



# Essex

Parks and Recreation  
*Your Connection to a Healthier Community*



girls on the run



seniors



community



sports



family fun

# Winter 2016-2017

[essexparksandrec.org](http://essexparksandrec.org)



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Office & Hours

81 Main Street  
Essex Junction, VT

**HOURS:**

Monday - Friday • 7:30 AM - 4:30 p.m.

**CLOSED:** Dec. 23 & 26, Jan. 2 & 16, Feb. 20

Phone: (802) 878-1342

Fax: (802) 857-0095

Email: [recmail@essex.org](mailto:recmail@essex.org)

**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:

[www.essexparksandrec.org](http://www.essexparksandrec.org)

Staff

Ally Vile - Director  
[avile@essex.org](mailto:avile@essex.org)

Adriane Martin - Program Coordinator  
[aemartin@essex.org](mailto:aemartin@essex.org)

Samantha Crocker - Asst. Program Coordinator  
[scrocker@essex.org](mailto:scrocker@essex.org)

Andrea Leo - Administrative Assistant  
[aleo@essex.org](mailto:aleo@essex.org)

Ken Booker - Park Maintenance Foreman

Like Us



**Resident Registration begins:**

Online & in-office starting **Friday, December 9th at 8:00 a.m.**

Brochures will be mailed to all Essex residents the first week of December

**Non-resident Registration begins:**

Online, in-office or mail-in **Thursday, December 22nd 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.



**Fill out registration form on page 14 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 at 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 Essex (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.

**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 & FAMILY EVENTS

## WARNING

### TOWN OF ESSEX SPECIAL TOWN MEETING DECEMBER 13, 2016

The legal voters of the Town of Essex, Vermont are hereby notified and warned to meet on Tuesday, December 13, 2016, for the consideration of the following article to be voted on by Australian ballot. The polls for said ballot shall be at the Essex High School on Educational Drive, Essex Junction and the Essex Middle School, 58 Founders Road, Essex, between the hours of seven o'clock (7:00) in the forenoon (a.m.) at which time the polls will open, and seven o'clock (7:00) in the afternoon (p.m.) at which time the polls will close.

**ARTICLE 1.** Shall the Town of Essex enter into an agreement for the formation of a union municipal district to be known as "Essex Community Parks & Recreation"?

\*Regardless of how you vote on Article 1, you should also vote for each of the 3 Director positions under Article 2.

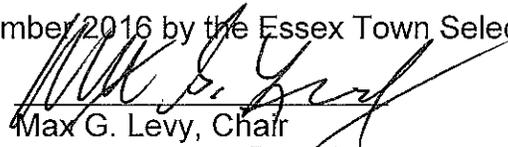
**ARTICLE 2.** \*If passed, Essex Community Parks & Recreation shall have three (3) directors elected to serve on the Essex Community Parks & Recreation board for the following terms:

- One (1) director from the Village for a three (3) year term.
- One (1) director from the Town outside the Village for a three (3) year term.
- One (1) director at large for a one (1) year term.

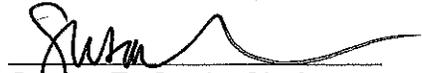
Should Article 1 not pass in the Village, the Town, or both, the election of directors under Article 2 shall be null and void and of no force or effect.

Dated at Essex, Vermont, this 7th day of November 2016 by the Essex Town Selectboard.

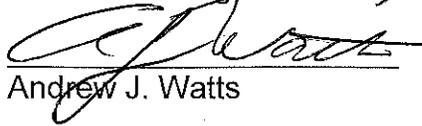
By:

  
Max G. Levy, Chair

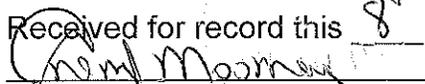
  
Irene A. Wrenner, Vice Chair

  
Susan E. Cook, Clerk

  
R. Michael Plageman

  
Andrew J. Watts

Received for record this 8<sup>th</sup> day of November, 2016 in the records of the Town of Essex.

  
Cheryl Moomey, Town Clerk

# COMMUNITY & FAMILY PROGRAMS

## HOLIDAY LIGHTS CONTEST!

Every December, we pack our two Senior Vans full of Essex area seniors for a tour of the holiday lights in our community. We've noticed that the amount of families that decorate for the season is less and less every year; so we want to bring the spirit back – for the seniors! And we're doing it again this year! Register your home under one of our three categories (to be voted upon by the seniors): **Classic Lights, Colored Lights and Most Creative**. Winners will receive a prize donated from a local Essex business!

You must register your home by **Friday, December 9th** so we can plan our route. We will be departing the Senior Center at 4:30 p.m. on Wednesday, December 14th, so have your lights on and ready to go!



**105000 A** | All AGES | Wednesday, December 14th | 4:30-8:00 p.m. | YOUR HOUSE!

**ENROLL NOW!**



## WINTER HIKE AT INDIAN BROOK

Join us for a family hiking adventure as we explore the backwoods of Essex. Travel in style as Eastern Mountain Sports will supply snowshoes to demo for those thinking about purchasing snowshoes or you can bring your own.

Refreshments will be supplied on the hike. Pre-registration is required.

**(Snowshoe hike and boot hike is dependant on the temperature and condition of the trails)**

**163050 A** | Ages 8 & Up | Sun. Feb. 5 | 10:00 - 11:30 a.m. | Indian Brook Reservoir | \$2 Resident / \$4 Non-Res.

**163050 B** | Ages 8 & Up | Sat. March 11 | 10:00 - 11:30 a.m. | Indian Brook Reservoir | \$2 Resident / \$4 Non-Resident.



## ESSEX WINTER CARNIVAL (No registration required)

Join us for a fun day filled with music, performances, awesome winter activities inside and out, great food, refreshments, and so much more! Food and refreshments will be for sale and don't forget to check out the Chili Cook Off! Interested in entering the Chili Cook Off? Check our website for a form and more details!

Prizes will awarded to top three voter favorites!

