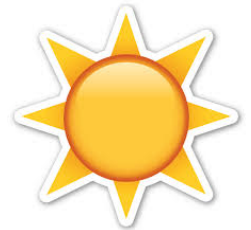
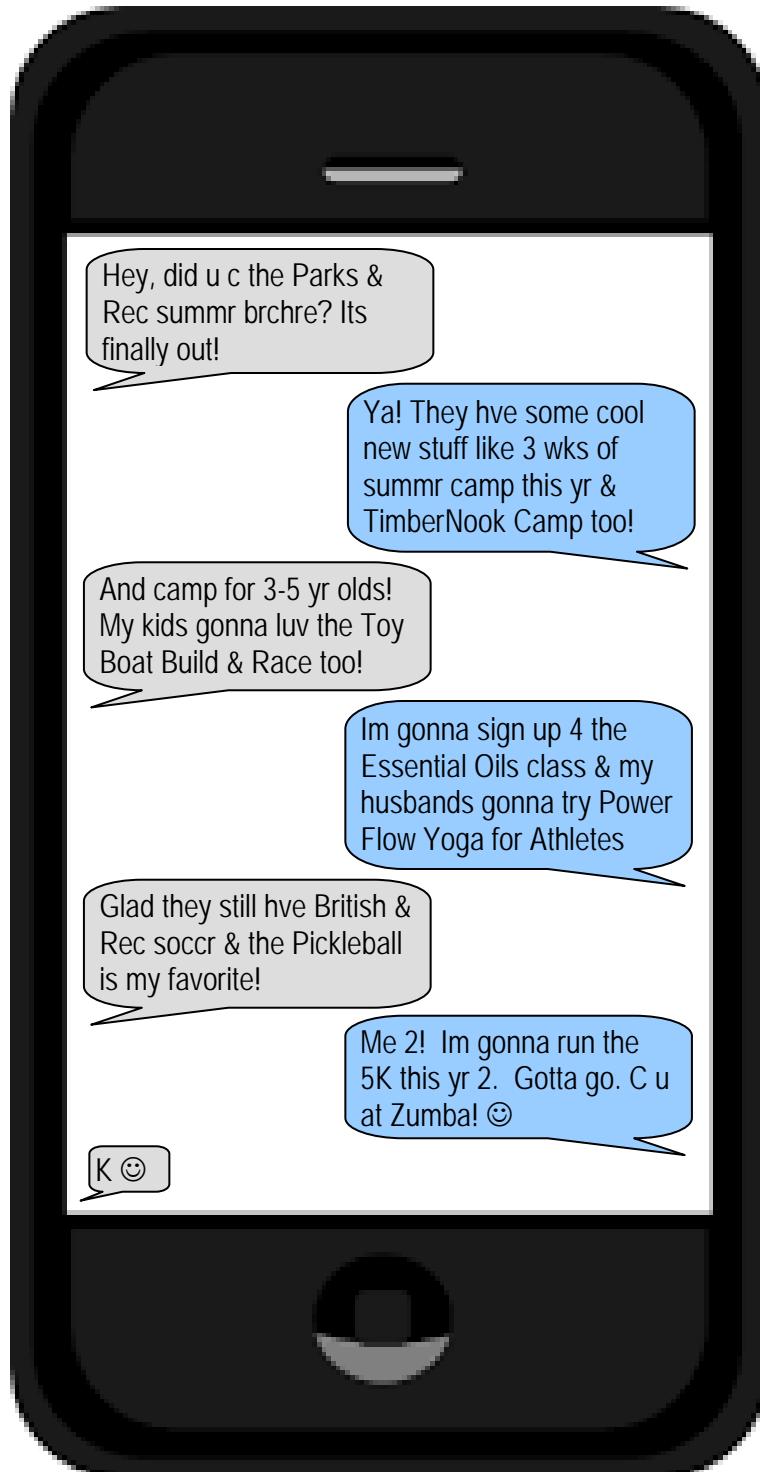


SUMMER ACTIVITIES

2017



Creating Community
Through People,
Parks and Programs
603.875.0109



**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 Secretary/Assistant

PARKS AND RECREATION COMMISSION MEMBERS:

Chair: Elizabeth Shelton

Members: Everett Clark, Jonathan Downing, William Lionetta,
Kristin Thomas, Phil Wittmann (Board of Selectmen)

2017 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. 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.

