

WINTER/SPRING 2015

Bristol

Recreation Department



It's All Good!

General Information

Bristol Recreation Department

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

Bristol, Vermont 05443

Open Monday – Friday 8:00 AM– 4:30 PM

Phone: 453-5885 • Fax: 453-5188

Email: bristolrec@gmavt.net

Website: www.bristolrec.org

Facebook: [Bristol Recreation Department](#)

Twitter: [@bristolrec](#)

Darla Senecal, Recreation Director

Valerie Hanson, Recreation Assistant

Matlak Mayforth, Potter in Residence

Ryan Krushenick, Hub Youth Center Director

**Leah Henry Beauchamp, Hub Youth Center
Program Director**

Emma Ohlund- Ameri-Corps Volunteer

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 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 administration 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.

School Cancellations

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

REGISTRATION INFORMATION

You may register online at bristolrec.org, Payment must be sent separately or mail in your signed registration **WITH** payment to:

Bristol Recreation Department

PO Box 249 Bristol, VT 05443

REGISTRATION GUIDELINES

- A. Parent/Guardian signature required for youths 17 and under.
- B. **REGISTER EARLY!**
- C. Registration enrollment is limited for some classes.
- D. **REGISTRATION DEADLINE** ... we must meet our minimum enrollment number, one week prior to the start date of programs.
- E. Mail-in registration forms must be received four days prior to programs' starting dates.
- F. **Fees payable at time of registration (CASH or CHECK).**
- G. Registration fee arrangements can be made, contact the Recreation Director.
- H. Non-residents accepted if space is available, with the additional out of town fee applied.
- I. **No telephone registrations accepted**
- J. We afford equal opportunity to all people to participate in our programs.
- K. If you are a person with a disability and require accommodations, please contact the Recreation Director prior to the program's starting date.
- L. Residents are those whose primary home is located in the Five Town area (Bristol, Lincoln, Starksboro, Monkton & New Haven)
- M. **Please be aware that program information and fees are subject to change.**
- N. **Refunds based on refund policy.**

REGISTRATION LATE FEES

Registrations not received prior to the first day of class will be assessed a \$15 administrative late fee.

Family & Community Events

Where will your next
Special event be?



Are you looking for a place to hold that upcoming special event? We've got the room for you at the Holley Hall!

Whatever the occasion birthday party, meeting, wedding reception, or family get together. The space is available for residents as well as non-residents.

For more information, please visit the bristolrec.org for an application or call the Recreation office at 453-5885.

Swim!

At the Mt Abe Pool

SATURDAY SWIM!!

Come enjoy an exotic swim in the Mt. Abe pool There will be music and fun for all on select Saturdays in Jan.-April

Jan. 24,21, Feb.7,14,21,28 MARCH 7,14,21,28
April 4

10:15-12:15pm



Vacation Swim!

Monday-Wednesday-Friday

February 16, 18,20 9:30.m. – 12:00p.m.

and

Monday-Wednesday-Friday,

April 20, 22, 24 9:30 a.m. – 12:00p.m.

Fee:\$3.00 per person, per day

WALK IT OFF!

Has the snow and ice put an end to your walking program?

Bristol Recreation Department would like to support residents in making healthy choices. The purpose of this program is to offer opportunities to community members who want to be physically active.



Come walk it off in Holley Hall with Darla & Val. Work out in a safe site close to your home. The building is clean, warm, and dry in all types of weather. Join us on Tuesdays & Thursdays beginning Feb. 10th at 1pm This is a low impact two mile walk that burns calories and strengthens your heart.

This program is **FREE and open to the public!**

Bristol Clay Studio

The Bristol Clay Studio is located in Artist's Alley next to Art on Main. Celebrating 14 years of creative fun for the 5- Town community, the Bristol Clay Studio is a working pottery studio and is part of the Bristol Recreation Dept. Offering pottery classes for students ages three through adult. Resident potter, Matlakwauhti Mayforth provides a relaxed and supportive environment in which people of all levels of clay experience have opportunity to explore hand building, as well as wheel throwing techniques. The Clay Studio is a place where skills are learned, fun happens and connections are made! Class fees include first 12.5 lbs of clay, glaze and firing costs

Pee Wee Pottery

A fun child & parent class where children rule the clay! Come join in the fun! This class meets once a week for 6 weeks.

