

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



Spring Activity Guide

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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

Donna Donahue - Selectboard Rep.

Mark Wilch - Member At-Large

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



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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).



Family Swim Nights at Vermont Sun.

Fun for the whole family on three Friday nights,
March 17th, April 7th and 28th. 6-8pm
Please call 388-3060 to reserve
your spot for just \$5 per person.

Your Fun, Attainable Fitness Goal... The Vermont Sun Triathlon and Run Series

The Classic, sprint, Vermont Sun Triathlon will be held at Branbury State Park on June 24th, July 16th and August 13th.

This "sprint" Triathlon consists of a 600 yard swim in Lake Dunmore, a 14 mile bike around the lake and finishes with a 3.1 mile run. Event is open to individuals, or 2 or 3 can team up to complete these short distances.

The Lake Dunmore Triathlon will be held June 24th and August 13th.

This "Olympic" Triathlon is a more challenging 1500 yard swim, a 28 mile bike, and 6.2 mile run.

This event is also open to teams and individuals.

The Vermont Sun Half Marathon is Sunday, September 24th at Branbury State Park.

Along with the 13.1 mile Half Marathon, two shorter races, a 10K (6.2 mile) run and 5K (3.1 mile) run, will also be held.

Full Series details can be had by visiting or calling
Vermont Sun, 388-6888,
or checking out Vermontsun.com.

VERMONT Sun

F I T N E S S C E N T E R S



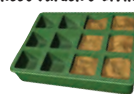
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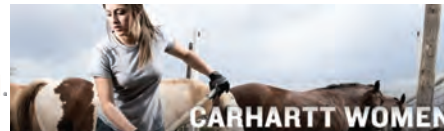
- Miracle-Gro & Agway top soil
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United Way of Addison County proudly supports local recreational programs and youth organizations, working to help build a healthy, productive, thriving community:

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



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

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





DOG TRAINING: Bestbuddyk9training.com

Instructor: Sandra Chicoine
Email: bestbuddyk9training@gmail.com
SIGN UP directly for classes online at middleburyparksandrec.org AND TO COMPLETE THE SIGN UP process you must contact by email: Bestbuddyk9training@gmail.com. (802)989-0463. No children under 9 unless accompanied by an adult who is not working with the dog.

Free Seminar on Dog Behavior & Learning. 11am-Noon April 23. Open to the public and required for participants of Adult Dog I & Puppy II. For Adult Dog I this will be your first class and is without your dog.

Adult Dog I: Sundays 11:00-Noon April 23–June 4 Open to dogs of any age 5 months or older. A fun positive way to train. Brush up on skills & learn new ones! Get your dog's brain on the same page as yours. Getting your dog to pay attention to you in the face of distractions, while learning or brushing up on cues such as sit, down, stay, come, leave it, drop it, heel, and more. No aggressive or overly barksy dogs please. If you need clarification on "aggressive" or "overly barksy" please email us at bestbuddyk9training@gmail.com!
\$95 residents, \$109.25 for nonresidents.



Puppy Kindergarten: Sundays 9:30-10:00, April 23–June 4

Off leash play and training is critical to your dog's socialization. Prevent behavior problems & Raise Your Puppy Right for a fun and easier adult life. Begin a foundation of attention that will help you for life. Ages 10-20 weeks. \$70 Res. \$80.50 non res.

Puppy Training I: Sundays 10:00-10:45 April 23–June 4

Pick up where you let off in Puppy K! Both you and your dog will become a great team while practicing and learning. Keep unruly adolescents productive not destructive and learn obedience cues.

\$80 Residents. \$92 Nonresidents.

Barky Dog Class: email bestbuddyk9training@gmail.com to get your name on the list.

Supply list for class: Up-to-Date copy of Vet Records. *Adults dogs 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 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.



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**Visit the race website for online
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Middlebury Area Little League 2017 Baseball and Softball

Instructor: Middlebury Area Little League - middareall@gmail.com

Dates and time: April 17th - Early June

Location: Local Fields
Cost: \$50 per player
(Max \$75 per family)

Description: Middlebury Area Little League is proud to be back for another great year of baseball and softball. We're very excited to partner again this year with the Middlebury Parks and Recreation Department to offer online registration. Registration will open on February 1st, 2017.

