

# South Burlington Recreation & Parks Department



southburlington  
RECREATION & PARKS

## TEEN NEWS

### Spring/Summer Newsletter

March- August 2010

## SPECIAL EVENTS

### Family Swim

Friday, March 26<sup>th</sup> 6:00-8:00pm

Join us for a Family Swim Night at the Sports & Fitness Edge of South Burlington. Bring your swimsuit and towel and enjoy free swimming in the indoor heated pool. This event is open to all ages and will be held at the Eastwood Street complex. This special family event is FREE!

*No floats are allowed at this event*

### Kites in the Park

Friday, April 16<sup>th</sup> 6:00-8:00pm

Come celebrate the first warm days of Spring and the opportunity to get out in the parks. Bring your kite or come make one with us. We will provide all the materials for your family to create your own kite. Color it, Construct it, and then Fly it. This event will be held at the Band Shell at Dorset Park.

## Champlain Valley Recreation Association

### THE AMAZING PARK CHALLENGE

The Champlain Valley Recreation Association would like to challenge you to get outdoors for an exciting summer of new adventures. Register your team and receive a passport that grants a one-time admission for all your members into a number of pre-selected parks in the Champlain Valley throughout the summer. Complete activity pages and gather stamps in your passport at each of the parks to earn great prizes! The kick-off and big finale mark the start and end of the challenge! You won't want to miss out on this exciting adventure!

Passports are good for up to 6 people, teams may consist of families, groups of friends, co-workers, etc.

**Passports are \$25.00 per team**

(Access to the parks without a passport is over a \$60 value)

Passports go on sale April 1<sup>st</sup>

## 4<sup>TH</sup> ANNUAL "SOUTH BURLINGTON HAS TALENT" SHOW

Sunday, June 27, 2010

at the Rotary Band Shell- Dorset Park

Registration Deadline is June 4, 2010

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

[WWW.SBURLRECDEPT.COM](http://WWW.SBURLRECDEPT.COM)

### Family Knitting Circle Grades 3rd & Older

Learn to knit or improve your knitting skills if you already know how. The Knitting Circle is for all levels and ages- male or female, parent/child- all are welcome! Enjoy the camaraderie of knitting with a group and make a project of your choice. There is a \$10 materials fee, payable at the first class, for needles and yarn, or bring your own.

*Grades 3 & older and a parent Saturdays Mar. 13- Apr. 17*  
*9:00-10:00am \$38 Res., \$46 Non-Res. 312000-A*  
*Instructor: Chris Heavner, The Traveling Knitter RM Central*

### Boater Safety Course Ages 12 & Older

The course is open to all youth, teens and adults, 12 years of age and older. The course is 8 hours and is offered in 4 days. Participants must be present at all sessions to be eligible for certification. The course is mandatory for any person, born after January 1, 1974, who will be operating a motorboat on VT waters.

*Mon. & Wed. April 19- May 5 6:30-9:00pm*  
*\$8 Res., \$13 Non-Res. 311010-A S.B. High School*  
*Instructor: John Fick (no class April 26 & 28)*

### Family Archery Grades 4th & up

The Archery program is designed for families with little or no previous experience and is intended to be recreational and instructional in nature. This is a parent/child program. Instructors: Rec. Staff

*Tuesday & Thursdays May 4-18 5:45-7:00pm*  
*\$10 Res., \$15 Non-Res. 313000-A Farrell Park*

### Family SCUBA Clinic Ages 12 & Older

TRY SCUBA is an introductory clinic in Scuba diving. Certified Scuba Instructors from Waterfront Diving Center will teach proper equipment usage and diving techniques through a shallow dive in Lake Champlain. All equipment is provided. *This is a parent/child program, price is per person. Instr: Waterfront Divers*

*Tuesday Evening July 13 5:45-8:00pm*  
*\$15 Res., \$20 Non-Res. 317005-A Red Rocks Park*  
*NOTE: Anyone with asthma or other respiratory diseases can not participate due to the breathing apparatus used.*

### Family Kayak Clinic Ages 10 & Older

Is your family looking to get out and play on the water? If so, join us for an evening of basic instruction and touring on Lake Champlain. You will learn the basics of paddling and boat control and enjoy a tour along the shores of the lake. We use single and tandem recreational kayaks. *This is a parent/child program, price is per person.*

*Tuesday Evening July 20 6:00-8:00pm*  
*\$10 Res., \$15 Non-Res. 317000-A Red Rocks Park*

