Activity Guide



March
- May 2019

Middlebury Parks & Recreation Department
townofmiddlebury.org

MIDDLEBURY MAPLE RUN

SUNDAY, MAY 5, 2019



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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

Website: townofmiddlebury.org — Go to
Departments and select Parks and Recreation
FB@ Town of Middlebury Parks & Recreation

Middlebury Parks & Recreation Committee

Greg Boglioli - Chair and East Middlebury Rep.

Tricia Allen - Ilsley Library Rep.

Bill Ford - Memorial Sports Center Rep.

Farhad Khan - Selectboard Rep.

Carl Robinson - Member At-Large

Mark Wilch - Member At-Large

Megan Curran - Member At-Large

Megan Mayo - Member At-Large

Karen Duguay - ACSD Rep.

STAFF

Dustin Hunt, Superintendent

802-458-8014

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

DHunt@townofmiddlebury.org

Scott Bourne, Program Coordinator

802-458-8015

sbourne@townofmiddlebury.org

ADVERTISING

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

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.

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.**

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Robert E Collins Award

We are pleased to recognize Tammi Swan as the 2018 Robert E. Collins award winner. This award has been given out annually at town meeting since 1974 and recognizes a deserving individual or organization that has shown commitment and dedication to the Middlebury Parks and Recreation Department. Tammi has volunteered hundreds of hours of



her time to the department coaching soccer, basketball and baseball as well as running the scoreboards and books for various athletic events and being Jill-of-all-trades. Tammi is the type of person that will just drop in out of the blue and ask if we need help with anything whether it is blowing up soccer balls, helping set up for events or helping organize paperwork she is always there when it seems we need her most! For the past couple of years Tammi has also taken the initiative to organize and run concessions during special events at the Recreation Center which has netted hundreds of dollars for the departments' scholarship fund.

Tammi and her husband Dale reside in Middlebury with their children Makayla and Connor. In her free time Tammi enjoys playing softball and attending her children's various activities. Thank you Tammi for all your time and effort helping make our community a better place to live!

Now Hiring Lifeguards

We are now accepting applications for the 2019 summer season. Please visit www.townofmiddlebury.org or stop by our office to get an application. Applications must be received by Friday March 29th. If you have questions please email Dustin Hunt (dhunt@townofmiddlebury.org).




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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:

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 Addison County Parent/Child Center
 Addison County Readers
 Boys & Girls Club of Vergennes
 Bristol Family Center
 Mary Johnson Children's Center
 MidSummer Lunch & Recreation
 Otter Creek Child Center
 Starksboro Cooperative Preschool
 Pathways



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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Youth Athletics



Quidditch

Ages: 9-12 (No magical ability required)

Instructor: Ira Scura and members of the
Middlebury Quidditch team

Email: quidditch@middlebury.edu

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

Fee: \$60 for 6-weeks

Date: Tuesday's 3:15-4:15pm. April 2nd through May 7th

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

Pre-K and Kindergarten Introduction to Sports

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

Who: Children ages 4-6

Location: Middlebury Recreation Fields. 277 Mary Hogan Drive

Schedule: Tuesdays from 3:30-4:30pm May 7th-June 11th (6 Weeks)

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

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

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

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Non Members	\$20	\$11
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	18 Holes	9 Holes
Additional Fees		
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Youth Athletics

Middlebury Area Little League 2019 Baseball and Softball

All students in grades K-6 are invited to play
*Please note there will be a mandatory assessment for all Minors and Major Baseball/Softball Players on Saturday March 2nd 2-5pm at the Middlebury College Field House (Saturday March 9th 2-5pm is makeup date for players that cannot attend on the 2nd) *.

Open Online Registration Dates:
January 2, 2019 - March 29th, 2019
To Register: visit Middleburyparksandrec.org
Like us on Facebook to stay current on events and information.

