

SUMMER ACTIVITIES

2016



Creating Community
Through People,
Parks and Programs
603.875.0109

NEW TWO SEPARATE WEEKS OF SUMMER CAMP !!

Week of: June 27 - July 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ADVENTURE WEEK						
Storyland, snorkeling, art, swimming, kites, science, cooking, Harry Potter wands, sports, games & more!						

Week of: July 11 - July 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EXPLORATION WEEK						
Ellacoya Park, Jedi training, paddleboarding, mini-golf, art, ice cream sundaes, sports, games, swimming & more!						



For ages 7-11: \$150 per week or \$275 for both weeks if registered by May 31. See page 5 for camp details.

PADDLEBOARD LESSONS
Youth (\$68) ♦ Adults (\$75)
For Youth and Adults! Join SUP-NH for two weeks at the Alton Town Beach on Mondays and Wednesdays (6/20, 6/22, 6/27 & 6/29) to learn how to paddleboard. Registration fee includes paddleboard rental and t-shirt.
See pages 5 & 7 for details.

RAW, LIVING FOODS CLASS
June 25 ♦ 9:00am-12:00pm ♦ \$30
Learn how to incorporate living foods into your daily routine. Make the shift and add energy to your life! Class instruction includes hands-on food prep. Fee includes take-home meals and recipes.
See page 7 for details.

NEW PARK ART
All ages
B&M Park
\$15 for 4 weeks
See page 4



CELEBRATE OLD HOME WEEK!
"Alton, Hometown America - Celebrating 220 Years"
August 12-21, 2016
Concerts, block party, craft fair, 5K, barbecues, parade, antique boats, Barbershop music, scavenger hunt, car show, ice cream, outdoor movie, food competitions, bingo, cribbage and more! Detailed brochure available after July 1. Join in the fun!

5K ROAD RACE
August 13, 9:00am
\$20 pre-register by 7/15
\$25 race-day registration
Shirts, prizes, raffles, fun!
Sponsored by Meredith Village Savings Bank

CRAFT FAIR
August 13 & 14
Sat. 9-5 ♦ Sun. 9-3
Alton Bay Comm Ctr & RR Square Park
New England crafts
Juried local artisans

Pickleball
See page 7



SOCCER CAMP ~ TWO WEEKS ~ TWO CHOICES
Both camps are for ages 3-14 and will be held Monday through Friday at Jones Field. Online registration.

British Soccer Camp July 25-29
GPS Camp August 8-12

See page 6 for all the awesome camp details!

Fireworks!
July 3
August 13



See page 3

**ALTON PARKS AND RECREATION
GROUNDS AND MAINTENANCE DEPARTMENT**

Creating Community Through People, Parks and Programs

603.875.0109 • parksrec@alton.nh.gov • www.alton.nh.gov

Kellie Troendle, CPRP, Parks and Recreation Director

PARKS AND RECREATION COMMISSION MEMBERS:

Chairman: Jonathan Downing

Members: William Lionetta, Liz Shelton, Kristin Thomas,
Phil Wittmann (Board of Selectmen)

2016 SUMMER ACTIVITIES

STATEMENT OF PURPOSE

The Alton Parks and Recreation Department's mission is to promote and provide opportunities to enjoy meaningful leisure experiences with the provision of quality leadership, the development and maintenance of safe recreation facilities, the conservation and preservation of natural and open space, and creative community programs, which are all essential to the well-being of our citizens and the positive quality of life in the Town of Alton.

PARKS AND RECREATION DEPARTMENT CONTACT INFORMATION

Phone: 603.875.0109 • Fax: 603.875.0242 • parksrec@alton.nh.gov • www.alton.nh.gov

Mailing address: PO Box 659, Alton, NH 03809 • Physical address: 328 Main Street, AVAS Public Park, Alton, NH

REGISTER EARLY FOR PROGRAMS ~ MINIMUM ENROLLMENT REQUIRED

In an effort to keep program fees as low as possible, minimum enrollment numbers have been established. It is critical for everyone to sign up early! There are times that programs or classes will be canceled if there are not enough registrants. This decision must be made by the deadline of the program, so that those who have signed up can be notified. Please adhere to program deadlines and register early. All participants must be pre-registered for programs.

MAIL-IN REGISTRATION

Complete the registration form on the last page of this brochure and mail it, along with your check or money order (payable to "Town of Alton") to: Alton Parks and Recreation Department, PO Box 659, Alton, NH 03809. Please do not send cash. For a returned receipt, please include a self-addressed envelope.

WALK-IN REGISTRATION

Complete the registration form and bring it, along with your check or money order (payable to "Town of Alton") to the Parks and Recreation Department building located at 328 Main Street (AVAS Public Park) on Route 11 across from Levey Park. Office hours are 7:00am-3:30pm, Monday through Friday. There is a mail slot for 24-hour registration drop-off. There is also a kiosk which contains extra registration forms and community information.

PAYMENT

Full payment is required at the time of registration. Payment is accepted by check or money order payable to "Town of Alton." No cash please. A \$25.00 fee will be charged for any returned checks.

SCHOLARSHIPS

Limited scholarships are available and must be applied for in advance. Applicants will need to document financial need. Please contact the office for more information.

