



2024 SPRING/ SUMMER Camp & Swim Programs



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

COMMUNITY EVENTS

MSP SPRING RUNNING SERIES

 This points-based running series is designed to encourage friendly competition and the enjoyment of running and racing. Course length will vary between 2.5 and 5 miles weekly. New and experienced runners will enjoy the friendly, grassroots atmosphere of these fun courses around the neighborhoods near Maple Street Park. There will be an awards ceremony at the last race. Register for all 6 races by April 19 to get early bird pricing.

12+ / MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS
WED, MAY 1-JUNE 5

REGISTRATION OPENS: 5:30PM / RACE START: 6PM

FULL SERIES: \$68 BY APRIL 1 / \$75 AFTER APRIL 1

SINGLE RACE: \$15

EJRP

EJRP EGG HUNT

 Grab your own basket or bucket and head to Maple Street Park for a fun filled Egg Hunt! Participants will search for and collect up to 10 eggs, then exchange collected eggs for a goodie bag of treats at the tent station in the park. Eggs will be replaced throughout the event, ensuring enough for everyone for the entire time - come whenever you can between 10am-12pm!

UP TO GRADE 4 / MAPLE STREET PARK

SAT, MARCH 30 / 10AM-12PM

MAPLE STREET PARK SUMMER PERFORMANCES

Join us at Maple Street Park on Tuesday evenings this summer for a fun family-friendly performance! Bring a chair or blanket and get ready to experience the variety of entertainment that we have planned throughout the summer. Be sure to visit ejrp.org for schedules and updates as we get closer to summer.



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fiber internet



PRIDE FESTIVAL

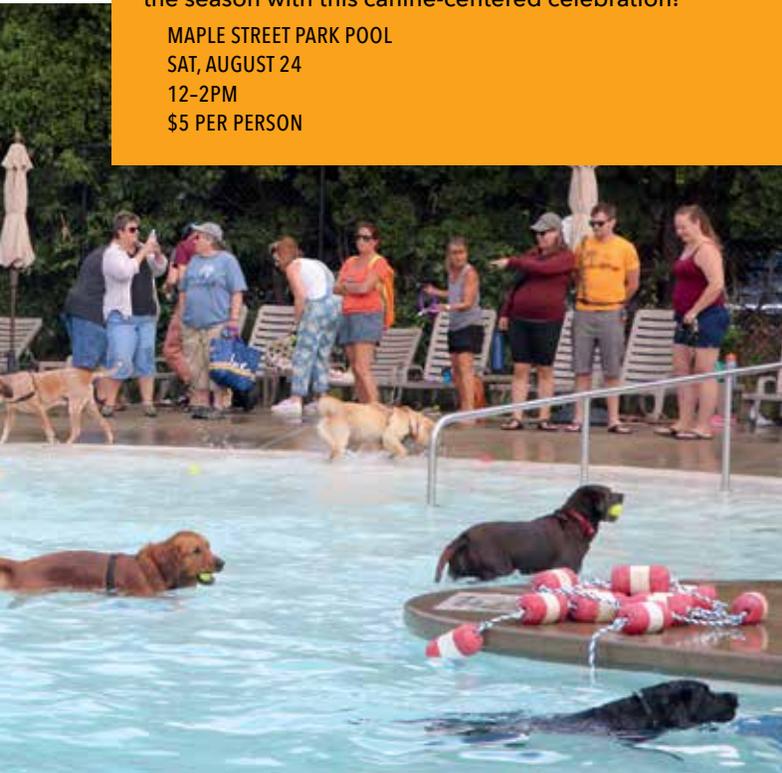
 Each June marks Pride Month, an opportunity to recognize, advocate for, and uplift the LGBTQIA+ community. To celebrate and support our LGBTQIA+ friends and family here in our City, Maple Street Park will host the 2nd Annual Essex Pride Festival. This year's event will again feature Drag Story Hour, dozens of local LGBTQIA+ artists, businesses and performers, a family dance party, food trucks, and so much more! So mark your calendars! We're hoping you'll join EJRP and Essex Pride in this inclusive and welcoming all-ages event. For more details, visit: essexvtpride.org

ALL AGES / MAPLE STREET PARK
SAT, JUNE 1
1-5PM

MAPLE STREET POOL DOG DAY

For one day only, Maple Street Pool goes to the dogs! Bring your furry friend to splash and play as we finish up the season with this canine-centered celebration!

MAPLE STREET PARK POOL
SAT, AUGUST 24
12-2PM
\$5 PER PERSON



ESSEX JUNCTION FOURTH OF JULY CELEBRATION

Make this July 4th extra special by joining us at the Essex Junction Fourth of July Celebration at the Champlain Valley Expo! Festivities begin at 6pm with live music by Sticks & Stones, games, face painting, balloon artists, bounce houses, and more. Enjoy your favorite fair foods from 12+ vendors. We will end the evening with a fireworks display that will begin at 9:30pm. Come celebrate Independence Day with EJRP and your community!

ALL AGES
CHAMPLAIN VALLEY FAIRGROUNDS MIDWAY LAWN
THU, JULY 4
FESTIVITIES BEGIN AT 6PM
FIREWORKS BEGIN AT 9:30PM



PICKLEBALL CAMPS & CLINICS

FREE LEARN TO PLAY CLINIC

 Join instructor Chris Tudor for this FREE learn to play clinic and celebrate the nets being put up! This family-friendly program will help you begin to understand the rules, basic mechanics, and fun that Pickleball provides! While this program is free, registration is required, and space is limited. No equipment needed!

18+ / CASCADE PARK PICKLEBALL COURTS
SUN, APRIL 28 / 1-3PM
FREE, REGISTRATION REQUIRED
CHRIS TUDOR, PPR CERTIFIED INSTRUCTOR

BEGINNER BOOT CAMPS

 Join instructor Chris Tudor for this beginner boot camp! During this family-friendly 2-week crash course, 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!

18+ / CASCADE PARK PICKLEBALL COURTS
SESSION 1: MON/WED, MAY 6-MAY 15 / 6-8PM
SESSION 2: TUE/WED, AUGUST 6-14 / 6-8PM
\$105
CHRIS TUDOR, PPR CERTIFIED INSTRUCTOR

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.

PICKLEBALL INTRO

 Have you heard of pickleball? Have you wondered what it is all about? If so, learn the rules, a variety of drills, some basic game strategy and how to play the unique sport in this two-hour introductory clinic. Resources will be provided for continued learning and playing opportunities. Bring your own paddle or loaner paddles will be available.

