



Montpelier Recreation Department 2016-2017 Winter and Spring Brochure

58 Barre Street
Montpelier, VT 05602
802-225-8699 | www.montpelierrec.org

MONTPELIER RECREATION DEPARTMENT

YOUR COMMUNITY NEIGHBOR SINCE 1945

2016/2017 – WINTER/SPRING PROGRAMS

58 Barre Street – Montpelier, VT 05602

Telephone 225-8699, www.montpelierrec.org

“EXPERIENCE THE BENEFITS”



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Carl Nunn

ADVISORY BOARD

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Andrea Talentino
Sue Aldrich- School Board Representative
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MISSION STATEMENT:

The Mission of the Montpelier Recreation Department is to provide a variety of quality programs, community events, and recreational services in a safe and affordable manner, and to effectively develop and maintain recreational facilities for all residents of the Montpelier Community.

OFFICE LOCATION

Our new office is located at 58 Barre Street in the Senior Activity Center. All registrations and inquiries are processed at the office. The Montpelier Recreation Department welcomes requests for reasonable accommodations. Please contact our office at 225-8699.

OFFICE HOURS

Office hours - Monday through Thursday- 8:00 a.m. to 4:30 p.m.
Friday - 8:00 a.m. to 4:00 p.m.
The Office is closed on November 24, 2016, November 25, 2016, December 24 2016 - January 2 2017. January 16, February 20, May 29. Fees
Payment is required (in full) at time of signup unless other payment arrangements have been made with an office representative.

ONLINE REGISTRATIONS

The Recreation Department now accepts online registrations with credit card payment, for select programs and events. Please note that there is a \$3.95 convenience fee, per transaction, that will be charged to the user's credit card. First time users must call the Recreation Department to set up a household account and to obtain their user name and password.
Please visit our website for program updates and announcements. www.montpelierrec.org

REFUNDS

A program is cancelled by the Recreation Department.
Cancellation by parent/guardian two days prior to start date.
Pro-rated due to illness or accident after class starts.

PROGRAM CANCELLATIONS

If the minimum enrollments for a program are not reached, the program will be cancelled and participants will be contacted.

WEATHER CONDITIONS

Classes may be cancelled due to inclement weather. When our schools close, all classes will be cancelled. Please call the office for information (225-8699).

SIGN UPS

Sign up for all programs and classes early. Registrations will not be accepted at the first class. Instructor schedules and supplies are based on pre-registration for programs.

THANK YOU

To all our volunteers for soccer, the Ski and Skate Sale, and Halloween Party. Our programs benefit greatly from people who donate their time to help. Thank you.

INSTRUCTORS WANTED:

The Montpelier Recreation Department continues to work on expanding programs for adults and children. If you would like to share your talent (volunteer or paid), please call 225-8699 between 9:00 a.m. and 4:00 p.m. to arrange a meeting. Some programs we would like to offer the public are Tai Chi, Dance, Craft Programs, Home Maintenance Programs, Basic Automotive Maintenance Programs, and pre-school activities. Bring your talents to MRD and the Montpelier community.

RECREATION CENTER OPEN GYM HOURS

Monday through Friday afternoons 3:00 p.m. to 4:00 p.m.
Monday through Saturday nights 7:00 p.m. to 9:00 p.m.
Saturday afternoon 1:00 p.m. to 4:00 p.m.
Friday/Saturday nights open 9:00 p.m. to 10:00 p.m.
for high school age and older.

On Thursdays January 5, 12, 19, 29 February 2, 9, 16, 23 March 9, 16, 23, 30, April 6, 13 open gym will start at 8:00 pm

The gym will not be available after school when programs are scheduled by the Recreation Department; however, there is still access to the game room.

Daily Rates		Daily Rates		Passes		Passes	
Residents	Non-Residents	Residents	Non-Residents	Residents	Non-Residents	Residents	Non-Residents
K-8 \$1.00	K-8 \$ 2.00	K-8 \$10.00	K-8 \$ 20.00				
9-12 \$1.50	9-12 \$ 3.00	9-12 \$15.00	9-12 \$ 30.00				
Adult \$2.50	Adult \$ 5.00	Adult \$25.00	Adult \$ 50.00				
Family \$6.00	Family \$12.00	Family \$60.00	Family \$120.00				

PRE-SCHOOL PROGRAMS

LITTLE SPROUTS OPEN GYM

The Gym is available on Wednesdays from 9:00 – 11:00 a.m. for pre-school age children with their parents or day provider. Mats, balls, and other play equipment are available for use.

WHO: Infants, toddlers, and preschoolers.
TIME: 9:00 a.m. - 11:00 a.m.
WHEN: Wednesdays
DATE: October 12 through May 3, 2016
WHERE: Recreation Center Gym
FEE: FREE

YOUTH ACTIVITIES

VACATION BREAK DAY CAMPS

Licensed Child Care Programs
(PRE-REGISTRATION IS REQUIRED FOR DAY CAMPS)

SIGN-UPS: MONDAY - FRIDAY

The Day Camps provide youngsters with a well-balanced selection of activities. The camp is staffed by a Director and qualified counselors. Children should bring snacks, lunch, and something to drink. Pre-registration is required. We are a licensed childcare program and can accept state subsidy for eligible children. Please make sure your State paperwork is filled out prior to the start of the program. **ALL DAY CAMP REGISTRATION FORMS/IMMUNIZATION RECORDS AND PAYMENT NEEDS TO BE MADE BY THE START OF DAY CAMP. IF APPLYING FOR SUBSIDY, A SUBSIDY CERTIFICATE WILL NEED TO BE ON FILE BEFORE THE START OF DAY CAMP.** If you have any questions about subsidy, please call 225-8699 and ask for Norma.

WHO: Boys and Girls ranging from Kindergarten through 6th grade.
TIME: 7:45 a.m. - 4:45 p.m. (FULL DAY ONLY)
WHERE: Main Street Middle School
FEES: SEE FEE SCHEDULE

FEBRUARY BREAK DAY CAMP

3550 A, B, C, D, E, F

DATES: February 27, 28, March 1, 2, 3, 2017
SPECIAL TRIP: TBA

SPRING BREAK DAY CAMP

4560 A, B, C, D, E, F

DATES: April 17, 18, 19, 20, 21, 2017
Special Trip: TBA

RESIDENT FEES: PER CAMP

\$32.00 PER DAY/FIRST CHILD
\$25.00 PER DAY/ADDITIONAL CHILDREN
\$120.00 FOR THE WEEK/FIRST CHILD
\$105.00 FOR THE WEEK/ADDITIONAL CHILDREN
(PRE-REGISTERED)

NON-RESIDENT FEES: PER CAMP

\$46.00 PER DAY FIRST CHILD OR (PRE-REGISTERED)
\$35.00 PER DAY ADDITIONAL CHILDREN
\$160.00 FOR THE WEEK/FIRST CHILD
\$140.00 FOR THE WEEK/ADDITIONAL CHILDREN

THE YOUNG MAGICIANS CLUB 3461A

Rob Mernin, founder of Vermont's own CIRCUS SMIRKUS teaches a new February school vacation course in magic! Youngsters experience the "Wow! That is so cool!" reaction from the very first class. This is a week-long beginner course for ages 9-12. The magical material is age appropriate, kid friendly, and presented in a positive, non-competitive environment. No Experience needed only a sense of fun and curiosity for the magical.

