

Bristol Recreation Department Program Guide:

Fall & Winter 2018-19



Events - Programs - Workshops

General Information

Our Mission

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

The Recreation Department is located upstairs in
Holley Hall
P.O. Box 249
1 South St.
Bristol, Vermont 05443
Open Monday - Friday 8:00 AM- 4:30 PM
Phone: 453-5885 • Fax: 453-5188
Email: recdirector@bristolvt.org
Website: www.bristolvtrec.com
Facebook: [Bristol Recreation Department](#)

Recreation Department Staff:

Meridith McFarland, Recreation Director
Alex Mihavics, Recreation Assistant
Matlak Mayforth, Potter in Residence
Brian LaClair, Hub Teen Center Director

Policies and Procedures

SCHOLARSHIP ASSISTANCE

Scholarship Assistance is available through the Recreation Office.

REFUND POLICY

If you are dissatisfied with a program after the first session (class), you must submit a written explanation to Bristol Recreation Department prior to the second session (class) to be eligible to receive a refund. In the event of an extended illness or injury, we must be notified immediately and we will issue a prorated refund. A medical and/or doctor's explanation will be required. We cannot issue refunds for trips, special events, ticketed events, and no refunds are given for a single session. 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.**

BACKGROUND CHECKS

In order to protect the citizens of Bristol, it is the policy of the Town of Bristol to conduct criminal background checks of all volunteers and subcontractors providing unsupervised care or services for vulnerable populations (youths ages 18 and under, adults with disabilities and elderly). The Bristol Recreation Department will only select persons who are of good character and who have the skills and other qualifications necessary to fulfill their role.

CANCELATIONS

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

Registration Information

You may register and pay online at bristolvtrec.com or mail in your signed registration with payment to:
Bristol Recreation Department
PO Box 249 Bristol, VT 05443

REGISTRATION GUIDELINES

- ♦ Parent/Guardian signature required for participants age 17 and under.
- ♦ REGISTRATION DEADLINE ... we must meet our minimum enrollment number, one week prior to the start date of programs.
- ♦ Mail-in registration forms must be received four days prior to programs' starting dates.
- ♦ Fees payable at time of registration (CASH, CHECK or Credit Card).
- ♦ Residents are those whose primary home is located in the Five Town area (Bristol, Lincoln, Starksboro, Monkton & New Haven)
- ♦ No telephone registrations accepted
- ♦ We afford equal opportunity to all people to participate in our programs.
- ♦ If you are a person with a disability and require accommodations, please contact the Recreation Director prior to the program's starting date.
- ♦ Please be aware that program information and fees are subject to change.
- ♦ Certain classes do accept drop-in participants for a designated fee.

HOW TO REGISTER ONLINE

1. Visit bristolvtrec.com
2. Create a new account. (This 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 from the members portion of your account.
5. You can now complete registrations using the website.

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BRISTOL



HARVEST FESTIVAL

Saturday, September 22, 2018

10 am to 4 pm

Bristol Town Green

A full day of live music on the band-stand, pony rides, live demonstrations, pie-eating contest, crafters, vendors, and area non-profit organizations

Musical Lineup

10:00-10:45 am: The County Down

11:00-11:45am: Mark Lavoie

12:00-12:45 pm: Rick Ceballos & Lausanne Allen

1:00-1:45 pm: Harvest Festival Band

2:00-2:45 pm: Keith Williams

3:00-3:45 pm: Patrick Fitzsimmons



For more information call (802) 388-7951 or (802) 453-5885

Organized by :



ADDISON COUNTY

Chamber of Commerce

Great starts here. 4





HALLOWEEN PARTY



The Bristol Recreation Department and Waitsfield and Champlain Valley Telecom will be hosting a Children's Halloween Party on:

Friday, October 26th from 4:30-6:00pm at Holley Hall

There will be music, activities & refreshments including pizza and healthy snacks.

The event is FREE and open to children of all ages.

*Parents or guardians are asked to accompany their children at all times.

At 6:00pm there will be a Costume Parade down the Main St. sidewalk ending on the Village Green.

At 7:00pm in Holley Hall the Bristol Recreation Department and Waitsfield Telecom present a free showing of:

Hotel Transylvania



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For more information please contact:

Lorraine Keener at 496-3391 - lkeener@wcvl.com

Bristol Rec. Department at 453-5885 - recdirector@bristolvt.org

HOLIDAY HAPPENINGS

Chocolate Walk

December 7th 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 shop on!

