

2019 Mud Season Programs

Mud Season offerings run between February 25th & April 11th

from **Norwich Recreation** 802-649-1419; Ext. 5 E-mail: Recreation@norwich.vt.us

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

On - Line Registration for Mud Season programs is open!

Please register 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
P.O. Box 1137
Norwich, VT 05055

Copies of this brochure are
available downstairs in Tracy Hall

Please register at least a day before program begins. If you cannot register on-line, please call &/or stop by the **Recreation office, upstairs in Tracy Hall** for help. Registration is ongoing if programs have not filled. No late fee for Mud season programs. Hard copy registration forms (available downstairs in Tracy Hall) are required for a few programs, as listed.

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FIRST GRADE BASKETBALL - Coed

DAY/TIME/DATES: Mondays, 3:15 - 4pm Feb. 25th - April 8th **LOCATION:** Marion Cross School Gym

FEE: \$37; Non-Res.: \$42 **COACHES:** Jennifer Krawitt (jenniferkrawitt@yahoo.com or 802-478-1750)

& Molly Gentine (mollygentine@hotmail.com or 973-219-6822) **Ass'ts welcome** - Sign up on-line &/or contact coaches. Introductory basketball-handling skills will be taught through lead-up games and activities. Lots of individual skills practice will happen amidst the fun. The number one goal is for all participants to be introduced to the sport within a welcoming atmosphere. Our 8 foot hoops welcome success. Although mouth guards are recommended, Norwich T-shirts and mouth guards are not required for this age group. If you have your own (labeled) Junior sized basketball, bring it along. Please come with a pair of clean athletic shoes to wear in the school gym. Min # 6; Max # 20

3rd - 6th Grade Indoor BASEBALL Warm-up - Coed

LOCATION for both 3rd/4th & 5th/6th Grade Groups: Marion Cross School Gym

3rd & 4th Grade DAY/TIME/DATES: *Thursdays, 5pm - 6:30pm, March 7th - April 11th, '19 *Will NOT meet on 3/28

(MCS Science Night in Gym) **COACHES:** Bram Litvinoff (bram.litvinoff@gmail.com or 603-443-2741), Philip McCaull (philip.mccaull@gmail.com) & Bill Tine (bill.tine@kingarthurfour.com) **FEE for 3rd/4th Grade:** \$42; Non-Residents: \$47

Non-residents welcome to register in either group after March 1st, if room allows.

5th & 6th Grade DAYS/TIME/DATES: Mondays & *Wednesdays 5:15pm - 6:45pm, March 4th - April 10th *Will NOT meet on Wed., 3/27 (MCS Science Night in Gym) **COACHES:** Robb Cramer (rcramerjr@icloud.com or 802-369-9328), Rob Snyder & John Mike Taylor (johnmiketaylor@gmail.com) **FEE for 5th/6th Grade:** \$57; Non-Residents: \$65

It's pre-Spring Training time! This session will give you a chance to focus and work on fundamentals: pre-season batting, pitching & fielding skills in preparation for the outdoor season which begins after April school vacation. Sign up to improve individually and become more baseball savvy, as well as getting synchronized with the group you'll be playing with later this spring. It is not required to play on the team in the spring but anyone considering playing spring baseball is encouraged to take part. Teamwork and strategy will also be introduced. Please **BYO glove &** come with a pair of clean athletic shoes to wear in the school gym. **Max # 18** players for **3rd/4th Grade / Max #16** for **5th/6th Grade** group, so please register early to avoid disappointment.

Sorry but, our BABYSITTER'S TRAINING COURSE on 3/8, offered by Sgt. Frank from the Norwich Police Dep't, is **FULL**.