This event is co-sponsored by the Essex and Essex Junction Recreation Departments

**\*Please bring a non-perishable food item to donate\***

Saturday, March 4 | 10:00 a.m. - 3:00 p.m. | **FREE** | Albert D. Lawton School



## ESSEX EGG HUNT (No registration required)

Bring your basket or bucket to Maple Street Park to search and collect precious treats and eggs. Celebrate the first taste of Spring with your neighbors from Essex Junction and Essex Town. Please remember to dress for the weather! This event is co-sponsored by the Essex and Essex Junction Recreation Departments.

**\* Please bring a non-perishable food item to donate\***

Toddler, pre-schoolers & grades K - 4 | Saturday April 15 | **10 a.m. SHARP** | Maple Street Park  
75 Maple Street | **FREE** | Please bring a non-perishable food item to donate  
We will gather in the tennis courts prior to the "hunt"



## SAND HILL PARK ICE RINK

Enjoy old fashioned outdoor ice skating on our 100' X 50' ice rink! The rink will be open on the tennis courts during park hours (7 a.m. - 9 p.m.), conditions permitting. For more information contact the Essex Parks and Recreation Department at 878-1342. To help protect the ice, please observe and respect the "ice open/ice closed" sign posted near the rink; we will also keep you updated on the ice status via our Facebook page

We hope that you enjoy the rink and consider helping us maintain the ice this Winter! **A shovel will be available at the rink so you can clear the ice before you skate to keep the surface hard and smooth.**

**\*\*Directions:** Take Route 15E to Sand Hill Road. Sand Hill Park is the first drive on your right.

Follow the road down to the large parking lot.\*\*



# PRE-SCHOOL & YOUTH PROGRAMS



## BUILDING BRIGHT FUTURES PLAY GROUP

Welcome Baby Playgroup for ages birth to 18 months 10:00 -11: 00 a.m. on Wednesdays at Sunset Studio (71 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.

## TOWN MEETING CHILDCARE

Allow our after school and camp staff to watch your child (ren) during the Town of Essex Annual Town Meeting. Childcare will begin at 7:00pm in the gymnasium at Essex High School after dinner. There will be plenty of games, activities and crafts to keep your child occupied. Our staff to child ratio is 10:1; therefore we are able to take a maximum of 40 children for the evening. Come in comfy clothes, even your "jammies", and be ready to play!

Don't forget about the free community dinner starting at 6:00pm; we hope you can join everyone to network and catch up with neighbors. **\*Children must be potty trained. Pre-registration is requested but not required\***



**127180 A** | 5th grade & under | Monday, March 6th | 7:00 p.m. | Essex High School | **FREE!**



## START SMART BASKETBALL

The program is designed to prepare children for the world of organized sports. Parents work together with their children to learn all the basic skills...dribbling, passing, catching, and shooting. Children perform skills that build confidence while parents learn how to properly teach and support. Each participant will receive a mini basketball to keep. **Instructor: EPR Staff Register early! Start Smart classes fill quickly!**

**113301 A** | Ages 3 - 5 & parent/guardian | Saturdays, Jan. 14 - Feb. 11 | 9:00 a.m.- 9:45 a.m. | EMS Gym | \$48.00 Res. / \$53.00 Non-Res. | **5 classes**

**113301 B** | Ages 3 - 5 & parent/guardian | Saturdays, Jan. 14 - Feb. 11 | 10:00 a.m. - 10:45 a.m. | EMS Gym | \$48.00 Res./ \$53.00 Non-Res. | **5 classes**



## GLOBAL PREMIER SOCCER: JUNIOR PROGRAM

Juniors Program teaches the fundamentals of soccer using a fun and energetic curriculum that facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, players are encouraged to play with a smile on their face. Registration includes a Frankie Fox t-shirt

**Instructor: Iain Manson of Global Premier Soccer**



**113285 A** | Ages 3 - 5 | Tues, Jan. 10 - Feb. 14 (**6 classes**) | 10:00 a.m.- 10:45 a.m. | Sunset Studio (71 Center Rd.) | \$70.00 Res. / \$75.00 Non-Res.



## 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.\*\***

**125000 A** | Ages 3 - 10 | Friday, Dec. 9 | 5:30 p.m. – 9:30 p.m. | Founders Memorial School | \$20.00 for one child/ \$15.00 second child

**125000 B** | Ages 3 - 10 | Friday, Jan. 20 | 5:30 p.m. – 9:30 p.m. | Founders Memorial School | \$20.00 for one child/ \$15.00 second child

**125000 C** | Ages 3 - 10 | Friday, March 31 | 5:30 p.m. – 9:30 p.m. | Founders Memorial School | \$20.00 one child/ \$15.00 second child

## YOGA BIRTHDAY PARTIES AT SUNSET STUDIO!

Sunset Studio is now offering Kids Yoga Themed Birthday Parties led by yoga instructor Danielle Brown! Looking for a fun, healthy and active Birthday Party idea without the hassle of hosting at your home? We are excited to offer a new party idea to you and your family at Sunset Studio (71 Center Road). Saturday and Sunday slots available after 11:00 a.m. Please contact Program Coordinator, Adriane Martin at [AEMartin@essex.org](mailto:AEMartin@essex.org) or at 878-1342 for details and more information!



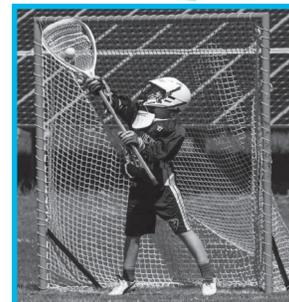
# ESSEX YOUTH LACROSSE K-8



Our Youth Lacrosse league is not only a beginner program for those interested in learning more about the game, but also a feeder program to our high school teams. We strive to not only teach the game of lacrosse and watch players develop their skills, but we also teach good sportsmanship and teamwork. This league differs from other programs we offer as it involves a higher level of play the more your child advances through the years. Those in grades 3-8 will have local practices but will travel to area communities for games and/or jamborees throughout the spring, ending in tournament play through the Northern VT Youth Lacrosse League.

As with many of our programs, parent involvement is key to the success of the League. All of our coaches are volunteers and dedicate an amazing amount of time and support. Please be sure to thank your child's coach for their time, as they do it for their love of the sport, seeing the kids grow and helping their community. Interested in coaching or helping out? Register as a **Coach and/or Volunteer** during enrollment.

