



# 2022/2023 WINTER PROGRAMS

NOVEMBER THROUGH FEBRUARY



**VOLUNTEER COACHES NEEDED:** Coaches are needed for Youth Rec. Basketball. Sign up to coach when you register your child, or if you don't have a child in a program, fill out a "Volunteer Form," which can be found on the Rec. Website. Basketball season is December-February.

**REFEREES NEEDED:** Basketball Referees for 1st-8th grade games in January and February needed. No experience needed; we will teach you all you need to know to have fun refereeing. Adults, high school students, or others can apply. Fill out a Volunteer or Employment Application to apply.

**INSTRUCTORS WANTED:** Do you have a special talent or unique skill that you would like to share with others? Are you a business that would like to partner to bring your offerings to the community? If so, please contact the Recreation Department to discuss the possibilities.

## COMMUNITY PROGRAMS

### SANGHA STUDIO PASS

The Recreation Department is collaborating with Sangha Yoga Studio to offer a 5-class pass that allows you to experience the programs they have to offer. Use the pass for one or multiple different types of programs within a 30-day period. For more information visit the Recreation website and the link to purchase a pass.

### MY HEALTHY VT

Want to be healthier and feel better? My Healthy VT can help. Find a free course that's right for you and take online any time. Go to the Rec. website for links to My Healthy VT website.

## FAMILY PROGRAMS

### HOLIDAY DECORATING CONTEST

Coming Soon! Watch for information on this year's Holiday Decorating Contest in December. It has been a great event and we hope more families will enter. If you are a business and would like to donate a gift basket as a prize, please contact the Recreation Dept.

### DANGEROUS GIRLS

Age 14+. This is a Women-only cardio- kickboxing class that combines strength and conditioning with practical combat skills. Learn trips and throws, bounce to Beyoncé, hit hard, laugh a lot. Instructor: Zachary Stevens, ONTA Studio

### SNOWMOBILE SAFETY

Age 12+. The course provides the opportunity to earn the certification necessary to legally operate on Vermont's Statewide Snowmobile Trails System. Course can be taken online at any time. Go to Rec. website for link to register for course.

## ACTIVE AGERS

### LIFTING FOR BONE HEALTH INTRO

Age 50+. The 8-week program will focus on lifting basics, including appropriate form, and appropriate progressions. Program focus will be to improve bone health. Participants will work out as a group but receive individualized programming. Instructor: Casey Moulton, Rehab Gym

## ADULT PROGRAMS

### TAI CHI INTRO

Age 18+. Come strengthen your body, regulate, and build physical energy, and cultivate your mental concentration and spirit with this gentle and nourishing practice. Instructor: Zachary Stevens, ONTA Studio

### BOXING INTRO

Age 18+. An 8-week introduction to the fundamentals of boxing, for fun, fitness, and self-defense! We'll focus on learning footwork, defense, and proper punching mechanics through a variety of safe, fun drills. Instructor: ONTA Studio Staff

### FLOW YOGA INTRO

Age 18+. Flow is excellent for those who find that moving helps create a state of physical exertion and mental concentration leading to deeper relaxation and steadiness after class. Intro programs offered Tuesdays & Thursdays. Instructors: Sangha Studio Staff

### DOG TRAINING: BASIC & SOCIAL SKILLS

Age 18+. Using a simple-to-use training approach, this 6-week program covers the essentials of having a well-behaved companion. Includes obedience, manners, social skills, and understanding behavior. Instructor: Deb Helfrich, Gold Star Dog Training

### THERAPY DOG ACADEMY

Age 18+. This 6-week course gives dogs and handlers the necessary skills for not only passing the test, but also for working successfully as a therapy dog team. Instructor: Deb Helfrich, Gold Star Dog Training

### PICKUP PROGRAMS

The Pickup Programs are by registration and payment **Only**. They are not free drop-in programs. There are Men's Basketball, Women's Basketball and Adult Volleyball. Details for each and to register go to the Rec. website.

