

2015

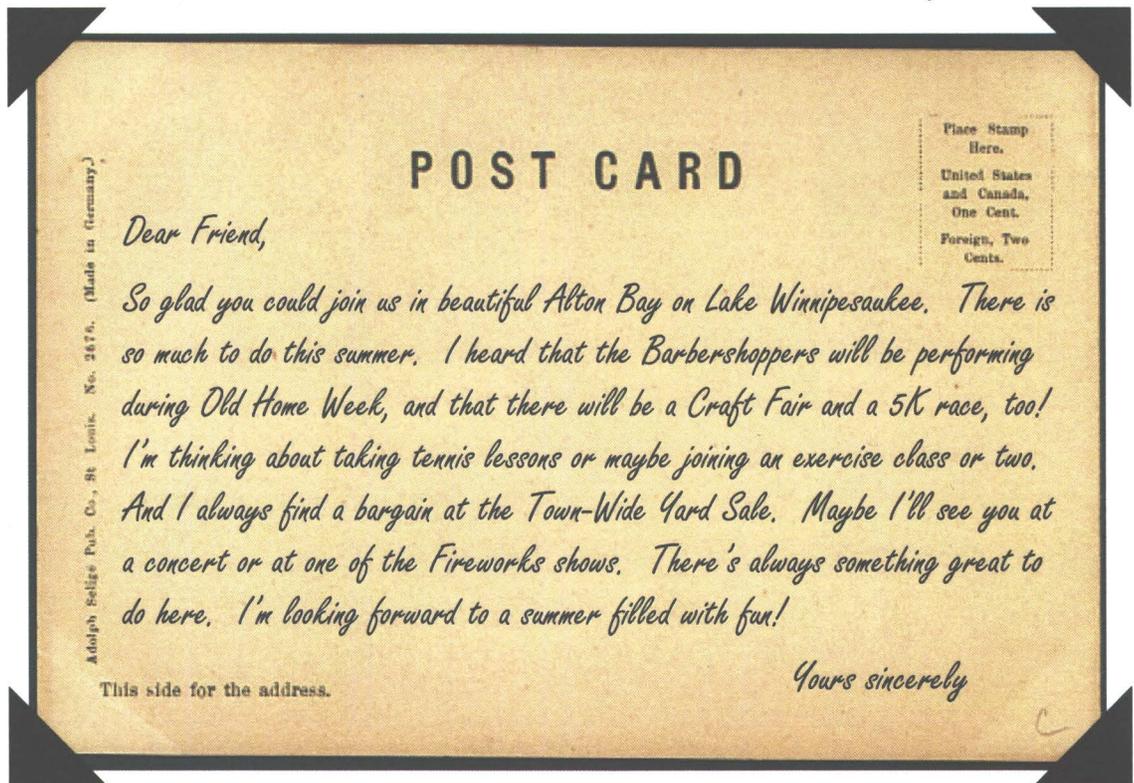


2015 SUMMER ACTIVITIES

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



Welcome to summertime in Alton, NH



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**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, Office Assistant

PARKS AND RECREATION COMMISSION MEMBERS:

Chairman: William Lionetta

Members: Liz Shelton, Kristin Thomas, Jonathan Downing,
Peter Leavitt, Phil Wittmann (Board of Selectmen)

2015 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.



SPOTLIGHT ON OLD HOME WEEK

Barbershop Harmony Returns to Alton Bay!

~ Saturday, August 15 at 7:45pm, PMHS ~

After a break of several years, the Alton Bay Barbershop Jamboree returns! This will be the songfest's 55th year performing in Alton. It all started as one quartet singing on a single dock at Downing's Landing in 1949. Each year after that, more barbershoppers were singing, and more audience members were listening. The rapid growth of the event moved it from the green at Downing's Landing to the theatre at Town Hall, and eventually to Alton Central School to accommodate its popularity. At one point, the event drew more than 2,000 barbershoppers!



