

Hinesburg Recreation Department

Winter 2009-2010

Program Guide



Hinesburg Winter Carnival

Located at Hinesburg Community School

Saturday, February 13 2010 from 9:00 am to 2:00 pm.

Start out your morning at the
Hinesburg Nursery School Waffle Breakfast & Silent Auction,
located in the HCS Cafeteria from 8:00-11:00 am.

Enjoy dog sled rides and snowmobile rides, a Dog Show sponsored by the Burlington Dog Obedience & Training Club, face painting, ice skating, broomball, hockey, relay races, open-gym basketball, a snowman building contest, sliding, and definitely a surprise or two!

Hinesburg Recreation Department

Located at Town Hall

P.O. Box 133

Hinesburg, Vermont 05461

Phone: 482-4691

E-mail: hinesburgrec@gmavt.net

Office Hours: Monday through Thursday
8:00 to 2:00

Recreation Coordinator - Jennifer McQuin

Recreation Commission

Michael Bissonette

Pete Cahn

Chris Cichoski Kelly

Tom Giroux

Carrie Harlow

Karen Tronsgard-Scott

Frank Twarog (Chairman)

Winter Fun

Snowmobile Safety Class

Scott Johansen will instruct this worthwhile class which meets the Vermont State Police and VAST requirements for snowmobile safety. All persons born after 7/1/83, who are 12 years and older must attend an approved snowmobile safety course before operating a snowmobile on the Vermont Association of Snow Travelers (VAST) snowmobile trails. Children who are 11 yrs. and turning 12 before 4/16/10 may attend an approved snowmobile safety course and receive certification.

When: Dec. 3, 4 & 5

Where: 1st floor conference room @ Town Hall.

Time: Dec. 3 & 4 @ 6-8 pm and Dec. 5 @ 8-10 am. Please contact the Rec. Dept. @ 482-4691. There is a 20 person limit.

Cost: FREE

Adult Basketball

Continues at the Hinesburg Community School gym. This is a pick-up style game for adults. Please fill out a registration/waiver form before you attend that includes an e-mail address.

Where: Hinesburg Community School Gym

When: Wednesdays (Under 30 yrs.) Thursdays (Over 30 yrs.) Runs through 5/27/10.

Time: 8:00-9:30 pm

Cost: FREE

Please register through the Rec. Dept. Questions? Call 482-4691 or via e-mail at hinesburgrec@gmavt.net. Thanks!

Family Swim at the Sports and Fitness Edge

Bring your family to swim at the Sports and Fitness Edge, located at 10 Wellness Drive in Williston. Come swim and play with your family in a heated indoor pool.

Who: Hinesburg residents

When: Sundays - January 31, February 28, and March 28.

Time: 12:00-5:00 pm.

Cost: \$15 for a family of 4 - \$3.75 each.

Please contact the Rec. Dept. at 482-4691 or hinesburgrec@gmavt.net by Friday at noon so that a roster may be e-mailed to SFE.

Waivers and payment is collected at SFE.

Smuggler's Notch Discount Lift Tickets

Enjoy full-day, discounted lift tickets, ski or snowboard rentals and lessons at Smuggler's Notch Resort on 5 different Sundays in January, February, and March.

Youth (Age 6-17) Lift Ticket is \$13, Rental is \$13, Lesson is \$13. Five years and younger are FREE.

Adult Lift Ticket is \$25. Rental is \$25. Lesson is \$25. Helmet Rental is \$6

Checks are payable to HRD.

When: Sundays - Jan. 31, Feb. 7, 28, March 7 & 14

How: Register and pay through HRD by noon on Thursday for each Sunday. Complete a rental form and/or a waiver for a lesson. Forms are available at the Rec. Dept. or can be e-mailed to you. Meet group leader to pick up tickets between 8:30-9:30 in the Bella Rigo Pizzeria, in the Village Lodge, which is on the first floor. Look for "Hinesburg Recreation" sign. No exceptions on pick-up time. Lesson time is 1:00 pm, unless otherwise noted.

Children must be at least 6 years old for a lesson through this program. Please contact the Rec. Dept. at 482-4691 or at hinesburgrec@gmavt.net with any questions about this program. **THINK SNOW!**

Hinesburg Residents receive priority for this program.

Non-resident participation available only if there is space available.

Winter Carnival is February 13th.
Got an idea? Want to be involved?
Contact hinesburgrec@gmavt.net

Hinesburg Ice Rink

Behind our Community School is home to a great winter resource. Please follow our rink rules and enjoy the ice. Recreation skating is available all times except for the following Hockey Schedule:

HOCKEY ONLY: WEDNESDAYS & FRIDAYS from 3-10 pm & SUNDAYS 4-10 pm

Please note that these times are valid unless there are more skaters than players.

