

COLCHESTER PARKS & RECREATION

WINTER/SPRING 2017 ACTIVITY GUIDE

January • February • March • April • May



YOUTH



ADULT



ACTIVE GENERATION



SPECIAL EVENTS

“Optimizing the Experience of Living”

www.colchestervt.gov

802-264-5640

GENERAL INFORMATION

CATHY NEARY SCHOLARSHIP FUND



It is with great pride that we have named our Scholarship Fund after Cathy Neary who was our Administrative Assistant from 2005 to 2012. In 2014, Cathy lost a courageous 11 year battle with cancer. But throughout those years, she never let it change her lovely personality or her positive attitude.

She was a kind and loving employee who felt that everyone, regardless of their financial situation, should experience the joy of recreation. There were many occasions that Cathy, out of her own pocket, financially assisted families who could not afford their portion of the scholarship match. Although she is no longer a physical presence in our office, her presence will continue in spirit through this scholarship fund.



WHY GOOD PROGRAMS ARE CANCELLED

Nothing cancels a program faster than everyone waiting until the last minute to register. There are certain deadlines that are set in order to decide whether a program will be cancelled.

So if you are interested **REGISTER EARLY!**

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OFFICE INFORMATION

Location: 781 Blakely Road
Mailing Address: P.O. Box 55, Colchester
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday, 7:30 a.m. - 4:30 p.m.

METHODS OF PAYMENT

We accept VISA & MASTERCARD credit cards, checks and cash

CANCELLATIONS & REFUNDS

Programs that do not meet the minimum number of registrations may be cancelled. Registrants will be notified by phone and will receive a full refund. Requested refunds are only available up to 10 business days prior to the start of the program with a \$6.00 administrative fee. This applies to transfers as well.

ONLINE REGISTRATION

Now you can register 24/7 online! Registration can be made as soon as you receive this brochure. For step by step directions, log on to our website at www.colchestervt.gov/Recreation

RECREATION ADVISORY BOARD

Adriane Martin, Chair
Dr. Ruth Blauwikel Owen Banks
Joan Chace Suzanne Kelley
Dick Pecor

FIND US ON THE FOLLOWING SOCIAL MEDIAS:



PICTURE WAIVER

By participating in a Town of Colchester Recreation program, participants may be photographed for future publications or recognition of events. By signing up for a program you are willingly signing a waiver that grants the Colchester Recreation Department permission to use your photo to promote programs. Pictures taken may be used up to 10 years after the photo was taken. If you do not wish to have your picture taken please notify the staff prior to the activity.

SPECIAL NEEDS

We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics.

NON RESIDENTS

Non residents may register for any programs offered, on a space available basis, after January 3, 2017.

PARKS & RECREATION STAFF



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COLCHESTER PARKS & RECREATION

"Optimizing the Experience of Living"



A MESSAGE FROM COLCHESTER PARKS & RECREATION DIRECTOR, GLEN CUTTITTA

Well folks, the leaves have fallen and the ground will probably be covered in snow by the time you read this... winter is officially here! But that doesn't stop the fun here at Colchester Parks & Recreation. Welcome to the WINTER/SPRING 2017 GUIDE, jam-packed with over 20 pages of special events and programs for all ages. Special thanks to Assistant Director Derek Mitchell, Program Director Jenn Turmel, Program Coordinators Isaac Spivey and Mike LaPan, and Administrative Assistant Moira Plant for working so hard on this brochure to bring back the old favorites and roll-out many new programs too. Derek has been working with our Parks Foreman, Pete Cote and the members of our Parks staff to keep our Town in tip-top shape with some of the most beautiful parks in the state. Thank you to Larry Rooney, Jason Fyfe, Jim Chauvin, Sean Dillon, Patrick Hehir, and Ricker Tobin for all their work this summer and with fall clean-up. As we head into winter, don't forget that, weather-dependent, we'll set up the ice rink and groom the cross-country ski trails at Airport Park! Check out p. 21 for the return of the Snowshoe Dinner too! Don't forget to practice your talent for Colchester's Got Talent! Auditions are January 19 & 20, and the big show is Friday, February 3 to kick off the 34th Annual Winter Carnival.

Lastly, we still have one vacancy on our Recreation Advisory Board. This is a great volunteer opportunity to get involved in the future of parks & recreation in Colchester, as this Board makes recommendations to the Select Board on how to best approach improvements at Colchester's parks and the evolution of special events and recreation programming. Speak with Linda at the Town Manager's office for an application.

We are working hard to be your #1 resource for optimizing the experience of living in Colchester! Be sure to get out and learn something new this winter, and have some fun.

Yours in Recreation,
Glen Cuttitta, Director





34th ANNUAL WINTER CARNIVAL

February 3, 4 & 5, 2017

A full listing of events will be available in January. To enter into any part of our event, you must purchase a Winter Carnival Bracelet. Every person over the age of 2 must purchase a bracelet at \$7 per bracelet. Credit Cards will be accepted at the event this year for entry bracelets!



#ColchesterWC

THEME:

“Around the World”

HIGHLIGHTS:

Friday Night:

- * Colchester’s Got Talent

Saturday:

- * Inflatables
- * Performances
- * Sugar on Snow
- * Pony Rides
- * Playdough Room
- * Arts & Crafts
- * Caricatures
- * Hall Walkers
- * Hay Rides
- * Face Painting
- * Laser Tag
- * Balloons

Sunday:

- * Skate with the Cops

AND SO MUCH MORE!!!!

COLCHESTER’S GOT TALENT AUDITIONS:

JANUARY 19 & 20

4 categories: Youth (Grades K-5), Junior (Grades 6-8), High School (Grades 9-12), Adult (18+)/Family

PRIZES:

1ST PLACE: \$150.00

2ND: \$75.00

3RD: \$50.00

For an application, rules or more information log onto our website or call 264-5640.

**AIRPORT PARK:
X-COUNTRY SKI TRAILS &
OUTDOOR ICE RINK:**



**JANUARY - MARCH
(WEATHER DEPENDENT)**

Hours of Operation:

Monday - Sunday:

8:00 a.m. - 9:00 p.m.

Lights will be on until closing time!



EASTER EGG HUNT

Saturday, April 15, 2017
10:00 a.m. Bayside Park

Come join the Easter Bunny for a great egg hunt. Bring a bag or basket to put your eggs and goodies in. Please park your vehicles at Colchester High School and enter the park by the softball field road off Laker Lane. Children will be separated by age groups to hunt for eggs in different areas of Bayside Park. Ages 4 & under will be at Lower Bayside Park. Ages 5 - 8 will be at Upper Bayside Park. Don't miss this great event!

Colchester Lions Club will be hosting a food drive for the Community Food Shelf. We are asking that all participants bring at least one non-perishable or canned item to the hunt.

Sponsored by the Colchester Lions Club and Colchester Parks & Recreation.

5th ANNUAL CAUSEWAY 5K & 15K RACE

Saturday, June 3, 2017
8:30 a.m. at Airport Park

Choose to run either the 5K or 15K and enjoy the scenic Colchester Causeway. This race will begin at Airport Park, following a gravel trail out onto the historic Causeway, where runners will make their way to designated turn-around points on the Causeway before returning to the finish at Airport Park. This race will take place on flat gravel and dirt trails surrounded by diverse wetlands, scenic views and Lake Champlain. Proceeds will help maintain and improve the Colchester Causeway for future generations. T-shirt included. Limit 200 runners for 5K, 250 for the 15K. 15k runners must be 12 years old or older. Register online at www.active.com. Registration opens February 1, 2017.

10th ANNUAL TOUCH A TRUCK

Saturday, May 6, 2017
Colchester High School, Parking Lot

9:00 - 10:30 a.m.
 (Quiet time - no sirens)
 10:30 - 11:00 a.m.
 (Sirens may be used)

Come out and see what it's like to be in the big trucks! Children (and parents) can climb, sit and play on tractors, police cars, dump trucks, an ambulance, a school bus and a variety of other vehicles. Don't forget your cameras to capture the smile on your child's face as they sit in these neat trucks! FREE Event, rain or shine.

33rd ANNUAL COLCHESTER TRIATHLON

Sunday, July 30, 2017
8:30 a.m. at Bayside Park

Be a part of a tradition by participating in the Colchester Triathlon! Whether you compete for fun or competition you're sure to have a grand time swimming 500 meter swim or 1.5 mile of kayaking. Then survive the 12 mile bike and 3 mile run. Refreshments are provided to refuel yourself after a job well done. The race is limited to the first 400 entries. Still want to be part of this amazing event, but don't want to race it? We need volunteers! If you are interested in volunteering in any capacity contact us at 264-5640 For more information or to register check out our Triathlon website at www.colchestertri.com or register online at www.active.com. Registration opens February 1, 2017.

BUILDING BRIGHT FUTURES



BUILDING BRIGHT FUTURES OF COLCHESTER

Building Bright Futures of Colchester is thrilled to announce the continuation of our grant from Building Bright Futures Direct Services of Chittenden County and the Child Development Division of the VT Department for Children and Families, AHS. Vermont's Future Starts with Today's Children.

PLAYGROUP

Ages Birth - 5

We provide large and small motor activities, crafts, stories, and manipulatives as well as a socialization with children of the same age. Playgroups are a great way for families to connect with other families, find out about other resources in the area, and begin conversations about child development and parenting. If school is cancelled due to bad weather, so is playgroup. Playgroup also does not meet during school vacations or holidays. *Class will not meet on March 1 & 3, April 26 & 28.* Maximum: 70.

WED & FRI	1/4 - 6/7	9:30 - 11:00 a.m.	FREE	290000A
Location: Colchester Meeting House		Facilitator: BBFC Staff		

MBS CAREGIVER/CHILD PLAYGROUP

Join us on Monday mornings at Malletts Bay School for a free caregiver/child playgroup. This is a great chance to visit with other Colchester parents while the children play in a beautiful early childhood classroom. Free play, songs, stories, crafts and snack are all part of our free playgroup experience. Just drop in! If you have questions, call MBS at 802-264-5900.

MON		9:00 - 11:00 a.m.	FREE	
Location: MBS, Early Childhood Room		Facilitator: MBS Staff		

DYI - PLAY SAMPLER

Parents

During this interactive workshop participants will receive: Brief introduction to seven developmental and learning domains: Social-Emotional, Physical, Cognitive, Physical, Language, Literacy and Math; Learn about ways to promote these developmental areas through play with resource materials with additional strategies, book lists and links to inspiring websites. Make and take the following items: eye-spy bottles, ribbon wands, animal movement dice, wooden tongs, mini felt board and geo board. Minimum 5: Maximum: 20.

TH	2/9	6:30 - 8:00 p.m.	FREE	290011A
Location: Bayside Activity Center		Instructor: Colleen Christman		

LET'S GET REAL ABOUT FOOD

Parents

In this interactive workshop we will discuss reasons to avoid eating processed foods by limiting artificial ingredients and processed sugar and focusing on whole grain products. Participants will learn the difference between white, whole wheat, and multi grain products. Participants will make their own whole wheat pancake/muffin mix to take home and learn ways to implement healthy eating and child participation in the kitchen. ***Participants please bring a container that will hold a 6-7 cup pancake mix to take home.**

Minimum 5: Maximum: 20.

MON	3/13	6:30 - 8:30 p.m.	FREE	290011B
Location: Bayside Activity Center		Instructor: Colleen Christman		

MUSIC & FITNESS



LIL MOVERS DANCE & TUMBLE

Ages 3 - 4

A fun dance and movement class that goes so quick! Games, stretching, technique, focus, tumbling and combinations will be instructed. Wear leggings, comfy dance clothes, ballet shoes or barefoot with footless tights. Super fun class for your little one! Minimum: 2, Maximum: 6.

MON	1/9 - 2/20	4:15 - 5:00 p.m.	\$88(R)/\$93(NR)	281100A
Location: Studio 3 Dance & Fitness, Creek Farm Plaza			Instructor: Studio 3 Dance Instructor	

TOT HOP

Ages 3 - 5

Little ones hip hop class - how fun! This is an active class that combines dance for the little one bouncing around to fun hip hop music. The music is always age appropriate. Bring water, comfy clothes, and no jeans. Clean sneakers and lots of energy. Great for boys and girls! Option to perform in spring show; a costume would need to be purchased. Minimum: 1, Maximum: 6.

