



# Essex

Parks and Recreation

*Your Connection to a Healthier Community.*



youth skiing



family fun



seniors



mens basketball

**Fall 2016**  
essexparksandrec.org



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**HOURS:**

MONDAY - FRIDAY • 7:30 AM - 4:30 PM

**CLOSED:** SEPT 5, OCT 10, NOV 11,  
 NOV 24 & 25, DEC 23 & 26

PHONE: (802) 878-1342  
 FAX: (802) 857-0095

**NEED TO REACH US AFTER HOURS?  
 NO PROBLEM.**

OUR AUTOMATED PHONE DIRECTORY WILL NAVIGATE YOU TO THE INFORMATION YOU NEED, OR VISIT US ONLINE AT OUR WEBSITE: [WWW.ESSEXPARKSANDREC.ORG](http://WWW.ESSEXPARKSANDREC.ORG)

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Visit us on Facebook  
 for daily updates:  
[www.facebook.com/essexrec](http://www.facebook.com/essexrec)



**Resident Registration begins:**

Online & in-office starting **Friday, August 26th at 8:00 a.m.** Brochures will be mailed to all Essex residents the last full week of August.

**Non-resident Registration begins:**

Online, office or mail-in **Friday, September 9th at 8:00 a.m.**

Registration for all programs is on a first-come, first-serve basis. Sorry, we do not take registrations over the phone.

**ONLINE**



**Log on to: [www.essexparksandrec.org](http://www.essexparksandrec.org)**

- Click on the “web registration portal” icon and proceed to click the login tab under “Quick Links” when the new window loads.

Visa and MasterCard are accepted.



Fill out registration form on page 15 and mail to:

Essex Parks and Recreation Department  
 81 Main St., Essex Jct., VT 05452

**Checks payable to: Town of Essex**

Check and cash are accepted.

**MAIL-IN**



**IN PERSON**



Register by stopping in to 81 Main Street in Essex Junction. Cash, check, Visa and MasterCard accepted.



**Questions?**

Call 878.1342 or visit [www.essexparksandrec.org](http://www.essexparksandrec.org)

**RESIDENTS:** If you live anywhere in the Essex community (Town or Village) you are considered a resident. Anyone outside of the Essex community is considered a non-resident.

**SCHOLARSHIPS:** Are for youth residents of the Essex community only. Confidential applications and paperwork must be submitted to the Director of Parks and Recreation before scholarships can be processed. We can email you an application if needed.

**REFUND POLICY:** If a course is cancelled due to low enrollment, or for other reasons made by the recreation department, you will be contacted and issued a credit or refund for the program price. If a class is cancelled during a session the department will make every effort to schedule a make-up class. If rescheduling is not possible, refunds will not be issued for that class.

Refunds or credits are granted only when notified one (1) week prior to the start of the program. There is a \$5.00 administrative fee charged for each program refunded. Unless there is a specific cancellation deadline for a program. Please check details of program for variation.

**PHOTO & VIDEO POLICY:** The Town of Essex Parks and Recreation Department reserves the right to photograph facility, activity and program participants at any and all department sponsored events for potential future use. All photos will remain the property of the Essex Parks and Recreation Department and may be used in future program guides, brochures, pamphlets, or news releases for promotional purposes or in recognition of department sponsored events. Photos may be used for up to 10 years after the picture was taken. If you do not wish to have your picture taken, please notify a member of the staff prior to the event.



**Our Mission**

Advance Parks & Recreation Efforts that Enhance the Quality of Life for the Community of Essex.

# COMMUNITY INFO & FAMILY EVENTS

## DID YOU KNOW?

There is going to be a community-wide vote on whether or not to create: Essex Community Parks & Recreation, a recreation district that will unify Essex Junction Recreation & Parks and Essex Parks & Recreation.

## WHAT IS A RECREATION DISTRICT MODEL?

A committee of 10 citizens evaluated seven future models for parks & recreation in Essex. They identified forming a new Recreation District as the best model. The Recreation District will:

- Be an independent municipality (not under schools, Village, or Town governing boards)
  - Be governed by a 5-member elected board ( similar to schools, Village, Town)
- Have a budget voted on by Australian ballot each April concurrent with school budgets

## RATIONALE:

Some of the reasons why the committee selected the rec district as the best model include:

- Unites recreation under one umbrella
- One budget, voted by community
- Independent budget
- Increased transparency
- Greater oversight
- Reduced complexities
- Equal starting ground
- Community decision
- Eliminate redundancies
- Potential for cost savings
- Long-term stability
- One-stop shopping
- Equity in community
- Ability to "house" other initiatives
- In line with consolidation efforts

## PUBLIC FORUMS:

Please join us at a public forum to learn more about the rec district:

- |  |   |
|--|---|
| 6:15 p.m. Sept. 28th - EMS             | 6:15 p.m. Oct. 18th - Thomas Fleming    |
| 6:15 p.m. Sept. 29th - ADL             | 6:15 p.m. Nov. 16th - Founders Memorial |
| 6:15 p.m. Oct. 13th - Essex Elementary | 6:15 p.m. Dec. 6th - Essex High School  |

FREE Childcare will be provided at all public forums beginning at 6:00 p.m.

## RECREATION DISTRICT BOARD

Want to be a candidate for the Recreation District Board election?

The Recreation District will have a 5-member elected board. The initial board will have:

1 from the Village (3 yr term), 1 from the Town outside the Village (3 yr term), 1 at large (1 yr term), and 2 appointees (1 from the Trustees and Selectboard each for 2 yr terms). Petitions will be available at the Town Offices, 81 Main Street, starting October 8.

Thirty signatures are required and they are due by 4:00p.m. on November 7.

## VOTE!

Vote on whether or not to enter the Recreation District and elect the board

Tuesday, December 13, 2016

7:00 a.m.-7:00 p.m.

Village voters: Essex High School

Absentee ballots available at 81 Main Street starting November 23

Town outside the Village voters: Essex Middle School

**For more information and schedule updates, please visit [www.essexrec.org](http://www.essexrec.org)**

## ANNUAL ESSEX COMMUNITY HALLOWEEN CELEBRATION

Sponsored by the Essex and Essex Junction Parks and Recreation Departments, this fun Halloween alternative features treats, games, prizes, entertainment and the giant Spooky Maze! Be sure to wear your favorite costume for this thrilling event! Don't forget to have your picture taken with Officer McGruff!

Children through the 4th Grade (must be accompanied by an adult) | Residents of Essex & Essex Junction only  
Wednesday, October 26 | 5:00 p.m. - 6:30 p.m. | Champlain Valley Exposition - State Building  
No registration is required for this FREE event.



# COMMUNITY PROGRAMS AND EVENTS

## 3RD ANNUAL ESSEX FALL CLEAN UP DAY

Join the Conservation and Trails committees at Indian Brook Park as they remove invasive plants and improve trails. Plus, snack on apples, cider, and donuts!

All families | Saturday | September 24 (rain date October 1) | 1 p.m. – 4 p.m. | Indian Brook Reservoir | FREE



## FALL MOONLIGHT HIKE

A full moon is planned in our near future and we'd like you to join us for a moonlit hike as we explore Indian Brook trails. Refreshments will be supplied at the end. We will meet in the boat launch parking lot of Indian Brook Reservoir before starting our hike. We suggest you bring a headlamp or flashlight, wear comfortable sneakers/hiking shoes or boots and dress for the temperatures. **Guide: EPR Staff Member**

463050 A | Ages 5 and up | Wednesday, October 13th

8:00 p.m. start | Indian Brook Reservoir | \$5.00 Resident Family / \$10.00 Non-resident Family

\* Pre-registration is required. Please indicate how many members of your family will attend when registering.

## PUMPKIN LOBOTOMY

We'll light up the lawn with a giant jack-o-lantern display! Bring your pumpkins for this great family night of pumpkin carving! Come with your own idea or see what templates we have to offer. We'll supply carving tools, markers, spooky tunes and refreshments. By nightfall, we'll line our jack-o-lanterns up and admire the masterpieces.

