Winter Activity Guide

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



MIDDLEBURY
Parks & Recreation
move • grow • connect

Registration Site: middleburyvt.myrec.com

Middlebury Parks & Recreation Department • townofmiddlebury.org • Nov. 2026 - March 2027


Friends
Racing
FUN!
ADVENTURE
FROST
MOUNTAIN
NORDIC
SKI CLUB
• Nordic ski programs Pre-K to 8th grade
• Skiing from December to March
• Scholarships available
Learn more at:
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, Middlebury, VT 05753

Mailing Address: 77 Main Street, Middlebury, VT 05753

Phone: 802-458-8015

Facebook: Town of Middlebury Parks and Recreation

Staff of Middlebury Parks and Recreation Department

Scott Bourne – Director
802-458-8015 sbourne@townofmiddlebury.org

Bonnie Moore — Program Coordinator
programcoordinator@townofmiddlebury.org

Middlebury Parks & Recreation Committee

The Parks and Recreation Committee is currently undergoing a reorganization process aimed at improving overall efficiency, clarity of roles, and effectiveness in supporting the department's operations. This effort is intended to better align the Committee's work with the needs of the department, the Town, and key stakeholders, including board and committee members.

As part of this transition, updates and refinements will continue to be made to ensure the Committee structure remains practical, responsive, and valuable in guiding decision-making and long-term planning. Please keep an eye out for future updates as this work progresses.

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

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: advertising@addisonindependent.com or 802-388-4944.

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 www.middleburyvt.myrec.com. 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.

MIDDLEBURY
Parks & Recreation
move • grow • connect


TOWN HALL THEATER
townhalltheater.org
performances & events of all kinds
classes for all ages
Box Office
Jackson Gallery
celebration rentals
72-76 Merchants Row Middlebury VT | 802.388.1436



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 25% 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. 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 for more information, please contact our office.

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.

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 attending the second session, 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.

WEBSITE: WWW.TOWNOFMIDDLEBURY.ORG

REGISTRATION SITE: MIDDLEBURYVT.MYREC.COM

Experience MIDDLEBURY VERMONT

A VERY MERRY MIDDLEBURY

EVENTS FOR THE WHOLE FAMILY

December 1st - 31st

'TIS THE SEASON FOR LOCAL CELEBRATION!

PHOTOS WITH SANTA + MRS CLAUS ON DECEMBER 12 AT TOWN HALL THEATER

HOT COCOA HUT IN CANNON PARK

CHARACTER CUT-OUTS

ARTISAN MARKETS

LIGHTING OF THE TREE DEC 3, 6 PM

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

HOLIDAY CHOCOLATE BAR SALE

EVENING SHOPPING DURING MIDD NIGHT STROLLS (12/3 + 12/10)

ILLUMINATED FALLS IN THE MARBLE WORKS DEC & JAN!

NYE FIREWORKS BY PARKS & REC

Come experience holiday magic in Middlebury

EXPERIENCEMIDDLEBURY.COM

Friends of Middlebury Wrestling Inc. Youth Wrestling Program

Head Coaches: Jon Ashley, Ethan Raymond, Ben Cook, and assistant coaches.

Open to boys and girls in grades 1–6.

Participants will build wrestling skills, coordination, balance, strength, fitness, and confidence through games, drills, and scrimmages. Wrestling is great for all shapes, sizes, and abilities!

Cost: Registration is $40, payable to FOMW. A $20 USA Wrestling Limited Membership is also required and we will email instructions on obtaining prior to season start. We will also be offering an in-person registration session on Wednesday, December 2nd from 6-7pm in the MUHS cafeteria.

Shoe rentals are available for $10 per season during registration.

Questions? Contact Coach Jon Ashley at 802-522-9733 or nolimitswrestling400@gmail.com.



Cubs (1st & 2nd grade)
Tuesdays, January 12–February 9, 6:00–7:15 p.m., in the MUHS wrestling room. The 5-week session ends with a scrimmage and game night.

