



EXCITING NEWS! We have a new recreation platform: Rec Technologies! *All users will need to create a new household account and add members starting **AUGUST 15.***

FALL 2026



75 Maple Street, Essex Junction, VT 05452
802-878-1375 / ejrp.org
8am-4pm / Monday-Friday

COMMUNITY EVENTS

MSP FALL RUNNING SERIES

Get ready to run, compete, and celebrate in the Maple Street Park Running Series! This points based race series is designed to bring runners of all levels together for some friendly competition in a fun and welcoming atmosphere. Whether you're a seasoned racer or just starting out, you'll love these scenic neighborhood courses near Maple Street Park. Each week, the course will vary between 2.5 and 5 miles, keeping things fresh and exciting. We'll celebrate our series winners with an awards ceremony at First Republic Brewery, featuring free food and beverages for all participants courtesy of our sponsors, Fleet Feet and Brooks! Register for the whole series and guarantee yourself an exclusive MSP Fall Race Series t-shirt!

AGES 12+ / MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS
WED, SEPTEMBER 23-OCTOBER 21
REGISTRATION OPENS: 5PM / RACE START: 5:30PM
\$60/5-WEEK SERIES OR \$15/RACE

BROWNELL LIBRARY HALLOWEEN COSTUME SWAP

Make Halloween green (and free), stop by our costume swap to select costumes or costume pieces for this year's festivities. All costumes made available from community donations. Available while supplies last, any pieces remaining by the end of the day will be donated to Goodwill.

DROP OFF: OCTOBER 12-16
BROWNELL LIBRARY
COSTUME SWAP: OCTOBER 17
9AM-4:30PM



CONSTRUCTION JUNCTION

Come see equipment up close at this touch-a-truck event, construction style! Bring your trucks, buckets, and shovels and help excavate sand pits. Get up close with real life bulldozers, concrete mixers, concrete pump trucks, dump trucks, and tractors too! This event is free, but food shelf donations are encouraged.

PRESCHOOL-GRADE 4 / MAPLE STREET PARK PARKING LOT
SAT, SEPTEMBER 26
9AM-12PM

FUNDRAISER AT WHITCOMB FAMILY FARM

Whitcomb's Land of Pumpkins and Corn Maze is donating 25% of all pumpkin sales to Essex Junction Recreation & Parks! They offer over 150 different varieties of pumpkins, gourds and edible squashes. Check out the maze and Dizzy Donuts while you're there!

WHITCOMB FAMILY FARM, 305 SOUTH STREET, ESSEX JUNCTION
SAT, OCTOBER 10 & SUN, OCTOBER 11 / 10AM-5PM

MAPLE STREET PUMPKIN PALOOZA

Back for a sixth year, this event will have a massive trick or treat trail featuring decorated tents for Essex Junction families to enjoy. The amazing 700 pumpkin castle will be on display for all to see. Guaranteed treats for all ages!

ALL AGES / MAPLE STREET PARK
SAT, OCTOBER 24 / 4-8PM
GROUP OF 5 ONLINE TICKET: \$5 / GROUP OF 5 DAY OF TICKET: \$10

COMMUNITY CARVING NIGHTS

Come help carve pumpkins that will be on display at Maple Street Park!

ALL AGES / MAPLE STREET PARK
WED, OCTOBER 21 & THU, OCTOBER 22
3-6PM



HALLOWEEN HUSTLE 5K ROAD RACE

Join us for our wildest and craziest costumed run of the year! Giveaways guaranteed to all runners registered for the 5K before October 10. Prizes awarded for age group, overall, and best costumes! They say running is a lifetime sport, so start the kids off strong with the kids costumed race around the park perimeter path at 10:45AM. Prizes and giveaways courtesy of our sponsors, Fleet Feet Sports and Brooks Running!

ALL AGES / MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS
SAT, OCTOBER 24
REGISTRATION OPENS: 9:15AM / 5K BEGINS: 10AM
PRE-REGISTRATION: \$25 / RACE DAY: \$30
FREE HALF MILE KIDS RACE: 10:45AM (NO REGISTRATION REQUIRED)

WINTER LIGHTS IN THE PARK

Take a walk through Maple Street Park and enjoy the lights accompanied by festive music.

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 26-JANUARY 1
5-8PM

LETTERS TO THE NORTH POLE

We've got a direct line to the North Pole! Stop by Maple Street Park and deposit your letter to the North Pole in our special mailbox. You may even receive a reply from the big man himself!

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 26-DECEMBER 13

ESSEX JUNCTION TRAIN HOP

Grab a map and tour train hop stations at local businesses to see model train displays and to get little goodies. Visit Maple Street Park for the festive lighted trees and music. Don't miss this annual kick-off to the holidays where we'll celebrate community connections!

ALL AGES / CITY CENTER & MAPLE STREET PARK
FRI, DECEMBER 11
5:30-8PM

Promoting Community Health & Wellness

The benefits of programs with these icons may include:



EMOTIONAL: Growth in your ability to identify and express your own thoughts and feelings, increased empathy, and skills to connect with and understand others.



ENVIRONMENTAL: Exploring the wonder of the natural world, an understanding of connections between our choices and their impact on the environment, and time spent outdoors.



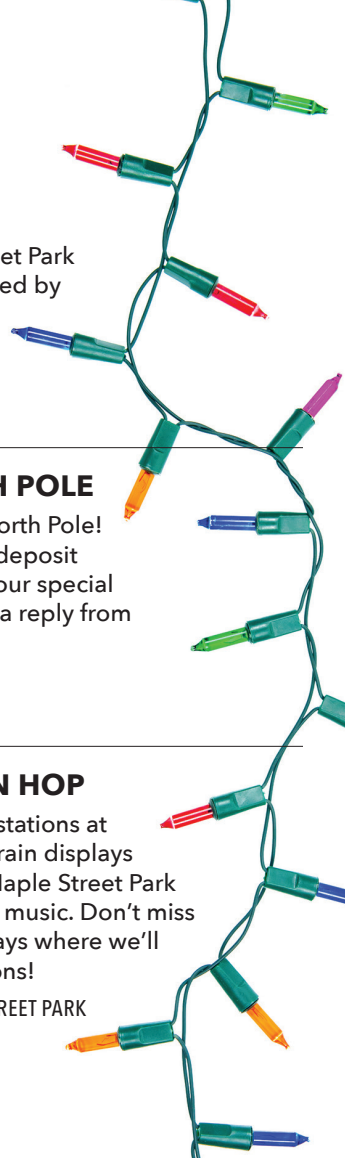
INTELLECTUAL: Stimulating mental activity, acquiring new skills or knowledge, and improved creative thinking.



