

SUMMER ACTIVITIES



2018

Creating Community
Through People,
Parks and Programs
603.875.0109

NEW FOR 2018

Writing new music & resurrecting some oldies but goodies

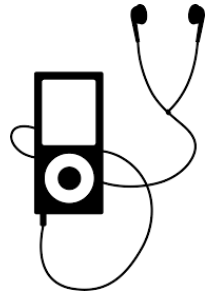
- Wicked Cool Camp for Kids
- Dog and Puppy Training
- Hair Braiding Class
- Junior Golf Program
- Bootcamp by the Bay
- River Run Pic-A-Noe
- Tennis Lessons
- Family Scavenger Hunt
- Weekly Kayaking
- Guided Hikes and Biking Trips



Billboard

TOP TEN HITS

- 1 Concerts in the Bay
- 2 Fireworks
- 3 Camp Winnepesaukee
- 4 Old Home Week
- 5 Pickleball
- 6 British Soccer Camp
- 7 Barbershop Jamboree
- 8 5K Road Race
- 9 Craft Fair
- 10 Fall Soccer League



Alton Parks & Recreation GREATEST HITS



Annual Favorites





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-owned 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 field, 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 to the summit and is a combination of logging road, ledges and steep scrambles. Brook Trail (blazed yellow) is 2.1 miles to the summit, and Boulder Loop (blazed orange) is 1.6 miles to the summit. Great view from the top. 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 absolutely wonderful!



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 the Parks and Recreation Department (875-0109) or the Alton Police Department (875-3752).

FAMILY ACTIVITIES AND EVENTS

Family Scavenger Hunt – Tuesday, July 3, 5:30pm-6:30pm

Alton Bay Bandstand ~ (Free) Gather family and friends, and use your creative skills to search for clues around Alton Bay. Team play is welcome. Fun for the whole family! Prizes will be awarded.

Fireworks

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

- ☆ Independence Day: July 3 at 9:20pm (rain date July 6)
- ☆ Old Home Week: August 11 at 9:00pm (rain date August 12)



Family Pic-A-Noe – (All ages) Wednesday, July 4, staggered start between 6:00pm-7:00pm (register by June 27)

presented by River Run Deli



River Run Deli (located on Route 28, just south of the Alton traffic circle) ~ (\$20 per adult / \$10 per child age 10 and under) Gather with your family for a riverside picnic buffet at the deli. Then depart via kayak from the on-site launch to embark on a self-guided early evening trip along the Merrymeeting River. All experience levels welcome; go at your own pace. Participants under 16 must be accompanied by an adult. Registration fee includes a deli buffet, kayak/paddle/jacket rental, and an ice cream cone upon return to River Run Deli. Round trip is approximately one hour from the deli to the Route 140 bridge and back, depending on travel speed and sight-seeing. For more details, and to register for this family-friendly event, contact River Run Deli at (603) 875-1000 after May 1.

Alton Bay Concerts – 7:00pm-9:00pm

Alton Bay Bandstand ~ (Free) Bring a chair and enjoy music by the lake. Dancing is encouraged. All ages are invited.

- June 30 – 39th Army National Guard Band ~ country, rock, patriotic, brass
- July 3 – Pete Kilpatrick Band ~ folk and pop rock
- July 7 – The Visitors ~ oldies, classic rock, country rock
- July 14 – Shana Stack ~ country
- July 21 – Bittersweet ~ classic rock
- July 28 – Gerry Grimo & East Bay Jazz ~ elegant swing, jazz and blues



- August 4 – The Bel Airs ~ doo-wop vocal quintet
- August 11 – Blacklite Band ~ classic rock
- August 18 – no evening concert at bandstand (see page 9 for weekend Barbershop music information)
- August 25 – Saxx Roxx ~ classic rock with brass

Bella Winni Hair Braiding – (ages 12 to adult) Saturday, June 30, 4:00pm-5:30pm (register by June 16)

presented by Bella Winni Salon

Alton Bay Community Center ~ (\$5 per person or per family if parent attending with child) (children under 12 are welcome but must be accompanied by an adult) Have you ever wanted to learn how to braid your hair? Or maybe you want to learn how to braid someone else's hair (calling all moms and dads!). This class will teach the basics of braiding: French braids, Inverted and Fishtail. You will even learn how to do a ballerina sock bun! This is a great event for parent/child, siblings, or besties. Hairstyle instruction using a hair model will be followed by hands-on learning. Bring your own brush and hair elastics. Join us for this fun event, and create a whole, new you!

