



# WINTER / SPRING 2023



75 Maple Street, Essex Junction, VT 05452  
802-878-1375 / [www.ejrp.org](http://www.ejrp.org)  
Monday-Friday / 8am-4pm



# COMMUNITY EVENTS

## ESSEX HAS TALENT

If you can sing, dance, play an instrument, juggle, perform acrobatics, or have another special talent, Essex Has Talent is the event for you. Get your friends together, and work on your act! Register at [ejrp.org](http://ejrp.org) by January 26 to participate in auditions to be scheduled on February 2-3.

ALL AGES / MAPLE STREET PARK  
SAT, FEBRUARY 18  
6PM

## WINTERFEST AT MAPLE STREET PARK

Join us for a fun filled winter day in Maple Street Park. There will be winter sports, activities, s'mores making and more!

ALL AGES / MAPLE STREET PARK  
SAT, MARCH 11 / 11AM-2PM

## EJRP EGG HUNT

Some-bunny left eggs around the City! Bring your basket or bucket to search and collect eggs.

UP TO GRADE 4 / LOCATIONS IN ESSEX JUNCTION  
SAT, APRIL 8 / 10AM-12PM



## SNOWSHOE RENTALS

Make winter more fun by getting out and tromping over snow covered trails and roads. Free snowshoe rentals are available at our 75 Maple Street rec office, Monday-Friday, 8am-4pm, with a variety of adult/kids sizes and trekking poles available.



## 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](mailto:recreation@ejrp.org). We will begin working through the waitlist in mid-March.



## 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 and receive a MSP Spring Race Series t-shirt.

AGES 12+  
MAPLE STREET PARK & SURROUNDING NEIGHBORHOODS  
WED, MAY 3-JUNE 7  
REGISTRATION OPENS: 5:30PM / RACE START: 6PM  
\$50 FOR ALL 6 RACES OR \$15/RACE  
EJRP

## 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.

# PRESCHOOL AGE PROGRAMS

## EJRP PRESCHOOL

**It takes a Village. We are a community committed to growing good humans.**

*Now accepting 3-year-old children for the 2023/2024 school year.*

The EJRP Preschool was established in 2009 to meet the growing need for quality early education for the children in our community. The EJRP Preschool Program provides a quality preschool experience, at an affordable price, right in the heart of Essex Junction. Located at the beautiful and historic Park Street School, we provide a full-day, year-round, 5 STAR, licensed by the state of Vermont Child Development Division preschool program. With an established tradition of providing quality childcare and enrichment programs, we are committed to creating a safe, engaging environment in which 3-5-year-old children learn to explore, work independently and in large groups, communicate effectively, problem solve and truly care for one another. Our mission is to provide quality early education that fosters the mind, body, and spirit of all children, embraces the connection between home and school, and supports our community, both local and global. Our Explorers (3/4 room) and Discoverers classrooms (4/5 room) are located side-by-side at Park Street School, providing a unique opportunity for children to progress from one year to the next as they prepare socially, emotionally, and academically for kindergarten.

### EJRP Preschool Offers:

- Play-based, emergent curriculum
- Social/Emotional learning that fosters flexibility, resilience, and inclusion
- Positive learning spaces with the focus on community building
- Fun, educational field trips to extend learning
- Caring, nurturing, long-term teaching team
- Low staff-to-child ratios
- Full-year coverage
- Convenient Essex Junction locations


EJRP Preschool is an Early Learning Partner with various school districts and is pre-qualified for Act 166. This benefit offers families financial assistance towards school-year tuition. Financial assistance is also available to qualified families through Child Care Resource (863-3367).

**Location:** We are located in the heart of Essex Junction at Park Street School, 21 Park Street. Built in 1873, this traditional schoolhouse offers warm, creative classroom environments and a wonderful green space to grow and play.

**Registration:** An appointment with the Preschool Director is required prior to registering. After an appointment, there is a \$50 per child, non-refundable registration fee. This fee is not covered by Childcare Resource. To set up an appointment or to inquire about available preschool space, please email Christina McLaughlin, Preschool Director, at [cmclaughlin@ejrp.org](mailto:cmclaughlin@ejrp.org).


