



EXCITING NEWS! We have a new recreation software provider – Kaizen! *All users will need to create a new household account and add members starting **AUGUST 15.***



FALL 2025



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

COMMUNITY EVENTS

MEET ME ON MAIN!

No Cars, Just 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.

EVENT DATES

SATURDAYS FROM 4-7 PM, WITH MOVIES STARTING AT 7 PM

SEPTEMBER 20 / MOVIE: THE WILD ROBOT

SEPTEMBER 27 / MOVIE: LILO AND STITCH

OCTOBER 4 / MOVIE: A MINE CRAFT MOVIE

OCTOBER 11 / MOVIE: GHOSTBUSTERS

INTERESTED IN BEING PART OF THE FUN?

We're looking for food trucks, vendors, performers, and community partners to help make these Saturdays special. Please contact EJRP at 802-878-1375 or recreation@ejrp.org to learn more.

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.

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 24-OCTOBER 22

REGISTRATION OPENS: 5PM / RACE START: 5:30PM

\$60/5-WEEK SERIES OR \$15/RACE

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 27
9AM-12PM





MAPLE STREET PUMPKIN PALOOZA

Back for a fifth 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 25

4-8PM / REGISTER BY TIME BLOCK

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 22 & THU, OCTOBER 23

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 25

REGISTRATION OPENS: 9:15AM / 5K BEGINS: 10AM

FREE HALF MILE KIDS RACE: 10:45AM (NO REGISTRATION REQUIRED)

PRE-REGISTRATION: \$20 / RACE DAY: \$25



WINTER LIGHTS IN THE PARK

Take a walk through Maple Street Park and enjoy the lights accompanied by festive music. Pick up a scavenger hunt list on your way into the park to see if you can find all the hidden ornaments in the trees.

ALL AGES / MAPLE STREET PARK
DAILY, NOVEMBER 27-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 27-DECEMBER 14



FREE COACHES WORKSHOP: POSITIVE MOTIVATION, GETTING THE BEST FROM TODAY'S ATHLETES

Join us at First Republic Brewery for a dynamic and engaging Coaches Training Workshop, facilitated by the Positive Coaching Alliance. Thanks to a generous grant from the National Recreation and Parks Association, this workshop is completely free to attend, but registration is required!

Learn a research-backed approach to coaching that emphasizes positive reinforcement, constructive communication, and character development. Discover how to create a supportive yet challenging environment that helps athletes become more resilient, motivated, and successful—on and off the field.

Whether you're new to coaching or a seasoned pro, this training offers valuable insights that will elevate your impact and help shape the next generation of athletes. Stick around after the workshop for a Essex Coaches social, including free pizza!

18+ / FIRST REPUBLIC BREWERY
THU, OCTOBER 16 / 6-8PM
FREE, REGISTRATION REQUIRED

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. Catch the free shuttle to 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 12
5:30-8PM



BROWNELL LIBRARY FALL PROGRAMS

Repair Café

What do you do with a broken toaster, a wobbly chair, a rusted bike chain or a broken piece of jewelry? Toss it? No way! Help reduce waste and save money by bringing it to Brownell Library's first Repair Café where volunteer repair experts will be available to help guide you in making repairs for free. Some tools and materials will also be on hand. Participants wanting to learn the fun (and often easy) art of repair by mending their own items should register on the library's event calendar in advance, but anyone who is curious to learn is welcome to take a look around, meet crafty neighbors, and participate in raffles, giveaways, and other creative activities for all ages.

SEPTEMBER 27 / 10AM-12:30PM

Halloween Costume Swap

Help make this Halloween affordable and eco-friendly by donating gently used costumes and costume pieces for our upcoming Costume Swap. Between October 6 and 17, drop off gently used costume pieces you are willing to part with, then come back to select your new-to-you costume(s) during the Costume Swap on October 18. All sizes of costumes are welcome. Any pieces remaining by the end of the day on October 18 will be donated to Goodwill.

