

Fall Activity Guide

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

September-November 2025



Registration Site: middleburyvt.myrec.com • townofmiddlebury.org • May - August 2025



Fall has it all at at THT



No One Cares About Crazy People

September 6 at 2:00pm
Rothrock Main Stage
Tickets \$5-\$17



The Moth StorySlam

September 9 at 7pm
Rothrock Mainstage
Tickets \$15



Bread + Puppet Circus

September 7 at 4pm
Addison County Fair Grounds
Tickets \$20



A Toast to the Arts

Pop-up Gallery and Party to Benefit Arts Access at THT
September 13 at 5:30
Jackson Gallery & New Wing
Tickets \$25-\$50



Cartoonist Harry Bliss with Sue Halpern

September 8 at 6pm
Anderson Studio
FREE with registration



Parent On Board – a Sketch-Comedy Revue!

September 18-20; Times Vary
Rothrock Main Stage
Tickets \$17-\$55



Host your event at Town Hall Theater!

From milestone moments to business meetings to holiday parties, THT has exciting new spaces and our beautiful historic theater to offer.

For availability and rates, write events@townhalltheater.org

Tickets: townhalltheater.org ■ 802-382-9222
72-76 Merchants Row, Middlebury, VT 05753

Thanks to our
Director-level sponsor!



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

Facebook: Town of Middlebury Parks and Recreation

- Middlebury Parks & Recreation Committee
- Greg Boglioli – Chair & 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 – Director of Parks and Recreation
802-458-8015
sbourne@townofmiddlebury.org

Amber Hunt – Program Coordinator
802-458-8014
ahunt@townofmiddlebury.org

Brian Kiel – Grounds and Maintenance - 802-388-8100 Ext. 219
MiddRecMaintenance@townofmiddlebury.org

INCLEMENT WEATHER POLICY

Programs may be cancelled in the event of severe weather or power outages. MPR will email AND post on social media by 1:00pm if our outdoor programs are cancelled.

For Program Cancellations Check: Facebook - Town of Middlebury Parks & Recreation

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 use application, available in our offices or online at the Town website. Facility Use Request Forms are considered on a first-come, first-served basis, depending on availability. Rental fees may apply. For additional information regarding availability, rates, and reservations, contact the MPR offices at (802) 458-8015





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 of our programs. The scholarship guidelines are based on the free and reduced lunch guidelines within the schools. If you'd like to apply for a scholarship or more information, please contact our office.

ACCESIBILITY

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.

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 session is attended, eligibility for a refund is void.

- Please be aware that refund requests may take up to 30 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.



Addison County

Solid Waste Management District

District Transfer Station
1223 Rte 7 South Middlebury, VT
HOURS: Monday-Friday 7 AM to 3 PM, Saturday 8 AM to 1 PM
NO RESIDENTIAL TRASH OR RECYCLING

HazWaste Center:
HOURS: Monday-Friday: 8 AM to 2 PM, Saturday 8 AM to 1 PM
BUSINESSES MUST MAKE AN APPOINTMENT

Accepted Items:

- 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 Residential Drop-Off
100 Kings Way (off Campground Rd.) New Haven, VT
HOURS: Wednesday 8 AM to Noon, Friday 8 AM to Noon
NO LARGE LOADS OR SPECIAL WASTES

Accepted Items:

- Food Waste
- Leaf & Yard Waste
- Household Trash
- Blue Bin Recycling

CONTACT US
(802) 388-2333 | acswwmd@acswwmd.org
AddisonCountyRecycles.org

 [addison.co.waste.mgmt](https://www.instagram.com/addison.co.waste.mgmt)
 [addisoncountysolidwaste](https://www.facebook.com/addisoncountysolidwaste)

We sell...





THE BIKE SHOP FOR EVERYONE!



Your local bike shop with over 50 years of experience!

Call to schedule a tune today!

