



# 2023/2024 NOVEMBER THROUGH FEBRUARY WINTER PROGRAMS



**VOLUNTEER COACHES NEEDED:** Coaches are needed for Youth Rec. Basketball. 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. Basketball season is December-February.

**REFEREES NEEDED:** Basketball Referees for 1st-8th grade games in January and February needed. 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.

**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.

## 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

## PROGRAMS AT THE R.E.C. ZONE

94 Harvest Lane, Williston. Check the Recreation website for days, times, fees, and more information on each.

### 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.

### 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.

## ADULT PROGRAMS

### PICKUP BASKETBALL PROGRAMS

Pickup programs are by registration and payment Only. There are still openings for Men's 30+, and Women's 19+. Programs meet once a week 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+. This 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

## YOUTH/TEEN PROGRAMS

### LEARN TO SKI/RIDE

Registration is now open. Be sure to register before the early bird discount to save- December 17. There will also be two fitting dates for equipment. You must register your family for a fitting time. Info is on the registration page.

### 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

### 1<sup>ST</sup>-2<sup>ND</sup> 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.

### 3<sup>RD</sup>-4<sup>TH</sup> 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.

### 5<sup>TH</sup>-6<sup>TH</sup> 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.

### 7<sup>TH</sup>-8<sup>TH</sup> 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.

### 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

### 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