

SHELBURNE PARKS & RECREATION



Fall / Winter Program Guide 2016 / 2017



5420 Shelburne Rd., P.O. Box 88, Shelburne, VT 05482
www.shelburnevt.org (802) 985-9551

REGISTRATION INFORMATION

You may register for our programs anytime before their respective deadline date. Registration forms are available to print off our web page: www.shelburnevt.org. Hard copies are available on the wall outside the Recreation Office. We would also be happy to mail or fax one to you at your request. Or use our ONLINE REGISTRATION system to register from your computer using a credit card.

To register for a program in office or by mail, please return the completed form along with cash or check payment. You can also use our drop box on the wall outside our office during the evenings and week-ends. If you need to meet with us in person and are unable to make it to our office during office hours (8:30 a.m. –4:00 p.m., Mon.—Fri.), please call us and we would be happy to accommodate you and make other arrangements.

PLEASE NOTE: MOST OF OUR PROGRAMS USE OUR GENERAL REGISTRATION FORM. HOWEVER THERE ARE A FEW PROGRAMS THAT HAVE THEIR OWN SPECIAL REGISTRATION FORM. THESE INCLUDE BASEBALL, FALL SOCCER, YOUTH LACROSSE, BOLTON VALLEY AFTER SCHOOL SKI PROGRAM, AND THE CHAMPLAIN CLASSIC. THESE FORMS ARE AVAILABLE AT THE RECREATION OFFICE OR ONLINE.

Online registration is now available through Webtrac! There is a direct link from the Recreation home page on the Town of Shelburne website: <http://www.shelburnevt.org/160/Parks-Recreation>. This will direct you to the Webtrac site where you can browse programs by the type of activity you are looking for. In order to register for the first time, you will need to set up an account. All households who already have an account were sent an email with login information. If you did not receive this or deleted it, please contact the Recreation office. Anyone who has registered for a program with us in the past already has an account set up. Please do not create a new one!

All online registrations must be paid by credit card at the time of transaction. You will be charged a convenience fee of 2.5%. If you do not want to pay by credit card and be charged a convenience fee, you will need to register using a hard copy form and get it to the Recreation office with a check or cash payment. **We can not process credit cards in the office** at this time but hope to in the future. **Credit cards can only be used with online registrations at this time.**

If you register online and pay by credit card and then need to cancel, you will need to contact the Recreation Office to withdraw. If you are eligible for a refund, all refunds will be made by check only (See our refund policy on page 2). Credit card convenience fees are non-refundable.

Online registration will be available for each program until the Registration Deadline. After the deadline passes, you will only be able to register through the office, if space allows.

** REFUND POLICY **

- ◆ If we cancel a class or activity, all registration fees will be refunded. We can not refund credit card convenience fee. (Refer to online registration information)
- ◆ If you withdraw from the program before the registration deadline, you will get a full refund of registration fees (does not include credit card convenience fee)
- ◆ If you withdraw after the program registration deadline, a \$25.00 cancellation fee will apply, and the balance of your registration fee will be refunded.
- ◆ If you withdraw 1-3 business days before the start of the program, you will receive a 50% refund. The \$25.00 cancellation fee applies to all programs before refunds are calculated.
- ◆ If you withdraw the first day of program, no refund or credit will be issued.
- ◆ Refund processing takes up to three weeks. We do not provide cash refunds. All refunds will be issued by check, regardless of method of payment.
- ◆ Credits left on account are only good for one year from date of issue.

GENERAL INFORMATION & EVENTS

FACILITY RENTAL INFORMATION

Did you know that you can rent the **Town Gym** or **Activity Room** at the Shelburne Town Center? Looking for a place for your kid's Birthday party? Shelburne Residents can pay just \$45/ hour and have both the gym to run around in and the activity room to host food, drinks, cake and goodies! Or perhaps during the long winter months your kids are looking to run off some steam..... get a group of friends together and rent the gym for \$30/ hour. We can supply basketballs, floor hockey equipment, pinnies, cones, nerf balls and more! **Kids and teens under 21 years of age must be accompanied by an adult. Weekend facility reservations must be made before 4pm on Friday.**

The schedule fills up fast, so call in advance to check availability. We will tentatively hold your spot for a few days to give you time to send in our official **Facility Use Application Form** and payment. The form can be printed off our website at www.shelburnevt.org. Go to the Parks and Recreation Department page and click on "Facility Use Information" from the list on the left. Once on the Facility page, the form is under related documents on the right side of the page. For more information on renting the gym or activity room, please call the Recreation Office at 985-9551. Non-residents may also rent the facilities, but a different rate applies.

COMMUNITY EVENTS CALENDAR!