802-388-6666

Other Services:

Bike Rentals • Ice Skate Sharpening

Ski and Snowboard Tuning

74 Main St., Middlebury • froghollowbikes.com

REGISTER FOR THESE PROGRAMS AT WWW.MIDDHOCKEY.COM

Registration for youth hockey in Middlebury is now open!

Join the **Middlebury Amateur Hockey Association** for programs tailored to boys and girls aged 5-14.

Whether you're new to the game or a seasoned player, we have something for everyone:

Learn to Play, recreational programs, and team play.



Financial aid and equipment are available
to ensure everyone can join in the fun.

GIRLS TRY HOCKEY FREE

Sundays 10/12, 10/19, 10/26 & 11/2

Attend all 4 or just 1!

Ages 5+, some skating ability helpful. No equipment needed, bring what you have, and we'll loan you the rest. Pre-registration required, see website for more information. Girls only. Time TBD.



BOSTON BRUINS ACADEMY

Saturdays 10/11, 10/18, 10/25, & 11/1 @ 3:30pm

Does your 5- to 9-year-old want to learn to play hockey this fall? Now's the time to sign up for this great co-ed introductory program!

Bruins Academy is a program for kids who haven't played organized hockey before. It's organized and sponsored by the NHL's Boston Bruins and we are so happy to host it at Memorial Sports Center again. For \$225, kids will receive a complete set of hockey equipment and 4 on-ice sessions in Middlebury. The on-ice sessions provide a little introduction to the great sport of hockey. Some skating skills are necessary.

GIRLS HOUSE LEAGUE

A once-a-week program, starting in November. \$160 plus USA Hockey registration. It will be a girls-only ice time opportunity to work on and build hockey skills. More details will be announced on our website soon!

NEW FOR 2025-2026!

GIRLS 10/12U TRAVEL TEAM

more details available on our website



BE A TIGER. PLAY HOCKEY!

Fall Soccer 2025

REGISTRATION CLOSES FOR SOCCER 09/02/2025

Division 1- Grades 1 and 2 (Coed) - Wednesday and Friday 3:30-4:45

Division 2- Grades 3 and 4 (Gender Specific) - Tuesday and Thursday 3:30-5:00

Division 3- Grades 5 and 6 (Gender Specific) - Boys: Monday and Wednesday 5:30-7:00

- Girls: Monday and Wednesday 5:30-7:00

- Please note that 6th graders will have the option of playing Rec. Soccer this fall as well as for the school teams (practices are later for that age group so they can do both)
- All practices will be held at the Middlebury Recreation Park
- The program will begin the week of Sept 8th

Fee: \$85 for Residents of Middlebury, \$97.50 for Non-Residents (Scholarships available)

Each player will receive a ball and jersey to keep

Preschool and Kindergarten Soccer (Ages 4-5)

This 6-week session will focus on teaching the fundamentals of soccer. This program is designed to be clinic-based skills work, which will help players get ready for the next level of competitive soccer while keeping it fun and engaging. The groups will be age-specific this year and we will be limiting it to 20 players per age group so we can keep the group sizes small and offer more one-on-one direction.

Dates and Time: Mondays, September 8th-October 13th

4-Year-olds: 3:40-4:10pm **5-Year-olds:** 4:15-5:00pm

Cost: \$60 for Residents, \$69.00 Non-Residents

If you are interested in coaching a team, please email Amber Hunt ahunt@townofmiddlebury.org or call 802-458-8014



2025 Fall Gymnastics

Instructor: Terri Phelps 802-236-1315

Important: Please Read

Registration will begin Tuesday, September 2nd at 5:30pm

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

September 8th- November 20th (No classes 10/9/25-10/13/25)

Preschool (Ages 3-4)

- | | | |
|--------------|----------------|------------------|
| 01. Friday | 8:30am-9:30am | \$171 (\$196.65) |
| 02. Friday | 9:30am-10:30am | \$171 (\$196.65) |
| 03. Saturday | 9:00-10:00am | \$171 (\$196.65) |
| 04. Saturday | 10:00-11:00am | \$171 (\$196.65) |