18+ / CASCADE PARK PICKLEBALL COURTS
SAT, MAY 18, JUNE 15, JULY 13, AUGUST 17, SEPTEMBER 14, OR
OCTOBER 12
11AM-1PM
\$30
COREY GOTTFRIED

BEGINNER CRASH COURSE

 This one-off clinic is designed to get you up to speed as quickly as possible so you can get right to learning on the fly!

16+ / CASCADE PARK PICKLEBALL COURTS
WED, MAY 22
6-8PM
\$40
CHRIS TUDOR, PPR CERTIFIED INSTRUCTOR

PICKLEBALL INTRO: TEENS

 Have you heard of pickleball? Have you wondered what it is all about? If so, learn the rules, a variety of drills, some basic game strategy and how to play the unique sport in this introductory clinic. Resources will be provided for continued learning and playing opportunities. Bring your own paddle or loaner paddles will be available.

14-19 / CASCADE PARK PICKLEBALL COURTS
SAT, MAY 25
11AM-1PM
\$30
COREY GOTTFRIED

INTERMEDIATE CRASH COURSE

 This one-off clinic is designed to get you from rookie to champ as quickly as possible.

16+ / CASCADE PARK PICKLEBALL COURTS
WED, JUNE 5
6-8PM
\$40
CHRIS TUDOR, PPR CERTIFIED INSTRUCTOR

PICKLEBALL 101



This class is like our Pickleball Intro program but will spend more time and energy on each part of the game. Drills will include serving, return of the serve, 3rd shot drop, the soft game, volleying, basic strategies, and actual playing time. This clinic is intended for players who already know the rules. Bring your paddle or borrow one of ours!

18+ / CASCADE PARK PICKLEBALL COURTS

SESSION 1: WED, JUNE 12; FRI, JUNE 14; THU, JUNE 20

SESSION 2: TUE, JULY 23; WED, JULY 24; FRI, JULY 26

5:30-7:30PM

\$90

COREY GOTTFRIED

INTERMEDIATE BOOT CAMPS



Take your game to the next level with Chris Tudor! This intermediate boot camp is designed to introduce players to game strategies, court positioning, and some advanced shots like the dink and dunk. This course is for pickleballers rated 3.0-3.5 or those who have participated in a beginner camp previously. No equipment needed!

16+ / CASCADE PARK PICKLEBALL COURTS

SESSION 1: MON/WED, JUNE 17-26

SESSION 2: TUE/THU, JULY 9-18

6-8PM

\$105

CHRIS TUDOR, PPR CERTIFIED INSTRUCTOR

PICKLEBALL 101: TEENS



This class is like our Pickleball Intro program but will spend more time and energy on each part of the game. Drills will include serving, return of the serve, 3rd shot drop, the soft game, volleying, basic strategies, and actual playing time. Bring your paddle or borrow one of ours!

14-19 / CASCADE PARK PICKLEBALL COURTS

SAT, JUNE 22

11AM-1PM

\$30

COREY GOTTFRIED



SCRIMMAGE & LEARN: INTERMEDIATE



Join this one-of-a-kind program incorporating coaching into live play instead of skills and drills! Participants will play a point and Coach Corey will provide suggestions on how you can improve your court coverage, approach to the ball, shot selection and resetting.

18+ / CASCADE PARK PICKLEBALL COURTS

THU, AUGUST 1-22

5:30-7:30PM

\$105

COREY GOTTFRIED

PICKLEBALL 102



This class is intended for players who have been playing the game for 6-12 months and are looking for support bringing their game to the next level. Skill and drills will focus on "building a point," court coverage and positioning, "reading" your opponents while supporting your partner, 3rd shot drop including transitioning up the kitchen, lobbing and retrieving lobs, roll shots, down the lane shots, overhead shots, and preparing for tournament play vs recreational play.

18+ / CASCADE PARK PICKLEBALL COURTS

SESSION 1: TUE-WED, AUGUST 20-21; FRI, AUGUST 23

SESSION 2: TUE-THU, SEPTEMBER 24-26

5:30-7:30PM

\$90

COREY GOTTFRIED



ATHLETIC PROGRAMS

SOCCER SPARKS



Soccer Sparks offers age-appropriate soccer classes for kids 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 / NO CLASS ON JULY 6

MARCH 9-30 / MAY 4-25 / JUNE 15-JULY 13 / AUGUST 3-24

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

\$55

DRAGOMIR PARVANOV, SOCCER SPARKS



FIRST STEP BBALL CLINIC



All good basketball players know that first step is what makes or breaks a play. Join coach McCurley for this beginner's basketball clinic designed to influence good habits and introduce team play.

GRADES 1-3 / SUMMIT

MON/WED, MARCH 11-APRIL 17 (NO PRACTICE APRIL 8)

6:15-7:15PM

\$85

CHRIS MCCURLEY, SWISH BASKETBALL

SECOND STEP BBALL CLINIC



Join this second group for those who have already attended our First Step clinics to keep your game moving in the right direction!

GRADES 1-3 / SUMMIT

TUE/THU, MARCH 12-APRIL 18 (NO PRACTICE MARCH 19)

6:15-7:15PM

\$85

CHRIS MCCURLEY, SWISH BASKETBALL

QUADS CO-ED VOLLEYBALL LEAGUE



Coed Quad format. Teams can be coed or all female but must have a minimum of 2 females on the court. One registration covers entire team and team rosters including a captain and their cell phone number are required at time of registration. Individual free agent registration is also available for players without a full team!

GRADES 9-12 / ESSEX HIGH SCHOOL

MON, APRIL 29-JUNE 3 / 6:30-8:30PM

TEAM: \$120 / FREE AGENT: \$30

JEN LIGUORI

ESSEX JUNCTION LITTLE LEAGUE

 EJLL is a non-profit organization, with the purpose of providing children with an outlet of healthful activity in the atmosphere of wholesome community participation. The league is dedicated to helping children learn more about the game, improve skills, gain confidence, demonstrate good sportsmanship, and learn the value of hard work, responsibility, accountability, and teamwork. Volunteers are needed and financial assistance is available if needed.

T-BALL & COACH PITCH: PREK-GRADE 2
MINORS: AGES 8, 9 & 10 AS OF AUGUST 31
MAJORS: AGES 11 & 12 AS OF AUGUST 31
MAPLE STREET PARK & CASCADE PARK
EVALUATIONS (MINORS & MAJORS ONLY): THU, MARCH 7 OR TUE, MARCH 12 / 6-7:30PM / EHS
SEASON: MID APRIL-JUNE
ROOKIE: \$75 / MINORS & MAJORS: \$100
\$140 MAX PER FAMILY
IF YOUR TOTAL EXCEEDS THIS, PLEASE CALL 878-1375 OR COME INTO THE OFFICE SO THAT WE CAN CHARGE YOU APPROPRIATELY. THIS DISCOUNT CANNOT BE ACHIEVED BY REGISTERING ONLINE.

