



REGISTRATION FORM

Creating Community
Through People,
Parks and Programs

PO Box 659, Alton, NH 03809 • 603.875.0109 • fax: 603.651.0728 • 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

Name: _____

Mailing _____

Address: _____

Phone #: Cell: _____ Day: _____

Evening: _____

Email: _____

Please add me to your email distribution list.

Parent/Guardian #2

Name: _____

Mailing _____

Address: _____

Phone #: Cell: _____ Day: _____

Evening: _____

Email: _____

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:

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

SUMMER ACTIVITIES

2019

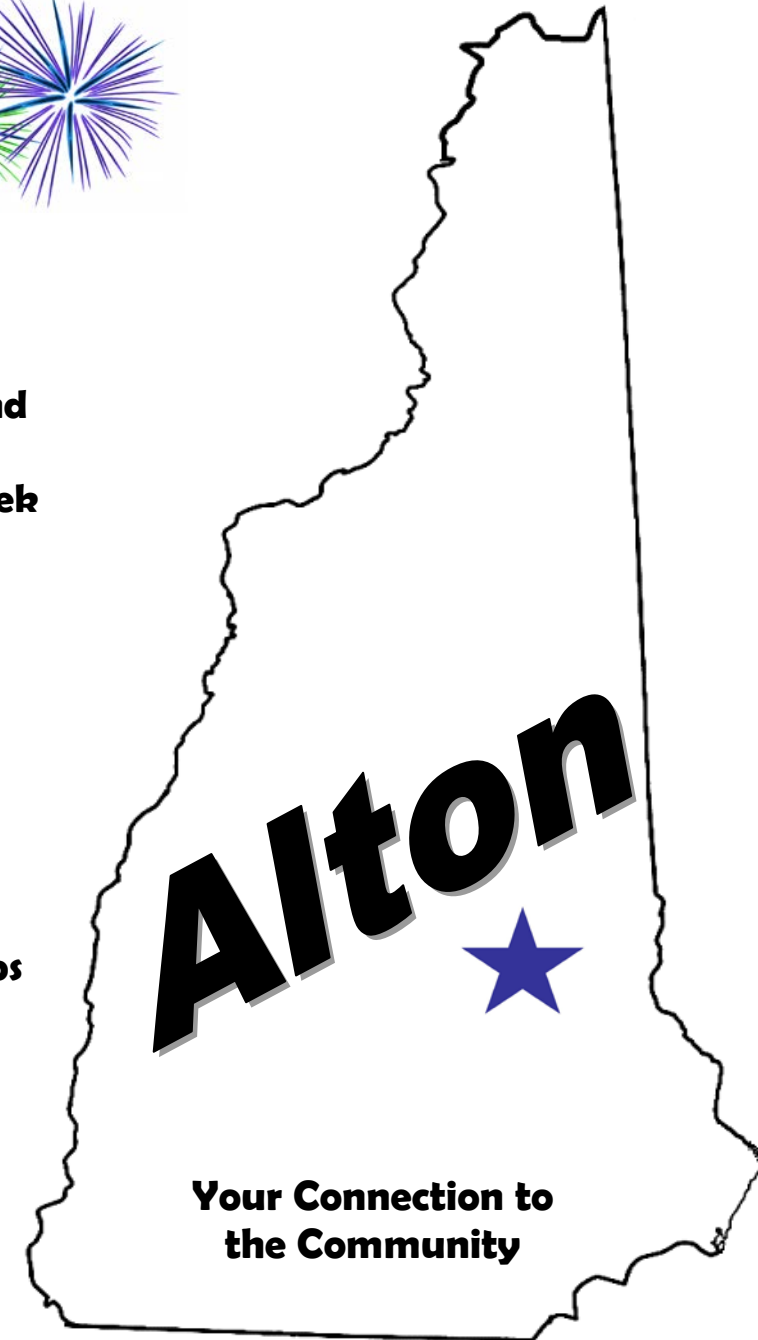


Creating Community
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603.875.0109



The Classics

- 39th Army Band
- Old Home Week
- Craft Fair
- 5 K Race
- Fireworks
- Pickleball
- Summer Camps
- Concerts



2019 New Programs

- Beach Bonfire
- Let's Go Fishing
- Archery Camp
- Guitar Lessons
- Spikeball
- Tennis Camp
- Community Lawn Games Night
- Grill Class at the Bay



Activities that
encourage you
to be outside

Opportunities
to learn new
things

**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
Beau Betz, Parks and Recreation Administrative Assistant

PARKS AND RECREATION COMMISSION MEMBERS:

Chair: Elizabeth Shelton

Members: Everett Clark, Ruth Arsenault, Kristin Thomas,
Phil Wittmann (Board of Selectmen)

2019 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: 603.651.0728 • 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. Lobby 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. 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.