Young Beginner (ages 4-5)

- | | | |
|--------------|---------------|------------------|
| 05. Saturday | 11:00-12:00pm | \$171 (\$196.65) |
|--------------|---------------|------------------|

Beginner (Ages 5-7)

- | | | |
|--------------|--------------|------------------|
| 06. Saturday | 12:30-1:30pm | \$162 (\$186.30) |
|--------------|--------------|------------------|

Beg/Adv Beginner Advanced

- | | | |
|---------------|-------------|------------------|
| 07. Tuesday | 3:15-4:15pm | \$198 (\$227.70) |
| 08. Wednesday | 3:15-4:15pm | \$198 (\$227.70) |

Advanced Beginner/Intermediate

- | | | |
|--------------|-------------|------------------|
| 09. Saturday | 1:30-2:30pm | \$162 (\$186.30) |
|--------------|-------------|------------------|

Intermediate/Advanced

- | | | |
|---------------|-------------|------------------|
| 10. Tuesday | 4:15-5:15pm | \$198 (\$227.70) |
| 11. Wednesday | 4:15-5:15pm | \$198 (\$227.70) |
| 12. Saturday | 2:30-3:30pm | \$162 (\$186.30) |

Gymnastics Afterschool Program (Ages 6-10)

Program includes a 1-hour class, games/activities, and free time. Please bring a snack as well.

- | | | |
|--------------|-------------|---------------|
| 13. Monday | 3:15-5:15pm | \$320 (\$368) |
| 14. Thursday | 3:15-5:15pm | \$320 (\$368) |



A BETTER PLACE TO LIVE, WORK & PLAY



SPOOKTACULAR IS COMING!

SUNDAY, OCTOBER 26TH | **11-1PM**

WE'RE BRINGING BACK THE MAIN STREET SPOOKTACULAR PARADE! PARADE WILL ORGANIZE AT THE GAZEBO AND LEAVE AT 11:30AM.

GET READY FOR **TRICKS, TREATS** AND LOTS OF FUN NEW **ACTIVITIES** ON THE GREEN IN MIDDLEBURY!



VISIT **EXPERIENCEMIDDLEBURY.COM** FOR MORE INFO ABOUT SPOOKTACULAR, THE REST OF EXPERIENCE MIDDLEBURY SIGNATURE EVENTS AND ALL OF THE WAYS YOU CAN LIVE, WORK AND PLAY BETTER IN MIDDLEBURY!





EXPERIENCE MIDDLEBURY IS BROUGHT TO YOU BY THE BETTER MIDDLEBURY PARTNERSHIP

Archery 101 2025:

Number of Students per Class:

Minimum 8/Maximum 14

Registration Opens: Wednesday, September 3rd 2025 @ 9:30am

Dates and Time:

Thursdays, September 18th-October 9th, 4-5pm

The program consists of a 1-hour, once-a-week class for 4 weeks.

Cost: \$90.00 (Resident), \$103.50 (Non-Resident)

Type of Bow: Recurve (provided by instructor) or bring your own

Location: Mary Hogan Rec Field

Equipment (Provided): Recurve bows, arrows w/field tips, targets

Course Content: Range safety, range set-up, basic equipment setup and use, and the basic steps of shooting and scoring.



About the Instructor: Melinda Hardt has been instructing and designing Archery classes for youth since 2007. She started teaching the basics at an outdoor science school in California. She was trained by an Olympic-level Archer and obtained her Level 1 Archery certification. She designed and orchestrated year-round archery classes and a continuing Summer Camp program as well. She went on to obtain a Level 2 USA Archery certification and has taught Archery programs all over the country. She currently runs her own Archery business in Vermont, which provides programs for youth in Middlebury, Rutland & Castleton, as well as birthday parties, homeschool groups, and more!