EVENT

Harvest Festival @ Shelburne Farms
Pierson Library Book Sale
Firefighters Pancake Breakfast
Newberry Cup
Halloween Parade and Activities
Shelburne Players performances
Youth Basketball registration deadline
Holiday Tree Lighting Event
SCS PTO Holiday Craft Fair
Winterfest @ Shelburne Farms
Me & My Guy Dance

DATE

Sept. 17
Oct. 7-8
Oct. 8
Oct. 15
Oct. 30
Sept. 23, 24, 25, 29, 30, Oct. 1
Nov. 18
Dec. 2
Dec. 10
Jan. 21, 2017
Feb. 10, 2017



Shelburne Firefighters Association ANNUAL PANCAKE BREAKFAST FUNDRAISER



Sat., Oct. 8 7:30 - 11:30 am
@ Shelburne Fire Station

Cost: \$8.00 for adults and
\$4.00 for children 12 and under



Join the Shelburne Firefighters for a delicious morning breakfast of mouth watering pancakes and support a great cause! We hope to see you there!



SPECIAL EVENTS



HALLOWEEN PARADE AND TRICK-OR-TREATING

SUNDAY, OCTOBER 30th

Join the fun at the Annual Shelburne Halloween Parade and festivities!

Halloween Parade presented by:

CHARLOTTE-SHELBURNE ROTARY

12:45 PM Floats line up at Shopping Park
2:00 PM Parade Begins on Falls Rd.

Activities after Parade

2:30—4:00 PM @ Town Gym
Trick or Treating and Costume Contest (*Bring a canned good donation for the Food Shelf and get a special Halloween prize!*)
2:30—4:30 PM @ Fire Station
Music and Free Food!

To register a float in the parade, contact Dave Rice (drice@together.net) or 985-5201.

SHELBURNE'S ANNUAL TREE LIGHTING AND CAROL SINGING

FRI., DEC. 2ND ON THE VILLAGE GREEN

5:45 PM Caroling
6:00 PM Tree Lighting followed by Santa's arrival.

After the tree lighting, kids can visit with Santa and enjoy hot beverages and refreshments in the Town Hall. A craft for kids will be offered by the Pierson Library Staff. Watch for the SD Ireland Truck of Lights and special sales and events at local businesses. Visit www.shelburnenews.com for more information and a list of all the participating businesses! More event details will be available in November.



WINTERFEST @ SHELBURNE FARMS

**SATURDAY, JAN. 21st, 2017
12:00 - 3:00 PM**

Come enjoy indoor and outdoor winter activities such as sledding, sleigh rides, crafts, music and delicious food during this annual FREE, family-fun event! Call for more information!



Sponsored by:



ME & MY GUY VALENTINE DANCE

**Friday, February 10, 2017
6:30-8:30 PM**

For: Girls in K - 5th grades and their special adult guy (dad, uncle, grandfather, etc.)
Fee: \$20 per couple, \$5 per additional person
Location: Shelburne Town Gym



- Tickets will go on sale Jan. 9, 2017.
- Photo booth, treats, music & fun!!



YOUTH PROGRAMS

KINDERGARTEN SOCCER: "MINI-MITES"

A fun, instructional Soccer Program for Kindergarteners! The program curriculum includes fun ball mastery activities, interactive fundamental technical training between players and exciting small-sided games. The main objective of the sessions is to introduce young players to basic soccer techniques in a fun and interactive environment. Boys and girls will be separated into different groups.

Registration Deadline: Fri., Sept. 9 at noon.

Dates: Saturdays, Sept. 10—Oct. 8 (5 weeks)

Location: Shelburne Community School Fields

Times: 10:00 a.m. - 11:00 a.m.

Fee: \$25.00 (includes t-shirt & team picture)

Director: GPS Vermont staff will oversee the program.



Parent volunteer helpers are needed! Please sign up to help when registering your child.

GPS "JUNIORS"

Designed especially for pre-school aged children 3-5 years old with the idea that children naturally want to have FUN! What's more natural than running around and kicking a ball? We'll include age appropriate games that will let them enjoy the game and learn basic skills without putting pressure on winning or competition. They'll also learn to work cooperatively with other children. A great first experience! Min. 7, Max 24.

Registration Deadline: Fri., Sept. 9 at noon.

Dates: Saturdays, Sept. 10—Oct. 8 (5 weeks)

Fee: \$65.00

Instructor: GPS Vermont staff

Times: 9:00—9:45 a.m.

Location: Shelburne Community School Fields

NEW!

TEEN YOGA FOR BEGINNERS @ YOGA ROOTS

Bring a friend and join us for this awesome yoga practice designed especially for you as a TEEN. Explore the magic of yoga, breath and relaxation while developing skills to clarify your mind for greater listening and focus. Build strength from the inside out and learn how to ignite your unique and joyful spirit! No prior yoga experience necessary! Max. 20 Students. **Registration Deadline: Fri., Sept. 16**

Days/ Dates: Wednesdays, Sept. 21 - Oct. 26

Times: 4:00—5:00 p.m.

