CHECK OUT WHAT’S INSIDE!

• Halloween Fest
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GENERAL INFORMATION

OFFICE INFORMATION
Location: 781 Blakely Road
Colchester, VT 05446
Telephone: 802-264-5640
Fax Number: 802-264-5647
Website: www.colchestervt.gov
Office Hours: Monday - Friday,
7:30 am - 4:30 pm

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

REC ADVISORY BOARD
Adriane Martin, Chair
Jim Neary
Dr. Ruth Blauwiekel
Julie Hulburd
Dick Pecor
Scott Perren

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 a 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 August 27, 2018.

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 deciding whether a program will run or be cancelled. Typically these decisions are made 2-5 days prior to the program beginning...so register early!
With another summer coming to a close, I would like to take a moment and mention all the accomplishments our department achieved this summer. On May 4th, the Colchester Causeway sustained significant damage from a storm that consisted of substantial rain and wind. Working with the State of Vermont, local legislators and many behind the scenes folks, we were able to obtain the resources to restore the riding surface for the public to use the path this summer. I would like to thank all that were involved to make this challenging task happen.

The Village Park Perimeter Path was completed in late May. The Village Park is located behind the Water District 3 building on Main Street. The path is a surfaced path of just under a mile in distance. The park has many different areas to explore. You are so close Main Street, but you feel so far removed once you are out there enjoying the park. Be sure to visit that park this fall and enjoy the changing colors of the trees.

It is also with great sadness that Moira Plant, our Administrative Assistant and past A.C.E. Site Director, has moved to Texas with her family to pursue a job in education. She had been with our department for over 12 years and was a valued part of our family. We will certainly miss her. Hannah Sorrell, a recent graduate from Endicott College, has been chosen to replace her as our Administrative Assistant.

As we transition to the new season of Fall, take a moment to try something new, maybe even outside your comfort level. Do not look at Fall as the end of summer, but as a new season to experience our programs and parks.

Special thanks to Derek Mitchell, Pete Cote, Andrew Newton and their park staff, who continue to work their magic in the parks. Their hard work and dedication to this community is amazing and make our parks the best in the state. If you get an opportunity to thank these men, please do.

The programming side of our department continues to deliver quality recreational opportunities to the residents of Colchester. Assistant Director, Derek Mitchell, Program Director, Jenn Turmel, Program Coordinators, Isaac Spivey, Mike Lapan, Lee Barrett and Administrative Assistant, Hannah Sorrell, work as a solid team to make sure that all residents have a positive recreational experience. I am thankful every day that we have such a great group of employees that strive to make Colchester Parks and Recreation the go-to resource for fun, educational programs and community events for all ages!

We are always looking to expand and try something new. If you have any ideas or comments please feel free to contact us and share your thoughts. Remember this fall season to have fun and stay young!

Yours in Recreation,
Glen Cuttitta, CPRP
Director, Colchester Parks and Recreation Department
gcuttitta@colchestervt.gov
802-264-5641

FIND US ON THE FOLLOWING SOCIAL MEDIA:
@colchesterrec
MUCK IT UP - ADVENTURE RACE  
September 29, 2018

Challenge yourself this fall as Colchester Parks & Recreation Department’s Race Series brings back the Muck It Up - Outdoor Challenge! Racers will truly enjoy this off-road course as it intertwines through woods, fields and water during Vermont’s beautiful fall foliage season. The event will involve trail running, paddling and mountain biking, on a beginner to intermediate pre-set, marked course. Race information and rules are available at http://colchestervt.gov/MuckItUp.

LOCATION:  Bayside Park  
TIME:  8:30 a.m.  
COST:  $45/per racer

HALLOWEEN FEST  
October 27, 2018

Visit Bayside Park for the inaugural Colchester Halloween Fest! This NEW carnival style event will feature all your favorite fall activities, including pumpkin carving and painting, face painting, hay rides, slime zone, inflatables, lawn games, tasty seasonal food and beverages, and more! Then join us at the High School Practice Field for a family-friendly Halloween Movie in the Park! This event is sponsored by the Colchester Parks & Recreation Department and Albany College of Pharmacy and Health Sciences - VT Campus.

LETTER FROM SANTA

Want to give your child or a child you know a special gift this year for Christmas? Why not get a letter from Santa himself straight from the North Pole. Submit your child’s name and we will contact Santa’s elves to have your child’s name on Santa’s List. Must register by November 16. ADDITIONAL FORMS NEED TO BE FILLED OUT.

MAILED OUT:  Week of December 10, 2018  
REGISTRATION:  #105001A  
FEE:  $5.00 per letter

MOVIES IN THE PARK

BAYSIDE PARK:  7:00 P.M.

Friday, September 14
Saturday, October 27
(Family Friendly Halloween Movie!)

All films will be rated either G or PG. Please note that due to film licensing regulations, we cannot print and promote which movie we will screen. You can call our hotline number at 264-5645 to hear the full listing of movies that will be shown this fall!

DINNER WITH SANTA

December 14, 2018

Santa will once again visit Colchester on his way to the North Pole to get ready for the holiday season! Join Santa and all of the elves in the Colchester Parks & Recreation Department and Colchester Lions Club for a delicious ‘breakfast’ dinner of pancakes, eggs, and sausage. Don’t forget your flashlight for the candy cane hunt too! After dinner, Santa will read you his favorite holiday story. Wear your PJ’s if you want! Maximum: 150.

LOCATION:  Colchester Middle School, Cafeteria  
TIME:  6:15 - 7:15 p.m.  
COST:  $10 Adults, $5 Children, 2 & Under Free  
REG. #:  105000A Adults, 105000A1 Children

36TH ANNUAL WINTER CARNIVAL  
February 1, 2 & 3, 2019

Friday kicks off at the High School with a community talent show at 6:30 p.m. On Saturday a wide variety of indoor and outdoor activities and great performances are planned throughout the day. A full listing of activities will be available in January.

If you are interested in becoming a volunteer on the 2019 Winter Carnival Committee contact Colchester Parks & Recreation.
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. Due to construction at the meeting house this fall, some playgroups may be impacted and cancelled. If closed, a sign will be posted on the front of the meeting house. Maximum: 50.

Facilitator: Colchester Parks & Rec Staff
Location: Colchester Meeting House, Upstairs

<table>
<thead>
<tr>
<th></th>
<th>Ages Birth - 5</th>
<th>#190000A</th>
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<tbody>
<tr>
<td></td>
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Facilitator: Colchester Parks & Rec Staff
Location: Colchester Meeting House, Upstairs

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<thead>
<tr>
<th>9/5 - 12/21</th>
<th>WED &amp; FRI</th>
<th>9:30 - 11:00 a.m.</th>
<th>FREE</th>
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MBS CAREGIVER/CHILD PLAYGROUP
Ages Birth - 5

Join us on Monday afternoons 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.

Facilitator: Malletts Bay School Staff
Location: MBS, Early Childhood Rm

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<tr>
<th>MON</th>
<th>1:00 - 2:30 p.m.</th>
<th>FREE</th>
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START SMART BASKETBALL
Ages 3 - 5

Start Smart Basketball is a six week developmentally appropriate introductory basketball program for children. The program introduces children to basketball without the threat of competition or the fear of getting hurt. This program is fully interactive as kids learn basketball skills through silly games and playing with their peers and parents. Parents MUST BE PRESENT during practice. Please leave other siblings at home unless supervised by another parent or family member. Pre-registration is required. Minimum: 8, Maximum: 12.

Instructor: Colchester Parks & Recreation Staff
Location: Malletts Bay School, Cafeteria

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<tr>
<th>11/6 - 12/18</th>
<th>TUE</th>
<th>6:15-7:00 p.m.</th>
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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. 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.