Contact Info: Phone- 802-417-7581 Email- sendmelindamessages@gmail.com

38th Annual
Ripton Ridge Run
Sunday, October 12, 2025
Race Day Registration 11am-12pm
Race Start 12:30pm
Ripton Elementary School 753 Lincoln Rd.

  **Registration is now open!**
Scan the QR code or visit
tinyurl.com/RiptonRidgeRun

*Middlebury
Dance Centre*

**Weight/Stretch
and Ballet Classes
for teens and adults!**

For more information please contact
Barbara Elias at (802) 388-8253

14 Seminary Street | Middlebury

Parents GIVE

Health. Organic foods.
Co-op discounts. Creative recipes. Good habits.

Parents give WIC



Give WIC to your family.
The benefits are bigger than you think.
HealthVermont.gov/WIC



WOMEN
INFANTS
CHILDREN

VERMONT DEPARTMENT OF HEALTH

Quilt Show

October 11-12, 2025
Saturday, 10 am – 5 pm
Sunday, 10 am – 3 pm

Middlebury Rec. Center
154 Creek Road
Middlebury, VT 05753



Clapping Trees by Patricia Arensen, Sacred Threads

The Milk & Honey Quilters Guild Proudly Presents

Quilting in the Land of Milk & Honey

Maple Leaves, MHQG 2025 raffle quilt



Over 200 Quilts • Quilts of Valor • Sacred Threads 2025 Travel Exhibit
• Vendors • Basket Raffle • Quilt Turning • Raffle Quilt • Handmade Gifts • Lunch Available • Handicap Accessible • Free Parking
Admission \$7 • Under 12 free

For more info, please visit:
milkandhoneyquilters.com



Trail Fun
For Everyone!



SCAN to
REGISTER



MIDDLEBURY AREA LAND TRUST
22nd Annual
TAM TREK
19mi | 10K | 5K TRAIL RUN/HIKE
2mi FUN RUN/WALK
Sept 21 2025

www.maltvt.org/tam-trek

Kids 12 &
Under FREE!



mingle at the museum

SEPTEMBER 27, 5-7 PM
LIVE MUSIC BY REHAB ROADHOUSE
GAMES • DRINKS
FOOD TRUCK • SILENT AUCTION

A fundraising event for
The Henry Sheldon Museum
\$50 General / Kids Free



David & Colleen
Stameshkin



Looking for kid-friendly events in Addison County? We've got you covered.

Subscribe to MiniBury to get local events, activities and resources delivered directly to your inbox every week.



Scan the QR code or visit minibury.com to sign up for our email newsletter.



MiniBury.com

2025 Fall MUHS Field Hockey Clinic

Registration Opens: August 27th @ 8:30am

MUHS 2nd-5th Grade Field Hockey Clinic

Description: The MUHS Field Hockey team is excited to offer a fall field hockey clinic for youth interested in learning about the game! These weekly clinics led by high school players and coaches will touch on fundamental field hockey skills, teamwork, and game play. This clinic is open to players in 2nd-5th grade with any amount of experience. A stick selection is available for players who do not have their own stick. Players should bring their own shin guards, mouth guard, and water.

Schedule*: Wednesday, Sept. 10, 24 & Oct. 1, 8, & 15
(5 sessions), 3:45-4:45pm

***No Youth FH on 9/17 due to ACSD Early Release**

Location: MUHS Field Hockey Fields (below high school football fields)

Cost: \$60

Instructors: MUHS Field Hockey players and coaches
(MaKayla Broughton & Tajah Marsden)



An advertisement for the CCV Go to College program. It features a photograph of a smiling young woman sitting at a desk in a classroom. To the right of the photo is an orange box with the text "GO TO COLLEGE" in large white letters, with "CCV" in a small red circle above it. Below this is the website "GOTOCOLLEGEVT.ORG" and the text "Vermont high school students can start college for FREE at CCV."

