

WILLISTON SPRING/SUMMER REC GUIDE



2020 Spring/Summer Program Guide



Look for this symbol for new programs being offered.

REGISTRATION

This guide contains a listing of upcoming programs and camps for March through August. Detailed information on each can be found on the Recreation Website. Registrations are accepted online at www.willistonrec.org.

PAYMENT OPTIONS

Payment is made either online or offline.

Online Payment is made by registering online and choosing the Online Payment Option at the end of check out. The person you are registering is automatically enrolled by paying with a credit card, there is a processing fee of \$2 or 3.5%, whichever is higher, on the total balance.

Offline Payment is made by registering online and choosing the Offline Payment Option at the end of check out. Print off the form and mail a check to 7900 Williston Road, or stop by, with check or cash, to the Rec. Office, located in the Annex Building, second floor. Hours: Monday-Friday, 8:00am-4:30pm. An after-hours drop box is available at the back entrance of the Town Hall Building- 7900 Williston Rd. Payment must be mailed or dropped off as soon as you register to be enrolled.

NOTE: The person you are registering is not enrolled until payment is received.

POLICIES & GENERAL INFO.

For cancellations, refunds and other important information, visit the Recreation Website. On the home page click on the "Dept Info" icon. Information can be found under the "Policies and General Info" heading.

www.WillistonRec.org
876-1160
recreation@willistonvt.org

VOLUNTEER COACHES NEEDED!

Volunteer Coaches are needed for the Youth Rec. Lacrosse and Soccer Programs. Be sure to sign up to coach when you register your child, or if you don't have a child in the programs fill out a "Volunteer Form", which can be found on the Rec. Website, and return as soon as possible. Lacrosse season is late March-early June and Soccer season is Sept & Oct.

INSTRUCTORS WANTED

Do you have a special talent or unique skill that you would like to share with others? Are you a business that would like to partner to bring your offerings to the community? If so, please contact the Recreation Department to discuss the possibilities.

COMMUNITY PROGRAMS

Healthy Eating Workshops

Join Joanne Heidkamp, registered dietitian nutritionist for Hannaford Supermarkets, for one or more of these great workshops. In her career as a dietitian she has provided counseling and education to help people move toward their nutrition goals at various stages of life and health. Location: Essex Hannaford- Rt. 15

Ages 16+
Thursdays, 6:30-8:00pm
Free- Pre-registration required on Rec. website

Eating for a Healthy Heart- Food choices play a huge role in heart health. During National Heart Month, learn about the foods that nourish your heart. **Thursday, Feb. 20**

Making the Most of Winter Produce- Learn the nutritional benefits, and how to enjoy them in soups and salads. We'll also take a look at what's in from the tropics, and how to make use of frozen and canned produce. You'll leave with some recipes and a new appreciation for winter staples. **Thursday, March 19**



AHA Heartsaver CPR/AED

This course is designed for those with little or no medical training, as well as those seeking re-certification. Learn how to recognize cardiac arrest, contact emergency personnel, perform adult CPR, and provide early use of an AED. Adult choking and the administration of naloxone (Narcan) are covered. Successful completion receives 2-year certification. Instructor: Williston Fire Dept. AHA Instructors

Ages 12+
S1- Sun, Feb. 16 8:30-11:30am
S2- Thurs, Mar. 26 6:00-9:00pm
S3- Wed, Apr. 22 6:00-9:00pm
S4- Tues, May 19 8:30-11:30am
\$50 Res/\$55 Non

Boater Safety Course

Boating safety education is required for any motor boat operator, 12 years of age or older, born after January 1, 1974. The Boat Vermont, 8-hour classroom course, provides the opportunity to take, pass and be officially certified. Participants must be present at all 4 classes to be eligible for certification. Instructor: Jon Fick

Ages 12+
Mon & Wed, 6:00-8:30pm
May 4-13
\$15 Res/\$20 Non

Healthier Living Workshop: Chronic Disease

If you are dealing with a long-lasting chronic disease like arthritis, diabetes, cancer, obesity, or heart disease you are not alone. This Free Six Week Self-Management Program will help you learn how to make choices to live healthier with your chronic disease and lower your risk for related health problems. For more information or to register contact- Amy Rainville, 847-7255.

Ages 18+
Fridays , 11:00am-1:30pm
Feb. 21-Mar. 27
Free- Pre-Registration Required



Diabetes Support Group

Join this very dedicated group of individuals who gather each month to share their recipes, success stories and provide support through this peer led group. Group meets at Whitney Hill Homestead Community Room. Parking: Visitor marked spots & open area on top of Whitney Hill Road. For more information or to register contact- Brian, vt diabetes2018@gmail.com

Ages 18+
2nd Tues. each Month
3:00-4:30pm
Free- Pre-Registration Required



Diabetes Self Management Workshops

These workshops are a self-management program to help you get the support you need to lower your risk of serious health problems related to diabetes. Control your diabetes so your diabetes doesn't control you! Series of 6 Free Workshops that will meet once a week. For more information or to register contact- Amy Rainville, 847-7255.



Swim Lessons

Contact Rodney Centeno at RodneyC@edgevt.com to register for Swim Lessons at the Williston Edge. Use code WR2020-X to get the special Williston Resident rate. 6-Week Spring Sessions start- March 2 and April 27.

edgevt.com to register for Swim Lessons at the Williston Edge. Use code WR2020-X to get the special Williston Resident rate. 6-Week Spring Sessions start- March 2 and April 27.

Splash Infant Toddler Group Lessons (6-18mos. & 18mos-3yrs) 'Splash' classes allow children, accompanied by a parent or caregiver, to discover the water through song, play, and specific skills. The lessons help children develop aquatic readiness skills in a safe environment. Splash classes are typically offered on Saturdays. \$95.

Preschool Group Lessons (3-5yrs) In 'Preschool' classes children learn in small groups (4:1) under the supervision of a trained instructor who encourages swimmers to be safe, try new things and swim with confidence. There are three preschool levels typically offered on Saturdays. \$95

Learn to Swim Youth Group Lessons (5-12yrs) Children acquire basic skills in 'Learn to Swim' small group lessons. Instructors encourage participants to enjoy the water, gain confidence, and swim safely. There are four levels offered on the day of your choosing: Monday, Tuesday, Wednesday or Thursday. \$95* (\$105 for highest level).



