

Winter Activity Guide



MIDDLEBURY
Parks & Recreation
move • grow • connect

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

Middlebury Parks & Recreation Department • townofmiddlebury.org • Nov. 2023 - March 2024



BE ACTIVE BE OUTDOORS ENJOY THE WINTER



Fun



Adventure



Racing



Friends

**PROGRAMS FOR AGES 5 AND UP
SCHOLARSHIPS AVAILABLE**

INFO: FROSTMOUNTAINNORDIC.ORG

General Information

Mission Statement

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

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

Contact Us

Office Hours: Monday – Friday, 9:00 am 5:00 pm

Physical Address: 154 Creek Road

Mailing Address: 77 Main St., Middlebury, VT 05753

Other Contact Info:

Phone: 802-458-8014/15

Facebook: Town of Middlebury Parks and Recreation

Middlebury Parks & Recreation Committee

Greg Boglioli - Chair and East Middlebury Representative

Tricia Allen - Ilsley Library Representative

Bill Ford - Memorial Sports Center Representative

Ethan Murphy - Middlebury At-Large

Melissa Kin - Middlebury At-Large

Mark Wilch - Middlebury At-Large

Megan Curran - Middlebury At-Large

Isabel Gogarty - Middlebury At-Large

Karen Duguay - ACSD Representative

Virginia Silvey - Alternate

STAFF OF MIDDLEBURY PARKS AND RECREATION DEPARTMENT

Scott Bourne - Superintendent

802-458-8015

sbourne@townofmiddlebury.org

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

Colton Odell - Grounds and Maintenance (Part-Time)

Amber Power - Program Coordinator

802-458-8014

apower@townofmiddlebury.org

Important Registration Information

We are pleased to announce that we are switching our registration software to Myrec.com. The software is much more user-friendly and will provide a better experience for all involved. Because of this, everyone will need to visit the new site and create a family account before being able to register. The address of the new site is middleburyvt.myrec.com

ADVERTISING

The Addison Independent prints and distributes this publication four times per year.

We welcome your advertisement for a business, program or event in our publication for a fee; please contact us for more specific information: ads@addisonindependent.com or 388-4944.

RESERVATIONS- Facilities and Sports Fields

Middlebury Parks & Recreation Department requests that all groups planning to use our facilities or fields please notify us in advance by making a reservation. Anyone wishing to make a reservation must complete a facility use application, available in our offices or online at the Town website. Facility Use Request Forms are considered on a first come, first serve basis, depending on availability. Rental fees may apply. For additional information regarding availability, rates, and reservations, contact the MPR offices at (802) 458-8014.





Take your skiing to new heights!

REGISTRATION OPEN THRU DEC. 1ST | SCHOLARSHIP OPPORTUNITIES AVAILABLE

For more information please visit us online
at <https://www.middleburyskiclub.org>



INCLEMENT WEATHER POLICY

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

Call: MPR Offices, 802-458-8015

For Program Cancellations Check:

Facebook - Town of Middlebury Parks & Recreation

REFUND POLICY

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

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

- Every effort is made to ensure that the information in this guide is accurate. We reserve the right to add, withdraw, or revise programs or events as needed. For more updated information, please visit our website often.

ACCESSIBILITY

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

RESERVATIONS- Facilities and Sports Fields

Middlebury Parks & Recreation Department requests that all groups planning to use our facilities or fields please notify us in advance by making a reservation. Anyone wishing to make a reservation must complete a facility use application, available in our offices or online at the Town website. Facility Use Request Forms are considered on a first-come, first-serve basis, depending on availability. Rental fees may apply. For additional information regarding availability, rates, and reservations, contact the MPR offices at (802) 458-8015

Non-Resident Policy

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

Scholarships

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



EVENTS FOR THE WHOLE FAMILY

December 1st - 31st

'TIS THE SEASON FOR LOCAL CELEBRATION!