WED	1/4 - 5/10 (Skip: 3/1, 4/26)	4:45 - 5:15 p.m.	\$198(R)/\$203(NR)	281101A
SAT	1/7 - 5/13 (Skip: 3/11, 4/8)	9:30 - 10:15 a.m.	\$198(R)/\$203(NR)	281101B
Location: Studio 3 Dance & Fitness, Creek Farm Plaza			Instructor: Studio 3 Dance Instructor	

BABY & TODDLER MUSIC MAKERS

Ages 0 - 2.5 years

Enhance your child's natural love of music, while stimulating verbal, physical and social development. This fun, music and movement class features guitar sing-a-longs with instruments, knee bounces, peek-a-boo songs, finger plays, rhythm activities, dancing with ribbons, beach ball games, lullabies, parachute fun and LOTS of bubbles! Meet other parents and learn many "take-home" songs to deepen the bond with your little one. (For toddlers, babies and caregivers only....please, no older siblings.) Minimum 6, Maximum 12.

SAT	1/28 - 3/11 (skip: 2/18)	11:00 - 11:45 a.m.	\$60(R)/\$65(NR)	290005A
SAT	4/8 - 5/20 (skip: 4/29)	11:00 - 11:45 a.m.	\$60(R)/\$65(NR)	290005B
Location: Bayside Activity Center			Instructor: Ellie Tetrick	

PRESCHOOL MUSIC MAKERS

Ages 2.5 - 5 years

Preschoolers have lots of ideas and love to share them! This active class encourages your child's input and creativity and takes him or her to the next musical level by offering "hands-on" instrument demonstrations (Trumpet and Banjo), echo songs, cooperative activities, kazoos, dancing with ribbons, rhythm instruments (such as drums, shakers and rhythm sticks), creative movement, beach ball games, parachute fun and LOTS of bubbles! (For preschoolers and caregivers only....please, no siblings.) Minimum 6, Maximum 12.



SAT	1/28 - 3/11 (skip: 2/18)	10:00 - 10:45 a.m.	\$60(R)/\$65(NR)	290005A2
SAT	4/8 - 5/20 (skip: 4/29)	10:00 - 10:45 a.m.	\$60(R)/\$65(NR)	290005B2
Location: Bayside Activity Center			Instructor: Ellie Tetrick	

ATHLETIC PROGRAMS



START SMART BASKETBALL

Ages 3 - 5

Start Smart Basketball is a developmentally appropriate introductory basketball program for children 3 – 5 years old. The program introduces children to basketball in a fun non-competitive environment. This is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. Pre-Registration is required. Minimum: 8, Maximum: 12.

TUE	1/17 - 2/21	6:15 - 7:00 p.m.	\$70(R)/\$75(NR)	288011A
Location: Malletts Bay School, Cafe			Instructor: Colchester Parks & Recreation Staff	

START SMART SOCCER

Ages 3 - 5

Start Smart Soccer is a six-week developmentally appropriate introductory soccer program for children. The program introduces children to soccer in a fun non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent. Pre-registration is required. Children will receive 2 balls, shin guards and cones. Minimum: 8, Maximum: 15.



TUE	3/14 - 4/18	6:15 - 7:00 p.m.	\$70(R)/\$75(NR)	288010A
Location: Malletts Bay School, Gym			Instructor: Colchester Parks & Recreation Staff	

START SMART BASEBALL

Ages 3 - 5

Start Smart Baseball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun, non-threatening environment. Start Smart Baseball prepares children and their parents for organized baseball and softball without the threat of competition or the fear of getting hurt. Age appropriate equipment from Franklin Sports® is used in teaching throwing, catching, batting, running and agility. Minimum: 8, Maximum: 15.

TUE	5/2 - 6/6	6:15 - 7:00 p.m.	\$70(R)/\$75(NR)	288012A
WED	5/3 - 6/7	6:15 - 7:00 p.m.	\$70(R)/\$75(NR)	288012A1
Location: Bayside Park, Pavilion <i>Rain Location: Malletts Bay School, Gym</i>			Instructor: Colchester Parks & Recreation Staff	

TINY TUMBLERS

Ages 3 - 5

Tiny Tumblers is a fun and positive introduction to the sport of gymnastics and concept of physical fitness. This six-week program will help your child develop confidence and build strength, balance and awareness. Your child will make new friends while enjoying gymnastics. Tiny Tumblers gymnastic activities help to develop large and small motor skills. Activities are fun-filled as experienced personnel direct the little ones toward strength, flexibility and social development. *Parent must participate with one child.* Minimum: 5, Maximum: 8.

SAT	1/21 - 2/25	12:00 - 12:45 p.m.	\$55(R)/\$60(NR)	288005A
Location: Bayside Activity Center			Instructor: Karen Krajacic, Gymnastics Instructor	

ENRICHMENT PROGRAMS



LEGO SERIES

Grades K - 2 & 3 - 5

LEGO MOVIE: CITY POWERBOAT: Take part in powerboat adventures with the LEGO 4x4 sporty orange and black Powerboat with an outboard motor, featuring 2 powerboat driver minifigures, a pickup truck and trailer for the boat. Crash helmets, a mug, life vest, binoculars and an adjustable wrench are included as well for the minifigures! While participants make this magnificent powerboat, they will also watch the Lego Movie, and get lost in the wonder of powerboats, as we power through the waves at breakneck speed! **REGISTRATION DEADLINE: JANUARY 23.**

BELLE'S ENCHANTED CASTLE: Recreate classic scenes from Disney's Beauty and the Beast with this incredibly detailed model, including the balcony, stained glass window, enchanted rose and the magic mirror. The ballroom floor and dining table have a rotating function for dancing. Includes 2 mini-doll figures: Belle and transforming Beast/Prince, plus Lumière, Cogsworth, Mrs. Potts, Chip, Babette, Wardrobe and Stove. During the program, participants will wander into their creative minds into the world of Belle, and watch the Beauty & the Beast movie with their friends while making their Belle's Enchanted Castle. **REGISTRATION DEADLINE: MARCH 20th.**

STAR WARS: Launch into the LEGO® Star Wars galaxy of starships and iconic characters with Obi-Wan's Jedi Interceptor, featuring an authentic color scheme, opening cockpit, dual spring-loaded shooters, extending wings and space for the included R4-P17 Astromech Droid. Also includes an Obi-Wan Kenobi minifigure. As the participants build their Jedi starship, they will experience the wonder of the Star Wars World, full of Jedi and the dark side. Movie: Rebels Spark of Rebellion. **REGISTRATION DEADLINE: MAY 1st.** Minimum: 5, Maximum: 12.

MALLETTS BAY SCHOOL: CLASSROOM, TBA

MON	2/6	3:05 - 5:00 p.m.	\$45(R)/\$50(NR)	280000A (Powerboat)
MON	4/3	3:05 - 5:00 p.m.	\$52(R)/\$57(NR)	280000B (Belle's Castle)
MON	5/15	3:05 - 5:00 p.m.	\$40(R)/\$45(NR)	280000C (Star Wars)
PORTERS POINT SCHOOL: CLASSROOM, TBA				
TUE	2/7	2:45 - 4:45 p.m.	\$45(R)/\$50(NR)	280000A1 (Powerboat)
TUE	4/4	2:45 - 4:45 p.m.	\$52(R)/\$57(NR)	280000B1 (Belle's Castle)
TUE	5/16	2:45 - 4:45 p.m.	\$40(R)/\$45(NR)	280000C1 (Star Wars)
UNION MEMORIAL SCHOOL: CLASSROOM, TBA				
WED	2/8	3:00 - 5:00 p.m.	\$45(R)/\$50(NR)	280000A2 (Powerboat)
WED	4/5	3:00 - 5:00 p.m.	\$52(R)/\$57(NR)	280000B2 (Belle's Castle)
WED	5/17	3:00 - 5:00 p.m.	\$40(R)/\$45(NR)	280000C2 (Star Wars)

Instructor: Colchester Parks & Recreation

A.C.E.

(Active, Creative, Enrichment) Before & After School Program

Colchester Middle School (After School Only)

Malletts Bay School (Before & After School)

Porters Point School (After School Only)

Union Memorial School (After School Only)

Call Colchester Parks & Recreation for current availability



The Program

The A.C.E. program incorporates Active, Creative and Enrichment components throughout the school year. The Active components will focus on sports, recreational games, outdoor games and life-time skills activities. The Creative components will focus on food fundamentals, arts and crafts and quiet activities. We will incorporate special events, field trips and guest artists to achieve the Enrichment component of the program.

**Registration for the
2017 - 2018 School year
will be on
Monday, March 20, 2017.
Further information and
Registration Form will be in the
Summer 2017 Brochure in early
March.**

For more information or to get a registration packet contact Jennifer Turmel, Program Director for the Colchester Parks & Recreation Department at 264-5643 or e-mail jturmel@colchestervt.gov

ENRICHMENT PROGRAMS



WINTER DRAWING I WITH YOUNG REMBRANDTS

Grades K - 5

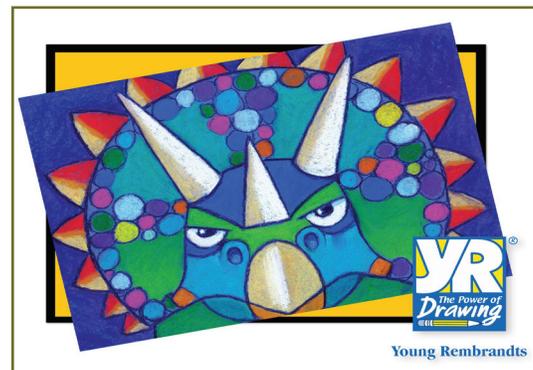
Ring in the New Year with Young Rembrandts' art classes developed to teach children drawing skills and artistic concepts. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and creating Emojis, as well as learning how to draw portraits! Minimum: 8, Maximum: 15.

MON	1/9 - 2/20 (skip 1/16)	2:50 - 4:00 p.m.	\$75(R)/\$80(NR)	287005A
Location: Porters Point School, Art Room				
TUE	1/10 - 2/14	3:05 - 4:15 p.m.	\$75(R)/\$80(NR)	287005B
Location: Union Memorial School, Art Room				
WED	1/11 - 2/15	3:05 - 4:15 p.m.	\$75(R)/\$80(NR)	287005C
Location: Malletts Bay School, Art Room				
Instructor: Young Rembrandts				

WINTER DRAWING II WITH YOUNG REMBRANDTS

Grades K - 5

March brings fun and culture into the classroom as our students' learn about perspective drawing, architecture of Frank Lloyd Wright, and dive into the mind of master artist Romero Britto. And, get ready for some dinosaur-sized excitement as your elementary student recreates the ferocious T-Rex Young Rembrandts style. Minimum: 8, Maximum: 15.



MON	3/13 - 4/17	2:50 - 4:00 p.m.	\$75(R)/\$80(NR)	287005A1
Location: Porters Point School, Art Room				
TUE	3/14 - 4/18	3:05 - 4:15 p.m.	\$75(R)/\$80(NR)	287005B1
Location: Union Memorial School, Art Room				
WED	3/15 - 4/19	3:05 - 4:15 p.m.	\$75(R)/\$80(NR)	287005C1
Location: Malletts Bay School, Art Room				
Instructor: Young Rembrandts				

SPRING DRAWING WITH YOUNG REMBRANDTS

Grades K - 5

There's no better way to get a jump on spring than with our fun Young Rembrandts cartoon class. These drawings will delight our students as they learn how to tell jokes through drawing. Your heart will smile when you see the cute and cuddly creatures your student will draw in our baby animals and vintage phone lessons. And it doesn't stop there; our lively cartoon class is packed with hilarious and silly characters and scenes – all new this season, sign up today! Minimum: 8, Maximum: 15.

MON	5/1 - 6/5 (skip 5/29)	2:50 - 4:00 p.m.	\$63(R)/\$68(NR)	287006A
Location: Porters Point School, Art Room				
TUE	5/2 - 5/30	3:05 - 4:15 p.m.	\$63(R)/\$68(NR)	287006B
Location: Union Memorial School, Art Room				
WED	5/3 - 5/31	3:05 - 4:15 p.m.	\$63(R)/\$68(NR)	287006C
Location: Malletts Bay School, Art Room				
Instructor: Young Rembrandts				

WHY GOOD PROGRAMS ARE CANCELLED

Nothing cancels a program faster than waiting until the last minute to register. There are certain deadlines that are set in order to decide whether a program will be cancelled.