Fee: \$75.00

Location: Yoga Roots Studio, 120 Graham Way # 140, Shelburne

Instructor: Katie Bohlin - certified Vinyasa and Prenatal yoga teacher and mother of two young girls. Her Teen Yoga class focuses on techniques that help navigate the rapidly moving pace and pressures of teen life. She is inspired by teens because "to witness a teen close their eyes, tune inside and connect to their breath, is one the greatest inspirations I have ever experienced as a yoga teacher. Providing the space for them to have these experiences at a young age, like learning to relax, to feel their true nature and to experience the fullness of whatever comes their way, are tools they will have for the rest of their lives."

www.yogarootsvt.com



YOUTH PROGRAMS

FALL DRAWING WITH YOUNG REMBRANDTS

Session I: Tuesday, Sept. 13 - Oct. 18

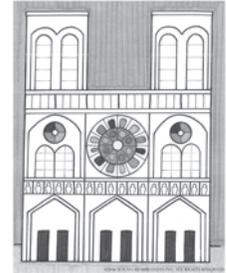
Kick off the back to school season with Young Rembrandts! Students will create graphic iguanas and learn the history of architecture as we draw the Notre Dame Cathedral. Later, students will immerse themselves in the seasonal spirit as they learn still life technique of pumpkins, draw a detailed Scarecrow, and create a silly but challenging Patterned Bat.



Young Rembrandts

Session II: Tuesday, Oct. 25—Dec. 6 (no class 11/22)

Experience the colorful magic of fall in the Young Rembrandts classroom. Get ready for winter as we draw dream catchers, optical hand illusions, and a “sweet” drawing of a ginger bread house (almost good enough to eat!). We’ll draw these (and many more exciting lessons!) while we improve creative and critical thinking skills today’s students need for success.



Days/ Time: Tuesdays, 2:05 - 3:05 p.m.

Fee: \$80.00

Location: Shelburne Community School Classroom (TBD)

For kids in grades K - 5th.

AFTER SCHOOL FITNESS PROGRAM

Kids can join us right after school to improve general conditioning including a focus on: core, strength, agility, flexibility and cardiovascular fitness. Based on the principle of movement mechanics, consistency, form and then intensity, our program pushes for quality movement throughout childhood. Consistent mechanics translates to higher sports performance and fewer sports injuries for kids. Research also indicates that exercise is beneficial to cognitive function, which means a consistent training program will have a positive impact on a child’s academic achievement. Participants of any fitness ability are welcome to join as workouts are adjusted to the individual fitness level in a non-competitive environment. Min. 5, Max. 20 participants

Days/Time: Tuesdays from 2:10-3:10 and
Thursdays from 3:10—4:10 p.m.

Dates:

Session 1: Oct. 18 - Nov. 10

Session 2: Nov. 15—Dec. 15 (no classes wk
of Thanksgiving)

Fee: \$100/ Session

Grades: 5th– 8th

Location: Shelburne Field House

Instructors: Nick Mead and Rayne Herzog

AFTER SCHOOL TENNIS LESSONS



Hit the courts at Davis Park after school to brush up on your tennis skills! Join CVU Girls’ Tennis Coach, Amy DeGroot for instruction and practice. Please bring your own racquet. Min. 6, Max 12

Registration Deadline: Fri., Sept. 9

Days: Mondays and Wednesdays
(rain make-ups on Tuesdays)

Dates: Sept. 12—Oct. 5

Times: Grades 5th-8th 3:30-4:30 p.m.
Grades 2nd-4th 4:30-5:30 p.m.

Fee: \$100.00

**INTERESTED IN A KARATE
PROGRAM FOR YOUTH? CHECK
OUT THE PROGRAM ON PAGE 12,
OPEN TO AGES 8 AND UP. KIDS
CAN SIGN UP WITH THEIR
PARENT TO LEARN TOGETHER!**

YOUTH WINTER PROGRAM

BOLTON VALLEY AFTER SCHOOL SKI & RIDE PROGRAM

An affordable skiing and riding program outside of school hours! Options available include:

- Lift Tickets (\$90)
- Ski or Snowboard Rentals (\$55)
- Transportation on a Premier Coach Bus: \$95
- Group Lessons (\$55) (1 hr lesson X 5 weeks)
- Helmet Rental (\$25)
- (*Costs are for the full session/5 dates)

Session Dates: Fridays (5): Feb. 10, 17, March 3, 10 & 17 (make-up on 3/24 if needed)

The bus will leave at 3:10 p.m. after school and return at approximately 8 p.m. The program is open to students in grades 5th - 8th. More information available on our website.

REGISTRATION INFORMATION:

7th and 8th graders: Registration is open now!

5th and 6th graders: Any remaining spots will open on Nov. 15

2 ways to register:

- 1) Register online with a credit card! go to <http://www.shelburnevt.org/160/Parks-Recreation>
- 2) Register with a cash or check by filling out the Bolton Valley After School Ski Program Registration Form and returning it to our office.