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, naming the Town of Alton as 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.

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).

Thank you!



5K REGISTRATION

Register for the 5K Road Race 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. Poly tech shirt available for additional \$5 fee (instead of cotton shirt) to paid participants who have registered by July 15. Detailed brochure is available through Parks and Recreation and local businesses. Come join the fun!

3 WAYS TO PRE-REGISTER:

- 1 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
- 2 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)
- 3 Register online and pay by credit card at www.lightboxreg.com/alton5k2019.
(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: _____
Best Contact Phone M / F Date of Birth

Email address Age on 8/10/19

~ 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:

XS S M L XL

Team Name (if applicable): _____

WAIVER AND RELEASE OF LIABILITY

Participation in the 5K 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





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 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 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.



NEWS AND EVENTS AROUND TOWN

Bonfire Night

Join friends and community members at the Alton Bay Public Beach for a Bonfire and sing along guitar music **by John Irish**.

We will also have make your own s'mores! Bring a chair and a blanket and enjoy the summer breeze and great music. This is a family friendly event so please bring the whole family.

July 5th and August 2nd 8:00pm-9:30pm



Old Home Week August 9-18

Join the celebration of Alton's Old Home Week with concerts, a parade, barbeques, fireworks, 5K race, craft fair, block party, antique boat show, barbershop singing, dog show, cribbage tournament and more!

Exciting events are being planned, and further details can be found in the Old Home Week brochure that will be available in July.

Consider joining the Old Home Week Committee to help plan and organize events. New contributing members are welcome and needed.

Did You Know? Alton Edition

- ☆ You can receive discounts to Museums located in NH, by bringing your receipts to the Gilman Library.
- ☆ The Alton Bay Ice Runway is believed to be the only chartered ice airport in the 48 contiguous United States. Over 740 planes landed in the winter 2019 season.
- ☆ Mt. Major is one of the most hiked trails in New Hampshire and is located in the heart of Alton. Standing at 1785 feet, this makes a great day hike for people of all abilities.
- ☆ Alton Bay is a popular fishing destination for those who are after the elusive Landlocked Salmon. Open Season starts April 1st each year.

FAMILY ACTIVITIES AND EVENTS

Town-Wide Yard Sale - Saturday, June 1, 8:00am-2:00pm, rain or shine



Are you a bargain shopper that likes to repurpose things? Then mark your calendar for 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 24 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 5)

☆ Old Home Week: August 10 at 9:00pm (rain date August 11)

Alton Bay Concerts - 7:00pm-9:00pm

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

June 29—39th Army National Guard Band - County, Rock, Patriotic, Brass (7:00-8:30pm)

July 3 - The Bel Airs -- Doo Wop Vocal Quintet

July 6 - The Visitors -- Oldies, Classic Rock, Country Rock

July 13 - Chippy and the YaYas -- Cover Rock band, 60's to now

July 20 - Shana Stack -- Country

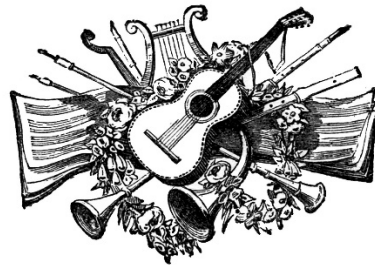
July 27 - Bittersweet -- Classic Rock

August 3 - East Bay Jazz Ensemble -- Elegant swing, Jazz and Blues

August 10 - Blacklite Band-- Classic Rock

August 17 - Chris Bonoli -- Soft Rock, Country and Classic Electric Blues

August 24 - Saxx Roxx -- Classic Rock with Brass



5K Race - Saturday, August 10, 9:00am



Alton Bay Bandstand -Co-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 <http://www.lightboxreg.com/alton5k2019>. See page 10 of this brochure for 5K registration form only.

Craft Fair - Saturday, August 10, 9:00am-5:00pm and Sunday, August 11, 10:00am-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, fudge, soaps, skin care, pet treats and toys, food creations, kitchen items, pottery and more.