This year's event will be co-hosted by Alton Parks and Recreation and the Lakes Region Chordsmen. Barbershoppers are scheduled to perform in a variety of locations throughout Alton and Alton Bay during Old Home Week, including the Alton Bay Bandstand and the Senior Center at Pearson Road, as well as various restaurants and random pop-up locations around town. The main event will take place at Prospect Mountain High School on **Saturday, August 15 from 7:45pm-11:00pm**. Tickets are \$10 (under age 12 are free), and portions of the proceeds will support community programs. Tickets (entry buttons) can be purchased online at www.nedistrict.org/alton (click "Register Now", then click "Participate as an individual"). Tickets can also be purchased at the Alton Bay Community Center on Friday, August 14 from 3:00pm-6:00pm and Saturday, August 15 from 9:00am-4:00pm, or at the door. For more information, contact Dave Snell at 455-6683.

Living History

Abraham Lincoln to visit Alton

Step back in time with the Alton Historical Society during Old Home Week festivities. These events will take place on Depot Street, behind Town Hall:

Saturday, August 8 from 11:00am-3:00pm

Open house at the renovated J. Jones & Sons Freight Building. Alton Historical Society volunteers will welcome you and answer questions about the history of Alton.

Sunday, August 9 from 12:00pm-4:00pm

B&M Railroad Park will be transformed into a living history camp by the Company "A" 12th NH Regiment Re-enactors, Sons of Union Veterans. Walk the camp and learn about the daily life of a Civil War soldier in 1860. President Lincoln is scheduled to be escorted into camp at 1:30pm and present his Gettysburg Address. Period music will be provided by the 12th NH Regiment Serenade Brass Band. The afternoon will be complemented by an ice cream social at 2:30pm, and a closing flag ceremony at 4:00pm.



Antique Boat Show



Saturday, August 8 ~ 9:00am-12:00pm
Alton Bay Public Boat Docks



Old Home Week Harmony *at the Bandstand*

- August 6, 7:30pm-8:30pm ~ 39th Army National Guard Band
- August 8, 7:00pm-9:00pm ~ Annie & The Orphans
- August 10, 6:00pm-8:00pm ~ Audrey & Clayton
- August 11, 6:00pm-8:00pm ~ Mink Hills Band
- August 14, 6:00pm ~ Barbershop Quartet Singing
- August 15, 1:00pm-5:00pm ~ Barbershop Quartet Competition

FAMILY BLOCK PARTY

Friday, August 7 ~ 5:00-8:00pm ~ B&M Railroad Park



BBQ

Games



Baked Goods

Magic Show

Face Painting



Music & Emcee



Caricatures



FAMILY ACTIVITIES AND EVENTS

Town-Wide Yard Sale – Saturday, June 6, 9:00am-3:00pm, rain or shine



Looking for a bargain or a hidden treasure? Try 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 is available 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. Bring a chair and grab a spot on the lawn or come by boat for these events:

- ☆ Independence Day: July 3 at 9:20pm (rain date July 11)
- ☆ Old Home Week: August 8 at 9:00pm (rain date August 9)



Alton Bay Concerts – 7:00pm-9:00pm, *unless noted below

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

- July 3 – Bittersweet ~ classic rock
- July 4 – Rockin Daddios ~ 50's and 60's doo-wop style music
- July 11 – Carter Mountain Brass Band ~ brass music from 16th century to present ★
- July 18 – New Legacy Swing ~ big band, jazz, swing, waltzes, latin from 1930's to present ★
- July 25 – Saxx Roxx ~ classic rock with brass
- August 1 – Shana Stack ~ country
- August 6* (7:30pm-8:30pm) – 39th Army National Guard Band
- August 8 – Annie & The Orphans ~ rock and roll from the 50's to the 70's
- August 10* (6:00pm-8:00pm) – Audrey & Clayton ~ violin and piano music
- August 11* (6:00pm-8:00pm) – Mink Hills Band ~ blue grass, swing and folk music ★
- August 14* (6:00pm) – Barbershop Quartet Singing ~ a cappella from 1930's to present
- August 15* (1:00pm-5:00pm) – Barbershop Quartet Mock Competition
- August 22 – Jumbo Circus Peanuts ~ New Orleans style funk, rhythm & blues, pop, swing, soul

