



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



Summer Activity Guide

Middlebury Parks & Recreation Department

May - August 2017 • www.experiencemiddlebury.com



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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:

Phone: 388-8100 x205 or x216

Website: <http://experiencemiddlebury.com/play/middlebury-parks-recreation/>

FB@ Town of Middlebury Parks & Recreation

Middlebury Parks & Recreation Committee

Colby Benjamin - ACT Teen Center Rep.

Elaine Orozco Hammond- ID #4 Rep.

Greg Boglioli -Chair and East Middlebury Rep.

Tricia Allen - Ilsley Library Rep.

Bill Ford- Memorial Sports Center Rep.

Carl Robinson- Member At-Large

Mark Wilch - Member At-Large

Farhad Khan - Selectboard Rep.

STAFF

Terri Arnold, Director

(802) 388-8100 x205

TArnold@townofmiddlebury.org

Dustin Hunt, Program Coordinator

(802) 388-8100 x 216

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

DHunt@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) 388-8100 ext. 205 or 216



MIDDLEBURY

Parks & Recreation

move • grow • connect



Keep playing tennis – all summer long!

The Addison Community Athletics Foundation has many opportunities for you & your family to stay active during the upcoming months.

Family Play Drop-in Hours

Every Sun., 10:30a.m.-12p.m.
Middlebury Indoor Tennis
Equipment provided & Free!

Youth Tennis Tournament

Sat., June 3, 2017, 1p.m.
Middlebury Indoor Tennis
Open to 7-15 years of age
Equipment Provided
\$25.00, *scholarships available*



Contact Erin Morrison to register or find more information for these events:

emorison@acafvt.org || 802-388-3733 || www.acafvt.org

Game. Set. Fun.

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- Home Shows
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- & More

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MEMORIAL SPORTS CENTER

296 Buttolph Drive, Middlebury VT • **802-388-1238**
info@memorialsportscenter.org • www.memorialsportscenter.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, 388-8100 ext 216

Check: Facebook-

Town of Middlebury Parks & Recreation

Online Registration: middleburyparksandrec.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, or issue a credit, good for one calendar year, for the full class 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 feel like you might like to apply for a scholarship and would like some more information please contact our office 388-8100 x205 or x216.

Access by Transit

Served by free, frequent ACTR Shuttle Bus service, Mon.-Sat. Take MSB Rte. 7 South Bus to stop #6a, located on Lacrosse Drive. For more information, visit www.actr-vt.org or call 388-ACTR(2287).

2017 Summer Program Start Dates

MAY

12th - Registration Opens for Most Programs
15th - Bike to Work/School Week Begins
20th - Human Powered Parade and Celebration
24th - Safety Day (Mary Hogan)

JUNE

5th - Tai Chi Health and Balance Class Begins
7th - Mary Hogan 6th Grade Bike Ride
9th - Middlebury Mama Stroller Fitness Session I
8th - Middlebury Mama Stroller Fitness Session II
10th - Town Pool Open (For Weekend Only)
12th - Gym Closes for Floor Maintenance
17th - Town Pool Open (For Weekend Only)
21st - Art Camp - Weird and Amazing Art
25th - Gym Re-opens
26th - MiddNourishes Begins
Pool Opens Regular Hours
Gymnastics Session I
Tennis Session I
Golf Camp Session I
Panther Soccer Camp Begins
Art Camp - Cosmic Creations
Camp Kookamunga Week 1 - Petra Cliffs
A.C.T. Camp Week 1
29th - West African Dancing for Kids begins

JULY

1st - Vermont Gran Fondo
3rd - Swim Lessons Session I
Tennis Session II
Art Camp - Fairyland Creatures and Homes
Camp Kookamunga Week 2 - Get Air
6th - Middlebury Mama Stroller Fitness Session III
7th - Middlebury Mama Stroller Fitness Session IV
10th - Vermont Voltage Soccer Camp Begins
Golf Session II
Tennis Session III
Art Camp - Where the Wild Things Are
Camp Kookamunga Week 3 - Water Slide World
A.C.T. Camp Week 2
17th - Swim Lessons Session II
Gymnastics Session II

Golf Session III

Art Camp - Art of China
Vermont Wilds Camp Begins
A.C.T. Camp Week 3
Camp Kookamunga Week 4 - Ice Skating
Brazilian Jiu Jitsu Week 1
21st - MidSummer Wrestling Camp
22nd - MidSummer Wrestling Camp
24th - Midd Mayhem Youth Basketball Camp Begins
Tennis Session IV
Art Camp - Viking Art Adventure
Camp Kookamunga Week 5 -
Lake Monsters Game
A.C.T. Camp Week 4
Brazilian Jiu Jitsu Week 2
31st - Swim Lessons Session III
Gymnastics Session III
Golf Session IV
Tennis Session V
Art Camp - Birds of a Feather
Field Hockey Camp Begins
Survival and Bushcraft Camp Begins
Camp Kookamunga Week 6 - Fun Spot
and Ice Cream Shop (Lake George, NY)
A.C.T. Camp Week 5

AUGUST

7th - Global Premier Soccer Camp Begins
Art Camp - Animals in Art
Camp Kookamunga Week 7 - Addison
County Field Days
11th - MiddNourishes Ends
14th - Art Camp - Art of Egypt
Camp Kookamunga Week 8 -
Circus Smirkus
Steam Camp for Girls- Session 1
20th - Town Pool Ends Regular Schedule
21st - Steam Camp for Girls- Session 2
25th - Fall Activity Guide Released

SEPTEMBER

5th - Fall Programs Begin
11th - Pre-School & Kindergarten Soccer Begins

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39th Festival on-the-Green

ANNUAL
MIDDLEBURY
SUMMER

July 9-15, 2017
Village Green, Middlebury, VT

Free, family-friendly music festival supported by community donations



festivalonthegreen.org
or call 802-462-3555 to learn
more about this year's event



Schedule of Events

Sunday, July 9

7 p.m. Radio Free Honduras:

Acoustic Latin folk-rock band
fronted by Honduran music
legend/guitar virtuoso
Charlie Baran

Monday, July 10

Noon Brown Bag:

Robert & Gigi

7 p.m. The Sea the Sea: Indie
folk-pop duo-band with rich
harmony and lyric-driven songs
**8:30 p.m. Mollie O'Brien and
Rich Moore:** Grammy award
winner who stretches musical
boundaries

Tuesday, July 11

Noon Brown Bag: Jon Gailmor

7 p.m. Emily Braden Trio: An
effortless blend of jazz and soul
8:30 p.m. Upstate Rubdown: A
stew of jazz, blues, gospel, soul
and pop

Wednesday, July 12

Noon Brown Bag: No Strings

Marionette Company

7 p.m. Pete's Posse: Multi-
generational roots music
8:30 p.m. The Molly Tuttle Band:
Award-winning flat-picker with a
voice like an angel

Thursday, July 13

Noon Brown Bag: Stephen Gratto

7 p.m. Jason Anick Gypsy Jazz

Trio: Jazz without borders

8:30 p.m. The Seamus Eagan

Project: Founding member of
the band Solas explores the far
reaches of the Irish tradition

Friday, July 14

Noon Brown Bag:

Magician Tom Verner

7 p.m. Starline Rhythm Boys:

Swinging rockabilly and
honky-tonk band

8:30 p.m. Dave Keller's 9-Piece

Soul Revue: One of the finest
award-winning soul and blues
men of his generation

Saturday, July 15 7 p.m. Vermont Jazz Ensemble Street Dance:

Come early for swing-dance lessons with Jim Condon.

Support this year's Festival by clicking "JustGive"
at festivalonthegreen.org or mailing a donation to:

Festival on-the-Green

PO Box 451, Middlebury, VT 05753



Middlebury Nourishes

Free Summer Meals for Kids 2-18!

WHEN: Monday through Friday • 12-1pm • Starting June 26th and ending August 11th

WHERE: Middlebury Rec. Park - Entrance to Memorial Sports Center (Across from Town Pool)

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 Midd Summer Lunch and Recreation Program, and the Town of Middlebury Parks and Recreation Department, collectively known as Middlebury Nourishes. Middlebury Nourishes does not discriminate on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

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



IMPORTANT NOTICES:

The gym at the Middlebury Recreation Center will be closed from June 12th through June 25th for annual maintenance on the floor. The offices and multi-purpose room will remain open during this time. Thank you for your understanding.

Due to limited staff we will not be selling Great Escape tickets in our office this year. You may purchase tickets at the Bristol Parks and Recreation office or online.

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)

Register: Online or in person starting May 12th

June 26-30th Theme: Team building. Field trip: Petra Cliffs, Burlington, VT

Campers will create and participate in a vast array of team-oriented activities that promote cooperation, communication and group problem solving. This week's field trip will find us literally climbing the walls at Petra Cliffs.

July 3-7 Note: no camp on July 4th
Theme: Mystery of flight. Field trip:
Get Air- Williston, VT.

This week will find us making flying toys of many descriptions. We will use rubber bands, water and air pressure and Alka Seltzer tablets to power our own airplanes, helicopters and rockets.

July 10th - 14th Theme: Kids Got Talent. Field Trip: Water Slide World, Lake George, NY.

Middlebury's Festival on the Green week is one of the most fun weeks to be in Middlebury! 4 out of 5 days will find Camp Kookamunga enjoying lunch and the Brown Bag Special, Kids entertainment on the town green. Kids will grow their own entertainment skills throughout the week, culminating in a Friday afternoon talent show.

July 17-21st Theme: Time Travelers. Field Trip: Ice Skating at Cairns Arena, South Burlington, VT

We will use our pretend time machine to travel to different eras in history. Discover dinosaurs, meet medieval knights and dance the disco at club Kookamunga.

July 24-28th Theme: Fun and Fitness Field trip: Vermont Lake Monsters game July 25th, Burlington, VT
Improve your skills and have serious fun at Camp Kookamunga Sports Week. Campers will delve into sports from around the world, from Soccer to Skateboarding. This week of camp will include a field trip to watch the Vermont Lake Monsters at their annual kid's day event.

July 31- Aug. 4 Theme: Summer Science. Field trip: The Fun Spot and ice cream shop, Lake George, NY

How about adding a double scoop of science-filled summer fun? Let your child grow and discover science as a fun, creative way to explore their world.

August 7th-11th Theme: Mysteries of Vermont. Got Local? Field Trip: Addison County Field Days, New Haven, VT.

Ski local, buy local, know local and keep Vermont weird. This week will find us looking into local Vermont culture of nature, farms and good ol' Yankee ingenuity.

August 14th-18th Theme: Circus skills Field Trip: Circus Smirkus, Montpelier, VT

This week of camp will get your kids active and learning a range of circus skills as we prepare for our yearly trip to see the young people of Circus Smirkus amaze us during their always wonderful New England, One Ring Big Top Tour stop in our states capital.





Middlebury Mama Stroller Fitness

Instructor: Emma Fulmer

Contact by email at middleburymama@gmail.com.

Dates/time:

Session One: June 8th - 29th.

Thursdays from 6:00-7:00PM.

Session Two: June 9th - 30th.

Fridays from 9:15-10:15AM.

Session Three: July 6th - 27th.

Thursdays from 6:00-7:00PM.

Session Four: July 7th - 28th.

Fridays from 9:15-10:15AM.

Location: East Middlebury basketball courts and park.

In case of rain, it will be located at the Recreation Department Building.

Cost: Resident - \$39. Non-resident - \$49.

Brief Description of Class: Our FITmama class is a 60-minute outdoor stroller fitness class for mamas 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 4 must be secured in a five-point harness stroller with suitable wheels for brisk walking and running on various terrains for the first thirty minutes of class. You will also need water, a yoga mat and any snacks or activities your child might need while in their stroller. After class, we will play with the kids at the park or do a fun activity! Come join an encouraging group of mamas that will help you reach your fitness goals in a positive and motivating environment!

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!



ZUMBA

STEAM Girls Camp

Instructors: Joy Wood (Middlebury College '17), Kristin Richards (Middlebury College '17), and Joey Hernandez (Middlebury College '19). 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 14-18

Session 2 (Middle School girls, ages 11-14): August 21 - 25

Both sessions are from 9:00AM - 4:00PM Monday - Friday.