Prizes will also be awarded for funniest, most creative and scariest designs!

\*Bring your carved pumpkin to EJRP's Fall Pumpkin Fest! There will be food vendors selling your favorite foods, music for the entire family to enjoy, fun pumpkin crafts, storytelling by the bonfire and the Great Pumpkin Walk, starting at 6 p.m. on Saturday, October 29th at Maple Street Park.\*



Families of all ages | Friday, October 28 | 6:30 p.m. - 8:00 p.m. | Essex Middle School Cafeteria

B.Y.O.P. (Bring Your Own Pumpkin)

## WRESTLING - ESSEX WARRIORS

Is your son or daughter interested in wrestling with the Essex Warriors this year? This program is open to those entering grades K - 8 for the 2016/2017 school year. Check out our website for more information [www.essexwarriors.com](http://www.essexwarriors.com). Please contact Essex Warriors Secretary, Cheryl Arpey at [cheryl.arpey@gmail.com](mailto:cheryl.arpey@gmail.com). Come join the Warrior Family!



## ESSEX YOUTH HOCKEY

Is your son or daughter interested in playing ice hockey with EYHA this year? We offer a wide variety of programs that suit your player's skill and family needs. For registration and information, see "Girls Hockey" at [www.essexyouthhockey.org](http://www.essexyouthhockey.org) or contact [girlshockey.eyha@gmail.com](mailto:girlshockey.eyha@gmail.com). For all other program information visit; [essexyouthhockey.org](http://essexyouthhockey.org).

## ESSEX TOWN FIRE DEPARTMENT OPEN HOUSE

Come celebrate National Fire Prevention Week at the annual Essex Fire Department Open House! Demonstrations and activities for all ages: smoke alarm trailer, fire extinguisher training, motor vehicle extrication demo, and more! Free hot dogs and refreshments will be provided.

Our event will be held rain or shine.

All ages | Saturday, October 15 | 10:00 a.m. - 2:00 p.m. | Essex Town Fire Department - Sand Hill Rd.

For more information, visit [www.essexfire.com](http://www.essexfire.com)



## TREE LIGHTING AT THE TOWN COMMON

Come join the Historical Society on **Friday, December 2nd at 6:30 p.m.** for the Tree Lighting Ceremony. Meet at 6:15 p.m. at Essex Elementary School and follow the group as they proceed to the Town Common for the lighting ceremony. Following the tree lighting, everyone is invited back to Essex Elementary School for cookies and refreshments; what a great way to get the holiday season going. **The Town Common is located across the street from the Essex Free Library on Route 15.**

# PRESCHOOL & YOUTH PROGRAMS

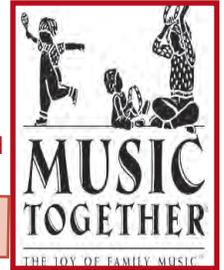


## BUILDING BRIGHT FUTURES PLAY GROUP

Welcome Baby Playgroup for ages birth to 18 months 10:00 -11: 00 a.m. at Sunset Studio (75 Center Road) in Essex. Join Danielle for age appropriate toys, songs, stories and fun. Follows school calendar, contact Danielle at [bbfessexvt@gmail.com](mailto:bbfessexvt@gmail.com) for more information.

## MUSIC TOGETHER

Music Together with Joanna May is a family music and movement program for infants, toddlers, preschoolers, and the grownups who love them! Classes are mixed age (birth to 5 years), so siblings can join in, as well as parents, grandparents & caregivers. Classes meet weekly for 45 minutes of singing, instrument play, rhythmic chants, creative movement & PURE FUN! **Each enrolled family receives 2 CDs, an illustrated songbook & a guide for caregivers, so you can bring the music-making home. Instructor: Joanna May**



418122 A | Ages 0 - 5 | Mondays, Sept.12 - Nov.14 | 1:00 - 1:45 p.m. | Sunset Studio | \$182.00 Res. / \$187.00 Non-Res.



## START SMART SOCCER

Start Smart is a program of the National Alliance of Youth Sports. The program is designed to prepare children for the world of organized sports. Parents work together with their child to learn the basic skills...kicking, dribbling, trapping, throw ins and agility. Children perform skills that build confidence while parents learn how to properly teach and support. Each child will receive a soccer ball to keep! **Instructors: EPR Staff**

413281 A | Ages 3 - 5 | Saturdays, Oct. 1 - Nov. 5 | 9:00 a.m. - 9:45 a.m. | Essex Middle School \$48.00 Resident / \$53.00 Non-resident

413281 B | Ages 3 - 5 | Saturdays, Oct. 1 - Nov. 5 | 10:00 a.m. - 10:45 a.m. | Essex Middle School | \$48.00 Resident / \$53.00 Non-resident

## BABYSITTER'S TRAINING COURSE

Launch your babysitting career with the help of the American Red Cross! Gain the knowledge, skills and confidence to care for infants and school-aged children through this Babysitter's Training. This course includes a participant handbook, video, activities, hands-on training and group discussion on the following topics: first aid, rescue breathing; making decisions under pressure; feeding, diapers, and communicating with parents to learn household rules, and much more. **Instructor: Karl Hulbrich**  
**Please bring a beverage, healthy snacks and lunch for the day.**



428010 A | Ages 11 - 14 | Sat., October 1st | 9:00 a.m. - 3:00 p.m. | ETRD Community Room | \$100.00 Res. / \$105.00 Non-resident

## PARENT'S NIGHT OUT!

Looking to spend a night out? A night without the kids? A night without the high cost of a babysitter? A night where they can be supervised AND be with their friends? Join our successful Parents Night Out program. We will get your kids moving with organized activities and free choice options as well as dancing along to some preselected, kid appropriate tunes. A pizza dinner will be provided to all participants from Little Caesar's. We will slow down the evening with a classic G or PG rated movie. Your kids will have the option of watching the movie, coloring images from the movie or both all while munching on popcorn! Your children are more than welcome to bring a pillow or blanket and have the option of changing into their pajamas for our movie. Please provide a water bottle and an extra snack. **Instructors: EPR Staff**

\*\*Children in attendance MUST be potty trained. Please notify us of any medical concerns or allergies at the time of registration.\*\*

425000 B | Ages 3 - 10 | Friday, Nov. 18 | 5:30 p.m. - 9:30 p.m. | Founders Memorial School | \$20.00 for one child/ \$15.00 second child

## EXTENDED SCHOOL PROGRAM (ESP)

Who is ready for school to start!?! Although we are sad to see summer go, our Extended School Program Staff is excited to offer many new classes and programs to brighten up your school week! Look for new programs offered at Essex Elementary School, Founders Memorial School, and off-site locations including Memorial Hall and The Edge of Essex.

The Extended School Program is for children entering grades K-5 at Essex Elementary, Founders Memorial School, and all Essex homeschooled residents. **Our ESP Brochure will be home in backpacks on September 2nd so keep an eye out! Some programs fill extremely quickly so make sure your account information is up-to-date in our system before registration opens.**

**Registration for Fall begins on Monday, September 12th at 8:00 a.m.!**



# AFTER SCHOOL PROGRAMS | BOLTON AND ESP

## BOLTON AFTER-SCHOOL SKI/RIDE PROGRAM

This program provides transportation to and from Bolton Valley Resort for nighttime skiing & snowboarding. Students who pay for lessons will receive five one-hour lessons. There will be a minimum of one (1) adult chaperone to every 12 children. We will be staying up at the mountain until 7:15 p.m. and departing by 7:30 p.m. Please provide your child with a bagged dinner or money to purchase food while up at Bolton Valley. We are offering one session this year, space is limited, sign up quickly so you don't miss out!

Dates: Fridays, February 10 - March 17

### No program on February 24th

Make-up date (if required) is March 24 (Lessons are not guaranteed on the make-up date)

Time: Departure time from schools is as follows for both sessions based on enrollment/full buses:

ADL Middle School: 3:00 p.m. Essex Middle School: 3:00 p.m.