SPECIAL NOTE -

To ensure the continuation of this valuable youth program, Middlebury Area Little League needs **YOU!** We are seeking volunteers for a range of tasks including administrative support, fundraising, coaching, umpiring and much more. Please email middareall@gmail.com if you can help our organization.

Middlebury Area Little League sponsors 4 league levels:

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

Rookie League - (League Ages 6-8) Rookie League teams play an exciting brand of coach-pitch baseball. Teams will generally meet twice a week and will have an additional game a week once the season gets



underway. Players gain skills that will be helpful to everyone at the next level. There is some travel within Addison County.

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

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

Not sure of your player's "League Age"? Check out www.littleleague.org and search "Age Chart."

For more Information: middareall@gmail.com

Archery 1

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



a group and one on one, and practice and develop new skills weekly. All equipment provided.

When: Two sessions available, Thursdays 3:30-4:30, April 26th through May 16th and May 30th through June 20th

Where: Middlebury Recreation Park

Instructor: Melinda Hardt is a USA Archery Level 2 certified

instructor who has been teaching youth since 2006. Ages 7 & up 12 students max per class.

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

Already Taken Archery 1?

Check out this opportunity to take your archery skills to the next level!

For students who have completed a basic level 1 Archery course only-

New this spring! VT Bow hunters West Central Chapter in conjunction with C&S Hunting Supplies is offering a 4-week level 2 and advanced archery course.

Where: C&S Hunting Supplies on School House Rd. in East Middlebury

When: Sunday mornings starting May 19th, 9:00AM to 10:00AM

12 participants max.

Cost- \$40.00. All equipment provided by VT Bow Hunters Association



Youth Athletics



1st-3rd Grade Panther Lacrosse Clinic

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

Who: Children in grades 1st through 3rd grade

Schedule: All practices will be from 3:15-4:15pm, Mondays April 1st - April 29th (*no session week of April vacation 4/22)

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

Cost: \$35 Residents \$40 Non Residents

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

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

For Information on Youth Lacrosse
Please Visit Middlax.org

Community.



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Youth Athletics

GYMNASTICS

Instructor: Terri Phelps

Phone: (802) 236-1315

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

Registration will open **Tuesday, March 12th** at 9:30am, both online and in person. Late registrations will be accepted after this date in the Parks and Recreation office IF there are spots available.

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

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

Wednesdays and Thursdays: (8 Weeks) 4/10 - 6/6 (no classes April 24th or 25th)

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

Preschool (Ages 3-4)

Sec A: Saturday	9am-10am	Res \$85	Non Res \$97.75
Sec B: Saturday	10am-11pm	Res \$85	Non Res \$97.75
Sec C: Saturday	11am-12pm	Res \$85	Non Res \$97.75

Young Beginners (Ages 4 ½ - 6)

Sec D: Saturday	12pm-1pm	Res \$85	Non Res \$97.75
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Beginner/Advanced Beginner (Ages 5+)

Sec E: Wednesday	3:15pm-4:15pm	Res \$85	Non Res \$97.75
Sec F: Thursday	3:15pm-4:15pm	Res \$85	Non Res \$97.75
Sec G: Saturday	1:30pm-2:30pm	Res \$85	Non Res \$97.75

Advanced Beginner/Intermediate (Ages 7+)

Sec H: Saturday	2:30pm-3:30pm	Res \$85	Non Res \$97.75
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Intermediate/Advanced

Sec I: Wednesday	4:15pm-5:15pm	Res \$85	Non Res \$97.75
Sec J: Thursday	4:15pm-5:15pm	Res \$85	Non Res \$97.75
Sec K: Saturday	3:30pm-4:30pm	Res \$85	Non Res \$97.75