Barbershop Harmony Jamboree - August 17 & 18

Alton and Alton Bay - The harmonious sounds of the Barbershop Jamboree return to Alton! Co-sponsored by Alton Parks and Recreation and Lakes Region Chordsmen. Dates are listed below, but be on the lookout for pop-up performances throughout town. The most updated information can be found at www.nedistrict.org/alton

- Saturday, August 17, 2:00pm-4:00pm - (Free) Alton Bay Bandstand - Mock Quartet Competition
- Saturday, August 17, 7:30pm-10:30pm - (\$10) Prospect Mountain High School - "The Great Gathering" main concert event

Paint Night - Lake Scene - May 23, 6:00pm Registration deadline May 1st

Pearson Road Community Center- (\$25) Join us for a night of painting and fun with Art Escape of Laconia. Jean and her team will supply everything needed for a great night of painting with friends and community members. Paint a picture of the outdoors and get out for a night of relaxation and fun. No art experience needed. Remember to bring a snack and drink with you. (No Alcoholic Beverages allowed).

ADULT ACTIVITIES AND CLASSES

Adult Pickleball - (Age 18+) Outdoor program: starts Monday, May 13 (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.

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.

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. Those who have their own nets can use the basketball courts that are lined for Pickleball.

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

Experienced adult PB players, sign up and come join Alton's PB community with organized doubles and mixed doubles games.

Country Line Dancing - Thursdays, June 20 - August 29, 1:30pm-3:00pm, Drop in anytime



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.

Please note: No class July 4th. July 11-August 1 classes will be held at Pearson Road Community Center.

Grilling Class at the Bay - (Ages 18+) Friday, June 21, 6:00-7:30pm, Register by June 10

Alton Bay Community Center - (\$10) We will be discussing grilling basics, and then will prepare a few courses that are easy and fun to make at home with the family. Burgers, chicken, fish, and veggies all on the grill. We will discuss cooking temperatures, marinating, kabobs, grill pouches and more. This class is limited to 8 people.

Weight Training - Mondays & Wednesdays, 1:30pm-2:30pm

with Kellie Troendle, Certified Instructor



Alton Bay Community Center - (\$5 drop-in, or \$25 per month)

Class Begins May 13, Month of May is Free. (Class not held in month of July)

A Weight Training class for all levels of fitness and strength. Strengthen major muscle groups with free weights, isometric holds and functional exercises.

A "go at your own pace class" designed to build strong, lean, and balanced muscles while increasing flexibility and improving balance. The group exercise class will work the following muscles: biceps, triceps, back, chest, shoulders, calves, thighs, quadriceps and hamstrings. Class will also focus on abdominal work and postures for stretching.

Motivate yourself while working out with others in this fun and results based class. Meet new people and get stronger.

Please bring a yoga mat and free weights ranging from 3-8lbs.

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!

Lakefront Yoga-Wednesdays, 7:00pm-8:00pm

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.

GET OUTSIDE AND PLAY!

Hike Mt. Major- Fridays, June 14, July 19, August 16, and September 13, 9:00am Ages 18+

Join the Alton Parks and Recreation Department in a casual hike to one of New England's most popular peaks, Mt. Major. Located in Alton right off of Route 11. This is a great local hike that offers fantastic views of Lake Winnepesaukee and the White Mountains. At about 4.0 miles round trip this hike is perfect for people of all skill levels. Get outside and meet new people. Please call 875-0109 or email parksrec@alton.nh.gov by Thursday 2:00pm prior to scheduled hike to register.

Community Lawn Games Night - (18+ or accompanied by adult)

Wednesdays, May 22 & 29 June 5 & 12, 6:00pm-7:00pm

B&M Railroad Park - (Free) Each week we will offer traditional lawn games that have been played for years, such as Horseshoes, Bocce Ball, and Cornhole, but also we will introduce a new game each week for you to enjoy with friends and family. Watch out for badminton, ladderball, Can Jam and more.

Featured games: May 22: Badminton and Beach Ball Volleyball, **May 29:** Spikeball, **June 5:** Ladderball, **June 12:** Can Jam

Please email parksrec@alton.nh.gov or call 875-0109 by 12:00pm the day of to reserve a spot. Space is limited to 20

Drop-In Sports Games

Beach Volleyball - (Ages: 18+) Mondays, 6:00-7:30pm, June 24-August 12

Liberty Tree Park- (Free) Pick-up style, just show up ready to play. We encourage those with all skills to join us for casual beach volleyball. This is a co-ed pick up league, where the idea is to get out and meet new people but also enjoy playing a fun, active sport. Volleyball will run 4v4.

