

WINDSOR RECREATION

Recreation Director Harry Ladue
Recreation Assistant Danielle Farnsworth
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Windsor, VT 05089

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SPRING & SUMMER ACTIVITIES 2015

Registration Information: All activities have a pre-registration requirement unless otherwise noted, and must be done in person at the Windsor Recreation Center, Mon. - Friday. Classes that have size limitations will be filled on a first come first serve basis. Programs are subject to cancellation if minimum enrollment is not met prior to the start of the session. In this case a full refund will be issued.

YOUTH ACTIVITIES

After School Programs

Events start April 6, 2015 and run thru May 15, 2015. (no class during vacation)

Monday

Creative Cooking

Learn how to have fun in the kitchen while creating some delicious recipes.

Grades: 3-6
Time: 5-6pm
Where: Rec. Center
Fee: \$20/\$25 non-res.
Instructor: Danielle Farnsworth



Tuesday

Archery

Learn the safe and correct way to enjoy this sport. Equipment will be provided.

Grades: 3-6(Starts 4/28 4 wks)
Time: 4:30-5:30pm
Where: Rec. Center
Fee: \$20/\$25 non-res.
Instructor: Mark George



Wednesday

Project Joy Parachute Play

Experience pure joy with activities that have you up and moving and being silly!

Grades: Pre-K-2
Time: 3 – 4pm
Where: Rec. Center
Fee: \$20/\$25 non-res.
Instructor: Danielle Farnsworth

Thursday

Tennis

Looking for players of all levels. Check out our new ball machine. More instruction with great teaching tool.

Grades: 3-6(4 weeks)
Time: 3:30-4:30pm(Starts April 30)
Where: Fairgrounds Outdoor Court
Fee: \$20/\$25 non-res.
Instructor: Mike Reynolds
and Dan Roisman



Cool Crafts

Use your hands and your mind to create some cool take home crafts

Grades: k-6
Time: 3:00-4:00
Where: Rec. Center
Fee: \$20/\$25 non-res.
Instructor: Danielle Farnsworth

Thursday

Tiny Tots Play Group

A social time for parents and their pre-school age children to interact with each other in a relaxing setting. Clown Bounce House, mats, boogie boards, soft balls and more.

Date: Ongoing(April and May)
Time: 9:30-11am
Where: Rec. Center
Fee: Free

Bounce House Day

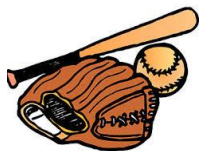
Try out our Clown Bounce House, great exercise and fun.

Grades: K-3
Time: 3-4pm
Where: Rec. Center
Fee: \$20/\$25 non-res.
Instructor: Harry Ladue

Baseball, Softball & T-Ball

Date: Ongoing
Deadline: April 3rd
Grades: K - 6
Fee: \$40 res./\$50 non res.

Registration ongoing at the Rec. Center
Deadline is April 3rd



Special Events

Easter Egg Hunt

Lots of fun and treats, bring your basket and cameras and enjoy the morning with the Easter Bunny

Ages: 8 and under
Times: 10AM
Date: Saturday, April 4th
Fee: FREE



BIKE SAFETY FAIR

Sponsored by Windsor Recreation, SSS, Cumberland Farms, Windsor Elks and the Friends of Recreation. Bring your bicycle to this event and have them inspected for safety.

Free helmets for everyone that brings a bike.

Date: Saturday May 9th, 2015
Time: 9:30-11am
Where: Rec. Center
Leaders: Donna Ewald, Harry Ladue, Rich Thomas, Leslie White, and Barb Rhoad.

Free Ice Cream !!!

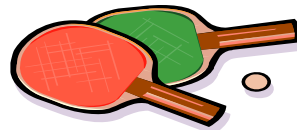


ALL AGES

Monday

Table Tennis

Time: 7-9pm (all abilities welcome)
Where: Rec. Center
Fee: \$5.00/person/night
Leader: Mark Correo



Volleyball

New class looking for walkin players to pick teams each week. Bring a friend and lets get going

Time: 7-9pm
Where: Rec. Center
Fee: \$5.00/person/night



Monday

Yoga

Dive in to the depths of yoga with this introductory, 6-week yoga series. During this time, we will explore the 5 principles of yoga; proper exercise, proper diet, proper breathing, meditation, and proper rest. Throughout the series we will be practicing the basic asanas (postures) inspired by the Sivanada style of Yoga. Upon completion, you will be prepared to enter an open-class style with familiarity and confidence in addition to a basic understanding of the origins of Yoga. Beginners, new-comers, and experienced persons are all encouraged.

