

# Bristol Recreation Department Program Guide:

## Fall & Winter 2019-20



**Events - Programs - Workshops**

# General Information

## Our Mission

The Bristol Recreation Department is committed to offering lifelong learning opportunities through a wide range of quality recreational and performing arts activities to people of all ages.

## Registration Information

You may register and pay online at [bristolvtrec.com](http://bristolvtrec.com) or mail in your signed registration with a check made out to: Town of Bristol

### How to Register Online

1. Visit [bristolvtrec.com](http://bristolvtrec.com)
2. Create a new account or log in to your existing account. (Note: Creating a new account is a one-time event that allows you to utilize our system. It is not a registration by itself)
3. Enter the primary billing contact first (must be an adult)
4. Add other members of your household
5. After all members are added, you may browse programs and add classes and workshops to your cart.
6. Checkout and pay

### Registration Guidelines

- Parent/guardian signature is required for participants age 17 and under
- Residents are those whose primary home is located in the 5 town area (Bristol, Lincoln, Starksboro, Monkton & New Haven)
- Not all classes or programs accept 'drop-in' participants. Please contact the Recreation Department if you have questions
- Please be aware that program information including time, location and associated fees may be subject to change
- If you require special accommodations, please contact the recreation department prior to the first class
- Failure to complete payment for a program prior to the first session/class may result in additional fees

## Policies and Procedures

### Scholarship Assistance

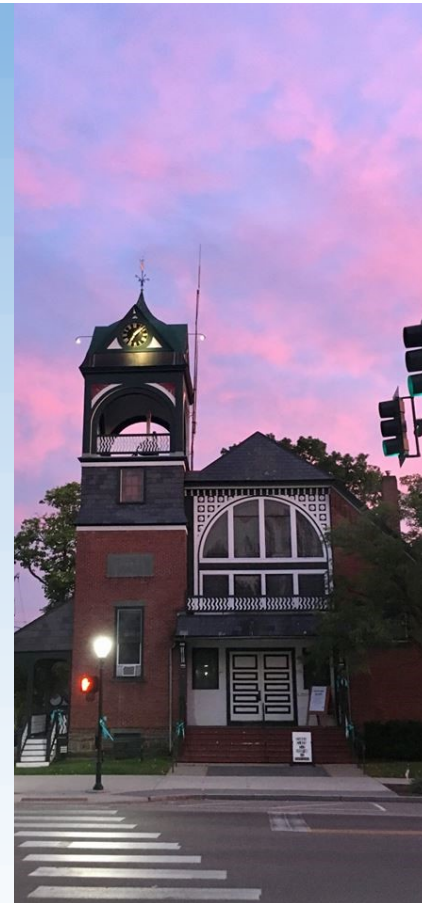
Scholarships are available through the Recreation Department Office. Please contact us to setup a meeting and complete the necessary paperwork.

### Cancellations

If ANESU schools are canceled due to inclement weather, Bristol Recreation Department programs will also be canceled.

### Refund Policy

If you are dissatisfied with a program after the first session, you must submit a written explanation to the Bristol Recreation Department prior to the second session to be eligible to receive a refund. In the event of an extended illness or injury, the Recreation Department must be notified immediately and receive a written medical/doctor's explanation in order to issue a prorated refund. Bristol Recreation Department will not issue refunds for ticketed events or single session workshops. Refunds will be issued for programs canceled by the Bristol Recreation Department. An administrative fee of \$5.00 will be charged for all processed refunds.



## Recreation Department Staff

**Meridith McFarland**  
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(802) 453-5885

**Matlak Mayforth**  
Potter in Residence  
(802) 453-7684

## Contact Us

**Holley Hall**  
PO Box 249  
1 South St.  
Bristol, VT 05443  
Office Hours 8:00am-4:30pm  
Phone: (802) 453-5885  
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[www.bristolvtrec.com](http://www.bristolvtrec.com)



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21ST ANNUAL

BRISTOL

HARVEST

FESTIVAL

SEPTEMBER 28TH

BRISTOL TOWN GREEN

10AM-4PM

MUSICAL LINE UP:

10AM-RAMBLE TREE

11AM-RICK CEBALLOS &  
LAUSANNE ALLEN

12PM-HARVEST FESTIVAL BAND

1PM-MARK LAVOIE

2PM-KEITH WILLIAMS

3PM-PATRICK FITZSIMMONS

THANKS TO OUR SPONSORS:

BRISTOL ANIMAL HOSPITAL, BRISTOL WORKS,  
WAITSFIELD AND CHAMPLAIN VALLEY TELECOM

FUN FOR THE WHOLE  
FAMILY!

PONY RIDES

FOOD

VENDORS

BOUNCE HOUSE

PIE EATING CONTEST

SILENT AUCTION



**ADDISON COUNTY**  
Chamber of Commerce  
*Great starts here.*

ORGANIZED BY: ADDISON  
COUNTY CHAMBER OF  
COMMERCE & BRISTOL  
RECREATION DEPARTMENT





# B Fit Classes

At BFIT we strive to build an environment that promotes health, fitness, and community. We believe that health and fitness is more than just a routine workout. It's developing a healthy and sustainable lifestyle and encouraging others to do the same.

