

REGISTRATION INFORMATION

REGISTRATION POLICIES & PROCEDURES

- Registrations are accepted Online or In-Person (registrations are not accepted over the phone).
- In-Person registrations need to have created a household account on the Recreation website prior to coming in.
- Registrations are accepted on a first come, first served basis. Some programs have limited enrollment, so early registration is encouraged.
- Registration on the website can be paid online or offline; Online payment is with a credit card; Offline payment is with a check or cash. (credit cards are not accepted at the Rec. Office).

NOTE: If you choose the Offline Option- payment needs to be made immediately after you place the registration, as the person you want to register is not enrolled until full payment is received and processed, which means the program could fill before you are enrolled.

REGISTRATION DEADLINES

- Registration deadlines are set at 7 days prior to the start date of a program, unless otherwise stated. Deadlines are set to ensure that minimum numbers are met to offer a program and commitments are made to instructors based on numbers one week prior to start date.
- Registrations received after the deadline will be accepted if space is available, but there is no guarantee of placement.
- Registration will close when a program has reached its maximum number, and a waiting list will be created.
- No registrations are accepted after the second meeting of a program.

ONLINE REGISTRATION CLOSURES

Online registration for programs close the day before the start date of the program, unless otherwise stated. Weekend programs close on Thursday- lists are sent to instructors on Friday. Registrations after this time must be made at the office. No registrations are accepted after the second time a program meets.

NOTIFICATION

A receipt is emailed for all registrations that are entered and paid for. The email will come from recreation@willistonvt.org. It is important to print off your receipt, detailed information and location will be on the receipt. There also may be additional waivers or an informational flyer attached. Be sure to read through all the information. Registered participants will be notified by email of any changes or cancellations.

FEES & PAYMENTS

Payment must be made in full at the time of registration, either by the online or offline payment options, unless a deposit is allowed. Deposits are NON-Refundable. If a deposit has been paid, the remaining balance is due by the required date listed for the program. Participants will not be allowed to attend a program until payment is paid in full. Checks are to be made payable to: Williston Recreation & Parks.

ONLINE REGISTRATION WITH ONLINE PAYMENT

Payment with a Credit Card

- Select the programs that you want and place them into your cart. Proceed to check out.
- At the payment option choose- "Check Out Online" and pay with a credit card.
- The person will be enrolled and paid for those programs that you selected.
- There is a Processing Fee for use of a credit card when paying online, an additional fee of 3.5% + \$0.10 with a minimum fee of \$2.00 will be charged, whichever is higher, on your total balance at the end of your transaction. The program fees will be billed by Williston Recreation & Parks, and the

processing fees will be billed by GovtPortal. Fees are non-refundable. The town does not collect or receive the fees.

ONLINE REGISTRATION WITH OFFLINE PAYMENT

Print Form and Pay with Check/Cash

- Select the programs that you want and place them into your cart. Proceed to check out.
- At the payment option choose- "Check Out Offline" and print off the Registration Form.
- The payment & form needs to be dropped off at the Department or use the drop box (credit cards are not accepted at the office).
- **DROP BOX-** A drop box is available for after hour payments. The box is located at the back entrance to the Town Hall Building- 7900 Williston Rd. Place payment and receipt in an envelope marked "Recreation".

NOTE: Using the Offline Payment Option- "Check Out Offline" does NOT enroll the person for the program(s) that were selected, until payment, check or cash, has been received and processed. The person is not counted towards the minimum or maximum numbers for a program and may not get into the program if it fills before payment is received and processed.

CANCELLATIONS

The Department reserve the right to cancel or consolidate any programs that do not meet the minimum participation number required. A full refund will be issued if a program is canceled. All registered participants will be notified by email of any changes or cancellations to any of the programs.

PROGRAM REFUNDS

- If a participant cancels out of a program, refunds will be handled as stated below.
- If you have an outstanding balance, the refund will be automatically applied to that balance and any remainder will be refunded.
- Refund checks take approximately three weeks to process and receive.
- **Processing Fee-** \$10.00 or the Deposit, is deducted off all refunds.
- **Remaining Balance-** Will be refunded up to Eight (8) days prior to start date of a program.
- **No Refund-** No Refund is given if notification is less the Eight (8) days prior to start date.