Instructor: Karen Krajacic, Gymnastics Coach
Location: Bayside Activity Center

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<tr>
<th>11/3 - 12/15</th>
<th>SAT</th>
<th>12:30-1:15 p.m.</th>
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</table>
**FAMILY & PRESCHOOL**

**PRIMETIME SLIME TIME**  
#190020A  
Ages 2 - 5

Come get ooey gooey as we mix, mingle and make all sorts of SLIME! Colchester’s smallest residents are invited to join in the slime revolution complete with take home recipes, hands on creating and time to PLAY with our slime creations! We will introduce you to several fun slime recipes including: Beach, Magnetic, Pumpkin and Holiday slime. Kiddos and parents should come prepared to get messy and have a lot of SLIMEY FUN.  
Minimum: 5, Maximum: 10.  
Instructor: Ellie Tetrick  
Location: Bayside Activity Center  
11/7 & 11/14 WED 10:30-11:30 a.m. $34(R)/$39(NR)

**BABY/TODDLER MUSIC MAKERS**  
#190005  
Ages 6 weeks - 2.5

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 balls, lullabies, parachute fun and LOTS of bubbles! Meet other parents and learn many “take-home” songs to deepen the bond with your little one. *This class is for babies, toddlers and caregivers only…. please, no older siblings.*  
Instructor: Ellie Tetrick  
Location: Bayside Activity Center  
A: 9/15-10/20 SAT 11:00-11:45 a.m. $65(R)/$70(NR)  
B: 11/10-12/15 SAT 11:00-11:45 a.m. $65(R)/$70(NR)

**SUNDAY ‘FUNDAY’ BOWLING**  
#180002  
All Ages

Sparetime is offering unlimited games and shoes for two hours on each of these days. If you are ready to bowl a strike with this awesome deal, bring your family and friends for this discounted rate at Sparetime Bowling in Colchester this Fall! You must register with Parks & Recreation to receive this great discount!  
Minimum: 5, Maximum: 50.  
Facilitator: Sparetime Bowling  
Location: Sparetime Bowling, 215 Lower Mtn View  
D: 9/30 SUN 3:00 - 5:00 p.m. $12(R)/$15(NR)  
E: 10/21 SUN 3:00 - 5:00 p.m. $12(R)/$15(NR)

**FAMILY SUGAR COOKIES**  
#160007C  
Ages 5 and Up

Join Allie of ReMarcAble Bakery for a fun afternoon making decorated sugar cookies! Baking sugar cookies around the holidays is a fun, family tradition for adults and kids alike. In this hands-on class, Allie will teach you how to make delicious cookies from scratch and then guide you in some fun ways to decorate your cookies to look like they are from a bakery. This is a family program: parents must register and attend with their child. Teens and adults are welcome too! Minimum: 6, Maximum: 10.  
Instructor: Allie Gomez McLam  
Location: Bayside Activity Center  
12/1 SAT 2:00-4:30 p.m. $36(R)/$41(NR)

**PRESCHOOL MUSIC MAKERS**  
#190005  
Ages 2.5 - 5

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 cooperative activities, echo songs, kazoo, dancing with ribbons, rhythm instruments, creative movement, beach ball games, “hands-on” instrument demonstrations (French horn and banjo), parachute fun and LOTS of bubbles! *Babies and toddlers are allowed to enroll for this class, but ONLY if a preschool sibling is also enrolled.*  
Instructor: Ellie Tetrick  
Location: Bayside Activity Center  
A2: 9/15-10/20 SAT 10:00-10:45 a.m. $65(R)/$70(NR)  
B2: 11/10-12/15 SAT 10:00-10:45 a.m. $65(R)/$70(NR)

**FAMILY FUN DANCE**  
#171005H  
All Ages

Come enjoy some dancing together as a family! This will be a themed session each week! One week we will jump, jive and wale! Another week Disco and funk! Another Line Dancing and Country Western! Another Party songs! This will be a class that all ages and families can enjoy together! Kids will lead us at times in all their fun dances they do! Clean, dry shoes or socks are fine! Comfy clothes! Let’s dance!  
Minimum: 6, Maximum: 12 Families.  
Instructor: Studio 3 Dance Instructor  
Location: Studio 3, Creek Farm Plaza  
10/6-10/27 SAT 11:00 - 11:45 a.m. $60(R)/$65(NR) (Per Family Rate)

**FAMILY & PRESCHOOL**

6

802-264-5640 • recreation@colchestervt.gov • 781 Blakely Road, Colchester, VT 05446
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 lifetime skills activities. The Creative components will focus on food fundamentals, arts and crafts and quiet activities. We will incorporate special programs and guest specialists to achieve the enrichment component of the program.

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

1/2 DAY PROGRAMS #180017
Grades K - 5
Trying to figure out what you are 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 and much more. Participants need to bring a snack and drink for each day. Also appropriate clothing for outside. A.C.E. families cannot register online, they must call in to the rec. department to receive the discounted price. Maximum: 45 (PPS,UMS), 60 (MBS).

Instructor: Colchester Parks & Recreation Staff
Location: Gym of corresponding school

A: 9/26 WED Dismissal-5:30 p.m. $20(ACE)/$30(R) MBS
A1: 9/26 WED Dismissal-5:30 p.m. $20(ACE)/$30(R)UMS
A2: 9/26 WED Dismissal-5:30 p.m. $20(ACE)/$30(R)PPS
B: 12/5 WED Dismissal-5:30 p.m. $20(ACE)/$30(R) MBS
B1: 12/5 WED Dismissal-5:30 p.m. $20(ACE)/$30(R) UMS
B2: 12/5 WED Dismissal-5:30 p.m. $20(ACE)/$30(R) PPS

OCTOBER VACATION DAYS #183000A
Grades K - 6
Enjoy your two day fall break with your friends and the Colchester Parks & Recreation Department A.C.E. Staff. We will be offering a two day camp for October 18 & 19. There will be games, activities, crafts, movies and much more. Participants need to bring a lunch and snack for each day. Minimum: 25, Maximum: 65.

Instructor: Colchester Parks & Recreation Staff
Location: Malletts Bay School, Cafeteria & Gym

10/18-10/19 TH,FRI  7:30 a.m.-5:30 p.m. $80(R)/$85(NR)

DISCOVERING DRAMA #181007A
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, puppets 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.

Instructor: Ellie Tetrick
Location: Union Memorial School, Room 15

10/8 - 11/12 MON 3:05-4:30 p.m. $85(R)/$90(NR)

STAND UP COMEDY & STORYTELLING Grades 6 - 8 #140023A
Do you enjoy watching stand up comedy and wonder how they do it? Want to learn the ins and outs of developing a joke and performance, how to write jokes and deliver them in a way that captivates the audience? This class is for you! During this class, participants will be walked through the process of joke and storytelling and develop their own acts over this 3 week course. This class will be held in November, giving all participants a chance to develop their performance and possibly try out for the 2019 Winter Carnival “Colchester’s Got Talent” show! If you like comedy and have the dreams to become one, this class is definitely up your alley! Minimum: 6, Maximum: 10.

Instructor: Marlon Fisher, Big Fish Comedy
Location: Bayside Activity Center

11/3 - 11/17 SAT 2:00-4:00 p.m. $75(R)/$80(NR)
**YOUTH SEWING & KNITTING**

**Grades 3 - 5**  
#180020A

This class will offer the basics for first time knitters and sewers, as well as provide early and intermediate knitters with specific skills and training including buttonholes, cables, finishing, repairs, and much more! New this year, we will be adding a sewing portion that teaches students how to sew properly, and the class will be working on individual projects of their choosing including how to make a pillow, a collector blanket made out of shirts (each student would bring shirts of theirs that are special to them to use on this project), and also have the opportunity to create their own project. All materials will be provided. Minimum: 4, Maximum: 8.