ESSEX YOUTH LACROSSE & TINY STICKS

 Tiny Sticks (grades K-2) and Essex Youth Lacrosse (grades 3-8) serve as the recreational lacrosse program available to both Town of Essex and City of Essex Junction residents. These recreational lacrosse programs focus on basic skill development, understanding of the game, and competitive game play in the Northern Vermont Youth Lacrosse League (no games for Tiny Sticks). Registration for these programs is run through the Town Parks and Recreation office and EJRP is happy to help connect you to the program!

MAPLE STREET PARK & EMS PRAIRIE FIELDS
TINY STICKS: SAT, MAY 4-JUNE 15 / 8:30-10AM
LACROSSE: WEEKDAY PRACTICES, APRIL 1-JUNE 7
SATURDAY GAMES FOR BOYS
SUNDAY GAMES FOR GIRLS
REGISTRATION AVAILABLE ONLINE: ESSEXVT.ORG



SUMMER YOUTH TRACK & FIELD TEAM

 Jump higher, run faster, and throw longer. Athletes will learn the fundamentals of track and field events in a fun, relaxed team environment throughout the summer. In addition to our weekly practices, we'll compete in several mini-meets on Saturdays with the season culminating in our Tri-state track meet at St Johnsbury Academy on July 20th.

GRADES 2-8 / ESSEX HIGH SCHOOL TRACK
MON/WED/THU/SAT, JUNE 19-JULY 20
5:30-6:30PM
\$95
JESS LIBRIZZI, ADL COACH

SWISH SUMMER BASKETBALL LEAGUE

 This summer youth basketball league will provide fun, recreational games for students entering grades 4 and up! We'll be keeping play moving as this league is all about getting those extra runs in. Grade groups: 4-5; 6-7; 8-9; 10-12.

GRADES 4-12 / ESSEX MIDDLE SCHOOL & ADL
MON-THU, JUNE 24-AUGUST 8
5-9PM
FULL REGISTRATION: \$150
GAME ONLY REGISTRATION: \$85
TEAM ENTRY/GAMES ONLY: \$325
CHRIS MCCURLEY, SWISH BASKETBALL

JR HORNETS SOCCER CLINICS

 This exciting parent/child introductory program prepares your child for organized soccer in a fun, non-competitive environment. Age-appropriate equipment will be used to teach kicking, dribbling, trapping, throw-ins, and agility.

3-5 YEARS W/ PARENT / MAPLE STREET PARK
MON, JULY 8-AUGUST 12 OR WED, JULY 10-AUGUST 14
4:45-5:30PM
\$50
EHS VARSITY GIRLS SOCCER

YOUNG HORNETS SOCCER CLINICS

 This new program is designed to take your Jr Hornets career to the next level. Coach Barber and the EHS Girls Varsity team will take the field with your child to further develop the foot/eye coordination, balance, and footwork needed to play the game.

MAPLE STREET PARK
ENTERING GRADES K-1: MON, JULY 8-AUGUST 12
ENTERING GRADES 2-3: WED, JULY 10-AUGUST 14
5:30-6:15PM
\$50
EHS VARSITY GIRLS SOCCER

PARENT/CHILD TENNIS

 This parent and child program teaches both the adult and the child the fundamentals of tennis. In all of our busy lifestyles, it is nice to learn and exercise with your child. Have fun and play the game of tennis with your kiddo this summer!

ESSEX HIGH SCHOOL
AGES 4-7: MON, JULY 8-AUGUST 12 / 5:30-6:30PM
AGES 4-7: TUE, JULY 9-AUGUST 13 / 5:30-6:30PM
AGES 7-10: MON, JULY 8-AUGUST 12 / 6:30-7:30PM
AGES 7-10: TUE, JULY 9-AUGUST 13 / 6:30-7:30PM
\$95
USTA



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!

18+ / FLEMING
SPRING: TUE, MARCH 5-MAY 28
SUMMER: TUE, JUNE 4-AUGUST 27
7:30-9PM
\$40
AMANDA DALL & VOLUNTEERS

MEN'S PICK-UP HOOPS

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

30+ / ADL
SPRING: TUE, MARCH 5-MAY 28
SUMMER: TUE, JUNE 4-AUGUST 27
7-9PM
\$40
ROBERT HAGGERTY & VOLUNTEERS

BARCOMB SPRING & SUMMER MEN'S BASKETBALL LEAGUE

 Join us for this popular, fast-paced, competitive league which will play on Thursday nights. Game times and dates are subject to gym availability.

18-59 / EHS / ADL / EMS
SPRING LEAGUE: THU, MARCH 7-MAY 30
SUMMER LEAGUE: THU, JUNE 6-AUGUST 29
7-9:30PM
GAME TIMES ARE SUBJECT TO CHANGE DUE TO SCHOOL SPORTS SCHEDULES
\$55
DENNIS BARCOMB

EASY 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. Yogis should bring a mat or blanket to practice on.

AGES 18+ / MAPLE STREET PARK MULTIPURPOSE ROOM
FRI, MARCH 15-APRIL 19
9-10AM
\$65 OR \$13 DROP-IN
NATALIE BOYLE, REGISTERED YOGA TEACHER



FIT & STRONG MOMS



Fit and Strong Moms is a 60-minute total-body workout with strength, cardio, and core training led by an ACE-certified personal trainer. Bodyweight exercises and resistance bands are used so the workouts can be adjusted for any level of fitness, and so children can safely play alongside their mothers without fear of injury. All ages and levels of fitness are welcome! Classes are designed to be fun and energizing and leave you feeling strong and connected. Refer a friend to join with you and you'll both receive a \$25 credit on your account for future EJRP program registration for anyone in your household!

AGES 18+ / MAPLE STREET PARK MULTIPURPOSE ROOM, ASPIRE BUILDING, OR OUTSIDE

MON/WED/FRI

SPRING SESSION 1: MARCH 25-APRIL 19 / \$50

SPRING SESSION 2: MAY 1-JUNE 7 / \$75

SUMMER SESSION 1: JUNE 17 - JULY 1 / \$38

SUMMER SESSION 2: JULY 22 - AUGUST 9 / \$50

9-10AM

SARAH ROBERTS, ACE CERTIFIED PERSONAL TRAINER

PLANWELL FINANCIAL EDUCATION WORKSHOPS



Join Baystate Financial for four different financial education workshops this spring. PlanWell is not a generalized introductory program for all. Instead, it delivers a unique, individualized financial experience to you. The objective? To help you realize your financial goals, whether you're saving for a house, paying off student debt, or planning for retirement. This four-part series will help you understand how your benefits fit into your overall financial picture.

