

Winter Activity Guide

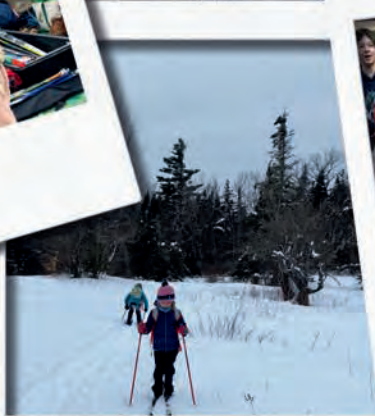


Programs, Athletics and Special Events
for Adults, Youth and Families

Middlebury Parks & Recreation Department • townofmiddlebury.org • Nov. 2024 - March 2025



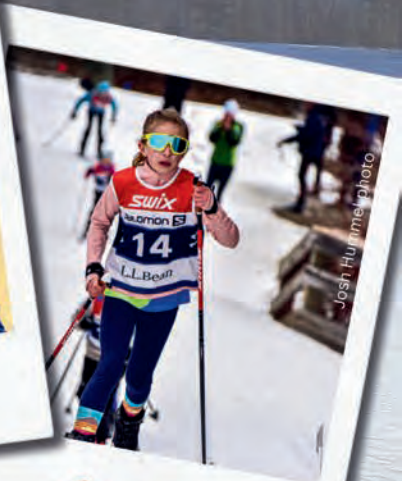
Fun



Adventure



Friends



Racing

**Nordic ski programs for ages 5+
Skiing from December to March
Scholarships available**

Info: frostmountainnordic.org

General Information

Mission Statement

The Middlebury Parks & Recreation Department (MPR) shall provide lands, facilities, and services for community members of all ages and all income levels. It shall provide programs for both sport and leisure. The department shall serve as instructor, facilitator, and partner in efforts to promote and improve quality of life for participants. MPR will work with an involved public and business community to provide a healthy and aesthetically pleasing environment with opportunities for cultural growth.

The department should be flexible enough to meet the changing needs and tastes of the community, while finding creative ways to deliver recreation programs and facilities that are affordable to the residents of Middlebury.

Contact Us

Office Hours:

Monday – Friday, 9:00 am – 5:00 pm

Physical Address: 154 Creek Road **Mailing Address:** 77

Main St Middlebury, VT 05753

Other Contact Info:

Phone: 802-458-8014/15

Website: townofmiddlebury.org, Go to Departments and select Parks and Recreation

Registration Site: middleburyvt.myrec.com

Facebook: Town of Middlebury Parks and Recreation

Middlebury Parks & Recreation Committee

Greg Boglioli - Chair and East Middlebury Representative

Tricia Allen - Ilsley Library Representative

Bill Ford - Memorial Sports Center Representative

Ethan Murphy - Middlebury At-Large

Melissa Kin - Middlebury At-Large

Mark Wilch - Middlebury At-Large

Megan Curran - Middlebury At-Large

Isabel Gogarty - Middlebury At-Large

Karen Duguay - ACSD Representative

Virginia Silvey - Alternate

STAFF OF MIDDLEBURY PARKS AND RECREATION DEPARTMENT

Scott Bourne - Superintendent

802-458-8015

sbourne@townofmiddlebury.org

Amber Hunt - Program Coordinator

802-458-8014

ahunt@townofmiddlebury.org

Brian Kiel - Grounds and Maintenance - middrecmaintenance@townofmiddlebury.org

ADVERTISING

The Addison Independent prints and distributes this publication four times per year. We welcome your advertisement for a business, program or event in our publication for a fee; please contact us for more specific information: ads@addisonindependent.com or 388-4944.

RESERVATIONS- Facilities and Sports Fields

Middlebury Parks & Recreation Department requests that all groups planning to use our facilities or fields please notify us in advance by making a reservation. Anyone wishing to make a reservation must complete a facility request on our website, middleburyvt.myrec.com. Facility Use Requests are considered on a first-come, first-served basis, depending on availability. Please be advised, reservations are not complete until approved by Scott or Amber. Rental fees may apply. For additional information regarding availability, rates, and reservations, contact Amber Hunt at ahunt@townofmiddlebury.org or (802) 458-8014.





