



NORWICH RECREATION WINTER PROGRAMS 2019



Phone: 802-649-1419 x.5

Recreation@norwich.vt.us

www.norwich.vt.us

PROGRAM REGISTRATION: For Winter classes, please REGISTER on-line at 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. Recreation office is upstairs in Tracy Hall, 300 Main St.. 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: Ryan Gardner - President, Kristin Fauci - Vice-President, Amy Tuller - Secretary, David Bartlett, Jill Collins, Gered Dunne, Rob Johnson, Sarah Martin, Bill Tine & Page Tompkins ~ Jill Kearney Niles - Director

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YOUTH PROGRAMS

See Summer **CIRCUS CAMP '19** information on page 2 - **Registration now open**

YOUTH BASKETBALL - The current basketball season for Grades 2 - 6 is underway & runs through February 15th. If school is canceled or out of session, practices and/or games are canceled, unless your Coach notifies you (Ex. Potential holiday practices). Parents of 3rd- 6th Grade players - Don't forget to check for game schedules and directions to other gyms, posted @ www.norwich.vt.us, / Departments / Recreation, but please confirm with coaches regarding changes.

BABYSITTER'S TRAINING COURSE - for ages 10 & up

DATE/TIME: Friday, March 8th - Parent/Teacher Conference Day @ MCS, so no school 8am to 2pm (6 hour course)

LOCATION: Norwich Police Station Training Room

***FEE: \$65:** Non-residents: \$75 *Note: Materials are purchased in advance so we're sorry but there are no refunds for this course.

INSTRUCTOR: Sergeant J. Frank - Norwich Police Department. Sergeant Frank (Jennifer.Frank@vermont.gov) is a Certified Instructor. Many Norwich students know her from her frequent visits to the school playground and local activities. She is an excellent presenter and role model and participants will leave with a wealth of practical knowledge.

This course is designed for youth, ages 10-14 years old, who are interested in babysitting for their own family and for others in the community. The course will provide instruction around CPR, 1st aid, and the safe and responsible care of children. Students will be instructed on the how-to's of meal preparation, proper feeding and diapering, and will practice these skills. They will also learn conflict resolution and problem solving techniques. Training is designed around six major themes: safety, basic care, first aid, safe play, professionalism and leadership. Participants will learn first aid action plans for various kinds of accidents and illnesses children may experience. Excellent training for anyone who babysits. Each participant will take home a useful Babysitter starter toolkit and will receive a certification card. Please BYO lunch & drink. Min# 6; **Max# 20**, so please register EARLY to avoid disappointment.

COED TABLE TENNIS for 5th Grade players through Adults

DAY/TIME/SEASON: *Wednesdays & Fridays, 6:45-9pm, Jan. 2nd - June 14th *Will NOT meet on 2/20, 2/22, 4/17 & 4/19

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.

We hope to have Christina Tangredi offering YOUTH & MINI YOGA again in Mud Season &/or Spring.

SUMMER CIRCUS CAMP 2019

Register on-line now at www.norwich.vt.us Departments / Recreation / On-line Registration

FOR: children ages 8 & up, and must have completed 2nd grade Teenagers & Adults welcome, also.

DAYS/DATES/TIME: Monday - Friday, July 8th - 19th 8:30am - 3pm No "too old" age

***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 March 1st, 2019 to reserve participant's spot. Any unpaid balance is due by July 1st, '19. *Sorry, due to securing qualified Instructors months ahead based on registered participant 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 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 learning and fun. Max # 60 Camper / Instructor ratio - 10:1 or better

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 slotted 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, **July 19th**.



Upcoming 2019 Norwich Camps:

Challenger International Soccer Camp (Formally British Soccer Camp):

TINY TYKES SOCCER for 3 - 6 year olds on the Norwich Green Wednesdays, May 1st - June 12th

Summer Soccer Camp for 4 - 12 year olds at Huntley Meadow August 19th - 23rd

Register any time after Jan. 12th '19 at www.challengersports.com SPECIAL Jersey bonus gift if you register early!