Naturalist Science Program

The VT Youth Naturalist training is designed for children ages 10-13. The program covers geology, glacial history, human settlement patterns and natural communities of plants and animals in Williston but in the broader context of the natural history of VT. Children will explore bedrock to birds at Catamount Community Forest. Program is June 22-26, 9:00am-2:00pm. For more information or to register contact- Laura Meyer, laura.e.meyer@gmail.com

Blueprint for Healthcare

Blueprint for Health offers learning opportunities that help individuals better manage their own health. Workshops address a range of conditions and topics, including Diabetes, Diabetes Prevention, Chronic Pain, Tobacco Cessation, Wellness Recovery Action Planning, and Chronic Diseases. Workshops are offered in all areas of the state, on days and times that suit a range of schedules. Workshops are FREE to the community and are designed for ages 18+. To learn more visit- <https://myhealthytvt.org>

Age Well

Age Well believes that health happens at home and focuses on lifestyle, happiness and wellness-not on age. We have 40+ years of providing Vermonters with the necessary support to manage their daily living needs, with the goal of keeping them

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active, healthy and independent. Programs enhance quality of life and improve health outcomes. There is no charge for services provided, but as a nonprofit, we rely on donations and encourage contributors. To learn more visit: <https://www.agewellvt.org>

they need to stay healthy while living comfortably and safely at home. SASH is available in many communities throughout Vermont and serves primarily persons 65 and older and persons with disabilities. To learn more visit: <https://sashvt.org>

SASH

Support And Services at Home is designed to provide personalized coordinated care to help adult participants stay safely at home. SASH helps Vermont's most vulnerable citizens, seniors and individuals with special needs, access the care and support

Williston Seniors Organization

Are you 55+ and looking to get out and meet people? Do you like a good meal, socialization and fun games? If so, check out the Williston Seniors Organization. They meet twice a month- the 1st and 3rd Tuesdays at the Green

Mountain Masonic Center- 87 Bishop Avenue. Come enjoy time with others.

ACTIVE AGERS 50+

Chi Kung/Tai Chi for Seniors

The program focuses on learning a variety of Chi Kung sets and postures, primarily those from Grandmaster Mantak Chia's Healing Tao system, as well as Yang Style Tai Chi. Come strengthen your body, regulate and build physical energy, and cultivate your mental concentration and spirit. Two separate days and times are offered. Session dates available online. Instructor: ONTA Studio Staff

Ages 50+
Tuesdays, 1:00-2:00pm
Thursdays, 6:00-7:00pm
Sessions offered- March, May & July
\$40 Res/\$45 Non

Golden Grooves

Join this fun aerobic workout while grooving to the oldies, as well as current music. The structure is easy to follow and welcomes any ability level as the moves can be done with higher or lower intensity. Not only will you reap the benefits of cardio training, you will see improvements in balance, coordination, and mood. Location: Federated Church. Instructor: Toni Kunker

Ages 50+
Mondays, 10:15-11:15am
Year Round, \$2 per class
Register at 1st class

Strength Training

Each class begins with a light warm up and proceeds into basic and functional strength training

exercises that help improve muscle tone, balance, and coordination. Each class utilizes a variety of workout aids; chairs, weighted ball, floor ladder and bench step (all provided) to keep the class stimulating and fun. Location: Federated Church. Instructor: Toni Kunker

Ages 50+
Tues & Thurs, 10:15-11:15am
Year Round, \$2 per class
Register at 1st class

Yoga- Gentle/Seated

Do you want to learn how to mindfully practice a method of relaxation, maintain or increase joint flexibility and mobility? If so, join Gentle Yoga - whether it be standing or seated, or a combination of both. Poses are safely demonstrated and executed with a variety of modifications to make your experience very accessible. Location: Federated Church. Instructor: Toni Kunker

Ages 50+
Fridays, 10:15-11:15am
Year Round, \$2 per class
Register at 1st class

Bone Builders

The program focuses on balance and light weight training to protect against fractures caused by osteoporosis. Based on studies, those who participated twice a week gained muscular strength, balance and increased bone density. Location: Williston Place Independent Senior Living. Pre-Registration required contact- Gwendolyn Keefe at 662-5034.

Ages 55+
Tues & Thurs, 10:00-11:00am
Year Round
Free- Pre-Registered Required

EDUCATION/ HOBBY PROGRAMS

Dog Training: Basic/Social Skills

Using a simple-to-use training approach, this 6-week course covers the essentials for understanding your dog and having a well-behaved companion. Includes obedience, manners, social skills, and understanding behavior. Great for puppies, newly adopted rescue dogs, or any humans and dogs who want help with the basics. Instructor: Deb Helfrich, Gold Star Dog Training

Adults 18+, Dogs 8 weeks+
Thursdays, 6:15-7:15pm
Mar. 26-May 7 (No class- 4/23)
\$142 Res/\$147 Non

Therapy Dog Academy

This 6-week course gives dogs and handlers the necessary skills for passing the test, and working successfully as a therapy dog team. The course is taught by Deb, who has been a therapy dog handler since the mid-1990s, has had 6 therapy dog partners, and has directed a large therapy dog certification and training program since 2005. Instructor: Deb Helfrich, Gold Star Dog Training

Ages 18+
Dogs must have taken a Gold Star Dog Training Course or receive instructor approval before registering.
Thursdays, 7:30-8:30pm
Mar. 26-May 7 (No class- 4/23)
\$162 Res/\$167 Non

Violin/Viola Intro

The program is for adult beginners who have never played the viola or violin. It will begin with the basics



Join the team!

Registration is open for the 2020 Williston Little League T-ball, softball, and baseball season.

Little League Baseball and Softball:

\$70 for the first child
All players in A, AA, AAA and Majors and softball receive uniforms with their fees.

Tee-Ball:

\$65 for the first child. Players in T-ball will receive shirts and hats.
All players have access to league bats, balls and helmets.

Rates go up \$25 after February 29.

If you are registering more than 1 player, you will automatically receive a \$20 discount per subsequent player registered at the same time.

Final registration deadline is March 10.