So if you are interested REGISTER EARLY!



THE BREAKFAST CLUB

Ages 8 - 11

Come learn to make delicious breakfast treats. Learn how to make classic breakfast foods, so you can make breakfast for your family. We may even make some breakfast desserts, so you can have breakfast for dinner! Does breakfast top the list of favorite meals? If so, then this is the class for you! Minimum: 4, Maximum: 8.

SAT	1/28	1:00 - 3:30 p.m.	\$25(R)/\$30(NR)	282100A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

KIDS CAN COOK

Ages 8 - 11

Join us as we prepare a 3 course meal (appetizer, entree and dessert). Nurture curiosity in this tasty class where you will practice creativity and culinary skills all while learning kitchen safety, develop healthy eating habits and most importantly have fun! Minimum: 4, Maximum: 8.

SAT	3/11	1:00 - 4:00 p.m.	\$40(R)/\$45(NR)	282100A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	



KIDZ KUPCAKEZ

Ages 8 - 11

Do you love cupcakes? If so, then this is the class for you! Come learn to make yummy cupcakes. We will decorate them to look like fun things. We may even get a little crazy and fill some of them! Children will decorate a bunch of cupcakes to bring home for the entire family to enjoy. They will also learn to make cupcakes from scratch and not just from the box! Minimum: 4, Maximum: 11.



SAT	4/8	1:30 - 4:00 p.m.	\$35(R)/\$40(NR)	282102A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

KIDS SPA DAY

Ages 8 - 11

Those tests and homework got you looking forward to vacation? Feeling like your just so stressed from life and need a day away? Come join your friends for a day away with Colchester Parks & Recreation, as we host our youth SPA DAY. During this program, participants will be pampered with cucumbers over their eyes, facemasks, lotion, Mani's/Pedi's and much more as you spend a day away from the STRESS, hanging with Colchester's BEST! Minimum: 4, Maximum: 8.

SAT	4/15	1:00 - 3:00 p.m.	\$35(R)/\$40(NR)	230512A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

ENRICHMENT PROGRAMS



UKULELE SCHOOL

Grades K - 2

Does your child want to learn to play a stringed instrument? Learning the ukulele is a great, FUN place to start! This six week after-school program will teach your child the basics of ukulele. Group lessons will include songs, melodies, simple chords and strumming patterns. Please make sure your child has an expressed interest in learning to play the ukulele, and understands that practicing leads to success. (Note: Ukulele and instruction book are NOT included in fee). Please pack an extra snack for your child. Minimum: 3, Maximum: 6.

MON	2/13 - 4/3 (Skip: 2/27, 3/6)	3:05 - 4:15 p.m.	\$125(R)/\$130(NR)	281008A
WED	2/15 - 3/29 (Skip: 3/1)	3:05 - 4:15 p.m.	\$125(R)/\$130(NR)	281008B (Prereq: Ukulele 1)
Location: Union Memorial School, Art Room			Instructor: Ellie Tetrick	



YOUTH KNITTING

Grades 3 - 5

Learn to knit or improve your knitting skills while enjoying the fun of knitting with a group. This class will offer the basics for first time knitters, as well as provide early and intermediate knitters with specific how-to's like buttonholes, cables, finishing, repairs, etc. and help with projects. All materials will be provided. Chris Heavner is a local instructor with 20+ years of experience. Minimum: 4, Maximum: 8.

TH	3/9 - 4/20 (Skip: 4/6)	3:05 - 4:30 p.m.	\$75(R)/\$80(NR)	280020A
Location: Malletts Bay School, Room TBD			Instructor: Christine Heavner, The Traveling Knitter	

INTRODUCTION TO VIDEO JOURNALISM

Grades 3 - 5

Kids will have the opportunity to learn about the equipment used to create television programming and create their own short video projects to air on Lake Champlain Access Television channel 16. All participants will learn how to operate a video camera, get to direct and produce a short film piece and get an introduction into digital editing. Each child will receive a DVD of all of the projects completed during the class. Minimum: 4, Maximum: 10.

TUE	3/14 - 4/18	3:05 - 4:15 p.m.	\$50(R)/\$55(NR)	280021A
Location: Malletts Bay School, Room TBD			Instructor: LCATV Staff	



MOTHER'S/FATHER'S DAY MANIA - HUG IN A MUG

Grades K - 5

Looking for a special custom made gift to give to your parents during Father/Mother's day? Come join your friends as you make custom coffee mugs specially made by YOU! Give that warm hug and smile to your parents on their special day, as you make a gift for them that they will use and remember you by! All participants get their own coffee mug, and during the program will decorate it to their choosing. Each participant will bring their mug home with directions on how to make their custom mug permanent for their Father/Mother's day gift that they will appreciate and love forever! Minimum: 4, Maximum: 8.

MON	5/1	3:05 - 4:30 p.m.	\$10(R)/\$15(NR)	287015A
Location: Malletts Bay School, Art Room			Instructor: Young Rembrandts	
TUE	5/2	2:50 - 4:15 p.m.	\$10(R)/\$15(NR)	287015B
Location: Porters Point School, Art Room			Instructor: Young Rembrandts	
WED	5/3	3:05 - 4:30 p.m.	\$10(R)/\$15(NR)	287015C
Location: Union Memorial School, Art Room			Instructor: Young Rembrandts	



MAD SCIENTISTS

Grades 3 - 5

Join us as we experience hands-on science experiments. We will make a lot of exciting, explosive and messy projects. Ever wonder what happens when you mix peroxide and yeast together? It makes elephant tooth-paste! Have you always wanted to make slime and gak? Did you know that playdough creates electricity? If these things interest you then this is the class for you! Minimum: 6, Maximum: 11.

MON	3/13 - 3/27	3:05 - 4:30 p.m.	\$35(R)/\$40(NR)	282005A
Location: Malletts Bay School, Art Room			Instructor: Colchester Parks & Recreation Staff	

DISCOVERING DRAMA

Grades K - 2

Children will have a blast discovering their “inner actors” in this FUN beginner, after-school drama program! Activities will include active theatre games, improvising, singing, dancing, and exploring costumes. Come join the fun and learn the basics of drama! Please pack an extra snack for your child. Minimum: 8, Maximum: 12.

MON	4/10 - 5/22 (Skip: 4/24)	3:05 - 4:30 p.m.	\$80(R)/\$85(NR)	281007A
Location: Union Memorial School, Art Room			Instructor: Ellie Tetrick	

KITES IN THE PARK

Grades K - 5

Looking to enjoy a fun day in the Park? All participants will get their own kite, which they will be able to decorate, and then fly in the wind at Airport Park! Come join the fun in Colchester, as we fly our kites and enjoy the sun. Minimum: 6, Maximum: 22.

SAT	4/15	1:30 - 3:00 p.m.	\$18(R)/\$23(NR)	280011A
Location: Airport Park, Pavilion			Instructor: Colchester Parks & Recreation Staff	

FRENCH 101: EXPLORING A NEW LANGUAGE

Grades 3 - 5

Bonjour! Come learn a new language though fun, hands-on activities, songs, videos and conversation! This program will offer students the chance to explore a new language, while learning the basics of French conversation. Have you ever wondered how kids from another country communicate? Come see how we can connect with all types of people through language and culture. Minimum: 6, Maximum: 12.

TH	5/4 - 6/8	3:05 - 4:45 p.m.	\$65(R)/\$70(NR)	221200A
Location: Malletts Bay School, TBD			Instructor: Renee Seyller, French Teacher	

CSI: CRIME SCENE INVESTIGATION

Grades 3 - 5

Students will discover how to secure and process a crime scene. In each class students will learn skills used in today’s crime fighting and learn what it takes to work in the field of forensics. Topics include fingerprint analysis, hand-writing analysis, DNA lab, interviewing suspects and evidence collection. Minimum: 6, Maximum: 11.

TH	5/11 - 6/1	3:05 - 4:30 p.m.	\$68(R)/\$73(NR)	282003A
Location: Malletts Bay School, TBD			Instructor: Colchester Parks & Recreation Staff	

ATHLETICS



KINGERGARTEN BASKETBALL ACADEMY

Grade K

This program is perfect for boys and girls to learn proper techniques before joining the Colchester Basketball League in the First Grade. Your child will learn teamwork, ball-handling and shooting skills through our station based practice plans while using age-appropriate equipment. All you need are sneakers! Parent volunteers needed. To volunteer contact Isaac Spivey at ispivey@colchestervt.gov
 Minimum: 10, Maximum: 45.



SAT	1/14 - 2/18	8:00 - 8:45 a.m.	\$40(R)/\$45(NR)	510000H
Location: Malletts Bay School, Gym			Coaches: Colchester Youth Basketball League	

HIP HOP DANCE LESSONS

Ages 6 - 9, 10 - 13 & 11 - 14

These classes are perfect for all levels – super upbeat, great music and tons of fun! Bring water, comfy clothes, and no jeans. Clean sneakers and lots of energy! Great for boys and girls! Older classes are more intermediate level. Option to perform in spring show; a costume would need to be purchased.
 Minimum: 1, Maximum: 6.

WED	1/4 - 5/10 (Skip: 3/1, 4/26)	5:15 - 6:00 p.m.	\$198(R)/\$203(NR)	271002A (Ages 6-9)
WED	1/4 - 5/10 (Skip: 3/1, 4/26)	7:30 - 8:30 p.m.	\$225(R)/\$230(NR)	271002B (Ages 11-14)
MON	1/9 - 5/8 (Skip: 2/27, 4/24)	6:00 - 7:00 p.m.	\$225(R)/\$230(NR)	271002C (Ages 10-13)
Location: Studio 3, Creek Farm Plaza			Instructor: Studio 3 Dance Instructor	

BEGINNER BALLET

Ages 5 - 8

A traditional ballet classes with center, barre, stretching, and across the floor. A wonderful class for your beautiful ballerina. Traditional ballet attire, hair in braids or bun, ballet shoes needed. Option to perform in spring show; a costume would need to be purchased. Minimum: 1, Maximum: 6.

SAT	1/7 - 5/13 (Skip: 3/11, 4/8)	9:30 - 10:15 a.m.	\$198(R)/\$203(NR)	271003A
Location: Studio 3, Creek Farm Plaza			Instructor: Studio 3 Dance Instructor	

ZUMBA KIDS

Grades 3 - 5

Kids get the chance to be active and jam out to their favorite music! Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Zumba Kids helps develop a healthy lifestyle and incorporate fitness as a natural part of children’s lives by making fitness fun! Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, and cultural awareness. Participants should bring a healthy snack, water bottle, comfortable clothes, and sneakers. Minimum: 5, Maximum: 13.

TH	1/19 - 3/9 (skip: 2/16, 3/2)	3:15 - 4:30 p.m.	\$36(R)/\$41(NR)	280029A
TH	3/16 - 5/4 (skip: 4/6, 4/27)	3:15 - 4:30 p.m.	\$36(R)/\$41(NR)	280029B
TH	5/11 - 6/8 (5 Week Session)	3:15 - 4:30 p.m.	\$30(R)/\$35(NR)	280029C
Location: Malletts Bay School, Room TBD			Instructor: Robyn Labrecque, Certified Zumba Instructor	

ATHLETICS



GIRLS GYMNASTICS

Grades K - 2, 3 - 5

A full six-week program for budding gymnasts of all ability levels. Instruction on vault, balance beam, and floor exercise will be personalized to meet each student's needs, and allow her to progress at her own pace. The last day of class will include a "Show" for family and friends to attend and cheer on their gymnast! Minimum: 5, Maximum: 8.

WED	1/18 - 2/22	3:05 - 4:30 p.m.	\$75(R)/\$80(NR)	281002A (Gr. 3 - 5)
WED	1/18 - 2/22	4:50 - 5:50 p.m.	\$75(R)/\$80(NR)	281002B (Gr. K - 2)

Location: Malletts Bay School, Gym

Instructor: Karen Krajacic, Gymnastics Instructor

EVOKIDS AFTER SCHOOL YOGA ADVENTURES

Grades K - 2

Join Evolution Family Yoga Center for eight weeks of fun filled yoga adventures! After school is a perfect time to practice yoga, mindfulness, and to get some wiggles out through creative themes and movement. Yoga helps children become attuned to their bodies inside and out. Each week, participants will learn yoga poses, mindfulness activities and relaxation techniques through games, creative movement, and songs. EvoKids Yoga helps to build self-confidence and self-awareness, manage emotions, and promote a healthy lifestyle. The goal of this class is to leave your child relaxed and happy. Please visit www.evolutionprenataland-family.com for more information. Minimum: 5, Maximum: 10.