AGES 3-5, CHILD MUST BE 3 OR 4 BY SEPTEMBER 1 / PARK STREET SCHOOL, 21 PARK STREET  
MON-FRI, YEAR-ROUND  
7:30AM-5:30PM  
\$299 PER WEEK FOR RESIDENTS / \$321 PER WEEK FOR NON-RESIDENTS  
FAMILIES CAN BENEFIT FROM \$3,400 (2022/2023) IN FINANCIAL ASSISTANCE TOWARDS SCHOOL-YEAR TUITION.  
NOTE: CHILDREN MUST BE COMPLETELY POTTY TRAINED

## 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 are designed specifically for each stage of early childhood to support infants' and children's development across cognitive, social-emotional, and physical domains while building understanding of simple musical concepts.

ASPIRE STUDIO / 75 MAPLE STREET  
AGES 1-2: 9-9:45AM / AGES 0-1: 10:15-11AM  
AGES 2-4: 11:30AM-12:15PM  
SESSION 1: WED, JANUARY 4-22  
SESSION 2: WED, FEBRUARY 1-22  
SESSION 3: WED, MARCH 8-29  
SESSION 4: WED, APRIL 5-MAY 3 (NO CLASS 4/26: SCHOOL BREAK)  
SESSION 5: WED, MAY 10-31  
\$55/SESSION  
RACHEL SMITH

## PRESCHOOL PLAYGROUP


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

AGES 0-5 / 75 MAPLE STREET  
TUE/THU, SEPTEMBER 13-JUNE 15  
9:30-11AM  
FOLLOWS EWSD SCHOOL CALENDAR (NO SCHOOL, NO PLAYGROUP)  
LAURA RASCOE

# YOUTH RECREATION


**Summer will be here before you know it! Look for EJRP's Summer Full-Day Camps brochure to be sent home in Friday folders mid-January!**

## JR. HORNETS BASKETBALL

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

AGES 3-5 WITH A PARENT/GUARDIAN / ADL  
SAT, JANUARY 7-FEBRUARY 11  
8:30-9:20AM  
\$45


## PEEWEE BASKETBALL

 A great next step for our graduating Jr Hornets! Keep the fun and learning going with coaches Rabidoux, Hammond, and the Essex High School JV team. The fee includes a basketball and t-shirt. Parent participation in encouraged!

GRADE K / ADL  
SAT, JANUARY 7-FEBRUARY 11  
9:30-10:20AM  
\$35/\$45




## SHOCK SPORTS WINTER SOCCER TRAINING

 Shock Sports Vermont is hosting public soccer training for kids ages 9-12. Their goal is to teach the fundamentals and improve the individual skill of each and every player. They provide detailed feedback in training and maximize proper repetitions for an effective training experience. Visit [www.shocksportsvt.com](http://www.shocksportsvt.com) for more information. This 8 session clinic is only \$200!


AGES 9-12 / CHAMPLAIN VALLEY EXPO (NORDIC SIDE)  
SAT, JANUARY 28-APRIL 15 (NO TRAINING 2/4, 2/18, OR 2/25)  
12:30-1:30PM  
\$200  
SHOCK SPORTS VERMONT

## KIDS DANCE FITNESS & GLOW PARTY

 A high energy class creating a great cardio workout focused on coordination. This class includes many group games, dance choreography, and a glow party at the end! Kids will burn off a lot of energy without realizing it because they'll be having so much fun!


ASPIRE BUILDING / 75 MAPLE STREET  
GRADES K-1: 9-9:45AM / GRADES 2-3: 10-10:45AM  
GRADES 4-5: 11-11:45AM  
SUN, JANUARY 22-FEBRUARY 26  
\$75  
CIARA GREGORY

## SWISH SPRING BASKETBALL LEAGUE

 This exciting new Spring basketball program provides practice and game experience, and will help to bridge the gap between rec and elite travel ball. This program will be overseen by experienced AAU coaches for players with some basketball experience. Participants will receive two weekday practices and will be entered on a team for our SWISH Spring League.

U11, U13, U15 / ADL / EMS / EHS  
PRACTICES: MON-THU / 5-8:30PM  
GAMES: SAT / 9AM, 10AM, 11AM, 5PM, 6PM, OR 7PM  
FEBRUARY 27-MAY 20  
\$245  
CHRIS MCCURLEY

## SOCCER SPARKS

 Soccer Sparks offers age-appropriate soccer classes for kids ages 2-9 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  
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  
SAT, JANUARY 21-FEBRUARY 11 AND MARCH 11-APRIL 1  
\$55  
DRAGOMIR PARVANOV OF SOCCER SPARKS





## 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. For questions, please visit [essexjunctionlitleleague.org](http://essexjunctionlitleleague.org). To contact us, email [essexjunctionlitleleague@gmail.com](mailto:essexjunctionlitleleague@gmail.com) or League President Jay Randall at [jrvt456@gmail.com](mailto:jrvt456@gmail.com).