PHYSICAL: Exercise, learning about healthy nutrition, improved cardiovascular health, and muscular strength and agility.



SOCIAL: Community fostered by shared experiences, new friends and an expanded support network, a sense of respect, tolerance, and acceptance of others in our community.





Join us as we shut down Main Street in Essex Junction to celebrate local flavor, fun, and community spirit!

Downtown will come alive with family activities, local vendors, food, music, and festive fun for all ages. Each evening will wrap up with an outdoor movie – so bring your friends, your neighbors, and your chair. There's something new to enjoy each week! Visit our website for more details.

SATURDAYS FROM 4-7PM
MOVIES START AT 7PM

SEPTEMBER 19

- 4:15-5PM **TROY WUNDERLE:** DAZZLING TRICKS SPECTACLE
- 5:15-5:45PM **PLAY BINGO!** GOOD TIMES, GREAT PRIZES, AND FUN FOR ALL AGES
- 6-7PM **KYLE STEVENS:** CATCHY TUNES & SMOOTH VOCALS
- 7-9PM **OUTDOOR MOVIE:** ZOOTOPIA 2

SEPTEMBER 26

- 4:15-5PM **JASON TARDY:** AWARD-WINNING COMEDY JUGGLER
- 5:15-5:45PM **VERMONT COMEDY ARTS IMPROV:** GOOD, CLEAN FUN FOR THE WHOLE FAMILY
- 6-7PM **SWELL:** ACOUSTIC TRIO WITH CHILL VIBE, MUSIC YOU KNOW
- 7-9PM **OUTDOOR MOVIE:** HONEY I SHRUNK THE KIDS

OCTOBER 3

- 4:15-5PM **ALYX THE MAGICIAN:** COMEDY, CHARM, MIND BLOWING ENCHANTMENT
- 5:15-5:45PM **4 OF HEARTS BARBERSHOP QUARTET:** TIMELESS BARBERSHOP FAVORITES
- 6-7PM **STURCRAZIE:** YOUR FAVORITE HITS, LIVE!
- 7-9PM **OUTDOOR MOVIE:** TOY STORY 5



PRESCHOOL & FAMILY PROGRAMS

REC KIDS AFTERSCHOOL PROGRAM

Rec Kids is a STARS accredited, licensed childcare program providing quality afterschool care for the Essex Westford School District. Children will engage in a variety of fun, enriching, and engaging activities such as; sports, group games, field trips, arts & crafts, and time to unwind at the end of the school day. A nutritious snack is provided each day as well. To complete the online "Request for Registration" and be added to the waitlist for the 26-27 school year, please visit www.ejrp.org.

K-5 STUDENTS ATTENDING AN EWSD SCHOOL
MON-FRI, EWSD SCHOOL YEAR CALENDAR
SCHOOL DISMISSAL UNTIL 6PM

REC KIDS 2026-2027 MONTHLY FEES

Days per Week	Monthly Rate	2026-2027 Fees
2	\$188	Registration: \$50/child
3	\$252	
4	\$302	Sibling Discount: 10%
5	\$338	

KINDERMUSIK

 Kindermusik® classes provide a playful, supportive environment for children and their caregivers to play together with music- dancing, singing, exploring instruments, and more. Activities designed specifically for each stage of early childhood support infants' and children's development across cognitive, social-emotional, and physical domains while building understanding of simple musical concepts.

TUESDAY CLASSES

LEVEL 1: 12-24 MONTHS / 9-10AM
LEVEL 2: 2-3 YEARS / 10:15-11AM
LEVEL 3: 3-5 YEARS / 11:30-12:30PM

WEDNESDAY CLASSES

LEVEL 1: 12-24 MONTHS / 9-9:45AM
LEVEL 2: 2-3 YEARS / 10:15-11AM
FOUNDATIONS: 0-12 MONTHS / 11:30AM-12:15PM

SESSION 1: SEP 8-30
SESSION 2: OCT 6-28
SESSION 3: NOV 3-DEC 2 (NO CLASS NOV 24 OR 25)
SESSION 4: JAN 5-27
SESSION 5: FEB 2-MARCH 9 (NO CLASS FEB 23 OR 24)
ASPIRE STUDIO / 75 MAPLE STREET
\$64/SESSION
RACHEL SMITH

EJRP PRESCHOOL

 EJRP Preschool is a fully licensed, 5-STAR accredited preschool serving children ages 2-5. We provide a full-day program with a thoughtfully planned curriculum that supports kindergarten readiness while honoring the unique strengths of every child. We believe children are naturally kind, curious, capable, and eager to learn. Through safe, intentional, and engaging learning environments, we nurture their confidence, creativity, and love of learning every day.

EJRP PRESCHOOL 2026-2027

Age/Class	Resident	Non-Res.	Hours
Ages 2-3 Adventurer	\$404 per week	\$433 per week	8am-4pm
Ages 3-4* Explorer	\$349 per week	\$374 per week	7:30am-5pm
Ages 4-5* Discoverer	\$349 per week	\$374 per week	7:30am-5pm
<i>Adventurers must be 2, Explorers must be 3, Discoverers must be 4 before September 1.</i>			
<i>Students in these classrooms who will be 3 prior to September 1, 2026 qualify for the Act 166 benefit of \$4106 for the school year.</i>			
<i>Please visit our website at www.ejrp.org for more information and to request enrollment. Financial assistance is available to qualified families through Childcare Resource: 802-863-3367.</i>			

PRESCHOOL PLAYGROUP

 You're invited to join other caregivers and children for play time. Enjoy toys, bikes and games in a open play space with plenty of room to run and play. We ask that you bring a drink and indoor shoes.

