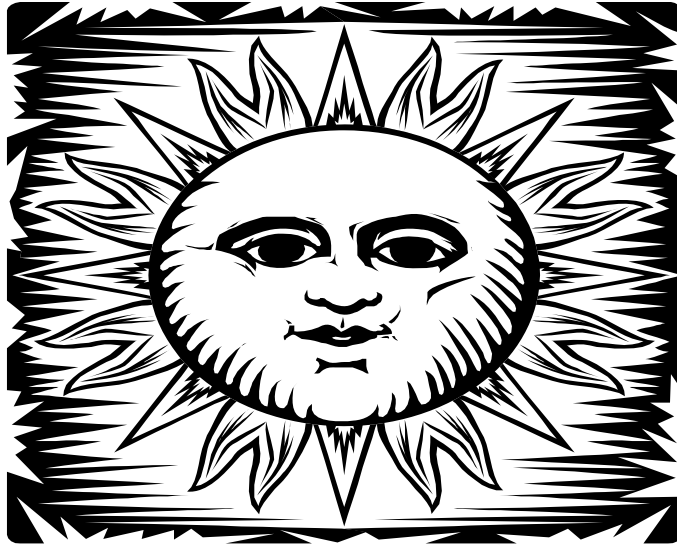


Hinesburg Recreation Department

Fall 2010 Program Guide



Fall Harvest Festival

September 25th

Saturday - 10:00 am to 4:00 pm

Farmer's Market at Town Hall's Rock Wall,

Entertainment, Art Demonstrations,

Kids' Activities, Craft Vendors,

Fresh Produce & Food.

Art Show in the Town Hall.

Harvest Dinner at 6:00 pm.

Please contact the Rec. Dept. for reservations.

Hinesburg Recreation Department

Located at the Town Hall

10632 Route 116

Hinesburg, VT 05461

Phone: 482-4691

E-mail: hinesburgrec@gmavt.net

Website: www.hinesburg.org

OFFICE HOURS

Monday-Thursday 8:00-2:00

Recreation Commission

Michael Bissonette

Pete Cahn

Tom Giroux

Carrie Harlow

Jennifer McCuin (Rec. Coordinator)

Karen Tronsgard-Scott

Frank Twarog (Chairman)

Recreation Sports

HINESBURG RECREATION YOUTH SOCCER

Our Youth Soccer program is designed children between Kindergarten and 6th grade. The emphasis is on developing skills and learning teamwork. All abilities are welcome.

Kindergarten: Sat. 9-9:45 am at HCS field.

Grade 1&2 boys: Sat. 10-11 am at Lyman Park and Thurs. 5-6 pm at United Church Field.

Grade 1&2 girls: Sat. 9-10 am at Lyman Park and Thursday 6-7 pm at United Church Field.

Grade 3&4 boys: Sat. 9-10 am and Monday 6-7 pm at Town Hall Field.

Grade 3&4 girls: Sat. 10-11 am and Thursdays 6-7 pm at Town Hall Field.

Grade 5&6 boys: Sat. 10-11 and Monday 6-7 pm at United Church Field.

Grade 5&6 girls: Sat. 9-10 am and Mondays 5-6 pm at United Church.

DATES:

September 11 - October 16

Please note the Charlotte Jamboree is Sept. 25th and will include 1st-6th graders. Starksboro Jamboree - date to be announced.

FEE: \$25 by 8/27/10. \$35 after.

Checks are payable to HRD. If there are any changes in the schedule, prior to the start of the season, you will be notified via e-mail.

DON'T FORGET ABOUT THE CLEAT BIN
Used cleats and shin pads - use or donate!
Bins underneath sign-up table at Rec. Dept.

HINESBURG RECREATION YOUTH BASKETBALL

The youth basketball program is back for another year of fun and skill-building. Getting out and playing is not only good exercise, but it helps make those long winter months more fun. This program is open to those in grades K-6 and is held in the HCS gym. All abilities are welcome. Children are grouped by age, not ability.

Kindergarten: Sat. 9-9:45 am

Grade 1&2 all: Sat. 10-11 am

Grade 3&4 boys: Sat. am 11:15-12:30 and Wed. 6:30-8:00.

Grade 3&4 girls: Sat. pm 12:45-2:00 and Mon. evening 6:30-8:00.

Grade 5&6 girls: Sat. afternoon 3:35-5:00 & Thurs. evening 6:30-8:00.

Grade 5&6 boys: Sat. 8:00-9:00 am & Tues. evening 6:30-8:00 pm.

DATES: Dec. 4 - Feb. 5 (K-2nd grade)
Dec. 4 - Feb 19 (3rd-6th grade)

FEE: \$25 by 11/19 and \$35 after.