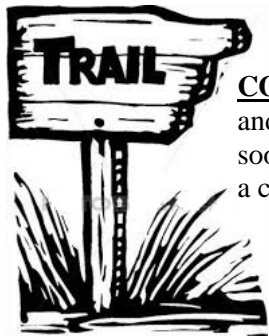
REFUNDS

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.

NEWS AND EVENTS AROUND TOWN



PLANNING A HIKE?

COMING SOON ... Information, maps, trail conditions and website links to local trails (including Alton!) will soon be available on the Town of Alton website. Here's a couple of resources to get you started right now:

<http://belknapangetrails.org>

<http://newenglandtrailconditions.com>

Happy Trails!

THANK YOU

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



FAMILY BLOCK PARTY

Friday, August 11 ~ 5:00-8:00pm

B&M Railroad Park



BBQ
Entertainment
Music & Emcee
Family Games
Baked Goods
Caricatures
& more!



RACE



How *FAST* can you build a Toy Boat?!

How *FAST* will your boat *RACE* ?!

Join the friendly competition on August 17!

Build and *RACE* a Toy Boat

Register today!



See details
on page 4

Old Home Week

August 11-20

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, outdoor family movie, toy boat building and racing, 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.

Antique Boat Show

Saturday
August 12



9:00am-
12:00pm

Alton Bay Public Boat Docks
sponsored by
NH Boat Museum



August 12 ~ 9:00am

CRIBBAGE TOURNAMENT
August 13, 1:00pm-3:00pm
Alton Bay Bandstand



FAMILY ACTIVITIES AND EVENTS

Town-Wide Yard Sale – Saturday, June 3, 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 26 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 7)
- ☆ Old Home Week: August 12 at 9:00pm (rain date August 13)

Alton Bay Concerts – 7:00pm-9:00pm

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

- July 1 – 39th Army National Guard Band ~ country, rock, patriotic, brass
- July 3 – Echo Tones ~ classic rock
- July 8 – Blacklite Band ~ classic rock
- July 15 – Shana Stack ~ country
- July 22 – Pony Express ~ country
- July 29 – Saxx Roxx ~ classic rock with brass
- August 5 – Gerry Grimo & The East Bay Jazz Ensemble ~ elegant swing, jazz and blues
- August 12 – Annie & The Orphans ~ rock and roll from the 50's to the 70's
- August 19 – no evening concert at bandstand (see below for weekend Barbershop music information)
- August 26 – Bittersweet ~ classic rock



sponsored by Gilman Library & Boy Scout Troop 53

5K Race – Saturday, August 12, 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. First 100 pre-registered runners receive a goodie bag. 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/alton5k2017. See page 10 of this brochure for 5K registration form only.

Craft Fair – Saturday, August 12, 9:00am-5:00pm and Sunday, August 13, 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.

Build and RACE a Toy Boat – (ages 10 to adult) Thursday, August 17, 4:00pm-6:00pm (register by August 10) presented by Creation Station Project Center

Alton Bay Community Center ~ (\$10 per entry/boat) Let's *RACE!* Your mission: Build a boat from the selection of materials provided. Think *speed*. THEN race your boat against other participants on a water-propelled track. See who can build the fastest, sleekest boat! Racers will be separated by age groups: 10-12, 13-15, and 16 to adult. Cheer on your favorites during this friendly Old Home Week competition. Prizes will be awarded, but all will have fun!

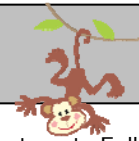
Barbershop Harmony Jamboree – August 18-19

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 or contact Dave Snell at (603) 455-6683 for further details.