REFUNDS

Because the decision to conduct a program is based on the enrollment number at the first class, refunds are not guaranteed after the first meeting of the class. Refunds will be issued if participants cancel before the activity begins, minus a \$5.00 processing fee. Please note, it takes two weeks to process a refund. The Department does not confirm program registration; however, if a program is full or canceled, you will be contacted.

LOST AND FOUND

Items will be held at the Parks and Recreation office for two weeks. If unclaimed after two weeks, lost items will be disposed of or donated to charity.

WHAT'S HAPPENING AROUND TOWN

FAMILY BLOCK PARTY

Friday, August 12 ~ 5:00-8:00pm ~ B&M Railroad Park



BBQ

S'mores



Baked Goods

Family Games

Face Painting



Music & Emcee



Caricatures



Town Calendar Photo Contest

The Parks and Recreation Department is sponsoring a 2017 Calendar Photo Contest. Photos will feature Alton landmarks, scenic views, and places of interest in the Town of Alton.

Submit your digital photo to parksrec@alton.nh.gov. Selected photos will be published in the 2017 Town of Alton Calendar with the name of the photographer.

By submitting your photos, you give permission for them to be published by the Town of Alton in print, on the Town website, and on the Parks and Recreation Facebook page.

The deadline for photo submission is September 6, 2016.



OLD HOME WEEK OUTDOOR FAMILY MOVIE

Wednesday, August 17, 8:30pm at the Bandstand

sponsored by Gilman Library & Boy Scout Troop 53

Admission is FREE	Bring a chair or blanket	Concessions for sale
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Antique Boat Show



Saturday, August 13 ~ 9:00am-12:00pm
Alton Bay Public Boat Docks
sponsored by New Hampshire Boat Museum



*In memory of **Paul A. Richardson**, a leader and pioneer for the protection of Alton's natural resources. We miss you greatly. Thank you for sharing your positive character and time with us. Your spirit shines on Lake Winnepesaukee.*

Your friends from the Alton Milfoil Committee

FAMILY ACTIVITIES AND EVENTS

Town-Wide Yard Sale – Saturday, June 4, 9:00am-3:00pm, rain or shine



Looking for a bargain or a hidden treasure? Shop the town-wide yard sale! Community members will be holding various yard sales around Alton. Pre-registered locations are marked on the free "Yard Sale Locator Map", which will be available after May 27 at the Parks and Recreation office, Town Hall, Gilman Library and local banks in Alton.

Fireworks

Alton Bay - Fireworks will be launched off a barge in Alton Bay.

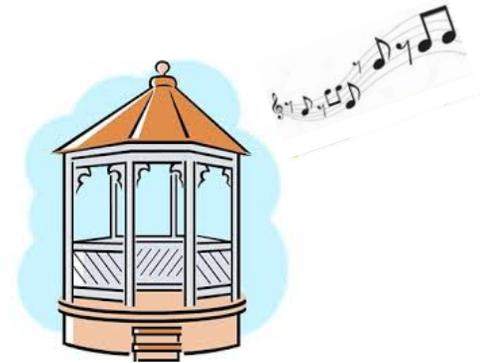
- ☆ Independence Day: July 3 at 9:20pm (rain date July 8)
- ☆ Old Home Week: August 13 at 9:00pm (rain date August 14)



Alton Bay Concerts – 7:00pm-9:00pm

Alton Bay Bandstand - (Free) Bring a chair and enjoy music by the lake. All ages.

- July 2 – 39th Army National Guard Band ~ country, rock, patriotic, brass
- July 3 – Echo Tones ~ classic rock
- July 9 – Shana Stack ~ country
- July 16 – Bittersweet ~ classic rock
- July 23 – Saxx Roxx ~ classic rock with brass
- July 30 – 60's Invasion ~ hits from the 60's and early 70's
- August 6 – Gerry Grimo & The East Bay Jazz Ensemble ~ elegant swing, jazz and blues
- August 13 – Annie & The Orphans ~ rock and roll from the 50's to the 70's
- August 20 – no evening concert at bandstand – see page 4 for weekend Barbershop music information
- August 27 – Pony Express ~ country



Alton Old Home Week – August 12-21

Alton and Alton Bay - Celebrate Alton's Old Home Week: "Alton, Hometown America – Celebrating 220 Years". Concerts, parade, barbeques, fireworks, 5K road race, craft fair, block party, antique boats, barbershop singing, food competitions, scavenger hunt, outdoor family movie, dog show, ice cream sundaes, outdoor bingo, cribbage and more. A detailed Old Home Week brochure will be available after July 1 at the Parks and Recreation office, Town Hall and local area businesses.



5K Road Race – Saturday, August 13, 9:00am

Alton Bay Bandstand - sponsored by Meredith Village Savings Bank. Computerized timing provided by Granite State Race Services. USATF-certified course through Alton. Scenic, slightly varying paved course – flat/downhill with one moderate incline. Awards to overall male/female runner, top male/female runner in each age division, first Alton male/female runner, and winning team/family group. Post-race refreshments, raffle and awards. Pre-register by July 15 for choice of long-sleeve shirt: \$20 registration fee for cotton shirt, \$25 registration fee for poly tech race shirt. After July 15 and on race-day: \$25 registration fee, no shirts available. Detailed brochure and registration forms available through Parks and Recreation and local area businesses, or register online at www.lightboxreg.com/alton5k2016. See page 10 of this brochure for registration form only. Racer check-in, shirt pick-up, and same-day registration from 7:30am-8:30am on race day.