75 MAPLE STREET & ON ZOOM

SAVEWELL: MARCH 18 / 6:30PM

INVESTWELL: APRIL 15 / 6:30PM

LIVWELL: MAY 20 / 6:30PM

PROTECTWELL: JUNE 10 / 6:30PM

ALL 4 PROGRAMS ARE FREE

WILDERNESS FIRST AID



Accidents happen. People get hurt, sick, or lost. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable, and by learning a few basic skills, you can make the difference between a good outcome and a bad one - and maybe even save a life. This course will prepare you to recognize and care for a variety of wilderness emergencies.

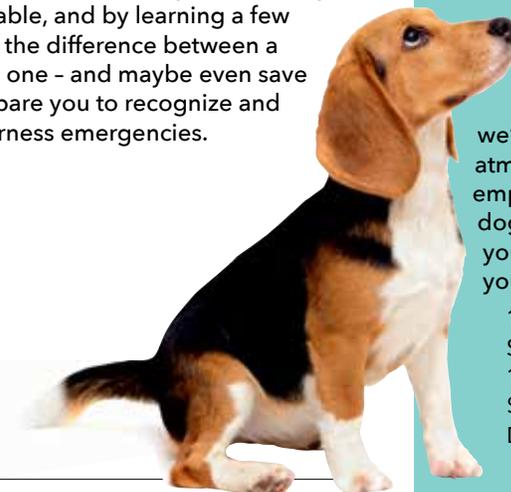
16+ / 75 MAPLE STREET

SAT/SUN, MAY 18-19

8AM-5PM

\$185

SOLO WILDERNESS MEDICINE



COMMUNITY GARDENS

Want to grow fresh veggies? Consider joining a community garden! We have 100 plots at two locations, West Street and Meadow Terrace. Each year the plots are first offered to those who had them last year. After that, any open plots are re-assigned based upon a waiting list kept by Essex Junction Recreation & Parks. To be added to the waitlist, please contact the office at 802-878-1375 or recreation@ejrp.org. We will begin working through the waitlist in mid-March.

GARDEN PLOT SIZE: WEST STREET 25'X25' / MEADOW TERRACE 24'X18'
CITY RESIDENT: \$40 / NON-RESIDENT: \$60

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, and well-behaved dog.

18+ / 75 MAPLE STREET

SAT, 9:30-10:30AM OR 10:45AM-11:45AM

APRIL 6-MAY 11 / JUNE 15-JULY 20 / AUGUST 17-SEPTEMBER 21 /

\$165 WITH A DOG / \$65 WITHOUT A DOG

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: permission from instructor or prior participation in a Gold Star class.

18+ / 75 MAPLE STREET

SAT, 12-1PM

APRIL 6-MAY 11 / AUGUST 17-SEPTEMBER 21

\$185 WITH A DOG / \$80 WITHOUT A DOG

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.

18+ / 75 MAPLE STREET

SAT, JUNE 15-JULY 13

12-1PM

\$150 WITH A DOG / \$65 WITHOUT A DOG

DEB HELFRICH, GOLD STAR DOG TRAINING

ART CAMPS

CULINARY ADVENTURES: LINE COOKS



Immerse your young chef in a culinary adventure with the one and only Rosalind Hutton and her assistant Kevin Barber! Each day will be filled with fun, hands-on cooking while learning basic culinary skills, nutrition, understanding ingredients, and of course kitchen safety. Campers will make lunch and take home a new recipe every day. Campers signed up for Summer PE Games Camp also will receive a 20% discount on both programs (must call EJRP to register for the discount).

GRADES 4-6 / EHS HOME ECONOMICS KITCHEN
MON-FRI, JUNE 24-28
9AM-1PM
\$225
ROSALIND HUTTON & KEVIN BARBER

CULINARY ADVENTURES: SOUS CHEFS



Immerse your young chef in a culinary For the first time at EJRP we're offering this advanced level culinary adventures program! We'll spend our mornings in the kitchen working through a variety of different recipes while learning different techniques. The afternoons will feature field trips to local farms, stores and restaurants, gathering ingredients and inspiration! Pick up will occur from the field trip location.

GRADES 7-10 / EHS HOME ECONOMICS KITCHEN
MON-FRI, JULY 8-12
9AM-3PM
\$395
ROSALIND HUTTON & KEVIN BARBER

WUNDERLE'S BIG TOP CIRCUS CAMP



Come one, come all for an unforgettable week of interactive circus fun. Wunderle's Big Top Camp promotes world-class circus training, entertainment, and exploration for all. Throughout the camp, participants learn stunts, hone skills, and receive individualized encouragement by an enthusiastic team of professional circus coaches. Training equipment will include juggling scarves, balls, rings, clubs, spinning plates, devil sticks, stilts, and so much more! Games, human stunts, acrobatics, human pyramids, clowning and aerial acts will also be taught. Each Big Top Camper will become a circus star as the experience culminates with a fun and fast paced show for the community. Wunderle's Big Top Adventures promotes world class circus programming, entertainment, and exploration. Founder and camp director Troy Wunderle is a graduate of the Maryland Institute College of Art, and the Ringling Brothers and Barnum & Bailey Clown College. He is a former international performer with the Ringling Brothers and Barnum & Bailey Circus. For the past twenty-six years, he has toured throughout the United States as a freelance performer and em-ployee of Vermont's own Circus Smirkus.

GRADES 4-9 / EHS ICE RINK
MON-FRI, AUGUST 5-9
9AM-3PM
\$375
TROY WUNDERLE, WUNDERLE'S BIG TOP ADVENTURES



LEtGO YOUR MIND STEM CAMPS

MINUTE TO WIN IT ROBOTIC CHALLENGES, STOP MOTION ANIMATION & MINECRAFT

Join us as we design, build, modify, and program robots that interact, perform complex tasks and respond to challenges. Students will partner up and use LEGO Robots to compete in challenges Swept Away, Warbots and wiffle ball. In addition, students will use Minecraft to complete tasks such as building mazes filled with traps and defenses to protect them from arch enemies. They will learn to use Command Blocks and Redstone to create traps and other obstacles. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using professional stop motion animation software. Children may register for both weeks or individual weeks. Each week has different LEGO builds and lessons.