4th - 6th Grade BOYS' Indoor LACROSSE '19 Warm-Up

DAY/DATES/TIME: *Fridays, March 1st - April 5th 4pm - 5:15pm *Will NOT meet on Fri., 3/15 (Mud Stomp Dance in Gym)
LOCATION: Marion Cross School Gym **FEE:** \$38; Non-Res.: \$43 Max # 22-please register early to avoid disappointment
COACH: John Gregory (jbgpod@gmail.com) Assistants welcome. Sign up on-line, or see Coach Gregory
This offering is for boys planning on playing lacrosse this spring to help them get a jump start on the season as well as to set up solid team basics. Our main objectives are to help players get in shape, improve stick skills and build team camaraderie in a spirit of support and fun. Please bring your own stick, helmet (lacrosse or hockey okay), gloves & *mouth protector and please come with a pair of clean athletic shoes to wear in the school gym. *Mouth protectors are available for \$2 in the Recreation office, upstairs in Tracy Hall.

3rd - 6th Grade GIRLS' Indoor LACROSSE Warm-Up

DAY/DATES/TIME: Wednesdays, March 6th - April 10th 3pm - 4:15pm **LOCATION:** Marion Cross School Gym
FEE: \$38 Non-Residents: \$43 Maximum # 22 - please register early to avoid disappointment
COACHES: Jill Collins (or jillcollins1@comcast.net or 649-7223), Kristin Fauci (kriscorvo@yahoo.com or 649-7181) & Steve Loughman (stephen.loughman@wellsfargo.com or 649-3292)
For Beginners as well as players with some lacrosse experience. Recommended for anyone planning to play lacrosse this spring. Our main objectives are to introduce players to lacrosse stick skills and build team camaraderie in a spirit of support and fun. Assistant(s) welcomed. Volunteer on-line or contact one of the coaches. Please bring your own stick & mouth protector and please come with a pair of clean athletic shoes to wear in the MCS gym. Safety goggles are required - contact Coaches if you need a loaner pair. Mouth protectors are available (for \$2) at the Rec. office, upstairs in Tracy Hall.

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: Ongoing through April 29th No class on Mon., March 4th (Town Meeting in Gym) & Wed., 3/13 (Gala in Gym)
LOCATION: Tracy Hall Gym We'd be happy to pro-rate these Winter session fees. Please **call 802-649-1419 x.5** to get an **adjustment** made for your **amount due**. ***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 call 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).

Upcoming NORWICH "CHALLENGER" SOCCER CAMPS to REGISTER for NOW!



CHALLENGER International SOCCER Camp (Formerly 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 at www.challengersports.com SPECIAL Jersey bonus gift if you register early!

GIRLS ON THE RUN for 3rd - 5th Grade Girls

REGISTRATION for this program will open on Monday, February 18th @ NOON

Mondays & Thursdays; 3:30pm - 5pm; March 18th - *June 1st *Final 5K on 6/1 in Essex, VT Will NOT meet on 5/27

LOCATION: Meet & pick-up in the Tracy Hall *Gym *Will meet in the Tracy Hall Multi-purpose room on Thursdays, 5/2 & 5/30 As weather improves Instructor will advise if/when group may shift to meeting & picking up at the Gazebo on the Green. Class will also take place on the nature trail and area around the Green. ***FEE: \$125** Non-residents: \$137

*GOTR T-shirt included in this price. Please list T-shirt size when registering on-line. **Max # 25 - REGISTER EARLY!**

COACH/Coordinators: Rebecca Reed (rreed2525@yahoo.com) & Kristin Fauci with Assistants as well

"Girls on the Run" is a non-profit organization with a mission to inspire girls to be joyful, healthy and confident, using a fun, experience based curriculum that creatively integrates running. By focusing on physical, emotional, social and intellectual development, the girls complete a 10 week program with a stronger sense of identity, greater self-confidence, a healthier body image and better knowledge of what it means to be a member of a team and a community. On Sat., June 1st the girls participate together, in a non- competitive statewide 5K run/walk in Essex Junction, VT giving them a tangible sense of achievement as well as a framework for setting and achieving life goals. Join this outstanding nationwide program run by our inspiring, trained local volunteers. For all fitness levels. To learn more, visit www.girlsontherunvermont.org.

