

NORWICH RECREATION SPRING Programs '18

Phone #: 802-649-1419; Ext. 5

E-mail: Recreation@norwich.vt.us

PROGRAM REGISTRATION

Please REGISTER on-line at www.norwich.vt.us Departments / Recreation / On-Line Registration. Payment may be made by credit card or check. If paying by check, please make it out to:

"TOWN OF NORWICH - RECREATION" & Mail to: Norwich Recreation

Copies of this brochure are available P.O. Box 1137, Norwich, VT 05055

downstairs in Tracy Hall & on line @ www.norwich.vt.us. Departments – Recreation.

If you cannot register on-line or need help, please call 649-1419 x. 5 or stop by the Recreation office. Hard copy registration forms, available downstairs in Tracy Hall need only be completed for Kung Fu, Table Tennis & our free adult programs.

REGISTRATION DEADLINE - Please register by **April 18th**. Early registration helps us provide a quality program for you.

A **\$10 late fee will be charged after 4/18** for most team sports, so don't delay. Check our 'Guidelines' on-line, also.

TABLE of CONTENTS: [Page 1](#) - Tiny Tykes Challenger SOCCER & Youth YOGA [Page 2](#) - Youth Mountain BIKING, Coed Kindergarten LACROSSE, 1st/2nd Grade Girls' LACROSSE, 1st/2nd Grade Boys' LACROSSE [Page 3](#) - 3rd/4th Grade Boys' LACROSSE, 5th/6th Grade Boys' LACROSSE, 3rd/4th Grade Girls' LACROSSE & 5th/6th Grade Girls' LACROSSE [Page 4](#) - Kindergarten BASEBALL, 1st Grade BASEBALL, 2nd Grade BASEBALL & THANKS to MUD Season Volunteers [Page 5](#) - 3rd/4th Grade BASEBALL, 5th/6th Grade BASEBALL & TOUCH-A-TRUCK DAY (5/23) [Page 6](#) - FENCING, Coed TABLE TENNIS, CHALLENGER SOCCER Camps & RECREATION COUNCIL Members [Page 7](#) - Summer CIRCUS Camp & Adult YOGA [Page 8](#) - Adult YOGA continued & PA KUA CHANG KUNG FU [Page 9](#) - FREE Programs for Norwich Residents, Summer Camp COORDINATOR NEEDED & SUMMER PREVIEW

YOUTH PROGRAMS

TINY TYKES SOCCER for 3 - 6 Year olds (formerly Mini-Kickers) Link to register for Tiny Tykes is:

<https://challenger.mycustomevent.com/ShoppingCart.aspx?com=detailview&imp=f&iid=108361&&returncom=productlist>

DAY/TIME/DATES: *Mondays - 3 & 4 year olds from 4:15 - 5pm 5 & 6 year olds from 3:15 - 4pm

*Due to popular demand we have opened a third session for 4 - 6 year olds from 5:15 - 6pm

April 30th - June 11th No class on 5/28 Six weekly 45 minute sessions Max # 16/group

LOCATION: on the Green, with the MCS Gym as a rain back-up (Half MCS Gym for 5:15pm group) **FEE:** \$85

'Tiny Tykes' is an EXCITING program for children aged 3 - 6 that teaches basic soccer skills while developing strength, balance, coordination, listening skills and teamwork. Soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Coaches are experts at working with young children and will combine soccer with fun games and stories that keeps your children entertained and enthused to return each week. New participants receive a jersey and shorts set and a Tiny Tykes soccer ball. Return campers have more gift choices.

SPRING YOUTH YOGA

FOR: 4th - 6th Grade Students **Coed** **LOCATION:** Tracy Hall GYM, except for first class on May 2nd

which will be held downstairs in the Tracy Hall Multi-purpose Room Min # 8; Max # 18

DATES/DAY/TIME: May 2nd - *June 20th Wednesdays, 2:30 - 3:30pm *No class on 6/6 (7 weeks)

FEE: \$70: Non-Res.: \$77 **INSTRUCTOR:** Jessie Eisendrath (jessieeisendrath@gmail.com / 401-525-0334)

comes to us from RI, but has her roots in VT, earning a B.S. in Ed. from UVM. She has expansive classroom experience from Elementary School to University Graduate level classes. Over the past decade she received over 700 hours of teacher training in CA, RI & WA. Her teaching focus is on overall wellness, both mental & physical. Her alignment based classes are tailored to practitioners of all ages and levels, creating strength, flexibility and awareness.

PROGRAM DESCRIPTION: Come experience the joys and benefits of yoga, which help cultivate habits that can be enjoyed daily throughout your life! The unique benefits of yoga have a positive impact on performance, both physically and mentally. Sessions will focus on creating balance, flexibility and strength, centering the mind, and opening the heart. Each week poses, breathing techniques, and relaxation will be explored in a fun, nurturing and safe environment. Please **bring a yoga mat**. Plan to practice in bare feet and in comfortable clothing that allows you to move. For all levels - Beginners and experienced students welcome.