AGES 9-13 / HIAWATHA

WEEK 1: MON-FRI, JUNE 24-28 / \$395

WEEK 2: MON-WED, JULY 1-3 / \$275

9AM-3PM

LETGOYOURMIND

BUILD, MODIFY, CODE LEGO AMUSEMENT THRILL RIDES & STOP MOTION ANIMATION: WEEK 1

Channel your inner Master Builder and create your very own LEGO® amusement park thrill rides where Everything is Awesome! Before each LEGO brick creation, staff will discuss key engineering and physics concepts with the children and how they relate to our LEGO rides. Students will build LEGO brick cars using axles, gears, pulleys, battery packs, and motors. In addition, children will code their LEGO builds using a drag-and-drop-based interface using Bluetooth technology. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using professional stop motion animation software.

AGES 6-8 / HIAWATHA

MON-FRI, JUNE 24-28

9AM-3PM

\$395

LETGOYOURMIND



AMUSEMENT PARK THRILL RIDES & STOP MOTION ANIMATION: WEEK 2

Become a master amusement park designer as we create LEGO Amusement Thrill Rides. Students will use STEM principles to create and modify Merry Go Rounds, Teacups Rides, Tilt A Whirl, bumper cars and more. Students will use gears and motors before each lesson to learn about mechanical devices such as levers, wheels, and axles. In the afternoon, students will create their own mini movie set, learn the parts of a story and create an animated movie using LEGO mini figures and other objects. The students will also learn how to edit their films, attach music, and add titles/credits using professional stop motion animation software.

AGES 6-8 / HIAWATHA

WED-FRI, JULY 1-3

9AM-3PM

\$275

LETGOYOURMIND

RECREATIONAL SPORT CAMPS

SUMMER PE CAMP



Join our stellar PE teachers from Summit and ADL for this half day camp featuring a variety of favorite PE class games all kids love to play including medic, kick the can, sharks and minnows, capture the flag, tag games and more! Please have campers wear sneakers and bring a water bottle and small snack each day to camp. Campers signed up for Culinary Adventures: Line Cooks will also receive a 20% discount on both programs (must call EJRP to register for the discount).

GRADES 4-6 / EHS ICE RINK & ATHLETIC FIELDS
MON-FRI, JUNE 24-28
1:30-4PM
\$175
ROSALIND HUTTON & KEVIN BARBER

TENNIS CAMP



This is the perfect opportunity for your child to learn a lifelong sport in a fun and recreational way. This active program will give your child the opportunity to learn the fundamental skills of tennis. Players will be taught the rules of the game and will work on their forehand, backhand, and much more!

ESSEX HIGH SCHOOL
MON-FRI
ENTERING GRADES 4-6:
SESSION 1: JUNE 24-28 / 9AM-12PM
SESSION 2: JULY 29-AUGUST 2 / 9AM-12PM
ENTERING GRADES 1-3:
SESSION 1: JULY 15-19 / 1-4PM
SESSION 2: AUGUST 5-9 / 9AM-12PM
\$145
USTA

GIRL SPIRIT YOGA & MOVEMENT CAMP



Do you enjoy movement, music, creating, and relaxing? Campers will engage in fun craft making, practice basic tumbling skills, and learn yoga sequences combined with songs and cooperation! This camp promotes self-confidence and positive self-image where every girl is a winner. Girls experience the joy and freedom of being in their body and celebrating their individuality and uniqueness! Campers will enjoy a variety of crafts if choosing to register for multiple sessions. Please pack a hearty lunch and water bottle daily.

ENTERING GRADES 1-8 / HIAWATHA
MON-FRI, JUNE 24-28 OR JULY 8-12
12-3PM
\$165
SYLVIA KABUSK, CERTIFIED YOGA INSTRUCTOR

KIDS CREATIVE YOGA CAMP



Swim like a dolphin! Dance like a snowflake! This camp is a joyful approach to teaching children about themselves, each other, and the universe in which they live. This fun and engaging camp weaves together yoga, expressive movement, cooperation activities, songs, crafts, and stories helping to promote children's self-confidence, expression, and mutual self-respect. Please bring plenty of snacks/lunch and a water bottle daily. Campers must be fully potty trained and be able to follow simple 3-part directions.

4-5 YEARS / HIAWATHA
MON-FRI, JUNE 24-28 OR JULY 8-12
8-11AM
\$115
SYLVIA KABUSK, CERTIFIED YOGA INSTRUCTOR

MOUNTAIN BIKE CAMP



Our 5-day MTB camps offer riding fundamentals and skills progression for riders entering grades 4-9, whether they're just starting off or looking to take riding to the next level. Camps will be based out of Maple Street Bike Park and the local trails at Saxon Hill, and led by our professional program staff. Bikes and helmets are available to use at no cost!

GRADES 4-9 / MAPLE STREET PARK & SAXON HILL
MON-FRI, JULY 8-12 OR AUGUST 12-16
9AM-12PM
\$175
AARON MASON & KEVIN PERLINE



ARCHERY CAMP



Participants will learn to aim, shoot, and score as they develop the self-discipline and confidence needed to become top-notch archers. Safety, basic skills and fundamentals will be taught through individual instruction, shooting and team building drills.

ENTERING GRADES 3-7 / MAPLE STREET PARK
MON-FRI, JULY 22-26 OR JULY 29-AUGUST 2
1-2PM OR 2:30-3:30PM
\$95
PELKEY'S ARCHERY

TEAM SPORTS CAMPS



STRIKERS BASEBALL CAMP

 Join Dan French and his Strike Zone Baseball Academy staff for this fun and exciting baseball camp. Emphasis will be on having fun with quality instruction in fundamentals. Skills will be taught by high quality instructors and practiced through fun drills and competitive games.

ENTERING GRADES 2-6 / MAPLE STREET PARK
MON-FRI, JUNE 17-21 OR AUGUST 12-16 / 9:30AM-12PM
\$185
STRIKE ZONE STAFF

SWISH BASKETBALL SUMMER CAMP

 This week-long, full-day camp will feature multiple basketball sessions per week with daily access to the Maple Street Pool (weather dependent) as well! Beginner to skilled boy and girl players will work together to develop skills and further their proper shooting mechanics. The week will conclude with skills competitions and games for parents to watch!

