



# SAINT ALBANS

RECREATION DEPARTMENT

## Spring & Summer 2015 Program Guide

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photo credit: Josh Kaufman



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# SAINT ALBANS

RECREATION DEPARTMENT

39 Barlow Street, St. Albans, VT 05478  
Phone: 802-524-1500 ext. 266 or ext. 268

[www.stalbansrec.com](http://www.stalbansrec.com)

**Office Hours:** Mon-Fri, 9am – 5:00pm

Questions or comments? Please email Kelly Viens at [k.viens@stalbanstv.com](mailto:k.viens@stalbanstv.com)

## Welcome!

The St. Albans Recreation Commission is dedicated to developing quality recreational programs for all groups in our community. We hope this guide will help you to plan for the upcoming season and we encourage your participation. Interested in serving on the Recreation Commission? Like to work on fun events? We need your help! For more info, contact the Office at **524-1500 ext. 266**.

**REGISTRATION:** Registration is required for all programs unless otherwise specified. **Register for all programs at [www.stalbansrec.com](http://www.stalbansrec.com)**. Any fees necessary must be paid at the time of registration. Upon registration, an individual is immediately enrolled. You will not be notified unless there is a problem concerning your registration. Anyone who will be affected by a change in a course offering will be notified accordingly. Please remember that all programs are offered on a “first-come, first-served” basis. Wondering if there is still room in a program? The site will not allow you to register unless there is room.

**REFUNDS:** Refunds are not issued unless a class is canceled. Refund checks will be mailed to participants within one to four weeks after the cancellation of a course.

**INSURANCE:** The Recreation Department assumes no responsibility for injuries or accidents occurring at programs or activities. Such insurance would make program fees prohibitive.

**CANCELLATIONS:** The Recreation Department reserves the right to cancel a class for which there is insufficient registration or for any other reasonable cause which prevents the presentation of the subject in an acceptable manner.

**THANKS TO VOLUNTEERS!** The Recreation Department is grateful to the volunteers who share their skills with others. The scope of the recreational program can increase with the help of volunteers who can be a part of the program by helping others. If you have a skill or hobby to share, please call the Office at **524-1500 ext. 266**.

**PROGRAMS & ACTIVITIES FOR PEOPLE WITH DISABILITIES:** The Department of Recreation offers people with disabilities the opportunity to participate in all programs. If you or your child have a disability and do not know whether your needs will be met in a particular program, please call us. We may be able to advise you on program selections. We welcome your suggestions... they may lead to the creation of a totally new program.

In accordance with the Americans with Disabilities Act (ADA), effective January 26, 1992; it is a policy of the City of St. Albans not to discriminate on the basis of disabilities in the provision of its benefits, services and activities.

Auxiliary aids and reasonable accommodations shall be made upon request to ensure that all the benefits, services and activities of the City of St. Albans are fully accessible to all individuals.

## Financial Aid

Financial Aid is available for children under the age of 21 residing in Franklin County Vermont through the Chauncey B. Warner Endowment. Applications available at your local school, the St. Albans Recreation Dept., and online at [www.stalbansrec.com](http://www.stalbansrec.com).

## Gift Certificates

We’ve always offered gift certificates, so what’s new? Now you can order them through the office –call or stop in- and you will receive the gift certificate via email. You can print the certificate and give it to the recipient, or you can forward the email with the gift certificate directly to the recipient! Each certificate contains a redemption code. The recipient can go directly to our website, register for programming, click on “redeem gift certificate” and apply the gift certificate by entering the code! Certificates can be paid for online just like regular programming, or in person by cash, check, debit or credit card. How great is this?? Give the people you love experiences and fun!! Father Daughter Gala, Fitness Classes, Punch Card, a Week at Day Camp... the possibilities are endless!

## Meet Our Staff!



**KELLY VIENS**  
Recreation Director



**JOE CALANO**  
Recreation Co-coordinator



**CLAUDETTE BOSTWICK**  
Day Camp Director



**DEE CHRISTIE**  
Water Safety Instruction Administrator

# CAMPS

## ST. ALBANS RECREATION SUMMER DAY CAMP AGES 6-15

Great Camp! Great Registration Options! Pick whatever days work for your family minimum of 2 days per week- Day camp is designed with fun in mind! Counselors & Campers will enjoy lots of outdoor play, arts and crafts, learn about wellness, field trips, enjoy special guests and entertainment, participate in special theme days and spend each afternoon splashing away at the St. Albans City Pool! Each morning starts at Barlow St. Community Center, and groups will rotate between activities before having lunch and heading to St. Albans City Pool for the afternoon. Lots of fun activities, projects, counselors, friends and healthy MOVEMENT! Campers walk to the St. Albans City Pool for afternoon swim.



There are some changes in Summer of 2015 - There will be no CIT program this summer. We found that our CITS loved spending time with group 3 participating in their activities and hanging out with them. So, we revamped and our groups will look like this:

**Group One** - Ages 6 - 8

**Group Two** - Ages 9 - 11

**Group Three** - Ages 12 - 15

There will be several times throughout the summer that all 3 groups will enjoy field trips together, but there will also be times that Group 3 will go off on their own for field trips and activities focused more on their age group and interests. We'll let the campers help decide where we go and that info will be sent home to parents.

Drop off is between 7:30-8:30am at Barlow Street Community Center.

Pick up at between 3:30-4:30pm at the St. Albans City School Playground, or during inclement weather, at Barlow. Not sure where we'll be? Call the Day Camp Cell phone at 802-393-0331

Need early drop off at 7:00am? Or late pick up at 5:00pm? Both options are available at an additional charge. Register at [www.stalbansrec.com](http://www.stalbansrec.com) or contact the office at 524-1500 X266

NO NEED TO PACK LUNCH! DAY CAMP IS PARTICIPATING IN THE NATIONAL SUMMER LUNCH PROGRAM. DELICIOUS "KID FRIENDLY" MEALS ARE PROVIDED FREE OF CHARGE TO CAMPERS WEEKS 1-8. WEEK 9 & 10 CAMPERS NEED TO PACK THEIR OWN LUNCH, SNACKS & BEVERAGES. LUNCHES ARE PREPARED BY THE ABBEY GROUP. If a camper prefers to pack lunch, that's fine, but lunch is provided. Campers still need to pack water/beverages and snacks. Bring/wear sneakers, swim suit, towel & sunscreen. Please mark all items with your child's name!

If your camper will be registering for Swim Lessons this summer, please choose the latest lesson option available. Campers will be brought to swim lessons, have lunch there and meet up with the rest of camp when they arrive for the afternoon. The Recreation Department is happy to transport your

child from Swim Team to Day Camp and to any other St. Albans Recreation Department Camp or Swim Lesson throughout the summer. Just let us know in advance.

**Dates:** Monday – Friday, June 22 – August 21

**Time:** 7:30 am – 4:30 pm

**Location:** Barlow Street Community Center

**Fees:** 5 DAYS/WEEK - \$165 Residents/\$217 Non-Residents

4 DAYS/WEEK - \$146 Residents/\$191 Non-Residents

3 DAYS/WEEK - \$121 Residents/\$159 Non-Residents

2 DAYS/WEEK - \$93 Residents/\$122 Non-Residents

*We are happy to offer some new payment options for 2015!*

**Deposits:** You can register for all weeks you want this summer and pay only for one week at the time of the registration. Keep in mind that once the weeks are registered for, that space is held for your child. If you need to cancel - there is a cancellation fee. If you simply need to transfer to another week (and there is still room in that week) there is no transfer fee.

