



Promoting healthy eating and physical activity
in Orleans & Northern Essex Counties



PHYSICAL ACTIVITY RESOURCES FOR PARENTS AND PROVIDERS

Community Sports Activities/Programs

Border Hoop Basketball (K-6 th grade) <i>Gene Tessier</i>	766-5002
Border Minor Hockey (girls & boys; ages 5-14) <i>Tim Bronson</i>	766-2807
Coutts Moriarty 4-H Camp – Derby	766-2236
Craftsbury Outdoor Center -Nordic skiing, canoeing, walking trails, sculling, running camps	586-7767
Ice Skating - Stanstead College	819-876-2371
IROC (Indoor Recreation Orleans County) -Inline skating, floor hockey, tennis, soccer, Basketball, gymnastics, fitness classes, walking trail	334-8511
Jay Peak Ski Weeks (children's ski programs) <i>Earl Whitmore</i>	327-2214
Junior Falcon Football League (5 th -8 th grade) <i>Greg Walker</i>	766-2081
Kingdom Trails Association- Burke; extensive trail network Biking, hiking, trail running, Nordic skiing, snowshoeing <i>Bailey's & Burke General Store</i>	626-0737
Memphremagog Bill Koch Ski League Nordic skiing, ages 4-13	334-1357
Memphramagog Ski Touring Foundation	334-1357
Newport Parks & Recreation Department -Tennis, track & field, soccer, baseball, ice rink/ hockey	334-6345
North Country School of Dance -Tap, jazz, ballet (ages 4-adult)	334-1989
Northern VT Recreational Summer Soccer League (ages 5-17) <i>Nancy & Rick Blais</i>	766-2908

Northern VT Soccer School (1 st -12 th grade) - July <i>Peter Alexander</i>	334-2834
Northwoods Stewardship Center -Camping weeks, hiking, canoeing, snowshoeing, Nordic skiing	723-6551
Orleans County Baseball/Softball (ages 5-19) <i>Gary Rowe</i>	334-1592

Swimming/Swim Lessons

North Country Hospital Wellness Center	334-5566
Newport Parks & Recreation Department	334-6345
Stanstead College	819-876-2371
IROC	334-8511
Coutts Moriarty 4-H Camp	766-2236
Seasonal lessons at area lakes	

State Parks

Brighton State Park – Island Pond	1-800-VERMONT OR
Crystal Lake – Barton	www.vtstateparks.com
Maidstone State Park – Maidstone	

Resources With Additional Information

IROC	334-8511
Fit WIC	334-6707
Newport Parks & Recreation Department	334-6345
North Country Hospital Wellness Center	334-5566
Northwoods Stewardship Center	723-6551



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