An advertisement for the Rokeby Museum exhibit "Art. Agriculture. Abolition." It features a photograph of a large, dark, rusted metal object, possibly a piece of agricultural machinery. To the right of the photo is the text "OPEN DAILY, 10-5 UNTIL OCTOBER 12" and the exhibit title "Art. Agriculture. Abolition." Below the title is a paragraph: "A National Historic Landmark connecting visitors with the human experience of the Underground Railroad and with the lives of the four generations of Robinsons who lived at Rokeby from 1793-1961." At the bottom is the Rokeby Museum logo and the text "ROKEBY MUSEUM FERRISBURGH, VT • ROKEBY.ORG" with social media icons.

Figure Skating 2025/26

Skate with Middlebury FSC!

Is your child ready to spin, glide, and shine? The Middlebury Figure Skating Club, in partnership with Middlebury Rec and Middlebury College, offers fun and inclusive figure skating lessons for kids ages 5–18. Classes begin in October and end with a joyful group Ice Show in February during Middlebury College's Winter Carnival. Skaters are grouped by ability and taught using the U.S. Figure Skating model by experienced, supportive coaches. Most beginner and intermediate lessons are Sunday mornings; advanced lessons are Sunday evenings with an additional weekday morning option.

All practices are held at the Chip Kenyon '85 Arena at Middlebury College. Skaters need their own skates—figure skates are encouraged for ages 8+.

Registration opens in September through the Middlebury Rec Department.

Questions? Email us at skating@middfsc.org.



Credit: Bill Clark - <https://www.billclark.photography>

Pumpkin Spice and Everything Local



Whether you're cheering from the soccer sidelines or savoring a latte on the porch, local news is part of every season.



Set up your regular donation and help sustain award-winning local journalism in our community!



ADDISONINDEPENDENT.COM/ALL-STARS



2025 Middlebury Flag Football

Important Information / Dates for Families

REGISTRATION and EQUIPMENT ISSUE at the Middlebury Town Gym - 154 Creek Road

Tuesday, September 2nd 6:00 – 6:45 p.m.

8th grade: 6:00 p.m.

7th grade: 6:15 p.m.

6th grade: 6:30 p.m.

Wednesday, September 3rd 6:00 – 6:45 p.m.

1st — 3rd grade: 6:00 p.m. (Grades 1–3 can also register online.)

4th grade: 6:15 p.m.

5th grade: 6:30 p.m.

****Please bring two (2) separate checks to registration, one for registration fee, one for equipment deposit** Cash also accepted**

1) REGISTRATION FEE: payable to Middlebury Flag Football (MFF)

Grades 5th – 8th: \$50.00 for first player *see below for family rate information

4th Grade: \$25.00

Grades 1 – 3: Free

*Family Rate: \$50.00 for 1st player, \$25 for 2nd player, fee for additional players waived

2) EQUIPMENT DEPOSIT: All players, grades 4-8: \$125.00, payable to Middlebury Flag Football (MFF)

Original check will be returned when all equipment is returned on time in satisfactory condition.

SKILLS CLINIC / TEAM ASSIGNMENT: 4th - 8th Grade

Saturday, September 6th:

9:30 – 10:30 a.m. Flag Football Clinic
hosted by Middlebury College Football
team at Middlebury College Alumni
Stadium.

BRING YOUR FLAGS ONLY — leave the rest of your gear at home

CLEATS ARE OPTIONAL

**There are many events at the college on the 6th, you may need to park a distance and walk. Please allow enough time to find parking and get to the field for players to be ready to go at 9:30.

Sunday, September 7th: Coaches contact each player regarding: team assignment, practice details and their contact information. If you do not hear from the coach by 6:00 Sunday evening, contact Peter Brakeley 989-6992 or June Kaufmann 349-8534.

Week of September 8th: 5th – 8th grade: Four

(4) practices, 2 hours each. Practice days and times determined by team coach.

4th grade: Monday and Wednesday 5:00–6:00

1st – 3rd grade: Monday 5:00 – 6:00 p.m.