DROP-OFF: OCTOBER 6-17
COSTUME SWAP: OCTOBER 18 / 9AM-4:30PM

PRESCHOOL



EJRP PRESCHOOL



EJRP Preschool is a fully licensed, 5 STAR accredited preschool program that serves children ages 2-5. While providing a full day program with a planned curriculum designed for kindergarten readiness, we believe that every child is innately kind, curious, capable, and motivated to reach their potential and foster this belief with safe, intentional, and creative learning spaces

EJRP PRESCHOOL 2025-2026

Age/Class	Resident	Non-Res.	Hours
Ages 2-3 Adventurer	\$385 per week	\$412 per week	8am-4pm
Ages 3-4* Explorer	\$332 per week	\$356 per week	7:30am-5pm
Ages 4-5* Discoverer	\$332 per week	\$356 per week	7:30am-5pm

Adventurers must be 2, Explorers must be 3, Discoverers must be 4 before September 1.

Students in these classrooms who will be 3 prior to September 1, 2025 qualify for the Act 166 benefit of \$3982 for the school year.

Please visit ejrp.org for more information. Financial assistance is available to qualified families through Childcare Resource: 802-863-3367.

Now accepting registration requests for the 2026-2027 school year.

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 / 9-9:45AM

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: SEPTEMBER 9-OCTOBER 1

SESSION 2: OCTOBER 7-29

SESSION 3: NOVEMBER 4-DECEMBER 3 (NO CLASS NOVEMBER 25-26)

SESSION 4: JANUARY 6-28

SESSION 5: FEBRUARY 3-MARCH 4 (NO CLASS FEBRUARY 24-25)

ASPIRE STUDIO / 75 MAPLE STREET

\$64/SESSION

RACHEL SMITH

PRESCHOOL PLAYGROUP



You're invited to join other caregivers and children for play time. We ask that you please bring a drink and indoor shoes. There will be crafts, story time, and songs.

AGES BIRTH-5 / 75 MAPLE STREET

TUE/THU, SEPTEMBER 2-JUNE 4

9:30-11AM

FREE DROP-IN, NO REGISTRATION REQUIRED

FOLLOWS EWSD SCHOOL CALENDAR (NO SCHOOL, NO PLAYGROUP)

LAURA RASCOE

CHRISTMAS STORY MAKE & TAKE CRAFT



Give your children a chance to take a break from the bustle of the holidays and join others for a Christmas themed read-aloud, a cup of hot chocolate, and time to make a unique gift to take home for a family member. Parents/caregivers are encouraged to attend with their children.

AGES 3-8 / ASPIRE STUDIO

SAT, DECEMBER 6


10-11:15AM

\$35

KAYLA JOHNSON

YOUTH RECREATION & FITNESS

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 to get help get your athlete in top shape for mini-metro and Middle School Tryouts!

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

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


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

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

SEPTEMBER 29-OCTOBER 16

\$60 / ESSEX YOUTH BASKETBALL & STING BASKETBALL CLUB

SOCCER SPARKS

 Soccer Sparks offers age-appropriate soccer classes in a low pressure, high skill learning environment. This 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" techniques help kids meet their maximum potential while emphasizing fair play and enjoyment of the sport.

MAPLE STREET PARK / FLEMING

SATURDAYS

SEP 6-27 / OCT 11-NOV 1 / NOV 15-DEC 13 / JAN 24-FEB 14 / MAR 7-28

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

DRAGOMIR PARVANOV, SOCCER SPARKS

Youth Basketball

ESSEX YOUTH BASKETBALL

 A recreational basketball experience focused on skill, character, and game development, cultivating an appreciation for the sport, health, wellness, and community, through practices and games vs. other Essex and Chittenden County teams. Season ends February 14.

ESSEX AREA SCHOOL GYMS

\$75

GRADES 1-2: COED / STARTS NOVEMBER 17

PRACTICE: 1 MID-WEEK

GAMES: 1 MID-WEEK VS. OTHER ESSEX TEAMS / NO SATURDAYS

GRADES 3-4: GIRLS & BOYS / STARTS NOVEMBER 3

GRADES 5-6: GIRLS & BOYS / STARTS OCTOBER 20

GRADES 7-8: BOYS / STARTS OCTOBER 20


PRACTICE: 1 MID-WEEK

GAMES: 1 MID-WEEK VS. OTHER ESSEX TEAMS / SATURDAYS VS. OTHER ESSEX OR CHITTENDEN COUNTY RECREATION TEAMS

GRADES 4 & 5: More options to play!

For 4th and 5th graders playing Essex Youth Basketball but wanting additional competitive practices and games each week, consider Essex Sting. To play for Sting, which plays in the Mini Metro League, players must attend an evaluation on October 4 or 5 for a spot on the team. For those selected, players are encouraged, but not required, to participate in both Essex Youth Basketball and Essex Sting. Essex Sting participation and fees are in addition to those above. More information below.