**Auto pay:** You asked for it - Now you can register for whichever weeks you like and the payment will automatically be charged to your debit or credit card on the Sunday before the week you've registered for. Payments are deducted on a weekly basis once camp starts until all weeks are paid for. The system is front loaded, so if you register for weeks 1, 2, 5 & 6, payments will be deducted weeks 1, 2, 3, & 4. Weeks 5 & 6 will be paid for in advance. Questions? Contact the office 524-1500 X266

Also new this year: Day Camp Cell phone 802-393-0331

## MOUNTAIN BIKE CAMP AGES 10-18

A fun half day camp focusing on mountain bike riding. Campers are taught technique and offered guidance by experienced riders and counselors ensuring a terrific time on the go. Build stamina, strength and hone your riding skills in fun and safe environment. You'll ride the trails at Hard'ack, the Franklin County Rail Trail and then hit the City Pool for a refreshing dip before heading home. Mountain bike camp makes for a fun and exciting week.



**Dates:** Monday – Friday, July 6 – 10

**Time:** 12:00 – 4:00 pm

**Location:** Hard'ack Recreation Area Mountain Bike Trails

**Fees:** \$90

\$69 with St. Albans City Resident discount

## BRITISH SOCCER CAMP AGES 3-14

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country based upon one of the most innovative approaches to coaching youth soccer in the US and Canada. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential. With programs for each age, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini tournament play. Players also learn about our core values of respect, responsibility, integrity, sportsmanship and leadership.

**Dates:** July 13 – 17

**Location:** Hard'ack Soccer Fields

**Ages 3-4:** 9:00 – 10:00 am

\$126, \$97 with St. Albans City Resident discount

**Ages 5-6:** 10:30 am – 12:00 pm

\$149, \$115 with St. Albans City Resident discount

**Ages 7-10:** 9:00 am – 12:00 pm

\$198, \$153 with St. Albans City Resident discount

**Ages 10-14:** 9:00 am – 4:00 pm

\$286, \$221 with St. Albans City Resident discount

## VERMONT VOLTAGE SUMMER SOCCER CAMPS AGES 5-18

Vermont Voltage Professional Soccer Academy invites young soccer enthusiasts ages 5-18 to be part of a challenging educational experience. The Academy offers an opportunity to learn and enjoy many aspects of the game of soccer in a competitive environment from a current professional player. Fundamentals as well as sophisticated techniques of soccer will be taught on a personalized individual level along with various forms of group instruction provided by Camp Director Bo Vuckovic and several other Vermont Voltage professional soccer players. Emphasis is placed on development, improvement and refinement of basic playing skills. Attention will be given to the instruction of good ball control habits and movements techniques in challenging drills and simulated match situations. Conditioning methods and training ethics are also stressed to prevent injuries and improve the young athlete's coordination and flexibility. Bo understands the needs of youth in soccer and stresses the development of a positive self-image, mental stimulation and sense of respect and sportsmanship among players.

**Dates:** Monday – Friday, June 22 – 26  
Monday – Friday, July 20 – 24  
Monday – Friday, August 10 – 14

**Fee:** \$139/ \$129 (additional child)  
\$115/\$105 (additional child) with St. Albans City Resident discount

## KARATE CAMP AGES 8-14

Would you like your child to have increased: Respect, Perseverance, Self-Control, Self Esteem & Exercise, while learning Self Defense. Karate training at R Family Dojo will get you started. The Goshin-Ryu sys-



tem of karate taught at R Family Dojo is a Japanese, Okinawan style. Students enrolled through the recreation department will start to learn the basic foundations of our training methods. These may include: self-defense, Kumite (sparring), mat work (including breakfalls, cardio, agility and strength training), bag training, Kata (forms), and various drills. Sarah Rucki is a Black Belt Instructor with a VT elementary teaching license and VT special educator license.

**Dates:** Monday – Friday, June 29 – July 3, or July 20 – July 24  
**Time:** 12:00 – 4:00 pm  
**Location:** R Family Dojo, North Main Street, St. Albans  
**Fee:** \$182 (Half day)/ \$260 (Full day)  
\$140 (Half day)/\$200 (Full day) with St. Albans City Resident discount

## LITTLE SQUIRTS MULTI SPORT CAMP AGES 4&5

Give your little sport (ages 4-5) a chance to experience several different sports and activities. This camp is designed with fun as the primary driver! Quick, short drills and fun to keep your little guy or girl engaged and having fun. Each session will highlight different sports activities and skills. All equipment is provided. Your little sport just needs to arrive in comfortable clothing, wearing sneakers and with a water bottle.



**Dates:** Monday – Friday, July 13 – 17  
**Time:** 5:00 – 5:50 pm  
**Location:** Barlow Street Community Center Fields  
**Fee:** \$53  
\$71 with St. Albans City Resident discount

## 2015 Franklin County Youth Soccer Camp

A great, fun experience that emphasizes learning skills of the game. We teach individual and team skills in a healthy environment, with special emphasis on sportsmanship, teamwork, and development of a positive self-image. No experience needed.

Collins Perley Sports Complex

Session 1: Grades 3, 4, 5

8AM to 10AM, June 29 - July 3

Session 2: Grades 6, 7, 8

8AM to 10AM, July 6 - July 10

Sign up for either!

Cost includes camp shirt and ball, available on opening day!



\$70 per Single participant  
\$130 for Two participants /family  
\$175 Family Rate (3+ participants)

For questions call Ben Marlow at (802) 309-5351

Mail the attached completed application and check to Ben Marlow:  
2 Heald Lane, St. Albans, VT 05478

## 2015 Franklin County Youth Soccer Camp

Indicate shirt size here: \_\_\_\_\_ YL: Youth Large; AS: Adult Small; AM: Adult Medium

Name: \_\_\_\_\_ Grade Entering: \_\_\_\_\_

Address: \_\_\_\_\_ Session: (1) (2)

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Please note any health issues that our staff should be aware of (asthma, diabetes, etc).

Is your son/daughter covered by a student or family insurance policy? Yes No

With my signature, I authorize the staff of the FRANKLIN YOUTH SOCCER CAMP to act for me according to their best judgement in any emergency requiring medical attention and I waive and release the camp, its staff and the Collins Perley Sports Complex from any and all liability for any injuries or illness incurred at camp.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

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7 days a week | 7AM-7PM  
[www.ccmdcenters.com](http://www.ccmdcenters.com)

# EVENTS

## POOL PARTY ALL AGES

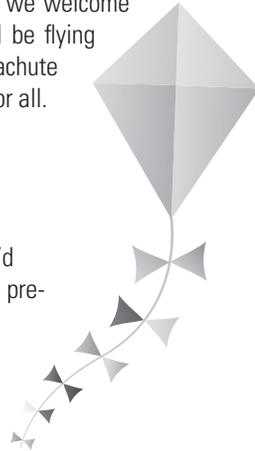
Have your party at the pool! Swimming and water games will be supervised by American Red Cross Certified Lifeguards. Lots of fun in the sun! Parties are booked for Fridays 11-1, and 5-7pm as well as Saturday and Sunday mornings. You can pay online, but **MUST** call the office at 524-1500 X266 or the poolhouse at 524-6796 to reserve your date.