Practice for all grade levels takes place on the MUHS practice fields.

Saturday, September 13th: Games begin!! ALL GAMES will be played at the MUHS practice fields

9:00 a.m. 7th and 8th grades

10:30 a.m. 5th and 6th grades

1st – 4th graders do not have Saturday games

Week of September 15th: Two (2) practices, 1-½ hours each for 5th – 8th.

4th graders continue 2 practice sessions per week and 1 – 3rd continue with 1 practice a week. (no Saturday games for grades 1 – 4)

Remainder of the season is a repeat of the above:

Grades 5 -8: 2 practices each week, games on Saturday through October 18th

Grade 4: Monday, Wednesday practice

Grades 1-3: Monday practice

5:00 – 6:00



Make Music at MCMC This Fall!

- Private lessons for students of all ages
- Group classes in jazz, chamber music, music theory, and more
- Music Together® (ages 0-5) and Rhythm Kids® (ages 4-8)
- Performance salons, Trad Talks, and other public programs!

To learn more visit: mcmcv.org

2025

FALL
YOUTH
TENNIS

STARTS SEPTEMBER 8

FREE TIGER TENNIS

TUES & THURS 3:30-5 PM
(STARTS SEPTEMBER 16)

AFTERSCHOOL GROUP LESSONS

MONDAY: AGES 5-8 and 8-10
WEDNESDAY: AGES 8-11
MONDAY &/OR WEDNESDAY: AGES 10-14
TUESDAY &/OR THURSDAY: HIGH SCHOOL

PLEASE
REGISTER
IN
ADVANCE!

For more information contact middleburytennis.com



MIDDLEBURY INDOOR TENNIS

360 Boardman Street, Middlebury, VT
(802) 388-3733
middleburytennis.com

Drop-In Programs

Adult Co-ed 30+ Basketball

Wednesdays 6:30-8:30pm at Middlebury Rec. Center Gym

For more information, please contact Bryan Jones at 802- 989-8399

\$4.00 per drop-in or buy a \$20 punch card for 7 visits.

Adult Co-ed Volleyball

Monday's from 6:45-9:00pm at Middlebury Rec Center Gym

Advanced beginner to intermediate volleyball. Players aim for good ball handling skills, trying for 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 times changes and cancellations. \$4.00 per drop-in or buy a \$20 punch card for 7 visits.

Yoga with Vanessa Dunleavy

Fridays, 11:00am-12:00pm in the Middlebury Rec Center Multipurpose room.

Come revitalize your body and relax your mind with Yoga asanas and breath work. With a focus on alignment and awareness, we will work on strength, balance, and flexibility, all while honoring our body's intuition and individual needs. Learn more about Vanessa at www.vanessadunleavy.com

Drop-ins welcome, \$15 per class

Questions? Email dunleavy.vanessa@gmail.com



Tot Time Gym Hours

Wednesdays and Thursdays, 10am-12pm
Free.

PICKLEBALL

Outdoor play will continue at Midd Rec Park until first snow fall.

Indoor courts (starting approx. mid-October)

Monday through Thursday, 7am-10am.
All abilities welcome.

Three courts available: Court 1 will be for beginners, Courts 2 and 3 will be for intermediate/advanced players. \$4.00 per drop-in or buy a \$20 punch card for 7 visits.



Sanderson-Ducharme Funeral Home

Affordable Cremation & Burial Plans

The only on-site crematory in Addison County. Locally owned & operated by Walter Ducharme

117 South Main St. Middlebury, VT
802 388 2311
sandersonfuneralservice.com

The Middlebury Shop

Forth 'N Goal - since 1983

**Show Your Support!
Get The Gear!!**



We have Gift Cards!



MiddleburyShop.com

68 Main Street, Middlebury 802-388-3444

Want to help your child succeed this new school year?



Martial Arts increases flexibility, strength, coordination, and balance, and is designed to enhance discipline, respect, focus, and self-confidence in a fun and engaging way.