**Instructor:** Chris Heavner, Traveling Knitter  
**Location:** Malletts Bay School, Room TBD

10/4 - 11/1  TH  3:05-4:30 p.m. $75(R)/$80(NR)  
(Skip: 10/18)

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**KIDS HAIR, COSMETICS & NAILS**

**Ages 8 - 11**  
#130512B

Ever wonder how to make your hair look as fabulous as you see your favorite celebrities in magazines and TV Shows? Have you taken part in our Kids Spa Day Program? Come join us with your friends for our NEW Kids Hair, Cosmetics and Nails program. During this program, participants will go through stations making their own face/hand lotions and scrubs they get to take home with them, paint their nails and go through a presentation on hair styles and how to braid their hair in 2-3 different styles. If you have interest in hair and cosmetics, this NEW program is for you! Minimum: 4, Maximum: 12.

**Instructor:** Cory Senesac, Hairdresser  
**Location:** Bayside Activity Center

11/11 SUN  1:30-3:30 p.m. $35(R)/$40(NR)

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**YOUNG REMBRANDTS FALL I**  
#180015

**Grades K - 5**

**PPS & UMS:** Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer’s scarecrow. Stylized art styles will be explored through our tarantula line art and Van Gogh-inspired drawing featuring vibrant sunflowers.  
**MBS:** We have a new 6 week workshop filled with new ways your child can explore the fascinating world of STEAM! Illustrating different types of Sciences, new Technologies, incredible feats of Engineering and striking Math principles - all while creating crazy awesome Art. Minimum: 6, Maximum: 16.

**Instructor:** Young Rembrandts Staff  
**Location:** PPS (A), UMS (B), MBS (C), Art Rooms

A: 9/17-10/22  MON  2:45-4:00 p.m. $83(R)/$88(NR)PPS  
B: 9/18-10/23  TUE  3:00-4:15 p.m. $83(R)/$88(NR)UMS  
C: 9/12-10/24  WED  3:05-4:15 p.m. $88(R)/$93(NR)MBS  
(Skip: 9/26)

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**YOUNG REMBRANDTS FALL II**  
#180015

**Grades K - 5**

**PPS & UMS:** Students will have a blast drawing their favorite emojis in a fun collage as well as exploring color with our watch color wheel lesson. Seasonal art will be a hit, as we do a cartoon style drawing of a dog with antlers and a graphic of Candy Canes.  
**MBS:** This fall explore the mysterious world of Egypt! We will spend six weeks digging into how the Egyptians lived. Investigating decorative objects in the treasured tombs including sarcophagi, hieroglyphics and more. We will create drawings full of artifacts and Egyptian imagery using a variety of media. Minimum: 6, Maximum: 16.

**Instructor:** Young Rembrandts Staff  
**Location:** PPS (A), UMS (B), MBS (C), Art Rooms

A1: 10/29-12/10  MON  2:45-4:00 p.m. $83(R)/$88(NR)PPS  
(Skip: 11/19)

B1: 10/30-11/11  TUE  3:00-4:15 p.m. $83(R)/$88(NR)UMS  
(Skip: 11/20)

C1: 10/31-12/19  WED  3:05-4:15 p.m. $88(R)/$93(NR)MBS  
(Skip: 11/21, 12/5)
**INTRO TO VIDEO MEDIA/PRODUCTION**  
*Grades 3 - 5*  
**#180021A**

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. Past classes have developed interview questions for prominent members of the Colchester community and have learned to conduct these interviews live on camera. Each child will receive a DVD of all of the projects completed during the class. If you are interested in being a News Broadcaster, a video media professional or love to film, create and learn, this class is for you! Minimum: 4, Maximum: 10.

**Instructor:** Stephanie Soules, LCATV Staff  
**Location:** Malletts Bay School, Art Room

**9/18 - 10/23 TUE  3:05-4:15 p.m.  $50(R)/$55(NR)**

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**VIDEO SPECIAL EFFECTS 101  #180021A1**  
*Grades 6 - 8*

Ever wonder how some of your favorite movies or television shows create some of their more “magical” moments? Learn basic techniques for creating special effects in video using Lake Champlain Access Television (LCATV) cameras and Adobe Premiere Pro editing software. During this 4 week course, participants will cover various uses for a green screen, blocking, and editing techniques as well as learn the ins and out of creating those magical moments. Minimum: 3, Maximum: 6.

**Instructor:** Stephanie Soules, LCATV Staff  
**Location:** Colchester Middle School, Room TBD

**10/10 - 10/31 WED  2:10-3:45 p.m.  $50(R)/$55(NR)**

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**THANKSGIVING SIDE DISHES COOKING**  
*Ages 8 - 11*  
**#182100A1**

This program will focus on side dishes like mashed potatoes, green bean casserole and stuffing muffins, as we teach the kids how to make these dishes so they can come home and make them for the family. Come join us with your friends for this awesome program right before the holidays, as we have fun learning to cook these favorite side dishes for the Thanksgiving holiday! Minimum: 4, Maximum: 8.

**Instructor:** Erin Horton  
**Location:** Bayside Activity Center

**11/10 SAT  4:00-5:30 p.m.  $35(R)/$40(NR)**

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**LEGO PROGRAM: JURASSIC WORLD**  
*Grades K - 2 & 3 - 5*  
**#181010**

Join us after school for some LEGO building and a movie! All participants will receive a Jurassic Park-themed LEGO kit to build during the program and take home after. LEGO kits are great for boys and girls, and include interactive elements and character pieces based on the movie. We’ll be watching the LEGO Movie version of “Jurassic Park & World”!  

**Registration Deadline: 11/26.**  
Minimum: 4, Maximum: 12.

**Instructor:** Colchester Parks & Recreation Staff  
**Location:** A1: MBS, B1: PPS, C1: UMS, Art Rooms

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<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Start Time</th>
<th>End Time</th>
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<tr>
<td>MBS</td>
<td>12/10</td>
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<td>12/11</td>
<td>2:45-4:15</td>
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<tr>
<td>UMS</td>
<td>12/12</td>
<td>3:00-4:30</td>
<td>$39(R)/$44(NR)</td>
<td>UMS</td>
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Creating fairy houses offers children a unique activity encouraging them to go outside and connect with the natural world, nurturing care and respect for the environment. Come join us and your friends as we enter the world of imagination, creativity and wonder and build your very own fairy house using natural and purchased items. All participants will take their Fairy Houses home with them at the end of the program. Minimum: 4, Maximum: 8.

**Instructor:** Erin Horton  
**Location:** Bayside Activity Center  
**9/29 SAT 2:00-4:00 p.m. $35(R)/$40(NR)**

During this program participants will design and paint their own pots, plant succulents of their choosing in the pots and create garden cards to identify their plants. Participants will also make their own watering bottles so they can go home and water their flowers. Participants will be able to take all materials home with them and fill their backyard with a beautiful pot and plant that they designed and created on their own. Come join us with your friends as we learn how to pot our own plants and watch them grow!  

**Instructor:** Erin Horton  
**Location:** Bayside Activity Center  
**9/15 SAT 2:00-4:00 p.m. $35(R)/$40(NR)**

This program is for all Art lovers focusing on theme: “Leaves A’ Fallin.” During this program, participants will be making picture frames using nature’s leaves and spray paint to create beautiful picture frames. They will also be making art photos with their names using sticks, leaves and other natural materials as well as painting rocks with creative designs that they can either take home with them or place around the park for other park goers to experience. If you love the Fall and Art, this program is right up your alley! Minimum: 4, Maximum: 8.

