



# 2015-2016



# FALL & WINTER ACTIVITIES



Alton Parks and Recreation \* 603.875.0109 \* parksrec@alton.nh.gov \* www.alton.nh.gov



## Annual Events

**Trick or Treat** – Saturday, 10/31, 5:00pm-7:00pm

**Light-Up Night** – Saturday, 12/5, 5:00pm-6:30pm  
Activities include Santa, crafts, tree lighting, caroling & more.



**Winter Carnival** – Sunday, 2/14, 8:00am-4:00pm  
Alton Bay, conditions permitting. Events include scavenger hunt, games, bed race, fly-in, ice fishing & more.

## Classes & Instruction

### Raw, Living Foods



**Saturday, 3/5, 9:00am-12:00pm (register by 2/19)**  
Pearson Road Community Center – (\$45) Learn ways to add living foods into your diet while moving away from processed, packaged foods. Class includes recipes, food sampling and hands-on information on how to bring the living foods way-of-life into your kitchen. Pure, raw food ingredients include uncooked vegetables, fruits, nuts and seeds. Benefits of raw foods include increased energy, improved health and weight loss.

### Apprentice Chef Junior

**Saturday, 3/12, 10:00am-2:00pm (register by 2/19)**  
Pearson Road Community Center – (\$25) For ages 8-13. Learn to make dinner for the family – everything from appetizers to dessert. We make food fun! Includes food sampling, hands-on participation, recipes and a chef's bag to take home.

### Basic Cake Decorating

**Saturday, 4/9, 1:00pm-4:00pm (register by 3/18)**  
Alton Bay Community Center – (\$25) For ages 10-adult. This interactive class will teach you basic decorating techniques for sprucing up cakes, cupcakes, cookies and vegetables, too! Frosting recipes will be included, as well as layer-cake assembly tips. Registration fee includes take-home decorating kit.

## Active Participation

### Adult Co-Ed Volleyball

**Mondays, 7:00pm**  
Alton Central School Gym – (Free) For men and women 18+ years old. New players are welcome.

### Men's Basketball

**Tuesdays, 7:00pm (arrive at 6:45pm to pick teams)**  
Alton Central School Gym – (Free) For men 30+ years old. New players are welcome.

### Adult Pickleball



**Wednesdays and Fridays, 7:00pm-10:00pm**  
Alton Central School – (\$1/day) For adults of all ages. Join the fastest growing sport in America. All abilities. Beginners are welcome, and instruction is available. A limited amount of equipment is provided. Singles, doubles and mixed doubles.

### Get Moving!

**Tuesdays and Thursdays, 10/15-11/24, 9:00am**  
Meet at Parks and Recreation – (Free) Adults of all ages. Let's go for a walk! Dress for the weather with appropriate footwear. Discover local walking loops, from 45-60 minutes. Join anytime.

### Daytime Snowshoe Adventures

**Tuesdays, 1/12-3/15, 1:30pm (register at least 5 days prior)**  
Location TBD – (Free) A daytime trek through the great outdoors! Locations will vary, but will include some hills and wooded areas. Bring snowshoes and poles, and dress in layers. Participants should be in good physical condition and able to complete hikes of at least 2 miles. Hikers under 15 must be accompanied by an adult. Hikes will be based on weather conditions. Call or email for trail directions.



## Preschool Playgroup

### LITTLE PESAUKEES



**Tuesdays and Thursdays, 9:00am-11:00am**  
Alton Bay Community Center – (Free) Drop-in playgroup for ages 0-5. Parents stay and supervise their children. Activities include reading books, crafts, snack time and free play. Parents are asked to bring a peanut-free snack for their own child. This is a great program to introduce you and your child to other members of the community. For more info, contact [LittlePesaukees@gmail.com](mailto:LittlePesaukees@gmail.com).

### Full Moon Snowshoe Hikes

**7:00pm on 1/24, 2/22 & 3/23 (register at least 5 days prior)**  
Levey Park – (Free) Bring snowshoes, poles and a headlamp. Hikers under 15 must be accompanied by an adult. Hikes will be based on weather conditions.