Fleming School: 3:20 p.m. Founders Memorial School: 3:20 p.m.

### All buses will return approximately by 8:00 p.m. to ADL and EMS

Cost:	(A) Lift/Lesson/Rental/Transportation	\$277.00
	(B) Lift/Lesson/Transportation	\$222.00
	(C) Lift/Rental/Transportation	\$222.00
	(D) Lift only/Transportation	\$167.00
	(E) Lessons only (Season Pass)/Transp.	\$132.00
	(F) Transportation only (Season Pass)	\$ 77.00
	(G) Helmet Rental	\$ 25.00

**\*\*Helmets are required for all participants of the program.**

**Please make sure your child has a helmet, rentals are available**

**\*\*Prices will increase by \$10.00 on January 4th for all program packages**

Registration Deadlines

**Wednesday, January 4th or until FULL**

**\*\*CANCELLATION DEADLINE: FRIDAY, JANUARY 30th for any and all cancellations, package changes or transfers.**

**THE BOLTON VALLEY REGISTRATION FORM IS ON PAGE 13 OF THIS BROCHURE.**

The Bolton Valley After-School Ski Program season-leasing package is available to participants for a low price. Through this program, participants will be leased equipment for the winter, saving a trip to the rental shop on a nightly basis. Participants will purchase the package directly from the Snowdaze Rental Shop and should contact the shop directly at 434-6833 for more information. Online enrollment for this lease program will be available soon at [www.boltonvalley.com](http://www.boltonvalley.com).

**FITTING NIGHT: Tuesday, January 10 from 6:00 p.m. - 7:00 p.m. at Essex Middle School in Lobby B** for all participants planning on renting skis/snowboards for the five weeks of the program. **There are no refunds should you sign up for rental equipment.**

**We cannot promise a refund or voucher if there is a cancellation.**

**There are no refunds if you are unable to attend the program on a scheduled night.** Only the person originally registered may attend each night of the program. The Essex Parks and Recreation department will make every effort to run the program on the scheduled dates. However, in the case of winter storm warnings or other safety issues, we will make a decision based on mountain and road conditions as it pertains to the buses transporting the participants and communicate that as soon as possible via email.

**\*\* When registering, please indicate which section (A, B, C, D) in regards to the school your child attends. \*\***

**- See below -**

424013 A (ADL), B (EMS), C (Founders) or D (Fleming) | Ages 9 - 14 | Fridays, February 10 - March 17

School Dismissal - 8:00 p.m. (approx.) | Bolton Valley Resort | Pricing based on package choice (listed above & on form)

Transportation is included in all pricing options

**Hey Chaperones! We need your help to run the program. Without parents volunteers, the program would not run. Use course #424012 to sign up for chaperoning...if you like to ski, we will have free lift tickets for you!**

## LOOKING FOR A PART TIME JOB?

We are in need of afterschool monitors for our **Extended School Program**. Our program takes place at Essex Elementary and Founders Memorial School from dismissal to 5:00 pm. The Extended School Program starts in October and runs through the year. It is broken down into four, six week sessions. Please stop by our office at 81 Main Street or give our office a call at 802-878-1342 for more information and a job application.



# TEEN & ADULT PROGRAMS



## HUNTER EDUCATION

This is a Vermont Fish and Wildlife Hunter Education Sponsored course, which is required to obtain a valid Vermont Hunting License. Individuals must attend a required number of in-class hours, complete a mandatory shooting range session and pass a final exam to receive a certificate. New this year, class will consist of two in-class evenings, a live fire range day, and a final exam. Most of this course will then be completed on your own with an in-home workbook and course manual. This way, you can take the course at your own pace and on your own time! **Instruction workbook and Course Manual will be available for pick-up in our office once you register.\***

**\*Final Exam on Thursday, September 29th. Mandatory Live Fire Range day on Saturday, September 24th**

**Instructors: George Bosworth**

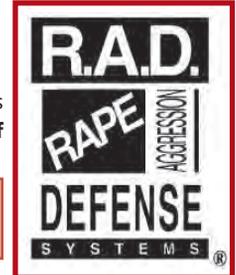
409050 A | No age limit by the State of VT | Tues. & Thurs., September 20th, 22nd, 27th & 29th | 6:00 p.m. - 8:00 p.m. EMS Cafe  
Live Fire Range day on Saturday, September 24th | FREE Residents / Non-residents | (Preregistration Required)

## R.A.D. | A BASIC SELF-DEFENSE COURSE FOR WOMEN

This course is intended for females who wish to learn survival techniques and instincts.

It will teach participants what they need to do physically and mentally to make it through an attack by an aggressor. Females under the age of 18 must be accompanied by a female adult. **Instructors: Essex Police Department Certified R.A.D. Staff**

First class on 09/29 will take place at Essex Police Department at **145 Maple Street**



443321 A | Ages 16 + | Thursdays, Sept. 29 - October 27 | 6:00 p.m. - 9:00 p.m. | Founders Memorial School  
\$10.00 Resident / \$15.00 Non-resident



## SNOWMOBILE SAFETY

This 6 hour course provides the opportunity to earn the certification necessary to legally operate on Vermont's Statewide Snowmobile Trails System. Participants must be present for all classes in order to be eligible for certification. VT State Law requires that all Vermont snowmobile operators born after July 1, 1983, who are 12 years of age or older, must take and pass a state approved snowmobile safety course. **Instructor: Vermont State Police**

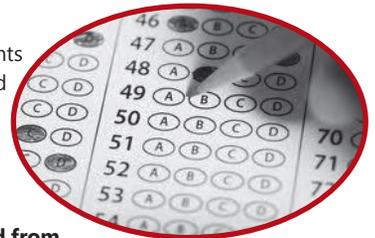
409051 A | Ages 18 + | December 6, 7 & 8 (Tues., Wed. & Thurs.) | 6:00 p.m. - 8:00 p.m.  
Williston Central School | \$15.00 Resident / Non-resident

## S.A.T. BOOTCAMP

For ten years, it's been four hours to a higher score! This unique program teaches proven strategies and guides students to improve test performance through content review, practice, and stress management. SAT Bootcamp was founded by Lauren Starkey, the author of Write Your Way to College: College Admissions Essay, SAT Writing Essentials, and 19 other books. Lauren has written test prep for clients such as Kaplan and McGraw Hill, and wrote a national column on college admissions.

**Instructors: Lauren Starkey, and Essex High School math teacher Stacey Anthony**

**Visit our website [www.satbootcampvt.com](http://www.satbootcampvt.com) and find out why students from over 15 Vermont high schools and from schools in New Hampshire, New York, and Massachusetts attend this powerful workshop. Enroll early, space is limited!**



438186 A | High School Juniors & Seniors | Saturday, September 24 | 8:30 a.m. - 12:30 p.m. | EHS Classroom  
\$160.00 Resident / \$165.00 Non-resident

438186 B | High School Juniors & Seniors | Saturday, November 12 | 8:30 a.m. - 12:30 p.m. | EHS Classroom  
\$160.00 Resident / \$165.00 Non-resident

## ITALIAN FOR FUN

Italian For Fun is a 7-week introductory course in the Italian language which will provide you with basic phrases and simple conversation skills to enhance a visit to Italy or to give you a foundation on which you can build for further group or individual study. Come prepared to enjoy yourself while learning a little Italian culture, history, and language!

**Instructor: Michele McCaffery** (The required text (Italian Now! by Marcel Danesi, published by Barron's, 2d. edition, 2012, level 1) is included in your registration fee and will be provided to you on the first day of class.)

448101 A | Ages 16+ | Thursdays, September 15 -October 27th (7 classes) | 7:15 p.m. -9:00 p.m.  
EHS Classroom | \$100.00 Resident/\$105.00 Non-Resident



# TEEN & ADULT PROGRAMS

## DRIVER'S EDUCATION



This course is for teenagers or adults who have a current Vermont learner's permit and want to obtain a Vermont driver's license.