DAY OF CANCELLATIONS

- Program meeting days can be cancelled due to inclement weather, facility conditions, and/or other unknown circumstances.
- The policy is to make the call of a cancellation at the start time of the program at the location.
- If known far enough in advance, all registered participants will be notified by email. It will also be posted on the Recreation website.
- In the case where a program is held inside a school facility, all Recreation programs are cancelled any time school is closed for weather related situations. Recreation programs may still be on in the case of early dismissals or cancelling school only activities.
- If a day must be cancelled, every effort will be made to offer a make-up, this will depend on if the facility and instructor are available. If multiple days must be cancelled they all will not be made up. All participants will be notified by email of make-up dates and times.

MARKETING

Recreation Programs are marketed on the following platforms- Recreation Website, Facebook, Front Porch Forum, Williston Observer, Monthly E-Rec Newsletter and The School Newsletter. The Program Guide is mailed twice a year- Fall/Winter Guide in August, Spring/Summer Guide in February.



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7900 Williston Rd.
Williston, VT 05495

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Williston Recreation & Parks

RECREATION PROGRAMS GUIDE

Spring/Summer 2025



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R.E.C. Zone Page 3
Independence Day
Celebration Page 3

PROGRAMS FOR:

The Community
Families
Active Agers
Adults
Preschool
Youth/Teens
After School

NEW! Look for this Symbol
for New Programs



Registration
Now Open!

Detailed Program Information
and to Register - WillistonRec.org

876-1160 | recreation@willistonvt.org

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PROGRAMS

FAMILY PROGRAMS

CIRCULAR WEAVING INTRO NEW

Age 13+. Learn this fun and relaxing way to weave! The program introduces weavers to the circular loom. Make either a bowl or a flat piece. Participants will be shown a variety of techniques to create different effects. Instructor: Bradie Hansen

BOATERS SAFETY

Age 12+. Boating safety education is required for any operator, 12 years of age or older, born after January 1, 1974. The course is 8 hours and is offered over 4 days. Participants must be present at all classes to be eligible for certification. Instructor: Jon Fick

LET'S GO FISHING

Age 6+ & a Parent. Learn how to fish or learn new tricks to help you catch more. Learn where to find fish and what they like to eat. Equipment and bait provided. This is a parent/child program. Pre-registration is required. Instructor: Chuck Goller

VOCAL PERCUSSION & IMPROVISATION WORKSHOP

Age 13+. Root7, Vermont's contemporary a cappella group for 17 years, will host a free workshop introducing participants to vocal percussion, vocal improvisation, and creating collaborative songs. Beginner and intermediate vocalists are welcome.

ACTIVE AGERS (50+)

SENIOR COMMUNITY MEALS NEW

Age 60+. On Tuesdays, the Recreation Dept. and Age Well will offer a free meal from 12:00-1:00 PM for anyone aged 60+ and their spouse, regardless of age. Following lunch, enjoy a free senior-focused program from 1:00-2:00 PM. Stay, connect, and take part in engaging activities tailored just for you! You must register for each meal at 802-876-1160 or Willistonrec.org.

TAI CHI INTRO

Age 50+. Enjoy the gentle flowing movement of this ancient art which has been called "meditation in motion." This class presents the underlying principles of Tai Chi and weaves them into sequences of connected forms. Class Mondays, 9:30-10:30a. Free. Instructor: Adina Panitch. Held at the R.E.C. Zone- 94 Harvest Ln

BONE BUILDERS NEW

Age 50+. A program of United Way of Northwest VT is a low-impact weight training program designed to prevent and reverse osteoporosis in older adults. Classes Tuesdays & Thursdays, 10:00-11:00a. Free. Instructors: Ann Naumann & Joyce Oughstun. Held at the R.E.C. Zone- 94 Harvest Ln

SENIOR STRENGTH & FUNCTIONAL MOBILITY

Age 50+. Grab your weights and a water bottle and join this fitness program just for Seniors! The program will concentrate on developing upper and lower body strength as well as im-

FITNESS PROGRAMS

proving balance and strengthening your core. Classes Wednesdays & Fridays, 10:00-10:45a. Free. Instructor: Jazmine Averbuck. Held at the R.E.C. Zone- 94 Harvest Ln