MOUNTAIN BIKING for 3rd - 6th Grade Adventurers

DAY/DATES/TIMES: Wednesdays, April 25th - June 13th (8 weeks)

Intro. to Mt. Biking for **Grades 3 & 4** from 2:15 - 3:30pm Adventurers for **Grades 5 & 6** from 3:45 - 5:15pm

Returning Bikers from last fall &/or spring will be appropriately challenged and are encouraged to sign up.

LOCATION: Group will meet and finish by the **Bandstand on the Green** unless otherwise informed by instructor.

FEE: \$115; Non-Res.: \$128 Min # 7; **Max # 12** for both groups

INSTRUCTOR: **Jane LeMasurier** (jane.lemasurier@gmail.com), is a PMBI certified mountain bike instructor and has coached at Kingdom Camps in E. Burke, Vermont. As a Pro/Cat 1 XC racer she combines her passion for Mt. Biking with her enthusiasm for coaching. There will be Assistant(s) depending on #'s.

This fun class will expand your knowledge of how to be a safe and responsible mountain bike rider. Learn basic Mt. Biking skills, minor bike maintenance, and enjoy playing a variety of games. Safety rules for biking on trails as well as dirt & paved roads, will be covered. Learn how to balance better and perform basic maneuvers, like wheel lifts and cornering. Riders will learn what to wear, what tools to carry, and how to ride safely in town as a pack. Riders must be confident riding in town and on easy trails. Our Adventurers group will be challenged with more difficult technical skills and terrain, and their rides will be longer. **Equipment needed:** **TUNED** mountain bike (please tend to this ahead of time), properly fitted helmet, water bottle and snack (with means to carry them); gloves and protective eye wear are recommended.

Coed KINDERGARTEN LACROSSE - 'Kidz with Stix'

DAY/TIME/DATES: Thursdays, 3:30 - 4:15pm, April 26th - June 14th

LOCATION: on the **Green** **FEE:** \$42; Non-Res: \$47 Non-residents welcomed.

COACHES: Jay Fauci (jfauci@yahoo.com / 649-7181), Mike Fenzel (mfenzel@gmail.com / 802-338-2163) & Christy Pearce (christy.pearce7@gmail.com / 802-249-1099)

This program will provide an introduction to lacrosse. Participants will experience obstacle courses, skill stations and fun skills games. Learn basic stick-handling, cradling and become familiar with ground balls and scooping. Shooting, passing & catching will also be introduced. Players should **bring their own "labeled" stick**. Some sticks will be available but parents should confirm the need early with the coach. There may be a few Saturday morning practices from 10:30-11:15am. Coach will notify families if so. Soft lacrosse balls will be used. Optional royal blue T-shirt available for \$13 - Pick up @ Recreation Office, upstairs in Tracy Hall.

1st & 2nd Grade GIRLS' LACROSSE

DAY/TIME/DATES: Saturdays, 9 - 10am April 28th - June 16th

LOCATION: on the **GREEN** **FEE:** \$42 Non-Res: \$47

COACHES: Stephen Gaughan (Stephen.P.Gaughan@dartmouth.edu / 649-649-1960) with Assistant, Christine Anneberg - HHS Girls' Assistant Lacrosse Coach

This program will provide an introduction to the sport of Girls' lacrosse. Participants will experience obstacle courses, skill stations, modified games, as well as mini scrimmages. Learn basic stick-handling, cradling, passing, catching and become familiar with ground balls and scooping. Dodging and shooting will also be introduced. Players should **bring their own "labeled" stick**. Some loaner sticks may be available. Soft lacrosse balls will be used. \$13 royal blue T-shirt optional Max # 30

1st & 2nd Grade BOYS' LACROSSE

DAYS/TIME/DATES: Mondays & Thursdays, 3:30 - 4:30pm, April 23th - June 14th

LOCATION: @ **Huntley Meadow** **FEE:** \$52; Non-Res: \$57 Max # 30

COACHES: Pete Fahey (petefahey5@gmail.com/649-1756) & Ryan Gardner (ryan.gardner@gmail.com/802-735-7546)

This program will provide an introduction to the sport of lacrosse. Participants will experience obstacle courses, skill stations, modified games, as well as scrimmaging. Learn all the basic stick-handling: cradling, passing, catching, and become familiar with ground balls and scooping. Dodging and shooting will also be introduced. Participants will be **required to wear helmets, mouth protector and gloves**, although the hockey versions are fine. Players should also **bring their own "labeled" stick** (and optional arms pads if they choose to). Some sticks & gloves will be available but parents should confirm need with coach beforehand. Royal blue T-shirt available for \$13 is optional for this group.