While this course meets all state requirements, it places special emphasis on crash avoidance, situational awareness, and zone control. This course includes an academic component and a driving skills component. The academic component includes 16 classroom lessons, each lesson being 2 hours long, along with a driving component on each class-meeting day. Each behind-the-wheel lesson usually includes the student receiving ½ hour of instruction and observing an additional ½ to 1 hour of instruction. There are no scheduled drive times during the first or last day of class. The first class will include students and parents where a confirmed drive schedule will be established. State requirements and the documentation procedure will also be explained at the first class. To be successful, students must attend 30 hours of classroom instruction, 6 hours of behind-the-wheel instruction, and 6 hours of observing behind-the-wheel instruction. Students must also maintain an 80 average. Successful students will be issued a state certificate stating that they have completed a basic driver education course approved by the Vermont Department of Motor

Vehicles. Dates subject to change due to weather. This class now includes a pre-vehicle use impairing substance screening. The registration fee includes this additional cost to the program cost. **Instructor: Tim & Janet Garrow, Precision Driver Training School**

**\*\*This program has a cancellation policy that differs from the rest of our programs. Please call our office at 878-1342 for details\*\***

438196 A | Teenagers/Adults with current VT learner's permit | Saturdays & Sundays, October 15th - December 17th  
10:00 a.m. - 12:00 p.m. | EHS Classroom | \$815 Resident / \$820 Non-resident  
Time listed above is mandatory classroom time; tentative driving times will be offered at the time of registration.  
Must enroll in driving time #438197 **\*Mandatory Parent/Student Meeting on Saturday, October 15th 10:00 a.m.-12:30 p.m.**

438196 B | Teenagers/Adults with current VT learner's permit | Tuesdays & Wednesdays, September 7th - November 1st  
4:30 - 6:30 p.m. | EHS Classroom | \$815 Resident / \$820 Non-resident  
Time listed above is mandatory classroom time; tentative driving times will be offered at the time of registration.  
Must enroll in driving time #438198. **\*Mandatory Parent/Student Meeting on Wednesday, September 7th 6:00 p.m. - 8:30 p.m.**

## ADULT POTTERY

This six-week class is for beginner and experienced pottery students. New hand building projects will be introduced each class, as well as learning surface decoration techniques. Individual help using the pottery wheel will also be available. Included materials should last the entire 6 weeks as long as participants work on small projects. **Instructor: Wendy James**

449145 A | Ages 18 + | Mondays, September 12th-October 17th | 6:00-8:00 p.m. | EHS B112  
\$95.00 Resident / \$100.00 Non-resident.



## THE KNITTING CIRCLE

Learn to cast on, knit, purl, increase and decrease your stitches, as well as bind off and weave in ends. From scarves to shawls, supplies will be provided to get you started on a project this season. All levels are welcome; however, beginner projects will be taught. If you are already working on a project and would just like to knit with others, please join us; your questions can be answered if you get stuck on a stitch! Price of class includes supplies. **Instructor: Christine Heavner, The Traveling**

449152 A | Ages 18 + | Wednesdays, October 5 - November 9 | 7:00 p.m. - 8:30 p.m. | The Knitting Circle  
\$92.00 Resident. / \$97.00 Non-resident.



## HOLIDAY WREATH WORKSHOP

The intoxicating smell of a balsam wreath hanging on the front (or back!) door is truly a treasure during the holidays and winter. Learn how to combine greens of trees from Vermont with greenery from the beautiful Pacific Northwest. Decorate with pine cones, berries, bows, and baubles! No experience necessary! Master Gardener and Horticultural Therapist (HTR) Donna Covais will guide you in building a gorgeous wreath to bring home and have loads of fun while doing it. In addition, you will learn how to use the powerful effects of plant activities to reduce stress and improve your sense of well-being. Blind since age forty, Donna a former florist will inspire and motivate even the worst case of the "Bah - Humbugs." **Instructor: Donna Covais**



431036 A | Ages 12 + | Monday, Nov. 28th | 6:30 p.m. - 8:30 p.m. | Memorial Hall, 5 Towers Road | \$55.00 Resident / \$60.00 Non-resident

FOLLOW US ON....



# TEEN & ADULT PROGRAMS | HOBBIES



## COMPOST ALIVE!

Come help Master Composter Laurie DiCesare mix up a batch of sweet-smelling compost. We'll talk about several methods (piles, bins, tumblers, worms...); what to include / exclude; mixing "Greens and Browns" ; natural compost accelerators; cures for "compost gone wrong"; and what you can do with the "Black Gold" you produce. Your banana peels, coffee grounds, dried eggshells and other compostable donations would be appreciated...or just come watch.



Participants will receive a Basic Composting hand-out...and maybe an eco-friendly door prize! **Instructor: Laurie DiCesare**

448115 A | Ages 10 + | Wednesday, September 28th | 7:00 p.m. | Classroom at Essex High School | \$10.00 Res./ \$15.00 Non-Resident

## MAH JONGG FOR FUN AND FLEXIBILITY



Mah Jongg is the ancient Chinese tile game of winds, dragons and number tiles that predates our modern playing cards.

This American version includes flowers, 8 to 10 jokers...and lots of tile swapping. Starting with a simplified version of the game, players pick up, discard and trade tiles to form a winning hand and declare "Mah Jongg!" Once you've learned the basics, we'll slowly add more tiles and additional winning hands. (All the hands are displayed in front of you...there's nothing to memorize.) We'll also talk about defense and sleuthing (like using clues to help you decide when to discard a "hot" tile.) Mah Jongg play-

ers enjoy bluffing (table talk is encouraged!), learn flexibility (changing strategy as tiles change) and generally have a lot of fun. There will be plenty of time for review, practice rounds, questions and camaraderie. If you like card games, you'll probably love Mah Jongg. **Instructor: Laurie DiCesare**



448116 A | Ages 16 + | Tuesdays, Oct. 25- Nov.15 | 6:30 p.m. - 9:00 p.m. | Memorial Hall, 5 Towers Road | \$34.00 Resident/ \$39.00 Non-Resident

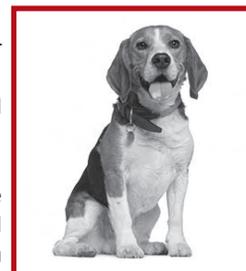
## BASIC TRAINING AND SOCIAL SKILLS FOR DOGS

1. UNDERSTAND YOUR DOG by learning how your dog communicates and why he does what he does. This includes our powerful program for building a confident, socially-savvy dog.

2. HAVE A WELL-BEHAVED DOG. Yes, we cover the basic obedience training--walking nicely on leash, coming when called, and more--using a simple training approach you can use long after the class ends.

3. BOND WITH YOUR DOG: through gentle touch techniques, fun games, and understanding your dog's unique personality.

Great for wiggly new puppies, newly adopted rescue dogs, or any humans and dogs who want help with the basics. The course covers basic obedience so that you can walk your dog without going for a drag, get your dog to sit politely on greetings, and not jump all over your friends—but it offers much more! We also teach you about how dogs communicate and learn (so you can apply our very easy dog training approach to your particular dog), and use the class to gently and productively expose your dog or pup to a range of new experiences. The course also covers "life skills" to help your dog be a fantastic companion and a mentally balanced healthy dog. \*Notes: Dogs are not to be brought to the first session. Please review class policies/restrictions (regarding vaccinations, aggressive dogs in class, children and visitors in class, etc.) please go to <http://www.goldstardog.com/classes.php>. **Instructor: Deb Helfrich, Gold Star Dog Training**



448131 A | Ages 18 + | Wednesdays, Sept.14 - Oct. 19 | 6:00 p.m. - 7:00 p.m. | FMS Gym | \$130.00 Resident. / \$135.00 Non-Resident

## BEYOND BASIC DOG TRAINING | 5 WEEKS

Time to take off the training wheels! The course continues to build a foundation of manners, training, and social skills that we started in the "Dog/Puppy Essentials" course. You and your dog will:

- Learn more advanced levels of the basics learned in the basic course
- Work on making your dog's responses to commands consistent and reliable (and wean off the use of food/luring techniques)
- Add difficulty and distraction to commands learned in the basic course and learn some new commands
- Continue to hone your handling skills: timing, consistency, reading your dog, understanding the training techniques and how to apply them, knowing how to work with your unique dog's skills and temperament
- Give you and your dog lots of opportunity to practice the approaches through carefully-constructed exercises

--Dogs do not attend the first class.