Rob teaches the "Discover Magic" curriculum, an innovative national educational program developed by three of the world's foremost magicians presented in Rob inimitable style. Kid get to keep a full magic package worth over \$50 containing custom magic tricks, professional props, magical file folders, secret codes to online tutorials, and tricks up their sleeves.

WHO: 9 to 12 year old Boys and Girls
WHEN: February Vacation.
DATE: February 27, 28 March 1, 2, 3.
TIME: 9:00-11:00 a.m.
WHERE: Main Street Middle School Library
FEE: Residents: \$250.00 Non-Residents: \$275.00
INSTRUCTOR: Rob Mermin www.RobMermin.org
Minimum of 8, Maximum of 20 participants.

COOKING FUN WITH MRD!

Join Family and Consumer Science Teacher/MRD Day Camp Sheila Cleary for the following workshops: Min. 15 youth per group

HOLIDAY COOKIES 3463A

Bake and decorate yummy cookies from scratch for holiday treats.

WHO: Boys & Girls Grades K-5
DATE: Saturday December 17
TIME: 3:00-5:00 p.m.
WHERE: Montpelier Senior Activity Center
FEE: Residents: \$15.00 Non-Residents: \$20.00
INSTRUCTOR: Sheila Cleary
MINIMUM: 10 MAXIMUM 15

VALENTINE CUPCAKES 3463B

Make those delicious cupcakes so pretty. Made from scratch ingredients.

WHO: Boys & Girls Grades K-5
DATE: Saturday February 11
TIME: 3:00-5:00 p.m.
WHERE: Montpelier Senior Activity Center
FEE: Residents: \$15.00 Non-Residents: \$20.00
INSTRUCTOR: Sheila Cleary
MINIMUM: 10 MAXIMUM 15

YOUTH ACTIVITIES

START SMART BASKETBALL 3595A

This program is available for both Residents and Non-Residents. This 5-week Start Smart Basketball is a developmentally appropriate introductory basketball program for children 3-5 years old. This program introduces children to basketball in a fun environment. Start Smart Basketball prepares children and their parents for organized basketball without the fear of getting hurt. This program is an interactive program with children and their parents. **PARENTS MUST PARTICIPATE.** Please leave other siblings at home unless supervised by another parent.

WHO: 3 to 5 year old Boys and Girls

WHEN: Tuesdays

DATE: January 10 – February 7

TIME: 5:00-5:45 p.m.

WHERE: Recreation Center

FEE: Residents: \$48.00 Non-Residents: \$72.00

INSTRUCTORS: Recreation Staff and Volunteers.

Minimum of 8, Maximum of 20 participants.

FIRST/SECOND GRADE BASKETBALL 3594A

MONTPELIER RESIDENTS ONLY

WHO: Boys & Girls in First and Second Grade.

WHEN: Saturdays, December 3, through February 4.

TIME: 10:15 a.m. to 11:15 p.m.

WHERE: The Recreation Center

FEE: \$35.00

Volunteer coaches are needed to run this program. If interested please call 225-8699.

KINDERGARTEN BASKETBALL 3594B

MONTPELIER RESIDENTS ONLY

WHO: Boys & Girls in Kindergarten.

WHEN: Saturdays, December 3 through February 4.

TIME: 9:00 a.m. to 9:45 a.m.

WHERE: The Recreation Center

FEE: \$35.00

Volunteer coaches are needed to run this program. If interested please call 225-8699.

TAE KWON DO 3526 A&B

This is an instructional class for those interested in learning the art of Tae Kwon Do. Parents who participate in class with their child will get a discount of 50% off.

WHO: Ages 7 to adult.

WHEN: Mondays and Thursdays

DATES: November 28 – February 27

Skip 12/26, 12/29, 1/2, 1/5 1/9, 1/12, 1/16

TIME: **2526-A** 7-8 Years of age

5:30 p.m.-6:30 p.m. -large gym

2526-B 9 years – adults

6:30 p.m.- 7:30 p.m.-Mondays-Small gym

Thursdays – Large gym

WHERE: Union Elementary School

FEE: Residents Child: \$70.00 Parent: \$35.00

Non-Residents Child: \$100.00 Parent: \$50.00

INSTRUCTOR: Matthew Girouard- Black Belt in TKD

Minimum: 10 Maximum 20

All participants must purchase AAU insurance through TKD instructor at the cost of \$14.00 per year. This will allow participant to partake in additional TKD competitive events. An additional \$35.00 will be charged for TKD uniform.

PARENT/CHILD ARCHERY 3425A

Learn how to handle a bow safely and properly shoot at targets at R & L Archery's indoor range.

WHO: Parent/child (3rd grade and up)

WHEN: Tuesdays

DATES: January 10, 17, 24,31

WHERE: R & L Archery in Barre

TIME: 6:00 p.m. to 7:00 p.m.

FEE: \$24.00 per person

INSTRUCTOR: R & L Staff

Minimum: 3 Maximum 10

YOUNG REMBRANDTS DRAWING CLASS 3421A

Ring in the New Year with a Young Rembrandts class for your elementary student. Our budding artists will have the opportunity to flex their creative muscle as they take on fun, artistic challenges like our Jack Russell Terrier and even More Emojis in the month of January. February brings fun and culture into the classroom as our students learn about masquerade and dive into the mind of master artist Romero Britto. And in the month of March, get ready for some dinosaur-sized excitement as your elementary student recreates the ferocious T-Rex Young Rembrandts style! Time to enroll!

WHO: K – 5th grades

WHEN: Wednesdays for 10 weeks.

DATE: January 18 – March 29

No Classes on 3/1 Snow Make Ups 4/5, 4/12 (If Needed)

TIME: 2:50-4:20pm

WHERE: Union Elementary School- Art Room

FEE: Residents: \$135.00 Non-Residents: \$160.00

INSTRUCTORS: Young Rembrandts Staff

Minimum: 8 Maximum: 15

CREATIVE MOTION 3416A

Class includes age-appropriate whole body exercises and introduces the students to the basic elements of dance: space, time and energy.

Individual creativity and appreciation of others is emphasized.