Take your skiing and snowboarding to new heights!



Registration is now open until December 1
Register early to participate in dryland training!

Financial Assistance Available



Join the Middlebury Ski Club and level up your ski and snowboard skills. Learn ski racing or refine your ski and snowboard all-mountain techniques with other young enthusiasts this winter!

For more information, please visit us online
at www.middleburyskiclub.org



INCLEMENT WEATHER POLICY

Programs may be canceled in the event of severe weather or power outages. MPR encourages you to do the following if you have any questions:

Call: MPR Offices, 802-458-8015

Check: Facebook - Town of Middlebury Parks & Recreation

REFUND POLICY

If you need to cancel your registration before the second session of the program, we will refund you a pro-rated registration fee, minus a 10% processing fee. After the second class has been attended, eligibility for a refund is void.

- Please be aware that refund requests may take up to 10 days to process.
- Every effort is made to ensure that the information in this guide is accurate. We reserve the right to add, withdraw, or revise programs or events as needed. For more updated information, please visit our website often.

ACCESSIBILITY

Individuals with or without disabilities may register for all programs offered by MPR provided program safety can be met. The Department provides reasonable accommodation for people with disabilities. Contact MPR offices in advance of the program start date to discuss accommodation on a case-by-case basis.

NON-RESIDENT POLICY

Non-Residents of Middlebury are allowed to register for all Parks and Recreation programs. Non-Residents will be charged an additional fee of 15% for each program registered for. A Non-Resident is defined as someone who does not live in Middlebury or pay property taxes to the Town of Middlebury.

SCHOLARSHIPS

Middlebury Parks and Recreation is pleased to be able to offer scholarships to participate in all our programs via The Dustin Hunt Scholarship Program. The scholarship guidelines are based on the free and reduced lunch guidelines within the schools. If you would like to apply for a scholarship or more information, please contact our office.



1223 Rte 7 South Middlebury, VT
 (802) 388-2333 · AddisonCountyRecycles.org · acswmd@acswmd.org

 Addison County Solid Waste Management District  @addison.co.waste.mgmt

The District Transfer Station accepts:

- Appliances • Batteries • Books • Confidential Documents •
- Construction & Demolition Debris •
- Electronic Waste • Food Waste • Fluorescent Light Bulbs •
- Furniture & Mattresses • Hazardous Waste • Leaf & Yard Waste •
- Maple Sap Tubing • Natural Wood Waste •
- Plastic Bags & Film • Scrap Metal • Tires..... and more!


District Transfer Station Hours:
 M-F: 7 AM to 3 PM
 SAT: 8 AM to 1 PM



HazWaste Center Hours:
 M-F: 8 AM to 2 PM
 SAT: 8 AM to 1 PM

We sell...






End of Fall Sports Got You Down? Come KICK with Us

KICKS has been amazing for my children, they both started young and we have been accepted with open arms into this amazingly supportive extended family. They have both learned self discipline, the importance of practice, how to work with adults and kids of all ages, and how to encourage and support those around them. — Sarah

Master Thomas has provided my son the opportunity to learn a craft, at his pace, in a carefully-designed program that builds confidence through increasingly challenging Tae Kwon Do belt patterns---all while getting exercise and learning self-defense techniques in the process. The skills my son learns in Tae Kwon Do provide a foundation of balance, movement, control and power, transferable to all sports. Master Thomas fills the room with energy and respect that inspires her students. — Mike



Accepting New Students Anytime
 Classes for PreSchoolers through Adults
 in Middlebury, Vergennes, Orwell and Hinesburg
 First class is free to try out. Month to Month Commitment
 Gift Certificates Available
 Please contact Master Kellie Thomas at
tkdkicks101@yahoo.com for information or schedule a visit

2024/25 Winter Gymnastics

Instructor: Terri Phelps 802-236-1315
terrihelps@ymail.com

Registration will open
Wednesday, November 13th, 2024 @ 5:30pm

****Classes January 4th, 2025, to March 15th, 2025****
NO CLASSES January 20th & 21st
OR February 22nd-March 4th

Students will work to improve strength, flexibility, coordination, and skill development in a safe and fun environment. Instruction will be included on uneven bars, beam, floor exercise, springboard, parallel bars, and vault.