Scholarships are available for families in need.
Contact Willistonlittleleague@gmail.com

To register and get more information, visit our website at:
tshq.bluesombrero.com/wllbaseball

Follow us on Facebook at:
<https://www.facebook.com/WillistonVTLittleLeague>

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The Coburn Agency
Michael Coburn - Owner
802-658-7800
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of holding the violin/viola and move to learning how to read music, play simple tunes, and have fun making music with new friends! If you don't already own an instrument, contact the instructor for information on obtaining one prior to purchasing or renting. Instructor: Sharon Waxman

Ages 18+
Mondays, 7:00-8:00pm
Mar. 2-Apr. 6
\$107 Res/\$112 Non

NEW!
Essential Oils Intro

Changing your lifestyle: An introduction to Essential Oils. Did you know the biggest pollutants in your home are fabric softeners, dryer sheets, plug in air fresheners, and candles. Essential Oils are a better way! They are chemical free, come from pure plants, there is nothing but the oil. We will explore 12 oils that help to begin an oily lifestyle. Instructor: Alex Goff

Ages 16+
Tuesday, 6:30-7:30pm
April 7
\$5 Res/\$10 Non

NEW!
Cleaning with Essential Oils

Change the way you clean, using Essential Oils. Health and safety data only exist for 15% of the chemicals that you use to clean. Essential Oils are chemical free and come from pure plants. We will explore cleaning options that use Essential Oils and other household products that are safe and toxic free. Instructor: Alex Goff

Ages 16+
Tuesday, 6:30-7:30pm
April 14
\$5 Res/\$10 Non

NEW!
Learn the Ukulele

Ukuleles are easy to learn how to play, even with no musical background. Learn to make chords, strum smoothly, and have fun learning to play. Bring a ukulele, electronic clip-on tuner, and an adventurous spirit. For those with left-hand, baritone, or low-G ukuleles, the ability to translate chords yourself is needed. Ukuleles for rent or purchase at class. Instructor: Clare Innes

Ages 18+
Wednesdays, 5:45-6:45pm
Apr. 29-May 20
\$57 Res/\$62 Non

NEW!
Introduction to Music

Learn to play, read, and sight-read music. This introductory program enables beginners to successfully learn music quickly. A 4-hole flute provides an easy-to-learn gateway into music-making. Within minutes, the scale can be mastered and tunes become easy to play. The 4-hole flute and easy-to-read system was developed in VT. Instrument &

method book included. Instructor: Wayne Hankin

Ages 18+
Tues, Wed & Thurs, 7:00-8:15pm
June 9-11
\$59 Res/\$64 Non

FITNESS/SPORTS PROGRAMS

Dangerous Girls Class

Want to learn to kick butt while having a ton of fun? This is a Women-only cardio- kickboxing class that combines strength and conditioning with practical combat skills. Learn trips and throws, bounce to Beyoncé, hit hard, laugh a lot, and become a force to be reckoned with. Two separate days are offered. Session dates available online. Instructor: ONTA Studio Staff

Ages 16+
Mon or Wed, 6:30-7:30pm
Sessions offered- March, April & May
\$60 Res/\$65 Non

Mixed Martial Arts for Fitness

Get fit and learn to defend yourself with this blend of kickboxing, wrestling, jiu-jitsu and kali, in a fun, focused environment. All levels are welcome, from beginners to experienced athletes. Technique emphasis will be on adapting MMA for self-defense, including dealing with armed attackers. Instructor: ONTA Studio Staff

Ages 16+
Thursdays, 7:00-8:00pm
S1- Mar. 5-26
S2- Apr. 2-23
S3- May 7-28
\$60 Res/\$65 Non

Taoist Yoga Intro

This class introduces participants to the Chinese practice of Taoist Yoga. This gentle but sophisticated practice focuses on conditioning the psoas, stretching and strengthening the tendons, and opening up the lower lumbar spine. Experience your body light, energized and free of pain! Instructor: ONTA Studio Staff

Ages 16+
Fridays, 6:00-7:00pm
S1- Mar. 6-Apr. 3
S2- May 1-29
\$75 Res/\$80 Non

Aquatic Fitness

This 12-week program will increase your cardiovascular fitness, endurance, and overall strength while giving your bones and joints a rest! Aquatic exercise is the ideal activity for individuals with arthritis or who may be prone to injury, or those who love to exercise in water! Instructor: Emily Snow

Ages 18+
Mondays, 5:00-6:00pm
May 4-July 27
\$100 Res/\$105 Non

NEW!
H.A.Y. Program

Health At Your... Age! Weight! Size! Ability! This 12-week program will help you find your best health regardless of your current size, weight, age or physical condition. This program is for you if your goals are related to weight loss, improved stamina and strength, increased confidence, or a desire to develop healthy, regular exercise habits. Instructors: Etta Sullivan and Emily Snow

Ages 18+
Tues & Thurs
7:00-8:00am or 5:00-6:00pm
May 5-July 30
\$320 Res/\$325 Non

Golf Clinics

Come and learn the basics of the game or improve the skills you have. In either case, we'll make learning and improving your game fun and easy. Catamount Golf Center is offering group lessons to beginner and intermediate golfers. Clinics include full-swing, short game & putting instruction. Join one or more sessions as your game improves. Instructor: Catamount Golf Professional

Ages 18+
Tuesdays or Wednesdays
5:45-7:00pm

Sessions offered- April, May & June
\$150 Res/\$155 Non

Introduction to Pickleball

Have you heard of pickleball? Have you wonder what it is all about? If so, learn the rules, a variety of drills, some basic game strategy and how to play this unique sport in this two hour introductory clinic. Resources will be provided for continued learning and playing opportunities. Bring your own paddle or loaner paddles will be available. Instructor: Corey Gottfried

8th, 9th, AND 10th GRADE WORKSHOPS • 10:00 am - 11:00 am
 REGISTER NOW at WWW.EWSD.ORG/CTEOPENHOUSE
 Workshop Questions? Phone: 802-857-7250

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CENTER FOR TECHNOLOGY, ESSEX

OPEN HOUSE

Saturday - February 15th, 2020 - 11:00 am - 2:00 pm

2 EDUCATIONAL DR, ESSEX JUNCTION, VT 05452

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Ages 18+
Saturday, 10:00am-12:00pm
May 23
\$32 Res/\$37 Non

Pickleball 101

Similar to Coach Corey's "Introduction to Pickleball" clinic but with more time spent on each part of the game. Drills include: serving, return of serve, 3rd shot drop, the soft game, volleying, basic strategies and actual playing time. Bring your own paddle or loaner paddles will be available. Instructor: Corey Gottfried