★ sponsored by the Oliver J.M. Gilman Lyceum Trust



Alton Old Home Week – August 7-16

Alton and Alton Bay - Celebrate "Home, History and Harmony" during Alton's Old Home Week. Concerts, barbeques, fireworks, road race, craft fair, block party, antique boats, barbershop singing, food competitions, scavenger hunt, living history, parade, dog show, ice cream, bingo, car show and more. A partial list of activities and dates is on page 4 of this brochure. 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 8, 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, and first Alton male/female runner. 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, or register online at www.lightboxreg.com/alton5k2015. Racer check-in and same-day registration from 7:30am-8:30am on race day.

Craft Fair – Saturday, August 8, 9:00am-5:00pm and Sunday, August 9, 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, duct tape items, food creations and more.



CELEBRATE ALTON OLD HOME WEEK

“Home, History and Harmony” is the theme of this year’s celebration. Old Home Week events and activities will be held in Alton and Alton Bay. Some events and dates are listed below. A detailed schedule will be available after July 1 at the Parks and Recreation office, Town Hall and local area businesses. Be sure to add a few of these family-friendly activities to your summer fun!

Thursday, August 6

- **39th Army National Guard Band** – 7:30pm-8:30pm, Alton Bay Bandstand

Friday, August 7

- **Family Block Party** – 5:00pm-8:00pm, B&M Railroad Park (behind Town Hall) ~ sponsored by Old Home Week Committee
- **Campfire and S’mores** – 5:00pm-8:00pm, River Run Deli

Saturday, August 8

- **5K Road Race** – 9:00am start, Alton Bay Bandstand ~ sponsored by Meredith Village Savings Bank (details on page 3 of this brochure)
- **Craft Fair** – 9:00am-5:00pm, Alton Bay Community Center
- **Antique Boat Show** – 9:00am-12:00pm, Alton Bay Public Boat Docks
- **Scavenger Hunt for Kids (ages 4-13)** – 8:00am-8:00pm, River Run Deli
- **Alton Historical Society Open House** – 11:00am-3:00pm, J. Jones Freight Building (behind Town Hall)
- **Old Home Day Parade** – 2:00pm, Main Street, Alton to Alton Bay
- **Concert: Annie & The Orphans** – 7:00pm-9:00pm, Alton Bay Bandstand
- **Fireworks** – 9:00pm, Alton Bay (rain date: 8/9)

Sunday, August 9

- **Craft Fair** – 9:00am-3:00pm, Alton Bay Community Center
- **Scavenger Hunt for Kids (ages 4-13)** – 8:00am-8:00pm, River Run Deli
- **Alton Historical Society Events** – 12:00pm-4:00pm, B&M Railroad Park (behind Town Hall) – visit by Abraham Lincoln, 12th NH Regiment Serenade Band, and Company “A” 12th NH Regiment Re-enactors Encampment
- **Cribbage Tournament** – 1:00pm-3:00pm, Alton Bay Bandstand
- **Fairy & Princess Tea Party** – 3:00pm-5:00pm, River Run Deli (dress up in your favorite fairy or princess outfit)

Monday, August 10

- **Concert: Audrey & Clayton** – 6:00pm-8:00pm, Alton Bay Bandstand (violin and piano music)
- **Chili Cook-Off** – 5:00pm-7:00pm, JP China Restaurant

Tuesday, August 11

- **Blueberry Dessert Contest** – time TBA, Alton Bay Bandstand ~ sponsored by Women’s Christian Fellowship, Community Church of Alton
- **Concert: Mink Hills Band** – 6:00pm-8:00pm, Alton Bay Bandstand (blue grass, swing and folk) ~ sponsored by the Oliver J.M. Gilman Lyceum Trust

Wednesday, August 12

- **Spaghetti Supper** – 5:00pm-7:00pm, Community Church of Alton (20 Church Street)
- **Hymn Sing** – 7:00pm, Community Church of Alton

