Montpelier Recreation Department
55 Barre Street
225-8699
www.montpelierrec.org

Youth Basketball Program
Montpelier Residents Only

3rd & 4th Grades Boys-3590-A  3rd & 4th Grades Girls-3592-A
5th & 6th Grades Boys-3591-A  5th & 6th Grades Girls-3593-A

$35 per student  $75 for 3 or more students

Registration & Payment by Wednesday, Nov. 6, 2013
Payment after Nov. 6 $40.00

Montpelier High School Gym
Saturday, November 16
3/4 Girls @ 9am
3/4 Boys @ 10:30am
5/6 Boys @ 12pm
5/6 Girls @ 1:30pm

Main Street Middle School Gym
Saturday, November 23
3/4 Girls @ 9am
3/4 Boys @ 10:30am
5/6 Boys @ 12pm
5/6 Girls @ 1:30pm

Coaches Meeting - November 6 @ 7pm
Please call 225-8699 if you would like to Coach
Montpelier Recreation Department
55 Barre Street
225-8699

Start Smart Basketball

This 5-week Start Smart Basketball is a developmentally appropriate introductory basketball program for children 3-5 years old. This program introduces children to basketball in a fun environment. Start Smart Basketball prepares children and their parents for organized basketball without the fear of getting hurt. This program is an interactive program with children and their parents. PARENTS MUST PARTICIPATE.

Please leave other siblings at home unless supervised by another parent.

Thursday, January 2nd will be an informational meeting for New PARENTS ONLY.
This meeting will be at the Recreation Department Office Conference Room at 5:00 p.m.
The next 5 weeks will be for parent and child at the Gym.

January 6, 13, 20, 27 & February 3 5:00pm - 5:45pm
$48.00 Montpelier Residents  $72.00 Non-Residents

Youth Basketball Program

Montpelier Residents Only

Saturday, November 16
MHS Gym
#3592 3/4 Girls - 9:00am
#3590 3/4 Boys - 10:30am
#3591 5/6 Boys - 12:00pm
#3593 5/6 Girls - 1:30pm

Saturday, November 23
MSMS Gym
#3592 3/4 Girls - 9:00am
#3590 3/4 Boys - 10:30am
#3591 5/6 Boys - 12:00pm
#3593 5/6 Girls - 1:30pm

$35 per student Registration & Payment by 12/6/13
Payment after 12/6/13 $40.00

Coaches Meeting - November 6 @ 7:00pm Montpelier Recreation Department

First & Second Grade Basketball

Montpelier Residents Only

Students in 1st & 2nd Grade
Saturdays 10:15am - 11:15am
(Dec. 7 - Jan. 25)
Held at The Rec. Center

Fee: $35.00 Registration & Payment by 12/6/13
Payment after 12/6/13 $40.00
Volunteer Coaches are needed!

Kindergarten Basketball

Montpelier Residents Only

Students in Kindergarten
Saturdays 9:00am - 9:45am
(Dec. 7 - Jan. 25)
Held at The Rec. Center

Fee: $35.00 Registration & Payment by 12/6/13
Payment after 12/6/13 $40.00
Volunteer Coaches are needed!
Season Passes
Sugarbush's Mount Ellen

Deadline to Purchase: 12/6/2013
Students 8-18 years

Montpelier Residents $321.14
Non-Residents $331.14
Above fee includes 5 bus trips with The Sunday Ski Program
January 5, 12, 26 & February 2, 9
10:30am - 4:45pm

If you are currently a season pass holder at Sugarbush you can take our bus to Sugarbush on above dates.

5 - Bus Rides: You child has a Sugarbush Pass
$40.00 - Montpelier Resident
$60.00 - Non-Montpelier Resident

Sunday Ski Program

Sign-up DEADLINE: FRIDAY, DECEMBER 6, 2013

Non-Residents Montpelier Residents
Lift Ticket $160.00 $180.00
Lift Ticket & Rentals $205.00 $225.00
Lift Ticket & Clinic $245.00 $265.00
Lift Ticket, Rentals & Clinic $265.00 $285.00
Clinic Only w/Season Pass $100.00(NO BUS) $100.00
Chaperones: $145.00 $145.00
Chaperones with Rentals $190.00 $190.00

All sign-ups must be made at the Recreation Office there are forms to fill out.