Ages 18+
Tues, Wed, Thurs, 6:00-8:00pm
June 9, 10 & 11
\$72 Res/\$77 Non

FAMILY PROGRAMS

Kids Eat Healthy Workshops

Join Joanne Heidkamp, registered dietitian nutritionist for Hannaford Supermarkets, for one or more of these great Kids Eat Healthy Workshops. This is a parent/child program. Location: Essex Hannaford- Rt. 15. **Fee covers Rec. Dept. admin costs.**

Grades K-4th w/adult
Thursdays, 4:30-5:45pm
See dates below
\$7 Res/\$10 Non

Breakfast- Whether its cereal, leftover pizza, or a smoothie, the right breakfast is the foundation for a happy, healthy day. We'll look at what goes into a good breakfast.
Thursday, Feb. 13

Veggie Power- Veggies have a lot to offer. We'll discover the rainbow colors of veggies, the textures from crunchy to smooth, learn how they grow, and play around with using veggies to make meals more interesting.
Thursday, March 12

Electronics & Programming w/ Arduino Microcontrollers

Beginners will be introduced to the world of small electronic projects that can be controlled by microcontrollers called "Arduino." Basic principles of electronics and programming will be explored. Arduino Kit is included. An adult is required to attend with children 8-12, 13+ can attend without an adult. Laptop is required, instructor has limited supply that can be borrowed. Deadline to register- March 11, so kits can be ordered. Instructor: Bryan Serinese

Ages 8-12 w/adult, 13+ without
Saturdays, 9:30-11:00am
Mar. 21-Apr. 4
\$42 Res/\$47 Non

Let's Go Fishing

This program teaches families how to have fun fishing while using proper skills, ethics and respect for resources and rules. Families learn water ecology, fish identification, habitat needs and how to find fish. There is hands-on casting and making your own lure. As well as time to practice new skills with live fishing. This is a parent/child program. All materials supplied. Instructor: Chuck Goller

Ages 6-14 w/adult
Saturday, 1:00-4:00pm
May 16
Free- Pre-Registration Required

PRE-SCHOOL, YOUTH & TEENS

Youth Lacrosse Leagues Grades 3rd-8th

Registration is now open. Deadline- March 12, teams need to be formed and registered in the leagues. A minimum number and coach are needed to have a team. Separate competitive leagues, which travel, are offered to boys and girls in grades 3rd/4th, 5th/6th & 7th/8th. Indoor practices begin late March, and are one day a week. Outdoor practices begin late April, weather permitting,

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and will be two days a week.

Early Bird Pricing- \$10 off the registration prices if registered and paid by Sunday, March 8.

Coaches Needed- Volunteer Coaches are needed in each league. Be sure to sign up to coach when you register your child.

US Lacrosse Membership- You will need to register or renew your child's membership with USA Lacrosse

Best to wait until teams are formed and coaches have been found.

NEW!
Lacrosse- Grades 1st/2nd

The program is designed to provide basic lacrosse skills to beginners in a safe, controlled environment. Players will practice and scrimmage on five Saturdays. Equipment: A Lacrosse Stick, of proper size for this age group, can be purchased during registration for your child. Parent volunteers are needed to run this program! Please sign up at time of registration. Early Bird Pricing available.

Grades 1-2
Saturdays, 9:00-10:00am
May 2-June 6 (No prog- 5/23)
\$40 Res/\$45 Non

NEW!
Ninja Science Day Camps

This camp unites the body and mind by combining martial arts, tumbling, and parkour with environmental science education. We help girls and boys realize their full potential in an environment that is playful, supportive, and fun. Instructors: ONTA Studio Staff

Ages 4-9
Monday-Friday, 9:00am-3:00pm
S1- Feb. 24-28
S2- Apr. 20-24
\$275 Res/\$280 Non

Safe Sitter Courses

Safe Sitter® prepares teens to be safe when they're home alone, watching siblings or babysitting. The course offers four content skill areas: Safety, Child Care, First Aid & Rescue and Life & Business. Lessons are filled with fun activities and role-playing exercises. Teens will practice choking rescue and diapering. Register for the date that works best for your child. Register with the town offering the program. Instructor: Rec. Staff

Grades 6-8
Williston Fri, Mar. 20
Shelburne Sat, Apr. 11
Hinesburg Thurs, Apr. 23

Charlotte Sat, May 16
9:00am-3:00pm
\$60 Res/\$65 Non

Taekwondo Intro

Has your child wanted to try a martial art, but you didn't want to commit to the pricing and all the equipment? If so, this is a great opportunity for your child to try Taekwondo. Kojo Academy is offering this 4-week introductory program. This program is for new students only. Instructors: Kojo Academy Staff

Ages 7-15
Saturdays, 9:00-10:00am
Mar. 7-28
\$44 Res/\$49 Non

Literature and the Arts

Join Susan for a creative approach to exploring children's literature. Through the use of fine art, movement, assemblage, drama, and music, students will experience and explore quality children's literature that is silly, thought-provoking, creative, and caring. Check out the web registration page for a link to see what past activities have been done in this program. Instructor: Susan Lepple

Grades 3-5
Tuesdays, 2:00-3:30pm
Mar. 10-Apr. 14
\$122 Res/\$127 Non

ParKids Intro

Intro to Parkour for the younger kids! This program is designed with the younger child in mind. Children learn basic movements from various categories including floor skills, vaults, bars and wall movements with age appropriate activities and games. Instructors: Green Mountain Training Center Staff.

Ages 4-5
Wednesdays, 5:30-6:30pm
Mar. 25-Apr. 15
\$70 Res/\$75 Non

Parkour Intro

Teaches the foundation of parkour movements and concepts, allowing children to contextualize moves and concepts at their own learning level. Children learn basic movements from various categories including floor skills, vaults, wall movements,

Shelburne Museum Summer Camps 2020

CIRCUS CAMP
June 22-26; ages 8-14

LIFE IN 1795
June 29-July 3; ages 8-11

OWL COTTAGE ACADEMY
July 6-31; ages 4-6
Sign up for individual weeks or a month of camp!

QUILT CAMP
August 3-7; ages 8-14

MAKERS GONNA MAKE (maker camp)
August 10-14; ages 7-11

To register visit:
shelburnemuseum.org/learn/families/summer-camps/



Lyric Theatre Summer Camps 2020!