- Friday, August 18, 7:00pm – (Free) Alton Bay Bandstand ~ Informal Barbershop Concert
- Saturday, August 19, 2:30pm-4:30pm – (Free) Alton Bay Bandstand ~ Mock Quartet Competition
- Saturday, August 19, 7:45pm-11:00pm – (\$10) Prospect Mountain High School ~ "The Great Gathering" main concert event



SUMMER FAMILY FIELD TRIPS



Alton residents are invited to participate in field trips that are sponsored by the New Durham Parks and Recreation Department. Full field trip details and registration can be found directly through New Durham at www.newdurhamrec.com or call (603) 859-5666 for further information.

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

- Friday, June 30 ~ NH Farm Museum (\$10)
- Friday, July 7 ~ Monkey Trunks (\$23)
- Friday, July 14 ~ Nature Hike & Scavenger Hunt (\$4)
- Saturday, July 15 ~ Gunstock Discover Adventure (\$30)
- Friday, July 21 ~ Squam Lakes Natural Science Center (\$16)
- Friday, July 28 ~ Creation Station Monster Building (\$6)
- Friday, August 4 ~ Hilltop Fun Center (\$19)
- Friday, August 11 ~ Amoskeag Fishways (\$11)
- Saturday, August 12 ~ Funtown Splashtown (\$32)
- Friday, August 18 ~ Children's Museum (\$13)
- Friday, August 25 ~ Village Players (\$10)
- Saturday, August 26 ~ OSG Paintball (\$29)
- Friday, September 1 ~ Whale's Tale (\$36)

NEW

CAMP WINNIPESAUKEE, JR.



Junior Summer Camp – (ages 3-5) **Wednesdays, 9:30am-11:00am on 7/5, 7/19, 7/26** (register by June 16 for discount)

Alton Bay Community Center & Railroad Square Park ~ (\$5/class by June 16; \$7/class after June 16) Giant fun in a smaller package!

- **July 5:** Welcome to the Jungle – Play animal games with lots of movement and sound. Work on jungle-y crafts, and successfully complete puzzles with your zoo friends.
- **July 19:** Fun in the Sun – Get wet playing outdoor water games! Go on a scavenger hunt through nature and discover what you can find outdoors. Create a fun craft to take home.
- **July 26:** Wacky Wednesday – Everything is backwards and upside down! Making a silly craft, having a goofy dress-up relay race, and reading a funny storybook are all part of Wacky Wednesday.



YOUTH ACTIVITIES



Build & Paint a Birdhouse – (ages 9 to adult) **Thursday, July 6** ~ See page 7 for details on this workshop.

Sewing with Yarn and Felt – (ages 6 to adult) **Friday, July 7** ~ See page 7 for details on this activity.



Yoga Party for Kids – (ages 5-8) **Saturday, July 8, 6:00pm-6:45pm** (register by July 1)

Alton Bay Community Center ~ (\$5) Join the Yoga Party and bring your favorite stuffed animal. We will do yoga poses, play games and have lots of fun! Learn how lions roar, ducks breathe and trees sway. Animal poses, movements on the mat, and a party treat.

Tool-less Toy Boat Building – (ages 8 to adult) **Friday, July 21** ~ See page 7 for details on this family-friendly class.

Build and RACE a Toy Boat – (ages 10 to adult) **Thursday, August 17** ~ See page 3 for details on this event.

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.



CAMP WINNIPESAUKEE

Summer Day Camp – (ages 7-11) Monday-Friday, 9:00am-4:00pm, see dates below (register by May 31 for discount)

Alton Bay Community Center & Railroad Square Park ~ (\$175 for 1 week or \$335 for 2 weeks or \$495 for 3 weeks) Registration includes excursions, games/activities, supervision and fun! A different theme each week. Choose one, two or three weeks of Camp Winnepesaukee! Please bring a bag/cooler lunch each day with drinks and snacks, and a bathing suit and towel for swimming in the Lake. Register by May 31 for discounted rate. After May 31, camp cost is \$200/week.

