



*Leading the Way in Wellness.*

## ***Kids Programming Guide*** ***Drop the Screen This Winter!***

The EDGE is excited to offer a wide array of health, wellness, and sports activities designed to get your kids to drop the screen, get active, and HAVE FUN!



*100% Employee Vaccination Rate.*  
*All eligible members and guests must provide proof of vaccination.*

# Parisi Speed School

**Locations:** 142 W. Twin Oaks Terrace, South Burlington

**Ages:** 7-18

**Contact:** Jordynne Ales ([Jales@edgevt.com](mailto:Jales@edgevt.com)).

**Parisi Athlete Evaluation (Ages 7-18):** We start athletes with an evaluation to determine a baseline of physical ability that helps our coaches recommend the most appropriate programming. The Parisi Evaluation is mandatory for every athlete who enters the Parisi program. After the evaluation, every athlete with their parent(s) meet individually with the Evaluator to review the results and select the appropriate program that fits the athlete's needs.

**No cost**

**Parisi Jump Start (Ages 7-9):** The Parisi Jump Start Program is taught by certified Parisi Performance Coaches and utilizes the most up-to-date research to build a young athlete's physical foundation, improve their coordination and self-esteem. Our signature speed and strength training methods are serious, but all within a fun and friendly environment to ensure the young athlete is engaged and motivated to give 110%. Jump Start is a must for any young person who wants to develop foundational athletic skills that will help them rise above their competition.

**\$90 for 6-pack Class Pass**

**Parisi Total Performance (5<sup>th</sup> & 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>, High School):** The Parisi Total Performance Program utilizes the most up-to-date research on safe athlete training techniques and injury prevention as its foundation. This program uses our signature speed and strength training methods and cutting-edge coaching techniques from certified Parisi Performance Coaches to produce maximum improvements and athletic performance. Total Performance classes are broken up by age groups to ensure athletes are working with a group with similar physical abilities.

**\$165 for 6-pack Class Pass, \$199/person Unlimited Monthly, \$119 Sibling Add-On**

**ELITE STRENGTH (1 year of Total Performance experience):** The Parisi ELITE STRENGTH program is structured for experienced Total Performance athletes looking to advance their training to the next level. This program focuses on more advanced lifting techniques and has a structured program that can be accessed on our mobile app, TrainHeroic. Athletes are able to track their specific sets, reps, and weights on the app and coaches are able to review and modify the program appropriately. This program is perfect for high school athletes looking to play competitively at the varsity level or prepare for college athletics.

**\$249 Unlimited Monthly, \$159 Sibling Add-On**



# Tennis

**Locations:** Essex, South Burlington Eastwood Drive

**Ages:** 4 - 14

**Contact:** Tammy Azur ([TammyA@edgevt.com](mailto:TammyA@edgevt.com))

The EDGE Tennis Junior Programs are offered during after school hours and weekends throughout the school year. Sessions are offered seasonally, usually 7 or 8 weeks long, throughout the year at our Essex and South Burlington, Eastwood locations. The latest schedules can always be found on our website, <https://edgevt.com/tennis>.

**Red Ball:** A class designed for preschool age 4-5 year old players. This class uses developmental red balls which bounce lower and slower than Orange and Green dot balls to help kids develop correct stroke mechanics and have early success during play. This class focuses on basic tennis skills, movement, tracking skills, and hand-eye coordination drills such as throwing and catching. Classes are designed to be fun and active.

**Orange Ball:** A class designed for ages 6-8 year old players. This class uses developmental Orange dot balls which bounce lower and slower than Green dot and Yellow balls to help kids develop correct stroke mechanics and have early success during play. This class focuses on basic stroke techniques including the serve, tracking skills, and movement in a fun and active environment.

**Green Ball:** A class designed for ages 8-10+ year old players. This class uses developmental Green dot balls which bounce lower and slower than regular balls to help kids develop correct stroke mechanics as balls are hit with more pace and bounce higher. The slower ball helps them to have longer rallies and learn spin. This class focuses on improving base techniques, movement and an introduction to spin and tactical play in singles and doubles including the use of overhead serves. Beginners age 10-12 are welcome to enroll. Weekly match play is included.

**Junior Development:** Our Junior Development program is for players ages 10-14 who are ready to transition to regular tennis balls from our green ball program or for players who are still working on stroke technique, use of spin, and court skills. Active games and drills are used to improve technique and point play so players can advance into our Competitive, High School Prep Program. This program also includes weekly match play opportunities.





