

# HARTFORD PARKS AND RECREATION



# WINTER



# PROGRAM GUIDE 2014/2015

## PROGRAM GUIDE

### 2014/2015



Serving the Villages of Hartford, Quechee,  
West Hartford, White River Junction & Wilder

A nationally accredited Parks & Recreation Department

# Special Events

22<sup>ND</sup> ANNUAL  
**GLORY DAYS FESTIVAL**  
IN WHITE RIVER JUNCTION, VERMONT, SINCE 1992  
**SATURDAY, SEPTEMBER 13, 2014 10 am-4 pm**



**EXHIBIT TRAIN**

TRAIN EXCURSIONS along the Connecticut River \$10 pp

Friday Night Photo Shoot  
 8:00 - 11:00 pm  
 \$10.00

**FREE Admission**

Special one-time-only visit by the Amtrak Exhibition Train

**Food = Games = Tractor Show = Music**

**Lego Show = Model Railroad Show**

Carz Car Club Car Show

www.vtglorydaysfestival.com Hartford Parks & Recreation Department • 802.295.5036

The Rio Blanco Social Club Presents:  
**13th Annual Halloween Parade and "RecyclaBall"**  
 Downtown White River Junction  
**Saturday, November 1st**

**Main Street Museum, 6-8 pm...** Doors open at 6 - featuring live music, fire spinners and a party in the Museum and on the deck by the river at the Main Street Museum, 58 Bridge Street, across from the park. Join us for cider, treats, and more!

**Parade, 8 pm...** The Parade takes to the streets! - Led by the Lil' Orphans Brass Band, the rolling Fire Organ, a walking, musical, drumming Halloween Jazz Party winds its way through the Upper Valley's favorite ghost town, navigating the terrifying boulevards and turning White River Junction into Frenchman Street in New Orleans for at least a few minutes!

**The Ball, 9 pm...** The Glamorous RecyclaBall at the Tupelo Music Hall on South Main Street. Hot music, dancing and scary refreshments. All ages are welcome; 21 with ID to drink.

**The Ball is \$12. (All other events are free!)**  
 For more information call: 802.356.2776

**HURRICANE HILL 5K/10K TRAIL RUN**  
 (Part of the Western NH Trail Running Series)  
**Hartford, Vermont**

**Saturday, September 13, 2014**  
 Sponsored by: Friends of Hartford Track and Hartford Parks & Recreation Department

Pre-Registration at - [runreg.com](http://runreg.com)  
 Race Day Registration starts at 8:00 a.m.  
 5K and 10K starts at 9:00 a.m.

**COST:** \$20 if registered by Friday, Sept. 12<sup>th</sup> or \$25 on Race Day

Proceeds benefit the FRIENDS OF HARTFORD TRACK, a 501c3 non-profit organization.  
 Questions contact: [friendsofhartfordtrack@gmail.com](mailto:friendsofhartfordtrack@gmail.com) or find us on Facebook @ Friends of Hartford Track

**Hartford Haunted Trail and Egg Hunt**



**Saturday, October 18th**  
**Quechee State Park**  
**5:00pm - 9:30pm**

*Suggested donation of \$1 per person or \$5 per family/group (group max of 8).*

Welcome to Wonderland and the crazy world of Mad Hatter. As you all know, Alice went back home with promises to return, but Hatter has lost hope and, without his friend, is slowly sinking deeper into madness. When Alice learned of this, she returned to Wonderland, but was captured by the Bloody Red Queen. The Bloody Red Queen has hidden Alice in the forest of Gloom and Doom. In his search of Alice, Hatter is becoming madder and madder and Wonderland is running amok.

Upon completion of the haunted trail, groups will engage in an egg hunt in an attempt to find themed plastic eggs with treats and toys inside, hidden by members of the Hartford Parks and Recreation Department - They know all the best hiding places!

Be sure to stop at the Quechee Village Store to visit the Haunted Train and other Halloween activities!

*This event is tobacco and alcohol free.*

**For additional information:**  
 Contact the Quechee State Park (802)295-2990 or Hartford Parks & Recreation Department (802)295-5036

**Saturday, December 13, 2014**  
**Sunday, December 14, 2014**

**THE POLAR EXPRESS**  
**Train Ride**

For more Information, visit [www.hartfordvtpolarexpress.com](http://www.hartfordvtpolarexpress.com)  
 Sponsored by the White River Rotary Club and Hartford Parks & Recreation



THE POLAR EXPRESS: TM & © Warner Bros. Entertainment Inc. (s14)

# Youth Programs

## BASKETBALL

### YOUTH OPEN BASKETBALL – 410601

Supervisors: Hartford Hoops Foundation

Description	Grades	Days	Dates	Times	Location	Fee
Boys G3-6	3-6	M	10/6-10/27	6:00-7:00 pm	Dothan Brook School	FREE
Girls G3-6	3-6	T	10/7-10/28	6:00-7:00 pm	Dothan Brook School	FREE
Boys G7-12	7-12	W	9/17-10/29	6:00-7:30 pm	Hartford High School	FREE
Girls G7-12	7-12	Th	9/18-10/30	6:00-7:30 pm	Hartford High School	FREE



### BASKETBALL CAMPS – 410201

Instructor: Steve Landon, Hartford Varsity Boys Coach and Chris Cook, Hartford Varsity Girls Coach

Fundamental and developmental skills will be taught to help you become more confident while playing basketball. Some basic skills will be re-introduced to help everyone brush-up on team playing. We will also introduce some of the basic drills that the Varsity and Junior Varsity teams perform in practice daily. We can't promise NBA results, but we know that you will have fun! Don't forget to bring a water bottle.

Description	Grades	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
B3-5 Camp	3-5	M,W,F	11/3-11/7	6:15-7:45 pm	Hartford High School	\$40/\$55	10/27	10/30
B6-8 Camp	6-8	Tu,Th	11/4-11/6	6:15-7:45 pm	Hartford High School	\$40/\$55	10/27	10/30
B9-12 Camp	9-12	Sa	11/8	10:45 am-12:15 pm	Hartford High School	\$55/\$70	11/3	10/30
		Tu,Th	11/11-11/13	6:00-8:00 pm	Hartford High School			
G3-5 Camp	3-5	M,W,F	11/3-11/7	9:00-11:00 am	Hartford High School	\$40/\$55	10/27	10/30
		Tu,Th	11/4-11/6	4:30-6:00 pm	Hartford High School			
G6-8 Camp	6-8	Sa	11/8	4:30-6:00 pm	Hartford High School	\$40/\$55	10/27	10/30
		M,W,F	11/10-11/14	9:00-10:30 am	Hartford High School			
G9-12 Camp	9-12	M,W,F	11/10-11/14	6:00-8:00 pm	Hartford High School	\$55/\$70	11/3	10/30

### YOUTH BASKETBALL – 110101

The Youth Basketball programs are offered for all **Hartford residents** in grades Kindergarten through 6th grade. Each player will be provided with a team t-shirt. All participants must provide a mouth guard and indoor sneakers. K-2 Basketball is an in-house program which separates participants into small groups and focuses on skill development. 3-6th Grade Basketball is divided into equal teams by grade level and play both in-house and inter-town games. Practice and game times will vary between the hours of 4:00pm & 8:00pm on week nights, depending on the number of teams.

#### SKILLS ASSESSMENTS

##### 3/4th Grade Boys:

3rd Graders - Mon, 11/10...OQS...5:30-7:00 pm  
4th Graders - Wed, 11/12...OQS...5:30-7:00 pm

##### 5th/6th Grade Boys:

5th Graders - Mon, 11/10...DBS...6:30-8:00 pm  
6th Graders - Wed, 11/12...DBS...6:30-8:00 pm

##### 3/4th Grade Girls:

3rd Graders - Tue, 11/11...OQS...5:30-7:00 pm  
4th Graders - Thu, 11/13...OQS...5:30-7:00 pm

##### 5th/6th Grade Girls:

5th Graders - Tue, 11/11...DBS...6:30-8:00 pm  
6th Graders - Thu, 11/13...DBS...6:30-8:00 pm



Description	Grades	Days	Dates	Times	Location	Fee	Reg Deadline
Kindergarten B-Ball	K	Sa	1/3-2/7	9:30-10:15 am	Ottauquechee School	\$25	12/27
1st Grade Basketball	1	Sa	1/3-2/7	10:30-11:15 am	Ottauquechee School	\$25	12/27
2nd Grade Basketball	2	Sa	1/3-2/7	11:30-12:30 pm	Ottauquechee School	\$25	12/27
3/4 Boys Basketball	3-4	M,W,F	11/10-2/13	TBD*	Ottauquechee School	\$33	11/4
3/4 Girls Basketball	3-4	Tu,Th,Sa	11/11-2/14	TBD*	Ottauquechee School	\$33	11/4
5/6 Boys Basketball	5-6	M,W,F	11/10-2/13	TBD*	Dothan Brook School	\$38	11/4
5/6 Girls Basketball	5-6	Tu,Th,Sa	11/11-2/14	TBD*	Dothan Brook School	\$38	11/4

\*TBD = Times to be determined after skills assessment and will depend on the number of teams playing.