AGES 0-5 / 75 MAPLE STREET
TUE/THU, SEPTEMBER 1-JUNE 3
9:30-11AM
FOLLOWS EWSD SCHOOL CALENDAR (NO SCHOOL, NO PLAYGROUP)
LAURA RASCO

MOMMY, ME, & MINIS

This gentle, one-hour program invites moms and their young children to enjoy a fun, interactive farm experience together. Families spend time with our friendly miniature horses through simple activities like grooming, playing, and learning about these sweet animals. Designed to foster bonding and early animal exposure, Mommy, Me, & Minis offers a welcoming, outdoor setting perfect for little ones to explore and connect alongside their caregivers.

AGES 0-5 / MON, 10-11AM
SEPTEMBER 14, OCTOBER 5, NOVEMBER 2
\$30 / REGISTRATION REQUIRED

YOUTH FITNESS & RECREATION

ESSEX CHARGERS YOUTH FOOTBALL



The Essex Chargers Youth Football program is a non-profit, volunteer run organization which strives to inspire the participants with the fundamental principles of teamwork and fair play, while having a strong focus on fun. The Essex Chargers are part of the Northern Vermont Youth Football League (NVYFL), which has existed since the 1960s. The Vermont youth football community within the league currently consists of 17 teams. Each year more than 100 children participate in the Essex Chargers Flag programs. Visit www.EssexChargersFootball.com for more info and to register!

MAPLE STREET PARK

AUGUST 17-NOVEMBER 7

FLAG FOOTBALL: GRADES 1-4 / \$80

TACKLE FOOTBALL: GRADES 5-8 / \$175

REGISTER AT ESSEXCHARGERSFOOTBALL.COM

ESSEX WARRIORS YOUTH WRESTLING



Essex youth wrestling is an opportunity for boys and girls (grades 1-8) to participate in organized youth wrestling. No experience is necessary. The Junior High season (grades 7-8) begins in December and continues until March. Please register by Monday, November 16. The youth team (grades 1-6) begins in January and continues through April. Scholarships are available for families in need of financial assistance.

ESSEX HIGH SCHOOL WRESTLING ROOM

\$100

GRADES 7-8: DECEMBER 1-MARCH 1 / PRACTICES: MON/WED/FRI / 6-7:30PM

GRADES 3-6: JANUARY 6-APRIL 11 / PRACTICES: TUE/THU / 6:30-8PM

GRADES 1-2: FEBRUARY 3-APRIL 11 / PRACTICES: TUE/THU / 5:30-6:30PM

EMAIL SULIVANT748@YAHOO.COM FOR REGISTRATION INFO

ESSEX YOUTH CHEERLEADING



Essex Youth Cheerleading is for aspiring cheerleaders entering grades K-5 looking to be involved in the competitive Winter cheerleading season. This program is partnered with EHS cheer with instruction focused on but not limited to chants/cheers, jumps, stunts, tumbling, and more. This is a good introduction to cheerleading, and it allows participants to utilize their practice of skills in competitions. Participants will be broken into grade groupings for teams with the program culminating by cheering at two local competitions.

ENTERING GRADES K-5 / EHS

DECEMBER 7-FEBRUARY 6 (NO PROGRAM DECEMBER 21-JANUARY 2)

BUMBLE BEES: GRADES K-1: SAT / 9-10AM / \$200

HONEY BEES: GRADES 2-3: THU / 6:30-7:30PM & SAT / 10-11AM / \$230

QUEEN BEES: GRADES 4-5: TUE / 6:30-7:30PM & SAT / 11AM-1PM / \$230

SOCCER SPARKS



Soccer Sparks offers age-appropriate soccer classes for kids ages 2-9 in a low pressure, high skill learning environment. The Soccer Sparks approach utilizes fun and games so that children develop a passion for soccer without the stress of competitive play. Taught by USSF Nationally Certified coaches, Soccer Sparks' "all-ball" training techniques help kids meet their maximum potential while emphasizing fair play and enjoyment of the sport.

MAPLE STREET PARK / FLEMING

SAT / SEPTEMBER 19-OCTOBER 10 (OUTDOOR)

SAT / OCTOBER 31-NOVEMBER 21 (INDOOR)

SAT / JANUARY 9-30 (INDOOR)

SAT / MARCH 6-27

AGES 2-3: 9-9:30AM / AGES 3-4: 9:35-10:05AM

AGES 4-5: 10:10-10:55AM / AGES 6-9: 11-11:45AM

\$60 ESSEX

DRAGOMIR PARVANOV OF SOCCER SPARKS

PRESEASON BASKETBALL CLINICS



All good basketball players know that the first step is what makes or breaks a play. Join us for this new preseason basketball clinic for help getting your athlete in top shape for mini-metro and Middle School Tryouts!

GRADE 5 BOYS: MON/WED, 6-7PM / EMS

GRADE 6 BOYS: TUE/THU, 6-7PM / ADL

GRADE 5/6 GIRLS: TUE/THU, 6-7PM / EMS

GRADE 7/8 BOYS: MON/WED, 7-8PM / EMS

GRADE 7/8 GIRLS: TUE/THU, 7-8PM / EMS

SEPTEMBER 28-OCTOBER 15

\$100

ESSEX YOUTH BASKETBALL & STING BASKETBALL CLUB



Washington D.C. Trip

For the twelfth spring in a row, we will be offering our annual 8th grade trip to Washington, D.C. Participants will get to see firsthand the sites they have learned about in social studies along with enjoying fun cultural and recreational activities.

