



PHYSICAL ACTIVITY AND NUTRITION PROMOTION PROGRAMS FOR CENTRAL VERMONT SCHOOLS

Barre Community

Barre Youth Sports Association (BYSA):

BYSA is a private, not-for-profit organization dedicated to providing Barre's (City and Town) youth with the opportunity to participate in recreational and competitive team sports. They offer field hockey, soccer, ice hockey, football, lacrosse, basketball and wrestling. Contact: www.barreyouthsports.com

BARRE CITY ELEMENTARY AND MIDDLE SCHOOL

Cityscape: Cityscape is an out-of-school time program that serves 5th - 8th grade students who attend the BCEMS; it offers a variety of activities during the after-school and summer hours that are designed to enhance academic achievement, substance abuse prevention, and promote healthy choices. Contact Georgie Stapleton: 229-9151.

Girls on the Run Vermont- Girls on the Run© is a non-profit prevention program that encourages girls in grades 3-8 to develop self-respect and healthy lifestyles through running. Registration happens in February/March. There is a fee but scholarships available. Contact: Chris Farnham or Kirsten Evans at the school (476-6541).

Girls and Boys Basketball: 7th and 8th grade. Call Jay Baitz at the school, 476-6541.

BARRE TOWN MIDDLE AND ELEMENTARY SCHOOL

Barre Town Walk/Run Club: Students from Barre Town School (and their parents) meet during the summer and work on running and walking one mile. The goal is to improve fitness and each individual's score. Please contact Mrs. Thygesen at her home at 433-1556 for more information.

School Team Sports: 7th/8th grade field hockey, 7th and 8th grade girls' soccer, and 7th and 8th grade boys' soccer for the fall season. During the winter months there is both 7th and 8th grade girls' and boys' basketball. Contact athletic dept: 476-6617, X355.

Crops for Kids: Helps kids make healthy food choices by teaching them where whole, natural food comes from. Program includes working on the school garden, composting, taste-testing. For more info contact: Susan Barnard at 476 6617 ext 101.

YMCA (of Burlington): holds after school programs and vacation camps at Barre Town School. There is a fee but scholarships are available. Contact 802-862-9622 for more information.

Karate fitness program (with Freddie LaPan): for 5th and 6th grade students, starting Thursday, March 17 to April 14, from 2:30-3:30. Class size is limited; students will need to arrange for transportation home. Contact Louise O'Connor at the school: 476-6617.

Girls Field Hockey: Girls in grades 5-8 can learn the game, improve their skills, and have fun! Wednesdays, from 2:30- 3:25: March 23, 30; April 6, 13; May 4, 11, 18, and 25. For more details parents can call 476-6617, X 216; students can see Miss McClellan in room 216.

Girls Running Club: for grades 3 and 4. Meets Thursdays from April 7 to May 19, 3:30 – 5PM. Sessions will include self-esteem building, exercise games, running practice and snack. Contact Andrea McLaughlin or Laura Thygesen at the school: 476-6617.

Fall Cross Country Club: meets 2-3x/wk, after school for 1 hour, and is offered to students in grades 5-8. Contact: athletic dept: 476-6617, X355.

SPAULDING HIGH SCHOOL AND BARRE TECHNICAL CENTER

Dozen's of **clubs**, including: Hacky Sack, Climbing Club, and Unified Special Olympics. For complete list please go to their website: <http://www.shsbtc.org/clubs.htm>.

Crimson Tide Athletics: Includes girls and boys hockey, wrestling, lacrosse, soft ball, football, track (indoor and outdoor), cheerleading, basketball, soccer, golf, field hockey. For more info please contact Patrick Merriam at 476-6334.

Fit Club: Separate "Fit Clubs" for girls and boys, geared towards those who may be intimidated by a large physical education class. Helps to nurture an appreciation for life-long physical activity and healthier eating, and fosters self-esteem. Contact: Olga Benoit (girls) or Shaun Driscoll (boys) at the school: 476-6334

Ultimate Frisbee: For details please contact the Athletic Director, Patrick Merriam, at 476-6334.

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