

2023 Spring AND Summer PROGRAMS

UPCOMING PROGRAMS FOR MARCH THROUGH AUGUST.



Detailed information on each program can be found on the website.

WWW.WILLISTONREC.ORG
802-876-1160 • recreation@willistonvt.org



COMMUNITY PROGRAMS

RehabGYM 1st Annual Williston Community 5k

Age 12+. Saturday, May 13, 9:30am. A great way to bring the community together, support local businesses/organizations and enjoy the Spring. The course is accessible and adaptive athletes are encouraged to participate. Register on the Recreation website.

Fyzical Williston Yoga Pass

The Recreation Department is partnering with Fyzical Williston to bring you this great opportunity of a 4 visit Punch Pass to try their All Levels and Chair Yoga programs. Register for your pass on the Recreation website and receive your pass at your first visit.

Sangha Studio Yoga Pass

The Recreation Department is collaborating with Sangha Yoga Studio to offer a 5-class pass that allows you to experience their programs. Use the pass for one or multiple different types of programs within a 30 day period. Visit the Rec. website for more info.

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

Beginners Electronics & Programming with Arduino Microcontrollers

Age 10+. You will be introduced to the world of building small electronic projects that can be controlled by microcontrollers. Basic principles of electronics and programming will be explored as you make lights blink and motors turn. Instructor: Bryan Serinese

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

Mixed Martial Arts Intro

Age 13+. For Fun & Fitness. The program mixes training techniques from boxing, kickboxing, and Jiu-Jitsu to create a fun, non-competitive environment where you will get a great workout and learn practical self-defense skills! Instructor: ONTA Studio

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

ACTIVE AGERS

Jubo

Age 50+. Learn to play the 4-Hole Ocarina the easy way. Jubo is a new music methodology for all who want to learn an instrument quickly. Jubo is a lightweight pendant whistle with four holes that allows one to master music quickly. Instructor: Wayne Hankin

Chair Yoga Intro

Age 50+. This two class intro is an opportunity to try out the program! If mobility, balance, or confidence restrictions are a barrier for movement, a chair is an excellent tool to support therapeutic activity. Instructor: Zach Wilson, Fyzical Williston

Senior Health & Fitness Programs

The Dept. is currently working on setting up and bringing Health & Fitness Programs for Seniors to the new rental facility "The R.E.C. Zone." Watch for future details on new programming coming soon. Instructors Needed! Contact us at recreation@willistonvt.org.

ADULT PROGRAMS

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, Goldstar Dog Training

Pickleball Intro

Age 18+. Learn the rules, a variety of drills, some basic game strategy 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 but more time 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

All Levels Yoga Intro

Age 18+. This two class intro is an opportunity to try out the program! Yoga postures, breathing, relaxation, and meditation are the focus with emphasis on injury prevention and appropriate progression/modification. Instructor: Zach Wilson, Fyzical Williston

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

Jiu-Jitsu Intro

Age 18+. The VT BJJ Intro Program is your starting point for a complete transformation. We cover the basic skills of BJJ, incorporate self-defense techniques, takedowns, and boxing in a friendly, safe, and positive environment. Instructor: Julio Fernandez, Owner

Jazzercise LO

Age 18+. The Jazzercise Cardio Sculpt program is a low impact program that's dance-based and includes strength training designed with you in mind. Currently

setting this program up to be offered at "The R.E.C. Zone", details coming. Instructor: Kit Sayers

Magic Feldenkrais® Can Do For You

Age 18+. The 90 minute program gives you a chance to experience a verbally led lesson, learn a bit about the history of the creator and the value to others. People feel more grounded, lighter, more connected when they experience it. Instructor: Gillian Franks

PRE-SCHOOL PROGRAMS

Kindermusik

Age 0-5 yrs. Classes provide a playful, supportive environment for children and their caregivers to play together with music, dancing, singing, exploring instruments, and more. Different levels are offered for age groups. Instructor: Rachel Smith