SPRING REGISTRATION is open on-line! Knowing the number of players helps establish the correct number of teams for ample play and to provide the best possible quality program and game schedules. It is particularly important for all 3rd - 6th Grade teams. **Please register participants asap.** Thank-you for your help on this.

3rd & 4th Grade BOYS' LACROSSE

DAYS/TIMES/DATES: Wednesdays, 2:30 - 3:45pm & Fridays, 5 - 6pm **April 25th - June 15th**
LOCATION: @ Huntley Meadow **FEE:** \$58; Non-Res: \$65 (Non-residents are eligible only if there is no comparable program offered in one's town. Acceptance is also dependent on space availability)

COACHES: Chris Clapp (603-491-4168 or ccwintersport@gmail.com)

Basic skills will be covered through participation in fun games with lots of action. Individual skill improvement as well as the mechanics of good team play will be stressed. We'll have scrimmages against local teams, as well as participating in a jamboree. **Participants must provide their own** helmet with mask ("NOCSAE" sticker on helmet recommended), gloves (hockey gloves okay for ¾ grade level), shoulder pads, arm or elbow pads, "labeled" stick, cleats, athletic supporter with protective cup, and colored mouth protector. All practices and home games will be **at Huntley Meadow**. *Note that 'away' game days / times will vary. A **jersey** will be provided for games, but **must be returned** to the Parent Coordinator or Coach at season's end. Participants will need to have **navy Norwich shorts** - available for purchase on-line for **\$13**. Stop by the Recreation office in Tracy Hall to pick them up.

5th & 6th Grade BOYS' LACROSSE

DAYS/TIME/DATES: Wednesdays & Fridays, 3:45 - 5pm **April 25th - June 15th** **LOCATION:** @ Huntley Meadow
FEE: \$58; Non-Res: \$65 (Non-residents are eligible only if there is no comparable program offered in one's hometown. Acceptance is also dependent on space availability)

COACH: Chris Clapp (603-491-4168 or ccwintersport@gmail.com with Assistant, John Gregory (jbqpod@gmail.com))

Advanced skill development and gaining an understanding of team strategy will be the focus for this group. Games will be played against area towns and this team will participate in a tournament. **Participants must provide their own** "NOCSAE" lacrosse helmet with mask, lacrosse gloves, shoulder pads, arm or elbow pads, "labeled" stick, cleats, athletic supporter with protective cup, and colored mouth protector. All practices and home games will be **at Huntley Meadow**. *Note that 'away' game days / times will vary. A **jersey** will be provided for games, but **must be returned** to the Parent Coordinator or Coach at season's end. Participants will need to have **navy Norwich shorts** - available for purchase on-line for **\$13**. Please stop by the Recreation office in Tracy Hall to pick them up.

3rd & 4th Grade GIRLS' LACROSSE

DAYS/TIMES/DATES: Tuesdays, *5pm - 6:15pm *From 5 - 5:15pm team will warm up on field adjacent to Girls' Lax field and will move onto Girls' field from 5:15 - 6:15pm & **Fridays, 3:45pm - 5pm; April 24th - June 15th**

LOCATION: @ Huntley Meadow **FEE:** \$58; Non-Res: \$65; numbers permitting

COACHES: Steve Loughman (stephen.loughman@wellsfargo.com or 649-3292) & Kristin Fauci (kriscorvo@yahoo.com or 649-7181)

Come join this development program to learn all the basic skills and rules needed to enjoy playing girls lacrosse. Practices will be a combination of skill games & stations, drills, and scrimmages. We will have a few small-field, casual games with local teams, as well as participating in a jamboree. No experience necessary. **Navy Norwich uniform required** - jersey \$20 & shorts \$13 (or save; \$30 for both); available for purchase on-line. Stop by the Recreation office in Tracy Hall to pick them up. Please **bring your own stick, safety goggles and mouth protector**.

5th & 6th Grade GIRLS' LACROSSE

DAYS/DATES/TIME: Tuesdays & Thursdays, **April 24th - June 14th 3:45 - 5:15pm**

LOCATION: @ Huntley Meadow **FEE:** \$58 Non-Res: \$65; numbers permitting

COACH: Jill Collins (649-7223 or jillcollins1@comcast.net)

Participants will learn techniques for successful passing, catching, shooting and cradling as well as defensive stick work. Girls will receive a full understanding of the game. Games will be played against other area teams and this team will participate in a tournament. Please **bring your own stick, safety goggles and mouth protector**. Cleats are also recommended. **Navy Norwich uniform - jersey \$20 & shorts \$13 required** (or save, \$30 for both); available for purchase on-line. Stop by the Recreation office to them pick up.