RINK RULES

1. Please don't drive on the ice. Only those doing maintenance work are permitted.
2. Please be respectful of all age groups when skating at "open" times.
3. Please turn off the lights when you leave at night. They are programmed to shut off at 10:00 pm, but we can save electricity if you turn them off earlier.
4. Please stay off the ice when it's soft or it will be ruined when it refreezes. **THIS IS VERY IMPORTANT!**
5. ENJOY YOURSELF.

Hinesburg Recreation After School Enrichment Programs Winter 2009-10 at HCS

This program is designed for Hinesburg children, regardless of where they attend school. All registration and payment is through the Recreation Dept. Programming questions can be directed to the Recreation Dept. at Town Hall at 482-4691 or via e-mail at hinesburgrec@gmavt.net. Prompt pick-up is appreciated at the end of each class. The HCS office has a copy of a roster at the beginning of each enrichment class. Classes are not held when school is cancelled, on half days, or vacations. There are limited scholarship funds available. Payment, unless otherwise noted, is to HRD. Classes are on a first-come, first served basis. You will be considered registered once a registration form and payment is received. Please contact the Recreation Department if you have questions, if you want to check on the availability, or if you have a suggestion for a class. Helping our kids grow, learn, and have fun is what Recreation is all about!

Van Rides to Bolton Valley

Trying to figure out how to get your teenager up to Bolton so that he or she can ski or ride for the day? Don't feel like hanging out in the lodge or driving back up to get them? Maybe you want to head up to the mountain but don't feel like driving? Hinesburg Rec. Dept. is teaming up with On-The-Go van transportation this winter. Register for your ride to Bolton Valley.

Who: 13 yrs and older.

How: Register and pay through Rec. Dept. at 482-4691 or hinesburgrec@gmavt.net by NOON each Thursday to participate in the ride for Saturday. Program starts 12/12/09 and will run through 3/13/10. There is a minimum number of riders for the program to work - please register promptly.

Where: Arrive at Town Hall parking lot - behind building at 9:00 am on Saturdays. Meet van in front of the Main Lodge at Bolton Valley at 3:30 pm to depart. Arrive at Town Hall approximately 4:15 pm. Prompt pick up, please.

Cost: \$20 per person. Checks are payable to HRD.

Maximum: 10

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

Arts and Crafts After School

Learn the art of silk screening to create your own limited-edition creation by designing, cutting, and screening your own image onto a t-shirt, jean jacket, or other garment, old or new. Create a "plushie" or "stuffie" animal or friend out of various materials. Try some wearable art with t-shirt alteration where you can snip, embellish, appliqué, embroider and fringe. Try some t-shirt bleaching with printing options. Create custom gift cards with stamps and paints. Let the creativity flow as you create custom attire or gifts.

Who: 1st-8th graders

Where: Art Room at HCS

When: Fridays - Jan. 15, 22, 29, February 5, 12, 19, March 5, 12, and 19.

Time: 2:45-4:15 Students can take the late bus.

Cost: \$140

Maximum: 15

Register and pay through Rec. Dept. at 482-4691 or hinesburgrec@gmavt.net.

Holiday Cookie and Container Decorating

Kids will join Wendy Frink of Blackberry Hill Bakery for this creative cookie and container decorating extravaganza. In addition to the cookie decorating, kids will have the opportunity to personalize their own holiday container that will house their cookie creations. Kids can count on bringing home personally decorated cookies in a custom-made container. What a fun and creative way to spend an afternoon and get into the holiday spirit!

When: Friday, Dec. 18th

Where: Living Arts Room at HCS

Time: 2:45-3:45 **Cost:** \$12 **Maximum:** 15

Please register early, this will fill up fast!

Hip Hop with Jeanne Neu

Learn some basic hip-hop and jazz dance steps as you move and groove to some of the hottest new music. Classes will begin with warm-ups and stretches. They'll continue with some across-the-floor combinations and will learn some choreographed dances. Lots of movement and lots of fun!

Who: 2nd-5th graders

Where: Jessica Raymond's Room at HCS

When: Thursdays - January 14, 21, 28, February 4, 11 and 18.

Time: 2:45-3:45 pm

Cost: \$

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

Holiday Horseback Riding at Livery Stables

Come spend the afternoon with the horses and ponies at Livery Stables - you'll ride, learn horse care and maintenance. Decorate your favorite pony's mane and stall with holiday decor. Choose one, two or three of the dates below for this pre-holiday option.

Who: Ages 6-12 years

When: Dec. 21, 22 & 23

Time: 3:00-5:00 - Students can take Bus H from HCS.

Where: Livery Stables

Cost: \$30 per day

Maximum: 8

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

More Recreation...