GRADES 4-8 / ESSEX HIGH GYM
MON-FRI, JULY 15-19 / 9AM-3PM
\$260
CHRIS MCCURLEY, SWISH BASKETBALL

ESSEX JUNCTION YOUTH BASEBALL CAMP

 Luke Goyette and Zac Poland are bringing a week of baseball camp to Maple Street Park! Zac is an Essex native and a South Burlington High School Baseball Coach/Guidance Counselor, and Luke is the South Burlington High School Varsity Baseball Coach. They will be assisted by Essex High School baseball players to provide campers with opportunities to work on hitting, fielding, throwing, and pitching through various drills and games of baseball. A portion of the proceeds will benefit the Essex Junction Little League.

AGES 7-12 / MAPLE STREET PARK
MON-FRI, JULY 15-19 / 9AM-12PM
\$120
COACHES GOYETTE & POLAND

YOUNG HORNETS VOLLEYBALL CAMPS

 Join us for a fun and exciting week of volleyball camp. Campers will get exposure to all aspects of the game focusing on the fundamentals and skill that are needed for competition. It's the perfect camp for kids to experience this fantastic sport in an atmosphere that is positive, energetic, and fun!

ESSEX HIGH SCHOOL
BEGINNER: NO PRIOR VOLLEYBALL EXPERIENCE
ENTERING GRADES 5-9
MON-FRI, JULY 22-26 OR JULY 29-AUGUST 2 / 9-11:30AM / \$95

ADVANCED BEGINNER: MIDDLE SCHOOL OR JVB EXPERIENCE
ENTERING GRADES 5-9
MON-FRI, JULY 22-26 OR JULY 29-AUGUST 2 / 9-11:30AM / \$95

ELITE: JVA OR VARSITY EXPERIENCE OR COACH RECOMMENDATION
ENTERING GRADES 9-12
MON-FRI, JULY 29-AUGUST 2
GIRLS: 9AM-12PM / BOYS: 4:30-7:30PM / \$150
JEN LIGOURI, EHS VARSITY HEAD COACH

YOUNG HORNETS TRACK & FIELD CAMP

 Join EMS Coach Andrew Kasprisin and members of the EHS Track and Field team for this week-long immersion into all the amazing events that Track and Field has to offer! Each day campers will learn and practice the fundamentals of sprinting, jumping, and throwing!

GRADES 1-8 / ESSEX HIGH SCHOOL TRACK
MON-FRI, AUGUST 5-9
8AM-11AM
\$125
ANDREW KASPRISIN, EMS COACH

SOCCER SPARKS CAMP

 It's play time! The Soccer Sparks camp is based on our 'all ball approach' of learning and mastering the fundamentals and more advanced skills in the game of soccer. Includes games which are fun to play but also physically and technically challenging. It reinforces the idea that youth sports are a 'developmental zone' with lessons and skills lasting a lifetime. Each day finishes with a scrimmage where children can enjoy the game and play with the newly learned skills. The camp is instructed by Coach Dragomir and the great Soccer Sparks coaches. Each participant will receive a Soccer Sparks t-shirt and a soccer ball.

AGES 7-12 / MAPLE STREET PARK
MON-FRI, AUGUST 19-23
9AM-12PM
\$145
DRAGOMIR PARVANOV



MAPLE STREET ART SPACE CAMPS



Join Tiny Logan, long-time ADL Art Teacher extraordinaire, for a full summer lineup of art camps hosted at the brand new Maple Street Art Space, located at 11 Maple Street Suite 6, Essex Junction, VT 05452

FUN WITH FIBER CAMP



Spend a week making sock animals, stuffies, needle felted creatures, yarn paintings, weaving, string art and more! This camp will introduce the wonders of creating cool things out of fiber. Campers will be provided with a daily snack, a canvas tote to decorate and their own needle felting kit. No experience necessary, only imagination and enthusiasm! Note: Full day option for serious fiber enthusiasts! Please bring a water bottle and bag lunch if you are staying all day.

ENTERING GRADES 5-8 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-FRI, JUNE 24-28

MORNING SESSION: 9AM-12PM / \$200

AFTERNOON SESSION: 1PM-4PM / \$200

ALL DAY OPTION: 9AM-4PM / \$300

ARTISTS BOOKS



Spend three days in this mini camp exploring the amazing art of making and altering books! If you love books and art then this is the camp for you! This will be a crash camp focusing on making personal artist books in different forms and turning old discarded books into works of art! By the end of our three 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! Note: Full day option for serious book making enthusiasts! Please bring a water bottle and bag lunch if you are staying all day.

GRADES 5-8 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-WED, JULY 1-3

MORNING SESSION: 9AM-12PM / \$120

AFTERNOON SESSION: 1PM-4PM / \$120

ALL DAY OPTION: 9AM-4PM / \$180

TINA LOGAN



MAGICAL CREATURE CAMP



Let your imagination run wild as we learn about mythical creatures like dragons, unicorns, and griffins. Design and create your own magical creature inspired by the ones that we learn about with wire, paper mâché, fiber and more. Campers will be provided with a daily snack, a sketchbook, and canvas bag to personalize. No experience necessary, only imagination and enthusiasm!

ENTERING GRADES 1-5 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-FRI, JULY 8-12
MORNING SESSION: 9AM-12PM / \$200
AFTERNOON SESSION: 1PM-4PM / \$200



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. Note: Full day option for serious art enthusiasts! Please bring a water bottle and bag lunch if you are staying all day.

ENTERING GRADES 5-8 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-FRI, JULY 22-26
MORNING SESSION: 9AM-12PM / \$200
AFTERNOON SESSION: 1PM-4PM / \$200
ALL DAY OPTION: 9AM-4PM / \$300

GLOBAL EXPLORERS ART CAMP



In this camp we will learn about different cultures and countries around the world through art making. We will create works of art in both two and three dimensions, inspired from Mexico, Japan, Australia and South Africa! Campers will be provided with a daily snack, a sketchbook and canvas bag to decorate. No experience necessary, only imagination and enthusiasm!

ENTERING GRADES 1-5 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-FRIDAY, AUG. 5-9
MORNING SESSION: 9AM-12PM / \$200
AFTERNOON SESSION: 1PM-4PM / \$200

SCULPTURE CAMP



Spend a week learning about the endless possibilities of creating with paper mâché, cardboard construction, wire and more! Learn about armature building and various artists while honing in on your own sculpture technique. Create one large masterpiece or a series of small ones. If you like to build, use your imagination and get your hands a little messy then this is the camp for you! Campers will be provided with a daily snack, a sketchbook and personal wire kit. No experience necessary, only imagination and enthusiasm! Note: Full day option for serious sculpture enthusiasts! Please bring a water bottle and bag lunch if you are staying all day.