Tigers (3rd-6th grade)
Regular practices: Mondays and Thursdays, January 4–March 18, 6:00–7:30 p.m., in the MUHS wrestling room.
Optional challenge practices: Tuesdays, 6:00–7:30 p.m., at Shoreham School.

Tournaments and jamborees are typically held on weekends in February and March, with the final competition in late March. Uniforms provided.

NEW this year: Friends of Middlebury Youth Wrestling is now a USA Wrestling club affiliated with No Limits Wrestling Club. Register and pay at https://www.zeffy.com/en US/ticketing/2027-fomw-youth-wrestling-registration or use the QR code.

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
MEMORIAL SPORTS CENTER
296 Buttolph Dr, Middlebury
info@memorialsportscenter.org

BTS
BUSINESS TELEPHONE SYSTEMS
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

SINCE 1956
MIDDLEBURY
SKI & SNOWBOARD CLUB

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 & Snowboard Club and level up your ski and snowboard skills. Learn ski racing or refine your free-ride ski and snowboard techniques with other young enthusiasts this winter!

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

Little Tigers Basketball Program

Registration Opens: Monday, November 9th at 8:00am
(You can register on middleburyvt.myrec.com)
Registration Closes: Friday, November 27th at 5:00pm.

2nd Grade Basketball (Little Tigers):
Cost: $55.00 Residents and $68.75 Non-Residents. This price includes a shirt each player will keep at the end of the season.

Practices:
Mondays: 4:15pm-5:00pm (Starting Monday 1/4, Ending Monday 2/8)
Saturdays: Little Tigers Open Clinic is put on with the help of JV/Varsity Basketball coaches and players. (Dates and Location Below)

1/9 - 8:30am-9:30am, Located at Middlebury Union High School Gym
1/16 - 8:30am-9:30am, Located at Middlebury Rec Center Gym
1/23 - 8:30am-9:30am, Located at Middlebury Union High School Gym
1/30 - 8:30am-9:30am, Located at Middlebury Union High School Gym

K & 1st Grade Basketball (Little Tigers):
Cost: $55.00 Residents and $68.75 Non-Residents. This price includes a shirt each player will keep at the end of the season.

Practices:
Mondays: 3:30-4:15pm (Starting Monday 1/4, Ending Monday 2/8)
Saturdays: Little Tigers Open Clinic is put on with the help of JV/Varsity Basketball coaches and players. (Dates and Location Below)





1/9 - 8:30am-9:30am, Located at Middlebury Union High School Gym
1/16 - 8:30am-9:30am, Located at Middlebury Rec Center Gym
1/23 - 8:30am-9:30am, Located at Middlebury Union High School Gym
1/30 - 8:30am-9:30am, Located at Middlebury Union High School Gym



2026-2027 Middlebury Youth Basketball

Registration Opens: Monday, November 9th at 8:00am

(You can register on middleburyvt.myrec.com)

Registration Closes: Friday, November 27th at 5:00pm.

***NO LATE REGISTRATIONS WILL BE ACCEPTED.**

Beginning of Season Clinic: Friday, 12/4
This is hosted by Middlebury High School Coaches. It is meant to teach coaches and players drills, what effective practices look like, and a chance to connect with high school players and coaches.

Girls: 3:45 - 4:45pm

Boys: 5:15 - 6:15pm

Location: Middlebury Rec Center Gym

5/6 Grade Basketball:
Cost: $80.00 Residents and $100.00 Non-Residents. This price includes a jersey each player



Middlebury Area Little League

All students in grades preK-6 (ages 4-12) are invited to play.

Registration Open:

January 1st, 2027 - March 14th, 2027
Middlebury Area Little League sponsors four league levels:

TBall (pre-K age 4 and kindergarten) - 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 (Grades 1 and 2) - Rookie League teams play an exciting game 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 (Grades 3 and 4) - 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 (Grades 5 and 6) - The highest level of Little League play, players 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.

For more information please email:
middareall@gmail.com
or visit: www.middleburyarealittleleague.com

will keep at the end of the season.

