

South Burlington Recreation & Parks Department



southburlington
RECREATION & PARKS

ADULT REC NEWS

Spring/Summer Newsletter

March-August 2010

Jazzercise Programs

Jazzercise Lite II

Ages 18 & up

Join Kit for an invigorating, non-intimidating low impact, high energy class. This popular "no-hop" version of the original Jazzercise program will provide you high intensity with low impact aerobics. A great workout for everyone.

Tuesday & Thursday 6:30-7:30pm **RM Central**
\$72 Res., \$86 Non-Res. **Instructor: Kit Sayers**

Mar. 9- Apr. 15 155006-S4
May 4- June 10 155006-S5

Jazzercise Lite

Ages 50+

Jazzercise Lite, is a low to no-impact aerobic circuit class with lots of energy. Perfect for seniors, beginners, or anyone looking for a full workout with easy to follow dance aerobic, strength training, balance and flexibility. Use of a chair is optional.

Monday/Wednesday/Fridays Year Round 10:30-11:30am
10 visit Punch Pass- \$30 Res., \$35 Non-Res. **City Hall**
Instructor: Kit Sayers, Jazzercise Certified Instructor

GOLF PROGRAMS

Women's Indoor Golf Lessons 18 & up

Ladies only golf clinic! This is your chance to take up the game or improve your skills through sound instruction. Topics will include proper grip, stance, full swing, pitching and putting. Guest speakers will also share golf topics on fitness and flexibility.

Wednesday Evenings Mar. 10- Apr. 7 5:30-6:30pm
\$93 Res., \$112 Non-Res. 353000-A **VT Indoor Golf**

Instructor: Brian Gara, Golf Pro VT National

First Swing Golf Clinic Ages 18 & up

This group clinic is the perfect way to introduce yourself to golf. The most important shots that are required to play will be taught; putting, chipping, pitching, and the full swing with irons and woods. Some introductory rules and etiquette are also discussed. Come learn from Barry Churchill, PGA Golf Instructor.

5:30-7:30pm \$85 Res., \$102 Non-Res. **Cedar Knoll C.C.**
S1- Thursdays, May 6, 13 & 20 353001-A
S2- Tuesdays, June 1, 8 & 15 353001-B

Material Fee- Range Balls, \$6 per week for a bucket of balls

Group Golf Clinics Ages 18 & up

Join PGA Professional, Lou Jarvis for these 5 week programs providing you with swing analysis, specialty shots, rules and club selection. This is a great program for all golfers looking to improve their game.

\$100 Res., \$120 Non-Res. Catamount Country Club

Beginners & Adv. Beginners Clinic

Tuesdays Apr. 20- May 18 5:30-6:45pm 353002-A

Adv. Beginner & Intermediates Clinics

Wednesdays S1- Apr. 21- May 19 5:30-6:45pm 353002-B
S2- June 2-30 6:00-7:15pm 353002-C

Intermediate & Advanced Clinic

Tuesdays June 1-29 6:00-7:15pm 353002-D

Yoga Classes

Laughing Yoga

Ages 18 & up

Catch the craze and have a laugh with this exciting program. This class offers a combination of laughing, some gentle yoga and a long relax at the end. Tone your abs, boost your immune system, release endorphins, get a cardio workout and end your day in a fun way. This class is not for the hard-core yoga enthusiasts. **Instructor: Angela Scott**

Thursday Evenings Mar. 4- Apr. 22 5:30-7:00pm
\$83 Res., \$99 Non-Res. 356005-A **RM Central**

Gentle Yoga

Ages 18 & up

Rejuvenate your body and mind with the pleasure of gentle yoga. Come enjoy a slow and relaxing pace. Many postures are reinforced with uplifting affirmation or visualization. You will explore a deepening of your pranayama practice. **Instructor: Sylvia Kabusk**

Monday Evenings 6:30-7:45pm **RM Central**
Mar. 8- Apr. 5 5 weeks \$46 Res., \$55 Non-Res. 155004-S4
May 3- June 14 6 weeks \$53 Res., \$64 Non-Res. 155004-S5 (no class 5/31)

Hatha Yoga

Ages 18 & up

Do you want to restore balance of your body and mind while exercising in a systematic approach? Through stretches, postures, deep breathing and relaxation, you will release both mental and physical tension.

Tuesday Evenings 6:30-8:00pm **RM Central**
\$62 Res., \$75 Non-Res. **Instructor: Maeve McBride**

Mar. 9- Apr. 13 155000-S4
May 4- June 8 155000-S5

Fitness Yoga

Ages 18 & up

Join Yoga Instructor and Certified Personal Trainer, Carol Bennett, for this unique non-meditative Yoga format. The class will focus on the physical aspects of yoga. Class will include a progressive format appropriate for beginners.

Wednesday Evenings 6:00-7:00pm **RM Central**
\$44 Res., \$53 Non-Res. **Instructor: Carol Bennett**

Mar. 10- Apr. 14 155002-S3
May 5- June 9 155002-S4

Restorative Yoga

Ages 18 & up

An evening retreat to rejuvenate, relax, and renew. Restorative yoga uses blankets and other props to support yoga poses for deep relaxation. It is a gentle practice for times of stress and recovery. Sign up for both sessions and save 20%! Must register by mail or in person for the discount. **Instructor: Maeve McBride**

Tuesday Evenings 6:30-8:30pm **RM Central**
\$25 Res., \$30 Non-Res. S1- Apr. 20 355020-A
S2- June 15 355020-B



Will Workshop

This is a Will Workshop for Parents of Minor Children. As a service to the community that we practice in, we are offering our professional services. Upon completion of this course, you will walk away with a fully executed and customized Will at a fraction of the cost.

