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St. Albans Summer Carnival

SATURDAY, JULY 16

Rain date Sunday July 17

Starting at Noon at the St. Albans City Pool

New this Year! Summer Carnival Duct Tape Regatta!

Did you like our Down Hill Duct Tape Derby this winter? Well, we've taken it summertime! Fashion a vessel of any type out of cardboard and duct tape and bring it to summer carnival to test your sailing skills at the St. Albans City Pool. Work on your own, or pair up with a pal. 2 person limit per team. Remember - duct tape and cardboard only - no water based paints (the pool).

Decorations and Costumes count! Prizes for: Most Creative, Fastest, Judges Favorite

Register online at www.stalbansrec.com

\$10 per entry



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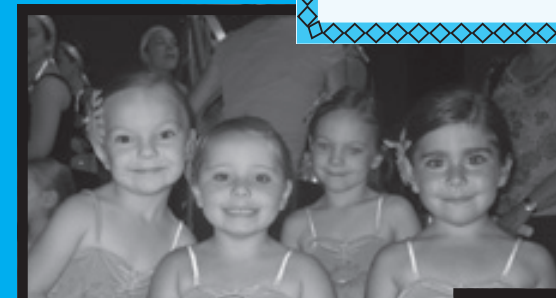
96 Federal Street, St. Albans Open Monday-Saturday 802-524-2400

St. Albans Recreation Department

Program Guide

Summer 2011

Online Registration
Now
Available
at
www.stalbansrec.com



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Vermont Boater Safety Program

Ages 12-99

Vermont state law: All persons born after January 1, 1974 (that are 12 years of age or older) must complete an approved boating safety education course successfully to operate any motorized vessel on the waters of Vermont. Persons born after January 1, 1974 are also encouraged to attend and participate. Summer is coming! (Believe it or not) Be ready to ride the waves. Successful completion of course results in certification to operate a motorized boat on Vermont's Waters. Four 2 hour sessions. Must attend all sessions to successfully complete program.

Date: Tue, Thu, Fri May 31 - June 7, 2011

Time: 6:00 PM - 8:00 PM

Location: St. Albans City Hall

Fee: \$15.00 R, \$18.00 NR

Instructor: Jere Johnson

Summer Bowling Club

Under 18

Membership entitles participants to one FREE string of bowling daily. Additional games are \$1 and shoe rental is free. One adult per card can bowl for \$1 per game, and shoe rental is an additional \$1. Go directly to St. Albans Bowling Center to register. Starts first day of summer vacation thru Aug 31, 2011.

The 2nd Annual St. Albans City Pool Calcutta and Lifeguard Auction!

Join the pool staff and friends for a fun evening of fund-raising for the St. Albans City Pool and the St. Albans Recreation Department. It's great food, fun people and lots of laughs. Thanks to our terrific staff who volunteer for this rough treatment, and to our fabulous auctioneer who provides it! Lots of other fun prizes throughout!

Grand Prize: \$3,000

Date: Friday, June 17th

Time: Cocktails @ 6pm

Dinner Catered by Bob Santini @ 7pm

Calcutta & Auction to follow

Location: St. Albans American Legion

Fee: Each ticket is good for 2 people and dinner \$125 per ticket

Auctioneer: Kevin Smith

On the block: Services (swim related or other) from our fabulous pool staff!

Great Escape Tickets

Everyone

The St. Albans Recreation Department sells discounted tickets to the Great Escape, Six Flags of New England and Bromley Adventure Park. See Sue Trahan in the City Clerk's office in St. Albans City Hall 100 North Main St. St. Albans. They are available Monday thru Friday from 8am-4pm. The tickets are good all summer and are for adults or children-general admission.

Great Escape \$27

Six Flags of New England \$30

Bromley Adventure Park \$24

CPR Classes - American Red Cross

Ages 15+

Become American Red Cross Certified in the following categories:

<u>Class</u>	<u>Class Length</u>	<u>Fee</u>
CPR for the Lay-Responder (Recertification)	2 hours	\$40 R \$48 NR
Child/Infant CPR	4 hours	\$40 R \$48 NR
Adult/Child/Infant CPR and First Aid	8 hours	\$90 R \$108 NR
CPR for the Professional Rescuer	8 hours	\$110 R \$118 NR

Classes are ongoing throughout the year. Check the website for dates.

"Premiere Sponsors"

It is with great appreciation that we recognize "Premiere Sponsors" of Saint Albans Recreation. These sponsors have made significant financial contributions to support programming, activities, and events of the St. Albans Recreation Department. We appreciate their commitment to our community.

Dr. Elizabeth Nelson
1 Mapleville Depot
St. Albans, VT 05478

Heald's Funeral Home
87 South Main Street
St. Albans, VT 05478

Mimmo's Restaurant
22 South Main Street
St. Albans, VT 05478

Xtreme Graphix
41 Lower Newton Road
St. Albans, VT 05478

Peoples Trust Company
25 Kingman Street
St. Albans, VT 05478

Clarence Brown, Inc.
96 Federal Street
St. Albans, VT 05478

**St. Albans Recreation Department...Office Location:
St. Albans City Hall, 100 North Main Street, St. Albans, Vermont**

The St. Albans Recreation Commission is dedicated to developing quality recreational programs for all groups in our community. We hope this guide will help you to plan for the upcoming season and we encourage your participation.

REGISTRATION: Registration is required for all programs unless otherwise specified. Any fees necessary must be paid at the time of registration. Upon receipt of the registration form and fee, an individual is immediately enrolled. You will not be notified unless there is a problem concerning your registration. Anyone who will be affected by a change in a course offering will be notified accordingly. No telephone registrations will be accepted. Please remember that all programs are offered on a "first-come, first-served" basis, with St. Albans City and Town residents given preference. Please note that if the deadline has passed on any program, you are encouraged to call the Recreation Department at 524-1500 x266 to check on openings.

REFUNDS: There will be no refunds of the registration fee unless a class is canceled. Refund checks will be mailed within one to four weeks after the cancellation of a course.

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

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

THANKS TO VOLUNTEERS! The Recreation Department is grateful to the volunteers who share their skills with others. The scope of the recreational program will increase with the help of volunteers who can be a part of the program by helping others. For more information on how you can help, please call the Office at 524-1500 x266.

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

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

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

We would like to thank the entire community for supporting our efforts and contributing toward the development of leisure-time activities. The Recreation Commission is always open to suggestions and we value your comments on our programs.

**Visit our web site at www.stalbansrec.com
Please send all comments and questions to k.viens@stalbanstv.com.**

FINANCIAL AID

Financial Aid is available for children under the age of 21 residing in Franklin County Vermont through the Warner Home for Little Wanderers Endowment Committee. Applications may be obtained at your local school, the St. Albans Recreation Dept., and online at www.stalbansrec.com

GIFT CERTIFICATES

St. Albans Recreation Department Gift Certificates are a great gift for everyone on your list. They can be applied towards any Recreation Program and are available in any amount. It's a thoughtful gift that creates an experience.

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Featuring Daily Specials.**

Hometown

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Bring your bottles
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we'll handle the mess
for you!