WED	1/18 - 3/15 (Skip: 3/1)	2:50 - 4:00 p.m.	\$110(R)/\$115(NR)	280007A
WED	3/22 - 5/17 (Skip: 4/26)	2:50 - 4:00 p.m.	\$110(R)/\$115(NR)	280007A1
Location: Porters Point School, Room TBA				
TH	1/19 - 3/23 (Skip: 2/16, 3/2)	3:05 - 4:15 p.m.	\$110(R)/\$115(NR)	280007B
TH	3/30 - 6/1 (Skip: 4/6, 4/27)	3:05 - 4:15 p.m.	\$110(R)/\$115(NR)	280007B1
Location: Union Memorial School, Room TBA				
Instructor: Melissa Nutting				

TENNIS ACADEMY

Ages 5 - 12

This program will focus on the fundamentals of tennis. Our staff will teach correct form, strokes and rules through a variety of drills and games, while introducing the participants to the fun and passion behind the game of Tennis. Loaner racquets will be available. Minimum: 4, Maximum: 12.

SAT	5/6 - 6/10	10:00 - 11:00 a.m.	\$40(R)/\$45(NR)	203000B
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Location: Bayside Park or Airport Park, Tennis Courts

Instructor: Jim Olson

AFTER SCHOOL SNOWSHOEING

Grades K - 2 & 3 - 5

All too often children gravitate indoors once the weather turns cold, unless they are encouraged to play outside. Snowshoeing has long been a popular weekend activity amongst Vermont families. This is a great opportunity to have your child discover if this is the activity for them. Snowshoes provided. All participants must bring to the program: winter jacket, snow pants, winter boots, hat, mitten/gloves and any other form of clothing to keep them warm. Minimum 5; Maximum: 8.

TH	2/2	3:05 - 4:30 p.m.	\$10(R)/\$15(NR)	210002A (MBS)
TH	2/9	2:45 - 4:15 p.m.	\$10(R)/\$15(NR)	210002B (PPS)
TH	2/23	3:00 - 4:30 p.m.	\$10(R)/\$15(NR)	210002C (UMS)

Location: Meeting Location TBA

Instructor: Colchester Parks & Recreation

MARTIAL ARTS



TAEKWON-DO & CHARACTER DEVELOPMENT

Grades 4 - 6 & 7 - 12

Does your child have everything they need for back to school? CONFIDENCE? SELF-ESTEEM? Your children will love this exciting blend of our popular high energy Taekwondo-do classes fused together with our character development and life skill program. These classes are sure to inspire and bring a smile to any child's face. Your child will learn to set short and long term goals helping build an "I can do it" attitude while having the time of their life. Whether this is their first time trying Martial Arts or wanting to try it again, we have programs available for all levels. Sign up early as classes fill quickly. Our classes are taught by experienced instructors in a family friendly environment. Uniform is included. Participants can attend all age specific classes. Maximum: 10 (Ages 4-6), Maximum: 20 (Ages 7-12).

TUE & TH	1/17 - 2/21	4:30 - 5:00 p.m.	\$125(R)/\$130(NR)	220001A (AGES 4 - 6)
TUE & TH	1/17 - 2/21	5:00 - 5:50 p.m.	\$125(R)/\$130(NR)	220001A1 (AGES 7 - 12)
TUE & TH	3/14 - 4/18	4:30 - 5:00 p.m.	\$125(R)/\$130(NR)	220001B (AGES 4 - 6)
TUE & TH	3/14 - 4/18	5:00 - 5:50 p.m.	\$125(R)/\$130(NR)	220001B1 (AGES 7 - 12)

Location: Fusion Taekwon-do, Prim Road

Instructor: Damir Alisa

JUNIOR JIU JITSU

Ages 9 - 14

This class is a great outlet for active, "hands-on" kids. Jiu Jitsu is a form of wrestling that teaches confidence, focus, respect, perseverance, self-control, and sportsmanship. It is a particularly safe and appropriate form of self-defense for children in that it does not involve punching or kicking. The class is taught at a fun, fast-moving pace, and age-appropriate structure. Maximum: 6.

TH	3/9 - 4/20 (Skip: 4/6)	6:15 - 7:00 p.m.	\$75(R)/\$80(NR)	220000J
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Location: Martial Way, 73 Prim Road

Instructor: Martial Way Instructor

TINY TIGER KEMPO KARATE

Ages 5 - 6

A blend of structure and fun, this class teaches the foundational skills of Kempo in a lively fast-paced format. Kids enjoy the animal exercises, learning to hit the pads, blocking and dodging, games and tumbling. The skills are taught safely with an age appropriate emphasis on the martial arts philosophy. Martial arts develops concentration, motor skills and knowledge that learning is fun. Uniform included.

Minimum: 2, Maximum: 8.

FRI	3/10 - 4/14	4:30 - 5:15 p.m.	\$75(R)/\$80(NR)	220000A
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Location: Martial Way, 73 Prim Rd.

Instructor: Martial Way Instructor

JUNIOR KEMPO KARATE

Ages 7 - 14

Get the kids active, motivated and having fun! Junior Kempo is an age appropriate adaptation of a traditional martial art. It builds confidence, self-control, motor skills and ability to focus. Minimum: 2, Maximum: 12.

FRI	3/10 - 4/14	5:15 - 6:00 p.m.	\$75(R)/\$80(NR)	220000C
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Location: Martial Way, 73 Prim Road

Instructor: Martial Way Instructor

MIGHTY-MITES JIU JITSU

Ages 7 - 8

This class is a great outlet for active, "hands-on" kids. Jiu Jitsu is a form of wrestling that teaches confidence, focus, respect, perseverance, self-control and sportsmanship. It is a particularly safe and appropriate form of self-defense for children in that it does not involve punching or kicking. The class is taught at a fun, fast-moving pace and age-appropriate structure. Maximum: 4.

MON	3/13 - 4/17	4:50 - 5:35 p.m.	\$75(R)/\$80(NR)	220000I
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Location: Martial Way, 73 Prim Road

Instructor: Martial Way Instructor



YOUTH LACROSSE

Early Bird Fee: \$75 (Until March 3)
 Fee: \$85 (After March 3)

2017 Youth Lacrosse Season: March 27th - June 11th Registration is OPEN!

U11 Boys Team: Practices twice a week, Times TBD

Players need to be under 11 as of Dec 31st prior to season, & not in 5th grade. Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U11 Girls Team: Practices twice a week, Times TBD

Players need to be under 11 as of Dec 31st prior to season, & not in 5th grade. Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

U13 Boys Team: Practices twice a week, Times TBD

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade. Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U13 Girls Team: Practices twice a week, Times TBD

Players need to be under 13 as of Dec 31st prior to season, & not in 7th grade. Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

U15 Boys Team: Practices twice a week, Times TBD

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade. Games held on Saturdays beginning in May, travel is necessary, week day games will also be scheduled

U15 Girls Team: Practices twice a week, Times TBD

Players need to be under 15 as of Dec 31st prior to season, & not in 9th grade. Games held on Sundays beginning in May, travel is necessary, week day games will also be scheduled

Players are required to provide their own equipment which includes a stick and protective gear (gloves, arm pads, shoulder pads, and helmet).

US LACROSSE MEMBERSHIP REQUIRED

Parents of players on U11 - U15 must register for a US Lacrosse membership before your child can play. Please log onto www.uslacrosse.org and click on 'membership' in the top left hand corner to register your child. You must then show us proof of membership by submitting your child's membership number with your registration form to the Parks & Recreation Department.

U11, U13 & U15 GIRLS LACROSSE

Through a US Lacrosse Grant we provide some loaner sticks. This would be a great opportunity for your daughter to try a new sport without making that initial equipment investment. Equipment is first-come, first-served.

The lacrosse program continues to grow and the need for volunteers grows along with it. If you are interested in coaching, please email Isaac Spivey at ispivey@colchestervt.gov

LACROSSE LAUNCH

Grades K - 2

Want to experience the game of lacrosse? Then join us for this introductory lacrosse program! Kids will work alongside our coaches while learning the fundamentals of lacrosse. Players will be taught many elements of the game including how to grip a lacrosse stick and how to pass and shoot a lacrosse ball. Soft lacrosse balls will be used, protective equipment is required. Hockey equipment is acceptable, including helmet, face mask required. Loaner sticks are available with advance notice. All players receive a Colchester Lacrosse Tee! US Lacrosse Membership not needed for Lacrosse Launch participants. Helmets and gloves ARE REQUIRED. Shoulder pads, elbow pads and cleats are optional at this level. Minimum: 10, Maximum: 30.



SAT	5/6 - 6/17 (skip 5/27)	8:30 - 9:30 a.m.	\$35(R)/\$40(NR)	500000A
Location: Bayside Park, Lacrosse Field		Coaches: Colchester Parks & Recreation Volunteer Lacrosse Coaches		

YOUTH LACROSSE REGISTRATION FORM

Registration Deadline: March 3, 2017 to receive the early bird fee

Participant Information: (one form per player)

Player Name: _____ Date of Birth: ___/___/___ Age: ___ Grade: ___ Gender: M F
 Address: _____ City: _____ State: _____ Zip: _____
 Primary Guardian Name: _____ Home #: _____ Cell #: _____
 E-Mail Address: _____ Work Phone: _____
 Secondary Guardian Name: _____ Home #: _____ Cell #: _____
 E-Mail Address: _____ Work Phone: _____
 Emergency Contact #1 (other than guardians): _____ Relationship: _____ Cell: _____
 Emergency Contact #2 (other than guardians): _____ Relationship: _____ Cell: _____
 Allergies: _____ Medications: _____

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT

I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and officers from any claims, responsibilities or liabilities for injuries or harm incurred as a result of my participation and/or my child's participation as a player or spectator in lacrosse games and practices through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _____ Date: _____

PERMISSION TO TRANSPORT

I give Colchester Parks & Recreation & the Colchester Youth Lacrosse programs permission to have my child transported to Fletcher Allen Health Care for emergency medical care. I give permission to transport my child by ambulance with an Colchester Parks & Recreation staff member or volunteer coach to the hospital.

Signature of Parent or Legal Guardian: _____ Date: _____

Please check if interested in coaching: HEAD ASSISTANT _____ *Name of Volunteer*

<p>Player Fees: \$ 75 till March 3, \$85 after March 3</p> <p>U11 BOYS: Under 11 as of 12/31/16 and not in 5th grade</p> <p>U11 GIRLS: Under 11 as of 12/31/16 and not in 5th grade</p> <p>U13 BOYS: Under 13 as of 12/31/16 and not in 7th grade</p> <p>U13 GIRLS: Under 13 as of 12/31/16 and not in 7th grade</p> <p>U15 BOYS: Under 15 as of 12/31/16 and not in 9th grade</p> <p>U15 GIRLS: Under 15 as of 12/31/16 and not in 9th grade</p>	<p>Class Codes: (circle appropriate division)</p> <p style="text-align: center;">U11 Boys: 500000B</p> <p style="text-align: center;">U11 Girls: 500000B1</p> <p style="text-align: center;">U13 Boys: 500000C</p> <p style="text-align: center;">U13 Girls: 500000C1</p> <p style="text-align: center;">U15 Boys: 500000D</p> <p style="text-align: center;">U15 Girls: 500000E</p>
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All players must provide US Lacrosse Membership Number 2017 US LACROSSE #: _____

Payment Information:

<p>Check #: _____ Cash: _____</p> <p>Cash or Check Amount: _____</p> <p>Check Policy: \$25.00 service fee for all returned checks</p> <p>All checks should be made out & mailed to : Colchester Parks & Recreation, P.O. Box 55, Colchester, VT 05446. <i>For more information call Colchester Parks & Recreation: 802-264-5646.</i></p>	<p>Please Circle Card Type: Visa MC</p> <p>Name on Card: _____</p> <p>Credit Card #: _____</p> <p>Expiration Date: _____</p> <p>Total Amount to Charge: \$ _____</p> <p>Signature of Cardholder: _____</p>
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VACATION DAYS & WEEKS



FEBRUARY & APRIL VACATION CAMPS

Grades K - 6

Enjoy a week of fun with your friends and the Colchester Parks & Recreation Department A.C.E. Staff. We will be offering a camp for the whole week of February & April vacations. There will be games, activities, crafts, movies, a field trip and much more. Participants need to bring a lunch and snack for each day. Minimum: 25, Maximum: 60.