Session 1
July 20 - 24



Session 2
July 27 - 31



Camps are held at 7 Green Tree Drive in South Burlington
\$275 per student per week

More Camp Information and Registration Available at:
lyrictheatrevt.org or by calling 802-658-1484



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WILLISTON SPRING/SUMMER REC GUIDE

and movements on the bars/ropes. Instructors: Green Mountain Training Center Staff

Ages 6-11
Mondays, 6:30-7:30pm
Mar. 23-Apr. 13
\$70 Res/\$75 Non

Gymnastics Intro

This is an introductory program designed for new and beginner gymnasts allowing them the opportunity to work on basic gymnastics skills. They utilize all four events (vault, bars, beam and floor) and the tumble track. Two separate age groups offered. Instructors: Green Mountain Training Center Staff

Ages 4-5 & 6-10
Saturdays, 10:30-11:30am
Mar. 28-Apr. 18
\$70 Res/\$75 Non

Knitting

Does your child love to knit or do they want to learn? If so, this 6-week program will teach them how to or improve their knitting skills. The program offers the basics for first timers, as well as provides early and intermediate knitters with specific how-to and help with projects. All materials are provided. Instructor: Christine Heavner, Owner Knitting Circle

Grade 3-8
Tuesdays, 2:00-3:30pm
April 7- May 19 (No class- 4/21)
\$60 Res/\$65 Non

Horseback Camps- April

If your child loves horses. They will want to spend time with them during the April break. The Livery Horse Farm is offering a three- or five-day camp for beginners through advanced riders. The focus is on English riding. The horses provide a variety of skill levels for children to safely learn

on. Campers learn to ride, groom and work in the barn. Kim Johansen, Livery Horse Farm Owner

Ages 8-16
April 20-24, 8:00am-4:00pm
3 days- M, T, W
\$240 Res/\$245 Non

5 days- Mon-Fri
\$400 Res/\$405 Non

Youth Tennis

It's easier for kids to play and develop a love for the sport! Smaller courts, shorter racquets and balls that bounce lower. Taught by certified tennis professionals who are trained to teach proper stroke techniques. Players learn basic techniques for groundstrokes, volleys and serves. A game-based approach is used. Two separate groups are offered. Instructors: The Edge Tennis Staff

Grade 3-5 & 6-8
Tuesdays, 2:00-3:30pm
Apr. 28-May 26
\$75 Res/\$80 Non

Youth Golf Clinics

Learning the game of golf has never been more fun. The Catamount Golf Center's Junior Golf program is specially designed to keep kids entertained, while they learn all the basics of golf. Participants will learn the full-swing, short game, putting and rules and etiquette. Instructor: Catamount Golf Professional
Ages 5-11
Tuesdays or Wednesdays
4:45-5:30pm
Sessions offered- April, May & June
\$100 Res/\$105 Non

GPS Junior Soccer

Global Premier Soccer Clinics are

designed so that children naturally want to play and have fun! The age appropriate curriculum and expert professional coaches will create the perfect environment to develop motor and coordination skills. Two separate age groups are offered. Players receive a GPS shirt. Instructors: GPS Staff

Ages 4, 4:30-5:15pm
Ages 5-6, 5:30-6:15pm
Fridays, May 1- June 12
(No class- 5/22)
\$75 Res/\$80 Non

Youth/Teen Martial Arts

This play based curriculum of tumbling, parkour and martial arts increases strength and self-confidence, while moving meditation helps children manage their emotions and develop the connection between mental and physical well-being. Two separate age groups are offered with different days available. Session dates available online. Instructor: ONTA Studio Staff

Ages 4-9 or 10-15
Tues, Wed, Fri or Sat
Session dates & times on website
Sessions offered- March, May & July
\$90 Res/\$95 Non

Martial Arts for Special Needs

This program teaches the same core curriculum of tumbling, free running and meditation as our neurotypical classes, while introducing and building skills at pace with your child's learning style, needs and ability. Instructors have extensive experience and have worked with special needs children. Instructor: ONTA Studio Staff

Ages 4-15
Saturdays, 1:00-2:00pm
S1- March 7-28
S2- April 4-25
S3- May 2-30

\$89 Res/\$94 Non

Track and Field

Children learn the basics of running, jumping, throwing, and relays. Each week they warm up with Parisi Speed School Instructors and then practice their different events. There are local meets with other Rec. Depts. and a state meet Saturday, July 18. A great program for children who love to run, jump and throw. Instructors: Parent volunteers & Parisi Staff

Ages 7-14, aging date 8/31/19
Mon & Wed, 6:15-7:45pm
June 17-July 18
\$50 Res/\$55 Non

Parent & Me Soccer

Parent & Me Soccer is a fun and positive introduction to soccer for young children with a helping hand from Mom or Dad! With a parent participating by their side, kids will have fun learning the fundamental skills of soccer through structured activities, fun based games, and scrimmages. Instructors: US Sports Institute Staff

Ages 2-3 w/adult
Monday-Friday, 5:00-5:45pm
July 13-17
\$95 Res/\$100 Non

Squirts Soccer

Is a perfect introduction to the most popular sport in the world! Skills covered include dribbling, passing, shooting, stealing, and more. Each session is taught through structured activities, fun games, and scrimmages designed to ensure learning and most importantly: fun, fun, fun! Instructors: US Sports Institute Staff

Ages 3-5

Monday-Friday, 5:00-5:45pm
July 13-17
\$95 Res/\$100 Non

Parent & Me Multi-Sports

The Parent & Me Multi Sports Squirts program allows children to try a variety of sports with a helping hand from Mom or Dad! Ease your child into social situations with support and confidence as you engage in fun sports activities and games together. Instructors: US Sports Institute Staff

Ages 2-3 w/adult
Monday-Friday, 5:00-5:45pm
July 20-24
\$95 Res/\$100 Non

Squirts Multi-Sports

The Squirts Multi Sports program allows children to try a variety of different sports including Lacrosse, Soccer, T-Ball, and Track & Field. All sports are taught in a safe and structured learning environment designed to ensure learning and most importantly: fun, fun, fun! Instructors: US Sports Institute Staff

Ages 3-5
Monday-Friday, 5:00-5:45pm
July 20-24
\$95 Res/\$100 Non

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The Automaster

Windswept Farm Horse Camp

6 one-week sessions throughout the summer. Sign up for one week or several. **Starting June 15th**

- Daily riding lessons
- Learn horsemanship
- Tons of horse activities
- Beginner to Expert
- 7-years-old and up
- Lots of fun from 9 a.m. - 3 p.m.