ESSEX STING BASKETBALL

 A non-profit club offering community-based competitive basketball in Essex and Westford for grades 5-8, with grade 4 on a case-by-case basis. Players must attend an evaluation and may be invited to join an Essex Sting team that plays in the regional Mini Metro League. For more information: essexstingclub@gmail.com.

ESSEX AREA SCHOOL GYMS / GIRLS & BOYS

\$150 + \$85 FOR UNIFORM

PRE-REGISTRATION REQUIRED FOR EVALUATIONS AT EJRP.ORG


EVALUATIONS: OCTOBER 4 OR 5 / START: OCTOBER 13

GRADES 4-6 PRACTICE: TWICE WEEKLY (MID-WEEK &/OR SAT)

GRADES 7-8 PRACTICE: SAT

GAMES: SUNDAYS VS. OTHER REGIONAL MINI-METRO TEAMS

MIDDLE SCHOOL BASKETBALL

 Middle schoolers may participate in any combination of basketball options above. The Essex Sting schedule takes into account middle school practices and games so youth are encouraged to do both. If a middle schooler makes the middle school team and is registered for Essex Youth Basketball and/or is playing with Essex Sting and decides that do not want to play all, they can receive a full refund for either or both.


INTERSCHOLASTIC BASKETBALL AT ADL & EMS

TRYOUTS IN NOVEMBER FOR GRADES 6-8 / BOYS & GIRLS





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 and Tackle programs. Visit www.EssexChargersFootball.com for more info and to register!


MAPLE STREET PARK
AUGUST 11-NOVEMBER 1

FLAG FOOTBALL: GRADES 1-4 / \$80

TACKLE FOOTBALL: GRADES 5-8 / \$150

REGISTER AT ESSEXCHARGERSFOOTBALL.COM

CHARGERS YOUTH CHEERLEADING (FALL)

 Chargers Youth Cheerleading is for aspiring cheerleaders entering grades 3-8 looking for some additional coaching and participation opportunities outside of the competitive winter cheerleading season. This program will be led by ADL and EMS cheerleading coaches with instruction focused on but not limited to chants/cheers, jumps, stunts, tumble, and more. This is a good introduction to cheerleading, and it allows participants to practice skills they will use in the competitive winter season. Participants will be broken into grade groupings for teams with the program culminating by cheering at Chargers Youth Football games at Maple Street Park.


ENTERING GRADES 3-8 / MAPLE STREET PARK, ADL GYMNASIUM
AUGUST 11-NOVEMBER 1 / \$215

GRADES 3-4: SUN / 9-10AM

GRADES 5-6: THU / 6:30-7:30PM & SUN / 10-11AM

GRADES 7-8: TUE / 6:30-7:30PM & SUN / 11AM-1PM

ESSEX WARRIORS YOUTH WRESTLING

 EYW is an opportunity for boys and girls in grades 1-8 to participate in organized wrestling. No experience is necessary. The Junior High season begins in December and continues until March. Please register by Monday, November 17. The Youth team begins in January and continues through April. Scholarships are available for families in need of financial assistance.

ESSEX HIGH SCHOOL WRESTLING ROOM / \$100

JUNIOR HIGH, GRADES 7-8:

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

YOUTH, GRADES 3-6:


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

YOUTH, GRADES 1-2:

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

EMAIL SULIVANT748@YAHOO.COM FOR REGISTRATION & MORE INFO

ESSEX YOUTH CHEERLEADING (WINTER)

 Essex Youth Cheerleading is for aspiring cheerleaders entering grades K-5 looking to be involved in the competitive Winter cheerleading season. This program will be led by EHS cheerleading coaches with instruction focused on but not limited to chants/cheers, jumps, stunts, tumble, 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 8-FEBRUARY 7 (NO PROGRAM DECEMBER 22-JANUARY 3)

BUMBLE BEES:

GRADES K-1: WED, 6:30-7:30PM & SAT, 9:30-10:15 / \$175


HONEY BEES:

GRADES 2-3: MON, 6:30-7:30PM & SAT, 10-11AM / \$195

QUEEN BEES:

GRADES 4-5: MON/WED, 6:30-7:30PM & SAT, 8:30-9:30AM / \$195

JR. HORNETS BASKETBALL

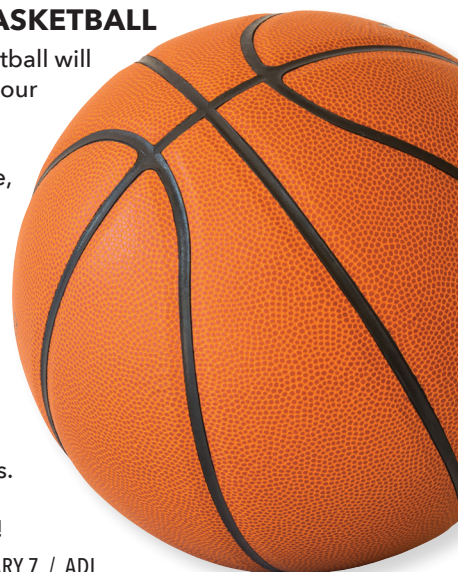
 EHS Girls Basketball will teach you and your child the motor skills and games needed to dribble/ball handle, pass/catch, shoot, and defend! They will work one-on-one with each Jr. Hornet, teaching and laughing while spending quality time giving back to the next generation of Hornets. Fee includes a basketball and t-shirt!

SAT, JANUARY 3-FEBRUARY 7 / ADL

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

AGES 4-KINDERGARTEN: 9:30-10:20AM / \$45

ESSEX HIGH SCHOOL GIRLS VARSITY & JV TEAMS





WASHINGTON D.C. TRIP

For the eleventh 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-THU, APRIL 19-23

INFORMATIONAL MEETING:

TUE, SEPTEMBER 23 / 6:30PM / MAPLE STREET PARK

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 1½ HOUR IN LENGTH & ONLY ONCE A WEEK FOR STUDENTS

\$875

CORD HULL, EPIC DRIVING LLC

FALL SESSION:

SEPTEMBER 28-NOVEMBER 18

TUESDAYS 6:30-8:30PM & SUNDAYS 9-11AM & DRIVING

WINTER SESSION:

DECEMBER 7-FEBRUARY 10

TUESDAYS / 6:30-8:30PM & SUNDAYS / 9-11AM



MAPLE STREET ART SPACE FOR 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.

GRADES 1-3: MON / 3:30-5:30PM

GRADES 4-6: THU AND/OR FRI / 4-6PM

GRADES 7-10: TUE / 4-6PM

SESSION 1: DECEMBER 1-JANUARY 30 (NO SESSIONS DECEMBER 22-JANUARY 9)

SESSION 2: FEBRUARY 2-MARCH 27 (NO SESSIONS FEBRUARY 23-MARCH 6)

SESSION 3: MARCH 30-MAY 15 (NO SESSIONS APRIL 20-24)

1X/WEEK: \$200 OR 2X/WEEK: \$370

UPCYCLED GINGERBREAD HOUSES WORKSHOP

Spend a fun filled day making whimsical gingerbread houses out of cardboard and mixed media, while sipping hot cocoa! Your gingerbread house could be the centerpiece for your holiday table or on display for the upcoming trainhop! No experience necessary, only imagination and enthusiasm! This is a one day workshop. Cocoa and a snack will be provided. (Please bring your own lunch)

GRADES 2-8 / MAPLE STREET ART SPACE

SUN, NOVEMBER 23 / 10AM-2PM

\$50

MAKE YOUR OWN MINI WORLD VACATION CAMP

Take away the winter doldrums with your imagination and make your own miniature world(s) with assorted mixed media. This camp will focus on making miniature environments and fun accessories to compliment and decorate each habitat. Your creations could be cozy, dreamlike or other worldly! No experience necessary, only imagination and enthusiasm! *Campers will be provided with a daily snack, a sketchbook, and canvas bag to personalize.*

GRADES 3-8 / MAPLE STREET ART SPACE

MON-FRI, FEBRUARY 23-27

MORNING ONLY: 9AM-12PM / \$210

AFTERNOON ONLY: 1-4PM / \$210

ALL DAY: 9AM-4PM / \$310

PRINTMAKING & ARTIST BOOK CAMP

This camp is for artists who would like to spend a week exploring the amazing art of printmaking and making book making! If you love books and art then this is the camp for you! During the week we will dabble in monoprinting, block printing and focusing on making personal artist books in different forms. By the end of our five days, you will take home your own small collection of beautiful books. Campers will be provided with a daily snack, a small bookmaking kit and a canvas tote bag to personalize. No experience necessary, only imagination and enthusiasm.