Downtown events Sponsored by:

BRISTOL CORE

Candy Cane Hunt

December 7th 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!



Memory Tree Lighting

Join us at the gazebo on the green on

December 7th 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 or at the recreation office in Holley Hall.

The deadline to purchase a bulb is December 3rd

HOLIDAY HAPPENINGS



Breakfast with Santa

*Saturday December 8th at
Holley Hall*

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

*Tickets on sale at bristolvtrec.com
or at the Rec. Department Office*



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)

Christmas Caroling



Friday December 14th at 6pm

Meet in front of Holley Hall

All Ages Welcome

**Children under 10 must be supervised*

*We will all meet back at the Holley Hall
afterwards for hot cocoa and cookies.*

HOLIDAY HAPPENINGS



Holiday Party for Kids

Friday December 14th, 5:00-8:00PM

Holley Hall

For children ages 6+ (\$35 per child, \$55 per family)

Parents, get some shopping done or enjoy a night on the town while your kids enjoy an awesome party at Holley Hall! The night will include music, games, pizza and holiday-themed excitement!

Friday December 14th, 5:00-9:00PM

Join us for shopping, festivities, and most 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

Friday 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 15th

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 or at the Recreation
Office.

Mother & Son Night of Fun

Friday, March 8th

6pm-7:30pm

At Holley Hall

**Come on down for a night of
Music, Games, Contests and
more!**

**Light refreshments will be
provided**



Tickets are \$25 per couple

**Tickets may be purchased online at
bristolvtrec.com or at the**

Recreation Office

Early Release Day Camps

Wondering what to do on Early Release Days??

Bristol Recreation has a great option:

Come to Holley Hall for the afternoon!

Students will be met at the Bristol Elementary School lobby and be escorted to Holley Hall where they will be guided through exciting outdoor and indoor activities, games and more with the Rec. Department Staff.

Autumn Photography

Campers will go beyond the selfie on this fall-themed photography day. Come join us as we learn about how to take a fantastic photo with local expert and professional photographer Mark Bouvier. Campers will try out different types of cameras and compile their best shots onto a class slideshow.

Location: Holley Hall

Instructor: Recreation Dept. Staff **MIN/MAX:** 6/16

Age	Day	Time	Date	R/NR Fee	Code
8-12	Tu	11:30-4:00P	10/2	\$55	001-01

Hang Out at the Hub

Campers will take a special trip to the Hub Teen Center to check out unique building and learn about what the Hub provides. Campers will also enjoy some outdoor games and activities on the Bristol Rec. Fields.

Location: The Hub Teen Center

Instructor: Recreation Dept. Staff **MIN/MAX:** 6/16

Age	Day	Time	Date	R/NR Fee	Code
8-12	W	11:30-4:00P	11/7	\$55	001-02

Holiday Crafts and Decorations

Campers get crafty building one-of-a-kind adornments for your home to celebrate your family traditions. Working with a variety of materials, campers will have a blast decorating Holley Hall for upcoming holiday events!

Location: Holley Hall

Instructor: Recreation Dept. Staff **MIN/MAX:** 6/16

Age	Day	Time	Date	R/NR Fee	Code
8-12	Th	11:30-4:00P	12/6	\$55	001-03

Super Snow Adventure

Bundle up and embrace the snowy season! Campers will have a blast exploring the snow covered Town Green. We will learn about the importance of proper layering how to build an emergency snow shelter and more!

Location: Holley Hall

Instructor: Recreation Dept. Staff **MIN/MAX:** 6/16

Age	Day	Time	Date	R/NR Fee	Code
8-12	Tu	11:30-4:00P	2/5	\$55	001-04

Celebrate Winter Wildlife

Embrace the snowy season in this action packed afternoon. Campers will venture outside to the town green to discover all kinds of evidence of wildlife. Campers will practice a variety of outdoor skills including: tracking, birdwatching and tree identification.