Preschool (Ages 3-4)

01. Friday	10:00-11:00am	\$162	(\$186.50)
02. Friday	11:00-12:00pm	\$162	(\$186.50)
03. Saturday	9:00-10:00am	\$162	(\$186.50)
04. Saturday	10:00-11:00am	\$162	(\$186.50)

Young Beginner (ages 4-5)

05. Saturday	11:00-12:00pm	\$162	(\$186.50)
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Beginner (Ages 5-7)

06. Saturday	12:30-1:30pm	\$153	(\$176.25)
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Beg/Adv Beginner

07. Tuesday	3:15-4:15pm	\$119	(\$136.85)
08. Wednesday	3:15-4:15pm	\$153	(\$176.25)

Advanced Beginner/Intermediate

09. Saturday	1:30-2:30pm	\$153	(\$176.25)
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Intermediate/Advanced

10. Tuesday	4:15-5:15pm	\$119	(\$136.85)
11. Wednesday	4:15-5:15pm	\$153	(\$176.25)
12. Saturday	2:30-3:30pm	\$153	(\$176.25)



Gymnastics Afterschool Program Ages 6-10

The program includes a 1-hour class, games/activities and free time. Please bring a snack as well. Students can arrive any time after 3pm and must be picked up by 5:30pm.

13. Monday	3:15-5:15pm	\$210	(\$241.50)
14. Thursday	3:15-5:15pm	\$300	(\$345)

Gymnastics February Break Camp Feb 24th- 28th, 2025

Ages 5-7	9am-12pm	\$200	(\$230.00)
Ages 8-11	1pm-4pm	\$200	(\$230.00)

“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”
— Dr. Seuss

OTTER CREEK USED BOOKS
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Middlebury, VT 05753
802-388-3241 • ottercreekusedbooks.com
Tues-Sat 10am-5pm

Morgan's Tavern

<p>Brunch Sat & Sun: 8am - 2pm</p> <p>Breakfast Mon - Fri: 7:30am - 10am</p> <p>Lunch Mon - Fri: 11am - 2pm</p> <p>Dinner Tue - Sat: 5:30pm - 8:30pm</p>	<p>Tuesdays 1/2 price bottles of wine and pasta special</p> <p>Wednesdays Burger and Draft Beer/ House Wine \$16</p> <p>Thursdays Live Jazz</p>	<p>Fridays Prime Rib Night</p> <p>Saturday Live Piano Through Nov. 30th</p> <p> MIDDLEBURY INN 1827</p>
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14 COURT SQUARE | MIDDLEBURY, VT
802-388-4961 | MIDDLEBURYINN.COM



Never a dull moment **at THT**



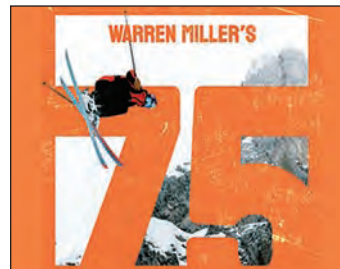
Middlebury College Musical Theater
Little Shop of Horrors
November 7 – 9 at 7:30pm
Tickets \$5 & \$10



The Maiden Show
November 16 at 7pm
November 17 at 2pm
Ticket prices vary



Cutting Edge Play Reading
Case for the Existence of God
November 9 – 10 at 4pm
Tickets \$15