GRADES 3-8 / MAPLE STREET ART SPACE

MON-FRI, APRIL 20-24

MORNING ONLY: 9AM-12PM / \$210

AFTERNOON ONLY: 1-4PM / \$210


ALL DAY: 9AM-4PM / \$310



EXCITING NEWS! We have a new recreation software provider – Kaizen!
All users will need to create a new household account and add members starting AUGUST 15.


ADULT RECREATION & FITNESS

WOMEN'S PICK-UP BASKETBALL

 Join us each Tuesday 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+ / FLEMING
FALL SESSION: THU, SEPTEMBER 4-NOVEMBER 13
7:30-9PM
\$40
AMANDA DALL & VOLUNTEERS

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 2-NOVEMBER 18
7:30-9PM
\$40
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 3-NOVEMBER 19
8-10:30PM
\$65
DENNIS BARCOMB

PICKLEBALL: FALL LEARN TO PLAY/ BEGINNER CLINICS

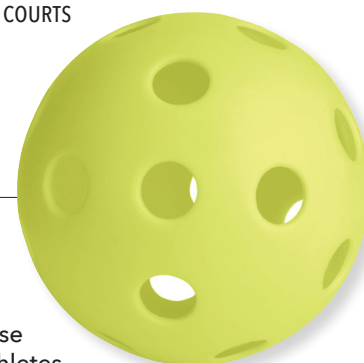
 Join instructor Chris Tudor for this beginner boot camp! During this family friendly clinic series, novice pickleballers will learn the basic stroke mechanics, rules/scoring, and basic shots needed to get you playing matches on your own! This program is intended for players rated 3.0 and below. No equipment needed!

AGES 18+ / CASCADE PARK PICKLEBALL COURTS
MON, SEPTEMBER 15-OCTOBER 6
WED, SEPTEMBER 17-OCTOBER 8
5-6PM
\$60
CHRIS TUDOR

BEGINNERS INDOOR PICKLEBALL AT THE POP!

 Want to learn pickleball? We've got you covered. 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 15-OCTOBER 17
SESSION 2: NOVEMBER 3-DECEMBER 12
SESSION 3: JANUARY 5-FEBRUARY 6
SESSION 4: FEBRUARY 16-MARCH 20
\$125
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 not provided – bring a towel or blanket to practice on instead.

ALL AGES / MAPLE STREET PARK MULTI-PURPOSE ROOM
FRI / 9-10AM
FALL SESSION 1: SEPTEMBER 12-OCTOBER 17
FALL SESSION 2: OCTOBER 31-NOVEMBER 21
WINTER SESSION 1: JANUARY 9-FEBRUARY 13
SPRING SESSION 1: MARCH 6-APRIL 17 (NO CLASS MARCH 20)
SPRING SESSION 2: MAY 1-JUNE 5
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 dance, fitness, mindfulness practice with the “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 52 simple moves, which participants are encouraged to adapt to their own body. 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 to a diverse array of music.

AGES 18+ / MAPLE STREET PARK
SUN / 9-10AM
FALL SESSION 1: SEPTEMBER 7-OCTOBER 12
FALL SESSION 2: OCTOBER 19-NOVEMBER 23
WINTER SESSION: JANUARY 4-FEBRUARY 8
SPRING SESSION: FEBRUARY 15-MARCH 22
\$30
FRANCES BINDER, NIA BLUE BELT CERTIFIED INSTRUCTOR

QUICK SNIFFS – FOUNDATIONS OF DETECTION: NOSE WORK FOR YOUR DOG



Take your dog from knowing nothing about detection to doing full searches in your living room, at the park, or wherever you want to take it. Quick Sniffs sets the foundation for more advanced and complex detection work. This course will cover the basics of detection and nose work including equipment, building a hunt drive, introducing odor, teaching indication, and much more! Dogs participating in this course should have basic obedience and be able to be around other dogs. Each owner/dog team will be provided with their own odor kit and the use of other materials/equipment used for this course.

AGES 18+ / MAPLE STREET PARK
MON, SEPTEMBER 29-NOVEMBER 3 / NOVEMBER 17-DECEMBER 22
5:30-6:15PM
WITH A DOG: \$200 / WITHOUT A DOG: \$90
SEAN MCLOUGHLIN, ADVANCE K9

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.

