

**From:** [Bristol Recreation Department](#)  
**To:** [Bristol Town Administrator](#)  
**Subject:** Bristol Recreation Blast  
**Date:** Sunday, October 6, 2024 3:31:08 AM



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

Newsletter

**EVENTS:**

**[World Singing Day](#)**

Sunday October 20th 1:00-4:30pm

Holley Hall

Five Town Friends of the Arts is hosting their 2nd annual fun, local, and FREE music event with some of the area's best musicians. Listen and sing with them on new and familiar songs. Performers include: Maiden Vermont, Womensing, Middlebury College Community Chorus, Patrick Fitzsimmons, Richard Ruane and Beth Duquette, Va & Vient, the Vermont Ukelele Society and young singers from Addison County. Food and drink available for purchase by local vendors. All ages are welcome!

**Pumpkins in the Park**

Town Green

Saturday October 26th from 11-1.

Rain location in the Holley Hall

**Hub Skate Jam**

Saturday October 26, 2-6:00pm

Skatepark 110 Airport Drive

**PROGRAMS:**

**Dance With Evelyne**

***NEW START DATE October 18th***

***\*\*NO CLASS DEC 13th or November 29th\*\****

**Advanced Beginner Dance, 7\* - 9 years old**

\*Exceptions to the age requirement may be granted with permission from the instructor.

Students will continue to develop strength, balance, flexibility, musicality and coordination through ballet and jazz technique, learn dance combinations, and have fun creating their own movements. Previous dance/movement experience is helpful. We will have an informal studio presentation at the end of the session.

**Fridays 4:15 - 5:30**

**UPDATE NEW START DATE October 18th**

**\*\*NO CLASS DEC 13 or Nov 29\*\***

### **Adult/Teen Modern/Contemporary Dance (4 or 8 weeks)**

Let go of tension, increase your flexibility and balance, and dance!

Previous dance/movement experience is helpful.

**Friday 5:40 - 7:00**

Partial Scholarships available.

Please contact Bristol Recreation for further information.

There is a maximum number of students permitted in each class.

In order to run a class, a minimum number of students must be registered.

Classes take place at Holley Hall.

**For more information and to register:**

[https://bristolvt.myrec.com/info/activities/program\\_details.aspx?ProgramID=30118](https://bristolvt.myrec.com/info/activities/program_details.aspx?ProgramID=30118)

### **GYMNASTICS With Lindsey (Session 2)**

October 26-Nov 22 Makeup date is Dec 7<sup>th</sup> (4 weeks)

**\*\*\* NOVEMBER, 9th NO CLASS\*\*\***

Lindsey and her team teach all of our gymnastics classes. All Saturday classes take place at the Bristol Elementary School Gym.

**\*These classes fill up quickly! Your CART will expire after 15 minutes\***

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

### **Family and Child Gymnastics**

Age 1-5

45 minutes

In this class, a caregiver **MUST** participate with their child. You will have a fun-filled morning exploring the gym and learning new things together. We begin with supervised open gym time, followed by group instruction and parachute play. You and your child will benefit from a mix of guided activities and free play. Students will develop balance and body awareness as we learn foundational skills on tumbling mats, balance beams, bars, rope, and more. Grown-ups are there to support their little gymnasts and may not use the equipment during supervised open gym time. Siblings must be registered for the class if they would like to participate.

### **Beginner Gymnastics**

Age 5-9

60 minutes

Young school-age (K-3) students will work on the foundational skills they need to learn and master rolls, cartwheels, round-offs, 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**

Age 6-12

75 minutes

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. Older beginner-level students (grades 3+) often start at the intermediate level.

This class will be offered twice each session.

### **Advanced/ Pre-Competitive**

Age 8-15

90 minutes

This class will give motivated students extra time in the gym to work on skills including walkovers, handsprings, and movement combinations on all apparatus. We encourage students to work

with our coaches to master what they're working on and progress to more challenging skills. Students will learn conditioning exercises that can also be done outside of class. Gymnasts are encouraged to stay and learn the breakdown of specialty equipment after class.

\*Please contact us if you're unsure which level would be best for your child.

If your child moves up to the next level during the session, there is an increase of cost that will be collected.

Scholarships Available.\*

Sent to: townadmin@bristolvt.org

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