

Winter Activity Guide

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

November 2025 - March 2026



Registration Site: middleburyvt.myrec.com • townofmiddlebury.org

Friends

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- Nordic ski programs Pre-K to 8th grade
- Skiing from December to March
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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

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

middrecmaintenance@townofmiddlebury.org

INCLEMENT WEATHER POLICY

Programs may be cancelled 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

Instagram: <https://www.instagram.com/townofmiddleburyvt/>

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



VERMONT Sun

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Vermont Sun is committed to the health and fitness of our community and is proud to support, complement and work with Middlebury's terrific recreation department.

*Have a program you'd like to run?
Let us know. We'd love to host you!*

Come check out our newly updated lobby!



See all Vermont Sun has to offer. Stop in, call, or visit us online. 

VERMONTSUN.COM | Middlebury | Vergennes | 802-388-6888



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.

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 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. information, please visit our website often.



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Grades 3+: Spring soccer teams
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Grades 1-2: All-local AU Juniors
Winter & Spring sessions

www.addisonunitedvt.com

Questions? info@addisonunitedvt.com

2025/26 Winter Gymnastics

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

Important: Please Read

Registration will open Wednesday, November 12th, 2025 @ 5:30pm

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, and vault.

****Classes January 5th, 2026, to March 17th, 2026****
NO CLASSES January 19th & 20th OR February 13th- 28th

Preschool (Ages 3-4)

01. Friday	8:30-9:30am	\$133 (\$152.95)
02. Friday	9:30-10:30am	\$133 (\$152.95)
03. Saturday	9:00-10:00am	\$133 (\$152.95)
04. Saturday	10:00-11:00am	\$133 (\$152.95)

Young Beginner (ages 4-5)

05. Saturday	11:00-12:00pm	\$133 (\$152.95)
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Beginner (Ages 5-7)

06. Saturday	12:30-1:30pm	\$126 (\$144.90)
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Beg/Adv Beginner

07. Tuesday	3:15-4:15pm	\$144 (\$165.60)
08. Wednesday	3:15-4:15pm	\$144 (\$165.60)
09. Saturday	1:30-2:30pm	\$126 (\$144.90)

Intermediate/Advanced

10. Tuesday	4:15-5:15pm	\$144 (\$165.60)
11. Wednesday	4:15-5:15pm	\$144 (\$165.60)
12. Saturday	2:30-3:30pm	\$126 (\$144.90)

Gymnastics Afterschool Program (Ages 6-10)

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

13. Monday	3:15-5:15pm	\$256 (\$294.40)
14. Thursday	3:15-5:15pm	\$256 (\$294.40)



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Times on website & in Thursday Addison Independent

Visit our website for details:
www.MemorialSportsCenter.org

MEMORIAL SPORTS CENTER

296 Buttolph Dr, Middlebury
info@memorialsportscenter.org



72-76 Merchants Row Middlebury VT | 802.388.1436

2026 Middlebury Parks and Recreation February Vacation Camp

Register: Starting Friday, November 7th at 9:30am.
Space will be limited to 40 participants.

Who: Kids in grades K-5

When: Monday-Friday February 23rd-27th
8:30am-4:30pm daily

Location: Middlebury Recreation Center 154 Creek Rd
Middlebury VT 05753

Cost: \$245.00 for residents, \$281.75 for non-residents

Description: "Rolling Through February"

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, and 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 Spare Time for some bowling, laser tag and some arcade fun.



2026 April Break Camp:

We're currently gauging interest in offering an April Break Camp for 2026! While details are still being finalized, the camp would follow a similar format to our February Break Camp, with a new and exciting field trip planned. More information will be shared as we get closer to the date — stay tuned!



Visit the Henry Sheldon Museum
Exhibits - Makerspace - Museum Store



Opening Day for Holiday Trains
November 28th

Scan for more details



Henry Sheldon Museum

One Park Street ~ Middlebury ~ 802-388-2117

HenrySheldonMuseum.org

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2025-26 Middlebury Youth Basketball

Register: Online or in person starting on Friday, November 7th

***Please note:** Registration will close on Friday, November 28th at 12:00pm To make the transition into the season as smooth as possible, we **WILL NOT** be accepting late registrations.

Cost: \$80.00 Residents and \$92.00 Non-Residents, price includes a jersey each player will keep at the end of the season.

Season Tip Off Clinic with varsity coaches/players will be on

Friday, December 5th- Time: TBD Held at the Middlebury Rec 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 2nd

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

5th/6th Grade Girls - Tuesdays and Thursdays
5:00-6:30pm starting Dec 2nd

5th/6th Grade Boys - Mondays and Wednesdays 5:00-6:30pm starting Dec 1st

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: Games are still trying to be formatted. Please note, some, if not most, of the games will be on Saturday mornings, however we still do not have game schedules.