**223073 A | Volunteer Coach/Helper | March – June | No Fee only PRICELESS MEMORIES!**



## TINY STICKS

The emphasis will be on having fun, while learning lacrosse skills, throwing, catching and cradling through drill rotation and game play. Lacrosse sticks can be provided for the 6-week session. Each participant in the Tiny Sticks program will receive their own t-shirt if enrolled by April 14th. **Non-resident registration begins Monday, March 13th.** To keep the tradition strong, the EHS Boys Varsity team will run practice on Saturday, May 6th at EHS. A big THANK YOU to Coach Dean Corkum and Asst. Coaches for making this happen! **Head Coach: Nick Salvatori** **There will be a price increase of \$10.00 on Friday, March 31st**

**223070 A | Co-Ed, Grades K - 2 | Saturdays, April 29 - JUNE 10 (6 weeks) | 8:30 - 10:00 a.m.**  
Foster Road Park- Track Infield | \$45 Resident / \$50 Non-Resident | No practice May 27



## GIRLS LACROSSE

The program's emphasis is on basic skill development (throwing, catching, cradling, dodging), teamwork, conditioning, game strategy and having fun. This league combines the fundamentals of the game as well as competitive play to improve individually and as a team. Teams will host games as well as travel to neighboring communities; the season ends in tournament play for the 5/6 & 7/8 teams. **Coaches: Kaila Krouse, Kate Talbot, Hillary Wheeler, Skip Harris and Bryan Hirschman** **There will be a price increase of \$20.00 on Friday, February 17th**

**223074 A | Grades 3 - 4 (U11) | April 4 - June 1 | Practice: TUESDAY & THURSDAY | 5:00 - 6:30 p.m.**  
Games: Sunday afternoons | Fort Ethan Allen/Tree Farm | \$90 Res. / \$95 Non-Resident  
Note: Eye goggles will be provided. A limited number of sticks are available.

**223074 B | Grades 5 - 6 (U13) | April 4 - June 1 | Practice: TUESDAY & THURSDAY | 5:30 - 7:30pm**  
Games: Sundays starting in May | Fort Ethan Allen/Tree Farm | \$90.00 Resident / \$95.00 Non-Resident  
Note: Eye goggles will be provided, you must provide your own stick

**223074 C | Grades 7 - 8 (U15) | April 4 - June 1 | Practice: TUESDAY & THURSDAY | 5:30 - 7:30pm**  
Games: Sundays starting in May | Fort Ethan Allen/Tree Farm Fields | \$90.00 Resident / \$95.00 Non-Resident  
\*Note: Eye goggles will be provided, you must provide your own stick



## BOYS LACROSSE

Learn the basics of lacrosse (throwing, catching, cradling and dodging) as well as advanced team concepts and game strategy, with the emphasis on having fun. This league combines the fundamentals of the game as well as competitive play to advance individually and as a team. Teams will host games as well as travel to neighboring communities; the season ends in tournament play. Details on season-ending tournament are not yet available. **Equipment requirements:** Boys lacrosse stick, helmet, gloves, arm pads, shoulder pads and protective cup. Helmets are in limited supply through our department and will be loaned to all 3/4 players as needed; not every player in grades 5-8 will be guaranteed a helmet from our department! **Head Coaches: Chip Nolan & Scott Edwards, Andy Harris & Rob Robinson, Keith Walcott & Andy Bowen**

**There will be a price increase of \$20.00 on Friday, February 17th.**

**223075 A | Grades 3 - 4 | March 27 - June 7 | Practice: MON/WED evenings | Games: SATURDAYS**  
Prairie Fields, EMS | \$105.00 Residents only | \*2nd Grade Boys with experience may register

**223075 B | Grades 5 - 6 | March 28 - June 8 | Practice: TUE/THUR evenings | Games: WED/SAT**  
Prairie Fields, EMS | \$105.00 Residents only

**223075 C | Grades 7 - 8 | March 28 - June 8 | Practice: TUE/THUR evenings | Games: WED/SAT**  
Prairie Fields, EMS | \$105.00 Residents only



# YOUTH & TEEN PROGRAMS



## 2017 SUMMER CAMP BROCHURE

Look for the summer camp brochure in **February** to start planning your camp lineup.

They will come home in K - 5 backpacks from ETSD and CCSU schools on **Friday, February 10th**; and will be available to pick up at ADL, EMS, EHS, the libraries and our office.

Registration for residents will take place online or in our offices on **Monday, February 13th at 8:00 am**.

\*Camps fill up quickly so get those calendars ready. From day camp and sports, to the arts and adventure; the possibilities are endless. Stay busy this coming summer, be active, explore and try new things. We look forward to seeing you!



## WINTER & SPRING VACATION CAMPS

Here we go again! Get ready for a week jam-packed full of fun! The week will be full of games, arts & crafts, field trips and much more. All activities are designed with an emphasis on safety and fun in an atmosphere that promotes cooperation, teamwork and good sportsmanship. We will explore inside and outside, so dress appropriately and bring your sleds! Camper to Staff ratio is 10:1 and are grouped according to age/grade level.

Vacation Camp is offering daily enrollment along with the usual full-week option.

Sign up per day, or for the whole week and be sure to have fun no matter what is planned!



**127190 A - E** | Grades K - 5 | February 27 - March 3 | 7:30 a.m. - 5:30 p.m. | Essex Middle School  
Pricing: Full Week = \$150.00 Resident / \$155.00 Non-Resident  
Daily Rate = \$34.00 Resident / \$35.00 Non-Resident

**227190 A - E** | Grades K - 5 | April 18- 22 | 7:30 a.m. - 5:30 p.m. | Essex Middle School  
Pricing: Full Week = \$150.00 Resident / \$155.00 Non-Resident  
Daily Rate = \$34.00 Resident / \$35.00 Non-Resident



## GIRLS ON THE RUN!

Look for information on our Girls on the Run program for FMS girls this January in our Winter II ESP brochure. Registration will take place on **Wednesday, February 15th at 8:00 a.m.** This program fills **very** quickly and is on a first come, first serve basis!