Instructor: Holly Keogh, Jarrett Law Office. S.B. High School

Thursday Evenings **March 11 & 25** **7:00-9:00pm**
Residents: \$299 per couple \$199 Single **351000-A**
Non-Res: \$359 per couple \$239 Single **No Class- Mar. 18**

Getting Paid to Talk



"Getting Paid to Talk, Making Money with Your Voice" is an introduction to professional voice-over's. This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet in your area.

Tuesday Evening **April 6** **6:30 -**

9:00pm
\$25 Res., \$30 Non-Res. **351001-A** **SB High School**

Fun with Watercolors!

Brilliant spring flowers and the blooming landscapes of Vermont will be the subjects for this class. From beginning watercolor painters to those with some experience, all participants will enjoy exploring fun and interesting ways of painting colorful spring subjects in this supportive class environment. Instructor: Lynn Cummings

Monday Evenings **Apr. 19- May 24** **6:15-8:45pm**
\$88 Res., \$106 Non-Res. **352000-A** **SB High School**
No Class- Apr. 26

Bicycle Skills Training

Traffic Skills 101- Being a Confident ON-Road Cyclist



This League of American Bicyclists course (Traffic Skills 101) gives cyclists the skills they need to ride confidently and safely on roads, in traffic, and on trails. The course covers bicycle safety checks, basic maintenance, changing a tire, an understanding of vehicular cycling, ride etiquette, and on-bike handling skills and accident avoidance. It includes a student manual. Instructor: D. Jacobowitz, B. Schermer.

Tuesday Evenings **Apr. 27- May 11** **6:30-8:30pm**
\$25 Res., \$30 Non-Res. **351002-A** **O'Brien Center**
Note: Final Class- Saturday, May 15, 10:00am-3:00pm

Fly Fishing Workshop

This is an introduction to the basics of fly fishing for the novice who is looking to learn the sport. Classes include; introduction to fly fishing and equipment, stream biology, fly-casting instruction and practice, fly selection and knot tying. This is being offered by the Central Vermont Trout Unlimited Chapter. The fee includes a one-year membership to Trout Unlimited. All equipment will be provided.



Wednesday Evenings **May 19- June 2** **6:30-8:30pm**
\$38 Res., \$46 Non-Res. **353004-A** **Chamberlin**
Instructor: Mark Wilde, professional, Uncle Jammers Guide Service

Summer Concerts Series

Thursday Evenings, 6:30-8:00pm at the Bandshell at Dorset Park. 1st concert is Thursday, July 1st- Grippo Funk Band. Join us for 4 other Thursdays for Peter Miles Trio, Don Campbell Trio, The Gravelins and Bill Shontz. Concerts are FREE!

Adult Kayak Club

Do you like to kayak? Are you looking for others to kayak with? Then we have just the Club for you. We are pleased to bring back, for the third year, our Kayak Club. The Kayak Club is for paddlers who enjoy the fresh air, a bit of exercise, and good camaraderie.



All New members are required to participate in the introductory kayak clinic. Kayaks may be reserved by members for use at Red Rocks Beach during our open season, end of June through mid-August. A schedule with specific dates & times will be available for reservations. **Register at the Recreation Department**

Kayak Clinic- Saturday, June 26 10:00am-12:00pm

Membership Fee: \$40 Individual, \$50 Couple, \$65 Family

(membership includes clinic and one 6 visit punch pass)

Additional Punch Passes- \$30 for 6 visits



TENNIS PROGRAMS

Tennis Clinic

Ages 18 & up

The clinic consists of group lessons for beginners and advanced beginners. Classes are structured to provide plenty of time for instruction, practice and skill development. Lessons are two nights per week for six weeks and are held at the Community Tennis Courts at SBHS.

Tuesday & Thursdays **July 6- Aug. 12** **5:45-6:45pm**
Instructor: Sue Vaughn **\$36 Res., \$43 Non Res.** **353005-A**

Play Tennis Program

Ages 18 & up

Have you done the lesson thing? Are you looking to play and perfect your game strategy? If so, join this tennis program for adults that allows you to play under the instruction of our tennis staff and learn how to perfect your game play, while playing. Play Tennis is held two nights per week for six weeks at the Community Tennis Courts.

Tuesday & Thursdays **July 6- Aug. 12** **6:45-8:00pm**
Instructor: Sue Vaughn **\$45 Res., \$54 Non-Res.** **353006-A**

Note: Prior experience is required, best for Adv. Beginners plus

New Programs, Special Events and Programs

for all ages can be found on our website

www.sburlrecdept.com

4TH ANNUAL "SOUTH BURLINGTON HAS TALENT" SHOW

Sunday, June 27, 2010

at the Rotary Band Shell- Dorset Park

Calling all singers, dancers, instrumentalists, & other hidden talents

Registration Deadline is June 4, 2010

Entry forms available at the South Burlington Recreation & Parks Dept. and on our website:

www.sburlrecdept.com

Community Recreation & Parks Dept. South Burlington