

PROGRAM & REGISTRATION INFORMATION

PROGRAM INFORMATION

The Program Guide is a listing of the current programs being offered by the Recreation Department. Check the Recreation website- Williston-Rec.org for days, dates, times, fees, and information on each program. This information is not listed in the Program guide as it could change over time. The website is always up to date. Also check the website for new programs as they are always being added.

REGISTRATION INFORMATION

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. (credit cards are not accepted at the Rec. Office).

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 to drop off a check at the Department, or use the drop box at the back entrance to the Town Hall Building at 7900 Williston Rd.

Note: Using the Offline Payment Option- "Check Out Offline" does **NOT** enroll the person for the program(s) that were selected, until payment, by 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 we receive the payment. Drop off payment immediately.

MARKETING

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

FINANCIAL ASSISTANCE

The department recognizes that there are Williston families who are financially unable to participate in programs, but still desire the opportunity to experience the benefits of recreation activities. The department has established a financial assistance program as a supplement of funds to make recreation programs available to Williston families. These funds are made available through scholarships. To apply for a scholarship, visit the recreation website.



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COACHING & REFREERING OPPORTUNITIES

VOLUNTEER COACHES NEEDED!

Coaches are needed for the Youth Soccer and Basketball programs. 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.

REFEREES NEEDED

Soccer & Basketball Referees are needed for the youth programs this Fall and Winter. Soccer games are in September and October and Basketball games are in January and February. 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.

INSTRUCTOR & BUSINESS OPPORTUNITIES

INSTRUCTORS WANTED!

Do you have a talent or skill that you would like to share with others? If so, consider becoming an instructor with Williston Recreation & Parks. We are always looking for new programs and summer camp offerings.

BUSINESSES WANTED!

Do you operate a business in Williston that offers programs? If so, the department would like to partner with you to bring your programming to the Williston community. Contact us to see how we can partner with you.

INSTRUCTOR/BUSINESS HANDBOOK

Visit the website for information on being an instructor or partner with us. The process begins with submitting a program/camp proposal form, which can be found on the recreation website.

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WILLISTON RECREATION & PARKS

2023 Fall/Winter Program Guide

www.WillistonRec.org • 876-1160 • recreation@willistonvt.org

Detailed information can be found on the Recreation Website

PROGRAMS & SPECIAL EVENTS

ONLINE PROGRAMS

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 it online or try one of the Zoom programs offered this Fall. Hypertension Control- Fridays Sept 15-Nov 10, 10:00-11:30a. Diabetes Self-Management- Wednesdays Sept 20-November 1, 4:00-6:30p. <https://www.myhealthyvt.org>.

SPECIAL EVENTS

HOLIDAY DECORATING CONTEST

Watch for information on this year's Holiday Decorating Contest in December. It is 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.

FAMILY PROGRAMS

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. An in-person course will be offered in December.

DANGEROUS GIRLS CLASS

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

PICKLEBALL 101

Age 18+. For players familiar with the game, this program will explore the technical aspects of Pickleball. 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 experienced players, Pickleball 102 will focus on refining skills such as: Building a point, Court coverage, Lobbing and retrieving lobs as well as the mental side of the game: focus, mindset, breathing, goals, adjustments, shot selection and patience. Instructor: Corey Gottfried

PICKUP BASKETBALL PROGRAMS

Pickup programs are by registration and payment only. There are programs for Men's 20+, Men's 30+, and Women's 19+. Programs meet once a week October-May. Register on the Rec. website.

PICKUP VOLLEYBALL PROGRAM

The Pickup program is by registration and payment only. The program is for adults 18+. Program meets once a week from October- May. Register on the Rec. website.

VOLLEYBALL LEAGUE- COED

Age 18+. The league offers two sessions- Fall and Spring, each finishing with 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.

DOG TRAINING: BASIC/ESSENTIALS

Age 18+. This 6-week program covers the essentials to 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+. This 5 week program 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

THERAPY DOG ACADEMY

Age 18+. xThis 6-week Program 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

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: ONTA Studio Staff

SELF DEFENSE 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

FOOD PRESERVATION WORKSHOP

Learn about how best to preserve your harvest with hands-on instruction from the Vermont Garden Network's Veducational Van! This 2-hour workshop will cover best practices for a variety of food preservation methods including canning, pickling, fermenting and dehydration. All materials provided. Instructor: Cedar Schiewetz, Garden and Nutrition Program Manager, Vermont Garden Network

PRE-SCHOOL AGE PROGRAMS

SOCCER SHORTS

Ages 3-4. Child/Parent Program. The program teaches the fundamentals of soccer using a fun and energetic curriculum. Each class is held in a fun and positive environment, where children are encouraged to learn and play with a parent and each other. Instructors: Rec. Staff

YOUTH/TEEN PROGRAMS

KINDERREC SOCCER

Ages 5-6- Coed. This program is designed to teach the fundamentals of the game. Youngsters will be provided with the opportunity to learn, practice, and develop their skills. Saturdays- practice and scrimmages. Parents and Volunteers are needed to coach teams.