Jiu-Jitsu Intro

Age 4-6. Brazilian Jiu-Jitsu is a dynamic martial arts style. It will help your kids with realistic bully-proofing and gives them self-defense skills that they can use for the rest of their lives! Come try this Intro Program. Instructor: Julio Fernandez, Owner

YOUTH PROGRAMS

Chess Wizard February Camp

Age 6-12. A week full 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! Instructor: Chess Wizards Staff

Dinosaur Dig & Fossil Hunt

Age 6-11. April Break. Explore Archeology, Paleontology, and Geology and excavate the simulated bones of a model dinosaur! Assemble the fossil from your own dig to complete a 3-dimensional model of a dinosaur to take home. Instructor: STEAMworks

Youth Lacrosse

Grades K, 1-2, 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 K & 1-2 programs are Coed, and the 3rd-8th programs offer separate boys and girls teams. Early-Bird Deadline for the 3rd-8th programs is March 5. Volunteer Coaches are needed.

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.

Youth Soccer

Ages 3, 4-5 and Grades K, 1-2 & 3-5. Rec. Soccer is geared for those who want to learn, play, and experience the game of soccer in a fun and enjoyable atmosphere. Detailed information on each can be found on the Rec. website. Programs begin in September. Volunteer Coaches are needed. Reg. starts July 1.

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 teach to kids of all ages. Players learn basic stroke techniques. Instructors: The Edge Tennis Staff

Fun with Circus Skills

Grades 3-8. Circus Fun! Join this fun-filled and exciting low risk program focusing on circus skills: juggling (balls, clubs, rings, and scarves), low stilt-walking, unicycling, flower sticks, diabolo, balance skills and more. Instructor: Rob Crites

Knitting

Grades 3-8. 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

Jubo

Grades 3-8. Learn to play the 4-Hole Ocarina. Jubo is a new music methodology for all who want to learn an instrument quickly. Jubo is a lightweight pendant whistle with four holes that allows one to master music quickly. Instructor: Wayne Hankin

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, Child Care Skills, First Aid & Rescue Skills, and Life & Business Skills. Instructor: Rec Staff

Ninja Science Camps

Ages 5-10. February or April Break. These camps unite the body and mind by combining martial arts, tumbling, and parkour with environmental science. We help children realize their potential in an environment that is playful. Instructors: ONTA Studio

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

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

Jiu-Jitsu Intro

Age 7-15. Brazilian Jiu-Jitsu is a dynamic martial arts style. It will help your kids with realistic bully-proofing and gives them self-defense skills that they can use for the rest of their lives! Separate Programs for 7-10 & 11-15. Instructor: Julio Fernandez, Owner

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 on. Programs offered after-school or Saturdays. Instructor: Kim Johansen, Owner

2023 SUMMER CAMPS

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DAY CAMPS

R.E.C. Camp - Recreation Experiences for Children

Entering grades 1st-6th in the Fall 2023. R.E.C. Camp is a wonderful twist on the traditional day camp. Packed with recreation, sports, arts & crafts and more, there is never a dull moment. This child-centered camp is the perfect blend of choice activities, group games, free play, and the ever-popular field trips and swim day.

Camp Options:

- Full Days: 7:30 a.m.-5:30 p.m.
- Half Days
 - Mornings- 7:30 a.m.-12:30 p.m.
 - Afternoons- 12:30 p.m.-5:30 p.m.

Sessions:

- Full Days: Eight sessions are offered from June 26-Aug. 18
- Half Days: Seven sessions are offered June 26-Aug. 11 (A session cannot be broken up by the day or the half days, you must choose one option for a session).

There are NO camps Monday, July 3 and Tuesday, July 4

Pricing:

- Full days- \$190 Res/\$205 Non, per session
- Half days-\$100 Res/\$115 Non, per session
- July 5-7- Full Days- \$115 Res/\$130 Non (July 5-7)
- Half Days- \$60 Res/\$75 Non

L.I.T Camp - Leaders In Training

Entering grades 7th-8th in Fall 2023. The L.I.T. Camp is for those who are looking to learn and give back to the camp by being in a position to help out in the pods of R.E.C. Camp. A small number of teens will be accepted into each session of the L.I.T Camp. An L.I.T is assigned, for the session, to help out in a pod to assist the counselors with camp activities.