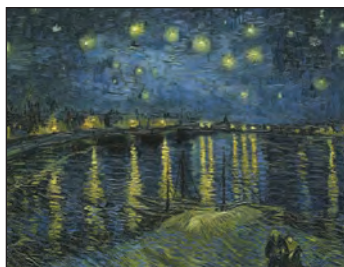
Outside Entertainment
Warren Miller 75
November 20 at 7:30pm
Tickets \$27



Good Talks
Election Reflection: A College and Town Conversation
November 12 at 7pm
Free Admission



MNFF Selects
The Teacher's Lounge
November 12 at 7pm
Tickets \$14



Great Art Wednesday
Van Gogh: Poets & Lovers
November 13 at 11am
Tickets \$15



Tribute Band
The Dead Set
November 23 at 7:30pm
Tickets \$25

Tickets: townhalltheater.org ■ 802-382-9222
68 S Pleasant St, Middlebury, VT 05753

Follow us on IG @thtmidd and
FB @townhalltheatervt.

FREE STRENGTH TRAINING AND BALANCE EXERCISE CLASSES



BONE BUILDERS CLASSES

Classes are free and open to all! Contact RSVP of Addison County at 802-388-7044 to learn more. Visit www.volunteersinvt.org for class schedules



Research shows that individuals who participate in a weight training program twice weekly can gain bone density, muscle strength, balance, flexibility, energy and wellbeing. Join a class at anytime and see what Bone Builders can do for you.



2025 Middlebury Parks and Recreation February Vacation Camp

Register: Starting Friday, November 8th at 9:30am. Space will be limited to 40 participants.

Who: Kids in grades 1-6

When: Monday-Friday February 24th-28th 8:30am-4:30pm daily

Location: Middlebury Recreation Center, 154 Creek Rd., Middlebury, VT 05753

Cost: \$235.00 for residents, \$270.25 for non-residents

Description: “Get in there!” Join us during February break for a fun-filled week being active during the coldest time of the year! Each day will focus on the importance of physical activity and exercise, sportsmanship, learning valuable skills all while making new friends. Each day a variety of indoor activities will be available including basketball, indoor soccer, floor hockey, capture the flag, kickball, and camper’s favorite dodgeball. If there is snow, we will be sledding. If you feel exhausted reading this - that is the point! For the artistically inclined, do not worry, there will be dedicated spaces for reading and an array of arts and craft activities. The week will end with a trip to Get-Air to jump and bounce around.



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Visit our website to make the most of this giving season. We're ready to help you find the perfect gifts for the artist in your life!

THE JOY BEGINS AT OUR HOLIDAY PARTY ON NOVEMBER 15! ALL ARE WELCOME!

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sparrowartsupply.com
[@sparrowartsupply](https://www.instagram.com/sparrowartsupply)

NEW IN 2025!

APRIL BREAK CAMP April 21st-25th 2025

Please be on the lookout at a later time for information regarding April Break camp.



Middlebury Area Little League 2025 - Baseball and Softball

All students in grades K-6 are invited to play.

Open Online Registration Dates: January 1st, 2025 – March 14th, 2025

To Register: visit www.leagues.bluesombrero.com or www.middleburyarealittleleague.com

After March 14th late fees will apply, and placement on the team will be at the discretion of the board and if there is room on the team.

Like us on Facebook to stay current on events and information.

SPECIAL NOTE –

To ensure the continuation of this valuable youth program, Middlebury Area Little League needs YOU! Seeking volunteers for a range of tasks including administrative support, fundraising, coaching, umpiring and much more. Please email middareall@gmail.com if you can help our organization.

Middlebury Area Little League sponsors four league levels:

Farm League (ages 4-6) A great first exposure to baseball, Farm League players will meet Saturday mornings to build skills and gain awareness about the game. The focus is fun, and caregivers are asked to remain with their player.

Continued on Page 10



EVENTS FOR THE WHOLE FAMILY

December 1st - 31st

'TIS THE SEASON FOR LOCAL CELEBRATION!