GRADE 8 STUDENTS ATTENDING ADL

SUN-FRI, APRIL 18-23

INFORMATIONAL MEETING: TUE, SEPTEMBER 15
6:30PM



ESSEX YOUTH BASKETBALL: RECREATIONAL & STING MINI-METRO TEAMS



Our two largest community basketball organizations, Rec and Sting, have come together to reimagine youth basketball opportunities for our communities to maximize playing time and minimize confusion! All athletes who register for Essex Youth Basketball will start the season with a multi-week Kickoff Clinic where coaches will evaluate players to create competitive teams. Following these Kickoff Clinics, players will be assigned to teams and provided a team practice, a group skill session, and in-house games weekly. Following the Winter break, teams (grades 3-6) will also be assigned Saturday games in the Champlain Valley Recreation Association league which will take the place of our group skill sessions. Athletes in grades 5-8 who register for the Essex Youth Basketball season will be given the opportunity to join the Sting Mini-Metro Team evaluations on Saturday, October 3 and Sunday, October 4. For those players selected to join the Sting Mini-Metro team, they will have additional practices and Sunday games in the Mini-Metro League.

GRADES 1-2:

KICK OFF CLINIC: NOVEMBER 17-20

REGULAR SEASON: NOVEMBER 30-FEBRUARY 13

GRADES 3-4:

KICK OFF CLINIC: NOVEMBER 2-13

REGULAR SEASON: NOVEMBER 16-FEBRUARY 13

GRADES 5-6:

KICK OFF CLINIC: OCTOBER 19-29

REGULAR SEASON: NOVEMBER 2-FEBRUARY 13

GRADES 7-8:

STING TEAMS ONLY, EVALUATION: OCTOBER 3-4

REGULAR SEASON: OCTOBER 19-FEBRUARY 14

EWSD & BELLCATE SCHOOL GYMS

ESSEX YOUTH BASKETBALL REGISTRATION FEE: \$75

STING MINI-METRO TEAM FEE: \$100

JR. HORNETS BASKETBALL



Essex Hornets girls basketball coaches and their players will teach you and your child the motor skills and games needed to dribble/ball handle, pass/catch, shoot, and defend! Coach and her staff will work one-on-one with each Jr Hornet, teaching and laughing while they spend quality time giving back to the next generation of Hornets. Fee includes a basketball and t-shirt!

SAT, JANUARY 2-FEBRUARY 6 / ADL

AGES 3-4 WITH A PARENT/GUARDIAN: 8:30-9:20AM / \$45

AGES 4-KINDERGARTEN: 9:30-10:20AM / \$55

ESSEX HIGH SCHOOL GIRLS VARSITY & JV TEAMS

HIGH SCHOOL PROGRAMS/ CERTIFICATIONS

DRIVERS ED



Epic Driving focuses on defensive driving techniques including crash avoidance, situational awareness, zone control, mindful driving, and developing good driving habits. This course includes 30 hours of engaging, differentiated, and responsive classroom activities and weekly, behind-the-wheel lessons consisting of 45 minutes of instruction and 45 minutes of observation while paired with another student.

AGES 15-18 WITH A VALID VT LEARNER'S PERMIT / 75 MAPLE STREET
DRIVING APPOINTMENTS WILL BE 1 1/2 HOUR IN LENGTH &
ONLY ONCE A WEEK FOR STUDENTS

\$875

CORD HULL, EPIC DRIVING LLC

FALL SESSION:

SEPTEMBER 27-NOVEMBER 15

WEDNESDAYS 6:30-8:30PM & SUNDAYS 9-11AM

WINTER SESSION:

DECEMBER 6-FEBRUARY 3 (NO CLASSES DECEMBER 27-JANUARY 3)

WEDNESDAYS 6:30-8:30PM & SUNDAYS 9-11AM



ADULT FITNESS & RECREATION

MEN'S PICK-UP BASKETBALL



Time to stretch those muscles and get in shape. Join us for pick-up basketball, fun, and fitness every Tuesday night.

AGES 18+ / ADL

FALL SESSION: TUE, SEPTEMBER 1-NOVEMBER 17

7:30-9PM

\$45

ROBERT HAGGERTY & VOLUNTEERS

BARCOMB FALL LEAGUE



Join us on Monday/Wednesday nights for this popular, fast-paced league. We've named this league after longtime director Dennis Barcomb. This league will have games on Monday or Wednesday night each week depending on gym availability.

AGES 18-59 / ADL

MON OR WED, SEPTEMBER 2-NOVEMBER 18

6-9PM

\$70

DENNIS BARCOMB

WOMEN'S PICK-UP BASKETBALL



Join us each Thursday night for female only, non-competitive pick-up games for fun and fitness. Join this amazing group of women ballers to get back into shape and work on your game!

AGES 18+ / ADL

FALL SESSION: THU

SEPTEMBER 3-NOVEMBER 19

7-9PM

\$45

AMANDA DALL & VOLUNTEERS

MODERN WESTERN SQUARE DANCE



If you can walk to music, you can learn to square dance! Join us every Monday or Thursday throughout the school year to exercise our bodies and minds through square dancing. All ages and experience levels welcome. Use the contacts listed below each day for more information!

ALL AGES / 2 LINCOLN STREET

THU, SEPTEMBER 10-MAY 27 / 6:30PM

WWW.GREENMOUNTAINSTEPPERS.ORG

JOE YANDO AT 802-730-0703

MON, SEPTEMBER 14-MAY 24 / 7PM

LAKECHAMPLAINSQUARES.ORG

THERESA GINGRAS 802-233-3339 OR TELTAG@AOL.COM



BEGINNERS INDOOR PICKLEBALL AT THE POP!



Want to learn pickleball? Please join us for a crash course where athletes will learn all the basics. We will cover strokes, scoring, serving/returns, and more through drills and games. Our goal is to introduce the game of pickleball in a fun, engaging, inclusive environment. Pickleball is for everyone, come over to play!

AGES 18+ / THE POP! 131 RED PINE CIRCLE, ESSEX

MON, 5-6:30PM OR FRI, 1-2:30PM

SESSION 1: SEPTEMBER 14-OCTOBER 16

SESSION 2: OCTOBER 19-NOVEMBER 20

SESSION 3: NOVEMBER 30-JANUARY 8

SESSION 4: JANUARY 18-FEBRUARY 19

\$150

THE POP! STAFF

EASY GOING FLOW YOGA



Easy Flow Yoga combines many components of a well-rounded yoga practice with simple sequencing and longer hold times of some poses. Connect to your body and breath for an hour and return to the world a more centered you. This class is available to those with some yoga experience, regardless of age and gender. Mats may not be provided. Yogis may bring a towel or blanket to practice on instead.

