



# NORWICH RECREATION WINTER PROGRAMS 2017



Phone: 802-649-1419 x.5

[Recreation@norwich.vt.us](mailto:Recreation@norwich.vt.us)

[www.norwich.vt.us](http://www.norwich.vt.us)

**PROGRAM REGISTRATION:** For winter classes, please REGISTER on-line at [www.norwich.vt.us](http://www.norwich.vt.us) Departments - Recreation, then "On-line Registration" unless listed otherwise. Payment may be made by credit card or by check. Registration & payment should be completed by the first class. If assistance is required for on-line registration please contact the Rec. Dep't @ 649-1419 x.5 to set up an account.

You will be contacted *only if a program does not run*. Brochures are available downstairs in Tracy Hall.

**Make checks payable to:** "TOWN OF NORWICH - RECREATION" &

**Mail to:** Norwich Recreation, P.O. Box 1137, Norwich, VT 05055

**Norwich Recreation Council Members:** Laura Duncan - President; Chris Clapp - Vice-President, Amy Tuller - Secretary, Jill Collins, Gered Dunne, Kristin Fauci, Ryan Gardner, Rebecca Matteo, John Girard, Page Tompkins & Jill Kearney Niles - Director



## YOUTH PROGRAMS

See Summer **CIRCUS CAMP '17** information on page 2 - Registration now open

**YOUTH BASKETBALL** - The current basketball season for Grades 1 - 6 is underway & runs through February 17th. If school is canceled or out of session, practices and/or games are canceled, unless your Coach notifies you (Ex. Potential holiday practices may be booked in Tracy Hall). Parents of 3<sup>rd</sup>-6<sup>th</sup> Grade players - Don't forget to check for game schedules and directions to other gyms, posted @ [www.norwich.vt.us](http://www.norwich.vt.us), but please confirm with coaches regarding changes. We'd **love a few more 3rd or 4th grade Girls!**

### 1st & 2nd Grade Coed BASKETBALL

Although the season began in Dec., we still welcome new players. Introductory basketball-handling skills will be taught through lead-up games and activities. Lots of individual skills practice will happen amidst the fun. If you have your own (labeled) Junior sized basketball, bring it along. Please bring a pair of clean athletic shoes to wear in the gym **Assistants welcome**. Volunteer on-line.

**LOCATION:** Marion Cross School Gym

**FEE:** \$45; Non-Res.: \$50

Min # 6; Max # 20

Both the 1st & 2nd Grade teams are now coed with practices as follows.

**1st Grade DAY/TIME/SEASON:** Wednesdays, 2:30 - 3:30pm; 1/4 - 2/15 COACH: Shannon Reynolds (226-750-3252)

**2nd Grade DAY/TIME/SEASON:** Saturdays, 4 - 5pm; 1/7 - 2/11 COACHES: Matt & Laura Duncan (649-7077)



Upcoming 2017 Norwich Camps: Mini Kickers for 3 - 6 year olds on the Norwich Green

May 1st - June 12th

Summer Soccer Camps for 4 - 12 year olds at Huntley Meadow

#1) June 26 - 30th

#2) August 21st - 25th

Register NOW at [www.challengersports.com](http://www.challengersports.com)

**SPECIAL \$50 bonus gift** package if you **register by 12/31!**

### VALENTINE GIFT - MAKING WORKSHOP

**DAY / DATE / TIME:** Friday, February 10th, 3:30pm - 5:30pm

**FOR:** 3rd - 6th Grade Students; Coed

**LOCATION:** Marion Cross School ART Room

**\*FEE:** \$25; Non-Residents: \$30 \*includes all materials

**INSTRUCTOR:** Nicole Butters ([nsbd123@gmail.com](mailto:nsbd123@gmail.com) or 649-0213),

an experienced, certified Elementary School Teacher, Artist and mother of four. Nicole has taught all of our popular Art Gift-Making Workshops and has run many Art Camps, Outdoor Education and After School Programs. Contact Nicole for further details.

Do you love to create and make special gifts for friends and family? Sign up for this fun, creative opportunity!