Craft Fair – Saturday, August 13, 9:00am-5:00pm and Sunday, August 14, 9:00am-3:00pm

Alton Bay Community Center & Railroad Square Park ~ Handmade New England craft items, including fine wood crafts, candles, fleece, leather products, bird feeders, jewelry, fabrics, quilts, photography, maple products, baskets, note cards, books, fudge, soaps, skin care, pet treats and toys, food creations, kitchen items, home decor and more.

"Nothing you do for a child is ever wasted." Garrison Keillor

FAMILY ACTIVITIES AND EVENTS

Barbershop Harmony Musical Events – August 19-21

Alton and Alton Bay – The Barbershop Jamboree returns to Alton! Co-sponsored by Alton Parks and Recreation and Lakes Region Chordsmen. See dates below. Barbershop quartets and groups will also be performing at random times at various locations in Alton and Alton Bay throughout the weekend, including restaurants and church services. Be on the lookout for the harmonious sounds of the Barbershoppers!



- August 19 at 7:00pm – (Free) Alton Bay Bandstand ~ Informal Barbershop Concert
- August 20 from 2:30-4:30pm – (Free) Alton Bay Bandstand ~ Mock Quartet Competition
- August 20 from 7:45-11:00pm – (\$10) Prospect Mountain High School ~ “The Great Gathering” main concert event

Tickets for The Great Gathering can be purchased online (for a small fee) at <https://altonbaybarbershopjamboree2016.eventbrite.com>. Online ticket sales will end on Friday, August 19. Tickets (cash sales) can also be purchased in August at the Parks and Recreation office during normal business hours, or at the Alton Bay Community Center on Friday, August 19 from 3:00-5:00pm and on Saturday, August 20 from 9:00am-4:00pm, or at the door after 6:00pm. Under age 12 admitted free. For further information, contact Dave Snell at 455-6683.



Park Art – Tuesdays, 10:00am-12:00pm on 7/5, 7/19, 7/26, 8/2 (register by June 8)

B&M Railroad Park, Loon Cove Station ~ (\$15 for 4-week session or \$5 per class) For ages 7-107. Join the Parks and Recreation staff for this inter-generational activity that everyone can do. Learn new art skills and showcase your abilities. Pick and choose a theme, or try all four!



Create beautiful art creations with sand. Make colorful designs, layer by layer. Fill a jar, container or bottle. Display at home to add color and texture into your life.



Scratch away the top coating to reveal the colorful pattern beneath. Create brilliant multicolored designs. Bring color and surprises to your art practice.



Create anything with the right rock and your imagination. Varied surfaces, shapes and sizes of rocks make the perfect craft. Bring the outdoors inside with a rock art display. Make paperweights, flowers, people, animals or patterned pebbles. Your creativity will amaze you.



Make craft paper cards and envelopes. Perfect for creating personalized cards for any occasion. Add trims, paint, markers and more to white paper bags to create handmade gift bags. Share a part of yourself and your crafty abilities with special occasion gifts.

Off-Road Segway Tour at Gunstock – (age 16+) Saturday, July 9, 9:30am (register by June 24)

Meet at 9:30am at the Admissions Center of Gunstock Mountain Resort, 719 Cherry Valley Road (Rte 11A), Gilford ~ tour begins at 9:45am
Gunstock ~ (\$60) For ages 16 to adult, weighing 100-250 pounds. Are you looking for something different to do on a Saturday morning? Let us take you on a new adventure! Take a Segway Tour on a two-wheeled, self-balancing personal transporter through the woods and mountain trails of Gunstock Mountain Resort. Your adventure includes a helmet, a 15-minute class video, 30-45 minutes of hands-on training, and a 60-minute ride that will take you around Gunstock’s pond to Cobble Mountain to explore the trails. A small pouch for necessities is provided on the Segway, but packs and other items will be stored in an on-site locker. Participants must be age 16 or older and weigh between 100-250 pounds. Footwear must be flat, with closed toes and closed heels. No crocs or open-toed shoes allowed. Register by June 24 for the group rate of \$60 per person. Space is limited. Additional waiver forms will need to be signed at Gunstock.

So much to see and do right here in your local Lakes Region community! May we suggest a small few?

- ☆ Take a cruise on the Mt. Washington, Sophie C or Millie B
- ☆ Hike Mt. Major, Devil’s Den or Knight’s Pond
- ☆ Go walking or biking on the John Racine Trail or Wolfeboro Rail Trail
- ☆ Rent a kayak from River Run Deli, or a paddleboard from SUP-NH

SEE PAGE 7 FOR
FAMILY-FRIENDLY
FIELD TRIPS

Add your own ideas, or create something new!



CAMP WINNIPESAUKEE

Summer Camp – (ages 7-11) Monday-Friday, June 27-July 1 and July 11-July 15, 9:00am-4:00pm (register by May 31) Alton Bay Community Center & Railroad Square Park ~ (\$150/week or \$275 for both weeks) Join us for Camp Winnepesaukee and explore the outdoors, learn new skills and have fun with friends! Please bring a bag/cooler lunch each day with drinks and snacks, and a bathing suit and towel for swimming in the Lake. Register by May 31 for discounted rate. After May 31, camp cost is \$175/week or \$325 for both weeks.