ZUMBA GOLD NEW

Age 18+. Zumba Gold is a modified version of Zumba that is geared towards active older adults seeking lower-impact workouts. The Design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Instructor: Ciara Gregory

JAZZERCISE- CARDIO SCULPT LOW

Age 16+. Low Impact, Low to Moderate Intensity. Dance and sweat to your favorite workout with easy-to-follow dance aerobic moves, strength training, and flexibility. Use of a chair is optional. Geared toward 50+ but open to everyone. Instructor: Kit Sayers

JAZZERCISE- CARDIO SCULPT LOW/HIGH

Age 16+. Low Impact, Moderate to High Intensity. In this class, you can take your cardio up a notch or 2 with intensity and work your muscles more with low impact. Geared toward 50+ but open to everyone. Instructor: Kit Sayers

ACCESSIBLE YOGA NEW

Age 18+, geared towards 50+. Join this Vinyasa Yoga Flow program appropriate for everyone. Each class begins with a brief meditation and then moves into an easy practice that can be done on a yoga mat, in a chair, or both. Instructor: Robin Zabiegalski

YOGA FLOW NEW

Age 18+. Each class will start with a brief mindfulness meditation, then move into an easy Vinyasa Flow practice. You will practice a flow of yoga shapes both on the ground and standing, then you will settle on some longer stretches. Instructor: Robin Zabiegalski

TAI CHI

Age 18+. For Health & Wellness. Come strengthen your body, regulate, and build physical energy, and cultivate your mental concentration and spirit with this gentle and nourishing practice. Instructor: ONTA Studio Staff

SELF-DEFENSE KICKBOXING INTRO

Age 18+. Self-defense is a countermeasure that involves defending the health and well-being of oneself from harm. Great program for those who want to learn to defend themselves and feel safe. Instructor: ONTA Studio Staff

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: ONTA Studio Staff

ADULT PROGRAMS

BACKYARD BEEKEEPING INTRO NEW

Age 18+. This is the opportunity to learn more about these vital and fascinating creatures. The three sessions will enlighten, and maybe inspire, you to start a few hives of your own or learn more about your bee passion. Instructors: Deborah Rubin & Rick Stoner

CHATGPT & COPILOT: YOUR WORK BUDDIES FOR EVERYDAY TASKS NEW

Age 18+. In this 90-minute course, you'll meet two GenAI-powered tools—ChatGPT and Copilot, to learn how to construct effective prompts, check out a few useful applications, and have some hands-on practice. Three separate sessions are being offered. Instructor: Deb Helfrich.

VT STATE PARK HIKING GROUP NEW

Age 18+. The Group meets once a week for 6 weeks to explore a new state park with a scenic hike. Hikes will increase mileage and difficulty throughout the duration. It will begin with a 2 mile hike and end with summiting Mt. Mansfield. Instructor Taylor Hayes

STACKING RINGS NEW

Age 18+. This popular 2 hour workshop from Vermont Jewelry School guides you through the creation of rings each of silver, brass, and copper. An engaging class for teens, adults and families! Participants solder, size, and individualize their trio of rings before proudly wearing them home. Instructor: Silvio Mazzarese

ADULT 6X6 DRIVER TRAINING NEW

Age 18+. This class is designed for adults. It focuses on basic driving skills, rules of the road, driving in hazardous conditions, defensive driving, and preparation for the VT DMV road test. All participants must possess a VT Learner's Permit or Driver's License. 6 hours of virtual classroom, 6 hours of behind-the-wheel instruction, and more. Instructor: Epic Driving VT Staff

DOG TRAINING: BASIC/ESSENTIALS

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

DOG TRAINING: BEYOND BASICS

Age 18+. The 5-week course continues to build a foundation of manners, training, and social skills that were started in the basic course, working on making responses to commands consistent and reliable. 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. The course is taught by Deb, Gold Star Dog Training, who has been a therapy dog handler since the mid-1990s.