April Break Gymnastics Camps

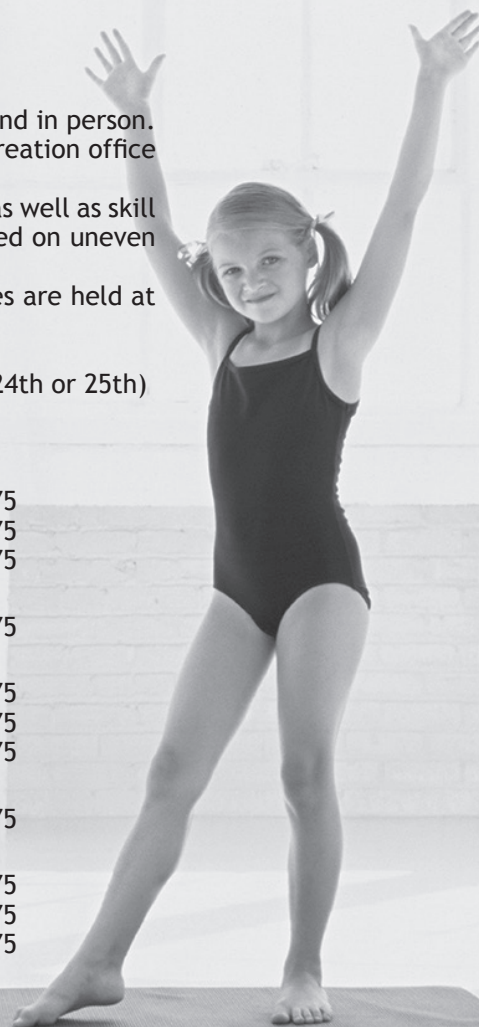
When: April 22nd through April 26th

Location: Middlebury Rec. Center Gym, 154 Creek Rd

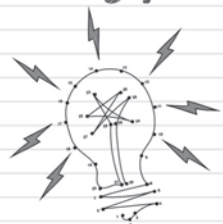
Ages 5+- Times: 9:00-12:00pm Cost: \$125.00 (Half Day)

Ages 8+- Times: 1:00-4:00pm Cost: \$125.00 (Half Day)

Ages 8+- Times: 9:00-4:00pm Cost: \$185.00 (Full Day)



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

ADULT CO-ED VOLLEYBALL

Mondays 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!

TOT TIME GYM HOURS

Who: Children ages 5 and under
Location: Midd. Recreation Facility
Schedule: Wednesdays and Thursdays from 10am-12pm during school year
Cost: \$2.00 per drop-in or buy punch cards to save money!

PICKLEBALL

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

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

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.

CHESS CLUB OF ADDISON COUNTY

This club welcomes chess players age 12 or older, including young adults and mature adults, regardless of their playing strengths. Weekly activities include short demonstrations, informal play, one-on-one coaching, and play under tournament rules. The leader is Parker "Monty" Montgomery, a past president of New Hampshire Chess Association, Vermont Chess Association and several chess clubs. Monty joined the United States Chess Federation in 1970 and achieved the National Master title in 1989. He is not a master-strength player now; he prefers to organize and to teach, on a not-for-profit basis.

Eleven Sundays: March 31 to June 30 except for April 21, May 12 and one other Sunday; 1:00-4:30pm

Location: Multipurpose Room of the Recreation Center

Fees: \$25 registration fee plus \$2 "drop in" fee per visit



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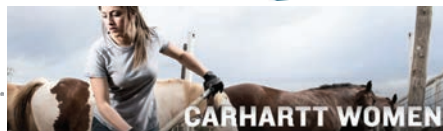
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April vacation
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Health, Wellness & Fitness



Fitness Boot Camp

Instructor: Ginger Lambert

www.gingerlambert.com, 802-343-7160

Schedule: Saturdays 8:00-9:00AM

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

Cost: \$12 drop in or \$60 for 6 classes

Description: Boot camp will pump you up. Stations are set up for an interval workout that improves strength, cardiovascular fitness, agility, balance and coordination. We play games too that promote camaraderie. Try it the first time for free. All levels welcome! Men are welcome too!