Thursday, August 13

- **Dog Show** – 6:00pm, Alton Bay Bandstand ~ sponsored by Community Youth Activities
- **Ice Cream Sundae Buffet** – 7:00pm, Alton Bay Bandstand

Friday, August 14

- **Family Bingo** – 1:00pm-3:00pm, Pearson Road Comm. Ctr. (7 Pearson Road) ~ sponsored by River Run Deli
- **Barbershop Quartet Singing** – 6:00pm, Alton Bay Bandstand

Saturday, August 15

- **Barbershop Quartet Mock Competition** – 1:00pm-5:00pm, Alton Bay Bandstand
- **Chicken Barbeque** – 5:00pm-7:00pm, Alton Central Fire Dept.
- **Concert: Barbershoppers** – 7:45pm-11:00pm, Prospect Mountain High School (242 Suncook Valley Road)

Sunday, August 16

- **Mason’s Breakfast** – 8:00am-11:00am, Masonic Lodge (40 Suncook Valley Road)
- **Car Show** – 12:00pm-3:00pm, Alton (center of town) ~ sponsored by Old Home Week Committee





YOUTH PROGRAMS

Swim and Play – (ages 6-11) Wednesdays, July 8-29, 9:00am-4:00pm



Alton Bay Community Center ~ (\$20 per day or \$65 for 4 weeks) This program will provide supervised swim time throughout the day. Participants will be offered craft, drawing and cooperative game time when the scheduled swim time has ended. Please bring a lunch and a morning snack. An afternoon snack will be provided. Attendees should be prepared for all outdoor weather conditions. The program will be canceled if lightening or thunderstorms are occurring. Please contact us if you are unsure about the weather. Pre-registration is required, and the registration deadline is one week prior to the program date.

Important Notes:

- This is not a drop-in program. Participants must be registered one week in advance of program dates, unless registered for all four weeks of the program.
- We will be outside, in the water. Please be prepared for the sun by pre-applying sunscreen or wearing rash guards.
- Pack extra water with your child.
- Please provide for prompt pick-up at 4:00pm.
- This program is designed for fun! However, should a participant's inappropriate or disruptive behavior continue after intervention and guidance from our staff, the parents will be contacted, and the participant may be dismissed from the program.



Winnepesaukee Kitchen Jr. – (ages 10-14) Tuesday, July 7, 11:00am-3:00pm (Register by June 30)

Alton Bay Community Center ~ (\$25) Kids cook, too! We will prepare, cook and discuss meal planning and the importance of eating real, whole foods. Spend time creating delicious, nutritious foods to wow your family and friends. "I never knew carrots tasted so good!" We will prepare breakfasts, lunches and dinners, and give you many ideas to use at home. Life skills, like cooking, are important to know to be healthy, happy people. Learn new ways to make the foods you will enjoy cooking and eating. We have great ideas for your lunch box and afterschool snacks, too! We will make and eat lunch together, along with lots of other great things. You will bring home your prepared dinner meal. You will need to bring basic kitchen tools with you to use during class. A supply list will be sent to you upon registration.

The Progressive Dining Car – (ages 8-12) Tuesday, July 14, 9:00am-1:00pm (Register by June 30)

J. Jones Freight Building / B&M Park ~ (\$15) Step back in time on this walking tour, and enjoy treats along the way! Join us as we follow the path of the Lake Shore Railroad Line through Alton and Alton Bay. We will make several stops during our trek, starting at the J. Jones Freight Building. The tour will include stops at Ginny Douglas Park, the trestle on Letter S Road, the Rand Hill Road underpass, and the Alton Bay Community Center. Learn about the history of the train in Alton. Food and beverages will be provided at various stops, "progressing" to a picnic lunch in Alton Bay – pastries, hors d'oeuvres, cold drinks, lunch and dessert. Wear comfortable walking shoes.

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.