Practices: *(subject to change based on coach & gym availability)

Girls - Tuesdays & Thursdays 5:00-6:30pm (Starts 12/1)

Boys - Mondays and Wednesdays 5:00 - 6:30pm (Starts 12/2)

***Teams will be split during the second week of practices.**

Games: Will begin in January. Games will be a mix of Saturday League games and away games during the week.

Tournament:

Girls - January 30th & January 31st

Boys - February 6th & February 7th

3/4 Grade Basketball:

Cost: $80.00 Residents and $100.00 Non-Residents. This price includes a jersey each player will keep at the end of the season.

Practices: *(subject to change based on coach & gym availability)

Girls - Tuesdays & Thursdays 3:30-5:00pm (Starts 12/1)

Boys - Wednesdays & Fridays 3:30-5:00pm (Starts 12/2)

***Teams will be split during the second week of practices.**

Games: Will begin in January. Games will be weekday games with the possibility of some Saturday games. It is dependent on coaches, players, and other teams' availability.

MIDDLEBURY
BASKETBALL ASSOCIATION

The Middlebury Basketball Association supports youth through high school basketball programs by building a strong basketball community that embraces inclusivity, enhances teamwork and encourages sportsmanship.

Learn more about basketball development opportunities that are available for the summer at:

MIDDHOOPS.COM
@MIDDVTHOOPS
@MIDDHOOPS
INFO@MIDDHOOPS.COM

Ilsley Public Library

Address: 75 Main Street, Middlebury, VT 05753
Hours: Monday-Thursday (8am-6pm), Friday (8am-4pm), Saturday (9am-4pm)
Phone: (802) 388-4905
Website: www.ilsleypubliclibrary.org

The Ilsley Public Library provides free library cards for Middlebury & Weybridge residents, and all students enrolled in ACSD schools. Residents of other towns may apply for a card for a fee. Library cards provide free access to all materials in our building, as well as online resources such as Libby and Kanopy. Copy, scan, and fax services as well as public meeting rooms and study rooms are available (charges may apply for certain services and spaces.)

Please visit our website for more information about our collection, services, and programming!

ILSLEY PUBLIC LIBRARY



ADDISON UNITED

Youth club soccer
Addison County-powered
For over 30 years



Registration Now Open

Grades 3+: Spring soccer teams
Includes opt'l winter training

Grades 1-2: All-local AU Juniors
Winter & Spring sessions

www.addisonunitedvt.com

Questions? info@addisonunitedvt.com

2026/27 Winter Gymnastics

Instructor: Terri Phelps (802) 236-1315
Registration Opens: Tuesday, 11/10 @ 8:00am

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.

Dates: January 4th - March 15th.
(No classes: 1/18,1/19,2/18,2/19-3/1,3/10)

Preschool (Ages 3-4)
01. Saturday 9:00-10:00am
$160 residents ($200 non-residents)
02. Saturday 10:00-11:00am
$160 residents ($200 non-residents)
Young Beginner (ages 4-5)
03. Saturday 11:00-12:00pm
$160 residents ($200 non-residents)

Beginner (Ages 5-7)
04. Saturday 12:30-1:30pm
$144 residents ($180 non-residents)

Beg/Adv Beginner Advanced
05. Tuesday 3:15-4:15pm
$144 residents
($180 non-residents)
06. Wednesday 3:15-4:15pm
$144 residents
($180 non-residents)
07. Saturday 1:30-2:30pm
$144 residents
($180 non-residents)



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
addisoncountysolidwaste

We sell...



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.