PHOTOS WITH SANTA + MRS CLAUS
HOT COCOA HUT IN CANNON PARK
CHARACTER CUT-OUTS
MIDDLEBURY MONEY GIVEAWAYS
FALLS LIT IN MARBLE WORKS
SHELDON MUSEUM TRAIN DISPLAY
SHOPPING + DINING SPECIALS
FREE HORSE AND WAGON RIDES
HOLIDAY CHOCOLATE BAR SALE
MIDD NIGHT STROLLS (12/7 + 12/14)
NYE FIREWORKS BY PARKS + REC
AND LOTS MORE!

*Come experience holiday magic
in Middlebury*

EXPERIENCEMIDDLEBURY.COM



It's a holly jolly holiday at Sparrow Art Supply!

UNIQUE ARTISAN GIFTS

Made by local artists in our gallery!

CURATED GIFT GUIDES AND BUNDLES

With ideas for easy giving. We have gift cards!

NEW ONLINE STORE

For curbside pick up and quick shopping!

HOLIDAY PROMOTIONS

Through the end of the year!

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

THE JOY BEGINS AT OUR HOLIDAY PARTY ON NOVEMBER 17! ALL ARE WELCOME!

SPARROW ART SUPPLY

Local Shop | Gallery

52 Main St, Middlebury, VT 05753
(802) 989-7225

info@sparrowartsupply.com
sparrowartsupply.com
@sparrowartsupply



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

KICKS has been amazing for my children, they both started young and we have been accepted with open arms into this amazingly supportive

extended family. They have both learned self discipline, the importance of practice, how to work with adults and kids of all ages, and how to encourage and support those around them. — Sarah

Master Thomas has provided my son the opportunity to learn a craft, at his pace, in a carefully-designed program that builds confidence through increasingly challenging Tae Kwon Do belt patterns---



all while getting exercise and learning self-defense techniques in the process. The skills my son learns in Tae Kwon Do provide a foundation of balance, movement, control and power, transferable to all sports. Master Thomas fills the room with energy and respect that inspires her students. — Mike

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



*Thank You
Dustin!*



2023/2024 Winter Activity Guide Dedication:

Middlebury Parks and Recreation would like to dedicate the 2023/24 Winter Activity Guide to Dustin Hunt for his 14 years of tireless commitment to our department and the greater community.

To show our appreciation for his tireless support of the families of Addison County, a Scholarship Fund has been created in his name. Details will be forthcoming. Thank you for everything you have done, Dustin.



It's Family time at THT!

Fun For All Ages



THT Education Presents

Solstice Lantern Making

Saturday
December 9 & 16



Theater Group Presents

Nightfires

December 15-17



THT Education Presents

Winter's Revel

Mondays
November 27-
December 18



THT Presents

Kat & Brett Holiday Show

December 22



MACo Presents

A Christmas Carol

December 1-3
December 7-9



Check out our

Family Membership

Discount on space
rentals. Early access
to classes/camps

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

Follow us on IG @thtmidd and FB @townhalltheatervt.



“Luckily, I always travel with a book, just in case I have to wait on line for Santa, or some such inconvenience.”

- David Levithan and Rachel Cohen, Dash & Lily's Book of Dares

OTTER CREEK USED BOOKS

99 Maple St., Historic Marble Works
Middlebury, VT 05753
802-388-3241 • ottercreekusedbooks.com
Tues-Sat 10am-5pm

The Middlebury Shop
Forth 'N Goal - since 1983

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

We have Gift Cards!

MiddleburyShop.com

68 Main Street, Middlebury 802-388-3444

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 (802) 388 1238
info@memorialsportscenter.org

Start here and go anywhere.

CCV COMMUNITY COLLEGE OF VERMONT
CCV.EDU

2023/24 Winter Gymnastics

Instructor: Terri Phelps 802-236-1315 terrihelps@ymail.com
Registration will begin Wednesday, November 15th at 9:30am

New Equipment arriving for the Winter session!!