## Lifestyle Change for Improved Health

Every two months we are going to have a group clinic to help people effected by the health risk use lifestyle behaviors to improve the condition and lower their risk for Disease. This program includes a one hour weekly group session (8 total) lead by a certified health coach and participants will also receive an 8 week membership to BFIT to practice their healthy habits. The program is limited to no more than 8 participants.

Mondays 5:30-6:30 pm Fee: \$79/participant/8 week session

September 30-November 18- High Blood Pressure.

December 2-January 20 Pre-Diabetes



**BFIT**  
BRISTOL FITNESS [bfitvt.com](http://bfitvt.com)



## Express Strength

Have you wanted to get stronger but need guidance? This is a great way to commit 2-30 minute sessions per week to improve your strength, balance and flexibility.

Tuesdays and Thursdays 7-7:30 am

October 1-November 7 (12 classes)

Fee:\$120/12 classes

Signup by emailing Kim Jacobs at [kim@bfitvt.com](mailto:kim@bfitvt.com) or calling BFIT at 802.453.5205



## Rusty DeWees "The Logger"

Tiny Town Hall Tour  
Friday October 18th  
7:30pm, Holley Hall

Tickets \$22— purchase online at Eventbrite (<https://www.eventbrite.com/e/rusty-deweese-tiny-town-hall-tour-tickets-68784266593>)

An eclectic and innovative act, THE LOGGER one-man comedy show is best described as "Blue Collar Comedy" meets "Prairie Home Companion", and has been steadily selling out theatres, large and small, throughout New England ever since it hit the stage in 1998.

THE BRISTOL RECREATION DEPARTMENT AND  
WATSFIELD & CHAMPLAIN VALLEY TELECOM PRESENT

# HALLOWEEN PARTY

FREE AND OPEN TO  
THE PUBLIC

6PM-COSTUME PARADE  
7PM-FREE SHOWING OF:  
THE HOUSE WITH  
A CLOCK IN ITS  
WALLS

**OCT 25**

4:30PM TO  
6PM

GAMES • PRIZES  
MUSIC • CANDY

HOLLEY HALL, BRISTOL VT





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# HOLIDAY HAPPENINGS

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## *Candy Cane Hunt*

*December 6th at 6:00pm*

The hunt for the hidden candy canes begins at the corner of the Green next to the Veterans Memorial. Bundle up, bring your flashlight and help Santa find them all! This event is free and open to all ages!



## *Memory Tree Lighting*



Join us at the gazebo on the green on *December 6th at 6:30pm*

Each light on the tree represents memories of a loved one. This evening will feature music and a reading of all names of honorees.

Bulbs may be purchased for \$5.00 online at [bristolvtrec.com](http://bristolvtrec.com) or at the Recreation Office in Holley Hall. The deadline to purchase a bulb is December 3rd



## *Gingerbread Day*

*Holley Hall, Sunday December 15th, 1pm– 3pm*

Come down to Holley Hall for an afternoon filled with gingerbread and holiday cheer! Gingerbread houses are \$25 each (2 or more \$20 each). All proceeds go to the Have a Heart Food Shelf.



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# HOLIDAY HAPPENINGS

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## Breakfast with Santa



Come and enjoy carriage rides, arts and crafts, live music and more and of course, Santa!

Breakfast includes: Pancakes, Sausage, Juice, Milk, Coffee and Tea

**\$10 per person (Children under 2 free)**

*Saturday December 14th at  
Holley Hall*

*Seatings at 8:30am, 9:30am  
and 10:30am*

*Tickets on sale at [bristolvtrec.com](http://bristolvtrec.com) or  
at the Rec. Department Office in  
Holley Hall*





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# HOLIDAY HAPPENINGS

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**CHOCOLATE  
WALK**

Downtown events Sponsored by:

**BRISTOL CORE**

*December 6th from 5:00–9:00pm*

Join us for Bristol's *11th Annual Chocolate Walk* and experience a complimentary chocolate treat, courtesy of the Main Street businesses! Spend your evening browsing the stores, nibbling a delicious chocolate treat (or two!), and getting your holiday shopping on!

*Friday December 13th, 5:00–9:00PM*

Join us for shopping, festivities, and most of all, music, at a new event in Downtown Bristol!

Visit unique locations on Main Street for a terrific selection of local well-known musical acts, with accompanying wines, ciders, and delicious eats.



Downtown events Sponsored by:

**BRISTOL CORE**



Downtown events Sponsored by:

**BRISTOL CORE**

*Saturday December 21st 5:00–9:00PM*

Join us in Bristol for our annual *Lumen Celebration of Fire & Light* and experience fire performers, a lighted walk down Main Street, and fire pits at Tandem and Vermont Tree Goods.