VOLUNTEERS NEEDED TO RUN THIS PROGRAM!! Anyone interested in CHAPERONING should contact the Recreation Department. Chaperones need only commit to a one night minimum! We need your help to keep this program safe for all students. Chaperones receive a free lift ticket for that night.

YOUTH BASKETBALL

This popular recreational program emphasizes the basics of the sport, along with good teamwork and sportsmanship. This is a non-competitive league with one scheduled practice a week and games on Saturdays. **The program is open to youth in grades 1st-8th. MOUTH GUARDS are HIGHLY recommended.**

- Grades 1st-2nd are co-ed, and will practice and scrimmage on Sat. mornings.
- Grades 3rd-8th have separate girls and boys teams. Organized practices will begin in December, and regular practices and games will start the first week of January and continue up until February Break. They will practice one night a week and play a game on Saturdays. Grades 3rd - 8th will compete against other Towns' Recreational teams from the Champlain Valley Recreation Association. Games will be played both in Shelburne and out of town.

Registration Deadline: Fri., Nov. 18

Registration Fee: \$40.00 (includes uniform t-shirt to keep)

Practices start Dec. 3rd. You will be notified in advance of your practice time and team assignment.

Volunteers coaches are needed!
If interested, please call the
Recreation Office at 985-9551
or indicate at time of
Registration.

SNOWMOBILE SAFETY COURSE

This 6 hour course provides the opportunity to earn the certification necessary to legally operate on Vermont's Statewide Snowmobile Trails System. Participants must be present for all classes in order to be eligible for certification. VT State Law requires that all Vermont snowmobile operators born after July 1, 1983, who are 12 years of age or older, must take and pass a state approved snowmobile safety course. The course will be held in Williston, but you can register through Shelburne Recreation Dept.

Days/ Dates: Tues., Wed., Thurs , Dec. 6, 7 & 8

Instructor: Vermont State Police

Location: Williston Central School

Registration Deadline: Nov. 29

Time: 6:00-8:00 p.m.

Ages: 12 & up

Fee: \$15.00

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Register in advance through Shelburne Parks and Recreation Dept. Space is limited!

PIERSON LIBRARY

5376 Shelburne Road
Shelburne, VT 05482
Phone: 802-985-5124
Email: pierson@vals.state.vt.us
www.piersonlibrary.org



Hours:
Mon./Wed./Fri. 10AM-5:30 PM
Tues./Thurs.-10AM-8PM
Sat.-10AM-3PM; closed Sun.

ONGOING PROGRAMS:

Daytime, Afternoon, and Evening Adult Book Clubs – Every 2nd Tues. at 1:30 p.m., 3rd Tues. at 6:30 p.m., and 3rd Wed. at 10:30 a.m. Call the Library to learn the titles are being discussed each month.

Geek Mountain State Sci-Fi/Fantasy Book Club – The first Thurs. of each month at 7:00 p.m., join Geek Mountain State's Andrew Liptak (www.geekmountainstate.com) and Library Director Lara Keenan to discuss a sci-fi or fantasy book and enjoy free pizza! Call the Library to learn to register.

Fiber Arts Fridays for Adults – Every 4th Friday at 3:00 p.m., adults enjoy tea, company, and conversation while working on their own knitting, crocheting, quilting, sewing or other fiber arts craft.

Knitting for Peace – Every 1st Monday at 1:00 p.m. and 3rd Saturday at 10:00 a.m. join volunteer Bradie Hansen as she brings people together to knit and crochet items to be sent where needed. Please bring your own knitting needs or crochet hooks. She will provide yarn and patterns.

Thursday Story Time – Stop in with the little ones for story time each Thursday morning at 10:30 am! No registration necessary. Story Time schedule follows the school calendar.

Coloring for Grown-Ups (18+) – Every 3rd Tuesday, join us as we try the newest stress-relieving craze – coloring for grown-ups! We'll provide colored pens, pencils, patterns, snacks, and soothing music!



PROGRAMS FOR YOUTH:

Monday Morning Story Time & Crafts

Youth assistant Caitlin brings Shelburne a weekly story-and-craft time on Monday mornings at 10:30. Join Caitlin for stories and crafts each week! Max 40 participants. No registration necessary. Please call the Pierson Library directly for more information: 802-985-5124.

Days: Mondays

Times: 10:30 a.m.

Location: Pierson Library

* Free!*



Friday Morning Open Play

Little ones string a noodle necklace, decorate a sticker page, or take part in other simple games or crafts each Friday morning from 10:30 a.m. to noon.

