

# Castleton Recreation—“Choose Your Own Summer Adventure”

## Weeks of: June 29-July 3 and August 3-7

Your child can pick and choose any the activities he/she wants to during the two weeks. They can sign up for one class or for as many as he/she is interested in.

### Week of June 29-July 3

Program Name	Dates	Times	Location	Ages	Fee
Golf	June 29 <small>And/Or</small> July 1 <small>And/Or</small> July 3 <small>And/Or</small>	9-11 a.m.	Prospect Point Golf	8-18 years old	\$10 each day
Horse Trail Rides	June 30 <small>And/Or</small> July 2	10- 11:30	Pond Hill Ranch	8 years old or older	\$30 each session
Gymnastics	June 29 <small>And/Or</small> June 30 <small>And/Or</small> July 1 <small>And/Or</small> 2 <small>And/Or</small> 3	9-12 Or All Day 9-2pm	Head over Heels Gymnastics	4 to 12 years old	\$20/day or \$90 for the week for a.m.  \$30 all day
Creative Music (piano, guitar, ukulele, songwriting)	June 29-July 2	10-12 Or 1-3	TBA	7-14 years old	\$30/day or \$100 for all four days
Nature Hike- Lily Pond/ Loves Marsh Family Trails	June 30	9-12	Lily Pond/Loves Marsh Family Trails	Going into 4 <sup>th</sup> , 5 <sup>th</sup> , or 6 <sup>th</sup> grade	\$15
Nature Hike— Bull Head Pond	July 2	9-12	Bull Head Pond	Going into 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> grade	\$15
Soccer	June 29	1-3	Dewey Field	8-13 years old	\$10
Baseball	July 1	1-3	Dewey Field	8-13 years old	\$10
Basketball	July 3	1-3	Crystal Beach	8-13 years old	\$10

## Week of August 3-7

<b>Program Name</b>	<b>Dates</b>	<b>Times</b>	<b>Location</b>	<b>Ages</b>	<b>Fee</b>
Golf	Aug. 3 <small>And/Or</small> Aug. 5 <small>And/Or</small> Aug. 7	9-11 a.m.	Prospect Point Golf	8-18 years old	\$10 each day
Horse Trail Rides	Aug. 4 <small>And/Or</small> Aug. 6	10-11:30	Pond Hill Ranch	8 years old or Older	\$30 each day
Gymnastics	Aug. 3 <small>And/Or</small> 4 <small>And/Or</small> 5 <small>And/Or</small> 6 <small>And/Or</small> 7	9-12 Or All Day	Head over Heels Gymnastics	4-12 years old	\$20/day or \$90 for the week for a.m.  \$30 all day
Creative Music (piano, guitar, ukulele, songwriting)	Aug. 3-6	10-12 Or 1-3	TBA	7-14 years old	\$30/day or \$100 for all four days
Exploring Dance	Aug. 3 <small>And/Or</small> 4	9-11	Castleton Free Library	3-6 years old	\$10 each day
Story Dance	Aug. 5-7	9-11	Castleton Free Library	7-12 years old	\$30 for all three days
Archery	Aug. 3 <small>And/Or</small> 4 <small>And/Or</small> 5 <small>And/Or</small> 6 <small>And/Or</small> 7	1-3	Dewey Field	7 years old and up	\$20 each day
Wilderness Survival	Aug. 3	9-3	Lily Pond/Loves Marsh Family Trails	7-14 years old	\$60
Papier-mâché	Aug. 7	1-4	Castleton Free Library	7-12 years old	\$15

## Other Castleton Recreation Activities for the Summer

Program Name	Dates	Times	Location	Ages	Fee
Adult Mountain Biking	June 6, 13, 20, and 27 July 11, 18, 25	8:00-9:30 AM	Lily Pond/Loves Marsh Family Trails  Meet at Float Bridge and Sevigny Road	Adult	\$5 per session
Mountain Biking for Middle Schoolers	June 6, 13, 20, and 27 July 11, 18, 25	9:30-11:00 AM	Lily Pond/Loves Marsh Family Trails  Meet at Float Bridge and Sevigny Road	Students in 6 <sup>th</sup> , 7 <sup>th</sup> , and 8 <sup>th</sup> Grade	\$5 per session
Rails to Trails Bike Ride	June 5, June 26, and July 10	Starts at 4:00 PM	D & H rail trail	Families and/or adults getting back into biking	FREE
EcoExploration Camp	July 20-24	8:30-4:00 PM	Castleton State College	Students going into 6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> Grade	TBA

### Choose Your Own Adventure Programs

**Golf**—This clinic is for beginners and intermediate players. Beginners will learn the basic principles of golf. There will also be opportunities for kids who have played golf and want to develop their skills. Instructors: Jim Bassett and other pros from Prospect Hill depending on numbers.