Location: Holley Hall

Instructor: Recreation Dept. Staff **MIN/MAX:** 6/16

Age	Day	Time	Date	R/NR Fee	Code
8-12	Th	11:30-4:00P	3/7	\$55	001-05



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 Handbuilding

No experience necessary! Learn or refine several techniques of handbuilding 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	10:45-12:15P	9/12-10/17	\$75/85	002-01
Adult	W	10:45-12:15P	10/24-12/5*	\$75/85	002-02
Adult	W	10:45-12:15P	1/9-2/13	\$75/85	002-03
Adult	W	10:45-12:15P	2/27-4/3	\$75/85	002-04
Adult	W	10:45-12:15P	4/10-5/22	\$75/85	002-05

*No class 11/21

Wednesday Evening Adult Handbuilding 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	9/12-10/17	\$120/130	003-01
Adult	W	6:00-8:00P	10/24-12/5*	\$120/130	003-02
Adult	W	6:00-8:00P	1/9-2/13	\$120/130	003-03
Adult	W	6:00-8:00P	2/27-4/3	\$120/130	003-04
Adult	W	6:00-8:00P	4/10-5/22	\$120/130	003-05

*No class 11/21

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 handbuilding 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	9/15-10/20	\$65/75	004-01
3-6	Sa	9:30-10:30A	10/27-12/8*	\$65/75	004-02
3-6	Sa	9:30-10:30A	1/12-2/16	\$65/75	004-03
3-6	Sa	9:30-10:30A	3/2-4/6	\$65/75	004-04

*No class 11/24

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	9/11-10/16	\$70/80	005-01
6-16	Th	3:15-4:45P	9/13-10/18	\$70/80	005-02
6-16	Tu	3:15-4:45P	10/23-12/4	\$70/80	005-03
6-16	Th	3:15-4:45P	10/25-12/6*	\$70/80	005-04
6-16	Tu	3:15-4:45P	1/8-2/12	\$70/80	005-05
6-16	Th	3:15-4:45P	1/10-2/14	\$70/80	005-06
6-16	Tu	3:15-4:45P	2/26-4/2	\$70/80	005-07
6-16	Th	3:15-4:45P	2/28-4/4	\$70/80	005-08

*No Class 11/22

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	2/18 - 2/22	\$110/120	006-01
6-16	M-F	1:00-3:00P	4/22 - 4/26	\$110/120	006-02



Adult Education/Certificate Classes

Intro to American Sign Language

This course is an introduction to the basic components of American Sign Language (ASL), an integral form of manual communication among American deaf people. Whether working in healthcare, education or the restaurant industry, ASL is a great skill to add to your communication tool kit.

Location: Holley Hall

Instructor: Zoe Cassels-Brown **MIN/MAX:** 4/20

Age	Day	Time	Date	R/NR Fee	Code
13+	Tu,Th	6:00-8:00P	12/18-12/20	\$65/75	007-01



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	Code
Adult	Tu	6:30-8:30P	9/25	\$65/75	008-01

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	Code
Adult	Tu	6:30-9:30P	10/9	\$65/75	009-01

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: TBD

Instructor: TBD

MIN/MAX: 4/8

(Exact dates and times still to be determined. Please refer to www.bristolvtrec.com for updates)

Age	Day	Time	Date	R/NR Fee	Code
12-18				\$75/85	011-01

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://register-ed.com/events/register/127389>

Class Schedule:

Monday, October 1st : 6:00-8:00P

Wednesday, October 3rd : 6:00-9:00P

Saturday, October 6th : 8:00A-4:00P

Monday, October 8th : 6:00-9:00P

Wednesday, October 10th : 6:00-9:00P

Health and Wellness Classes



Community Volleyball

This is an intermediate level program. Experience in recreational volleyball is required. Classic three touch volleyball team play creates a fun, fast-paced game with receiving, passing, setting and smashing.

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 Fitzgerald **MIN/MAX:** 8/16

Age	Day	Time	Date	R/NR Fee	Code
15+	W	7:00-9:00P	9/12-6/5	\$45	013-01

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	Code
15+	M	7:00-9:00P	9/10-6/10	\$45	015-01

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. Every now and then there will be an Early Education speaker, most of the time its is just open play. 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	W	9:30-11:30A	10/3-5/29	\$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.



Location: Holley Hall **Please drop in any week.*

Instructor: Seny Daffe

Age	Day	Time	Date	R/NR Fee
15+	Su	5:00-6:30P	9/2-Ongoing	\$20/\$20

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	Code
5-6	Th	5:00-5:30P	9/20-5/23*	\$45 per month	020-01
5-6	Th	5:00-5:30P	9/20-5/23*	\$360/\$360	020-03
7-12	Th	4:00-4:45P	9/20-5/23*	\$45 per month	020-02
7-12	Th	4:00-4:45P	9/20-5/23*	\$360/\$360	020-04

**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	9/10-6/10	*FREE*



Advanced Sun Style 73 Forms

This class is open to those with experience in the Sun-Style 73 Forms. We will review basic Tai Chi principles and consider how the philosophical concepts of wuji and yin and yang relate to the physical execution of tai chi chuan and qigong forms. Our goal is to experience how the practice of tai chi and qigong can promote deep relaxation in a natural manner.