Begin the evening with lantern making at Holley Hall, then head to the town green for fire performers Cirque de Fuego. We'll have a lighted walk down Bristol's Main Street to the fire pits at Tandem and Vermont Tree Goods for hot drinks and tasty eats, and the night will wrap up at Hatch 31 with music & late night revelry.

# Daddy Daughter Dance

**Friday, February 7th**

**6pm-7:30pm**

**At Holley Hall**

**Dress up and dance with your  
Dad, Stepdad, Grandpa or  
that special someone in your  
life.**

**The evening will be filled with  
Music, Dancing and Games**

**Light refreshments will be  
provided**



Tickets are \$25 per couple

Tickets may be purchased online at  
[bristolvtrec.com](http://bristolvtrec.com) or at the Recreation  
Office.

# 5-Town Community Dance



**Friday, March 13th**

**7pm-8:30pm**

**At Holley Hall**

**5 Town Family Dance**

**4 Everyone in the community**

**3 dollars a person**

**2 kids for free**


**1 dollar ages 65+**

**Put on your dancing shoes and join DJ  
Sally B as we celebrate 25 of Vermont's  
finest musicians!**

**Refreshments provided**



The Bristol Recreation Department and Bristol  
Recreation Club Present



# **BRISTOL SKATE DATE NIGHT**

**VALENTINE'S DAY, FEBRUARY 14  
5PM TO 8PM  
BRISTOL SKATING RINK  
FREE ADMISSION**

Hot drinks and snacks for purchase to benefit  
the Rec. Dept and Hub Teen Center  
Skates are available for free to rent for the  
night. (Sizes limited)



THE BRISTOL RECREATION DEPARTMENT PRESENTS

# VACATION SWIM

FEBRUARY 17-21



## MT ABE POOL

LESSONS FOR LEVEL 1-2 SWIMMERS  
FROM 8-9AM AND 9-10AM  
\$50 PER WEEK

FREE SWIM 10:15AM - NOON  
\$3/PERSON (CHILDREN UNDER 2 FREE)

SIGNUP ONLINE AT  
[WWW.BRISTOLVTREC.COM](http://WWW.BRISTOLVTREC.COM)



# Bristol Clay Studio

The Bristol Clay Studio is located in Artist's Alley next to Art on Main. All clay classes are held at the Bristol Clay Studio. We are delighted to have Matlak Mayforth, our Potter in residence now for over 18 years, teach all of our classes. The clay studio is a place where skills are learned, fun happens and connections are made. Class fees include the first 12.5 lbs of clay, glazing and firing costs.



## Wednesday Morning Adult Hand Building

No experience necessary! Learn or refine several techniques of hand building to create functional or non-functional pottery in a fun, relaxed and supportive class! This class meets once a week for 6 weeks on Wednesday mornings.

Location: Bristol Clay Studio MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code
Adult	W	10:30-12:00P	9/11-10/16	\$75/85	002-06
Adult	W	10:30-12:00P	10/23-12/4*	\$75/85	002-07
Adult	W	10:30-12:00P	1/8-2/12	\$75/85	002-08
Adult	W	10:30-12:00P	2/26-4/1	\$75/85	002-09
Adult	W	10:30-12:00P	4/8-5/20	\$75/85	002-10

\*No class 11/28

## Wednesday Evening Adult Hand Building and Wheel Throwing

No experience necessary! Learn techniques for hand building and wheel throwing to create functional or non-functional pottery in a fun, relaxed and supportive class! This class meets once a week for 6 weeks on Wednesdays and offers open studio time on Saturday mornings 9am-11am.

Location: Bristol Clay Studio MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code
Adult	W	6:00-8:00P	9/11-10/16	\$120/130	003-09
Adult	W	6:00-8:00P	10/23-12/4*	\$120/130	003-10
Adult	W	6:00-8:00P	1/8-2/12	\$120/130	003-11
Adult	W	6:00-8:00P	2/26-4/1	\$120/130	003-12
Adult	W	6:00-8:00P	4/8-5/20	\$120/130	003-13

\*No class 11/28

## Pee-Wee Pottery

A fun and popular class where kids rule the clay! Parents are invited to observe and interact to support their child's clay play. Children are encouraged to let their imaginations fly, while learning techniques of hand building and the etiquette of working in a clay studio. Only work created by children will be glazed and fired to take home. This class meets once a week for six weeks.

Location: Bristol Clay Studio MIN/MAX: 5/8

Age	Day	Time	Date	R/NR Fee	Code
3-6	Sa	9:30-10:30A	9/14-10/19	\$65/75	004-01
3-6	Sa	9:30-10:30A	10/26-12/7*	\$65/75	004-02
3-6	Sa	9:30-10:30A	1/11-2/15	\$65/75	004-03
3-6	Sa	9:30-10:30A	3/1-4/4	\$65/75	004-04

\*No class 11/28

## After School Pottery

After a busy day at school, come to the relaxed atmosphere of the Clay Studio. Students (Teens Welcome!) may choose between hand building and wheel throwing and will develop the skills of a potter while bringing their ideas into form. All work will be glazed and fired to take home.