MIN/MAX: 4/8

Age	Day	Time	Date	R/NR Fee	Code #
3-5	Sa	9:30-10:30A	1/17-3/7	\$65/75	100502-01
3-5	Sa	9:30-10:30A	3/14-4/18	\$65/75	100502-02
3-5	Sa	9:30-10:30A	5/2-6/6	\$65/75	100502-03

After School Pottery

Explore the excitement and wonder of making objects in clay! Students may choose between working on the potter's wheel and hand building. All work will be glazed and fired to take home. This class meets once a week for 6 weeks. No Class Feb. 3 or 17.

MIN/MAX: 4/10

Grade	Day	Time	Date	R/NR Fee	Code #
1-12	Tu	3:15-4:45P	1/13-3/3	\$65/75	110501-01
1-12	Tu	3:15-4:45P	3/10-4/14	\$65/75	110501-02
1-12	Tu	3:15-4:45P	4/28-6/2	\$65/75	110501-03
1-12	Th	3:15-4:45P	1/15-3/5	\$65/75	110501-04
1-12	Th	3:15-4:45P	3/12-4/16	\$65/75	110501-05
1-12	Th	3:15-4:45P	4/30-6/4	\$65/75	110501-06

February & April Vacation Clay Camps

Come to the Bristol Clay Studio and use your creativity to explore the potter's wheel and or hand building to create objects in clay. The emphasis will be having fun and being creative, while learning pottery techniques.

MIN/MAX: 6/10

Grade	Day	Time	Date	R/NR Fee	Code #
1-6	M-F	10:00-12:00P	2/16-20	\$70/80	110502-01
1-6	M-F	10:00-12:00P	4/20-4/24	\$70/80	110503-01

Adult & Teen Clay

No experience necessary! Learn techniques in hand building or throwing on the potter's wheel to create functional or non-functional pottery in a relaxed, supportive class. The emphasis is on having fun. This class meets once a week for 6 weeks. Please note: There will be no class on Feb. 18th.

Instructor: Matlakwauhti Mayforth

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-8:00P	1/14-3/4	\$110/120	120501-01
Adult	W	6:00-8:00P	4/29-6/3	\$110/120	120501-02
Adult	W	6:00-8:00P	3/11-4/15	\$110/120	120501-03

Morning Clay Class

No experience necessary! Learn basic hand building skills in the relaxing environment of the Bristol Clay Studio. Come with your own ideas or expect to be inspired! All creations will be glazed and fired. No open studio hours for this class. No class Feb. 4 or 18th.

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	10:45-12:15P	1/14-3/4	\$70/80	120511-01
Adult	W	10:45-12:15P	3/11-4/15	\$70/80	120511-02
Adult	W	10:45-12:15P	4/29-6/3	\$70/80	120511-03



Kid's Open Studio Weaving

Come join the weaving studio for kids! Students will be introduced to a variety of weaving techniques and project ideas that can be created with yarn and easily found objects. With guidance from the instructor, kids will have an opportunity to design and create their own weaving projects. Materials included but students are also encouraged to bring their own. All levels of experience welcome!

Location: Clay Studio

Instructor: Miriam Block

MIN/MAX: 4/8

Age	Day	Time	Date	R/NR Fee	Code #
8-13	Su	2:30-4:00P	3/1-3/29	\$90/100	110401-01

Guitar Instruction Class

Beginner/Intermediate classes. These classes include an introduction to the guitar. We will discuss the parts of the instrument and how music is created. We will learn notes and chords that are used in songs and how to play them.

Location: TBA

Instructor: Ryan Hanson

MIN/MAX: 6/10

Grade	Day	Time	Date	R/NR Fee	Code #
3-6	Th	3:30-4:30P	2/26-4/2	\$65/75	120902-01

Gymnastics is back!

We are pleased to have Lindsey Hescocock who has 20+ years of experience teaching dance, creative movement, health and wellness classes and visual arts join our staff. She is excited to be returning to hear roots in gymnastics. Bristol Rec. Dept. has purchased our own equipment and will be holding classes at Holley Hall on Saturday mornings. Lindsey brings a wealth of knowledge and enthusiasm to our program. We are very happy to have her on board.

Students Must wear a t-shirt and pants with elastic waistband for comfort and freedom of movement. Clothing should not have zippers buttons, grommets, or other raised embellishments.