Intermediate/Advanced

08. Tuesday 4:15-5:30pm
$160 residents ($200 non-residents)
09. Wednesday 4:15-5:30pm
$160 residents ($200 non-residents)
10. Saturday 2:30-3:45pm
$160 residents ($200 non-residents)



Gymnastics After School Program (ages 6-10)

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

11. Monday 3:15-5:15pm
$256 residents ($320 non-residents)
12. Thursday 3:15-5:15pm
$256 residents ($320 non-residents)



This Holiday Season Give the Gift of Self-Confidence





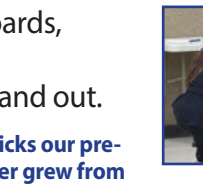
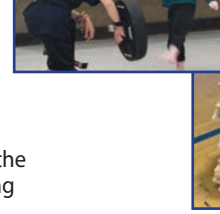

At TaeKwonDo KICKS, our goal is to help students build self-confidence through positive reinforcement, gentle encouragement, and the courage to push beyond their limits.

With opportunities to earn new belts, break boards, and celebrate personal achievements, every class helps students grow stronger—inside and out.

"Taekwondo has given Colin more confidence in doing things physically. Learning how to break boards made him feel powerful and like he could do things with his body that he didn't think he could do before."
— *Alex*

"The best thing that Taekwondo has given our daughter isn't a new belt or skill. It's the confidence to believe in herself, to try new things, and understanding that she is stronger and more capable than she realizes."
— *Saddie*

"In TKDKicks our pre-schooler grew from curious but wanting a parent in arms reach to racing to their place in the room and eagerly raising their hand in class. The confidence they have gained is showing with other new activities/people."
— *Michael*

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.

Peer Recovery Center

NEW EXTENDED HOURS
STARTING NOVEMBER 2ND

Evenings & Weekends

Mon-Fri	Sat. & Sun.
9am - 7pm	12pm - 3pm

More Time. More Support. Same welcoming space.

New Group Announcement: Dad Connection!

Dad Connection is a welcoming support group for fathers looking to build Community and find support through life's challenges. Whether you're a stepparent, expecting father, in recovery, struggling with substance use, navigating involvement with DCF or the justice system, or simply looking for support with any issue - you're welcome here. Starting November 10th, please join us every Tuesday at 5:30 p.m. to connect, share, and support one another.

Supporting recovery, hope, and connection across Addison County with:

- Peer Coaching Programs - Essential to Recovery
- AA Meetings - 5:30 pm, 7 days a week
- Mobile Coaching Program - Provides coaching anywhere in Addison County
- Public Safety Vending Machines - Located in Middlebury and Bristol

All services free of charge

Peer Recovery Center
OF ADDISON COUNTY

Visit Us
79 Court St.
Middlebury VT

Contact Us
(802) 388-4249
info@prcv.org
PRCVT.org

Self Defense Aiki Jitsu Adults Program

Ages: 14 and up
Cost: $50.00
Maximum Class Size: 10

Aiki Jitsu is a dynamic, self-defense oriented martial art encompassing strikes, throws, joint locks, and ground fighting. It focuses on using leverage and body mechanics to allow a smaller person to defeat a larger, stronger attacker.

No experience needed
(but welcome if you have some!)

Come ready to learn and enjoy a challenging and dynamic work out!

Instructor: Sensei Bruce Andrews

Schedule: January 18 – March 31.

Evening Classes: Monday, Wednesday, Friday 7:00 – 8:30 PM

Students will need to purchase their own Judo Gi with white belt before class (Available at awma.com, amazon.com, or sporting goods stores). Note that a karate, tae kwon do or ju-jitsu gi will be unlikely to stand up to the strain of throwing techniques. Students without a suitable gi will not be able to participate in throwing techniques.

Questions: Contact Sensei Andrews at 860-488-0429 or bruce@zenbudokaieast.org.



2027 February Break Camp

Join Middlebury Rec for a fun filled February Break! Campers will enjoy games and activities in the gym, outdoor sledding (weather permitting), and an exciting end of week field trip to Get Air Trampoline Park. It's sure to be a week full of fun, friends, and adventure!

Space is limited to 40 participants. Registration will close once 40 spots are taken or by Wednesday, February 3. Whichever comes first.

Registration: Monday, November 9th at 8:00am.

Ages: Grades K-5.