Location: Middlebury Recreation Center (154 Creek Road)

Cost: \$100 per session, financial assistance available

STEAM Girls is returning for a second 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 do arts and craft, hands-on engineering challenges, and take field trips to Sama'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, an electrical engineering starter kit, and a USB with her programming projects.



Backyard Boot Camp

Instructor: Ginger Lambert, 293A Pulp Mill Bridge Rd. Weybridge. 802-343-7160

Dates and time: Summer and Fall: Wednesdays 7-8AM and Saturdays 8-9AM

Location: Back yard at 293 Pulp Mill Bridge Rd. Weybridge (Midd Rec. Center in case of rain)

Cost: \$12 single class or \$60 for 6 class punch card
Description of Class: If you enjoy the outdoors then join us for this high intensity, interval type workout. You will challenge yourself with tire flipping, bear crawls, log carry and more fun exercises designed to increase cardiovascular fitness, endurance, strength, agility, and coordination. Modifications always given when needed. All levels invited. MY PACE IS THE RIGHT PACE!



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A BETTER PLACE TO LIVE, WORK & PLAY

Music & Movies in the Park

WEDNESDAYS THROUGHOUT THE SUMMER

Gather friends and family and enjoy an evening out in Middlebury over live music and projected movies on select Wednesdays throughout the summer. A full schedule will be published in the Addison Independent, online at ExperienceMiddlebury.com and via Middlebury Community Music Center. The concerts and movies will be held at the new park across from Sama's and will be free to attend. We look forward to seeing you there!





2017 Ralph Myhre Golf Course Junior Golf Camp & Clinics

Kids ages 6-14, 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.ralphmyhregolfgolfcourse.com.



Session I: June 26-30 Open to All

Session II: July 10-14 Open to All

Session III: July 17-21 Girls Only

Session IV: July 31st-Aug 4th Intermediate & Advanced

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



AQUATICS 2017

The Pool will be open for public swimming on the weekends of June 10th and 17th from 1-5pm
OPERATING SCHEDULE JUNE 26th- AUGUST 20th (schedule subject to change)

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

10:15am-12:15pm- Swimming Lessons

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

*** Home swim meets are held on some Tuesday and Thursday evenings

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

Daily Fees

Youth (15 and younger) - \$3.00

Adults (16+) - \$4.00

Senior Citizens (55+)-\$2.00

Season Passes

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

Adult \$70 (Non Resident \$80.50)

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

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



Swim Lessons

Lesson Schedule

Session I: July 3rd-July 14th (2 weeks)

Sec A: Level 1	10:45-11:15
Sec B: Level 2	10:15 - 10:45
Sec C: Level 3	10:45 - 11:15
Sec D: Level 4	10:15 - 11:00
Sec E: Level 5	10:45 - 11:30
Sec F: Parent & Child 1	11:15 -11:45
Sec G: Pre-School Level 1	11: 15 - 11:45
Sec H: Pre-School Level 2	11:45 -12:15

Session II: July 17th - July 28th (2 Weeks)

Sec A: Level 1	10:15 - 10:45
Sec B: Level 2	10:15 -10:45
Sec C: Level 3	11: 15 - 11:45
Sec D: Level 4	10:45-11:30
Sec E: Level 5	10:45 - 11: 30
Sec F: Level 6	11:30-12:15
Sec G: Parent & Child 1	11:45-12:15
Sec H: Pre-School 2	11:45 - 12: 15
Sec I: Pre-School 3	11:45 - 12: 15

Session III: July 31st - August 11th (2 Weeks)

Sec A: Level 2	10:15 -10:45
Sec B: Level 3	10:45 -11:15
Sec C: Level 4	10: 15 - 11:00
Sec D: Level 5	10:30 -11:15
Sec E: Level 6	11:00 -11:45
Sec F: Pre-School 2	10:45 - 11: 15
Sec G: Pre-School 3	11:45 - 12: 15
Sec H: Parent and Child 2	11:15 - 11:45

Lessons are held Monday-Thursday. No class on July 4th (will be made up Fri 7/7) 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 May 12th
www.middleburyparksandrec.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 next.

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

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

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

Stroke Development (Level 3)

Level 3 builds on previously learned skills by providing additional practice. Participants learn the survival float, front crawl with rotary breath and elementary backstroke. Head first entry into water is introduced and treading skills are improved with scissor and dolphin kicks. Level 3 must be passed before advancing to level 4

Stroke Improvement (Level 4)

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

Stroke Refinement (Level 5)

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

Swimming and Skill Proficiency (Level 6)

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.



MIDDLEBURY SWIM TEAM

Middlebury Swim Team is one of eight teams that make up the Champlain Valley Swim League. Middlebury Swim Team meets the needs of all swimmers, from beginner to advanced, by following a positive, progressive, developmental model that fosters excellence and commitment to the team. As a team member, a swimmer learns the values of sportsmanship and teamwork. Coaches encourage each swimmer to achieve the best that s/he is able to. Swimmers become empowered with physical, emotional, and intellectual skills that can last a lifetime.

Eligibility: If your child can swim 25 yards, perform rhythmic breathing, and make the commitment then s/he is eligible for the team. Coaches emphasize that experienced team members will act as models and mentors for new team members.

Apparel: Team suits are not required but may be purchased at Fort '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; these tees will be designed by one of the team members.

Practices and Meets: Practices will be held in the evening until ACSU schools are out and in the morning thereafter. All who practice regularly can choose to



swim at meets. Dual-meets (two team competitions) are held on Tuesday and Thursday evenings from the end of June until the end of July.

Parents: Families should be aware that swim team success requires parent involvement: volunteering at meets will be mandatory. Duties can range from timing to concessions to handing out ribbons, but all veteran swim parents are expected to act as mentors and provide training for new swim team families.

PRACTICE GROUPS

Mini Marlins/Transition Swim Team: The Mini Marlins group is comprised of 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: This group is comprised of 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: This group is comprised of experienced 9-10 year olds and 11-12 year olds, and newer 13-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: This group is our most competitive group and is comprised of 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.