YOUTH SPORTS

Tennis Camp – Monday-Friday, July 13-17 (register by June 29)

with Tennis Instructor, Phil Eisenmann



Liberty Tree Park Courts - (\$60) Learn the fundamentals of tennis during this week-long camp. Basic tennis skills will be taught: forehand, backhand, serve, overhead and volley. Maximum 8 players per age group.

- 5:00pm-6:00pm – 5-9 years old
- 6:00pm-7:00pm – 10-13 years old

British Soccer Camp – Monday-Friday, July 27-July 31, 9:00am-12:00pm



Register online at www.challengersports.com - \$136 by July 12; \$146 July 13 or after

Jones Field - Ages 6-14. 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. Cost includes camp t-shirt and soccer ball.



RECREATION SOCCER LEAGUE

Grades 1-8

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, we will place the player on a waiting list and, if a spot opens up, there will be an additional late fee. Please register early!

First practice August 29 ♦ Games begin September 12

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 29 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.

Grade	Type of Team	Ball Size	1 st Practice Time
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
7-8	co-ed	size 5	11:00am



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 TEEN TRIPS



Information regarding adventures for teens (ages 12-15) was not available at the time this brochure was printed. Please contact the Parks and Recreation office for up-to-date information.

ADULT ACTIVITIES

"America's Music Cities" Tour – Spring 2016



Informational presentation on Tuesday, July 14, 4:00pm-5:00pm, Gilman Library – Lower Level Meeting Room

Collette Tours is providing a guided travel expedition to New Orleans, Nashville and Memphis to experience America's Music Cities. Highlights include the French Quarter, New Orleans School of Cooking, swamp tour, Graceland, Grand Ole Opry show and backstage tour, historic RCA Studio B, Country Music Hall of Fame and Ryman Auditorium. Trip includes 11 meals, air and land transportation.

Find out more at an informational meeting on Tuesday, July 14 from 4:00-5:00pm at the Gilman Library, 1st floor meeting room. Trip pamphlets with detailed information are available at the Parks and Recreation office, Town Hall and Gilman Library.

Winnepesaukee Kitchen – Saturday, July 11, 11:00am-3:00pm (register by July 4)

Pearson Road Community Center ~ (\$25) Life is busy, and eating is important. Eating the best choices in food is even more important. Feel good and have the energy you need with real food. We will offer strategies that will assist you in bringing healthy, living food to your table. Whole foods will be prepared during this class, and you will walk away with a number of recipes to use at home for your life on-the-go. We will prepare lunch to eat at class, and dinner for you to take home. Food and ingredients will be provided, and are included in the cost of the class. Participants will need to bring basic kitchen tools for their use during hands-on food preparation. A supply list will be sent to you upon registration.



Country Line Dancing – Thursdays, June 11-August 13, 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.

Tennis Lessons – Monday-Friday, July 13-17, 7:00pm-8:00pm (register by June 29)

with Tennis Instructor, Phil Eisenmann

Liberty Tree Park Tennis Courts ~ (\$60) Players aged 14 to adult will learn the fundamentals of tennis during this week-long session. Basic tennis skills will be taught: forehand, backhand, serve, overhead and volley. Maximum 8 players.

Tennis Flex League – Level-based, July 6-August 10 (register by June 15)

Liberty Tree Park Tennis Courts ~ Ages 18 and over. The tennis flex league offers adults the opportunity to play organized matches, on their own schedule, with players of a similar ability level. Players will contact, set up and complete their own matches. Experience the fun, fitness and social benefits of tennis. To register, please complete a Player Information Form and return to the Parks and Recreation office by June 15. Player Information Forms are available at the Parks and Recreation office or online at www.alton.nh.gov.

Divisions include: women's singles, men's singles, women's doubles, men's doubles and mixed doubles. Playing levels are 2.0-5.0 and are explained on the Player Information Form.

Pickleball – Mondays and Thursdays, July 6-August 13, 8:00am-11:00am

Beginners are welcome ~ instruction is available. A limited amount of equipment is provided.