When: Monday-Friday 8:30am-4:30pm.
February 22-26

Location: Middlebury Recreation Center – 154 Creek Road Middlebury VT 05753

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



2027 Activity Guide Release Dates

Spring — February 25th
Summer — April 22nd
Fall — August 26th
Winter — November 4th

Warm up with local news

Help the Addy Indy deliver the local stories that keep our community connected, in every season.

Become an ALL-STAR today!

Your donations help us shine!

GIVE WEEKLY

GIVE MONTHLY

GIVEN YEARLY

ADDY ALL-STARS

ADDISONINDEPENDENT.COM/**ALL-STARS**

Boston Celtics Bus Trip

January 27, 2027

Tickets will sell out FAST. Register today!

Register:brandonvt.myrec.com

After a year's hiatus, Brandon Rec is heading back to Boston to see the Celtics take on the Los Angeles Clippers. They are opening it up and partnering with Middlebury Recreation.



When: January 27, 2027 a Premier Bus will depart from Estabrook Park at 10:00am. With the game starting at 7:30 you and your family can spend time exploring the North End of Boston before the game.

Perks: The Rafters experience is premium seats with dedicated high-speed elevators and concessions. You get early access to TD Garden before the game. Oh, and the best part... the 1st 15 kids to sign-up will be eligible to participate in the Anthem Buddies program. These kids will get an opportunity to watch players warm-up and stand on the historic parquet floor during the singing of the Star-Spangled Banner!

MARK RAYMOND • raymondrenovation@gmail.com

RAYMOND RENOVATION & NEW CONSTRUCTION, LLC

Handling all phases of residential and light commercial carpentry since 1992

www.raymondrenovationvt.com • 802-388-0742

GREG'S MARKET

DRIBBLE ON OVER FOR ALL YOUR WINTER SPORTS SNACKS!!! BEFORE YOUR GAME, OR AFTER, WE HAVE YOU COVERED!!!

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

PROUD SUPPORTER OF MIDDLEBURY REC SPORTS

New Year's Eve Fireworks and Ice Skating

Date/Time: Thursday, 12/31.

Fireworks: 6:30pm

Ice Skating: 7:00pm - 8:30pm

Location: Middlebury Recreation Field (Fields next to Mary Hogan) - 201 Mary Hogan Drive

Ice Skating: Memorial Sports Center – 296 Buttolph Drive

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. At the conclusion of the fireworks show there will be an hour and half of free community ice skating. We look forward to celebrating the New Year with you!



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



SPOTLIGHT

Let your light shine.

Dance and musical theater classes for ages 3 to adult, in a studio where every dancer belongs.

MIDDLEBURY
at Middlebury Fitness

SOUTH BURLINGTON
50 San Remo Drive

spotlightvermont.com
802.865.7626

Adult Pick-Up Basketball

Date/Time: Wednesdays 8:00pm – 9:00pm
*note: time may change due to youth basketbal



Location: 154 Creek Road - Middlebury Rec Gym

Ages: 30+

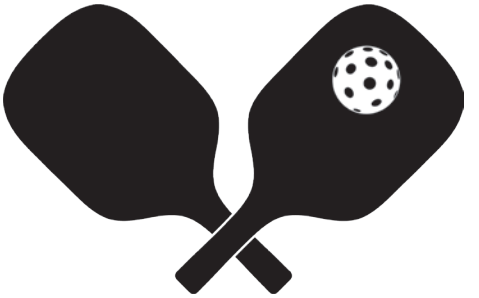
Drop-in Fee: $4.00 per drop-in or buy a $20 punch card for 7 visits.

For more information, please contact KC Bullock at 802- 989-0374

Pickleball

All abilities are welcomed. 3 Indoor courts will open at Middlebury Rec after the first snowfall or after 11/1, whichever comes first.

Court 1 will be for beginners; Courts 2 and 3 will be for intermediate/ advanced players.



Date/Time: Monday-Friday 7:00am-10:00am, Friday Evening 8:00pm-9:30pm**if schedule allows (see MyRec online schedule).