--Pre-requisite: Dog/Puppy Essentials class with Gold Star Dog Training (or instructor approval)

--Please review the class policies (regarding required vaccinations, aggressive dogs in class, youth participants, etc.)

before registering: <http://www.goldstardog.com/classes.php>. **Instructor: Deb Helfrich, Gold Star Dog Training**



448133 A | Ages 18 + | Wednesdays, Sept. 14 - Oct. 12 | 7:15 p.m. - 8:15 p.m. | FMS Gym | \$115.00 Resident. / \$120.00 Non-Resident

## WOOF! WHAT IS THAT DOG SAYING?



Is a yawn always just a yawn? Why is a growl be a good thing? Are tail wags always friendly?

This popular and lively presentation teaches how to read basic dog body language, understand why dogs do what they do, and gives the audience an opportunity to test their "dog reading" skills! Please leave dogs at home--this is for humans only!! One-hour, multi-media, interactive educational experience. Registration fee covers 2 adults.

**Instructor: Deb Helfrich, Gold Star Dog Training**

Pre-registration requested.

448135 A | Ages 16 + | Wednesday, Nov. 9th | 7:00 p.m. - 8:00 p.m. | Memorial Hall, 5 Towers Road | \$10.00 Resident/Non-Resident

# ADULT PROGRAMS | FITNESS & HOBBIES

Thank you for joining us at Sunset Studio this summer!  
We're thrilled to bring you another great line up this Fall!



## Here are a few things to remember:

- Parking is limited to 18 vehicles (carpooling encouraged!)
- Review your receipt for session dates and Studio closed dates
- Zumba classes with Punch Passes are first come first serve

## ZUMBA TONING

Perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body. **Instructor: Kim Garrett**

743092 A | Ages 16 + | **Mon.** | 6:15 -7:00 p.m. | **09/26-11/07 (7 weeks)** | Sunset Studio | \$41.00 Res. / \$46.00 Non-Res.

743092 B | Ages 16 + | **Mon.** | 6:15 -7:00 p.m. | **11/14-12/19 (6 weeks)** | Sunset Studio | \$36.00 Resident / \$41.00 Non-Res.

## ZUMBA®

Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **Instructors:** (T/Th, Sat/Sun) Lynne LaBonte (W) Tabi Chapdelaine

Please note 01/01/17 class starts at 9:30 a.m.

**Tuesday:** 743083 AA | Ages 16 + | **6:30 - 7:30 p.m.** | **Sep. 27 - Nov. 8** (7 weeks) | Sunset Studio | \$41.00 Res./ \$46.00 NonRes.

**Tuesday:** 743083 BA | Ages 16 + | **6:30 - 7:30 p.m.** | **Nov. 15 - Dec.27** (7 weeks) Sunset Studio | \$41.00 Res. / \$46.00 Non-Res.

**Wednesday:** 743083 AB | Ages 16 + | **6:00 -7:00 p.m.** | **Sep. 28 - Nov. 9** (7 weeks) Sunset Studio | \$41.00 Res. / \$46.00 NonRes.

**Wednesday:** 743083 BB | Ages 16 + | **6:00 -7:00 p.m.** | **Nov. 16 - Dec. 28** (7 weeks) Sunset Studio | \$41.00 Res. / \$46.00 Non-

**Thursday:** 743083 AC | Ages 16 + | **5:45 - 6:45 p.m.** | **Sep. 29 - Nov. 10** (7 weeks) | Sunset Studio | \$41.00 Res. / \$46.00 NR.

**Thursday:** 743083 BC | Ages 16 + | **5:45 - 6:45 p.m.** | **Nov.17 - Dec. 29** (6 weeks) | Sunset Studio | \$36.00 Res./ \$41.00 Non-Res.

**Saturday:** 743083 AD | Ages 16 + | **8:30 - 9:30 a.m.** | **Oct. 1 - Nov. 12** (7 weeks) | Sunset Studio | \$41.00 Res. / \$46.00 Non-Res.

**Saturday:** 743083 BD | Ages 16 + | **8:30 - 9:30 a.m.** | **Nov. 19 - Dec. 31** (6 weeks) | Sunset Studio | \$36.00 Res. / \$41.00 NR.

**Sunday:** 743083 AE | Ages 16 + | **8:30 - 9:30 a.m.** | **Oct. 2 - Nov. 13** (7 weeks) | Sunset Studio | \$41.00 Res./ \$46.00 Non-Res.

**Sunday:** 743083 BE | Ages 16 + | **8:30 - 9:30 a.m.** **Nov. 20 - Jan. 1** (6 weeks) | Sunset Studio | \$36.00 Res./ \$41.00 Non-Res.

743075 A | Ages 16 + | **ZUMBA ONLY** | 10 Class Punch Pass | \$75.00 Resident / \$80.00 Non-resident.



## STRONG BY ZUMBA™

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. The result? A group fitness experience like no other.

**Instructor: Lynne LaBonte**

**\*Join us for a FREE DEMO on Saturday, September 24th and Sunday, September 25th from 10 am to 11 am!\***

**Saturday:** 743095 AA | Ages 16 + | **10:00 - 11:00 a.m.** | **Oct. 1 - Nov. 12** (7 weeks) | Sunset Studio | \$45.00 Res. / \$50.00 Non-Res.

**Saturday:** 743095 AC | Ages 16 + | **10:00 - 11:00 a.m.** | **Nov. 19 - Dec. 31** (6 weeks) | Sunset Studio | \$38.00 Res. / \$43.00 NR.

**Sunday:** 743095 AB | Ages 16 + | **10:00 - 11:00 a.m.** | **Oct. 2 - Nov. 13** (7 weeks) | Sunset Studio | \$45.00 Res./ \$50.00 Non-Res.

**Sunday:** 743095 AD | Ages 16 + | **10:00 - 11:00 a.m.** | **Nov. 20 - Jan. 1** (6 weeks) | Sunset Studio | \$38.00 Res./ \$43.00 Non-Res.

## FOUNDATIONS OF YOGA

For the curious but not sure where to start and the returning student wanting to explore how to maximize their practice. Discover how to breathe while stretching, lengthening and relaxing into positions to help increase flexibility. The focus will be on moving from your core and adapting postures to fit your body type. Learn where to put your hands and feet for a stable base. We will start with basic postures with the option to layer in degrees of flexibility to each one as your body allows. **Instructor: Kelley Reagan, RYT.**



728115 A | Ages 16 + | Tuesdays, 09/27 - 10/18 | 3:45- 4:45 p.m. | Sunset Studio | \$38.00 Resident/\$43.00 Non-Resident

# ADULT & 55+ PROGRAMS | FITNESS & HEALTH

## GROUP FIT (BOOT CAMP)

GroupFIT(Fun Interval Training) is a high-energy, all-levels fitness class that combines a variety of high intensity intervals with strength moves to focus on building your relative body strength and endurance! We'll have fun circuit training with medballs and battle ropes, plyo drills and bodyweight movements to improve your overall fitness goals! Let's bring out the athlete inside! **Instructor: Jess Voyer**



443250 A | Ages 18 + | Tues./ Thurs., August 30 - October 27 | 5:30 a.m. - 6:30 a.m. | Essex Middle School Gym  
\$170.00 Resident/\$175.00 Non-Resident (**skip 09/27 & 09/29**) (16 classes)

443250 A | Ages 18 + | Tues./ Thurs, November 1 - December 22 | 5:30 a.m. - 6:30 a.m. | Essex Middle School Gym  
\$150.00 Resident/\$155.00 Non-Resident (**skip 11/22 & 11/24**) (14 classes)



