

THE **EDGE**

FALL YOUTH & FAMILY PROGRAMS 2022



The EDGE is your child's destination for after-school and weekend activities, sports & **FUN** this fall!

Whether your child is an emerging athlete looking to improve their skills, or just looking to try something new & have **FUN**, we've got them covered! Now's the time to "drop the screen", build confidence & get active!

All eligible members & guests must be fully vaccinated.

(802) 860-EDGE | Info@edgevt.com | www.edgevt.com

YOUTH AND FAMILY EVENTS CALENDAR

FREE COMMUNITY EVENTS FOR
MEMBERS + GUESTS!



FAMILY ZUMBA

A high energy dance class for the whole family with a great cardio workout, games and loads of smiles!

AGES 14 + UNDER WITH GUARDIAN

SAT, AUGUST 27 / 11 AM

SAT, SEPTEMBER 24 / 3 PM

142 WEST TWIN OAKS, SB

[Register Here](#)



INTRO TO SWIM TEAM

Want to learn more about the EDGE Swim Team and all it has to offer? Come join and also get a FREE swim lesson!

SAT, SEPTEMBER 24 / 8:15-10 AM

75 EASTWOOD DR, SB



SWIM LESSON OPEN HOUSE

Come meet our instructors, learn about our programs, get a free skills assessment and enjoy a family swim! PLUS open waterslide time at our Essex location!

SUN, SEPTEMBER 18 / 1-3 PM

SUN, NOVEMBER 20 / 1-3 PM

75 EASTWOOD DR, SB

SAT, OCTOBER 22 / 1-3 PM

SAT, DECEMBER 17 / 1-3 PM

4 GAUTHIER DR, ESSEX



PARISI NATION CHALLENGE

FIND YOUR *EDGE*

Calling all athletes and friends of athletes! Show off your skills and compete in combine events to compile accurate times, scores and stats! Events will also include a meet & greet with the Parisi coaches, an orientation, Parisi FAQ session and PRIZES!

AGES 7-18



THURS, NOVEMBER 3 / 4-7 PM

142 WEST TWIN OAKS, SB

ATHLETIC PROGRAMS



PARISI JUMP START

Jump Start is a developmental program that helps young athletes enhance coordination, relative body strength, speed, and agility while working in a fun structured environment! All activities in the Jump Start program are evidence based and proven to be safe and effective for this age group.

AGES 7-9

SESSION I: AUGUST 29 / **SESSION II:** OCTOBER 29

10-PACK CLASS PASS: \$199

CONTACT: JORDYNNE ALES Jales@edgevt.com



PARISI
SPEED SCHOOL Powered by **EDGE**

[Register Here](#)



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SPEED SCHOOL Powered by **EDGE**

[Register Here](#)

PARISI TOTAL PERFORMANCE

Total Performance is for the adolescent and teenage athlete looking to make the jump in to more competitive sports. Focusing on our linear speed, change of direction, and total body strength, TP athletes have an EDGE on their competition.

GRADES 5-12

SESSION I: AUGUST 29 / **SESSION II:** OCTOBER 29

10-PACK CLASS PASS: \$299 / 1-MONTH MEMBERSHIP: \$249 MONTH

3-MONTH MEMBERSHIP: \$199 MONTH / SIBLING ADD-ON: \$149 PER PERSON

TO REGISTER CONTACT: JORDYNNE ALES Jales@edgevt.com

THE EDGE SWIM CLUB

The EDGE Swim Club is a year-round USA Swimming program offering top notch instruction and opportunities to compete! Come make new friends, learn skills, and enjoy going fast!

AGES 6-13+

FALL SHORT COURSE SEASON: AUGUST 15-MARCH

SCHEDULE: M-F / 4:15-7:45 PM (*varies on group placement*)

TO TRYOUT CONTACT: JOHN PEARCE jpearce@edgevt.com



the **EDGE**
SWIM CLUB

AQUATICS PROGRAMS



PRIVATE SWIM LESSONS

A private lesson is a 30 minute, 1 on 1 lesson for children and adults of all abilities. The instructors move at your pace and they are planned to meet the needs of the individual swimmer.

(4)30 MIN SESSIONS: \$162 MEMBER / \$190 NON-MEMBER
(6)30 MIN SESSIONS: \$243 MEMBER / \$285 NON-MEMBER
(8)30 MIN SESSIONS: \$324 MEMBER / \$380 NON-MEMBER
CONTACT: Swim@edgevt.com



SEMI-PRIVATE SWIM LESSONS

A semi-private lesson is a 30 minute, 2 on 1 lesson for children and adults of all abilities. The instructors move at your pace and they are planned to meet the needs of the pair of swimmers.