Zumba

Instructor: Amanda Payne

apayne.zumba@gmail.com 802-349-5964

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

Location: Middlebury
Recreation Center Gym,
154 Creek Road



Cost: \$10 for a drop in, \$40.00
for a 6 class punch card or \$75.00
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!

Friday Morning Yoga

Instructor: Kenzie Schoell

Contact: kenzieschoell@live.com

Who: All abilities welcome!

When: Ongoing on Fridays, 8-9am

Location: Middlebury Recreation Center

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

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

Senior Programs

SUN STYLE TAI Chi - Moderate-Advanced Level

Certified Instructor: Karen Glauber

Dates: March 4th -April 28th, 2019. Mondays AND Thursdays 10:45-11:45am

Location: Town of Middlebury Recreation Facility 154 Creek Rd, Middlebury

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

What: 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.

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!

Senior Foot Care Clinics

Middlebury Rec. Center- 154 Creek Road 9:00am - 12:00pm 3/19, 3/28, 4/16, 4/18, 5/21, 5/23

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.




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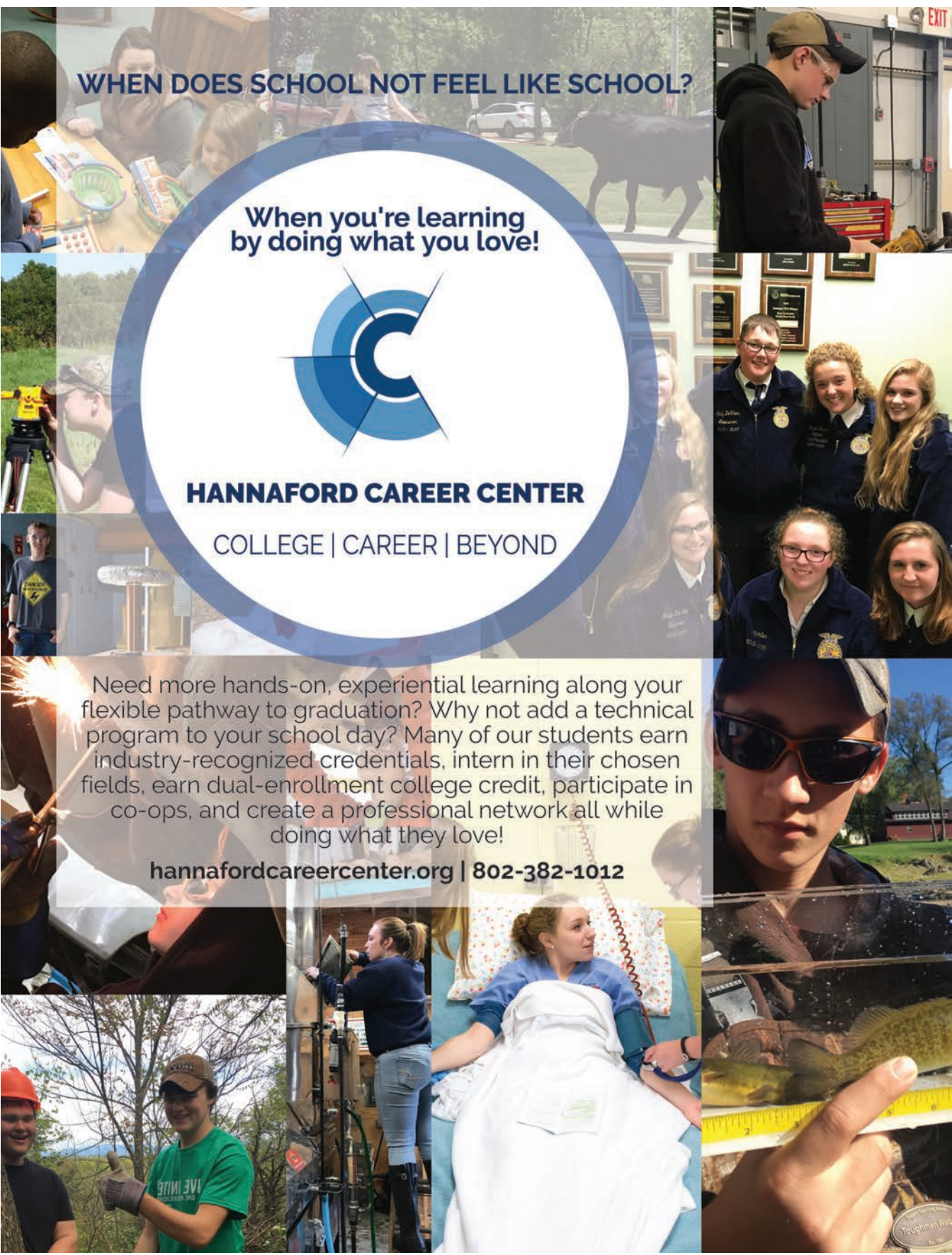


