

WATERBURY RECREATION DEPARTMENT MINI CAMP INFORMATION - SUMMER 2016

Fees are non-refundable and due by 06/10/16 (Registrations received after this date may be accepted only if there is space.) *Mini camps may be subject to change or cancellation based upon enrollment.*

Willow & Wool Craft Camp

Session I

Ages: 5-11 with one adult helper
Dates: Wednesdays June 2, 29 & July 6"
Hours: 9:00 am - 12:00 pm

Session II

Ages: 5-11 with one adult helper"
Dates: Wednesdays July 20, 27 & Aug 3"
Hours: 9:00 am - 12:00 pm

FEES:

Adult/one child \$90 for 1 session"
Adult/one child \$175 for 2 sessions"
***Adult with second child \$30 pr session**

Session I

Ages: 12-15
Dates: Wednesdays June 2, 29 & July 6
Hours: 1:00 pm - 4:00 pm

Session II

Ages: 12-15
Dates: Wednesdays July 20, 27 & Aug 3
Hours: 1:00 pm - 4:00 pm

FEES:

\$75 for 1 session
\$145 for 2 sessions



Location: Library Community Room
Instructor: Susie J Gray

Join artist/designer Susie J. Gray for a fun time creating fiber crafts projects out of willow and wool. We will use the traditional crafts skills of basket weaving, wool felting and dyeing, weaving and net making as we create various functional and decorative items to take home. We may make a willow soap dish, small sculptural insects or even a butterfly net. Come join the fun and get creative.

Yoga

Ages: 16 plus

Dates: Tuesdays 12:00 – 1:00 pm
Thursdays 9:00 – 10:00 am

***Starting Tuesday Jun 14**
Ending Thursday Aug 18

FEE: \$90.00

Location: Dac Rowe Field

Instructor: Lori Flower

This is for people of all levels. Join us for a reinvigorating yoga class outdoors! Increase your energy and focus through movement, stretching, balance and strengthening. Poses can be modified whenever needed to accommodate various needs or injuries. Cultivate a peaceful mind and positive attitude through conscious breath and meditation in practice as well. Please bring your own mat.

Kids Yoga

Ages: 6 to 8

Dates II: Aug 9 – Aug 12
Times: 10:30 am – 11:30 am

FEE: \$45.00

Location: Steele Community Room
Municipal Center

Instructor: Lori Flower

Learn Yoga through Play and Games! Kids can have fun, while learning how to balance, focus, breathe well and be kind to each other.



Yoga and Mindfulness

Ages: 9 to 11

Dates II: Aug 9 – Aug 12

Times: 1:30 pm – 2:45 pm

Location: Steele Community Room
Municipal Center

FEE: \$55.00

Instructor: Lori Flower

This group will learn ways to work together well, using yoga and mindfulness. Creative process, individual practice and partner poses are a part of the play!

Acroyoga

Ages: 12 to 15

Dates II: Aug 9 – Aug 12

Times: 3:00 pm – 4:15 pm

Location: Steele Community Room
Municipal Center

FEE: \$55.00

Instructor: Lori Flower

Discover what Acrobatic Yoga is all about! Using counterbalance and weight balancing. We will work and play in groups of three to create exciting new forms together! These practices facilitate deeper trust, clearer communications and increase strength.



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Improvistional Theater

Ages: 12 to 15
Dates: Every Monday & Thursday
Jun 20 – Aug 11
Times: 1:00 pm – 2:45 pm
Location: Municipal Center
FEE: \$55.00
Instructors: Z Bandelier and Stanley Blow III from Writ Comedy

Come learn improve in a safe play zone! The lessons are taught to be inclusive, and intentional so anyone from any walk of life can come and play.

Improv is a form of theater in which the elements of the scene- the characters, plot, dialogue and more- are made up in the moment. Basically, you'll play a game to help you learn to make stuff up with your team mates and have a good time doing so! Students will put on a mini-show after the session. NO theater experience is required. Good for the stage stricken and the outgoing.



Skit Comedy Writing

Ages: 12 to 15
Dates: Every Tuesday
Jun 21- Aug 9
Times: 2:00 pm – 3:00 pm
Location: Municipal Center
FEE: \$55.00
Instructor: Z Bandelier

Skits are a scene that lasts about 2-5 minutes that consists of a beginning, middle and end. Skits are often loosely written and changed after they are acted out. Skit writing is where acting and improv meet. You'll learn the building blocks of skit writing and rewriting. We'll write scenes, act them out and rewrite based on how the scene went. Elements of timing, conflict, dialogue, character building will be explored. At the end of the series class will act out a few scenes for viewers.

Creative Writing

Ages: 12 to 15
Dates: Every Wednesday & Friday
Jun 22- Aug 12
Times: 1:30 pm – 2:45 pm
Location: Municipal Center
FEE: \$55.00
Instructor: Z Bandelier

Explore the world of creative writing! Whether you want to work on a novel a song or a short story, you will get ideas and encouragement here. Folks will be encouraged to respond to writing prompts, share with the group and receive positive feedback. There will be discussions and some short readings for inspiration. Safe and encouraging for all levels of writers.