Registration will close on April 1st.

Coaches will contact players about their teams and practice schedules by April 17th. All students in grades K-6 are invited to play. Not sure of your player's "League Age?" Check out www.littleleague.org and search "Age Chart."



SPECIAL NOTE - Please email middareall@gmail.com if you are able to volunteer some time to our community effort to bring baseball and softball to our youth!

Many positions available, some with very little time commitment. Thank you.

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 games of baseball and softball. 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. All players play on the same team and 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 baseball. 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.

To Register: www.middleburyparksandrec.org
For more Information: middareall@gmail.com





Special Olympics Young Athlete Program

Instructors: Volunteers from the community

Who: Children ages 2-7

Schedule: Sunday, April 9th through Sunday, May 14th
1-2:00pm

Location: Midd Rec. Center Gym, 154 Creek Road

Cost: Free

Description: Special Olympics Young Athletes is an innovative sports play program for children with and without intellectual disabilities ages 2 through 7 years old. It is available to families at no cost, and is a great resource for families with young children who are looking for a recreational activity in an inclusive environment.

Young Athletes is designed to provide opportunities for young children to be active, have fun, and learn foundational sports skills such as balance, running, jumping, catching, throwing and kicking. The program supports physical, cognitive and social development – skills important on and off the sports field. The program is proven to accelerate the development of children with and without intellectual disabilities and offers fun and fitness for all children of all ability levels.



The program also prepares athletes before they are eligible to compete with Special Olympics at age 8 and offers families connections to Special Olympics community programs for lifelong sports training and competition opportunities.

Register: Please contact Dustin Hunt via email dhunt@townofmiddlebury.org or phone (802) 388-8100 ext 216 to learn how to register.

West African Dance Class

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

Who: Ages 15+

Schedule: Thursdays 5:30-7:00pm

Location: Middlebury Rec. Center Gym

On-Going

Cost: \$15.00 per class



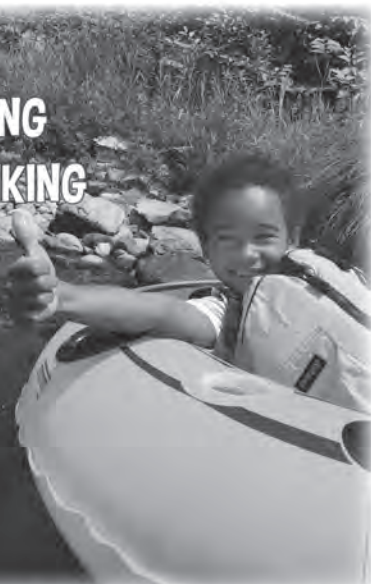
Description: Seny Daffe grew up in Guinea, West Africa where dancing and drumming are inseparable from their culture. He was trained by various master instructors of these arts and has taught throughout W. Africa, Europe and the U.S. This is an exciting, lively class for all levels of experience, accompanied by live drumming.



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GYMNASTICS

Instructor: Terri Phelps
Phone: (802)236-1315
Email:
terriphelps@gmail.com

Registration will open Friday, March 10th 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.

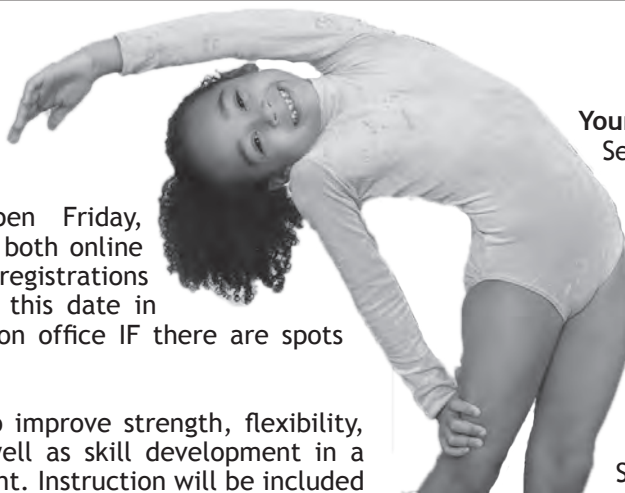
Students will work to improve strength, flexibility, and coordination, as well as skill development in a safe and fun environment. Instruction will be included on uneven bars, beam, floor exercise, springboard, parallel bars, and vault.