(4)30 MIN SESSIONS: \$108 MEMBER / \$133 NON-MEMBER
(6)30 MIN SESSIONS: \$162 MEMBER / \$199.50 NON-MEMBER
(8)30 MIN SESSIONS: \$216 MEMBER / \$266 NON-MEMBER
CONTACT: Swim@edgevt.com

SATURDAY + SUNDAY GROUP LESSONS

SESSION I: SEPTEMBER 3 & 4 (4 WEEK SESSION)

COST: \$60 MEMBER / \$80 NON-MEMBER

SESSION II: OCTOBER 1 & 2 (5-WEEK SESSION)

COST: \$75 MEMBER / \$100 NON-MEMBER

SESSION III: November/December: NOVEMBER 5th & 6th
(6-WEEK SESSION)

COST: \$90 MEMBER / \$120 NON-MEMBER

CONTACT: Swim@edgevt.com

[Register Here](#)



THE EDGE AQUATICS
Powered by THE EDGE Total Health Network

*No lessons 11/26 & 11/27 for Thanksgiving.
No lessons 12/24, 12/25 & 12/31 for Christmas and New Year's.*

AQUATICS PROGRAMS



GROUP SWIM LESSON DESCRIPTIONS

Course Level	Course Description
Splash AGES 6 MONTHS–2.5 YEARS Register Here	A Parent or Guardian accompanies the child for the in-water lessons. 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. This is as an introduction to being safe, having fun, and moving in water. The instructor will use songs, toys and other techniques to create a relaxed learning environment.
Preschool 1 AGES 2.5–5 YEARS Register Here	A Parent or Guardian accompanies the child for the in-water lessons. 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 will learn to enter and exit the water under their own power, submerge their entire head and do a flutter kick. They will be introduced to some breathing techniques and will learn some basic arm movements.
Preschool 2 AGES 3–5 YEARS Register Here	A Parent or Guardian accompanies the child for the in-water lessons. 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 water without a flotation device or puddle jumper. Children will continue to do front and back floats, but without assistance. They will begin learning more kicking skills and arm movements.
Learn to Swim 1 AGES 5–10 YEARS Register Here	A Parent or Guardian accompanies the child for the in-water lessons. 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.
Learn to Swim 2 AGES 5–10 YEARS Register Here	A Parent or Guardian accompanies the child for the in-water lessons. 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.
Learn to Swim 3 AGES 5–11 YEARS Register Here	Must be able to swim 25 yards without assistance. Participants can swim freestyle and backstroke demonstrating proper kick and arm movements and are able to take a proper side breath. They are able to do vertical bobs, tread water for 30 seconds and propel themselves confidently for a distance of 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.

AQUATICS PROGRAMS



GROUP SWIM LESSON DESCRIPTIONS

Course Level	Course Description
Learn to Swim 4 AGES 5-12 YEARS Register Here	Must be able to swim 50 yards without assistance. Participants can demonstrate and swim at least 50yds continuously of proper freestyle and backstroke and proper kick of breaststroke. Participants will continue to refine their freestyle and backstroke mechanics while learning the breaststroke and butterfly arm movements. By the end of two sessions, participants can expect to swim 50yds of each of the four recognized swim strokes.
Stroke Development AGES 7-14 YEARS Register Here	Must be able to swim 100 yards without assistance. 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.



JUNIOR TENNIS PROGRAMS



AGES 5-18

SESSION I: SEPTEMBER 6-OCTOBER 24

SESSION II: OCTOBER 25-DECEMBER 19

CONTACT: TAMMY AZUR Tammya@edgevt.com

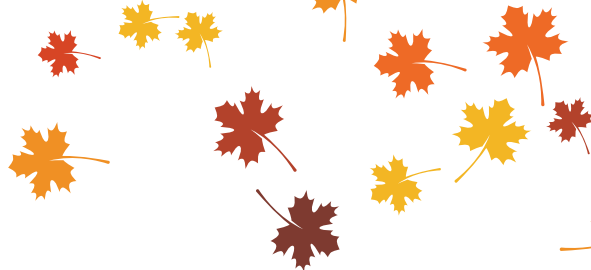
Classes may be pro-rated for late start. Fees listed are for 1 day for the 7 week session. Receive a 10% discount if you register for 2 days or more per week.