ADVENTURE WEEK – June 27-July 1

Activities include a trip to Storyland where we will ride the new Roar-o-Saurus, Polar Coaster, Bamboo Chutes, Raft Ride, Carousel, Safari Tour, Antique Cars and much more. Learn how to snorkel this week and observe the underwater world of Lake Winnepesaukee. Fly a kite, and go swimming at the Town Dock. We will make spells and potions in our Wizard Lab and make a Harry Potter wand, too. Join the camp in preparing delicious snacks, and do science experiments that will amaze you! Make cool crafts to take home. We will also hike to Jones Field to play sports and cooperative games.

EXPLORATION WEEK – July 11-July 15

Activities include a trip to Ellacoya State Park where we will go swimming, play games and have a picnic. Learn how to paddleboard this week and ride the waves. Be a Jedi for the day with our awesome Jedi Training Academy, where you can learn the ways of the Force and have your very own light saber. Make a big ice cream sundae and play mini-golf. We will swim at the Town Dock and do crafty art projects. We will hike to Liberty Tree Park to play court and paddle games. This week includes scavenger hunts, puzzle games and more.

YOUTH ACTIVITIES

Paddleboard Instruction – Mondays & Wednesdays, 1:00pm-2:15pm on 6/20, 6/22, 6/27, 6/29 (register by June 6) Alton Town Beach ~ (\$68 for 2-week session) Participants aged 8-15 will learn the basics of paddleboarding in this Level 1 introductory class taught by SUP-NH. Registration fee includes one hour of on-land training and four hours of on-water training, board and paddle rental during instruction, and a SUP-NH t-shirt. Each participant will also receive a discount of \$50 off a paddleboard package from SUP-NH. Participants must be able to swim on their own, and they cannot be afraid of the water. Space is limited; register early.

Park Art – Tuesdays, 10:00am-12:00pm on 7/5, 7/19, 7/26, 8/2 (register by June 8)

B&M Railroad Park, Loon Cove Station ~ (\$15 for 4-week session or \$5 per class) For ages 7-107. Join the Parks and Recreation staff for this inter-generational activity that everyone can do. Learn new art skills and showcase your abilities. Pick and choose a theme, or try all four! **SEE PAGE 4 FOR DETAILS ON EACH WEEKLY THEME.**

Little Pesaukees Playgroup – **YEAR-ROUND** – Tuesdays and Thursdays, 9:00am-11:00am



Alton Bay Community Center ~ (Free) This program is open to children, aged newborn to 5. Drop-in playgroup; not an organized pre-school program. Parents stay and supervise their children during the program. Parents are also asked to bring a peanut-free snack for their own child. Activities include reading books, snack time and free play. We provide the books, puzzles, toys and games, and you provide the interaction. This is a great program to introduce you and your child to other members of the community. For more information, contact LittlePesaukees@gmail.com.



Alton Bay Swimming Area Regulations

Lifeguards have the authority and responsibility to enforce all swim area rules and regulations. Staff may request persons not abiding by swim area rules to leave the swim area. Police may be called if rules are violated.

- Children under the age of 14 must be accompanied by an adult or guardian over 18 years of age.
- Flotation devices and water toys must be approved by a Lifeguard. Water wings are not permitted.
- The following are not permitted: pets, horseplay, glass bottles, alcohol, boat launching and fishing.
- Infants must wear tight fitting diapers with rubber pants or disposable swim diapers.





SOCCER CAMPS / LEAGUE



British Soccer Camp – Monday-Friday, July 25-29 ~ see ages, times and cost below

➔ REGISTER ONLINE at www.challengersports.com ←

Jones Field ~ Ages 3-14. Camp emphasis is on skill development and core techniques through individual and small group practices and coached games. A full camp brochure is available at the Alton Parks and Recreation office. Registration includes camp t-shirt and soccer ball.

- Ages 3-5 – First Kicks Camp (\$75) – 8:00am-9:00am
- Ages 6-14 – Half-Day Camp (\$136) – 9:00am-12:00pm
- Ages 6-14 – Full-Day Camp (\$185) – 9:00am-4:00pm



Global Premier Soccer (GPS) Camp – Monday-Friday, August 8-12 ~ see ages, times and cost below

➔ REGISTER ONLINE at www.gps-newhampshire.com/summercamps ←

Jones Field ~ Ages 3-14. GPS Camp focus is on development of players across the four pillars of the game: technical, tactical, physical and psychological. Varied emphasis is placed on each pillar throughout the different learning phases of individual players based on age and abilities. Registration includes camp shirt.

- Ages 3-5 – Juniors (\$60) – 9:00am-10:00am ~ Getting started skills
- Ages 6-14 – Half-Day Camp (\$115) – 9:00am-12:00pm ~ FUNdamental skills, with some practice to develop skills
- Ages 8-14 – Full-Day Camp (\$165) – 9:00am-3:00pm ~ Practice to develop, and skills to compete

The 2016 Alton Recreation Soccer Season is dedicated to Brett J. Lamper

Through his love of soccer and the game, he helped players develop self-confidence, kindness toward others, and community involvement.

Your spirit shines bright. Go Red!

Alton Recreation Soccer League – Grades 1-6 ~ REGISTER BY AUGUST 1

\$30 registration fee on or before August 1 ♦ \$50 after August 1 and placed on waiting list

Sign-up now! Deadline to register is August 1. Please note: If you register after August 1, the player will be placed on a waiting list and, if a spot opens up, there will be an additional late fee. Please register early!