## BABYSITTER'S TRAINING COURSE

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. Please bring a beverage, healthy snacks and lunch for the day. **Instructor: Karl Hulbrich**



**128010 A** | Ages 11 - 14 | Saturday, March 4th | 9:00 a.m. - 3:00 p.m. | Essex Town Fire Dept. Comm. Room | \$100.00 Res./ \$105.00 Non-Res.



## SNOWMOBILE SAFETY COURSE

This is a Vermont State Police course for persons looking to operate a snow machine during the winter season. This class is really important if you are at all thinking about riding or driving a snowmobile in the state of Vermont this winter. A license is required to operate a snowmobile and this course will set you up very well to get your license!

The course will be lecture-based with some video presentations, which will occur inside.

A pizza lunch will be included in your registration fee! **Instructor: Jere Johnson**

**109051 A** | Minimum Age of 12 + | Saturday, January 14th | 9:00 a.m. - 3:30 p.m. | Essex Fire Department, Community Room | \$10.00 Resident/ \$15.00 Non-Resident

# YOUTH & 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 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**



**Please review our updated refund/cancellation policy below prior to enrollment in our Driver's Education program.**

This policy pertains specifically to this course and is separate from our regular program refund policy.

Registration Fees: 50% of the registration fee is due at the time of enrollment with the remaining balance due approximately one month prior to the Parent/Student meeting (please review your receipt for this confirmed date). At any time, **\$200.00 of the enrollment fee is forfeited due to Vermont State regulations required of Precision Driver Training School in the event of any changes made to your child's enrollment.** Additional administrative fees will be applied to your refund depending on the circumstances of the cancellation/change request. These fees could be up to an additional \$100.00.

For the Precision Driver Training School refund policy please follow this link: <http://www.vtdrivered.com/teen-driver-ed>

**138196 A** Teenagers/Adults with current VT learner's permit | Saturdays & Sundays January 28th- March 25th  
10:00 a.m. - 12:00 p.m. | EHS Classroom | \$815 Resident / \$820 Non-Resident **(Balance due 01/27/17)**  
Time listed above is mandatory classroom time; tentative driving times will be offered at the time of registration.  
Must enroll in driving time #138197 \*There is a mandatory Parent/Student meeting on Saturday, January 28th from 10:00 a.m. - 12:30 p.m. \*



**238196 A** | Teenagers/Adults with current VT learner's permit | Tuesdays & Wednesdays March 15th -May 9th  
4:30 p.m. - 6:30 p.m. | EHS Classroom | \$815 Resident / \$820 Non-Resident **(Balance due 03/14/17)**  
Time listed above is mandatory classroom time; tentative driving times will be offered at the time registration.  
Must enroll in driving time #238197 \*There is a mandatory Parent/Student meeting on Wednesday, March 15th from 4:30 p.m. - 7:00 p.m. \*

## 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!

**138186 A** | Juniors & Seniors | Saturday, January 28th | 8:30 a.m. - 12:30 p.m. | Essex High School  
\$170 Resident / \$175 Non-Resident



## XYZ'S OF COLLEGE PLANNING



Are you overwhelmed and wondering where to begin? Do you know what colleges are looking for? Are you aware of what resources are available, many at no cost? Do you know how to make this a sane, even enjoyable process?

Choosing a college where your son or daughter will thrive depends on finding schools that are the "best fit." With over 4,000 colleges to choose from, narrowing down your choices can be quite challenging. This workshop will help you navigate the college application and search process and make it as stress free as possible. We will cover the steps to take, how to get the most from college visits, what helps one stand out from the applicant pool and much more. The workshop is being offered by Penny Klein of Sugar Maple College Consulting. As a former high school counselor, English teacher and now as an Educational Consultant, Penny has over 20 years experience helping parents and students apply to and choose a college. She has visited over 200 colleges and universities in the last 5 years. **Instructor: Penny Klein**

**138200 A** | 9th, 10th & 11th Graders and their Parents | Tues. Feb. 7th | 6:30 p.m. - 8:00 p.m. | Memorial Hall, 5 Towers Road | \$5.00 per family

# YOUTH & ADULT PROGRAMS

## LOOKING FOR A FUN SUMMER

The Essex Parks and Recreation Department has summer job opportunities at Sand Hill Pool for various positions. There are also positions available for Indian Brook Park Attendants as well as "Fun Squad" positions at our Summer Day Camps, Indian Brook, and Grounds Crew. Applications are available at [www.essexparksandrec.org](http://www.essexparksandrec.org), or in our office. Applicants must be 16 years old on or before the start date of an accepted position. Staff interviews will be held early February 2017. Please submit your application ASAP.



## LIFEGUARD CERTIFICATION

Lifeguards protect their community by preventing, recognizing, and responding to water-related emergencies. The course trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. American Red Cross Lifeguarding Course includes: water rescue skills, surveillance and recognition, firstaid, breathing and cardiac emergencies, CPR, AED and more. Successful completion results in a 2-year certification in Lifeguarding, First Aid, professional-level CPR and AED. **Prerequisites:** Must be at least age 15 (by last day of class), swim 300 yards continuously demonstrating breath control and rhythmic breathing (no sidestroke or backstroke), tread water for 2 minutes using only the legs, complete a timed event within 1 minute 40 seconds, starting in the water swim 20 yards, surface dive feet-first or head-first to a depth of 7 to 10 feet to retrieve a 10 lb object, surface and swim 20 yards on back with both hands holding the object during entire return swim, exit the water without using a ladder or steps. **Instructors: Edge of Essex Staff**

**122103 A** | Age 15 & up | February 26 - 28 | 8:00 a.m. - 4:30 p.m. | Edge of Essex (4 Gauthier Dr.) | \$260 Resident / \$265 Non-Resident

**122103 B** | Age 15 & up | March 19th & 26th, April 2nd | 8:00 a.m. - 4:30 p.m. | Edge of Essex (4 Gauthier Dr.) | \$260 Res. / \$265 Non-Res.