Parent Toddler Open Gym

Sometimes you just need to get out and move during our long Vermont winters. You and your child will benefit from a mix of guided activities and free play that will help cure your cabin fever! Develop balance, body awareness, and gross motor skills in a safe and fun environment. We will explore foundational skills on tumbling mats, balance beam, vault, single rail training bar, mini trampoline and more. An adult is REQUIRED to attend class.

Location: Holley Hall - Hall

MIN/MAX: 6/12

Age	Day	Time	Date	R/NR Fee	Code #
1-3	Sa	10:00-10:45A	1/31-3/14	\$50/60	101301-01
1-3	Sa	10:00-10:45A	3/28-5/2	\$50/60	101301-02

School Age Beginner Gymnastics

This class will introduce elementary school students to basic gymnastics and tumbling skills. Gymnasts will learn basic tumbling skills, including forward and backward rolls, cartwheels, and handstands. They will improve balance, body awareness, coordination, flexibility, and confidence while using the balance beam, vault, single rail training bar, and more. No class on 2/28

Location: Holley Hall - Hall

MIN/MAX: 10/14

Age	Day	Time	Date	R/NR Fee	Code #
6-16	Sa	12:00-1:00P	1/31-3/14	\$75/85	111301-01
6-16	Sa	12:00-1:00P	3/28-5/2	\$75/85	111301-02

School Aged Experience

This class is for elementary school students who can already do a front roll, back roll, cartwheel, handstand, and backbend. Gymnasts will build on these basic skills to learn round offs, walkovers, and handsprings. Students will improve balance, strength, flexibility, and confidence while using the tumbling mats, balance beam, vault, single rail training bar, and more. No class on 2/28.

Location: Holley Hall - Hall

Age	Day	Time	Date	R/NR Fee	Code #
6-16	Sa	1:15-2:30P	1/31-3/14	\$90/100	111302-01
6-16	Sa	1:15-2:30P	3/28-5/2	\$90/100	111302-02

Pre K & Kindergarten Gymnastics

This class is designed to help young learners enjoy an introduction to gymnastics while developing balance, body awareness, gross motor skills, coordination, and confidence. We will explore foundational skills on tumbling mat, balance beams, vault, single rail training bar, mini trampoline, and more. An adult is NOT required to attend class with the student. No class on 2/28.

Location: Holley Hall - Hall

MIN/MAX: 6/6

Age	Day	Time	Date	R/NR Fee	Code #
4-5	Sa	11:00-11:45A	1/31-3/14	\$65/75	101302-01
4-5	Sa	11:00-11:45A	3/28-5/2	\$65/75	101302-02



Ballet with Ms. Stevie

Stevie is a senior at Middlebury College majoring in English and Dance with a minor in Secondary Education. She started dancing when she was only three years old and hasn't stopped for even a moment since! Classes are held at Holley Hall

MIN/MAX: 8/15

Beginner

These classes will introduce younger students to basic ballet vocabulary and technique in a structured yet fun setting. Simple coordination, musicality, rhythm and concentration will be emphasized. Students are encouraged to explore space and enjoy dancing.



Age	Day	Time	Date	R/NR Fee	Code #
5-7	Tu	3:30-4:30P	1/20-2/24	\$65/75	111201-01
5-7	Tu	3:30-4:30P	3/3-4/7	\$65/75	111201-02
5-7	Tu	3:30-4:30P	4/14-5/19	\$65/75	111201-03

Intermediate Ballet

In this class students will gain a more complete understanding of ballet technique. Emphasis will be placed on proper technique and alignment and increasing strength and flexibility. Students are expected to have prior experience in ballet and to be more self-disciplined.

MIN/MAX: 8/15

Age	Day	Time	Date	R/NR Fee	Code #
8-18	Tu	4:30-5:30P	1/20-2/24	\$75/75	111203-01
8-18	Tu	4:30-5:30P	3/3-4/7	\$75/75	111203-02
8-18	Tu	4:30-5:30P	4/14-5/19	\$75/75	111203-03

School Vacation Fun

Vacation Swim!

Monday-Wednesday-Friday

February 16, 18, 20 9:30.m. – 12:00p.m.

and

Monday-Wednesday-Friday,

April 20, 22, 24 9:30 a.m. – 12:00p.m.