### OPEN GYMS – 116010

The Hartford Parks & Recreation Department will have Open Gym during the month of January and the February Vacation. Hartford High School gym will be used for the open gyms for children in grades 5th thru 12th. This is NOT an organized basketball program; it is strictly an open gym for the children's use.

Description	Grades	Days	Dates	Times	Location	Fee
Open Gym	5-8	Sa	1/3-1/31	12:00-1:30 pm	Hartford High School	FREE
	9-12	Sa	1/3-1/31	1:30-3:00 pm	Hartford High School	FREE
Open Gym	5-8	M-F	2/16-2/20	12:00-1:30 pm	Hartford High School	FREE
	9-12	M-F	2/16-2/20	1:30-3:00 pm	Hartford High School	FREE



### TOWN TEAM BASKETBALL – 120101

This program is for any Hartford High School student that is not on a high school sponsored basketball team. Schedules and number of teams will depend on the number of participants; games are subject to be different days. Teams will practice and play 2-3 times per week and will play games against other towns.

#### SKILLS ASSESSMENTS

Grades 11-12 ... 12/8 ... 8:15 pm ... DBS      Grades 9-10 ... 12/9 ... 8:15 pm ... DBS

Description	Grades	Days	Dates	Times	Location	Res/NR Fee	Reg. Deadline	Min/Max
HS TT Basketball	9-12	Su-Th	12/8-3/15	8:15-9:30 pm	Dothan Brook School	\$60/\$75	12/1	10/40

# Youth Programs

## START SMART

### START SMART YOUTH SOCCER – 410113

Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the threat of competition or the fear of getting hurt.



Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Start Smart Soccer	3-5	Sa	9/13-10/18	9:00-9:45 am	Clifford Park	\$25/\$40	9/8	15/40

### START SMART BASKETBALL – 110101

Start Smart Basketball teaches children (ages 3-5) the basic motor skills necessary to play organized basketball while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents skills in dribbling/ball handling, passing/catching, shooting and running/agility without the threat of competition or the fear of getting hurt.



The program is held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement.

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Start Smart Bball	3-5	Sa	1/3-2/14	8:30-9:15 am	Ottawaquechee School	\$25/\$40	12/29	10/25

## SPORTS

### THE FIRST TEE GOLF PROGRAM AT FORE-U GOLF CENTER – 410512

Instructor: Peter Harris, PGA Member, Junior Golf Leader, Expert at Golf Swing Instruction & Club Fitting

The First Tee Program is an international youth development organization, introducing the game of golf and its inherent values to young people. First Tee helps shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance through the game of golf. Golfers will enjoy a hands-on experience in a fun environment.

Participants will be divided up into age appropriate groups.

Lessons will be taught at Fore-U Golf Center by PGA Member, Peter Harris.

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
First Tee SP	5-15	Sa	9/13-10/4	11:00 am-12:00 pm	Fore-U Golf Center	\$75/\$90	9/8	3/8

### NEW! NFL FLAG FOOTBALL – 411150

Co-ed NFL Flag Football is for ages 5-17. Wear NFL Gear, improve your game, and stay active.

1. Register with NFL Flag online at <http://www.nfflag.com/form/player>
2. AFTER you complete the online registration, register with the Rec Office.

Each player will receive an NFL team-branded reversible jersey and their own NFL Flag Football belts. Saturdays will be game days.

If you are interested in coaching, please contact the Hartford Rec Office, 802-295-5036



Organizational Meeting – Tuesday, September 9th – 5:30pm at the Hartford Town Office – 3rd Floor Conference Room

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline
NFL Flag	5-17	M, Tu, W, Sa	9/22-11/8	5:00-6:00 pm	Watson Park	\$50/\$65	9/15

### YOUTH KARATE – 410532, 110532

Instructor: Brett Mayfield

This is a great introduction to the world of Karate! This traditional Karate program will teach basic movements and forms, and emphasize self awareness and confidence. Please wear loose comfortable clothes.

\*2/11 will be used as make-up day

No Classes: 11/26 & 1/19

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Youth Karate	4-18	M&W	9/15-10/15	5:00-6:00 pm	Dothan Brook School	\$45/\$60	9/8	4/30
Youth Karate	4-18	M&W	11/3-12/8	5:00-6:00 pm	Dothan Brook School	\$45/\$60	10/27	4/30
Youth Karate	4-18	M&W	1/5-2/11	5:00-6:00 pm	Dothan Brook School	\$45/\$60	12/29	4/30

### YOUTH INDOOR SOCCER – 110513

Participants in this after-school program will be mixed up into small groups and play matches against one another. Participants are to bring comfortable clothes (shorts or sweatpants) and sneakers to change into (cannot wear outdoor street shoes or boots).

No Class: 2/18, 2/19

Description	Grades	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
K-2 Indoor Soccer	K-2	W	1/14-2/25	3:00-4:00 pm	Ottawaquechee School	\$25/\$40	1/9	8/25
G3-5 Indoor Soccer	3-5	Th	1/15-2/26	3:00-4:00 pm	Ottawaquechee School	\$25/\$40	1/9	8/25



# Youth Programs

## SKIING & SNOWBOARDING LESSONS - 110504

Instructors: Quechee Ski School

Anyone, adults included, can register for either ski lessons (ages 4+) or snowboard lessons (ages 7+). Participants should arrive at NOON the first day. Classes meet at 12:20 pm and run from 12:30 pm - 1:45 pm. Any participant seven years old or older may stay and use the ski area after lessons, as long as they have demonstrated the ability to ride all three lifts without assistance. All others will need to be supervised with an adult, adult tickets can be purchased for \$15 beginning at 2 pm. The Quechee Ski Area has snowmaking capabilities, so the hill should remain open, but as usual, parents may use their discretion about inclement weather. HENDERSONS SKI SHOP will offer a discount for rentals for any lesson participant.

**No Class: 1/18, 2/15**

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Skiing Lessons	4 & up	Su	1/4-2/22	12:30-1:45 pm	Quechee Ski Area	\$210/\$225	12/27	10/40
Snowboarding	7 & up	Su	1/4-2/22	12:30-1:45 pm	Quechee Ski Area	\$210/\$225	12/27	10/30

## ARTS & MUSIC

### THE ART OF LITTLE WORLDS – 430331, 110331

Instructor: CJ Stephens, Oh Art

Handmade board games using random found objects to create puzzles worth solving and meaning behind closed gates and trap doors. Mine Craft and Lego lovers welcome as we build upon the little worlds that we already know and love to ignite our creative engagement with future worlds...

**No Classes: 10/14, 10/15, 11/25, & 11/26**

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Fall Session A	6-9	Tu	9/23-10/28	3:30-5:30 pm	Oh, Art	\$100/\$115	9/16	2/12
Fall Session B	6-9	W	9/24-10/29	3:30-5:30 pm	Oh, Art	\$100/\$115	9/17	2/12
Fall Session C	6-9	Tu	11/4-12/9	3:30-5:30 pm	Oh, Art	\$100/\$115	10/28	2/12
Fall Session D	6-9	W	11/5-12/10	3:30-5:30 pm	Oh, Art	\$100/\$115	10/29	2/12
Winter Session A	6-9	Tu	1/13-2/10	3:30-5:30 pm	Oh, Art	\$100/\$115	1/6	2/12
Winter Session B	6-9	W	1/14-2/11	3:30-5:30 pm	Oh, Art	\$100/\$115	1/7	2/12
Winter Session C	6-9	Tu	2/24-3/24	3:30-5:30 pm	Oh, Art	\$100/\$115	2/17	2/12
Winter Session D	6-9	W	2/25-3/25	3:30-5:30 pm	Oh, Art	\$100/\$115	2/18	2/12

### THE HANDMADE FAIRIE – 430332, 110332

Instructor: CJ Stephens, Oh Art

Handmade paper acorns sewn into houses that stand with stock piles of back-up fairy dust. A world where paper, clay, painting and nature become a dynamic back-drop for creative play involving sophisticated storytelling and super fun art projects!

**No Classes: 10/14, 10/15, 11/25, & 11/26**

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Fall Session A	3-6	Tu	9/23-10/28	1:30-3:30 pm	Oh, Art	\$100/\$115	9/16	2/12
Fall Session B	3-6	W	9/24-10/29	1:30-3:30 pm	Oh, Art	\$100/\$115	9/17	2/12
Fall Session C	3-6	Tu	11/4-12/9	1:30-3:30 pm	Oh, Art	\$100/\$115	10/28	2/12
Fall Session D	3-6	W	11/5-12/10	1:30-3:30 pm	Oh, Art	\$100/\$115	10/29	2/12
Winter Session A	3-6	Tu	1/13-2/10	1:30-3:30 pm	Oh, Art	\$100/\$115	1/6	2/12
Winter Session B	3-6	W	1/14-2/11	1:30-3:30 pm	Oh, Art	\$100/\$115	1/7	2/12
Winter Session C	3-6	Tu	2/24-3/24	1:30-3:30 pm	Oh, Art	\$100/\$115	2/17	2/12
Winter Session D	3-6	W	2/25-3/25	1:30-3:30 pm	Oh, Art	\$100/\$115	2/18	2/12

### WHAT YOU MAKE OF IT – 430330, 110330

Instructor: CJ Stephens, Oh Art

Text and Images dominate our world and our consciousness. Come explore a way to handmade your own text/image projects of any and every dimension and media from files to analogue and printed media. We already have everything we need to proceed!