Activity	Time	Fees
Pool Party	2 Hours	\$269 St. Albans City Resident \$345 Non-Resident

## KITE DAY!

A blast from the past...Kite Day! Join us as we welcome spring with some good old fashioned fun. We'll be flying kites (bring 'em if you got 'em) Hula Hoops, Parachute games and hikes. Music, fun and FREE hot dogs for all. More details to follow - See you there!

- Date:** Saturday, May 16, 2015
- Time:** 10:00 am – 1:00 pm
- Location:** Hard'ack Recreation Area
- Fee:** No Fee for all this fun – but we'd really appreciate it if you would pre-register so we know how many hotdogs we need. Donations accepted!



# HANG OUT WITH US!

## AFTER SCHOOL FUN! GRADES K-8

Great fun for your kids in the afternoon! We spend a part of each day playing outdoors. Kids can take bus from City School or be picked up by Rec Staff in the Rec Van. All afternoon activities will include a snack. Pick-up is between 5 and 5:30 at Barlow Street School. Sign up for the entire year at a reduced rate or just the days that you need.

- Each day is limited in size - register early to avoid disappointment!
- Participants must be registered by 8am the day they are attending for planning purposes. *\*Note: Our Afternoon Fun days do not run during school vacations or when school is canceled or released early.*

- Time:** Runs each school day until the end of the school year.
- Location:** Barlow Street Community Center
- Fee:** \$20  
\$15 with St. Albans City Resident discount



## BARLOW STREET COMMUNITY CENTER RENTALS

The St. Albans Recreation Department is located in the beautifully restored Barlow Street School. We offer the rental use of our program space when it's not in use. Rentals start at \$25 and include the following options. Contact the office 524-1500 X266 to reserve.

**PROGRAM ROOM - 31.5 FT X 18.5 FT** to a 2'9" counter that runs the length of the room with work space behind the counter. The room contains a microwave, Keurig coffee maker, refrigerator, sink, stove, freezer. There is adequate white wall space for projections of movies & power points. There are chairs on site - make sure you indicate how many you need when you call the office to reserve. The renting party is responsible for chair/table set up and take down as well as sweeping the floor after use. There is a bathroom in the hall directly outside the door. An elevator is available for handicap access. Depending on seating arrangements, can comfortably accommodate up to 50 people.

**SECOND FLOOR FOYER - 21.5 FT X 10.5 FT** Foyer is furnished with 2 couches for a comfortable, casual meeting or class, or to use in conjunction with the Program Room rental. Comfortably accommodates 8-10 people.

**FIRST FLOOR FOYER - FRONT** The front foyer is available for small meetings, or classes. Large windows, access from the front (Barlow Street) main doors. Depending on seating arrangement, comfortably accommodates 12-20 people.

**TREE HOUSE** The tippy top 3rd floor room is available for small meetings and/or classes. Three windows overlooking Barlow Street. Comfortably accommodates 6-8 people.

## Theme Park Discounted Tickets

Tickets are available at the St. Albans City Clerk's office, 100 Main Street, St. Albans, Monday – Friday, from 7:30 am – 4:00 pm.

**Great Escape** ..... \$37 ea.

Reg. \$54.99/adult, \$44.99/kid 2 & under free

**Great Escape Parking** ..... \$16

Reg. \$20/car

**Six Flags** ..... \$38 ea.

Reg. \$59.99/adult, \$49.99/kid 2 & under free

**Bromley Adventure Park** ..... \$30 ea.

Reg. \$45 Mtn Adventure Park, \$45 Aerial Adv. or \$59 for both.

Visit us at  
**www.stalbansrec.com**  
 We add new programming weekly.  
 For up to the minute info. find us on Facebook.

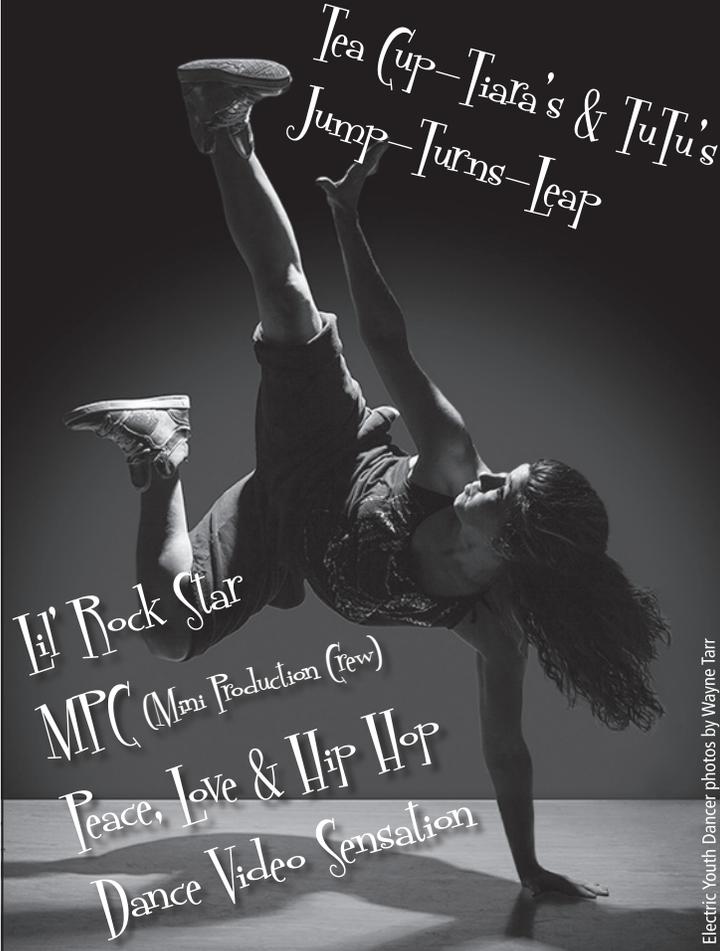
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[www.electricyouthdance.com](http://www.electricyouthdance.com)  
[electricyouthdance@yahoo.com](mailto:electricyouthdance@yahoo.com)

View our website for



18 & 20 North Main Street. • St. Albans  
2 Church Street • Enosburg  
1151 Ethan Allen Hwy (directly off EXIT 18) • Georgia

our new  
location!

# FITNESS

## BEGINNER BOOTCAMP! AGES 13+

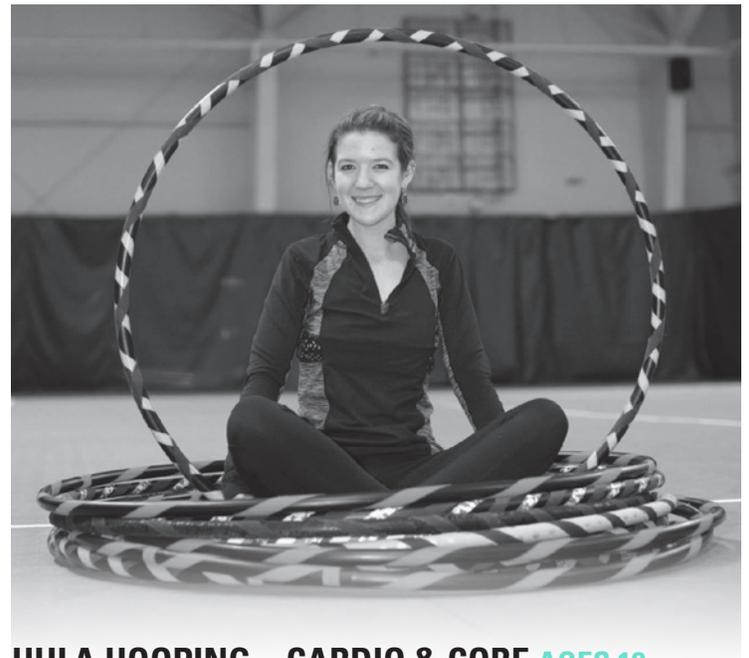
Bootcamp doesn't have to be intimidating, in fact, it can be one of the most successful resources in a healthy lifestyle. Combining strength training with old school calisthenics is proving to be a fun and popular way of gaining strength and shedding pounds! Not only will it enhance your overall health, your speed, your agility and your strength, it will improve your self-confidence. 6 weeks sessions, 2 week break, and then the next session starts. Drop ins welcome.