5K Road Race – Saturday, August 11, 9:00am

Alton Bay Bandstand ~ sponsored by Meredith Village Savings Bank. Registration fee: \$20 by July 15 with free long-sleeve cotton shirt (\$5 extra for poly tech shirt); \$25 after July 15, no shirts available. Computerized timing. Scenic, slightly varying USATF-certified course through Alton. Individual awards, team prizes, post-race refreshments and raffles. Detailed brochure and registration forms available through Parks and Recreation and local businesses, or register online at www.lightboxreg.com/alton5k2018.

Craft Fair – Saturday, August 11, 9:00am-5:00pm and Sunday, August 12, 10:00am-3:00pm

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

See pages 3, 7 & 9 for more family-friendly choices

DOG-FRIENDLY CLASSES AND ACTIVITIES

Dog and Puppy Training – See below for dates/sessions and types of training presented by Inspire K-9's Training Center



- **Head Start Class** – (Free) **Saturday, June 23, 1:00pm-2:00pm** – Register by June 15
Inspire K-9's Training Ctr. ~ This class is highly recommended prior to attending Puppy Kindergarten or Adult Manners. You are also encouraged to attend this class if you are new to dog training. This is an informative session that will include how the classes are taught, and how dogs learn and process information. Time is allotted to answer any questions you may have. You will also be given tips and tricks to help keep your furry friend busy and out of trouble! This class is for humans only – NO DOGS.
- **Puppy Kindergarten** – **Wednesdays, June 27-August 1, 5:00pm-6:00pm (Note: No class July 4)** – Register by June 15
Alton Bay Community Center ~ (\$130 for five-week session) This class is for puppies 3-6 months old, and will focus on puppy chewing, human nipping, sit, down, stay, touch, focus, go to place, collar grab and leash, wait, come when called, and start of leash walking. This is not a socialization class for puppies. The mission is to teach the puppy to focus amongst many distractions, and for the puppy to learn that you are the best thing in its world! [Recommended prerequisite: Head Start Class]
- **Adult Manners: Level 1** – **Mondays, June 25-July 23, 7:00pm-8:00pm** – Register by June 15
Alton Bay Community Center ~ (\$130 for five-week session) This class is for dogs 7 months and older. It will enhance the skills gained in puppy class, and teach basic manners with a minor level of distractions. Instruction will include focus, go to place, sit & down, stay & wait, recall, walking nicely on a leash, leave it, self control, and other life skills with minimal distractions. [Recommended prerequisite: Head Start Class]
- **Intro to Agility** – **Thursdays, June 28-July 26, 6:00pm-7:00pm** – Register by June 15
Jones Field (Little Fenway area) ~ (\$130 for five-week session) This fun class will introduce the sport of agility with basic course surfaces and obstacles. These challenges will stimulate your dog's brain and help develop confidence with each new skill. As a team, you and your dog will create a stronger bond, and your dog will learn to read your body signals throughout the course. As the handler, it will also teach you how to navigate the equipment effectively, while having fun with your dog at the same time. **This class will repeat in the fall on Thursdays, September 6-October 4, 6:00pm-7:00pm** – Register by August 24
- **Agility 2** – **Thursdays, June 28-July 26, 7:00pm-8:00pm** – Register by June 15
Jones Field (Little Fenway area) ~ (\$130 for five-week session) This class is for those that have taken Intro to Agility, and want to enhance their skills development. The course will become more challenging as extra obstacles are added. These advanced challenges will assist in strengthening the bond between you and your dog, and continue to develop your relationship as a team. [Prerequisite: Intro to Agility]
This class will repeat in the fall on Thursdays, September 6-October 4, 7:00pm-8:00pm – Register by August 24



Doggie Costume Contest – **Thursday, August 16, 6:00pm**
presented by Alton Community Youth Activities (CYA)

Alton Bay Bandstand area ~ (\$5 per entry) This event is open to all nice dogs and people of all ages. Bring your dogs dressed in their best costume. Parade, prizes, raffles and more! Ice cream social will follow. All dogs must show proof of current rabies vaccine or Town tag. A howling good time for all! Register on site. For further information, contact Karen Wright at (603) 387-9588.