Store Hours Mon-Sat 6am-10pm Sun 8am-10pm

Dog Classes

Basic and Intermediate with Deb Helfrich

Deb Helfrich, Director of Training and Certification,
Therapy Dogs of Vermont
E-mail: deb@therapydogs.org

Deb has been the Director of Training and Certification for Therapy Dogs of Vermont (TDV) since 2005 and has been a therapy dog handler since 1996. Even though therapy dog work is her passion, she enjoys working with all dogs and their handlers to help them reach their training goals, solve their challenges, and build a healthy dog-handler relationship. She is very student-focused and adept at explaining concepts, helping students reach success, and creating course experiences and materials that are meaningful and effective. She also strives to make training FUN! She's happy to answer any questions about classes—so drop her an e-mail if you have any!

New! - Dog/Intermediate Part 2

This new class is offered to graduates of Part 1 only.

The class will revisit the basics (briefly) and then move on to more advanced levels of those basics, incorporating distractions and difficulty. New commands will be added as well. Participants will have the opportunity to indicate what they'd like to learn.

Date: June 26 - July 31, 2011

Time: Sundays 5:30 - 6:30 pm

Location: St. Albans City Hall Gymnasium

Fee: \$125 Resident , \$135 Non-Resident

Instructor: Deb Helfrich of Therapy Dogs

Deb's Dog Club

Deb's Dog Club is a 4-week Group Dog-Training Practice. This hour-long training practice session presents a variety of group exercises that will allow participants to keep their dog handling skills sharp, and each dog's training well-tuned. The exercises will be structured to help each dog and handler team advance their skills by working in a group and with various levels of difficulty and distraction. Deb will offer light instruction and coaching. But the best part is that it we'll have lots of FUN working our dogs! PARTICIPANTS MUST BE GRADUATES OF DEB'S INTERMEDIATE OBEDIENCE (or approved by Deb in advance). Dogs must also be tolerant of other dogs due to the nature of the group exercises.

Date: June 19 - July 10 and July 17 - August 7

Time: 6:30 - 7:30pm

Location: St. Albans City Hall Gymnasium

Fee: \$51.00 R, \$62.00 NR

Instructor: Deb Helfrich of Therapy Dogs

Start Smart Soccer

Children must be age 4 by Aug 1

Start Smart Soccer is a program to introduce the game of soccer, the skills required to play and a BASIC understanding of the game. Parents work together with their children to develop skills and understanding. Participants meet new friends, learn sportsmanship, and experience a team concept....any maybe learn a little bit about soccer. Each participant receives a team T-Shirt

Registration Deadline: August 13

Dates: Tuesdays Sept 6 through Oct 11

Time: 6-6:45pm

Location: St. Albans City School Fields

Fee: \$48 R, \$58 NR by August 13, after Aug 13 on a space available basis \$58 R, \$68 NR

Kindergarten Soccer

For all children in Kindergarten

Kindergarten soccer is designed to introduce the games basics and skills while offer lots of soccer fun. All teams are coed and play on Mondays and Wednesdays. A great way for your little one to meet new friends and learn to play on a team. Each participant receives a team T-Shirt.

Registration Deadline: August 13

Date: Mondays & Wednesdays starting Wednesday Sept 7 from 6-6:45pm

Location: St. Albans City School Fields

Fee: \$50 R, \$60 NR by August 13, after Aug 13 on a space available basis \$60 R, \$66 NR

Fall Youth Soccer League

For children grades 1-4

A fun, instructional soccer league for boys and girls. Teams practice 2 times per week with a chance to put their practice to work in a friendly game setting at Hard'ack Recreational Area on Saturday mornings. Practices start the week of August 22nd with the first games on Saturday Sept 3. Coaches are parent volunteers. Those interested in volunteering should apply with the recreation office. Each player receives a team t-shirt.

Registration Deadline: August 5

Practices: start week of August 22

Games: Saturdays starting Sept 3- October 15

Fee: \$58 R, \$69 NR by August 5, after August 5 on a space available basis \$68 R, \$79 NR.

British Soccer Camp

For kids ages 4-13 years old

Register now for Challenger Sports' British Soccer Camp and join over 150,000 players who will learn the Challenger Way this year. This summer's camps will feature the new 1,00 touches curriculum, packed with new drills and practices designed to improve individual ball control, foot skills, fakes and moves!

Date: August 1 - 5 @ St. Albans City School Fields

Fee: Mini Soccer for ages 4-5 yrs. 5-6:30 pm \$80

Half Day for ages 6-13 yrs. 9am-Noon \$115

Full Day for ages 7-13 yrs. 9am-3pm \$170.

Go to www.challengersports.com to register. Or log onto stalbansrec.com and click on the icon for Challenger Soccer on our homepage.

Rotary Kids Night Out!

Ages 5-14

A great time for the kids- A night out for you! An evening of fun - Games, Movie, Snack, lots of running around - all supervised by St. Albans Recreation Staff.

Due to the continuing generosity of the St. Albans Rotary Club, the St. Albans Recreation Department was able to purchase a DVD projector to show movies on the "big screen". All movie choices will be PG.

Some free time for you- catch a movie, meet friends, have dinner and take a walk around downtown and Taylor Park - or just go home and enjoy the peace and quiet of your own home! **This makes a great gift!** Dates throughout the year. Check website for registration. • Each child must be registered in advance.

Drop Off Time: 6:30 pm

Pick Up Time: 9:00 pm

Location: St. Albans City Hall Gymnasium

Fee: \$8 Resident , \$10 Non-Resident

St. Albans Recreation Summer Carnival

Fun For the Whole Family

Fun for everyone! Music, Dunking Tank, Kickball, BBQ, swim, diving & cannonball contests, facepainting, Movie night, field games, Camp out night and tons more! A detailed schedule will appear on our website and at the pool.

Date: Saturday, July 16 ...Raindate - Sunday July 17

Location: St. Albans City Pool 99 Aldis St.

Fee: \$7 Adults, Residents, \$9 Non-Residents

\$6 child Resident, \$8 Non-Resident

Camp out at the Pool!

Ages 6-12

Kick off and end the summer with us! 2 DATES! Kids can camp out at the pool! How Cool! You drop them off at the pool, we provide the entertainment, games, food and fun and then you pick them up in the morning! If you have a tent, please bring it, or bring a friend who won't mind sharing. Movie shown outdoors, BBQ, roasted marshmallows, swimming, field games, campfire stories, tons of fun and breakfast in the morning! Camp outs are staffed by our Day Camp Counselors and Lifeguards. Come join the fun! **Campers should bring sleeping bag, pillow, toiletries, swim suit, towel, sweat pants and sweatshirt, and any medications needed over that period of time.**

Dates: Saturday July 16 and Saturday August 13

Drop Off: 7:00pm

Pick Up: 9:00am

Fee: \$25 R, \$30 NR

2011 Summer Intensives & DanceCamps

July 11 - August 19

Register Early!