Time: 5:30
Where: Rec. Center
Fee: \$85 /\$95 non-residents
Walk-ins: \$20

Tuesday

Karate

Learn a unique sport with discipline and self-appreciation.

Dates: Ongoing
Time: 6:30-8:00pm(6 weeks)
Where: Rec. Center
Fee: \$40/\$50 non-res
Instructor: Cynthia Zimnick



Spinning

Great class to get in shape
Dates: April 14-May 19
Time: 5:30-6:30pm
Where: Rec. Center
Fee: \$40/\$50 non-res.
Instr.: Deb Olmstead

Monday, Wednesday & Friday

Boxing

Contact or Non-contact aerobic work-out.

Great exercise

Time: 6:00 – 7:30pm
Where: Rec. Center
Fee: \$40(Monthly)
Instructor: Chris Gilbert



Thursday

Men's Basketball

Here's your chance to get back in shape while having fun playing pick up basketball.

Date: Ongoing
Time: 7:00 - 9:00 pm
Where: Rec. Center
Fee: \$5.00 nightly



Monday & Wednesday

Interval Circuit Training

This program centers on a circuit-training format during which participants perform high intensity exercises, with brief intervals of rest, as they progress throughout the circuit. The program is designed to be full bodywork that includes: weights, running, plyometric movements, hill-sprints, body weight exercises, and the use of other gym equipment (e.g., kettle bells, sandbag, TRX cables, medicine balls, and battle ropes).

Date: April 20-May 27, 2015
Time: 5:30-6:30pm
Where: Rec Center
Fee: \$80/\$90 non-res.
Instructor: Tim Goggin

Saturday

Spinning

Join this weekend class for a great workout

Date: April 11 – May 16(6 weeks)
Time: 9:00 - 10:00 am
Where: Rec. Center
Fee: \$40/\$50 non-res.
Instructor: Deb Olmstead



SUMMER EVENTS**



CONCERTS ON THE COMMON

Concerts on the State Street Common on Wednesdays. Bring your own lawn chair and enjoy the great sounds of summer.

Dates July 1 – Aug. 19, 2015
Time Wednesday 6-8pm
Fee **FREE**



July 1- East Bay Jazz Ensemble

July 8- Vagabonds

July 15- JJ's Music

July 22- Carter Glass band

July 29- Frydaddy

August 5- About Gladys

August 12- Davey Davis

August 19- Larry and Adam

SWIM AREA

Pond opens June 15th and closes Friday, August 7th. Open swim daily from 1pm - 7pm. Sat. and Sun. 11am-6pm

Lessons - (Ages 4 & older) run Monday thru Friday, 10:00am - 12:00pm beginning Monday, June 22, ending Friday, July 24.

Fee: \$40 family-resident
\$60 family-non-residents

Open Swim – Open swim is available free of charge for Windsor Town residents. **For non-residents there are still family passes available.**



CAMPS



Summer Camp

This camp will involve a variety of events such as, crafts, hiking, sports, nature activities and more. Participants must bring a bag lunch, snack, and water bottle! We will also be doing lots of biking, Bikers must wear helmets. Bring Sun Screen

Ages: 5 - 13
Dates: Begins June 15 thru Aug. 14
Days: Mondays thru Fridays
Time: 8:00am - 4:00pm (9 weeks)
Where: Rec. Center
Fee: \$500.00/res., \$550.00/non-res.
For full session payment, ½ due at registration, balance due by **July 10, 2015**

Weekly, fees are \$125.00 per week, payable on Mondays

Instructors: Windsor Recreation Staff



Gymnastics Camp

Exciting week long camp to meet the needs of each child individually. Jumps, cartwheels, balance beam, horse, bars and much more will be offered in this camp.

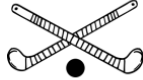
Date: June 29-July 3
Age 5-14 yrs.
Time: 9:00-11:00am.
Where: Rec.Center
Fee: \$60/70 non-res(includes shirt)
Instructor: Jeff Knapp



Field Hockey Camp

A week long camp of fundamentals, skills, games, and plenty of fun.