COACHING STAFF

Colleen Rueppel: Head coach Colleen is a graduate
Swim Team continued on Page 13



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MOUNTAIN BIKING
PADDLING
HIKING
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TUBING**



For more info check out www.mmvmt.com



Swim Team continued from Page 12

of Wilmington College majoring in Educational Studies and Special Education; she is also a member of the swim team. This is her second year providing leadership to Middlebury Swim Team. She is a swim coach at Kenyon College's Total Performance Competitive Stroke Camps. She began competitive swimming at age seven and swam for Diplomat Swim Club and Manheim Township High School. Colleen has been a finalist in the 100 yard freestyle and 100 yard butterfly at the Ohio Athletic Conference Championships and a member of the 200 and 400 yard freestyle relays. Her favorite strokes are freestyle and butterfly.

Brianna Foley: Brianna has just finished her 4th year at Champlain College majoring in computer science. She began swimming competitively at the age of nine and swam for Middlebury summer swim teams for seven years. This will be her 4th season coaching the Middlebury Swim Team. Her favorite stroke is backstroke.

Harper Smith: Harper just completed her second year of college and hopes to major in graphic design/communication following graduation. This is her third year coaching for Middlebury Swim Team. Harper began swimming competitively at the age of 7 and spent 10 years swimming for Middlebury Swim team. Her favorite stroke is butterfly.



FEES: Registration fee includes team t-shirt and meet fees. T-shirt size must be provided at time of registration.

Super Marlins: \$180 (\$207 non-res.)

Marlins: \$175 (\$201.25 non-res.)

Mini Marlins: \$135 (\$155.25 non-res.)

Scholarships are available - for more scholarship information please call 388-8100 ext 216.

MIDDLEBURY SWIM TEAM SCHEDULE & FEES

Middlebury Swim Team's practice season is determined by three factors: the Addison Central Supervisory Union school calendar, pool temperature, and staff availability. Registered families will be included on an email list from the team administrator/manager and coaches; as soon as information is available as to when practice will begin families will be notified by email. Also, families can check the Middlebury Parks and Recreation website for up-to-date information.

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**A small and intentional day camp for kids ages 6 - 11.
Seven sessions from July 1-August 23**

Environmental awareness, exploration, human connection, group collaboration, creative expression, learning new skills, and play are some of the intentions and values that guide our activities.

We will meet at Wright Park in Middlebury, a land holding of MALT.

Directed by Peter Cummings and Monica Filippenko

For more information visit our website
www.campterrahana.com

MiddSummer Lunch and Recreation Program



June 26 - July 28 • Monday - Friday • 8am - 4pm
Nutritious snacks and meals • Swimming & weekly field trips
Scholarships available*

Choose from
1- 5 weeks
Located at
Mary Hogan School

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



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ADDISON COUNTY AREA

Summer Guide

Coming June 1st



Gymnastics Camps

Instructor: Terri Phelps

Phone: (802) 236-1315

Email: terriphelps@ymail.com

**Registration will open Tuesday, May 16th at 9:30am,
no registrations will be accepted before this time**

Session 1: June 26th-June 30th

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 17th- July 21st

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 31st-August 4th

1:00PM-4:00PM	Ages 6+	\$125 (\$143.75 Non-Res)
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**(Students will be placed in groups based on skill
level and/or age in session 3)**

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

Drop-In Summer Programs \$2.00 Per Drop In

Adult Co-ed 30+ Basketball- Wednesdays 6:45-8:30 at Rec. Center Gym.

For more information please contact Bryan Jones
@ 989-8399

Adult Co-ed Volleyball- Mondays 6:45-9pm at Rec. Center Gym

For more information please contact Tom Randall
@ 343-2652

Summer Soccer Camps

2017 PANTHER SOCCER CAMP

June 26th-30th- 9-12 Daily- Middlebury Recreation Fields

Join us for the 2017 edition of the ever popular Panther Soccer Camp. Children will receive instruction from Dave Saward, Men's Head Soccer coach at Middlebury College and Ron McEachen, Retired Coach of the Skidmore College Men's Soccer team. Standout local high school and college players will also assist in the weeklong camp. The camp is open to all children age 6-12. The cost is \$135 per camper and includes a camp T-shirt. Registration forms are available in the Middlebury Parks and Recreation office. For more details please contact Karen McEachen- kmceache@skidmore.edu

2017 Vermont Voltage Soccer Camp

July 10th-14th 9-12 Daily- Middlebury Recreation Fields

Open to Children Ages 5-15

Professional Soccer Academy invites young soccer enthusiasts, ages 5-15, to be part of a challenging educational experience. 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 will pay a 15% Non-Resident fee per child. Families with multiple children must register in person at the Middlebury Parks and Recreation office starting May 1st. Each child will receive a camp t-shirt and soccer ball which is included in the registration price. Register: Online or in person starting May 12th. Registration is limited to 100 participants.

2017 Global Premier Soccer Camp

August 7th-11th- Middlebury Recreation Fields

Ages 4-6 — 9am-12pm \$120.00 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 learned. Players will be divided by age and ability and receive an age appropriate, and fun training experience provided by our professional coaching staff.

Register: Online or in person starting May 12th. Space is limited so register early! www.gps-vermont.com



MIDDLEBURY MAYHEM YOUTH BASKETBALL CAMP

JULY 24th- JULY 28th

Grades 3-9

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

Children going into grades 3rd- 6th will practice from 10am-12pm daily.
The cost for this age group is
\$110 dollars for Residents and \$120 for Non-Residents

Children going into grades 7th-9th will practice from 1pm-4pm daily.
The cost for this age group is
\$135 dollars for Residents and \$150.00 for Non-Residents

Registration will begin Thursday May 1st.

For more information contact
Dustin Hunt 802-388-8100 ext 216
or dhunt@townofmiddlebury.org

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Field Hockey Camp

Instructor: Tracey Harrington

Email 4.mt.mice@gmail.com or at (802)388-2882.

Dates and time: Monday - Friday from 10:00AM-Noon
from July 31st to August 4th

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 about 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.