ENTERING GRADES 5-8 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-FRI, AUG. 12-16
MORNING SESSION: 9AM-12PM / \$200
AFTERNOON SESSION: 1PM-4PM / \$200
ALL DAY OPTION: 9AM-4PM / \$300
TINA LOGAN

ARTISTIC INSPIRATION CAMP



This camp is designed to encourage kids to tap into their creativity and try their hand at various art forms through a studio choice themed learning environment. Young artists will learn about different contemporary artists while they create their own art informed by personal interests. Young artists will have the opportunity to explore a variety of different media. Campers will be provided with a daily snack, a sketchbook and canvas bag to decorate. No experience necessary, only imagination and enthusiasm!

ENTERING GRADES 1-5 / MAPLE STREET ART SPACE / 11 MAPLE STREET
MON-FRI, AUG. 19-23
MORNING SESSION: 9AM-12PM / \$200
AFTERNOON SESSION: 1PM-4PM / \$200



PARISI SPEED SCHOOL PROGRAMS

If you want to train with the best sports performance program in the nation, the Parisi Speed School is the place to be. Find out why Parisi has been the industry leader in sports performance training for 30+ years, helping more than 1 million athletes of all ages and abilities become faster, stronger and mentally tougher. From 7-year-old athletes to the Pros, the Parisi program improves athletic performance and increases confidence.

Mention you were referred by EJRP and get your first class (after evaluation) FREE!



EVALUATION

Until an athlete knows his or her current level of ability, it is impossible to realistically recommend programming, create goals and monitor progress. The Parisi Evaluation is mandatory for every athlete who enters the Parisi program. During the evaluation, athletes are taught the Parisi signature Active Dynamic WarmUp, carefully examined during the running analysis, and tested in a battery of speed and physical strength movements. After the evaluation, every athlete with their parents, meets individually with the Evaluator to review the results and select the appropriate program that fits the athlete's needs.

AGES 7-18 / PARISI SPEED SCHOOL
DATES & TIMES SCHEDULED INDIVIDUALLY
\$75
CONTACT ANTONIO@TRUEWARRIORTRAINING.COM TO REGISTER

JUMP START

The Parisi Jump Start Program is taught by certified Parisi Performance Coaches and utilizes the most up-to-date research to build a young athlete's physical foundation, improve their coordination and self-esteem. Our signature speed and strength training methods are serious, but all within a fun and friendly environment to ensure the young athlete is engaged and motivated to give 110%. Jump Start is a must for any young person who wants to develop foundational athletic skills that will help them rise above their competition.

AGES 7-9: MON, 5:30-6:30PM & FRI, 5-6PM
AGES 10-13: TUE, 7:30-8:30PM & WED, 5-6PM
CONTACT ANTONIO@TRUEWARRIORTRAINING.COM TO REGISTER



TOTAL SPORTS PERFORMANCE

The Parisi Total Performance Program utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements in athletic performance. At this level, programming is broken down into an individual focus per session; linear speed, acceleration and deceleration, multi directional speed and strength. This 3 program builds on an athlete's physical foundation and refines their skills in order for them to maximize their strength, aerobic and/or sport specific training. Athlete's will also learn the skills and conditioning necessary to help prevent injuries through various warm-ups, exercises and techniques.

AGES 13-18
MON 7:30-8:30PM & WED 6-7PM
CONTACT ANTONIO@TRUEWARRIORTRAINING.COM TO REGISTER



PRESCHOOL AGE & FAMILY PROGRAMS

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.

- A: LEVEL 3: 3-5 YEARS / TUE, 9-10:00AM
- B: LEVEL 2: 2-3 YEARS / TUE, 10:30-11:15AM
- C: LEVEL 1: 1-2 YEARS / TUE, 11:45-12:30PM

- D: LEVEL: 1-2 YEARS / WED, 9-9:45AM
- E: LEVEL 2: 2-3 YEARS / WED, 10:15-11:00AM
- F: FOUNDATIONS: 0-12 MONTHS / WED, 11:30-12:15PM

SESSION 6: WEEKS OF MARCH 4-25 (NO CLASSES ON MARCH 5, MAKE UP ON MARCH 11)

SESSION 7: WEEKS OF APRIL 1-29 (NO CLASSES WEEK OF APRIL 22)

SESSION 8: WEEKS OF MAY 6-27

ASPIRE STUDIO, 75 MAPLE STREET
\$55 PER SESSION
RACHEL SMITH

BABY'S FIRST MESSAGE



Join GROW Prenatal and Family Center for Baby's First Massage®. Emily, a certified instructor, guides you through a massage sequence for newborns and beyond to be incorporated into your daily routine. The goal of Baby's First Massage, a research-based program, is to help make the experience as a new parent more peaceful, enjoyable, and fulfilling.

AGES NEWBORN-SIX MONTHS / ASPIRE BUILDING, MAPLE STREET PARK
MON, APRIL 15
10:30-11:30AM
\$30 PER CAREGIVER AND BABY
EMILY FUJIOKA, GROW PRENATAL & FAMILY CENTER

PRESCHOOL PLAYGROUP



Come connect with other caregivers & children for lots of free play and fun! We ask that you bring a drink and indoor shoes. There will be books crafts and lots of space to move and run!

AGES 0-5 / 75 MAPLE STREET
TUE/THU, SEPTEMBER 5-JUNE 13 / FOLLOWS EWSD SCHOOL CALENDAR
(NO SCHOOL, NO PLAYGROUP)
9:30-11AM
LAURA RASCO

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, homework support, and time to unwind at the end of the school day. A nutritious snack is provided each day as well.

K-5 STUDENTS ATTENDING & EWSD SCHOOL
MON-FRI, EWSD SCHOOL YEAR CALENDAR
SCHOOL DISMISSAL UNTIL 6PM
ONLINE REGISTRATION FOR NEW FAMILIES BEGINS WED, MAY 1 / 9AM

Days/Week	Daily Rate	Fees
2	\$24	Registration: \$50/child
3	\$22	Early Dismissal: \$4/day
4	\$20	Sibling Discount: \$2/day
5	\$18	

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.

NEW FAMILIES: \$50 REGISTRATION FEE
RETURNING FAMILIES: \$35 REGISTRATION FEE
TO INQUIRE ABOUT AVAILABLE PRESCHOOL SPACE, EMAIL CHRISTINA MCLAUGHLIN, PRESCHOOL DIRECTOR: CMCLAUGHLIN@EJRP.ORG

Age/Class	Resident	Non-Res.	Hours
Ages 2-3 Adventurer	\$364 per week	\$389 per week	8am-4pm
Ages 3-4* Explorer	\$314 per week	\$336 per week	7:30am-5pm
Ages 4-5* Discoverer	\$314 per week	\$336 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, 2024 qualify for the Act 166 benefit of \$3884 for the school year.*

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

MAPLE STREET POOL

75 Maple Street
 For general pool and rental information, please call 802-878-1375.
 To reach the pool directly, call 802-872-3370.