The Rec. Department will walk students from the Bristol Elementary Office to the Pottery Studio.

Location: Bristol Clay Studio MIN/MAX: 6/10

Age	Day	Time	Date	R/NR Fee	Code
6-16	Tu	3:15-4:45P	9/10-10/15	\$75/85	005-11
6-16	Th	3:15-4:45P	9/12-10/17	\$75/85	005-12
6-16	Tu	3:15-4:45P	10/22-12/3	\$75/85	005-13
6-16	Th	3:15-4:45P	10/24-12/5*	\$75/85	005-14
6-16	Tu	3:15-4:45P	1/7-2/11	\$75/85	005-15
6-16	Th	3:15-4:45P	1/9-2/13	\$75/85	005-16
6-16	Tu	3:15-4:45P	2/25-3/31	\$75/85	005-17
6-16	Th	3:15-4:45P	2/27-4/2	\$75/85	005-18

\*Class date changed to Wednesday 10/30 because of Halloween. No Class on Thanksgiving

## Vacation Clay Camps

What a great way to spend part of your winter or spring break! Come to the Bristol Clay Studio and explore the potter's wheel or use your creativity and build with your hands. The emphasis of this week-long camp will be having fun and being creative while learning pottery techniques (Teens Welcome!).

Location: Bristol Clay Studio MIN/MAX: 5/8

Age	Day	Time	Date	R/NR Fee	Code
6-16	M-F	1:00-3:00P	2/17 - 2/21	\$110/120	006-03
6-16	M-F	1:00-3:00P	4/20 - 4/24	\$110/120	006-04



# Education/Certificate Classes

## Vermont Bowhunter Education Course

This official training program is developed to meet the standards for Bowhunter safety education established by Vermont.

Topics covered include: Understanding wildlife, safe and responsible bowhunting, shot placement and recovery techniques, and outdoor preparedness.

All courses are led by certified volunteer instructors, all are free, including materials. All courses, reading materials, and exams are written at a 6th grade reading level.

*\*Participants under 16 years of age must bring a completed Parental Consent Form*

**Location:** Holley Hall **MIN/MAX:** 10/30

**Instructor:** Fred Schroeder and Brian Fox

Age	Day	Time	Date	R/NR	Fee
Adult	(see below)				\$0/0

Participants must sign up online:

<https://www.register-ed.com/events/register/148061>

**Class Schedule:**

Monday, September 23rd: 6:00-9:00P

Tuesday, September 24th : 6:00-9:00P

## AHA Adult & Child CPR/AED

In this class you will learn American Heart Association's CPR/AED and choking rescue techniques for adults and children over 1 year of age. This is an active class so please dress comfortably. This class includes a certification card upon completion.

**Location:** Rescue Squad Mtng RM

**Instructor:** Sharon Compagna **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR	Fee
Adult	Tu	6:30-9P	9/24		\$65/75

## AHA First Aid

In this course, students will learn critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers as well as first aid actions for medical emergencies. A certification card will be issued upon successful completion of the course.

**Location:** Rescue Squad Mtng RM

**Instructor:** Sharon Compagna **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR	Fee
Adult	Tu	6:30-9:30P	10/15		\$65/75

## Vermont Hunter Education Traditional Course

This free class is open to participants of all ages\*, experience and abilities. Hunters wanting to reactivate are encouraged to attend as well.



Topics covered include: Basic introduction to Hunter Education, Bow & Firearms hunting safety, Hunter responsibility & personal preparedness, wildlife conservation & hunting opportunities in the area. Safe firearms handling, hunter ethics, outdoor survival skills, wildlife management and hunting rules and regulations will also be covered in this course. Participants must attend all classes and pass the testing required to obtain a hunting license in the state of Vermont.

*\*Participants under 16 years of age must bring a completed Parental Consent Form*

**Location:** Holley Hall

**Instructor:** Fred Schroeder **MIN/MAX:** 10/40

Age	Day	Time	Date	R/NR	Fee
Adult	(see below)				\$0/0

Participants must sign up online:

<https://www.register-ed.com/events/register/147933>

**Class Schedule:**

Monday, September 30th : 6:00-9:00P

Wednesday, October 2nd : 6:00-9:00P

Saturday, October 5th : 8:00A-4:00P

Monday, October 7th : 6:00-9:00P

Wednesday, Wednesday 9th : 6:00-9:00P

## Safe Sitter Essentials Class

The Safe Sitter program includes instruction in babysitting skills and techniques that include: care of choking infant/child, infant and child CPR, injury prevention and management, safety for the sitter, child care essentials, behavior management and babysitting as a business.

**Location:** Howden Hall

**Instructor:** Bristol Rec. Dept Staff **MIN/MAX:** 4/8

Age	Day	Time	Date	R/NR	Fee
12-15	Wed	12:00-5:30pm	10/2		\$65/75



# Health and Wellness Classes



## Community Volleyball

Beginner to Intermediate volleyball player will aim for good ball handling skills for three touch volleyball on each side, trying for bump, set, spike (over) on most plays. Teams are formed each week depending on who attends to keep skill levels balanced on both sides and fun for all.