PICKLEBALL INTRO

Age 18+. Learn the rules, a variety of drills, some basic game strategies, and how to play this unique sport in this two-hour introductory clinic. Bring your own paddle or loaner paddles will be available. Instructor: Corey Gottfried

PICKLEBALL 101

Age 18+. Similar to the "Pickleball Intro" program more time is spent on each part of the game. Drills will include serving, return of serve, 3rd shot drop, the soft game, volleying, basic strategies, and actual playing time. Instructor: Corey Gottfried

PICKLEBALL 102

Age 18+. A program for players familiar with the game. Come refine your skills such as: playing with intention, court coverage and positioning, reading your opponents, 3rd shot drop, lobbing and retrieving, and more! Instructor: Corey Gottfried

PICKLEBALL SCRIMMAGE & LEARN

Age 18+. This program focuses on building skills through playing the game with feedback provided by the instructor. The program is designed for Intermediate level players to develop their techniques over six weeks. Instructor: Corey Gottfried

PRE-SCHOOL PROGRAMS

SPRING STORYTIME NEW

Age 0-5. Join us for movement, music, and stories all about spring! Children and their caregivers. Stay for a fun craft and free play. Instructor: Dorothy Alling Memorial Library Staff

SOCCER SHORTS: MINIS

Age 3. Coed, Child/Parent. The programs teach the fundamentals of soccer using a fun and energetic curriculum that is tailored to these age groups. Instructors: Rec Staff

SOCCER SHORTS: MIGHTS

Age 4. Coed, Child/Parent. The programs teach the fundamentals of soccer using a fun and energetic curriculum that is tailored to these age groups. Instructors: Rec Staff

YOUTH/TEEN PROGRAMS

RECKIDS LACROSSE

Age 5-6. Coed, Child/Parent. The program teaches the fundamentals of the game using a fun and energetic curriculum that has been tailored to this age group. All sessions are held in a fun and positive environment, where players are encouraged to learn and play with a parent and each other. Instructors: Rec Staff

ROOKIES LACROSSE

Grades 1-2. Separate programs for boys and girls. Rookie Lacrosse is geared toward those who want to learn, play, and experience the game of lacrosse in a fun atmosphere. The program is on Saturdays, starting May 3, consisting of skill learning and scrimmages. Volunteer coaches are needed. Early Bird Deadline- April 20

YOUTH LACROSSE LEAGUES

Grades 3-4, 5-6, & 7-8. Lacrosse is a fast-paced sport that combines the power of football and hockey and the endurance of soccer and basketball. The programs offer separate boys and girls teams. Teams play in the NVTYL League. Volunteer Coaches are needed. Early Bird Deadline- March 9

SAFE SITTERS BABYSITTERS COURSE

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

DRIVERS EDUCATION

Age 15-17. Epic Driving focuses on defensive driving techniques including crash avoidance, situational awareness, zone control, mindful driving, and developing good driving habits. Instructor: Brandon Gordon, Epic Driving, LLC

TRACK & FIELD

Age 6-14. Participants will learn the basics of running, jumping, throwing, and relays. There will be meets with other area Rec. Depts. and a VRPA State Meet for Athletes ages 7-14. Great program for those who love to run, jump, and throw. Instructor: Catherine Moller

JUNIOR ATHLETIC PERFORMANCE NEW

Grade 3-5. This program will help active individuals learn the basis of movement, fitness, and strength in a fun and positive environment! It will teach the benefits of teamwork, sportsmanship, and how to move your body for overall health and wellness! Instructor: Fit2Excel

TEEN ATHLETIC PERFORMANCE NEW

Grades 6-12. This strength and conditioning program is specifically designed for teen athletes looking to learn proper sprinting, running, jumping, and strength training mechanics. The program will teach how to improve athletic performance, prevent injuries, and increase overall knowledge about strength and conditioning for your sport. Instructor: Fit2Excel

RECKIDS SOCCER

Age 5-6. Coed. The program is designed to teach the fundamentals of the game. Youngsters will learn, practice, and develop their skills. The program is on Saturdays, starting September 6, consisting of skills and scrimmages. Volunteer coaches are needed. Registration opens July 1.

ROOKIES SOCCER

Grades 1-2. Separate programs for boys and girls. Rec. Soccer is geared toward those who want to learn, play, and experience the game of soccer in a fun atmosphere. One practice during the week and games on Saturdays. Programs begin August 30. Volunteer Coaches are needed. Registration opens July 1.