Comic Strip Cartooning with Young Rembrandts

Join instructor Jodi McLeod this winter and create hilarious comic strip cartoons! We will work together to create comic strips - that tell jokes - using our funny and age-appropriate cartooning curriculum. Each week we will draw and color a strip which has 3 frames and ends with a "punch line." Students will learn drawing and cartooning skills, as well as marker and Sharpie techniques. Join us!

Who: Ages 6-12 yrs.

Where: Art Room

When: Thursdays - January 21, 28, February 4, 11, 18, March 4, 11, 18 and 25. 9 classes.

Time: 2:45-3:45 pm **Cost:** \$85

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

Swim Lessons at the Sports & Fitness Edge in Williston

Winter Session - Session I is January 4th - February 13th

Session II is February 15th - March 26th

6 Week Sessions

Hinesburg Residents pay \$75 per session

Sorry, no make-up classes are offered.

Choose one class and attend class for 6 weeks.

First Splash - Sat. 10:05-10:35

Preschool - Tues or Thurs 10-10:30 am or Sat. 10:40-11:10 or 11:15-11:45 am.

Preschool 2 - Thurs 10:30-11 am

Preschool 3 - Tues 10:30-11 am

Level 1 - Mon, Wed, or Thurs 5-5:30 pm, Sat. 9-9:30 am

Level 2 - Mon, Wed, or Thurs 5:35-6:05 pm or Sat. 9:35-10:05 am

Level 3 - Mon -Thurs 4-4:30 pm or Sat 10:10-10:40 am

Level 4 - Mon -Thurs 3:30-4:00 pm or Sat 8:30-9:00 am

To register, please call Sports & Fitness Edge at 860-3343.

Family Play Group at Town Hall Wednesdays 10:00-11:30 am

For children birth to 5 years and their adult companion. Toys, snacks, activities, and a song. FREE and FUN! Start recreation early, connect with other parents in the community and create childhood friendships. No registration is necessary - just come ready to play! For questions, please contact Brandy Thorpe at 482-6401.

THINK SPRING 2010

Tee Ball K&1 T,Th 6:30-7:30

Farm League 2nd/3rd M,W 6:15-7:45

Charlotte/Hinesburg Little League - For information about sign ups (early March) go to www.eteamz.com/charlottetv

Lacrosse

Co-ed K/1st/2nd T,Th 6:00-7:00 CVU

Girls 5-8 T,Th 5:00-6:30 Lyman Park

3/4 Boys M,W 5:00-6:30 Lyman Park

5/6 Boys M,W 5:00-6:30 Lyman Park

7/8 Boys T,Th 6:00-7:30 Lyman Park

* Dates & times are subject to coach's and field availability.

Jumpin' Jacks Dance for Pre-Schoolers

Come experience Jumpin' Jacks with Miss Annie. A class for youngsters that is dance, movement, and fitness. It blends creative movement with music. This class offer the basics of ballet, tap, gymnastics, creative movement, and motor development skills. Taught by instructor Annie Hall, who has a B.S. in Elementary Education and Business Administration and has been teaching for over 15 years throughout Chittenden County's pre and public schools.

Who: Ages 2 1/2 - 4 years

When: Fridays

Session 1: Jan. 8, 15, 22, 29, Feb. 5 & 12

Session 2: Feb. 19, March 5, 12, 19, 26 & April 2

Where: Town Hall

Time: 9:45-10:45 am

Cost: \$60 per session. Checks are payable to HRD.

Please register with Rec. Dept. at 482-4691.

Adult Co-Ed Badminton

Looking for a way to get your heart pumping this winter? Want to relive your old P.E. days without the horrible gym uniform? Sign up for Adult Co-Ed Badminton and play in the gym at Hinesburg Community School. No need to leave town to get some exercise and have a few laughs as you get through the dark winter months. Looking for enthusiastic players to build this new program.

Who: Adults - 18 yrs. and older.

Where: Gym at Hinesburg Community School

When: Tuesday evenings starting January 5, 2010.

Time: 8:00-9:30 pm

Cost: FREE

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

Valentine Cookie Decorating

Join Wendy Frink of Blackberry Hill Bakery for this after-school cookie decorating extravanga! Each student will decorate a dozen heart shaped cookies using various frosting tip techniques in assorted colors, along with colored pariels. After decorating their cookies, students will custom decorate their own bakery box to house their creations. A wonderful opportunity to create home-baked and custom decorated cookies.

Who: 1st-8th graders **Where:** Living Arts Room

When: Friday, February 13th **Time:** 2:45-3:45

Cost: \$12

Maximum: 15 students

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

Indoor Recreation

Fitness Class for Mind/Body Health with Lee Hulsebos

Exercise and strengthen core muscles that support the spine. Increase flexibility and balance tension areas with simple yoga, strength training, stretch and relaxation. Ages 15 years and older. Any fitness level welcome. Not geared toward active injuries.