Fee:\$3.00 per person, per day

February & April Vacation Clay Camps

Come to the Bristol Clay Studio and use your creativity to explore the potter's wheel and or hand building to create objects in clay. The emphasis will be having fun and being creative, while learning pottery techniques.

MIN/MAX: 6/10

Grade	Day	Time	Date	R/NR Fee	Code #
1-6	M-F	10:00-12:00P	2/16-20	\$70/80	110502-01
1-6	M-F	10:00-12:00P	4/20-4/24	\$70/80	110503-01

Weird and Wacky Contraption Lab

In this weird and wacky contraption lab we will experiment with all sorts of parts to create a one of a kind contraption. We'll work individually and collaboratively to build an unlimited number of contraptions. Successfully constructed contraptions will "send the stunt pig flying"! Kids will work to build skills like problem solving and strategies, testing and experimentation.

***Must Register by 2/2**

Location: Holley Hall - Hall

Instructor: Matthew Senecal

MIN/MAX: 4/10

Grade	Day	Time	Date	R/NR Fee	Code #
3-6	M	1:00-3:00P	2/16	\$45/55	111403-01

Smart Lab Toys Blast Off Rocket

This class includes a build your own mini rocket racer, featuring a sleek aerodynamic design and large wheels for maneuverability. The racer body is see through for a closer look at the chemical reaction in action. It also comes with a toy and book. This activity will satisfy and engage a child's curiosity and science becomes an adventure!

***Must register by 2/2**

Location: Holley Hall - Hall

Instructor: Matthew Senecal

MIN/MAX: 4/10

Grade	Day	Time	Date	R/NR Fee	Code #
3-6	W	1:00-3:00P	4/15	\$45/55	111404-01

Bow & Rifle Hunter Safety

Class graduates will leave the hunter education courses with a thorough understanding of how to get a lifetime of enjoyment from Vermont's magnificent natural resources. Topics covered include: Basic introduction to Hunter Education, Bow & Firearms hunting safety, Hunter responsibility & personal preparedness, wildlife conservation & hunting opportunities in the area.

Location: Masonic Lodge Mtg. R

Instructor: Barb Prime

MIN/MAX: 5/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M-F	3:00-5:30P	4/20-4/24	\$0/0	110601-01



Mt. Kenpo Karate Kids

Sensei Thomas and his team will emphasize to your child the importance of self-discipline, self-respect, street awareness, while learning the art of self-defense. Participants will learn kicking, punching, proper stances, locks, escapes and distance control. This class meets once a week for 6 weeks.

Location: Holley Hall - Hall

Instructor: Thomas Cole

MIN/MAX: 2/30

Age	Day	Time	Date	R/NR Fee	Code #
5-11	Th	5:00-6:00P	12/18-2/5	\$65/75	110301-01
5-11	Th	5:00-6:00P	2/12-3/19	\$65/75	110301-02
5-11	Th	5:00-6:00P	3/26-4/30	\$65/75	110301-03
5-11	Th	5:00-6:00P	5/7-6/11	\$65/75	110301-04



Meet the Snow Queen and her Friends At



the

Crystal Palace!



*Meet and greet your favorite characters

* Enjoy Refreshments

*Fun crafts

* Play Games

*Photos with the Characters

*Sing -a-long

*Live Reindeer and so much more!

March 7, 1-3pm, Tickets \$15 per child

Tickets available in advance only at the Bristol Recreation office

Bristol's Path to Wellness

COMMIT TO BE FIT!

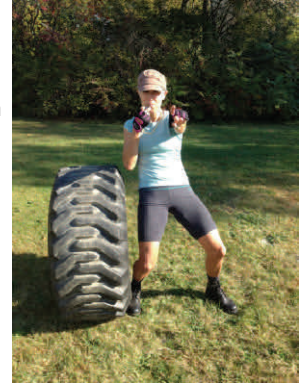
Boot Camp

Boot Camp is an hour long session incorporating core exercises, upper and lower body strength moves, plyometrics and more. Designed to boost strength, cardiovascular fitness, agility, and endurance in a fun and energetic setting.

Location: Holley Hall - Hall

Instructor: Ginger Lambert **MIN/MAX:** 5/25

Age	Day	Time	Date	R/NR	FeeCode #
Adult	W	6:15-7:15P	1/14-2/18	\$72/82	120107-01



Aqua Aerobics

What's not to love about water aerobics? You're in a pool so you can work up a sweat and still stay cool; you don't put any stress on your joints (a bonus for people with knee problems); and you can add equipment like weights and noodles to make the routine either harder or easier. Either way, you'll get a great workout that burns calories and tones the body. You don't have to be a swimmer to participate in this class.