PLEASE NOTE: Time is subject to change due to school schedule. No volleyball during school vacations.

*You may pay \$2.00 per session rather than the full season*

**Location:** Bristol Elementary School Gym

**Instructor:** Teri Fitz-Gerald **MIN/MAX:** 8/16

Age	Day	Time	Date	R/NR	Fee
15+	W	7:00-9:00P	9/11-6/17		\$45

## Community Basketball

Stay active year round with this 'pick-up' style basketball program.

PLEASE NOTE: Time is subject to change due to school schedule. No basketball during school vacations.

*You may pay \$2.00 per session rather than the full season*

**Location:** Bristol Elementary School Gym

**Instructor:** Justin Tierney **MIN/MAX:** 6/30

Age	Day	Time	Date	R/NR	Fee
15+	M	7:00-9:00P	9/9-6/15		\$45

## Holley Hall Play Group

What is more fun than Play?

When the weather starts to turn cold, join a great group of kids and parents in Holley Hall and play! There will be music and mats to play on and friends to make. Bring some toys and have some fun. Co sponsored by: Building Bright Futures

*\*All children must be accompanied by an adult\**

**Location:** Holley Hall

Age	Day	Time	Date	R/NR	Fee
0-5	Th	9:00-11:30A	10/3-5/28		\$0/\$0

## Adult West

### African Drumming

Learn the rhythms of West Africa in this fun djembe drumming class! Instructor Seny Daffe grew up in Guinea, W. Africa, where he was trained by various master instructors and has taught and performed throughout W. Africa, Europe and the U.S. \*Please drop in any week.

Please contact [lrickard8@gmail.com](mailto:lrickard8@gmail.com) if you intend to come and need a drum.

**Location:** Holley Hall

**Instructor:** Seny Daffe

Age	Day	Time	Date	R/NR	Fee
15+	Su	5:00-6:30P	9/8-Ongoing		\$20/\$20



### Mountain Biking Clinic

Learn the fundamentals of mountain biking with Professional Mountain Bike Instructor, Meridith McFarland (PMBI- Professional Mountain Bike Instructor and ICP). Meridith has coached for Ladies AllRide, Grit Clinics, Sugarbush Resort, SheJumps, and Ninja Bike Performance.

#### Mountain Bike Clinic Topics

- bike/body position
- braking
- gearing and cadence
- tips to efficient riding
- having fun riding bikes

Please bring a good working bicycle, helmet, water, and athletic apparel to be safe and comfortable in. We will be working on skills through drills to practice the fundamentals on our bikes.

**Location:** Bristol Rec Field

**Instructor:** Meridith McFarland **MIN/MAX:** 2/6

Age	Day	Time	Date	R/NR	Fee
14+	W	4:30-5:45pm	9/18		\$20



# Health and Wellness Classes



## Equine Therapy

This program is offered by The Horse's Touch, a non-profit 501(c)3 organization offering Mobile Therapy Services in Addison and Chittenden counties.



Participants of all ages and abilities will have the opportunity to interact and connect with Lena and Leo, two beautiful Fjord horses who are particularly well suited to therapy work due to their unusually calm nature. Lena and Leo are accompanied by a PATH Certified Instructor and a team of trained volunteers. Participants will spend time grooming, leading and playing games with Lena and Leo. Activities are determined according to the needs and abilities of each student. *There is a 180 lb. weight limit for mounted activities.*

**All students must wear FIRM, CLOSED TOE SHOES to enter the arena.**

Week 1 Students will spend time getting to know the horses and getting comfortable being in the same space with them.

Week 2 Students will learn to groom and participate in leading activities on the ground.

Week 3 Students will play a game, either on the ground or while mounted, that centers on developing a specific skill by way of their emerging connection to the horse.

**Location: Bristol Rec Field**

**Instructor: Susan Guran**

**MIN/MAX: 6/8**

Age	Day	Time	Date	R/NR Fee
All	W	3:00-3:30pm	9/11,18,25*	\$145/155
All	W	3:30-4:00pm	9/11,18,25*	\$145/155
All	W	4:30-5:00pm	9/11,18,25*	\$145/155
All	W	5:00-5:30pm	9/11,18,25*	\$145/155

\*Rain date 10/9\*



## Tae Kwon-Do

In this class your child will learn to succeed in setting both short and long term goals as they build a "I CAN DO IT" attitude. They will love the exciting blend of high energy martial arts classes fused together with a character development and life skills program.