WindsweptfarmVT.com
 802-878-4856 • TinaTMauss@gmail.com
 581 Old Stage Rd. • Williston

WILLISTON SPRING/SUMMER REC GUIDE



2020 Summer Camps Guide

DAY CAMP



R.E.C. Camp Recreation Experiences for Children

R.E.C. Camp is a wonderful twist on the traditional day camp. Packed with recreation, sports, and arts & crafts activities, there is never a dull moment. This activity-based camp is the perfect blend

of choice activities, group games, free play and the ever-popular field trips. Explorers will have one field trip per session, Adventurers will have two per session and Teen Adventure will have three per session.

- **One Day Camp:** This Summer there will be one day camp run by Williston Recreation at Williston Central School.
- **R.E.C. Camp** is for children entering grades 1st-8th in the Fall 2020.

- **Camp Options:** Full Days- 7:30a-5:30p or Half Days- Mornings- 7:30a-12:30pm or Afternoons- 12:30-5:30pm
- **Sessions:** 8-one-week Full Day sessions are offered from June 22-August 14. There is **No** camp Friday, July 3rd. 7-one-week Half Day sessions offered June 22-August 7. (A session cannot be broken up by the day or the half days, you have to choose one option for a session).
- **Groups:** There will be three groups in camp- Explorers- 1st/2nd, Adventurers- 3rd/4th/5th, Teen Adventure- 6th/7th/8th
- **Pricing:** Prices vary between the 3 groups due to field trip days. Prices are listed below.
- **Deposits:** \$25 deposits are required per camper, per sessions to enroll your child.
- **Camper Info/Health Form:** is part of registration and only has to be done once for each child this summer.
- **Camp Policy & Procedures:** are located on the Rec. website.

Explorers
Entering grades 1st/2nd
Full- \$165 Res/\$175 Non, per session
Half- \$85 Res/\$95 Non per session

Adventurers
Entering grades 3rd, 4th, 5th
Full- \$175 Res/\$185 Non, per session
Half- \$90 Res/\$100 Non, per session

Teen Adv.
Entering grades 6th, 7th, 8th
Full- \$185 Res/\$195 Non per session
Half- \$95 Res/\$105 Non per session

SPORTS CAMPS

GPS Soccer Camps

GPS Vermont is excited to host these Technical Training Camps. Campers learn a variety of techniques to help them with their dribbling ability, short and long range passing, principles of defending, and different shooting styles. The aim is to instill confidence so they can use the learned techniques in competition. Instructor: GPS Staff

Monday-Friday, June 15-19
Ages 4-6
9:00-10:30am
\$70 Res/\$80 Non

Ages 7-14
9:00am-12:00pm
\$130 Res/\$140 Non
9:00am-3:00pm
\$190 Res/\$200 Non

Ultimate Frisbee Camp

Whether your middle school child is a beginner or knows all about Ultimate Frisbee, this camp will help stretch his or her skills. Over the course of the week we will work on catching, throwing, strategy, knowledge of the game, speed and of course we will play a lot of Ultimate! Director: Anne Watson

Ages 11-14
Monday-Friday, 8:30am-12:00pm
June 22-26
\$135 Res/\$145 Non

Tennis Camps

Campers learn the fundamental tennis strokes through fun, active drills that teach basic stroke technique including groundstrokes, volleys, serves and overheads. Camps are designed for the beginner to intermediate player. Instructors: The Edge Tennis Staff

Ages 6-8
Monday-Thursday, 8:30am-12:00pm
June 29-July 2
\$110 Res/\$120 Non
Monday-Friday, 1:00-4:30pm
July 6-10
\$135 Res/\$145 Non

Ages 9-12
Monday-Friday, 8:30am-12:00pm
S1- July 6-10
S2- July 27-31
\$135 Res/\$145 Non

USSI Soccer Camp

In the US Sports Institute Foundation Soccer Camp campers receive soccer instruction at a level that both challenges them and ensures they have a fantastic experience at camp. The professional, qualified coaches cover different topics and themes each day including dribbling, passing, shooting, defense, and more. Instructors: US Sports Institute Staff

Ages 6-11
Monday-Friday, 8:30am-12:00pm
July 13-17
\$155 Res/\$165 Non

USSI Lacrosse Camp

The US Sports Institute Foundation Lacrosse Camp is designed to introduce beginners and those with some experience to the fundamentals of lacrosse. The professional, qualified coaches cover different topics and themes each session, including scooping, passing, catching, cradling, and shooting. Instructors: US Sports Institute Staff

Ages 6-11
Monday-Friday, 1:00-4:30pm
July 13-17
\$155 Res/\$165 Non

USSI Basketball Camp

The US Sports Institute Foundation Basketball Camp is designed to introduce beginners and those with some experience to the fundamentals of basketball. Campers will develop a good understanding of teamwork within the game, all while improving their skills in dribbling, passing and shooting. Instructors: US Sports Institute Staff

Ages 6-11
Monday-Friday, 8:30am-12:00pm
July 20-24
\$155 Res/\$165 Non

USSI Multi-Sports Camps

Campers will have the opportunity to experience a variety of sports throughout the week including soccer, basketball, flag football, cricket, handball, volleyball, and more! Campers work on developing their skills in each sport before participating in small tournament-style scrimmages. Instructors: US Sports Institute Staff

Ages 6-11
Monday-Friday, 1:00-4:30pm
July 20-24
\$155 Res/\$165 Non

Flip, Dance & Circus Camp

This popular non-competitive camp is a fun filled week of mat, dance, and circus skills! What can your body do? How can we become stronger? We'll work daily on skills such as rolls, jumps, handstands, round-offs and cartwheels! We'll choreograph cool dances using popular, appropriate music that the campers help pick. Director: Ila Sewall, GymKids Academy

Ages 6-11
Monday-Friday, 1:00-4:30pm
July 27-31
\$125 Res/\$135 Non



Girls Self-Defense Camp

This camp teaches practical self-defense using a combination of ju-jitsu, wrestling, kick-boxing, and weapons defense. Learn to kick butt in a fun and supportive environment. Instructor: ONTA Studio Staff

Ages 13-17
Monday-Friday, 9:00am-12:00pm
July 27-31
\$150 Res/\$160 Non

2020 SUMMER CAMPS

REGISTRATION

Camp registration is now open and all registrations are done online. To register log in to your Household Account or create one if needed, then choose the child you want to register, select all the camps for that child, if there are additional children choose them and register them for their camps. Now you are ready for checkout. Go through the checkout process answering any questions along the way. At the end of checkout, you will have two payment options to choose from.