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SUN STYLE TAI CHI - Moderate-Advanced Level

Certified Instructor: Karen Glauber Contact:
kglauber117@gmail.com

Dates: Monday and Wednesdays 10:45am-11:45am
May 15 - Aug 16

Fee: Free to adults 50 years of age and older

Location: Multi-purpose Room, New Recreation
Facility, 154 Creek Road, Middlebury

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 ongoing,
greater depth
into Tai Chi
principles,
alignment,
and subtlety



of the forms and flow. Mindfulness practices will be
explored and developed through our Tai Chi practice,
including breath awareness. This course will increase
muscle memory of the Tai Chi forms and 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 989-7532.

Sun-Style Tai Chi 73 Forms

Instructor: Susan Wallis. To register, contact by email
at swallis@wcvt.com or by phone at 453-5600.

Dates and time: Fridays from 1:00-2:00PM during July
and August.

Location: Middlebury Parks and Recreation Building
Multi-purpose Room (154 Creek Road, Middlebury)

This class is a continuation of the 73 Forms class
offered during the Fall and Winter sessions, 2016-2017.
It is open to anyone with any experience in the 73.

Cost: Free of charge for seniors 50 years old and over.
Donations to support the program are appreciated and
can be sent directly to Age Well/76 Pearl Street Suite
201, Essex Junction, VT 05452. Please indicate the
donation is for a tai chi program.

Tai Chi for Beginners

Instructor: Susan Wallis. To register, contact by email
at swallis@wcvt@gmail.com or by phone at 453-5600.

Dates and time: Fridays from 2:30-3:30PM during July
and August

Location: Middlebury Parks and Recreation Building
Multipurpose Room (154 Creek Rd, Middlebury)

Cost: No fee

This is an entry level class, but those with experience
in tai chi who would like to review or refresh their skills
or simply do maintenance practice are welcome! We
will learn basic tai chi movements. All tai chi improves
balance and increases strength as well as calming the
mind. And this is an air-conditioned space

Bone Builders Osteoporosis Exercise Program

Who: Adults ages 55+ Schedule: Tuesdays and
Thursdays 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 388-7044 or visit www.volunteersinvt.org



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ACT

TEEN SUMMER CAMP

ACT is ready to roll out another summer packed with fun and adventure. Each week we will challenge ourselves on the rock wall, take on friends in paintball, explore the mountains in Vermont, discover new places to swim, cliff jump, and SUP, build new skills and learn more about the world of STEM. For more information and specific descriptions of each week's activities, disclaimers, and registration, please visit our website: www.midtteens.org. Open to all graduates of 6th grade to 15 years of age.

Summer Camp Details & Hours: ACT Summer Camp will be from 8:30am - 4:30pm with programming occurring from 9am - 4:30pm.


- Session #1: Rock Climbing June 26 - June 29
- Session #2: Extreme Outdoors July 10 - July 13
- Session #3: Wilderness & Exploration July 17 - July 20
- Session #4: Water Sports July 24 - July 27
- Session #5: S.T.E.M. July 31st - August 3rd

Summer Camp Location: Each day will start and end at our Addison Central Teens location:
77 Mary Hogan Drive, Middlebury, VT, 05753



Cost and Registration: \$75 per session.
Registration forms and instructions can be found at www.midtteens.org

ACT Staff Contact Information:
Colby Benjamin, ACT Director
Email: colby@addisonteens.com
Phone: (802) 734-6755

 The summer camp program is made possible in part by the Union #2 Lodge of the Free and Accepted Masons.



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WHO CAN PARTICIPATE IN THE SUMMER READING PROGRAM?

Children of all abilities, babies through 12th graders, are eligible to participate in Ilsley Public Library's Summer Reading Program.

WHEN DOES THE SUMMER READING PROGRAM RUN?

- The program runs from **Monday, June 19th through Saturday, August 19th.**
- Sign-up begins June 1st at 10am at the Library and continues throughout the program.
- All reading logs are recorded through Saturday, August 19th.

BY SIGNING UP, CHILDREN:

- 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 reading calendar to record the days they read;
- Are invited to attend the **FREE** library activities throughout the summer (activities detailed in this flyer);
- Earn a raffle ticket for every 5 days spent reading;
- Receive a creemee coupon after completing 20 days of reading (after July 17th);
- Receive a certificate, free book, and special surprise after completing 40 reading days, or the equivalent number of 5 days/week from sign-up date (after August 19th).

NEED AN EXTRA CHALLENGE?

- Pick up a Reading Without Walls worksheet in the children's room to earn extra raffle tickets and donate money to a local charity!

<u>Date and Time</u>	<u>Activity</u>	<u>What to Expect</u>
Ongoing	Train, Craft, & Lego Tables	There is always something fun to do at the library! <i>All ages</i>
Tuesday June 20th 3:30pm	Kick-Off Ice-Cream & Popsicle Social	Come celebrate the beginning of summer vacation (and summer reading) with a sweet treat! <i>All ages</i>
Tuesdays June 27—August 15 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	Crafternoon Events	Clay Charms, Marble Run, Movies, Book Discussions, Desserts and More! Drop-in for fun! <i>Suggested Ages Vary—Check with the Library for Details</i>
Wednesdays June 28, July 5, July 26, & August 9 10:30am	Performers & Special Events	Come See Our Fabulous Summer Performers! June 28—Backpack Theater presents <i>Peter Pan and the Three Bears</i> July 5—Southern VT Natural History Museum presents <i>Vermont Wildlife</i> July 26—Hampstead Theater presents <i>Pinocchio</i> August 9—Join us for a <i>Princess in Black</i> Party! <i>Geared toward PreK—2nd with their families.</i>
Thursdays July 6—August 10 10:00am	Itsy Bitsy Yoga with Mikki Raveah	Enjoy some creative learning for caregivers and children in movement, song, and yoga. <i>PreK—K</i>
Fridays June 23—August 18 10:00am	Picture Book Storytime	Take some time to read, sing and play with Kathryn! <i>All Ages</i>
Saturdays June 24—August 19 10:00am—11:15am	Saturday Storytime	Books, songs, games and crafts! <i>All Ages</i>
June 27—30—Week 1 July 18—21—Week 2 August 22—25—Week 3 9am—12pm	Youth Media Lab Camps *For more information please email tricia.allen@ilsleypubliclibrary.org *	Week 1— Introduction to Movie-Making Week 2— Stop-Motion Animation Week 3— Advanced Movie-Making **For Children entering 4th grade and up.**
July 31— August 4 11—12:30	Illustrators Club	Join Tricia in the meeting room to read picture books then create your own illustrations with our craft supplies! <i>K-3</i>
Tuesdays June 27—August 8 12:30pm	Book Bike Storytime at the Memorial Sports Center	Swing on by the Memorial Sports Center (Hockey Rink) for delicious free lunch and enjoy storytime with Ms. Tricia <i>All Ages</i>
Wednesday August 16 10:30am—12pm	T-Shirt Decorating Party	Round-up all your white t-shirts, sheets, towels and more! We provide the dye, fabric markers, and fabric paint, you provide the material! <i>All Ages</i>



