NORWICH RECREATION PROGRAMS
FALL 2019

Online Registration - http://norwichvtus.siplay.com/site/

***Pay by Check* - "TOWN OF NORWICH - RECREATION"** –
P.O. Box 1137, Norwich, VT 05055

REGISTRATION DEADLINE - Please **register by September 4th - $10 late fee will be charged after 9/4**

YOUTH PROGRAMS

KINDERGARTEN SOCCER

DAY/TIME/DATES: Mondays, 3:15-4:00pm, September 9th – October 28th

LOCATION: Marion Cross School/ Town Green, *MCS Gym rain plan* **FEE: $45; Non-Res: $55**

COACH: Kata Sasvari (stockingsasvari@gmail.com) , Assistant, Alberto Rodriguez (apaniagua81@gmail.com)

Please contact Brie (649-1419 ext. 5) if interested in coaching Minimal commitment, and a fun opportunity to get to know your child's peers. Optional royal blue T-shirt available for $13 – Available in Recreation Office, 3rd flr Tracy Hall.

1st & 2nd Grade GIRLS' SOCCER

DAY/TIME/DATES: Tuesdays, 5 - 6pm, September 3rd – October 29th

LOCATION: on the GREEN, *with the MCS Gym rain plan* **FEE: $55 Non-Res: $65**

COACHES: Stephen Gaughan (Stephen.P.Gaughan@dartmouth.edu / 649-649-1960

PROGRAM: Lots of skills practice through a variety of stations and games designed for maximum individual ball handling. Learn the basics of the game and scrimmage in mini games with classmates. Players will be given opportunities to improve individually and will be challenged without being intimidated. PLEASE bring your own size 3 or 4 ball to practice. 1st/ & 2nd Grade teams may take part in a couple of scrimmages and jamboree(s). More **Assistants Welcome for all teams!** - Please register/volunteer on-line to help with a team, &/or contact the Coach. Norwich Recreation royal blue T-shirt ($13) is required for game. Available at the Recreation Office, upstairs in Tracy Hall.

1st & 2nd Grade BOYS' SOCCER

DAY/TIME/DATES: Wednesday, 2:15-3:15pm, September 4th-October 31st

LOCATION: on the GREEN, *with the MCS Gym rain plan* **FEE: $55 Non-Res: $65**

COACHES: Kristin Fauci (kriscorvo@yahoo.com)/ 649-7181) & Molly Gentine (mollygentine@hotmail.com)

PROGRAM: Lots of skills practice through a variety of stations and games designed for maximum individual ball handling. Learn the basics of the game and scrimmage in mini games with classmates. Players will be given opportunities to improve individually and will be challenged without being intimidated. PLEASE bring your own size 3 or 4 ball to practice. 1st/ & 2nd Grade teams may take part in a couple of scrimmages and jamboree(s). More **Assistants Welcome for all teams!** - Please register/volunteer on-line to help with a team, &/or contact the Coach. Optional royal blue T-shirt available for $13 - Pick up @ Recreation Office, upstairs in Tracy Hall.

3RD – 6TH BOYS & GIRLS SOCCER

SEASON: *September 3rd - October 31ST **unless otherwise indicated*

LOCATION: Huntley Meadow

FEE: $65 Resident / $75 Non-resident Navy Norwich Rec. uniform is required for games ($30)

PROGRAM: Our emphasis is on fun and developing skills, self-confidence & team spirit. The program includes drills stressing individual improvement, learning the mechanics and rules of the game, as well as games with neighboring Upper Valley towns ('7 vs. 7' for grades 3/4 and '9 vs. 9' for grades 5/6). Please Bring a size 4 Ball & water bottle to practice. Mouth protectors ($2 at Rec. office) & shin guards are strongly recommended. Cleats are helpful but not mandatory. For 3/4 games, each team will be split in half and will play half the opposing team in 2 mini games. We therefore need many parent volunteer assistants & officials. Please register on-line to volunteer to help with a team, &/or contact your child's coach. Home games will often be during the scheduled practice times or Saturdays, but away games may be anytime. Please try not to over-schedule, resulting in missed practices and games. If one has to miss, please let coaches know as far in advance as possible. Every child consistently attending practice should play equitably in games.