ADULT PROGRAMS

DOG OBEDIENCE CLASS

Develop control, teach your pet manners and gain a better understanding of your canine companion. This class helps you to be a better owner and your dog to be a better pet! Dogs must be at least 6 months old. *Please note-- dogs do not attend the first class.* Basic obedience training includes basic socialization, heel, sit, stay, come, down-stay and stand-stay. Max. 16 dogs/ class. You must preregister. *Kids are welcome to attend with an adult.*

Days/ Time: Mondays, 6:00 —7:00 p.m.
Fee: \$85.00 (\$95 for non-Shelburne residents)
Instructor: Jim Warden, Shelburne Chief of Police

Dates: TBA—Please call or email for us for updates:
bcieplicki@shelburnevt.org

GENTLE YOGA CLASS

Join Kay Boyce, Certified Yoga instructor, for this Gentle Yoga Class, with attention to good alignment, stretches and simple assists. You will build strength, tone muscle and find new flexibility. You will leave class feeling taller, more focused and lighter. This class is great for those new to yoga, challenged with an injury, or who simply want to enhance their personal yoga practice. Bring your own yoga mat and a sense of playfulness. Min. 7, Max. 12 participants. **Registration Deadline: Mon., Sept. 12/Oct. 24.**

Days/ Time: Thursdays, 9:00 —10:00 a.m.
Dates: Session 1) Sept. 15 – Oct. 20
Session 2) Oct. 27 – Dec. 8 (no class on Nov. 24)

Location: Shelburne Town Hall
Fee: \$55/ session

PRE-NATAL YOGA FLOW & GLOW SERIES @ YOGA ROOTS!

NEW!

A sweet, dedicated time to connect with yourself, your baby and with other pregnant moms. During this special six week series you will develop strength, endurance, flexibility, relaxation and breath awareness – all key elements of a healthy, positive, mindful pregnancy and birth. Appropriate for the brand new beginner to advanced yogi. Limited to 10 students. **Registration Deadline: Wed., Sept. 21**

Days/ Dates: Sundays, Sept. 25 - Oct. 30
Location: Yoga Roots Studio, Shelburne Green

Time: 3:00 - 4:00 p.m.
Fee: \$96.00

Instructors: Theresa Hudziak and Donna Anfuso are both certified yoga instructors with hours of additional training in prenatal yoga. They are mothers who are passionate about teaching prenatal yoga "out of a love for the journey of women in motherhood". Join them and explore some gentle, playful yoga sequences and mindfulness tools to connect you deeply with your breath and baby.

WARRIOR CONDITIONING CLASSES @ SHELburne FIELD HOUSE

Warrior Conditioning is a hybrid fitness class, combining Boot Camp and Obstacle training. It features the cardiovascular, strength, core, speed, and agility of Boot Camp, coupled with the tire dragging and flipping, and power movements associated with obstacle training. Improve your stamina, balance, coordination, endurance, and neuromuscular activation.

Registration Deadline: Friday, Sept. 9
Days/ Dates:
Session A: Mondays, Sept. 12 - Nov. 14
Session B: Fridays, Sept 16 - Nov 18

Time: 5:45 - 6:45 a.m.
Fee: \$120.00 (per session)
Location: Shelburne Field House, 166 Athletic Dr.

NEW!

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Instructor: Rayne Herzog, AFAA Certified Personal Trainer, Group Fitness Instructor, and Founder of the Shelburne Athletic Club in 1998

ADULT PROGRAMS

ADULT MEN'S BASKETBALL

Pick up play for men 18 & older. Program follows school calendar. Registration required. Max. 30 participants. Register early to save your spot!

Day/Date: Mon & Wed, Sept. 7—May 24, 2017
Time: 7:00 PM—9:00 p.m.
Location: SCS Large Gym
Fee: \$35.00

ADULT VOLLEYBALL

RECREATIONAL PROGRAM: Coed— Pick up play. This is a recreational level program with an emphasis on fun!

Day/Time: Wednesdays; 7:00 - 9:00 p.m.
Dates: September 7 — May 24, 2017**
Location: Shelburne Town Gym
Fee: \$30.00

ADVANCED LEAGUE: 3 on 3 matches with higher level play. This night is more competitive and intense.

Day/Time: Sundays; 7:30 - 9:30 p.m.
Dates: September 11 — May 21, 2017**
Location: Shelburne Town Gym
Fee: \$30.00 (Advanced league only or \$35 for both leagues)

** Some days will be unavailable or moved to SCS

FREE SENIOR WALKING PROGRAM

Stay active and healthy during the icy and cold winter months by walking in a safe and warm environment. Please bring a pair of clean, dry soft-soled shoes with you and change before entering the gym. No registration is required. Shelburne Residents only. **Schedule is subject to change.** Call 985-9551 for updated sched. info. or check calendar on gym door.

Days/ Times: Mon.- Friday, 9 - 11 a.m.
Dates: Oct. 3 - Mar. 31, 2017

TABLE TENNIS

All ages and abilities are welcome. There will be informal instruction and organized play, matches.