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

Tuesdays and Wednesdays: (8 Weeks) 3/22 - 5/31
(no classes April 11th, 12, 25th, and 26th)
Saturdays: (7 Weeks, for the price of six) 4/22-6/3

Preschool (Ages 3-4)

Sec A: Saturday 9am-10am Res \$75 Non Res \$90
Sec B: Saturday 10am-11pm Res \$75 Non Res \$90
Sec C: Saturday 11am-12pm Res \$75 Non Res \$90



Young Beginners (Ages 4 ½ - 6)

Sec D: Saturday 12pm-1pm
Res \$70 Non Res \$85

Beginner/Advanced Beginner (Ages 5+)

Sec E: Tuesday 3:15pm-4:15pm
Res \$90 Non Res \$105

Sec F: Wednesday 3:15pm-4:15pm
Res \$90 Non Res \$105

Sec G: Saturday 1:30pm-2:30pm
Res \$70 Non Res \$85

Advanced Beginner/Intermediate (Ages 7+)

Sec H: Saturday 2:30pm-3:30pm
Res \$70 Non Res \$85

Intermediate/Advanced

Sec I: Tuesday 4:15pm-5:15pm
Res \$90 Non Res \$105

Sec J: Wednesday 4:15pm-5:15pm
Res \$90 Non Res \$105

Sec K: Saturday 3:30pm-4:30pm
Res \$70 Non Res \$85

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After School Tennis

Middlebury Indoor Tennis
Every Wed., 3:30-5p.m.
March 8th-March 29th, 2017
Open to kids in grades 7th-9th
Equipment provided & **Free!**

Youth Tennis Tournament

Sat., March 18th, 2017, 1p.m.
Middlebury Indoor Tennis
Open to 7-15 years of age
Equipment Provided
\$25.00, *scholarships available*



MIDDLEBURY INDOOR TENNIS
Addison Community Athletics Foundation

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

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

Game. Set. Fun.

Co-ed Drop-in Dodgeball

Who: Children in Grades K-8, Adults are encouraged to attend as well!

Schedule: Fridays from 3:30-5:00
starting March 17th

Location: Middlebury Recreation Center, 154 Creek Rd.

Cost: Suggested Drop-in Fee of \$2.00 per meeting

What: We are pleased to be offering drop in dodgeball again this spring! Kids can either ride the ACTR bus to Lacrosse Drive or the Bethcha bus to the Rec. Center (both leave from Mary Hogan) for afternoons of dodgeball fun. No need to register, just attend the weeks you would like to participate.

Drop-In Programs- \$2.00 Per Person

Adult Co-ed 30+ Basketball-

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

For more information please contact

Bryan Jones @ 989-8399

Adult Co-ed Volleyball-

Mondays 6:45-9pm at Midd. Recreation Facility

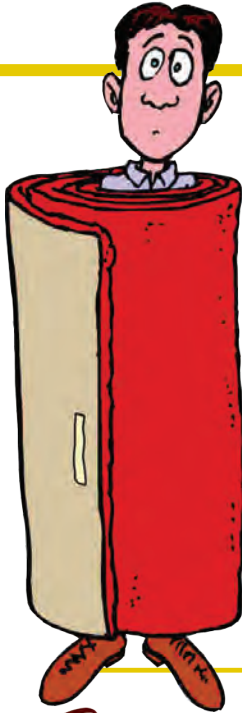
For more information please contact Tom Randall @ 343-2652

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!