Opening Day Saturday, June 22
 Closing Day Friday, August 23
 Mon-Fri Public Swim 12:30-8pm
 Sat-Sun Public Swim 11am-8pm (After August 5, the pool closes at 7pm)

**PURCHASE/RENEW
 SEASON PASSES ONLINE**

EARLY BIRD DISCOUNT!
**Receive 10% off any season pass
 if purchased by April 30.**

*Pools may close early due to inclement weather or other factors.
 Please call or check our website/social media pages for up-to-date information.*

FEES	City	Non-City
Daily Entry Youth: under 18	\$3*	\$6
Daily Entry Adult: 18+	\$5*	\$8
Family Season Pass: 2 adults & children under 19, residing at same address	\$90	\$155
Two-Person Season Pass: 2 individuals residing at same address	\$70	\$120
Individual Youth Season Pass	\$35	\$65
Individual Adult Season Pass	\$45	\$80

* Daily discounted fees require proof of City residency upon entry (student ID, license, other written evidence)

SWIM GROUPS

AGE	Parent & Child	6 months-5 years (with caregiver)
	Pre-K	3-5 years (not entered kindergarten)
	Youth	5-18 years (completed kindergarten)

GROUP	WHERE THEY ARE AT	WHAT THEY WILL WORK TOWARDS
Shrimps	New, or fairly new, to the water.	Swimmer and a caregiver will learn to feel comfortable, safe, and confident in the water.
Stripers	New, or fairly new, to the water, and ready for a lesson without parent.	Comfort in water by putting different parts of body in (face, hair, ears). Some use of floatation devices.
Level 1	Can move independently when using a floatation device.	Learn to submerge mouth, nose and eyes, front and back float, swimming on front and back.
Level 2	Is comfortable submerging. Ability to float or travel short distances unaided.	Enters water by stepping or jumping, open eyes underwater, front/back glide, swimming distance on front/back/side.
Level 3	Can swim 15+ yards without stopping; is comfortable submerging face and resurfacing while swimming.	Jump into deep water, dive from side of pool, retrieve submerged object, survival float treading water for 30 seconds, swim various strokes 15+ yards.
Level 4	Is familiar with various strokes and can swim 25+ without stopping.	Improve strokes, increase endurance, feet-first surface dive, 1 minute survival float/treading/back float, throwing assists.
Level 5	Can swim 50+ yards and is comfortable with all strokes.	Refine strokes, become more efficient, shallow dive, tuck and pike surface dives, 2 minute survival floating/treading/back float, flip turns on front and back.
Level 6	Will learn to swim with ease and efficiency, and gain ability to swim smoothly over greater distances with power and endurance.	500 yards continuous swim using 100 yards each of front/back crawl, breaststroke, elementary backstroke, sidestroke & butterfly, 5 minute survival float/treading/back float, feet first surface dive and retrieve an object from 12 feet.

EJRP SWIM LESSONS

When registering for lessons:

1. Select age group (e.g. Pre-K)
2. Select skill group (e.g. Level 2)
3. Select session dates (e.g. Session A: June 24-28)
4. Select lesson time (e.g. 10:25-10:55am)
5. Example code would be 320502A1

FEES	1 week	2 weeks (evening/Saturday)
City Resident	\$45	\$70
Non-City Resident	\$55	\$80

Morning Schedule	MONDAY-FRIDAY	10:25-10:55am	11:05-11:35am	11:45am-12:15pm
One Week Sessions 5 lessons A: June 24-28 C: July 22-26 E: August 12-16 Two Week Sessions 10 lessons B: July 8-19 D: July 29-August 9 * Session A & C only ** Session B & D only	Parent & Child: Shrimps*			310500_3
	Pre-K: Stripers	320500_1	320500_2	320500_3
	Pre-K: Level 1	320501_1	320501_2	320501_3
	Pre-K: Level 2	320502_1	320502_2	
	Pre-K: Level 3**			320503_3
	Youth: Level 1	360500_1	360500_2	360500_3
	Youth: Level 2	360501_1	360501_2	360501_3
	Youth: Level 3	360502_1	360502_2	360502_3
	Youth: Level 4			360503_3
	Youth: Level 5		360504_2	
Youth: Level 6	360505_1			

Evening Schedule	MONDAY-THURSDAY	5-5:30pm	5:30-6pm	6-6:30pm
Two Week Sessions 8 lessons F: July 8-18 G: July 22-August 1	Youth: Level 1	360500_1		
	Youth: Level 2		360501_2	
	Youth: Level 3			360502_3

Saturday Schedule	SATURDAYS	9:15-9:45am	9:50-10:20am	10:25-10:55am
Eight Week Sessions 8 lessons J: June 29-August 17	Parent & Child: Shrimps			310500_J3
	Pre-K: Stripers	320500_J1	320500_J2	320500_J3
	Pre-K: Level 1	320501_J1	320501_J2	320501_J3
	Pre-K: Level 2	320502_J1	320502_J2	
	Youth: Level 1	360500_J1		
	Youth: Level 2		360501_J2	
	Youth: Level 3			360502_J3



75 Maple Street, Essex Junction, VT 05452
802-878-1375

ejrp.org

8am-4pm / Monday-Friday

PRST STD
U.S. Postage
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Burlington VT
05401
Permit No. 675

**ECRWSS / EDDM
CARRIER ROUTE PRESORT
RESIDENTIAL CUSTOMER**

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 twice weekly, individually scheduled, behind-the-wheel lessons consisting of 30 minutes of instruction and 30 minutes of observation.

AGES 15-18 / 75 MAPLE STREET

SESSION I: MAY 28-JULY 3

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

SESSION II: JULY 29-AUGUST 29

WEEKDAYS: 6:30-8:30PM

EXACT DATES SESSIONS MEET ARE ON OUR WEBSITE

SESSION: \$850

CORD HULL, EPIC DRIVING LLC

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 us at 2 Lincoln Street if you're interested in participating! After May 1st we will have a new location TBA during the renovations of 2 Lincoln Street.

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, staffing, activities, and important announcements.

**EJRP Summer Camps & Maple Street Pool are hiring.
For more information visit: EJRP.ORG**