MON - FRI	2/27 - 3/3	7:30 a.m. - 5:30 p.m.	\$155(R)/\$160(NR)	280016A
MON - FRI	4/24 - 4/28	7:30 a.m.- 5:30 p.m.	\$155(R)/\$160(NR)	280016B
MON - FRI	2/27 - 3/3 & 4/24 - 4/28	7:30 a.m. - 5:30 p.m.	\$300R)/\$310(NR)	280016B5

Location: Malletts Bay School, Cafeteria & Gym

Instructors: Colchester Parks & Recreation Staff

1/2 DAY OF SCHOOL - CHILD CARE PROGRAM

Grades K - 5

Trying to figure out what you are you doing with your children for the upcoming half days? Look no further! Don't worry about scrambling to find somewhere for your kids to go, keep them at the school with Parks & Recreation. There will be games, activities, crafts, movies and much more. Participants need to bring a lunch and snack for each day. Also appropriate clothing for outside. Maximum: 45 (PPS,UMS), 60 (MBS).

TH	2/16	early dismissal - 5:30 p.m.	\$20(R)	280017A (MBS)
TH	2/16	early dismissal - 5:30 p.m.	\$20(R)	280017A1 (UMS)
TH	2/16	early dismissal - 5:30 p.m.	\$20(R)	280017A2 (PPS)

Location: Gym of corresponding school

Instructors: Colchester Parks & Recreation Staff

TH	4/6	early dismissal - 5:30 p.m.	\$20(R)	280017B (MBS)
TH	4/6	early dismissal - 5:30 p.m.	\$20(R)	280017B1 (UMS)
TH	4/6	early dismissal - 5:30 p.m.	\$20(R)	280017B2 (PPS)

Location: Gym of corresponding school

Instructors: Colchester Parks & Recreation Staff

BASEBALL CLINIC

Ages 7 - 12

Some of Colchester's finest baseball staff will introduce the skills and fundamentals of the game of baseball. Players will develop new or improve existing throwing, hitting and other baseball skills. Open to all levels. All players must bring their own glove, water bottle, sneakers and snack. Minimum: 5, Maximum: 25.

MON & WED	4/24 & 4/26	1:00 - 3:00 p.m.	\$30(R)/\$35(NR)	288006A
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Location: Colchester Middle School, Gym

Instructor: Jim Olson

TENNIS CLINIC

Ages 5 - 12

This clinic is designed for beginners and intermediate players. Your child will learn basic skills and techniques through drills and games. Our staff will make sure your child is using the appropriate size racquet. Loaner racquets will be available. All players must bring water bottle, sneakers and snack. Minimum: 5, Maximum: 12.

TUE & TH	4/25 & 4/27	1:00 - 3:00 p.m.	\$30(R)/\$35(NR)	203000B
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Location: Colchester Middle School, Gym

Instructor: Jim Olson

COLCHESTER YOUTH CHEER CAMP

Ages 5 - 9 & 10 -14

Welcome to Cheer Camp! Here you will learn the fundamentals needed to be on a cheerleading team, and be introduced to the Cheer program in Colchester. Participants will learn and participate in drills, cheers, chants and stunting, all run by the Cheer coaches at the Colchester school level. Bring a smile and join the fun as you meet other youth interested in cheering and gain a passion for cheering on Colchester as you move through the Colchester School system! Minimum: 10, Maximum: 40.

TUE - TH	4/25 - 4/27	9:00 a.m. - 12:00 p.m.	\$90(R)/\$95(NR)	286008A (Ages 5 - 9)
TUE - TH	4/25 - 4/27	9:00 a.m. - 12:00 p.m.	\$90(R)/\$95(NR)	286008B (Ages 10 - 14)

Location: Colchester Middle School, Gym

Instructor: Theresa Japhet & Jessica Heir, CMS Cheer Coaches

ATHLETICS & ENRICHMENT



BABYSITTING TRAINING COURSE

Ages 10 - 14

The NEW Safe Sitter curriculum includes instruction in babysitting skills and techniques that include: care of choking infant/child, infant & child CPR, injury prevention and management, safety for the sitter, child care essentials, behavior management and babysitting as a business. Each participant must pass a written and practical exam. Participants must bring a lunch, snack and drinks. Minimum: 8, Maximum 16.



TUE	3/7	9:00 a.m. - 3:00 p.m.	\$68(R)/\$73(NR)	280003A
Location: Bayside Activity Center			Instructor: Colchester Parks & Recreation Staff	

TEEN OPEN GYM BASKETBALL

Grades 8 - 12

Come join us for our Teen Open Gym nights for grades 9-12 (Co-ed). Bring your basketball apparel, a water bottle and your basketball skills as you meet more teens in Colchester and enjoy a night of fun filled basketball competition. Minimum: 10, Maximum: 30.

WED	2/22 - 3/22	7:00 - 9:00 p.m.	\$20(R)/\$25(NR) DROP IN FEE: \$5 PER NIGHT	230303A
Location: Colchester Middle School, Gym			Facilitator: Colchester Parks & Recreation	

TEEN VOLUNTEER OPPORTUNITIES

Are you in High School and looking for opportunities to volunteer your time and gain credit for your college resume or senior project hours? Colchester Parks and Recreation can help! We offer a variety of different events, opportunities and programs that may fit a passion of yours and we can use your help! Be a part of the Colchester Community by signing up for any of the below events online at <http://colchestervt.gov/355/Volunteer-Opportunities> and we will get in contact with you! Become a part of the Colchester community and show your Colchester Pride!

Some Upcoming Volunteer Opportunity - Brief Overviews

Colchester Youth Basketball: Duties may include: supervise youth in Colchester Youth Basketball program teaching fundamentals, sportsmanship and rules of the game. Also opportunities for learning event management, timing and officiating. Will be supervised and work closely with the Program Coordinator.

Colchester Youth Lacrosse/Lacrosse Launch: Duties may include: supervise youth in Colchester Youth Lacrosse program teaching fundamentals, sportsmanship and rules of the game. Also opportunities for learning event management, timing and officiating. Will be supervised and work closely with the Program Coordinator.

Online Coaching Training Video: Duties may include: Being on camera or behind the scenes to help produce a coaching video for youth lacrosse and youth basketball coaches in Colchester.

Colchester's Got Talent: Duties may include: Sale of tickets, monitoring entry way, helping prepare contestants in the green room, helping prepare the stage for the next act.

Winter Carnival: Duties may include: Sale of bracelets for Winter Carnival entry, giving information to patrons about event, hauling ice to sugar on snow booth, assisting in the arts and crafts room, assisting in the playdough room, wearing mascot costumes and roaming halls to greet the children.

Parks Squad: Duties may include: Patrolling parks, park clean up, basic light projects throughout our parks.

Senior Center Volunteer: Duties may include: Teaching classes to seniors, interacting with seniors during programs, play games, cards etc. with the senior population.

BAC Design Volunteer: Duties may include: Creating a welcoming space through painting, design and more. This is a quarterly project which students create, manage and maintain throughout the year.

Marketing Gang: Duties may include: Help promote and market any and all aspects of the parks and recreation department. May include: Parks, Recreation, Special events etc.

For more information contact Colchester Parks & Recreation at 264-5640.

FAMILY & SAFETY



SNOWSHOE DINNER

All Ages

The Snowshoe Dinner is BACK this February! Don't be a bear, come out of hibernation with your little cubs for a frosty good time for dinner and snowshoeing at Airport Park. Grab your snowshoes or skis, warm your paws by the fire, and fill your bellies with tasty appetizers, soup, dinner, and dessert. Just make sure not to eat Papa Bear's portion! Remember to dress warmly, as Airport Park is always windy. Limited loaner snowshoes are available upon request; bring your own if you have them! Minimum: 40, Maximum: 125 (24 per time slot).

FRI	2/17	6:00 p.m.	\$12(R)/\$17(NR)	210005A (Ages 13+)
FRI	2/17	6:00 p.m.	\$5(R)/\$10(NR)	210005A1 (Ages 12 & under)
FRI	2/17	6:15 p.m.	\$12(R)/\$17(NR)	210005B (Ages 13+)
FRI	2/17	6:15 p.m.	\$5(R)/\$10(NR)	210005B1 (Ages 12 & under)
FRI	2/17	6:30 p.m.	\$12(R)/\$17(NR)	210005C (Ages 13+)
FRI	2/17	6:30 p.m.	\$5(R)/\$10(NR)	210005C1 (Ages 12 & under)
FRI	2/17	6:45 p.m.	\$12(R)/\$17(NR)	210005D (Ages 13+)
FRI	2/17	6:45 p.m.	\$5(R)/\$10(NR)	210005D1 (Ages 12 & under)

Location: Airport Park

Facilitators: Colchester Parks & Recreation

BOATER SAFETY

Ages 13+

Vermont State Law requires that individuals born after January 1, 1974 need to attend a boating safety course prior to operating a motor boat in Vermont waters. Topics covered include boating safety equipment, emergency procedures, basic navigation and Vermont boating laws. This class is appropriate for all new boaters, youth and adult. You must attend all 4 classes to receive your certificate.

Minimum: 15, Maximum: 25.

TUE	3/7 - 3/28	6:00 - 8:30 p.m.	\$10(R)/\$15(NR)	240001A
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Location: Colchester Police Department, Kirker Room

Instructor: Colchester Police Cpl. Mike Akerlind

BICYCLE MAINTENANCE 101

Ages 13+

Get to know the ins-and-outs of your bicycle. This class will cover the basics of bicycle maintenance and upkeep, repairing a flat tire, as well as basic repair diagnostics and methods. Participants are welcome to bring their own bicycle and repair kits, although it is not a necessity as tools and supplies will be provided. Participants under the age of 18 must be accompanied by an adult. Maximum: 4.

TH	3/9	6:30 - 8:30 p.m.	\$40(R)/\$45(NR)	240003A
TH	3/23	6:30 - 8:30 p.m.	\$40(R)/\$45(NR)	240003B

Location: Malletts Bay Bicycle & Ski, 794 W. Lakeshore Dr., Ste 5

Instructor: Charlie Whitney, Malletts Bay Bicycle & Ski Owner

BIKE PATH BOTTICELLIS

All Ages

Your medium is chalk. Your canvas is the Bayside Bike Path. It's time to craft your masterpiece. Join your friends at Colchester Parks & Rec to adorn the entrance to Bayside Park with a colorful array of images to welcome visitors and celebrate the upcoming summer season. Trace yourself and make a portrait, draw Champ, or a beautiful sunset, write your name or make a game, and let the creativity burst! We'll have buckets of sidewalk chalk to share, or pay \$5 and get your own personal kit with a variety of colors, which you can keep after!

SAT	5/20	10:00 a.m. - 12:00 p.m.	FREE	230204A
SAT	5/20	10:00 a.m. - 12:00 p.m.	\$5 (Chalk Kit)	230204B

Location: Bayside Pavilion

Instructor: Colchester Parks & Recreation Staff

ATHLETICS & FITNESS



COED VOLLEYBALL - LEVEL II

Ages 18+

Coed Volleyball is for players who use proper technique and team strategy in their play. Players need to be at an intermediate/advanced intermediate level of play. This is not a program for novice players. **Will not meet on January 16. TIMES ARE SUBJECT TO CHANGE.** Maximum: 22.

MON 1/9 - 2/20 (Skip: 1/16) 7:30 - 9:30 p.m. \$25(R)/\$30(NR) OR \$5 Per Night (if space allows) 202000A

Location: Colchester Middle School, Gym

Facilitator: Bill Syverson and Ray Clavelle

PICK-UP VOLLEYBALL

Ages 18+

Join other volleyball players for an extra night of fun and exercise. Games will be played involving team strategy at the Intermediate/Advanced level. Courts may be assigned depending on the number and skill level of participants. **TIMES ARE SUBJECT TO CHANGE.** Maximum: 22.