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Puppet Making and Theater

Ages: 6 to 12

Dates: July 5 – 8

Times: 9:00 am to 3:00 pm

Location: Waterbury Center Grange

FEE: \$200.00

Instructor: Monica Callan

Puppet Making and theater: Spend a creative week of fun creating your own puppet and exploring theater craft through movement, voice, costume play, music and dramatic games! Children are encouraged to use their imaginations to engage, discover and create age appropriate story adventures with their new-fangled puppet creations as well as other camp participants to develop confidence, team building and fun!



Puppetry

Ages: 11 to 16

Dates: July 11 - 15

Times: 9:00 am to 3:00 pm

Location: Waterbury Center Grange

FEE: \$250.00

Instructor: Monica Callan

Let your imagination come alive by sculpting and performing your own puppet characters! This program provides the tools and instruction to build an articulated puppet as well as performance techniques to animate it for dramatic effect. The camp teaches basic theater craft and dramatic structure and classic archetypes to create original story telling to provide the context for your sculptural character. Ensemble work, improvisation, movement, voice and theater exercises as well as costume, music and clowning will be explored in a safe and respectful environment. Focus on fun and team work for a week of creative construction, play and discovery!

Monica Callan is a theater and visual artist who has taught children and adults in settings spanning prisons to museums. She has been an arts educator for more than 20 years in Vermont and NYC and currently teaches at the Fleming Museum in Burlington, VT. She is a co-founder of the Grange Hall Cultural Center, founder of Across Roads Center for the Arts and a member of SAG/AFTRA and AEA as well as an Associate member of GF & CO, a theater performance company in NYC. She is the Artistic Producing director of MOXIE Productions, a theater company that produces in VT and NYC. She is currently directing "God of Carnage" at Unadilla Theater and at Grange Hall Cultural Center this summer and developing a new play by Jeanne Beckwith called "Rodeo Gals" a play with original music by Brett Cox.



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Youth Tennis Camps

Ages: Grade 1-3
Dates I: Jun 27 – Jul 1
Dates II: Jul 11 – Jul 15
Times: 9:00 am to 10:00 am



Ages: Grade 4-6
Dates I: Jun 27 – Jul 1
Dates II: Jul 11 – Jul 15
Times: 10:15 am to 12:15 pm

Ages: Grade 7-8
Dates I: Jul 25 – Jul 29
Times: 9:00 am to 11:00 am



Ages: Grade 1-3
Dates II: Aug 8 – Aug 12
Times: 9:00 am to 10:00 am

Ages: Grade 4-6
Dates II: Aug 8 – Aug 12
Times: 10:15 am to 11:15 am

Location: Tennis Courts
FEE: \$100.00
Instructor: Tami Bass

These are USTA programs that will help your child learn or improve their tennis abilities. They will learn the etiquette of tennis. The campers learn skills through games and practice with other kids. Along with learning tennis they will increase their hand eye coordination, conditioning and social skills.

Soccer Camp

Dates I: Jun 27 – Jul 1
Dates II: Aug 8 – Aug 12
Times: 5:00 pm to 8:00 pm



Location: Dac Rowe Fields
Instructor: Vermont Voltage

For registration and more information pick up a brochure at the Recreation office in the Municipal Center 28 North Main or log on to: www.voltagesportsclub.com

CrossFit Waterbury Youth Classes

Dates Jun 21 – Jul 28
Tuesdays Ages 8-12
Thursdays Ages 13-16
Time: 11:00 am 55 minutes



Location: CrossFit Building
FEE: \$51.00 for 3 classes
\$95.00 for 6 classes

Instructor: Coached by certified, experienced CrossFit coaches. Additionally, CFW owner and coach Robyn Fulton is a certified in CrossFit Kids instructor. Youth Programmer and coach Dani Kehlmann has been teaching children of all ages for 13 years and coaching CrossFit since 2014.

CFW's Teen classes are similar to our regular programming: working at a high intensity to achieve optimal fitness and performance - on an age appropriate level. Completely scalable, teen classes are perfect for athletes trying to get an edge up on the competition, or to simply boost self-esteem and confidence by strengthening both mind and body. Our Kids classes will provide an active, enjoyable session that allows for focused energy expenditure while simultaneously building a foundation for general physical fitness. With both kids and teens, we will teach proper stretching and mobilization techniques to help avoid injury, as well as to develop strength and power, gymnastic, plyometric, and bodyweight movement skills to improve accuracy, coordination, balance, agility, and flexibility. The main goal of CrossFit Kids is to show that fitness can be fun as well as rewarding. CrossFit allows young people to learn proper body mechanics, nutrition, and recovery habits. CrossFit surrounds kids with a fit and healthy lifestyle and close-knit, supportive community. Focus, perseverance, dedication, and motivation are only a few of the outcomes kids and teens will benefit from at CrossFit Waterbury.

Participants should wear clothing and shoes that are comfortable to move around in – closed-toed shoes are a must!