**PHOTOS WITH SANTA + MRS CLAUS
ON DECEMBER 7**

**HOT COCOA HUT IN CANNON PARK
CHARACTER CUT-OUTS**

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(12/5 + 12/12)**

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IN THE MARBLE WORKS**

**NYE FIREWORKS
BY PARKS & REC**

AND LOTS MORE!

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magic in Middlebury*

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Little League continued from Page 9

Rookie League – (League Ages 6-8) Rookie League teams play an exciting brand of coach-pitch baseball. Teams will generally meet twice a week and will have an additional game a week once the season gets underway. Players gain skills that will be helpful to everyone at the next level. There is some travel within Addison County.

Minors Baseball/Softball (League Ages 8- 10) – This is the first level of player-pitch ball. Teams will generally practice two or three times a week with one or two games a week once the season begins. There will be some travel, almost all of it within Addison County.

Majors Baseball/Softball (League Ages 10 -12) - The highest level of Little League play, players can expect to practice several times a week and play in multiple games per week once the season gets underway. There will be travel, some of it outside of Addison County.

There will be mandatory assessments for all Minors and Majors players. Date to be determined. Not sure of your player’s “League Age”? Check out www.littleleague.org and search “Age Chart

VERMONT Sun

FITNESS CENTERS

Swim Lessons at Vermont Sun

Open to the public

802.388.6888 www.vermontsun.com

TUESDAYS

January 14, 21, 28
 February 4, 11, 18
 4:00-4:30PM LEVEL 1 (AGES 2-4)
 4:30-5:00PM LEVEL 1 (AGES 5-7)
 5:00-5:30PM LEVEL 2 (AGES 5 & UP)

SATURDAYS

January 11,18,25
 February 1,8,15
 9:00-9:30AM LEVEL 1 (AGES 2-4)
 9:30-10:00AM LEVEL 1 (AGES 5-7)
 10:00-10:30AM LEVEL 3 (AGES 5 & UP)

CLASS COST:

\$110.00 MEMBER \$150 NON-MEMBER
 (Child must be a Vermont Sun member to receive member rate.)

Vermont Sun Classes

(Weekly class schedule open to the public for a fee)

Mondays: 6:15am Body Flex 9:00am Spinning with Barre 10:15am Gentle Yoga 5:15pm Ring Pilates	Tuesdays: 6:15am Spinning 9:00am Forever Fit 10:15am Aquacise 12:00pm Power Pump
Wednesdays: 10:15am Yoga 10:15am Aquacise 5:15pm Tabata Spin	Thursdays: 6:15am Body Flex 9:00am Strength & Core 12:00pm Body Pump
Fridays: 9:00am Core Plus 10:15am Gentle Yoga 10:15am Aquacise	Sundays: 9:00am Spinning

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for information
on how you can join.





2024 Middlebury Youth Basketball

Register: Online or in person starting on Friday, November 8th

*Please note: Registration will close on Friday, November 29th.

To make the transition into the season as smooth as possible, we **WILL NOT** be accepting late registrations.

Cost: \$75.00 Residents, \$86.25 Non-Residents, price includes a reversible jersey each player will keep at the end of the season.

Season Tip-Off Clinic with varsity coaches/players will be on Saturday, December 7th.

All boys (3rd-6th) 9:30-11am, All Girls (3rd-6th) 11-12:30pm.

Held in the Middlebury Recreation Gym

Preliminary Practice Schedules (subject to change based on coach & gym availability)

3rd/4th Grade Girls- Tuesdays and Thursdays 3:30-5:00pm starting Dec 3rd

3rd/4th Grade Boys- Wednesdays and Fridays 3:30-5:00pm starting Dec 4th

5th/6th Grade Girls- Tuesdays and Thursdays 5:00-6:30pm starting Dec 3rd

5th/6th Grade Boys- Mondays and Wednesdays 5:00-6:30pm starting Dec 2nd

All players in their age groups will practice together for the first 2 weeks and then will be broken into teams if necessary.

Games will begin after the holiday break.