Winter '19 FENCING - Foil, Epee & Sabre

AGE & LEVEL: 10 years & up; All experience levels welcome. Parents of fencers are encouraged to register & join in!

DAYS/TIMES: Mondays & Wednesdays; Group aerobic warm-up from 5:30pm - 6pm for all Fencers

Basic drills for all Fencers 6 - 7pm; Intermediate/Advanced drills & bouts 7- 8:30pm

SEASON: Jan. 2nd through April 29th (17 weeks) No class on Monday, March 4th (Town Meeting in Gym) / Check with Instructors about 3/13 also.

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 discount & click "pay by check"

when registering. **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 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. 25th & April 11th):

Registration for the following Mud Season programs we hope to offer (still subject to change), will be available on-line, on or before Feb. 16th. Flyer will be sent home with MC School students before Feb. vacation. Mud Season Offerings:

We'd love to offer **1st Grade BASKETBALL, but I need to hear asap from anyone willing to coach.** Call 649-1419 x.5 to Volunteer
1) MINI & YOUTH YOGA taught by Christina Tangredi 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) 'GIRLS on the RUN' will begin in March 5) TABLE TENNIS, FENCING and Adult YOGA & Kung Fu programs will continue.

COACHES NEEDED for the *ed Mud Season Sports above. 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

How about the **BEAUTIFUL RINK!!!** - A humongous season long Thank-You extends to all the "Norwich Hosers" who have already been out there to ensure a great surface for the whole community to enjoy. The Hosers are a group of community volunteers who maintain the ice so that local families can skate all winter (& a chunk of late fall this year!). We give extra thanks to **Kristin Brown Close** who is the "Head Hoser", a huge Volunteer commitment. The Norwich Fire District & Department and Norwich Public Works Department were instrumental in helping set up the rink, so Norwich is off to a great skating season - Thank-you!



FREE Special Event - Annual MC School PTO/Norwich Recreation Council **Family Skating Party** is tentatively scheduled for **Friday, January 18th 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.

ADULT PROGRAMS

PA KUA CHANG KUNG FU

SEASON: Jan. 4th - April 26th **DAY/TIME:** ongoing Friday evenings, 6 - 8pm

LOCATIONS: Held in the Marion Cross School Multi-purpose Room OR in the Tracy Hall Gym or Multi-purpose Room

Please confirm with Instructor **FEE: \$60/month; Non-Residents: \$66/month** ***Register & Pay at class.**

***Paper Adult Registration Forms** are available downstairs in Tracy Hall. A class in the Art of Pa Kua Chang Kung Fu

TAUGHT by Glenn Gurman, a Martial Arts expert and Licensed Acupuncturist-Herbalist and lineage holder of the Pa Kua Chang Kung Fu System; 40+ years experience (649-1616 or enlightendedhealthcare@gmail.com)

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 or for more information. Please **fill out registration form on site.** Drop-in basis / Ongoing

- 1) **BADMINTON** night - **Mondays, 1/7- 6/10 from 7:30pm - 9pm** Will NOT meet on 1/21, 2/18, 4/15 & 5/27 Coordinator: Andrew Katz (windhamantiques@gmail.com or 649-5641) Badminton is also open to Norwich high school age students
- 2) **BASKETBALL** night for 25 year olds & up - **Tuesdays, 1/8 - 6/11 from 7pm - 9pm** Will NOT meet on 2/19 & 4/16 Coordinator: Craig Thurston - wallpapervt@gmail.com or 649-1599
- 3) **VOLLEYBALL** night - **Thursdays, 1/3 - 6/13 from 7pm - 9pm** Will NOT meet on 2/21 & 4/18 Coordinator: Andrew Katz (windhamantiques@gmail.com or 649-5641) If you enjoy volleyball at any level please come on out.