ROOKIE (INTRODUCTORY LEVEL): PRE-K, K, & 1ST GRADE  
MINORS: AGES 8, 9, & 10 AS OF AUGUST 31  
MAJORS: AGES 11 AND 12 AS OF AUGUST 31  
MAPLE STREET PARK & CASCADE PARK  
EVALUATIONS: USUALLY EARLY TO MID-MARCH (MINORS AND MAJORS ONLY) / SEASON: MID APRIL-JUNE  
ROOKIE: \$75 / MINORS & MAJORS: \$100 / \$140 MAX PER FAMILY IF YOUR TOTAL EXCEEDS THIS, CALL 802-878-1375 OR COME INTO THE OFFICE SO THAT WE CAN CHARGE YOU APPROPRIATELY. THIS DISCOUNT CANNOT BE ACHIEVED BY REGISTERING ONLINE.

## CHALKY PAINT



### Afterschool Wednesdays

Explore Alchemy: Transforming Plastic to Patina

FEBRUARY 15-MARCH 22 / 2-6PM

GRADES 5-8

6 SESSIONS \$210

SESSION 1: INTRO TO DECOUPAGE – MAKE A PATINA JUG LAMP

SESSION 2: CLAY AND WOOD – EFFECTS TO MAKE A PATINA BOX

SESSION 3: MAKE A CHEERING CHARGERS GNOME

SESSION 4: FAUX FINISHES

SESSION 5: BYOP (BRING YOUR OWN NIGHTSTAND OR SMALL DRESSER)

SESSION 6: CELEBRATING YOUR FINISHED PROJECTS!



### Kitchen Cabinet Makeover

Learn how to antique and distress your kitchen cabinets to brighten your kitchen! All supplies provided to paint 10 doors.

SAT, FEBRUARY 4 / 10AM-12PM

\$125

## SNOWMOBILE SAFETY

[www.snowmobile-ed.com/vermont](http://www.snowmobile-ed.com/vermont)



# HIGH SCHOOL PROGRAMS/CERTIFICATES

## EHS INTRAMURAL ICE HOCKEY



Essex Intramural hockey is a way for high school kids to get out and play hockey, regardless of skill or ability. The Wombats, Lemurs, Kangaroos, and Armadillos go head-to-head in an organized display of hockey on all levels. The uniqueness and allure of this program is that everyone gets to play, regardless of ability. New players are invited to join throughout the season based on roster openings!

GRADES 9-12 / EHS

SAT, DECEMBER 3-FEBRUARY 25 / TIME TBD

\$40

TOM PRESKA

## QUADS CO-ED VOLLEYBALL LEAGUE



Co-ed Quad format. Teams can be co-ed or all female but must always have a minimum of 2 females on the court. One registration covers entire team, but team rosters including a captain and their cell phone number are required at time of registration.

GRADES 9-12 / ESSEX HIGH SCHOOL

MON, MAY 1-JUNE 12 / 6:30-8:30PM

\$100 PER TEAM

JEN LIGUORI

## 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.

TEENAGERS & YOUNG ADULTS WITH A VALID VT LEARNER'S PERMIT

75 MAPLE STREET

MARCH 9-APRIL 13 / TUE/THU: 6:30-8:30PM & SUN: 9-11AM

SUMMER SESSION: MAY 30-JUNE 29 / ALL CLASSES 6:30-8:30PM

\$850

CORD HULL, EPIC DRIVING LLC

## 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.

AGES 16+ / 75 MAPLE STREET


SAT/SUN, MAY 20-21 / 8AM-5PM

\$185

SOLO WILDERNESS MEDICINE


# ADULT FITNESS

## FREE LEARN TO PLAY PICKLEBALL CLINIC

 Join instructor Chris Tudor for this FREE learn to play clinic and celebrate the nets being put up for the season! 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!


AGES 12+ / CASCADE PARK PICKLEBALL COURTS  
SAT, APRIL 29  
1-3PM  
FREE, REGISTRATION REQUIRED  
CHRIS TUDOR

## PICKLEBALL: BEGINNER BOOT CAMP

 During this family-friendly 4-part 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!