Students will work to improve strength, flexibility, and coordination, as well as skill development in a safe and fun environment. Instruction will be included on uneven bars, beam, floor exercise, and vault. Class will be in the multi-purpose room at the Rec. Center

December 4th- March 16th

(No classes Dec 23rd- Jan 1st, Jan 15th & 16th & Feb 17th -24th)

(Advanced Class will start Dec 13th)

Preschool (Ages 3-4)

| | | | |
|--------------|---------------|-------|------------|
| 01. Thursday | 10:00-11:00am | \$234 | (\$269.10) |
| 02. Thursday | 11:00-12:00am | \$234 | (\$269.10) |
| 03. Saturday | 9:00-10:00am | \$198 | (\$227.70) |
| 04. Saturday | 10:00-11:00am | \$198 | (\$227.70) |

Young Beginner (Ages 4-5)

| | | | |
|--------------|---------------|-------|------------|
| 05. Saturday | 11:00-12:00pm | \$198 | (\$227.70) |
|--------------|---------------|-------|------------|

Beginner (Ages 5-7)

| | | | |
|--------------|--------------|-------|------------|
| 06. Saturday | 12:30-1:30pm | \$187 | (\$215.05) |
|--------------|--------------|-------|------------|

Beginner/Advanced Beginner (Ages 5+)

| | | | |
|---------------|-------------|-------|------------|
| 07. Tuesday | 3:15-4:15pm | \$204 | (\$234.60) |
| 08. Wednesday | 3:15-4:15pm | \$221 | (\$254.15) |
| 09. Saturday | 1:30-2:30pm | \$187 | (\$215.05) |

Advanced Beginner/Intermediate

| | | | |
|--------------|-------------|-------|------------|
| 10. Saturday | 2:30-3:30pm | \$187 | (\$215.05) |
|--------------|-------------|-------|------------|

Intermediate/Advanced

| | | | |
|---------------|-------------|-------|------------|
| 11. Tuesday | 4:15-5:15pm | \$204 | (\$234.60) |
| 12. Wednesday | 4:15-5:15pm | \$221 | (\$254.15) |
| 13. Saturday | 3:30-4:30pm | \$187 | (\$215.05) |

Advanced

| | | | |
|---------------|-------------|-------|------------|
| 14. Wednesday | 5:15-6:45pm | \$264 | (\$303.60) |
|---------------|-------------|-------|------------|

Gymnastics Afterschool Program- Ages 5-10

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

| | | | |
|----------------------|-------------|-------|------------|
| 15. Mon. (Intensive) | 3:15-5:00pm | \$275 | (\$316.25) |
| 16. Thursday | 3:15-5:15pm | \$390 | (\$448.50) |

GYMNASTICS FEBRUARY BREAK CAMP

Feb 19th-23rd, 2024

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

GYMNASTICS FRIDAY FUN NIGHTS!

Four Fridays of Gymnastics, free play, fun & games, pizza and snacks.

| | | | |
|-----------|-------------|---------------------------------|---------------------|
| Ages 4-7 | 4:00-7:00pm | Fridays: 12/1, 1/5, 1/26, 3/8 | \$160.00 (\$184.00) |
| Ages 8-12 | 5:00-8:00pm | Fridays: 12/15, 1/19, 2/2, 3/15 | \$160.00 (\$184.00) |

Thursday Gymnastics Afterschool Program (Ages 6-10)

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

Continued on Page 9

Middlebury Parks and Recreation February Vacation Camp

Who: Kids in grades 1-6

When: Monday, February 19th-23rd 8:30am-4:30pm daily

Location: Middlebury Recreation Center

Cost: \$220.00 for residents, \$253.00 for non-residents

Description: "Get in there!"

Join us during February break for a fun-filled week being active during the coldest time of the year! Each day will focus on the importance of physical activity and exercise, sportsmanship, and learning valuable skills all while making new friends. Each day a variety of indoor activities will be available including basketball, indoor soccer, floor hockey, capture the flag, kickball, and camper's favorite dodgeball. If you feel exhausted reading this - that is the point! For the artistically inclined, do not worry, there will be dedicated spaces for reading and an array of arts and craft activities. The week will end with a trip to Spare Time for bowling, laser tag, and arcade games with lunch included!