**No Class: 10/17**

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Fall Session A	10+	F	9/26-10/31	4:00-6:00 pm	Oh, Art	\$100/\$115	9/19	2/12
Fall Session B	10+	F	11/14-12/12	4:00-6:00 pm	Oh, Art	\$100/\$115	11/7	2/12
Winter Session C	10+	F	1/9-2/6	4:00-6:00 pm	Oh, Art	\$100/\$115	1/2	2/12
Winter Session D	10+	F	2/27-3/27	4:00-6:00 pm	Oh, Art	\$100/\$115	2/22	2/12

### UKULELE GROUP LESSONS - 445280

Instructor: Sandi Moon

Sandi Moon is in her 2nd year as the Dothan Brook School music teacher. She started a ukulele curriculum for 4th graders last school year and is excited for the opportunity to share ukulele with the community.

**Description:** Have a blast while learning to hold, strum, and play chords on this fun, easy-to-learn instrument. No experience required. Lessons are for children 10+ and adults.

FREE 30-min. Introductory Lesson to the Ukulele – Tuesday, September 30th at 6 PM. Sign-up early! Spots are limited!

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Ukulele S1	10+	Tu	10/7	6:00-7:00 pm	DBS Music Room	\$15/\$30	10/1	6/22
Ukulele S2	10+	Tu	10/14	6:00-7:00 pm	DBS Music Room	\$15/\$30	10/7	6/22
Ukulele S3	10+	Tu	10/21	6:00-7:00 pm	DBS Music Room	\$15/\$30	10/14	6/22
Ukulele ALL	10+	Tu	All 3 Sessions	6:00-7:00 pm	DBS Music Room	\$42/\$58	10/1	6/22

# Youth Programs

## LEISURE

### GMRCC CLIMBING CLINICS – 420119, 120119

Instructor: GM Rock Climbing Center

The GMRCC Quechee Climbing Clinic program detailed below is intended for young climbers who wish to explore the sport of climbing. Each clinic will meet for one hour a week under the guidance of a dedicated instructor. Said instructor will focus on each participant with customized training and advice.

**Introductory Level:** Students will learn the basics of rock climbing movement as well as the skills of tying in, using belay commands and doing proper safety checks.

**Level 1:** Students will learn how to identify, understand and follow climbing routes of difficulties between 5.5 and 5.6. Students will also learn the use of proper footwork and climbing techniques such as side-pulling, back-stepping and foot-switching.

**Level 2:** Students will learn the necessary skills to climb routes of difficulties between 5.7 and 5.8. Students will learn how to balance and use their feet so as to climb with greater efficiency. Students will also learn how to warm up and cool down at the beginning and end of their climbing sessions.

**Level 3:** Students will learn the necessary skills to climb routes of difficulties between 5.9 and 5.10. Students will learn how to hand-foot-match, use rests efficiently and make dynamic moves. Students will also learn how to train for better overall climbing performance.

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Intro	5+	M	9/15-10/6	4:00-5:00 pm	GMRCC	\$55/\$70	9/8	5/10
Level 1	5+	M	9/15-10/13	5:30-6:30 pm	GMRCC	\$65/\$80	9/8	5/10
Level 2	5+	W	9/17-10/15	4:00-5:00 pm	GMRCC	\$70/\$85	9/10	5/10
Level 3	5+	W	9/17-10/15	5:30-6:30 pm	GMRCC	\$75/\$90	9/10	5/10
Intro	5+	M	1/12-2/2	4:00-5:00 pm	GMRCC	\$55/\$70	1/5	5/10
Level 1	5+	M	1/12-2/19	5:30-6:30 pm	GMRCC	\$65/\$80	1/5	5/10
Level 2	5+	W	1/14-2/11	4:00-5:00 pm	GMRCC	\$70/\$85	1/7	5/10
Level 3	5+	W	1/14-2/11	5:30-6:30 pm	GMRCC	\$75/\$90	1/7	5/10

### TRAIL KIDS – 410430

Instructor: Chris Lord, Hanover Youth In Action

A wilderness adventure up Velvet Rocks! Join us on an exciting 4-5 mile hike along the Appalachian Trail and up Velvet Rocks. We will explore the woods, visit Velvet Rocks Shelter, and stand on the summit itself! While there will be parts of the hike that will be challenging, we will work as a group and succeed together. Lunch and snacks will be provided. Good shoes, 2 water bottles, a rain coat, and a day pack required.

Description	Ages	Days	Dates	Times	Location	Fee	Reg Deadline	Min/Max
Trail Kids	9-12	Sa	10/4	10:00 am-2:30 pm	Hanover COOP	FREE	10/1	8/15

### ELVES WORKSHOP – 110425

Instructor: Chris Lord, Hanover Youth In Action

Parents ... do you have some shopping you would like to do? Bring your child by for a few hours of fun, creating crafts and other fun things. Your child will be matched with a High School student, who will help your child create his/her crafts. A snack will be provided.

Description	Ages	Days	Dates	Times	Location	Fee	Reg Deadline	Min/Max
Elves Workshop	4-10	Sa	12/13	10:00 am-12:00 pm	Dothan Brook School	FREE	12/5	10/25

### ARCHERY – 440532

Instructor: Archery In Motion

Have you been looking for an activity that you and your child can participate in that would be relaxing, rewarding and fun? We have an archery program to offer you. We believe that the following can be accomplished with proper instructions.- Build Upper Body Strength- Challenge the Mind- Improve Concentration- Enhance Self-Confidence- Relax the Spirit.

We provide all the equipment, including the bows. We use light weight bows and vary the target distances so that men, women, children, and seniors can participate at their own ability level, thereby guaranteeing lots of fun for everyone.

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Archery	7 & up	W	9/17-10/8*	4:15-5:15 pm	Dothan Brook School	\$65/\$80	9/10	8/14

\*Rain make-up on 10/15 if needed

### NEW! CROSSFIT KIDS – 410537, 110537

Instructor: Nan Ingenloff, Level 1 Crossfit, Crossfit Kids Certifications

CrossFit Kids combines gymnastics and body weight calisthenics to develop capacity across general physical skills. These elements are combined to keep children engaged and entertained while teaching proper movement mechanics and creating a broad athletic foundation. The importance of nutrition is also explored in each session.

**No Class: Session 3, 11/10**

\*Interested participants can join Upper Valley Underground on Saturdays for \$10 per session (\$50 for 6 week class).

Description	Grades	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Crossfit Kids 1	K-5	Th	9/11-10/16	3:00-4:00 pm	Ottawaquechee School	\$50/\$65	9/4	5/15
Crossfit Kids 2	K-5	F	9/12-10/17	3:00-4:00 pm	Ottawaquechee School	\$50/\$65	9/5	5/15
Crossfit Kids 3	K-5	M	11/3-12/15	3:00-4:00 pm	Ottawaquechee School	\$50/\$65	10/27	5/15
Crossfit Kids 4	K-5	F	1/9-2/13	3:00-4:00 pm	Ottawaquechee School	\$50/\$65	1/5	5/15

# Youth Programs



## FEBRUARY VENTURES CIT – 120254

Supervisor: Jay McDonough

The Counselor In Training (CIT) program for the Vacation Ventures gives kids an opportunity to learn what it takes to become a Recreation Leader and future Ventures Staff.

CIT applications must be completed and submitted to the Rec Office prior to the registration deadline.

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Feb Ventures CIT	13-15	M-F	2/16-2/20	8:00 am-5:00 pm	White River School	\$30/\$45	1/30	1/3

## FEBRUARY VENTURES – 110252

Director: Jay McDonough

MISSION: To provide a safe environment for all children where they can experience friendships, expand their creativity, learn new things and have FUN. Come experience the excitement of Camp Ventures!! The fun begins at 8:00am and concludes at 5:00pm. Your child will experience a variety of different activities throughout the week, such as music, sports, nature, favorite camp games, arts & crafts, special performance and a field trip!

Campers are to bring their own snacks, drinks and lunches, and must have weather appropriate clothing and boots. Do not wait! Sign up early, as space is limited. The field trip will take place on Thursday.

*\*Early drop-off will begin at 7:30am for an additional \$10.00*

Description	Grades	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
February Ventures	K-6	M-F	2/16-2/20	8:00 am-5:00 pm	White River School	\$125/\$140	2/9	10/30

## SWIMMING

### FREE SWIM LESSONS FOR 2<sup>ND</sup> & 3<sup>RD</sup> GRADERS – 110510

Instructors: UVAC

**Free Swim Lessons!** Learn a life-long skill and have a great time with classmates!

**Who:** Hartford 2nd & 3rd Graders

**What:** Second and Third Graders are invited to participate in the UVAC Learn to Swim program in collaboration with Hartford Parks and Recreation Department and the UVAC. All ability levels encouraged.