Email info@TheBalletSchoolOnline.com
for information and brochure

Ballet technique
Pointe Variations
Stretch Strengthen
Modern Jazz

SUMMER FACULTY



Maryellen Vickery



Christin Severini



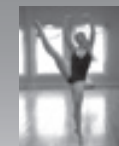
Sarah Tallman



Shannon Lynn Bessette



Chatch Pregar



Erika Kline

Our summer faculty members have danced with professional companies including:
American Ballet Theatre, Boston Ballet, Washington Ballet, Houston Ballet, Ballet Nouveau Colorado, Hartford Ballet, Fort Worth Dallas Ballet, and Dallas Metropolitan Ballet



12 Fairfield Hill Road • St. Albans, Vermont 05478
www.TheBalletSchoolOnline.com • info@TheBalletSchoolOnline.com
Voicemail: 802.527.0868



Birthday Parties

Have your birthday party at City Hall Gym or at St. Albans City Pool! Want a big place with lots of room to run around? Our gym is perfect! Want the whole pool to yourself? Reserve a party there! Recreation staff will run games, activities, and supply the equipment. You invite the guests, bring any decorations or food you'd like, and our staff will keep the kids occupied with fun, age appropriate activities including: face painting, twistee animal balloons, basketball, floor games, hula hoops, obstacle courses, floor hockey, soccer, fat bat, dodge ball - almost anything you can think of. And if you book your party at the pool, swimming and water games will be supervised by American Red Cross Certified Lifeguards. Lots of fun in the sun! Have your party any day of the week. Call the office 524-1500 x266 or the Pool 524-6796 to reserve your date. **In the event of thunder or lightning (dangerous weather), pool parties will be rescheduled. No glass beverage containers at the pool. No alcoholic beverages or pets allowed.**

Party In The Gym With A Jumpy House!

You can add fun to your party with a jumpy house! We'll arrange for the delivery, set up, supervision and removal. You just show up and bounce around!

Zumba Party!

Love Zumba? How about an hour of Zumba for your party? We supply the music, certified Zumba Instructor so you and your friends can Zumba your hearts out for an hour. Great for grown ups too! Check the office for availability.

Party At The Pool!

Invite your friends for a pool party! The entire pool, grounds and pool house are reserved for your private use! Fee includes Lifeguards and staff to supervise activities. You can choose some games and/or contests or just have free swim time.

Party At The Pool With The Jumpy House!

The best of both worlds! Have your party at the pool, swim, and have the jumpy house for an hour! How much fun can we pack into a party?

Party in the Gym (1½ hours)	Party in the Gym with Jumpy House! (1½ hours)	Zumba Party in the Gym (1½ hours)	Party at the St. Albans City Pool! (2 hours)	Party at the St. Albans City Pool with Jumpy House! (2 hours)
9:00 AM - 8:00 PM	8:00 AM - 6:00 PM	9:00 AM - 8:00 PM	12:00 AM - 12:00 PM	12:00 AM - 12:00 PM
\$85.00 R, \$102.00 NR	\$170.00 R, \$204.00 NR	\$110.00 R, \$135.00 NR	\$165.00 R, \$198.00 NR	\$250.00 R, \$300.00 NR

The listed activity prices are for parties with 20 or less children. For parties with more than 20 children, there is an additional charge for staff and supplies. Additional fees are as follows:

Additional Partiers - Party Pricing

Number of Partiers	21-39 Kids	40-59 Kids	60-79 Kids	80-100 Kids
Additional Charge	\$25	\$45	\$65	\$85

American Red Cross Lifeguard Training

Everyone Age 15 and Up

Train to become an American Red Cross Lifeguard. Effective lifeguarding requires commitment and a lot of effort, but the benefits you receive are well worth the effort. You will know your actions can save a life, be proud to accept challenges, meet facility standards, develop leadership, public relations, conflict resolution, teamwork skills, gain discipline and decision-making skills that help prepare you for your future. Sound like a lot? It is, and the St. Albans City Pool Staff is proud to have one of the best training models around! Enrollment in course does not guarantee certification or employment. There is no refund to participants who withdraw from or do not satisfactorily complete course. Participant must satisfactorily complete swim, physical and written skills tests to pass course.

Registration: Required

Date: Tuesday June 14 - Saturday June 18

Time: 9am-1pm daily

Location: St. Albans City Pool

Fee: \$250 Residents, \$288 Non-Residents

GuardStart – Lifeguarding Tomorrow

Ages 11-14

GuardStart develops the knowledge, attitude and skills needed to succeed in lifeguard training and enhance effectiveness on the job as a lifeguard. Four 1-week sessions focus on a different aspects of lifeguarding and water safety. Return to this program over several summers reinforces knowledge, skill, strength and confidence in participants making them stronger candidates in the full Lifeguard Training Course. Fee includes materials. Focuses on Fitness swimming throughout the program, some review and new material presented each session.

Registration: Required

Dates: June 20- July 1, July 5 - 15, July 18 - July 29, August 1 - August 12

Time: 10am-11am Monday-Friday

Location: St. Albans City Pool

Fee: \$75 Resident/Session, \$90 Non-Resident/Session

American Red Cross Water Safety Instructor

Training

Everyone Age 16+

WSI training provides candidates with the knowledge to plan and conduct courses within the American Red Cross Swimming and Water Safety Program. Course covers teaching progressions, course and lesson planning, recognizing common skill errors, providing corrective feedback, motor learning and hydrodynamic principles.

Registration: Required

Date: Monday-Friday, July 5 - July 15

Time: 5:00-7:30pm

Location: St. Albans City Pool

Fee: \$250 Residents, \$290 Non-Residents

JAZZERCISE: Offered 4 times a week at City Hall. Monday & Wednesday at 6pm, Saturdays 10am & Sundays at 9am. Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. All moves are shown high & low-impact so that everyone can work at their own comfort level. Start dancing yourself fit and change the shape of your body today! For more information visit www.jazzercise.com

Masters Swim Program

Ages 19+

Miss swimming? Always wanted to try competitive swimming and strokes? Watched your kids swim for years and want to give it a try? Here's your opportunity in a fun, supportive environment with like minded adults. Instruction and encouragement included! We are working on arranging a few competitive swims against other local programs. Schedule to be announced. Membership in the Master's Programs entitles members to a FREE Season Pass to Fitness Swim for Saturday and Sunday mornings at 9am. (\$40 value!)

Dates: Mon and Wed Starting June 20 - July 27

Time: 6:00 - 7:00pm

Location: St. Albans City Pool

Fee: \$69.00 R, \$84.00 NR

Nordic Walking - City Pool AM

Ages 14+

Burn more Calories & Increase Muscle Strength While you Walk! Nordic Walking is an effective, low impact activity that can burn up to 46% more calories with less time and effort. By using specially designed poles, individuals simulate a technique similar to cross-country skiing while walking. Incorporating poles while walking increases upper body strength, reduces impact on joints and delivers an amazing cardio workout. Nordic Walking increases your heart rate without increasing your perceived rate of exertion - simply put - you get a better workout without feeling like you are working any harder. Nordic Walking is an activity that you can do anywhere, anytime, of the year! Poles are supplied by the Recreation Department for use during class. Dress in layers for outdoor walks. Wear comfortable, outdoor foot wear for outdoor walks. Swim Team Parents, perfect timing! Nordic Walk while your kids are swimming!