**Instructor:** Andrea Gagner  
**Date:** Saturdays, October 18 – November 22, 2014  
**Time:** 9:00 am – 10:00 am  
**Location:** Project Soar Gym, St. Albans Bay  
**Fee:** \$39 / \$30 with St. Albans City Resident discount

## TRIPLE F FITNESS

This class offers a variety of ways to burn calories, build lean muscle mass and increase agility and stability. Combining the use of free weights, body weight exercise, cardio and stability, no two classes are ever the same! The class is structured to challenge every level of fitness from the first timer to the advanced. You'll enjoy the benefits of improving your health in a fun and supportive environment.

**Instructor:** Andrea Gagner  
**Date:** Tuesdays  
**Time:** 5:30 pm – 6:30 pm  
**Location:** Project Soar Gym, St. Albans Bay  
**Fee:** **Monthly:** \$39, \$30 with St. Albans City Resident discount



## HULA HOOPING – CARDIO & CORE AGES 12+

You'll be surprised how easy the basics are, and have fun learning the more intermediate moves as well. Hoopnotica is Zero to low impact aerobics. It is so easy on the joints, even seniors and pregnant women can enjoy Hoopnotica. Hoopnotica uses larger, weighted hoops that are easier to use than kids hoops.

**Instructor:** Rachel Whiting  
**Date:** Wednesdays  
**Time:** 5:30 – 6:30 pm  
**Location:** BFA Dance Studio  
**Fee:** Check our website for details

# GET RUNNING!

## BEN & JERRY'S KID'S TRIATHLON AGES 4-11

St. Albans Recreation Kid's Triathlon! The Kid's Triathlon is a race that consists of three main events: Swimming, Cycling, & Running (in that order). Kids start the race with the swimming event in the St. Albans City Pool. They will ride a bike course through the St. Albans City School Parking Lot. After the bike event, they'll head back to the transition area, and do the final leg of the triathlon- a run on the St. Albans City School fields. Although this is a competitive event, the focus is on fun, fun, fun! There will be 4 age groups and each will be divided by gender. Awards will be made at approximately 11am poolside.



- Date:** Saturday, July 18
- Time:** 9:00 – 1:00 am
- Starts at:** St. Albans City Pool
- Fee:** \$28  
\$22 with St. Albans City Resident discount

## Fitness Punch Cards

Good for 10 "punches" towards Triple F, Beginner Boot Camp, Hula Hooping – Cardio & Core, Hot Mama Workout, Noon Cardio Blast, Aqua Jogging & more!  
Purchase online at [www.stalbansrec.com](http://www.stalbansrec.com), or email the office [k.viens@stalbanstv.com](mailto:k.viens@stalbanstv.com).

**Fee:** \$104, \$80 with St. Albans City Resident Discount



## Above & In Ground Pool Sales & Installation

Water Sample Testing & Pool Services  
Chemicals • Supplies • Toys & Games

### The Area's Only Indoor Pools

GREAT FOR BIRTHDAY PARTIES!

- Aqua Aerobics Classes
- Lap Pool • Therapy Pool

MAPLE SYRUP FOR SALE



# BRANON'S POOLS

Check our website for monthly Indoor Pool Specials!

248 N. Main St. • St. Albans • 527-7957 • [www.branonspools.com](http://www.branonspools.com)  
Indoor Pool: Monday-Friday 6am to 7pm, Saturday & Sunday 8-2.  
Pool Store opens mid April - Open 7 Days - Monday-Sunday



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- American Ballet Theatre
- Miami City Ballet
- Les Grands Ballets Canadiens
- Wonderbound

## EVENING CLASSES DANCE CAMPS INTENSIVES

Beginner to Pre-Professional Level:

- Ballet, Pointe, Variations, Body Conditioning, Jazz & Hip Hop

Photo credit: Wayne Tarr  
BSVT/NVB Dancer: Sophia

Don't miss our Family Ballet Theater Production

## PINOCCHIO

May 23, 24th at the Dibden Theater  
Johnson State College

Tickets on Sale April 20th!

Call 1-855-222-2849 TuTuTix

### REGISTER NOW!

Visit us online for details and affordable rates.

June 16 - August 22 | Register Online – space is limited!

12 Fairfield Hill Road • St. Albans, Vermont 05478  
[www.TheBalletSchoolOnline.com](http://www.TheBalletSchoolOnline.com) • [info@TheBalletSchoolOnline.com](mailto:info@TheBalletSchoolOnline.com)  
Voicemail: 802.527.0868

## 37TH ANNUAL SAP RUN AGES 12+

The Sap Run is an 8.5 mile road race from Swanton to St. Albans, VT. Join this annual rite of spring in St. Albans during the Maple Festival! Race starts in downtown Swanton at the Teen Center and ends on Main St. in St. Albans. Relay option! 1st leg - Swanton Teen Center to Handoff point at Chase Auto Sales (5.0 miles) 2nd leg - Handoff point to finish line (3.5 miles).



**Date:** Sunday, April 26, 2015  
**Time:** 9:00 am  
**Location:** Swanton Teen Center  
**Fee:** \$30

## 5K, 3K, & 1K TRAIL RUNS AT HARD'ACK

Join us for this weekly trail running series at Hard'ack Recreation Area. A fun weekly event in it's 6th year. Open to all ages and abilities. There is a 5K open race, a 3K Beginner and Junior Distance (walkers welcome) and a 1K kids run. The run will rotate between 2 great courses depending on trail conditions and weather. Plan to join us for another great summer at Hard'ack! Not a runner? Join us anyway - walkers welcome! Prizes awarded each night! All participants names will be entered into a random drawing for prizes weekly. Chart your progress from week one to week 12! Pay as you go or register for the whole session and save.

**Date:** Thursdays, June 4 – August 20, 2015  
**Time:** 6:00 pm (Kids 1K),  
6:30 pm (5K Open, 3K Beginner/Junior Run)  
**Fee:** Kids 1K Fun Run - FREE  
\$6  
\$4 with St. Albans City Resident discount

# SPORTS

## PICKLEBALL! ADULTS

The game combines aspects of tennis, badminton and pingpong. Players use oversized paddles to hit a hollow perforated plastic ball. Play in the gym on courts the size of a badminton court or one that's half the size of a tennis court using a 36-inch net. Each game goes to 11 points. Interested...but never played? No problem, grab some friends - we have the equipment and friendly coaching to get you started!