**Getting There:** Transportation will be provided following school dismissal by UVAC and Hartford Parks & Recreation.

**Supervision:** Children supervised at all times by Hartford Parks and Recreation, UVAC.

**Instruction:** Class ratio is 1 instructor per 5 students.

**Registration:** FORMS WILL BE HANDED OUT IN SCHOOL AND ARE TO BE RETURNED TO YOUR TEACHER!

Description	Grades	Days	Dates	Times	Location	Fee	Reg Deadline	Min/Max
OQS Swim Lessons	2&3	W	10/22-11/19	3:30-5:00 pm	Upper Valley Aquatic Center	FREE	10/15	10/26
DBS Swim Lessons	2&3	W	1/7-2/4	3:30-5:00 pm	Upper Valley Aquatic Center	FREE	1/2	10/26
WRS Swim Lessons	2&3	W	4/22-5/27	3:30-5:00 pm	Upper Valley Aquatic Center	FREE	4/15	10/26

## UVAC MIDDLE SCHOOL FUN NIGHTS – 420610

Supervisors: Catherine Pearson, UVAC and Jay McDonough, HPRD

Drop in for a great night of music, food, games, and fun in the pool. A collaborative initiative of the Upper Valley Aquatic Center and Hartford Parks and Recreation Department.

*All Fun Nights are for Grades 5-8, on Friday evenings from 7:00-9:00 pm and the cost is \$5 per person.*

SEPTEMBER 26, 2014

OCTOBER 24, 2014

NOVEMBER 21, 2014

DECEMBER 19, 2014

JANUARY 23, 2015

MARCH 27, 2015

APRIL 24, 2015

MAY 22, 2015

## SPECIAL EVENT

### NEW! FATHER DAUGHTER DANCE – 114270

Join us for the First Annual 2015 Father-Daughter Dance, scheduled for Friday, February 13th. The Father-Daughter Dance will be held on February 13th, 2015, from 6:00-8:00 pm, in the White River Elementary School Gym. The cost is \$15 per couple and \$10 for each additional daughter. The cost includes healthy finger snacks and deserts, beverage, entertainment, a carnation for each young lady, and a memoir photo. Registration will remain open until filled so register early.

Description	Ages	Days	Dates	Time	Location	Per-Couple/Add'l Child	Reg By 2/1
Father Daughter Dance	2 & up	F	2/13	6:30-8:30 pm	White River School	\$15 per-couple (\$10 each add's child)	



# Wendell A. Barwood Arena

## SEASON PASS

### ARENA SEASON PASSES (Includes Public Skating and Stick N' Puck) – 160903

Purchase your season's pass early to enjoy a full season of public skating. The HMA offers public skating every Saturday and Sunday as well as additional Holiday skating times. Family passes are good for up to four family members, additional members can be added for \$10 per person.

Description	Ages	Days	Dates	Location	Res/NR Fee
Adult Skating Pass	15 & up	Sa&Su*	Opening-3/16	Wendell A Barwood Arena	\$35/\$50
Family Skating Pass	All	Sa&Su*	Opening-3/16	Wendell A Barwood Arena	\$70/\$85
Senior Skating Pass	65 & up	Sa&Su*	Opening-3/16	Wendell A Barwood Arena	\$15/\$30
Youth Skating Pass	0-14	Sa&Su*	Opening-3/16	Wendell A Barwood Arena	\$30/\$45



## PUBLIC SKATE

### PUBLIC ICE SKATING TIMES

FEES: \$5 per visit or Season Pass

<b>Saturdays:</b>	Opening – Mar. 21	4:00 – 5:30 pm*
	(*Except 1/17, 1/31 & 2/7: 6:00 – 7:30 pm)	
<b>Sundays:</b>	Opening – Mar. 15	1:30 – 3:00 pm

Additional Public Skate times listed to the right!

### STICK N' PUCK SKATING TIMES

Stick N' Pucks are recreational drop-in hockey programs. Approved hockey helmet with a facemask is mandatory and full hockey equipment is strongly recommended. The ice can be set for 2 - Cross Ice Games, to be split by gender, age or ability or there is the option of combining to one full ice COED game based on the wishes of those who attend.

<b>Youth Stick N Puck</b>	Grades 3-12	See schedule to the right.
<b>Adult Stick N' Puck</b>	Ages 15 & up	Saturdays 11/1-3/14 8:15-9:45 pm

### \*SPECIAL EVENTS & SCHOOL BREAKS

<b>Nov. 26</b>	Adult Stick N' Puck	9:00-10:30 am
	Youth Stick N' Puck	10:45-12:15 pm
	Public Skate	1:30-3:00 pm
<b>Nov. 27</b>	Adult Stick N' Puck	7:45-9:15 am
	Thanksgiving Skate	9:30-11:00 am
<b>Dec. 20</b>	Skate with Santa	4:00-5:30 pm
<b>Dec. 25</b>	Christmas Day	Arena CLOSED
<b>Dec. 22-Jan. 1</b>	Youth Stick N' Puck	11:00 am-12:30 pm
	Public Skate	12:45-2:15 pm
<b>Dec. 31</b>	New Year's Skate	5:30-7:00 pm
<b>Feb. 16-Feb. 20</b>	Youth Stick N' Puck	11:15 am-12:45 pm
	Public Skate	1:00-3:00 pm



ICE RENTAL TIMES ARE AVAILABLE BY CALLING THE HARTFORD RECREATION OFFICE at 802-295-5036. MONDAY - FRIDAY, 8am – 5 pm.

## SKATING LESSONS

### LEARN TO SKATE – 460503, 160503

Instructor: Catherine Johnson

LEVEL 1: For beginner skaters, designed to create a safe and fun atmosphere to learn how to sit and stand up on the ice, march standing still, marching and then gliding on two feet, dip while moving, rocking horse, beginning to learn how to stop, and wiggle backwards.

LEVEL 2: This program is for those advancing from a beginner level, learning how to swizzle forwards and backwards, one foot glides, turning forwards to backwards, slalom and stopping.

Participants are permitted free attendance to Public Skate after their lesson. Helmets are required for ages 5 and under and recommended for all others. Dress appropriately, in layers and always wears gloves or mittens. Classes will only be cancelled if the facility closes or you are notified of a change. LESSONS BEGIN PROMPTLY AT SCHEDULED TIME.

No Class: 12/28, 2/15 & 2/22

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
LTS Sess 1 Level 2	4 & up	Su	12/7-1/18	1:00-1:30 pm	Wendell A Barwood Arena	\$65/\$75	11/27	10/25
LTS Sess 1 Level 1	4 & up	Su	12/7-1/18	1:30-2:00 pm	Wendell A Barwood Arena	\$65/\$75	11/27	10/30
LTS Sess 2 Level 2	4 & up	Su	1/25-3/15	1:00-1:30 pm	Wendell A Barwood Arena	\$65/\$75	1/22	10/25
LTS Sess 2 Level 1	4 & up	Su	1/25-3/15	1:30-2:00 pm	Wendell A Barwood Arena	\$65/\$75	1/22	10/30

## SPECIAL HOLIDAY SKATES AT THE WENDELL A. BARWOOD ARENA

Featuring Music, Hot Cocoa, and Snacks



Annual Thanksgiving Turkey Skate  
November 27, 2014  
9:30 - 11:00am



Skate with Santa  
December 20, 2014  
4:00 - 5:30 pm



New Year's Skate  
December 31, 2014  
5:30 - 7:00 pm

# Family & Community Programs

## HUNTING EDUCATION COURSES – 460531

Instructors: Hartford Rod & Gun Club

Class graduates will leave the hunter education courses with a thorough understanding of how to get a lifetime of enjoyment out of Vermont's magnificent natural resources. Topics covered include: Introduction to Hunter Education (History, Purpose and sponsors); Firearms and Hunting Safety; Hunter Responsibility; Personal Preparedness; Wildlife Conservation; Hunting Opportunities; Specialty Hunting.

**NEW THIS YEAR: Register ONLY through the Vermont Fish and Wildlife Department**, please visit [www.vtfishandwildlife.com](http://www.vtfishandwildlife.com), go to Education & Training, then Hunter Education to register online or contact 802-241-3700.

Description	Ages	Days	Dates	Times	Location	Fee	Reg Deadline
Fall Hunter Safety	All	M,Tu,Th *Sa	9/15-9/25 9/20	6:00-8:00 pm 10:00 am-3:00 pm	Dothan Brook School Hartford Rod & Gun Club	FREE	9/12

## FULL MOON HIKING EXCURSIONS – 150610

Join the Hartford Rec Staff for a hike under the light of the full moon. All skill levels welcomed on these moderate 1-1.5 mile, 1.5-2 hour hikes through the moonlit forest with hot cocoa following the event. Participants must provide their own equipment. \*Snowshoes or other shoe traction devices required for walking in snow and/or ice; headlamp or flashlight optional. (Hike subject to cancellation if skies are cloudy or trail conditions unfavorable for night-time winter hiking – contact the Rec Office at 802-295-5036).

Pre-registration is required. Meet in the Trailhead parking lot for each hike.

**Hike 1:** Wednesday October 8th – 7:00-9:00 pm – Boston Lot Lake

**Hike 2:** Tuesday, February 3rd – 6:00-8:00 pm – Gile Mountain Snowshoe

**Hike 3:** Thursday, March 5th – 6:00-8:00 pm – Hartford Town Forest Snowshoe



## WHITE RIVER QUEST – 430618

Group Leader: Vital Communities, Lauren Whittlesey

Guided Quest – The Junction Quest  
Saturday, September 27, 2:00 – 4:00 pm

Celebrate the equinox by joining Lauren Whittlesey of Valley Quest for a tour around the village of White River Junction. This Quest will show you a hidden park, an artist alley and load of history. Refreshments will be provided. This event is free and open to the public. Call 802-291-9100 x107 or mail [Lauren@vitalcommunities.org](mailto:Lauren@vitalcommunities.org) to RSVP or for more information.