Registration: Required, supplies of poles are limited.

Dates: Mon and Wed Starting June 20 - August 10

Time: 8:00 - 9:00am

Location: Walks will take place in the field area around St. Albans City Pool and loops around nearby streets.

Fee: \$60.00 R, \$72.00 NR

Intro to Nordic Walking

Ages 12 +

See Description above.

Dates: Mon and Wed Starting June 6 - June 27

Time: 9:00 - 10:00am

Location: First Meeting at Collins Perley Sports Center Lobby, the next classes will meet at the Rail Trail.

Fee: \$40.00 R, \$48.00

Instructor: Tracy Ferland

Fitness Swim for Adults

Ages 16+

Want a little pool time? Adults only? This is a great opportunity to work out- swim some laps first thing in the morning on the weekend. Participants in the Masters Swim Program receive a season pass to Fitness Swim with their membership fee. Pay one fee for the whole summer or pay each time you swim!

Dates: Sun/Sat June 25 - August 14

Time: 9:00 - 10:00am

Drop in fee: \$6 residents, \$8 non-residents

Fee: \$40.00 R, \$48.00 NR

Location: St. Albans City Pool

Electric Youth Dance Co.

Register Now For **Our Sizzling Summer Dance Camps**

View our Summer Camp Schedule and our Outstanding Dance Educators at www.electricyouthdance.com

Ages 3 to Adults

Mon 5:30pm, Tues 6:00pm, Thurs 6:00pm, Wed, Fri & Sat 9:00am
Zumbatomic Thurs 6:00pm

ZUMBA Air Conditioned Studios

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St. Albans City Pool Schedule

Schedule varies slightly from week to week due to swim meets and special events at the pool. Pool is closed in the event of inclement weather or low attendance. The entire pool and facility is available to rent for private use for your party, family, group, or business. Memberships are available. Purchase of a family membership translates to a cost of about \$2 per day for your entire family to swim all summer! That's a great value! For up to date schedule info, or to reserve a date contact the pool at 524-6796. The typical weekly schedule is as follows:

Mon - Fri	7:00-9:00am	Swim Team Practice
	9:00am-1:00pm	Swim Lessons
	1:00-5:00pm	Public Swim
	5:00-7:00pm	Swim Lessons
	7:00-8:30pm	Public Swim
Sat/Sun	9:00 - 10:00	Masters Swim
	10:00 - Noon	Lesson Make Up
	1:00-5:00pm	Public Swim
	6:00-8:30pm	Public Swim

Special Events

Tue or Thur Evenings	St. Albans Shark Swim Meet
Wednesday Evenings	Kids' Fun Night - games, noodles, contests and fun
Fridays Evenings	Family Movie Night - Join us for a movie shown outdoors at the pool. Bring sweats and blankets for cool evenings!
Summer Carnival	Saturday July 16 with a Rain date of July 17
Kids Camp Out	Overnight tent out Saturday July 16 and Sat August 13

Daily Swim Fees	Kids (Under 18)	Adults	Family (Immediate)
Resident	\$6	\$7	\$25
Non-Resident	\$8	\$9	\$30

****Evening Swim Fee: ½ off above rates**

St. Albans Sharks Swim Team

Swimmers Up To Age 18

The St. Albans Sharks Swim Team is a member of the Champlain Valley Swim League and participates in six league meets, district, and state events. The swim team is a great way to improve swim skills, challenge yourself and meet new friends. **Requirements: Swimmer must be able to swim the length of the pool (45yds.) Families are required to work a minimum of 6 meets home or away, or pay a \$200 opt out volunteer fee.**

Registration: Go to www.stalbansrec.com to register or get more information.

Practices: Mon-Fri, 7:00-8am Swimmers ages 10 and over, 8:00-9am Swimmers 9 and under

Starting date: June 14

Location: St. Albans City Pool

Fee: \$135 Residents Per Participant, \$161 Non-Residents

Coaches: Tom Koldys and Kanoa King

American Red Cross Swim Lessons

Everyone

Water Safety Instructors at the St. Albans City Pool are American Red Cross Certified. The American Red Cross has been the leader in swim instruction and safety for 95 years. The unique multi-level instructional approach teaches you and your child how to swim skillfully and safely; and to think and act safely in, on, and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level. Our experienced aquatic staff will assist you in selecting the proper level for you and/or your child. Lessons for children are offered in 2-week sessions Mon- Fri. Both morning and evening classes are offered. The Earth is 75% water, Can you swim?

Fees: \$66 Residents, \$80 Non-Residents

Swim Lessons Sessions:

Session I June 20-July 1	Session III July 18-July 29
Session II July 5-July 15	Session IV August 1-August 12

Lessons run in 30 and 50 minute intervals.

Parent and Child Aquatics – Level 1 and Level 2 **6 Months – About 3 Years Old**

Each child must be accompanied by an adult. Parents and children learn together through 2 fun-filled Levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

Preschool Aquatics–Level 1, Level 2, and Level 3 **Around 4-5 Years Old**

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

Learn-to-Swim

Around 6 Years - Adult

Six progressive levels help swimmers of varying ages and abilities develop water safety, survival, and swim skills.

Level 1- Introduction to Water Skills	Level 4: Stroke Improvement
Level 2- Fundamental Aquatic Skills	Level 5: Stroke Refinement
Level 3- Stroke Development	Level 6: Swimming and Skill Proficiency

Adult Lessons

Everyone 18+ Any Ability

Can't swim? We'll teach you. Afraid of the water? We'll help you get comfortable. Want to swim better? We can help you with that. You'll have a Good time AND learn to swim. We promise!

Registration: Contact pool staff and we'll set up a schedule that works for you.

Fee: \$66 Residents, \$80 Non-Residents

St. Albans City Pool Memberships

Everyone

Swim all summer long for one low price! Public swim is from 1-5 Mon-Fri, and 7-8:30 –3 evenings per week, and Sat. and Sun 12-5 and 6-8:30pm. Schedule is subject to change due to weather conditions, pool functions, and attendance.

Fees:	Child	Adult	Family	Senior 60+
Resident	\$58	\$80	\$145	\$20
Non-Resident	\$70	\$96	\$172	\$25

Tennis

St. Albans Recreation Department will offer several opportunities to play tennis this summer!

QuickStart

Ages 5-9

QuickStart is a format to help kids ten and under learn and play the game. To make it easier for them, we've changed a few things. The court sizes, the racquet sizes, the balls, the scoring system - even the net height. Any child between the ages of 5-10 can start playing tennis almost immediately - even if he or she has never picked up a racquet before. Kids will have fun playing with their friends and develop skills that will become the foundation of their game. No travel involved. Kids will play games among themselves. Equipment is supplied.