*****We need Volunteer Officials for all ¾ HOME Games** (low-key atmosphere). Please contact your child's coach if you can help. Simplified rules to study and a whistle will gladly be provided!***

3/4 BOYS

Days/Times: Monday & Wednesdays, 5:15-6:15pm

Coaches: David Barlow David Barlow barlowpt@gmail.com, Ryan Gardner (ryan.gardner@gmail.com) & Assistants Rob Johnson (robljohnson78@gmail.com) and Darren Cottage (darren.cottage@tomtom.com)

3/4 GIRLS

Days/Times: Tuesday & Thursday, 3:45-4:45pm

Coach: Kimberly Clapp (kimberlylohmanclapp@gmail.com) and Manu Tesone (etesone@gmail.com)

5/6 GIRLS

Days/Times: Monday & Thursdays, 5:00-6:00pm

Coaches: Bill Tine (bill.tine@kingarthurflour.com), Todd MacKenzie (todd.mackenzie@gmail.com), Patrick Bradley

5/6 BOYS

Days/Times: Tuesdays & Thursday 5:00pm - 6:00pm

Coaches: Kimberly Clapp (kimberlylohmanclapp@gmail.com) with assistant Darren Cottage (darren.cottage@tomtom.com)

****Game Schedules and field locations can be found on line at Norwich.vt.us/recreation****

MOUNTAIN BIKING for 3rd - 7th Grade Adventurers

DAY/DATES/TIMES: Wednesdays, September 4th -October 30th

Adventurers (Advanced) 2:15pm - 3:45pm (max 12 riders)

Intro. to Mt. Biking (Beginner/intermediate) 4pm - 5:15pm (max 12 riders)

**Participants can ask Jane which group will be best for them. Returning Bikers will be appropriately challenged*

LOCATION: Town Green FEE: $120; Non-Res.: $130

INSTRUCTOR: Jane LeMasurier (jane.lemasurier@gmail.com), Assistants TBA

This fun class will expand your knowledge of how to be a safe and responsible mountain bike rider. Learn basic 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/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 with longer rides. Equipment needed: TUNED mtn. bike, properly fitted helmet, water bottle & snack (carried by rider)*;* gloves & eye protection recommended

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ROOT ROCKERS 1st - 3rd Grade Trail Running

DAY/TIME/DATES: Wednesdays, 2:15pm - 3:30pm, September 4th – October 30th

LOCATION: Meet behind the St. Barnabas Church, by the Milt Frye trailhead

FEE: $35, includes T-shirt to keep Non-Residents: $45 Max # 20

COACH: Christopher Coughlin (chris_coughlin99@yahoo.com) **PARENT VOLUNTEERS WELCOME!**

Fun group trail running, games and stewardship will be the focus of the program, which will take place throughout the Milt Frye and adjacent trail systems. Please wear sturdy running shoes and bring your own water bottle. A snack will be provided.

WEEKDAY WIND DOWN

DATES/TIMES: Monday-Friday, 3:15-5:30pm September-December

MONTHLY FEE: $350/month 5-day; $225/month 2-3 day; $80/month 1 day

COORDINATOR: Norwich Recreation with special guests throughout the month

PROGRAM: Ever-changing program with a seasonal focus on the arts, science and our community. We will have entire weeks of Lego and cardboard construction, community projects, art and craft. Throughout the year, we will be participating in a community billboard art project, taking part in a cider pressing with our library, crafting our own Halloween costumes, exploring local architecture before building our own gingerbread houses, creating holiday cards for our families! Every week brings something new and engaging.

If your child is also in another Norwich Recreation program taking place before or after Wind Downs, please make the Recreation Director aware, and we can arrange a Counselor escort them to/from their practice. Families with more than two children are also eligible for a discount.

More Youth Programs Offered in Norwich

These programs are not endorsed by Norwich Recreation, and registration must be done directly

Norwich Knits 289 Main Street, Norwich info@norwichknits.com www.norwichknits.com

Kid Knits: Knitting 101 / Perky Little Hat

Your 3rd - 6th grader will learn the basics of knitting in this six week class. Knit and purl stitches, increases, decreases, cast ons and bind offs will all be covered, and then your child will get to work on a Perky Little Hat - a simple, bulky weight hat that will give them a finished object by the end of the class. The class fee includes all materials. Wednesdays, 2:30-3:30 from 9/11 to 10/16. $100. Max 8.