Camp Option:

Full Days- 8:30 a.m.-4:30 p.m.

(Early and late options are available to add on to camp hours)

Sessions:

Seven sessions are offered from June 26 - Aug. 11
There are NO camps Monday, July 3 and Tuesday, July 4

Pricing:

\$190 Res/\$205 Non, per session
\$115 Res/\$130 Non (July 5-7)

O.U.R. Camps - Outdoor Ultimate Recreation

Entering grades 6th-8th in Fall 2023. O.U.R. Camps are for the teen who is looking to be active this summer. There are 7 weeks of themed camps offered. Each one will have a variety of trips to keep teens moving. This camp is on-the-go and for the teen who likes the outdoors. Sign up your child for one week or more!

Camp Options:

Full Days- 8:30-4:30 p.m.

(Early and late options are available to add on to camp hours)

Sessions:

Seven sessions of themed camps are offered from June 26 - Aug. 11
There are NO camps Monday, July 3 and Tuesday, July 4

Pricing:

\$260 Res/\$275 Non, per camp
\$115 Res/\$130 Non (July 5-7)

SUMMER SCHOOL and AFTERNOON R.E.C. CAMP

If your child will be attending Summer School, purchase the afternoon option of R.E.C. Camp and make it a full day for your child.

Summer school ends at 12 p.m. and the afternoon option of the day camp starts at 12:30 p.m. However, children can join the day camp at 12 p.m. for lunch. Be sure to tell summer school staff that your child will be attending R.E.C. Camp.

REGISTRATION

Camp registration is now open, and all registrations are done online. To register log in to your Household Account or create one if needed, then register your children for the camps they want to attend. Go through the checkout process where, at the end, you will have two payment options to choose from.

PAYMENT OPTIONS

Option 1: Online Payment:

At checkout choose the online payment option and pay in full with a credit card. There is a 3.5% process fee to do this, but your children will be enrolled in the

camps that you registered for.

Option 2: Offline Payment:

At checkout choose the offline payment option, print off the form and send in a check by mail or use the drop box at the back entrance of Town Hall. Deposits can be done using this method of payment. *NOTE: Children are not enrolled in camps using the offline payment option, until payment or deposits are received and processed in the office.*

DEPOSITS:

Deposits are \$25 per child, per sessions, per camp and are non-refundable. Deposits are part of the

camp fees, so you will be paying the first \$25 of a camp fee. Choose the offline payment option to pay deposits.

BALANCE DUE:

If you choose to pay the deposits, your remaining camp balances must be paid in full prior to **June 9, 2023**

POLICIES & GENERAL INFO.

For cancellations, refunds, and other important information, visit the department website, under General Info click on the "Dept Info & Form" tab.

ENRICHMENT CAMPS

Lunch Hour Free

Sign your child up for a morning and afternoon Enrichment Camp in the same week at the same location. Rec. staff will watch your child for the hour in between for free — have lunch with them from 12 -1 p.m., and get them to their afternoon camp. No transportation is available.

Extended Camp Options

Extra hours can be added to some Enrichment Camps; in the mornings from 8 - 8:30 a.m. or in the afternoon from 4:30-5 p.m. Price is \$5 per camper, per week, per half hour. Some camps don't have extended camp options.

Day Camp/Half Day Option

If your child is registered for a morning or afternoon Enrichment Camp add a R.E.C. Camp option and have your child in camp all day. Rec. Staff will get or bring your child to their Enrichment Camp from the Day Camps.