June 26 – June 30 MOVIE THEME WEEK	July 10 – July 14 WET & WILD WATER WEEK	July 31 – August 4 EXPLORATION WEEK
<p><u>Featuring:</u> Harry Potter potions, crazy science experiments and movie theater food. Dress as your favorite movie character, cook dinner and watch a movie. Funspot, mini-golf, bowling, games and Kellerhaus ice cream smorgasbord. Swimming, snorkeling, board games and crafts. Not to mention Star Wars and Super Heroes! Space is limited; register today!</p>	<p><u>Diving into:</u> A trip to Ellacoya State Park with sand castles, a picnic and water games. Color wars, bubble wars and cupcake wars ... so fun! Water balloons, wet games and swimming. A scavenger hunt, game show and cool crafts. Make a splash during Wet and Wild Water Week! Register today; this camp will fill up fast!</p>	<p><u>Exploring:</u> Gunstock’s treetop explorer course, climbing walls, mountain coaster, water wars, summer tubing & more. Buried treasure, Levey Park hike, scenic lookout and a picnic. Create a World Record Ice Cream Sundae! Fairy house and boat building, magic, birdhouse painting and crafts. It’s all part of Exploration Week! Register today!</p>



TIMBERNOOK CAMP

Going Medieval – (ages 7-11) Monday-Friday, August 7-11, 9:00am-3:00pm (register by June 23 for discount)

Levey Park - (\$225 by June 23; \$250 after June 23 if space available) Get your “inside” kid ... OUTSIDE! Register early for this nature-based (and fun!) sensory camp, and feel dirt between your toes, smell fresh air and play medieval games in the great outdoors. Learn new skills and test your strength as knights and outlaws. Build castles and camps behind boulders, on hills and in trees. Create a medieval village with moats and bridges, and defend your territory during duels and battles. Experience what it was like to live like Robin Hood as you step back in time at TimberNook Camp. For more program details, see TimberNook.com. Register through Parks and Recreation.

For registration: Submit a completed registration form (last page of this brochure) with full payment to the Alton Parks and Recreation Department. Don’t miss out on this unique opportunity – register now!



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.





BRITISH SOCCER CAMP

British Soccer Camp – Monday-Friday, July 24-28 ~ see ages, times and cost below

➔ REGISTER ONLINE at www.challengersports.com ◀

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

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

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.alton.nh.gov (under the Government heading, choose Parks and Recreation and scroll down to the Soccer information box).



RECREATION 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 will be no shirts available, and the player will be placed on a waiting list. Please register early!

First practice: August 26 ♦ Games begin: September 9

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 26 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.





“DO IT YOURSELF” CLASSES

Vehicle Maintenance for Beginners – Saturday, June 24, 9:00am-11:00am (register by June 16)

AVAS Public Park (Parks and Recreation) ~ (\$10) In the day and age of YouTube and Google, you can virtually learn how to do everything online. Let the Parks and Recreation/Grounds and Maintenance staff guide you on a hands-on approach to general vehicle maintenance. Instruction will be given to: check tire pressure and tread, inflate and change a tire, replace wiper blades, check the oil and vehicle fluids, change the oil, jump start and use booster cables, and change a fuse. Save yourself time and money by learning how to do minor maintenance on your vehicle. This is a great class for new drivers.

Essential Oils – (\$10 per take-home item) see dates, times and locations below

with Melanie Tidd, Registered Nurse, Essential Oil Educator, Mother of 5

- **Saturday, June 10, 10:00am-11:30am, Pearson Road Community Center** ~ Essential Oils for Beginners & DIY Toxic-Free Cleaners: Learn the basics of essential oils, and discover natural solutions for your health and well-being by detoxifying your environment. Learn how to make household cleaners and air fresheners. Class includes making a cleaner or freshener of your choice. Register by May 26.
- **Saturday, July 8, 10:00am-11:30am, Pearson Road Community Center** ~ Care for Your Pets with Essential Oils & DIY Tick Repellent: Learn natural strategies using essential oils just for your pet. Class includes making a tick repellent for your pet. Register by June 23.
- **Saturday, August 5, 10:00am-11:30am, Alton Bay Community Center** ~ Natural Family Care with Essential Oils & DIY Immunity or First Aid Blend: Learn about natural care and immunity boosting for your whole family, from infants to adults. Specific information will be offered regarding babies and children. Learn how to treat cuts, scrapes and burns with “Owie Magic”. Class includes making Boost Immunity or Owie Magic to use at home. Register by July 21.