YOUTH SOCCER

Grades 3-5. Separate programs for boys and girls. One practice during the week and games on Saturdays. Teams play teams from Hinesburg and Charlotte. Mini round robin play last Saturday. Programs begin August 30. Volunteer Coaches are needed. Registration opens July 1.

NINJA KIDS INTRO

Age 4-8 & 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 APRIL BREAK

Age 5-13. This program unites the body and mind by combining martial arts, tumbling, and parkour with environmental science. Children will realize their potential in a playful environment. Instructors: ONTA Studio Staff.

AFTER SCHOOL PROGRAMS

INDOOR SOCCER

Grades 3-5. Coed. The 5-week program will focus on playing through scrimmages. Teams will be made up each week from the registered participants. A great opportunity for kids to stay active. Open to all levels of experience. Instructors: Rec Staff

SAFE AT HOME NEW

Grades 3-5. This intro-level program prepares kids to care for themselves when their parents are away. The program teaches how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers. Instructor: Rec Staff

KNITTING

Grades 3-8. The program offers the basics for first-timers, as well as provides early and intermediate knitters with specific how to help with projects. All materials are provided. Instructor: Christine Heavner, Owner of Knitting Circle

YOUTH TENNIS

Grades K-2 & 3-5. Now, it's easier for kids to play and develop a love for the sport! Taught by certified tennis professionals who are trained to instruct kids of all ages. Players learn basic stroke techniques. Instructors: The Edge Tennis Staff

HORSEBACK RIDING INTRO

Age 8-14. The Livery Horse Farm, Hinesburg is offering Introductory riding programs. The focus is on English riding. Horses provide a variety of skill levels for children to learn. Programs are offered after school or on Saturdays. Instructor: Kim Johansen, Owner

SPECIAL EVENTS

NEW FROG & PRINCESS COOKIE DECORATING (Grades K-8)

Monday, March 31

Join us for a fun-filled afternoon of cookie decorating! With no school on Monday, March 31, it's the perfect opportunity to get creative and enjoy some quality time together. Each registered participant will receive a cookie decorating kit featuring six delicious, themed cookies, three bags of icing, a sprinkle set, and a handy cookie tool. While decorating, enjoy a special feature that will keep everyone entertained.



KIDS TO PARKS DAY

Saturday, May 17

KIDS TO PARKS DAY NATIONAL PARK TRUST

Kid's Fest '25

Come out to Village Community Park on May 17th for a Family Friendly Kids Day at the park. Kids outdoor activities, games, giveaways, food, and Fun! Come dressed to be active- 12:00-2:00 pm. The day's events are currently in the planning stage watch for more info to follow.

Let's Go Fishing

Age 6+ & a Parent. Learn how to fish, new tricks to catch more, and where to find the fish. Equipment and bait provided. This is a parent/child program. Pre-registration is required. May 17, 9:00a-12:00p. Instructor: Chuck Goller

VT LAKE MONSTERS GAME

Saturday, July 12

Grandstand Tickets to Benefit the Williston Scholarship Fund

The Recreation Dept. is partnering with the VT Lake Monsters to bring you this great opportunity to purchase \$8 tickets to the Saturday, July 12 game against the Norwich Sea Unicorns. Half the proceeds of ticket sales will go to the Recreation Scholarship Fund. Use the QR code to access the Lake Monsters website to purchase tickets.



WILLISTON INDEPENDENCE DAY CELEBRATION

July 3 & 4

The Celebration is currently in the planning stages. Sponsorship opportunities are available, contact the Department. If you or your organization would like to be involved contact us at -recreation@willistonvt.org



JULY 4TH

- 10:00 a.m. — Independence Day Parade
- 11:00 a.m. - 1:00 p.m. — Activities and Food Vendors on "The Green"
- 6:00 - 9:00 p.m. — Entertainment Village Community Park
- 6:30 - 10:30 p.m. — Shuttle Buses
- 9:20 p.m. — Fireworks - Village Community Park



The R.E.C. Zone is located at **94 Harvest Lane**, the facility offers two indoor programming spaces. The first is a large multi-purpose space that can be used for fitness and active programming, the second is a smaller space that can be used for small group programming.

Instructors Wanted! The Department is looking for people who want to provide programming to the community. Fill out and submit a Program Proposal Form or contact us at recreation@willistonvt.org. If you know of an instructor who would be great have them contact us.