FULL OF POSSIBILITIES

BERKSHIRE FAMILY YMCA AND
THE BENNINGTON RECREATION CENTER 2019

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RESTRICTURE

Bennington Recreation Center/Senior Center

Interim Director: Jessica Rumlow
Assistant Director: Chris Barbagallo
Aquatics Manager: Morgan Flynn
Health and Wellness Director: Taylor Haynes
Senior Center Program Manager: Carrie Fabricius

DID YOU KNOW?
The original YMCA in Bennington was erected in 1907?
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
<th>Price</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Night Out</td>
<td>Parents Night Out&lt;br&gt;Ages: 7-12 yrs Time: 6-8:30 PM Days: F</td>
<td>$5/participant</td>
<td>Current</td>
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<tr>
<td>T-ball</td>
<td>Fundamental skills of baseball, rules, and sportsmanship.&lt;br&gt;Ages: 4-7 yrs Time: 5-6PM Days: M/W</td>
<td>Res. $25/ NR: $35</td>
<td>May 6-June 26</td>
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<tr>
<td>Together We Play</td>
<td>4 week program in July/Aug.&lt;br&gt;Fundamentals of a variety of sports and traditional games.&lt;br&gt;Ages: 7-12 yrs Time: 5-6PM Days: T/TH</td>
<td>Res. $25/ NR: $35</td>
<td>July 9-Aug. 1 &amp; Aug. 6-Aug. 29</td>
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<tr>
<td>Outdoor Adventure</td>
<td>4 week program that focuses on a love for outdoors and a thirst for exploration.&lt;br&gt;Hiking safety, safe locations for hikes in our area, and survival skills.&lt;br&gt;Ages: 7-12 yrs Time: 5-6PM Days: M/W</td>
<td>Res. $25/ NR: $35</td>
<td>Aug. 5-Aug. 28</td>
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<tr>
<td>Destination Discovery</td>
<td>4 week program that is a blend of STEM and personal growth. Explore different technologies and projects while engaging in hands-on activities.&lt;br&gt;Ages: 7-12 yrs Time: 5-6PM Days: M/W</td>
<td>Res. $25/ NR: $35</td>
<td>July 9-Aug. 1</td>
</tr>
</tbody>
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YOUTH DEVELOPMENT

Camp Green Mountain

FINANCIAL ASSISTANCE
NO COST BEFORE AND AFTER CARE
LUNCH PROVIDED
LEADERS IN TRAINING GRADES 6-8
S.T.E.A.M. ACTIVITIES
TEAM BUILDING
SWIMMING
ARTS & CRAFTS
TRADITIONAL SPORTS
WILLOW PARK

BEST SUMMER EVER™

CAMP GREEN MOUNTAIN
BENNINGTON, VERMONT

#BestSummerEver2018
HEALTHY LIVING
RECREATION CENTER GOALS
- FUNCTIONAL STRENGTH TRAINING ROOM
- INCREASED CARDIO MACHINES
- FITNESS ON DEMAND
- SILVER SNEAKERS
- SUMMER FITNESS CLASSES
- MORE MEMBER BASED SWIM SCHEDULED
- TIA CHI TRAINING
- ADULT KICK BALL
- LIVESTRONG AT THE Y
HEALTHY LIVING

Senior Center

- Healthier Living with Chronic Disease (6 wk workshop provided by SASH)
- Friday YOGA
- Bone Builders certification program
- Healthier Relationship with food (3 wk series provided by Marlana Freitas)
SOCIAL RESPONSIBILITY

Community Partner

- Rise VT
- Ramunotos Pizza
- Catamount Connections
- UCS
- SVSU
- SASH

HEALTHY KIDS DAY

BFYMA and Bennington Rec Center Easter Egg Hunt
BENNINGTON RECREATION CENTER

This Spring over 1,500 Ys across the country will be hosting a "Healthy Kids Day". These community events are open to all kids & families and include lots of fun activities and educational experiences.

Activities Include:
- Easter Bunny
- Face Painting
- Easter Egg Hunt
- Egg Hunt in Pool
- Easter Dance with DJ
- Tour of Rec. Center

WHO: Saturday, April 16th
TIME: 11:00 - 1:00 p.m.
LOCATION: BENNINGTON RECREATION CENTER
855 Gage Street
Contact Taylor at theymca@bfymca.org or Morgan.steebran@bfymca.org
BFYMCA.org

NATIONAL TAKE A WALK IN A PARK DAY 
& Scavenger Hunt

1 - 2:30 PM | Saturday, March 30
Lower playground, Willow Park | Bennington, VT

Family-Friendly and FREE!
Giveaways | Scavenger Hunt | Certificates of Completion

Partners:

RISCE @ go Y!
Southwestern Vermont
HEALTH CARE
Facebook: Bennington Rec Center and Berkshire Family YMCA

Website: www.bfymca.org

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