When: Six week sessions starting the first week of Jan. This is an on-going class and you may join anytime.

Time: Choose from Mondays and Wednesdays from 5:30-6:30 pm and/or Fridays 8:30-9:30 am.

Where: Town Hall **Cost:** \$72 for 6 weeks

Please register through the Rec. Dept. Checks are payable to Lee Hulsebos. Thanks.

Jazzercise Passes

Available through Hinesburg Recreation

Hinesburg Residents are eligible to purchase monthly passes to Jazzercise of Shelburne, located at Tenneybrook Square, 3762 Shelburne Rd., Shelburne.

Pay \$48 for a monthly pass and receive unlimited classes. Check out www.jazzvt.com for class schedule. Choose what works for you!

ZUMBA

Taught by Hinesburg resident, Jeanne Neu, 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. Bottom line... great workout with great music - spice up your winter.

When: Tuesdays - January 12, 19, skip 26, Feb. 2, 9, 16, skip 23, March 2, 9, 16, skip 23, and 30.

Where: Town Hall

Time: 6:30-7:30 pm

Cost: \$80

To register, please contact the Rec. Dept. at 482-4691 or at hineburgrec@gmavt.net.

Tai Chi with Michael Prehoda

This on-going Tai Chi class continues on Thursday mornings from 8:30-9:30 am for the more experienced Tai Chi participants. The class is still meeting at the Town Hall and running 6-week sessions for \$40. Join anytime and register through the Rec. Dept. 482-4691.

Adult Volleyball League

Are you looking to play volleyball through the winter? Join this co-ed adult volleyball league for plenty of games, playing time, and competition. Keep yourself moving through the winter.

Where: CVU Gym

When: Sundays - Nov. 22 through April 18.

Time: 6:00-8:00 pm

To sign up, please contact Kristi Johnson at 482-3366 or kristijohnson@gmavt.net.

Martial Arts with Instructor Tye Tonkin

This programs 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: Thursday evenings

Session 1: Jan. 7, 14, 21 & 28

Session 2: Feb. 4, 11, 18 & 25

Session 3: March 4, 11, 18 & 25

Where: Hinesburg Town Hall **Time:** 7:15-8:45 pm

Cost: \$69 per session Please register with the Rec. Dept. Checks payable to HRD.

AARP Driver Safety Class

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 to register, contact the Rec. Dept. at 482-4691.

Who: 50 years and older

Where: 1st floor conference room at Town Hall

When: April & **Time:** 12:00-4:00

Cost: \$10 payable to AARP.

Driver Education with Kevin Browne

Kevin Browne offers this essential class for students pursuing their driver's license. This class is for those who already possess their permit. Classroom instruction will take place in the Town Hall. Driving time will be scheduled outside of classroom hours. Kevin provides the option to test for the driving exam. He can be contacted to arrange for the exam. For questions regarding the class, please contact Kevin Browne at kb1159@comcast.net. To register, please contact the Rec. Dept at 482-4691 or hinesburgrec@gmavt.net.

Where: Town Hall

When: March 8 through April 8 - Mondays, Tuesdays & Thursdays. 5 weeks.

Time: 4:15-6:15 pm

Cost: \$625

Please make checks payable to Kevin Browne. Payment and registration form is due by 2/5/10 at Rec. Dept.

Please note that students may ride a bus after dismissal from CVU that stops at Town Hall.

Come to the
Hinesburg Farmer's
Market
Dec. 12th,
9:00-1:00
At Town Hall.



REGISTRATION GUIDELINES

1. Registration takes place at least one week prior to the beginning of each program. Some programs require an earlier registration date.
2. Registration is on a first-come, first-served basis. Early registrations are encouraged. Late fees may be applied for youth sports after registration deadline.
3. A resident is defined as a person who resides in or pays taxes in the town of Hinesburg. Non-residents add \$5.00 to any registration fee.
4. Refunds will be given with one week's notice prior to the start of any program. No refunds will be given after the start of any program.
5. Full refunds will be give for any programs canceled by the Recreation Department. The Department reserves the right to cancel any program for lack of minimum enrollment.
6. Please note in program description if fee is payable to Recreation Department or instructor.
7. All participants must complete and sign a registration form prior to participation in any program.
8. All participants will be accomodated 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 will be considered registered when the registration form and payment is received by the Recreation Office. You will not receive confirmation. **It is your responsibility to remember when the program begins!**

HINESBURG RECREATION REGISTRATION FORM

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

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

Parent/Guardian Name & Address: _____

Phone: _____

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, claims, 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 costs incurred.

Signature: _____ **Date:** _____

Parent or Guardian

Hinesburg Recreation Dept.
P.O. Box 133
Hinesburg, Vermont
05461

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