First practice August 27 ♦ Games begin September 10

Practices will be 1-2 evenings per week in Alton, with a focus on soccer fundamentals and teamwork. Games are on Saturdays at local community fields. Our focus is on fun, positive sportsmanship and learning new skills.

Equipment needed: Please bring your own soccer ball (see size below), shin pads (worn at all times), water bottle, black shorts and black socks.

Recommended items: Cleats and mouth guards are recommended, as well as safety glasses or glass guards if your child wears glasses. A self-serve cleat swap with cleats in good condition is available in the front lobby of the Parks and Recreation office.

The first practice is on Saturday, August 27 at Jones Field. Please arrive at the time listed below for your age group. If you are unable to attend the first practice, please call 875-0109.

<u>Grade</u>	<u>Type of Team</u>	<u>Ball Size</u>	<u>1st Practice Time</u>
1-2	co-ed	size 3	8:00am
3-4	separate boys & girls	size 4	9:00am
5-6	separate boys & girls	size 4 or 5	10:00am



Volunteer coaches are needed. Background checks and coaches training are provided. Please volunteer to be a coach or an assistant if you are interested. **The volunteers make this program possible!**



SUMMER FAMILY FIELD TRIPS



Alton residents are invited to participate in ten field trips sponsored by the New Durham Parks and Recreation Department. A flyer outlining the details of each trip and a New Durham Field Trip Registration Form can be picked up at the Alton Parks and Recreation Department, or you can request them via email to parksrec@alton.nh.gov.

IMPORTANT NOTE: Pick-up and drop-off location is at the front of the New Durham Elementary School, 7 Old Bay Road, New Durham.

- Squam Lakes Natural Science Center, Holderness, NH
Friday, July 1 ~ Pick-up: 9:30am / Drop-off: 3:30pm
Participant cost: \$17 ~ Chaperone cost: \$10
- Great Bay Discovery Center, Greenland, NH
Friday, July 8 ~ Pick-up: 9:00am / Drop-off: 2:00pm
Participant cost: \$9 ~ Chaperone cost: \$5
- Mount Major, Alton, NH
Friday, July 15 ~ Pick-up: 9:30am / Drop-off: 1:00pm
Participant cost: \$4 ~ Chaperone cost: \$0
- McAuliffe-Shepard Discovery Center, Concord, NH
Friday, July 22 ~ Pick-up: 9:30am / Drop-off: 2:30pm
Participant cost: \$15 ~ Chaperone cost: \$10
- McKenzie's Farm, Milton, NH
Friday, July 29 ~ Pick-up: 9:30am / Drop-off: 1:30pm
Participant cost: \$10 ~ Chaperone cost: \$5
- Bear Brook State Park, Allenstown, NH
Friday, August 5 ~ Pick-up: 9:30am / Drop-off: 2:00pm
Participant cost: \$8 ~ Chaperone cost: \$5
- Hilltop Fun Center, Somersworth, NH
Friday, August 12 ~ Pick-up: 9:30am / Drop-off: 1:30pm
Participant cost: \$25 ~ Chaperone cost: \$15
- Strawbery Banke, Portsmouth, NH
Friday, August 19 ~ Pick-up: 9:30am / Drop-off: 2:30pm
Participant cost: \$14 ~ Chaperone cost: \$8
- Dover Bowl, Dover, NH
Friday, August 26 ~ Pick-up: 9:30am / Drop-off: 1:30pm
Participant cost: \$20 ~ Chaperone cost: \$16
- Whale's Tale Water Park, Lincoln, NH
Friday, September 2 ~ Pick-up: 9:30am / Drop-off: 3:30pm
Participant cost: \$30 ~ Chaperone cost: \$20

ADULT ACTIVITIES AND CLASSES

Country Line Dancing – Thursdays, June 9-August 11, 1:30pm-3:00pm



Alton Bay Community Center ~ (\$3 for summer season) Line dancing is great exercise and a lot of fun in our air-conditioned building! Learn new dances every week. All abilities are welcome.

Small Engine Maintenance – Saturday, June 11, 9:00am-11:00am (register by June 6)

Parks and Recreation Office ~ (\$10) Learn how to take care of your home maintenance equipment (lawn mower, snow blower, etc.). Class includes tips on how to prepare your equipment for off-season storage, changing fuel and air filters, checking and changing oil, and replacing spark plugs. Learn how to sharpen blades, check belts, change shear pins, and how to use fuel stabilizer. You really can do it yourself!

Paddleboard Instruction – Mondays & Wednesdays, 4:00pm-5:15pm on 6/20, 6/22, 6/27, 6/29 (register by June 6)

Alton Town Beach ~ (\$75 for 2-week session) Participants aged 16 to adult will learn the basics of paddleboarding in this Level 1 introductory class taught by SUP-NH. Registration fee includes one hour of on-land training and four hours of on-water training, board and paddle rental during instruction, and a SUP-NH t-shirt. Each participant will also receive a discount of \$50 off a paddleboard package from SUP-NH. Participants must have basic swimming skills and must be able to stand up from a kneeling position. Space is limited; register early.

