



2024/2025 WINTER PROGRAMS

NOVEMBER THROUGH FEBRUARY

SPECIAL EVENTS

HOLIDAY DECORATING CONTEST

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 to enjoy sharing your festive decorations, we want **YOU** to participate! **Registration Deadline: Wednesday, December 18.** Registration is free! Must be registered to be judged. Judging will take place by the community from Dec. 20-27 from 5:30-7 pm each night. Winners Announced Jan. 4. Winners will be: Two (2) Residential Home Winners- a 1st and 2nd Place, and One (1) Business Winner.

If you are a business and would like to donate a gift basket or gift card as a prize, please get in touch with the Recreation Dept. : recreation@willistonvt.org.

ON-GOING AT THE R.E.C. ZONE

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

SENIOR STRENGTH & FUNCTIONAL MOBILITY

Age 50+. Join this fitness program just for Seniors! The program will concentrate on developing upper and lower body strength, improving balance, and strengthening your core. In this dementia-friendly class, participants are encouraged to work within their abilities. Instructor: Jazmine Averback

JAZZERCISE CARDIO SCULPT PROGRAMS

Age 50+. Programs have low impact and different levels of intensity. Instructors will show you how to take it high or low. Classes are offered year-round. Class Pass- 1 & 10 visits available to purchase. Instructor: Kit Sayers

TAI CHI INTRODUCTION

Age 50+. The ancient art of Tai Chi has become increasingly popular as people find that it improves balance, increases mindfulness, and relaxes the mind and body. This class will present sequences of movements derived from the Sun style, which is slow, smooth, and upright in posture. Instructor: Adina Panitch

FAMILY PROGRAMS

STARGAZING: OUR CURRENT NIGHT SKY

Age K-Adults. Are you curious about the night sky? Do you want to know how to find the Big Dipper, the North Star, and other special objects when you look up on a clear night? Together we can view the current night sky in a digitalized planetarium dome where you'll feel like you are outside at night looking at a perfect sky! Instructor: Carrie Cruz

STACKING RINGS WORKSHOP

Age 14+. 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 at home. Instructor: Silvio Mazzaresse

PICKUP TABLE TENNIS

Age 12+. The pickup program is only available by registration and online payment. The program is for ages 12+. Those between the ages of 12-16 must be accompanied by an adult 18+. The program meets once a week from October-May. Register on the Rec. website.

VOCAL PERCUSSION & IMPROVISATION WORKSHOP

Age 13+. Root7, Vermont's contemporary a cappella group for 18 years, will host sight-reading sing-alongs of winter and holiday music. For beginner, intermediate, and experienced vocalists who want to learn and work in groups. Instructor: Root7

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

ACTIVE AGERS PROGRAMS

COMMUNITY MEALS BY AGE WELL

Age 60+. Age Well will be hosting community meals at the R.E.C. Zone- 94 Harvest Ln. in Williston every Tuesday. An annual registration form is required, which can be done at the first meal you attend. Space is limited- Advanced registration is required for each community meal. You must register one week before the meal you plan on attending. To Register- Contact Taylor Hayes, Recreation Program Coordinator at (802) 876-1160 or thayes@willistonvt.org. Meals are served at noon. There is a \$5 suggested donation per meal, which goes to Age Well.

ADULT PROGRAMS

PICKUP BASKETBALL PROGRAMS

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

VOLLEYBALL LEAGUE- COED

Age 18+. The Winter league starts in January. The deadline to register is Jan. 1. Team play ends 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.

INDOOR PICKLEBALL INTRO

Age 18+. Learn the rules, a variety of drills, some basic game strategies, and how to play this unique sport. Resources will be provided for continued learning and playing opportunities. Bring your own paddle or loaner paddles will be available. Instructor: Corey Gottfried

DOG TRAINING: BASIC/ESSENTIALS

Age 18+. 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

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

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

TOTS/YOUTH/TEEN PROGRAMS

SPEECH & DEBATE

Grade 5-8. This program will introduce middle school students to speech and debate through fun public speaking activities. Competitions are optional and take place during the winter season. Instructor: Kathryn Kernoff

LEARN TO SKI/RIDE

Grades K-8. Registration is now open. Register before the early bird

discount to save- December 15. There will be two fitting nights for equipment. You must register your family for a fitting time. The info is on the registration page.

RECKIDS 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 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. 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.

BASKETBALL REFEREES NEEDED

Referees are needed for the Basketball Programs grades 1-8. Games are Saturdays in January and February. Opportunities are paid or volunteer. Contact the Recreation Dept- recreation@willistonvt.org

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 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.

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

DRIVERS ED WITH EPIC DRIVING

Age 15-17. Epic Driving focuses on defensive driving techniques including crash avoidance, situational awareness, zone control, mindful driving, and developing good driving habits. This course includes 30 hours of engaging, differentiated, and responsive classroom activities and weekly, individually scheduled, behind-the-wheel lessons consisting of 45 minutes of instruction and 45 minutes of observation. Instructor: Brandon Gordon