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Archery 1

Instructor: Melinda Laben
Email: sendmelindamessages@gmail.com
Who: Ages 7 and up
Schedule: Thursdays April 14th- May 12th (No class April 28th) 3:30-4:30pm
Location: Middlebury Recreation Park (near Mary Hogan playground)
Cost: \$80 for residents and \$92 for non-residents
Description: 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 their new skills on a variety of targets.

Archery 2

Instructor: Melinda Laben
Email: sendmelindamessages@gmail.com
Who: Ages 7 and up
Schedule: Thursdays April 14th- May 12th (No class April 28th) 3:30-4:30pm
Location: Middlebury Recreation Park (near Mary Hogan playground)
Cost: \$80 for residents and \$92 for non-residents
Description: For students who have already taken Archery 1 and are interested in going further. Learn and hone more refined techniques, while growing as an individual archer. Students will learn scoring, and get more one-on-one time to improve their stance and shot. Longer range distances and a variety of targets will be used to keep the range interesting and fun!

Fitness Boot Camp

Instructor: Ginger Lambert:
www.gingerlambert.com, 802-343-7160
Schedule: Wednesdays: 7:00-8:00AM and Saturdays 8:00-9:00AM
Location: Middlebury Rec. Center Gym 154 Creek Rd.
Cost: \$12 drop in or \$60 for 6 classes
Description: This workout is never boring! High intensity/interval stations using kettle bells, jump ropes, hula hoops, body weight, dumbbells, and more. We build strength, agility, cardiovascular endurance, balance and coordination. Great camaraderie if you like working out with others. Class will move out doors to Weybridge as soon as weather permits. (Date will be posted on website.)



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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/>

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

L'il Sprouts Yoga for Kids

Instructor: Lynn Kiel- lbkiel@me.com- 314-608-7275

Who: Children ages 2-5

Schedule: Thursdays 11:00a.m.

4/6, 4/13, 4/20, 5/4, 5/11, 5/18

Location: Multi-Purpose Room at Middlebury Recreation Center, 154 Creek Rd

Cost: Resident- \$50 Non-Resident- \$57.50

Description: Program is designed to introduce yoga to kids (ages 2-5) in a fun, playful & silly manner. I use music, stories and play to engage their hearts and minds as well as their bodies. Classes are noisy and high energy most of the time but also have an element of calm teaching kids self-control and how to listen to their bodies. All they need to do is kick off their shoes and have fun!

Kids Cooking Class

Instructor: Elissa Castelli, elissa.souris@gmail.com

Who: Kids ages 7-12

Schedule: Mondays from 4:00-6:00

(April 17th - Monday, May 22nd)

Location: Middlebury Rec. Center

Multi-Purpose Room

Cost: \$180 for residents or \$207 for non-residents for six-week session. Includes all supplies.

Description: In this 6-week session kids, ages 7-12, will learn cooking and baking skills along with kitchen safety. Each week the kids will make different recipes and build on their new skills as they go. The six themes will be: breakfast foods, taco-making, cupcake decorating, personal pizzas from scratch, pie baking,



and handmade pasta and meatballs. Please let the instructor know of any food allergies before the session begins.



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ottercreekusedbooks.com • ottercreekbooks@gmail.com

Mon.-Sat. 10-5, Sunday by chance

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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 Smart Training, April 17-21

Mary Hogan School side lot (or Memorial Sports Center). Get ready for a bikapalooza of a week. Kohl's Bike Smart Trailer on hand for kids to borrow bikes and helmets for use or they can bring their own bikes during the Mary Hogan School PE classes and for some after school special sessions. Includes hands-on bike mechanics instruction, safety & balance drills, and practice rides. Helmets and safety gear available (some free, some low cost). More to come. Hosted by Middlebury Safe Routes with support from Local Motion and Frog Hollow Bikes.

Lock n' Learn, Spring, Friday, April 7

Middlebury College students will have an opportunity to learn best practices for securing their bikes and Middlebury's rules of the road. Locks, lights and pizza will be available. Hosted by Local Motion with support from Middlebury Safe Routes and Middlebury College.

