



# Champlain Valley

## FREE Activities Calendar



For disability accommodations, please contact individual health clubs or park and recreation departments. If you experience trouble accessing any of the activities, contact The Vermont Center for Independent Living, 1-800-639-1522.

ON-GOING ACTIVITIES			
Mon-Sun	<b>Open Mall Walking</b>	University Mall	6:00am to close (8:00am on Sun)
Mon-Sat	<b>Open Mall Walking</b>	Burlington Town Center	7:00am-close
Mondays	<b>Senior Balance Class</b>	YMCA	9:30am-10:30am
Ongoing	<b>Free Balance Screening</b>	Timberlane Physical Therapy	Call 864-3785 to schedule
Wed & Fri	<b>Diabetes Fitness Program</b>	YMCA ( <i>sponsored by Fletcher Allen Health Care</i> )	9am-11am - call 862-9622 to register (land and water exercise)

OUTDOOR ACTIVITIES	
<b>Park &amp; Recreation Departments</b>	Town Park and Recreation Departments are great sources of information about fun activities and available outdoor spaces. See back of calendar for listings in your town.
<b>Northern Connector Greenway/Bike Path</b>	Conservation area with paved bike path. Access to bike path at Ethan Allen Park on North Avenue in Burlington.
<b>Oakledge Park</b>	2,500' of lakefront; two picnic shelters with table; small beach & bath house. Four lighted tennis courts, three ball fields, surfaced road and trails, handicapped access to water. Parking fee of \$4.
<b>Ethan Allen Homestead</b>	Several miles of walking and cross-country trails
<b>Local Motion Trailside Center</b>	Located on the Burlington Waterfront Bike Path, open 10-6 daily mid-May to mid-October. Over 30 different trail and bikeway maps are available.
<b>Shelburne Farms Welcome Center</b>	Walking trails open year round. Register at the Welcome Center prior to using walking trails.

### April 2008 Activities

April	<b>One Free Week of Fitness</b>	All American Fitness & Tanning	Call club for hours
April	<b>One Free Yoga Class</b>	Shelburne Health & Fitness	Call club for hours
April	<b>One Free Day</b>	Shelburne Health & Fitness	Call club for hours
April 1,8,15,22,29	<b>Free Guest Day:</b> (All group classes*, fitness equipment & pool at any location, excludes tennis. Mention "Get Moving Program"). <b>*Pre-registration is required for the Spinning and Body Pump group classes held at the Essex location only.</b>	Sports & Fitness Edge (any location)	Call clubs for location, hours & schedules
April 2,7,9,14,16,21,23,28,30	<ul style="list-style-type: none"> <li>• <b>Women's Self Defense</b></li> <li>• <b>Kid's Self Defense</b></li> <li>• <b>Medical Professional's Self Defense</b></li> </ul>	Villari's Self Defense Center	Call center to sign up 864-0844
April 3 & 17	<b>Adult Free Day Pass</b>	The Woolen Mill Health Club	6:00am-10:00pm
April 4,11,18,25	<b>Free Senior Swim (age 65 &amp; up)</b>	YMCA	2:00pm-4:00pm
April 5,12,19,26	<b>Open Basketball</b>	YMCA	7:00am-8:30am
April 6-12	<b>One Free Fitness Class or Free Day Pass</b>	The Athletic Club at the Field House	5:30am-9:00pm Call club for classes

### May 2008 Activities

May	<b>One Free Week of Fitness</b>	All American Fitness & Tanning	Call club for hours
May	<b>One Free Spinning Class</b>	Shelburne Health & Fitness Club	Call club for hours
May	<b>One Free Day</b>	Shelburne Health & Fitness Club	Call club for hours
May 1 & 15	<b>Adult Free Day Pass</b>	The Woolen Mill Health Club	6:00am-10:00pm
May 2,9,16,23,30	<b>Adult Advanced Volleyball</b>	YMCA	1:30pm- 4:00pm
May 2,9,16,23,30	<b>Free Senior Swim (Ages 65 &amp; older)</b>	YMCA	2:00pm-4:00pm
May 3,10,17,24,31	<b>Open Basketball</b>	YMCA	7:00am-8:30am
May 4-10	<b>One Free Fitness Class or Free Day Pass</b>	The Athletic Club at the Field House	5:30am-9:00pm Call club for classes
May 5,7,12,14,19,21,26,28	<ul style="list-style-type: none"> <li>• <b>Women's Self Defense</b></li> <li>• <b>Kid's Self Defense</b></li> <li>• <b>Medical Professional's Self Defense</b></li> </ul>	Villari's Self Defense Center	Call center to sign up 864-0844
May 6,13,20,27	<b>Free Guest Day:</b> (All group classes*, fitness equipment & pool at any location, excludes tennis. Mention "Get Moving Program"). <b>*Pre-registration is required for the Spinning and Body Pump group classes held at the Essex location only.</b>	Sports & Fitness Edge (any location)	Call clubs for location, hours & schedules