WED 1/11 - 2/15 8:00 - 9:30 p.m. \$20(R)/\$25(NR) OR \$4 Per Night (if space allows) 201000A

Location: Colchester Middle School, Gym

Facilitator: Pat Spacapan

DROP-IN VOLLEYBALL

Ages 18+

The CMS Gym will be available couple a few weeks for adult walk-on volleyball during the youth basketball and youth lacrosse seasons. Players should be at an intermediate/advanced level of play. Pay and sign-in each night of play at the gym. Will not meet on May 29. **TIMES SUBJECT TO CHANGE. TIMES ARE SUBJECT TO CHANGE.** Maximum: 22.

MON 3/13 & 3/20 7:30 - 9:30 p.m. \$5 Per Night
MON & WED 5/1 - 6/7 7:30 - 9:30 p.m. \$5 Per Night

Location: Colchester Middle School, Gym

Facilitators: Pat Spacapan or Bill Syverson

ADULT BASKETBALL WALK-ON

Ages 18+

Looking for some basketball play without the structure of a league? Play is recreational with a pick-up game format. For individuals out of high school, Please bring a dark and light colored shirt each time. **TIMES ARE SUBJECT TO CHANGE.** Maximum: 25.

TH 1/5 - 4/20 (skip: 2/16 & 3/2) 8:30 - 10:00 p.m. \$4 Per Night
TH 5/4 - 5/25 7:30 - 9:30 p.m. \$5 Per Night

Location: Colchester Middle School, Gym

Facilitator: Jim Park

MARTIAL ARTS FITNESS FOR ADULTS

Ages 18+

Fusion Taekwon-do's adult Martial Arts classes will build your confidence as you learn self-defense techniques, relieve stress, develop strength and flexibility all while benefiting from a great workout. The focus is on building a mental and physical connection through a goal-setting curriculum. These lessons are for all fitness levels and abilities, and are taught by experienced instructors in a family-friendly environment. Uniform included. Minimum: 1, Maximum: 15.

SAT 1/14 - 2/18 8:30 - 9:15 a.m. \$100(R)/\$105(NR) 220001C

Location: Fusion Taekwondo, Prim Road

Instructor: Damir Alisa

ATHLETICS & FITNESS



MOOVE TO THE OOV! A CORE WORKOUT

Ages 18+

The Oov is a new training device designed by an Australian osteopath that is designed to fit your body and follow the natural curve of your spine. Workouts on an Oov promote spinal health by improving your core strength and releasing tight areas of your body, allowing you to move freely and correctly. From athletes to weekend warriors, golfers, bikers, and hikers, the Oov challenges the core, strengthens the spine, and works the muscles efficiently as each body part was meant to move. This class is instructed by a physical therapist trained in specialized Oov workouts and is one of the only Oov classes offered in Vermont! Minimum: 4, Maximum: 15.

TUE	1/10 - 2/21 (Skip: 2/14)	4:30 - 5:15 p.m.	\$80(R)/\$85(NR)	230100C
WED	1/11 - 2/15	6:15 - 7:00 a.m.	\$80(R)/\$85(NR)	230100C1
TUE	3/7 - 4/11	4:30 - 5:15 p.m.	\$80(R)/\$85(NR)	230100D
WED	3/8 - 4/12	6:15 - 7:00 a.m.	\$80(R)/\$85(NR)	230100D1

Location: RehabGYM, 905 Roosevelt Highway

Instructor: Mary Grunvald, PT

BALLET BARRE

Ages 16+

This class infuses Ballet, Yoga and Pilates to give you long, sleek, toned muscles. It is a full body workout using the ballet barre while performing isometric and concentrated movements, with extra attention to the core, hips and thighs. Light weights, resistance bands, and small balls will be utilized as well. It's low impact, but extremely effective and an amazing class for better balance! There is a 15 minute STretch (Soft Tissue Release) at the end of class. Appropriate for all levels; no dance experience required.

Minimum: 5, Maximum: 10.

TH	1/5 - 2/2	5:30 - 6:30 p.m.	\$55(R)/\$60(NR)	230119A
TH	3/2 - 3/30	5:30 - 6:30 p.m.	\$55(R)/\$60(NR)	230119B

Location: Colchester Health & Fitness, Prim Road

Instructor: Stacey Mercure

ZUMBA

Ages 18+

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning DANCE FITNESS PARTY! Benefit from a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. This class is for EVERYBODY...whether you are a Zumba enthusiast or have never danced a step in your life, you will feel liberated at this judgment-free dance party. Minimum: 5, Maximum: 20.

MON	1/9 - 2/20 (Skip: 1/16)	6:15 - 7:15 p.m.	\$36(R)/\$41(NR)	260012A
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Location: Porters Point School, Cafeteria

Instructor: Robyn Labrecque

ADVANCED BEGINNER/INTERMEDIATE ADULT TAP DANCING

Ages 16+

A fun, upbeat, energizing tap class! Teaching technique and choreography. Tap shoes needed – comfy clothes to dance in. Great classes for those who've had some tap prior. Minimum: 1, Maximum: 6.

MON	1/9 - 5/8	7:30 - 8:30 p.m.	\$225(R)/\$230(NR)	260013A
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Location: Studio 3, Creek Farm Plaza

Instructor: Studio 3 Dance

ATHLETICS & FITNESS



YOGA FLOW 10 CLASS PASS

Ages 18+

Breath awareness & alignment are encouraged as we flow through a moderately paced class. Enjoy sequencing postures to increase your flexibility, strength and endurance. Each class focuses on breathing, postures and relaxation. This is not a novice class.

WED	1/4 - card is used	5:30 - 6:45 p.m.	\$130(R)/\$135(NR)	270001A
Location: Colchester RehabGYM, 905 Roosevelt Highway			Instructor: Cat Earisman, Yoga Instructor	

FITNESS FLOW YOGA

Ages 16+

Fitness Flow is a moderate to vigorous Vinyasa-style Yoga class. The focus is on building strength, increasing flexibility and preventing injury. In addition we will practice mindfulness and breathing techniques that can help improve overall physical performance. This is a great class for any athlete, and compliments weight lifting and cardiovascular training. Minimum: 5, Maximum: 10.

TUE	1/10 - 2/7	6:30 - 7:30 p.m.	\$55(R)/\$60(NR)	230110A
Location: Colchester Health & Fitness, Prim Road			Instructor: Steph Steeves, Certified Yoga Instructor	

HATHA/RESTORATION YOGA

Ages 18+

This class will integrate simple, healthy spinal movements via demonstrations and guided instructions. Several postures will be sequenced to increase flexibility, strength and endurance while focusing on mindful movement with one's breath. As appropriate, adaptations/modifications will be taught and encouraged to address individual needs. Please bring your own yoga or exercise mat and a beach towel or yoga blanket. Minimum: 4, Maximum: 14.

WED	1/11 - 2/15	9:00 - 10:00 a.m.	\$45(R)/\$50(NR)	270003A
WED	3/8 - 4/12	9:00 - 10:00 a.m.	\$45(R)/\$50(NR)	270003B
Location: Bayside Activity Center			Instructor: Stephanie Davis	

INTRODUCTION TO MEDITATION AND MINDFULNESS

Ages 18+

Have you wanted to meditate but aren't sure where to begin? This group may be for you if you want to reduce your stress and boost your energy and mood. In this class, we will activate the body's natural relaxation response through deep breathing, guided meditation, and visualization. This will be a fun, laid back gathering. Bring a pen, journal/notebook, and an open mind. Minimum: 4, Maximum: 14.

FRI	1/20 - 2/24	9:00 - 10:00 a.m.	\$30(R)/\$35(NR)	240004A
Location: Bayside Activity Center			Instructor: Stephanie Davis	

POST NATAL EXERCISE

Ages 18+

Postpartum and not sure how to get back into shape? Want to get back into exercising, but just not sure what class is right for you now? Join us for the RehabGYM's post-natal exercise group! This is a 10-week class consisting of group sessions twice a week. We'll gradually increase the intensity of the exercises throughout the 10-weeks. This session also includes a gym membership at the RehabGYM with a planned program for when you arrive to the gym independently, and exercises for you to do at home when you're just too busy as a new mom to get back into the gym. Measurements of your progress will be maintained throughout the course of this class so you can track your numbers and get on your way to getting back into fitness.

TH & SAT	3/2 - 5/4 3/4 - 5/6	5:30 - 6:30 p.m. 1:00 - 2:00 p.m.	\$225(R)/\$230(NR)	230112B
Location: Colchester RehabGYM, 905 Roosevelt Highway			Instructor: Sara St. Gelais, DPT or Lauren Kennedy, CSCS	

COOKING WITH CLASS



AUTHENTIC POLISH COOKING

Ages 18+

Join Luiza of Luiza’s Homemade with Love and learn how to prepare some authentic Polish dishes from locally-sourced ingredients!

Session E: Pierogi: Pierogi are the pride of the Polish people. Cities and towns host festivals devoted to them, and no holiday feast would be complete without them. Elegant enough for wedding banquets, but perfectly suitable for at home on the weekday supper table, the humble dumpling is truly the darling of Polish cuisine. The hallmark of superior pierogi is a light and delicate dough, a quality that frozen supermarket versions can’t duplicate. Luiza will teach you how to bring the true taste of homemade pierogi to your table with vegetarian and seasonal varieties made fresh from local ingredients.

Session F: Gołabki (Stuffed Cabbage): Gołabki is a dish consisting of tender cabbage leaves stuffed with rice, onions and mushrooms, and then topped with a savory tomato sauce. Luiza will teach you the tips and tricks to get the most out of this versatile dish. Gołabki can easily be served by itself as a meal, or to compliment roasts or cutlets. This is authentic Polish cuisine at its finest! Minimum: 6, Maximum: 10.

SAT	1/21	1:30 - 4:00 p.m.	\$65(R)/\$70(NR)	270024E (Pierogi)
SAT	2/18	1:30 - 4:00 p.m.	\$65(R)/\$70(NR)	270024F (Gołabki)
Location: Bayside Activity Center			Instructor: Luiza Bloomberg, Luiza’s Homemade with Love	

LUXURIOUS CHOCOLATE CANDIES

Ages 21+

Learn to make your own chocolate candies, and just in time for Valentine’s Day! Viviane will teach us how to work with chocolate and how to make a number of tasty treats, including chocolate-dipped strawberries, truffles, turtles, and chocolate orange peels with orange liqueur. Participants will be able to take an assortment of candies home. Minimum: 6, Maximum: 12.

SAT	2/11	2:00 - 4:00 p.m.	\$35(R)/\$40(NR)	270024A
Location: Bayside Activity Center			Instructor: Viviane Levy	

PASTA PERFECTO WITH CHEF CONTOS

Ages 18+

Nationally-recognized Chef Courtney Contos is visiting Colchester again this year! Voted “One of the Best Cooking Schools in the World” by Food & Wine Magazine, Chef Contos will be bringing her culinary expertise and exceptional cooking instruction to the Bayside Activity Center as we learn to make our own pasta from scratch and prepare an authentic meal. Fresh pasta is easy and fun to prepare at home, and once you learn the basic skills, you’ll be making fresh pasta all the time! In this hands-on class, we’ll make fresh pasta from scratch using classic Italian 00 flour. Once we have the perfect dough we will roll it out to make farfalle (bowtie), spaghetti, and tortellini. Then we’ll prepare a meal of Cacio e Pepe (the best and simplest cheesy classic spaghetti dish from Rome), farfalle with sausage and butternut squash, and roasted garlic spinach and ricotta tortellini. Chef Contos’ classes always fill quickly, and you won’t want to miss it! Minimum: 8, Maximum: 10.

TH	3/9	6:00 - 8:00 p.m.	\$70(R)/\$75(NR)	270024D
Location: Bayside Activity Center			Instructor: Chef Courtney Contos, Founder Owner Chef Contos Kitchen & Store	

MEDITERRANEAN LUNCHEON

Ages 18+

Bring your taste buds on an international trip to the Mediterranean region! Viviane will teach us to prepare an authentic Mediterranean lunch of cheese and spinach filo triangles, walnut filo cigars with syrup, tabouli salad with quinoa, falafel and hummus. Minimum: 6, Maximum: 8.