The Quest will begin at Engine 494 in White River Junction.

Valley Quest is a program of Vital Communities. More information is available at [www.vitalcommunities.org](http://www.vitalcommunities.org).

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
VQ Hike	All	Sa	9/27	2:00-4:00 pm	White River Junction	FREE	9/24	4/30

## NEW! JAPANESE LOW IMPACT MARTIAL ARTS – 430533, 130533

Instructor: Brett Mayfield

Low Impact Martial Arts for all level & abilities. Participants will learn postures, movements, and escapes from Karate, Jujitsu and Aikido. Maintain a healthy body and mind, improved coordination, improve strength and improve self-confidence. Please wear comfortable clothing.

**\*2/11 will be used as make-up day**

**No Classes: 11/26 & 1/19**

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Youth Karate	18+	M&W	9/15-10/15	6:00-7:00 pm	Dothan Brook School	\$45/\$60	9/8	4/30
Youth Karate	18+	M&W	11/3-12/8	6:00-7:00 pm	Dothan Brook School	\$45/\$60	10/27	4/30
Youth Karate	18+	M&W	1/5-2/11	6:00-7:00 pm	Dothan Brook School	\$45/\$60	12/29	4/30

## ICE FISHING PROGRAM – 110503

Instructor: Hartford Parks & Recreation Staff

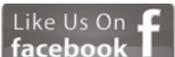
Sign up for this one day Ice Fishing adventure. All equipment and bait will be provided, also included is access to an ice shanty. Ice fishing will take place on Dewey's Pond, group will meet in the parking lot off of Dewey's Mill Road. Fee will cover expenses for bait, food and drink. The program will teach participants ice fishing methods using tip-ups and focusing on Trout, Bass and Pickerel.

A Vermont Fishing License is required for Ages 15+

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Ice Fishing	All	Tu	2/17	7:00 am-12:00 pm	Dewey's Pond	\$15/\$40	2/10	4/10

## UPCOMING OUTDOOR EDUCATION PROGRAMS

To find out more about this and other programs, watch for updates on Facebook!



### FAMILY ARCHERY

Have you been looking for an activity that you and your child can participate in that would be relaxing, rewarding and fun? We have an archery program to offer you. We believe that the following can be accomplished with proper instructions.- Build Upper Body Strength- Challenge the Mind- Improve Concentration- Enhance Self-Confidence- Relax the Spirit. We provide all the equipment, including the bows. We use light weight bows and vary the target distances so that men, women, children and seniors can participate at their own ability level thereby guaranteeing lots of fun for everyone. Participants are encouraged to bring their own bows if they have them.

### HUNTING IN THE WILDERNESS

This is the perfect introductory course for hunters who have successfully completed the Hunters Education Course. Join Heidi Soos and Peter Meijer from Wilderness Trails as they take you into the wild. A two session course will cover basic orienteering and compass skills, identifying deer sign, using a bow in a tree stand, tree stand placement and basic tree stand safety along with developing good hunting skills and hunting confidence.

# Adult Programs

## NEW!! ORGANIZATIONAL ADULT ATHLETIC MEETINGS

**Now organizing Adult Softball & Basketball Leagues for men, women and adults age 50+.** The Hartford Parks & Recreation Department recognizes the increased necessity for adult athletics in our community. We invite all interested players and teams to join our meetings to share their interest.

The outcome of the meeting will determine the direction for the league. For more details, please contact the Hartford Parks & Recreation Office.

**All meetings will be held in the Hartford Town Office at 35 Railroad Row, White River Junction, VT 05001, 3rd Floor Conference Room.**

**Organizational Meetings will take place on the following dates:**

- \* Co-ED, Men/Women Adult 50+ Slow-Pitch Softball League: Thursday, September 4th – 6:00pm
- \* Co-ED, Men/Women Adult 50+ Basketball League: Thursday, October 30th – 6:00pm
- \* Adult Womens Basketball League: Thursday, October 30th – 6:00pm
- \* Adult Men/Women "It's out of my League," want to play hockey League: Thursday, October 30th – 7:00pm



## SPORTS

### ADULT OPEN BASKETBALL

**Supervisors: Dave Benetello, Jim Murray and Steve Lagasse**

Catch up with old friends or meet new ones at this supervised Open Basketball Program.

**No Class: 12/24, 12/25, 12/31, 1/1, 2/18, 2/19**

Description	Ages	Days	Dates	Times	Location	Fee
18+ Open Basketball	18-25	Th	10/23-3/5	7:00-9:00 pm	White River School	FREE
25+ Open Basketball	25 & up	Su	10/19-3/8	6:00-8:00 pm	Dothan Brook School	\$2 per visit
50+ Open Basketball	50 & up	W	10/22-3/6	7:00-9:00 pm	Hartford Middle School	\$2 per visit
		W	12/3-3/6	8:00-9:30 pm	Hartford Middle School	\$2 per visit



### ADULT GOLF CLINIC – 410512

**Instructor: Peter Harris, PGA Member, Junior Golf Leader, Expert at Golf Swing Instruction & Club Fitting**

The Adult Golf Clinics will be held on Thursdays from 5:30 – 6:30 pm and offered to both men and women. This program is great for players looking to start from scratch and for those who want to take their game to the next level and improve their fundamentals. Clinics will be taught at Fore-U Golf Center by PGA Member, Peter Harris.

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Golf Clinic	15+	Th	9/11-10/2	5:30-6:30 pm	Fore-U Golf Center	\$100/\$115	9/4	3/8

### BASKETBALL OFFICIALS TRAINING – 130331

**Instructors: Dan Pause**

This Clinic is designed to give young or first time basketball officials the framework for getting started. The clinic provides an official with an overview of the sport, including pregame and postgame expectations, basic signaling, and penalty enforcement and application. Officials are introduced to positioning expectations during the contest. The participants are encouraged to address his/her questions or concerns about getting started as an official.

Description	Ages	Days	Dates	Times	Location	Fee	Reg Deadline
Officials Clinic BB	15 & up	Su	12/7	1:00-2:00 pm	Dothan Brook School	FREE	12/4

### ADULT BASKETBALL LEAGUE – 130101

**League Supervisor: Brett McCoy and Josh Sapp**

There will be an ORGANIZATIONAL MEETING on Thursday, October 23rd at 5:30 pm, at the Hartford Municipal Building. Each team must have at least one member present at this meeting. REGISTRATION DEADLINE: NOVEMBER 14, 2014 for having team rosters (with minimum of 7 players) and full payment. There will be occasional games on other days, especially during the tournament.

**No games: 11/26, 12/24, 12/31**

Description	Ages	Days	Dates	Times	Location	Fee	RegDeadline	Min/Max
Men's BBall League	18 & up	Su&W	11/23-2/22	8:00 am-4:00 pm	Hartford HS/CCBA	\$700 per team	11/14	6/16

### NEW! INTRO TO CROSSFIT – 410540

**Instructor: Crossfit, Upper Valley Underground**

Come find out what CrossFit is all about in one of these three introductory classes! CrossFit is strength and conditioning program that promotes comprehensive physical fitness and restored vitality. "Constantly varied, high-intensity, functional movements." Every workout is scalable, which means that anybody can participate within their ability. This style of training appeals to those seeking optimal physical performance as well as those merely interested in general fitness. Join this introduction to Crossfit class in a fun, encouraging outdoor atmosphere.

Description	Ages	Days	Dates	Times	Location	Fee	RegDeadline	Min/Max
Crossfit 1	15+	Sa	9/20	9:30-10:30 am	Lyman Point Park	\$10	9/19	5/15
Crossfit 2	15+	Sa	10/4	9:30-10:30 am	Lyman Point Park	\$10	10/3	5/15
Crossfit 3	15+	Sa	10/18	9:30-10:30 am	Lyman Point Park	\$10	10/17	5/15



# Adult Programs

## FITNESS

### ZUMBA – 430572, 130572

Instructor: Nelly Flores, Certified Zumba Instructor

Originally from Nicaragua, Nelly has been teaching Zumba for 11 years and has been certified by Beto Per'ez (Zumba Founder) for three years in a row! She started teaching Zumba because it reminded her of her culture and gave her the chance to spend time with her family. Nelly absolutely loves teaching! Her favorite aspect of instructing Zumba is seeing the participants smiling faces and watching them gain confidence.

Zumba is a cardio-based workout that uses Latin rhythms and easy-to-follow moves to create a fitness program that features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Participants burn 500+ calories an hour with Zumba. Zumba is easy, designed for everyone, every shape and age. Zumba is fun and motivates class participants to adhere to the program even after they get the results they desire. Participants keep coming back because it is FUN. Zumba is great for the mind, body and soul. Participants should wear comfortable clothing and bring water.