KINDERGARTEN BASEBALL - Coed

DAY/TIME/DATES: Wednesdays, 2:30pm - 3:15pm April 25th - June 13th

LOCATION: on the GREEN, with back-up space in the Marion Cross School Gym if raining

COACHES: Molly Gentine (mollygentine@hotmail.com / 649-7012), with Assistant, Kristin Fauci (kriscorvo@yahoo.com / 649-7181)

FEE: \$40 (includes hat to be given out by coach at practice); Non-res: \$45 (dependent on space availability)

PLEASE LABEL HAT WITH NAME & **bring your own glove.**

For Boys & Girls - An introduction to Baseball and Softball skills, mastery of the basic components of the sport and preparing to play games will be the progression we implement. The focus is to have fun practicing with friends through games and stations, encouraging individual skill development. Batting tees will be used and Coach-pitch will be introduced. More coaching help/**Assistants** would be **wonderful**. It is a great opportunity to get to know your child's classmates better in an atmosphere of fun. Norwich Recreation **royal blue T-shirts (\$13)** are available at the **Recreation office** in Tracy Hall but **are optional**. T-shirts ordered on-line will either be handed out by coaches at the first practice or you can pick them up at the Recreation office. Soft 'Incrediballs' used.

1st Grade BASEBALL - Coed

DAYS/TIMES/DATES: Practices are **Mondays & Wednesdays** from 5:15 - 6:15pm April 23rd - June 13th

Fun evening games begin mid-May

LOCATION: on the GREEN (with MCS Gym as a Rain back-up / Half MCS Gym on Monday evenings)

COACHES: Robb Cramer (rcramerjr@mac.com or 802-369-9328) Assistants: Justin & Jennifer Krawitt (jkrawitt@yahoo.com or 802-999-1936)

FEE: \$52 (includes hat to be given out by coach at practice); Non-res: \$57 (Non-residents are eligible only if there is no comparable program offered in one's town. Acceptance dependent on space)

For Boys & Girls - An introduction to Baseball skills, mastery of the basic components of the sport and preparing for games will be the progression we implement. Having all participants comprehend the basic rules will be a goal. Concentration is on building and improving individual batting, throwing and fielding. The focus is on having fun practicing with friends, through games and stations, encouraging individual skill development. We will play Hanover & Lyme teams in local scrimmages on Monday evenings, starting mid-May. Join in on the fun! **A royal blue Norwich T-shirt (\$13) is required**. They are available for purchase on-line but must be picked up at the Recreation office in Tracy Hall or you may also buy them directly at Recreation office. The soft "Incrediball" is used. PLEASE LABEL HAT & **bring your own glove.**

2nd Grade BASEBALL - Coed

DAYS/TIMES/DATES: Thursdays, 5pm - 6pm & Saturdays, 10am - 11am April 26th - June 16th

Fun Thursday evening games begin mid-May

LOCATION: on the GREEN (with MCS Gym as a Rain back-up on Thursday evenings)

FEE: \$52 (includes hat to be given out by coach at practice); Non-res: \$57 (if no comparable program offered)

COACHES: Head Coach - Jon Gentine (jongentine@gmail.com / 649-7012) with Assistants, Justin Campfield, Shannon Reynolds & David Barlow

For Boys & Girls - An introduction to Baseball skills, mastery of the basic components of the sport and preparing for games will be the progression we implement. Having all participants comprehend the basic rules will be a goal. Concentration is on building and improving individual batting, throwing and fielding. The focus is on having fun practicing with friends, through games and stations, encouraging individual skill development. We will play Hanover & Lyme teams in local scrimmages on Thursday evenings, starting mid-May. Join in on the fun! **A royal blue Norwich T-shirt (\$13) is required**. They are available for purchase on-line but must be picked up at the Recreation office in Tracy Hall or you may also buy them directly at Recreation office. The soft "Incrediball" is used. PLEASE LABEL HAT & **bring your own glove.**

SPECIAL THANKS to these **awesome volunteers** who ran **Mud Season Programs** for us: Christine Anneberg, Chris Clapp, Jill Collins, Robb Cramer, Kristin Fauci, John Girard, John Gregory, Andrew Katz, John Lobb, Steve Loughman, Rebecca Reed, John-Mike Taylor & Craig Thurston.

3rd & 4th Grade NORWICH SPRING BASEBALL '18

SEASON / *DAYS / TIMES: April 24th - mid-June, Tuesdays & Thursdays from 5:30 - 7pm

FIRST PRACTICE is Tuesday, 4/24 at 5:30pm *There may be a few Friday evening & Saturday afternoon practices, scrimmages or games, also. Players will be split into two equal teams after the first week but all practices will remain at Huntley and will be run jointly as a combined group. Coed / Please register early.