Max # 20

### COED TABLE TENNIS for 5th Grade players through Adults

**DAY / DATES / TIME:** Wednesdays, \*January 4<sup>th</sup> - June 14<sup>th</sup>, 6:30pm - 9pm \*No class on 2/22 & 4/19

**LOCATION:** Marion Cross School Gym

**Register & Pay on site at class.**

**COORDINATORS:** Doug Haynes, certified USATT coach (603-643-2178) [Douglas.Haynes@Dartmouth.edu](mailto:Douglas.Haynes@Dartmouth.edu) & Doug Hill-  
[Douglas.P.Hill@Dartmouth.EDU](mailto:Douglas.P.Hill@Dartmouth.EDU)

**FEE:** for Norwich Residents: \$2/night; \$1 for Students; Non-Residents: \$3; \$2 for

NR Students

All abilities welcome / Drop-in basis / Pick-up games / Lots of fun / Excellent sport

for developing eye-hand coordination skills necessary in all racket sports

## **SUMMER CIRCUS CAMP 2017**

**Register on-line at [www.norwich.vt.us](http://www.norwich.vt.us) Departments – Recreation – On-line Registration**

**FOR:** children ages 8 & up, and must have completed 2<sup>nd</sup> grade Teenagers welcome. No “too old” age

**DATES:** Session #1: **July 10th - 21st** Session #2: **July 24th – August 4th**

**DAYS/TIME:** Monday - Friday, **8:30am - 3pm** Max # 60/session Camper / Instructor ratio - 10:1 or better

**\*FEE:** Norwich Residents: **\$580** **Non-Residents: \$640** Please pay in full when registering or minimum deposit required of \$380 for Residents; \$440 for Non-residents

Complete payment at time of registration is encouraged. Alternatively, the deposit amount must be received by February 1<sup>st</sup>, 2017 to reserve participant's spot. Any unpaid balance is due July 1st, 2017.

**LOCATION:** **Marion Cross School** Gym & Multi-purpose room, as well as the outdoor grounds

**COORDINATOR:** **Ted Lawrence** (802-558-7959), performer and teacher with decades of experience. An incredible staff of Circus professionals having expertise in a broad range of Circus disciplines will join Ted to maximize your learning & fun. At our "Van Lodostov" Circus Camp some of the exciting things participants will learn how to do are: Diablo, Multi-person Circus Bike Tricks, Clowning (ranging from mime to pie throwing), Tight Wire, Acrobatics, Plate Spinning, Fabrique, Stilt-Walking, Juggling, Unicycling, Pyramids, Rola Bola, Rolling Globe, Mini Tramp, and Aerials. Campers will be introduced to everything, then given the opportunity to specialize and concentrate on what interests them most. Get ready to have a wonderful experience that you'll never forget. We are taking registrations now so you can have 2 weeks of fun slotted into your summer plans. For the camp, please wear fitted, comfortable clothing and bring clean, light athletic shoes &/or aqua shoes as well as a substantial lunch and drink. Participation is contingent on acceptable, safe behavior. Parents are encouraged to come for the first hour on Day #1. Our camp culminates with a **show** on the final **Friday evenings**.

\*Sorry, due to securing qualified Instructors months ahead based on registered participant numbers, there are no refunds for Circus Camp. Note that if a child wants to be in the same session with a friend this must be coordinated ahead - Please CHOOSE your SESSION CAREFULLY as it could be impossible to switch sessions if they are full.

## **FENCING - Foil, Epee and Sabre - Winter 2017**

**FOR (Age & Level):** 10 years & up; all levels of fencers; Parents and Adults highly encouraged to join too!

**WINTER SEASON:** \*Jan. 2nd through April 26th \*NO class on March 6th

**DAYS/TIMES:** Mondays & Wednesdays; group aerobic warm-up/game from 5:30pm - 6pm for all Fencers; Basic drills 6 - 7pm for all Fencers; Drills & bouts 7- 8:30pm for Intermediate/Advanced Fencers

**LOCATION:** Tracy Hall Gym, 300 Main Street, Norwich, VT

**\*FEE for Residents (2x/week): \$235, or 1 day/week: \$145;**

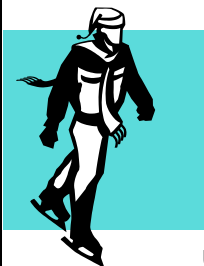
**\*FEE for Non-Residents (2x/week): \$255, or 1 day/week: \$160** Additional family members -1/2 price, but must contact Jill @ 802-649-1419 x.5 for this discount & click "pay by check" when registering on-line.