Take a Hike – see page 1 for details and locations of these dog-friendly trails for friendly, leashed dogs
Levey Park ♦ Mike Burke Trail ♦ Knight's Pond ♦ Trask Swamp and Fort Point Woods ♦ Cotton-Hurd Brook ♦ Mt. Major

Where the Water Meets the Fur – **Cooling off on a hot summer day**

Take your dog kayaking from the River Run Deli launch or Jones Field launch ♦ Play fetch and swim at the Alton Bay public boat ramp

Rules and Regulations – **Keeping your dog safe and legal**

- ♦ Thank you for understanding that there are boundaries set for our four-legged friends. Dogs are not allowed on the Town beach, at the public swim dock, or on the grassy areas between the public boat ramp and the Alton Bay Community Center.
- ♦ Dog licenses must be renewed by April 30 each year, and require a rabies certificate and neutering/spaying certificate, if applicable.
- ♦ It is responsible to leash and clean-up after your dog, and it is required in all Town areas.



Registration Form on back cover

YOUTH, TWEEN & TEEN ACTIVITIES

Little Pesaukees Playgroup – (ages 0-5) Tuesdays and Thursdays, 9:00am-11:00am



Alton Bay Community Center ~ (Free) This ongoing, year-round 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.

Tennis Instruction – Saturdays, July 7-August 11 ~ see ages and times below (register by June 15)
with Phil Eisenmann, Tennis Instructor

Liberty Tree Park Courts ~ (\$75 for six-week session) Learn the fundamentals of tennis during this six-week session. Basic tennis skills will be taught: forehand, backhand, serve, overhead and volley. Wear sneakers and comfortable court-appropriate attire. Maximum 8 players per age group.



- Ages 5-9: 9:00am-10:00am
- Ages 10-13: 10:00am-11:00am
- Ages 14 and up: 11:00am-12:00pm

Junior Golf Program – Tuesdays (June 26, July 10, 17, 24 & 31) [Note: No class July 3] ~ see ages and times below
with Julie Donlon, PGA Golf Professional (register through Parks & Recreation by June 15)

Farmington Country Club ~ (\$25 per player for five-week series) In collaboration with Farmington Country Club, this five-week series is being offered to youth ages 7-13. The program includes skills, principals, etiquette and game play on course. Player should wear sneakers and a collared golf shirt, if possible, and be sure to dress for the weather. Registration fee includes loaner golf clubs and golf balls during lessons. Visit www.farmingtoncountryclubnh.com for directions and for other programs offered at Farmington Country Club.

- Ages 10-13: 8:30am-9:30am
- Ages 7-9: 9:30am-10:30am

Weekly instruction includes:

- June 26 – safety, grip, stance, posture, and iron swing principals
- July 10 – review skills from first week, and learn wood swing techniques
- July 17 – putting fundamentals and contests
- July 24 – chipping and bunker principals
- July 31 – golf course etiquette, and game play on course



Bella Winni Hair Braiding – (ages 12 to adult) Saturday, June 30 ~ See page 2 for details on this family-friendly class.
presented by Bella Winni Salon

Theatre Thursday for Teens – Every third Thursday of the month, 4:00pm

Gilman Library (Teen Zone) ~ (Free) Join others in the Teen Zone at Gilman Library for a movie and free refreshments. You also receive a raffle ticket just for attending, and you have the chance to win that afternoon's movie theme-related prize. Sit back, relax and enjoy the show!



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.



Registration Form on back cover



SUMMER DAY CAMPS

Five choices in July for summer camp fun! Camp rates and details can be found below and on page 6.