Kid Knits: Mittens!

If your child has already taken a knitting class, this is the next step! Students will learn to knit in the round using double pointed needles, and will follow a simple mitten pattern. The goal is to have finished their first pair of mittens by the end of the six week course! All ages welcome, but your child must know the basics of knitting. Thursdays, 3:30-4:30 from 9/12 to 10/17. $100. Max 8.

Fun Felting Fridays!

Norwich Knits welcomes kids in fourth grade and up for 90 minutes of supervised felting time, 3:30-5. No sign up necessary! $15 includes felting materials.

Children's Art Studio 326 Main Street, Norwich 774-563-3069, childrensartstudionorwich.com

***Open to Discovery – Look, Draw and Make it POP!* -Tuesdays: 5, 6, 7 year olds • 3:00-5:15 p.m. FEE: $35 per class**

Keith Haring leads and inspires us as we view artists whose zest for art makes it fun and active. How do these artists create boldness? Let's find out!

***Wonder of Animals* - Wednesdays: 6, 7, 8, 9 year olds • 2:15-5:15 p.m. FEE: $35 per class**

From Mount Denali in Alaska to the Galapagos Islands in the Pacific – we shall paint the resilient animals, their habitats and capture their "ROARS" for our help to protect the abundance of all animal species all over the world.

***Picassomania... and More!* - Thursdays: 8, 9, 10, 11, 12 year olds • 3:00-5:15 p.m. FEE: $35 per class**

The Grand Palais in Paris recently showcased Picasso's paintings on a grand scale! The exhibit reminded me of his PASSION for art making, and furthermore, of the artists he influenced.

Exploring Watercolor Painting

Friday Mornings: 3, 4, 5 year olds • 9:30 - 11:30 a.m. FEE: $35 per class

Watercolor painting is fun and fast, offering saturated colors and a variety of expressive gestures to painters of all levels. We will learn a variety of "next octave" techniques as returning young artists make their own original paintings using this exciting medium. We say – "All aboard!"

Graphic Passion

Friday Afternoons: 9, 10, 11, 12 year olds • 3:15-5:30 p.m. FEE: $35 per class

We shall explore a kaleidoscope lens of artists whose works "jump off the page." New upcoming multi-media artists who have showcased at the Whitney Museum and the Museum of Art in Chicago, and those who have visited the new Shed Art Center in N.Y. Hudson yards.

UPCOMING COMMUNITY EVENTS

35th Annual Labor Day Race

Date & Time: Monday, September 2nd
Location: Town Green
Time: Register 7:30-9:00am Race – 9:00am
Distances: 2.2 mile & 10k
Cost: $5 per person / $10 per family *(10 and under $2.00)*
Program: Casual, family-friendly race with refreshments and prizes to follow

Red Cross Blood Drive

Date & Time: Monday, September 23rd
Location: Tracy Hall

Norwich Women's Club Nearly New Sale

Date & Time: Friday, October 18th – Sunday, October 20th
Location: Tracy Hall
Program: Sell your gently worn clothing, or pick up a new Fall wardrobe! Proceeds from the sale fund the generous Women's Club grant program.

CHaD HERO Race

Date & Time: Sunday, October 20th
Location: Dartmouth College Green, Hanover, NH
More Information: https://secure3.convio.net/dhmc/site/TR?fr_id=1360&pg=entry

Halloween Celebration

Date & Time: Thursday, October 31st 3pm - 4:30pm
Location: Norwich Inn FREE
Program: Come in costume! Face painting, games, refreshments. Meet up with your neighbors before trick of treating in town!

Annual Gingerbread Festival *(sponsored by the Family Place)*

Date & Time: Saturday, December 7, 2019 10am-3pm
Location: Tracy Hall
Program: The Family Place's Gingerbread Festival is a fun-filled, family-friendly event offering: • Display of over 80 Gingerbread Houses • Silent Auction • Gingerbread Store: handcrafts and gift items • Gingerbread Café • Gingerbread House-making Demonstration • Cookie Decorating

*** Keep in touch with Norwich Recreation on Facebook for updates and new events!***