Bike & Outdoor Gear Swap & Sale Sat May 6, 9 am-12 pm

Cannon Park. Drop off bikes you wish to give away or sell on consignment at Frog Hollow Bikes Monday, May 1 to noon Fri., May 5. Rent a table (\$10) from Frog Hollow Bikes for gear you wish to sell or give away. Organizational groups may also rent a table for display. Proceeds benefit Middlebury Safe Routes. Look for great deals at Frog Hollow Bikes, Middlebury Mountaineer and Forth 'N Goal.

Cargo & Electric Bike Demo, Sat. May 6, 9 am - 12 pm- Mill St Parking Lot. Come learn about and test ride cargo and electric bikes. Hosted by Middlebury Safe Routes with support from V-Bike Solutions.

Kelly Boe Memorial Ride, Mon. May 8, 4 pm-Departs MUHS and loops through Weybridge. Commemorates those hurt or killed in road bike accidents. Helmets required. Rain date May 15.

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 town hub 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. All rollers welcome!!!! Hosted by Bristol Recreation, Safe Routes, Middlebury Underground and Moahdim.

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.

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

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 middbiked 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.





ADDISON CENTRAL TEENS

The Hut Teen Center is located at 77 Mary Hogan Drive in Middlebury Rec. Park. We provide a fun, safe, and engaging space for teens to join after school. We are open Monday through Friday 3:00 p.m. - 6:00 p.m. and 1:00 - 4:00 p.m. on early release days. Our center is closed on In-Service and Recess days.

Visit www.addisonteens.com to register for programs and find our more information.

March and April Programs and Events

Creative Writing -Wed. March 1st, 8th, 15th, 22nd 3:30-5 p.m. Free

Guitar Lessons Thurs. March 2nd, 9th, 16th, 23rd 3:30-5 p.m. (1:30-3 p.m. On March 9th) Free

Movie & Popcorn Fri. March 3rd, 4-6 p.m. Free

Basketball Ladder Tourney Month of March, 3-6 p.m. Free

Taco Tuesday Tues. March 28th, 3-5 p.m. Tues. April 18th, 3-5 p.m. Free

Maker's Club Thursdays, 3:30-5 p.m. March 13th - April 20th *Career Center, RM A129

April Break: Paintball Tues. April 25th, @ Colchester Paintball 10 a.m.-4p.m. Transportation Provided \$15.00

2017 Teen Summer Camp

Addison Central Teens will offer its 7th year of summer camp for 2017. Our summer camp is filled with trips around the state, hands on experiences, and fun local culture. Space is limited. Registration opens April 1st.

Dates and time: Summer Camp runs from 9:00 a.m. To 4:00 p.m. Monday - Thursday. There will be 5



sessions: June 26-29; July 10-13; July 17-20; July 24-27; July 31- Aug. 3

Location: The Hut Teen Center, 77 Mary Hogan Drive, Middlebury, Vermont

Cost: \$75.00 per week (some weeks will have additional fees based on activities)

Who: Teen Summer Camp is open to graduates of 6th grade to 15 years of age.

Register: www.addisonteens.com or contact: Colby Benjamin colby@addisonteens.com or 802-734-6755

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Ilsley Library

Baby and Toddler Story time- Tuesdays until May 16th
10:30 - 11:15am

Location: Ilsley Public Library Meeting Room
Description: Join Tricia for a story time full of rhymes, songs and stories perfect for active babies and toddlers. On-going library programs follow the ACSU calendar. No Registration Required.

Preschool Story time- Fridays until May 12th 10:30 - 11:30am

Location: Ilsley Public Library Meeting Room
Description: Join Kathryn for stories, rhymes, songs and crafts designed for the preschool crowd. On-going library programs follow the ACSU calendar. No Registration Required.

Youth Media Lab- Tuesdays until June 13th 3:30 - 4:30pm

Location: Ilsley Public Library Youth Room
Description: Adrop-in program that teaches participants how to film, edit and produce videos as well as exploring other areas of digital media. For children in 4th grade and above. On-going library programs follow the ACSU calendar. No Registration Required.