Location: Holley Hall

Instructor: Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	Tu	10:00-11:00A	10/2-12-18	*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 as demonstrated by Dr. Paul Lam of Tai Chi for Health. Participants focus on gaining an in-depth understanding of what each move has to teach us as a group and individually.

Location: Holley Hall

Instructor: Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	Tu	11:00-12:00A	10/2-12-18	*FREE*



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: 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	9/4-10/25	\$72/82	014-01

Pilates in the Pool

Pilates exercises using the physics of water for resistance and support. Licensed Athletic Trainer Michelle Sudol covers it all: cardio, strength and flexibility.



Lightning Sports Medicine
High Voltage Training

Location: Mt. Abe Pool

Instructor: Michelle Sudol

MIN/MAX: 3/20

Age	Day	Time	Date	R/NR Fee	Code
10+	Tu	4:30-5:30P	9/11-10/30	\$75/85	012-01
10+	Sa	8:30-9:30A	9/29-11/3	\$75/85	012-02
10+	Sa	8:30-9:30A	11/10-12/15	\$75/85	012-03
10+	Sa	8:30-9:30A	2/2-3/9	\$75/85	012-04

Pilates for Every Body

Participants will learn traditional Pilates Method with a contemporary approach from licensed athletic trainer Michelle Sudol. This class will help you create flexibility, strength and power in both your body and mind. All experience levels will be welcomed and challenged. * Please bring a mat, or towel

Location: Holley Hall

Instructor: Michelle Sudol

MIN/MAX: 3/20

Age	Day	Time	Date	R/NR Fee	Code
Adult	Th	8:00-9:00A	9/20-10/25	\$75/85	013-011
Adult	Th	8:00-9:00A	11/15-12/20	\$75/85	013-012
Adult	Th	8:00-9:00A	2/7-3/14	\$75/85	013-013

Gymnastics Classes



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	9/15-10/20	\$85/95	310-01
5-12	Sa	11:00-12:15P	11/3-12/15*	\$85/95	310-02
5-12	Sa	11:00-12:15P	1/5-2/9	\$85/95	310-03
5-12	Sa	11:00-12:15P	3/9-4/13	\$85/95	310-04

*No class on 11/24

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	9/15-10/20	\$65/75	301-01
2-4	Sa	9:00-9:50A	11/3-12/15*	\$65/75	301-02
2-4	Sa	9:00-9:50A	1/5-2/9	\$65/75	301-03
2-4	Sa	9:00-9:50A	3/9-4/13	\$65/75	301-04

*No class on 11/24

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	9/15-10/20	\$75/85	311-01
5-12	Sa	10:00-11:00A	11/3-12/15*	\$75/85	311-02
5-12	Sa	10:00-11:00A	1/5-2/9	\$75/85	311-03
5-12	Sa	10:00-11:00A	3/9-4/13	\$75/85	311-04

*No class on 11/24

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	11:00-12:30P	9/15-10/20	\$95/105	312-01
All	Sa	11:00-12:30P	11/3-12/15*	\$95/105	312-02
All	Sa	11:00-12:30P	1/5-2/9	\$95/105	312-03
All	Sa	11:00-12:30P	3/9-4/13	\$95/105	312-04

*No class on 11/24



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 Shelley Ismail among others. Mrs. Germain dance professionally with the Ottawa Dance Theater, Axis Mime Theater and Theater of Giants.

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.

Location: Monday at B Fit, Tuesday at Holley Hall

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

The Monday class is designed for students who have had some previous training in dance or movement. This class meets for ten weeks.

Age	Day	Time	Date	R/NR Fee	Code
5-7	M	5:15-6:15	9/24-11/26	\$130/150	017-01

The Tuesday class is an introduction to dance and basic ballet and meets for five weeks.

Age	Day	Time	Date	R/NR Fee	Code
3-5	Tu*	4:30-5:15	11/13-12/11	\$60/70	017-02

*Tuesday Class is in the Holley Hall



Modern Dance/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: Monday at B Fit, Tuesday at Holley Hall

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

The Monday classes are for ages 8-12 and run for ten weeks.