### Family Kayak Outing Ages 10 & Older

Enjoy a day paddling the Winooski River from Jonesville to Richmond. If you are an experienced paddler, join us as we embark on a day on the river. Children must be accompanied by an adult. Rec. Staff

*Saturday August 7 9:00am-12:00pm*  
*\$15 Res., \$20 Non-Res. 317001-A City Hall*

## Group Skating Lessons Ages 3- Adults

The Recreation Dept. is teaming up with the VT Skating Club to offer Basic Skills Skating Lessons. It is designed by U.S. Figure Skating to be the best beginning ice skating program that serves the needs of both the recreational and competitive skater. Instruction is by VT Skating Club certified instructors. Lessons are 1/2 hour with 1/2 hour supervised practice time.

<b>Wednesday Afternoons</b>	<b>Mar. 3- Apr. 21</b>	<b>1/2 hour lessons</b>	
<b>\$110 Res., \$130 Non-Res.</b>	<i>See levels and times below</i>	<b>Cairn's Arena</b>	
Snowplow Sam-	Ages: 3-5 years	3:30pm	139003-A
Basic 1 & 2-	Ages: 6 & Up	4:00pm	139003-B
Basic 3 & 4-	Ages: 6 & Up	4:00pm	139003-C
Basic 5 & 6-	Ages: 6 & Up	4:00pm	139003-D
Hockey Intro-	Strong Basic 1 skaters	4:00pm	139003-E

## Youth Tae Kwon Do Ages 7-12 yrs

The youth clinic will introduce basic skills and techniques of the sport of Tae Kwon Do. Come try this sport and experience the benefits of it. It's a great opportunity to get into shape. Instructor: Sue Myers

<b>Thursday Afternoons</b>	<b>Mar. 18- Apr. 8</b>	<b>3:15-4:00pm</b>	
<b>\$38 Res., \$46 Non-Res.</b>	<b>333001-B</b>	<b>VT Tae Kwon Do</b>	

## Teen/Adult Tae Kwon Do Ages 12 & Up

This clinic is for the beginner that would like to try Tae Kwon Do without all the expense. You will learn basic hand and kick techniques. Come experience the art of Tae Kwon Do and get into shape at the same time. Instructor: Sue Myers.

<b>Saturday Mornings</b>	<b>Mar. 6-27</b>	<b>9:30-10:30am</b>	
<b>\$43 Res., \$52 Non-Res.</b>	<b>333001-C</b>	<b>VT Tae Kwon Do</b>	

## Indoor Golf Programs Grades 3rd-12th

The Recreation Dept. and Vermont Indoor Golf are teaming up to offer a 5-week Indoor Golf Clinic, a perfect start for the golfer in your family. The clinic will cover the fundamentals, rules, etiquette, and course management. Whether you're an absolute beginner, or a seasoned player, this is the most effective way to hone your golf game.

<b>Tuesday Afternoons</b>	<b>Mar. 9- Apr. 6</b>	<b>VT Indoor Golf</b>	
<b>\$93 Res., \$112 Non-Res.</b>	<b>Instructor: Brian Gara, Golf Pro</b>		
<b>Grades 3rd-5th</b>	<b>3:00-4:00pm</b>	<b>333015-A</b>	
<b>Grades 6th-12th</b>	<b>4:00-5:00pm</b>	<b>333015-B</b>	

## Cheerleading Grades 1st-8th

The Recreation Dept. and S.B. High School Cheerleading Team have teamed up to offer this great opportunity. Your child will learn Jumps, Cheers, Low Level Stunts, and Creative Dance Moves. Taught by High School Cheerleading Coach, Lynn Kynoch, with assistance from the cheerleading team. Participants will be grouped by grade and experience. No uniform or special equipment is needed.

<b>Wednesday Evenings</b>	<b>Mar 17- Apr 14</b>	<b>6:00-7:00pm</b>	
<b>\$33 Res., \$40 Non-res.</b>	<b>333010-A</b>	<b>RM Central Gym</b>	

## Baby Sitters Courses Grades 6th-9th

Join this interactive class on the basics of baby-sitting. The course includes safety and safe play, basic care, first aid, leadership, and professionalism. Each participant will receive a workbook, emergency guide and a CD of useful tools. Instructor: Certified ARC instructor.