LOCATION: Huntley Meadow - Girard Field & the adjacent diamond

FEE: \$78 - includes a hat for you to keep, which will be given out at practice.

HEAD COACHES: Robb Cramer (802-369-9328 or rcramerjr@mac.com) & John-Mike Taylor (802-299-1854 or johnmiketaylor@gmail.com) with Assistants, John Lobb, Philip McCaull, Bram Litvinoff & Michelle Ollie

We are excited to be offering Cal Ripken Baseball for 3rd & 4th Grades through Norwich Recreation's Montshire league. There are no cuts, everyone plays, and we bat through the order. Participants will gain a strong understanding of the game, with individual skill development stressed. We anticipate having two 3rd/4th grade teams with separate game schedules. We will be playing teams from Dresden/Hanover, Lebanon, Thetford and other UV organizations. Cal Ripken 'CR1' balls will be used as well as the new USA bats. Please contact Coaches with any questions regarding bats. Please bring your own glove & label both it, and your hat with your name. Players must provide their own baseball pants. Contact John Girard if you need to borrow some. Boys - Please wear an athletic supporter/cup. New jerseys will be provided and handed out before the first game. Participants must return them to Robb Cramer at season's end, or you will be charged for their replacement. Coaches will be in touch regarding game schedules.

5th/6th Grade NORWICH SPRING BASEBALL '18

We are again playing in the Upper Valley League for 5/6 Baseball this spring. Play with your friends as teammates, and bike or walk to all your practices and home games. We will be playing teams from Hartford, Lyme, Woodstock, Hartland, Plainfield, Mascoma & Windsor. A tournament will also be part of the fun. Coed / Please register early.

SEASON / DAYS / TIMES: April 23rd - mid-June **FIRST PRACTICE is Monday, 4/23 from 5:30pm - 7pm, then Mondays, Wednesdays & some Fridays, 5:30pm - 7pm** timeframe for all 3 days. If we have 2 teams some practices may run earlier, from 4 - 5:30pm. There will also be Sat. morning practices from 9am - 10:30am Games will follow same day/time pattern. Players will be split into equal teams after the 1st week if #'s warrant it.

LOCATION: Huntley Meadow - Girard Field & the adjacent diamond

COACHES: John Girard (cgirard16@comcast.net or 649-1173) & Rob Snyder (bobbino@myfairpoint.net or 295-4040) with Assistant, Josh Swift

FEE: \$78 - includes a hat for you to keep, which will be given out at practice.

There are no cuts, everyone plays, and we bat through the order. Participants will gain a strong understanding of the game, with individual skill development stressed. Please bring your own glove, & label both it and your hat with your name. Boys - Please wear an athletic supporter/cup. Uniforms are provided and will be handed out before the first game. Participants must return them to John Girard (649-1173) at season's end, or you will be charged for their replacement. Coaches will be in touch regarding game schedules and to confirm practices. A regulation hard ball is used. Coed, but note that Hanover Recreation (603-643-5315) runs a softball program which Norwich girls may join.

SPECIAL EVENT... Touch-A-Truck Day

@ the Norwich GREEN 2:15pm - 3:30pm Wednesday, May 23rd

FREE Refreshments provided FREE

Sponsored by the Norwich Fire, Police, Public Works and Recreation Departments

Visitors will be welcome to climb into/onto the town working vehicles/treasures. You can have a hands-on, close-up look at all these intriguing work vehicles and meet some of the dedicated staff of Norwich who drive and run them. On display will be: Dump Truck, Loader, Backhoe, Police Cruiser, and Fire & Ladder Trucks. If you have a little one in your life who adores big machines and vehicles, then mark this event on your calendar and be sure to come along. Bring the whole family for great photo opportunities. A huge Thank-you to 'King Arthur Flour' for donating cookies!!!

SPRING '18 FENCING - Foil, Epee and Sabre

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

SPRING SEASON: May 7th - June 27th Note there is no class on Wed., 5/2 between Winter & Spring sessions.

LOCATION: Tracy Hall Gym, 300 Main St., Norwich, VT

AGE & LEVEL: 10 years & up, all levels of Fencers Parents & Adults highly encouraged to join too!

***FEE for Residents (2x/week): \$122, or 1 day/week: \$77;**

***FEE for Non-Residents (2x/week): \$137, or 1 day/week: \$87** *Additional family members -1/2 price, but must pay by check. (Contact Jill @ 802-649-1419 x.5 for this discount & click "pay by check" when registering on-line)

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

The Upper Valley Fencing Club (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 3 weapons in the latter part. Accommodation for several younger students possible-contact Paul or Ralph. All members, except for beginner/trial fencers, must provide their own equipment. Those who 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> & click to the latest registration page (via railstation.org).