1ST- 2ND SOCCER

Separate boys' and girls' programs are offered if numbers allow. The program provides the opportunity to learn the game, improve skills, and enjoy playing. The program meets twice a week- weekday practice and Saturday games. Volunteers are needed to coach teams.



3RD- 4TH- 5TH SOCCER

Separate boys' and girls' leagues offered if numbers allow. The program meets twice a week- weekday practice and Saturday games. Teams will have the opportunity to play other Rec. Dept teams. Parents and Volunteers are needed to coach teams. *League Sponsored by Bag Riders Air Suspension*

Note: The Youth Rec. Soccer Programs are sponsored by Dick's Sporting Goods

KINDERREC BASKETBALL

Ages 5-6- Coed. 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

1ST- 2ND BASKETBALL

There are separate boys' and girls' programs offered if numbers allow. The program provides the opportunity for youngsters to learn the game, improve their skills, and enjoy playing. The program meets on Saturdays in January and February. The hour session will consist of a practice and scrimmage. Parent volunteers are needed to coach. Sign up to coach when registering your child.

3RD- 4TH BASKETBALL

There are separate boys' and girls' leagues offered if numbers allow. Leagues provide the opportunity for youngsters to play and improve their skills. Teams meet twice a week with a weekday practice and Saturday game. Parent volunteers are needed to coach. Sign up to coach when registering your child.

5TH- 6TH 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. Separate boys' and girls' leagues offered if numbers allow. Parent volunteers are needed to coach. Sign up to coach when registering your child.

7TH- 8TH 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. Parent volunteers are needed to coach. Sign up to coach when registering your child.

Note: The 3rd-8th leagues are part of the CVRA League, which plays other Rec. Depts. in the area. Games will be played in Williston and other towns. Schedule to be determined.

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

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

Grade 3-8. Does your child love to knit or do they want to learn? If so, this program will teach them how to 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

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. Kim Johansen, Owner Livery Farm

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

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

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.

PROGRAMS AT THE R.E.C. ZONE

94 Harvest Lane, Williston - Check the Recreation website for days, times, fees, and more information on each. These are not listed in the Program guide due to changes by instructors.



GET FIT W/JAZZY

Age 18+. This high energy dance and core sculpting class combines aerobic dance and core stability along with a curated playlist of Latin, house, and rock style tunes. Everyone welcome! Impact levels can be modified!

JAZZERCISE- CARDIO SCULPT LOW

Age 50+. 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 adults 50+ but open to everyone.

JAZZERCISE- CARDIO SCULPT LOW/HIGH

Age 50+. 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 adults 50+ but open to everyone.

RETRO DANCE CARDIO & CORE

Age 50+. Get up and move to some of your favorite hits from the 70s, 80s and 90s. All fitness levels are welcome as there will be modifications for low impact and high energy! Geared toward adults 50+ but open to everyone.

SENIOR STRENGTH

Age 50+. This fitness program will work your upper and lower body strength as well as your balance and core. Modifications are shown and participants are encouraged to work within their abilities while socializing and having fun.

TAI CHI

Age 50+. In this beginner class, you will learn a series of basic Sun-Style Tai Chi movements, each flowing into the next. Each movement will be broken down and practiced in a slow and gentle manner emphasizing the health and well-being aspects of tai chi.

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. For beginner and intermediate vocalists.

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. Looking for instructors for the following programs:

Adult Fitness Programs, Senior Fitness Programs, Youth/Teen Fitness Programs, Dance Programs, Ballroom Dancing, Yoga, Meditation/Stress Reduction, Educational Classes, Language Lessons, Music Programs, Technology Programs, Investing Club, Nutrition Classes, Environmental Programming, Gardening Classes, Lecture/Speakers, Emergency Response Training, Budget/Money Management, Fly Tying Clinics, Art Classes, Cooking Classes, Craft Classes, After School Programs, Jewelry Making, Writing Programs, Needlecraft, Fiber Art, Flower Arranging, Poetry, Pottery, Fix-It Events, How to Classes

These and many more, share your talent with the community and make a few dollars. Start the process with filling out the Program/Camp Proposal Form and then we will work with you to create the program offering of your dreams.

