

# 2021 Fall Programs

*Below is a listing of upcoming programs for the Fall - September through November. Detailed program information can be found on the Recreation Website - [www.willistonrec.org](http://www.willistonrec.org).*

**VOLUNTEER COACHES NEEDED:** Coaches are needed for Youth Rec. Soccer. 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, and return as soon as possible. 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.

## ONLINE PROGRAMS

### Snowmobile Safety

Online Course for Age 12+. 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.

### 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.

## VIRTUAL PROGRAMS - Online Live

### Ukulele Clinics

Age 18+, Online live with Clare Innes. Check out the variety of programs being offered this Fall. Sign up for one or more.

### Game Design 1 - Grades 2-5

Online Live Program. Learn programming using a fun scenario-based approach and build games! Side Scroller Survival introduces the basics of motion and animation using puzzle modules to reinforce coding concepts. Instructor: Wicked Cool Staff

## IN-PERSON PROGRAMS

### Dog Training: Basic & Social Skills

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

### Dog Training: Beyond Basics

Age 18+. The 5-week course continues to build a foundation of manners, training, and social skills that were started in the basic course, working on making responses to commands consistent and reliable. 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

### Pickleball Intro

Age 18+. Learn the rules, a variety of drills, some basic game strat-

egy and how to play this unique sport in this two hour introductory clinic. Bring your own paddle or loaner paddles will be available. Instructor: Corey Gottfried

### Pickup Basketball Programs

New this year - The Men's Basketball programs are by registration and payment only. It is no longer a free drop in program. Programs for 20+ and 30+. Register on the Rec. website.

### Volleyball League - Coed

Age 18+. The league offers two sessions: Fall and Spring. Each finish with 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](mailto:willistonvolleyball@gmail.com).

### Dangerous Girls Class

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

### 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

### 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

### 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

### Soccer Shorts - Age 3-4

Child/Parent Program. The program teaches the fundamentals of soccer using a fun and energetic curriculum. Sessions are held in a fun and positive environment, where players are encouraged to learn and play with a parent and each other. Instructors: Rec. Staff

### Kindergarten Soccer - Coed

This child/parent program is designed to teach the fundamentals of the game. Youngsters will be provided with the opportunity to learn,

practice, and develop their individual skills. Instructor: Rec Staff

### 1st-2nd Soccer - Coed

This league provides the opportunity for youngsters to learn the game, improve their skills, and enjoy playing. The program meets twice a week for 1 hour each time. Parents and volunteers are needed to coach teams.

### 3rd-4th-5th Soccer

There are separate boys' and girls' leagues offered if numbers allow. The leagues meet twice a week for 1 hour each time. Parents and volunteers are needed to coach.

### Parkour - Age 7-11

This program teaches the foundation of parkour movements and concepts, allowing children to contextualize moves and concepts at their own learning level. Instructors: Green Mountain Training Center Staff

### Ninja Kids - 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 - 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

### Horseback Riding Lessons - Age 8-14

The Livery Horse Farm, Hinesburg is offering group lessons for beginner through advanced riders. The focus is on English riding. Horses provide a variety of skill levels for children to learn on. Instructor: Kim Johansen, Owner Livery Farm

### Swim Lessons

Group Swim Lessons at the Williston Edge. September and October programs available. Lessons are Mondays and Wednesdays- 2x/week for 4 weeks. Register with the Williston Edge. Detailed info on levels and times offered can be found on the Rec. website.

### Field Hockey Club

Learn the basics of the game, such as dribbling, passing, shooting, stick handling, defensive skills, and the essential rules. All skills are reinforced through practice and weekly small field games. Instructors: Jill Quong

