



# **THE** **EDGE** WINTER YOUTH & FAMILY PROGRAMS 2023



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

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!

(802) 860-3343 | [info@edgevt.com](mailto:info@edgevt.com) | [www.edgevt.com](http://www.edgevt.com)



# ATHLETIC PROGRAMS



## PARISI JUMP START

The Parisi Jump Start Program focuses on building a young athlete's physical foundation and improving their coordination and self-esteem. Our signature speed and strength training methods are structured, 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 youth athlete who wants to develop foundational athletic skills that will help them rise above their competition.

AGES 7-9

OPEN ROLLING ADMISSION: DECEMBER 31-MARCH 31

1-MONTH MEMBERSHIP: \$249

CONTACT: JORDYNNE ALES [Jales@edgevt.com](mailto:Jales@edgevt.com)

[Register Here](#)



[Register Here](#)

## PARISI TOTAL PERFORMANCE

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 to produce maximum improvements in athletic performance. Programming is broken down into an individual focus per session (linear speed, acceleration and deceleration, multi-directional speed and strength). This program builds on an athlete's physical foundation and refines their skills. Athlete's will also learn the skills and conditioning necessary to help prevent injuries through various warm ups, exercises and techniques.

GRADES 5-12

OPEN ROLLING ADMISSION: DECEMBER 31-MARCH 31

1-MONTH MEMBERSHIP: \$249

CONTACT: JORDYNNE ALES [Jales@edgevt.com](mailto: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+

TO TRYOUT CONTACT: JOHN PEARCE [Jpearce@edgevt.com](mailto:Jpearce@edgevt.com)





# 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](mailto: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](mailto:Swim@edgevt.com)

## SATURDAY + SUNDAY GROUP LESSONS



**SESSION I: JANUARY 7 & 8**

(4 WEEK SESSION) \$60 MEMBER / \$80 NON-MEMBER

**SESSION II: FEBRUARY 4 & 5**

(4 WEEK SESSION) \$60 MEMBER / \$80 NON-MEMBER

**SESSION III: MARCH 4 & 5**

(4 WEEK SESSION) \$60 MEMBER / \$80 NON-MEMBER

[Register Here](#)

*Group swim lesson descriptions on next page.*

# AQUATICS PROGRAMS



## GROUP SWIM LESSON DESCRIPTIONS

Course Level	Course Description
<b>SPLASH</b> AGES 6 MONTHS–2.5 YEARS <a href="#">Register Here</a>	<b>A Parent or Guardian accompanies the child for the in-water lessons.</b> 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.
<b>PRESCHOOL 1</b> AGES 2.5–5 YEARS <a href="#">Register Here</a>	<b>A Parent or Guardian accompanies the child for the in-water lessons.</b> 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.
<b>PRESCHOOL 2</b> AGES 3–5 YEARS <a href="#">Register Here</a>	<b>A Parent or Guardian accompanies the child for the in-water lessons.</b> 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.
<b>LEARN TO SWIM 1</b> AGES 5–10 YEARS <a href="#">Register Here</a>	<b>A Parent or Guardian accompanies the child for the in-water lessons.</b> 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.
<b>LEARN TO SWIM 2</b> AGES 5–10 YEARS <a href="#">Register Here</a>	<b>A Parent or Guardian accompanies the child for the in-water lessons.</b> 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.
<b>LEARN TO SWIM 3</b> AGES 5–11 YEARS <a href="#">Register Here</a>	<b>Must be able to swim 25 yards without assistance.</b> 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
<b>LEARN TO SWIM 4</b> AGES 5-12 YEARS <a href="#">Register Here</a>	<b>Must be able to swim 50 yards without assistance.</b> 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.
<b>STROKE DEVELOPMENT</b> AGES 7-14 YEARS <a href="#">Register Here</a>	<b>Must be able to swim 100 yards without assistance.</b> 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:** JANUARY 3-FEBRUARY 24

**SESSION II:** MARCH 6-APRIL 23

CONTACT TENNIS DIRECTOR TAMMY AZUR:

Tammya@edgvt.com

*Classes may be pro-rated for late start. Fees listed are for 1 day for the 7 or 8 week session. Match play is included in the program. Receive a 10% discount if you register for 2 days or more per week.*

[Register Here](#)



	<b>Essex, 4 Gauthier Dr</b>	<b>South Burlington, 75 Eastwood Dr</b>
<b>JUNIOR PERFORMANCE</b> 10 WEEKS-\$450M/\$600NM <i>JANUARY 4-MARCH 20</i>	MONDAY 4:30-6:30 PM WEDNESDAY 4:30-6:30 PM	<i>See Essex Location</i>
<b>JUNIOR COMPETITIVE</b> 8 WEEKS-\$297M/\$400NM	TUESDAY 4:30-6 PM THURSDAY 4:30-6 PM Match Play SUNDAY 2-3:30 PM	WEDNESDAY 4:30-6 PM *THURSDAY 7:30-9 PM Match Play SUNDAY @ Essex <i>*THURS AT EASTWOOD/HS PLAYERS ONLY</i>
<b>JUNIOR DEVELOPMENT</b> 8 WEEKS-\$297M/\$400NM	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 <i>*MONDAY 7 WEEK SESSION</i>
<b>GREEN BALL</b> 8 WEEKS-\$200M/\$265NM	*MONDAY 3:30-4:30 PM WEDNESDAY 3:30-4:30 PM Match Play SAT @ Eastwood <i>*MONDAY 7 WEEK SESSION</i>	TUESDAY 4:30-5:30 PM THURSDAY 3:30-4:30 PM FRIDAY 3:30-4:30 PM Match Play SAT 1-2 PM
<b>ORANGE BALL</b> 8 WEEKS-\$192M/\$256NM	*SUNDAY 10-11 AM <i>*SUNDAY 7 WEEK SESSION</i>	TUESDAY 3:30-4:30 PM FRIDAY 4:30-5:30 PM
<b>RED BALL</b> 8 WEEKS-\$192M/\$256NM	SUNDAY 9-10 AM <i>*SUNDAY 7 WEEK SESSION</i>	WEDNESDAY 3:30-4:30 PM



# JUNIOR TENNIS PROGRAMS



## JUNIOR TENNIS LESSON DESCRIPTIONS

Course Level	Course Description
<b>JUNIOR PERFORMANCE</b> 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. Coach evaluation required.
<b>JUNIOR COMPETITIVE</b> 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.
<b>JUNIOR DEVELOPMENT</b> 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.
<b>GREEN BALL</b> 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).
<b>ORANGE BALL</b> 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.
<b>RED BALL</b> 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*  
*Wellness Lounge Add-On \$35/month*

# CONTACT US

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**THE** **EDGE**