**CONTACTS:** Paul Horak (802-649-3735) & Ralph Hoehn (UpperValleyFencingClub@gmail.com)

The **Upper Valley Fencing Club** ([www.UpperValleyFencingClub.com](http://www.UpperValleyFencingClub.com)) provides ability-appropriate challenges for fencers with a broad range of experience. Communal improvement of form, technique and skills is the primary focus during the initial formal foil program of each session, followed by advanced practice, as well as “open fencing” in all three weapons in the latter part. Accommodation for several younger students may be possible - contact Paul or Ralph. All members, except for beginner/trial fencers, must provide their own equipment. Those who wish to fence "on the box" must have their own gear & electric weapons. \*All participants must also join the USFA (\$10 non-competitive fee minimum). Sign up at: <http://www.usfencing.org/page/show/698115-individuals> & then click to the latest registration page (via railstation.org).

## **Mud Season Preview** (for Programs running between Feb. 27th & April 14<sup>th</sup>):

**Registration** for the following Mud Season programs we hope to offer (still subject to change), will be available on-line, on or before Feb. 18th. Flyer will be sent home with MC School students before February vacation. Mud Season Offerings: 1) YOUTH YOGA - will be back for Mud Season; likely once again on Wednesdays right after school. For Grades 4 - 6; Coed; in the Tracy Hall Gym Taught by Michele George 2) \*Indoor LACROSSE Warm-up (grade levels offered dependent on coach availability) 3) \*Indoor BASEBALL Warm-up (grade levels offered dependent on coach availability) 4) TABLE TENNIS 5) Winter FENCING continues 6) 'GIRLS on the RUN' will begin in March 7) continuing Adult programs & note that we'll offer a NEW Boys' Running Program this spring. **COACHES NEEDED for the \*ed Mud Season Sports above and most of the Outdoor Spring Sports as well:** Lacrosse for K - 6<sup>th</sup> Grades & Baseball for K - 6<sup>th</sup> Grades. If you'd be willing to coach one of these activities & would like to book your practice days/times, or offer an entirely NEW activity, please call Jill @ 649-1419 x.5



**FREE Special Event** - Annual MC School PTO/Norwich Recreation Council **Family Skating Party** is tentatively scheduled for **Friday, January 20th from 3:30-5pm** on the Green

Keep your eyes open for more details in the January PTO Newsletter. The party is set up for skating & socializing outdoors, with lots of goodies to eat and drink, and a camp fire to warm you. Everyone Welcome. If the rink isn't in functioning shape, or if there are weather problems, a sign will be posted at the rink & it will be postponed.

**Community Note:** Norwich **Boy Scout** Troop registration is available to all boys who are currently 11 years old & up or have completed the 5<sup>th</sup> grade. The troop meets Thursdays at the Norwich Fire Station from 7 - 8:30pm. This small troop enjoys camping, community service, and a large variety of pursuits that prepare scouts for future leadership roles. For more information please email [tom.porter@grportersons.com](mailto:tom.porter@grportersons.com) or [curtkoehler@comcast.net](mailto:curtkoehler@comcast.net)

## **ADULT PROGRAMS**

Register for Adult programs @ [norwich.vt.us](http://norwich.vt.us) Departments/Recreation/On-Line Registration  
**SNOWSHOEING / WINTER HIKING 2017**



**DAY/TIME:** Tuesdays, 9:30am - approximately 11:45am

**DATES:** January 3<sup>rd</sup> - February 14<sup>th</sup> (7 weeks)

**LOCATION:** will vary but the first class will be at **Huntley Meadow** - 111 Turnpike Road, Norwich. Subsequent class locations will be announced

**INSTRUCTOR:** Cathie Redpath has run adventure classes for Norwich Recreation for over a decade and has vast experience exploring area trails. Contact her @ 649-3862 or 603-359-7243 or [cathieredpath@gmail.com](mailto:cathieredpath@gmail.com) for more information.

**FEE:** \$85; Non-Residents: \$95 Min # 5; Max # 12

Join this class for some exhilarating outdoor winter exercise. The emphasis is on fun and camaraderie, with basic snowshoeing instruction provided. Many Upper Valley trails will be explored. Please **bring your own snowshoes** or Yak Trax, although some are available - contact Cathie, the instructor if needed. Participants should bring along food, a drink, and extra clothes with means to carry them. Be prepared for class to run a bit longer than listed occasionally. The group will hike if there is not sufficient snow. If you have a well behaved dog you would like to bring along, please talk to Cathie ahead of time.