COED TABLE TENNIS for 5th Grade players through Adults

DAYS/TIME/SEASON: *Wednesdays & Fridays, 6:45 - 9pm, Ongoing through 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.P.Hill@Dartmouth.EDU or Doug.Haynes@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

SAVE THE DATE - 'TOUCH-A-TRUCK' Day is Wed., May 22nd @ 2:15pm on the Marion Cross School grounds

SPRING PREVIEW will be posted on-line as more details roll in. **COACHES &/or ASSISTANTS NEEDED** for many of our Youth **Outdoor Spring Sports (K - 6th Grade Lacrosse & K - 6th Grade Baseball)**. If you'd be willing to help coach one of these &/or if you'd like to offer something new, please **contact the Recreation Director @ 649-1419 x. 5**

Spring Preview for ADULTS: YOGA, TABLE TENNIS, FENCING & Pa Kua Chang KUNG FU continue.

Details about our Spring offerings will be in our Spring brochure, available by 4/13 & please check website for updates also.

Super SUMMER CIRCUS CAMP '19 - Register now on-line

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. No "too old" age

Monday - Friday, July 8th - 19th 8:30am - 3pm ***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**

*Sorry, due to securing qualified Instructors months ahead based on registered participant numbers, there are no refunds for Circus Camp / Held in the **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 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. Our camp culminates with a **show** on the final evening, Friday, **July 19th**.

THANK-YOU - We were very fortunate to once again have an outstanding group of volunteers involved in our Winter Basketball program this year. It could not have run without these wonderfully giving individuals: Robb Cramer, Tony Daigle, Jerry DeSilva, Laura & Matt Duncan, Rob Johnson, Jim Kenyon, John Lobb, Bram Litvinoff, Brian Lucas, Sarah Martin, Philip McCaull, Michelle Ollie, Brian Riordan, Julie Stevenson, John-Mike Taylor, Megan Tompkins & Cathy Welder. Many thanks to everyone listed, as well as to our scoreboard operators, parent drivers, scorebook keepers and to all those who helped out anonymously behind the scenes! & Special thanks to Tony for all the time put in helping with the scoreboard!!!

ADULT PA KUA CHANG KUNG FU

Ongoing through April 26th Friday evenings, 6 - 8pm In the Marion Cross School Multi-purpose Room OR the Tracy Hall - 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)

NORWICH ADULT YOGA with Christina, Michele & Becky

Please register for YOGA @ norwich.vt.us Click on Departments/Recreation/On-Line Registration
10 class pass can be used interchangeably for any Instructor or 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. Season runs through April 30th, '19, but please note that **classes won't be held on Feb. 24th and April 8th & 9th** and see Thurs. am class notes below. In **Tracy Hall**; either in the Gym or Multi-purpose Room ***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're awarded a free class. (blackouts excepted)**

INSTRUCTORS: Christina Tangredi (christina.tangredi@gmail.com) has been a regular practitioner of yoga since '06 & has completed her 500-hour training (2013). 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 (msgeorge.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.

Becky Hooper has just joined us, teaching Thursdays at 8:45am. Becky (rebeccajunehooper@gmail.com) 200-RYT also teaches at Hanover HS & 'Upper Valley Yoga'. As a Yoga practitioner for 20 years, Becky's classes are influenced by the many styles she has studied including Iyengar, Hatha, Ashtanga, Anusara, Bhakti, Vinyasa and Yin Yoga. Becky completed her 200-hr training in March '18 and is continuing for her 500 Hour training to be completed in 2020.

***Tuesdays & Thursday Evenings 5:30pm - 6:45pm - through April 30th** ***NO class on 4/9**
(2/28 & 3/14 in Tracy Hall Multi-purpose Room & Tues., 3/5 in Norwich Police/Fire Department Training Room)

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.

***Thursday mornings 8:45am - 9:45am through April 25th** ***No classes on 4/11 & 4/18**
Instructor: Becky Hooper, except Christina will sub on 3/14 **Vinyasa Flow / Levels 1 & 2** Becky's classes are interwoven with yogic philosophy, poetry, breathing meditation and playful asana (posture practice). Every class follows a general bell curve, working from meditation and warm up to standing and peak postures to cool down and savasana (resting) meditation. Optional gentle assists offered throughout the class.

***Sacred Sunday Yoga 8:30am - 9:45am; through April 28th** ***No classes on 2/24 & possibly 4/14 (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. For **All Levels**