*Please note that practice times are subject to change due to coaches' schedules. If there are changes, you will be notified via e-mail.

Looking for referees for Youth Basketball games. Interested? Contact Rec. Dept. at 482-4691 or hinesburgrec@gmavt.net

Adult Pick-Up Soccer

Looking for new players to join this on-going group of committed soccer enthusiasts. Men and woman, make this your Sunday afternoon tradition by keeping fit and connecting with soccer players.

Who: Ages 16 years and up

When: Sunday afternoons from May-November

Time: 4:00-6:00 pm

Where: CVU Field on the corner of CVU Rd. and Pond Rd.

Cost: FREE!

Adult Basketball

Continues at HCS gym. This is a pick-up style game for adult. **Please fill out a registration/waiver form before you attend.**

Where: Hinesburg Community School Gym

When: Tuesday, Wednesday, and Thursday evenings.

Sept. 1, 2010 - May 26, 2011

Time: 8:00-9:30 pm

Cost: FREE Please register at Rec. Office

HINESBURG RECREATION
After School Enrichment Classes
Autumn 2010 at HCS

This program is designed for Hinesburg children, regardless of where they attend school. All registration and payments are made through the Hinesburg Recreation Department. Programming questions can be directed to the Recreation Department at 482-4691 or via e-mail at hinesburgrec@gmavt.net. Classes are not held when school is cancelled, during vacations, or on half-days. Prompt pick-up at the completion of class is appreciated. There are limited scholarships available. Payment, unless otherwise noted is to HRD. Helping our kids grow, learn, and have fun is what Recreation is all about!

Horseback Riding

Horseback riding lessons are once again being offered at Livery Stables with Kim Johansen. These lessons are for beginning and early intermediate riders. Kim will instruct the children on basic horse care, tacking, along with riding instruction. Take the Bus H to Livery Stables located at 601 Lavigne Hill Rd. right after school. Please be sure to send a permission note.

Who: K-8th graders **Where:** Livery Stables

When: Tuesdays, Sept. 14, 21, Oct. 5, 12, 19 & 26
 OR Fridays, Sept. 17, 24, Oct. 1, 8, 15 and 29.

Time: 3-4 pm **Cost:** \$90 (payable to HRD)

Please specify Tues. or Fri. on form..

Maximum: 8 participants

ALSO AVAILABLE - A LA CARTE days for extended hours of 3:00-5:00 pm.

Choose Mondays - Sept. 13, 20, 27, Oct. 4, 11, 18 & 25 or Wednesdays - Sept. 15, 22, 29, Oct. 6, 13, 20, & 27

Cost: \$30 per day

Please specify days on registration form.

Jumpin' Jacks Dance with Annie Hall

Jumpin' Jacks is a dance, movement, and fitness program specifically designed for children.

This program offers the basics of ballet, tap, gymnastics, and creative movement. Taught by owner and creator, Annie Hall. Annie has a B.S. in Elementary Education and has been teaching Jumpin' Jacks classes for over 15 years throughout Chittenden County's preschool and public schools. A great opportunity for children to participate right after school at HCS...don't miss out of this class!

Who: Kindergarten - 3rd graders

When: Wednesdays - Session 1 runs Sept. 22, 29, Oct. 6, 13, 20, 27, Nov. 10, 17, Dec. 1 & 8
 Session 2 will begin after holiday break with specific dates to follow.

Where: HCS room TBA **Time:** 2:45-3:45 pm

Cost: \$100 **Maximum:** 15 students

Please register and pay through the Rec. Dept.

Fall Into Young Rembrandts

Join Young Rembrandts this fall and draw and cartoon your way through a variety of fun and exciting scenes. We will have a lot of fun as we draw geese flying south, a variety of sports-related balls, pumpkins growing on a wild and crazy vine and a patterned bat. To keep things light-hearted, we will also have fun with some cartoons of funny hats and the whacky things that can happen when you jump in leaf piles! Join us and learn skills that will offer you a lifetime of creativity! All new lessons every week.

Who: 1st-6th graders **Time:** 2:45-3:45

When: Thursdays - Sept. 23, 30, Oct. 7, 14, 28, Nov. 4, 11, 18, and Dec. 2, 9, and 16

Where: HCS room TBA

Cost: \$120 Please register through Rec. Dept.

Self Defense Class for Middle-Schoolers

Barb Plunkett will instruct this practical self-defense class, geared for middle-schoolers. Learn to be aware of your surroundings, remove yourself from threat, feel confident in the ability to defend yourself with simple self defense techniques. No formal martial arts training arts required. A very empowering class.

Who: 5th-8th graders

Where: HCS Cafeteria

When: Tuesdays - October 19, 26, Nov. 2, and 9.