Practice: Mondays and Wednesday June 27 - August 3, 2011

Time: 9:30am - 11:30am

Location: Collins Perley Sports and Fitness Center Tennis Courts

Fee: \$68.00 R, \$82.00 NR

USTA Junior Team Tennis (JTT)

Ages 6-18

Whether you have been playing for years, or have never held a racquet, there's a spot on the team for you. Each team will participate in 6 matches, 3 home and 3 away. Teams are formed in ages groups: 18 & Under, 14 & Under, 12 & Under. Teams in each division will be eligible to compete in the State Tournament on August 13-11 at Davis Park in Shelburne, VT. Winners of the 14 and 18 age groups will represent Vermont at the New England Sectional Championship on August 17-18 - location TBA. All kids participating in JTT MUST be current USTA members. If you prefer to register online you may do so at www.usta.com/membership or by calling 1-800-990-8782. Payment is made directly to USTA and is in addition to the cost of the program. Completed forms and payment may also be handed in to the coach or recreation department. If your child is currently a USTA member, and their membership is active through October 31, 2011 deduct \$19 from the \$40 registration fee (\$21 due to USTA JTT). USTA Membership includes online registration fees, balls for each match, state tournament fee, and a one year USTA junior membership. Players may be asked to "play up" an age group if registration numbers do not meet JTT team requirements. Parents are responsible for transporting players to and from matches. Coaches are not authorized to transport players.

Practice: Mondays and Wednesday May 23 - August 3, 2011

Time: 4PM - 6PM(thru June 22) Starting June 27 practice time moves to 11:30am - 1:30pm

Location: Collins Perley Sports and Fitness Center Tennis Courts

Fee: \$78.00 R, \$94.00 NR (Plus your \$40 USTA fees)

Coaches: Bill Cain, BFA Girls Varsity Coach and Erin Manahan, Former BFA Varsity Team Member

U18 Matches	U14 Matches	U12 Matches
Thursday	Friday	Friday
6pm-8pm	2pm-4pm	Noon-2pm

Collins Perley Sports & Fitness Center And The Houghton Park Tennis Court Renovation - As many of you may already know, the tennis courts at Houghton Park on Elm Street are being repaired and resurfaced. The repairs need to be done after the ground has warmed and the nights are warm as well, so doing the repair earlier was not an option. The repair may have hindered our ability to run a tennis program at all this summer if not for the generosity of the Collins Perley Sports & Fitness Center. They are fitting us into their busy schedule so that we will have both practice and match time until our new courts are up and running. That said, the Complex is a busy place and there may be changes to the listed practice schedules because of previous commitments the Complex has. Please be patient and be sure to thank the staff when you're there. We're really lucky to have this work out so nicely for us.

So, our programming and matches will start out at the Collins Perley Sports and Fitness Center and move to our new courts as soon as they are ready. We'll keep you posted!

Requirements: All participants must wear court approved sneakers. No sandals, street shoes allowed. No Gum allowed at the Collins Perley Sports Center. Participants should bring water bottles.

Cooking Classes

Adults 18 +

Four Acres Culinary Classes- A wonderful series of cooking classes covering a wide range of topics. See the details below. Participants will learn, do, and enjoy the end product of each class. Lunch is provided-yum! Wear comfortable clothes (that can withstand getting dirty), an apron if you choose, and comfortable shoes. Bring a water bottle (beverage), notebook, and pen/pencil. There must be a minimum number of participants to run the class. The cut off date for registration is one week prior to the class. Classes without minimum enrollment by that point will be cancelled. **Class size is limited. Register early to ensure your spot in the class.**

Pizza Deconstruction June 4, 2011

Learn how quick, easy and delicious homemade pizza can be! Create several different doughs from scratch, including basic white, whole wheat, and rustic varieties. Prepare them in a multitude of ways, from bread machines and stand mixers to hand kneaded. We'll cover the basics on rising (proofing in the professional baker speak) and using Chris' signature red and white sauces, we'll turn out some tasty creations. We'll use perforated pans, deep dish pizza pans and free form on baking stones as well as a fantastic version hot off the BBQ grill. Make every Friday night pizza night!

Hey Buddy, Got a light? July 9, 2011

We're talking about smoking meats. This BBQ has nothing to do with charcoal and gas....it's all about the "low and slow" method of smoking meat. Learn about the tools and techniques used to smoke even the toughest cuts of meat into the most tender morsels you've ever sank your teeth into....at a fraction of the price you'd pay for a filet at a restaurant. All it costs you is your time and patience. We'll also dive into some of the different mop sauces you'd see that vary from region to region and let you decide which is right for your taste buds. So mosey on down cuz we're fixin' to make us some down home favorites that would make a true pit master proud!

Time: Saturdays 10:00 am - 6:00 pm

Location: BFA Real Life Kitchens - 2nd Floor

Fee: \$79 Resident, \$94 Non-Resident

Chef Instructor: Christopher Ascoli

Jeff's Summer Deck Series

Adults 21+

Spanish Paella and Sangria on the deck! The fun continues! Join Jamie and Ben on the deck for Delicious Spanish Paella and Sangria! The boys will be showing you how to prepare both of these yummy Spanish delights. Those who attended Jamie and Ben's presentation last summer know how wonderful it was and how quickly it will fill up. Register now!

Time: Wednesday July 20, 2011 6:00 - 8:00 PM

Location: 14 Messenger Street

Fee: \$25 Resident, \$30 Non-Resident

Chef Instructor: Jamie and Ben

Vermont Voltage Soccer Camps

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

Registration: For more info and to Register for Voltage Soccer Camps go to www.vermontvoltage.com

Dates: June 20-24 @ St. Albans City School Fields

July 25-29 @ Hard'ack Recreation Area

August 15-19 @ Collins Perley Sports Center

Time: Mon - Fri 9:00am - Noon

Location: Varies, listed above

Fees: \$110.00

5K, 3K, 1K Runs Tuesday Evenings at Hard'ack Everyone

A fun weekly trail running series in it's 3rd year. Open to all ages and abilities. Each week a 5K open run, a 3K beginner and junior distance (walkers welcome), and a 1K kids run. Season series passes available for individuals and family.

Date: May 31 - August 30, 2011

Start Time: Kids 1K @ 6pm, 5K Open and 3K @ 6:30pm

Location: Hard'ack Recreation Area - Running Trails

Fee: For fees and registration info go to www.stalbansrec.com

Fitness Punch Cards

Adults

St. Albans Recreation Department offers a fitness punch card. The card is good for 10 visits to Liza's Strength Class, Hot Mama Workout, Body Sculpting, Pilates, Circuit Training, Nordic Walking, Public Skating, Men's Pick up Basketball, Women's Pick up Basketball, Yoga, snowshoe rentals and Coming Soon - Hula Hooping Fitness Class! The cost is \$80 - so it works out to \$8.00 per class- less than the drop in rate. It can be used for one program if you aren't able to commit to the entire class or you can use it to bounce around and try out several different classes. You can make your purchase on-line, then call 524-1500 x266 or email the office k.viens@stalbansvt.com to let us know where you'd like it mailed, or if you'd like to pick it up at the office.

Fee: \$80 Residents, \$96 Non-Resident

Pilates Core Strength with Keely

Ages 16 +

This class is centered around developing your core strength. Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain. Bring a mat to class.