**Date:** Mondays & Thursdays  
**Time:** 10:00 am – 11:30 am  
**Location:** TBA  
**Fee:** \$6/day or \$39/month  
\$4/day or \$28/month with St. Albans City Resident discount

## STAND UP PADDLEBOARD – RENTALS & TOURS

The fast-growing sport of stand up paddleboarding (SUP) is a fun, easy way to go play on the water. With a minimum of equipment, you can paddle anything from ocean surf to lakes and rivers—no waves required. Paddleboarding offers an amazing full body workout and is becoming a favorite cross-training activity for skiers, snowboarders and other athletes. And since you're standing at your full height, you'll enjoy excellent views of everything from sea creatures to what's on the horizon. It's almost like walking on water! \*\*All rentals and tours include a short lesson and will be offered from June 1- September 30th. Instructors are from North Shore Kite-Sail-Surf.

**Very Important!** After you register below for any class, tour or rental, you MUST contact the instructor to confirm class details and requirements. Please call Jerri at 802-922-4072 as soon as possible to confirm your tour/rental.

## PADDLEBOARD RENTALS

**One Hour:** \$32/\$25 with St. Albans City Resident discount  
**4 Hour/Half Day:** \$52/\$40 with St. Albans City Resident discount  
**8 Hour/Full Day:** \$72/\$55 with St. Albans City Resident discount

**TOURS** \*min. of 2 persons and Weather Dependent - Burton Island Tour includes short hike, swimming and purchased lunch from Burton Island Camp Café (additional fee).

**2-3 Hours:** \$78/\$60 with St. Albans City Resident discount

## TENNIS AGES 6-12

Regardless of age, participants will learn the basic fundamentals in stroke production, court movement and footwork skills in a low pressured, yet energetic environment. Most importantly it's all about fun! This program will meet twice a week - Mondays and Fridays from 8:30am-9:30am at the Barlow Street Community Center. This Tennis program is suited to players of all levels. All children who attend the tennis camp will have a great time playing and learning the number one racquet sport in the US. Becky is an avid tennis player and instructor. She competes regularly on the USTA circuit in this area and holds a degree in physical education. She is eager to share her knowledge and love of the game. Equipment is provided, but if participants wish, they may bring their own racquets. Participants must wear sneakers.

**Coach:** Becky Manahan  
**Dates:** Mondays & Wednesdays, June 22 – 27  
**Time:** 8:30 – 9:30 am  
**Location:** Barlow Street Community Center Courts  
**Fee:** \$91  
\$69 with St. Albans City Resident discount

## START SMART BASEBALL AGE 4

Start Smart Baseball is an introductory baseball program for kids who have turned 4 years old by May 1, 2014. A Saturday morning program designed to little ones in the "swing" of baseball. Parents work together with their children to learn the basics; running bases, throwing and batting. all participants will receive a hat and shirt. This is a parent and child activity with the emphasis on FUN!

**Date:** Saturdays, May 9 – June 13  
**Time:** 10:00 am – 10:50 am  
**Location:** Barlow Street Community Center  
**Fee:** \$66  
\$49 with St. Albans City Resident discount

## SOCCER AGES 4-GRADE 4

St. Albans Recreation Department offers soccer programs for kids from age 4 thru 4th Grade. Choose the grade/age that your child will be entering into the fall of 2015.

**START SMART SOCCER AGE 4** Children must be 4 by August 1, 2015. Start Smart Soccer is a program to introduce the game of soccer, the skills required to play and a BASIC understanding of the game. Parents work together with their children to develop skills and understanding. Participants meet new friends, learn sportsmanship, and experience a team concept....and maybe learn a little bit about soccer. Coaches are parent volunteers.

**Dates:** Tuesdays, August 18 – September 23  
**Time:** 5:30 – 6:15 pm  
**Location:** Barlow Street Community Fields  
**Fee:** \$75 / \$58 with St. Albans City Resident discount

**Want up to the date info on changes and cancellations?**



**KINDERGARTEN SOCCER** For all children entering Kindergarten in the fall of 2015. Kindergarten soccer is designed to introduce the games basics and skills while offering lots of soccer fun. A great way for your little one to meet new friends and learn to play on a team. Coaches are parent volunteers.

**Dates:** Mondays, August 17 – September 23  
**Time:** 5:30 – 6:15 pm  
**Location:** Barlow Street Community Fields  
**Fee:** \$82 / \$63 with St. Albans City Resident discount

**FALL YOUTH SOCCER PROGRAM GRADES 1-4** For children entering grades 1-4 the fall of 2015 A fun, instructional soccer league for boys and girls. Coaches are parent volunteers - Practices are usually 2 times per week, to be determined by the coach's availability. Games are played Saturday mornings starting at 8:30am thru 12noon at Hard'ack Recreation Area. Each Player receives a uniform.

**Dates:** Practices start week of August 10  
Games run August 22 – September 26  
**Time:** Saturday mornings  
**Location:** Hard'ack Recreational Area  
**Fee:** \$93 / \$71 with St. Albans City Resident discount

## TRACK

### KID'S ON TRACK AGES 6-14

Kids on Track is not a "winners only" program. Kids can run, jump and throw in events that stress FUN, not competition. Track meets 2 times a week - Mondays and Wednesdays. For some kids, the program offers an opportunity to refine their natural abilities, for others, it may be the spark that ignites their interest in an activity that is mentally, physically and socially rewarding. Each participant will receive a T-Shirt. Never run before? Doesn't matter-you'll learn the basics and learn how to train and participate in races. Experienced runner? Great! You'll improve your technique and times.

**Date:** Mondays & Wednesdays, June 1 – July 20  
**Time:** 5:30 – 6:15 pm (Ages 6-8), 6:15 – 7:15 pm (Ages 9-14)  
**Location:** Collins Perley Track  
**Fee:** \$89  
\$67 with St. Albans City Resident discount

## SWIMMING

### WATER SAFETY

#### INSTRUCTOR TRAINING AGES 16+

The purpose of the Water Safety Instructor course is to train instructor candidates to teach Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim, Adult Swim and water safety courses and presentations. Water Safety instructor candidates must be 16 years old on or before the last scheduled day of the Water Safety Instructor course. WSI training provides candidates with the knowledge to plan and conduct courses within the American Red Cross Swimming and Water Safety Program. Course covers teaching progressions, course and lesson planning, recognizing common skill errors, providing corrective feedback, motor learning and hydrodynamic principles. Fee includes materials. Participants should bring water, snacks, towels & warm clothing to class. Completion of course does not imply nor guarantee employment by St. Albans Recreation Department.

**Dates:** Monday – Saturday, July 13 – 24  
**Time:** 9:00 am – 1:00 pm  
**Location:** St. Albans City Pool  
**Fee:** \$321  
\$269 with St. Albans City Resident discount

## SWIM TEAM TRAINING

Geared towards swimmers who swim competitively or have an interest to do so. Your child doesn't have to be a member of the swim team to participate. Program focuses on conditioning and race technique. This is a great opportunity for swimmers to maintain their fitness/swimming level and exercise all winter. Swimmers can register for all sessions or choose the ones that work best for your schedule.

Advanced swimmers should expect to swim anywhere from 2000 to 3500 yards per practice. Swimmers need to be able to swim the length (25 yards) of the pool to participate. Program will continue through the winter into spring and will break over school vacations. Get in shape, keep in shape and start the season in top form! Check our website for start date and registration info.