COED TABLE TENNIS

DAYS/TIME/SEASON: *Wed's & Fridays, 6:45-9pm Ongoing through June 15th *Will NOT meet on 4/18 & 4/20
For 5th Grade players through Adults Held in the **Marion Cross School Gym**

COORDINATORS: Doug Haynes, 10 years of experience as a certified USATT coach (603-643-2178) & Doug Hill
Douglas.Haynes@Dartmouth.edu or Douglas.P.Hill@Dartmouth.EDU

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

Register & Pay on site at class. 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.

Upcoming "CHALLENGER" SOCCER CAMPS to REGISTER for NOW!

SPRING TINY TYKES for 3 - 6 year olds! Mondays, April 30th - June 11th on the Norwich Green, or Marion Cross School Gym (shared) if raining. Still room in the new session: 5:15 - 6pm for 4 - 6 year olds **FEE:** \$92; Non-Res.: \$102 Will not meet on 5/28 We will again be offering **2 SUMMER weeks** of 'British Soccer Camp' - Mon. - Fri., June 25-29 & August 20-24. Mini Soccer for 4-6 year olds and a half day option for 7 years & up. **SPECIAL Jersey bonus** if you **register early!** (May 11th for June Camp and July 6th for August Camp) For more info. or **to register for all these soccer camps, go to:** www.challengersports.com. Top left corner, hit, "Find a Program". Enter the 05055 zip code to access Norwich camps. **Register NOW** at www.challengersports.com Direct links:



Spring Tiny Tykes: <https://challenger.configio.com/pd/167678/norwich-recreation-department-tiny-tykes?returncom=productlist>

Summer British Soccer June Week: <https://challenger.configio.com/pd/167682/norwich-recreation-department?returncom=productlist>

Summer British Soccer August Week: <https://challenger.configio.com/pd/167687/norwich-recreation-department?returncom=productlist>

Any ideas, suggestions, questions, concerns? Talk to your friendly **Norwich Recreation Council Members:** Jill Collins - President; Ryan Gardner - Vice-President, Amy Tuller - Secretary, Gered Dunne, Kristin Fauci, Bill Tine, Page Tompkins & Jill Kearney Niles - Director. A heartfelt thank-you goes out to John Girard who is ending a 3 year term, and Chris Clapp for his long-standing involvement serving multiple terms on the Council. We thank them for their service to the Town / Department and for always being true stewards for youth recreation. We also welcome **new members**, Sarah Martin & Christy Pearce!

SUMMER CIRCUS CAMP 2018 - still some room! Register now on-line

FOR: children ages 8 & up, and must have completed 2nd grade Teenagers & Adults welcome, also. No "too old" age

DAYS/DATES/TIME: Monday - Friday, July 9th - 20th 8:30am - 3pm Max # 60

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-Res.

Complete payment at time of registration is encouraged. Any unpaid balance is due by July 1st, 2018.

*Sorry, due to securing qualified Instructors months ahead, based on registered numbers, there are no refunds for Circus Camp.

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

COORDINATOR: Ted Lawrence (slapstickscience@me.com or 802-558-7959), performer/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 and fun.

CIRCUS CAMP DESCRIPTION: 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 sloSPRINGtted into your summer plans. For the camp, please wear fitted, comfortable clothing and bring clean, light athletic shoes &/or aqua shoes and bring 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 evening, 7/20.

SPRING ADULT PROGRAMS

See **FENCING & TABLE TENNIS** (page 6) - open to Adults also

Please register for Adult YOGA anytime @ norwich.vt.us Departments/Recreation/On-Line Registration

SPRING '18 NORWICH YOGA

10 class pass can be used interchangeably for any Class or Instructor: Christina, Jessie &/or Michele.

Please **BYO** Yoga mat & props / Some props available to borrow / For all levels unless otherwise noted / In **TRACY HALL** unless otherwise noted / **Schedule runs through June 24th, '18. Sunday morning Yoga now runs from 8am - 9:15am. No Class on Sunday, May 6th.** Weekday Morning YOGA classes run from 8:30am - 9:45am, except Tuesday morning Gentle Yoga Class which starts at 10am. All evening YOGA classes run from 5:30pm - 6:45pm.

***FEE: 10 Class Pass:** Residents: **\$140**; Non-residents: \$153 Passes good through 2018. ***Drop-in rate: \$16** or \$13 for Students & Seniors (65+) *Drop-ins must be cash or checks payable to Town of Norwich - Recreation.

YOGA with CHRISTINA TANGREDI

SEASON: Now through June 19th Held in Tracy Hall

INSTRUCTOR: Christina Tangredi (christina.tangredi@gmail.com) Christina has been a regular practitioner of yoga since '06 & has completed her 500-hour training (2013). Over the years, her practice has been focused on the Ashtanga, Vinyasa, Power & Yin styles of Yoga.