Location: MAUHS Pool * Must register by 1/15

Instructor: Barbara Pelton **MIN/MAX:** 5/20

Age	Day	Time	Date	R/NR	FeeCode #
Adult	Sa	8:00-9:00A	1/24-3/14	\$65/75	120104-01



Aqua Fit!!

Aqua Fit blends dance with water resistance, for a workout you shouldn't miss! There is less impact on your joints during Aqua fit classes so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your body! Come on, give it a try!

Location: MAUHS Pool

Instructor: Courtney Provoncha **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR	FeeCode #
Adult	Sa	9:15-10:15A	1/24-2/21	\$65/75	120108-01
Adult	Sa	9:15-10:15A	3/7-4/4	\$65/75	120108-02

Co-Ed Rec. Volleyball

This is an ADULTS ONLY class. Intermediate - minimum 3-4 years experience in recreational volleyball, not suggested for league players. Classic three touch volleyball. This is a fun fast-paced game with receiving, passing, setting, & smashing and is great exercise! Time is subject to changed based on gym availability. No volleyball during school vacations.

Location: BES Gym

Instructor: Terri Fitz-Gerald **MIN/MAX:** 5/16

Age	Day	Time	Date	R/NR	FeeCode #
Adult	W	7:30-9:00P	1/7-6/3	\$22/22	120303-01

Adult Monday Night Basketball

This is an Adults Only class. You may drop in or attend the entire session. Basketball is a great, fun way to get in some exercise while having fun with friends and neighbors. There is no basketball during school vacations or holidays. Times are subject to change.

Location: BES Gym

Instructor: Justin Tierney **MIN/MAX:** 5/30

Age	Day	Time	Date	R/NR	Fee	Code #
Adult	M	7:30-9:00P	1/7-4/29	\$22/22		120304-01



Bristol's Path to Wellness

COMMIT TO BE FIT!

Resolution Kick Start

Zumba® Fitness fuses fitness, entertainment, and culture into an exhilarating dance fitness class. We'll sweat to a wide variety of musical genres using easy-to-follow-choreography. 45-60 minutes will fly by and leave a smile on your face. Burn 300-800 calories in ONE class! No class on 2/28.

Location: Holley Hall - Hall

Instructor: Lindsey Hescocock **MIN/MAX:** 8/40

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	9:00-10:00A	1/31-3/14	\$70/80	120109-01
Adult	Sa	9:00-10:00A	3/21-4/25	\$70/80	120109-02
Adult	Sa	9:00-10:00A	5/2-5/23	\$70/80	120109-03

Sunday Fitness Fusion Workshop

SUNDAY Fitness Fusion WORKSHOPS at Holley Hall. Get Swim Suit Ready! Get ready to wear just one layer of clothes! With this combination of strength, toning, dance, burn fat, look and feel great in these high energy classes. These workshops will be a combination of the following based on the instructors choice. HOOPLA is a class in which you will learn hooping basics and tricks that you'll use to dance and tone your body. Think you can't hoop? Try it and prove yourself wrong! Hoops of all sizes provided. Hoops also available to purchase. VT Fit Club is designed to tone and strengthen your body while motivating and focusing your mind. This class will help build strength, balance, stamina, flexibility, confidence, and awareness of form/posture. We use targeted toning, simplified yoga, plyometric, stretching and more. Weekly discussion topics include: motivation, nutrition, play, sleep, stress, and others by request.

Location: Holley Hall - Hall

Instructor: Lindsey Hescocock **MIN/MAX:** 10/40

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Su	8:30-9:30A	2/22	\$20/30	120110-01
Adult	Su	8:30-9:30A	3/22	\$20/30	120110-02
Adult	Su	8:30-9:30A	4/26	\$20/30	120110-03
Adult	Su	8:30-9:30A	5/24	\$20/30	120110-04



Mt Kenpo Karate Adult & Teen

This Teen and Adult class is designed for participants that have mastered the basics of Mt. Kenpo Karate. You will continue to perfect your stance, punches etc. Sensei Thomas and his team will provide additional sparing techniques, kicks, locks and more. In this class you can go as far as you choose based on your participation, dedication and desire.