Age	Day	Time	Date	R/NR Fee	Code
8-12	M	6:15-7:15	9/24-11/26	\$130/150	018-01

Tuesday class is in the Holley Hall and runs for five weeks

Age	Day	Time	Date	R/NR Fee	Code
13-19	Tu	5:15-6:15	11/13-12/11	\$60/70	018-02

B Fit Classes

At BFIT we strive to build an environment that promotes health, fitness, and community. Not only do we offer daily group fitness classes at our center, but we also work closely with the Mount Abraham Unified School District and the Bristol Recreation Department to bring Wellness Classes and Programs to the community at large. At BFIT 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.

BOOT CAMP 45

Start your day with cardio intervals, core and body weight exercises. This class features a productive 45 minutes that will wake you up, burn calories and increase your endurance. Each participant will start and progress at their own pace as low impact options will always be offered and encouraged.

Location: B Fit, 14 School St.

Instructor: Kim Jacobs **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code
16+	Tu, Th	6:00-6:45A	10/2-11/15	\$98/98	230402-01

HIIT Strength and Pilates

It's a proven fact that you burn more calories with interval cardio than steady state cardio. Strength training will help wake up your body right down to the cellular level! Tuesday classes will focus on cardio and pilates while Thursday classes will build total body strength and flexibility.

Location: B Fit, 14 School St.

Instructor: Kim Jacobs, Deirdre Zele **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code
16+	Tu, Th	4:30-5:30P	10/2-11/15	\$98/98	230402-02

NIA Dance

The NIA (neuromuscular integrative action) is a high energy, expressive dance practice that combines elements of modern, jazz and African dance, martial arts and yoga inspired moves. NIA engages body, mind and spirit to deliver a fantastic, whole-body workout! As a low-impact, aerobic dance combination, NIA is accessible for all bodies and experience levels. No prior dance experience required.

Location: B Fit, 14 School St.

Instructor: Linda McCuen **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code
16+	Sa	10:30-11:30A	9/22-10/27	\$60/60	230402-05



Gentle Yoga

A great class for beginners, this gentle inward experience will emphasize a healthy back, stress reduction and increased flexibility. Centering pranayama and safe techniques are taught as well.

Location: B Fit, 14 School St.

Instructor: Catherine Cover **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code
16+	Su	4:00-5:00P	10/7-11/18	\$56/56	230402-03



Yoga Flow

Explore ways to develop your flexibility and balance through poses and breathing. This series of stretches, poses and moves create a holistic experience that brings the body into a state of harmony and balance.

Location: B Fit, 14 School St.

Instructor: Debbie Safran **MIN/MAX:** 5/15

Age	Day	Time	Date	R/NR Fee	Code
16+	Th	6:00-7:00P	10/4-11/15	\$56/56	230402-04



BFIT
BRISTOL FITNESS bfitvt.com

Cycling Workshops with Local Motion

The Bristol Recreation Department is partnering with Local Motion to offer a series of everyday cycling workshops to help motivate you and your family to get out and ride. Everyday bicycling doesn't necessarily mean riding your bike every day, it means using our bicycle to do those everyday trips that we all make. Whether its going grocery shopping, commuting to work or even picking up the kids from school, everyday bicycling is all about making the choice to leaving your car behind when you can!

Safe Family Everyday Cycling Workshop

This 1.5 hour on-the-road workshop will cover group riding as a family with on-bike and on-road demonstrations. Topics covered include: How to pick a safe route, avoid hazards and ride in style. Strong emphasis will be placed on safety, including subjects such as what to ride and what to wear to be comfortable and visible.

All participants are required to bring working bikes and helmets.

Location: Bristol Town Green

Instructor: Melanie Kessler

Age	Day	Time	Date	R/NR Fee
All	Su	3:30-5:00P	9/16	\$0/0



Learn to Ride Workshop

Local Motion uses the Balance Bike Method to help kids lose the training wheels and learn to ride in just a few hours. The Balance Bike Method allows children to practice balancing before combining it with pedaling. For many children, breaking up the tasks helps them learn how to ride their bicycle more quickly and with less stress. Most kids leave riding a bike within an hour!

If you are interested in volunteering as a bike trainer, training occurs 30 minutes prior to the workshop.

Location: BES Parking Lot

Instructor: Melanie Kessler

Age	Day	Time	Date	R/NR Fee
0-7	Su	10:00-11:00A	10/7	\$0/0
Age	Day	Time	Date	R/NR Fee
7+	Su	11:30-12:30P	10/7	\$0/0



International Walk/Bike to School Day

International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. This event has become part of a movement for year-round safe routes to school and a celebration—with record breaking participation—each October.