Time: Mondays 10:30 - 11:30 am

Location: St. Albans City Hall Gymnasium

Fee: \$35 Residents, \$42 Non-Residents

Instructor: Keely Remillard

Yoga with Keely

Ages 16+

Practicing Yoga allows you to become reacquainted with the natural movements of the body. Physical strength and balance are achieved while building mental clarity. During the sessions, I will guide you through various breathing techniques and poses. Props will be used to modify poses to suit individual needs. All ages and abilities are encouraged to attend! Bring a yoga mat.

Time: Wednesdays 10:30 - 11:30 am

Location: St. Albans City Hall Gymnasium

Fee: \$35 Residents, \$42 Non-Residents

Instructor: Keely Remillard

Liza's Strength Class

Age 16 +

This class is a barbell workout that strengthens your ENTIRE body. This 60-minute program challenges ALL your muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music and your choice of weight(s) will inspire you to get the results you came for - and fast! Try a class if you are looking to burn calories, increase lean muscle mass, gain strength, increase muscular and cardiovascular endurance, increase bone density and improve your posture. Equipment is supplied. If you have a yoga mat, bring it.

Don't want to sign up for the whole class? Buy a punch card that you can use for Liza's Strength Class, Kickboxing, Body Sculpting, Hot Mama's Workout, Yoga, or Pilates!

Registration: Required.

Time: Tue. 5:30 pm, Thur. 4:15 pm, and Sat. 9:45 am

Location: St. Albans City Hall Gym

Fee: \$55/Month Residents and \$66/Month Non-Residents

Trainer: Liza Rooney

Swim Camp

Ages 6-12

Swim Camp is a fun way to kick off summer! Start and finish the day in the pool! We'll work on basic swim skills and water safety, play water games, have cannonball and splash contests. We'll also spend time out of the pool working on water themed art, have lunch, play some field games and a little time on the playground. An all around fun, kind of laid back day. Camp is held at St. Albans City Pool at 99 Aldis Street in St. Albans. Camp is staffed by American Red Cross Lifeguards and swim instructors. Each camper must bring a lunch, snacks, and beverages to keep fueled for the day. Campers should bring swimsuit, towel, and sunscreen as well as warm clothing and sneakers.

Date: June 13 - June 17, 2011

Time: Monday - Friday 8:00am - 5:00pm

Location: St. Albans City Pool

Fee: \$135.00 R, \$160.00 NR

Aqua Jogging

Everyone Age 14 and Up

Refreshing, non-impact aerobic workout. Exercise that's easy on your back and joints - refreshing at the same time. No swimming ability necessary, just a basic level of comfort in the water. Each participant wears a flotation belt to keep in the proper position in the water. Locker rooms available. Class schedule subject to weather conditions.

Registration: Required

Dates: Tue. and Thur. Starting June 21 - August 11

Time: 6:00pm

Location: St. Albans City Pool

Fee: Entire Summer \$75 Residents, \$90 Non-Residents
Or drop in rate of \$8 Residents, \$10 Non-Residents for individual class.

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Please contact Heidi Manahan at (802) 524-5847 or heidi@stormfieldenterprises.com

End O' Summer Camp

Ages 5-14

A fun laid back week at the end of the summer to hang at the pool, make some art, visit some neat places, and have lots of fun before heading back to school! This camp will be based out of the St. Albans City Pool house. We'll spend time swimming, playing field games, watching a movie, and take a field trip. A nice way to round out the summer. Space is limited, this is a smaller group. Register early to save your spot. Each camper must pack a lunch, snack and beverages. There will be a pizza party during the week, so we'll let you know which day you can forgo the lunch! Each camper should pack swim suit, towel, sunscreen, good walking/hiking shoes and be ready for lots of fun!
No Electronics Allowed.

Date: Monday - Friday , August 15 - August 19

Time: 8:00am - 5:00pm

Location: St. Albans City Pool

Fee: \$135.00 R, \$162.00 NR

Multi-Sport Camp

Grades K-6

Multi-Sport Camp is an opportunity to learn, try and play a variety of sports during the week. Basketball, soccer, kickball, dodgeball, lacrosse, tennis, t-ball, water polo, baseball, softball, etc. Learn rules, technique and teamwork in an encouraging and fun atmosphere. Positive attitude and good sportsmanship is a must. Campers will meet at St. Albans City Pool each day and head out to various locations in the community. Camp will run Monday - Friday for each level.

Grades 3 & 4	July 18-22	11:00am - 1:00pm	\$58.00 R \$69.00 NR
Grades 5 & 6	July 25-29	9:00am - 12:00pm	\$60.00 R \$72.00 NR
Grades K-2	July 18-22	9:00am - 10:30am	\$55.00 R \$66.00 NR

Zumba!

Ages 14+

Zumba is back! Join the fun, get a great work out! Friday mornings at 11am starting in May. Then, Tuesday evenings 7-8pm, and Friday mornings 11-12pm in July. Sign up for one day per week or both! Use your punch card too!

Session: Fridays, May 6 - June 10

Time: 11:00am - Noon

Location: St. Albans City Hall Gym

Fee: \$55 Residents and \$66 Non-Residents

Drop In Rate: \$10

Session: Mondays, July 18 - Sept 5

Time: 9:00 - 10:00am

Location: St. Albans City Hall Gym

Fee: \$55 Residents \$66 Non-Residents

Drop In Rate: \$10

Session: Mondays and Fridays, July 18 - Sept 5

Time: View times above.

Location: St. Albans City Hall Gym

Fee: \$95 Residents \$114 Non-Residents

Drop In Rate: \$10

Hot Mama Workout!

Open to all!

Enjoy a fat burning, muscle toning, heart strengthening workout! This session we will use Mondays to work through a boot camp style circuit and Thursdays to power through fat burning intervals designed to tone and strengthen. Bring your babies in their strollers or your older children to let them have playtime as you improve your fitness. You'll never get bored with the wide variety of classes. It is always challenging, yet can be modified for those just starting out. Set a good example for your children and start fitting in that workout routine! Bring a mat. You can also join without a child.

Time: Thursdays 9:00 - 10:00 am

Location: St. Albans City Hall Gymnasium

Fee: \$38 Residents, \$42 Non-Residents

Drop In Rate: \$10

Instructor: Jessica Purvis Frost

Pilates with Liza

Ages 14 +

Bring your mat and work on that core! Come and enjoy the benefits that Pilates exercises have to offer. Much like yoga, Pilates focuses on stretching to increase flexibility but with a little more emphasis on strengthening the abdominal and back muscles. Are you interested in firming and flattening that belly? Then this is the class for you!