**Instructor:** Erin Horton  
**Location:** Bayside Activity Center  
**10/20 SAT 2:00-4:00 p.m. $35(R)/$40(NR)**

The ultimate combo class! This class incorporates Tap, Jazz and Hip Hop into a super fun class your kiddo will enjoy very much! 30 minutes of each to get your dance on with several genres is sure to please and keep your kiddo moving! Dance attire – no jeans or street clothes please! Dancers will need tap shoes and sneakers. Tap shoes are available in some sizes to borrow at the studio or for purchase. Minimum: 4.

**Instructor:** Studio 3 Dance Instructor  
**Location:** Studio 3, Creek Farm Plaza  
**10/6-12/15 SAT 10:30 - 12:00 p.m. $170(R)/$175(NR)** (Skip: 11/24)

These classes are perfect for all levels – super upbeat, great music and tons of fun! Bring water, comfy clothes, and a great attitude! Jeans limit your mobility so please wear dance appropriate attire. Carry in your clean, dry sneakers and bring lots of energy! Great for guys and girls! Older classes are more intermediate level. Always FUN! Always packed! And always age appropriate music! Minimum: 1, Maximum: 8.

**Instructor:** Studio 3 Dance Instructor  
**Location:** Studio 3, Creek Farm Plaza

| B: 10/1 - 12/10 (Skip: 11/19) | MON | 5:15 - 6:15 p.m. | $130(R)/$135(NR) Ages 6 - 9 |
| C: 10/3 - 12/12 (Skip: 11/21) | WED | 4:45 - 5:25 p.m. | $110(R)/$115(NR) Ages 3.5 - 6 |
| C1: 10/3 - 12/12 (Skip: 11/21) | WED | 5:30 - 6:25 p.m. | $130(R)/$135(NR) Ages 7 - 10 |
| C2: 10/3 - 12/12 (Skip: 11/21) | WED | 7:30 - 8:25 p.m. | $130(R)/$135(NR) Ages 11 - TEEN |
| D: 10/6 - 12/15 (Skip: 11/24) | SAT | 9:30 - 10:15 a.m. | $110(R)/$115(NR) Ages 4 - 7 |
FLAG FOOTBALL: 1ST & 10 #140012A
Grades 6 - 8
Do you love football and want to compete against your fellow classmates during the primetime of football season? Do you know the basics, but want to learn more advanced skills of route running, catching, throwing, defense and making your own plays? Join us for this NEW Flag Football Program at Colchester Middle School. Participants will learn passing routes, passing techniques, timing and defense/ offensive strategies as well as compete in games throughout this four week program. Flags will be provided for all participants during this program. Minimum: 6, Maximum: 14.
Instructor: Jim Olson
Location: CMS, Athletic Fields
9/20-10/11 TH 2:10-3:30 p.m. $35(R)/$40(NR)

GIRLS GYMNASTICS #180008
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.
Instructor: Karen Krajacic, Gymnastics Instructor
Location: Malletts Bay School, Gym

FITNESS & EMPOWERMENT DANCE #180029A
Grades 3 - 5
Dance makes fitness fun! Kid-friendly routines are taught to both current and cultural dance music as they learn about the history and power of dance. The class starts with learning routines together through dance, games, activities, and cultural exploration, and as the dancers evolves and grows, the students learn to facilitate the rest of the group routines. This form of facilitation by the students is an empowering experience and one that teaches confidence, self-love, empowerment and helps the participants create lasting friendships they will never forget. By the end of each session most participants are excited to teach a routine to the entire class and feel like they are part of a family!
Instructor: Robyn Labrecque, Zumba Kids
Location: Malletts Bay School, Art Room
9/24-10/29 MON 3:05-4:30 p.m. $38(R)/$43(NR)

TAEKWONDO AT UMS & PPS #120001
Grades K - 2
Your children will love this exciting blend of our popular high energy Taekwon-do classes fused together with our character development and life skill program. If you are looking to experience Taekwondo for the first time, or want to see what this class format is all about, this After School opportunity is a great way to see if you have a passion for Taekwondo and build your confidence. Sign up early as classes fill quickly. Our classes are taught by experienced instructors in a family friendly environment. NO UNIFORM INCLUDED. Minimum: 10, Maximum: 20.
Instructor: Seth Anderson, UMS/Paula Barring, PPS
Location: Session A2: UMS, Art Room
      Session A3: PPS, Art Room
A2: 9/24-10/15 MON 3:00-4:15 p.m. $54(R)/$59(NR) UMS
A3: 9/25-10/16 TUE 2:45-4:00 p.m. $54(R)/$59(NR) PPS
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 Taekwon-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 your returning 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. Minimum: 10, Maximum: 20

10: Ages 4 - 6.

**Instructor:** Damir Alisa

**Location:** Fusion Taekwon-do, Prim Rd

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**TINY TIGERS (Ages 5 - 6):** We introduce the art of Kempo Karate with a focus on life skills and personal development. Students enjoy a lively and fun routine that is great for a child’s motor development. They participate in basic blocking and striking drills which provide a perfect outlet for an energetic child while building self-confidence and self-control. The class ends with a game that engages kids and fosters physical literacy.

**JUNIOR KARATE (Ages 7 - 9):** This class combines the action and excitement of the martial arts with a functional fitness regimen taught in a responsible and age-appropriate manner. Emphasis is on safety first and proper form, in everything from learning how to fall safely to how to block and evade. Students at this level are taught the basic guidelines for ethical use of force, at an age-appropriate level, as well as non-violent conflict resolution.

**YOUTH & TEEN KARATE (Ages 10 - 14):** This group bridges the Junior and Adult Kempo Programs. While still employing the philosophy and practice of making learning fun, the Teen Kempo Karate class offers more serious training, more challenging workouts, and more sophisticated self-defense concepts and techniques than in the programs for younger children. Self-defense training includes tactical information such as how to recognize pre-assault behavior and verbally defuse conflict.

**YOUTH & TEEN JIU JITSU (Ages 10 - 14):** Brazilian Jiu-Jitsu is a form of wrestling that is perfect for active, “hands-on” kids who need a safe, sportsman-like, and vigorous outlet for their energy. This class is structured with a fast-moving pace that allows kids to learn the required skills while practicing in a high-energy format. This makes for a faster learning curve for self-defense skills, development of physical confidence, and overall proficiency.

**Instructor:** Dave Quinlan, Martial Way

**Location:** Martial Way, 73 Prim Road

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<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
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<td>M, TH</td>
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<td>5:00-5:45 p.m.</td>
<td>$79(R)/$84(NR)</td>
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12 802-264-5640 • recreation@colchestervt.gov • 781 Blakely Road, Colchester, VT 05446
Colchester Youth Recreational Basketball League promises to be a fun season. There will be designated practices for players in Grades 1 - 8. Participants will be assigned to teams, with practices once a week and games on Saturdays. Games will be played at Malletts Bay School and Colchester Middle School. Grades 5-6 and 7-8 will have the chance to travel to play teams from surrounding communities.

**2018 - 2019 Season:**

*November 12 - February 16*

1 hour practice per week, per team between the hours of 6:00 - 9:00 p.m. on assigned weekdays, plus 1 hour games on Saturdays. Game times to be determined, times will vary between 8 am - 4 pm. Schedule will be available mid-December.

**Games will begin Saturday, January 5th**

- **Grades 1 - 2: Early Bird:** $55.00 (After 10/19 $65.00) ($40.00 ($50.00 after 10/19) if you have CYBL jersey)
- **Grades 3 - 4: Early Bird:** $60.00 (After 10/19 $70.00) ($45.00 ($55.00 after 10/19) if you have CYBL jersey)
- **Grades 5 - 8: Early Bird:** $65.00 (After 10/19 $75.00) ($50.00 ($60.00 after 10/29) if you have CYBL jersey)

$5.00 less per sibling

Register TODAY! Early Bird discount expires October 19th. No registration will be accepted after December 21st.