# Pickleball

**Locations:** South Burlington Eastwood Drive

**Ages:** Grades 6-8

**Contact:** Jeanne Hulsen ([Pickleball@edgevt.com](mailto:Pickleball@edgevt.com))

**Learn to Play Junior Pickleball:** This program is designed to meet the needs of 4-8 person Junior Pods to have an opportunity to learn to play Pickleball each week. These groups can be formed by pods of friends, clubs, teammates, neighborhoods, classes, families, etc. Pickleball is an exciting sport that is fun, easy to learn, active, and promotes healthy connections!

- 1 hour of court time for 4 weeks
- Court time is flexible and arranged for the pod
- Court time will remain the same for 4 weeks
- Times are available Monday-Friday, 3-5pm

**Cost: \$60/participant for 4 weeks** (paddles and balls available to borrow)



# Aquatics

**Locations:** All Locations

**Ages:** 6 months – 14 years

**Contact:** Brooke Hurd ([BrookeH@edgevt.com](mailto:BrookeH@edgevt.com))

The EDGE Aquatics offers a variety of swimming lessons for all ages and swimming levels!

**Splash (6 months-3 years):** The instructor will address minor, natural fears around water for both the adult and child. Children will be assisted in learning to enjoy the water, getting face and head wet, splashing with hands and feet and entering the water from a seated or standing position. Children will experience being on their back and front with assistance and learn to move their arms and legs in the water. The instructor will use songs, toys, and other techniques to create a relaxed learning environment.

**\*Parent or guardian accompanies child in the water for lessons**

*Required equipment: disposable swim diaper and fitted outer covering, towel.*

**Preschool (3-5 years old):** Levels 1, 2, and 3 available.

*Preschool 1:* The instructor will address minor, natural fears around water for both adult and child. Children will be assisted in learning to enjoy the water, getting face and head wet, splashing with hands and feet, and entering the water from seated or standing position. Children will experience being on their back and front with assistance and learn to move arms and legs in the water. Some breathing techniques and basic arm movements will be introduced.

*Preschool 2:* To be successful at this level, children must have some level of confidence in water and be able to place their entire head below the surface without discomfort. Children should have spent some time in the water without a floating device. Children will continue to do front and back floats without assistance. They will begin learning more kicking skills and arm movements.

*Preschool 3:* To be successful at this level, children must have some level of confidence in the water, be able to place their entire head below the surface without discomfort, be able to go from back float to front float unassisted and be able to get in and out of the pool under their own power. Participants are able to propel themselves on their front and back with an alternating flutter kick.

Children must have spent some time in water without a floatation device and be able to jump into the pool to an adult. Children will advance breathing skills, kicking and arm mechanics, and begin to swim the freestyle stroke.

**\*Parent or guardian accompanies child in water**

*Required equipment: swimsuit, towel, hair tie for long hair. Swim cap and goggles optional.*



# Aquatics

**Locations:** All Locations

**Ages:** 6 months - 14 years

**Contact:** Brooke Hurd ([BrookeH@edgevt.com](mailto:BrookeH@edgevt.com))

**Learn to Swim (Ages 5-10):** Levels 1, 2, 3, and 4 available.

*Level 1:* The instructor will address minor, natural fears around water for both the adult and child. Children will be assisted in learning to enjoy the water, getting face and head wet, splashing with hands and feet and entering the water from a seated or standing position. Children will experience being on their back and front with assistance and learn to move their arms and legs in the water. Children at this level are able to demonstrate an ability to learn in a small group setting, submerge the entire head without discomfort, enter and exit the pool under their own power and propel themselves about 5 feet along the surface of the water on their front and back. Swimmers will learn the fundamentals of freestyle and backstroke.

*Level 2:* Participants can demonstrate the fundamentals of freestyle and are able to take a proper side breath. They are able to do vertical bobs and combined leg and arm action. Participants can successfully float on their back without discomfort

**\*Parents or guardian accompanies child in water for Levels 1 and 2**

*Level 3:* Participants can swim freestyle and backstroke. They can do vertical bobs, tread water for 30 seconds and propel themselves confidently for 25ft along the surface of the water taking an appropriate breath. Participants will continue to refine their freestyle and backstroke mechanics while learning the breaststroke.

**\*Child must be able to swim 25 yards without assistance**

*Level 4:* Participants can demonstrate and swim at least 50 yards continuously of proper freestyle and backstroke and proper kick of breaststroke. Participants will continue to refine their stroke mechanics while learning breaststroke and butterfly arm movements. By the end of 2 sessions, participants can expect to swim 50 yards of each of the four recognized swim strokes.