\*\*Uniforms are required (\$40) and are ordered via Instructor

**Location: Holley Hall**

**Instructor: Elliot Cluba**

**MIN/MAX: 8/16**

Age	Day	Time	Date	R/NR Fee
5-6	Th	5:00-5:30P	9/26-5/28*	\$45 per month
5-6	Th	5:00-5:30P	9/26-5/28*	\$360/\$360
7-12	Th	4:00-4:45P	9/26-5/28*	\$45 per month
7-12	Th	4:00-4:45P	9/26-5/28*	\$360/\$360

\*Classes follow school schedule, no school means no classes





# Health and Wellness Classes

## Sun Style Tai Chi for Seniors

The gentle movements of Tai Chi can improve balance, focus and general health. Participants may also notice a decrease in arthritic pain.

**Location:** Holley Hall

**Instructor:** Helen Turner

Age	Day	Time	Date	R/NR Fee
50+	M	11:00-12:00A	9/2-6/8	*FREE*

## Sun Style Tai Chi Fall Prevention

This is a beginning level Tai Chi class that also functions as a review for someone getting back into Tai Chi. Working with Qi-Gong exercises and learning the Sun Style Basic Forms, this class will prepare participants for joining on going classes or just practicing on their own.

The Fall Prevention Program is a slow series of movements designed to assist with balance, flexibility and body awareness in easy step by step lessons by Tai Chi Vermont certified instructor Jerry Henderson working with Addison Age Well.

**Location:** Holley Hall

**Instructor:** Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	M	9:30-10:45A	10/7-4/27	*FREE*

## Advanced Sun Style 73 Forms

This class is open to those with experience in the Sun-Style 73 Forms. The focus will be on group practice of the form with questions and experiential discussion. Also new, more useful practice forms will be introduced to increase flexibility, stability and of course, focus, overall health and well being.

**Location:** Holley Hall

**Instructor:** Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	W	10:00-11:00A	10/2-12/18	*FREE*
Adult	W	10:00-11:00A	1/8-5/19	*FREE*



## Intermediate Yang Style Tai Chi

This class is suitable for anyone with some experience in Yang Style Tai Chi. We will be utilizing the Yang 24 Forms for practice with teachings by various practitioners and Masters for an in-depth understanding of what each move has to teach us as a group and individually. The class is certified through Tai Chi Vermont.

**Location:** Holley Hall

**Instructor:** Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	W	11:00-12:00	10/2-12-18	*FREE*
Adult	W	10:00-11:00A	1/8-5/19	*FREE*

## Beginner Yang 24 Tai Chi

Tai Chi is an enjoyable exercise of a slow, smooth, continuous set of forms. Besides focusing on mind-body coordination and mindfulness, studies have shown Tai Chi to be effective in improving hypertension, cardiovascular fitness, muscle strength, balance and stress relief. Tai Chi Vermont certified instructor, Jerry Henderson, will lead you through the basic principles of Tai Chi in the Yang style while learning the 24 forms in a step-by-step format. No experience necessary, all students welcome.

**Location:** Holley Hall

**Instructor:** Jerry Henderson **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee
All	Wed	4:00-5:00P	10/2-12/18	\$65/75
All	Wed	4:00-5:00P	1/8-3/25	\$65/75



## Zumba with Mary Ann Boyd

No experience necessary for this introduction to the popular dance workout class. Participants will learn basic steps at first and slowly add more moves at their own pace. All sessions are designed to get your heart-rate up

*You may pay \$10.00 per session rather than the full course*

**Location:** Tuesdays-Bfit Studio, Thursdays—Holley Hall

**Instructor:** Mary Ann Boyd **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code
Adult	Tu, Th	5:45-6:45P	10/1-10/29	\$72/82	014-03

# Gymnastics Classes



## Beginner Gymnastics

School Age, K-6 students will work on the foundational skills they need to learn and master rolls, cartwheels, round offs, headstands, handstands, backbends, jumps and more. Students will improve balance, body awareness, coordination, flexibility, and confidence while using tumbling mats, balance beams, bars, rope, and other equipment.

**Location:** BES Gym

**Instructor:** Lindsey Hescock

**MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code
5-12	Sa	10:00-11:00A	9/28-10/26	\$70/80	311-06
5-12	Sa	10:00-11:00A	11/16-12/21*	\$70/80	311-07
5-12	Sa	10:00-11:00A	1/4-2/1	\$70/80	311-08
5-12	Sa	10:00-11:00A	2/29-3/28	\$70/80	311-09

\*No class on 11/30

## Family/Child Gymnastics

In this family/toddler class parents **MUST** participate with their child. We will have a fun-filled morning of movement in a safe environment. They will develop balance and body awareness as we learn foundational skills on tumbling mats, balance beams, bars and more.

**Location:** BES Gym

**Instructor:** Lindsey Hescock

**MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code
2-4	Sa	9:00-9:50A	9/28-10/26	\$60/70	301-06
2-4	Sa	9:00-9:50A	11/16-12/21*	\$60/70	301-07
2-4	Sa	9:00-9:50A	1/4-2/1	\$60/70	301-08
2-4	Sa	9:00-9:50A	2/29-3/28	\$60/70	301-09

\*No class on 11/30

## Intermediate Gymnastics

In this class, students will take their skills to the next level. Entry into this class requires students to have completed at least one previous session and be able to do rolls, cartwheels, a handstand, and a backbend on their own.

