

FOR IMMEDIATE RELEASE

Swanton Recreation Expands Programming with New Partnerships and a Full Month of Community Events

Swanton, VT — May 2026 — Swanton Recreation is proud to announce an exciting month of events, new programming, and expanded opportunities designed to bring the community together through recreation, culture, and wellness.

The month begins with the **NorthWest Little League Opening Day Jamboree** at Swanton Recreation on **May 2 from 9:00 AM to 3:00 PM**, celebrating the start of the youth baseball and softball season with a day full of games, activities, and community pride.

May 9th, Enjoy a **Community Paddle on the Missisquoi River**, hosted in partnership with Friends of Missisquoi National Wildlife Refuge and Northern Forest Canoe Trail. In recognition of World Migratory Bird Day weekend, participants will gather at 2:00 PM at Mac's Bend (via Louie's Landing) for an afternoon of paddling, birdwatching, and environmental learning. The event concludes at 5:00 PM and is open to all skill levels. Registration is required.

On **May 9 from 11:00 AM to 3:00 PM**, Swanton will celebrate **National Trail Day** at the Ron Kilburn Transportation Museum, encouraging residents to explore local trails and outdoor recreation opportunities.

A major highlight follows on **May 16 at 10:00 AM** with the **Lamoille Valley Rail Trailhead Grand Opening**, marking expanded access to one of Vermont's premier recreational trails and reinforcing the community's commitment to active living.

Swanton Recreation is also excited to announce a new partnership with Summit Path Jiu Jitsu, bringing **Jiu-Jitsu programming for youth, adults, and women** to the community. This dynamic program blends physical conditioning with mental strategy, offering participants a structured path from foundational techniques to advanced grappling skills. Rooted in the principles of leverage and control, the "Gentle Art" empowers individuals of all backgrounds to build confidence, learn practical self-defense, and become part of a supportive, high-energy community both on and off the mats.

Over Memorial Day weekend, Swanton will host the **Abenaki Nation of Missisquoi Heritage Festival**, led by the Abenaki Nation of Missisquoi. Taking place **Saturday, May 23 and Sunday, May 25 from 10:00 AM to 5:00 PM**, with Grand Entry at 12:00 PM, the festival will feature traditional drumming, dancing, singing, food vendors, and artisan crafts. This free, public event celebrates the rich cultural heritage of the Abenaki people and is sponsored in part by Vermont Humanities.

Closing out the month on **May 30**, residents are invited to participate in the **Swanton Community Yard Sale** by registering their homes through Swanton Recreation at www.swantonrec.org. Community members can also join as vendors at the **Swanton Flea** from 10:00 AM to 4:00 PM, featuring local goods, community connections, and live music.

Looking Ahead to June:

Registration is now open for **Powder Puff Boot Camp**, a 7v7 flag football program designed to empower and engage female athletes. Open to girls entering grades 7–12 from all towns, this program runs **Tuesdays (6:00–7:00 PM) and Thursdays (5:00–6:00 PM) from June 2 through July 9**. Players will develop skills in throwing, catching, and teamwork in a fun, supportive environment. A minimum of 15 participants is needed to run the program.

“From youth sports and cultural celebrations to new fitness opportunities, Swanton Recreation continues to create spaces where community members can connect, grow, and thrive,” said program organizers.

For more information, full program details, and registration, visit www.swantonrec.org.