Days/ Dates: Fridays, Sept. 9 - May 26, 2017
Time: 6:30-10:00 p.m.
Fee: \$30.00
Location: Shelburne Town Gym

TAI CHI FOR HEALTH & WELLNESS

Learn a fun and relaxing, joint-safe activity shown to make an impact on your daily life. It can be done standing or sitting by just about anyone. Based on Dr. Paul Lam's Tai Chi for Arthritis program, and recommended by the Arthritis Foundation, this program is proven to improve flexibility, reduce stiffness and keep joints mobile. It can also improve concentration, memory, balance, strength, blood pressure and energy levels. Studies show that participation in tai chi can reduce recurrent falls by 70%. This class meets twice a week and Pre-Registration is required.

Classes will run on Mondays and Wednesdays.

Tai Chi 1 (Beginner level): 9:00—10:00 a.m.
Dates: Sept. 12 - Oct. 31
Tai Chi 2: 9:00-10:00 a.m.
Dates: Nov. 2 - Dec. 21 (no class Nov. 23)

Fee: No charge

Location: Shelburne Town Hall

Instructor: Chris Curtis

EARLY MORNING BOOT CAMP

As a group you will work with your neighbors, supporting and being supported to obtain your fitness goals. Each workout is a mix of cardio and strength training, using your own body weight as well as some small equipment. All levels of fitness are welcome! This is a fun, motivating way to get fit and a great way to kick start your day!

Days: Mondays and Wednesdays
Dates: **Session 1:** Sept. 12 – Oct. 19
Session 2: Oct. 24 – Nov. 30
Session 3: Dec. 5 – 21, Jan. 2 - 18

Time: 6:00—7:00 a.m.

Fee: \$100.00/ session

Location: Shelburne Town Gym

Instructor: Kristin Hartley

Min.: 10 participants



ADULT PROGRAMS

VOICE-OVERS... NOW IS YOUR TIME!

This exciting and fun class could be the game changer you've been looking for! This is a business that you can handle on your own terms, your own turf, in your own time, and with practically no overhead! Come see what it is all about. The course will be held in So. Burlington, but you can register with us at Shelburne Recreation Dept.

Registration Deadline: Friday, Oct. 14

Day/ Dates: Wednesday, Oct. 19

Instructor: Brian Thon, Such-a-voice

Fee: \$30.00

Time: 6:00-8:00 p.m.

Ages: 18 & up

Location: So. Burlington Rec. Dept., Dorset St.

*This program is brought to you through the CVRA (Champlain Valley Recreation Association).
Please register through Shelburne Parks and Recreation Dept.*



TRUFFLE MAKING FOR THE HOLIDAYS!

Crafting beautiful chocolate truffles for holiday treats is easier than you think – and the results are decadent and delicious! Library Director Lara Keenan will show you a four-ingredient recipe for hand-made truffles and share the secrets to simple, delicious treats that anyone can make. Come learn a new holiday tradition and leave with truffles to bring home and enjoy! Min. 2, Max. 12 participants

Date: Monday, Nov. 14

Time: 2:00—4:30 p.m.

Leader: Lara Keenan, Pierson Library Director

Fee: Free!

Location: Wright House Community Room
75 Harrington Ave., Shelburne



This class is co-sponsored by:

**Pierson Library
The Wright House
Shelburne Parks & Recreation**

SELF DEFENSE COURSE: FOR WOMEN BY WOMEN

The Safety Team is a nonprofit organization dedicated to the well-being, empowerment and safety of women) www.thesafetyteam.org; info@thesafetyteam.org

The Safety Team's **Level I Women's Self Defense Class** teaches simple, powerful, and effective personal protection strategies that are easy to understand and remember. Participants learn how to recognize predatory behavior before it becomes a threat, diffuse it verbally, if possible, and to apply effective physical self-defense techniques, if necessary. The 2 hour introductory Level I women's self-defense program includes a focus on: recognizing pre-assault behavior, ways to deter or avoid an attack before it becomes physical, how predators think and what they look for in their victims, decision making around lifestyle choices that minimize vulnerability yet maintain personal freedoms, how to find the inner strength to fight back. All fitness levels welcome! No prior experience required!

Level II takes this program one step further, allowing for a brief review, practice of acquired strikes, and instruction of additional basic self-defense techniques to deal with a variety of situations and potential attacks. The focus will be on "hands on" self-defense skills, techniques and strategies. Level I is a prerequisite for this class.

Registration Deadline: Tuesday, Oct. 11

Times: 6:00—8:15 p.m.

Location: Shelburne Town Gym

Fee: \$35.00 per course

Class Dates:

Level I course: Monday, Oct. 17

Level II course: Monday, Oct. 24

ADULT PROGRAMS

SHOTOKAN KARATE

For adults & kids ages 8 and up. Improve your fitness level, challenge yourself and have fun! Karate is a weaponless means of self-defense, consisting of dynamic offensive and defensive techniques, using all parts of the body to their maximum advantage. This program will help students develop physical skills such as eye hand coordination, mental focus, leadership and partnership skills while building self-confidence and character through basic Shotokan Karate Techniques. (Fee does not include required uniform.) Class taught by Brandon Hier.