ALL AGES / MAPLE STREET PARK MULTI-PURPOSE ROOM

FRI / 9-10AM

FALL SESSION 1:

SEPTEMBER 11-OCTOBER 16

FALL SESSION 2:

OCTOBER 30-NOVEMBER 20

WINTER SESSION 1:

JANUARY 8-FEBRUARY 12

SPRING SESSION 1:

MARCH 5-APRIL 16

(NO CLASS MARCH 26)

6-WEEK SERIES: \$60

4-WEEK SERIES: \$40

DROP IN: \$13

CHRISTINA MERHAR, REGISTERED YOGA TEACHER



NIA DANCE CLASS WITH FRANCES BINDER



Nia® is a 60-minute dance, fitness, mindfulness practice with the principle of "joy of movement" at its core. Drawing from the wisdom and movement languages of modern dance, martial arts, and healing arts, Nia delivers a fun, energetic hour of movement (including a warm-up, cool-down, and stretch phase). The practice is designed to promote mindfulness and to be personalized for any body or energy level, all while offering a high cardio workout that's easy on your joints. All choreography is based on a menu of 52 simple moves, and participants are encouraged to adapt the moves in their own body's way. No dance experience necessary. Step into the studio, take off your shoes, and get ready to feel better inside and out as we dance and sweat joyfully to a diverse array of fabulous music.

AGES 18+ / ESSEX AREA SENIOR CENTER, 2 LINCOLN ST

SUN / 4-5PM

FALL SESSION 1: SEPTEMBER 20-OCTOBER 25

FALL SESSION 2: NOVEMBER 1-DECEMBER 6

WINTER SESSION 1: JANUARY 3-FEBRUARY 7

WINTER SESSION 2: FEBRUARY 14-MARCH 21

\$30/SESSION

FRANCES BINDER, NIA BLUE BELT CERTIFIED INSTRUCTOR

Gold Star Dog Training Classes

DOG/PUPPY ESSENTIALS



We're busy people. We've got other priorities. Dog training can feel like One. More. Thing. But, you want a dog you can live with, be proud of, and about which others glowingly remark "What a great dog!" This class shows you how to have a happy, confident, well-behaved dog.

18+ / 75 MAPLE STREET

SATURDAYS / 9:30-10:30AM OR 10:45-11:45AM

FALL SESSION: SEPTEMBER 12-OCTOBER 17

WINTER SESSION: JANUARY 16-FEBRUARY 27

(NO CLASS FEBRUARY 6)

SPRING SESSION: MARCH 20-MAY 1

(NO CLASS MARCH 27)

\$195

DEB HELFRICH, GOLD STAR DOG TRAINING



BEYOND BASICS DOG OBEDIENCE



This class takes your training to the next level by showing you the basic, intermediate, and advanced version of each exercise. This permits perfect fit training for you and your dog! If your dog's heeling is fantastic, we'll help you take it to the next level. If your sits are still a challenge, we'll go back a level and reinforce the basics. 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. Prerequisite: Gold Star Dog Training Basic/Essentials course, or instructor approval.

18+ / 75 MAPLE STREET

SATURDAYS / 12-1PM

FALL SESSION: SEPTEMBER 12-OCTOBER 10

SPRING SESSION: MARCH 20-APRIL 24 (NO CLASS MARCH 27)

\$185

DEB HELFRICH, GOLD STAR DOG TRAINING

THERAPY DOG ACADEMY



So, your dog wants to be a therapy dog? Well, we've got a course for that! This 6-week course gives dogs and handlers the necessary skills for not only passing the test but also for working successfully as a therapy dog team. Prerequisite: Gold Star Dog Training Basic/Essentials course.

18+ / 75 MAPLE STREET

SATURDAYS / 12-1PM

JANUARY 16-FEBRUARY 27 (NO CLASS FEBRUARY 6)

WITH A DOG \$225 / WITHOUT A DOG \$100

DEB HELFRICH, GOLD STAR DOG TRAINING

MAPLE STREET ART SPACE



Join Tina Logan, long-time community artist, educator, and all-around amazing person for afterschool, home school, and vacation camp artistic experiences at her studio, the Maple Street Art Space! Located at 156 Railroad Street, Suite 6, Essex Junction! All classes and sessions taught by Tina Logan unless otherwise noted.

YOUTH

AFTERSCHOOL ART CLUB

 Wind down after the school day and join a small community of like-minded creatives making art at your own pace and media choice. Each week a new technique will be introduced, but you can choose what media you love best. You can also take time to work on homework in a cozy setting before or after you decide to unwind with some artmaking. An afterschool snack will be provided. Please bring your own water bottle. Personal electronic devices will be stored away during our time together.

GRADES K-2: MON / 3-5PM

GRADES 3-5: TUE / 3:15-5:15PM

GRADES 6-8: WED / 3-5PM

GRADES 9-12: THU / 3:45-5:45PM

SESSION 1: NOVEMBER 30-JANUARY 22

(NO SESSIONS FROM DECEMBER 21-JANUARY 1)

SESSION 2: JANUARY 25-MARCH 19

(NO SESSIONS FROM FEBRUARY 22-MARCH 5)

SESSION 3: MARCH 22-MAY 7

(NO SESSIONS FROM APRIL 19-23)

\$250 / 6-WEEK SESSION



Vacation Camps

FIBER CAMP

 Spend the week making sock animals, stuffies, needle felted creatures, yarn paintings, weaving, string art and more! This camp will introduce the wonders of creating awesome things out of fiber. Campers will be provided with a daily snack, a canvas tote to decorate for their creations, and their own needle felting kit. No experience necessary, only imagination and enthusiasm.