**CYBL REGISTRATION FORM IS LOCATED ON THE NEXT PAGE OF THIS BROCHURE, AT THE RECREATION DEPARTMENT, OR ONLINE AT www.colchestervt.gov/346/Youth-Basketball-League**

**VOLUNTEER COACHES NEEDED!**

Sign-up on basketball registration form under Volunteer Support or contact Colchester Parks & Recreation at 264-5640 or ispivey@colchestervt.gov

**TRAINING WILL BE PROVIDED**

**KINDERGARTEN BASKETBALL ACADEMY**

This program is perfect for your 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! If there are any weather cancellations during this program, there will be no make up classes. Parent volunteers needed. All participants get shirts. To volunteer contact Isaac Spivey at ispivey@colchestervt.gov. The CYBL Registration is not needed for this program, please fill out the regular registration on page 23.

Minimum: 10, Maximum: 45.

**Coaches:** Colchester Youth Basketball League

**Location:** Malletts Bay School, Gym

| 1/12 - 2/16 SAT | 8:00 - 8:45 a.m. | $40(R)/$45(NR) | 510000H |
Player Name: ____________________________    Birth date: ____/____/______     Age: _____   Grade: _____   Gender:   M     F

Address: ______________________________________________   Parents Name: ________________________________________

City: ___________________________   State: __________ Zip: ______________   E-Mail: __________________________________

Home Phone: ____________________________    Work Phone: _______________________    Cell Phone: ___________________

Emergency Contact #1 ______________________  Phone: ________________________ Cell Phone: ________________________

Emergency Contact #2 ______________________  Phone: ________________________ Cell Phone: ________________________

Special Needs:  _________________________________________________  Last Years Team Name: ________________________

Is there a day of the week that you can not practice on?: ____________________________________________________________

Allergies & Other Medical Conditions: ___________________________________________________________________________

Medications: __________________________________________________________________________________________________

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT
I hereby release and discharge Colchester Parks & Recreation, its agents, employees, staff members, directors, and volunteers 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 CYBL through Colchester Parks & Recreation.

Signature of Parent or Legal Guardian: _______________________________________________    Date: _____________________

MEDICAL RELEASE
I hereby grant consent to any and all health care providers designated by Colchester Parks & Recreation Department to provide my child ______________________ (child’s full name) any necessary medical care as a result of any injury/illness. This consent includes First Aid and transportation by Colchester Rescue to the hospital.

Signature of Parent or Legal Guardian: ________________________________________________    Date: ____________________

PARTICIPANT JERSEY INFORMATION:
All CYBL players will wear reversible jerseys during games. Jerseys are yours to keep to be used for future CYBL seasons.  Does your child have a jersey from last year?   Yes_____    No_____

If you are wear a previous jersey what is the jersey number: ______________________

Jersey Size (circle one):         YS         YM         YL         S          M         L          XL

VOLUNTEER SUPPORT:
Colchester Youth Basketball is a volunteer based activity. Your participation and support is vital to the continued success of the programs for the children of our community. Please indicate below where you may be able to invest your time, energy, or talent to make this program better than ever. Thank you for volunteering! (check all that apply)

_________ Coach       _________ Asst Coach       _________ Score Keeper (grades 5 - 8)

REGISTRATION FEES:
Grades 1-2: $55.00 ($40 if you have CYBL Jersey)  Registration Code: 510000A: Coed Need Jersey / 510000A1: Coed Have Jersey
Grades 3-4: $60.00 ($45 if you have CYBL Jersey)  Registration Code: 510000B: Boys Need Jersey / 510000B1: Boys Have Jersey
510000C: Girls Need Jersey / 510000C1: Girls Have Jersey
Grades 5-6: $65.00 ($50 if you have CYBL Jersey)  Registration Code: 510000D: Boys Need Jersey / 510000D1: Boys Have Jersey
510000E: Girls Need Jersey / 510000E1: Girls Have Jersey
Grades 7-8: $65.00 ($50 if you have CYBL Jersey)  Registration Code: 510000F: Boys Need Jersey / 510000F1: Boys Have Jersey
510000G: Girls Need Jersey / 510000G1: Girls Have Jersey

$5.00 off each additional sibling / Add $10 to registration fee if registering after October 19, 2018

PAYMENT INFORMATION:
Check # _________  Cash: _________  Credit Card: __________
Please Circle Card Type:  Visa   MasterCard
Checks should be filled out & mailed to:
Colchester Parks & Recreation, 781 Blakely Rd, Colchester, VT 05446
For more information call Parks & Recreation: 802-264-5640

Name on Card: _______________________  Expiration: ____/____
Credit Card #: ________________________
Signature of Cardholder: ____________________
TEEN & SAFETY

HUNTER SAFETY - COMBO  #140001A
Ages 13+
If you are interested in developing skills in safe firearms and bow handling, marksmanship, wildlife conservation and management, and outdoor skills, then this is the class for you. State requirements for a Vermont Combination Hunting License will be met. Participants must register with the Parks & Recreation Department and attend all classes.

PLEASE NOTE: The first three dates of this class are MANDATORY. Mandatory field day: Details TBA for weekend of October 27th. Maximum: 20.

Instructor: Jeff Fontaine & VT Fish & Wildlife
Location: Colchester Police Department, Kirker Rm

9/11-10/30 TUE  6:00 - 8:30 p.m.  FREE

STRESS RELIEF FOR TEENS  #140022A
Grades 9 - 12
Being a teen is tough! This class is for high school students who are feeling stressed out and anxious due to the daily grind and pressures for SATs, exams, college applications, and more. Students will be given space and time to slow down, relax, and leave feeling less stressed and more grounded. Stephanie will guide you through breath work, movement, and meditation in a laid back environment with plenty of humor. Students will leave with clarity and confidence to tackle the rest of the semester, and will be able to take the exercises learned and apply them to daily life. Minimum: 4, Maximum: 14.

Instructor: Stephanie Davis
Location: Bayside Activity Center

10/28 SUN  1:00 - 3:00 p.m.  $35(R)/$40(NR)

BABYSITTER TRAINING  #180003A
Ages 10 - 15
The 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.

Instructor: Safe Sitter Certified Instructors
Location: Bayside Activity Center

11/19 MON  9:00 a.m. - 3:00 p.m.  $65(R)/$70(NR)

SAT BOOTCAMP  #140021B
Grades 10 - 12
Now in its eleventh year, SAT Bootcamp teaches proven strategies for this high-stakes test in a unique four-hour format. Focusing on powerful strategies, the interactive workshop prepares students for both the SAT and PSAT. SAT Bootcamp reduces test anxiety through thorough familiarization and practice with the Reading, Writing and Language, and Math sections, and increases test-taking confidence. Students will also come away with a clear idea of the sections on which they need to focus further study. Enroll early, space is limited! For more information, check www.satbootcampvt.com. SAT Bootcamp was founded in 2007 by Lauren Starkey, the author of Write Your Way to College: College Admissions Essay, SAT Writing Essentials, and 19 other books. Lauren has written test prep for clients such as Kaplan and McGraw Hill, and for four years penned a national column on college admissions.

Minimum: 15, Maximum: 40.