### **YOGA with MICHELE GEORGE**

**SEASON:** January 3<sup>rd</sup> - April 13<sup>th</sup> Happy New Year **BONUS** - all classes are now 1 & 1/2 hours, with no rise in cost!

**LOCATION:** Tracy Hall - Main St., Norwich, in the **GYM**, except on 2/9 & 3/16 when classes will be held downstairs in the Multi-purpose room No classes on March 7<sup>th</sup> & 19<sup>th</sup>

**INSTRUCTOR:** Michele George, M.Ed., former English teacher, and certified hatha yoga teacher (E-RYT 500), has been teaching yoga since 1998. Her extensive training includes two decades of study and over 2000 hours of Teacher Training (Kripalu, Iyengar, Anusara). Michele is well known in the Upper Valley for her safe, dynamic & inspiring classes. ([msgorge.yoga@gmail.com](mailto:msgorge.yoga@gmail.com) or C# 603-306-2428)

**FEE:** \*\*10 class pass (kept on file) Residents: \$140; Non-Res.: \$150 \*\*Any unused portion of pass rolls over to subsequent seasons.

\*Drop-in rate: \$16 or \$13 for Students & Seniors \*Drop-ins for ALL classes must be cash or checks payable to Town of Norwich - Recreation, OR **NEW** Full Winter Season (Great Deal!) **Unlimited # of classes:** Residents: \$300; Non-Res.: \$325

**YOGA Class Descriptions:** For all classes please **bring a yoga mat**. Some props will be available to borrow. Min # 8/class

**Tuesdays 8:45 - 10:15am Yoga Lab** Designed with ample technical instruction, this class moves to (or toward) one pinnacle pose (ex. forearm balance) or one class of poses (ex. twists) with attention to precise alignment and skillful sequencing. In a supportive and playful setting, Michele will challenge you or simplify postures with modifications for a range of students. Learn how to deepen your practice safely and mindfully. (No class on 3/7)

**Thursdays 8:45 - 10:15am Yoga Flow** Less talking, more moving in this mixed-level class. A great, well-rounded morning practice to energize the body and calm the mind.

**Sundays 8:30 - 10am Sacred Sunday Yoga** A pinch of meditation, a few handfuls of asana and a sprinkle of philosophy make this mixed-level class a special way to begin your Sundays. (No class 3/19)

**PA KUA CHANG KUNG FU** - Ongoing; Fri. evenings, Jan. 6<sup>th</sup> through May 5<sup>th</sup>; 6pm - 8pm Held in the Marion Cross School Multi-purpose Room Taught by Glenn Gurman, a Martial Arts expert & Licensed Acupuncturist-Herbalist; lineage holder of the Pa Kua Chang Kung Fu System, 40+ years' experience (649-1616 / [enlightenedhealthcare@gmail.com](mailto:enlightenedhealthcare@gmail.com))

**FEE/month:** 60; Non-Res.: \$66 \*Register & pay at class. \*Paper Adult Registration Forms are available downstairs in Tracy Hall.

## AIMEE'S WINTER ADULT FITNESS

**SEASON:** Jan. 4th - Feb. 15th, except no Class 1/16

**LOCATION:** Tracy Hall Gym

**DAYS / TIMES / CLASS FORMAT:** **Monday** 8:15-9am - TRX, then 9:15-10am - Tabata; **Wednesday** 8:15-10am -

Tabata style circuit that participants can pop in and out of as they wish if their time is limited; **Friday** 8:15-9am - AimeeX, a safe alternative to Crossfit workouts (equipment provided)

**FEE: \$150;** Non-Residents: \$165

**\*INSTRUCTOR:** Aimee Goodwin; NASM Certified Personal Trainer & Certified Tabata Boot Camp Instructor (603-443-2643 or 649-3104 or [aimee970@gmail.com](mailto:aimee970@gmail.com))

**DESCRIPTION:** Get ready to burn off the results of holiday overindulgences! Classes are intense, but adaptable for all fitness levels. Tabata Bootcamp is high-intensity interval training (HIIT) where strength and cardio moves are combined to create a short yet efficient all over body workout using minimal equipment to high energy music. 25 minutes of targeted intervals, followed by 20 minutes of a focused core set and stretching. TRX is suspension training targeting major muscle groups and working the core simultaneously.