5th/6th graders will have games Saturday mornings here at the Middlebury Rec Gym, and some weeknights, some will be in Middlebury, and some will be away.

3rd/4th Graders will mostly play on weeknights with potential for 1 or 2 games on Saturdays

5th/6th Grade Tournament: Girls- Feb 1st & 2nd
Boys- Feb 8th & 9th

Little Tigers Basketball Program

For Kids in Grades K-2

Dates: 1/6/2025- 2/15/2025

When: K-1st Mondays from 3:30-4:15pm (Rec Center) and Saturdays 8:30-9:30am (High School)

2nd Mondays from 4:15-5:00pm (Rec Center) and Saturdays 8:30-9:30am (High School)

What: The Little Tigers basketball program is for children in kindergarten through 2nd grade and will teach the fundamentals of basketball. Each Monday practice will consist of drills and a scrimmage, and Saturdays will be clinics held at the high school by the varsity teams.

Focus: The goal of the program is to foster interest and excitement for playing basketball. The emphasis will be on having fun while introducing important fundamental skills.

Cost: \$50.00 Residents, \$57.50 Non-Residents

REC CENTER MONDAYS:

1/6, 1/13, 1/20, 1/27, 2/3 & 2/10

MUHS SATURDAYS:

1/11, 1/18, 1/25, 2/1, 2/8 & 2/15



The Middlebury Basketball Association (MBA) is dedicated to supporting youth and high school basketball programs by building a strong basketball community that embraces inclusivity, enhances teamwork and encourages sportsmanship.

Learn more about what we do and how you can become involved in our great basketball community:



MIDDHOOPS.COM



[@MIDDVTHOOPS](https://www.instagram.com/MIDDVTHOOPS)



[@MIDDHOOPS](https://www.facebook.com/MIDDHOOPS)



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middleburytennis.com

MIDDLEBURY INDOOR TENNIS

MAWA Youth Wrestling Program

Registration Open Online or
In-Person November 7th, 2024

MAWA Youth Wrestling Program

Open to children 1st through 6th grade.

Participants will learn wrestling techniques and improve coordination, balance, strength, physical fitness, and self-confidence. Wrestling will be taught through games, drills, and situation scrimmaging. Wrestling is great for all shapes, sizes, and abilities!

MAWA Cubs (1-3rd grade)

Practices will be on Monday and Thursday nights from 6-7pm in the Middlebury Union High Wrestling room. Practice starts January 20th and ends February 20th. The 5-week session will end with a scrimmage and game night. Second & Third graders will have the option of continuing with the MAWA Tigers season.

MAWA Tigers (4-6th grade)

Practices will be on Monday and Thursday nights from 5:45-7:15pm from January 20th through April 12th Middlebury Union High School wrestling room. Tournaments and meets will be held in March and April (typically on Saturdays), with the final scheduled competition on April 12th.

Head Coach: David McAshley, and a great group of assistant coaches.

Wrestlers may sign up at the Town Parks & Recreation Department (in person or online).

Fees are \$40 for Middlebury residents and \$45 for out-of-town. A \$5 per wrestler discount will apply to siblings.



Questions? Coach David McAshley, phone – 802-282-1598, email – davedmundash@gmail.com

For more information: middareall@gmail.com



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To learn more and register visit: mcmvt.org

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68 Main Street, Middlebury 802-388-3444

Dance with Jayden Rushton

Middlebury Parks & Recreation Gymnastics room

5-Week Session: November 13th-December 20th No Class
November 25th-29th

6-Week Session: January 8th-February 14th

Register: Online or in person starting on Friday, November 1st beginning at 9:30am

Cost: \$85.00 Resident, \$97.75 Non-Resident per 5-week session
\$95.00 Residents, \$109.25 Non-Residents per 6-week session

Any questions please reach out to Jayden at jaydenrushtondance@gmail.com

Wednesdays:

9-10am	2-3-Year-Old Ballet with Jayden
10-11am	3-4-Year-Old Ballet with Jayden
11-12pm	4-5-Year-Old Ballet with Jayden
1-2pm	5-Year-Old Ballet with Jayden