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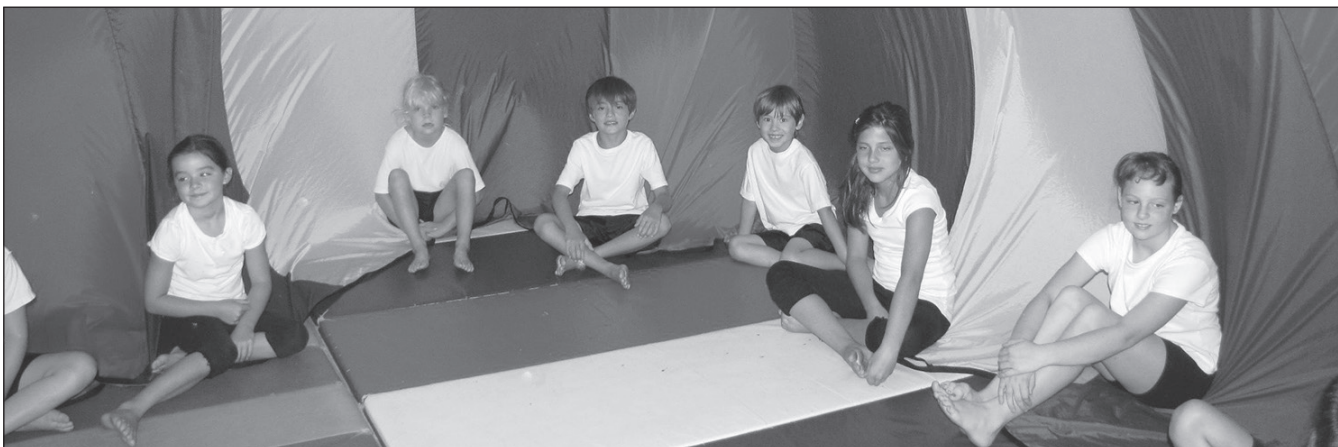
Need more hands-on, experiential learning along your flexible pathway to graduation? Why not add a technical program to your school day? Many of our students earn industry-recognized credentials, intern in their chosen fields, earn dual-enrollment college credit, participate in co-ops, and create a professional network all while doing what they love!

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Special Events/Interests



GymKids Academy Classes and In-service Camps

MOVE IT!!

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

Date: March 29th

Time: 8:30am - 12:30pm

Cost: \$50 includes materials!!

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

Flip, Dance and Cheer!! with GymKids Academy, Inc.

Ages: 5-11 older kids can be helpers

Cost: \$100 for 6 weeks

Dates: March 11th- April 15th

Times: 3:15 snack and free time for kids arriving on bus from Mary Hogan, class starts at 3:45 and goes until 5pm.

