

Strength & Conditioning Training

Total body workout for
men & women!
Mondays & Wednesdays
@ Hartland Rec. Dept.
8am-9am



Instructor:
Rich Greenlee
5 Week sessions (\$90)
Drop ins \$10 (M,W)

Step - Strength- Core Interval Class

Fridays at 8AM. For Intermediate-to-Advanced exercisers, this class will alternate aerobic Step routines with strength-building weight training, and will also focus on core strength development.

\$45 for a 5-week session or \$10 per class

This class is led by Rich Greenlee, AFAA and Les Mills Certified Group Fitness Instructor and former owner of the Bodywise Fitness Studio of Philadelphia, PA.



Open Gym



Pick up basketball
Sundays, Jan.-Feb.
10am to noon
Free to all Hartland
Students and Parents



HO HO HARTLAND

Santa comes
to Damon Hall!

Saturday, December 8th
9:00am to 11:00am

The Hartland First Congregational Church will also be at Damon Hall hosting their annual cookie walk!



Hartland

Recreation Department

Winter Brochure



hartlandrecreation.com



Youth Sports Grades K - 6 \$40/per registration



Fall: Soccer, X-Country
Winter: Basketball
Spring: Baseball, Softball, Track

For more information or to register for one of our programs visit our website.
hartlandrecreation.com

After School Swim Program



At the Upper Valley Aquatic Center
Grades 1-6
\$85 for 5 weeks
Mondays

The Hartland Recreation Van will be parked with the buses after school at 2:45pm and return to the school at 5pm.



Okinawan Karate

The Hartland Recreation Department is sponsoring an Okinawan Karate program Lead by Instructor Peter Carini. Participants learn the art of self defense and self discipline. Classes are for all levels ages 8 and up.
Mondays and Thursday
6:30pm-8:00pm at the Hartland Recreation Center.
For information contact Peter Carini 802-436-3055

Half Day Adventures

Day trips around Vermont and New Hampshire offered on Hartland Elementary School noon release days. Open to students in grades 3-8.



12/6- Bowl / Swim
1/11 - S6 Ski Day
2/9 - S6 Ski Day
3/26 - Movie / Bowling



Skiing and Riding at Suicide Six

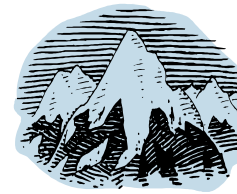


Friday, December 21
Wednesday, January 2
Thursday, February 7
Wednesday, March 6



Contact the Rec Center if you are interested in meeting us at the mountain and purchasing your own ticket on one of these dates.

Winter Adventures



February 19 - 22

Grades 3-8
9am-4pm
\$45/day or \$160 /week



Field Trips to different recreational destinations around Vermont and New Hampshire.



Hartland Skirunners

Registration forms for lift tickets, lessons and rentals available at the school and Rec. Center.

Tuesday Afternoons Jan 8 - Feb 12
12:30pm-4:00pm Grades 1 - 8

Students will leave the school by bus at 12:30pm and need to be picked up at the mountain by a parent or chaperone @4pm.

After School Bowling Program



Thursdays-February 28th - April 4th-2:45-5:00pm
Grades 1-8 \$75 for 5 weeks
Transportation provided from the school to Meyer Maple Lanes in Claremont and returned back to the Hartland Recreation Department

Art Runners @ ArtisTree/Purple Crayon



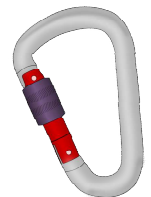
Tuesdays, January 8 - February 12
Offered as an alternative on Skirunners days
Open to students in grades 1-6, \$72 for 6 weeks
<http://www.artistreevt.org/art-runners/>

Students will leave the school by bus at 12:30pm and need to be picked up at the ArtisTree by a parent or chaperone @4pm.

INTRO TO ROCK CLIMBING



Wednesdays 2:45 - 5pm
Grades 1-8
\$85 for 5 weeks
January 23rd - February 27th



Transportation provided from the school to the Green Mountain Climbing Center and then back to the Rec. Center.