**No Class: 11/29, Session 2**

**Drop-in Fee: \$8.00 per person, per class**

Description	Ages	Days	Dates	Times	Location	Res/NR Fee	Reg Deadline	Min/Max
Zumba S1	14 & up	Tu Sa	9/16-10/18	6:00-7:00 pm 10:30-11:30 am	White River School	\$80/\$95	9/15	10/50
Zumba S2	14 & up	Tu Sa	11/4-12/13	6:00-7:00 pm 10:30-11:30 am	Dothan Brook School	\$80/\$95	11/3	10/50
Zumba S3	14 & up	Tu Sa	1/6-2/7	6:00-7:00 pm 10:30-11:30 am	Dothan Brook School	\$80/\$95	1/5	10/50

## NEW! FOOD FOR LIFE – THE POWER OF FOOD FOR HEALTH – 433370

Food for Life Instructor, Beth Perera; Certified in Plant-Based Nutrition

Learn how we can change our dietary lifestyle to change our health future. We are not at the mercy of our family history necessarily, as what typically "runs in the family" is how we eat. We'll discuss the benefits of a plant-based diet and how we can prevent most of the diseases that plague Americans, and even reverse many conditions, deliciously! Each class includes live cooking demonstrations with three recipes to sample.

**FREE Introduction Class to Food for Life:** Come hear what Food For Life is all about. We will watch a short, eye-opening video that pinpoints our national problem: our diet. You will hear about evidence-based research in the exciting areas of reversing Type II Diabetes, preventing and reversing our common cancers, and the prevention or reversal of numerous common ailments like arthritis, heart disease, migraines, acne, even MS. Sample a super smoothie, plus two more plant-powered dishes to see how quick, easy, and tasty it can be to eat this way. You will be the first to have the opportunity to register for upcoming classes. <http://introfoodforlife.eventbrite.com> **Thursday, September 25 5:30pm-7:30pm (FREE)**

To register, visit the links below or visit the Hartford Parks & Recreation Department Minimum of 10 participants per class/Max of 30

<b>Eat Your Way to a Healthy Weight</b>	Thursday, 10/2 - Cost: \$30 – 5:30-7:30 pm	<a href="http://eat4healthyweight.eventbrite.com">http://eat4healthyweight.eventbrite.com</a>
<b>Diabetes Prevention/Treatment</b>	Thursday, 10/9 - Cost: \$30 – 5:30-7:30 pm	<a href="http://diabetesfoodforlife.eventbrite.com">http://diabetesfoodforlife.eventbrite.com</a>
<b>Cancer Prevention/Survival</b>	Thursday, 10/16 - Cost: \$30 – 5:30-7:30 pm	<a href="http://cancerfoodforlife.eventbrite.com">http://cancerfoodforlife.eventbrite.com</a>
<b>5-week Kickstart Your Health series</b>	Thursdays, 1/15-2/12 - Cost: \$150 – 5:30-7:30 pm	<a href="http://kickstart5weeks.eventbrite.com">http://kickstart5weeks.eventbrite.com</a>
<b>Optional week 6 Digestive Health</b>	Thursday, 2/26 - Cost: \$30 – 5:30-7:30pm	<a href="http://kickstartdigestivehealth.eventbrite.com">http://kickstartdigestivehealth.eventbrite.com</a>
<b>Optional week 7 Healthy Blood Pressure</b>	Thursday, 3/5 - Cost: \$30 – 5:30-7:30pm	<a href="http://kickstarthealthybp.eventbrite.com">http://kickstarthealthybp.eventbrite.com</a>

## BUGBEE SENIOR CENTER PROGRAMS

The Bugbee Senior Center promotes wellness and social activities for seniors through programs such as Senior Fitness, Aqua Aerobics, Zumba Gold, Tai Chi, Cribbage and Bingo. Their programs require registration at the Bugbee Center and there is a fee payable at the time of sign-up. Depending on the course, they run between 6 & 10 weeks. If you are interested in seeking more information regarding the Bugbee Senior Center's programs, please contact the center at 802-295-9068.

In 2015, The Bugbee Senior Center will be hosting the **ANNUAL BOSTON FLOWER SHOW BUS TRIP**. The date will be Thursday, March 12th and the bus will leave at 8:00 am. Please contact the Bugbee Senior Center for more information at 802-295-9068.

## ADULT EDUCATION PROGRAMS

Hartford Career & Technology Center

For adult education programs this fall and winter check out what is happening at the Hartford Career & Technology Center. Programs such as: Introduction to Welding and Licensed Assistant Nursing.

For more information contact:

**Hartford Area Career & Technology Center**  
**One Gifford Road, White River Junction, Vermont 05001**  
**Email: [adulthood@hartfordschools.net](mailto:adulthood@hartfordschools.net)**  
**Telephone 802-359-4739**  
**FAX 802-295-8631**



**Stay Connected! Like us on Facebook for new and updated program information!**



# 50+ Programs

## NEW! WHAT IS 50PLUS?

50Plus is a healthy active living program for community members 50 years of age or older. This community program offers a wide range of recreational, health, educational and family programs for all ages. Our program is designed to enhance the quality of life and well being of those 50 and over in the Town or Hartford and surrounding region, striving to contribute to the social, educational and recreational needs of the community by offering programs and services in a safe and healthy environment. Join one of our programs today.

### WEDNESDAY WALKERS – 450618, 150618

Trip Leader: Hartford Rec Staff

Get outside and enjoy socializing and getting exercise the old fashioned way on these ten easy to moderately difficult walks. Experience the foliage in the fall and the snowy views in the winter. Bring boots and appropriate clothing (snowshoes/yak-traks are highly recommended for the winter hikes) as well as water and a snack. For more information about the hikes, cancellations and to sign-up, please contact the Hartford Rec Office, 802-295-5036. For all hikes, meet at the Hartford Rec Office, (35 Railroad Row, WRJ – 3rd Floor)

FALL SERIES		WINTER SERIES	
Sept 10 ...	Cole Pond Trail, Enfield, NH	Jan 14 ...	Mink Brook Marsh, Hanover, NH
Sept 24 ...	Mt. Tom, Woodstock, VT	Jan 28 ...	Mill Road Trail, Lebanon, NH
Oct 8 ...	Holt's Ledge, Lyme, NH	Feb 11 ...	Colette Trail, Enfield, NH
Oct 22 ...	Gile Mountain, Norwich, VT	Feb 25 ...	Cossingham Road Farm Trails, Norwich, VT
Nov 5 ...	Hartford Town Forest, WRJ, VT	Mar 11 ...	Hurricane Forest, WRJ, VT

Description	Ages	Days	Dates	Times	Location	Fee	Min/Max
Fall	All	W	9/10-11/5	9:00 am-12:00 pm	Hartford Municipal Building	FREE	3/15
Winter	All	W	1/14-3/11	9:00 am-12:00 pm	Hartford Municipal Building	FREE	3/15

## NEW! GEOCACHING – 465310

Discover Our Community In A New Way

Get out, Geocache and discover! Do you know what Geocaching is? If you do and even if you don't, please join us for a free introduction to the healthy activity of Geocaching. At our first meeting we will provide a brief description of Geocaching and then go together on our first Geocaching experience. This is a great opportunity to explore and learn about this awesome program using the iPhone GPS (Global Positioning Systems) device. If you like to hike, explore and enjoy nature's beauty then you will love Geocaching. Meet at the TOH Rec Office, the group will engage in a 30 minute overview of Geocaching, before departing on their first geocaching adventure. If you have a GPS or Smart Phone, please feel free to bring your personal device to use. If you do not have one, it is not required.

Description	Ages	Days	Dates	Times	Location	Fee	Reg Deadline	Min/Max
Geocaching	50 & up	Th	9/18	9:00 am-12:00 pm	Hartford Municipal Building	FREE	9/17	3/15
Geocaching	50 & up	Sa	10/11	9:00 am-12:00 pm	Hartford Municipal Building	FREE	10/10	3/15

## NEW! 50PLUS – YOU CAN BE SMARTER THAN A “TECHIE” – 455310

Hartford Parks & Recreation is teaming up with WinCycle to provide a variety of basic technology based courses for our 50Plus community. WinCycle is a small nonprofit located in Windsor, VT. They offer secure recycling of unwanted electronic devices and have a store selling refurbished computers and laptops. WinCycle is closed-loop recycling at its best. At WinCycle, they collect devices for recycling and refurbish. They also provide resource training workshops to the general public. WinCycle is a local, secure, and responsible outlet for managing your unwanted electronic devices. As part of WinCycle's mission, WinCycle provides workshops that focus on basic computer skills, understanding operating systems and navigating online applications. Other learning opportunities include: volunteering, on-site training and one on one lessons. See below what 50Plus and WinCycle can do for you. WIN a FREE Laptop by attending one or more sessions. The more you attend the better your chances.

### COURSE DESCRIPTIONS

**Internet for the Technically Terrified:** In this session, we will answer the question, “What is this crazy thing, the internet?” Where did it come from? How do I use it? What is the big deal? Stop in to better understand how to use the internet and some pitfalls to avoid.

**Social Networking - Making the Connection Online:** Many of us are now connecting with friends and family through Facebook, Instagram, Pinterest, YouTube and others. Learn to use these networking tools to stay in contact with others.

**What's App-ening?:** Apps are being used with smart phones, tablets and some computers. This session will be an interactive time when attendees will share apps that they find useful, fun or just entertaining. Stop in and share the apps that you are using in your daily life.