Liberty Tree Park Basketball Courts ~ Pickleball is gaining in popularity, and it's being brought to the Town of Alton by Phil Tatro. Pickleball is a paddle sport that combines tennis, ping pong and badminton. It's becoming the fastest growing sport in America. The game is played on a modified court with a hard paddle that is similar to table tennis and usually made of graphite or composite. The ball that is used is comparable to a Wiffle ball.

For most people, one session of three or four games is all that it takes for new players to learn the sport. Players find this sport easier on the body with the modified court size and slower ball speed. Benefits of playing include improved coordination, balance, muscle strength and endurance, cardio vascular exercise, socialization and being outside. Singles, doubles and mixed doubles. All abilities are welcome.



ADULT FITNESS

Yoga Strength – Mondays and Wednesdays, 1:30pm-2:30pm

with Kellie Troendle, Certified Instructor (\$24 for monthly session / \$5 drop-in per class)



Alton Bay Community Center ~ Yoga Strength is 30 minutes of strength training for major muscle groups, including quadriceps, hamstrings, glutes, biceps, triceps, back, chest, shoulders, calves and abs, followed by 30 minutes of flowing yoga postures 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.

Yoga PUSH! – Mondays, 4:30pm-5:30pm

with Kellie Troendle, Certified Instructor (\$24 for monthly session / \$8 drop-in per class)

Alton Bay Community Center ~ Yoga PUSH! is about finding your edge, your motivation, the thing that pushes you. Hatha yoga postures, sun salutations 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 strong muscles, while relaxing and stretching tight ones. Abdominal work and restful relaxation are also components of this yoga workout. Try a class for free.

Lakefront Yoga – Thursdays and Saturdays (see below for times)

with Sheila Marston, Certified Instructor (\$32 for 4-week/monthly session / \$10 drop-in per class)



Alton Bay Community Center ~ Lakefront yoga classes provide choices for your desired level of challenge. Yoga classes are reimbursable by many health insurance companies.

- ☪ Intermediate Yoga – Thursdays, 7:00pm-8:15pm – Geared toward participants who have been practicing yoga and know basic postures. Focus is on several breathing techniques, postures and proper alignment.
- ☪ Yoga Flow – Saturdays, 7:45am-9:00am – Sun salutations and a variety of postures that flow together using the breath.
- ☪ Gentle Flow – Saturdays, 9:15am-10:15am – A slower-paced class focusing on proper alignment, breath and core strengthening. If you have always wanted to try yoga, this class would be perfect.

Yoga in Movement – first Sunday of the month, starting July 5, 4:30pm-5:30pm

with Sheila Marston, Certified Instructor (cost is non-perishable food item or cash donation to benefit the Alton Food Pantry)

Alton Bay Community Center ~ This class will focus on yoga in movement with poses that connect and flow. Postures will be held for shorter periods, and there will be core work to build inner strength. Each class will end with a guided total relaxation period. All levels are welcome.

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

with Sherry Meyer, Certified Instructor (\$40 for 4-week session / \$8 drop-in per class)



Alton Bay Community Center ~ 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!



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 or to schedule a visit to the Center.





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. Seasonal information booth.



- 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, 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 area.

- Levey Park – Located on the west side of Rte 11, ¼ mile south of Rte 11 & 28A intersection – Ten-acre woodland, 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, 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, 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.

- 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.

- 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).

GILMAN LIBRARY

Established in 1892 as Alton Free Public Library, the Gilman Library, located at 100 Main Street, not only provides Alton with a wealth of reading choices, but also offers many programs and services for the community, including a lending library of music and movies, computers with internet access, children's programs, computer classes, book discussions groups, movie nights, writing groups, and more.

Library Hours: Tuesday and Thursday – 11:00am-7:00pm
Wednesday and Friday – 9:00am-5:00pm
Saturday – 9:00am-1:00pm
Sunday and Monday – CLOSED

Contact Information:
www.gilmanlibrary.org
875-2550



ALTON HISTORICAL SOCIETY

The Alton Historical Society's museum is located on the lower level of the Gilman Library, and is open to the public on the third Saturday of each month from 9:30am-12:30pm. The museum has an extensive assortment of memorabilia pertaining to the history of Alton. You can find anything from old pictures and post cards depicting Alton from the turn of the century, to information on the many youth camps that were active in Alton Bay during the 1900's. In addition, you will find information and pictures of old boats that sailed the waters of Lake Winnepesaukee, including the Mt. Washington, the Swallow and the Tonamar. There is so much to see in this historical hideaway!