Adult Gym Class - (Ages: 18+) Tuesdays, 6:00pm-7:30pm, June 25-August 13

Jones Field- (Free) Was Gym class your favorite class in school? Do you wish you could go back and play your favorite games as a child? Well now is your chance! Join the Adult PE Club on Tuesday nights. Play games like kickball, capture the flag, wiffle ball, and more. This is a drop in group and all adults are welcome.

Spikeball - (Ages: 18+) Wednesdays, 6:00pm -7:30pm, June 26 - August 14

Jones Field - (\$2 drop-in fee) Spikeball is a new sport sweeping the nation, and is a combination of volleyball and 4-square. Teams of 2 will compete against each other with a taut hula hoop sized net placed between them. This class is meant for beginners and veterans. Bring a friend and meet the members of your community.

Note: All participants must fill out a registration form prior to attending the first program. After registered, participants are able to drop-in weekly. No weekly sign ups required at this time.

Upcoming programs for Fall/Winter 2019

- Family Board Games night
- Card Making
- Adult Volleyball
- Paint Night
- Cooking Classes
- Scarecrow Contest
- B+M Park Holiday Lights
- Fiber Crafts

Registration Form on back cover

Pre-K 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. **Play group will not be held in July & August.**

Pre-K Picasso's - Look for this Program in the Fall!

Join us at the Alton Bay Community Center to explore the world of art with your toddlers. A fun, dynamic way for Pre-K children to develop their own creativity, sharpen fine motor skills, and build confidence while meeting new friends. We will have fun with finger painting, sculpture making, and other sensory art projects.

Tinkergarten Class- Ages 18 months-8 years- B&M Railroad Park This outdoor, play-based class meets once a week to help kids develop essential physical, cognitive, and social-emotional skills. It is a great way to get outside and meet other families while learning! Free classes are offered from 10:00am-11:15 am on 6/11/19, 6/17/19, and 6/25/19.

Please register at tinkergarten.com/classes. A 6-week session is offered every Tuesday from 10:00am-11:15 am: April 12-June 14, July 16-August 20 (\$105 for 6 sessions).

NH Fish and Game "Let's Go Fishing" Tuesday & Thursday June 4 & 6, 6:00pm-8:00pm, Field Trip June 8th, 9:00am-1:00pm

Pearson Road Community Center & Mill Pond

In this basic fishing course you will explore the skills and equipment needed and resources available to you to start your journey to becoming an angler. Topics covered include basic rods and reels, safety, knot tying, fish identification, ethics, rules and regulations, and aquatic ecology. After completing a classroom session you'll get the chance to put your new skills to the test; you'll head out to a local pond and do some fishing!

Age Restrictions: 8 and over; individuals 14 and under must be accompanied by an adult
Classroom Time: 4 to 6 hours
Fieldtrip: 2 to 4 hours

Class includes: Bait, equipment, fishing license for the field trip and hands on instruction.

Registration opens May 1st. To register visit: <https://nhfishandgame.com/EventWeb/Event/EventDetails/3053>

Guitar Lessons- Thursdays, June 27 - July 25 (no class July 4th) Register by June 1

Pearson Road Community Center- Instruction in basic and common chords applied to simple, classic rock songs. Also, single note melodies and strumming patterns. Students will finish course knowing 2-3 songs and basic techniques to thrive on their own.

Ages 12-17, 4:30pm-5:15pm Cost:\$40
Ages 18+, 5:30pm-6:15pm Cost:\$50

Ukulele Lessons- Tuesdays, June 25-July 23 6:00pm-6:45pm, Register by June 1

Pearson Road Community Center- In this beginner class you will learn the basic techniques of the Ukulele. Easy chords, simple strumming, and entertaining songs. No prior music experience needed.

Ages 10-17 Cost: \$40
Ages 18+ Cost: \$50

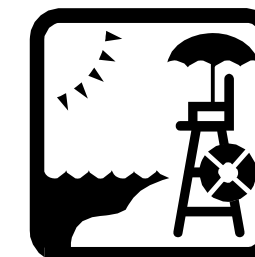
These classes require you to bring your own Instrument.