This fun new series for both boys and girls allows kids to explore fun movement activities in a non-competitive environment. We'll work on creative movement/dance with scarves and other props, learn fun cheers and chants with pom-poms, learn about 8-counts and choreograph dances to popular, appropriate music! Can you find your core muscles? Can you walk the walls? We'll work on basic mat skills such as rolls, leaps, jumps, and so much more! There will be a GymShow at the end of the session for family and friends! Please bring a water bottle and a snack. Girls need to have a hair tie, and everyone needs appropriate clothes, such as t-shirts, shorts or leggings. Kids who ride the bus to Middlebury Recreation Center will have snack and free time before class starts.

CREATE IT!!

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

Date: April 22nd

Time: 8:30am - 12:30pm

Cost: \$50 includes materials!!

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



Special Events/Interests

Calling All Cyclists!

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

Bike Smart Training, April 15-19, Middlebury Rec. Park/ Mary Hogan- Kohl's bike smart trailer returns with over 30 bikes and helmets and props to hone skills and teach rules of the road. Mary Hogan students will receive training in their PE classes that week.

Walk & Roll to School Day, Wed May 1- Join in this statewide celebration of the many benefits of walking and rolling to school including improving health and relieving 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.

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 Mon. April 29 to noon Fri. May 3. 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 or to arrange display, contact froghollowbikes@gmail.com.

Human Powered Parade & Celebration, Sun. 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 7group rides, trail work days, clinics and safety training for the next generation of mountain bikers, visit addisoncountybikeclub.org.

Local Motion's Everyday Biking Workshops- Contact Local Motion at localmotion.org to arrange 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. Also learn about 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. 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 Adam Franco at adamfranco@gmail.com.



Green Mountain Foster Grandparent Program

For more info on how to become a Foster Grandparent in Addison County, call 802 388 7044 or visit volunteersinvlt.org



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Special Events/Interests

DOG TRAINING: Bestbuddyk9training.com

SIGN UP directly for classes online at middleburyparksandrec.org AND to COMPLETE THE SIGN UP process send an email to: Bestbuddyk9training@gmail.com to let our trainer know you are in, and she will send you the rest of the information you need to be ready for class.

Dog Behavior and Learning Seminar: April 7 at 10 AM is a free seminar on dog behavior and learning. It is required for all owners who will be taking part in BEST BUDDY K9 TRAINING's upcoming dog classes but is open to the public for free. Dog lovers you will learn how dogs learn, why they behave the way they do, and how best to teach them.

Adult Dog I & Puppy K's first class is a one hour seminar on dog behavior and learning that is without your dog. 7 Sunday sessions: April 7, April 21, April 28, May 5, May 12, May 19, June 2nd

Puppy Kindergarten: 9:30-10:15 (1st class is at 10am) Ages 5 months and younger. Off-leash play and training is critical to your dog's socialization, which prevents fears and problems later in life. Reduce behavior problems & raise your puppy right for a fun and easier adult life. Start now for a foundation of attention and training that will last a lifetime! \$100 Res, \$105 non-residents.

Adult Dog I: Sundays 10:30-11:30 (1st class is at 10am) Open to dogs of any age 5 months or older. Learn new skills or brush up on old ones to get your dog to pay attention to you in the face of distractions. Learning to get attention along with teaching cues such as sit, down, stay, come, leave it, drop it, heel, and change directions, will strengthen your communication and bond with your dog to create a dynamic



human dog team! With this positive way to train you will get your dog's brain on the same page as yours. Learn how to work through minor behavior problems. No overly aggressive or overly barking dogs please. \$105 resident, \$120 for non-residents.