## LIFEGUARD REVIEW BLENDED LEARNING COURSE

This course is for lifeguards who would like to keep their certification current. It includes: online learning component, water rescue skills, surveillance & recognition, first aid, breathing & cardiac emergencies, CPR, AED & more. Before class begins you will be emailed a link to the online component of the course. Online content must be completed before the first class. There is an additional \$35.00 payable directly to American Red Cross for online access. **Prerequisites:** Must have a current Lifeguarding Certification **Instructors: Edge of Essex Staff**



**122105 A** | Age 16 & up | Sunday, March 12th | 8:00 a.m. - 4:00 p.m. | Edge of Essex (4 Gauthier Dr.) | \$110 Resident/ \$115 Non-Resident

## WATER SAFETY INSTRUCTOR CERTIFICATION (WSI)

This WSI Blended Learning Class combines in-water teaching and online content to train instructor candidates to teach courses & presentations in the American Red Cross Swimming and Water Safety Program such as Learn-to-Swim.

**Prerequisites** – Participants in the WSI course must be at least 16 years old, able to demonstrate proficiency in six strokes: crawl, backstroke, breaststroke, elementary backstroke, sidestroke and butterfly; float/scull on back for 1 minute and tread for 1 minute.

Before the class begins you will be emailed a link to the online component of the course. Online content must be completed before the first class. There is an additional \$35.00 payable directly to American Red Cross for online access. American Red Cross WSI Manuals are required for the class and available in e-book and print formats (see receipt for more information). **Instructors: Edge of Essex Staff**



**122104 A** | Age 16 & up | Sat. & Sun., April 22, 23, 29 & 30 | 8:00 a.m. - 4:00 p.m. | Edge of Essex (4 Gauthier Dr.) | \$310 Res./ \$315 Non-Res.



## CPR AND AED: ADULT, CHILD AND INFANT

Are you ready to take action if a friend or loved one needs help? Be prepared and take a life-saving CPR & AED course! Great for new parents, grandparents, caregivers, camp counselors and more! Class price includes course book. Two year certification will be from ECSI: Emergency Care and Safety Institute. **Instructor: Laurie Singer**



**148121 A** | Ages 15 & up | Wednesday, Feb. 8 | 6:00 p.m. - 8:00 p.m. | Essex Town Offices (81 Main St.) | \$55 Res./ \$60 Non-Res.

## ADULT POTTERY



This six-week class is for beginning 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**

**Don't delay! This class fills VERY quickly!**

**149451 A** | Ages 18+ | Mondays, January 30 - March 20 (6 classes) | 6:00 - 8:00 p.m. | EHS, Rm B112  
\$95.00 Resident / \$100.00 Non-Resident | No class 2/27 or 3/06

# ADULT PROGRAMS | SUNSET STUDIO

## 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**

**Tuesday:** 843083 AA | Ages 16 + | **6:30 - 7:30 p.m.**  
**Jan. 3 - Feb. 14** (7 weeks) | Sunset Studio | \$42.00 Res./ \$47.00 NR

**Tuesday:** 843083 BA | Ages 16 + | **6:30 - 7:30 p.m.**  
**Feb. 21 - April 4** (7 weeks) | Sunset Studio | \$42.00 Res. / \$47.00 NR

**Wednesday:** 843083 AB | Ages 16 + | **6:00 - 7:00 p.m.**  
**Jan. 4 - Feb. 15** (7 weeks) | Sunset Studio | \$42.00 Res. / \$47.00 NR

**Wednesday:** 843083 BB | Ages 16 + | **6:00 - 7:00 p.m.**  
**Feb. 22 - April 5** (7 weeks) | Sunset Studio | \$42.00 Res. / \$47.00 NR

**Thursday:** 843083 AC | Ages 16 + | **5:45 - 6:45 p.m.**  
**Jan. 5 - Feb. 16** (7 weeks) | Sunset Studio | \$42.00 Res. / \$47.00 NR.

**Thursday:** 843083 BC | Ages 16 + | **5:45 - 6:45 p.m.**  
**Feb. 23 - April 6** (7 weeks) | Sunset Studio | \$42.00 Res./ \$47.00 NR

**Saturday:** 843083 AD | Ages 16 + | **8:30 - 9:30 a.m.**  
**Jan. 7 - Feb. 18** (7 weeks) | Sunset Studio | \$42.00 Res. / \$47.00 NR

**Saturday:** 843083 BD | Ages 16 + | **8:30 - 9:30 a.m.**  
**Feb. 25 - April 8** (7 weeks) | Sunset Studio | \$42.00 Res./\$47.00 NR.

**Sunday:** 843083 AE | Ages 16 + | **8:30 - 9:30 a.m.**  
**Jan. 8 - Feb. 19** (7 weeks) | Sunset Studio | \$42.00 Res./ \$47.00 NR

**Sunday:** 843083 BE | Ages 16 + | **8:30 - 9:30 a.m.**  
**Feb. 26 - April 9** (7 weeks) | Sunset Studio | \$42.00 Res./\$47.00 NR

843075 A | Ages 16 + | **ZUMBA ONLY** | 10 Class Punch Pass | \$75.00 Resident / \$80.00 Non-resident.

## ZUMBA FOR THE BEGINNER: WORKSHOP

Are you new to Zumba? Or, looking to try it for the first time? Trying Zumba can be intimidating if you don't have a lot of experience in group fitness classes or don't dance. Let us break it down for you! Learn cues and other moves to minimize your nerves and gain confidence! This workshop is also great if you have been going but want to perfect a move or two or practice with one on one help. Get your questions answered! **Instructor: Lynne LaBonte**



843080 A | Ages 12 + | Saturday, December 31st | 10:00 a.m. to 11:00 a.m. | Sunset Studio | \$5.00



**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. **Instructors: Lynne LaBonte & Tabi Chapdelaine**

**Join us for a Strong by Zumba FREE Demo on Saturday, December 31st at 11:30 a.m.**

**Monday:** 843095 AA | Ages 16 + | **6:30 - 7:30 p.m.**  
**Jan. 2 - Feb. 13** (7 weeks) | Sunset Studio | \$46.00 Res. / \$51.00 NR

**Monday:** 843095 AC | Ages 16 + | **6:30 - 7:30 p.m.**  
**Feb. 20 - April 3** (7 weeks) | Sunset Studio | \$46.00 Res./\$51.00 NR.