Location: Holley Hall - Hall

Instructor: Thomas Cole **MIN/MAX:** 2/30

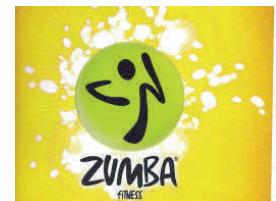
Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:30-7:30P	12/18-2/5	\$65/75	120301-01
Adult	Th	6:30-7:30P	2/12-3/19	\$65/75	120301-02
Adult	Th	6:30-7:30P	3/26-4/30	\$65/75	120301-03
Adult	Th	6:30-7:30P	5/7-6/11	\$65/75	120301-04

Zumba with Vicki

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

*no class March 2

Age	Day	Time	Date	R/NR Fee	Code #
Teen & Adult	M	6-7pm	1/12-2/9	\$36/46	120106-01
Teen & Adult	M	6-7pm	2/23-4/6	\$36/36	120106-02



Arthritis Foundation Tai Chi

CVAA and Bristol Recreation team to bring you the Arthritis Foundation's Tai Chi for Seniors! This popular program meets for 1 hour once a week for 8 weeks. Tai Chi improves flexibility, reduces stiffness and keeps joints mobile. Stiffness causes pain; increasing flexibility relieves pain. What's more, Tai Chi has been proven to reduce falls by an impressive 47%. This ancient discipline combines agile steps, physical and mental strength to improve mobility, breathing, and relaxation in ways that help you feel in greater control over your daily life. Classes are free but donations are gratefully accepted.

Location: Holley Hall - Hall

Instructor: Helen Turner/ Carol Hysko **MIN/MAX:** 3/50

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	1:00-2:00P	2/23-4/13	\$0/0	130100-01
Adult	Th	1:00-2:00P	3/26-5/14	\$0/0	130100-03

Tai Chi Graduates

This is an ongoing class for people that have completed the Arthritis Foundation's Tai Chi for Seniors class. Each class meets once a week for 1 hour. There is no fee for participation in this class.

Location: Holley Hall - Hall

Instructor: Ruth Barenbaum/Sarah Adams **MIN/MAX:** 2/40

Age	Day	Time	Date	R/NR Fee	Code #
Adult	M	1:00-12:00P	1/5-6/1	\$0/0	130101-01
Adult	Th	9:30-10:30A	1/8-4/30	\$0/0	130101-02



AHA Adult & Child CPR/AED



AHA Pediatric First Aid

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

Location: Rescue Squad Mtng RM

Instructor: Sharon Compagna **MIN/MAX:** 4/9

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:30-8:30P	2/5	\$50/60	120102-01

Learn basic skills and knowledge necessary to recognize and provide care for injuries and sudden illness for those 1 year - 16 years of age until care arrives. This class includes a certification card upon successful completion.

Location: Rescue Squad Mtng RM

Instructor: Sharon Compagna **MIN/MAX:** 6/20

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:30-9:30P	2/26	\$50/60	120103-01

Even More Classes
and workshops

**COMING
SOON!**

**Gardening and
Seed Starting
Recycling
Backyard Composting
How to grow, use
and store your own
herbs
And more!**



EKG-Earn It, Keep It, Grow It

A five week journey through the land of Personal Finances. Designed to help low-moderate income people get the better handle on their finances.

Topics covered include: Setting goals, Making a Spending Plan, Credit, Budgeting and Savings/Investing. We will also cover your Credit Score and why it's so important. This class is offered for free however, a \$40.00 donation is suggested.

Location: Howden Hall Mtg RM

Instructor: John Kromer

MIN/MAX: 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	W	6:00-7:00P	1/21-2/18	\$0/0	131001-01

Tablets and Smartphones Tips a Tricks

So you have a device now what? How can I make them communicate with each other???

We will cover syncing contacts and emails across devices. Go over products like Apple TV and Chrome Cast that work with these devices, sharing documents like google docs and video.

Location: Hall Holley Mtg Room

Instructor: Kris Merchant

MIN/MAX: 4/24

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Th	6:30-7:30P	2/19	\$0/0	121403-01

Powerful Tools for Caregivers

A six week educational program designed to help family caregivers take care of themselves while caring for their spouse, relative, friend whether at home, in a care facility or from a distance. Learn exercises for your own mental health and peace of mind, as well as listen to and share your experiences as a caregiver.