**\*Child must be able to swim 50 yards without assistance**

Required equipment for Learn to Swim:  
Swimsuit, towel, hair tie for long hair,  
goggles. Caps available for purchase.





# Aquatics

**Locations:** All Locations

**Ages:** All Ages

**Contact:** Brooke Hurd ([BrookeH@edgevt.com](mailto:BrookeH@edgevt.com))

**Stroke Development:** Participants can demonstrate a clear understanding of the four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Lessons combine specific drills, kicking exercises and longer distances. Participants will focus on efficiency and will begin to be challenged to swim farther and faster. Swimmers will be expected to follow complex instructions and demonstrate an ability to work in an active group setting.

**\*Child must be able to swim 100 yards without assistance**

*Required Equipment: Form-fitting swimsuit, towel, swim cap, goggles.*



# EDGE Swim Club

**Locations:** South Burlington, Eastwood Drive

**Ages:** 6 and up

**Contact:** John Pearce ([JPearce@edgevt.com](mailto:JPearce@edgevt.com))



**The EDGE Swim Club** is a year-round USA Swimming team that works with both the development and national level swimmers. Regardless if you are a novice, beginner, or a national level competitor, The EDGE provides the necessary resources to help you succeed in the pool for those meeting the program's skill and ability requirements.

When an individual joins The EDGE Swim Club, they are treated as a highly valuable and important individual, but more importantly, are welcomed into a family and community that values all with equal weight, regardless of accolades.

## ***Beyond the Strokes - What EDGE Swimmers Focus On***

**Fun:** EDGE Swimmers learn that fun does not just come from medals, victories, games, and distractions. Our swimmers learn that fun comes in many forms. From achieving a goal that you worked hard for and watching your teammate do the same, to enjoying the great company of your EDGE family!

**Sportsmanship:** EDGE swimmers learn that respect for others is extremely important. Wishing your opponent good luck before their race, shaking their hands at the conclusion of a race and telling them "great job!" are actions both taught and required on our team.

**Family:** The EDGE Swim Club is more than a team, it is a family. The EDGE encourages comradery between all ages and encourages our oldest athletes to give back to our program and all athletes.

**Winning The EDGE Way:** Winning The EDGE way is simple - you won if you know you gave it your all. Did you work hard in that set? This practice? This week? This meet? Did you make sure to cheer and support your teammates? Were you focused on taking care of yourself and others? If you answer yes, then you won, regardless of outcome. The EDGE is not an externally motivated team. The EDGE is a process-driven team. When we focus on the process, and on being present with our teammates, family, and coaches, the results will take care of themselves.





# EDGE Swim Club

**Locations:** South Burlington, Eastwood Drive

**Ages:** 6 and up

**Contact:** John Pearce ([JPearce@edgevt.com](mailto:JPearce@edgevt.com))



**Schedule a Try-Out:** If you or someone you know is interested in joining the team, email John at [Jpearce@edgevt.com](mailto:Jpearce@edgevt.com) to schedule a tryout. Mid-season tryouts are \$25.00. Free try-outs are held in August and in April at the beginning of the short course and long course seasons.

## **Practice Schedule:**

*Pewter:* Monday-Thursday 4:15-5:00pm

*Bronze:* Monday-Thursday 5:00-6:00pm, Friday 4:15-5:15pm

*Silver:* Monday-Thursday 5:00-6:15pm, Friday 4:15-5:30pm

*Silver I:* Monday-Thursday 6:15-7:45pm, Friday 5:30-7:00pm, Saturday 8:15-10:00am

*Gold/Gold I:* Monday-Thursday 6:00-7:45pm, Friday 6:00-7:30am, Friday 5:15-7:00pm, Saturday 8:15-10:00am



Learn more at [www.edgeswim.com](http://www.edgeswim.com).

# Preventative Care

**Locations:** South Burlington (W. Twin Oaks) & Essex (Gauthier Drive)

**Ages:** All Ages

**Contact:** Nicole Williams ([NicoleW@edgevt.com](mailto:NicoleW@edgevt.com))

**Pediatric & Family Nutrition:** The EDGE Preventative Care is committed to the health and well-being of the whole family. Our integrative clinical Registered Dietitians will support children and families through nutritional recommendations that are customized for each individual.

Areas of Specialty:

- Nutrition for mental health
- Food allergies/sensitives
- Anti-inflammatory diet
- Digestive health
- Managing chronic conditions
- Mindful eating
- Eating disorders
- Meal planning & preparing
- Weight management

**Covered by most insurance providers**

*Offering In Person and Tele-Health Appointments!*



**THE EDGE** Preventative  
**CARE**

Powered by THE EDGE Total Health Network