**Instructor:** Tom Koldys  
**Date:** Tuesdays & Thursdays  
**Time:** 4:30 pm – 5:30 pm  
**Location:** Branon's Pool, 248 North Main Street

## ST. ALBANS SHARKS 2015 SWIM TEAM

*New Choices for 2015! Choose whichever option works best for your swimmer and family.* St. Albans Sharks Swim Team is a member of the Champlain Valley Swim League and participates in 8 league meets, district, and state events. The swim team is a great way to improve swim skills, challenge yourself and meet new friends. Requirements: Team members must be able to swim the length of the pool. (25 Yards) Parents of swimmers participating in meets must volunteer to work a minimum of 6 meets(jobs) (home or away) or pay a \$200 opt out of volunteering charge. Team families must also attend a mock meet to be held the Thursday, June 18, 2015 before the first scheduled meet. This will be an opportunity to learn what each volunteer position entails, and how a meet runs. For more complete information, read the Parent's Info Packet on the Sharks webpage or pick one up at the pool house.

**GREAT WHITE SHARKS (Ages 11 to 18 years)** Fee includes all practices and league meets. Focus is on building endurance, power and speed through technique refinement, IM swimming and training tailored to sprint or distance events.

**Dates:** Monday – Friday  
**Time:** 7:30 – 9:30 am  
**Fee:** \$217/\$167 with St. Albans City Resident discount

**TIGER SHARKS (Ages 11 to 18 years)** Fee includes all practices and league meets. Focus is on building endurance and strengthening technique in order to develop balanced IM swimmers.

**Dates:** Monday – Friday  
**Time:** 8:30 – 9:30 am  
**Fee:** \$217/\$167 with St. Albans City Resident discount

**REEF SHARKS (Ages 10 and under)** Fee includes all practices and league meets. Focus is on building endurance and strengthening technique in order to develop balanced IM swimmers.

**Dates:** Monday – Friday  
**Time:** 9:30 – 10:30 am  
**Fee:** \$217/\$167 with St. Albans City Resident discount

**CAT SHARKS (Formerly "Mini Sharks" - Ages 3 to 6 years)** Cat Sharks is an introduction to Swim Team. This is practice only, no meets. Focus is on building endurance and learning about swim team in a relaxed, fun atmosphere. Option to move up to Reef Sharks if desire and ability to do so are there.

**Dates:** Mondays, Wednesdays & Fridays  
**Time:** 9:30 – 10:00 am  
**Fee:** \$111/\$85 with St. Albans City Resident discount



## AMERICAN RED CROSS SWIM LESSONS

Swim classes and times are listed on  
[www.stalbansrec.com](http://www.stalbansrec.com)

The St. Albans City Recreation Department offers 35 years of experience and affiliation with the American Red Cross to deliver the best selection and quality of aquatic offerings - bar none.

Our lessons are under the direction of Dee Christie. Dee has decades of experience and has developed a program of lessons and instructor training setting the bar higher each year.

*New for the 2015 season* - tons of options for families! We believe we're offering choices that will fit every family's needs and scheduling. We've also lowered the number of swimmers per class. We think these changes will create a great water experience for all.

If after review the guidelines, you're still not sure which class to register your child for, contact the office at 524-1500 X266 or the pool house (After June 1st) 524-6796 and we'd be happy to help you.

**Sessions: Two Consecutive Weeks - 8 Daytime Lessons**

Monday – Thursday, June 22 – July 2,

July 13 – 23, August 3 – 13

**One Week - 4 Daytime Lessons**

Monday – Thursday, July 6 – 9, July 27 – 30

**2 and a Half Week - 8 Evening Sessions**

Monday, Wednesday, Friday, June 22 – July 8,

July 13 – 29, August 3 – 19

**Location:** 99 Aldis Street, St. Albans

**Fee:** **8 Lessons Session:** \$89

\$69 with St. Albans City Resident discount

**4 Lessons Session:** \$48

\$37 with St. Albans City Resident discount

## PARENT & CHILD AQUATICS AGES 5 MOS-3 YRS

Each child must be accompanied in the water by an adult. Parents and children learn together to increase their comfort in the water and to build a foundation of basic aquatic and water safety skills.

## PRESCHOOL AQUATICS AGES 3 & 5

Three fun, age & developmentally appropriate levels teach basic aquatic safety and survival skills to increase children's comfort in and around water.

## LEARN TO SWIM AGES 6-18

Six progressive levels of swim instruction help swimmers of varying ages and abilities develop water safety, survival and swim skills. Level 1: Introduction to Water Skills, Level 2: Fundamental Aquatic Skills, Level 3: Stroke Development, Level 4: Stroke Improvement, Level 5: Stroke Refinement & Level 6: Swimming and Skill Proficiency.

## ADULT LESSONS AGES 16+

American Red Cross Adult Swim is intended for teens and adults who wish to improve their knowledge and skill for many reasons. It may be

to overcome their fear of the water and to learn the basic skills, improve their skill and technique to increase their level of safety or improve their health and fitness or to compete in triathlons or to join a masters team.

## STROKE ISOLATION AGES 6+

For anyone interested in improving his/her stroke technique. Stroke Isolation Class is not intended to "teach" a stroke, but rather perfect it. SI Class does not take the place of full level 4, 5, or 6. Great for swim team members, people training for races, and those wanting to increase their proficiency.

## JUNIOR LIFEGUARD COURSE AGES 13-15

Guardstart develops the knowledge, attitude and skills needed to succeed in lifeguard training and enhance effectiveness on the job as a lifeguard. This class focuses on fitness swimming/training and the varying aspects of lifeguarding and water safety. Fee includes materials. This course does not result in certification. All participants should bring water to drink, towel, swim suit and a change of clothes. Check website for dates.

## AQUA FITNESS AGES 14+

A Great low impact exercise for everyone. Aqua Jogging is a refreshing, non-impact aerobic workout. Exercise that's easy on your back and joints. Refreshing at the same time. No swimming ability necessary, just a basic level of comfort in the water. Each participant wears a flotation belt to keep in the proper position in the water. Locker rooms available. Want your own equipment? AQUA JOGGING belts are available for purchase from the recreation department. They are \$49 each. Checks can be made payable to St. Albans Recreation. All equipment is provided.

**Dates:** Monday & Wednesday, June 22 – August 12

**Time:** 5:30 pm – 6:30 pm

**Location:** St. Albans City Pool

## ARC LIFEGUARD TRAINING AGES 15+

Our Lifeguarding program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. The new program reflects the latest ECC science and findings from the 2011 United States Lifeguard Standards Coalition Report. The certification validity period is 2 years.

New for 2015 - This course will be a blended learning class. Participants will register and do part of the work on line and then meet for class discussions and practical hands on work at the pool.

There will be a prerequisite swim on Saturday, June 20th at 9am at St. Albans City Pool for all prospective participants. Upon successful completion, American Red Cross log on information will be given to each participant so they can get set up for the online portion of the course.

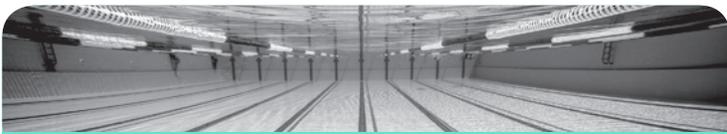
**Dates:** Monday – Saturday, June 22 – 27

**Time:** 9:00 am – 1:00 pm

**Location:** St. Albans City Pool, 99 Aldis Street

**Fee:** \$349

\$275 with St. Albans City Resident discount



## Pool Memberships

Swim all summer long for one low price! Afternoon swim \$5 for residents, regardless of age and \$7 for non-residents.