Thursdays:

9-10am	2-3-Year-Old Ballet with Jayden
10-11am	3-4-Year-Old Ballet with Jayden
11-12pm	4-5-Year-Old Ballet with Jayden
1-2pm	5-Year-Old Ballet with Jayden



Fridays:

5-6pm 9-12-year Old Advanced Jazz with Jayden (5-Week Session Only)



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New Year's Eve Fireworks and Ice Skating Presented by American Legion Post 27

Thanks to the generous support from American Legion Post 27, we are pleased to be offering New Year's Eve fireworks and ice skating again this year. Fireworks will begin at approximately 6:30pm at the Middlebury Recreation Field (by Mary Hogan). At the conclusion of the fireworks show head over to the Memorial Sports Center and enjoy an hour and a half (7-8:30pm) of free ice skating. We look forward to celebrating the New Year with you and your family!

**Host your next event
with us!**

Hockey Programs for All Ages

Hockey Skate Rentals (youth size 8 to adult size 13)

Public Skating and Stick & Puck
Times on website & in Thursday Addison Independent

Visit our website for details:
www.MemorialSportsCenter.org





296 Buttolph Dr, Middlebury
info@memorialsportscenter.org



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WORKWEAR SINCE 1915



Pet Services

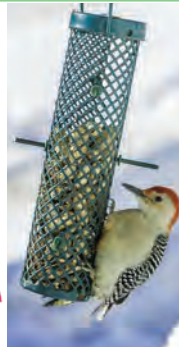
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West Coast Swing Dancing

Instructor: Karen Graham **Email:** vtwestiebest@gmail.com
Phone: 802-558-1870

PROGRAM: West Coast Swing is a versatile partner dance, danced to a wide range of popular music from blues to pop, slow swing, and R&B. A cousin of traditional swing dances like the Lindy Hop and East Coast Swing, West Coast Swing is constantly evolving. Today, it combines swing connection and rhythms with independent movement inspired by influences from nearly every other dance style, as well as contemporary music. It is a smooth, cool, laid-back dance that can be funky, groovy, or lyrical, depending on the music and your personal style. It's extremely popular in the U.S.A. and is the official state dance of California. No partner is required to take class.

LOCATION/TIME:

Beginner/Beginner Plus 5:30 – 6:30pm. 3-week session and 4-week sessions.

Session 1: Tuesdays 12/3, 12/10 & 12/17 \$45.00 Session

Session 2: Tuesdays 1/7, 1/14, 1/21 & 1/28 \$60.00 Session

Session 3: Tuesdays 2/25, 3/4, 3/11 & 3/18 \$60.00 Session

Middlebury Parks & Recreation Facility: 154 Creek Road, Middlebury. Multi-Purpose Room



REGISTRATION: Payment is due at time of registration or the first day via Middlebury Parks & Rec registration website: middleburyvt.myrec.com Sorry, no refunds unless the class is canceled. Preregistration is required. Drop-ins are welcome for the first class only. \$45 per 3-week session, \$60 per 4-week session or \$17.00 per class.

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2024 Middlebury Mayhem

Adult 3 on 3 Basketball Tournament

When: Saturday, November 30th, 2024, starts at 9am

Ages: 18+

Cost: \$25 per player

Location: Middlebury Recreation Center

To register: contact Randy Stockwell at 802-989-9715 or email Lakers32vt@yahoo.com

Rules: 15-minute time limit or first team to score 21 points. Double elimination bracket.

1st Prize: \$500 (based on 20 teams)



Vermont high school students can start college for **FREE** at CCV.