**SEE BACK OF FLYER FOR MORE ACTIVITIES AND PROGRAMS**

Creating Community Through People, Parks and Programs



**REGISTER  
BY  
NOV. 6!**

# Basketball Programs

**SIGN  
UP  
EARLY!**



## Wolf Pack Basketball Skills Camp – (Grades 1-4) Saturdays, 1/2 to 2/20 (grades and times noted below)

- ➔ **GRADES 1-2:** \$25 per player on or before November 6 • \$50 after November 6 and placed on waiting list ←
- ➔ **GRADES 3-4:** \$35 per player on or before November 6 • \$60 after November 6 and placed on waiting list ←

Prospect Mountain High School – Wolf Pack Camp is for players in grades 1-4 on Saturdays in the gym at PMHS. Players will learn fundamental skills with a focus on fun! Skills include: dribbling, passing, jumping, stopping, shooting and more. Grades 3-4 will include: offense, defense, half-court and full-court play, scrimmages and end-of-season games. Camp jersey included! See program flyer for details.

<b>SKILLS CAMP SCHEDULE</b>	<b>Grades 1-2 ~ SKILLS</b>	<b>Grades 3-4 ~ SKILLS</b>	<b>Grades 3-4 ~ GAMES</b>
	Co-Ed: 1/2-2/20, 8:00-9:15 am	Boys & Girls: 1/2-1/23, 9:15-11:30 am Boys & Girls: 1/30-2/20, 9:15-10:30 am	Boys: 1/30 & 2/13, 10:30-11:30 am Girls: 2/6 & 2/20, 10:30-11:30 am

## Recreation Basketball Program – (Grades 5-6 ~ Boys or Girls) Season: December 2015-February 2016

- ➔ \$35 registration fee per player on or before November 6 • \$60 after November 6 and placed on waiting list ←

Practices will be held during the week at Alton Central School. Players will travel for games on Saturdays, which begin on **January 2, 2016**. The program will have instructional play, with a focus on fundamentals, techniques and skills of the game. Players will learn: jumping, catching, passing, footwork, ball handling, shooting, lay-ups, basic defense and more. **Equipment Needed:** Sneakers with tie laces, cotton socks, black shorts, a water bottle and a size 28.5 basketball. Mouth guards are recommended, and safety glasses or glass guards if your child wears glasses.

**FOR BOTH BASKETBALL PROGRAMS:** Submit a completed registration form to Parks and Recreation with payment (payable to Town of Alton) before the November 6 deadline to be eligible to play. Registration forms are online at [www.alton.nh.gov](http://www.alton.nh.gov) or at the Parks and Recreation office. You can also contact us at 875-0109 or [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov) to have a form mailed to you. Volunteer coaches are needed for the Recreation Program. If you are interested in being a volunteer, please contact us.



# Yoga and Zumba



## Yoga Strength – Mondays and Wednesdays, 1:30pm-2:30pm – Certified Instructor: Kellie Troendle

Alton Bay Community Center – (\$24 for monthly session / \$5 drop-in per class) Yoga Strength is 30 minutes of strength training for major muscle groups, followed by 30 minutes of flowing yoga postures, all designed to build muscle strength and improve balance and flexibility. Functional exercises to keep your body strong and moving. All abilities welcome. Try a class for free.

## Yoga PUSH! – Mondays, 4:30pm-5:30pm – Certified Instructor: Kellie Troendle

Alton Bay Community Center – (\$20 for monthly session / \$8 drop-in per class) Hatha yoga postures and flowing sequences that will up-level your workout. Strength and core work, flexibility and balance. An intermediate class designed to tone, define and build muscles, while relaxing and stretching tight ones. Try a class for free.

## Lakefront Yoga – Thursdays and Saturdays (classes and times below) – Instructor: Sheila Marston

Alton Bay Community Center – (\$32 for 4-week/monthly session / \$10 drop-in per class)

- 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.

## Zumba – Mondays and Wednesdays, 8:00am-9:00am – Certified Instructor: Sherry Meyer

Alton Bay Community Center – (\$40 for 4-week session / \$8 drop-in per class) 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!

### CONTACT INFORMATION:

Kellie Troendle, CPRP, Parks and Recreation Director  
 Phone: 603.875.0109 • Fax: 603.875.0242 • [parksrec@alton.nh.gov](mailto:parksrec@alton.nh.gov)  
Mailing address: PO Box 659, Alton, NH 03809  
Physical address: 328 Main Street, AVAS Public Park, Alton, NH

### PARKS AND RECREATION COMMISSION:

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