### POOL SCHEDULE & FEES

Schedule is subject to change due to weather conditions and special events. Call ahead if you have any questions 524-6796.

Day	Time	Fees
Monday – Friday	1:00 – 5:00 pm	\$5 St. Albans City Res. \$7 Non-Resident
Monday – Friday (3 evenings per week)	7:00 – 8:30 pm	TBA
Saturday & Sunday	1:00 – 5:00 pm	\$5 St. Albans City Res. \$7 Non-Resident
Saturday & Sunday	6:00 – 8:30 pm	TBA

### MEMBERSHIP OPTIONS

Membership	Fees
Family	\$149 St. Albans City Res. \$194 Non-Resident
Individual	\$60 St. Albans City Res. \$79 Non-Resident
Senior Citizen (60+)	\$21 St. A. City Res. (60+) \$28 Non-Resident (60+)

# CLASSES & ACTIVITIES

## BABY SITTING COURSE AGES 11-15

St. Albans Recreation Department's Babysitter's Training is fun and fast-paced with hands-on activities, role-plays and lively discussions. You'll learn to be the best babysitter on the block. You'll gain the confidence to make smart decisions and stay safe in any babysitting situation. You'll learn how to: Supervise Children and Infants and Perform basic child-care skills such as diapering and feeding. Choose safe, age-appropriate games & toys. Handle bedtime and discipline issues. Identify safety hazards and prevent injuries. Care for common injuries and emergencies such as choking, burns, cuts and bee stings. Communicate effectively with parents. Find and interview for babysitting jobs.

- Instructor:** Jessica Frost  
**Date:** Saturday, June 27, 2015  
**Time:** 9:00 am – 3:00 pm  
**Location:** Barlow Street Community Center  
**Fee:** \$79  
 \$60 with St. Albans City Resident discount

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 – Jason, 38

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 527-7100

**WILLISTON OFFICE**  
 277 Blair Park Road  
 878-5323

## INTRODUCTION TO BAGPIPES AGES 12+

This eight week class offers an introduction to the ancient and unusual Great Highland Bagpipe. Students will receive a practice chanter, the recorder-like instrument on which one learns to play. (Actual bagpipes will not feature in this class, chanter work is the prerequisite for learning to play bagpipes.) The chanter will belong to the student and will be used by him/her during their entire piping career for practice and learning. The classes will cover a brief history of the instrument, care and handling of the chanter, basic fingering patterns, and depending on an individual's progress, the learning of a pipe tune. Following completion of the course, interested students may continue their studies with the St Andrews of Vermont Pipe Band, based in Essex Junction.

**Instructor:** Beth Paul  
**Date:** Tuesdays, May 5 – June 29, 2015  
**Time:** 6:30 – 7:30 pm  
**Location:** Barlow Street Community Center, 2nd floor  
**Fee:** \$91  
 \$70 with St. Albans City Resident discount

## SAVING THE BIRD IN THE BUSH WORKSHOP AGES 13+

Join Bird Diva Bridget Butler for this workshop to assess what you have in your backyard and how to create a sanctuary for songbirds. Find out how you and your neighbors can create a much needed oasis in your backyard to support both migrants and breeding birds. We'll learn about threats to songbirds and how your



landscaping choices can make a difference. Participants will leave with a start-up plan for transforming their yards and a short-list of plants, trees and shrubs that will benefit birds.

**Instructor:** Bridget Butler  
**Date:** Thursday, June 25, 2015  
**Time:** 6:30 am – 8:30 pm  
**Location:** Barlow Street Community Center, 2nd floor  
**Fee:** \$20  
 \$15 with St. Albans City Resident discount

## BIRD WALKS WITH BRIDGET BUTLER AGES 13+

Join Bird Diva, Bridget Butler for monthly bird walks at Hard'ack Recreation Area on Saturday mornings from 7:30 am to 9:30 am. Learn how to train your eye and your ear to identify songbirds! We'll build our knowledge of migratory and breeding birds on site and share our observations through eBird.

**Instructor:** Bridget Butler  
**Date:** Saturdays, June 13, July 11, & August 8, 2015  
**Time:** 7:30 am – 9:30 am  
**Location:** Hard'ack Recreation Area  
**Fee:** \$35  
 \$25 with St. Albans City Resident discount

## COUCH TO 5K TRAINING AGES 13+

Have you ever wanted to run a 5K but didn't know where to start? We're here to help you achieve your goal of beginning to run your first 5K. Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to run in the first place. You should ease into your 5K training plan gradually. The idea is to transform you from couch potato to runner, getting you to begin running a 5K or 3.1 miles and on a regular basis. Group will

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& artful baskets

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(pick your own!)

beautiful geraniums

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vigorous vegetable  
& herb plants

hardy perennials

our very own  
tomatoes

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squash, greens & potatoes

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cheeses, vermont apple cider

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meet Monday evenings 6:00-7:30pm with BFA Track and XC Coach Mike Mashtare with the end goal of running in The 2nd Annual GLOW Run on October 24, 2015 - complete with costumes and glow sticks! Registration for the Glow Run is not included in this program and must be registered for separately. Meeting/Running locations may vary and will be discussed at this first meeting.

**Instructor:** Mike Mashtare  
**Date:** Mondays, September 14 – October 19, 2015  
**Time:** 6:00 – 7:30 pm  
**Location:** Barlow Street Community Center, 2nd floor  
**Fee:** \$52  
 \$40 with St. Albans City Resident discount

## CPR – FULL CERTIFICATION AND RECERTIFICATION AGES 16+



The courses are presented by an American Heart Association (AHA) by instructor Josh Dishaw for the instruction of cardiopulmonary resuscitation (CPR) and basic recognition of medical emergencies. Course completion cards are valid for two years.

**HEARTSAVER CPR** teaches CPR and relief of foreign-body

airway obstruction for adults, infants, and children; intended for lay responders such as firefighters, police, day care employees, and babysitters. This class can be catered to your needs. You can come to this course for certification in Adults, Children and Infants or just Adults or just Children and Infants.

**HEARTSAVER CPR RECERTIFICATION** reviews the skills learned in Heart-saver CPR. The AHA will recertify individuals previously certified by the American Red Cross. This class can be catered to your needs. You can come to this course for certification in Adults, Children and Infants or just Adults or just Children and Infants. Course length: approximately 45 minutes.

**Date:** April 16, May 19, June 8, July 24, August 5, September 22 & October 12, 2015  
**Time:** 5:30 pm – 8:00 pm  
**Location:** Barlow Street Community Center  
**Fee:** \$52  
 \$49 with St. Albans City Resident discount

## FLOWER SCHOOL 101

Join us for a fun introduction to simple floral design. Learn how to process, assemble and arrange a floral arrangement that you can take home and enjoy! This class includes all flower product and container. FREE clippers for the first 15 people to sign up! Brought to you by Howards the Flower Shop, downtown St. Albans.

**Instructor:** Vicki Preseau  
**Date:** Thursday, April 30  
**Time:** 6:30 – 7:30 pm  
**Location:** Barlow Street Community Center, 2nd floor  
**Fee:** \$39  
 \$30 with St. Albans City Resident discount



## TREE PRUNING CLINIC AGES 12+

Join us in Taylor Park in downtown St. Albans for a hands on pruning demonstration of woody trees and shrubs. Learn the basics of pruning, proper tool selection and care, and how to keep your trees and shrubs healthy and under control for years to come. Please bring pruners, loppers and gloves if you have them. Some tools will be provided.