SUN	3/12	11:00 a.m. - 1:30 p.m.	\$35(R)/\$40(NR)	270024B
Location: Bayside Activity Center			Instructor: Viviane Levy	

ENRICHMENT

**BEGINNER & ADVANCED BEGINNER FIDDLE**

Ages 18+

Beginner Fiddle: Join the many Vermonters who have taken up fiddle for the first time as an adult. Sarah Hotchkiss of Woodbury Strings is your gentle and patient instructor for this four-class introduction to the rudiments of violin and fiddle playing. Participants will be taught how to hold the violin and bow, as well as the basic skills needed to play very simple tunes and scales. No musical experience required! Bring your own violin, or rent one for the month from the Vermont Violin Shop.

Advanced Beginner Fiddle: This class will be a continuation of the Beginner Fiddle class. Those with some prior experience who did not take the first class are also welcome to participate. Participants should know how to play a D scale (or notes on the D and A strings) and be able to manage a simple tune such as “Twinkle, Twinkle Little Star” at a slow pace. We’ll learn how to play simple fiddle tunes by ear as well as further each player’s depth of knowledge about form, ergonomics and about fiddling in general. Bring your own violin, or rent one for the month from the Vermont Violin Shop.

Violin Rentals from Vermont Violins: Vermont Violins will offer a special rate on violin rentals for the Beginner Fiddle and Advanced Beginner Fiddle classes: \$25/four-week session. An optional \$5 damage waiver can also be added. This is a great way to try out the instrument without the full investment! Violin rentals must be requested directly from Vermont Violins at this web address: <http://www.vermontviolins.com/colchester-rental>. The instructor will bring your rental to the first class and you will be able to keep it for the four-week session to practice. Minimum: 3, Maximum: 10.

TUE	1/17 - 2/7	7:30 - 8:30 p.m.	\$60(R)/\$65(NR)	260002D (Beginner)
TUE	3/14 - 4/11	7:30 - 8:30 p.m.	\$60(R)/\$65(NR)	260002E (Adv. Beginner)
Location: Bayside Activity Center			Instructor: Sarah Hotchkiss, Woodbury Strings	

BEGINNER & ADVANCED BEGINNER UKULELE

Ages 18+

Beginner Ukulele: Ukulele is probably the most peaceful and cute little instrument known to humanity. This class is for everyone, but especially for people who fall in any of these categories: attempted guitar and it drove you insane, hands too little for guitar, or just want to do something fun and musical as a hobby and chill on the couch watching TV and strum something for good brain enhancement. We’ll go over the basics of ukulele, left and right hand technique, how to hold it, how to strum it, and then learn some chords and strum your favorite songs. Yes, we can even learn “Over the Rainbow”!

Advanced Beginner Ukulele: This course is a great continuation of the beginner course, or for someone with a general understanding of ukulele who wants to expand their knowledge of the instrument. Participants should be comfortable with form, strumming and basic chords. We will build on techniques learned in Beginner Ukulele, learn expanded chord structures and work on more complex songs.

Minimum: 5, Maximum: 8.

TH	3/16 - 4/6	5:30 - 6:30 p.m.	\$125(R)/\$130(NR)	260002A (Beginner)
TH	4/13 - 5/11 (Skip: 4/27)	5:30 - 6:30 p.m.	\$125(R)/\$130(NR)	260002B (Adv. Beginner)
Location: Bayside Activity Center			Instructor: John Creech	

STOP MOTION ANIMATION

Ages 18+

This six-week program will teach basics of planning, executing and editing a stop motion animated picture. Participants will have access to professional animation stands and clay at LCATV’s studio, and receive instruction in filming techniques. Participants will then be able to polish off their animations using Adobe Premiere Pro editing software and add a variety of royalty-free sounds and music.

Minimum: 2, Maximum: 8.

TUE	3/14 - 4/14	7:00 - 8:00 p.m.	\$50(R)/\$55(NR)	250001A
Location: LCATV Studio, 63 Creek Farm Plaza #3			Instructor: Stephanie Soules	

ENRICHMENT



WATERCOLOR SEMINAR: BEGINNING TO INTERMEDIATE IN JUST ONE WEEKEND!

Ages 18+

Always wanted to try watercolor, but were too intimidated? Heard that it's difficult? Illustrator & painter Ginny Joyner loves to teach beginner painters in a relaxed, non-judgmental atmosphere where everyone learns from each other with gentle, but expert, direction and advice. Ginny will guide you through the basics of watercolor; from learning about materials, trying different brushes and paper, doing washes, layering, wet-on-wet techniques, mixing color, discussing composition and drawing, to creating landscapes and floral paintings in ONE amazing weekend! All materials (paper, paint, brushes, tape, & masking fluid) included and can be kept after the class. Lunch break allotted each day. Minimum: 4, Maximum: 10.

SAT & SUN	1/21 & 1/22	9:30 a.m. - 4:00 p.m.	\$230(R)/\$235(NR)	270028A
SAT & SUN	2/25 & 2/26	9:30 a.m. - 4:00 p.m.	\$230(R)/\$235(NR)	270028B
SAT & SUN	3/25 & 3/26	9:30 a.m. - 4:00 p.m.	\$230(R)/\$235(NR)	270028C
Location: Sessions A & B: Ginny Joyner's Studio, Fort Ethan Allen, 504B Dalton Dr., Colchester			Instructor: Ginny Joyner	
Sessions C: Bayside Activity Center				

FREEZER TO CROCKPOT MEALS

Ages 18+

Do you want to eat good healthy meals without having to slave away in the kitchen? If so, this is the class for you! First off, yes these are healthy meals and let us explain what we consider to be "healthy." The recipes you will receive in this class contain: Vegetables, as little processed foods as possible and simple ingredients that your family will love. The recipes do NOT contain: Condensed soups, added sugar, expensive ingredients or anything that is hard to find. We are big fans of eating everything in moderation, but if you can feed your family healthier options that still taste great, everyone wins.

If you're nervous about mixing raw meat and vegetables, don't be. According to the USDA Food Safety and Inspection Service, freezing to 0°F inactivates any microbes present in food (such as bacteria, yeasts, and molds). That means freezing raw meat with vegetables, sauces, and spices is perfectly safe.

In this class you will learn how to purchase ingredients, prepare freezer meals, label the frozen meals and all with sticking to your budget. When you leave this class you will bring home two freezer meals that you prepared during class. You will also receive a lot of recipes to bring home with you! Minimum: 8, Maximum: 12.

TH	1/26	6:30 - 8:00 p.m.	\$38(R)/\$43(NR)	270025A
TUE	2/21	6:30 - 8:00 p.m.	\$38(R)/\$43(NR)	270025B
Location: Bayside Activity Center			Instructor: Lyz Stapleton	

VIDEO EDITING 101

Ages 18+

Join the pros at LCATV and learn valuable techniques for editing your videos. Bring your video footage from home and we will show you how to edit it using Adobe Premiere Pro editing software. Participants will learn to add titles, sound effects, music, etc. with the help of LCATV instructors. Please bring a hard drive or have a place online (You Tube, Cloud Storage, etc.) to save your finished footage. Please provide an e-mail address that you can be reached at prior to the workshop so that LCATV staff can do a consultation with you on the format of your footage (i.e. phone, GoPro, camera, etc.) to make sure that we will be able to get it onto the computers and into the editing program. Minimum: 2, Maximum: 8.

WED	3/15	7:00 - 8:00 p.m.	\$25(R)/\$30(NR)	250001B
Location: LCATV Studio, 63 Creek Farm Plaza #3			Instructor: Stephanie Soules	

ENRICHMENT & FITNESS



STRetch

Ages 55+

This class will utilize foam rollers, tennis balls, yoga straps and yoga blocks for a Soft Tissue Release (STR) of tight muscles and muscle tension. Each class starts with a dynamic warm-up to heat the body up and allow you to get deep into the muscles for an incredible STRetch. Many of the exercises are similar to Physical Therapy and really benefit the nervous system and relieve muscle tension. You'll feel like you've had a full body massage after this low-impact class. Minimum: 5, Maximum: 10.

FRI	1/6 - 2/3	9:00 - 9:45 a.m.	\$55(R)/\$60(NR)	230115A
FRI	3/3 - 3/31	9:00 - 9:45 a.m.	\$55(R)/\$60(NR)	230115A

Location: Colchester Health & Fitness

Instructor: Stacey Mercure

CHAIR YOGA

Ages 55+

A gentle yoga program using mats and chairs to promote balance and agility. Based on the Peggy Cappy teaching which can be viewed on Public Access Television. Dress comfortably and bring a mat if you have one. Minimum: 6, Maximum: 10.

TUE	1/17 - 2/21	9:30 - 10:30 a.m.	\$40(R)/\$45(NR)	270004A
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Location: Bayside Activity Center

Instructor: Betty Molnar

INTRODUCTION TO FIDDLE

Ages 55+

Did you ever wish you had played the violin? Now is your chance! Join the many Vermonters who have taken up fiddle for the first time in their senior years. Sarah Hotchkiss of Woodbury Strings is your gentle and patient instructor for this one-class introduction to the rudiments of violin/fiddle playing. Participants will be taught how to hold the violin and bow, as well as play a very simple tune. No musical experience required – all violins provided (or bring your own if you have one)! Minimum: 2, Maximum: 6.

WED	1/11	10:30 - 11:45 a.m.	\$25(R)/\$30(NR)	260002C
WED	3/8	10:30 - 11:45 a.m.	\$25(R)/\$30(NR)	260002C1

Location: Bayside Activity Center

Instructor: Sarah Hotchkiss, Woodbury Strings

VINTAGE MOVIE MATINEE

Ages 55+

Classic movies will be shown every Friday at the Bayside Activity Center at Bayside Park. Feel free to bring your own lunch or snacks. It's free to attend and walk-ins are welcome! We'll alternate between scheduled films and viewer's choice - check the Colchester Sun for the monthly schedules.

FRI	1/6 - 5/26 (skip: 3/3 & 4/28)	12:00 - 4:00 p.m.	FREE
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Location: Bayside Activity Center

Facilitator: Myra Gauthier, BAC Volunteer

COLCHESTER COMMUNITY CHORUS SPRING CONCERT
FRIDAY, MAY 5, 2017, 7:30 P.M.
COLCHESTER HIGH SCHOOL

ENRICHMENT & FITNESS



SENIOR STRONG

Ages 55+

This class teaches older adults to maintain their cardiovascular health, strength and flexibility. Whether you are a veteran gym member or a newcomer we welcome you to come enjoy the benefits of working within a small fitness class. Classes are designed to increase flexibility, joint stability, balance, endurance and coordination. Classes utilize free weights, tubes and balance balls. Minimum: 5, Maximum: 10.

TUE	1/24 - 2/21	10:15 - 11:15 a.m.	\$50(R)/\$55(NR)	220014A
Location: Colchester Health & Fitness			Instructor: Stacey Mercure	

TAI CHI - SUN 73 STYLE

Ages 50+

Sun 73 Style is a parent form of Fall Prevention Tai Chi, including elements of both Tai Chi I & Tai Chi II. Sun 73 was formalized in the early 20th Century and has been practiced all over the world for health, meditation, stress relief, strength, coordination and balance. Benefits of Tai Chi include: increased flexibility, energy, and cardiovascular fitness, reduced stiffness and inflammation, lower blood pressure, and may improve balance, muscle strength, sleep patterns, and give you an overall improved sense of well-being. Pre-registration is required. Maximum: 14.

TUE & TH	3/14 - 5/25 (Skip: 4/25 & 4/27)	11:00 - 11:45 a.m.	FREE	261001C
Location: Bayside Activity Center			Instructor: Viviane Levy, CVAA Instructor	

MAH JONGG FOR FUN AND FLEXIBILITY

Ages 18+

Mah Jongg is the ancient Chinese tile game of winds, dragons and number tiles that predates our modern playing cards. This American version of the game includes flowers, 8 to 10 jokers, and tile swapping. Starting with a simplified game, players pick up, discard, and trade tiles to form a winning hand and declare "Mah Jongg!" As players progress, we'll slowly add complexity and talk about defense and sleuthing (using clues from your neighbors' exposed tiles). Mah Jongg players enjoy bluffing (table talk is encouraged!), learn flexibility (changing strategies as your tiles change) and generally have a lot of fun. There will be plenty of time for review, practice rounds, and camaraderie. If you like card games, you'll love Mah Jongg. This class is perfect for beginners or those who need a refresher on the rules and techniques. Minimum: 4, Maximum: 16.