**Sunday:** 843095 AB | Ages 16 + | **10:00 - 11:00 a.m.**  
**Jan. 8 - Feb. 19** (7 weeks) | Sunset Studio | \$46.00 Res./ \$51.00 NR

**Sunday:** 843095 AD | Ages 16 + | **10:00 - 11:00 a.m.**  
**Feb. 26 - April 9** (7 weeks) | Sunset Studio | \$46.00 Res./ \$51.00 NR

## YOGA FOR ANYBODY



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**

**843116 A** | Ages 18+ | Tuesdays, January 3 - February 7 (6 classes) | 3:45 p.m. - 4:45 p.m. | Sunset Studio | \$55.00 Res. / \$60.00 Non-Res.

**843116 B** | Ages 18+ | Tuesdays, Feb. 21 - March 28 (6 classes) | 3:45 p.m. - 4:45 p.m. | Sunset Studio | \$55.00 Res./ \$60.00 Non-Res.

# ADULT PROGRAMS | fitness and wellness



## YOGA ON THE GO: WORKSHOP

Don't have an hour or more to go to a studio but maybe have 10 -15 minutes at home or work? Maybe you have chairs but no mat... Stuck at the airport waiting on a flight? No matter where you are you have options! Let's walk through a couple of routines to help you stretch between meetings or a few minutes to regroup before the kids jump off the bus. **Instructor: Kelley Reagan**

**843100 A** | Ages 16+ | Saturday, January 14th | 10:00 a.m. - 11:30 a.m. | Sunset Studio | \$15.00 Res./ \$20.00 Non-Res.

**843100 B** | Ages 16+ | Saturday, March 25th | 10:00 a.m. - 11:30 a.m. | Sunset Studio | \$15.00 Res./ \$20.00 Non-Res.



## FITBOXING

F.I.T Functional Interval Training and Boxing! Wrap your hands, throw on some mitts, and prepare for the best Total Body workout! Boxing blended with strength, drills, HIIT and core, will leave you feeling pumped, strong and ready for any sport. No prior experience necessary! Punch pass available. **Instructor: Jess Voyer**



**143252 A** | Ages 18+ | Mondays January 2nd- February 6th (6 classes) | 6:45 p.m. - 7:45 p.m. | Fit2Excel | \$75.00 Res./ \$80.00 Non-Res.

**143252 B** | Ages 18+ | Mondays February 13 - March 20th (6 classes) | 6:45 p.m. - 7:45 p.m. | Fit2Excel | \$75.00 Res./ \$80.00 Non-Res.

## GROUPFIT (FUN INTERVAL TRAINING)

GroupFIT 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**



**143250 A** | Ages 18+ | Tues./Thurs., Jan. 3- Feb. 23 (16 classes) | 5:30 - 6:30 a.m. | Essex Middle School Gym | \$170.00 Res./ \$175.00 NR.

**143250 B** | Ages 18+ | Tue./Thurs., March 7 - April 20 (14 classes) | 5:30 - 6:30 a.m. | Essex Middle School Gym | \$150.00 Res. / \$155.00 NR

**143255 A** | Ages 18+ | **GROUPFIT & FITBOXING ONLY** | 10 Class Punch Pass | \$125.00 Resident / \$130.00 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**

**128111 A** | Ages 16+ | Wednesdays, Jan. 4 - March 8 (10 classes) | 7:15 - 8:15 p.m. | Hammerfit Motion Studio \$95.00 Resident / \$100.00 Non-Resident

**128111 B** | Ages 16+ | Wednesdays, March 22 - April 19 (5 classes) | 7:15 - 8:15 p.m. | Hammerfit Motion Studio | \$48.00 Resident / \$53.00 Non-Resident

Drop-in classes available for \$12.00 a class. Payable in person at Hammerfit.

## BALLROOM DANCE FOR ADULTS

When the music starts and the dance floor is open do you feel confident or want to head for the bathroom to hide? This ballroom class will take you through the basics and add some intermediate dance steps to help you confidently make your way around the dance floor. We'll start simple and progress.

You'll learn Foxtrot, Swing, Rhumba, Waltz, and Cha Cha plus a few more!!!

The last class will be a 'semi-formal' with the theme of Valentine's Day. It's really fun!!! **Instructor: Jon Brown**

**148021 A** | Ages 18+ | Saturdays, January 7 - February 4 (5 classes) | 6:30 p.m. - 8:30 p.m. Memorial Hall, 5 Towers Road | \$110 Resident Couple/ \$115 Non-Resident Couple



## PARTNER MASSAGE

Want to explore how to pamper your Valentine for years to come? Learn how to use bodywork techniques as a way to honor your partner and help them release the stresses of daily life. Share simple methods designed to relax and refresh.

Please bring water and wear comfortable clothes. **Instructor: Kelley Reagan**



**149021 A** | Ages 18+ | Friday, February 10th | 6:30 p.m. - 8:30 p.m. | Sunset Studio | \$60.00 Res.Couple/ \$65.00 Non-Res.Couple

# ADULT & 55+ PROGRAMS



## MALL WALKING MONDAYS!

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. On the last day of the program, we'll have breakfast at the mall after walking our loops. **Note: Transportation is included. The Senior Van will depart the Center at 8:15 a.m. or Essex residents can call the Senior Center and arrange to be picked up right from your home. Walking begins at approx. 8:45 a.m.**

**153077 A** | Ages 55+ | Mondays, January 23 - April 3 (10 days) skip 2/20 | 8:30 - 10:00 AM  
University Mall | \$18 Resident / \$20 Non-Resident



## 22ND ANNUAL VT 50-PLUS & BABY BOOMER EXPO

The EXPO is open to all ages and offers more than 90 exhibitors and an exciting roster of informative seminars and workshops, dance party with DJ Charlie Rice, Musical Revue by the Lyric Theatre Company Singers, demos, live entertainment and more! Admission price includes access to ALL seminars, workshops, demos, entertainment, food sampling and exhibitor areas. Paid food concessions are available. Drop off at the Sheraton at 11 a.m. and pick up at 1:00 p.m.