Midd-Summer Wrestling Camp

Instructors: Jonathan Ashley, Ethan Raymond, Gabe Laberge.

Contact: by email at ashley@gmavt.net

or by phone at (802)522-9733.

Dates and time: July 21st - Session One: 4:30-5:45PM

Session Two: 6:00-8:30PM

July 22nd - Session One: 12:00-2:00PM

Session Two: 2:30-5:30PM

Location: Middlebury Parks and Recreation Building
(154 Creek Rd, Middlebury)

Cost: Residents - \$20. Non-residents - \$23.

This is a camp planned for new and beginner wrestlers to try the sport. Wrestling games, videos, and activities are planned for maximum fun. Experienced wrestlers are also welcome to get back on the mats. If you've thought about trying wrestling for the first time, this will be a good chance to give it a shot. Camp content will be adjusted based on the experience levels of the campers. Our coaching staff has worked with all age levels and abilities. Participants can wear short and t-shirts and are welcome to bring water bottles. Wrestling shoes can be borrowed for the camp from our shoe pool.

Session One is for students entering 2nd to 5th grade.

Session Two is for students entering 6th to 10th grade.

No experience is needed!

PICKLEBALL

The fastest growing sport sweeping the nation has come to Middlebury! 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 brand new website: <http://acpickleball.weebly.com/>



ADDISON COUNTY SOLID WASTE MANAGEMENT DISTRICT



We promote waste reduction, reuse, recycling and composting, and provide for the disposal of remaining wastes for our 20 participating towns.

Addison, Bridport, Bristol, Cornwall, Ferrisburgh,
Goshen, Leicester, Lincoln, Middlebury, Monkton,
New Haven, Orwell, Panton, Ripton, Shoreham,
Starksboro, Vergennes, Waltham, Weybridge, Whiting

PROGRAMS

- ★ Solid Waste Planning
- ★ Hazardous Waste Collection
- ★ Product Stewardship Initiatives
- ★ Reuse It or Lose It! (Reuseable Goods)
- ★ Technical Assistance to Businesses & Towns
- ★ Compost Bin Sales
- ★ Recycling & Composting Education

CALL US FOR INFORMATION ON:

- ★ How to Reduce Waste Generation
- ★ Where and How to Recycle
- ★ How to Compost at Home
- ★ Where to Dispose of Trash
- ★ How to Report Illegal Trash Burning
- ★ Household Hazardous Waste

The District Transfer Station accepts:

(Station is open Mon - Fri 7AM to 3PM and Sat 8AM to 1PM)

- ✓ Appliances ✓ Asbestos ✓ Books
- ✓ Construction and Demolition Debris ✓ Cooking Oil
- ✓ Electronic Waste ✓ Fluorescent Light Bulbs and Ballasts
- ✓ Food Scraps ✓ Furniture and Mattresses
- ✓ Household Hazardous Waste*
- ✓ Household and Automotive Batteries ✓ Leaf & Yard Waste
- ✓ Maple Sap Tubing ✓ Natural Wood Waste ✓ Propane Tanks
- ✓ Reusable Household Goods & Building Materials ✓ Scrap Metal
- ✓ Secure Document Destruction ✓ Textiles ✓ Tires
- ✓ Used Motor Oil, Oil Filters & Antifreeze

*Collected at the Transfer Station

Monday through Friday, 8AM to 2PM and
Saturday, 8AM to 1PM.

**Call us at 388-2333, or visit our website at
www.AddisonCountyRecycles.org**



Fall Soccer 2017 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 4th. 1/2 grade will practice on Wed the 6th only, 3/4 graders will practice Thursday the 7th only.

• Registrations will begin online and in person on Friday, May 12th

• We ask that all players be registered on or before Friday September 1st.

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

*Each player will receive a ball and

jersey to keep*

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

Preschool and Kindergarten Soccer (Ages 4-5)

This 6 week session will focus on teaching the basic fundamentals of soccer. This program is designed to be clinic-based skills work which will help players get ready for the next level of competitive soccer while keeping it fun and engaging. The groups will be age specific this year and we will be limiting it to 20 players per age group so we can keep the group sizes small and offer more one on one direction.

Dates and Time:

Monday Sept 11th-October 16th.

4 Year olds- 3:30-4:25

5 Year olds- 4:30-5:25

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

Register: Starting May 12th on www.middleburyparksandrec.org



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CALLING ALL CYCLISTS!

Walk & Roll to School Days, first Wednesday of month- Learn rules of road. Navigate safely in different weather and seasonal conditions. Be visible. Use crosswalks. Have fun. Mary Hogan 6th graders will be invited to a practice bike ride from Mary Hogan to MUMS after school on June 7. Hosted by Middlebury Safe Routes.

Bike to Work & School Week, May 15-19- Try this week of biking to work and school during May, which is National Bike Month. Post your miles at nationalbikechallenge.org. Hosted by American League of Cyclists.

Human Powered Parade & Celebration, Sat. May 20, 12-4 pm

A regional celebration of the capacity of the bicycle and the creative force of the human being for the end of bike to work/ bike to school week. 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.