Drop-In Programs

Adult Co-ed 30+ Basketball

Wednesdays 8:00-9:30 at Middlebury Rec. Center Gym
For more information, please contact KC Bullock, 802-989-0374
\$4.00 per drop-in or buy a \$20 punch card for 7 visits

Adult Co-ed Volleyball

Mondays from 6:45-9:00pm at Middlebury Rec Center Gym
Advanced beginner to intermediate volleyball. Players aim for good ball-handling skills, trying to bump, set, spike on most plays. Teams are formed each week depending on who attends to keep the skill levels balanced on both sides and fun for all. For more information, please contact Sue Richardson at suerichardson@gmavt.net or 802-557-2724. We use the GroupMe app to do weekly headcounts and communicate time changes and cancellations. \$4.00 per drop-in or buy a \$20 punch card for 7 visits.

Tot Time Gym Hours- Sponsored by JUNEBUG

Wednesday and
Thursdays 10am-12pm
Open to all kids ages 5 and
below



Thanks to generous support from Junebug, Tot Time will be free to all for the 2024/25 school year

Pickleball

Monday through Thursday, 6:30-10am. Fridays, 7:00-10am.
All Abilities welcome.
3 courts available. \$4.00 per drop-in or buy a \$20 punch card for 7 visits



44th Annual Turkey Trot and Gobble Wobble

Middlebury Parks and Recreation will no longer be hosting this event. Currently, other options are being explored within the community.

Please look for an announcement coming soon.



Mountain Community Health

Comprehensive Primary & Dental Care



Caring for Our Community

Mountain Community Health has been providing affordable, comprehensive health services to people since 1986, regardless of their ability to pay.

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WALKING AND BIKING UPDATES

WINTER WALKING AND BIKING

HELPFUL TIPS & BENEFITS:

WALKING

Walking gets you off the couch and moving. It's as simple as that. There are proven health benefits of weekly moderate exercise, and if you are layered correctly, you can walk all through the winter.

During the winter months, exposure to fresh air can improve mental health. It can also boost your immune system and increase your energy levels.

BIKING

Like winter walking, winter biking can strengthen your immune system, increase your energy levels, and improve your coordination and relieve stress.

TRIANGLE BIKE LOOP OF ADDISON COUNTY

Thanks to the work of the Walk-Bike Council of Addison County and the Addison Country Regional Planning Commission, cyclists can now enjoy all or parts of a 40-mile bicycle commuting route connecting the tri-towns of Middlebury, Bristol and Vergennes via New Haven. Head to walkbikeaddison.org for an interactive map, cue sheets and full details.

When biking in winter, your extremities (head, hands, and feet) will get colder more quickly. Wear a hat, mittens, and warm socks to stay warm.

Accessorize! Invest in some bike fenders to keep the snow and slush off your clothes. Also, with the shorter daylight hours, make sure your bike has working lights on both the front and back.

Keep up to date with local walk and bike issues and news; check out the Walk-Bike Council of Addison County's website: <https://www.walkbikeaddison.org/>

ILSLEY PUBLIC LIBRARY



Youth Programming Notice- Youth programming will pause in the new year while Ilsley Public Library moves to our temporary space in the Duclos building during construction of our updated facility. Check in with the library for new dates, times, and locations!

Bounce and Play

Wednesdays, 9:00 – 10:00am

November 6 - December 11

Storytime for birth – 3 years. Bounce, read and play with Miss Tricia.

Chess Club

ALL AGES

Fridays, 3:30 - 4:30pm

Ilsley Public Library Meeting room.

Players of *all ages* are invited to bring a board and play chess. We LOVE to have multigenerational participants at this program.

Youth Media Lab

4th Grade and Up

Tuesdays, 3:30 - 4:30pm

November 5th-December 10th

Youth in 4th grade and up are invited to participate in this drop-in class. Youth are shown how to create films with guidance from Kurt, Director of Middlebury Community Television.

Fun at the Craft Table

The youth room has a different weekly sit-and-play craft set out for visitors.

Special Event: Count Down to New Year!

Tuesday, December 31st

10:30am - 12:15pm

A New Year party for families who don't stay up to midnight! Join Ms. Tricia and Friends to ring in the new year with hats, bells, games, photos, and more! The highlight balloon drop will occur at 12pm (noon) in the meeting room.

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