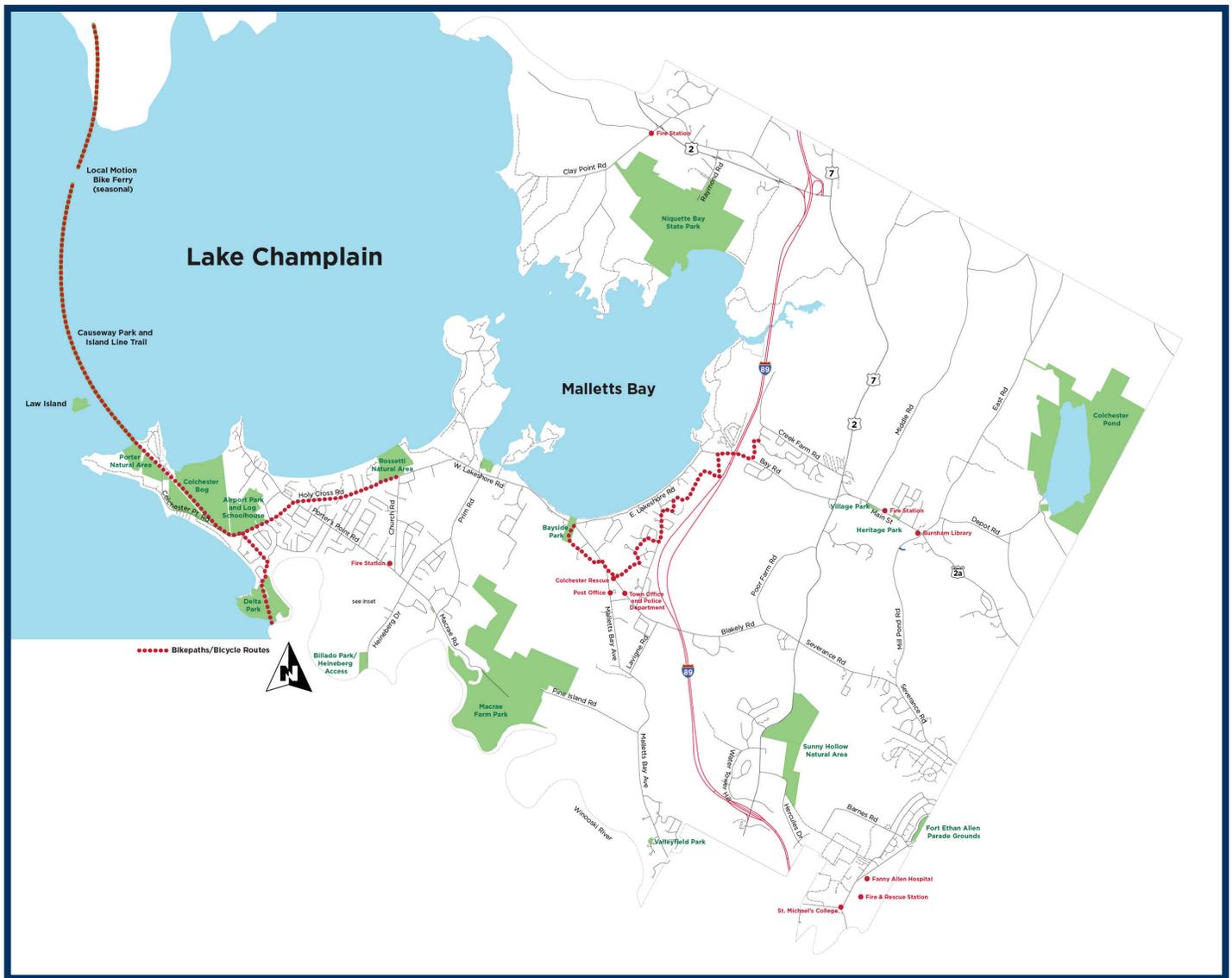
WED	3/15 - 4/5	6:30 - 9:00 p.m.	\$35(R)/\$40(NR)	230350A
Location: Bayside Activity Center			Instructor: Laurie DiCesare	

AARP SMART DRIVER PROGRAM

Ages 55+

The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. The course also provides practical techniques for adjusting to these changes to ensure the driver's own safety and that of others on the road. During the course, participants learn about current rules of the road and how to operate their vehicles more safely in today's increasingly challenging driving environment. Topics include: maintaining proper following distances, minimizing the effect of dangerous blind spots, limiting driver distractions (such as eating, smoking, and cell phone use), properly using safety belts, air bags, and all car features, the effects of medications on driving, maintaining physical flexibility, and monitoring the driving skills and capabilities of yourself and others. This course also reviews current national and Vermont traffic laws, and their impact upon older drivers. If you are an AARP member, please provide your membership number with your registration. Minimum: 5, Maximum: 20.

MON	3/27	12:00 - 4:30 p.m.	\$15(AARP MEMBERS)	220012A
MON	3/27	12:00 - 4:30 p.m.	\$20(NON-AARP MEMBERS)	220012B
Location: Bayside Activity Center			Instructor: Richard Smiles, AARP Volunteer	



AIRPORT PARK: 488 Colchester Pt. Road, 64.5-acres. 1.3 mile jogging/x-country ski trail, parking, restrooms, picnic area, pavilion, playground, 4 ball fields, 2 soccer fields, 2 sand volleyball courts, 6 horseshoe pits, 2 tennis courts, 1 basketball court, and lighted ice skating in the winter.

BAYSIDE PARK: 2 West Lakeshore Drive, 22-acres including parking, restrooms, bathhouse (beachside), picnic area, pavilion, playground, swimming beach, Bayside Activity Center, 2 shuffle board courts, 4 tennis courts, 1 basketball court, 2 sand volleyball courts, 1 football/lacrosse field, 1 lighted softball field, and a skatepark.

BONANZA PARK: Bonanza Drive, .6-acre neighborhood park with limited playground and all-purpose field.

CAUSEWAY PARK & RECREATION PATH: Mills Point Road, 4-mile path connects to original Rutland Railroad bed and causeway across the lake (constructed during 1897-1900). Renovated gravel path suitable for walking, biking, and fishing access. Duck hunting allowed (in season). Park at Airport Park or in the Mills Point Road lot.

FORT ETHAN ALLEN PARADE GROUNDS: Dalton Drive, 19-acres, owned mutually with the Town of Essex. NEW Playground, tennis courts, 2 soccer fields, cricket, rugby, gazebo, walking trail.

HEINEBERG ACCESS/BILLADO PARK: Heineberg Drive, 4-acres, Town and State access to Winooski River

HERITAGE PARK: Heritage Drive, 1-acre, parking, playground, tennis court, basketball court.

LAW ISLAND: West of Causeway off Colchester Point, 8.5-acres owned by the State of VT and managed by the Town of Colchester. Camping permitted, duck hunting allowed (in season), compost bathroom available.

PORTER NATURAL AREA: Mills Point Rd. 56-acre natural area.

ROSSETTI NATURAL AREA: Holy Cross Road, 47-acres of natural area conserving wetland, woods and sand beach.

SUNNY HOLLOW NATURAL AREA: Hercules Drive, 80-acre diverse area, 3 miles of walking, mountain biking and x-country trails, limited parking.

VALLEYFIELD PARK: Valleyfield Drive, .65-acre neighborhood park with limited playground and all-purpose field.

VILLAGE PARK: Behind Colchester Water District Building, Main Street. 66-acres, primitive park with a trail network being developed.

REGISTRATION FORM

One form can be used for all family members that live in the same household.

Participant's Last Name: _____ First Name: _____

Parent's Last Name (if participant under 18): _____ First Name: _____

Mailing Address: _____ City/State/Zip: _____

E-Mail: _____ Would you like to receive the monthly E-Newsletter: YES NO

Home Phone: _____ Business Phone: _____ Cell Phone: _____

Emergency Contact (other than parent): _____ Relationship: _____ Telephone: _____

Please list any special needs which will require accommodation for participation: _____

Please list any allergies (food, insect, plant, or medications): _____

PARTICIPANT NAME	SEX M/F	DOB M/D/Y	REGISTRATION NUMBER	PROGRAM NAME	CLASS FEE
Total Amount Due:					\$

PAYMENT METHOD (CHECK ONE):
 Check (payable to Colchester Parks & Recreation) **Cash** **Credit Card** (Only Visa and Mastercard Accepted)
 Check here if you would like a receipt sent to you Credit Card #: _____ Exp: _____

Winter registrations can be made as soon as you receive this brochure. Participants may continue to register for programs until they are full. We do our best to accommodate those with special needs. With few exceptions, our parks and facilities comply with the Americans with Disabilities Act. Children and adults with special needs are encouraged to participate in our programs. Staff members are receptive to your needs and will do everything possible to assist you. If you are interested in participating in a program, but are not sure about the accessibility of a facility or wish to discuss program details, please call the Recreation Department and ask us about specifics. Classes that do not have the minimum number of registrations may be cancelled. Registrants will be notified by mail or phone and will receive a full refund. Refunds will not be given once a class begins, and are available up to 10 business days prior to the start of the program. A \$6.00 administrative fee will be charged when a refund is requested. By participating in the Town of Colchester Recreation programs, participants may be photographed for future publicity or recognition of events. By signing up for the programs you willingly signed a waiver that grants the Colchester Recreation Department permission to use your photograph to promote their programs. Pictures taken in specific programs may be used for up to 10 years. Non residents may register for any program offered, on a space available basis, beginning on January 3.

Town of Colchester Release and Indemnity Agreement
 Whereas, the undersigned has requested the use of services, equipment, or facilities belonging to or under the auspices of the Town of Colchester, Vermont, and to engage in activities for the executive benefit of the undersigned: and Whereas, the Town of Colchester does not wish to be liable for any damages arising from personal injury or property damage sustained thereby:
 Now therefore, in consideration of the mutual promises and other good and valuable consideration, the undersigned does hereby for themselves, their heirs, executor, employers, successors or administrators, and personal representatives;
 A. Assume full responsibility for any personal injury or any damage to his/her personal property which may occur directly or indirectly in the course of participating in rec. activities B. Fully and forever release and discharge the Town of Colchester, its agents, officials, and employees, from any and all claims, demands, damages, rights or action, or causes of action, present or future, whether the same be known, an anticipated or unanticipated, resulting from or arising out of the above described activity. C. Agree that it is the intent of the undersigned that this release and indemnity agreement shall be in full force & effect any time after the execution hereof.

Name of Participant: _____

Signature (of parent or guardian under 18): _____

Date of Signature: _____



**COLCHESTER PARKS & RECREATION DEPARTMENT
 P.O. BOX 55
 781 BLAKELY ROAD
 COLCHESTER, VT 05446**

**PRSR STD
 U.S. Postage
 PAID
 Permit No. 256
 Burlington, VT 05401**

**ECRWSS
 CARRIER ROUTE PRESORT
 RESIDENTIAL CUSTOMER**

**Looking to Volunteer?
 Become a volunteer through Colchester Pride.**

What is Colchester Pride?

As the Colchester Parks & Recreation Department offers a variety of events annually, the department relies heavily upon specific volunteer “sub groups” to assist in the planning and operations of such events. These sub groups have proven their worth as popular events such as the Colchester Winter Carnival going into its 34th year, the Colchester Triathlon going into its 33rd year and Causeway Race is going into its 5th year, and is the result of a lot of hard work and volunteer commitment towards the building of community. The continued growth of our volunteer community is what Colchester Pride will be. Having one central volunteer “hub,” such as Colchester Pride, will assist us in recruiting new volunteers, offering specific volunteer opportunities and duties, providing networking and information quarterly and provide us the ability to recognize our volunteers.



FOUR SIMPLE WAYS TO REGISTER...

<p>► Online Log onto www.colchestervt.gov/Recreation and register for classes! Visa or MasterCard and family sign in/password will be needed</p>	<p>► Fax in (802)264-5647 Complete the registration form including your credit card number and expiration date on the form. Incomplete forms will not be processed.</p>	<p>► Mail in Completed registration form with payment to: Colchester Parks & Recreation PO Box 55 Colchester, VT 05446</p>	<p>► Drop by the office Monday - Friday 7:30 a.m. - 4:30 p.m. 781 Blakely Road Second Floor</p>
<p>Register Early! Don't run the risk of having your favorite program fill or be cancelled due to low enrollment!</p>		<p>Resident registration begins as soon as you receive this brochure!</p>	