The series of 6 classes meets once a week for 90 minutes. Class size is limited to 6 people and preregistration is required. This class is offered free however, an optional donation of \$35.00 is appreciated but not required. Living Well Care Home is located at 71 Maple Street, Bristol.

Location: Living Well Meeting Room

Instructor: John Kromer

MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Tu	6:00-7:30P	3/3-4/7	\$0/0	120100-01

Soldering 101

Learn the basics of soldering your own jewelry. We will walk you through learning how to make pendants. It will open up a whole new world for you! All supplies included!



Location: Holley Hall - Hall

Instructor: Staff - TBA

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	12:00-2:00P	3/21	\$55/65	121404-01

Chalk Paint

BYOP (Bring Your Own Piece)

Workshop-

Bring in a small piece that you can carry with one hand. Mary Heinrich Aloï, a trained stockiest with Chalk Paint decorative paint by Annie Sloan, will demonstrate how to paint with four different techniques and wax. We will assist you so you can be confident with your techniques and selections. All supplies will be provided paint, brushes, waxes, etc.



Location: Holley Hall - Hall

Instructor: Mary Heinrich Aloï

MIN/MAX: 4/6

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	12:00-2:00P	3/14	\$55/65	121405-01



Dog Training

We are please to work with Caroline Engvall as our dog trainer. Caroline has owned and trained six of her own dogs and hundreds of students using only positive reinforcement methods over the past 18 years. Positive Reinforcement means that you strengthen behaviors you like by giving attention to those behaviors. Undesirable behaviors are ignored and managed to weaken them to the point of extinction. Some tools that She uses and strongly recommend are: clickers (a sound marker for good behaviors), motivational toys and treats, long lines, front ring harnesses, crates, fencing, gates and a dash of creativity. These tools are aids in helping you and your dog to be successful.



Basic Life Skills for Dogs

For dogs 6 months and older at the time of the class. You will learn the basics of positive reinforcement-based obedience with a strong emphasis on relationship, management and leadership skills. Dogs will learn: sit, down, come, leave it, loose leash walking, and how to handle jumping, mouthing, socialization, aggression, anxiety as well as adolescent issues. * NO dogs at the first class please.

Location: Holley Hall - Hall

Instructor: Caroline Engvall **MIN/MAX:** 3/4

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Su	4:00-5:00P	1/18-2/22	\$110/120	120801-01

Puppy Class

This class is for puppies who are 9 to 20 weeks old by the 2nd week of class (must have had the 1st round of puppy shots.) You will learn the basics of positive reinforcement-based obedience with a strong emphasis on relationship, management and leadership skills. Pups will learn: sit, down, come, leave it, loose leash walking, and how to handle jumping, mouthing, socialization, aggression, anxiety as well as adolescent issues. Since socializing with other dogs is so critical for puppies, they will get to have supervised play with each other. *No dogs at the first class please.

Location: Holley Hall - Hall

Instructor: Caroline Engvall

MIN/MAX: 3/4

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Su	3:00-4:00P	1/18-2/22	\$110/120	120802-01

Come When Called Workshop

For dogs 9 weeks and older at the time of class. "Heeeeeeeere, Rover!" This one-day workshop will teach any dog to reliably come when you call....and you'll both enjoy it! Students should bring a 20-30 foot long line (not a flexi-leash) along with a 6 foot leash.

Location: Holley Hall - Hall

Instructor: Caroline Engvall

MIN/MAX: 4/4

Age	Day	Time	Date	R/NR Fee	Code #
Adult	Sa	3:00-4:30P	4/11	\$40/50	120803-01



Moonlit Snowshoe Tour

Come explore the trails at Common Ground Center by moonlight! Join CGC staff for an easy to moderate snowshoe around their fields and forests. We'll have a Naturalist with us so you'll learn about the wildlife and landscape around you. Warm up by the fire in their Eco-Lodge afterwards with hot drinks and snacks. Please bring snowshoes, poles, warm clothing and a headlamp. There will be snowshoes available if you need them.

Location: Common Ground Center

Instructor: Emily Gibbs **MIN/MAX:** 10/30

Age	Day	Time	Date	R/NR Fee	Code #
Adult	F	6:30-8:30P	2/20	\$20/30	120201-01

Bristol Recreation Dept. & Hub Teen Center



It's All good!