Time: Thursdays 5:30 - 6:30 pm

Location: BFA Dance Studio

Fee: \$42 Residents and \$50 Non-Residents

Trainer: Liza Rooney

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St. Albans Kids on Track

Ages 9-14

Never run before? Doesn't matter - you will learn the basics, how to train and participate in races. Experienced runner? Great! You'll improve your technique and times. Participants will train for the Vermont Hershey Track & Field meet held on July 9th in Essex, and the Vermont Recreation and Parks State Meet held at St. Johnsbury Academy on July 23. Parents are responsible for transporting participants to and from meets. **All runners need regular running sneakers.**

Date: Mondays and Thursdays May 26 - July 21, 2011

Time: 5:30 PM - 6:30 PM

Location: Collins Perley Sports and Fitness Center Track

Fee: \$60.00 R, \$72.00 NR

Magic Camp

Ages 8-16

Entertain and amaze your friends and family! Magic camp is appropriate for all ages and abilities! Everyone who attends will walk away being able to perform magic! Each camp session lasts three hours. First, all of the magic tricks campers will learn are performed. Then, campers are given detailed instruction on how to perform each trick, so that each one feels confident in performing the tricks. Fee includes all props and materials. Magic camps are broken down into five sessions:

Impromptu Magic — Pick up almost any item and be able perform! These tricks are perfect for when you're asked to do a trick and need to borrow items.

Prop Magic — these magic tricks require a bit of preparation, but are easy to do. In fact, you can make a lot of great magic props with items you already have at home.

Coin & Money Magic — Magic with money amazes everyone. Make coins and bills appear, disappear, and change before their eyes!

Self-Working Card Tricks — No sleight of hand required! These tricks are simple, but have a big impact!

Elementary Sights with Cards — an introduction to card manipulations and flourishes.

Date: Aug 8 - August 12

Time: Mon - Fri , 9:00am - Noon

Location: BFA North Entrance - Near Armory

Fee: \$150.00 R, \$180.00 NR

Magician: Darren M. Haynes

Darren began performing in 1998 in Middlebury, Vermont. A hobby used to entertain friends, his magic quickly turned into a career as a restaurant magician. From 1999 to 2004, he not only performed regularly in restaurants, but in comedy clubs as well. Over the years, Haynes' has performed across the country and his corporate client list has included Bird's Eye Foods, Coca-Cola, Geronimo Productions, the University of Vermont, and the Vermont Teacher's Association. Haynes is widely considered to be the best card magician in Vermont and one of Vermont's best performers.

Thursday Night Guided Mountain Bike Rides

Ages 6+

Guided Group Mountain Bike rides every Thursday evening! Enjoy beautiful evenings riding the trails at Hard'ack on your Mountain Bike. Never tried it? Don't know the trails? Doesn't Matter! The group will be divided so that those looking for the challenging upper trails can hit those with a guide offering direction and instruction when necessary. Learn how to ride over logs, and into speed bumps. Want to take it a bit easier? That's fine! There are great lower trails as well. Something for every interest and ability. The program is headed by Larry Martell. Larry has spent years of work developing a beautiful trail system at Hard'ack that rivals those anywhere in Vermont - and it's right in your back yard! Get out, spend time with the whole family, and get some exercise! You will need to supply your own bike. Helmets are required. **Registration fees are for the entire season.**

Date: June 23 - July 28, 2011

Time: Thursdays 6:00 PM - 7:00 PM

Location: Hard'ack Mountain Bike Trails

Individual Adult (18+)	Individual Child (6-17)	Family Pass (members of immediate family)
\$30.00 R, \$36.00 NR	\$20.00 R, \$24.00 NR	\$50.00 R, \$60.00 NR



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Day Camp

Day camp is designed with fun in mind! Counselors and Campers will enjoy lots of outdoor play, arts and crafts, learn about wellness, field trips, enjoy special guests and entertainment, participate in special theme days and spend each afternoon splashing away at the St. Albans City Pool! We're making good use of the many fun locations in town. Each morning will start at BFA, and groups will rotate between Barlow Street School Fields, City Hall Gym, and BFA Art rooms before having lunch and heading to St. Albans City Pool for the afternoon. Lots of fun activities, projects, counselors, friends and healthy MOVEMENT! There are separate registrations for each week, and for full time and part time.

Full Time	Monday - Friday	\$142 R, \$170 NR
Part Time	Mon, Wed, Fri	\$97 R, \$116 NR

No Need To Pack Lunch or Snack! Day camp is participating in the national summer lunch program. Delicious "kid friendly" meals are available to campers in the cafeteria at BFA, free of charge! Lunches are prepared by the Abbey Group. If a camper prefers to pack lunch, that's fine. Campers still need to pack water/beverages Bring/wear sneakers, swim suit, towel and sunscreen. Please mark all items with your child's name! Be sure your camper is dressed for the weather...we're inside for storms, but will go for a walk in a drizzle. In the event of bad weather call ahead at the pool 524-6796 for pick up location.

Drop off time: 7:30-8:30 am at Bellows Free Academy North Entrance (next to the Armory)

Pick up time: 3:30-4:30 pm at St. Albans City Elementary School Playground.

Day Camp Week Themes

Week 1 - Music Everywhere! Dance, exercise and games played to music.

Week 2 - Staying Healthy - Nutrition games, crafts, dance that will promote a sense of good health and well being.

Week 3 - Circus! Tons of fun activities games and crafts revolving around the wonderful world of the Circus!

Week 4 - Reality Week- A Day Camp favorite! Activities and contests based on reality television programming- Survivor, Amazing Race, You think you can dance, Minute to win it.

Week 5 - Wet & Wild! Anything and Everything wet and wild...crazy!

Week 6 - Oopy Goopy! Anything loony, crazy fun with games and crafts incorporated into the theme

Week 7 - Going for the Gold! All kinds of Olympic style competition - exercise, games, crafts- All Campers are winners!

Week 8 - Best of the Best! Our last week is filled with fun, recognition, BBQ and a recap of our favorite activities!

Mini Day Camp

Ages 3-5

Mini Day Camp is an opportunity for 3-5 year olds to play with other children, run around outside, make some beautiful art and just have a great time! Bring a snack and water. Register for the entire summer or the weeks of your choice. ***All Campers Must Be Potty Trained - No Exceptions!***

Date: Monday - Friday , June 20 - August 12

Time: 8am-12pm

Location: Based out of BFA North

Fees: \$75 R, \$90 NR

Counselor in Training Program

The Counselor in Training (CIT) program is designed to provide young people leadership and development opportunities through "hands on" learning experiences. The program will provide participants with the opportunity to participate in camper supervision, assist with activities and planning in an assigned group, as well as time away from Day Camp to participate in their own programming. CITs will develop personal skills to make decisions and define a sense of confidence and caring, becoming a future leader. All in an atmosphere of fun and friendship.

Each session is 1 week in length. CITs should bring snacks, beverages, swim suit, towel, and sunscreen. Lunch is provided through the National Summer Lunch Program at the BFA Cafeteria.

Date: Monday - Friday , June 20 - August 12

Fee: \$99 Residents, \$120 Non-Residents

Mountain Bike Camp

Ages 10-18

A fun half day camp focusing on mountain bike riding. Campers are taught technique and offered guidance by experienced riders and counselors ensuring a terrific time on the go. Counselors are certified in first aid and CPR. Build stamina, strength and hone your riding skills in fun and safe environment. You'll ride the trails at Hard'ack and then hit the City Pool for a refreshing dip before heading home. Camp meets at Hard'ack pick up at City Pool. Helmets required. Make sure to pack water and snacks! 2 Sessions - choose 1 or register for both!