WHO: Children Age 5-8

WHEN: Monday Afternoons

DATE: Free Trial Class January 9th.

Session Classes January 23, February 6, 13, 20

TIME: 3:30pm-4:30pm

WHERE: Union School Small Gym

FEE: Residents: \$36.00 Non-Residents: \$54.00

INSTRUCTOR: Mary Chris DeBelina Doyle received her BA from Dartmouth College and her MFA from Sarah Lawrence College. She is a mother of 3 and has taught dance in each state she has lived in for the past 11 years. Excited to be finally settled in Vermont, Mary Chris looks forward to teaching, performing and dance-making in these green mountains.

SUGARBUSH SUNDAY SKI PROGRAM 3301A

Children ages 8-18 join us for five Sundays at Sugarbush Starting January 8. For more information check our our website or call 225-8699. Registration deadline Friday, December 9th

YOUTH BASEBALL, SOFTBALL, AND T-BALL PROGRAMS (MONTPELIER RESIDENTS ONLY)

More information to come. Please watch for this information included in our monthly newsletter and website.



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ADULT PROGRAMS

ADULT CO-ED DODGEBALL LEAGUE 3529A

National Amateur Dodgeball

Association Rules

WHO: Adults

WHEN: Mondays

TIME: 7:00 – 9:00 p.m.

DATES: November 7 – December 12

WHERE: Union School Gym

FEE: \$15.00 per person

*Teams of 6 with at least 2 women per team

Official NADA rules apply.

*5 minute games & no stalling allowed

Other rules will be explained.

*Soft “Gator Skin” dodgeballs used

Teams will be picked each night.

Minimum: 15 Maximum: 30

ADULT CO-ED DODGE BALL LEAGUE 3529B

National Amateur Dodgeball

Association Rules

WHO: Adults

WHEN: Mondays

TIME: 7:00 – 9:00 p.m.

DATES: January 2 – February 13 Skip Jan. 16

WHERE: Union School Gym

FEE: \$15.00 per person

*Teams of 6 with at least 2 women per team

Official NADA rules apply.

*5 minute games & no stalling allowed

*Other rules will be explained.

*Soft “Gator Skin” dodge balls used

Teams will be picked each night.

Minimum: 15 Maximum: 30

TAE KWON DO 3526B

This is an instructional class for those interested in learning the art of Tae Kwon Do. Parents who participate in class with their child will get a discount of 50% off.

WHO: Ages 7 to adult.

WHEN: Mondays and Thursdays

DATES: November 28 – February 27

Skip 12/26, 12/29, 1/2, 1/5 1/9, 1/12, 1/16

TIME: **2526-B** 9 years – adults

6:30 p.m. – 7:30 p.m. – Mondays – Small gym

– Thursdays – Large gym

WHERE: Union Elementary School

FEE: RESIDENTS CHILD: \$70.00 **PARENT:** \$35.00

NON-RESIDENTS CHILD: \$100.00 **PARENT:** \$50.00

INSTRUCTOR: Matthew Girouard- Black Belt in TKD

Minimum: 10 Maximum 20

All participants must purchase AAU insurance through TKD instructor at the cost of \$14.00 per year. This will allow participant to partake in additional TKD competitive events. An additional \$35.00 will be charged for TKD uniform.

HATHA YOGA

In this class students learn to make active, conscious use of deep breathing, gravity and balance and through focused, gentle, but thorough stretching to systematically promote the health, energy, strength, and flexibility of every part and every system of the body. The instructor recognizes Yoga as a highly effective tool for stress management while bringing about greater physical and mental fitness as well as deep relaxation. Time is allowed in each session to work on specific problem areas and finding ways to heal them. The Union School small gym is a large quiet room with big windows. Bring your own mat, a favorite quilt, blanket, towel, or sleeping bag for padding. Wear loose, comfortable clothing.

HATHA YOGA 3442A

WHO: Men and Women ages 16 - 80, Beginners and Advanced.

WHEN: Tuesdays for 10 weeks.

DATES: November 15 – January 31

No Class November 22, December 27

TIME: 6:30 - 8:00 p.m.

WHERE: Union School-Small Gym

FEE: Resident: \$ 90.00 Non-Resident: \$130.00

Minimum: 9 Maximum: 16

INSTRUCTOR: Bessie Sandberg

HIIT KICK

HITT Kick is a high intensity interval training inspired by Tae Kwon Do and Kickboxing combat training. 50 minutes of hitting targets, kicking, punching, plyometrics and floor exercises. Release stress, get fit, be stronger and happier! This class is fast paced and advanced but all levels are welcome.

SESSION 1: 16 CLASSES-3516A

WHO: Adults 18+

DATES: January 3 through February 23

WHEN: Tuesdays and Thursdays

WHERE: Union Elementary School Small Gym

TIME: Tuesdays 5:15 pm – 6:15 pm

Thursdays 5:30 pm – 6:30 pm

FEE: Resident: \$96.00 Non-Resident: \$144.00

WALK-INS: Resident: \$9.00 Non-Resident: \$12.00

NOONTIME BASKETBALL 2521A

Pre-registration is required during office hours. Sign ups ongoing until filled

WHO: Anyone out of High School.

WHEN: Mondays - Fridays

Starting October 3 - March 10

Noon to 1:15 p.m.

WHERE: Montpelier Recreation Department

FEE: Residents: \$80.00 Non-Residents: \$120.00

WALK-IN: Resident: \$2.00 Non-Resident: \$3.00

Maximum: 30

SUNDAY BASKETBALL 2522A

Come play basketball! A great way to exercise and stay healthy this winter. Enjoy a game of basketball on Sunday mornings before you sit back and enjoy the afternoon games with the big leagues.

WHO: 18 years and older

WHEN: Sundays

October 9 through April 16, 2016

NO Basketball December 25, 2016 or January 1, 2017

10:00am – 12:00pm

WHERE: Montpelier High School Gym

FEE: Residents: \$50.00 Non-Residents: \$75.00

WALK-IN FEE: Residents: \$2.00 Non-Residents: \$3.00

ADULT PROGRAMS

FITNESS HOOPING

De Stress and get fit after the holidays and try a new Fitness Class with Carol Becker, Physical Therapist and a Certified Body Hoop instructor. Carol uses large 2 lb "Hula" Hoops for a fun, rejuvenating, Head-to-Toe work out. If you don't think that you can "Hula" hoop, don't worry. Carol will teach you. Check it out at www.fitnesshooping.com

FITNESS HOOPING

WINTER MINI SESSION 1 – 3509A

WHO: Adults Men and Women
WHEN: Thursday Evenings
DATES: January 5, 12, 19, 26
TIME: 7:00 pm – 8:00 pm
WHERE: Montpelier Recreation Department
FEE: Resident: \$32.00 Non- Resident: \$46.00
WALKINS WELCOME Resident: \$9 Non-Resident: \$12
Minimum: 6 Participants Maximum: 12 Participant

FITNESS HOOPING

WINTER MINI SESSION 2 – 3509B

WHO: Adults Men and Women
WHEN: Thursday Evenings
DATES: February 2, 9, 16, 23
TIME: 7:00 pm – 8:00 pm
WHERE: Montpelier Recreation Department
FEE: Resident: \$32.00 Non- Resident: \$46.00
Walkins Welcome Resident: \$9 Non-Resident: \$12
Minimum: 6 Participants Maximum: 12 Participants

FITNESS HOOPING

WINTER MINI SESSIONS 1 & 2 – 3509C

8 – weeks- take all 8 weeks of class and receive a discount on your participant fee!

