

SPECIAL EVENTS

CORNHOLE TOURNAMENT



Sunday, September 20

Grab a partner and toss your way to victory in a fun-filled Cornhole Tournament! Friendly competition, big laughs, and bragging rights up for grabs! It will be held on Saturday, September 20, from 12:00-6:00 pm. The rain date for the event is Sunday, September 21.

LOCATION - The location for the event is the Village Community Park (250 Library Lane).

Bring the whole family to cheer you on and enjoy tasty bites from local food vendors!



TRUNK OR TREAT

Sunday, October 26



The Williston/Richmond Rotary Club and Williston Federated Church are happy to announce the Annual "Trunk or Treat" Event. It will be held on Sunday, October 26, from 2:00-3:30 pm: rain or shine.

LOCATION - The location for the event is the Village Community Park parking lot (250 Library Lane).

Bring the kids and/or the grandkids for a safe and fun "trick or treat" experience! We're looking forward to seeing lots of fun costumes and smiles!

HOLIDAY DECORATING CONTEST

December 18-21

The Contest is for Williston Residents and Businesses Only!

Show your holiday spirit and join this friendly competition while infusing some cheer in the community!

Whether you do it to win a fun prize, for the bragging rights, or just enjoy sharing your festive decorations, we want **YOU** to participate!

Registration is free! Must be registered to be judged. Look for more information and to register on the Recreation website in November.



COOKIE DECORATING



Monday, December 29

Join us for a fun-filled afternoon of cookie decorating! With no school on Monday, December 29, it's the perfect opportunity to be creative and enjoy some quality time together. Each registered participant will receive a cookie decorating kit featuring six delicious, winter 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.



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. Whether you have led a program before or have a suggestion for a new program (if you know of an instructor have them contact us). Please fill out and submit a Program Proposal Form or contact the Department at recreation@willistonvt.org.



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7900 Williston Rd.
Williston, VT 05495

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Williston Recreation & Parks RECREATION PROGRAMS GUIDE

Fall/Winter 2025



INSIDE:
Cornhole Tournament
Trunk or Treat
Holiday Decorating Contest
Cookie Decorating

NEW! Look for this Symbol for New Programs



Registration Now Open!

Detailed Program Information
and to Register - WillistonRec.org

876-1160 | recreation@willistonvt.org

PROGRAMS

FAMILY PROGRAMS

LET'S GO FISHING

Age 6-16 & 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. Registration is required to attend. 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. Beginners and intermediate vocalists are welcome.

DANGEROUS GIRLS

Age 12+. This Women-only cardio-kickboxing class combines strength and conditioning with practical combat skills. Learn trips and throws, bounce to Beyoncé, hit hard, laugh a lot. Instructor: ONTA Studio Staff

CIRCULAR WEAVING INTRO

Age 13+. Learn this fun, inexpensive, 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

SOUND BATH WITH SOUND MASSAGE

Age 10+. Lie down, relax, and allow the sounds and vibrations of crystal bowls, gongs, and flute to calm the body and mind while the Tibetan singing bowls are gently rung. Rise from this deep restorative rest, feeling refreshed and recharged.

ACTIVE AGERS - 50+

SENIOR COMMUNITY MEALS

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 recreation@willistonvt.org

A MATTER OF BALANCE

Age 50+. This evidence-based program is designed to help older adults feel more confident about preventing and managing falls. Over the course of eights, you will meet with a trained facilitator to build strength, improve balance, and develop strategies for staying active and independent. Instructor: Carol Pepin

SENIOR STRENGTH & FUNCTIONAL MOBILITY

Age 50+. Grab your weights and a water bottle and join this fitness program for Seniors! The program will concentrate on developing

upper and lower body strength, improving balance, and strengthening your core. Instructor: Jazmine Averbuck

JAZZERCISE- CARDIO SCULPT LOW\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 50+ but open to everyone. Instructor: Kit Sayers

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 50+ but open to everyone. Instructor: Kit Sayers

TAI CHI INTRODUCTION

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. Instructor: Adina Panitch

ZUMBA GOLD

Age 50+. Zumba Gold is a modified version of Zumba that is geared towards active older adults seeking lower-impact workouts. The class design introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Instructor: Ciara Gregory

BONE BUILDERS

Age 50+. A program of United Way of North-west 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.