**Location:** BES Gym

**Instructor:** Lindsey Hescock

**MIN/MAX:** 6/12

Age	Day	Time	Date	R/NR Fee	Code
5-12	Sa	11:00-12:15P	9/28-10/26	\$80/90	310-06
5-12	Sa	11:00-12:15P	11/16-12/21*	\$80/90	310-07
5-12	Sa	11:00-12:15P	1/4-2/1	\$80/90	310-08
5-12	Sa	11:00-12:15P	2/29-3/28	\$80/90	310-09

\*No class on 11/30

## Advanced/Pre-Competitive Gymnastics

This class will give motivated students extra time in the gym to work on skills including walkovers, handsprings, and movement combinations on all apparatus. Experienced gymnasts and teens will practice skills they will need in U.S.A Gymnastics competitions.

**Location:** BES Gym

**Instructor:** Lindsey Hescock

**MIN/MAX:** 4/12

Age	Day	Time	Date	R/NR Fee	Code
All	Sa	12:30-2:00P	9/28-10/26	\$90/100	312-06
All	Sa	12:30-2:00P	11/16-12/21*	\$90/100	312-07
All	Sa	12:30-2:00P	1/4-2/1	\$90/100	312-08
All	Sa	12:30-2:00P	2/29-3/28	\$90/100	312-09

\*No class on 11/30





# Dance / Ballet Classes

Classes will be led by Evelyne Germain who trained at the Boston Conservatory of Music, The Alvin Ailey American Dance Center, Les Ballets-Jazz de Montreal, and with Shelly Ismail among others. Evelyne danced professionally with the Ottawa Dance Theater, Axis Mime Theatre, and Theatre of Giants. She has taught dance at UVM, St. Michael's College, Essex High School and at various dance studios in Vermont and Ottawa.

## Creative Movement/Ballet

Students will develop body and spatial awareness, balance and increase strength and flexibility through learning ballet technique. Their imagination and creativity will be stimulated through music, rhythms, images and stories. Students will also learn a short dance and present at the end of the session.

**Location:** B Fit

**Instructor:** Evelyne Germain **MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee	Code
5-7	M	5:45-6:45	9/30-12/09 *	\$135/145	017-03
5-7	M	5:45-6:45	1/27-4/06**	\$135/145	017-04

\* No class on 11/25 \*\* No class on 2/17



## Contemporary/Ballet

These classes focus on the fundamentals of dance technique, strengthening the body with ballet basics, developing body awareness and increasing flexibility and coordination. Students will have fun learning modern dance and ballet in a positive learning environment.

**Location:** B Fit

**Instructor:** Evelyne Germain **MIN/MAX:** 5/12

Age	Day	Time	Date	R/NR Fee	Code
8-12	M	6:45-7:45	9/30-12/09 *	\$135/145	017-03
8-12	M	6:45-7:45	1/27-4/06**	\$135/145	017-04

\* No class on 11/25 \*\* No class on 2/17



## Pre-School Dance

Perfect for the younger student, these classes are designed as an introduction to dance and basic ballet. The class will develop and focus on body and spatial awareness, balance, and flexibility. We will also explore rhythms, musicality and stimulate children's imagination and creativity

**Location:** B Fit

**Instructor:** Evelyne Germain **MIN/MAX:** 5/8

Age	Day	Time	Date	R/NR Fee	Code
3-6	F	4:15-5:00	11/8-12/6*	\$50/60	018-03

\*No class on 11/29

## Adult Beginner Ballet and Stretching

Come enjoy stretching, doing a barre, and moving to classical piano music. No prior dance experience necessary. Come give it a try : )

**Location:** B Fit

**Instructor:** Evelyne Germain **MIN/MAX:** 5/12

Age	Day	Time	Date	R/NR Fee	Code
13-65	F	5:00-6:00	11/8-12/6*	\$55/65	018-04

\*No class on 11/29

# Become a Bristol Rec Dept Volunteer

Come and join our growing network of volunteers and become part of a team that is making a difference! Volunteers help with everything from clean-up projects to event planning and setup.

Begin by completing and mailing in the application below

For more information, contact the Bristol Recreation Department  
at 453-5885 or recdirector@bristolvt.org



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## Bristol Recreation Department Volunteer Application

Full Name: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

If student, please list school: \_\_\_\_\_ Grade: \_\_\_\_\_

Please mail completed application to:

Bristol Recreation Department PO Box 249 Bristol VT 05443





# Bristol Recreation Department

PO Box 249, Bristol, Vermont 05443

Phone: 453-5885 Fax: 453-5188 E-mail: [recdirector@bristolvt.org](mailto:recdirector@bristolvt.org)  
[www.bristolvtrec.com](http://www.bristolvtrec.com)