Raw, Living Foods – Saturday, June 25, 9:00am-12:00pm (register by June 6)



Pearson Road Community Center ~ (\$30) The Raw Food lifestyle consists of fruits, nuts, vegetables, seeds, sprouted grains and nothing heated over 118 degrees. Raw Food = more enzymes. Enzymes = energy and pure, nutrient dense food. This class will introduce the preparation of nut milks and nut butters, vegetable “pasta” and nut “cheese”. We will prepare smoothies, soup, mango nice cream, chocolate tarts and more. The Raw Food Style can be incorporated into your current eating plan. Once you learn how easy and beneficial eating well can be, preparing meals will be fun and satisfying. This class is a RAWesome introduction into a great, energizing lifestyle.

“How old would you be if you didn’t know how old you were?” Satchel Paige

ADULT ACTIVITIES AND CLASSES

Pickleball – (Age 18+) See below for types of programs, locations and court times available



BEGINNER INSTRUCTION – 2nd & 4th Wednesday of the month, 8:00am-10:00am (call Parks and Recreation to reserve a spot)

Liberty Tree Park Basketball Courts ~ (\$5/season) Participants aged 18+ can learn how to play what's becoming the fastest growing sport in America! Pickleball is a paddle sport that combines tennis, ping pong and badminton. The game is played on a modified court with a hard paddle that is similar to table tennis, and a ball that is comparable to a Wiffle ball. A limited amount of equipment is available for use. Call the Parks and Recreation office to reserve your instruction time.

OPEN PLAY – Mondays & Wednesdays, 8:00am-11:00am, mid-June through Fall (weather permitting)

Liberty Tree Park Tennis/Pickleball Courts ~ (\$5/season) Join Alton's experienced adult Pickleball community with organized outdoor games. Benefits of playing include improved coordination, balance, muscle strength and endurance. Singles, doubles and mixed doubles.

RESERVED COURT TIME – Fridays, 8:00am-11:00am and Sundays, 8:00am-10:00am, mid-June through Fall

Liberty Tree Park Tennis/Pickleball Courts ~ (Free) Courts have been reserved for Alton's Pickleball community for drop-in play.

Yoga Strength

Mondays and Wednesdays, 1:30pm-2:30pm

with Kellie Troendle, Certified Instructor

Alton Bay Community Center ~ (\$5 drop-in per class or pay in advance for monthly discount) Yoga Strength is 30 minutes of strength training for major muscle groups, followed by 30 minutes of flowing yoga postures, all designed to build muscle strength and improve balance and flexibility. Functional exercises to keep your body strong and moving. All abilities welcome. Try a class for free.



Zumba

Mondays and Wednesdays, 8:00am-9:00am

with Sherry Meyer, Certified Instructor

Alton Bay Community Center ~ (\$8 drop-in per class or \$40 for 4-week session) Zumba is a fun, fast-paced class that will keep your body moving. Cardio and muscle building to Latin dance music – it's a workout that your body will enjoy!

Yoga PUSH!

Mondays, 4:30pm-5:30pm

with Kellie Troendle, Certified Instructor

Alton Bay Community Center ~ (\$8 drop-in per class or pay in advance for monthly discount) Hatha yoga postures and flowing sequences that will up-level your workout. Strength and core work, flexibility and balance. An intermediate yoga class designed to tone, define and build muscles, while relaxing and stretching tight ones. Try a class for free.



Lakefront Yoga

Thursdays, 6:30pm-7:30pm

with Sheila Marston, Certified Instructor

Alton Bay Community Center ~ (\$10 drop-in per class or \$32 for 4-week/monthly session) This intermediate level class is geared toward participants who have been practicing yoga and know basic postures. Focus is on several breathing techniques, postures and proper alignment.

SENIOR ACTIVITIES



A variety of programs, classes and activities are offered at the Pearson Road Community Center (Alton Senior Center) located at 7 Pearson Road. In addition, a meal is served each weekday at 11:30am courtesy of the Community Action Program.



Center hours are Monday-Thursday from 8:30am-2:30pm and Friday from 8:30am-1:30pm.

Call 875-7102 for more information on current offerings.





ALTON PARKS AND FACILITIES



The Town of Alton is abound with opportunities to experience its beauty and expansiveness every season of the year. Surrounded by lakes and mountains, Alton's ideal location offers residents and visitors many choices for recreation, relaxation and social gatherings. Below is a list of parks and facilities for enjoyment and leisure time. Town park facilities are available for public use and events.

- Alton Bay Community Center – *Located at 58 Mt Major Hwy (Rte 11)* ~ Renovated historic building built in the 1800's; originally used as a transportation center for the railroad.



- Railroad Square Park – *Located adjacent to the Alton Bay Community Center* ~ Waterfront park, swim dock, seasonal lifeguard, benches, picnic tables, seasonal drinking fountain, boat launch ramp, boat docks.
- Land Bandstand – *Located in Railroad Square Park* ~ Summer concerts and town events.
- Alton Town Beach – *Located on East Side Drive (Rte 28A)* ~ Raised beach, covered picnic area, swimming, seasonal lifeguard, benches, seasonal restrooms.

- Harmony Park – *Located adjacent to Alton Town Beach* ~ Dedicated to the Norwich, CT chapter of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America. Covered picnic table area, fishing bench.

