

Williston Recreation & Parks

2020 Fall Programs

This is a listing of upcoming programs for September through November. Detailed information on each can be found on the Recreation Website: www.willistonrec.org. Registrations are accepted directly with the company or instructor and others are accepted with the Rec. Dept. Programs are offered online, online-Live with an instructor or In-Person.

www.Willistonrec.org

876-1160

recreation@willistonvt.org

VIRTUAL PROGRAMS- ONLINE LIVE

Strength Training

Online Live with Toni Kunker, Age 50+, Tuesdays & Thursdays, 10:15-11:15am. Free to Seniors

Yoga- Gentle/Seated

Online Live with Toni Kunker, Age 50+, Fridays, 10:15-11:15am. Free to Seniors

Senior Fit Training

Online Live with a RehabGYM Instructor, Age 55+, Mondays & Wednesdays, 9:00am-10:00am. Two sessions offered. \$120/\$125

Senior Personal Training

Online Live with a RehabGYM Instructor, Age 60+, 10- 60-minute sessions, Register with RehabGYM. \$450

Feldenkrais Method

Online Live with Gillian Franks, Age 18+, Mondays, Sept. 28, 6:00-7:00pm. \$10/\$15

Running Program

Online Live with a RehabGYM Instructor, Age 18+, Mondays & Wednesdays, Oct. 5- Nov. 25, 5:00-6:00pm. \$185/\$190

Personal Training

Online Live with a RehabGYM Instructor, Age 18+, 10- 60-minute sessions, Register with RehabGYM. \$450

Ukulele Clinics

Online Live with Clare Innes, Age 18+, Level 1 & 2 programs offered. Different days and times offered in each level. \$35

Chess Programs

Online Live with an instructor from Chess Wizards, Age 6-12, many levels to choose from.

Dig Big

Online Live with an instructor from Wicked Cool for Kids, Grades K-2, Mondays, Sept 21-Nov 11, 4:15-5:15pm. \$140/\$145. Register by Sept. 6.

Game Design 101 w/Tinker

Online Live with an instructor from Wicked Cool for Kids, Grades 3-5. Wednesdays, Sept 23-Oct 28, 4:15-5:15pm. \$140/\$145. Register by Sept. 6.

ONLINE PROGRAMS

Snowmobile Safety

Online Course for Age 12+. The course provides the opportunity to earn the certification necessary to legally operate on Vermont's Statewide Snowmobile Trails System. Course can be taken online at any time.

My Healthy VT

Online Courses. Want to be healthier and feel better? My Healthy VT can help. Find a free course that's right for you and take online any time.

IN-PERSON PROGRAMS

NOTE: COVID-19 Guidelines will be followed for these programs for the safety of all. Masks are required of all participants and spectators. Depending on the program and physical distancing masks may not have to be worn by participants.

Rec. Fall Soccer- Grades K-5

In-Person Program. Due to COVID-19, Rec Soccer will be grades K-2nd and 3rd-5th this year. Registration Deadline- Wednesday, September 9. Early-Bird Discount Deadline- Sunday, September 6 (\$10 off the listed prices, if registered and paid prior to Sept. 6.

Pickleball Intro

In-Person Program, Age 18+, Saturday, Oct. 3, 10:00am-12:00pm. \$32/\$37

Pickleball 101

In-Person Program, Age 18+, Monday, Tuesday, Wednesday, Oct. 5-7, 5:30-7:30pm. \$72/\$77

Aerial Yoga

In-Person Program, Age 18+, Thursdays, Oct. 8-Nov. 12, 5:30-6:30pm or Saturdays, Oct. 10-Nov. 14, 10:00-11:00am. \$166/\$171

Cardio Kickboxing

In-Person Program, Age 18+, Thursdays, 6:30pm, 3 sessions offered. \$60/\$65

MMA for Nerds

In-Person Program, Age 18+, Tuesdays, 6:30pm, 3 sessions offered. \$60/\$65

Street Fighters 9000

In-Person Program, Age 18+, Fridays, 7:00pm, 3 sessions offered. \$60/\$65

Fighter Fitness

In-Person Program, Age 18+, Mondays, 6:00pm, Tuesdays, 8:00am or Saturdays, 1:00am, 3 sessions offered. \$60/\$65

Thai Chi Fundamentals

In-Person Program, Age 18+, Thursdays, 5:30pm, 2 sessions offered. \$90/\$95

Thai Chi Form

In-Person Program, Age 18+, Tuesdays, 5:30pm, 2 sessions offered. \$90/\$95

Dangerous Girls

In-Person Program, Age 14+, Wednesdays, 6:30pm, 3 sessions offered. \$60/\$65

Ninja Kids

In-Person Program, Age 4-9, 4 different days and times offered. 3 separate sessions. \$60/\$65

Ninja Teens

In-Person Program, Age 10-15, 3 separate days and times offered. 3 separate sessions. \$60/\$65

Aerial for Kids

In-Person Program, Age 9-12, Mondays & Wednesdays, Oct. 7-Nov. 13, 3:15-4:15pm. \$166/\$171

INSTRUCTORS WANTED

Do you have a special talent or unique skill that you would like to share with others?
Are you a business that would like to partner to bring your offerings to the community?
If so, please contact the Recreation Department to discuss the possibilities.