Route stops and details will be available closer to the event through the schools and on Local Motion's Facebook page.

Join with neighbors for a walking and biking parade beginning at the following two points:

Two Biking school buses will leave from Rockydale Rd. and Rt. 17 and the corner of Plank and Burpee Road.

Two Walking school buses will leave from the high school and from the corner of Lover's Lane and Cold Springs Rd.

Contact Mary Yates for more information. (802) 349-4668 or email myates65@hotmail.com



Tech/Photography Workshops

Adult Computer Literacy

Knowing about computers, the internet, social media, and keeping yourself safe online is hard with how fast technology is advancing. These courses are designed to help you be informed, avoid financially compromising scams, and enjoy connecting with others without worrying!

Sign up for all 4 classes online and pay just \$100

Location: The Hub Teen Center

Instructor: Brian LaClair

MIN/MAX: 3/6

Know Your Computer

This class will introduce you to skills for navigating your operating system (Windows or Mac), word processing, accessing the internet, and using your machine to it's fullest potential. We'll also take a quick look at the internals of a computer to answer any questions on how they work.

Age	Day	Time	Date	R/NR Fee	Code
All	Th	11:00-12:00P	10/4	\$35/45	230-01

E-Mail

This class will focus on email, proper email etiquette, avoiding email scams. If you don't already have an email address, we will work together to create one for you.

Age	Day	Time	Date	R/NR Fee	Code
All	Th	11:00-12:00P	10/11	\$35/45	230-02

Social Media

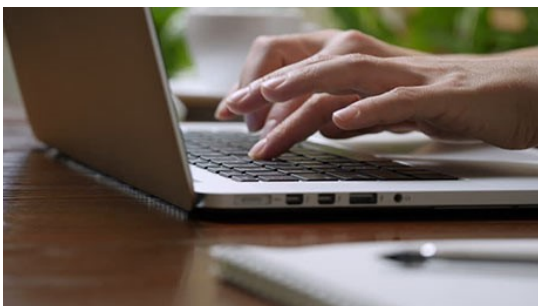
During this class we will go over the basics of social media, creating social media accounts, good posting etiquette, avoiding scams on social media, and more.

Age	Day	Time	Date	R/NR Fee	Code
All	Th	11:00-12:00P	10/18	\$35/45	230-03

Smart Phones

This class will introduce you to skills for navigating your smart phone (Apple or Android), and using your phone to it's fullest potential. We'll also talk about avoiding phone scam, including examples of what a phone scam is like.

Age	Day	Time	Date	R/NR Fee	Code
All	Th	11:00-12:00P	10/25	\$35/45	230-04



Digital Photography Series

This workshop will cover the basics of digital photography with a Digital Single Lens Reflex (DSLR) Camera. Get yourself off the 'auto' setting and maximize your camera in this 4 week course. All participants are encouraged to bring their DSLR camera and manual to this workshop. **DSLR cameras are available to borrow for class use only**

Sign up for all 4 classes online and pay just \$90

Location: Bristol Fire Department - Conf. Room

Instructor: Mark Bouvier

MIN/MAX: 4/10

Introduction to Digital Photography

The goal of this session is to get yourself fully acquainted with your camera. This workshop will cover the basics of digital photography with a Digital Single Lens Reflex (DSLR) Camera.

Age	Day	Time	Date	R/NR Fee	Code
13+	Tu	5:30-6:30P	10/9	\$30/40	23040-01

Beyond the Basics

In this session, participants will gain an understanding of the ISO, aperture and shutter speed, including depth of field.

Age	Day	Time	Date	R/NR Fee	Code
13+	Tu	5:30-6:30P	10/16	\$30/40	23040-02

All About Lighting

Lighting, both ambient and flash photography along with shooting during the golden hour will be the topics of this session.

Age	Day	Time	Date	R/NR Fee	Code
13+	Tu	5:30-6:30P	10/23	\$30/40	23040-03

Bristol Photography Walk

Apply all your new-found photography skills by photographing beautiful downtown Bristol. Afterwards, participants will return to the Fire Station to look at their results.

Age	Day	Time	Date	R/NR Fee	Code
13+	Tu	5:30-6:30P	10/30	\$30/40	23040-04

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



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

www.bristolvtrec.com

Household Information Form

Today's Date: _____

Household Last Name: _____ *Resident: _____ Non Resident: _____

* (Bristol, Lincoln, Monkton, Starksboro, 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

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
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

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 or call the Recreation Office at 453-5885