Register: Starting Friday, November 10th at 9:30am. Space will be limited to 40 participants.



Gymnastics, continued from Page 9

Monday Gymnastics Afterschool Intensive Program

If you are an intermediate or advanced student and serious about gymnastics this is the class for you. Each 90-minute lesson will have

a different event and/or focus. Students will learn strategies to master new skills, the importance of skill progression, safety considerations, the value of strength and flexibility, beginner spotting techniques, and how games/activities/contests benefit skill development.

Registration for Spring 2024 is open!

Boys & Girls teams of all ages.



We are a local, community-based soccer club with practices in Middlebury.

Highly experienced and successful coaching staff.



Learn more and join the fun at www.monarchsoccervt.org



Middlebury Youth Basketball

Season Tip-Off Clinic with varsity coaches/players will be on Monday, December 4th.
All girls (3rd-6th) 3:30-5pm, All boys (3rd-6th) 5-6:30pm. Held in the Middlebury Recreation Gym

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

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

3rd/4th Grade Boys- Wednesdays and Fridays 3:30-5:00pm starting Dec. 6th

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

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

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

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

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

5th/6th grade Tournament: Girls- Feb 3rd & 4th
Boys- Feb 10th & 11th

Register: Online or in person starting on Friday, November 3rd

***Please note: Registration will close Monday, November 27th.**

To make the transition into the season as smooth as possible, we will not be accepting late registrations.

Cost: \$60.00 Residents, \$69.00 Non-Residents. Price includes a reversible jersey each player will keep at the end of the season.

Little Tigers Basketball Program

For Kids in Grades K-2

Dates: 1/8/2024- 2/10/2024

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

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

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

Cost: \$40.00 Residents, \$46.00 Non-Residents

MAWA Youth Wrestling Program

Open to children in kindergarten through 6th grade.

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

MAWA Cubs (K-2nd grade)

Practices will be on Tuesday and Thursday nights from 6-6:45pm in the Middlebury Union High Wrestling room. Practices start January 23rd and end February 22nd. The 5-week session will end with a scrimmage and game night. Second graders will have the option of continuing with the MAWA Tigers season.

MAWA Tigers (3-6th grade)

Practices will be on Tuesday and Thursday nights from 6:45-8pm from January 23rd through February 22nd in Middlebury Union High School wrestling room. Then from 6:15-7:45pm from February 27th through April 4th. Tournaments and meets will be held in March and April (typically on Saturdays), with the final scheduled competition on April 6th.

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

Wrestlers may sign up at the Town Parks & Recreation Department (in person or online). Fees are \$30 for Middlebury residents and \$35 for out-of-town. A \$5 per wrestler discount will apply to siblings.



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

Middlebury, how do you age well?



For over 45 years, we have provided Vermonters 60+ with the necessary support to manage their daily living needs, with the goal of keeping them active, healthy, & independent.

Our wide array of programs can enhance your quality of life and peace of mind. Age Well is a nonprofit.

- Helpline: Information & Assistance
- Meals on Wheels & Community Meals
- Restaurant Ticket Program
- Tai Chi & Wellness Offerings

- Medicare Counseling & Training
- Case Management
- HomeMeds Medication Assessment
- Volunteer Opportunities

agewellvt.org | Helpline: 1-800-642-5119



Middlebury Area Little League 2024 - Baseball and Softball

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

Open Online Registration Dates:

January 3, 2024 – April 1st, 2024

To Register: visit middleburyvt.myrec.com

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

SPECIAL NOTE –

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

Middlebury Area Little League sponsors four league levels:

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

Rookie League – (League Ages 6-8) Rookie League teams play an exciting brand of coach-pitch baseball. Teams will generally meet

twice a week and will have an additional game a week once the season gets underway. Players gain skills that will be helpful to everyone at the next level. There is some travel within Addison County.