Days: Thursdays
Time: 6:30—8:00 p.m.
Fee: \$40.00 / session
Ages: 8 years old & up
Location: Shelburne Town Gym



SESSION DATES

- 1) Oct. 20 - Dec. 15 (no class on Thanksgiving)
- 2) Jan. 5—Feb. 23, 2016

TECHNOLOGY TUTORING FOR SENIORS

Make a one-on-one appointment with the Staff at the Pierson Library to have your technology questions answered. We will help you find answers to tech questions of all types, including (but not limited to):

- *How do I download free audiobooks or ebooks?*
How does Windows 8 work?
- *How can I send pictures to my loved ones?*
- *Can you show me how to use this iPhone/smartphone/tablet/laptop/etc.?*
- *How do I use FaceBook, Twitter, Pinterest, etc.?*
How do I use a mouse?

Times: ½-hour to 1-hour appointments, During Library Hours (M/W/F 10.a.m.—5:30.p.m., T/Th 10.a.m.—8.p.m.)

Dates: October 5–9, November 16–20, January 11–15; February 8-12

Fee: Free!

To Register: Call the Pierson Library to make an appointment during the weeks above: 802-985-5124

NEW!

GARDENING 101

Come learn the basics about smart gardening with horticulturalist Charlotte Albers, a Shelburne landscape professional who designed the gardens at the Pierson Library. There will be handouts with each class and a private garden tour following the workshop, date to be determined. Each class will cover a specific topic as described below. Pre-registration is required. A minimum of 6 students is needed to run this program.

- *Soil and Sunlight*

In this first session we'll cover site analysis, soil pH and how to grow the right plant in the right place given your light conditions.

- *Trees and Shrubs*

Learn about the right size shrubs and trees for your home, how to screen for privacy, and add cold-hardy woody plants with four-season value.

- *Low Maintenance Perennials*

From spring to fall we'll cover the top plants for Vermont gardens, focusing on easy to grow classics and some new varieties that are worth trying.

- *Invasives and More*

We'll review noxious weeds, aggressive spreaders, and plants included on Vermont's invasive species list, discuss ways to manage invasives, and discuss good alternatives recommended by the VT chapter of the Nature Conservancy.

Registration Deadline: Jan. 18, 2017

Dates: Wednesdays, Jan. 25, Feb. 1, 8, 15

Time: 6:30-8:00 p.m.

Fee: \$50 (includes all 4 sessions)

Location: Town Center
Activity Room



JOIN OUR E-MAIL LIST-SERVE TO STAY UP TO DATE ON PROGRAMS, DEADLINES AND EVENTS!

SEND A REQUEST TO:

BCIEPLICKI@SHELBURNEVT.ORG

TO START RECEIVING YOUR MONTHLY E-NEWSLETTER!

SHELBURNE PARK INFORMATION

DAVIS PARK: Located off Harbor Road across School St. from Shelburne Community School. Facilities include lighted tennis courts, lighted basketball court, small picnic shelter, and natural playground. Restroom is available during warmer months.

HULLCREST PARK: Located on Pinehurst Drive in the Hullcrest Development. Facilities include playground, basketball court, open field space, and seasonal ice skating rink. 4.1 Acres.

LAPLATTE NATURE PARK & FALLS OVERLOOK*: Located off Shelburne Falls Road adjacent to the Post Office. Trails are available for walking, snowshoeing and cross-country skiing through woods, along the river, and around the meadow. The falls overlook is accessible from Falls Rd. next to the bridge, or via the LaPlatte trail. The Community Gardens and a public parking area are also located in the park off LaPlatte Circle. **Please remember that the Post Office parking lot is for Postal Patrons only, and parking for sledding is off LaPlatte Circle.** 125.6 Acres

SHELBURNE BAY PARK*: Located off of Bay Road. One entrance accesses the Bike and Recreation Path open for walking, biking snowshoeing and cross-country skiing. A public boat ramp managed by the Vt. Fish and Wildlife Dept. is adjacent to the park. The Recreation Path in Bay Park also connects to the **Ti-Haul Trail** across Bay Rd. from the park entrance. **Dogs must be leashed (8 ft. max) in Bay Park and on Ti-Trail as per Town ordinance!** 104 Acres.

SHELBURNE BEACH: Located at the end of Beach Road. Facility is accessible to Shelburne Residents by purchasing an annual beach sticker available through the Parks and Recreation Dept. or at the Beach gate (in season). Facilities include swimming, small boat launch, volleyball, playground, picnic area with grills, gazebo, and bath house. 1.5 Acres. **Dogs are not allowed anywhere in this park at any time.**

* Trail maps available for this park

SHELBURNE VILLAGE DOG PARK: Located off Harbor Rd. just west of Turtle Lane and adjacent to the Ti-Haul Path. Off leash, fenced in dog area for your pet's exercise and social enjoyment. Parking lot is just west of Turtle Lane and there is a short walk down a gravel path to the park and trail. Please review and adhere to all Dog Park Rules, which are available on our website at www.shelburnevt.org.