Time: 3:00-4:15 pm

Students may use the late bus for transportation.

Cost: \$50

Maximum: 20 students

Please register and pay through the Rec. Dept. at 482-4691 or hinesburgrec@gmavt.net.

CHILDREN'S ENRICHMENT

Jumpin' Jacks Pre-School Dance with Annie Hall

Come experience Jumpin' Jacks, which is a developmental dance, movement, and fitness program specifically designed for youngsters. This class offers the basics of ballet, tap, gymnastics, creative movement, and motor development skills. Music, singing, creative movement in an open atmosphere. Taught by instructor Annie Hall, who has a B.S. in Elementary Education and has been teaching for over 15 years throughout Chittenden County's preschools and public schools. Students should wear loose clothing that allows comfortable movement - leotards and tights.

When: Fridays

Session 1 - Sept. 17, 24, Oct. 1, 8, 15, & 22.

Session 2 - Oct. 29, Nov. 12, 19, Dec. 3, 10 and 17.

Where: Town Hall **Time:** 10:00-11:00 am

Cost: \$60 per session.

Please register through the Rec. Dept. 482-4691 or hinesburgrec@gmavt.net.

Please note that there is a minimum # of students to run these classes. Thanks.



Baby Sitting Course

Conducted by the American Red Cross, this class is designed for student 11 yrs. and older. This course offers certification by the Red Cross in baby-sitting skills and safety. It will include a handbook for each student to keep. It is strongly recommended that all participants have the maturity and interest to make this a beneficial experience. You never know when this class could make a significant difference in someone's life. Please be sure to pack snacks & beverages, for the class.

Who: Students 11 years and older.

When: Oct. 14 & 15

Time: 2:45-5:45 pm

Where: Classroom at HCS - TBA

Cost: \$45.00 payable to American Red Cross (ARC). Please register with the Rec. Dept.

Min: 8 students

After-School Arts and Crafts with Chris and Lisa

Join Chris Billis and Lisa Bouffard on a whirlwind creative tour that brings silkscreening, fiber arts, painting, customizing t-shirts and clothing with fraying and bleaching techniques. Creating plushy and stuffed animals. Design your own stationary with leaves and various materials. Lots of opportunity for students to delve into their projects with a generous hour and a half time frame. A wonderful after-school opportunity for children who love art. Students can take the HCS late bus home.

Who: 2nd-8th graders

When: Fridays

Sept. 24, Oct. 1, 8, 15, 29, Nov. 5, 12, 19, Dec. 3 and 10. (10 classes)

Where: Art Room

Time: 2:45-4:15

Cost: \$160

Creepy Creature Cake Decorating

Join Wendy Frink of Blackberry Hill Bakery for this Halloween cupcake decorating frenzy. Decorate mini cakes with colored frostings and unique pariels to celebrate Halloween. Bring home your edible creatures in a bakery box, specially decorated to conclude your success. A fun way for your child to spend an hour after school, creating creepy, edible treats.

Who: 1st-8th graders

When: Friday, October 29th

Where: Living Arts Room **Time:** 2:45-3:45 pm

Cost: \$12

Maximum: 12 students

Junior After School Golf

Join Cedar Knoll Golf Pro Barry Churchill for this after-school golfing opportunity. The perfect opportunity for a youngster who's taken some lessons - such as Barry's Youth Golf Camp in the summer - and is ready to play on the course. Range balls and video analysis is included.

Who: 2nd-8th graders

Where: Cedar Knoll Golf Course. Students may take the bus from HCS.

When: Sept. 13-17

Time: Mon-Thurs is 3:30-5:00 pm. *Participants play on the course Fri until 5:30 pm.

Cost: \$85

Maximum: 4 players

Please register with Rec. Dept.

More Recreation Offerings...

Yoga and Strength Training with Lee Hulsebos

Exercise and strengthen core muscles that support the spine. Increase flexibility, balance and tension areas with simple yoga, strength training, stretch and relaxation. Lee works effectively and supportively with individual needs. Any fitness level welcome. Not geared toward active injuries. Please bring your own mat.

Who: Ages 15 years and older.

When: Six week sessions. These are on-going classes and you may join anytime. Newcomers must speak to Lee before attending a class.

Time: Mondays & Wednesdays 5:30-6:30 pm and Fridays 8:30-9:30 am. **Where:** Town Hall

Cost: \$12 per class. Register with Rec. Dept.

Checks are payable to Lee Hulsebos.

Affordable discount Fall packages for Mind/Body Health Counseling and Yoga. Please call Lee for details - 482-4808.