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
- July 8-July 12 (full-day) - Camp Winnepesaukee: Fantasy Week (registration discount when combined with Adventure Week)
- July 22-26 (half day) - Wicked Cool Dinos vs. Robots (registration discount when combined with Wicked Cool Med School)
- July 22-26 (half day) - Wicked Cool Med School (registration discount when combined with Wicked Cool Dinos vs. Robots)
- July 29-August 2 (full day) - Camp Winnepesaukee: Adventure Week (registration discount when combined with Fantasy Week)



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.

Fantasy Week - (ages 7-11) July 8-12, 9:00am-4:00pm (register by May 31 for discount)

Dive deep into the wizarding world of Harry Potter, as week make our own magic wands and potions. Have the opportunity to build your very own Gnome homes and fairy houses. Next enjoy a day full of fun at the carnival with games and more. Daily crafts, swimming and board games as well. Space is limited; register today!



ADVENTURE WEEK - (ages 7-11) July 29-August 2, 9:00am-4:00pm (register by May 31 for discount)



Adventure awaits you! Join our summer staff for a fun week of adventure. As we build our own sailboats and race them against each other. Be your own chef and make a personal pizza with lots of toppings. Channel your inner mad scientist and make your own slime! Of course there will be plenty of 4-square, spikeball and more! 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 science-based organization that delivers fun, hands-on customized enrichment programs for kids. Visit www.wickedcoolforkids.com for more information on these wicked cool programs.

Wicked Cool Dinos vs Robots - (grades K-5) Monday-Friday, July 22-26, 9:00am-12:00pm (register by June 22)

Alton Bay Community Center - (\$185 per child or a total per child of \$335 if registering for both Wicked Cool programs) Join us for this Dinos and Robots only battle to see which one wins out! Start with Robots to communicate in code, learn about circuits and electricity. Then design your own ultimate working robot to take home. Next, we'll look back to the mighty Mesozoic Era and the dinosaurs who ruled the earth. Go back in time to inspect real fossils and find out how Dinos got their names.

Wicked Cool Med School - (grades K-5) Monday-Friday, July 22-26, 1:00pm-4:00pm (register by June 22)

Alton Bay Community Center - (\$185 per child or a total per child of \$335 if registering for both Wicked Cool programs) Is there a doctor in the house? Follow the progress of your own "patient" all week as we journey into the inner workings of the human body. Keep medical charts and become an anatomy specialist while learning about body systems. Create a "slime" cell, big bones, moving joints, and 3-D eyeballs.

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 \$335 per child, and child will be supervised during the 12:00pm-1:00pm lunch break.



Registration Form on back cover

Camps Continued...

Tennis Camp - (Ages 5-14) August 5-8, Monday-Thursday, 2:00pm-4:00pm, Register by July 1 Liberty Tree Park - (\$100) Learn the fundamentals of tennis during this 4-day camp. Basic tennis skills will be taught: forehand, backhand, serve, overhead and volley. Wear sneakers and comfortable court-appropriate attire. Max of 14 participants.

Archery Camp - (Ages 6-14) June 26-28, Wednesday-Friday 10:00am-12:00pm, Register by May 24 Prospect Mountain High School - (\$75) Learn the basics of Archery with Dana White from Art of Archery. Dana White is a Level II Certified Instructor with the National Archery Association (NAA). Dana combines the basic skills with all aspects of SAFETY and FUN to make each lesson interesting. For addition camp information, check out www.Artofarchery.com.



Alton Rec Soccer Partnered with Revs United



Grades 1-6 - Register by August 1st to avoid late fee

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

Register through Revs United online at revsunited.com/ars or use Revs United form at Parks and Recreation office. **Registration will open May 1.**

Mini Revs- Mini Revs is led by Prospect Mountain HS Boys Varsity Coach, Cory Halvorsen. This program is also supported with trainers from the boys high school soccer team. Open to ages 3-6. Play games, work on skills and most importantly, HAVE FUN!

For information and to register please visit <https://www.revsunited.com/mini>

Revolution United Camps

Soccer Camp—July 15-19 (9:00am-3:00pm) -- \$140.00 (\$75 half day K-3 only)

Basketball Camp—July 22-25 (9:00am-2:00pm) \$115.00

Both camps if registering at the same time \$225.00



Register through Revs United online at: www.revsunited.com/camps

FYI:

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



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