**156031 A** | Ages 55+ | Saturday, January 28 | 11:00 a.m. - 1:00 p.m.  
Sheraton Hotel and Conference Center, South Burlington | \$7 Resident / \$9 Non-Resident



## WILLS & TRUSTS

We will talk about various life circumstances where a Will or Trust may be a good planning tool and general information about probate process in the state of Vermont. We will also discuss what would happen if there were an unexpected illness or accident that resulted in a period of disability. **Instructor: Holly Lemieux**

**149085 A** | Ages 18+ | Wednesday, January 25th | 6:00 p.m. | Essex High School | \$5.00 each

**149085 B** | Ages 18+ | Tuesday, March 14th | 6:00 p.m. | Essex High School | \$5.00 each

## STAGE KISS | ESSEX COMMUNITY PLAYERS

When estranged lovers are thrown together as romantic leads in a long-forgotten 1930s melodrama, the line between offstage and onstage begins to blur. Playwright Sarah Ruhl brings her unique mix of lyricism, sparkling humor and fierce intelligence to the world of romantic comedy. The play asks us to consider what is real, both in love and in art.



**159066 A** | Ages 55 + | Sunday, February 26th | 2:00 p.m. (showtime) | Memorial Hall, Towers Road  
\$16.00 Resident / \$18.00 Non-Resident | Transportation Included.

Please indicate if you will need a ride from your home or if you will plan to meet the van at the Senior Center during registration.

## ESSEX AREA SENIOR CENTER

The Essex Area Senior Center proudly serves the 50+ population in the Essex community and beyond. Our location at 2 Lincoln Street at the Five Corners offers Jazzercise Lite, seated Yoga, trips, bingo, bridge, mah jongg, book club, genealogy, knitting/crocheting, Wii bowling, workshops, presentations, and other activities and special events. Our café, The Perfect Blend, is open on the third Friday of every month for anyone in the community who would like to come in and enjoy a warm beverage and some refreshments in a friendly atmosphere. Our Wednesday luncheons, with an amazing fifty-year history of support, continue to be popular events at our meal site at Maple Street. Anyone 50 years of age or older are warmly welcomed and encouraged to join!

**Please see our monthly newsletter, Essex Senior News, access our website at [www.essexvtseniors.org](http://www.essexvtseniors.org), or contact Lou Ann at 876-5087 for more information.**

### HOW TO FIND THE ESSEX AREA SENIOR CENTER:

The Center is located at the Five Corners in Essex Junction, in the white annex of the Village Office Building between the fire station and the Village Offices. The parking lot is beside the Brownell Library on Route 2A.

## MINI MANI OR PEDI LUNCH EXPRESS The Stowflake Mountain Resort & Spa

Winter blues getting you down? Join us for an afternoon of relaxation at the Stowflake Mountain Resort & Spa for lunch and a mini-manicure or pedicure! Grab your girlfriends and let us do the driving, while you relax in the sanctuary, enjoy a spa lunch (with dessert!) and come home feeling pampered. **Space limited to 11**

Please choose your lunch options during registration. **Soup:** Veggie or French Onion  
**Sandwich:** Turkey Club, Veggie Wrap or Pesto Chicken

The van is scheduled to leave the Senior Center at 10:15 a.m. in order to get to The Stowflake Resort & Spa in time for lunch and nail treatment! Time is set aside for all to peruse the gift shop area - come prepared! Transportation, spa services, lunch, tax and gratuity are all included in the registration price! **Snow date is Monday, March 13th**



**156044 A (MANICURE) | Ages 55+ | Monday, March 6th | 10:15 a.m. - 3:00 p.m. (approx) | \$38 Res. / \$40 Non-Res.**

**156044 B (PEDICURE) | Ages 55+ | Monday, March 6th | 10:15 a.m. - 3:00 p.m. (approx) | \$53 Res. / \$55 Non-Res.**



## VERMONT FLOWER SHOW 2017



Neverland truly is where dreams are born at the 2017 Vermont Flower Show!

Join us for three days as spring comes to life thanks to hundreds of volunteers working together to build a spectacular 12,000 square foot landscape indoors. This year's Grand Garden Display offers the world of Peter Pan as inspiration for a magical garden journey. Gardeners and non-gardeners alike are drawn to the show for inspiration, education and a break from the long cold winter. The Senior van will arrive at **11:00 a.m.** and you will have two hours at the event before the van departs.



**156032 A | Ages 55 + | Saturday, March 4 | 11:00 a.m. | Champlain Valley Expo | \$14.00 Resident / \$16.00 Non-Resident**



## 9 TO 5 THE MUSICAL | Lyric Theatre

9 to 5 The Musical, with music and lyrics by Dolly Parton and book by Patricia Resnick, is based on the seminal 1980 hit movie. Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic.

Pushed to the boiling point, three female coworkers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot! While Hart remains “otherwise engaged,” the women give their workplace a dream makeover, taking control of the company that had always kept them down.  
Hey, a girl can scheme, can't she?

**159067 A | Ages 55 + | Sunday, April 9 | 2:00 p.m. | Flynn Theatre, Burlington | \$21.00 Resident / \$23.00 Non-Resident  
Transportation Included, leaving Senior Center at 12:45 p.m. (show time is 2:00 p.m.)**

## ESSEX SENIOR VANS | Leave the driving to us!

Transportation is available to any Essex resident age 60 and older, or any Essex resident that is unable to drive themselves due to a physical or mental disability to an appointment or errand around town FREE of charge! Our vans stay within the community of Essex, along with the Fanny Allen and Williston FAHC medical offices and the VTC Dental office. The vans are equipped with a wheelchair lift and operate Monday through Friday, 9:00 a.m. - 4:00 p.m. and Sunday, 8:00 a.m. - 12:00 p.m. Please call the Senior Center at 878-6940 between 9:00 - 11:45 a.m., Monday - Friday, the day before you need a ride.