PAYMENT OPTIONS

Option 1- Online Payment: at checkout choose the online payment option and pay in full with a credit card. There is a 3.5% process fee to do this, but your children will be enrolled in the camps that you registered for and you will be paid in full.

Option 2- Offline Payment: at checkout choose the offline payment option, print off the form and mail or bring it in with a check or cash. Deposits can be done using this method of payment.

NOTE: Children are not enrolled in camps until payment or deposits are received, using the offline payment option.

DEPOSITS

Deposits are \$25 per child, per sessions, per camp and are non-refundable. Deposits are part of the camp fees, so you will be paying the first \$25 of a camp fee. Choose the offline payment option to pay deposits. Print off the form and mail or bring in a check for the total amount of the deposits.

BALANCE DUE

If you choose to pay the deposits, your remaining camp balance has to be paid in full prior to June 12, 2020. We recommend you make regular payments on your balance prior to this date.

POLICIES & GENERAL INFO.

For cancellations, refunds and other important information, visit the department website. On the home page click on the "Dept Info" tab. Information can be found under the "Policies and General Info" heading.

DAY CAMP

Full or Half Day Options

New this Summer you can choose to enroll your child in R.E.C. Camp for a full day- 7:30a-5:30p or Half Day- Mornings- 7:30a-12:30p or Afternoons- 12:30-5:30pm.

This is a great opportunity to have your child do a half day Enrichment Camp and half day in the Day Camp. The Staff will get your child to or from the camps each day.

ENRICHMENT CAMPS

Lunch Hour Free

If you sign your child up for a morning and afternoon Enrichment Camp, in the same week at the same location, the Rec. Staff will watch your child for the hour in-between for Free. The staff will have lunch with them, 12:00-1:00p, and then get them to their afternoon Enrichment Camp at 1:00p. No transportation is available.

Extended Camp Options

8:00-8:30am or 4:30-5:00pm can be added to some Enrichment Camps. Price is \$5 per camper, per week, per half hour. Some camps don't have extended camp options. Extend your child's day so you can get to work or pick them up on time.

WillistonRec.org
876-1160
recreation@willistonvt.org

WILLISTON SPRING/SUMMER REC GUIDE

Jr. Golf Camps

Junior Golf Camps provide campers with daily instruction in all aspects of the game, two days on course instruction and plenty of fun and a Friday golf tournament. **Note-** Full-Day Camps include; daily lunch, Fridays- half day instruction with a pizza party lunch and then campers can to play the golf course in the afternoon unsupervised. Instructor: Catamount Golf Professional

Morning Golf

Ages 8-14
Monday-Friday, 8:30am-12:00pm
See Sessions below
\$210 Res/\$220 Non

All Day Golf

Ages 11-14
Monday-Friday, 8:30am-3:00pm
See Sessions below
\$395 Res/\$405 Non

Sessions:

S1- June 15-19
S4- July 13-17
S2- June 22-26
S5- July 20-24
S3- July 6-10
S6- July 27-31

ENRICHMENT CAMPS

Chess Wizards Camp

Challenging chess lessons, exciting games, and cool prizes. Campers improve their skills and work out their most powerful muscle – the brain! Camp includes fun team chess games, tournaments and puzzles. Campers receive a T-shirt, trophy, and puzzle folder. Unleash your brain power and spend a week with the Chess Wizards! Instructor: Chess Wizard Staff

Ages 6-12
Monday-Friday, 8:30am-12:00pm
June 22-26
\$200 Res/\$210 Non

Creative Baking Fun

Campers will have fun baking cookies, cupcakes and cakes, as well as decorating them. Campers will be led on a sweet journey of baking and decorating techniques. They will share and eat their beautiful creations. Instructor: Sally Dattilio

Ages 8-10
Monday-Friday, 8:30am-12:00pm
July 13-17
\$170 Res/\$180 Non

Advanced Cake Fun

Does your child like creating cake masterpieces? Campers will learn advanced decorating techniques such as making homemade fondant and royal icing flowers to put on their own personal cake. Instructor: Sally Dattilio

Ages 11-14
Monday-Friday, 8:30am-12:00pm
July 20-24
\$170 Res/\$180 Non

Wicked Cool Vet School

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Make amazing animal models, build big bones and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians and fish. Director: Wicked Cool Staff

Ages 6-10
Monday-Friday, 8:30am-12:00pm
July 20-24
\$205 Res/\$215 Non



String Ensemble Camp

A camp in Violin, Viola or Cello that will introduce beginners to performing in a small chamber ensemble and add to the skillset that they have begun learning. Campers must have at least 1 year of experience playing violin, viola, or cello, and be able to read music with 1 to 2 sharps in the key signature. Director: Sharon Waxman

Ages 7-12
Monday-Friday, 8:30am-12:00pm
S1- July 20-24
S2- August 3-7
\$225 Res/\$235 Non



Knitting Camp

Does your child love to knit or do they want to learn? If so, this camp will teach them how to or improve their knitting skills. The camp offers the basics for first timers, as well as provides early and intermediate knitters with specific how-to and help with projects. All materials are provided. Instructor: Christine Heavner, Owner Knitting Circle

Ages 8-14
Monday-Friday, 1:00-4:30pm
July 20-24
\$157 Res/\$167 Non



Safe Sitters Camp

Safe Sitter® prepares teens to be safe when they're home alone, watching siblings or babysitting. The camp offers four main skill areas: Safety, Child Care, First Aid & Rescue and Life & Business. The camp will also include CPR certification and the opportunity to experience working with the Day Campers. Lessons are filled with fun activities, practicing skills and role-playing exercises. Instructor: Rec. Staff