- Levey Park – *Located on the west side of Rte 11, ¼ mile south of Rte 11 & 28A intersection* ~ Ten-acre woodland, two miles of connected trails, picnic area, hiking, scenic view, bird watching, cross-country skiing, snowshoeing, seasonal water spigot, access to Merrymeeting River.



- Jones Field – *Located on Letter S Rd* ~ Home of "Little Fenway"; baseball fields, softball fields, playground, swings, picnic tables, fishing, canoe/kayak launch to Merrymeeting River.
- Liberty Tree Park – *Located at 65 & 67 Frank C Gilman Hwy (Rte 140, behind Central Fire Station)* ~ Tennis courts with Pickleball court lines, basketball courts, sand volleyball court, skateboard park, slide and swings, benches, picnic tables, canoe/kayak launch to Merrymeeting River, seasonal drinking water.
- B&M Railroad Park – *Located at 13 Depot Street (behind Town Hall)* ~ Toddler playground, wetlands boardwalk, horseshoe pit, bocce court, linked walking trail, picnic area, benches, historic train buildings and caboose.
- Ginny Douglas Park – *Located on Main St at Old Wolfeboro Rd* ~ Gazebo, flower gardens, benches, linked walking trail.



- Mt Major – *Located on the west side of Mt Major Hwy (Rte 11) in West Alton* ~ Part of the Belknap Mountain range; summit elevation is 1785'. Hiking to the summit on three marked trails from the trailhead parking lot on Rte 11. Mt Major Trail (blazed blue) is 1.5 miles and is a combination of logging road, ledges and steep scrambles. Brook Trail (blazed yellow) is 2.1 miles, and Boulder Loop (blazed orange) is 1.6 miles. Great view from the summit. Winter snowmobile trails.

- Riley Road Beach – *Located on Rte 11N at Riley Rd in West Alton* ~ Access to Lake Winnepesaukee for swimming; deck, limited parking.
- Roberts Cove Road Beach – *Located on Roberts Cove Rd (off Rte 28N)* ~ Access to Lake Winnepesaukee for swimming; sand beach.
- Mike Burke Trail – *Located on Avery Hill Rd at Alton Mtn Rd* ~ One-mile loop trail in the Town forest. Hiking, snowshoeing, wildlife.
- Knight's Pond Conservation Area – *Located on Rines Rd (off Rte 28N) in East Alton* ~ 3.6-mile loop trail managed by LRCT, NH Fish & Game and local landowners. 31-acre pond, hiking, canoe/kayak access, fishing, snowshoeing, wildlife, boulder field.
- Trask Swamp and Fort Point Woods Conservation Area – *Located on Fort Point Rd (off Chestnut Cove Rd)* ~ Managed by LRCT. Hiking, snowshoeing, wildlife. Parking available.
- Gilman Pond Conservation Area – *Located on Gilman's Corner Rd (off Rte 28N) in East Alton* ~ Hiking trails and walking paths, fishing, canoe/kayak access.
- Cotton-Hurd Brook Woodland Preserve – *Located on Chestnut Cove Rd (off Rte 28N)* ~ 103-acre parcel maintained by LRCT. Well-marked trail system that crosses two streams. Brook Loop Trail (blazed blue) is 1.4 miles; Evans Loop Trail (blazed yellow) is 1.7 miles. Approximately one hour hike. Rock caves, stone walls, shaded woodlands, brooks.
- Halfmoon Lake – *Located on Suncook Valley Rd (Rte 28S)* ~ Boat launch, fishing. Parking available.

Thank You



A special thank you to the Alton Garden Club for keeping the flowers in Town looking beautiful!



Community Park Watch

Each year, Alton taxpayers must cover the cost of repairing or replacing park facilities and vegetation that has been willfully damaged or destroyed. You can assist by reporting any acts of vandalism to Parks & Rec (875-0109) or Alton Police (875-3752).

TOWN FACILITY RENTALS

Do you need space for an upcoming family function? Does your business or non-profit organization need a location to hold a meeting? The Town of Alton has two community centers available for rent for your event: **Alton Bay Community Center** and **Pearson Road Community (Senior) Center**.

- Alton Bay Community Center, 58 Mt. Major Hwy (Route 11), Alton Bay – This renovated historic building along the water's edge is available for rental seven days per week from 9:00am-11:30pm. Use is restricted to the interior structure of the building and the covered porch.
- Pearson Road Community Center (Senior Center), 7 Pearson Road (off Old Wolfeboro Rd), Alton – This recently-expanded facility is available for rental on weekdays from 5:30pm-11:30pm and on weekends from 9:00am-11:30pm.

Each location has a kitchen and restrooms, along with tables and chairs. Users are required to clean up after the rental, leaving the facility in the same condition it was found.

Rental fees for both locations:

- *Private Party (Family Function)* - \$45 with the use of the kitchen or \$35 without the use of the kitchen
- *Commercial (Business) Use* - \$60 with the use of the kitchen or \$50 without the use of the kitchen
- *Non-Profit Organization* - \$5.00 (includes use of the kitchen)

The Town also requires a \$50 security deposit, refundable upon satisfactory inspection of the premises after your use.

The Town requires a Certificate of Insurance in the amount of at least \$500,000 in general liability insurance, listing the Town of Alton as the additional insured. This may be issued as a rider to the applicant's homeowner's policy, or may be purchased elsewhere as a separate policy, specifically for the date of the function only.

Please call 875-0109 for reservation availability and an application form.