P.O. Box 249, Bristol, VT 05443

www.bristolrec.org 453-5885 bristolrec@gmavt.net

Household Information Form

Today's Date _____

HOUSEHOLD INFORMATION: (Please print all information legibly)

Household Last Name: _____ Resident: _____ Non Resident: _____ (add \$5.00 per class)

Household E-Mail Address: (you may have more than one) _____

PRIMARY HOUSEHOLD PERSON:

Name _____

Address _____

City _____ State _____ Zip _____

Phone: Home _____

Work _____ Ext _____

Cell _____

Gender: _____ Birthdate: _____

Allergies: _____

Medication/Medical Condition: _____

Special Accommodations: _____

SECONDARY HOUSEHOLD PERSON

Name _____

Address _____

City _____ State _____ Zip _____

Phone: Home _____

Work _____ Ext _____

Cell _____

Gender: _____ Birthdate: _____

Allergies: _____

Medication/Medical Condition: _____

Special Accommodations: _____

EMERGENCY CONTACT INFORMATION: (someone other than spouse or parents, in case they cannot be reached)

Contact Name _____ Address _____

City _____ State _____ Zip _____ Home Phone _____

Work Phone _____ Ext _____ Cell _____ Relationship _____

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

Name _____ Gender _____ Birthdate _____ Grade _____

School _____ Allergies _____

Medication or Medical Conditions _____

Are there any Special Accommodations that need to be made? _____

Name _____ Gender _____ Birthdate _____ Grade _____

School _____ Allergies _____

Medication or Medical Conditions _____

Are there any Special Accommodations that need to be made? _____

Name _____ Gender _____ Birthdate _____ Grade _____

School _____ Allergies _____

Medication or Medical Conditions _____

Are there any Special Accommodations that need to be made? _____

PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. Would you like to subscribe to our Monthly E-Rec. Newsletter? YES NO

E-mail addresses to send it to: _____

2. Would you like to receive a free lunch if one is available for the class/camp you are registering for? YES NO

Office Use Only: Entered: _____ Coded On-Line: _____ E-mail Sent: _____ Date: _____

Bristol Recreation Dept. & Hub Teen Center



It's All good

P. O. Box 249, Bristol, VT 05443
www.bristolrec.org 453-5885 bristolrec@gmavt.net

Registration Form

This form is to be used for all registrations

Households: Be sure to first fill out the Household Information on the back of this form, 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: _____ (add \$5.00 per class)

Participant's Registration Information:

Name (First/Last)	Birth Date	Program Name	Prog. #	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 Bristol Recreation Department 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 must sign)

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 _____



The Hub Teen Center & Skatepark



**Indoor
Skate
Ramp**

**Free
Food!**

**Field
Trips!**

**Video
Games**

**Ping
Pong
Movies
Nights**

**Mon.-Fri.
10-6pm**



**New
Kitchen**

Music

(802)-453-3678



L.C. **JAZZ** since 1991 Vergennes Premier Big Band

THE AREA'S BEST KNOWN BIG BAND
BRINGS ITS MUSIC TO DOWNTOWN BRISTOL
FOR 2 EVENINGS OF DANCING AND FUN.

JOIN YOUR FRIENDS AND NEIGHBORS ON
JANUARY 31 AND MARCH 14
8-10PM
AT HOLLEY HALL

ADMISSION \$8 AT THE DOOR

PROCEEDS GO TO THE LC JAZZ SCHOLARSHIP FUND AND BRISTOL RECREATION DEPT.



Daddy Daughter Dance

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

The evening will be filled with Music, Dancing, Refreshments, Prizes & Silent Auction.

Saturday, February 7,
6-7:30pm at Holley Hall

Tickets Price \$15per couple or
\$25 for a family.

There will be a opportunity to capture
the moment with a photograph
(Photo packages available at an additional fee.)



Attention Dads

Make sure your daughters first date
is with a wonderful guy ...You!

Treat her to a night of your
undivided attention

Tickets sold in advance only at the Bristol Recreation office

Mother & Son

AT



Night

OF

FUN!



March 28, 6-8pm.

**Join us for: Unlimited
Laser Tag, Bounce House
fun And more!**

Drinks and Snacks included.

\$15 per couple \$25 per family
(quarters needed for arcade games)

**Tickets available in advance only
at The Bristol Recreation office**