**A big thank you to our volunteer phone operators; we couldn't do it without you!**



# 2017/2018 | INDIAN BROOK PASS

The Indian Brook Reservoir Park Pass is based on a calendar year (January to December)

- RENEWAL (Resident)** - complete only those sections with changes and sign form
- RENEWAL (Non-resident)** - 2016 pass holders only - complete only those sections with changes and sign form
- NEW APPLICATION (Available to Residents only)** - complete entire form, sign and submit with proof of residency

OR

## ONE YEAR - 2017 PASS

Resident	\$ 10.00 (Vehicle 1)
Non-resident renewal (2016 pass holders only)	\$34.00 (Vehicle 1)
Senior Resident (55 & up)	\$8.00 (Vehicle 1)
Additional Pass	\$2.00 (Vehicle 2)
Total Amount Due	\$ _____

## TWO YEAR - 2017/2018 PASS

Resident	\$16.00 (Vehicle 1)
Non-resident renewal (2016 pass only)	\$58.00 (Vehicle 1)
Senior Resident (55 & up)	\$12.00 (Vehicle 1)
Additional Pass	\$4.00 (Vehicle 2)
Total Amount Due	\$ _____

NOTE: There is a \$2.00 Fee for Each Lost or Transferred Pass

Vehicles must be registered at address below • Residency is based upon your primary residence, not place of business or where you own property.

1. Vehicle License Plate No. \_\_\_\_\_ 2. Vehicle License Plate No. \_\_\_\_\_

Veh. #1 Last Name: \_\_\_\_\_ First Name : \_\_\_\_\_ Middle Initial: \_\_\_\_\_ D.O.B \_\_\_\_\_

Street Address: \_\_\_\_\_ City/Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Ph# \_\_\_\_\_ Work Ph# \_\_\_\_\_ Cell Ph# \_\_\_\_\_ Email: \_\_\_\_\_

(MUST LIVE AT SAME ADDRESS AS VEHICLE #1)

Veh. #2 Last Name: \_\_\_\_\_ First Name : \_\_\_\_\_ Middle Initial: \_\_\_\_\_ D.O.B \_\_\_\_\_

Home Ph# \_\_\_\_\_ Work Ph# \_\_\_\_\_ Cell Ph# \_\_\_\_\_ Email: \_\_\_\_\_

New resident applications.....Please bring completed form & proof of residency,

Renewals.....Available online (for residents only) or bring/mail completed form to:

**ESSEX PARKS & RECREATION DEPARTMENT, 81 MAIN STREET, ESSEX JUNCTION, VT 05452-3209**

**Please make check payable to: TOWN OF ESSEX**

I have read all the Indian Brook ordinances and I agree that I, the members of my family, and any and all individuals accompanying me to Indian Brook Park will abide by the ordinances in full or be subjected to park violations-penalties, permit revocation and a trespass notice issued for Indian Brook Park. I hereby acknowledge I recognize there are dangers inherent in swimming without the presence of lifeguards and the use of the natural paths and trails at Indian Brook Park, and that there are inherent risks of injury and loss associated with these activities. I hereby voluntarily consent to assuming such risks and any consequent loss, injury or damage incurred thereby, including loss, injury or damage resulting from acts or omissions of the Town of Essex and its Parks and Recreation Department, together with their operators, agents, employees, consultants and advisors, including but not limited to acts of negligence or breach of warranty.

In addition, I hereby release, hold harmless and forever discharge the aforesaid Town of Essex and its Parks and Recreation Department, together with their operators, agents, employees, consultants, and advisors from any and all claims, demands, liability, rights or causes of action of whatsoever kind or nature which I may have arising from, or in any way connected with, any injuries, losses, damages, of suffering which I might sustain as a result of use of Indian Brook Park.

I, and where appropriate, my parent or guardian, hereby acknowledge and agree that this agreement is a binding promise given in consideration of the use of Indian Brook Park and I/we covenant to fully discharge the Town of Essex and its Parks and Recreation Department, together with their operators, agents, employees, consultants and advisors from any and all injuries or loss resulting from my use of Indian Brook Park.

I also acknowledge that there are no lifeguards on duty at Indian Brook Park, and agree for myself, the members of my family, and any and all individuals accompanying me to Indian Brook Park that any swimming will be at our own risk.

**PRINT NAME:** \_\_\_\_\_

**Signed by:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Processed By	How Many?	1 Yr. / 2 Yr.	\$ Received	Check #	Credit Card	Cash	Deposit Date

# 2016-2017 | REGISTRATION FORM

Registration can be mailed with full payment to:

Essex Parks & Recreation Department, 81 Main Street, Essex Junction, VT 05452-3209

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

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

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

HomePh: \_\_\_\_\_ WorkPh: \_\_\_\_\_ CellPh: \_\_\_\_\_ Provider: Verizon AT&T Sprint

Emails: \_\_\_\_\_

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

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

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

## List Each Participant's Information Per Program

LAST, FIRST NAME	M/F	D.O.B.	SCHOOL (if appl.)	GRADE (if appl.)	SHIRT SIZE (if appl.)	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.

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

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

## ECRWSS/EDDM RESIDENT ONLY

### PARKS AND ACTIVITIES...



Restoring and strengthening your mind and body are important parts of keeping yourself healthy. Essex Parks and Recreation tries to provide and promote a healthier community through our programs, parks and activities.

#### Foster Road Park

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

#### Pearl Street Park

12 acre Neighborhood Park with tennis courts, a ballfield, basketball court, pickleball and playground.

#### Pinewood Park

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

#### Sand Hill Park & Pool

9 acre Neighborhood Park with tennis courts, Playground, picnic shelter, pickleball court, community pool and winter outdoor ice rink!

#### Saxon Hollow Park

1 acre park with playground equipment and 1/2 basketball court.

#### Ethan Allen Park

19 acre Community Park with tennis courts, new playground, walking path 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 may be purchased at the Essex Parks and Recreation Department.

#### Mathieu Town Forest Trails

Network of wooded trails connecting our parks, neighborhoods and schools. Check our Facebook page, website or office for trail maps.