Christina's YOGA Class Descriptions:

Mondays, 8:30am - 9:45am - Held in the Tracy Hall GYM through 6/18

Fit Flow Vinyasa Prior yoga experience of at least 6 months recommended. This super energetic and fun yoga flow combines the best of yoga with yoga-inspired movements to build cardiovascular endurance and promote heart health. Experience yoga fusion interval training that will increase your heart rate while giving you time to recover before raising it again. This continuous flow allows you to simultaneously work up a sweat, build lean muscle & stretch.

Tuesdays, 5:30pm - 6:45pm - Held in the Tracy Hall GYM through 6/19: Vinyasa Flow. All levels.

Come and experience a strong and fun 75-minute moving meditation! You will lengthen, strengthen, and energize your entire body through creative sequencing and awareness of your breath. This class will leave you feeling both invigorated and relaxed from the inside out.

SPRING '18 NORWICH YOGA continued...

YOGA with JESSIE EISENDRATH

SEASON: Now through June 21st

Held in the **Tracy Hall GYM**, except for evening classes on May 3rd, 10th & 17th which will be held in the Marion Cross School Multi-purpose room & the 8:30am class on May 3rd & 17th will be in the Tracy Hall Multi-purpose room

INSTRUCTOR: Jessie Eisendrath (jessieeisendrath@gmail.com or 401-525-0334) comes to us from RI, but has her roots in VT, earning a B.S. in Education from UVM. She has extensive experience teaching in the classroom, from Elementary School to University Graduate level classes. Over the past decade she received over 700 hours of teacher training in CA, RI & WA. Her teaching focus is on overall wellness, both mental & physical, in a fun and nurturing environment. Her alignment based classes are tailored to practitioners of all ages & levels, creating balance, strength, flexibility & awareness. **Jessie's YOGA Class Descriptions:**

Tuesdays & Thursdays 8:30am - 9:45am, through 6/21 - Full Spectrum Yoga: Whether a first time practitioner or elite level athlete, this mindful class attends to the whole body through sequencing, precise instruction and creative use of props. Each class incorporates a full range of asana (postures), meditation, and breath work. Safety and alignment of the poses are designed to increase awareness, balance, flexibility, strength, and peak performance while avoiding injury. The class is structured to meet each practitioner's needs and level of experience within a vibrant and nurturing environment. (Thursdays, 5/3 & 5/17 in Tracy Hall Multi-purpose Room)

Tuesdays, 10-11:15am, through 6/19 Gentle Yoga: Experience the joy of awakening your body, calming your mind and connecting with your heart as you stretch and breathe your way into wellness. This class focuses on a proactive approach to keeping the body balanced, flexible and safe. For Beginners, SR's & those recovering from injuries

Thursdays, 5:30pm - 6:45pm, through 6/21 Healthy Hips Yoga: As the epicenter of energy, movement, and stability, creating flexibility and strength in the hips is key to healthy living and optimum performance. This class is devoted to releasing tension in your hips as you work deeply to open and strengthen the myriad muscle groups in and around the pelvis. This specialty class helps to balance and prevent degeneration of the hips. Contraindications: Hip replacement surgery and pregnancy. (5/3, 5/10 & 5/17 in Marion Cross School Multi-purpose Room)

SUNDAY YOGA with MICHELE GEORGE

SEASON: Now through June 24th, '18 Held in the **Tracy Hall GYM** **Note:** No class on Sunday, May 6th between Winter & Spring schedules due to the Nearly New Sale in the Tracy Hall Gym.

Sundays, 8am - 9:15am 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 day **Please BYO Yoga mat & props /** Some props available to borrow / For all levels **Register @ norwich.vt.us / Departments / Recreation / On-Line Registration**

INSTRUCTOR: Michele George, M.Ed., Teacher @ Crossroads Academy, 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. (msgeorge.yoga@gmail.com or C# 603-306-2428) **FEE: 10 class pass (useable for all Norwich Yoga Classes & Instructors):** Residents: **\$140**; Non-residents: **\$153** *Drop-in rate: **\$16** or \$13 for Students & Seniors (65+) *Drop-ins must be cash or checks to Town of Norwich - Recreation.

PA KUA CHANG KUNG FU

Ongoing; **Friday evenings**, through June 29th **6 - 8pm**

LOCATIONS: Held in the **Tracy Hall Gym**, but with the following exceptions: in the Marion Cross School Multi-purpose Room on 3/23, 5/4 & 5/18 and in the Tracy Hall Multi-purpose Room on 6/29

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

INSTRUCTOR: Glenn Gurman, a Martial Arts expert and Licensed Acupuncturist-Herbalist & lineage holder of the Pa Kua Chang Kung Fu System, over 35 years of teaching experience (649-1616 or enlightenedhealthcare@gmail.com)

FREE PROGRAMS for NORWICH ADULTS !