- July 9-July 13 (full-day) ~ Camp Winnepesaukee: American Summer Bash (registration discount when combined with Adventure Week)
- July 16-20 (half day) ~ Wicked Cool Vet School (registration discount when combined with Wicked Cool Science)
- July 16-20 (half day) ~ Wicked Cool Science (registration discount when combined with Wicked Cool Vet School)
- July 23-27 (half day or full day) ~ British Soccer Camp (free camp shirt and soccer ball)
- July 30-August 3 (full day) ~ Camp Winnepesaukee: Adventure Week (registration discount when combined with American Summer Bash)



CAMP WINNIPESAUKEE



Alton Bay Community Center & Railroad Square Park ~ (Early bird registration by May 31: \$175 for one week **or** \$325 for both weeks; **after** May 31, camp cost is \$200/week) Camps run Monday-Friday from 9:00am-4:00pm. Registration for both camps includes themed activities, daily crafts, games, supervision and lots of fun! Please bring a bag/cooler lunch each day with drinks and snacks, and a bathing suit and towel for swimming in the Lake. Remember to register by May 31 for a discounted rate.

AMERICAN SUMMER BASH – (ages 7-11) July 9-13, 9:00am-4:00pm (register by May 31 for discount)

This summer party theme features Camp Olympics, beach fun and playing yard games. Design your own camp shirt! Treat yourself to popcorn, cool off with a snow cone, and go snorkeling in the lake. We'll enjoy carnival activities, face painting and a selfie photo booth. And, summer wouldn't be complete without a cookout and s'mores! Daily crafts, board games and swimming. Space is limited; register today!



ADVENTURE WEEK – (ages 7-11) July 30-August 3, 9:00am-4:00pm (register by May 31 for discount)



Adventure awaits you as you find clues and solve mysteries inside an Egyptian escape room. Work with gooey slime and try green slime punch in our mad science lab! Play mini golf, cool off with an ice cream, and join the pizza party. Enjoy a picnic and beach games. Daily crafts, board games and swimming/snorkeling. This camp will fill up fast ... register today!



WICKED COOL CAMP FOR KIDS



These half-day camps are being offered through Wicked Cool For Kids, a Massachusetts-based organization that delivers fun, hands-on customized enrichment programs for kids. Visit www.wickedcoolforkids.com for further information on these wicked cool programs.

Wicked Cool Vet School – (grades K-5) Monday-Friday, July 16-20, 9:00am-12:00pm (register by June 22)

Alton Bay Community Center ~ (\$210 per child or a total per child of \$310 if registering for both Wicked Cool programs) Do you dream of becoming a veterinarian? Grab your lab coat and medical bag as we learn about our favorite furry, flying and fishy friends! Follow a furry "patient", make amazing animal models, build big bones, and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians and fish. End the week with a featured visit from a live animal.

Wicked Cool Science – (grades K-5) Monday-Friday, July 16-20, 1:00pm-4:00pm (register by June 22)

Alton Bay Community Center ~ (\$190 per child or a total per child of \$310 if registering for both Wicked Cool programs) These kid-approved, top 10 STEAM experiments are sure to be a hit with any junior scientist. Grow giant glowing cubes, create crazy chemical reactions, make glow sticks glow brighter, and delight your friends with magic fish. Make a DNA necklace with real DNA, and harness the power of the sun. Kids get a lab coat and safety glasses to wear all week and take home, too!

Registration details: Register by June 22 to determine minimum enrollment numbers. Child should bring snacks and drinks (and lunch if attending both camps). If registering for both camps, the total cost is \$310 per child, and child will be supervised during the 12:00pm-1:00pm lunch break. Submit a completed registration form (back cover of this brochure) with full payment.



Registration Form on back cover



BRITISH SOCCER CAMP

British Soccer Camp – Monday-Friday, July 23-27 ~ 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, soccer ball, soccer poster, individual skills performance evaluation, and free access to an educational soccer website.