Safety Day, Wed. May 24- Mary Hogan School will host a day of safety awareness on a wide range of areas including fire, bus, bike and hunter safety for students during school. More to come. Rain date May 25.

Vermont Gran Fondo, Sat. July 1- Starts at Woodchuck Hard Cider. The climbing will be no less challenging, the views every bit as breathtaking, and the post-ride party kicked up a notch. Volunteers

needed! For more, see www.vermontgranfondo.com.

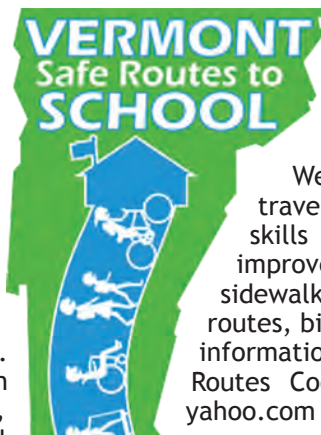
Middbikeped- Interested in hearing about or helping efforts to make Middlebury and Addison County bike and pedestrian friendly? Join the middbikeped email list by going to: sites.google.com/site/middbikeped.

Middlebury Safe Routes- Middlebury achieved the highest level in Safe Routes to School VT, which encourages walking and biking to school regularly and safely. Students who walk and bike to school tend to arrive ready to learn and be healthier overall. Fewer children being driven to school reduces car congestion and improves air quality.

We monitor traffic patterns and student travel behavior, plan activities to teach bike skills and rules of the road, and recommend improvements to roads, parking lots, drop offs, sidewalks, crosswalks, traffic lights, signage, bus routes, bike routes, bike racks, and more. For more information or to help, contact Middlebury Safe Routes Coordinator Laura Asermily at lasermily@yahoo.com or 388-9478.

Walk/Bike Council of Addison County- Following the deaths of four cyclists in the region Local Motion and Addison County Regional Planning teamed up to recruit and guide a citizen-led advisory council to focus efforts on bringing positive change for those wanting to safely walk and cycle in our region. If you want to keep informed or assist, join the middbikeped email list (above) or visit Walk/Bike Council of Addison County online.

Slow down for a safer town!- Walkers hit by cars at 40 mph have 15% survival rate while those hit at 20 mph have 85% chance of survival.






SoJo Tennis

USPTR Certified Tennis Professional

Camps

PTR Certified Tennis Professional Franz Collas will lead a staff of pros including Heather Potter, and junior pros Brianna Cotroneo and Ziven McCarty 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
9:00-9:30am

Session 1- June 26th-June 30th
Session 2- July 3rd-July 7th
Session 3 - July 10th- July 14th
Session 4- July 24th- July 28th
Session 5- July 31st- Aug 4th

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 26th-June 30th
Session 2- July 3rd-July 7th
Session 3- July 10th- July 14th
Session 4- July 24th- July 28th
Session 5- July 31st- Aug 4th

Fee: \$80 Residents
\$92.00 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 are from
9:00-10:30am

Session 1- June 26th-June 30th
Session 2- July 3rd-July 7th
Session 3 - July 10th- July 14th
Session 4- July 24th- July 28th
Session 5- July 31st- Aug 4th

Fee: \$90 Residents
\$103.50 Non-Residents

RAIN CONTINGENCY:

Rain contingency information is as follows:

- Mondays and Fridays: 10:30 am - noon
- Tuesdays, Wednesdays, Thursdays: 9:00 - 10:30 am

Private Lessons

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





SUNDAY
SEPTEMBER 17
2017

COURSE

18-mile & 6-mile 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>



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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

LIVE UNITED



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

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www.UnitedWayAddisonCounty.org




Turning Point  Center
Of Addison County Inc.

Peer Addiction Recovery Support

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At the center, our Pathways Guide, staff and volunteers are dedicated to helping those struggling with an opiate addiction.

For a list of scheduled recovery meetings, groups and recovery information, visit: www.turningpointaddisonvt.org

Call (802) 388-4249
or simply stop by the Turning Point Center
54 Al Creek Road • Middlebury

**NEW
ADDRESS**



Kids West African Dance Class

Instructor: Seny Daffe, Contact: senydaffe4@gmail.com 802-349-5941; 802-453-5664

Who: Ages 7 and up

Schedule: Thursdays 4:30-5:15pm
(starting June 29th)

Location: Middlebury Rec. Center Multi-Purpose Room

Cost: \$72 per session (6 weeks), Must pre-register, 5 student minimum needed to run class

Description: This is a fun, active class for kids 7+ who are interested in learning traditional West African dance, with the meaning and purpose of the dances woven into the teaching. Warm-up and dance will be accompanied by live drumming.

West African Dance Class

Instructor: Seny Daffe, Contact: senydaffe4@gmail.com 802-349-5941; 802-453-5664

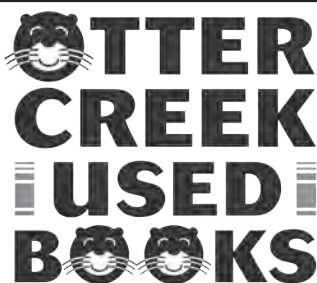
Who: Ages 15 and Up

Schedule: Thursdays 5:30-7:00pm

Location: Middlebury Rec. Center Gym
(starting June 29th)

Cost: \$15.00 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.



99 Maple Street, Middlebury, VT 05753 • 802-388-3241
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Mon.-Sat. 10-5, Sunday by chance

Beginners and Intro

Brazilian Jiu Jitsu for Kids

Instructor: Kemi Fuentes-George.

Contact by email at george.kemi@gmail.com or by phone at (802)382-9498.

Dates and time: 9:00 - 10:30AM. Week One: July 17th - 21st. Week Two: July 24th - 28th.

Location: Middlebury Parks and Recreation Building (154 Creek Road)

In this course, students will learn some of the basic techniques of Brazilian Jiu Jitsu (BJJ) in week-long modules over two weeks. BJJ is a martial art for a smaller, weaker person to protect him or herself from a larger, more athletic attacker. It teaches students how to control the distance of engagement, attain the dominant or safe position, and use leverage to end a fight. Although highly effective, it is known as "The Gentle Art," since it can be practiced in a safe and fun manner.