Location: 154 Creek Road - Middlebury Rec Gym

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

MiniBury
by the *Addison Independent*

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

Safe Routes Middlebury

Fun ★ Free ★ Healthy ★ Green ★ Safe Routes to School

WINTER WALKING AND BIKING: HELPFUL TIPS

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 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.

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/

Adult Co-Ed Volleyball

Advanced beginner and above volleyball. Players aim for good ball handling skills, trying bump, set, and 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.

Location: 154 Creek Road - Middlebury Rec Gym



Date/Time: Mondays 7:00pm - 9:00 pm *8:00-9:30 after Thanksgiving though

February Drop-in Fee: $4.00 per drop-in or buy a $20 punch card for 7 visits.

For more information, please contact Sue Richardson. Email: suerichardson@gmavt.net or 802- 557-2724. We use the GroupMe app to do weekly headcounts and communicate time changes





AGWAY

Get Ready for Winter!



Soils
Succulent/Cactus, Houseplant Mixes, Orchid Mixes and Promix.

Foxfarm, Black Gold and Miracle Gro, Lambert Promix



Clothing
Your year'round carhartt headquarters.

Outfitting active families for all seasons.








KINCO
Quality Gloves Since 1975


RANGER by Honeywell

Pet Services
Self-service dog wash... OPEN EVERY DAY!

Washing your pet has never been easier!
All the supplies you need and 30+ Premium Food Brands.
We also make Pet I.D. Tags – custom engraved while you wait!

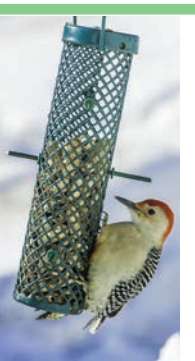





Bird Seed
Wild Bird Seed, Suet, Birdfeeders and more!







Winter Weather
Snow Shovels, Ice Melter, Tube Sand, Woodstove Accessories







AGWAY

MIDDLEBURY AGWAY FARM & GARDEN
338 Exchange St., Middlebury, VT • 802-388-4937
Monday - Friday 8-6, Sat. 8-5, Sun. 9-4

OPEN 7 DAYS

DISCOVER MasterCard VISA

YOUR YARD, GARDEN and PET PLACE™ www.MiddleburyAgway.com



Yoga with Vanessa Dunleavy

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.

Date/Time: Fridays, 11:00am-12:00pm

Location: 154 Creek Road - Middlebury Rec Multipurpose Room

Cost: $15 per class

Learn more about Vanessa at www.vanessadunleavy.com

REGISTRATIONS OPEN NOVEMBER 10!

SCAN THE QR CODE TO SIGN UP!

Tot Time

Tot Time is open to all children 5 years of age or younger. The gym will be open with toys, balls, and games. Fun for all!

Date/Time: Wednesday and Thursday 10:00am –12:00pm

Location: 154 Creek Road - Middlebury Rec Gym

Drop-in Fee: Free

Brought to you by Junebug.

junebug – a non-profit resale shop –

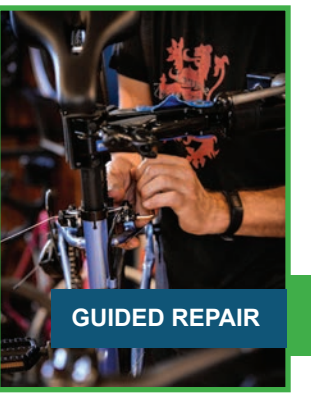
Call us about Winter Bike Tune Specials!



FROG HOLLOW BIKES MIDDLEBURY.VT

ALSO OFFERING





74 Main St., Midd. • froghollowbikes.com • 802-388-6666

VERMONT Sun
FITNESS CENTERS

Immerse yourself
in health & fitness this winter.

42 YEARS of original family ownership, helping our neighbors of ALL ages meet their fitness goals.

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!

NEW Nordic Spa!






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

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



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

Rainbow Pediatrics is an Accredited Patient Centered Medical Home

rainbowvt.com

802-388-1338