- 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

REGISTER ONLINE: Registration for this camp is directly through Challenger Sports at www.challengersports.com, or you can use the easy link posted on the Parks and Recreation website at www.altonparksandrecreation.com (scroll down to the Soccer information box).



RECREATION FALL SOCCER LEAGUE



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

THIS IS IMPORTANT! Sign-up now! Deadline to register is August 1. This is a very popular program. Please note: If you register after August 1, there is a late fee, there may be no uniform shirt available, and the player will be placed on a waiting list. Please register early!

First practice: August 25 ♦ Games begin: September 8

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. Safety glasses or glass guards are recommended if your child wears prescription glasses.

The first practice is on Saturday, August 25 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!**

FYI:

A self-serve cleat swap is available in the front lobby of the Parks and Recreation office. Cleats in good condition can be picked up or dropped off during normal working hours.



GET OUTSIDE AND PLAY!

Weekly River Runs – Thursdays, June 21-August 16, 5:30pm (sign required waiver inside the deli before each trip)

River Run Deli launch ~ (Free with your own equipment) Join other paddlers and meander along the Merrymeeting River. Meet new people or connect with friends. Enjoy the beauty of the river and the ever-changing scenery and wildlife that each trip offers. All experience levels welcome; go at your own pace. Participants under 16 must be accompanied by an adult. Bring your own non-motorized equipment or rent from River Run Deli for \$10/adult (age 12 and under can rent for free with paid adult rental). Meet in the River Run Deli parking lot prior to launching. Please sign the required waiver form inside the deli before each trip.

Hike, Bike and Paddle – See below for details (register at least two weeks before each outing)

Join us as we hike, bike and paddle locally, and enjoy some of the Lakes Region's most beautiful areas. Experience the great outdoors at its best – up close and personal. Skill level is beginner to intermediate. These guided outings are free.



- **Monday, June 11, 9:30am** at trailhead – *Knights Pond, Alton* ~ A 31-acre body of clear water, surrounded by 307 acres of conservation land. Marked trails, beaver dam, glacial deposits, boulder field and water features. (2.8 miles)
- **Wednesday, July 11, 9:30am** at trailhead – *Mike Burke trail, Alton Town Forest* ~ Marked loop trail through the Town forest with filtered lake views. Animals, flowers and vegetation. (1 mile)
- **Monday, August 20, 4:00pm** at trailhead on Rte. 11 – *Mt. Major, West Alton* ~ Summit elevation is 1785' with scenic views of Lake Winnepesaukee. This hike will follow the Mt. Major trail (blazed blue), a combination of logging road, ledges and steep scrambles. A great climb for all ages. (round trip is 3 miles; approx. 2.5 hours)



- **Monday, June 18, 5:30pm** at trailhead – *Wolfeboro Rail Trail, Wolfeboro* ~ Scenic lakeside trail through the woods. Trail is part of the rails to trails railroad system. (Choose 6 or 12 miles)
- **Monday, July 9, 5:00pm** at start point on Rte 11, just south of Alton traffic circle – *Old New Durham Rd and Rte 11 Loop, Alton* ~ Gradual uphill climbs, fast flats and coasting downhill on this scenic loop ride. (Approx. 7 miles)
- **Monday, August 27, 5:00pm** at trailhead – *Wolfeboro Rail Trail, Wolfeboro* ~ Scenic lakeside trail through the woods. Trail is part of the rails to trails railroad system. (Choose 6 or 12 miles)



- **Monday, July 2, 4:00pm** at start point – *Merrymeeting River to Alton Bay* ~ Launch at Jones Field and paddle along the shoreline as we venture out to the Big Lake. (Approx. 1.5 hours)
- **Monday, August 13, 4:30pm** at start point – *Merrymeeting River, New Durham* ~ Launch in New Durham and paddle into Alton. Scenery may include a variety of turtles, birds, beaver lodges, fish and more. (Approx. 2 hours)
- **Saturday, September 22, 10:00am** at start point – *Merrymeeting River, Alton* ~ Launch at River Run Deli and head toward New Durham. Immerse yourself in the natural surroundings of the water. See wildlife, including turtles, birds and vegetation. Paddle for 1.5 hrs. at your own pace, then start the trip back to the River Run Deli dock. (3 hours)

Fresh Air and Movement – Any day, any time, anywhere!