Upcoming 2015 Alton Historical Society events include:

- June 16, 7pm at Gilman Library – Bob Witham will present a slideshow and discussion of Alton's Bygone Businesses, covering the 1920's through the 1960's. Bob will talk about such places as Bennett's Barn, B&B Sportswear, Coffee Dan's, and the beautiful Grand View Inn. Audience participation is highly encouraged.
- July 21, 7pm at Gilman Library – (NH Humanities to Go Program) *"Mary Todd Lincoln: An Unconventional Woman"* Sparkling with humor and insight, Sally Mummey as Mary Lincoln shares stories of her life and love, triumphs and challenges, and life in the White House during the tumultuous years of the Civil War.
- August 8, 11am-3pm at J. Jones Freight Building at B&M Park – Old Home Week Open House
- August 9, 12pm-4pm at B&M Park – A living history camp will be set up by the Company "A" 12th NH Regiment Re-Enactors, Sons of Union Veterans. Learn about the daily life of a Civil War soldier in 1860. President Lincoln will speak to the crowd and present his Gettysburg Address. Music will be provided by the 12th NH Regiment Serenade Band. An ice cream social is also scheduled.
- August 18, 7pm at East Alton Meeting House at Gilman's Corner – This program is in celebration of the 200th anniversary of the East Alton Meeting House, built sometime between 1803 and 1820, under the impetus of the founder of the Free-Will Baptists in America.
- September 15, 7pm at Christian Conference Center Chapel – A historical talk presented by the Alton Bay Christian Conference Center on the Advent Christian campground founded in 1863 – the oldest camp association in New England. Artifacts will be on display.

For further information or for a private tour of the museum, contact Marty Cornelissen at 875-5456, or visit www.altonhistoricalsociety.org.



SOLID WASTE CENTER

The Town of Alton's Solid Waste Center is located at 71 Hurd Hill Road, off Route 28A. Standard household waste is accepted from Alton property only, and a permit is required. Permits can be obtained at the facility or at Town Hall for \$1.00 with proof of residency.

Operating hours are Friday-Monday from 7:00am-4:45pm (closed on holidays). Contact phone number is 875-5801. For the most detailed information on regulations, items and fees, visit www.alton.nh.gov/solidwaste.asp.

- Mandatory recycling: A recycling center is located on site accepting clean items that include mixed papers, cardboard, glass, aluminum cans, plastic, tin cans, waste oil, automotive batteries, fluorescent bulbs and ballasts.
- Fee-based items: Larger and bulk items are accepted for a fee to include appliances, large electronics, mattresses, furniture, metals, tires, construction debris, empty fuel and propane tanks, carpets, toilets and hot water tanks. Call the Center for details on items and fees.
- Swap shop: General household items in good useable condition can be donated and taken from the swap shop. Items not accepted include, but are not limited to, large electronics, couches, mattresses, stuffed chairs, clothes, linens and propane tanks. Separate donation bins are located on site for clothing and shoes. Swap shop hours are Friday-Monday from 8:00am-4:00pm (closed on holidays).
- Hazardous household waste collection in Wolfeboro: From May to October, hazardous household waste is collected every third Saturday from 8:30am-12:00pm at the Lakes Region Household Hazardous Product Facility located at 404 Beech Pond Road in Wolfeboro. Alton residents must obtain a pass from the Alton Solid Waste Center before visiting this facility.



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

Name: _____

Mailing _____

Address: _____

Phone #s: Cell: _____ Day: _____

Evening: _____

Email: _____

Please add me to your email distribution list.

Parent/Guardian #2

Name: _____

Mailing _____

Address: _____

Phone #s: 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 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