Attention Parents
There will be an approximate 10 to 1 student/adult chaperone ratio. All chaperones must pay at the time of enrollment. Discount will be given once the program numbers are finalized. Chaperones riding the bus will get priority followed by driving chaperones. There will be a limited number of paying chaperones. Your child will have many responsibilities while participating in this program. These include but are not limited to the following:

- Ages 8 - 18 years old
- Ability to put on and be responsible for equipment
-Arriving to lessons on time and properly clothed,
- Being aware of the time and knowing when to return to the bus.
- Respecting people, property and the rules set by Sugarbush and the Montpelier Recreation Department

January 5, 12, 26 & February 2, 9
10:30am - 4:45pm
Ages 8 to 18 years old

The bus will leave from the Montpelier High School parking lot at 10:30 am sharp. Students are expected to be back on the bus at 4:00 pm. The bus will return to the Montpelier High School approximately 4:45pm.
AGES 7 THROUGH ADULTS – ALL EXPERIENCE LEVELS
Mondays & Thursdays
20 classes
December 2 – February 20
No Class on 12/23, 12/26, 12/30 & 1/20
7-8 years old  5:30 pm – 6:30 pm
9 years – Adult  6:30 pm – 7:30 pm
Union Elementary School
Resident: $70.00 Non-Resident $100.00

Instructor: Matthew Girouard –
Experienced Black Belt & teacher

MONTPELIER RECREATION DEPARTMENT
55 Barre Street
Montpelier, VT 05602
1-802-225-8699
www.montpelierrec.org
Sponsored by:
The Montpelier Elks Lodge #924
REFRESHMENTS
Drug Awareness Booth

SUNDAY
DECEMBER 8, 2013

MAIN STREET
MIDDLE SCHOOL
Registration 11:30 - 12:00
Shooting starts 12:00 (noon)

BOYS & GIRLS
AGES 8-13
As of APRIL 1, 2014

For more info contact Montpelier Recreation Department 225-8699 or Montpelier Elks Lodge 223-2600
PRE SCHOOL

LITTLE SPROUTS OPEN GYM

The Gym is available on Wednesdays 9:00 - 11:00 a.m. for pre-school children with their parents or provider. Mats, balls, and other equipment are available for use.
FREE!
October 2, 2013 - May 7, 2013

After School
CRAFTY CRITTERS
ARTS & CRAFTS

WITH Norma Maurice and Jenny Bartlett - Rec. Dept. Staff

Students K-5
Schedule
Thursdays
November 7 - December 5
2:50-4:30 pm
Please remember to pack an after school snack!

Union Elementary Art Room
$25.00

Come join the fun with coloring, gluing, taping and painting. Children will have fun making all kinds of original projects.
ADULT CO-ED DODGEBALL

National Amateur Dodgeball Association Rules
Adults
Mondays
7:00 – 9:00 p.m.
November 4 – December 9
Union School Gym
$15.00 per person – or walk in $2.50 per night
Register at the Montpelier Recreation Department
Soft “Gator Skin” dodgeballs used

Montpelier Recreation Department
55 Barre Street
Montpelier, VT 05602
1-802-225-8699 www.montpelierrec.org
# Montpelier Recreation Department

## American Red Cross Safety Courses

### Pediatric CPR/AED

Recognition and care of breathing and cardiac emergencies in infants and children to 12 years of age. All materials included. 2 year certification.

<table>
<thead>
<tr>
<th>Program #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2436-C</td>
<td>Sunday</td>
<td>November 10</td>
<td>12:30 pm - 3:30 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>3439-A</td>
<td>Sunday</td>
<td>January 26</td>
<td>1:00 pm - 4:00 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>3439-B</td>
<td>Sunday</td>
<td>March 9</td>
<td>1:00 pm - 4:00 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>4503-A</td>
<td>Sunday</td>
<td>April 13</td>
<td>1:00 pm - 4:00 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>4503-B</td>
<td>Sunday</td>
<td>June 15</td>
<td>1:00 pm - 4:00 pm</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

### First Aid

Learn first aid skills for injuries and sudden illness. All materials included. 2 year certification.

<table>
<thead>
<tr>
<th>Program #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2437-C</td>
<td>Sunday</td>
<td>December 1</td>
<td>12:30 pm - 3:30 pm</td>
<td>$50.00</td>
</tr>
<tr>
<td>3438-A</td>
<td>Sunday</td>
<td>January 12</td>
<td>10:30 am - 1:00 pm</td>
<td>$50.00</td>
</tr>
<tr>
<td>3438-B</td>
<td>Sunday</td>
<td>February 9</td>
<td>10:30 am - 1:00 pm</td>
<td>$50.00</td>
</tr>
<tr>
<td>3438-C</td>
<td>Sunday</td>
<td>March 30</td>
<td>10:30 am - 1:00 pm</td>
<td>$50.00</td>
</tr>
<tr>
<td>4503-C</td>
<td>Sunday</td>
<td>June 1</td>
<td>10:30 am - 1:00 pm</td>
<td>$50.00</td>
</tr>
</tbody>
</table>

### CPR/AED Recertification - Adult and Pediatrics

Must have a current certification card that has not expired to take this class. All materials included. 2 year certification.