WHO: Adults Men and Women
WHEN: Thursday Evenings
DATES: January 5, 12, 19, 26 February 2, 9, 16, 23
TIME: 7:00 pm – 8:00 pm
WHERE: Montpelier Recreation Department
FEE: Resident: \$54.00 Non- Resident: \$82.00
Min. 6 Participants

ADULT WATERCOLORS - BEGINNERS TO ADVANCED 3409A

In this six-week course you will learn how watercolor can be a fun, exciting, and challenging medium. You will learn a few basic drawing techniques to assist you in the development of your paintings. You will work with composition, value, light, and color as a few components in creating your work. You will explore and experiment with watercolor techniques that will bring life to your work. Please bring photos and/or drawings and sketches as studies for your paintings. Please join us for fun and enjoyment with watercolor.

WHEN: Wednesday evenings
TIME: 6:30 – 8:30
DATES: January 4 through February 8
WHERE: Union School Art Room
FEE: Resident: \$100.00 for six sessions
Non-Resident: \$140.00 for six sessions

MATERIALS: Contact instructor through the Recreation Department 225-8699

INSTRUCTOR: Terry Hodgdon - Art Teacher for thirty-three years
Minimum: 4 Maximum: 10

ANY BODY DANCE 3417A

Class includes a gentle warm-up in chairs emphasizing core strength and builds to standing, full-body movement. All parts of this class can be adapted for any ability, any BODY.

WHO: Suggested 50+ open to all
WHEN: Tuesday Nights
DATE: Free Trial Class January 10th
January 17 – February 17

TIME: 7:00pm-8:30pm
WHERE: Montpelier Senior Activity Center
FEE: Resident \$48.00 Non Resident 72.00

INSTRUCTOR: Mary Chris DeBelina Doyle received her BA from Dartmouth College and her MFA from Sarah Lawrence College. She is a mother of 3 and has taught dance in each state she has lived in for the past 11 years. Excited to be finally settled in Vermont, Mary Chris looks forward to teaching, performing and dance-making in these green mountains.

THE ONION RIVER EXCHANGE BANK (ORE)

The Onion River Exchange is a network of the skills and talents of our community. Through the exchange of time instead of money: Meet daily needs, get help with child care, cooked meals, sewing help, pet help, health & wellness resources, find rides for errands or a run to the airport, borrow a truck, find enrichment opportunities: learn knitting, piano, art lessons, get computer help, have access to our Tool Library of over 100 tools, and so much more.

For information go to: <http://www.orexchange.org/>, call: 802.661-8959 or drop by at 46 Barre St. in the CAL Building (next to MSAC) T, W, TH 9 to 4.

WHO: Individuals, families, organizations
AGES: All Ages
WHEN: Office open T, W, Th, 9-4
WHERE: 46 Barre, St. in the CAL building
ANNUAL MEMBERSHIP:
\$25. single | \$40. family | \$100. Organizations

WINTER RED CROSS SAFETY CLASSES

CPR RECERTIFICATION ADULT & PEDIATRIC 3438A

Card must not be expired
DATE: Sunday December 11th
WHERE: Conference Room #1 Central Vermont Hospital
TIME: 1:00pm-4:00pm
FEE: 40.00 Per Person

PEDIATRIC CPR/AED 3436A

DATE: Sunday January 8th
WHERE: Conference Room #1 Central Vermont Hospital
TIME: 1:00pm-4:00pm
FEE: 60.00 Per Person

FIRST AID ADULT & PEDIATRIC 3437A

DATE: Sunday January 22nd
WHERE: Conference Room #1 Central Vermont Hospital
TIME: 1:00pm-4:00pm
FEE: 50.00 Per Person

ADULT CPR/AED 3439A

DATE: Sunday February 5th
WHERE: Conference Room #1 Central Vermont Hospital
TIME: 1:00pm-4:00pm
FEE: 60.00 Per Person

SPRING PROGRAMS - YOUTH ACTIVITIES

GIRLS ON THE RUN 4314-A & B

Girls on the Run Vermont is a non-profit organization whose mission is to educate and prepare girls for a lifetime of self-respect and healthy living.

This is a 10-week program with a curriculum that utilizes the power of running to provide girls the tools to celebrate themselves, honor their voices, and recognize their gifts. They will have fun and make friends with other girls while exercising, sharing experiences and challenging themselves to be physically and mentally stronger. Volunteer coaches needed by January 27, 2017

REGISTRATION: Participants must sign up in advance. At this time there are only 15 slots available for this program. (15 girls per 2 coaches.)

Registration starts February 13, 2017.

GIRLS ON THE RUN – ELEMENTARY 4314A

WHO: Girls in 3rd, 4th and 5th grade

WHEN: TBA – Practices scheduled at the coach's discretion

DATES: March 20 – June 2

TIME: 3:00- 4:00 pm

WHERE: Union School Playground- Gym for bad weather

FEE: \$80.00 – Make check out to Girls on the Run VT.

Scholarships are available through the Girls on the Run organization.

Ask the Recreation Department for an application.

COACHES: Volunteers: TBA

HEART & SOLE – MIDDLE SCHOOL 4314B

Formally known as Girls On Track

At this time there is strictly only 15 slots available, please be sure to sign up early to avoid disappointment.

Registration must be done at the Recreation Department.

NO MAIL IN REGISTRATIONS. Thank You.

At the end of the 10-week program, the girls will participate in a 5k run/walk event with girls from around Vermont that have participated in the program. June 4th Essex Junction.

Please send girls to each practice with appropriate clothing, shoes, snacks and water.

WHO: Girls in 6th, 7th and 8th grade

WHEN: TBA – Practices scheduled at the coach's discretion

DATES: March 20 – June 2

TIME: 3:00- 4:00 pm

WHERE: Main Street Middle School

FEE: \$80.00 – Make check out to Girls on the Run VT.

Scholarships are available through the Girls on the Run organization.