## June 2008 Activities

June	<b>One Free Week of Fitness</b>	All American Fitness & Tanning	Call club for hours
June	<b>One Free Day</b>	Shelburne Health & Fitness Club	Call club for hours
June	<b>One Free Yoga Class</b>	Shelburne Health & Fitness Club	Call club for hours
June 1-7	<b>One Free Fitness Class or Free Day Pass</b>	The Athletic Club at the Field House	5:30am-9:00pm Call club for classes
June 2,4,9,11,16,18,23,25,30	<ul style="list-style-type: none"> <li>• <b>Women's Self Defense</b></li> <li>• <b>Kid's Self Defense</b></li> <li>• <b>Medical Professional's Self Defense</b></li> </ul>	Villari's Self Defense Center	Call center to sign up 864-0844
June 3,10,17,24	<b>Free Guest Day:</b> (All group classes*, fitness equipment & pool at any location, excludes tennis. Mention "Get Moving Program"). <b>*Pre-registration is required for the <i>Spinning</i> and <i>Body Pump</i> group classes held at the Essex location only.</b>	Sports & Fitness Edge (any location)	Call clubs for location, hours & schedules
June 5 & 19	<b>Adult Free Day Pass</b>	The Woolen Mill Health Club	6:00am-9:00pm
June 6,13,20,27	<b>Free Senior Swim (Ages 65 &amp; older)</b>	YMCA	2:00pm-4:00pm
June 6,13,20,27	<b>Adult Advanced Volleyball</b>	YMCA	1:30pm-4:00pm
June 7,14,21,28	<b>Open Basketball</b>	YMCA	7:00am-8:30am

<b>For more information about locations &amp; times:</b>	<b>For information about area parks and recreation activities:</b>
All American Fitness & Tanning: 865-3068	Burlington Recreation Dept: 864-0123 / <a href="http://www.enjoyburlington.com">www.enjoyburlington.com</a>
Sports & Fitness Edge (Essex): 879-7734	C. Douglas Cairns Recreation Arena: 658-5577
Sports & Fitness Edge (Williston): 860-3343	Catamount Outdoor Family Center: 879-6001
Sports & Fitness Edge (So. Burlington): 658-0001 & 658-0002	Colchester Recreation Dept: 264-5640 / <a href="http://www.town.colchester.vt.us/recreation">www.town.colchester.vt.us/recreation</a>
Shelburne Health and Fitness: 985-3141 <a href="http://www.shelburnehealthandfitness.com">www.shelburnehealthandfitness.com</a>	Milton Recreation Dept: 893-4922 / <a href="http://www.milton.govoffice2.com">www.milton.govoffice2.com</a>
The Athletic Club at the Field House: 985-2229	Shelburne Recreation Dept: 985-9551 / <a href="http://www.shelburnevt.org">www.shelburnevt.org</a>
Timberlane Physical Therapy: 864-3785	Shelburne Farms: 985-8442 / <a href="http://www.shelburnefarms.org">www.shelburnefarms.org</a>
University Mall: 863-1066	So. Burlington Recreation Dept: 864-4108 / <a href="http://www.sburl.com/recdept">www.sburl.com/recdept</a>
The Woolen Mill Health Club: 655-2399	Town of Essex Recreation Dept: 878-1342 / <a href="http://www.essex.org">www.essex.org</a>
YMCA Burlington: 862-9622	Essex Junction Recreation Dept: 878-1375 / <a href="http://www.ejrp.org">www.ejrp.org</a>
Ultimate Fitness: 893-7811	Williston Recreation Dept: 878-1239 / <a href="http://www.town.williston.vt.us/rec">www.town.williston.vt.us/rec</a>
Villari's Self-Defense Centers: 864-0844	Winooski Parks and Rec. Dept: 655-6410 ext. 19 / <a href="http://www.onioncity.com">www.onioncity.com</a>
	VT Parks & Rec. Association: 878-2077 / <a href="http://www.vtpr.org">www.vtpr.org</a>
	Local Motion: 652-4532 / <a href="http://www.localmotion.org">www.localmotion.org</a>

Times and offerings are subject to change.  
 Plan to call ahead to confirm class times and space availability.  
 Don't forget to fill out your activity log to receive a signed certificate from the Governor.  
 Keep up the good work!

**Walk4Life 3-Function Pedometers Available for Sale (\$10.00).**  
 Contact Cindy MacKechnie at 847-6542 or email [cindy.mackechnie@vtmednet.org](mailto:cindy.mackechnie@vtmednet.org) to place an order.

If you would like to be removed from our mailing or have an address change,  
 call **802-847-6542** or email [cindy.mackechnie@vtmednet.org](mailto:cindy.mackechnie@vtmednet.org).

**The Get Moving! Champlain Valley Calendar is available on the Internet at the following websites:**

- [http://www.fletcherallen.org/Health\\_Improvement/community.html](http://www.fletcherallen.org/Health_Improvement/community.html)
- [http://209.198.98.117/index.php?page=champlain\\_initiative](http://209.198.98.117/index.php?page=champlain_initiative)