SPECIALTY CAMPS

Art with Letters, Words, Poems, & Stories Camp

Age 8-12
8:30 a.m.-12 p.m., July 24-28
\$175/\$190.
Director: Abbie Bowker

Abstract Art Camp

Age 10-14
1 p.m.-4:30 p.m., July 24-28
\$185/\$200
Director: Abbie Bowker

Drawing in Nature Camp

Age 10-14
8:30 a.m.-12 p.m., July 31-August 4
\$175/\$190
Director: Abbie Bowker

Portrait Drawing Camp

Age 13-16
1 p.m.-4:30 p.m., July 31-August 4
\$175/\$190
Director: Abbie Bowker

Baking Fun Camp

Age 8-10
8:30 a.m.-12 p.m., July 10-14
\$180/\$195
Director: Sally Dattilio

Advanced Baking Fun Camp

Age 11-14
8:30 a.m.-12 p.m., July 17-21
\$180/\$195
Director: Sally Dattilio

Chess Wizards Camp

Age 6-12
1 p.m.-4:30 p.m., August 7 – 11
\$260/\$275
Directors: Chess Wizards Staff

Safe Sitter Camp

Age 11-14
8:30 a.m.-12 p.m., August 14 – 18
\$175/190
Director: Alex Mihavics

Horse Camps

Age 8-14

S1- June 26-30, 8 a.m.-4 p.m.- \$525/\$540
S2- July 17-21, 8 a.m.-1 p.m. - \$400/\$415
S3- July 31- August 4, 8 a.m.-1 p.m. - \$400/\$415
Director: Kim Johansen, Livery Horse Farm

SPORTS CAMPS

Field Hockey Camp

Age 9-14
8:30 a.m.-12 p.m., June 26-30
\$135/\$150
Director: Lynn McClintock

Baseball Camp

Age 7-12
1 p.m.-4:30 p.m., July 10-14
\$175/\$190
Directors: The Strike Zone Staff

Tennis Camps

Age 6-8 & 9-12
8:30 a.m.-12 p.m.
S1- July 10-14
S2- August 7-11
\$135/\$150
Directors: The Edge Tennis Staff

Ultimate Frisbee Camp

Age 11-14
8:30 a.m.-12 p.m., July 17-21
\$135/\$150
Directors: Vermont Ultimate Staff

VT Voltage Soccer Camp

Age 5-14
8:30 a.m.-12 p.m., July 31-August 4
\$195/\$210
Directors: Vermont Voltage Staff

STEM CAMPS

Engineering Camp

Age 6-9
8:30 a.m.-4:30 p.m., June 26- June 30
\$225/\$240
Director: Erin Crowley

LEGO EV3 Robotics Coding & Creating Camp

Age 10-14
8:30 a.m.-12 p.m., June 26-30
\$250/\$265
Director: Allan Miller

2D & 3D Creating with Digital Tech Camp

Age 10-14
1 p.m.-4:30 p.m., June 26-30
\$265/\$280
Director: Allan Miller

Up, Up & Away Camp

Age 6-11
8:30 a.m.-12 p.m., July 10-14
\$183/\$198
Directors: STEAMworks for Kids Staff

Electronics Arcade & Game-atorium Camp

Age 6-11
1 p.m.-4:30 p.m., July 10-14
\$183/\$198
Directors: STEAMworks for Kids Staff

Creative Engineering Camp

Age 6-11
8:30 a.m.-12 p.m., July 24-28
\$183/\$198
Directors: STEAMworks for Kids Staff

Rocketry Camp

Age 8-12
1 p.m.-4:30 p.m., July 24-28
\$270/\$285
Director: Bob Gurwicz

LEGO BricQ Motion Camp

Age 6-11
8:30 a.m.-12 p.m., July 31-August 4
\$275/\$290
Directors: Wicked Cool Staff

Wicked Cool STEAM Camp

Age 6-11
8:30 a.m.-12 p.m., August 7-11
\$275/\$290
Directors: Wicked Cool Staff

Ninja Science Camps

Age 8-13
9 a.m.-3 p.m., August 7-11
\$315/\$330
Directors: ONTA Studio Staff

Ninja Science Teen Girls Camps

Age 13-19
12 p.m.-3 p.m., August 14-18
\$210/\$225
Directors: ONTA Studio Staff

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