## MEN'S BASKETBALL LEAGUE

League basketball offers an opportunity to play in a more structured setting. League members determine the rules and regulations. Registration includes a team shirt and games begin the week of October 18th. (No practice 10/06/16 and no game 02/16/17) **Facilitators: Shawn Quinn / Chris Baker** (Please register by Tuesday, September 27th)

443100 A | Ages 18 + | Tuesdays / Thursdays, October 4th - March 23rd | 6:30 p.m. - 9:00 p.m. | EMS Gym  
\$35.00 Resident / \$40.00 Non-resident

## GENTLE FLOW

Learn the basic yoga poses with emphasis on safety and proper alignment. Move into poses slowly while learning the limits of your body and how to unite the body, breath and mind. Stretch, strengthen and take yourself lightly in this non-competitive environment where fun is as important as anything else! **Instructor: Cat Earisman**



428111 A | Ages 18 + | Wednesdays, September 21 - November 16 | 7:15 p.m. - 8:15 p.m.  
Hammerfit Motion Studio | \$86.00 Res. / \$91.00 Non-resident (9 classes) No class 11/23

428111 B | Ages 18 + | Wednesdays, December 7 - December 28 | 7:15 p.m. - 8:15 p.m. | Hammerfit Motion Studio  
\$40.00 Res. / \$45.00 Non-res. | (4 classes)

## JAZZERCISE



Are you an active adult, age 50 + looking a fun class with lots of energy & great music? If so, this is a perfect exercise program for you. The Jazzercise Lite class is easy on hips, knees & back as we move in dance style, following your Instructor, to current, fun music with modified choreography for this format. Use of a chair is great during the strength training section. Our Jazzercise Strength class is done using chairs, standing & sitting,

using light hand weights, helping you to isolate those muscles you want stronger, helping with balance & flexibility. Our Lite class is 60 minutes & Strength class is 45 minutes. Weights are available at class for your use & wear comfortable clothes to move around in. **Certified Instructor: Kit Sayers**

**Schedule: Tuesday 8am Jazzercise Lite. Thursday 10am Jazzercise Strength class, 11am Jazzercise Lite. Pricing: Member \$30 Non-member \$35.**

**\*Classes and sign up takes place at Essex Area Senior Center at 2 Lincoln Street or call 876-5087\***

## INTRODUCTION TO MEDICARE

Information you should know about planning for your future wellbeing. Are you confused about Medicare? This class will provide useful information to seniors and their families regarding traditional Medicare Parts A and B benefits as well as how to cover the gaps in Medicare benefits through options such as Medicare Supplements, Medicare Advantage Plans and Medicare Part D plans. \*Price below is for two attendees\*



**Instructor: Rae Bunce**

449081 A | Ages 18 + | Tues, Sept. 20th | 10:00 a.m. - 11:00 a.m.  
Essex Area Senior Center | \$5.00 Resident/Non-Resident

449081 B | Ages 18 + | Tues, Sept. 20th | 6:00 p.m. - 7:00 p.m.  
Essex High School | \$5.00 Resident/Non-Resident

## MALL WALKING | AN INDOOR WALKING PROGRAM

Take your first strides toward improved health & mobility! Already a walker and want to join us for the social aspect? This program is designed to get you moving no matter the weather outside, have you meet new people and window-shop at the same time! We'll provide transportation and give you goals and helpful stretches to get you moving. All you need are your sneakers and some comfortable walking clothes. The last day of the program, we'll have breakfast at the mall after walking our loops. Registration includes a helpful walking tool for new participants.

453077 A | Ages 55 + | Mondays, September 19 - December 5 | 8:30 a.m. - 10:00 a.m.  
University Mall | \$18.00 Resident / \$20.00 Non-resident (meets 12 times)  
Transportation is included; we will depart the Senior Center at 8:15 a.m.



# 55+ PROGRAMS & SHOWS

## TASTING TOUR | STOWE, VERMONT

Join us for a self-guided tour of the Cold Hollow Cider Mill to learn the history and highlights of how cider and other products are made! The Mill is easily accessible and staff is very friendly. Once we have taken in the great aroma of the Mill, had lunch (on your own at Cold Hollow at their Apple Core Luncheonette) and browsed through the gift shop, we will visit Lake Champlain Chocolates, the Cabot Factory and finish up at Ben & Jerry's. Transportation and Admission to Ben & Jerry's is included in the cost. Hopefully we will also take in the spectacular views and foliage on our drive down!



456038 A | Ages 55 + | Thursday, September 29 | 10:00 a.m. | Stowe, Vermont

\$10.00 Resident / \$12.00 Non-Res. Transportation and ticket to Ben & Jerry's, Cold Hollow, Lake Champlain and Cabot Factory included. Lunch is on your own. **Please indicate if you will need a ride from your home or if you will meet the van at the Essex Area Senior Center.**

## FALL CRAFT SHOWS | TRANSPORTATION & TICKET



**A.) Essex Craft Fair:** The Essex Fall Craft Show returns for the 36th year. Like the Spring show, the price of admission includes entry into The Vermont Antique Expo and Sale on the same weekend. The larger of our two shows, this is a great opportunity to get a head start on your holiday shopping.

**B.) Craft Vermont** (fine craft and art show): Vermont Hand Crafters is the oldest and largest juried craft organization in the state of Vermont. One-of-a-kind and limited-edition pieces in aromatherapy; baskets; botanicals; ceramics; decorative painting; digital art; fiber decorative; fiber wearable; fine art; furniture; glass; jewelry; leather; metal; mixed media; paper; photography; print-making; and wood.

456031 A | Ages 55 + | Saturday, October 29 | 11:00 a.m. | Champlain Valley Exposition

\$10.00 Resident / \$12.00 Non-resident. Transportation & ticket cost included.

You will have 2 hours at the event. The bus will depart at 1:00 p.m. to bring you home.

456031 B | Ages 55 + | Saturday, November 19 | 11:00 a.m. | Sheraton Hotel, Burlington, VT

\$10.00 Resident / \$12.00 Non-resident. Transportation & ticket cost included.

You will have 2 hours at the event. The bus will depart at 1:00 p.m. to bring you home.

## FRESIANS OF MAJESTY | BUS TRIP



A Friesians of Majesty equestrian tour and performance creates a magical experience in Southern Vermont! Friesians of Majesty invites you to visit our farm for a unique tour experience. Interact with our beautiful, majestic horses in a guided tour of our European style barns. Meet our spectacular stallions, Othello & Mathijs! Interact with their babies in the mare/foal barn. Watch a captivating show as dressage freestyle is exhibited, driving is demonstrated, and a beautiful Friesian with her baby runs at liberty, all to inspiring music! Transportation, ticket, snacks and water, and visit to the Vermont Country Store Included. Lunch at Black Rock Steakhouse on your own.

**Register through the Essex Area Senior Center** | Ages 55 + | Monday, October 10 | 8:30 a.m. | Townshend, VT

\$70.00 Resident & EASC Member / \$80.00 Non-resident & Non-Member.

Bus will depart the Champlain Valley Exposition at 8:30 a.m. and return at 8:30 p.m.

## A MOON FOR THE MISBEGOTTEN | ESSEX COMMUNITY PLAYERS

Set in a dilapidated Connecticut house in early September 1923, the play focuses on three characters: Josie, a domineering Irish woman with a quick tongue and a ruined reputation, her conniving father, tenant farmer Phil Hogan, and James Tyrone, Jr., Hogan's landlord and drinking companion, a cynical alcoholic haunted by the death of his mother. The play begins with Mike, the last of Hogan's three sons, leaving the farm. As a joke during one of their drunken bouts, Tyrone threatens to sell his land to his hated neighbor, T. Steadman Harder, and evict Hogan. Hogan creates a scheme in which Josie will get Tyrone drunk, seduce him, and blackmail him. The scheme falls through when Josie finds out that Tyrone isn't going to sell the land to Harder after all.