So many choices to get outside, breathe fresh air and just move. Here are some suggestions ... add a few of your own, and enjoy!

- ☆ Cool off with a swim at the Town Swim Dock, Town Beach or Roberts Cove Beach
- ☆ Go paddleboarding in Alton Bay, play a round of mini-golf with friends, or fly a kite at Jones Field
- ☆ Walk the Quinippi Trail from Alton Bay to downtown Alton
- ☆ Enjoy a thrilling boat ride on the Millie B or a slow cruise on the Mount Washington
- ☆ Listen to a Saturday night concert at the bandstand and dance like no one is watching



ADULT AND SENIOR FUN AND FITNESS

Adult Pickleball – (Age 18+) Outdoor program: starts Monday, May 21 (see below for available court times)

Liberty Tree Park Tennis/Pickleball Courts ~ (Free) Participants 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. Benefits of playing include improved coordination, balance, muscle strength and endurance. This outdoor program will be ongoing through the fall, weather permitting. To register to play, please use the [Pickleball Information and Registration link at www.altonparksandrecreation.com](http://www.altonparksandrecreation.com).

Reserved court time: Sunday-Friday, 8:00am-11:00am

Courts are reserved for Pickleball activities. Non-organized play participants need to supply their own equipment.

Beginner instruction: 2nd & 4th Wednesday of the month, 8:00am-10:00am (call 875-0109 to reserve a spot)

A limited amount of equipment is available for use.

Organized play: Mondays, Wednesdays, Fridays and Sundays, 8:00am-11:00am

Join Alton's experienced adult Pickleball community with organized doubles and mixed doubles games.



SEASONAL

Country Line Dancing

Thursdays, June 14-August 30, 1:30pm-3:00pm

with Joan Lightfoot, Line Dancing Enthusiast



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

NEW

Bootcamp by the Bay

Saturdays, June 2-July 7, 8:00am-9:00am

presented by Core Dynamix

Alton Bay Bandstand Area ~ (\$60 for six-week session) A full-body conditioning workout that incorporates cardio training, bodyweight movement, and core strengthening exercises. This is a fast-paced, challenging and fun class, modifiable for everyone! Submit registration form and full payment to Parks and Recreation by May 20.

Tennis Instruction

Saturdays, July 7-August 11, 11:00am-12:00pm

with Phil Eisenmann, Tennis Instructor

Liberty Tree Park ~ (\$75 for six-week session) Learn the fundamentals of tennis during this six-week session. Basic tennis skills will be taught: forehand, backhand, serve, overhead and volley. Wear sneakers and comfortable court-appropriate attire. Maximum 8 players. Submit registration form and full payment to Parks and Recreation by June 15.

ONGOING

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! Register on site.

Lakefront Yoga

Wednesdays, 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. Register on site.

You need to start somewhere ...

Why not today?

There is a great program called "Couch to 5K"



Suggested websites:
www.coolrunning.com
www.c25K.com

GOOD FOR YOU!

Don't let what you can't do interfere with what you CAN do.

The body ACHIEVES what the mind BELIEVES.

You have the POWER!



OLD HOME WEEK: AUGUST 10-19

“Alton Landmarks: Celebrating 222 Years”



Join in the fun and celebration of Alton's Old Home Week! Here is a small sample of the many family-friendly events that will be happening between August 10 and August 19. A detailed Old Home Week booklet will be available after July 1 at local businesses and establishments. Consider becoming a member of the Old Home Week Committee, and help plan great events such as these!

Family Block Party – Friday, August 10, 5:00pm-8:00pm

B&M Railroad Park (Depot Street, behind Town Hall) ~ (Free) Sponsored by the Alton Old Home Week Committee. Activities include bean bag toss, caricature artist, BBQ, campfire, s'mores and more. An Old Home Week favorite, fun for the whole family!

5K Road Race – Saturday, August 11, 9:00am ~ see page 2 for details on the 5K and Craft Fair.