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

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

There will be mandatory assessments for all Minors and Majors players. Date to be determined.

Not sure of your player's "League Age"? Check out www.littleleague.org and search "Age Chart."

For more information: middareall@gmail.com



Toddler & Kids Pilates

18 Months to 5 years old

Instructor: Karrie Sinks **Email:** karriprov@hotmail.com

We will create a playful fun environment by exercising and moving! We will work on basic skills such as balancing, jumping, coordination, stretching, hopping, climbing, playing games, colors, shapes, singing, dancing and SO MUCH more. We will also do some obstacles that are just the right size. Children will be kept engaged by having multiple options while encouraging them to have fun.

Please Note: In order to offer these classes, there needs to be a minimum of 6 kids.

Cost: 6 Weeks - \$93.00 Residents, \$106.95 Non-Residents

18 months-2 years old: 6 Weeks, Wednesdays, November 14, 21 & 28th and December 5, 12 & 19th. 45-minute classes, 9:00am-9:45am. Parents are encouraged to participate.

3 years-5 years old: 6 Weeks, Wednesdays, November 14, 21 & 28th and December 5, 12 & 19th. 60-minute classes, 10:00am-11:00am. Parents can stay and participate if they choose.

Pilates Class

Instructor: Kerri Sinks **Email:** kerriprov@hotmail.com

HIGH INTENSITY - LOW IMPACT

What: Whatever your age, skill level, or time commitment, Pilates classes are perfect to fit your needs! Pilates is a type of whole-body fitness that can improve movement, strength, and it combines core work, torso stability, strength training, and flexibility into one functional workout, allowing you to increase flexibility, improve posture, work your core, boost energy, and increase your mind-body connection. It is also a low-impact workout, meaning it is a good option regardless of how much experience you have working out. Cannot wait to see you!

Where: Middlebury Recreation Center- Multi-Purpose Room- 154 Creek Road

When: Starting Wednesday, November 8th going through November 29th. Wednesday nights, 6:00-7:00pm

Cost: Four classes, each session \$60.00 or drop-in rate of \$20.00 per session



Now offering Security Surveillance Systems

Stay Active. Stay Connected.

Telecommunications Sales & Service
Data Cabling & Fiber Optic Solutions
802-388-8999 • John and Jim Fitzgerald



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



**Addison County
Solid Waste Management District**

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








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

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

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

The District Transfer Station accepts:

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

We sell...





Yoga with Vanessa Dunleavy

Fridays, 9:30-10:30 AM Middlebury Rec Center Multi-Purpose Room

Come revitalize your body and relax your mind with Yoga asanas and breath work. With a focus on alignment and awareness, we will work on strength, balance, and flexibility, all while honoring our body's intuition and individual needs. This class is for all levels, ages, and body types!

Drop-ins welcome, \$15 per class

Questions? Email dunleavy.vanessa@gmail.com

Session will end Friday, December 22nd 2023

Please Note: No Class November 24th 2023

Drop-In Programs

Adult Co-ed 30+ Basketball

Wednesdays 8:00-9:30 at Middlebury Rec. Center Gym
For more information, please contact Bryan Jones at 802-989-8399
\$4.00 per drop-in or buy a \$20 punch card for 7 visits

Adult Co-ed Volleyball

Monday's 8:00-9:30pm at Middlebury Rec. Center Gym
For more information, please contact Sue Richardson at sue_d_richardson@softhome.net or 802-557-2724
\$4.00 per drop-in or buy a \$20 punch card for 7 visits

Tot Time Gym Hours- Sponsored by Junebug

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

Thanks to generous support from Junebug, Tot Time will be free to all for the 2023/24 school year



Pickleball

Monday through Friday 6:30-10am. All abilities welcome.
3 courts available: Court 1 will be for beginners, Courts 2 and 3 will be for intermediate/advanced players
\$4.00 per drop-in or buy a \$20 punch card for 7 visits