459068 A | Ages 55 + | Sunday, October 16 | 2:00 p.m. | Memorial Hall, Towers Road

\$16.00 Resident / \$17.00 Non-resident. Transportation included. At the time of registration, please indicate if you will need a ride from your home or if you will plan to meet the van at the Essex Area Senior Center

# 55+ PROGRAMS | FITNESS & TRIPS



## THANKSGIVING LUNCHEON | CO-SPONSORED BETWEEN EPR & EJRP

All Essex area Seniors, ages 55 and up, are cordially invited to a Thanksgiving feast at the Inn at Essex. Please join us for a fantastic meal accompanied by music We look forward to seeing you there! Please contact the Senior Center to schedule any needed transportation for this event (878-6940) on or before Wednesday, November 2. **Pre-registration is required at EPR (81 Main Street) or EJRP (75 Maple Street)**

Ages 55 + | Wednesday, November 2nd | 12:00 p.m. | The Essex (in the Atrium) | \$15.00

## MARY POPPINS | THE MUSICAL

The jack-of-all trades, Bert, introduces us to England in 1910 and the troubled Banks family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family members how to value each other again. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones upon whom she has a profound effect. Even grown-ups can learn a lesson or two from the nanny who advises that "Anything can happen if you let it."

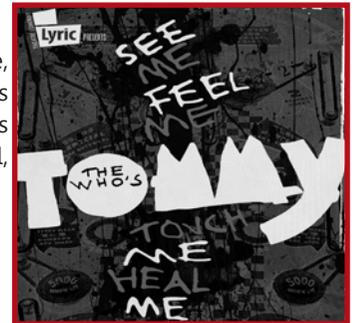


459066 A | Ages 55 + | Saturday, November 19 | 2:00 p.m. | Mt. Abraham Union High School  
\$18.00 Resident / \$20.00 Non-resident. Transportation included, leaving Senior Center at 12:00  
Price includes transportation and admission. This trip includes a stop for dinner after the play at your own expense.

## THE WHO'S "TOMMY" | LYRIC THEATRE

Based on the iconic 1969 rock concept album, The Who's "Tommy" is an exhilarating story of hope, healing, and the human psyche. After witnessing the accidental murder of his mother's lover by his father, Tommy is traumatized into catatonia, and as he grows up, he suffers abuse at the hands of his relatives and neighbors. As an adolescent, he's discovered to have an uncanny knack for playing pinball, and when Tommy finally breaks through his catatonia, he becomes an international pinball superstar.

459067 A | Ages 55 + | Sunday, November 13 | 2:00 p.m. | Flynn Theatre, Burlington  
\$21.00 Resident / \$23.00 Non-resident.  
Transportation included, leaving Senior Center at 12:30



## HOLIDAY LIGHTS TOUR

Town and Village Seniors will take a tour of local homes and businesses brightly lit for the holidays. The Holiday Lights Tour bus will depart the Senior Center at 4:30 p.m. The tour will conclude at the Senior Center with holiday treats and entertainment. Pre-registration is required and space is limited to 22 participants.

456260 A | Ages 55 + | Wed., December 14 | 4:30 p.m. - 8:00 p.m. (approx.) \$4.00 Resident / \$6.00 Non-Res.

## ESSEX AREA SENIOR CENTER

The Essex Area Senior Center, supported by the Village of Essex Junction, the Town of Essex, and our membership, serves the 50+ population of Essex and surrounding communities. The Center, at 2 Lincoln Street, is open Monday through Friday from 10-4, and offers exercise classes, trips, bingo, bridge, mah jongg, book club, genealogy, knitting/crocheting, adult coloring, special events, and other activities and games. The Perfect Blend Café is open from 9-11 a.m. the third Friday of every month, and community members of all ages are invited to stop in. The ever-popular Wednesday luncheons continue at Maple Street Park from late August to early June.

Membership is \$12/year, and everyone 50+ is warmly welcomed to join us!  
Please contact Lou Ann at 876-5087 for information, or visit our website at [www.essexvt seniors.org](http://www.essexvt seniors.org).

## ESSEX SENIOR VANS | LEAVE THE DRIVING TO US!

For Essex seniors age 60 and older, free for any appointment within the Town of Essex (including Essex Junction). The vans are equipped with a wheelchair lift and operate Monday through Friday, 9:00 a.m. - 4:00 p.m. and Sunday, (for Church only), 8:00 a.m. - 12:00 p.m. Call 878-6940 between 9-11:45 a.m., Monday - Friday, the day before you need a ride. Thank you to our volunteer phone operators; we couldn't do it without you!

**\*Please call the day before you need a ride\***



# BOLTON REGISTRATION FORM | 2016

**BOLTON VALLEY AFTER SCHOOL  
SKI & SNOWBOARD PROGRAM**

**CLASS # 424013 A, B, C, D (registration by school)**  
FRIDAY EVENINGS: FEB. 10 - MAR. 17, 2016

**CIRCLE ONE:**

- \* Lift/Lesson/Rental/Transp. \$277.00
- \* Lift/Lesson/Transportation \$222.00
- \* Lift/Rental/Transportation \$222.00
- \* Lift only/Transportation \$167.00
- \* Lessons only (season pass)/Trans. \$132.00
- \* Transportation only (season pass) \$ 77.00
- \* Helmet Rental \$ 25.00

**Helmets required by all participants  
either owned or rented**

**Lesson 1 hr. lessons for 5 scheduled nights**

**Rental Skis/poles/boots or Snowboard/boots**

There are no refunds should you sign up for rental equipment.

Only the person originally registered may attend.

PARTICIPANT NAME \_\_\_\_\_

GRADE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_

**SCHOOL: (A) ADL (B) EMS (C) FOUNDERS (D) FLEMING**

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

ALLERGIES: \_\_\_\_\_

MEDICAL CONDITIONS: \_\_\_\_\_

PARENT/GUARDIAN#1 \_\_\_\_\_

(H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PARENT/GUARDIAN #2 \_\_\_\_\_

(H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERG. CONTACT \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

(H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_

**PLEASE RETURN THIS REGISTRATION FORM TO:**

**ESSEX PARKS & RECREATION**

**81 MAIN STREET, ESSEX JUNCTION**

**PLEASE MAKE CHECK PAYABLE TO: TOWN OF ESSEX**

## LEVELS

Please **circle** SKIER or SNOWBOARDER and indicate your child's ability level.

All lift riders will be separated into lesson groups on the first night. Groups will be arranged according to ability.

Level	Skier	Snowboarder
1	First Time	First Time
2	Can make a gliding wedge and stop	Can do a heel/toe slide and traverse
3	Can make wedge turns. Has been on a chairlift. Skis on green circles.	Can make basic C turns. Is starting to link/linking turns. Rides beginner chair and green circles.
4	Beginning to match/matching skis. Skiing on some green circles and blue squares.	Linking turns. Riding on some green circles or blue squares.
5	Parallel skiing. Skiing on all groomed terrain or more difficult terrain.	Makes dynamic turns. Riding blue squares and beyond.

## ESSEX PARKS & RECREATION RELEASE/WAIVER

I am fully aware of the risk inherent and hereby give consent for the above named applicant(s) to participate in the program(s) offered by the Town of Essex Parks and Recreation Department, and hereby release the Town of Essex, any of its elected or appointed officials or instructors from any and all liability from injuries, claims, costs, loss of services, expenses and/or damages which may be sustained by me or us or our minor children on account of his or her participation in said program or assorted activities and events. The Town of Essex and its Parks and Recreation Department will provide reasonable accommodations to ensure that all of its programs are accessible to qualified individuals with disabilities who wish to participate. I understand it is my responsibility to notify the Department of any disability that requires such accommodation, and if I do not, that I will hold the Town harmless from injury or damages that may result from my failure to do so.

Consent: I hereby consent to and authorize Town of Essex Parks and Recreation Department the rights to publish, reproduce and use for advertising or other purpose, any photograph, video image, an audio recording or other likeness of myself or my child.