Craft Fair – Saturday, August 11, 9:00am-5:00pm and Sunday, August 12, 10:00am-3:00pm

Antique Boat Show – Saturday, August 11, 9:00am-12:00pm

Alton Bay Public Boat Docks ~ (Free) Are you a fan of classic, antique boats? Then this is your invitation to be a part of the 41st annual boat show sponsored by the New Hampshire Boat Museum. Join others as you stroll the Town Docks, meet the owners of these fine crafts, and vote on your personal favorites. If you are a vintage boat owner and would like to display your vessel, just join in – no pre-registration necessary. Boats can be any wooden or early fiberglass craft up to 1975. Boat parking is first come, first docked, so arrive before 9:00am to secure your spot. Event questions can be directed to the NH Boat Museum at (603) 569-4554.



Cribbage Tournament – Sunday, August 12, 1:00pm-3:00pm

Alton Bay Bandstand ~ (Free) Calling all cribbage enthusiasts! Join the friendly competition at this annual Old Home Week event. No pre-registration necessary.

Ice Cream Sundae Buffet – Thursday, August 16, 7:00pm

Alton Bay Bandstand ~ (Free) Sponsored by Alton Bay ice cream establishments. This delicious event takes place immediately after the Doggie Costume Contest (see page 3 for details on the Doggie Costume event).

Scavenger Hunt for Kids – (ages 4-13) Friday, Saturday & Sunday, August 17-19, 10:00am-8:00pm

River Run Deli (located on Route 28, just south of the Alton traffic circle) ~ (Free) Sponsored by River Run Deli. Answer all the questions on the map provided, and receive a **free ice cream!** Fun for all! No pre-registration necessary; drop-in anytime.

Barbershop Harmony Jamboree – August 17-18 ~ see performance dates and times below

Alton and Alton Bay ~ Co-sponsored by Alton Parks and Recreation and Lakes Region Chordsmen. Arranged performances are listed below, but be on the lookout for on-the-spot group singing throughout town. The most updated information can be found at www.nedistrict.org/alton or contact Dave Snell at (603) 455-6683 for further details.



- Friday, August 17, 7:00pm – (Free) Alton Bay Bandstand ~ Informal Barbershop Concert
- Saturday, August 18, 2:30pm-4:30pm – (Free) Alton Bay Bandstand ~ Mock Quartet Competition
- Saturday, August 18, 7:45pm-11:00pm – (\$10) Prospect Mountain High School ~ “The Great Gathering” main concert event



sponsored by Gilman Library & Boy Scout Troop 53

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
Sharon Kierstead, Parks and Recreation Administrative Assistant

PARKS AND RECREATION COMMISSION MEMBERS:

Chair: Elizabeth Shelton

Members: Everett Clark, Kristin Thomas,
Board of Selectmen's Representative

WANTED!

Parks and Recreation Commission Members

Volunteers are needed! The Parks and Recreation Commission is made up of five members from the community, appointed by the Board of Selectmen. The purpose of the Commission is to set policies, advise on needed parks and recreation programs, and to plan, acquire and develop recreation facilities, parks and open space areas to meet future needs as the Town grows. The Commission meets monthly. If you are interested, please contact us at 875-0109.

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.altonparksandrecreation.com

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 when 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, unless otherwise noted.

MAIL-IN REGISTRATION

Complete the registration form on the back cover 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. Lobby hours are 7:00am-3:30pm, Monday through Friday. There is a 24-hour mail slot for 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 provide evidence of 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. If a program is full or canceled, you will be contacted.

LOST AND FOUND

Items will be held at the Parks and Recreation office at 328 Main Street for two weeks. If unclaimed after two weeks, lost items will be disposed of or donated to charity.



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 or Adult Participant Information

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

Parent/Guardian #1 or Adult Participant

Parent/Guardian #2

Name: _____

Name: _____

Mailing Address: _____

Mailing Address: _____

Phone #s: Cell: _____ Day: _____

Phone #s: 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 youth 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

* n/a for adult registration

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 emergency contact or parent/guardian listed cannot be reached at the phone numbers provided.

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

Date