**Why do I need a smart phone?:** In this session we will be presenting the new personal computer technology: smart phones, tablets, laptops and others. WinCycle staff will assist attendees with understanding which device is right for them.

**Computer basics:** Computers are everywhere and many of us really are not sure how to use them. This session will discuss just how to use them and that they are really not scary. Topics presented will include: how they operate, creating a document, and email basics.

Description	Ages	Days	Dates	Times	Location	Fee	Reg Deadline	Min/Max
Internet & Terrified	50 & up	Th	11/6	10:00 am-12:00 pm	Hartford Municipal Building	\$8	11/5	6/15
Internet & Terrified	50 & up	Sa	11/15	10:00 am-12:00 pm	Hartford Municipal Building	\$8	11/14	6/15
Social Networking	50 & up	Th	11/20	10:00 am-12:00 pm	Hartford Municipal Building	\$8	11/19	6/15
Social Networking	50 & up	Sa	11/22	10:00 am-12:00 pm	Hartford Municipal Building	\$8	11/21	6/15
What's App-ening	50 & up	Th	12/4	10:00 am-12:00 pm	Hartford Municipal Building	\$8	12/3	6/15
What's App-ening	50 & up	Sa	12/13	10:00 am-12:00 pm	Hartford Municipal Building	\$8	12/12	6/15
Smart Phones	50 & up	Th	1/15	10:00 am-12:00 pm	Hartford Municipal Building	\$8	1/14	6/15
Smart Phones	50 & up	Sa	1/24	10:00 am-12:00 pm	Hartford Municipal Building	\$8	1/23	6/15
Computer Basics	50 & up	Th	2/12	10:00 am-12:00 pm	Hartford Municipal Building	\$8	2/11	6/15
Computer Basics	50 & up	Sa	2/21	10:00 am-12:00 pm	Hartford Municipal Building	\$8	2/20	6/15

### Think Our Programs Are Nifty But Not Yet 50?

If you are 18 or older and are interested in any program in the 50 Plus section of the brochure, call the office at 802-295-5036 and we will contact you if space becomes available.

# General Information

## PARKS & RECREATION COMMISSION

Jeff Reed, Chair; Brandon Dyke, Vice Chair; Chris Lowe, Gene Soboleski, Eliza LeBrun, Bonnie Fields, Rob Stainton

The Parks and Recreation Commission is regularly scheduled to meet on the second Thursday of each month at the Municipal Building at 4:30 pm

These meetings are open to the public, and input is always welcome.

## OUR MISSION

*To serve the needs of the community through quality parks and facilities, and by offering life long learning through recreational and cultural programs.*

## HARTFORD PARKS & RECREATION

171 Bridge Street, White River Jct., VT 05001

**\*Visit us in our temporary location at:  
35 Railroad Row, White River Jct., VT**

Open Monday - Friday, 8:00AM to 5:00PM

Phone: (802) 295-5036 • Fax: (802) 295-6382

Email: [recreation@hartford-vt.org](mailto:recreation@hartford-vt.org)

Website: [www.hartford-vt.org](http://www.hartford-vt.org)

Tad Nunez, CPRP, Director

Scott Hausler, CPRP, Assistant Director

Jay McDonough, CPRP, Program Coordinator

Fred Cook, Parks & Facilities Laborer/Mechanic

Justin DeCoff, Parks & Facilities Laborer/Turf Mgr.

Fran Robinson, Administrative Assistant

## OUR COMMITMENT TO QUALITY

Your satisfaction is our goal. We strive to provide you with high quality recreational programs and we take pride in making your recreational experience an enjoyable one. Please fill out an evaluation form for a specific course, to share your concerns and suggestions for improvement.

## SCHOLARSHIP ASSISTANCE

Scholarship Assistance is available through the Recreation Office to Town of Hartford residents only.

## REFUND POLICY

If you are dissatisfied with a program after the first session (class), you must submit a written explanation to the Hartford Parks and Recreation Department prior to the second session (class) to be eligible to receive a refund. In the event of an extended illness or injury, we must be notified immediately and we will issue a prorated refund. A medical and/or doctor explanation will be required. We cannot issue refunds for select bus trips, ticketed events, special events, or for Ventures Programs. If Ventures is not full and the request is prior to the registration deadline, a household credit refund may be permitted. Refunds will be issued for programs canceled or altered by the Hartford Parks and Recreation Department.

**An administration fee of \$5.00 will be charged for all processed refunds.**

## BACKGROUND CHECKS

In order to protect the citizens of Hartford, it is the policy of the Town of Hartford to conduct criminal background checks of all volunteers and sub-contractors providing unsupervised care or services for vulnerable populations (youths ages 17 and under, adults with disabilities and the elderly). The Hartford Parks and Recreation Department will only select persons who are of good character and who have the skills and other qualifications necessary to fulfill their role. Providing a safe and enjoyable environment for children and all participants is a primary consideration in Hartford Parks and Recreation Department service decisions.

## REGISTRATION INFORMATION

### HOW & WHERE TO REGISTER

- \* **IN PERSON** at the Recreation Office\*
- \* **BY MAIL** using our **Registration Form** (found at <http://www.hartford-vt.org/content/formsevaluations/>) and send with a check.
- \* **BY PHONE** calling the Recreation Office with your credit card information
- \* **ONLINE REGISTRATIONS coming soon!**



*\*We impose a surcharge of 2% on the total transaction amount on credit card and debit card purchases, which is not greater than our cost of acceptance (Effective 1/1/2014)*

### REGISTRATION GUIDELINES

- \* Parent or Guardian signature is required for youths 17 and under.
- \* **REGISTER EARLY!** Many programs fill quickly and other programs could be cancelled if our minimum enrollment numbers have not been met.
- \* **REGISTRATION DEADLINE:** We must meet our minimum enrollment number one week prior to the start date of programs. If we have not met the minimum by the deadline, the program may be cancelled. If we have met the minimum, we will continue open enrollment until the program is filled or the class begins.
- \* Please be aware that program information, location, instructors, and/or fees could be subject to change. Some circumstances may be beyond our control.
- \* Mail-in registration forms must be received at least four days prior to programs' starting dates.
- \* Program **FEES** are payable at the time of registration (**CASH, CHECK, or CREDIT CARD**). Look for online registrations coming soon!
- \* We provide equal opportunity to anyone who would like to participate in our programs.
- \* If you are a person with a disability and require accommodations, please contact the Recreation Office prior to the program's starting date.
- \* **RESIDENTS** are those who reside in a home that is located in the villages of Hartford, Quechee, West Hartford, White River Junction, or Wilder.
- \* **REFUNDS** are based on our refund policy.

### REGISTRATION LATE FEES

Registrations for team athletic programs will be accepted on an on-going basis once the registration period begins. Registrations will be accepted up to the starting date of the specific team athletic activity. Any registration request after the start of the program will be considered on a one-to-one basis and subject to a \$15 administration charge. Consideration to accept new participants after the start of the program will depend on the number of available coaches, team sizes, playing spaces, equipment and uniforms.

# Thank You

## In Appreciation of Your Continued Support & Dedication, The Hartford Parks & Recreation Department Thanks YOU...

**ALL PARENTS, FAMILIES & FRIENDS** for your continued support of the Recreation Department and the Youths of Hartford.

**ALL VOLUNTEERS** for your continued support and dedication to the Youth of Hartford.

**ADULT OPEN BASKETBALL & VOLLEYBALL** - Dave Benetello, Steve Lagasse, Jim Murray and Amy Wheeler

**MARY BOUCHARD** for supervising Ultimate Frisbee

**DONORS TO THE HARTFORD SCHOLARSHIP FUND** for your generosity and commitment to assuring that all Hartford residents are able to participate in our programs.

**JEFF CABLE** for monitoring the Wright Reservoir water levels.

**BRAD GOEDKOOP** for opening Kilowatt Gate each morning.

**FLANAGAN FAMILY** for the use of the Community Marquee.

**HARTFORD GARDEN FRIENDS** for amazing flower gardens that bring pride and beauty to our community.

**HARTFORD HIGH SCHOOL** for hosting the Ventures Day Camp.

**HARTFORD SCHOOL DISTRICT** for their continued support and cooperation with our programming and facility needs.

**HARTFORD TREE BOARD** for the Tree Walks.

**HUNTER EDUCATION COURSES** - Jim Martin, Ernie Gour and other Hartford Road and Gun Club Members.

**QUECHEE BALLOON FESTIVAL PARKING CREW VOLUNTEERS** – Hartford Baseball & Softball Association, Hartford Youth Lacrosse, Hartford High School Class of 2015 and Dancers' Corner.

**QUECHEE GARDEN CLUB** for keeping the Quechee Park looking pristine all spring and summer.

**DINO KOFF & GLENN BARNES** for Family Soccer Night.

**SPRING BASEBALL & SOFTBALL COACHES (& Assistants)** - Scott Luca, Brendan Scribner, Tracy Martin, Scott Brooks, Scott Ritzmann, Chad Wescott, Ron Dwinell, Andy Thornburn, Phillip Mangieri, Joel McPherson, Jeff Reed, Aaron Warner, Rick Bushway, Rich Dustin-Eichler, Kevin Dreyer, John Morlock, Jim Wheatley, Kelly Park and Kelly Rose.