Ask the Recreation Department for an application.

COACHES: Volunteers: TBA

SPRING COOKIES:

Bake and decorate yummy cookies from scratch for holiday treats.

WHO: Boys & Girls Grades K-5

DATE: Saturday April 15

TIME: 3:00-5:00 p.m.

WHERE: Montpelier Senior Activity Center

FEE: Residents: \$15.00 Non-Residents: \$20.00

INSTRUCTOR: Sheila Cleary

Minimum: 10 Maximum: 15

TAE KWON DO 4527 A & B

This is an instructional class for those interested in learning the art of Tae Kwon Do. Parents who participate in class with their child will get a discount of 50% off.

WHO: Ages 7 to adult.

WHEN: Mondays and Thursdays

DATES: March 13 – May 25 Skip 4/17 and 4/20

TIME: **4527-A** 7 -8 Years of age
5:30 p.m.-6:30 p.m. -large gym

4527-B 9 years – adults
6:30 p.m.-7:30 p.m.-Mondays Small gym
-Thursdays Large gym

WHERE: Union Elementary School

FEE: Residents Child: \$70.00 Adult: \$35.00

Non-Residents Child: \$100.00 Adult: \$50.00

INSTRUCTOR: Matthew Girouard- Black Belt in TKD

Minimum: 10 Maximum 20

All participants must purchase AAU insurance through TKD instructor at the cost of \$14.00 per year. This will allow participant to partake in additional TKD competitive events. An additional \$35.00 will be charged for TKD uniform.

SPRING CARTOONING YOUNG REMBRANDTS 4421A

There's no better way to get a jump on spring than with our fun Young Rembrandts cartoon class. Hop into the month of April with our funny frogs drawings. These drawing will delight our students as they learn how to tell jokes through drawing. Your heart will smile when you see the cute and cuddly creatures your student will draw in our baby animals and vintage phone lessons. And it doesn't stop there; our lively cartoon class is packed with hilarious and silly characters and scenes – all new this season, sign up today!

WHO: K – 5th grades

WHEN: Wednesday for six weeks

DATE: April 26 – May 31

TIME: 2:50-4:20 p.m.

WHERE: Union Elementary School- Art Room

FEE: Residents:\$81.00 Non-Residents: \$101.00

INSTRUCTORS: Young Rembrandts Staff

Minimum: 8 Maximum: 15

PARENT/CHILD ARCHERY 4425A

Learn how to handle a bow safely and a properly shoot at targets at R & L Archery's indoor range.

WHO: Parent/child (3rd grade and up)

WHEN: Tuesdays

DATES: March 14, 21, 28 & April 4

WHERE: R & L Archery in Barre

TIME: 6:00 p.m. to 7:00 p.m.

FEE: \$24.00 per person

INSTRUCTOR: R & L Staff

Minimum 3 Maximum 8

CREATIVE MOTION 4401A

Class includes age-appropriate whole body exercises and introduces the students to the basic elements of dance: space, time and energy. Individual creativity and appreciation of others is emphasized.

WHO: Children Age 5-8

WHEN: Monday Afternoons

DATE: March 13 – April 10

TIME: 3:30pm-4:30pm

WHERE: Union School Small Gym

FEE: Residents:\$45.00 Non-Residents: \$67.50

INSTRUCTOR: Mary Chris DeBelina Doyle received her BA from Dartmouth College and her MFA from Sarah Lawrence College. She is a mother of 3 and has taught dance in each state she has lived in for the past 11 years. Excited to be finally settled in Vermont, Mary Chris looks forward to teaching, performing and dance-making in these green mountains.

SPRING PROGRAMS - YOUTH ACTIVITIES

MEDITATION FOR HAPPINESS, KIDS STYLE! 4405A

There are lots of cool and interesting ways to meditate and practice mindfulness. You'll learn lots of different ways to deal with tough situations and make your brain happier. Kids who meditate can get better grades, get in trouble less frequently, and can focus more on what they want to excel at, from art to sports. Each week, you'll practice a couple of different ways to meditate, so you can pick what you like the best.

WHO: Children Grades 4-8

WHEN: Tuesday Afternoons

DATE: March 14 - April 4

TIME: 3:00pm-4:00pm

WHERE: Main Street Middle School

FEE: Resident: \$30.00 Non Resident: \$45.00

INSTRUCTOR: Ginny Sassaman

Minimum: 5 Maximum: 15

VERMONT TENNIS ACADEMY -YOUTH LESSONS

SPRING TENNIS 4320-A

DIRECTOR: Scott Barker

The Vermont Tennis Academy is designed to help beginners to advanced players reach their maximum potential in a very short period of time. The Academy offers low and high performance tennis training for all ages and abilities. Scott's experience as a tennis professional includes teaching beginners, intermediates and advanced players as well as high school, college and professional level players. Scott has won over 60 combined singles and doubles tournaments and has worked with former world champions John McEnroe, Jimmy Connors, Bjorn Borg and Stan Smith.

* All participants will be divided into groups by age and skill level.

* The Academy offers match play statistics, ball speed clinics, as well as match strategy.

*Check back this Spring for more information and dates.

TENNIS RENTAL FEE: Starting in the spring of 2016 the Recreation Department will require an annual one time Tennis Rental Fee of \$8.00 per participant. This fee is associated with the cost of utilizing First In Fitness when inclement weather occurs. This charge (per family member) will be added to your household the first time you or your family members enroll in tennis in 2016.

This fee is non-negotiable, non-refundable and will not be pro-rated.



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SPRING ADULT PROGRAMS

TAE KWON DO 4527B

This is an instructional class for those interested in learning the art of Tae Kwon Do. Parents who participate in class with their child will get a discount of 50% off.

WHO: Ages 7 to adult.

WHEN: Mondays and Thursdays

DATES: March 13 – May 25 Skip 4/17 and 4/20

TIME: 4527-B 9 years – adults

6:30 p.m.-7:30 p.m.-Mondays Small gym

-Thursdays Large gym

WHERE: Union Elementary School

FEE: Residents Child: \$70.00 Adult: \$35.00

Non-Residents Child: \$100.00 Adult: \$50.00

INSTRUCTOR: Matthew Girouard- Black Belt in TKD

Minimum: 10 Maximum 20

All participants must purchase AAU insurance through TKD instructor at the cost of \$14.00 per year. This will allow participant to partake in additional TKD competitive events. An additional \$35.00 will be charged for TKD uniform.

HIIT KICK

HITT Kick is a high intensity interval training inspired in Tae Kwon Do and Kickboxing combat training. 50 minutes of hitting targets, kicking, punching, plyometrics and floor exercises. Release stress, get fit, be stronger and happier! This class is fast paced and advanced but all levels are welcome.