MiniBury

BROUGHT TO YOU BY THE ADDISON INDEPENDENT

A RELIABLE RESOURCE FOR PARENTS SEEKING FAMILY-FRIENDLY EVENTS, ACTIVITIES, CAMPS AND CLASSES IN AND AROUND MIDDLEBURY

- *Things to do*
- *Meet parents & friends*
- *News for families*
- *Calendar*
- *Tips, tricks & trends*
- *Summer camp guide*



Swim Lessons at Vermont Sun

Open to the public

Registration opens Nov. 20th. Call 802.388.6888 to reserve your spot.

TUESDAYS - January 9,16,23,30 - February 6,13

4:00-4:30PM

LEVEL 1 (AGES 2-4)

4:30-5:00PM

LEVEL 1 (AGES 5-7)

5:00-5:30PM

LEVEL 2

SATURDAYS - January 13,20,27 - February 3,10,17

9:00-9:30AM

CAREGIVER & ME

9:30-10:00AM

LEVEL 1 (AGES 5-7)

10:00-10:30AM

LEVEL 3 & UP

CLASS COST: \$80 MEMBER \$110 NON-MEMBER

Vermont Sun Classes

Weekly class schedule open to the public for a fee

Mondays:

6:15am-Body Flex

9:00am-Spinning with Barre

10:15am-Gentle Yoga

5:15pm-Spinning with Core

Wednesdays:

10:15am Gentle Yoga

10:15am Aquacise

5:15pm Tabata Spin

Fridays:

9:00am Core Plus

10:15am Gentle Yoga

Tuesdays:

6:15am Spinning

9:00am Forever fit

10:15am Aquacise

12:00pm Power Pump

Thursdays:

6:15am Body Flex

9:00am Forever Fit

12:00pm Body Pump

Sundays:

9:00am Spinning

10:15am Aquacise

Play Tennis this Winter!
Open to the public. Year round. 7 days a week.

Lessons & Group Clinics
Heated Indoor Courts
Opportunities for All Ages
and Abilities

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

MIDDLEBURY INDOOR TENNIS

Be a MEMBER, not just a NUMBER.

At Co-op, we're member owned and member committed. Since 1915, we've been providing protection for individuals, farms, and businesses with a large network of local agents, fast and fair claims service, loss control expertise, and affordable rates. At the Co-op, you're a member, not just a number.



HOME • BUSINESS • AUTO • FARM
Middlebury, Vermont • 802-388-7917 • co-opinsurance.com

MEMBER OWNED. MEMBER COMMITTED.

Learn Something New, Take Up Music Lessons!

Middlebury Community Music Center offers in-person and virtual lessons for: guitar, piano, violin, trumpet, clarinet, bass and more.

Visit mcmcv.org to learn more about our programs and register for a lesson today.



West Coast Swing Dancing

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

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

LOCATION/TIME: 5:30 – 6:30pm.

6-week sessions*: Mondays from November 13th- December 18th
Middlebury Parks & Recreation Facility: 154 Creek Rd., Middlebury

REGISTRATION: Payment is due at time of registration or the first



day via Middlebury Parks & Rec registration website: middleburyvt.myrec.com Sorry, no refunds unless the class is canceled.

Preregistration is required. Drop-ins are welcome for the first class only. \$72.00 per session or \$17.00 per class.

*4-week session will start up in March 2024

New Year's Eve Fireworks and Ice Skating

Presented by American Legion Post 27

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



Ilseley Library

Bounce and Play

Wednesdays, 9:00 – 9:45am

Session II: November 1 - December 13

Session III: January 3 - February 14

Storytime for birth – Pre-K. Bounce, read, and play with Miss Tricia.

LEGO Builders Club

All Ages Welcome

Mondays, 3:30 - 4:30pm

October 16th - December 18th

Anne Hopkinson and a crew of college friends will guide kids in LEGO building fun.

