

# North Hero Parks & Recreation

## Summer 2009 Activity Guide

### Family Yoga

*Children 5 and up accompanied by an adult*

Come practice yoga with your child! Your whole family can enjoy the stretching, focusing and playful aspects of yoga together in this all-ages yoga class. A typical class includes an opening meditation, modified sun salutation, warrior pose and other standing poses, seated stretches, and ending rest. We also incorporate plenty of partner poses, and plenty of fun! For children ages 5 and up– children should be able to focus on directions, follow a physical sequence on a mat, and participate next to their parents/guardians for the duration of the class. For more information please contact Danielle Kinney 372-5929. *Enrollment is limited.*

**Registration:** Required

**Date:** Thursday mornings July 2– July 30

**Time:** 9:30-10:30 a.m.

**Location:** North Hero School gymnasium

**Fee:** \$45.00/ family (4 classes with option to add 5th class )

**Instructor:** Morgan

### Nature Camp

*Students currently in Grades K-3*

This is a day camp with an emphasis on Nature and the Environment, incorporating Arts and Crafts and Healthy Local Foods. Most activities will be at Camp Ingalls with 1 Field Trip scheduled locally. Snacks will be provided. Lunches must be provided by parents. For additional info. Please contact Mary Jo McCarthy or Vanetta Darby (see below).

**Registration:** Required

**Date:** July 6– 10

**Time:** 9 a.m.– 1:00 p.m.

**Location:** Camp Ingalls, North Hero, VT

**Fee:** \$50.00 per child \$25.00 for additional child (same family)

**Instructors:** Mary Jo McCarthy 372-6047

Vanetta Darby 372-8393

### Pilates

*Ages 14 and up*

Pilates is a method of body conditioning that incorporates stretching and strengthening exercises to tone muscles, improve posture, providing flexibility and balance while creating a more streamlined shape. All fitness levels are welcome to join this highly effective full body workout. For more information contact Danielle Kinney 372-5929. *This class is free for all North Hero high school students.*

**Registration:** Required

**Date:** Tuesday Evenings, July 14– Sept. 1

**Time:** 6:30-7:30 pm

**Location:** North Hero School Gymnasium

**Fee:** \$40.00

**Instructor:** Dianne Schwartz

### Butts, Guts & Sexy Arms!

*Ages 14 and up*

Spend an hour focusing on your legs, glutes, abs and arms. Challenge yourself with strength and conditioning moves that will give you the results you want. Lets work on creating your greatest assets ever! *This class is free to all North Hero High school students.*

Please bring a yoga mat and exercubes. For more information contact Danielle kinney.danielle@yahoo.com

**Registration:** Required

**Date:** Tuesday mornings June 23-August 11

**Time:** 9:30-10:30 a.m.

**Location:** North Hero School Gymnasium

**Fee:** \$40.00

**Instructor:** Dianne Schwartz

Registration forms are available at the Town Clerks Office, and on the web  
[www.northherovt.com/recreation.php](http://www.northherovt.com/recreation.php). All registration forms and applicable fees should be mailed to

Town of North Hero  
Attn: Recreation Committee  
P.O. Box 38  
North Hero, VT 05474

# Summer 2009 Activity Guide

## Yoga

*Ages 14 and up*

The mind-body exercises of Yoga offer benefits including increased flexibility, balance & strength. This is a 8 week course designed for all fitness levels. Please bring a yoga or fitness mat. For more information or to receive a registration form, please contact Danielle Kinney at 372-5929.

***Summer Special Pay for 7 classes get the 8th class free!***

*All North Hero High School students are free.*

**Registration:** Required

**Date:** Thursdays, June 25-August 13

**Time:** 6:30-7:45 pm

**Location:** North Hero School Gymnasium

**Fee:** *Summer Special* \$56.00

**Instructor:** Penny Wyckoff

## Morning Yoga

*Ages 14 and up*

For you “Early Birds”, Experience Vinyasa style yoga with Penny Wyckoff.

***Summer Special Pay for 7 classes get the 8th class free!***

*All North Hero High School students are free.*

**Registration:** Required

**Date:** Tuesdays, June 23-August 11

**Time:** 8:00—9:15 a.m.

**Location:** North Hero School Gymnasium

**Fee:** *Summer Special* \$56.00

**Instructor:** Penny Wyckoff

**Registration:** Registration is required for all programs unless otherwise specified. Any fees necessary must be paid at the time of registration. Anyone who will be affected by a change in a course offering will be notified accordingly.

**Refunds:** There will be no refunds of the registration fee unless a class is canceled.

**Cancellations:** The Recreation Department reserves the right to cancel a class for which there is insufficient registration.