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

5th/6th Grade Tournament: Boys- Jan 31st & Feb 1st

Girls- Feb 7th & 8th



EVENTS FOR THE WHOLE FAMILY

December 1st - 31st

'TIS THE SEASON FOR LOCAL CELEBRATION!

**PHOTOS WITH SANTA + MRS CLAUS
ON DECEMBER 6
AT TOWN HALL THEATER**

HOT COCOA HUT IN CANNON PARK

CHARACTER CUT-OUTS

ARTISAN MARKETS

**LIGHTING OF THE TREE
DEC 4**

**FREE HORSE AND WAGON RIDES
DEC 6 10AM - 12PM**

HOLIDAY CHOCOLATE BAR SALE

**EVENING SHOPPING DURING
MIDD NIGHT STROLLS
(12/4 + 12/11)**

**ILLUMINATED FALLS
IN THE MARBLE WORKS
DEC & JAN!**

**NYE FIREWORKS
BY PARKS & REC**

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magic in Middlebury*

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Little Tigers Basketball Program

For Kids in Grades K-2

Dates: 1/5/2026- 2/16/2026

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

2nd - Mondays from 4:15-5:00p (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: \$55.00 Residents, \$63.25 Non-Residents

REC CENTER MONDAYS: 1/5, 1/12, 1/26, 2/2, 2/9 & 2/16

MUHS SATURDAYS: 1/10, 1/17, 1/24, 1/31 & 2/7





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MAWA Youth Wrestling Program

Registration Open Online or In Person
November 7th, 2025

MAWA Youth Wrestling Program

Open to boys and girls in 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 a Middlebury facility to be confirmed. Practices start January 19 and end February 19. The 5-week session will end with a scrimmage and game night.

Third graders will have the option of continuing on with the MAWA Tigers season through March 21.



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: Fridays, 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 | acswmd@acswmd.org
AddisonCountyRecycles.org

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

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MAWA Tigers (4-6th grade)

Practices will be on Monday and Thursday nights from 5:45-7:15pm from January 5 through March 19 at a Middlebury facility location to be confirmed.

Tournaments and jamborees will be held in February and March (typically on Saturdays/Sundays), with the final scheduled competition on March 21.

Head Coach: Jon Ashley, and a great group of assistant coaches.

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

Fees are \$45 for Middlebury residents and \$50 for out-of-town.

A \$5 per wrestler discount will apply to siblings.

Questions? Coach Jon Ashley, phone – 802-522-9733, email: nolimitswrestling400@gmail.com



Middlebury Area Little League 2026 - Baseball and Softball

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

**Open Online Registration Dates:
January 1st, 2026 - March 13th, 2026**

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

After March 13th 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.

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

Little League Activities continued on Page 12

Continued from Page 11

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."

For more Information: middareall@gmail.com



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, 989-0374. \$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 bodies intuition and individual needs. Learn more about Vanessa at www.vanessadunleavy.com

Drop-ins welcome, \$15.00 per class.

Questions? Email Dunleavy.vanessa@gmail.com

NO CLASS 12/26

Come KICK the Winter Blues at TaeKwonDo KICKS



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.

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or email tkdkicks101@yahoo.com for information.



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Adult Co-ed Volleyball

**Mondays from 6:45-9:00pm Until Dec 1st,
Dec 1st-Feb 23rd 8-9:30pm**

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

Tot Time Gym Hours

Sponsored by Junebug

Wednesdays 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 2025/26 school year!

**Pickleball**

Mondays through Thursdays, 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.



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

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 (7-8:30 pm) of free ice skating. We look forward to celebrating the New Year with you and your family!




Music Together®
Sing, dance, and jam with us this winter!
Music supports children's development at every age and stage.

Music Together®
Ages: Newborn – 5 years
Mondays & Saturdays

Rhythm Kids®
Ages: 4 – 8 years
Wednesdays

Join us for a free class Sat., Dec. 6!

Our winter session runs January–March.

See a detailed schedule and register today: mcmcv.org

M MIDDLEBURY COMMUNITY MUSIC CENTER



MIDDLEBURY

BASKETBALL ASSOCIATION

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



@MIDDHOOPS



INFO@MIDDHOOPS.COM



2025 Middlebury Mayhem Adult 3 on 3 Basketball Tournament

When: Saturday, November 29th, 2025 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)



Play Tennis this Winter!

Open to the public. Year round. 7 days a week.

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Opportunities for All Ages
and Abilities



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Get Ready for Winter!

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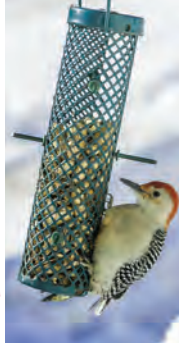
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7 DAYS



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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 as long as 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 also improve your coordination and relieve stress.
- When biking in winter, your extremities (head, hands, and feet) will get colder more quickly. Wear a hat, mittens, and warm socks in order 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.