**SPRING BASEBALL & SOFTBALL SPONSORS** - Bob's Service Center, Cota & Cota, Law Office of Margaret Jacobs, Mascoma Savings Bank, Members Advantage Community Credit Union, Newt's Ice Cream, Hubert's, Springfield Buick GMC, Upper Valley Aquatic Center, Granite State Glass, COOP Foodstores, Good News Training, Green Mountain Children's Center and Wilder Auto, Tip-Top Tire.

**SPRINGFIELD BUICK GMC** (A member of the Auto Saver Group) - Sponsors of our Annual 4th of July Fireworks Festival.

**TOWN SPORT GROUPS** - Hartford Baseball Softball Association, Hartford Youth Lacrosse Club, Hartford Soccer Club, Hartford Hoops Foundation, Greater Hartford Youth Football Association (Mini Canes), and Upper Valley Hockey Association.

**UPPER VALLEY AQUATIC CENTER** for their continued support and cooperation with our programming and facility needs.

**UPPER VALLEY DOG PARK SUPPORTERS AND VOLUNTEERS** for maintaining the dog park at Watson Park.

**GARY PELTON AND THE US ARMY CORPS OF ENGINEERS** - for the management of Dewey's Pond.

**WHITE RIVER COMMUNITY GARDEN AT RATCLIFFE PARK AND QUECHEE COMMUNITY GARDEN AT QUECHEE GREEN**

**WHITE RIVER PARTNERSHIP, DOWNSTREAM TEAM** for continued river riparian buffer plantings.

## *New Program Idea?*

Do you have an idea that would make a great program or would like to see a new program offered in your community?

If so, please do not be afraid to let us know about it!

Please contact the Hartford Parks and Recreation Department at (802) 295.5036 or [recreation@hartford-vt.org](mailto:recreation@hartford-vt.org) to share your idea!

# Parks & Facilities

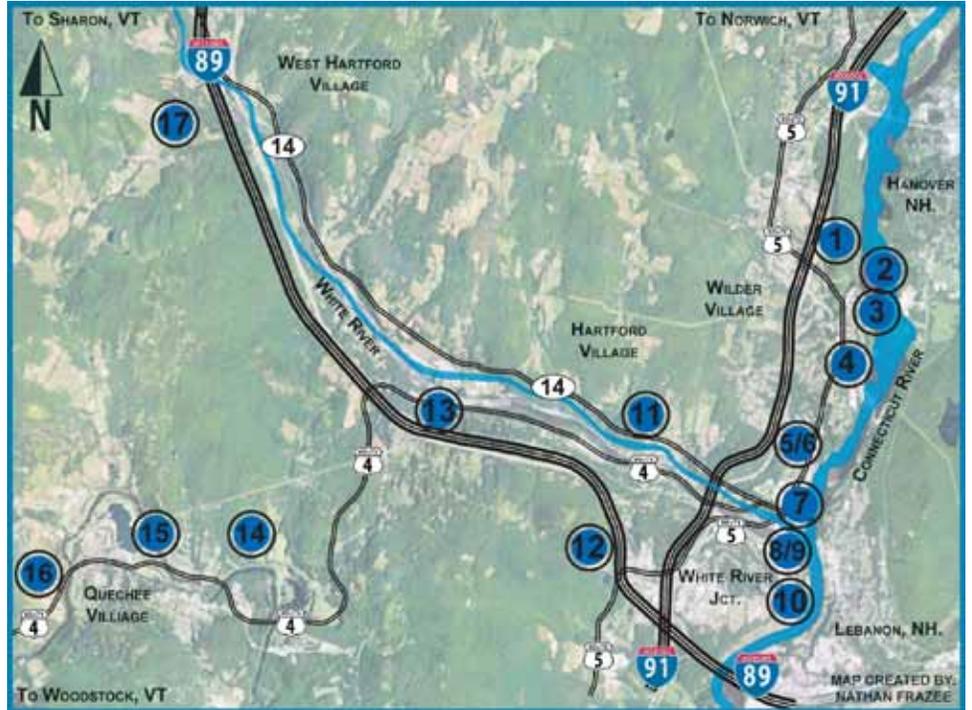
WE ARE PROUD TO BE AFFILIATED WITH THESE ORGANIZATIONS:



Hartford Area Chamber of Commerce



It Starts in Parks



## Parks & Facilities

	Park Benches	Picnic Tables	Tennis Courts	Restrooms or Port-a-Let	Horseshoe Pits	Natural Areas	Basketball	Baseball/Softball Diamonds	Athletic/Open Field	Playground	Pond(PD) / River(R) / Pools(PL)	Dog Park	Fishing Access	Boat Launch	Carry-in boat launch	Open Air Shelter	Outdoor Theater	Gazebo	Fitness Station	Trails	Seasonal Indoor Skate Park	Ice Skating	Grills
(1) Maanawaka Conservation Area 2333 Hartford Avenue, Wilder						•					R										•		
(2) Kilowatt North 321 Gillette Street, Wilder	•	•		•		•					R		•		•						•		•
(3) Kilowatt South 61 Passumpsic Avenue, Wilder	•	•		•		•			•		R		•	•							•		
(4) Frost Park 130 South Street, Wilder	•	•		•			•		•	•						•						•	
(5) Sherman Manning Pools 43 Highland Avenue, WRJ				•							PL												
(6) Wendell A. Barwood Arena 45 Highland Avenue, WRJ				•																	•	•	
(7) Lyman Point Park 167 Maple Street, WRJ	•	•		•					•	•	R		•		•		•						
(8) Veterans Memorial Park 12 Railroad Row, WRJ	•										R												
(9) Fred Briggs Park & Engine 494 6 S. Main Street, WRJ	•																						
(10) George Ratcliffe Park 75 Latham Works Lane, WRJ	•	•		•			•	•	•	•	R												
(11) Watson Memorial Park 1120 Maple Street, WRJ	•	•		•					•	•	R	•	•		•								
(12) Hurricane Forest & Wildlife Refuge 270 Wright Reservoir Road, WRJ		•				•					PD		•								•		
(13) Meeting House Common 520 Center of Town Road, WRJ		•							•														
(14) Dewey's Landing Main Street, Quechee	•										PD/R		•	•	•						•		
(15) Quechee Green Park 70 Village Green Circle, Quechee	•			•		•	•	•	•	•	R		•	•			•	•			•		
(16) David Chang Conservation Area Route 4, Hartford/Hartland						•			•				•										
(17) Erwin Clifford Park 100 Recreation Drive, West Hartford	•	•		•	•	•	•	•	•	•	R		•		•	•							•

Park hours are dawn to dusk. Alcohol & tobacco use is prohibited. Dogs must be leashed at all times when on any park properties.

Groups & families may use parks for special occasions by completing a **Park Use Application**.

# Special Events

**Saturday, January 24, 2015\***

at  
**Dewey's Pond**

Ages 14 & under  
7:30am - 12:00pm  
\$3.00 per person

Youth Anglers will be placed in age-appropriate divisions based on the number of registered participants. Prizes will be awarded to the participants who win the categories within their division and prizes will be raffled out to participants throughout the event. Food and refreshments, fishing holes, bait and limited equipment will be available.

Make sure everyone is DRESSED APPROPRIATELY.

Pre-registration is encouraged at the Hartford Recreation Office or register the day of the derby at the "sign-in" tent.

\*Make-up date is 1/31 (if needed)

## 14th Annual Youth Ice Fishing Derby



For More Information, please contact Hartford Parks & Recreation at (802) 295-5036

**LEDYARD**

Plan well. Live well.



Join us for the **2nd Annual Ledyard - RedZone 5K Fun Run/Walk.**

Dress in your favorite football team attire and gear. **"Best Dressed for Football" awards will be given along with category winners in all age groups.**

- When:** Super Bowl Sunday – February 1st
- Time:** Day of Registration Begins at 8:00 am  
Race START 9:00 am
- Where:** Dothan Brook Elementary School  
2300 Christian Street, Hartford, VT 05001
- Cost:** \$15 Pre-Reg @ <http://www.runreg.com/redzone5k>  
**OR** at the Parks & Recreation Office  
171 Bridge Street, WRJ, VT 05001  
\$20 Day of Race



The RedZone 5K Run/Walk is a family friendly, stroller friendly, dog on a leash friendly, fun run and walk. Proceeds to benefit parks and recreation program scholarships.

The event takes place in the Town of Hartford starting and finishing at the Dothan Brook Elementary School. A 3.2 mile course takes you along the Wilder Pedestrian Path and along the back roads of the Wilder Village. Call the HPRD Office at 802-295-5036 for more details.

## 1st Annual Father Daughter Dance

Friday,  
February 13, 2015  
6-8 pm

White River Elementary School Gym

The cost is \$15 per couple and \$10 for each additional daughter.

The cost includes healthy finger snacks and desserts, beverages, entertainment, a carnation for each young lady, and a memoir photo.

Registration will remain open until filled so register early.



Hartford Parks & Recreation  
presents

*Andrew Pinard*



*Alejandro's Olde Tyme Magik Showe*

Wednesday, February 18, 2015

1:00-2:00 pm

White River School, 102 Pine Street  
White River Junction, Vermont

For more information please call Htfd Parks & Rec 802-295-5036.