[Register Here](#)



 THE EDGE TENNIS <small>Powered by THE EDGE Total Health Network</small>	Essex 4 Gauthier Dr	South Burlington 75 Eastwood Dr
Junior Performance 7 Weeks-\$315/\$420nm	MONDAY 4:30-6:30 PM WEDNESDAY 4:30-6:30 PM	See Essex Location
Junior Competitive 7 Weeks-\$260m/\$350nm	TUESDAY 4:30-6 PM THURSDAY 4:30-6 PM Match Play-SUN 12:30-2 PM	WEDNESDAY 4:30-6 PM THURSDAY 7:30-9 PM Match Play-SUN @ Essex
Junior Development 7 Weeks-\$260m/\$350nm	TUESDAY 5-6:30 PM FRIDAY 4-5:30 PM Match Play-SAT @ Eastwood	MONDAY 4:30-6 PM THURSDAY 4:30-6 PM Match Play - SAT 2-3:30 PM
Green Ball 7 Weeks-\$175m/\$232nm	MONDAY 3:30-4:30PM WEDNESDAY 3:30-4:30PM Match Play - SAT @ Eastwood	TUESDAY 4:30-5:30 PM THURSDAY 3:30-4:30 PM FRIDAY 3:30-4:30 PM Match Play - SAT 1-2 PM
Orange Ball 7 Weeks-\$168m/\$224nm	SUNDAY 10-11AM Weekly Drop-In Prices @ Essex Sundays Only	TUESDAY 3:30-4:30 PM FRIDAY 4:30-5:30 PM
Red Ball 7 Weeks-\$168m/\$224nm	SUNDAY 9-10 AM	WEDNESDAY 3:30-4:30 PM

JUNIOR TENNIS PROGRAMS



JUNIOR TENNIS LESSON DESCRIPTIONS

Course Level	Course Description
Junior Performance Ages 13-18	Our highest level of junior training, this program is for advanced skill level players. Must have a Director evaluation to enroll unless you have enrolled in prior sessions. This class focuses on advanced technique/skill work, footwork patterns and simulated match play through active games and drills.
Junior Competitive Ages 12-16+	A High School Prep tennis program designed for middle school and high school age players who play on their high school team now or who aspire to compete at the high school level. Players will develop advanced skills and match tactics through active drills and games to help them compete at the next level.
Junior Development Ages 10-14	Our Junior Development program is for players who are ready to transition to regular (yellow) tennis balls from our green ball program and for players who are still working on stroke technique, use of spin and all court skills. Active games and drills are used to improve technique and point play so players can advance into our Competitive program.
Green Ball Ages 8-10+	Green ball programs use developmental Green Dot balls which bounce lower and slower than regular (yellow) balls to help kids develop correct stroke mechanics and have early success during play. This class focuses on base techniques, movement and an introduction to tactical play in singles and doubles including the use of overhead serves. (Beginners age 10-12 may attend).
Orange Ball Ages 6-8	Orange ball programs use developmental Orange Dot balls which bounce lower and slower than regular Green and Yellow balls to help kids develop correct stroke mechanics and have early success during play. This class focuses on base techniques, tracking skills and movement in a fun and active environment.
Red Ball Ages 4-6	Red ball programs use developmental red balls which bounce lower and slower than Green and Yellow 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.



LOCATION GUIDE

4 GAUTHIER DR, ESSEX

Indoor Tennis Courts (4)
Outdoor Tennis Courts (2)
Lap Pool (6 Lanes)
Therapy Pool
Indoor Track (1/8 mile)
Fitness Center
Group Fitness & Cycling Studios
Gymnasium
Hot Tub & Sauna
Preventative Care/Genavix/Nutrition
Physical Therapy

142 W TWIN OAKS TERRACE, SOUTH BURLINGTON

Indoor Tennis Courts (3)
Fitness Center
Racquetball (1)
Squash Courts (3)
Group Fitness & Cycling Studios
Sauna
Parisi Speed School
Physical Therapy
Preventative Care/Genavix/Nutrition

4 MORSE DR, ESSEX

Lap Pool (6 Lanes)
Hot Tub
Physical Therapy

75 EASTWOOD DR, SOUTH BURLINGTON

Indoor Tennis Courts (3)
Outdoor Tennis Courts (4)
Pickleball Courts (4)
Lap Pool (8 Lanes)
Splash Pool
Hot Tub & Sauna
Physical Therapy

MEMBERSHIP LEVELS

ULTIMATE EDGE

Fitness Centers, Group Fitness,
Cycling, Aquatic & Virtual classes,
Pools, Fitness Centers, Indoor Track,
Racquetball, Squash, Basketball, Hot
Tubs, Saunas, Locker Rooms, Tennis,
Kids & Fitness Discount

ACTIVE EDGE


Fitness Centers, Group Fitness,
Cycling, Aquatic & Virtual classes,
Pools, Fitness Centers, Indoor Track,
Racquetball, Squash, Basketball, Hot
Tubs, Saunas, Locker Rooms

FITNESS EDGE

Fitness Centers, Indoor Track,
Racquetball, Squash, Basketball, Hot
Tubs, Saunas, Locker Rooms

Children Add-On \$35/month
Pickleball Add-On \$35/month

CONTACT US

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