Cost: \$75 per week or \$130 for both weeks.

Students may additionally purchase a BJJ Revolution Team Gi for \$110. This is recommended for the class. The gi may be used in all forthcoming jiu jitsu classes and at the Revolution BJJ parent school in Williston, VT. Gis are required for students who continue BJJ in the fall.

If a gi is purchased, specify white, black, or blue. Give the approximate height and weight of the child for proper sizing. They must be ordered two weeks in advance.

Beginners and Intro

Brazilian Jiu Jitsu for Adults

Instructor: Kemi Fuentes-George. Contact by email at george.kemi@gmail.com or by phone at (802)382-9498.

Dates and time: 5:30 - 7:00PM. Week One: July 17th - 21st. Week Two: July 24th - 28th.

Location: Middlebury Parks and Recreation Building (154 Creek Road)

In this course, students will learn some of the basic techniques of Brazilian Jiu Jitsu (BJJ) in week-long modules over two weeks. BJJ is a martial art for a smaller, weaker person to protect him or herself from a larger, more athletic attacker. It teaches students how to control the distance of engagement, attain the dominant or safe position, and use leverage to end a fight. Although highly effective, it is known as "The Gentle Art," since it can be practiced in a safe and fun manner.

Cost: \$85 per week or \$150 for both weeks

Students may additionally purchase a BJJ Revolution Team Gi for \$150. This is recommended for the class. The gi may be used in all forthcoming jiu jitsu classes and at the Revolution BJJ parent school in Williston, VT. Gis are required for students who continue BJJ in the fall.

If a gi is purchased, specify white, black, or blue. Give the approximate height and weight for proper sizing. Gis must be ordered and paid for at least 2 weeks in advance.

Josh Hardt's Wilderness Survival and Bushcraft Camp

Instructor: Josh Hardt Email: jhardt@rnesu.org

Ages: 10+

Dates and Time:

Monday July 31st- Friday August 4th 9am-4pm

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

Cost: \$175 for residents and \$200 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 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



Vermont Wilds Day Camp

Instructor: Josh Hardt Email: jhardt@rnesu.org

Ages: 8+

Dates and Time: Monday July 17th- Friday July 21st 9am-4pm

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

Cost: \$175 for residents and \$200 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.

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Middlebury Studio School - Summer Art Camps 2017

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

June 21-23, Weird & Amazing Art

Instructor: Eileen Gombosi

Did you know that you can create a mini mural on a banana? Draw a picture that magically changes. Explore the slightly weird & always amazing world of optical illusions & unusual materials in art. Bring a snack and wear your art clothes. For ages 6 and up. 3 Days. Tuition \$90 - materials included

June 26-30, Cosmic Creations

Instructor: Eileen Gombosi

Imagine & build cosmic creatures or even a moon flower. Use pastels to create pictures of outer space. What would your house, pet or garden look like if you lived on Mars? Make a lunar lantern & a Japanese Moon Box.

Wear paint clothes and bring a snack. For ages 6 and up. Tuition \$150 - materials included

July 3-7 (no camp on the 4th)

Fairyland Creatures and Homes

Instructor: Tahira Whitcomb-Paulson

Come build enchanting homes and worlds for the magical wee folk! We will use materials from nature, found objects, and other art materials to build these mystical homes and the fairies that live there. Wear your paint clothes, bring a snack and venture into fairyland! Ages 6 and up. Bring a snack. 4 days. Tuition \$120 - materials included

July 10-14, Where the Wild Things Are

Instructor: Kathy Hall

Get ready for an art adventure! Projects will include making some wild and gigantic masks as well as using a variety of materials and mediums to create some fantastic creatures out of paper and cloth. Campers will get inspiration from favorite fictional characters, animals, fantasy creatures, or something entirely from their imaginations. Be prepared to get messy and have fun! Wear paint clothes. Bring a drink/snack. Ages 6-12. Tuition \$150 - materials included.

July 17-21, Art of China

Instructor: Yinglei Zhang

We will learn to do Chinese Paintings of birds, flowers and landscapes. Learn how to do Chinese calligraphy and paper cutting. Find out about Chinese

Opera and Taiji. Wear paint clothes and bring a snack and drink. Ages 6 and up. Tuition \$150 - materials included

July 24-28, Viking Art Adventure

Instructor: Tahira Whitcomb-Paulson

In this camp we will learn about Viking culture as we build shields and helmets, design Viking brooches, paint our dragon headed ships and prepare to sail into the unknown. Bring your imagination, paint clothes, snack and a drink. Ages 8 and up. Tuition \$150 - materials included

July 31-Aug 4, Birds of a Feather

Instructor: Tahira Whitcomb-Paulson

During this camp we will transform ourselves into giant birds as we design and construct our own beaky masks and feathery wings. We will also work in different mediums, including drawing and painting, using craft supplies and found objects from nature to create what the many-colored birds of the world inspire in us. Wear your paint clothes and bring a snack and drink. Ages 7 and up. Tuition \$150 - materials included

Aug. 7-10 (no camp on Aug 11), Animals in Art

Instructor: Eileen Gombosi

In this class we will be doing tons of art projects that involve drawing, painting and printing (you guessed it!) animals! Students will come up with their own ideas of which animals (real or imaginary!) to make into their own art. We will create with paint, paper, fabric, 3-D constructions, and more. Wear your paint clothes, prepare to get messy and have fun! Bring a snack and drink. Ages 6 and up. Tuition \$120 - materials included

Aug. 14-18 (no camp on Aug 16), Art of Egypt

Instructor: Tahira Whitcomb-Paulson

Join us as we delve into ancient tombs of Egypt and make our own jewelry, paintings, headdresses, statues, and more, inspired by what we find there. Paint your eyes with Kohl (non-toxic face paint), learn to write secret messages in Hieroglyphs, and listen to the fantastic tales of the Egyptian Pantheon. Wear your paint clothes. Bring a snack and drink. Ages 7 and up. 4 days. Tuition \$120 - materials included





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

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



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