<table>
<thead>
<tr>
<th>Program #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2438-C</td>
<td>Sunday</td>
<td>November 17</td>
<td>12:30 pm - 3:30 pm</td>
<td>$40.00</td>
</tr>
<tr>
<td>2438-D</td>
<td>Sunday</td>
<td>December 15</td>
<td>12:30 pm - 3:30 pm</td>
<td>$40.00</td>
</tr>
<tr>
<td>3437-A</td>
<td>Sunday</td>
<td>January 12</td>
<td>1:00 pm - 4:00 pm</td>
<td>$40.00</td>
</tr>
<tr>
<td>3437-B</td>
<td>Sunday</td>
<td>February 9</td>
<td>1:00 pm - 4:00 pm</td>
<td>$40.00</td>
</tr>
<tr>
<td>3437-C</td>
<td>Sunday</td>
<td>March 30</td>
<td>1:00 pm - 4:00 pm</td>
<td>$40.00</td>
</tr>
<tr>
<td>4503-D</td>
<td>Sunday</td>
<td>June 1</td>
<td>1:00 pm - 4:00 pm</td>
<td>$40.00</td>
</tr>
</tbody>
</table>

### Adult CPR/AED

Skills to respond to adult breathing and cardiac emergencies. All materials included. 2 year certification.

<table>
<thead>
<tr>
<th>Program #</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>2439-B</td>
<td>Sunday</td>
<td>November 3</td>
<td>12:30 pm - 3:30 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>2439-C</td>
<td>Sunday</td>
<td>December 22</td>
<td>12:30 pm - 3:30 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>3436-A</td>
<td>Sunday</td>
<td>January 26</td>
<td>10:30 am - 1:00 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>3436-B</td>
<td>Sunday</td>
<td>March 9</td>
<td>10:30 am - 1:00 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>4503-E</td>
<td>Sunday</td>
<td>April 13</td>
<td>10:30 am - 1:00 pm</td>
<td>$60.00</td>
</tr>
<tr>
<td>4503-F</td>
<td>Sunday</td>
<td>June 15</td>
<td>10:30 am - 1:00 pm</td>
<td>$60.00</td>
</tr>
</tbody>
</table>

Location: All classes will be taught at the Central Vermont Medical Center Board Room located downstairs. **Class refund policy:** Refunds, due to participant cancelations, will only be given if arrangements are made THE FRIDAY BEFORE CLASS AT 12:00 NOON. **Pre-registration is required.** We suggest registering at least a week in advance. Register with the Montpelier Recreation Department: 55 Barre St., Montpelier, VT 05602  Phone: 1-802-225-8699
PARENT & CHILD ARCHERY

Learn how to handle a bow safely and properly shoot at targets at R & L Archery’s indoor range.

Who: Parent & Child (3rd grade and up)

When: Tuesdays, November 26, December 10, 17 & January 7

Where: R & L Archery in Barre

Time: 6 – 7 pm

Fee: $24.00 per person

Instructor: R & L Staff

Minimum: 3   Maximum: 8

LIMITED SPACE – SIGN UP SOON!
Hatha Yoga with
Louise Mulier Sandberg - Teaching since 1976

Men and Women ages 16 - 80
Beginners and Advanced.

Schedule
Tuesdays for 10 weeks
November 26 - February 11
No Class 12/24 & 12/31
6:30 - 8:00 p.m.

Union School-Small Gym

Resident: $80.00
Non-Resident: $120.00

Scottish Country Dancing

INSTRUCTOR: MARTHA KENT

Join in the fun of Scottish dancing! You’ll learn lively jigs, rhythmic reels, and stately strathspeys to the lovely melodies of this beautiful country. A partner, experience, special clothing, and Scottish heritage are not necessary. So come dance, get a little exercise, and make some new friends.

Adults 18 +

Schedule
Wednesdays for 9 Weeks
Nov. 20, Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5
No Classes on Nov. 27, Dec. 25 & Jan. 1
7:00 - 9:00 p.m.

Union Elementary Gym

Residents: $32.00
Non-Residents: $48.00

Walk-ins: Resident: $5.00
Non-Resident: $7.50
SNOWMOBILE SAFETY COURSE

Saturday, DECEMBER 7, 2013
Barre Town School – Multipurpose Room
9:00 am – 3:00 pm
Co-hosted by the Thunder Chickens &
the Montpelier Recreation Department

Class is free of charge – limited to the first 40 students. Pre-registration is required. Call the Montpelier Recreation Department to register -1-802-225-8699

Free lunch will be provided.

Course Instructors:
David Rouleau
Pam Massey
Mark Reaves

COURSE INFORMATION

This course will help you learn safe operating practices if you are new to snowmobiling and will increase your skills and knowledge if you are a seasoned snowmobiler.

Anyone born after July 1, 1983 must complete and pass a six hour safety course.

Persons wishing to attend this course must register as early as possible as class size is limited. PRE-REGISTRATION IS A MUST. Children who are 8, 9, 10 or 11 years of age are not required to take the snowmobile safety education course. They may attend the course, but they will not be certified. For general course information and to register call the Montpelier Recreation Department. If you have questions about snowmobile safety education, please contact the Vermont State Police Recreational Enforcement & Education Unit 802-878-7111, ext. 2211
COMING SOON...

2013/2014

RELEASE DATE: NOVEMBER 13, 2013

Winter & Spring Brochure