Date: June 22-26
Grades: 3 - 8
Where: Windsor Fairgrounds
When: 6:00-7:30pm
Fee: \$50/\$60 non-res
Instructor: Jody Wood



Basketball Camp

A week long camp that focuses on fundamentals, team play, individual instruction and fun.

Dates: July 6th - July 10th
Grades: K-3
Grades: 4-8
Time: 9:00-10:30am
Where: Windsor Fairgrounds
Fee: \$50/\$60 non-res. (includes ball & shirt)
Instructors: Larry Dougher/Harry Ladue



Soccer Camp

Windsor High School Boys Varsity coaching staff lead us in a variety of skills and drills. This camp is designed for fundamentals and fun.

Date: July 13th-July 17th
Ages: 7 - 14
Time: 6:30 - 8 p.m.
Where: Windsor Fairgrounds
Fee: \$50/\$60 non-res (includes ball and shirt)
Instructor: Andy Tufts



Football Camp

Windsor Coaching Staff will host this week long camp emphasizing fundamentals, blocking technique, skill positions, and a Quarterback night. Fun for everyone.

Date: July 13th -17th
Grades: 3-8
Time: 6:00-7:30pm
Where: Windsor High School Field
Fee: \$50/\$60 non-res (includes ball & shirt)
Instructors: Greg Balch/Matt Meagher



Vt. Parks & Recreation Association Track Meet.

Where: St. Johnsbury
When: Saturday July 25th

IT TAKES THE WHOLE COMMUNITY TO RAISE A CHILD



Please Be Safe!!
For every bouncing ball there is a child that follows.



ADULT ACTIVITIES

Volleyball

Open volleyball for anyone wishing to have fun in a relaxing atmosphere. Very low key and lots of fun and exercise. Every Monday evening.

Date: All summer (Mondays)
Time: 6:0 pm - 8:00pm
Where: Windsor Fairgrounds
Fee: Free

Horseshoes

Looking for players to show up and toss some shoes! Every Wednesday.

Date: Ongoing through the summer
Time: 6:00pm - 8:00pm
Where: Windsor Fairgrounds
Fee: FREE Bring your own shoes



Trips

Boston Red Sox

Fenway Trip. Chance to see the Angels with Mike Trout as they visit the Boston Red Sox. Get Tickets early as they may sell out.

Fee: \$110 (includes ticket & bus)
Make check payable to: Windsor Recreation Dept.

Date: Saturday May 23rd 7:15pm game time with the bus leaving at 2:30pm



Bromley Adventure Park

Bromley's Sun Mountain Adventure Park is Vermont's premier amusement park. Featuring the half mile long Sun Mountain Flyer zip rider - the longest zip line in New England. More fun with our Alpine Slide, 18 Hole Miniature Golf, and Big Splash Water Slide Ride, along with the Kids Fun Park and many more attractions. Bromley is the Vermont amusement park to be at this summer.

Pre-register: Register no later than July 25th

Date: Tuesday, August 11th 2015

Time: Bus leaves Windsor Rec. Center at 8:30 a.m. sharp, returns approx. 6:00pm

Fee: \$50.00 per person (includes ticket to Adventure Park & Bus). You are encouraged to bring your lunch or money to buy one.

Discount Tickets

GREAT ESCAPE & SIX FLAGS TICKETS

The Windsor Recreation Department and the Vermont Recreation and Park Association are offering discount tickets to the Great Escape and Six Flags New England. At these two great parks, you have access to rides, shows, a new water park for children and a full size pool for adults. To pick up your tickets, please contact the Windsor Recreation Department at 674-6783.

Great Escape	\$37.00
Six Flags	\$38.00



Cub Scout, Boy Scout News

Are you interested in becoming a **Cub Scout**? Contact Cub Master Lisa Walasewicz 959-9516.

If you are interested in becoming a **Boy Scout**, contact Kevin Anderson at 674-6465.

International Order of Rainbow for Girls (age 11-21) local assembly contact: Amy Herschel @ 802-885-9442



Rentals

Bring a carnival atmosphere to your party as we have a Clown Bounce House for rent. Call for Info. 674-6783

Parties

We have just the place to plan your birthday parties, bridal showers, baby showers, and much more. We have kitchen space and plenty of room for your event.



Babysitters Course

To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants.

Fee: TBA
Instructor: TBA
Date: TBA
Time: TBA
Age: 11 and up

Thanks to all of our Sign Sponsors of 2014
Thank you for supporting our
community!