Instructor: Laura Starkey & Stacey Anthony
Location: Colchester High School, Room 101/103

9/29 SAT  8:30 a.m.- 12:30 p.m.  $182(R)/$187(NR)

COLLEGE ESSAY WORKSHOP  #140021B1
Grades 11 - 12
Personal essays can make or break your college application—and they’re the one element you still have complete control over. In this interactive workshop, you’ll learn what admissions officers are looking for (and what they’re not), and get professional advice about how to choose a story you want them to hear. Lauren Starkey, author of two books on the application essay (in addition to 19 other volumes) will also share writing techniques that will set your essays apart. Because this is a workshop-style class, you are encouraged to bring your ideas and/or essay drafts to share. The first five students to enroll will also get one email essay edit with feedback, a $75 value.


Instructor: Laura Starkey
Location: Colchester High School, Room 101/103

10/9 TUE  3:30 - 5:30 p.m.  $75(R)/$80(NR)

www.colchestervt.gov/recreation • Follow us @ColchesterRec • Facebook • Instagram • Twitter • Snapchat
If you’re looking for a new challenge, yoga on a stand up paddleboard will reinvigorate you and help you become calm & healthy. SUP Yoga aims to introduce you to a unique yoga experience while enjoying the natural splendor of floating on water. We are here to ease you into this exciting and relaxing experience in beautiful Malletts Bay. All equipment is provided in the class and our certified instructors from Yoga Vermont will teach you everything you need to know so don’t worry if you are a beginner. Be empowered through your breath and balance to follow your bliss. If you own your own paddleboard, discounts are available! Walk-ons accepted if space allows for $25 per class. Maximum: 10.

**Instructor:** Yoga Vermont  
**Location:** Bayside Beach

### Using Our Board

A: 9/15-10/6 SAT 9:00 - 10:30 a.m.  $65(R)/$70(NR)

### Bringing Your Own Board

A1: 9/15-10/6 SAT 9:00 - 10:30 a.m.  $50(R)/$55(NR)

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**DE-CLUTTER YOUR SPACE**

**Ages 18+**  
**#121214A**

Do you feel overwhelmed, confused, or even ashamed when you look at clutter around your home? Or perhaps you’re feeling overwhelmed with a space you’ve recently inherited. Join Ellen Gurwitz, a de-clutter guru, for a discussion on how to clear clutter in the different rooms of your home, from kitchens to offices, garages and more! Ellen will present tips to help you get started in your particular home or office situation, and share success stories from her various clients throughout the years to help you feel inspired and confident to begin de-clutter. Class will be an open discussion with opportunities to exchange tips and encouragement. Participants will receive a list of additional tips to take home, including how to manage and reduce clutter throughout the seasons and holidays. Minimum: 5, Maximum: 15.

**Instructor:** Ellen Gurwitz  
**Location:** Bayside Activity Center

9/26 WED 7:00 - 8:00 p.m.  $15(R)/$20(NR)

### EAT WELL TO BE WELL

**Ages 18+**  
**#160018A**

Having sub-optimal health can significantly reduce your quality of life. Whether you suffer from migraines, autoimmune, digestive complications, or other health concerns, proper nutrition and individualized exercise programming can help alleviate your symptoms and lead to better overall wellness. This individual program is nutrition focused and supplemented with exercise prescription. Participants will complete an initial questionnaire then meet with the nutritionist to determine the first steps towards a healthier you. There will be three individual sessions with the nutritionist, spaced 2-4 weeks apart, as well as direct email contact as you begin to implement your first steps towards healing. Program includes: 3 nutritionist consults, 2-month gym membership with exercise prescription, and health coach oversight. Participant contact info will be shared with Colchester ReHabGYM to book training sessions individually with the nutritionist.

**Instructor:** Danielle Rothy, Nutritionist  
**Location:** Colchester ReHabGYM

Dates/Times arranged with Nutritionist  $160(R)/$165(NR)

### SUP YOGA

**Ages 16+**  
**#110004**

### BAKING HAND PIES

**Ages 18+**  
**#170024B**

Join Allie of Re-Marc-Able Bakery for a fun afternoon of learning how to make hand pies. Love pies, but hate all of the hassle? Hand Pies are a great compromise! A lot of flavor packed in a small convenient and yummy package. Add some flair to your holiday traditions by trying hand pies instead. Participants will get hands-on time to learn the art of crafting bakery-quality hand pies with tips for creating the perfect crust and flavorful filling. Minimum: 5, Maximum: 10.

**Instructor:** Allie Gomez McLam  
**Location:** Bayside Activity Center

11/17 SAT 2:00 - 6:00 p.m.  $45(R)/$50(NR)
BEGINNER FIDDLER #160002A
Ages 18+

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. RENTALS: 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.

Instructor: Sarah Hotchkiss, Woodbury Strings
Location: CMS, Room TBD

9/11 - 10/2 TUE 7:30 - 8:30 p.m. $60(R)/$65(NR)

EARLY INTERMEDIATE FIDDLER #160002B
Ages 18+

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 must be able to play in the keys of G and D and play 5 - 10 or more easy tunes such as “Shortnin’ Bread” at medium speed. 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. Minimum: 3, Maximum: 10.

Instructor: Sarah Hotchkiss, Woodbury Strings
Location: CMS, Room TBD

10/23 - 11/13 TUE 7:30 - 8:30 p.m. $60(R)/$65(NR)

TEA 101 #120017A
Ages 18+

Join Dobra Tea on a journey of the senses as we taste teas from well-known tea-growing regions. Participants will have the opportunity to taste teas from Japan, China, and India while learning about each country’s tea production, natural environment, people, and culture during a multimedia presentation. We will brew tea using traditional methods, and will offer a small snack pairing too. Minimum: 5, Maximum: 20.

Instructor: Dobra Tea
Location: Colchester Health & Fitness, Prim Rd

10/13 SAT 1:00 - 2:30 p.m. $25(R)/$30(NR)

WILL VS TRUST - ESTATE PLANNING #170000A
Ages 18+

Join attorney Lisa Campion of LMC Law in Colchester to learn about how you can transfer and protect your assets in this Estate Planning Educational Seminar. Discussion will include wills, trusts, power of attorney, and living wills, as well as mistakes you should avoid to protect you and your loved ones. Minimum: 3, Maximum: 10.

Instructor: Lisa Campion
Location: Bayside Activity Center

10/23 TUE 6:30 - 7:30 p.m. FREE

SELF CARE FOR THE HOLIDAY SEASON #121211A
Ages 18+

Join Stephanie Davis of Amethyst Star Healing in a creative, educational and hands-on workshop. We will discuss which essential oils can support your immune system during cold and flu season, ways to utilize their healing and how to work with them. You will be guided through a journey to create space to get grounded and centered, decompress, meditate, and identify stressors in your life while learning tools for self-care. Each participant will create a craft that they can take home and leave feeling cared for, relaxed and ready for the hustle of the oncoming season! Minimum: 5, Maximum: 14.

Instructor: Stephanie Davis
Location: Bayside Activity Center

12/2 SUN 10:00 a.m. - 12:00 p.m. $35(R)/$40(NR)
### LANDSCAPE PHOTOGRAPHY

**Ages 18+**  
*#121213C*

Join local photographer Brian Drourr for a 6-week course of exploring various techniques in landscape photography from the use of filters to panoramic photography and the basic tenants of landscape photography composition. This class will be field-based in different locations within the greater Colchester area. Shooting locations (with directions) will be emailed to all participants a week prior to the first class. This is an intermediate photography class. All participants must have a DSLR camera, sturdy tripod, and the ability to operate your camera in manual mode independently. Participants must be comfortable with some light walking to and from our shooting locations. Minimum: 5, Maximum: 10.