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

Middlebury Dog Park

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

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



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

Breakfast Daily, 7am - 10 am

Lunch Mon. - Sat., 11am - 2pm

Dinner Tues. - Sun., 5:30 - 9

Sunday Brunch, 10:30 am - 1:30 pm

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Special Events/Interests

Dance Xplorations

Dance Xplorations offers Ballet, Tap, Jazz, Contemporary, and Hip-Hop classes for youth and adults. Classes are overseen by Christal Brown, Chair of Dance at Middlebury College and the Director of The Opulence of Integrity. Classes are taught by a collection of talented instructors with over 20 years of training and performance experience. Each 10 week session is designed to increase body awareness, technical trainings, confidence, and performance skills. By offering a wide variety of technique classes to the Middlebury community, Brown and her team hope to cultivate a community in which movement is second nature. Students of all abilities and levels are welcome!

For questions please email:

Danceexplorations@gmail.com

(Each class will have a midpoint and closing sharing open to friends and family.)

Location: Middlebury Recreation Center

Multi-purpose room, 154 Creek Rd.

Classes run February 25th- May 10th, 2019. Cost is \$125 for Residents and \$143.75 for Non-Residents

Weekly Schedule

Day	Time	Genre	Age Group	Instructor
Monday	2-3pm	Creative Movement	Preschool	Liv Reuss
	6-7:15	Dance for Adults	18 and up	Christal Brown
Tuesday	4-5pm	Ballet 1	5-9	Nadani Dixon
Wednesday	4-5pm	Creative Movement	5-9	Liv Reuss
	5-6pm	Tap	7 and up	Eva Ury
Thursday	4-5pm	Ballet 2	10 and up	Nadani Dixon



Birthday Parties!!

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



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Addison Central Teens

Drop in hours

What: Join us at the Teen Center for programming, snacks, and fun, every day after school. We always have food waiting, and look forward to seeing teens! We have activities like LGBTQIA+ and Teens Support Teens groups (on alternating Mondays), craft projects, pool, foosball, and we always have a sit down meal together on Wednesday afternoons. Come check us out--there's something for everyone. Visit middteens.org for more information.

When: Every day that school is open, 3:00-6:00pm. Open 1:00-6:00 on early release days. Center is closed when school or afterschool activities are cancelled.

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

Boat Building Camp

What: The Teen Center is teaching teens to build a 12-foot sailboat over February and April breaks! Join us to put together a boat from scratch. We'll be learning to use power tools, so this workshop is only for youth 13 and up. Breakfast and lunch are provided!

Register: Register online at middteens.org. Registration is \$75 for each week (scholarships are available).

When: February Break: Feb 18-22, and April Break, April 22-26. 7am-1pm.

Where: Addison Central Teens, 77 Mary Hogan Drive, Middlebury Recreation Park and Patricia A. Hannaford

Career Center, Main Campus

Instructor: Ed McGuire and Devon Karpak

Project Money

What: Join the Teen Center and Vermont Adult Learning for a 7 week program teaching youth the basics of handling money, from their first paycheck, to their first apartment. Teens receive \$10 for each session they participate in, and a total of \$75 for participating in all of them.

When: Every Tuesday from 3:45 to 5:15 beginning February 26th, ending April 9th.

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

Sign up: middteens.org

Instructor: Natalie Riegle and David Roberts from Vermont Adult Learning.

Teen Cuisine

What: A teen-oriented cooking workshop full of tasty food and awesome incentives. It is a 6 week series, and if youth complete the series, they will receive a free immersion blender!

When: Every Thursday from 3:45-5:15 beginning May 2, ending June 6.

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

Sign up: middteens.org

Instructor: Susan Bodette, UVM EFNEP coordinator



Clinics & Lessons

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

Tiger Tennis Club

April 3rd - May 34th
Wed. 3:30-5:30 | Fri. 3:30-5:00
Open to 7th-8th grade
No cost | Must pre-register

Adult Tennis Leagues

Monday Men's League

7-8:30 p.m.

Wednesday Women's League

5:30-7 p.m.

\$5/Members

\$15.00/Non-members

Must Pre-register.

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.



MIDDLEBURY INDOOR TENNIS
Addison Community Athletics Foundation

Visit acafvt.org to find more information & to register.



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