## Household Information Form

Today's Date: \_\_\_\_\_

Household Last Name: \_\_\_\_\_ \*Resident: \_\_\_\_\_ Non Resident: \_\_\_\_\_

\* (Bristol, Lincoln, Monkton, Starkboro, New Haven)

Household Primary E-Mail Address: \_\_\_\_\_

### HOUSEHOLD PRIMARY CONTACT INFORMATION:

Name: (First, Last) \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (Primary) \_\_\_\_\_

(Work) \_\_\_\_\_

E-mail: (If different from above) \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION: *(Someone other than person above, in case they cannot be reached)*

Contact Name: (First, Last) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

### FAMILY MEMBER INFORMATION: *(Children and/or other people in the Household)*

Name (First, Last): \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Grade (Grade entering if after 6/1): \_\_\_\_\_

Special Accommodations: \_\_\_\_\_

Name: (First, Last): \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Grade (Grade entering if after 6/1): \_\_\_\_\_

Special Accommodations: \_\_\_\_\_

Name: (First, Last): \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Grade (Grade entering if after 6/1): \_\_\_\_\_

Special Accommodations: \_\_\_\_\_

### ADDITIONAL INFORMATION:

Would you like to receive periodical updates regarding upcoming events by email?  YES  NO

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OFFICE USE ONLY: Date: \_\_\_\_\_ Check #: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_ Recorded: \_\_\_\_\_



# Bristol Recreation Department

PO Box 249, Bristol, Vermont 05443

Phone: 453-5885 Fax: 453-5188 E-mail: [recdirector@bristolvt.org](mailto:recdirector@bristolvt.org)  
[www.bristolvtrec.com](http://www.bristolvtrec.com)

## Registration Form

*Be sure to first fill out the Household Information on the back of this form, and then fill out this form by listing the programs that you would like to register for and sign the Waiver.  
Mail both forms in with payment to the Recreation Department.*

Household Last Name: \_\_\_\_\_ \*Resident  Non-Resident   
\*(Bristol, Lincoln, Monkton, Starksboro, New Haven)

### Participant's Registration Information:

Name (First/Last)	Program Name	Program. #	Fee

TOTAL ENCLOSED:\$ \_\_\_\_\_

### WAIVER AGREEMENT

I am fully aware of the risk(s) inherent in the above-named programs and hereby give my consent for myself and/or the name(s) listed above to participate in the programs we have registered for.

I agree to hold harmless the Bristol Recreation Dept., the Town of Bristol, its employees, elected officials, and any paid or volunteer staff from any and all liability from any injury, claims, costs, or loss of service which might be incurred by participation in said programs, activities, or events.

I understand that medical insurance coverage is not provided. Permission is hereby granted for the person(s) listed on this form to receive emergency treatment, if needed, and I authorize the attending physician to administer any necessary medical attention. Furthermore, I certify that there are no limitations for the person(s) listed on this form, except as stated.

**CONSENT:** I hereby consent to and authorize the Town of Bristol the rights to publish, reproduce, and use for advertising purposes, any photograph, video image, audio recording, or any other likeness of myself and/or my family.

**I have read this document carefully and sign it voluntarily with full knowledge of its significance.**

**SIGNATURE:** \_\_\_\_\_ **Date** \_\_\_\_\_  
*(Signature of participant is required, unless under 18 then parent or guardian)*

**Refunds:** Refunds, minus a \$5.00 administrative charge will be granted for requests made before the second-class meeting.  
**Insurance/ Liability:** The department does not provide accident or hospitalization insurance for participants of this program. All participants are advised to have adequate personal coverage. Please consider your own health, experience, and tolerance for risk before participating in any programs. If you have any questions about any programs, please call the department.  
**Financial Aid/ Scholarships:** The department has limited resources; however, those wishing to participate can apply for aid based on need.

**OFFICE USE ONLY:** Date: \_\_\_\_\_ Check #: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_ Recorded: \_\_\_\_\_





Bristol's Teen Center  
110 Airport Drive  
open every weekday  
noon to 6pm

What if there was a place for your teen to explore new hobbies, meet new friends, get homework help, get a meal after school, make safe and informed decisions, have freedom to express themselves through music and art, learn about career paths from members of Bristol's community, and so much more?

That place exists at The Bristol Hub Teen Center.  
No Hate; No Violence; No Drugs  
we are a safe space for any teen, ages 12 to 18

## OFFER A PROGRAM WITH US

*Is there an activity you'd like to organize?  
Do you have a talent you would like to share?  
If so, submitting a proposal is the first step!*



All classes should emphasize learning and practicing a new skill in a fun and engaging way.

Give us a call at 453-5885 or email  
[recdirector@bristolvt.org](mailto:recdirector@bristolvt.org)

# Are you looking for a place to host a special event?



## We've got room for you at Holley Hall!

Whatever the occasion; wedding reception, birthday, meeting, or family get-together.

Holley Hall is a lovely place for all of your gatherings

For more information, please visit [bristolvtrec.com](http://bristolvtrec.com) or call the Recreation Office at 453-5885