**Instructor:** Jeff Young EMG, Lilac specialist - UVM Horticulture Farm  
**Date:** Monday, April 20  
**Time:** 6:00 – 7:30 pm  
**Location:** Taylor Park Gazebo in Taylor Park  
**Fee:** \$15  
 \$10 with St. Albans City Resident discount

## DOG CLASSES WITH DEB HELFRICH AGES 18+

St. Albans Recreation partners to offer Dog Training Class with Deb Helfrich. Deb offers many classes throughout the year. The next session is listed below. Check our website for new classes in 2015.

### DOG/PUPPY ESSENTIALS: BASIC TRAINING & SOCIAL SKILLS

This is our "ALL YOU'LL EVER NEED DOG CLASS", This 6-week basic class covers all you need to: (1) UNDERSTAND YOUR DOG: through learning how your dog communicates and why he does what he does--includes our powerful program for building a confident, socially-savvy dog (2) HAVE A WELL-BEHAVED DOG: yes, we cover the basic obedience stuff--walking nicely on leash, coming when called, and more--using a simple training approach you can use well after the class ends (3) BOND WITH YOUR DOG: through gentle touch techniques, fun games, and understanding your dog's unique personality.

**Date:** May 26 – June 30 or July 7 – August 28, 2015  
**Date & Time:** 5:45 pm – 6:45 pm or 6:45 pm – 7:45 pm  
**Location:** Barlow Street Community Center, 2nd floor  
**Fee:** \$166  
 \$135 with St. Albans City Resident discount



## DON'T LET YOUR JUNK PILE UP!



NWSWD takes old furniture and appliances, electronics, tires, construction and demolition wastes, recycling, household trash, food scraps, and a variety of other wastes Monday-Saturday at our Georgia Recycling Center -158 Morse Dr. in Georgia.

Contact us for more info: 524.5986 / info@nswd.org / nswd.org  
 Like us on Facebook. Visit nswd.org to sign up for our e-newsletter.

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**BEYOND BASICS (Dog Training)** 5-week class (with an optional Skills Practice Night on the 6th week—see below) Time to take off the training wheels! This class is the next step after our Basic Training and Social Skills. This class takes your training to the next level. What's the next level? Well, that's the beauty of this class- You decide! Like many exercise classes that show you various intensity levels of a given exercise, this class shows you the basic, intermediate, and advanced version of each exercise. This permits perfect fit training for you and your dog! The atmosphere is supportive yet challenging. The emphasis is on what you want to achieve with your dog within the exercises we teach, and then giving you the instruction and proper exercises to achieve your goals. Check our website for the 2015 class schedule.

**Date:** July 12 – August 9, 2015  
**Time:** 10:00 – 11:00am  
**Location:** Barlow Street Community Center  
**Fee:** \$147  
 \$115 with St. Albans City Resident discount

**WOOF! DOG COMMUNICATION IN THE HUMAN WORLD** Is a yawn always just a yawn? Why does a dog shake off even when it's not wet? Can a growl actually be a good thing? Is a tail wag always a friendly invitation? This fun, informative multi-media presentation will demystify dog communication, reveal some common dog-human misunderstandings, and explore how dogs and humans relate to, and work with, each other.

**Date:** Thursday, May 21 or July 17, 2015  
**Time:** 6:30 – 7:30pm  
**Location:** Barlow Street Community Center  
**Fee:** \$8  
 \$5 with St. Albans City Resident discount

**KNIT & CROCHET 2.0 AGES 12+**

Not quite a beginner but still looking for some help to move your first few projects along? Bring your projects and questions and we will work through it together! Register for one or all three sessions!

**Instructor:** Alisha Sawyer  
**Date:** Wednesdays, April 22 – June 3, June 10 – July 15, & July 22 – August 8, 2015  
**Time:** 6:30 – 8:00 pm  
**Location:** What A Yarn, 54 North Main Street, St. Albans  
**Fee:** \$39/\$13 (Drop-in)  
 \$30/\$10 (Drop-in) with St. Albans City Resident discount

**TRIPS**

**WINERY TOUR IN QUEBEC AGES 21+**

Join us for a tour of Quebec's renowned wine region! In a beautiful country setting, learn about the history of viticulture, the types of vines planted and the different methods of production. Most of all when visiting, sample and enjoy wines. We will be visiting three different wineries in the Dunham area of Quebec. Your reservation will include: Transportation to and from the vineyards; Tastings at 3 Vineyards.



**Date:** Sunday, October 4, 2015  
**Time:** 9:00 am – 5:30 pm  
**Departs:** Barlow Street Community Center  
**Fee:** \$80  
 \$60 with St. Albans City Resident discount

*Want up to the date info on changes and cancellations?*



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# NATURE

## FOREST EXPLORERS AGES 5+

We'll head to the St. Albans Town Forest to explore what lives there and fine tune our observation skills as naturalists. Families can expect to find out some great ways to continue wild adventures throughout the summer by using some of the simple activities we'll do together in the forest. Sturdy footwear for hiking woodlands trails recommended, as well as clothes you don't mind getting dirty. Parents or caregivers must accompany children. Each participant must be individually registered, including children. Limit 15.

- Instructor:** Bridget Butler
- Date:** Friday, June 26, 2015
- Time:** 10:00 am – 12:00 pm
- Departs:** St. Albans Town Forest
- Fee:** \$20  
\$15 with St. Albans City Resident discount

## SEEKING REPTILES & AMPHIBIANS AGES 5+

Like frogs and snakes? How about turtles and salamanders? Then you should join us to search out reptiles and amphibians in St. Albans to help local scientists! We'll learn about herpetology and find out how we can add

to the Vermont Reptile and Amphibian Atlas. We'll be exploring local creeks and woodlands within the city limits to find and document the presence of a variety of creepy crawlies. Families will leave with a check-list of other reptiles and amphibians that need documentation and the skills to do so to continue their nature adventures this summer. Muck boots or shoes that can get wet are recommended, as well as clothes you don't mind getting dirty. Parents or caregivers must accompany children. Each participant must be individually registered, including children. Limit 15.



- Instructor:** Bridget Butler
- Date:** Friday, July 17, 2015
- Time:** 10:00 am – 12:00 pm
- Departs:** Barlow Street School
- Fee:** \$20  
\$15 with St. Albans City Resident discount

## NATURE JOURNALING AGES 5+

Drawing what you see in nature is a great way to relax and connect with the world around you. We'll make our own nature journals and then learn some simple techniques to improve our sketching skills and make observations like real scientists. Families will leave with nature journals and some great activities to keep drawing all year. Wear comfortable walking shoes and clothes you don't mind getting dirty. Parents or caregivers must accompany children. Each participant must be individually registered, including children. Limit 15.

- Instructor:** Bridget Butler
- Date:** Friday, August 21, 2015
- Time:** 10:00 am – 12:00 pm
- Departs:** Hard'ack Recreation Area
- Fee:** \$20  
\$15 with St. Albans City Resident discount

# THANK YOU TO OUR SPONSORS

These sponsors have made significant financial contributions to support programming, activities, and events of the St. Albans Recreation Department. We appreciate their commitment to our community.

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