



2021 SPRING PROGRAMS

www.Willistonrec.org • 802-876-1160 • recreation@willistonvt.org

Below is a listing of upcoming programs for the Spring- March through May. Detailed information on each program can be found on the Recreation Website:

www.willistonrec.org

Registrations are accepted with the Rec. Dept. or directly with the company or instructor if listed. Program offerings are Virtual w/Live instructor, Online, or In-Person.

VIRTUAL PROGRAMS Online Live

The Skeleton: A Moving Introduction!

Age 18+, Mondays, April 5-26
6:30-7:30pm, \$60/\$65
Instructor: Gillian Franks

Strength Training

Age 50+, Tuesdays & Thursdays
10:30-11:30am, Free to Seniors.
Instructor: Toni Kunker

Yoga- Gentle/Seated

Age 50+, Fridays, 10:30-11:30am
Free to Seniors. Instructor: Toni Kunker

Ukulele Clinics

Age 18+, Online Live with Clare Innes
Register at- <https://www.ukuleleclare.com/loca-ukulele-groups-and-events>

Harmonica Clinics

Age 18+, Online Live with Clare Innes
Register at- <https://www.ukuleleclare.com/harmonicas-for-health-1>

Chess Programs

Age 6-12, Online Live with Chess Wizards
Register at- <https://chesswizards.jumbula.com/#/view-our-classes>

Intermediate Game Design

Grades 3-5, Thursdays, May 6-June 10
3:30-4:45pm, \$142/\$147
Instructor: Wicked Cool for Kids

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ONLINE PROGRAMS

Boaters Safety

Age 12+. The course provides the opportunity to earn the certification necessary to legally operate on Vermont's waterways. Course can be taken online at any time.
<https://www.boat-ed.com/vermont/>

My Healthy VT

Want to be healthier and feel better? My Healthy VT can help. Find a free course that's right for you and take online any time. <https://myhealthyvt.org/>

IN-PERSON PROGRAMS

COVID-19 Guidelines will be followed for these programs for the safety of all. Masks are required of all participants and anyone dropping off or picking up.

Youth Lacrosse- Grades 3-8

Deadline to register- March 28. Teams need to be formed and registered in 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 3/4, 5/6 & 7/8. Programs will start with outdoor practices in late April.

Volunteer Coaches- are needed in each program. 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.

Youth Tennis- Grades K-2 & 3-5

Wednesdays, April 28-June 2
\$90/\$95. The Edge at Essex
K-2- 2:30-3:30pm
3-5- 3:30-4:30pm

Pickleball Intro- Age 18+

Saturday, May 8, 10:00am-12:00pm
\$32/\$37. Instructor: Corey Gottfried

Pickleball 101- Age 18+

Mon, Tues & Wed, May 10-12
5:30-7:30pm, \$72/\$77.
Instructor: Corey Gottfried

Ninja Kids- Age 4-9

4 different days offered- Tues, Wed or Fri- 4:00pm or Sat- 10:00am
Sessions start- S1- March, S2- April.
\$60/\$65. ONTA Studio

Ninja Kids- Age 7-10

Thursday, 4:00pm.
Sessions start- S1- March, S2- April
\$60/\$65. ONTA Studio

Ninja Teens- Age 10-15

2 different days offered- Wed or Fri- 5pm
Sessions start- S1- March, S2- April.
\$60/\$65. ONTA Studio

Ninja Teens- Age 13-17

Saturdays, 1pm.
Sessions start- S1- March, S2- April
\$60/\$65. ONTA Studio

April Ninja Science Camp- Age 4-8

Monday-Friday, April 19-23,
9am-3pm, \$295/\$305.
ONTA Studio

Dangerous Girls- Age 14+

Wednesdays, 6:30pm.
S1- Boxing 101- March,
S2- Kickboxing- April
\$60/\$65. ONTA Studio

MMA for Nerds- Age 18+

Tuesdays, 6:30pm. S1- Boxing
101-March, S2- Kickboxing- April
\$60/\$65. ONTA Studio

Street Fighters 9000- Age 18+

Fridays, 7pm.
Session start- S1- March, S2- April
\$60/\$65. ONTA Studio

Fighter Fitness- Age 18+

Mondays, 6pm or Saturdays, 9am.
Sessions start- S1- March, S2- April.
\$60/\$65. ONTA Studio

Tai Chi Form- Age 18+

Tuesdays, 5:30pm.
Sessions start- S1- March, S2- April
\$60/\$65. ONTA Studio