Dog Park Best Practices: Here's a list of best practice behaviors while in the park:

- Always supervise your dog
- Clean up after your dog and any other poop you happen to come upon
- Remove your dog immediately if she's playing too rough (Depending on the situation, you can try and take your dog to the other end of the park for a short break then bring her back for another chance to play nicely.)
- Take your dog out of the park if he's intimidating other dogs and/or people (Figuring out if your dog is being intimidating can be challenging. A good idea is to ask the people around you if they think your dog is being too forceful. We all need to be sensitive to the feelings of other dog owners.)
- Correct your dog if she jumps on someone and please apologize to the human who now has paw prints on her clothes (Dogs can be messy - we shouldn't expect to leave the dog park in the exact condition we were when we arrived.) Try and give the dogs plenty of room if they are being rambunctious to avoid being knocked over.

We Want Your Dog Photos!

DEADLINE: SEPTEMBER 23, 2016

The Shelburne Village Dog Park needs photos for our 2017 calendar!

Send submissions to: shelburnedogpark@gmail.com.

MUST INCLUDE: Your name, Phone, E-mail and Dog's name

REQUIREMENTS

- Landscape (horizontal) orientation
- High resolution (300 pixels minimum)
- Dogs only (no people/family/cats)



SHELBURNE PARKS & RECREATION

GENERAL PROGRAM REGISTRATION FORM

Return Completed form to: Shelburne Parks & Recreation Dept., PO Box 88, Shelburne, VT 05482

Household Information:

Primary Guardian : _____ / _____ (H) _____ (C) _____ (W) _____
 Last First

Address: _____ / _____ Email: _____
 Street Town, State, Zip Code

Secondary Guardian: _____ / _____ (H) _____ (C) _____ (W) _____
 Last First

Address: _____ / _____ Email: _____
 Street Town, State, Zip Code

Check here if you are not already on our email list-serve and want to be included!. You will receive periodic information about upcoming deadlines, programs, and events. **Do not check box again if you are already a member of the list-serve. If you do not check it, the email address will only be used if needed to contact you in regards to the current program you are registering for.**

Emergency Contact Person: _____ Home Phone: _____ Cell: _____

Participant's Name Age D.O.B. Gender Grade Special Needs/Medical conditions:

1)						
2)						
3)						

Program Name	Participant's Name	Session start date	Fee * (Non-Residents please add \$10.00)
* Make checks payable to Shelburne Parks and Recreation			Total Due: \$

I understand that injuries are a possibility as a result of this activity. I agree to hold the Town of Shelburne, Shelburne Parks & Recreation Department or anyone associated with this program harmless for any responsibility or liability from any injuries or property damage which may arise from my/my child's participation in this program. I also understand that my own medical and/or disability insurance will be used in the event of an injury or that I will be directly responsible for any medical costs. I am aware that the Parks & Recreation Department may take photographs of participants at programs, activities or special events. I am aware that the pictures may appear in future promotional materials, including brochures.

Signature of participant or parent/guardian (Required for all programs) _____ Date _____

For Office Use Only: Amt Paid: _____ Balance Due: _____ Payment Date: _____ Cash: Check #: _____

WORKING TOGETHER TO MAKE SHELBURNE SPECIAL

Thank you to the following individuals and businesses who have contributed \$100 or more to our "Working Together To Make Shelburne Special Campaign". ****Major Sponsor in CAPS****

AUTOMASTER
B & R ELECTRIC
Charlotte Shelburne Rotary
Citizen's Bank
Fleet Feet Sports
Hannaford Supermarket

Queen City Printers
RICE LUMBER
Shelburne Country Store
Special Touch Hair Design
Sweeney Designbuild
Titus Insurance Agency

100% of all donations go to support our series of special events for the 2016-2017 fiscal year. Some of these events include the Summer Concert Series, Winterfest, Back to the Beach, Halloween and more. If you have attended these events, you know how vital they are to a successful community. We need your help! To make a donation, use the registration form inside, write DONATION on the form and mail to the Parks and Recreation Department. Donors of \$100 or more will be listed at all special events as well as publicized in our program brochures. Options include a major sponsorship of or a general contribution toward an event. For more information, please contact the Parks and Recreation Department.

Donations of all sizes are greatly appreciated!

***A Special "Thank You" to our GOLD Level
Sponsors who donated \$1,000 or more!***

ALMARTIN VOLVO

(The Summer Concert Series)

ASSOCIATES IN ORTHODONTICS

Dr. Librizzi, Dr. Blasius, Dr. Librizzi

(Champlain Classic, Fireworks, Newberry Cup, Winterfest)

PRECOURT INVESTMENT CO.

(Fireworks, Scholarships)

SHELBURNE MARKET

(Champlain Classic, Fireworks, & Halloween)

**Thank you SHELBURNE FARMS! Our host for the
Summer Concert Series & Winterfest!**