Martial Arts with Instructor Tye Tonkin

This program offers students an opportunity to learn real self-defence skills, while getting into the best shape of your life. Learn the fundamental basics of Kickboxing, Classical Chinese Kung Fu, Tai Chi, Chin Na, and more. A great class for students of all ages and skill levels...anyone can do it.

When: Thursdays

Session 1 - Sept. 9, 16, 23, and 30

Session 2 - Oct. 7, 14, 21, and 28

Session 3 - Nov. 4, 11, 18, and Dec. 2

Where: Hinesburg Town Hall

Time: 7:15-9:15 pm

Cost: \$69 per month (4 classes)

Please register with Rec. Dept. Checks are payable to HRD.

Zumba

ZUMBA is a fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. ZUMBA utilizes the principals of fitness with interval and resistance training to maximize caloric output. Come dance and sweat.

When: Thursdays - Sept. 30, Oct. 7, 14, 21, 28, Nov. 4, 11, 18, Dec. 2, 9, 16, 23 (12 classes)

Where: Town Hall **Time:** 6:15-7:15 pm

Cost: \$120 **Maximum:** 20

Please register with Rec. Dept.

AARP Driver Safety Class

Sponsored by the Recreation Dept.

Students learn defensive driving techniques, new traffic laws, and rules of the road. Through interacting with one another, they find out how to safely adjust to their driving to compensate for age-related changes in vision, hearing, and reaction time. There are no tests...just supportive information. Many insurance companies offer discounted premiums upon completion of this course. For questions, or if you want to register, contact the Rec. Dept. at 482-4691.

Who: 50 years and older

Where: 1st floor conference room at Town Hall

When: Thursday, November. 4

Time: 9:30-3:00 pm

Cost: \$12 payable to AARP. **Maximum:** 12

Dog Obedience with Jim Warden's College of K-9 Knowledge

Jim Warden is an experienced dog trainer with many fine canine graduates living in the community. Join Jim for an informative class that provides a social opportunity for you and your dog. Work with someone who can truly "talk to the animals."

Who: Dog and owner **Where:** Town Hall Field

When: Thursdays - September 9, 16, 23, 30, Oct. 7 and 14.

Time: 6:00-7:00 pm **Cost:** \$70

Please leave your dog at home for the first class. Thanks!

Family Play Group

For children from birth to 5 years old and their adult companion. Toys, snacks, and fun activities. Start recreation at an early age and connect with other new parents and the community. This is FREE and FRIENDLY! No registration is necessary. Come play, sing, and make new friends. A terrific way to connect with your community.

Where: Town Hall

When: September 1 through June 15, 2011

Time: 10:00-11:30 am

REGISTRATION GUIDELINES

1. Registration takes place at least one week prior to the beginning of a program.
2. Registration is on a first-come, first-served basis. Early registration is encouraged. Late fees may be applied after registration deadline.
3. A resident is defined as a person who resides or pays taxes in the town of Hinesburg. Non-residents add \$5.00.
4. Refunds will be given with one week's notice for a program. No refunds will be given after the start of a program.
5. Full refunds will be given for any program cancelled by the Rec. Dept. HRD reserves the right to cancel any program for lack of minimum enrollment.
6. Please note in program description if fee is payable to Hinesburg Recreation Department (HRD) or instructor.
7. All participants must complete and sign registration form prior to participation in any program.
8. All participants will be accommodated to the best of our ability. Some scholarships are available upon request.
9. Sorry, we cannot accept phone registrations. For those programs requiring a fee, you are considered registered when the registration form and fee is received by the Rec. Office. You will not receive a confirmation. **It is your responsibility to remember when the program begins!**

HINESBURG RECREATION FORM

Name: _____ **M / F Grade:** ____ **Activity:** _____ **Fee:** _____

Name: _____ **M / F Grade:** ____ **Activity:** _____ **Fee:** _____

Parent/Guardian Name & Address: _____

Phone: _____ **T-shirt Size:** YM YL AS AM AL Please circle

E-mail: _____

Special Needs (if applicable): _____

Emergency Contact & Phone (if different from above): _____

Waiver Agreement: I understand injuries are a possibility as a result of this activity. I agree to hold harmless the Town of Hinesburg, the Recreation Department or any volunteers or instructors from any and all liability from any injury, claim, costs, or loss of services which may be incurred by participation in said programs, activities, or events. Permission is hereby granted for my child/participant to receive emergency treatment if needed. I also understand that my own medical and/or disability insurance will be used in the event of injury or that I will be directly responsible for any medical cost, incurred.

Signature: _____ **Date:** _____

Parent/Guardian

Hinesburg Recreation Dept.
10632 Route 116
Hinesburg, Vermont
05461

Pre-sort Standard
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Hinesburg, Vermont
Permit No. 12

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POSTAL CUSTOMER**