### VOLLEYBALL LEAGUE- COED

Age 18+. The league will be offered this Winter/Spring. Weekly games and a double-elimination tournament. A coed team requires two or more females on the court at any time regardless of substitutions. Contact Tim Armstrong- [willistonvolleyball@gmail.com](mailto:willistonvolleyball@gmail.com).

## YOUTH/TEEN PROGRAMS

### KINDERREC BASKETBALL

This is a parent/child program designed to teach the fundamentals of the game. Each week youngsters will be introduced to a new skill and fun activities that will enhance their learning. This program meets on Saturdays in January and February. Instructors: Rec. Staff

### 1<sup>ST</sup>-2<sup>ND</sup> BASKETBALL

This program provides the opportunity for youngsters to learn the game, improve their skills, and enjoy playing. This program meets on Saturdays in January and February. The hour session will consist of a practice and scrimmage time. Parent volunteers are needed to coach teams. Sign up to coach when registering your child.

### 3<sup>RD</sup>-4<sup>TH</sup> BASKETBALL

There are separate boys' and girls' programs offered if numbers allow. The programs provide the opportunity for youngsters to play and improve their skills. The program meets twice a week for 1 hour each time- 1 practice and 1 game. Parent volunteers are needed to coach. Sign up to coach when registering your child.

### 5<sup>TH</sup>-6<sup>TH</sup> BASKETBALL

There will be separate boys' and girls' leagues offered if numbers allow. The leagues meet twice a week for

1 hour each time- 1 practice and 1 game. The 5<sup>th</sup>-6<sup>th</sup> are part of the CVRA League, which plays other Rec. Depts. Parent volunteers are needed to coach. Sign up to coach when registering your child.

### 7<sup>TH</sup>-8<sup>TH</sup> BASKETBALL

There is a league for boys if the numbers allow. The team meets twice a week for 1 hour each time- 1 practice and 1 game. The 7<sup>th</sup>-8<sup>th</sup> is part of the CVRA League, which plays other Rec. Depts. Parent volunteers are needed to coach. Sign up to coach when registering your child.

### KNITTING

Grades 3-8. Does your child love to knit or do they want to learn? If so, this program will teach them how to or improve their knitting skills. The program offers the basics for first timers, as well as provides early and intermediate knitters with specific how-to and help with projects. All materials are provided. Instructor: Christine Heavner, Owner Knitting Circle

### CHESS WIZARDS

Ages 6-12. Join either of these programs for tons of challenging chess lessons, exciting games, and cool prizes. You'll improve your chess skills, meet new friends, and work out your most powerful muscle - your brain. Instructors: Chess Wizards Staff  
December 27-29 or February 27-March 3

### NINJA KIDS INTRO

Age 4-8 or 7-11. The play-based curriculum increases strength and self-confidence, while moving meditation helps children manage their emotions and develop the connection between mental and physical well-being. Instructor: ONTA Studio Staff

### NINJA TEENS INTRO

Age 9-15. The play-based curriculum increases strength and self-confidence, while moving meditation helps children manage their emotions and develop the connection between mental and physical well-being. Instructor: ONTA Studio Staff

### NINJA SCIENCE CAMP

Ages 5-10. February Break. This camp unites the body and mind by combining martial arts, tumbling, and parkour with environmental science education. We help children realize their potential in an environment that is playful. Instructors: ONTA Studio Staff

### LEARN TO SKI/RIDE

Information and Registration for the Learn to Ski/Ride Program will be available on the Rec. website November 2. Be sure to register before the early bird discount to save- December 18. There will also be two fitting dates for equipment. You must register your family for a fitting time. Info is on the registration page.

### SAFE SITTER COURSES

Grades 6-8. Safe Sitter® prepares teens to be safe when they're home alone, watching siblings or babysitting. The course offers four main content areas: Safety Skills, Child Care Skills, First Aid & Rescue Skills, and Life & Business Skills. Instructor: Rec Staff