Keith's II
Pizza Chef
Connecticut Valley Insurance
Aubuchon Hardware
Biebel Builders
Mt. Ascutney Hospital
Stoney Electric
Seldon Technologies
Dr. Kramer
Dana Electric
Richard Schlein
Image Works
O & H Holding Co.
Mascoma Saving Bank
ReMax Upper Valley Partners
Windsor Station
A&W Cleaning
Seth Warren
Rockwood Agency
Miller Construction
Price Chopper
Rotary
Murphy and Sons

Volunteers

Volunteers are a major part of our programs and operations. The Windsor Recreation would like to thank everyone for all there help throughout the year. It is greatly appreciated!! Each year we pick a volunteer of the year that we think is very deserving. Here is just a list of a few. Thanks!!

2014~Donna Burnham and Jeff Grela

2013~Leslie White and Kabray Rockwood

2012~ Leslie White and Wendy Moody

2011~ Christy Slocum and Leland Tibbits

2010 ~ Ed Chaffee, Jaime Richardson, and
Jeff Ladue

THE WINDSOR RECREATION CENTER

Memberships are available

FAMILY	\$115.00/125.00 non-res.
SINGLE	\$65.00/75.00 non-res.
SENIORS	\$50.00
STUDENTS	\$40.00
DAILY WALK-INS	\$5.00

Memberships include walk-in privileges, open gym, weight room, exercise room, table tennis tables, and much much more. New Memberships will run from now through September 1, 2015.



Personal Trainer

Deb Olmstead ~ Afaa certified personal trainer. Call for more information ~ 802-353-3791



Windsor Fairgrounds Picnic and Play Area

Check out our Pavillion, donated by the Windsor Rotary in memory of Sherm Carter.

Playground Structure and horse shoe pits are available for you enjoyment



WINDSOR COMMUNITY SERVICE AND RECREATION DEPARTMENT

Director: Harry Ladue 29 Union St. Windsor, Vermont 05089 PH: (802) 674-6783

Hours- Open 8:00am to 9:00pm Monday through Thursdays. 8:00am to 8:00pm on Fridays. Open weekends starting late Fall through late Spring.

The Windsor Community Service and Recreation Department is affiliated with the Vermont Parks and Recreation Association and the Upper Valley Recreation Association.

VOLUNTEERS

Thanks to all of the volunteers who throughout the year, step forward to facilitate or help in offering events for our community. The volunteers are the backbone of the program and community.

RECREATION COMMISSION

Recreation Director: Harry Ladue; Recreation Assistant: Danielle Farnsworth; Recreation Commission: Chairman: Jim Ewald, Secretary: Donna Ewald, Members: Deborah Brush, Bob Hingston, Barbara Rhoad and Michael Quinn.

FACILITIES

Our inside facilities are located at the Windsor Community Center, housing a variety of activities for all ages. Our outside facilities are located at the Windsor Fairgrounds which include Basketball and Tennis Courts (as well as Softball and Little League Baseball Fields). There is a picnic area and trails for hiking, cross-country skiing or running, check out our new pavillion. The Windsor Common across from the Library has a bandstand. Paradise Park is a great resource of ours. Hiking, jogging, and skiing trails are available in this scenic setting. It offers a picnic area with lots of tables, campsites and a lean-to, built from logs cut from the park. Kennedy's Pond serves as the Town Swim Area. Ice Skating can be done at the Windsor Common on State Street.

REGISTRATION INFORMATION/GUIDELINES

Most activities have a pre-registration requirement. Many programs fill up quickly, so early registration is advised. Parent or guardian signature is required for participants 17 and under. Refunds are not given for canceling from program. Registration forms should be received 3 days prior to event. Fees are payable at time of registration. Registration fee arrangements can be made by contacting the Rec. Director. Scholarships are available for all events by contacting the Recreation Department. Please call for more information.

REGISTRATION FORM - WINDSOR RECREATION DEPARTMENT

Parent's Name: _____

Home Address: _____

Phone - Home: _____ **Work:** _____ **Emer. No.:** _____

Participants Name	Grade/Age	D.O.B.	Program	Fee Paid
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

In consideration of accepting this entry, I hereby, myself, my child, my heirs, executors and administrators, waiver and release any and all claims for damages my child or I may have against the above Recreation Department, or Town of Windsor.

Parent's/Guardian's Signature: _____ **Date:** _____