SESSION 1: 12 classes-4528-A

WHO: Adults 18+

DATES: March 9 – April 27 Skip April 6, 18, 20

WHEN: Tuesdays and Thursdays

WHERE: Union Elementary School Small Gym

TIME: Tuesdays 5:15 pm – 6:15 pm

Thursdays 5:30 pm – 6:30 pm

FEE: Resident: \$72.00 Non-Resident: \$108.00

WALK-INS: Resident: \$9.00 Non-Resident: \$12.00

SESSION 2: 14 classes-4528B

WHO: Adults 18+

DATES: May 2 – June 15

WHEN: Tuesdays and Thursdays

WHERE: Union Elementary School Small Gym

TIME: Tuesdays 5:15 pm – 6:15 pm

Thursdays 5:30 pm – 6:30 pm

FEE: Resident: \$84.00 Non-Resident: \$126.00

WALK-INS: Resident: \$9.00 Non-Resident: \$12.00

FITNESS HOOPING

De Stress and get fit after the holidays and try a new Fitness Class with Carol Becker, Physical Therapist and a Certified Body Hoop instructor. Carol uses large 2 lb “Hula” Hoops for a fun, rejuvenating, Head-to-Toe work out. If you don’t think that you can “Hula” hoop, don’t worry. Carol will teach you. Check it out at www.fitnesshooping.com

FITNESS HOOPING SPRING SESSION 4514A

WHO: Adults Men and Women

WHEN: Thursday Evenings

DATES: March 9, 16, 23, 30, April 6, 13 No Class on February 25

TIME: 7:00 pm – 8:00 pm

WHERE: Montpelier Recreation Department

FEE: Resident: \$54.00 Non-Resident: \$82.00

Min. 6 Participants

ADULT DRAWING CLASSES- BEGINNERS TO ADVANCED 4409A

Drawing class will consist of learning various drawing techniques – gesture drawing, contour line drawing, etc. Value studies will be developed through the use of a number of shading techniques. Perspective drawings will also be incorporated in the work. The works of the masters will be used during class. Still life objects will be brought in for our drawing studies. Bring in any photographs or drawings to class. Beginners to advance.

MATERIALS LIST:

Drawing Pad: medium 14”x17” suitable for pencil, ink, charcoal, wet medium

Drawing Pencils: 6B, 2B, H, 2H and 6H

Eraser: Kneaded eraser and a hard eraser

Ruler

WHEN: Wednesday evenings

TIME: 6:30 – 8:30

DATES: March 8 – April 12

WHERE: Union School Art Room

FEE: Resident: \$100.00 for six sessions

Non-Resident: \$140.00 for six sessions

INSTRUCTOR: Terry Hodgdon - Art Teacher for thirty-three years

Minimum: 4 Maximum: 10

DISCOVER THE JOY OF BALLROOM DANCING

6 Week dance Sessions with with Dance Instructors Samir & Eleni Elabd.

WALTZ & FOXTROT 4535A

WHEN: Tuesday evenings

TIME: 6:00 – 7:00

DATES: April 25 – May 30

WHERE: Union School

FEE: Residents: 72.00 per Person, 135.00 per couple

Non-Residents: 85.00 per person, 162.00 per couple

Minimum: 16 Maximum: 32

RUMBA & SWING 4535B

WHEN: Tuesday evenings

TIME: 7:00 – 8:00

DATES: April 25 – May 30

WHERE: Union School

FEE: Residents: 72.00 per Person, 135.00 per couple

Non-Residents: 85.00 per person, 162.00 per couple

Minimum: 16 Maximum: 32

ANY BODY DANCE 4417A

Class includes a gentle warm-up in chairs emphasizing core strength and builds to standing, full-body movement. All parts of this class can be adapted for any ability, any BODY.

WHO: Suggested 50+ open to all

WHEN: Tuesday Nights

DATE: March 14 – April 11

TIME: 7:00pm-8:30pm

WHERE: Montpelier Senior Activity Center

FEE: Resident \$60.00 Non Resident 90.00

INSTRUCTOR: Mary Chris DeBelina Doyle received her BA from Dartmouth College and her MFA from Sarah Lawrence College. She is a mother of 3 and has taught dance in each state she has lived in for the past 11 years. Excited to be finally settled in Vermont, Mary Chris looks forward to teaching, performing and dance-making in these green mountains.

SPRING ADULT PROGRAMS

DRAWING FOR THE TERRIFIED 4410A

These classes are for beginners as well as those with some drawing experience who feel they might benefit from more instruction. They are based on the premise that drawing can be an acquired skill, not just a talent, and that most can learn how to draw if they spend the time and energy needed. Since drawing is foundational for representational painting, those who paint in watercolor and oil can also profit by taking these classes. Some of the topics to be covered are: Drawing to Learn, Materials used in drawing, Learning to see, Learning about graphite, charcoal and inks, Perspective, Creating 3D Volume on a 2D page, Defining form with light and Composition. The classes are a collaborative learning experience and will include individual assistance from the instructor, as well as class critiques. Come prepared to draw, share your work and have a good time!

WHO: Adults

WHEN: Tuesday Evenings

TIME: 5:30pm-8:00pm

DATES: May 2, 9, 16 & 23.

WHERE: T. W. Wood Gallery, 46 Barre St Montpelier

FEE: \$130.00

INSTRUCTOR: Michael Strauss UVM Professor emeritus and author Michael Strauss began his artistic life drawing the crystals, shells, plants and insects he collected from around his home and from the landscape he explored along the coast and in the Sierras. Michael continues to draw, paint and take photographs of the things that interest him most, the people and places here in Vermont and in his travels around the world. His artwork has been exhibited across Vermont. mjstruass.com

VERMONT TENNIS ACADEMY

ADULT LESSONS

SPRING TENNIS 4320A

DIRECTOR: Scott Barker

The Vermont Tennis Academy is designed to help beginners to advanced players reach their maximum potential in a very short period of time. The Academy offers low and high performance tennis training for all ages and abilities. Scott's experience as a tennis professional includes teaching beginners, intermediates and advanced players as well as high school, college and professional level players. Scott has won over 60 combined singles and doubles tournaments and has worked with former world champions John McEnroe, Jimmy Connors, Bjorn Borg, and Stan Smith.

* The Academy offers match play statistics, ball speed clinics, as well as match strategy.

*Check our website or newsletters this spring for Dates!

TENNIS RENTAL FEE: Starting in the spring of 2016 the Recreation Department will require an annual one time Tennis Rental Fee of \$8.00 per participant. This fee is associated with the cost of utilizing First In Fitness when inclement weather occurs. This charge (per family member) will be added to your household the first time you or your family members enroll in tennis in 2016.

This fee is non-negotiable, non-refundable and will not be pro-rated.