AGES 18+ / 75 MAPLE STREET
SAT, SEPTEMBER 27-NOVEMBER 17
SAT, NOVEMBER 15-DECEMBER 20
10-11AM OR 11:15AM-12:15PM
WITH A DOG: \$185 / WITHOUT A DOG: \$90
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.*

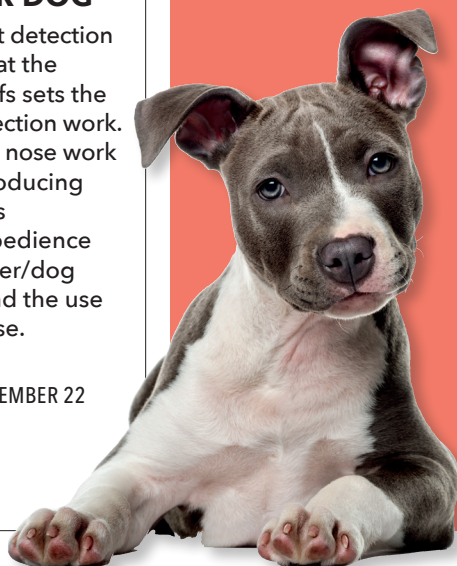
AGES 18+ / 75 MAPLE STREET
SAT, SEPTEMBER 27-OCTOBER 25
12:30-1:30PM
WITH A DOG: \$175 / WITHOUT A DOG: \$85
DEB HELFRICH, GOLD STAR DOG TRAINING

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 StarDog Training Basic/Essentials course.*

AGES 18+ / 75 MAPLE STREET
SAT, NOVEMBER 15-DECEMBER 20
12:30-1:30PM
WITH A DOG: \$205
WITHOUT A DOG: \$100
DEB HELFRICH
GOLD STAR DOG TRAINING



OLDER ADULTS

ESSEX AREA SENIOR CENTER



The Essex Area Senior Center is up and running and we want YOU to join in on all of the fun! The EASC is a warm and welcoming place for socializing, playing games, and more, and we hope you will come see if you're interested in participating! During the renovations of 2 Lincoln Street, we are offering programs at Holy Family Parish Center and in the Kolvoord room at the Brownell Library. Membership fees are waived and all games at the center are free! Visit ejrp.org/olderadults to sign up for our newsletter and for details on hours, activities, and important announcements. Contact Julie Shorter, Program Director for Older Adults, with any questions.

ONGOING PROGRAMS:

BINGO: TUE, 10AM-1PM / HOLY FAMILY PARISH CENTER

CRIBBAGE: WED, 1:30-3:30PM / HOLY FAMILY PARISH CENTER

DUPLICATE BRIDGE: THU, 12:30-4PM / HOLY FAMILY PARISH CENTER

MAH JONGG: FRI, 10AM-12PM / KOLVOORD ROOM, BROWNELL LIBRARY

[JSHORTER@EJRP.ORG](mailto:jshorter@ejrp.org) / 802-878-1375 EXT 1553

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. 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. Sample 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 5-OCTOBER 17

11AM-12PM

GENA BRAMAN, PTA, CMC, HOME CARE ASSISTANCE

WALKING CLUB



Try out our walking paths at Maple Street Park and join us to get active and build community! Don't forget to bring water and wear comfortable shoes. Meet at the benches just beyond the building when you enter the main entrance of the park. All paces are welcome and no registration required.

AGES 55+ / MAPLE STREET PARK

WEDNESDAYS / NOW THROUGH LATE FALL

10:30AM



PICNIC IN THE PARK



Join us at Maple Street Park for hamburgers, hotdogs, music and fun! Golf cart rides to the pavilion will be available. We hope to see you there! Register by September 9.

AGES 55+ / MAPLE STREET PARK

FRI, SEPTEMBER 12

12PM



COMMUNITY LUNCHEONS



Join us for food and socializing! We've partnered with Age Well to bring luncheons to our community. Meet new people and see old friends. Contact us for menu information. Advanced registration required!

AGES 60+ / HOLY FAMILY PARISH CENTER
MONDAYS / 11:30AM CHECK-IN, 12PM LUNCH
SEP 8, 22 / OCT 20 / NOV 3, 17 / DEC 15 / JAN 12, 26
\$5 SUGGESTED DONATION FOR AGE WELL AT THE DOOR

MODERN WESTERN SQUARE DANCE



If you can walk to music, you can learn to square dance! Join us every Thursday throughout the school year to exercise our bodies and minds through square dancing. All ages and experience levels welcome. For more information, contact Susan Pierce at 802-879-1974 or sewpie@aol.com.