**Instructor:** Brian Drourr  
**Location:** Varies

9/22-10/27 SAT 2:00 - 3:00 p.m.  $83(R)/$88(NR)

### PHOTOGRAPHY 101

**Ages 18+**  
*#121213B*

This 6-week course will focus on how to use a Digital Single Lens Reflex (DSLR) camera to its full potential, from basic point-and-shoot to capturing images in manual shooting mode. We’ll cover fundamental elements, such as shutter speeds, flash, aperture sizes, focal lengths, white balance, ISO sensitivity, dealing with digital photo files, and more. All participants must have their own DSLR camera.

Minimum: 5, Maximum: 10.

**Instructor:** Brian Drourr  
**Location:** Bayside Activity Center

11/7-12/19 WED 6:30 - 7:30 p.m.  $83(R)/$88(NR)  
(Skip: 11/21)

### INTRO TO NIGHT SKY PHOTOGRAPHY

**Ages 18+**  
*#121213A*

Capturing photos at low light is a craft one in its own! Join local photographer Brian Drourr to learn how to take some stunning photos of a starry night sky or aurora borealis in this 3-hour nighttime course. We’ll setup outside at Bayside Park and work with taking multiple long exposure photographs to create clear, eye-catching photos right here in our beautiful location. We’ll also explore various smart phone apps to help you choose the best time and location for photographing the night sky. Want to see some examples? Visit Brian’s Facebook page (@BrianDrourrPhotography) or Instagram (@darkskychaser) to see some of his work. All students will need a DSLR camera and be familiar with its manual functions, a wide angle lens, sturdy tripod, and remote trigger. Please dress for the weather.

Minimum: 5, Maximum: 10.

**Instructor:** Brian Drourr  
**Location:** Bayside Park/Bayside Activity Center

10/5 FRI 8:00 - 11:00 p.m.  $58(R)/$63(NR)

### RUNITY FOR WOMEN

**Ages 18+**  
*#130099A*

Considering training for a 5k? Want to run but it hurts? Runity is a new training program designed to help you build up to distance running through total body fitness. You’ll be taught specific exercises which open tight shoulders and hips, and condition the foot, hip and core. This weekly class uses an interval training style with focus on alignment, ease, tempo and breath, and instructed in a way that will help you become a runner. Mary Grunvald is a physical therapist, has been a mentor for FirstStrides (a beginning run/walk program to empower women), and is a trained Runity Coach. Runity coaches are taught by master trainers and all exercises are backed by current research.


**Instructor:** Mary Grunvald, PT & Runity Coach  
**Location:** Bayside Activity Center

9/18-10/23 TUE 6:00 - 6:45 a.m.  $72(R)/$77(NR)

### INTERMEDIATE TAP

**Ages 18+**  
*#160013A*

A fun, upbeat, energizing tap class! Teaching technique and choreography. Tap shoes needed – comfy clothes to dance in. Great class to add challenge to your existing tap repertoire! Great for those with some tap experience ready to learn more!

**Instructor:** Studio 3 Dance Instructor  
**Location:** Studio 3, Creek Farm Plaza

10/1-12/10 MON 6:15 - 7:15 p.m.  $60(R)/$65(NR)  
(Skip: 11/19)
Join Stephanie Davis, of Amethyst Star Healing to guide you through an uplifting, often unpredictable, and community inspired class. “We think it’s the Happiest Hour of our Monday!” Set your intentions, move your body, feel your breath, feel alive and join this super special community! Essential Oils will be introduced and leave you feeling grounded, re-freshed, and centered. This welcoming yoga class is open to all levels. Minimum: 4, Maximum: 10.

**Instructor:** Stephanie Davis  
**Location:** Bayside Activity Center

**A: 9/17-10/22 MON  5:00-6:00 p.m.  $55(R)/$60(NR)**

**GENTLE FLOW AROMATHERAPY YOGA**  
**Ages 18+**  
**#170002**  
Join Stephanie Davis, of Amethyst Star Healing to guide you through an uplifting, often unpredictable, and community inspired class. “We think it’s the Happiest Hour of our Monday!” Set your intentions, move your body, feel your breath, feel alive and join this super special community! Essential Oils will be introduced and leave you feeling grounded, re-freshed, and centered. This welcoming yoga class is open to all levels. Minimum: 4, Maximum: 10.

**Instructor:** Stephanie Davis  
**Location:** Bayside Activity Center

**9/11-10/2  TUE  6:30-7:30 p.m.  $99(R)/$104(NR)**

**TRX CONDITIONING TRAINING**  
**Ages 18+**  
**#130125A**  
Bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. You’re in control of how much you want to challenge yourself on each exercise because you can simply adjust your body position to add or decrease resistance. The TRX Suspension Trainer delivers a fast, effective total-body workout, helps build a rock-solid core, increases muscular endurance, and benefits people of all fitness levels, from seniors to pro athletes. Minimum: 5, Maximum: 10.

**Instructor:** George Loso, TRX Certified Trainer  
**Location:** Colchester Health & Fitness, Prim Rd

**9/13-10/11  TH  6:30-7:15 p.m.  $125(R)/$130(NR)**

**HATHA/RESTORATION YOGA**  
**Ages 18+**  
**#161000**  
This gentle, warm and welcoming yoga class will include aromatherapy and/or flower essences in each session. These modalities will be available to students, as they see fit, to enhance their practice, deepen their mind/body connection, and simply have fun while increasing their flexibility, strength and endurace. As appropriate, adaptations and 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.

**Instructor:** Stephanie Davis  
**Location:** Bayside Activity Center

**A: 9/19-10/31 WED  9:00-10:00 a.m.  $55(R)/$60(NR)**  
**B: 11/7-12/19 WED  9:00-10:00 a.m.  $55(R)/$60(NR)**  
**C: 9/19-10/31 MON  5:00-6:00 p.m.  $99(R)/$104(NR)**

**USE IT TO LOSE IT**  
**Ages 18+**  
**#160016**  
The RehabGYM is seeking individuals motivated to lose weight and improve overall health and fitness as part of their Use it to LOSE it Program. If you have made the decision that it is time for you to improve upon your current level of fitness and that process involves weight loss, this program may be for you. Within this 12 week program you will focus on improving strength and cardiovascular fitness, nutritional habits and overall lifestyle choices, with the goal of weight loss in mind. You will undergo fitness assessments, a nutritional assessment, have three 1-on-1 meetings with an Applied Clinical Nutritionist (NEW this session!), have weekly weigh-ins and group workouts all geared towards helping you progress. This program is run by Certified Athletic Trainers and Exercise and Movement Science professionals allowing us to accommodate a wide range of abilities. If you are interested, and feel this program would be a good fit for you, come join us! Contact the ReHabGYM in Colchester if you have questions: 802-861-0111. Cost of the program includes a 3-month club membership too. Minimum: 4, Maximum: 14.

**Instructor:** Amanda Bottiggi, ACE Certified, Danielle Rothy, MS, ACN, ACSM Exer. Physiologist or Eric Place, Certified Athletic Trainer  
**Location:** Colchester ReHabGYM

**A: 9/10-11/30 M,W,F  5:30-6:30 p.m.  $395(R)/$400(NR)**  
**B: 9/11-11/29 T,TH  7:00-8:00 a.m.  $320(R)/$325(NR)**  
**C: 9/11-11/29 T,TH  5:30-6:30 p.m.  $320(R)/$325(NR)**
ADULTS

W.O.W. (WOMEN ON WEIGHTS) #130121B
Ages 18+
Do you have stubborn body parts that just won’t tone up? Work with a trainer to learn how to lift weights correctly and effectively, and get faster changes to your body when you start lifting. Lifting will tighten and tone the body so much faster than just doing cardio. Don’t worry: just because you lift weights, you will not look like a man, you will just tighten and tone up in all the right places. Three 1-hour personal trainings. Participant contact info will be shared with Colchester Health & Fitness to book training sessions individually with a trainer. Maximum: 5.