Students will learn basic physical techniques and how to have strong voices (50% of anyone's self-defense is their voice). Martial Arts is an activity recommended for students with ADHD or Autism.

**Running regular classes all year
No contracts, month-to-month commitment
Accepting new students anytime
The first class is free.
Give it a try today!**



Classes are available for preschool-age through grandparents in 4 locations: Middlebury, Vergennes, Hinesburg, and Orwell.

Call 802-377-0476

or email tkdkicks101@yahoo.com for information.



**CO-OPERATIVE
INSURANCE
COMPANIES**

As a member-focused insurer, we offer financial security and trusted protection through personal, commercial, and farm insurance—delivering on our promise with integrity and care.



HOME • BUSINESS • AUTO • FARM

Middlebury, Vermont • (802) 388-7917

Find a local agent near you at co-opinsurance.com

Committed to our MEMBERS, protecting what matters most.

Walk and Bike Activities

Middlebury E-bike Lending Library: Ilsley Public Library is partnering with Frog Hollow Bikes to loan out three e-bikes through October. E-bikes have an electric assist that helps riders get around with less effort and scale hills that previously seemed impossible. For complete details, loan rules, and descriptions of the bikes, please visit: <https://www.ilsleypubliclibrary.org/find-it/library-of-things-e-bike/>

To reserve a bike, call the library front desk at 802.388.4098

Middlebury Bike Pump Track: Check out the town's bike pump track at Rec Park next to the town pool. Pump Tracks are small, confined loops consisting of banked corners and rollers that are spaced and shaped to enable riders to generate momentum by "pumping" the bike through the rollers. Pump tracks are fun, and also develop bike handling skills for riders of all ages.

Walk & Bike Activities continued on Page 20



FALLING FOR AUTUMN?

Check out the ***Addison Independent's Annual Fall Guide*** for:

- 🍁 Foliage Tours
- 🍁 Historical & Cultural Destinations
- 🍁 Fall Calendar of Events
- 🍁 Recreation Adventures
- 🍁 Dining Guide

Hitting the newsstands on September 25th!



Take your skiing and snowboarding to new heights!



Registration is open October 14 – 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!

Now hiring ski and snowboard coaches. Apply online now.

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



Continued from Page 18

Safe Routes Middlebury hosts “Walk and Roll to School Day” on the first Wednesday of each month at Mary Hogan School, monitors traffic patterns and travel behavior, plans activities to teach bike skills and rules of the road, and recommends improvements to roads, parking lots, drop offs, sidewalks, crosswalks, traffic lights, signage, bus routes, bike routes, bike racks, and more.



Walk/Bike Council of Addison County is a county-wide, citizen-led advisory group that meets to discuss county-wide walking and cycling topics. The Council seeks to build momentum and capacity for safer walking and biking to our towns and villages. Council members work with state and regional agencies, municipal staff, schools and other interested community partners. Anyone interested should visit <https://www.walkbikeaddison.org/>

International Walk and Bike to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. Over time, this event has become part of a movement for year-round safe routes to school and a celebration – with record-breaking participation – each October. This year, the date is October 8th, 2025.

Let Us Host Your Event!

Soccer • Lacrosse • Basketball • Baseball • Hockey • Rollerblading
Concerts • Car Shows • Home Shows • Flea Markets • Fund Raisers
And More!

See You On the Ice in October!

296 Buttolph Dr, Middlebury
www.MemorialSportsCenter.org



Stay Active. Stay Connected.

Telecommunications Sales & Service • Data Cabling
Wireless • Fiber Optics • Security Surveillance Systems

Visit our new website! bts-vt.com

802-388-8999 • John and Jim Fitzgerald

MARK RAYMOND • raymondrenovation@gmail.com

*Handling all phases of residential
and light commercial carpentry since 1992*

www.raymondrenovationvt.com • 802-388-0742

Age Well Tai Chi Classes for Fall 2025

Beginner Class:

Where: Recreation Building, Creek Rd., Middlebury

When: Wednesday mornings from 10:00-11:00

Starting: October 1 – December 3, 2025

To Register: Class size is limited, please register by emailing: wcacovey@gmail.com or call Wendy at: (802) 238-5217 and leave a message.

