

Bristol Recreation Blast

Bristol Recreation Department <noreply@myrecdepartment.com>

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To: Bristol Town Administrator <townadmin@bristolvt.org>



P.O. Box 249, Bristol, VT. 05443 • (802)453-5885 • <http://bristolvt.myrec.com/>

PROGRAMS:

[BYS- Bristol Youth Sports Soccer \(prior name, misbhaven-to include New Haven\)](#)

The Bristol Recreation Department is excited to be hosting Bristol Youth Sports Soccer!. We will update you with practice and game times once we solidify our coaches and the times they can commit.

Program start date is the week of September 9th

Pre K&K**, 1&2, 3&4, and 5&6

Practices will be held at the Bristol Rec Club fields

The 5Town Cup to be held October 15-17* from 5-9pm.

** If your child has no grade associated with the account, please email the office, and we will gladly update the grade.

[TaeKwonDO- Master Kellie Thomas of TaeKwonDo KICKS](#)

Is coming to Bristol this Fall. Martial Arts is a great activity to increase flexibility, strength, coordination and balance but also is designed to enhance discipline, respect, focus and self confidence in a fun and engaging way. Students will learn basic physical techniques as well as learning how to have strong voices (50% of anyone's self defense is their voice) and the benefits of working hard. Martial Arts is highly recommended for students with ADHD or Autism as well. During the 10 weeks, students will be doing some calisthenics, stretching, learn to count in Korean, memorize a pattern, learning a few strikes, blocks and kicks - while preparing for the final class, which will be demo class to show off their new skills and break a board.

Master Kellie Thomas, 7th degree Black Belt, is the owner and head instructor of TaeKwonDo KICKS (Keep fit, Inner strength, Confidence, Kinship and Self-defense) and has been teaching in the area for more than 15 years.

September 20-November 22, Registration opens on Friday, August 9th.
Grades 1-6
\$125
Holley Hall

[Gymnastics](#)

Gymnastics Session 1
Saturday, September 7-October 12
SESSION 1

NO CLASS ON September 21st

All classes take place at the Bristol Elementary School Gym.

These classes fill up quickly!

PLEASE DO NOT ATTEND CLASS IF YOUR CHILD SHOWS SIGNS OF SICKNESS

Family and Child Gymnastics

In this class, parents MUST participate with their children. We will have a fun-filled morning of movement in a safe environment. The children will develop balance and body awareness as we learn foundational skills on tumbling mats, balance beams, bars, rope, and more. You and your child will benefit from a mix of guided activities and free play.

Beginner Gymnastics

School-Age, K-5 students will work on the foundational skills they need to learn and master rolls, cartwheels, round-offs, headstands, handstands, back-bends, jumps, and more. Students will improve balance, body awareness, coordination, flexibility, and confidence while using tumbling mats, balance beams, bars, rope, and other equipment.

This class will be offered twice each session.

Intermediate Gymnastics

In this class, students will take their skills to the next level. Entry into this class requires students to have completed at least one previous session and be able to do rolls, cartwheels, a handstand, and a backbend on their own.

Advanced/ Pre-Competitive

This class will give motivated students extra time in the gym to work on skills including walkovers, handsprings, and movement combinations on all apparatus. Experienced gymnasts will practice skills they will need in U.S.A Gymnastics competition. Gymnasts are encouraged to stay and learn the breakdown of specialty equipment.

[Pottery Classes](#)

The programs run for six weeks. The first program starts the week of September 2nd, and they fill up quickly!

After School Pottery Class, choose a Tuesday or Thursday class
Women's Wednesday Am Class
Adult Wednesday Evening Class
Adult Thursday Evening Class

[Community Basketball and Volleyball](#)

Monday, September 9th, Basketball starts. 7-9pm \$2.00 to play or \$50.00 for the season. BES

Wednesday, September 11th: Volleyball starts. 7-9pm: \$2.00 to play or \$50.00 for the season. BES

Lincoln Sports Indoor Volleyball

Lincoln has reached out and is looking to continue to have Volleyball during the winter season at LCS. Interested email Christie Sumner luvskatr@yahoo.com

Program start dates and updates:

Fall Field Hockey starts August 27th,

Gymnastics starts Saturday, September 7th

BYS Soccer starts the week of September 9th

K.I.C.K.S starts Friday, September 20th

Children's Theater is **full**, start date is September 25th

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