



2021-2022 Winter Programs

WWW.WILLISTONREC.ORG

802-876-1160 • recreation@willistonvt.org

Below is a listing of upcoming programs for the Winter: November-February. Detailed program information can be found on the Recreation Website- www.willistonrec.org.

VOLUNTEER COACHES NEEDED!

Coaches are needed for Youth Rec. Basketball. Sign up to coach when you register your child, or if you don't have a child in a program, fill out a "Volunteer Form," which can be found on the Rec. Website. Basketball season is December-February.

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.

ONLINE PROGRAMS

SNOWMOBILE SAFETY

Age 12+. Online Course. The course provides the opportunity to earn the certification necessary to legally operate on Vermont's Statewide Snowmobile Trails System. Course can be taken online at any time. Go to Rec. website for link to course.

MY HEALTHY VT

Online Courses. 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. Go to Rec. website for link to My Healthy VT website.

IN-PERSON PROGRAMS

WOMEN'S SELF DEFENSE SEMINAR

Age 18+. This very informative three-hour seminar is designed to provide you with easy-to-learn, yet effective lifesaving knowledge and skills with a delivery style that people find welcoming and non-intimidating. Instructor: Jeffrey Lamkins

A NEW APPROACH TO STRESS RELIEF

Age 18+. Using skills from her 13 years plus of experiencing relief from stress through movement Gillian will teach you gentle exercises that will relax you and that you can continue to draw on in the days ahead. Instructor: Gillian Franks

TAI CHI INTRO

Age 18+. Come strengthen your body, regulate and build physical energy, and cultivate your mental concentration and spirit with this gentle and nourishing practice. Instructor: Zachary Stevens, ONTA Studio

CHAIR YOGA INTRO

Age 18+. For those with visible mobility, non-visible injuries, central nervous system and degenerative diseases, chronic pain, physical, mental, emotional, and behavioral challenges. Intro programs offered in Dec, Jan & Feb. Instructors: Sangha Studio Staff

BOXING INTRO

Age 18+. An 8-week introduction to the fundamentals of boxing for fun, fitness and self-defense! We'll focus on learning footwork, defense and proper punching mechanics through a variety of safe, fun drills. Instructor: ONTA Studio Staff

GENTLE YOGA INTRO

Age 14+. This class features grounded shapes held for longer periods of time, allowing for opening and softening of the body and improvement of flexibility and mobility. Variations will be shown. Intro programs offered in Dec, Jan & Feb. Instructors: Sangha Studio Staff

BEGINNER YOGA INTRO

Age 14+. Is designed to introduce the practice of yoga in a clear and accessible way. You will explore terminology and breathing techniques and learn how to use props and variations. Intro programs offered in Dec, Jan & Feb. Instructors: Sangha Studio Staff

YIN YOGA INTRO

Age 14+. A quiet, introspective practice where postures are held for 3-5 minutes with and without props to encourage greater mental focus and lower stress levels. Intro programs offered in Dec, Jan & Feb. Instructors: Sangha Studio Staff

LOW IMPACT CARDIO WORKOUT

Age 14+. This low impact workout is suitable for all fitness levels. A great way to build muscular strength, endurance and cardiovascular fitness. This will be followed by a relaxing mindfulness stretch. No equipment program. Instructor: Makeey Shedyak

DANGEROUS GIRLS

Age 14+. This is a women-only cardio- kickboxing class that combines strength and conditioning with practical combat skills. Learn trips and throws, bounce to Beyoncé, hit hard, laugh a lot. Instructor: Zachary Stevens, ONTA Studio

DOG TRAINING: BASIC & SOCIAL SKILLS

Age 18+. Using a simple-to-use training approach, this 6-week program covers the essentials of having a well-behaved companion. Includes obedience, manners, social skills and understanding behavior. Instructor: Deb Helfrich, Gold Star Dog Training

THERAPY DOG ACADEMY

Age 18+. This 6-week course gives dogs and handlers the necessary skills for not only passing the test, but also for working successfully as a therapy dog team. Instructor: Deb Helfrich, Gold Star Dog Training

PICKUP PROGRAMS

New this year - The Pickup Programs are by registration and payment Only. They are no longer free drop-in programs. There are Men's Basketball, Women's Basketball and Adult Volleyball. Details for each and to register, go to the Rec. website.

VOLLEYBALL LEAGUE - COED

Age 18+. The league will be offered this Winter/Spring. Weekly games and a double-elimination tournament. A coed team requires two or more females on the court at any time regardless of substitutions. Contact Tim Armstrong, willistonvolleyball@gmail.com.

SAFE SITTER COURSES

Grades 6-8. Safe Sitter® prepares teens to be safe when they're home alone, watching siblings or babysitting. The course offers four main content areas: Safety Skills, Child Care Skills, First Aid & Rescue Skills and Life & Business Skills. Instructor: Rec Staff

KINDERREC BASKETBALL

Kindergarten. This is a parent/child program designed to teach the fundamentals of the game. Each week youngsters will be introduced to a new skill and fun activities that will enhance their learning. Program is January-February. Instructors: Rec. Staff

1ST-2ND BASKETBALL

Program provides the opportunity for youngsters to learn the game, improve their skills and enjoy playing. Program meets on

Saturdays in January and February. The hour session will consist of a practice and scrimmage time. Parents and volunteers are needed to coach teams. Sign up to coach when registering your child.

3RD-4TH BASKETBALL

There are separate boys' and girls' programs offered if numbers allow. The programs provide the opportunity for youngsters to play and improve their skills. The program meets twice a week for 1 hour each time: 1 practice and 1 game per week. Parent Volunteers are needed to coach. Sign up to coach when registering your child.

5TH-6TH BASKETBALL

There will be separate boys' and girls' leagues offered if numbers allow. The leagues meet twice a week for 1 hour each time: 1 practice and 1 game per week. The 5th-6th are part of the CVRA League, which plays other Rec. Depts. Parent Volunteers are needed to coach. Sign up to coach when registering your child.

7TH-8TH BASKETBALL

There is a league for boys offered if the numbers allow. The team meets twice a week for 1 hour each time: 1 practice and 1 game per week. The 7th-8th is part of the CVRA League, which plays other Rec. Depts. Parent Volunteers are needed to coach. Sign up to coach when registering your child.

LEARN TO SKI/RIDE

Information on the Learn to Ski/Ride Program will be available on the Rec. website starting December 1. Registration will open on this date. Be sure to register before the early bird discount deadline to save.

NINJA KIDS INTRO

Age 4-8 or 7-11. The play-based curriculum increases strength and self-confidence, while moving meditation helps children manage their emotions and develop the connection between mental and physical well-being. Instructor: Zachary Stevens, ONTA Studio

NINJA TEENS INTRO

Age 9-15 or 12-17. The play-based curriculum increases strength and self-confidence, while moving meditation helps children manage their emotions and develop the connection between mental and physical well-being. Instructor: Zachary Stevens, ONTA Studio

BEGINNERS ELECTRONICS AND PROGRAMMING WITH ARDUINO MICROCONTROLLERS

Age 10+. Deadline to Register is December 19, so kits can be ordered. This program will introduce beginners to the world of building small electronic projects that can be controlled by microcontrollers called "Arduino." Basic principles of electronics and programming will be explored as you make lights blink, motors turn, and sense the world around you. Instructor: Bryan Serinese

Holiday Decorating Contest

Coming Soon! Watch for information on this year's Holiday Decorating Contest in December. It was a great event last year and the hope is for more families to enter. Last year 3 resident and 1 business prize were awarded. If you are a business and would like to donate a gift basket as a prize, please contact the Recreation Dept.