Library Explorers- Wednesdays until May 17th 3:15 - 4:15pm Location: Ilsley Public Library Meeting Room

Description: Does your elementary school child miss story time? Send them to Library Explorers! We'll read books, sing songs, and create together. On-going library programs follow the ACSU calendar. No Registration Required.

Quiet Crafternoons- Thursdays until May 18th 3:15 - 4:15pm

Location: Ilsley Public Library Meeting Room
Description: Come make projects that are a bit more involved and may take more than one week to complete. Past projects include sweatshirt costumes, string art, and Popsicle stick snowflakes. For children in 3rd grade and above. On-going library programs follow the ACSU calendar. No Registration Required.

Saturday Story time- Dates and time: Saturdays until May 13th 10:30 - 11:30am

Location: Ilsley Public Library Youth Room
Description: Join Ilsley youth services staff for stories, rhymes and songs targeted for Pre-K - 2nd grade, but open to all! No Registration Required.

Young Illustrators Group - School In-service Dates and time: Friday, March 10th and 31st 10:30 - 11:30am
Location: Ilsley Public Library Meeting Room

Description: Come draw, cut and paint with other creative kids! Kindergarten and up. No Registration Required.

Marble Machines -Dates and time: Friday, March 10th 1 - 3pm

Location: Ilsley Public Library Meeting Room
Description: Come build a marble run with ramps, gears, tunnels and drops. All Ages. No Registration Required.

Young Illustrators Group - April Break Dates and time: Tuesday, April 25th - Friday, April 28th 1:30 - 3pm
Location: Ilsley Public Library Meeting Room

Description: Come draw, cut and paint with other creative kids! Kindergarten and Up. No Registration Required



Introduction to Movie-Making Dates and time: April 25th - 28th 9am - 12pm Location: Ilsley Public Library Meeting Room Cost: Free.

Description: Learn how to make movies in this hands-on camp. No experience necessary. Children in 3rd grade and older. Space is limited. Register www.ilsleypubliclibrary.org/kids beginning Apr. 1.

First Wednesday Talk:

Stravinsky's the Rite of Spring and the Music of 1911

Presenter: Michael Arnowitz Dates and time: Wednesday, March 1, 7 p.m. Location: Town Hall Theater

Brief Description: Igor Stravinsky's the Rite of Spring is widely considered the most influential composition of the twentieth century. Pianist Michael Arnowitz examines this landmark work, as well as other pieces written in 1911 by Ravel, Schoenberg, Bartok, and Rachmaninov. NOTE: this program will be held at the Town Hall Theater.

PV Revolution!

Presenter: Richard Wolfson Dates and time: Wednesday, March 15, 7 p.m. Location: Ilsley Public Library Community Meeting Room Description: Solar energy installations are sprouting up all over Vermont—especially photovoltaic systems that convert sunlight energy directly into electricity. In this talk Middlebury College Professor of Physics Richard Wolfson will give some background on the historical development and deployment of solar energy and then focus on the present-day boom in solar photovoltaic's, especially in Vermont. Wolfson will also give a brief description of how these remarkable devices work, and take a look at the future of photovoltaic and other solar energy systems.

First Wednesday Talk:

Vincent Van Gogh and the Books He Read

Presenter: Carol Berry Dates and time: Wednesday, April 5, 7 p.m. Location: Ilsley Public Library Community Meeting Room Description: Van Gogh's letters reveal that his paintings and drawings were inspired by his reading as well as by people, nature, and other painters' work. Art historian Carol Berry shows the profound influence of the works of Harriet Beecher Stowe, Charles Dickens, George Eliot, and others on Van Gogh's life and art.

First Wednesday Talk: Don Quixote of La Mancha: The Novel that Invented Modernity

Presenter: Ilan Stavans Dates and time: Wednesday, May 3, 7 p.m. Location: Ilsley Public Library Community Meeting Room

Description: Celebrated literary critic and author Ilan Stavans considers the impact of the masterful Don Quixote on the eve of the 401st anniversary year of Cervantes' death.



TAI CHI VERMONT

Introduction to Sun Style Tai Chi

Instructor: Karen Glauber, to register or to inquire about joining the class, contact Karen Glauber at (802)989-7532 or email kglauber117@gmail.com.