Norwich residents welcome for the following 3 **FREE** 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, these groups do NOT meet when school is not in session. Call Coordinators listed below to confirm/for more information. Please **fill out registration form on site**. Drop-in basis / Ongoing

- 1) **BADMINTON** night - **Mondays**, ongoing through **6/11** from **7:30pm - 9pm** Will NOT meet on 4/16 & 5/28
Coordinator: Andrew Katz 649-5641 Badminton is also open to Norwich high school age students
- 2) **BASKETBALL** night for 25 year olds & up - **Tuesdays**, ongoing through **6/12** from **7pm - 9pm** Will NOT meet on 4/17
Coordinator: Craig Thurston - wallpapervt@gmail.com or 649-1599
- 3) **VOLLEYBALL** night - **Thursdays**, ongoing through **6/14** from **7pm - 9pm** Will NOT meet on 4/19 Coordinator: Andrew Katz 649-5641 If you enjoy volleyball at any level please come on out.

TENNIS COURT NOTES: The Hanover HS tennis team will practice at **Huntley Meadow M - F, 3 - 5:30pm in April & May**. One court should be available for Norwich residents but **please try to avoid these busy times**.

HELP NEEDED - COORDINATOR for The Good Life Summer Camp for 4-7 year olds *Program description below in #3 of Summer Preview. Applicants must have ample experience working with this age group, with ability to design age-appropriate curriculum and run program independently. Must love children, be energetic and self-motivated. Part-time paid position. Send Resume to: Recreation@norwich.vt.us or call 802-649-1419 x.5.

Norwich Recreation Summer Preview

To help you plan your summer, listed below is a preview of the summer programs we hope to offer. Programs subject to change. Please look them over and include them in your family's plans. Our offerings allow a lot of flexibility and sign-ups are accepted beginning mid - June and on an ongoing basis thereafter. You can put together a summer full of diversity and fun at an affordable price. Some details still TBD.

CIRCUS & CHALLENGER Soccer Camps (#'s 1 & 2 below) are the only SUMMER programs to sign up for now. For all the rest, on-line registration will begin by **mid-June**. Ongoing updates will be posted on our Welcome Page.

- 1) **SUMMER CIRCUS CAMP '18** - some room still available! **REGISTER on-line now at www.norwich.vt.us / Departments / Recreation / On-Line Registration** Coordinator: Ted Lawrence 802-558-7959
For children ages 8 & up who have completed 2nd grade & no "too old" age - adults welcome! July 9th - 20th
Monday - Friday, 8:30am - 3pm Norwich Resident - \$580; Non-Res.: \$640 Held @ MC School & outdoor grounds
- 2) **"CHALLENGER" SOCCER Camps** - For ages 4-12 @ Huntley Meadow Two separate weeks offered: June 25-29 & Aug. 20-24 Morning, 9am - Noon sessions for 7 - 12 year olds and Noon - 1pm for 4 - 6 year olds.
On-line registration open NOW @ www.challengersports.com Register now to receive a free jersey!
- *3) **"The Good Life" - Summer Camp for 4 - 7 year olds** - dedicated to fun hands-on health activities and moving. Activities to include: cooking, crafts to take home, yoga, dancing, scavenger hunts, drawing, water games, reading and stories. Mon. - Thurs., 9am - 1pm BYO lunch. June 25th - August. 2nd Held in the Marion Cross School
- 4) **Summer Sports Camp** - for children entering grades 1 - 8. Offered Mon. - Thurs., 9am - Noon / June 25th through Aug. 23rd. Weekly Sign-ups
- 5) **Storrs Pond Afternoon Adventures** - Mon. - Thurs.; Noon - 4pm @ Storrs Pond in Hanover, NH; likely offered for 2 weeks Dates still TBD
- 6) **Friday Climbing Days** - Program still tentative. Full day = half day at the "Green Mt. Climbing Center" & remainder of day on an outing in the UV area. Coordinator: Page Tompkins Potentially offered 2 or 3 Fridays; dates still TBD
- 7) **Fencing** - Monday & Wednesday evening classes will continue for experienced Fencers in the Tracy Hall Gym
Coordinators: Paul Horak & Ralph Hoehn
- 8) **Adult programs** will also continue this summer but may have altered schedules for July & August. Michele will offer Rise & Shine Yoga 6 - 7am Dates TBD More Summer YOGA with Jessie &/or Christina also being explored.
- 9) We hope to offer **discounted single day Storrs Pond tickets** for Norwich residents again this summer. They'd be available starting in July from the Norwich Town Clerk's Office. Check Town Recreation website for updates.