Continuation Class:

For those familiar with Dr. Lam's Tai Chi for Arthritis and Fall Prevention Program

Where: Recreation Building, Creek Rd., Middlebury

When: Wednesday mornings from 11:15-12:15

Starting: September 24 - December 3, 2025

To Register: Class size is limited, please register by emailing: lindsayhart09@gmail.com or call Lindsay at: (860) 208-8737 and leave a message.

Cost: All classes are free and sponsored by Age Well

Tai Chi is a flowing and graceful sequence of movements that improves balance, concentration, and overall sense of health and well-being. It is appropriate for all ages and for people with arthritis and other conditions that limit mobility.



GREG'S MARKET
★ PROUDLY SUPPORTS ★
FALL SPORTS
★★★★★

PARTY PLATTERS, BAG LUNCHES, AND FRESH TO-GO SALADS TOO!

3 ELM STREET, MIDDLEBURY, VT
OPEN 7 DAYS A WEEK
802-989-7651



Middlebury's A&W is the last car hop in Vermont!

Kid and pet friendly with a special pet menu.
Open through the end of September

RT 7 South • Middlebury
802-388-2876
Located just south of Middlebury on Route 7

Swimming

GROUP PRACTICE SCHEDULES

Season starts September 29 at the Middlebury College Natatorium.

Contact Mike Delaney at middleburyaquaticclub@gmail.com for registration.

Practice Groups by Age/Ability:

Cubs: Tuesdays and Thursdays: 7:00 - 7:45 p.m.

Cats: Mondays - Thursdays: 7:00 - 8:00 p.m.

Jr. Panthers: Mondays - Thursdays: 7:00 - 8:15 p.m.

Sr. Panthers: Mondays - Thursdays: 7:00 - 8:30 p.m.

Dryland for Junior and Senior Panthers (and Cats with permission):

Tuesdays and Thursdays: 6:15 - 6:50 p.m. starting in October.

Saturday morning practices for Junior and Senior Panthers:

10:30 a.m. - 12:00 p.m. starting in October



New swimmers (anyone who did not participate in the 2024-25 winter season) must attend the new family informational meeting and swimmer assessment night: 6:00pm on September 10 to determine their practice group. Have swimmers come in bathing suits and ready to swim 25 yards.

2025-26 Season Pricing

Cubs \$165

Cats \$490

Junior Panthers \$540

Senior Panthers \$570



**REGISTRATION
NOW OPEN!**

SUNDAY / OCTOBER 19
5K / 10K / HALF MARATHON
MIDDLEBURY, VT

VERMONT'S "SWEETEST" HALF MARATHON
MIDDLEBURY MAPLE RUN 2025



WHAT MAKES IT SO SWEET?

- **BEAUTIFUL**, scenic routes with views of the Green Mountains & Adirondacks.
- A mix of **TRAIL, PAVED AND DIRT ROADS** for all events!
- **USATF-CERTIFIED COURSE** that is well supported, with rolling hills & foliage views.
- Well Organized, Great Swag, Well-Stocked **AID STATIONS**.
- Post-Race **BREAKFAST**
- Top Finishers Receive **VERMONT MAPLE SYRUP!**

REGISTER TODAY!

MIDDLEBURYMAPLERUN.COM



Half-zip
performance
shirts available
when you register!

Brought to you by
ADDISON COUNTY
INDEPENDENT



We realize that no one knows your child better than you!
Our goal is to partner with you to develop a plan to care for your child both in wellness and illness. Let us work with you in every phase of your child's health care to bring out the best in every parent and child.



Rainbow Pediatrics is an Accredited
Patient Centered Medical Home

rainbowvt.com



802-388-1338