**Horse Trail Rides**—Ride through the beautiful green mountains with knowledgeable guides from Pond Hill Ranch and learn a little bit about the ranch life and horses. Instructor: Colleen at Pond Hill Ranch

**Gymnastics**--Join Head Over Heels this summer for gymnastics fun. Run our obstacle courses, learn some tumbling skills, test your balance on the beam, swing on the bars, and flip through the rings. Build your strength while climbing the rope and jumping on trampoline. Games, crafts and snacks all included in the fun. See you here at the gym! Instructor: Candace Munson

**Creative Music**—Instrument instruction and song playing fun would be the first half of each session. Songwriting development would fill the second half of each session. Instructor: Leslie Klami

**Nature Hike--Lily Pond/ Loves Marsh Family Trails**--Do you love spending time outside exploring the natural world? Do you like getting your hands dirty and turning rocks over in a stream? If so, these hikes are for you—there will be lots of stopping and exploring while enjoying some of the natural areas in Castleton. Instructor: Mary Drodge

**Nature Hike—Bull Head Pond**--Are you curious how long crayfish live or ever wondered how birds build a nest? Do you like getting your hands dirty and turning rocks over in a stream? If so, these hikes are for you—there will be lots of stopping and exploring while enjoying some of the natural areas in Castleton  
Instructor: Mary Drodge

**Soccer, Basketball, Baseball**—These clinics would include some drills and then pick-up type games, depending on the ages of the kids that sign-up. Instructor: TBD

**Exploring Dance**—This class will combine basic foundations with creative movement for the eager learner and free spirit alike! Instructor: Zoë Marr Hilliard

**Story Dance**—In this class students will get the chance to produce a small dance performance for the library's weekly Story Hour. They will help choose the story that will be interpreted into dance and facilitate in developing the choreography. Instructor: Zoë Marr Hilliard

**Archery**—This will provide students with knowledge and understanding of equipment, safety, form, shooting, and marksmanship. Students will learn how to safely and correctly handle the equipment while enjoying their newly acquired skills on different targets at a range of distances. Instructor: Melinda Laben

**Wilderness Survival**—This opportunity will safely immerse kids in local forest communities and learn about tracking, shelter, navigation, fire, tool use, cooking and plant identification. Instructor: Josh Hardt

**Papier-mâché**--In this class students will get to design and build their own sculptures from scratch using the additive process and special papier-mâché sculpting techniques. It's bound to get messy, but the end result will be exciting! Instructor: Paul Hilliard

**Adult Mountain Biking**—Instruction on bike handling skills, fun rides, and adventure. Helmets are required. Instructor: Mike Morris

**Mountain Biking for Middle Schoolers**—Instruction on bike handling skills, fun rides, and adventure. Helmets are required. Instructor: Mike Morris

**Rails to Trails Bike Ride**—The D&H rail trail is an easy ride for young riders or for adults just getting back into it. We'll start together but you can decide how far you'd like to go. Come with your helmets and bikes and water bottles. Kids must be accompanied by an adult. You are responsible for your own bicycle and equipment. Instructor: Mary Drodge

**EcoExploration Camp**-- We will focus on exploring the local ecology through field, forest, pond and stream. Hone your observation skills, learn to identify different plants, and discover how animals have adapted to survive in their environment. We'll also have access to college labs for indoor investigations. Every day will include hands-on, outdoor investigations and games that will increase your awareness and knowledge of our local plants and animals. Instructor: Mary Drodge

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**Return Completed Forms to: CES or CVS office (until last day of school) or mail to:**

**Amy Clapp, 642 Monument Hill, Castleton, VT 05735**

**Registrations for programs ends one week prior to the beginning of the program**

Parent/Guardian: \_\_\_\_\_ Mailing Address: \_\_\_\_\_  
 Primary Phone: \_\_\_\_\_ Secondary Phone: \_\_\_\_\_  
 Email Address (please print carefully, this will be the way we will get in touch with you, including if the class is going to run): \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Any Health or Special Needs the Instructor Should Know About Your Child: \_\_\_\_\_

Participant's Name	Grade Entering in Fall	Gender	Age

Program Name	Date(s) of Program	Time	Fee

**\* Make Checks Payable to Town of Castleton      Total Due \_\_\_\_\_**

Full payment is due at registration in order to guarantee a spot in the class. You will be notified, by email if you child is, or is not, in the class before the class starts. Release: I understand that there are risks of physical injury inherent in participating in sports and recreational activities. I understand that the Town of Castleton does not carry health or accident insurance for participants of its programs, and strongly advises participants to carry adequate coverage for themselves and their family. I am aware of the particular risks involved in the above programs and have considered the risks before registering myself or my child. I hereby release the Town of Castleton, its employees and agents from any liability or personal injury, or the loss or damage to personal property which I or my child may experience in connection with activities sponsored by the recreation commission. I hereby consent to any medical procedures deemed advisable for my child in the event I cannot be reached and my child has sustained an injury. I hereby consent to the use of my or my child's photo, video, etc. by the department for flyers, presentations, etc.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date