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UPCOMING PROGRAMS AND SPECIAL EVENTS

ASEP COACHING CLINIC

(ASEP) American Sport Education Program

For new and experienced coaches, the American Sports Education Program, a part of the National Youth Sports Coaches Association, offers a three hour training program, which includes a paperback book, filled with information on the sport you are going to coach. Topics include coaching responsibilities, philosophy, communication, comparing teaching and coaching, season planning, and more.

NOTE: Montpelier Coaches are requested to attend this Clinic.

Pre-Registration is required.

WHO: To all area youth Coaches

WHEN: April 5, 2017

TIME: 6:00 p.m. to 9:00 p.m.

WHERE: Montpelier High School

FEE: \$15.00 (Montpelier Coaches'

fees paid by Recreation Department)

MONTPELIER COACHES can pre-register by calling 225-8699.

(Pre-registration is required for this class.)

ELKS HOOP SHOOT CONTEST

WHO: Ages 8 through 13, as of April 1, 2016.

BOYS AND GIRLS Residents and Non-Residents

WHEN: TBA

TIME: TBA

WHERE: MSMS Gym

FEE: NONE

PRE-REGISTRATION IS REQUIRED.

For more information, please contact:

The Montpelier Elks Lodge 223-2600 or the Montpelier Recreation Department 225-8699

There will be trophies for the top three in each age group boys and girls.

OPEN TO ALL FAMILIES

EGG HUNT 3606-A

WHEN: Saturday, April 15, 2016

WHERE: Hubbard Park

TIME: Arrive by 9:45, Starts 10:00 am sharp.

WHO: 12 years and under.

FEE: None

POOL PASS DISCOUNT DAY!

Join us for our Fourth Annual Open House. Get 10% off all summer pool passes! Please bring a food item for the Montpelier food shelf.

WHEN: Wednesday, May 10, 2017

WHERE: Montpelier Recreation Department

TIME: 8:00 AM – 6:15 PM

WHO: All Families

FEE: Free

SPRING RED CROSS SAFETY CLASSES

CPR RECERTIFICATION

ADULT & PEDIATRIC 4411A

Card must not be expired

DATE: Sunday February 19th

WHERE: Conference Room #1 Central Vermont Hospital

TIME: 1:00pm-4:00pm

FEE: \$40.00 Per Person

PEDIATRIC CPR/AED 4412A

DATE: Sunday March 26th

WHERE: Conference Room #1 Central Vermont Hospital

TIME: 1:00pm-4:00pm

FEE: \$60.00 Per Person

FIRST AID ADULT & PEDIATRIC 4413A

DATE: Sunday April 9th

WHERE: Conference Room #1 Central Vermont Hospital

TIME: 1:00pm-4:00pm

FEE: \$50.00 Per Person

ADULT CPR/AED 4414A

DATE: Sunday May 14th

WHERE: Conference Room #1 Central Vermont Hospital

TIME: 1:00pm-4:00pm

FEE: \$60.00 Per Person

BABY SITTING 4404A

DATE: Sunday March 5th

WHERE: Conference Room #1 Central Vermont Hospital

TIME: 9:00am-4:00pm

FEE: \$85.00 Per Person

PRE-SCHOOL PROGRAMS

LITTLE SPROUTS OPEN GYM

The Gym is available on Wednesdays from 9:00 – 11:00 a.m. for pre-school age children with their parents or day provider. Mats, balls, and other play equipment are available for use.

WHO: Infants, toddlers, and preschoolers.
TIME: 9:00 a.m. - 11:00 a.m.
WHEN: Wednesdays
DATE: October 12 through May 3, 2016
WHERE: Recreation Center Gym
FEE: FREE

YOUTH ACTIVITIES

VACATION BREAK DAY CAMPS

Licensed Child Care Programs
(PRE-REGISTRATION IS REQUIRED FOR DAY CAMPS)

SIGN-UPS: MONDAY - FRIDAY

The Day Camps provide youngsters with a well-balanced selection of activities. The camp is staffed by a Director and qualified counselors. Children should bring snacks, lunch, and something to drink. Pre-registration is required. We are a licensed childcare program and can accept state subsidy for eligible children. Please make sure your State paperwork is filled out prior to the start of the program. **ALL DAY CAMP REGISTRATION FORMS/IMMUNIZATION RECORDS AND PAYMENT NEEDS TO BE MADE BY THE START OF DAY CAMP. IF APPLYING FOR SUBSIDY, A SUBSIDY CERTIFICATE WILL NEED TO BE ON FILE BEFORE THE START OF DAY CAMP.** If you have any questions about subsidy, please call 225-8699 and ask for Norma.

WHO: Boys and Girls ranging from Kindergarten through 6th grade.
TIME: 7:45 a.m. - 4:45 p.m. (FULL DAY ONLY)
WHERE: Main Street Middle School
FEES: SEE FEE SCHEDULE

FEBRUARY BREAK DAY CAMP

3550 A, B, C, D, E, F

DATES: February 27, 28, March 1, 2, 3, 2017
SPECIAL TRIP: TBA

SPRING BREAK DAY CAMP

4560 A, B, C, D, E, F

DATES: April 17, 18, 19, 20, 21, 2017
Special Trip: TBA

RESIDENT FEES: PER CAMP

\$32.00 PER DAY/FIRST CHILD
\$25.00 PER DAY/ADDITIONAL CHILDREN
\$120.00 FOR THE WEEK/FIRST CHILD
\$105.00 FOR THE WEEK/ADDITIONAL CHILDREN
(PRE-REGISTERED)

NON-RESIDENT FEES: PER CAMP

\$46.00 PER DAY FIRST CHILD OR (PRE-REGISTERED)
\$35.00 PER DAY ADDITIONAL CHILDREN
\$160.00 FOR THE WEEK/FIRST CHILD
\$140.00 FOR THE WEEK/ADDITIONAL CHILDREN

THE YOUNG MAGICIANS CLUB 3461A

Rob Mernin, founder of Vermont's own CIRCUS SMIRKUS teaches a new February school vacation course in magic! Youngsters experience the "Wow! That is so cool!" reaction from the very first class. This is a week-long beginner course for ages 9-12. The magical material is age appropriate, kid friendly, and presented in a positive, non-competitive environment. No Experience needed only a sense of fun and curiosity for the magical.

Rob teaches the "Discover Magic" curriculum, an innovative national educational program developed by three of the world's foremost magicians presented in Rob inimitable style. Kid get to keep a full magic package worth over \$50 containing custom magic tricks, professional props, magical file folders, secret codes to online tutorials, and tricks up their sleeves.