GRADES 4-12 / MAPLE STREET ART SPACE

MON-FRI, FEBRUARY 22-26

MORNING ONLY: 9AM-12PM / \$275

AFTERNOON ONLY: 1-4PM / \$275

ALL DAY: 9AM-4PM / \$425



DRAWING & PAINTING CAMP

This camp is for artists who would like to sharpen their drawing and painting skills. Spend the week developing your observation skills through shading and color blending techniques. Create drawings and paintings with pastel, pencil, charcoal, watercolor, gouache, and acrylic paints. Build your own canvas for a final painting of your choice. Campers will be provided with a daily snack, a sketchbook, drawing kit and canvas bag to personalize. No experience necessary, only imagination and enthusiasm.

GRADES 4-12 / MAPLE STREET ART SPACE
MON-FRI, APRIL 19-23
MORNING ONLY: 9AM-12PM / \$275
AFTERNOON ONLY: 1-4PM / \$275
ALL DAY: 9AM-4PM / \$425



Family & Friends Workshops

POUR PAINTING

 Pour Painting is a popular fluid-art medium with no one specific technique used! Create simple, fascinating, and expressive artworks for your home or office. This is an all ages experience with no prior knowledge required: perfect for families, friends, and co-workers to share!

AGES 5+ WELCOME IF ACCOMPANIED BY AN ADULT
MAPLE STREET ART SPACE
FRIDAYS, SEPTEMBER 11, 25 / OCTOBER 30 / NOVEMBER 6 /
DECEMBER 4 / JANUARY 8 / MARCH 5, 26
\$50/SESSION
SHANNON SMULLEN

ZENTANGLE

 Zentangle is a calming and restorative drawing art form using small papers and high quality pens. The method has just enough structure to get pen to paper easily and enough room for your own creativity to shine in a non judgmental and forgiving space. It provides a respite from our hectic lives and brings more regulation to our nervous systems. You will be amazed at what you can create!

AGES 12+ / MAPLE STREET ART SPACE
MONDAYS / 6-8PM
SEPTEMBER 14, 21 / OCTOBER 5, 19 / NOVEMBER 2, 16 / DECEMBER 7, 14
\$30 PER CLASS OR \$100 FOR 4 CLASSES
JULIA DAVENPORT, CZT

HALLOWEEN PAPER MACHE

 Create a paper mache pumpkin, cat, or ghost for your Halloween decor! This is a two session class.

AGES 5+ WELCOME IF ACCOMPANIED BY AN ADULT
MAPLE STREET ART SPACE
FRI, OCTOBER 2 & 16 / 6-8PM
\$70 PER PERSON / \$130 PER PAIR

YAP N YARN

 Join us for Yap and Yarn! Participants will have numerous beginner friendly patterns to choose from to crochet during this community event. Materials such as hooks and yarn will be provided, but participants are welcome to bring their own projects if they wish. Hot cocoa, tea, and seltzer will be provided.

AGES 13+ / MAPLE STREET ART SPACE
SAT, OCTOBER 17 / 1-3:30PM
\$45 PER PERSON OR \$80 PER PAIR
JESSICA LOFLIN

NEEDLE FELTED ORNAMENT MAKING

 Learn the basics of needle felting and make a needle felted ornament or two. No experience necessary, just interest and curiosity.

AGES 8+ WELCOME IF
ACCOMPANIED BY AN ADULT
MAPLE STREET ART SPACE
FRI, DECEMBER 11 / 6-8PM
\$40 PER PERSON / \$70 PER PAIR



GELLI PRINTMAKING

 Create some really fun papers using the gelli printing technique. Your beautiful printed papers can be used for collage work, fancy wrapping paper, scrapbooking and more! No experience needed, just interest and curiosity.

AGES 5+ WELCOME IF ACCOMPANIED BY AN ADULT
MAPLE STREET ART SPACE
FRI, JANUARY 15 / 6-7:30PM
\$30 PER PERSON / \$50 PER PAIR

BOOK MAKING



Make your own journal, sketchbook, or scrapbook using a Japanese stab binding technique. No experience needed.

AGES 11+ / MAPLE STREET ART SPACE

FRI, JANUARY 29 / 6-8PM

\$40 PER PERSON / \$70 PER PAIR

CROCHET 101: TOTAL BEGINNER WORKSHOP



This is a 2 week course for anyone interested in learning how to crochet. Students in this class will learn how to choose their hook, yarn type and weight, beginner level stitches and common terminology. The first session will focus on foundational crochet techniques, including making a slip knot, chain, and single crochet. Participants will have time between classes to practice their new skills at home before returning for the second session, where they can ask follow-up questions, receive additional guidance, and explore more advanced stitches as needed. Yarn and hooks will be provided but students are welcome to bring their own materials if they wish.

AGES 13+ / MAPLE STREET ART SPACE

THU, SEPTEMBER 3 & 10 / 6-8PM

\$65

JESSICA LOFLIN



CROCHET AMIGURUMI: GNOME FRIENDS



In this 2 week workshop, participants will learn how to crochet a charming gnome, perfect as a gift or as holiday decor. We will review how to follow a pattern, create a magic circle, chain, half double crochet, treble, decrease and slip stitch. All materials will be provided including hook, yarn, pattern, and stuffing, but participants are welcome to bring their own materials if they wish. Prior crochet experience is recommended for this workshop.

AGES 13+ / MAPLE STREET ART SPACE

THU, OCTOBER 15 & 22 / 6-8PM

\$95

JESSICA LOFLIN

CROCHET BABY OVERALLS: INTERMEDIATE LEVEL



In this 3 week crochet workshop, participants will learn how to crochet a pair of baby overalls suitable for ages 0-4. Crocheters can expect to use the granny square, the puff stitch and cluster stitch in this pattern. All materials will be provided including the pattern, hook and yarn. Participants are welcome to bring their own materials if they wish. Prior crochet experience is required for this workshop.

AGES 13+ / MAPLE STREET ART SPACE

THU, NOVEMBER 5, 12, & 19 / 6-8PM

\$135

HANDMADE VALENTINE MAKING



Make one of a kind handmade Valentines for your loved ones using collage and assorted mixed media.