ADULT PROGRAMS

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 18+ adults. The 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 to register- willistonvolleyball@gmail.com.

PICKUP TABLE TENNIS

Age 18+. The program is open to all experience levels. Players should bring their own paddles (a limited number of loaner paddles are available). The program meets once a week, October-May. Register on the Rec. website.

NUTRITION BASICS

Age 18+. Transform your relationship with food and fuel your fitness goals in this 6-week nutrition program. Designed for beginner fitness levels, this course combines expert guidance with practical tools to help you understand nutrition and its impact on your body. Instructor: Courtney Dessormeau, Certified Nutritionist

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.

ESTATE PLANNING SEMINAR

Age 18+. Join attorney Lisa Companion of LMC Law to learn about how you can protect your assets in this Estate Planning Educational Seminar. Discussion will include wills, trusts, power of attorney, and living wills, as well as mistakes you should avoid protecting you and your loved ones.

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+. Like the "Pickleball Intro" program more time is spent on each part of the game. Drills will include serving, return of serve, 3rd shot drop, soft games, 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

ALZHEIMER'S AND DEMENTIA EDUCATION

Age 18+. The Alzheimer's Association provides care and support to those affected by Alzheimer's and all other dementia through free, high-quality education programs. Explore convenient learning opportunities focused on Alzheimer's disease, care giving, communication and more.

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

KICKBOXING INTRO

Age 18+. For Fitness & Self-defense. 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

PRE-SCHOOL PROGRAMS

SOCCER MINIS

Age 3. Child/Parent Program. Soccer Minis will introduce little ones to the fine and gross motor skills of soccer. You and your child will work together to develop fundamental soccer skills such as dribbling, trapping, passing and kicking in a fun, non-competitive atmosphere. Instructors: Rec Staff

RECKIDS SOCCER

Age 4-5. Child/Parent Program. The program is designed to teach the fundamentals of the game. Youngsters will learn, practice, and develop their skills soccer skills. Parent participation is required for this program. Instructors: Rec Staff

HOOPLA & SENSORY PLAY FOR ALL FAMILIES

Ages 5 and under. A joyful movement class where tots and caregivers play, move, and explore together! Designed for children age 5 and younger to experience with their grown-ups. This class blends beginner hooping, music-led movement, and hands-on sensory play to support connection and healthy movement for all bodies.

YOUTH/TEEN PROGRAMS

DRIVER'S EDUCATION

Ages 15-17. Orientation night and all group classes are in person. Attendance in all scheduled class sessions is required for successful course completion. Do not register if there are dates you cannot attend. Behind-the-wheel lessons will be scheduled individually. Must have a valid Vermont learner's permit. Instructor: Epic Driving LLC

SAFE SITTERS BABYSITTERS COURSE

Grades 6-8. 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

ROOKIE SOCCER

Grades K-1-2. The Rookies Soccer programs are designed for individuals who want to learn, play, and experience the game of soccer in a fun and engaging atmosphere. Programs begin in September and meet on Saturdays for 1 hour- 1/2-hour clinic followed by a 1/2-hour Scrimmage. There are separate programs for boys and girls. Volunteer Coaches are needed.

YOUTH SOCCER

Grades 3-4-5. The Youth Soccer program is geared toward those who want to learn, play, and experience the game of soccer in a fun and enjoyable atmosphere. Separate programs are offered to boys and girls. Teams will have the opportunity to play other Recreation Dept teams. Programs begin in September. Volunteer Coaches are needed.