Chess Club

K - 5th Grade

Fridays, 3:30 - 4:30pm

Join Mary Jane and Alexis in the Jessica Swift Community Room. Players of all ages are invited to bring a board and play chess.

This program runs Fridays during the school year, but don't let that fool you, we LOVE to have multigenerational participants at this program.

Youth Media Lab

4th Grade and Up

Tuesdays, 3:30 - 4:30pm

October 24th - May 14th

Learn how to tell a story on-screen with Kurt from Middlebury Community Television



We Vermonters Know: To Survive Winter, You Must Embrace It.



As you begin to plan your winter activities, keep your local bookstore in mind as a resource to help you make the most of your favorite pastime..

We carry guides, maps, craft books, cookbooks, and plenty of narratives to curl up with by the fire.

Let our booksellers help you choose!



VBS

Creating a Community
of Readers Since 1949

www.vermontbookshop.com 38 Main Street Middlebury 388-2061




Middlebury Mayhem Adult 3-on 3 Basketball Tournament

When: Saturday, November 25th, 2023, starts at 9am
Ages: 18+
Cost: \$25 per player
Location: Middlebury Recreation Center
To register: Contact Randy Stockwell, 802-989-9715 or email Lakers32vt@yahoo.com
Rules: 15-minute time limit or first team to score 21 points. Double elimination bracket.
1st Prize: \$500 (based on 20 teams)



44th Annual Turkey Trot and Gobble Wobble

Middlebury Parks and Recreation will no longer be hosting this event. Currently, other options are being explored within the community. Please look for an announcement coming soon.

2023 Holiday Guide

The region's go-to resource for all things festive including:

- + Calendar of events
- + Holiday traditions and recipes
- + Local shopping

Coming to you in the Thanksgiving issue of the **Addison Independent** on November 23rd!

ADDISON COUNTY
INDEPENDENT

FAMILY OWNED: 1943 - 2023

MacIntyre

SERVICES, LLC

MAKING FRIENDS WARM IS OUR BUSINESS - FOR 80 YEARS!



MacIntyre
SERVICES LLC
MIDDLEBURY, VT.

Owned and Operated by the MacIntyre family since 1943
213 Exchange Street, Middlebury
802-388-9260 • 802-388-3014

Walking and Biking Updates

Winter Walking and Biking - Helpful Tips & Benefits

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, 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.



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/>

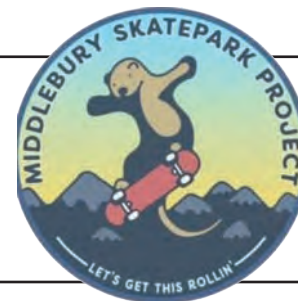
Middlebury Skatepark Project

Want to participate? To learn more:

www.Middleburyskatepark.Com

Insta: @middleburyskateparkproject

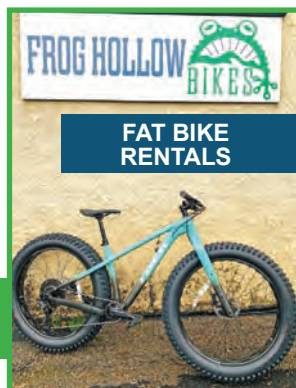
We are working with Middlebury Parks and Rec to provide a safe purpose-built place to skate, scooter, bike, blade or roll in our community.



Call us about Winter Bike Tune Specials!



ALSO OFFERING



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



GROCERIES • PRODUCE • LOCAL PRODUCTS • DELI

Shop Local!



Meat cutter on duty 7 days/week.



Visit our Expanded Produce Dept.

Open 6 AM - 7 PM Mon-Fri and 8 AM - 6 PM Sat & Sun

Follow on Facebook for daily deli specials

3 Elm St., Middlebury • (802) 989-7651 • gregsmarkets.com



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



Rainbow Pediatrics is an Accredited
Patient Centered Medical Home

rainbowvt.com



802-388-1338

VERMONT Sun

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

**Immerse yourself
in health & fitness this winter.**

**39 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 this 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!



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

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