AGES 5+ WELCOME IF ACCOMPANIED BY AN ADULT

MAPLE STREET ART SPACE

FRI, FEBRUARY 12 / 6-8PM

\$25 PER PERSON / \$40 PER PAIR

PET PORTRAITS



Do you have a special pet that you would like to honor by making a pet portrait of them? Bring a photo to class and create a painted version of your pet using your own artistic license. No experience necessary, just interest and love of animals!

AGES 5+ WELCOME IF ACCOMPANIED BY AN ADULT

MAPLE STREET ART SPACE

FRI, MARCH 19 / 6-8PM

\$40 PER PERSON / \$70 PER PAIR

ADULTS

HALLOWEEN PAPER MACHE



Create a paper mache pumpkin, cat, or ghost for your Halloween decor! This is a two-session class.

FRI, OCTOBER 9 & 23 / 6-8PM

AGES 18-59: \$80 / AGES 60+: \$60

HARVEST STILL-LIFE DRAWING & PAINTING



In this class we will use drawing and painting media to create a beautiful still-life drawing from autumn's bounty. No experience necessary, only interest and enthusiasm.

FRI, NOVEMBER 13 / 6-8PM

AGES 18-59: \$40 / AGES 60+: \$30



BOOK MAKING



Make your own journal, sketchbook, or scrapbook using a Japanese stab binding technique. No experience needed.

FRI, FEBRUARY 5 / 6-8PM

AGES 18-59: \$40 / AGES 60+: \$30

JULIAN BRADSHAW



VISION BOARD WORKSHOP



Gain clarity, spark creativity, and reconnect with what matters most to you. In this guided workshop, you'll reflect on your dreams, clarify the goals that will help you achieve them, and create a personalized vision board using images, words, and inspiring quotes. You'll leave with a beautiful visual reminder that keeps your dreams visible and your goals in focus. There are two separate sessions for this class, sign up for just one, or sign up for both!

WED, DECEMBER 9 OR JANUARY 13 / 6-8PM

\$45 PER SESSION

TRACEY YOUNG

NEEDLE FELTED ORNAMENT MAKING



Learn the basics of needle felting and make a needle felted ornament or two. No experience necessary, just interest and curiosity.

FRI, DECEMBER 18 / 6-8PM

AGES 18-59: \$50 / AGES 60+: \$30

GELLI PRINTMAKING



Create some really fun papers using the gelli printing technique. Your beautiful printed papers can be used for collage work, fancy wrapping paper, scrapbooking and more! No experience needed, just interest and curiosity.

FRI, JANUARY 22 / 6-7:30PM

AGES 18-59: \$30 / AGES 60+: \$25

JULIAN BRADSHAW

MAKE YOUR OWN MINI WORLD!



Make your own miniature environment for any of your favorite little mini figurines to inhabit. We will use cardboard and assorted materials to create miniature dioramas related to your interests and passions.

FRI, MARCH 12 / 6-8PM

AGES 18-59: \$50 / AGES 60+: \$35

SEWING CLASSES

SEW COOL: BEYOND THE BASICS



Designed for participants who have completed the Sew Cool Beginner Sewing program or have basic sewing machine experience, this 8-week course provides extra time to practice, build confidence, and strengthen fundamental sewing skills through guided instruction and hands-on projects. Students will improve their machine skills, cutting, pinning, pressing, sewing straight and curved seams, pivoting corners, following simple patterns, and using basic finishing techniques while creating beginner-friendly projects such as tote bags, zippered pouches, pillow covers, aprons, and drawstring bags. By the end of the course, participants will feel more confident sewing independently and be well prepared for future classes in garment construction, alterations, or other specialized sewing projects.

ESSEX AREA SENIOR CENTER, 2 LINCOLN STREET
TUESDAYS

AGES 8-12: 5-6:30PM / AGES 13+ 6:45-8:15PM

FALL SESSION: SEPTEMBER 8-OCTOBER 27

WINTER SESSION: JANUARY 12-MARCH 2

AGES 8-12: \$160 / AGES 13+: \$200

JACQUELINE BEECHER, STITCHED BY JB

ALTERATION SPECIALIST TRAINING



Learn the practical skills needed to hem pants, repair garments, and make common clothing alterations in this hands-on course designed for participants with basic sewing machine experience. Through demonstrations and guided practice, students will learn techniques such as hemming, replacing zippers, repairing seams, sewing on buttons, making simple fit adjustments, and selecting the appropriate alteration methods for different fabrics. The course also introduces the basics of evaluating alteration requests, pricing services, and organizing a workspace for those interested in offering alterations as a home-based business. Prerequisite: Participants should have basic sewing machine knowledge or have completed a beginner sewing course.

AGES 16+ / ESSEX AREA SENIOR CENTER, 2 LINCOLN STREET

FALL SESSION: TUE / SEPTEMBER 9-OCTOBER 28

WINTER SESSION: WED / JANUARY 13-MARCH 3

6-7:30PM

\$400

JACQUELINE BEECHER, STITCHED BY JB



OLDER ADULTS

ESSEX AREA SENIOR CENTER

 Our mission at EASC is to enrich the lives of older adults by creating meaningful opportunities that foster connection, celebrate lifelong learning, and encourage active living. We strive to cultivate a vibrant community where everyone feels valued, engaged, and empowered. Come join us and help to grow our amazing community! The Essex Area Senior Center is newly renovated and open, offering a warm, welcoming space where older adults can connect, socialize, play games, and enjoy meaningful activities. We believe every stage of life deserves joy, purpose, connection, and community. Best of all, all games at the center are free! Visit ejrp.org/olderadults to sign up for our newsletter and learn more about our current schedule, pop-up programming, and important announcements!

ONGOING PROGRAMS:

BINGO: TUE, 10AM-1PM

CRIBBAGE: WED, 1:30-3:30PM

DUPLICATE BRIDGE: THU, 12:30-4PM

MAH JONGG: FRI, 10AM-12PM

CONTACT CHRISTINA MCLAUGHLIN, DIRECTOR OF OLDER ADULT PROGRAMS WITH ANY QUESTIONS.