Ages 11-14
Monday-Friday, 8:30am-12:00pm
August 10-14
\$175 Res/\$185 Non

Book Arts Camp

Enticing papers become wonderful books! Create beautiful, useful books- sew a sketchbook, a nature journal, learn Japanese Stab bindings, accordion fold books, and a real hard cover book. Middle level campers may explore

ideas for creating an altered book or journal using collage, paint, stamps, folding, sewing, cutting, gluing, drawing, and coloring. Director: Liz Demas

Ages 6-15
Monday-Friday, 8:30am-12:00pm
June 22-26
\$180 Res/\$190 Non

Fairy/Gnome Houses Camp

Campers build a magical deep woods dwelling using all-natural materials such as stones, wood, plants, mosses, sticks and bark. They will create furniture and accessories for the enchanting little characters they make to inhabit their house. This camp stimulates wonderful extensions at home for endless hours of creative and imaginative play! Director: Liz Demas

Ages 6-15
Monday-Friday, 1:00-4:30pm
June 22-26
\$180 Res/\$190 Non

Mudflat City Camp

Mud season oozes over into summer as the art studio becomes ready for lots of messy fun. We will roll, coil, pinch, and slip several interesting clay pieces. Create a pot that tells a story or looks like a monster, a clay house, a lighthouse, and gorgeous clay leaves shaped into bowls. Final projects will be glazed Mon, July 20, 8:30-12:00. Director: Liz Demas.

Ages 6-15
Monday-Friday, 8:30am-12:00pm
June 29-July 2 (No camp July 3)
\$180 Res/\$190 Non

Mazing Mosaics Camp

Campers learn about one of the oldest and most lasting of art forms, then design a project using the ancient decorative art of mosaic tile work on a wooden frame. Campers create patterns using colored glass, ceramic tiles and other interesting materials, then grout to produce a professional finish! Project choices include mirror or picture frames and a wooden box. Director: Liz Demas

Ages 6-15
Monday-Friday, 1:00-4:30pm
June 29-July 2 (No camp July 3)
\$180 Res/\$190 Non

Puppet Party Camp

Campers use their imagination to design and create a fantastic large rod puppet using papier-mâché, paint, fabric, dowels and accessories. Puppets can be people, animals or fantastic beasts. Campers have the opportunity to work cooperatively writing a script for a short, informal production that includes all the puppets and is performed for families on the last day. Director: Liz Demas

Ages 6-15
Monday-Friday, 8:30am-12:00pm
July 6-10
\$180 Res/\$190 Non

Jazzy Jewelry Camp

Jewelry projects to wear or give as gifts; wild wire art, clay, paper and glass beads, friendship and felted bracelets, earrings and necklaces. Decorate shrink film with Sharpie Zentangle designs to make interesting jewelry pieces. Older campers may explore the design and skill involved in metal work using copper and brass, tools, and jewelry findings. Director: Liz Demas

Ages 6-15
Monday-Friday, 1:00-4:30pm
July 6-10
\$180 Res/\$190 Non

Paint & Print Camp

Watercolors will flow, exploring landscapes and abstract painting. Tempera and acrylics will be blended and mixed for larger works on canvas. Paint a mini canvas that comes with an easel. Explore painting methods and a variety of new tools and techniques. Play and experiment with printmaking techniques: Relief prints using cut foam, Easy-cut, and Gelli blocks will be used. Director: Liz Demas

Ages 6-15
Monday-Friday, 8:30am-12:00pm
July 13-17
\$180 Res/\$190 Non

3D in 4 Ways Camp

Campers become sculptors using polymer clay, wood, plaster, wire, and papier-mâché. Nails and glue transform simple pine blocks into painted abstract forms. Create an armature and wrap it with plaster for a figurative sculpture. Papier-mâché a mask and adorn with embellishments. Coil wrap a basket with yarn, design a lovely Chinese or a Zen Garden. Director: Liz Demas

Ages 6-15
Monday-Friday, 1:00-4:30pm
July 13-17
\$180 Res/\$190 Non

Horsemanship Camps

Campers ride and care for horses in a safe and beautiful farm setting. All levels welcome. Your child will have lots of hands on experience with a daily lesson, horse care instruction and stable management. Transportation to and from the camp is on your own. Director: Kim Johansen, Owner

Ages 6-16
Monday-Friday, 8:00am-4:00pm
\$400 Res/\$410 Non

Monday-Friday, 8:00am-12:00pm
\$300 Res/\$310

Sessions
S1- July 6-10
S3- July 20-24
S2- July 13-17
S4- July 27-31

TECHNOLOGY CAMPS

Engineering Camps

Does your child like to create things? Are they into problem solving? If so, this engineering camp is for them. The camp involves extensive hands-on activities. Each day campers are given a challenge that they must work together to solve. Focus is on the 5 P's of Engineering; planning, problem solving, perseverance, patience, and presentation. Director: Erin Crowley

Ages 6-9
Monday-Friday, 8:30am-4:30pm
S1- June 22-26
S2- July 6-10
\$225 Res/\$235 Non



Wow! Science Camp

Have fun with a science scramble of totally random experiments, models and science adventures. Start with cartoon character science to explore Pokemon physics and explore geology with Steven Universe. Delve into candy chemistry using chromatography and make a jar that glows like fireflies. We'll grow seeds on a sponge tower and build a working monocular to explore the tiny worlds around us. Director: Wicked Cool Staff

Ages 6-10
Monday-Friday, 8:30am-12:00pm
July 27- July 31
\$205 Res/\$215 Non

WEDO LEGO Robotics 2.0

Make science come to life! Get in gear with LEGO's new software to build and use an iPad to program Milo the science rover and other fun untethered robots. Explore guided robotics projects to create a shake table to test house designs to withstand an earthquake or create a bot to sort and recycle items. Instructor: Wicked Cool Staff

Ages 6-10
Monday-Friday, 8:30am-12:00pm
August 3-7
\$205 Res/\$215 Non



Ninja Science Camps

This camp unites the body and mind by combining martial arts, tumbling, and parkour with environmental science education. We help girls and boys realize their full potential in an environment that is playful, supportive, and fun. Instructors: ONTA Studio Staff

Ages 4 to 8
Mon.-Fri., 9:00am-3:00pm
S1- June 15-19
S2- August 10-14

Ages 9-12
Monday-Friday, 9:00am-3:00pm
July 6-10
\$275 Res/\$280 Non