Date: Session 1...June 27 - July 1, 2011

Session 2...August 1 - August 5

Time: Mon - Fri (Noon) - 4:00 PM

Location: Hard'ack Recreation Area - Mountain Bike Trails

Fee: \$65.00 R, \$78.00 NR

Northern Vermont Running Camp- 2 Sessions

Session I July 11- July 15

Focuses on training before the season. Learning different types of training, injury prevention, cross training, running form with video analysis, stretching, strength training and nutrition.

Session II August 8- August 12

Focuses on racing techniques, speed training, hill running, both up and down hill with film analysis. Race day nutrition, importance of warming up and cooling down, stretching and strength training. Staffed by experienced collegiate runners. Staff is CPR/first aid certified. Staff/camper ratio 1:7. Campers need; Running Shoes, Water Bottle, Weather appropriate clothing, Snack, Lunch, Swim Suit and Towel.

Campers will be provided with.. A Technical Running Shirt. Professional advice about what type of shoe is best for each runner. Free entry to all St. Albans Recreation trail runs in 2011. Raffle Prizes at the end of camp. Prize for winning group. Locations Used For Camp:

Scenic Missisquoi Valley Rail Trail - Hard packed flat limestone path. Great for speed running.

Hard'ack Recreation Trails - Great cross country trails with a variety of terrain. You would be hard pressed to find a high school cross country course that is harder! Great for hill training and intervals on grass.

St. Albans City Pool - prime location for cross training. Swimming and Aqua running - also a great place to cool down after a long day of running.

Fee: \$150 R, \$180 NR Both Sessions \$250 R, \$300

Camp Director: Kanoa King

Hip Hop Dance Camp

Ages 6-12

This fun and upbeat camp uses the new music of today to dance and groove to. A Hip Hop warm up, across the dance floor moves, and a Hip Hop combination is how this camp will run! A new dance will be learned every day to the most popular music on the radio!

Ages 9-12	July 5 - July 7 Tue, Wed, Thu	12:30 - 2:30pm	\$60.00 R, \$72.00 NR
Ages 12-17	July 5 - July 7 Tue, Wed, Thu	10:30am - Noon	\$45.00 R, \$54.00 NR
Ages 6-8	Aug 8 - Aug 12 Mon - Fri	12:30 - 2:30pm	\$75.00 R, \$90.00 NR
Ages 9-12	Aug 9 - Aug 11 Tue, Wed, Thu	12:30 - 2:30pm	\$100.00 R, \$120.00 NR

Location: BFA Dance Studio

Dance Camps Instructor: Lauren Kaye Thompson has been a dance educator for the past seven years in the states of Massachusetts and Vermont. She is trained in various forms of dance and has toured extensively as a performer and a master teacher. She has studied with Maurice Hines, Gregory Russell, Jay T. Jenkins, Derek K. Grant, among others. Lauren has received her training at the University of Massachusetts in Amherst and holds her Bachelor's Degree in Dance from Dean College.

Jazz/Lyrical Dance Camp

Ages 9-12

Lyrical is a form of Jazz dance that is based on the lyrics of a song using emotion. Jazz steps will be taught first and then the style of lyrical will be incorporated to the jazz steps. The combination at the end of class will either be in the jazz or lyrical form.

Date: Session 1...Mon-Fri, July 11-15...1:30 - 3:30pm

Session 2...Mon-Fri, Aug 15-19... 12:30 - 2:30pm

Location: BFA Dance Studio

Fee: \$100.00 R, \$120.00 NR

Glee Camp

Ages 6-12

Dance to your favorite Glee songs! Not sure what kind of dance you want to do? This camp will be a variety of forms of dance all choreographed to songs from the hit TV series "Glee"

Ages 6-8	July 25 - July 29 Mon - Fri	10:30am - Noon	\$75.00 R, \$90.00 NR
Ages 9-12	July 25 - July 29 Mon - Fri	12:30 - 2:30pm	\$100.00 R, \$120.00 NR

Location: BFA Dance Studio

Under the Sea Dance Camp

Ages 6-8

Take a journey under the sea with creative dance moves using imagery. All dancing will incorporate things under the water- from seaweed to ocean critters to the water itself. A creative movement camp that works on basic motor skills such as skipping, galloping and leaping all incorporating some ballet technique.

Date: Monday - Friday, August 15 - 19

Time: 10:30am - Noon

Location: BFA Dance Studio

Fee: \$75.00 R, \$90.00 NR

Ballet/Lyrical Camp

Ages 9-12

Lyrical is a slow and controlled type of dance. Learning ballet will greatly improve the gracefulness of lyrical quality movement. A ballet barre will start the class, along with across the floor lyrical movements including turns and leaps. We will finish the day with a Lyrical Combination.

Date: Monday - Friday, August 1 - 5

Time: 12:30 - 2:30pm

Location: BFA Dance Studio

Fee: \$100.00 R, \$120.00 NR

Disney Dance Camp

Enjoy this fun upbeat dance camp with all your favorite singers from Disney including Hanna Montana, Miley Cyrus, Jonas Brothers and music from Camp Rock & High School Musicals! Learn a new dance to your favorite songs every day!

Date: Monday - Friday, August 22 - 26

Time: 10:30am - Noon

Location: St. Albans City Hall Gymnasium

Fee: \$75.00 R, \$90.00 NR

Dance Team Cheer Camp

Ages 6-12

This camp is incorporated to learn the dance techniques of Jazz, Hip Hop and Pom. It will teach the dancer how to work as a team in unison and learn about showmanship. Jumps, leaps, turns and kicks will be taught in each dance form along with performing skills.

Ages 6-8	July 18 - July 22 Mon - Fri	10:30am - Noon	\$75.00 R, \$90.00 NR
Ages 9-12	July 18 - July 22 Mon - Fri	12:30 - 2:30pm	\$100.00 R, \$120.00 NR
Ages 9-12	Aug 22 - Aug 26 Mon - Fri	12:30 - 2:30pm	\$100.00 R, \$120.00 NR

Location: Both July Camps will be held at the BFA Dance Studio and the camp in August will be held at the St. Albans City Hall Gymnasium.

Ballet Camp

Ages 6-8

Ballet Camp allows the dancer to learn the demands of being a ballerina. Ballet technique will be taught at the ballet barre. Across the floor combinations and center dance moves will be included.

Date: Monday - Friday, August 1 - 5

Time: 10:30am - Noon

Location: BFA Dance Studio

Fee: \$75.00 R, \$90.00 NR

Art and Craft Camp

Grades 1-6

Summer Art and Craft Camp will focusing on art and creative project in a fun, relaxed atmosphere. Each project will be fun, lively and age appropriate. A chance for kids to enjoy creating and working in a group.

Fee includes all materials. Choose the grade level your child will be entering in the fall.

Date: Grades 1-3... Tue/Thur July 12 - July 28, 2011

Grades 4-6...Mon/Wed/Fri July 11 - July 29, 2011

Time: 1:00pm - 2:30pm

Location: BFA - North Entrance - Near Armory

Fee: (Grades 1-3) \$55.00 R, \$66.00 NR

(Grades 4-6) \$ 75 R, \$90 NR