ALL AGES / 75 MAPLE STREET, ASPIRE BUILDING
THU, SEPTEMBER 4-MAY 21
6:30PM
WWW.GREENMOUNTAINSTEPPERS.ORG

HIKING CLUB



Join our group for weekday hiking excursions. Intended for physically active older adults who can endure 2+ hours of hiking. Trip Details and dates shared on a week-to-week basis. If you're interested please call us or email Julie at jshorter@ejrp.org.

AGES 55+
DATES AND TRIPS TO BE DETERMINED

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! Seats are expected to fill, so register today!

AGES 60+ / MAPLE STREET PARK
MON, SEPTEMBER 22-DECEMBER 15
11AM-12PM
ADVANCED REGISTRATION IS REQUIRED
BETTY ADAMS & MARAH LINDEMANN, 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 which has limited availability. This is not a program for beginners. Please note: Masks are required for participation in this program. Registration is required.

AGES 60+ / MAPLE STREET PARK
MON, OCTOBER 13-DECEMBER 15
9:30-10:30AM
ADVANCED REGISTRATION IS REQUIRED
LINDA STREETER, AGE WELL



ZUMBA GOLD



Zumba Gold is a modified version of Zumba that is geared towards active older 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 and indoor shoes to change into with good support. Chairs will be available to all participants. Come ready to sweat and prepare to leave empowered and feeling strong.

AGES 55+ / MAPLE STREET PARK, ASPIRE STUDIO

THURSDAYS, BEGINNING SEPTEMBER 4

9:30-10:30AM

\$10/CLASS

CIARA GREGORY



"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 8

9-10AM

\$10/CLASS

MARLENA SILVA

CARDMAKING



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

AGES 55+ / HOLY FAMILY PARISH HALL

HALLOWEEN AND FALL CLASS: THU, OCTOBER 23

CHRISTMAS CLASS: THU, DECEMBER 11

1PM

MAPLE STREET ART SPACE FOR OLDER ADULTS



All classes are 18+ at Maple Street Art Space, 156 Railroad Street, Suite 6, Essex Junction, and taught by Tina Logan.



HALLOWEEN PAPER MACHE

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

WED, OCTOBER 8 & 15
6-8PM
\$60

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. There are two separate sessions for this class, sign up for just one, or sign up for both!

SESSION 1: WED, DECEMBER 3 / SESSION 2: WED, DECEMBER 10
6-8PM
\$30 PER SESSION



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. This class has an afternoon and an evening session for you to choose from.

WED, JANUARY 21
SESSION 1: 1-2:30PM / SESSION 2: 6-7:30PM
\$25 PER SESSION

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.

WED, NOVEMBER 12
6-8PM
\$30



BOOK MAKING

Make your own journal, sketchbook or scrapbook using a Japanese stab binding technique. No experience needed. This class has an afternoon and an evening session for you to choose from.

WED, JANUARY 28
SESSION 1: 1-3PM / SESSION 2: 6-8PM
\$30 PER SESSION

HANDMADE VALENTINE MAKING

Make one of a kind handmade Valentines for your loved ones using collage and assorted mixed media. This class has an afternoon and an evening session for you to choose from.

WED, FEBRUARY 11
SESSION 1: 1-3PM / SESSION 2: 6-8PM
\$30 PER SESSION

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 portrait using your own artistic license. No experience necessary, just interest and love of animals!

MON, FEBRUARY 16
6-8:30PM
\$35

WIRE SUNCATCHERS

Learn about American Artist Alexander Calder and make a wire suncatcher inspired from his work. If you like to work with wire and beads and bobbles then this is the class for you! This class has an afternoon and an evening session for you to choose from.

WED, MARCH 11
SESSION 1: 1-3PM / SESSION 2: 6-8PM
\$30 PER SESSION

MAKE A SOCK ANIMAL OR CREATURE

Learn how to make adorable stuffed animals and or creatures out of socks! These are great gifts for grandkids and even grown up kids! Basic hand sewing skills are helpful but not necessary. This class has an afternoon and an evening session for you to choose from.

WED, MARCH 25
SESSION 1: 1-3PM / SESSION 2: 6-8PM
\$30 PER SESSION



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

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PER HOUR