AGES 12+ / CASCADE PARK PICKLEBALL COURTS  
SAT, MAY 6-27  
6-8PM  
\$80  
CHRIS TUDOR

## BARCOMB SPRING LEAGUE

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


AGES 18-59 / EHS  
WED, MARCH 1-MAY 31  
7-9:30PM  
\$55  
DENNIS BARCOMB

## WOMEN'S PICK-UP BASKETBALL

 Join us each Tuesday night for fun and fitness with these female-only, non-competitive pick-up games. Get back into shape and work on your game with this amazing group of women ballers!

AGES 18+ / FLEMING  
TUE, MARCH 7-MAY 30  
7:30-9PM  
\$40  
AMANDA DALL & VOLUNTEERS

## OVER 30'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.

AGES 30+ / ADL  
TUE, MARCH 7-MAY 30  
7-9PM  
\$40  
ROBERT HAGGERTY  
& VOLUNTEERS





# ADULT RECREATION

## DOG/PUPPY ESSENTIALS



We're busy people. We've got other priorities. Dog training can feel like One. More. Thing. But, you want a dog you can live with, be proud of, and about which others glowingly remark "What a great dog!" This class shows you how to have a happy, confident, well-behaved dog.

AGES 18+ / 75 MAPLE STREET  
SAT, JANUARY 14-FEBRUARY 18 / SAT, MARCH 25-APRIL 29  
SAT, JUNE 3-JULY 8  
10AM OR 11:15AM  
\$165 WITH A DOG / \$65 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.

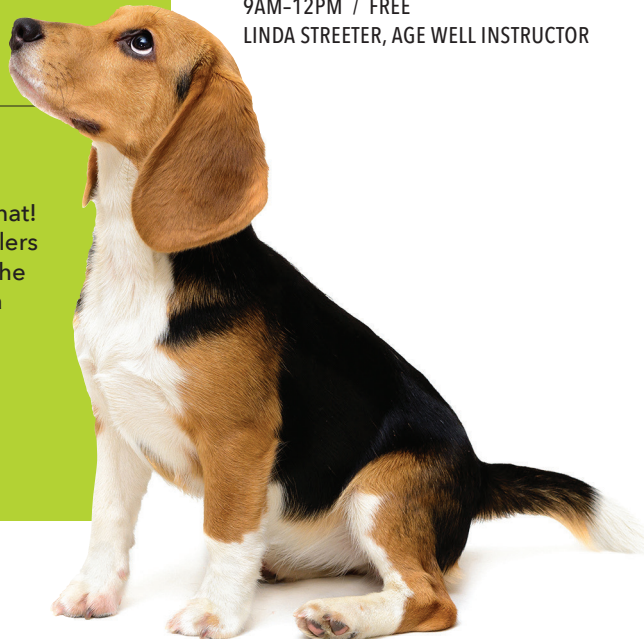
AGES 18+ / 75 MAPLE STREET  
SAT, JANUARY 14-FEBRUARY 11 / SAT, JUNE 3-JULY 8  
12:45-1:45PM  
\$150 WITH A DOG / \$65 WITHOUT A DOG  
DEB HELFRICH, GOLD STAR DOG TRAINING

## 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.

AGES 18+ / 75 MAPLE STREET  
SAT, MARCH 25-APRIL 29  
12:45-1:45PM  
\$185  
DEB HELFRICH, GOLD STAR DOG TRAINING



## MODERN WESTERN SQUARE DANCE



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

ALL AGES / 75 MAPLE STREET  
THU, SEPTEMBER 8-MAY 25  
6:30PM  
[GREENMOUNTAINSTEPPERS.ORG](http://GREENMOUNTAINSTEPPERS.ORG)



## TAI CHI BASIC/BEGINNER



Join this fun, joint-safe activity. This is a starter level course for adults 55+ who are interested in improving or main-taining strength, balance, agility and flexibility. This activity combines slow continuous movement and mindfulness exercises that reduce stress and provide an overall sense of well-being. We're proud to partner with Age Well to offer this program at no cost for our community!

AGES 55+ / MAPLE STREET PARK MULTIPURPOSE ROOM  
MON, JANUARY 9-APRIL 17  
9AM-12PM / FREE  
LINDA STREETER, AGE WELL INSTRUCTOR





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

**ECRWSS  
CARRIER ROUTE PRESORT  
RESIDENTIAL CUSTOMER**



***Thank you for visiting the Winter Lights at Maple Street Park!  
We hope you enjoyed them.***