WHO: 9 to 12 year old Boys and Girls
WHEN: February Vacation.
DATE: February 27, 28 March 1, 2, 3.
TIME: 9:00-11:00 a.m.
WHERE: Main Street Middle School Library
FEE: Residents: \$250.00 Non-Residents: \$275.00
INSTRUCTOR: Rob Mermin www.RobMermin.org
Minimum of 8, Maximum of 20 participants.

COOKING FUN WITH MRD!

Join Family and Consumer Science Teacher/MRD Day Camp Sheila Cleary for the following workshops: Min. 15 youth per group

HOLIDAY COOKIES 3463A

Bake and decorate yummy cookies from scratch for holiday treats.

WHO: Boys & Girls Grades K-5
DATE: Saturday December 17
TIME: 3:00-5:00 p.m.
WHERE: Montpelier Senior Activity Center
FEE: Residents: \$15.00 Non-Residents: \$20.00
INSTRUCTOR: Sheila Cleary
Minimum: 10 Maximum 15

VALENTINE CUPCAKES 3463B

Make those delicious cupcakes so pretty.

Made from scratch ingredients.
WHO: Boys & Girls Grades K-5
DATE: Saturday February 11
TIME: 3:00-5:00 p.m.
WHERE: Montpelier Senior Activity Center
FEE: Residents: \$15.00 Non-Residents: \$20.00
INSTRUCTOR: Sheila Cleary
Minimum: 10 Maximum 15

MONTPELIER SENIOR ACTIVITY CENTER

802-223-2518 WWW.MONTPELIER-VT.ORG/MSAC

**JOIN US FOR AN OPEN HOUSE ON
MONDAY, NOVEMBER 28 FROM 5-7PM
TO ENJOY REFRESHMENTS AND
LEARN MORE ABOUT THE
SENIOR ACTIVITY CENTER!**

YOUR CENTER FOR AN ACTIVE LIFE

The Montpelier Senior Activity Center (MSAC) is a vibrant gathering place for healthy aging, lifelong learning, and delicious meals. We are an active community, and there's always something to do, no matter your interest. Plus, thanks to generous support from local taxpayers and donors, all our programs are incredibly affordable.

MSAC, a department of the City of Montpelier, serves more than 1,000 local residents aged 50 or older. That's right, you only need to be 50 to join as a member, and many of our activities are open to all!

IF YOU LOVE LEARNING, YOU'LL LOVE MSAC – WINTER CLASS REGISTRATION BEGINS NOVEMBER 28

This winter, the Montpelier Senior Activity Center will offer dozens of weekly classes. Our classes are very affordable (starting at just \$1.66 per week) and many are taught by professionals in their field.

Some of our great classes include:

- French for Travelers
- Writing
- Singing Songs of the 50s and 60s
- Yoga (all levels)
- Dance to Fitness
- Much, much more!

Most of our classes are open only to members (ages 50+ are welcome to join!), but several are open to people of any age. You don't need to be a member to learn to play guitar, rock out to songs of the 50s and 60s, learn a new language, appreciate chamber music, or watch films of Thatcher's England. These classes and many more are open to individuals of all ages. Visit www.montpelier-vt.org/msac to learn more about classes open to the public.



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Winter class registration begins on November 28, and classes fill quickly, so don't miss out! Visit www.montpelier-vt.org/msac to view our full class list and sign up online, or stop by at 58 Barre Street to learn more.

IF YOU LOVE VISITING NEW PLACES, YOU'LL LOVE MSAC!

We offer fun and enriching trips in Vermont and beyond! Along with other members, you can see sights as close to home as the Barre Town Forest, and as distant as Quebec and Italy. Or we'll transport you in our van to nearby museums, and theater and opera performances. In spring 2017, join us for a spectacular trip to China!

IF YOU LOVE ENGAGING EVENTS, YOU'LL LOVE MSAC!

In addition to our classes, we also offer lots of lectures, presentations, activities, meals, and groups that are open to all seniors at no or low cost. From films, Osher Lifelong Learning Lectures and presentations by financial planners and health professionals, to concerts, travel talks and art shows, there's an eclectic mix of activities offered at MSAC. In fact, during the average week, we have more than 30 hours of free programming.

IF YOU LOVE DELICIOUS FOOD, YOU'LL LOVE MSAC!

Join us for a FEAST Together community meal or enjoy a meal delivered to your home. Our NECI-trained chef prepares meals far beyond the ordinary. Last week, we enjoyed seared salmon over saffron rice with sautéed local corn and greens. Join us for our FEAST Together community meals on Tuesdays and Fridays from 12-1pm. Reservations strongly suggested to 262-6288. Meals are \$7 for those under 60, or a suggested \$5 donation for those 60+. Can't make it to us? Our FEAST at Home meals come to you. We deliver meals designed for your individual nutritional needs through our FEAST at Home program. We deliver in Montpelier & Berlin. Contact 262-6288 for more information.

IF YOU LOVE LIVING LIFE TO THE FULLEST, YOU'LL LOVE MSAC!

If you're 50 or older, we'd love to welcome you as a member of the Montpelier Senior Activity Center!

Membership begins at just \$15/year for Montpelier residents, and is open to residents of any town. Membership gives you access to dozens of classes, diverse events, fun trips, member benefits, and a vibrant community of friends! 85% of participants say that being a part of MSAC makes them feel healthier!

"MSAC does an excellent job providing a wide variety of activities for the community," said one MSAC member. "We are very fortunate to have this resource at such an affordable cost to the members."

Stop by for a tour at 58 Barre Street or call us at 223-2518 to learn more. We'd love to show you why we're anything but your typical senior center.

REGISTRATION/FAMILY INFORMATION FORM

PRIMARY GUARDIAN

SECONDARY GUARDIAN

First Name _____

First Name _____

Last Name _____

Last Name _____

Address _____

Address _____

City _____

City _____

State _____ Zip _____

State _____ Zip _____

Home Phone _____

Home Phone _____

Work Phone _____

Work Phone _____

Email _____

Email _____

Emergency Phone _____

Emergency Phone _____

Person's Name _____

Person's Name _____

Insurance Company _____

Child's Doctor _____ Phone Number _____

FAMILY MEMBER

First Name _____ Age _____ Nick Name _____

Last Name _____ Birthday _____

Gender _____ Grade _____ Shirt Size _____

Allergies _____

Medications _____

ACTIVITY AND SECTIONS

Activity	Section	Description	Fees
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Method of Payment _____ Check # _____ Total Fees _____

I assume all risks and hazards incidental to such participation, including transportation to and from activity, and I hereby waive, release, absolve, indemnify, and agree to hold harmless the City of Montpelier, the Montpelier Recreation Department, the Montpelier Public School System, their officers, agents, officials, employees and volunteers, the organizers, sponsors, supervisors and participants for any acclaim arising out of an injury to my child or myself.

Signature of Parent/Guardian _____ Date _____

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