SIGNATURE OF PARENT \_\_\_\_\_ DATE \_\_\_\_\_

## I CAN HELP CHAPERONE ON THESE PROGRAM DATES:

FEB. 10 \_\_\_ FEB. 17 \_\_\_ MAR. 3 \_\_\_ MAR. 10 \_\_\_ MAR. 17 \_\_\_  
MAR 25 \_\_\_ (Make up if needed)

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_

PH# \_\_\_\_\_

## ASSUMPTION & ACCEPTANCE OF RISK, RELEASE AND INDEMNITY

I, \_\_\_\_\_, being aware that snowboarding, alpine, Nordic and freestyle skiing, tubing, mountain biking, horseback riding and such other recreational activities as Bolton Valley Resort may offer throughout the year are recreational activities carrying significant risk of serious personal injury, death or property damage and that there are natural, mechanical and environmental conditions and risks, which independently or in combination with such recreational activities may cause property damage, or physical injury, INCLUDING sole or even fatal injuries to me or others, hereby ASSUME sole responsibility for such risks. I also acknowledge that I am alone responsible for: (a) my safety while participating in any and all such recreational activities while on Bolton Valley Resort premises or when otherwise engaging in the use or enjoyment of said premises or while going to or from said premises; and (b) providing, utilizing and maintaining the equipment necessary for the safe enjoyment of my participation in such activities. In consideration for Bolton Valley Resort's permission to engage in any such activity, I hereby RE-LEASE and HOLD HARMLESS the owners and operators of the Bolton Valley Resort, including Mountain Operations and Development Corporation and Bolton Valley Resort, Inc. and their agents, representatives, officers, directors and employees in advance, from any and all liability whether foreseeable or unforeseeable resulting from my participation in any such activity, including any such claims regarding the design or condition of any equipment utilized by me in such pursuits without regard to whether such equipment is specified or recommended by such persons or entities identified herein. To the extent I am also participating in any such activity which is promoted, sponsored or organized by any individual or entity other than those mentioned above, I also release any such promoter, sponsor, organizer, or club and their agents, representatives, officers, directors and employees from such liabilities and claims as well. I further agree to forever HOLD HARMLESS and INDEMNIFY all per-son and entities identified above, generally and specifically from any and all liability for death, personal injury or property damage, resulting in any way from the aforementioned activities and uses or enjoyment. I further agree that my privileges may be revoked by any representative or employee of the aforementioned persons and entities without refund at any time for misconduct, misuse, or nuisance. If my ward or child is participating in above activities, I understand that it is my or my parent or guardian's sole and exclusive responsibility to provide valid and sufficient medical and accident insurance to cover medical or other injury or illness costs that may result from the aforementioned uses and enjoyment. I release all persons and entities identified above from providing this coverage for me. I agree that I will accept and abide by the rules and regulations of the owners and operators of the Bolton Valley Resort and any other rules or regulations imposed by the promoters, sponsors and organizers of any particular activity. This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

By signing this Acknowledgment of Risk Release and Indemnification as Parent/Guardian, I authorize and consent to my ward or child's participation in the above-described activities and acknowledge that I understand that any and all risk whether known or unknown, is expressly assumed by me, and all my claims whether known or unknown are expressly released in advance pursuant to the terms hereof. I agree to indemnify all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage, resulting in any way from my child or ward's participation in any activities noted above.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

# 2016 | FALL REGISTRATION FORM

Registration can be mailed with full payment to:  
Town of Essex Parks & Recreation Dept., 81 Main Street, Essex Junction, VT 05452-3209

Household Last Name: \_\_\_\_\_

Parent/Guardian Name (if applicable): \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ CellPhone: \_\_\_\_\_

Email(s): \_\_\_\_\_

Essex Town Resident: \_\_\_\_\_ Essex Village Resident: \_\_\_\_\_ Non-Resident: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

Please list any special needs or allergies the participant(s) has: \_\_\_\_\_

List Each Participant's Information Per Program **(Please do not use for Bolton Registration)**

LAST, FIRST NAME	M/F	D.O.B.	SCHOOL IN FALL	GRADE IN FALL	SHIRT SIZE	CLASS NAME & NUMBER	SESSION	FEE

**TOTAL FEE \$** \_\_\_\_\_

I have enclosed a self-addressed stamped envelope to receive confirmation of registration and/or a receipt, or we will email you a receipt!

Credit Card payments: can only be taken in-house or online. Please send proper forms of payment if you are mailing this form into our office.

Online registration: you may also register online at: [www.essexparksandrec.org](http://www.essexparksandrec.org) using WebTrac.

**RELEASE/WAIVER AGREEMENT:**

I am fully aware of the risk inherent and hereby give consent for the above named applicant(s) to participate in the program(s) offered by the Town of Essex Parks and Recreation Department, and hereby release the Town of Essex, any of its elected or appointed officials or instructors from any and all liability from injuries, claims, costs, loss of services, expenses and/or damages which may be sustained by me or us or our minor children on account of his or her participation in said program or assorted activities and events. The Town of Essex and its Parks and Recreation Department will provide reasonable accommodations to ensure that all of its programs are accessible to qualified individuals with disabilities who wish to participate. I understand it is my responsibility to notify the Department of any disability that requires such accommodation, and if I do not, that I will hold the Town harmless from injury or damages that may result from my failure to do so.

Refund Policy: Registrants assume the risk of changes in personal affairs or health. Refunds will be approved with notification seven (7) days prior to the start of the program. A \$5.00 administration fee will be deducted from the total refund.

Email: Email addresses are used to provide you with updated information including changes or cancellations for the program you have registered. You may occasionally receive informational emails from our department about upcoming special events or classes. If you do not wish to receive informational emails about upcoming special events or classes, please check this box.

**Consent: I hereby consent to and authorize Town of Essex Parks and Recreation Department the rights to publish, reproduce and use for advertising or any other purpose, any photograph, video image, an audio recording or other likeness of myself or my child.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**OFFICE USE ONLY**

Visa	Mastercard	Check #	Cash	Deposited Amt.	By	Computer



Essex Parks and Recreation  
81 Main Street  
Essex Junction, VT 05452-3209  
802.878.1342

PRSR STD  
U.S. POSTAGE  
PAID  
PERMIT NO.677  
BURLINGTON VERMONT

## ECRWSS RESIDENT ONLY



## PARKS AND OPEN SPACE...

Preserve and protect natural resources such as rivers, greenways forests and other habitat areas. Essex Parks and Recreation maintain parks that are Safe, Clean and Green. For more information about these parks or a park locator map, visit: [www.essexparksandrec.org](http://www.essexparksandrec.org).

### Foster Road Park

15 acre Community Park, with 6 ball fields, 400 meter track and playground.

### Pearl Street Park

12 acre Neighborhood Park with tennis courts (with Pickleball lines), a ballfield, basketball court and playground.

### Pinewood Park

7 acre park with multi-use playing field, 1/2 basketball court and playground.

### Saxon Hollow Park

1 acre park with playground equipment, a mini natural playground and 1/2 basketball court.

### Ethan Allen Park

19 acre Community Park with tennis courts, playground, walking trails and gazebo.

### Myers Park

1 acre park with playground, basketball court, and multi-use playing field.

### Indian Brook

575 acre Community Park featuring a 50 acre reservoir, trails, non-motorized boat launch and picnic area. Park permits are required. Passes are available to Residents of Essex and renewals by current Non-residents. You may purchase or renew your pass at Essex Parks and Recreation at 81 Main Street, Essex Junction.

## ESSEX FREE LIBRARY | EVENTS AND PROGRAMS

Drop-In Storytime – **Mondays** from 10:30-11:30am – Enjoy reading, rhyming, and crafts each week! All ages.

LEGO Challenge Club – **Mondays** from 3:30-4:30pm – Step up to the weekly LEGO challenge and build awesome creations!

Drop-In Knitting Club – **Tuesdays** at 6:30pm – Bring in your current knitting project and knit in the company of others.

Noontime Book Discussion – Every first **Thursday** of the month at 12pm.



Evening Book Discussion – Every last **Thursday** of the month at 6:30pm.

Musical Storytime – **Fridays** from 10:30-11:30am – Rock out and read every Friday morning with books, songs, and instruments. All ages.