<b>Tuesday</b>	<b>April 27</b>	<b>9:00am-3:00pm</b>	
<b>\$53 Res., \$64 Non-Res.</b>	<b>141000-04</b>	<b>FHTuttle MS</b>	

## The Big Top Circus Grades 1st-6th

Have you ever wanted to run away to the circus? Join Troy Wunderle, of Circus Smirkus, in this interactive circus adventure appropriate for a wide range of skill levels and ages. Clowns-to-be will enjoy learning how to use a variety of equipment, to include juggling scarves, balls, rings, clubs, spinning plates, devil sticks, diablos, feathers, rolling globes, and much more. Instructor: Troy Wunderle

<b>April 26-28</b>	<b>8:30am-4:00pm</b>	<b>334001-A</b>	<b>FHTuttle MS</b>
<b>Note: Sign up your child for one, two or all three days and save!</b>			
<b>1 day-</b>	<b>Apr. 26</b>	<b>\$40 Res., \$48 Non-Res.</b>	
<b>2 day-</b>	<b>Apr. 26 &amp; 27</b>	<b>\$72 Res., \$86 Non-Res.</b>	
<b>3 day-</b>	<b>Apr. 26-28</b>	<b>\$108 Res., \$130 Non-Res</b>	

## After-School Archery Grades 6th-8th

Come learn the sport of Archery. This after-school instructional program will teach the basic fundamentals of the sport of Target Archery. You will learn shooting techniques, aiming, scoring and much more.

<b>Tuesdays &amp; Thursdays</b>	<b>May 4-18</b>	<b>3:30-4:30pm</b>
<b>\$12 Res., \$17 Non-Res.</b>	<b>343000-A</b>	<b>FHTuttle MS</b>

## Youth Track & Field Ages 7-14 years

Youngsters will receive training in both track and field events. Fee includes a team shirt and all entry fees for the track meets. Dual meets will also be scheduled throughout the summer with other area Recreation Departments. *Age-based on age as of December 31, 2010*

<b>Mon, Wed &amp; Fri</b>	<b>June 23- July 23</b>	<b>SBHS Track</b>	<b>\$ 3 5</b>
<b>Res., \$42 Non-Res.</b>			
<b>7-10 year olds</b>	<b>4:30-5:30pm</b>	<b>#333025-A</b>	
<b>11-14 year olds</b>	<b>5:30-6:30pm</b>	<b>#333025-B</b>	

## Golf Lessons Ages 5-11 years

An instructional program for all ability levels. This varied approach to different abilities will offer excellent PGA instruction, whether you are a beginner or an aspiring pro. All aspects of the game will be taught. Instructor: Lou Jarvis, PGA. Catamount Country Club.

<b>Wednesdays</b>	<b>July 7- Aug. 4</b>	<b>\$80 Res., \$96 Non-Res.</b>	
<b>Ages 5-7 years</b>	<b>4:00-4:45pm</b>	<b>333018-A</b>	
<b>Ages 8-11 years</b>	<b>5:00-5:45pm</b>	<b>333018-B</b>	

## Tennis Clinics Completing Grades 3rd-6th

Beginner & Advanced Beginner lessons will include skill development and fun games to develop the backhand, forehand, and volleying skills. Short sided games will be played.

<b>Monday-Friday</b>	<b>9:30-10:30am</b>	<b>SBHS Courts</b>
<b>\$25 Res., \$30 Non-Res.</b>	<i>See Sessions dates below</i>	
<b>Note: Must have your own appropriate sized racquet.</b>		

## Play Tennis Completing Grades 5th-8th

This program is for the Advanced Beginner or Intermediate who wants to improve their skills and game play. You will work on performance and game strategy while playing more tennis.

<b>Monday-Friday</b>	<b>10:40am-12:00pm</b>	<b>SBHS Courts</b>
<b>\$38 Res., \$46 Non-Res.</b>	<i>See Sessions dates below</i>	
<b>Note: Must have your own appropriate sized racquet.</b>		

### TENNIS SESSIONS

<u>Sessions</u>	<u>Quick Start</u>	<u>Tennis Clinics</u>	<u>Play Tennis</u>
1- July 12-16	#333030-A	#333031-A	#333032-A
2- July 19-23	#333030-B	#333031-B	#333032-B
3- July 26-30	#333030-C	#333031-C	#333032-C
4- Aug. 2-6	#333030-D	#333031-D	#333032-D

**Check out all of our Programs  
on our website at**

**[www.sburlrecdept.com](http://www.sburlrecdept.com)**