Do you have a talent or skill to share with the Alton community?

Or would you like to volunteer your time to help out with a program or an event?

We are always on the lookout for creative ideas and helpful individuals, and we would welcome your input and assistance. Please give us a call at 875-0109.

5K ROAD RACE

Register today and be part of Alton's Old Home Week celebration! \$20 registration fee by July 15 / \$25 after July 15 and on race day. Awards, raffles, refreshments. Long-sleeve cotton shirt available to paid participants who have registered by July 15. Gender-specific poly tech race shirt available for additional \$5 fee (instead of cotton shirt) to paid participants who have registered by July 15. Detailed brochure available through Parks and Recreation and local area businesses. Come join the fun!

3 WAYS TO PRE-REGISTER:

- ❶ Complete this form and mail it with your check payable to **Town of Alton** to:
Alton Parks and Recreation Dept.
PO Box 659
Alton, NH 03809
- ❷ Drop off completed form and payment in person at:
Alton Parks and Recreation Dept.
328 Main Street, Alton, NH
(AVAS Public Park, across from Levey Park)
- ❸ Register online and pay by credit card at www.lightboxreg.com/alton5k2016.
(additional online processing fee per applicant)

Please complete ALL fields legibly and remember to sign the Waiver and Release of Liability below.

_____ Last Name _____ First Name _____ MI

_____ Valid MAILING Address, City/Town, State, Zip Code

(____) _____ - _____ Gender: _____
Contact Phone M / F Date of Birth

_____ Email address _____ Age on 8/13/16

~ CHOOSE ONE SHIRT AND ONE SIZE ONLY ~

Cotton shirt size if \$20 registration fee paid by 7/15:
YS YM YL S M L XL

Poly Tech shirt size if \$25 registration fee paid by 7/15:
Men's sizes (crew neck): S M L XL
Ladies' sizes (v-neck): S M L XL

WAIVER AND RELEASE OF LIABILITY

Participation in the 5K Road Race may involve risk of injury including, but not limited to, sprains, torn muscles, cramps and heat exhaustion. By signing this form as a participant or parent/guardian, I attest and verify that I have full knowledge of the risks involved, and that I am, or my child is, physically fit to participate in this 5K Race. For myself, my heirs, executors and administrators, I hereby waive and release all rights and claims against the Town of Alton for any and all liability in case of death or injury during participation in this race.

_____ Adult Signature _____ Date Signed
(check if under 18; parent/guardian must sign for minor)





REGISTRATION FORM

Creating Community
Through People,
Parks and Programs

PO Box 659, Alton, NH 03809 • 603.875.0109 • fax: 603.875.0242 • parksrec@alton.nh.gov • www.alton.nh.gov

Please complete ALL information legibly. Full payment is due at the time of registration. Checks should be made payable to "Town of Alton" and mailed to PO Box 659, Alton, NH 03809 or dropped off at the Alton Parks and Recreation office located at 328 Main Street (AVAS Public Park) on Route 11 across from Levey Park. Please do not send cash.

Parent/Guardian Information

For youth registration, please provide both parent/guardian names, addresses, phone numbers and email addresses.

Parent/Guardian #1

Parent/Guardian #2

Name: _____

Name: _____

Mailing _____

Mailing _____

Address: _____

Address: _____

Phone #: Cell: _____ Day: _____

Phone #: Cell: _____ Day: _____

Evening: _____

Evening: _____

Email: _____

Email: _____

Please add me to your email distribution list.

Please add me to your email distribution list.

Emergency Notification and Medical Information

In case of emergency, please notify Parent/Guardian #1 listed above or Parent/Guardian #2 listed above. Alternate contact is:

Name: _____ Relationship: _____ Contact Phone: _____

Please list all others authorized for pick-up: _____

Please indicate hospital preference: _____ Check here for no hospital preference

Doctor's name: _____ Doctor's office phone: _____

Please list any allergies, limitations or accommodations needed: _____

Please list medications your child is taking: _____

Registration Information

Participant Name	Gender	Date of Birth	Grade Entering	Activity Name	Cost
	<input type="checkbox"/> M <input type="checkbox"/> F				
	<input type="checkbox"/> M <input type="checkbox"/> F				
	<input type="checkbox"/> M <input type="checkbox"/> F				
	<input type="checkbox"/> M <input type="checkbox"/> F				

Please enclose a self-addressed, stamped envelope if you would like a receipt mailed to you.

TOTAL DUE:

Recreation Soccer Program: If registering for Rec Soccer, please circle shirt size: YS YM YL AS AM AL XL

Waiver and Release of Liability

Participation in this recreation program may involve risk of injury, including, but not limited to, sprains, strains, bruises, torn muscles, broken bones, eye and head injuries. As a parent, guardian or participant, I attest and verify that I have full knowledge of the risks involved, and that I am/my child is physically fit to participate in the program. In consideration for participation in the programs/activities listed, I hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims against the Town of Alton, Alton Parks and Recreation, its officers, agents, employees and volunteers, except in the case of their sole negligence, from all losses, injury, damages, fees and other expenses arising out of or in connection with participation in the program/activity. In addition, I give my permission for myself/my child to be treated by qualified medical personnel in the event that the parent/guardian listed cannot be reached at the phone numbers provided.

Signature (parent/guardian must sign for participants under 18)

Date