A one-on-one personal training session is included in the package to help participants set individual goals.

### BODY in BALANCE - New Offering from \*Aimee (see Instructor description above)

**DAY / SEASON / TIME:** Tuesdays, Jan. 3<sup>rd</sup> - Feb. 14<sup>th</sup> 6 - 7pm

**LOCATION:** Tracy Hall Gym

Join NASM Certified Personal Trainer, Aimee Goodwin for a weekly 1-hour bodywork session. Using techniques such as self-myofascial release, restorative poses and active and static stretching, Aimee will help participants identify and balance muscular deficiencies. It's not yoga, or a workout - it's a series of moves to relieve muscles of tension and restore their length. Required equipment to bring: 3 foot x 12 inch black foam roller. **FEE: \$100;** Non-Residents: \$110

### FREE PROGRAMS for NORWICH RESIDENTS !

Norwich adults welcome for the following 3 FREE adult programs. Come out for some exercise and fun with neighbors & friends. Pick-up/drop in basis. Held in the **Marion Cross School Gym**. Occasionally, these programs may be canceled due to special events in the gym. Also, when school is not in session (Holidays & snow days), these groups will NOT meet. Call Coordinators listed below to confirm/for more information. Please **fill out \*registration form on site**. Drop-in basis / Ongoing

- 1) **BADMINTON** night - **Mondays, 1/9 - 6/11** from **7:30pm - 9pm** Will NOT meet on 1/16, 2/20, 4/17 & 5/29 Coordinator: Andrew Katz 649-5641 Badminton is also open to Norwich high school age students
- 2) **BASKETBALL** night for 25 year olds & up - **Tuesdays, 1/3 - 6/12** from **7pm - 9pm** Will NOT meet on 2/21 & 4/18 Coordinator: Craig Thurston - [wallpapervt@gmail.com](mailto:wallpapervt@gmail.com) or 649-1599
- 3) **VOLLEYBALL** night - **Thursdays, 1/5 - 6/14** from **7pm - 9pm** Will NOT meet on 2/23 & 4/20 Coordinator: Andrew Katz (649-5641) If you enjoy volleyball at any level please come on out.

**THANK-YOU !!!** - We are very fortunate to have an outstanding group of volunteers involved in our winter **BASKETBALL** program again this year. It simply couldn't run without these wonderfully giving individuals: Robb Cramer, Tony Daigle, Laura & Matt Duncan, Joe Galanes, John Girard, Richard Graham, Jim Kenyon, John Lobb, Brian Lucas, Lisa MacCullough, Sarah Martin, Michelle Ollie, Shannon Reynolds, Warren Smith, Joel Stettenheim, Julie Stevenson, John-Mike Taylor, Cathy Welder and Bruce & Marcia Williams. Many thanks to everyone listed, and to those who help out by running the clock, and anonymously behind the scenes. Also a thank-you goes out to the **Norwich Inn** for hosting two of our community events again this fall and to Linda Kane, our wonderful keyboardist for the December post-Pageant Carol Sing at The Norwich Inn.

What about the **BEAUTIFUL RINK!!!** - I think I can speak for many resident skaters in thanking "**The Norwich Women's Club**" for funding a new rink liner and other needed accessories for the skating rink this year. A humongous season long Thank-You extends to all the "Norwich Hosers" who have already been out there day and night to ensure a great surface for the whole community to enjoy. (The Hosers are a group of community volunteers who maintain the ice every evening so that everyone can enjoy it). **Kristin Brown Close** has taken over as "Head Hoser", a huge Volunteer commitment, for which we give her a heartfelt Thank-you. A big note of appreciation goes out to Bob Burnham & Karin Dwyer who have trained and eased the way for Kristin and many new Hosers this year. The Norwich Fire Department and Norwich Public Works / Buildings & Grounds Departments were instrumental in helping set up the rink, and start Norwich off on what is looking to be the best season ever!

**XC Skiing:** Thanks to **Bernard Haskell**, our dedicated volunteer groomer, Huntley Meadow will be groomed for Skate Skiing as well as classic Nordic Cross-Country throughout the winter. If bringing a canine friend, **please pick up after your dog and be particularly attentive to keeping the sledding hill snowy white and pristine for the children.**