Instructor: Colchester Health & Fitness Trainers
Location: Colchester Health & Fitness, Prim Rd

PICK UP VOLLEYBALL #101000A
Ages 18+
Join other volleyball players for a night of fun and exercise. Games will be played involving team strategy at the Beginner/Intermediate level. Courts may be assigned depending on the number and skill level of participants. Walk ons allowed for $4/night or pre-register to guarantee your spot each night and get a discount. TIMES ARE SUBJECT TO CHANGE. Maximum: 22.

Facilitators: Bill Syverson & Gabi Saucier
Location: Colchester Middle School, Gym

ADULT BASKETBALL
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. Sign-in and pay at the gym each night. TIMES ARE SUBJECT TO CHANGE. Maximum: 25.

Facilitator: Jim Park
Location: Colchester Middle School, Gym

COED TEAM VOLLEYBALL #102000A
Ages 18+
Connect with other volleyball players to form a regular team for more competitive play. Players should be high-intermediate to advanced in skill, using proper technique and utilizing team strategy. Teams will remain the same each week and game brackets will be preset each night. Enjoy the structure of a league, with the casual atmosphere of recreational play. Teams must have at least two male and two female players and at least 6 players total; 2 substitutes optional. Please list all team member names when registering. TIMES SUBJECT TO CHANGE. Minimum: Two teams of 6, Maximum: Six teams of 6

Facilitator: Julie Graeter
Location: Colchester Middle School, Gym

TAI CHI #161001
Ages 55+
Fall Prevention Tai Chi: Tai Chi supports increased flexibility and pain-free range of motion. Stiffness causes pain; improved flexibility reduces stiffness and inflammation, making joints more mobile. Tai Chi is also very useful for fall prevention and is proven by scientific studies to be safe and effective. Pre-registration is required. Maximum 14.

Tai Chi - Sun 73 Style: 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.

Tai Chi programs are brought to you in collaboration with Age Well (formerly CVAA).

Instructors: Fran Tougas & Viviane Levy
Location: Bayside Activity Center

Fall Prevention Tai Chi:
A: 9/20 - 12/20 T,TH 5:30 - 6:15 p.m. FREE
(Skip: 11/20, 11/22)
C: 9/20 - 12/20 T,TH 11:00 - 11:45 a.m. FREE
(Skip: 11/20, 11/22)

COED TEAM VOLLEYBALL
Ages 18+

Fall Prevention Tai Chi:
A: 9/20 - 12/20 T,TH 5:30 - 6:15 p.m. FREE
(Skip: 11/20, 11/22)
C: 9/20 - 12/20 T,TH 11:00 - 11:45 a.m. FREE
(Skip: 11/20, 11/22)

Fall Prevention Tai Chi:
A: 9/20 - 12/20 T,TH 5:30 - 6:15 p.m. FREE
(Skip: 11/20, 11/22)
C: 9/20 - 12/20 T,TH 11:00 - 11:45 a.m. FREE
(Skip: 11/20, 11/22)

Fall Prevention Tai Chi:
A: 9/20 - 12/20 T,TH 5:30 - 6:15 p.m. FREE
(Skip: 11/20, 11/22)
C: 9/20 - 12/20 T,TH 11:00 - 11:45 a.m. FREE
(Skip: 11/20, 11/22)
**LIFE AFTER PAYCHECKS**  
*Ages 55+*  
#170009A  
What happens after the paychecks stop? Join Aaron Glosser, an Edward Jones Financial Advisor from right here in Colchester, for a primer on retirement income planning. We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify risks to your retirement income and ways to address them. This is an educational seminar only; participants are not required to bring or disclose any personal financial or retirement information. Minimum: 4, Maximum: 20.  
*Instructor:* Aaron Glosser, Financial Advisor  
*Location:* Bayside Activity Center  
10/10 WED 6:00 - 7:30 p.m. FREE

**COLOR YOURSELF CALM**  
*Ages 55+*  
#120013B  
You’re never too old to color! Coloring is a focused and meditative activity, and has been shown to have many positive benefits, both mental and physical. All participants will receive an “adult” coloring book with intricate artwork to color in, as well as a pack of colored pencils to take home after. A hot beverage, soothing music, and essential oil diffuser will also help participants find serenity and clear their mind during their visit. Minimum: 5, Maximum: 20.  
*Instructor:* Mike LaPan  
*Location:* Bayside Activity Center  
11/2 FRI 1:00 - 3:00 p.m. $25(R)/$30(NR)

**CHAIR YOGA**  
*Ages 55+*  
#170004  
A gentle yoga class using techniques from Peggy Cappy’s PBS show “Yoga for the Rest of Us” as well as knowledge about bone loss and prevention as taught by Dr. Loren Fishman. We’ll use props such as chairs and blocks to achieve poses and breathing techniques that enliven and relax your whole body. Dress comfortably and bring a yoga mat if you have one. Minimum: 5, Maximum: 20.  
*Instructor:* Betty Molnar  
*Location:* Bayside Activity Center  
A: 9/18-10/23 TUE 9:30 -10:30 a.m. $40(R)/$45(NR)  
B: 10/30-12/11 TUE 9:30 -10:30 a.m. $40(R)/$45(NR)  
(Skip: 11/20)

**IT & ME**  
*Ages 55+*  
#150009A  
Are you feeling a little lost on your new laptop, tablet, or smart phone? Perhaps you’re looking to connect with family and friends through social media, but not sure where to begin. And what’s the deal with all of these Privacy Policy pop-ups lately? Join Mike at the Bayside Activity Center for an afternoon of patient instruction to help dispel some of the confusion of modern technology. We’ll go over basic mobile devices, common functions, email, social media (like Facebook and Instagram), accessibility functions, and even touch on how data is stored and used online. **Participants must bring their own mobile device that they’d like to learn more about. Bring your charging cable and device manual if you have one.** Minimum: 5, Maximum: 10.  
*Instructor:* Mike LaPan  
*Location:* Bayside Activity Center  
10/5 FRI 1:00 - 3:00 p.m. $5(R)/$10(NR)

**AARP SMART DRIVER**  
*Ages 55+*  
#120022A  
The AARP Smart Driver Course covers defensive driving techniques and the normal changes in vision, hearing, and reaction time associated with aging. During the course, participants learn about 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, properly using all car features, the effects of medications on driving, and more. This course also reviews current national and VT 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.  
*Instructor:* Richard Smiles, AARP Volunteer  
*Location:* Bayside Activity Center  
A: 11/5 MON 12:00 - 4:30 p.m. $15 (AARP Member)  
B: 11/5 MON 12:00 - 4:30 p.m. $20 (Non-AARP)
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.

ROSETTI 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 that is just under a mile.
Participant’s Last Name: ____________________________  First Name: ____________________________
Parent’s Last Name (if participant under 18): ____________________________  First Name: ____________________________
Mailing Address: __________________________________________ City/State/Zip: ____________________________
E-Mail: __________________________________________ T-Shirt Size: YS(6-8)  YM(10-12)  YL(14-16)  AS  AM  AL  AXL
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 | DOB | ENTERING GRADE | REGISTRATION NUMBER | SECTION LETTER | 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: ___________

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 two weeks after release of brochure.

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, executors, 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: ____________________________
Looking to Volunteer?

Become a volunteer through Colchester Parks & Recreation

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 36th year, the Colchester Triathlon going into its 35th year and Causeway Race is going into its 7th year, and is the result of a lot of hard work and volunteer commitment towards the building of community. Special Events not your thing? We have coaching opportunities, working with the active generation, and so many more volunteer opportunities through Colchester Parks & Recreation. Come in and fill out a volunteer application!

**FOUR SIMPLE WAYS TO REGISTER...**

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