THANK-YOU VOLUNTEERS!!! - 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: Lauren & Rob Adams, Robb Cramer, Tony Daigle, Jerry DeSilva, Laura & Matt Duncan, Pete Fahey, Jim Kenyon, Bram Litvinoff, John Lobb, Rob Johnson, Brian Lucas, Sarah Martin, Philip McCaull, Michelle Ollie, Brian Riordan, Julie Stevenson, Megan Tompkins and Cathy Welder. Many thanks to everyone listed, and to those who help out by running the clock, as well as anonymously behind the scenes. Thank-you also goes out to the **Norwich Inn** for hosting two of our community events again this fall and to Liz Adams, our wonderful pianist for the December post-Pageant Carol Sing at The Norwich Inn.

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

NORWICH WINTER '19 ADULT YOGA with Christina & Michele

Please register for Adult YOGA @ norwich.vt.us Click on Dep's/Recreation/On-Line Registration

10 class pass can be used interchangeably for either Instructor / any class.

Please **BYO Yoga mat** & props / Some props available to borrow / For all levels unless otherwise noted / In **TRACY HALL - 300 Main St., Norwich, VT.** Winter YOGA Season runs January 3rd through April 30th, '19, but please note that Michele's *Sunday morning Yoga class won't start until Jan. 13th. Also, Christina will be attending an advanced teacher training certification, so will be unable to hold classes from Jan. 31st - Feb. 12th. Also NO classes on Feb. 17th & 24th and April 8th & 9th.

***FEE: 10 Class Pass:** Residents: **\$143**; Non-Res.: **\$155** Passes good through 6/30 '19 ***Drop-in rate: \$17** or \$14 for Students & Seniors (65+) (\$122 for Sr. or Student 10 class pass but if purchasing on-line, one must contact Rec. office for discount) ***Drop-ins** must be cash or checks payable to Town of Norwich - Recreation.

BONUS - If participants attend 2 classes consecutively for 5 weeks, they'll be awarded one free class. (blackouts excepted)

LOCATION: Tracy Hall Gym-see notes below for days that classes will be downstairs in the Tracy Hall Multi-purpose Room

INSTRUCTORS: Christina Tangredi (christina.tangredi@gmail.com) 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. Her lovely choreography, consideration of working the entire body and ability to challenge all levels are her trademarks. Her marvelously strong practice also provides an excellent example of beautiful positions and transitions. Michele George (msgorge.yoga@gmail.com or C# 603-306-2428), 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. She will be teaching our Sunday morning class beginning January 13th.

DAYS/TIMES/DATES: Sundays & Mondays, 8:30am - 9:45am and Tuesdays & Thursdays, 5:30pm - 6:45pm

Mondays 8:30am - 9:45am *Jan. 7th - April 29th *No classes on 2/4, 2/11 & 4/8 (3/4 in Tracy Hall Multi-purpose Room) Instructor: Christina Tangredi

Full Body Vinyasa / Levels 1, 2 & 3 Prior yoga experience of at least 6 months recommended. This super energetic and fun Vinyasa Flow class uses creative sequencing to build endurance, strength and flexibility. Experience a continuous flow of moving meditation that will take your practice to the next level. An excellent cross-training practice for athletes.

Tuesdays & Thursdays 5:30pm - 6:45pm - *Jan.3rd - April 30th *NO classes on 1/31, 2/5, 2/7 & 2/12 & 4/9 (2/28, 3/4 & 3/14 in Tracy Hall Multi-purpose Room) & Tues., 3/5 in either Norwich PD Training Room or MCS Multi - Confirm with Instructor) Instructor: Christina Tangredi

Vinyasa Flow/Levels 1 & 2 Come 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.

Sacred Sunday Yoga 8:30am - 9:45am; *Jan. 13th - April 28th *No classes on 2/17 & 2/24 & possibly 4/14 - Confirm with Michele (3/17 in Tracy Hall Multi-purpose Room) Instructor: Michele George

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**