Who: People ages 50 and over

Schedule: Mondays AND Wednesdays March 27, 2017 - May 17, 2017, 9:30am-10:30am

Location: Middlebury Recreation Center- 154 Creek Rd

Cost: Free

Course Level: Beginner

Description: This class is an entry level course for older adults interested in improving balance, maintaining strength, agility, flexibility and range of motion through the ancient healing art of Tai Chi. This activity combines slow, continuous, flowing movement, with breathing techniques, positive visualization which can reduce feelings of stress and help keep you grounded in the present moment. Whether you want to maximize your current good health, help your body reduce inflammatory conditions, or help yourself feel harmonious and calm, come join the wonderful community of people doing Tai Chi.



Bone Builders Osteoporosis Exercise Program

Who: Adults ages 55+ • Cost: Absolutely Free!

Schedule: Tuesday's and Thursday's 3:00-4:00pm

Location: Midd. Recreation Center- 154 Creek Rd

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

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

SUN STYLE TAI CHI - Moderate-Advanced Level

Instructor: Karen Glauber, to register or to inquire about joining the class, contact Karen Glauber at (802)989-7532 or email kglauber117@gmail.com.

Who: People ages 50 and over

Schedule: Mondays AND Wednesdays, March 6, 2017-April 26, 2017, 10:40am-11:40am

Location: Midd. Recreation Center, 154 Creek Road

Cost: Free

Description: 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.

These programs are a jointly sponsored by Age Well and the Middlebury Town Recreation Department, There is no charge for the classes, but donations to sustain the program are welcome and can be mailed directly to Age Well, 76 Pearl St, Suite 201, Essex Junction, VT 05452.

WORLD TAI CHI AND QI GONG DAY ONE WORLD - ONE BREATH

Information: Karen Glauber at (802)989-7532.

Who: People of all ages are welcome

Schedule: Saturday, April 29th, 9:45am - 11am

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

What: In all 50 states throughout the U.S., and in more than 80 countries worldwide, people will do Tai Chi as it becomes 10am in their part of the world. The wave of "One World-One Breath" will begin in New Zealand and move west, reaching Vermont 14 hours later, when we will join in here in Middlebury. Tai Chi and Qi Gong are ancient healing arts that maintain or improve strength, balance, agility and flexibility. Slow, flowing movements are combined with breathing techniques, visualization and mindfulness exercises that can reduce stress and ground you in the present moment. Light refreshments will be served.

Tai Chi Sun-Style 73 Forms

Instructor: Susan Wallis Contact: 802-453-5600 or email swallis@wcvr.org

Who: Adults 55+ Cost: Free

Schedule: Fridays 1-2pm, March 3rd through May 26th

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

What: This is a continuation of the 73 set. Open to continuing participants and to anyone with some background in the 73.



Robert Collins Award Recipient

We would like to congratulate Kellie Thomas on being named the 2016 Robert Collins Award recipient.

Master Kellie Thomas, a 5th degree black belt, is the owner and head instructor of TaeKwon Do KICKS - which stands for Keep fit, Inner strength, Confidence, Kinship and Self-defense. Master Thomas teaches TaeKwon Do (a Korean martial art) and self defense classes from Orwell to Hinesburg to 200 students weekly ranging from toddlers to grandparents. Master Thomas's main objective when teaching is to increase students self-confidence and self worth, two areas she herself struggled with growing up, and tries really hard to get to know her students as individuals. To celebrate TaeKwon Do KICKS 10th birthday, Master Thomas organized a break-a-thon (think walk-a-thon but with breaking boards) raised \$5,000 to support 10 local charities which included Middlebury Parks and Rec. For more information about TaeKwon Do KICKS, please call 802-377-0476 or email tkdkicks101@yahoo.com. Website www.tkdkicks.net.

Congratulations, Kellie, and thank you for everything you have done and continue to do for our community, we are lucky to have you!



The 9th Annual

Vermont Chili Festival

March 11th, 1:00-4:00pm

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\$8/person at the gate, only available until buttons are gone!

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