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 CAMP

Age 5-13. This camp unites 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 Staff

RECKIDS BASKETBALL

Ages 4-5. This is a parent/child program designed to teach the fundamentals of the game. Each week youngsters will be introduced to new skills and fun activities that will enhance their learning. This program meets on Saturdays in January and February. Instructors: Rec. Staff

ROOKIES BASKETBALL

Grades K-1-2. There are separate boys' and girls' programs that will provide the opportunity for youngsters to learn the game, improve their skills, and enjoy playing. Programs meet on Saturdays in January and February. The hour session will consist of 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 weekday practice and a 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 are offered if numbers allow. Parent volunteers are needed to coach. Sign up to coach when registering your child.

REFEREES WANTED!

Referees are needed for the Soccer & Basketball Season. Paid or Volunteer.

Contact the Recreation Dept-
recreation@willistonvt.org

AFTER SCHOOL PROGRAMS

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

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 providing early and intermediate knitters with specific how-to and help with projects. All materials are provided. Instructor: Christine Heavner, Owner of Knitting Circle

ARCHERY

Grades 6-8. This program will teach your child the fundamentals of archery including the description of equipment, and the proper technique to safely and successfully loose arrows. There will be guided target shooting, and games designed to provide a challenging and fun way to hone accuracy. Instructor: Fred Murray

HORSEBACK RIDING

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

LEARN TO SKI/RIDE

Grades K-8. Information and Registration will be available on the Rec. website in November. Register before the early bird discount to save- December 14. There will also be two fitting nights for equipment- one in November and one in early December. You must register your family for a fitting time. All info is on the registration page.

MATH WORKSHOPS

Age 14+. Explore how computers use math to create movement, visuals, and effects in these hands-on, beginner-friendly workshops. Participants will learn about matrices, geometric transformations, and how animations and projectiles are built using simple math concepts. Designed for high school students to adults. Instructor: Michael Opperman

GOBLIN AND GHOUL GOURMET COOKING

Age 8-16. Young chefs will whip up a variety of spooky sweet and savory treats while learning real kitchen skills they can use for a lifetime. From creepy creations to festive bites, this hands-on class blends creativity, confidence-building, and fun, all with a spooky twist. Instructor: Lynn Brown

WINTER CULINARY 3-DAY ADVENTURE

Age 8-16. Wintry sabotage comes with each recipe. Scavenger hunts, word puzzles, carnival games, equipment swaps, etc., await each participant as they work together to overcome obstacles. Recipe-building skills will be acquired during this camp. Instructor: Lynn Brown

CREATIVE SWEET TREATS

Age 8-16. Candy, cupcakes, and desserts are the features of this program. Ever tried to make your own gummy worms for a pudding dirt cup? Rice Crispies treats in the shape of musical instruments or sports equipment. Participants will be given an example of a finished product and then let loose to create their personal version. Instructor: Lynn Brown

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 before 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 is paid online with a credit card. (credit cards are not accepted at the Rec. Office).

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 before the 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 CLOSES

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. 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.

FEES & PAYMENTS

Payment must be made in full at the time of registration, 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.

PAYMENT BY CHECK OR CASH

- To pay with a check or cash you must come to the Dept to register and pay.
- The Dept is located at Annex Building, 2nd floor 7878 Williston Rd.

CANCELLATIONS

The Department reserves 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 from all refunds.
Remaining Balance-	Will be refunded up to Eight (8) days before the start date of a program.
No Refund-	No Refund is given if notification is less than Eight (8) days before the 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 canceled any time school is closed for weather-related situations. Recreation programs may still be on in the case of early dismissals or canceling school-only activities.
- If a day must be canceled, every effort will be made to offer a make-up, this will depend on whether the facility and instructor are available. If multiple days must be cancelled, they 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, Instagram, Front Porch Forum, Williston Observer, Monthly E-Rec Newsletter, and The School Newsletter. The Program Guide is mailed twice a year- the Fall/Winter Guide in August, and Spring/Summer Guide in February.