CMCLAUGHLIN@EJRP.ORG

802-878-1375

PICNIC IN THE PARK

 Grab a friend and come enjoy a beautiful afternoon with us at Maple Street Park! We'll be serving hamburgers, hotdogs, and smiles! Golf cart rides to the pavilion will be available. Register by September 8.

AGES 55+ / MAPLE STREET PARK

FRI, SEPTEMBER 11

12PM

FREE



OLDER ADULT RESOURCE & WELLNESS FAIR

 Join us for a FREE resource fair designed to help you navigate the many aspects of aging with confidence. Meet with local organizations and professionals who are available to answer your questions, provide guidance, and connect you with valuable services and resources. Whether you're planning for yourself or supporting a loved one, you'll find information on healthcare, caregiving, housing, financial planning, community programs, transportation, legal resources, and more – all in one convenient location! Come explore the resources available in our community and discover the support you need to age well.

ALL AGES / HOLY FAMILY PARISH HALL

WED, OCTOBER 14 / 3:30-5:30PM

COMMUNITY LUNCHEONS

 Good food is even better with great company! We've partnered with Age Well to bring delicious community luncheons to the Essex Area Senior Center. Enjoy a nutritious meal, catch up with old friends, make new connections, and share in the warmth of our community. Contact us for monthly menus and reservation information. Advanced registration required!

AGES 60+ / ESSEX AREA SENIOR CENTER

MONDAYS / 11:30AM CHECK-IN, 12PM LUNCH

SEPTEMBER 14 / OCTOBER 12, 26 / NOVEMBER 9, 23 / DECEMBER 14

\$7 SUGGESTED DONATION FOR AGE WELL AT THE DOOR

WALKING CLUB

 Get moving, enjoy the outdoors, and build community on the walking paths at Maple Street Park. Whether you're looking for exercise, conversation, or both, everyone is welcome. Please bring water and wear comfortable walking shoes. Meet at the benches just beyond the building at the park's main entrance. No registration is required and all paces are welcome!

AGES 55+ / MAPLE STREET PARK

WEDNESDAYS / 10:30AM

MIND FIT SERIES: ACTIVITIES TO BOOST BRAIN HEALTH

 Keep your brain sharp and healthy. Just like the body, the brain can show signs of aging over time. While this is a natural result of growing older, there are positive lifestyle changes you can make to keep your mind sharper for longer. Join us for a fun, FREE and informative series, led by brain fitness expert Gena Braman, PTA, CMC from Home Care Assistance. In this Mind Fit series, you will learn about proactive ways to enhance cognitive functioning, including fun group activities used in the Cognitive Therapeutics Method™, a science-based cognitive stimulation program. Activities include alphabet soup, trivia, word bingo, name that tune, conversation starters, visual puzzles, logo identification, and advice column.

AGES 55+ / MAPLE STREET PARK

FRI, SEPTEMBER 11-OCTOBER 16 / 10:30-11:30AM

GENA BRAMAN, PTA, CMC



TAI CHI: BEGINNER WITH BETTY ADAMS



This class is an introduction to Tai Chi for Fall Prevention and serves adults looking to explore practicing Tai Chi in a safe, risk minimized environment. This program will be for brand new participants looking to join their first group! Registration is required and seats are expected to fill, so register today!

AGES 60+ / MAPLE STREET PARK
MON, SEPTEMBER 21-DECEMBER 14 / 11AM-12PM
FREE, ADVANCED REGISTRATION IS REQUIRED
BETTY ADAMS & MARAH LINDEMAN, AGE WELL

TAI CHI: SUN 73 WITH LINDA STREETER



This class is a review/continuation for those who are familiar with Sun 73. We will also explore some short forms. This program serves an already established group and is not a program for beginners. Please note: Masks are required for participation in this program. Registration is required for participation.

AGES 60+ / MAPLE STREET PARK
MON, OCTOBER 12-DECEMBER 14 / 9:30-10:30AM
FREE, ADVANCED REGISTRATION IS REQUIRED
LINDA STREETER, AGE WELL

ZUMBA GOLD



Zumba Gold is a modified version of Zumba that is geared towards active adults seeking lower-impact workouts. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination. Please wear loose-fitting, comfortable clothing and bring a water bottle. Indoor shoes with good support are also a must! Chairs will be available for all participants. Come ready to sweat and prepare to leave empowered and feeling strong!

AGES 55+ / MAPLE STREET PARK, ASPIRE STUDIO
THURSDAYS, BEGINNING SEPTEMBER 3 / 9:30-10:30AM
\$10 PERCLASS
CIARA CROSS

HIKING CLUB



Hit the trails with us! Enjoy the beauty of the outdoors while staying active and connecting with others. Our weekday hiking group is designed for physically active older adults who are comfortable hiking for two or more hours on a variety of trails. Hike dates, locations, and trip details are shared on a week-to-week basis. Join us for fresh air, great company, and new adventures! If you're interested, please call us or email Christina at cmclaughlin@ejrp.org.

AGES 55+
DATES & TRIPS TO BE DETERMINED

"LIFTING" SPIRITS



The class offers a dynamic fusion of dance aerobics, sports drills, weight lifting, balance, flexibility and ends with mindfulness exercises. All taught in a low-impact style and set to motivating music. Bring your own set of 1, 2, or 3lb hand weights if you have them. If you don't have hand weights, you can still enjoy class and have more of a cardiovascular workout. Intended for participants with a baseline level of physical fitness, yet is open to beginners.

AGES 55+ / MAPLE STREET PARK ASPIRE STUDIO
MONDAYS, BEGINNING SEPTEMBER 14 / 9-10AM
\$10 PER CLASS / \$9 PER CLASS FOR WHOLE MONTH
MARLENA SILVA

CARDMAKING



Join local cardmaker Lauri to craft your own seasonal greeting cards. No experience necessary. Registration required.

AGES 55+ / ESSEX AREA SENIOR CENTER
HALLOWEEN & FALL CLASS: FRI, OCTOBER 9
CHRISTMAS CLASS: FRI, DECEMBER 11
1PM
FREE



75 Maple Street, Essex Junction, VT 05452 / 802-878-1375 / www.ejrp.org
8am-4pm / Monday-Friday

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