TRIANGLE BIKE LOOP OF ADDISON COUNTY

Thanks to the work of the Walk-Bike Council of Addison County and the Addison County 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](https://www.walkbikeaddison.org) for an interactive map, cue sheets and full details.

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/>



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GREG'S MARKET

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OPEN 7 DAYS A WEEK
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Islesley Library

**Temporary Location: 30 Main Street
Middlebury, VT 05753**

All are Welcome: Drop-In Storytime at Mini Islesley

Bounce and Play

Birth - 4 years

Wednesdays 9:30am

Fall Session II: November 5th - December 17th

No Storytime November 26th

Come read, sing, and play with Ms. Tricia.

After School Tabletop Board Games

with Alexis at Mini Islesley

Fridays 3:30 - 5:30pm

Bring a snack, bring a friend, bring a game (or borrow one from IPL!)



FREE STRENGTH TRAINING AND BALANCE
EXERCISE CLASSES



BONE BUILDERS CLASSES

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

FREE CLASSES OFFERED AT 20
LOCATIONS THROUGHOUT
ADDISON COUNTY



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.



**It's the most
wonderful time
of the year!**

Subscribe to the MiniBury email newsletter to get local events, seasonal activities and resources delivered directly to your inbox every week (for free!)



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

VERMONT Sun

F I T N E S S C E N T E R S

Swim Lessons at Vermont Sun

Open to the public- Registration opens November 15th @ Vermont Sun
802.388.6888 www.vermontsun.com

TUESDAYS

January 13, 20, 27

February 3, 10, 17

4:00-4:30PM CAREGIVER & ME (AGES 6MO-2YRS)

4:30-5:00PM LEVEL 1 (AGES 2-4)

5:00-5:30PM LEVEL 1 (AGES 5-7)

SATURDAYS

January 17, 24, 31

February 7, 14, 21

9:00-9:30AM CAREGIVER & ME (AGES 6MO-2YRS)

9:30-10:00AM LEVEL 1 (AGES 2-4)

10:00-10:30AM LEVEL 2-3 (AGES 4 & UP)

CLASS COST:

\$110.00 MEMBER \$150 NON-MEMBER

(Child must be a Vermont Sun member
to receive member rate.)

***Caregiver & Me limited to 6 children per class,
minimum of 3**

***All other classes limited to 6 children per class,
minimum of 3**

***Registration on a first come first served basis and
must pay at time of sign up**

***For additional information contact Vermont Sun
388-6888**

***Instructor: Terrie Davis**

***Swim lessons can be refunded up to a week prior to first
session, no refunds thereafter. It is the families' responsibility to make
sure the child is in the correct class.**

CAREGIVER & ME

This class is for novice and beginning swimmers age 6 months – 2 years WITH A PARENT (or other adult). Parent participation in the water is required. Focus is on acclimation to the water environment, development of safety awareness, introduction to swim skills, and teaching adults some skills they can apply to facilitate their own child's safety, comfort and learning in the water.

LEVEL 1

This class is for novices getting acquainted with the water. Beginners kicking and paddling with assistance. Developing safety rules.

LEVEL 2

This class is for students who can kick and paddle 5 ft without assistance and can float 15 seconds without assistance. Students are able to put faces in the water.

LEVEL 3

This class is for students who can kick and paddle with their face in without assistance and start working on rotary breathing. Floating for 30 to 60 seconds with no assistance. Endurance improves, and safety continues to develop.

LEVEL 4

Swimmers are comfortable in the water, working on various strokes. Floating 1 to 2 minutes rhythmic breathing, backstroke, breaststroke. Safety rules in water areas. Simple assist rescues from deck on side of the pool





Want to level up your skiing or snowboarding ability? Join the Middlebury Ski & Snowboard Club!

Race. Shred. Explore.

Since 1956, the Middlebury Ski Club has been helping young skiers develop a lifelong love for the sport. In 2024, we expanded to include snowboarding—welcoming even more athletes to the slopes!

Why Join?

- Train & Compete – Develop your skills in racing or all-mountain skiing & snowboarding.
- Develop Skills – We will push you to grow as a skier or snowboarder.
- Build Friendships – Be part of a team that values respect, teamwork, and fun!

Our Mission

The Middlebury Ski & Snowboard Club is dedicated to inspiring young skiers and snowboarders by providing:

- High-quality training for all-mountain skill development
- A strong competitive program for those pursuing racing success
- A supportive, inclusive, and community-driven environment

Our Values

Respect | Teamwork | Commitment | Excellence | Fun

Get Involved!

Whether you're looking to race, improve your technique, or just enjoy the mountains with friends, we have a place for you!



Learn More & Sign Up in the Fall!
www.middleburyskiclub.org





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.



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