Build & Paint a Wooden Birdhouse – (ages 9* to adult) Thursday, July 6, 4:00pm-6:00pm (register by June 29)

presented by Creation Station Project Center

Alton Bay Community Center ~ (\$20 per birdhouse kit) Do you want to make a home for the feathered friends in your yard? Build and paint your own Pearson Design Bluebird House! Class provides all the materials needed, including tools, nails, paint and instructions. No cutting, but some hammering and light sanding will be required. This is a great family project! *Children under 9 may attend when accompanied by an adult.

Sewing with Yarn and Felt – (ages 6 to adult) Friday, July 7, 9:00am-11:00am (register by June 30)

presented by Creation Station Project Center

Alton Bay Community Center ~ (\$10) Create unique art with fun colors and materials. Learn how to sew and embroider with felt and yarn. An assortment of pattern ideas will be available to choose from, including stuffed animals, wall hangings and much more. Plastic needles and other necessary workshop materials will be provided. This class is designed for children and adults alike, and will be fun for all!

Tool-less Toy Boat Build & Paint – (ages 8 to adult) Friday, July 21, 9:00am-11:00am (register by June 14)

presented by Creation Station Project Center

Alton Bay Community Center ~ (\$10 per boat) Design and build your own wooden toy boat! No tools are required for this hands-on workshop. A variety of boat parts and accessories will be on hand to build with ~ mix and match to create your own unique style of boat. Finish materials, including glue and paint, will be provided. Join us for this family-friendly class!



SENIOR ACTIVITIES

A variety of programs, classes and activities are offered at the Pearson Road Community Center (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.



ADULT ACTIVITIES AND CLASSES

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

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. The game is played on a modified court with a hard paddle that is similar to table tennis, and a ball that is comparable to a Wiffle ball. Benefits of playing include improved coordination, balance, muscle strength and endurance. A limited amount of equipment is available for use.



- **BEGINNER INSTRUCTION:** 2nd & 4th Wednesday of the month, 8:00am-10:00am (call 875-0109 to reserve a spot)
- **RESERVED COURT TIME:** Mondays, Wednesdays & Fridays, 8:00am-11:00am and Sundays, 8:00am-10:00am
Join Alton's experienced adult Pickleball community with organized doubles and mixed doubles games. Courts have been reserved for Alton's Pickleball community for drop-in play. Outdoor program and location will be ongoing through Fall, weather permitting.

Country Line Dancing – Thursdays, June 22-August 31, 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.



NEW Power Flow Yoga
Advanced Yoga for Athletes
Mondays, 4:30pm-5:30pm, see session dates below

with Kellie Troendle, Certified Instructor

Alton Bay Community Center ~ (\$20 per session by registration deadline or \$10 drop-in per class)

- Session 1: June 5, 12, 19, 26 (register by June 1)
- Session 2: August 7, 14, 21, 28 (register by August 1)

A powerful sequence of poses designed to strengthen and increase your athletic performance. Class will follow the three mountain phase format of warm-up, work, and cool down. A great complement to your weight training, golf, tennis, swimming, running or crossfit workout.

Find your power through the muscle building work. Find your balance with advanced poses that challenge and push you. Find your flexibility by increasing your range of motion and stretching, and find your peace with the final relaxation rest.

Prior knowledge of yoga poses is helpful but not required; however, this is an advanced class designed for active athletes looking for a complementary challenge to their current workout plan. Register today!

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

with Sherry Meyer, Certified Instructor



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

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

with Kellie Troendle, Certified Instructor

Alton Bay Community Center ~ (\$5 drop-in per class or pay in advance for monthly discount) Yoga Strength is 30 minutes of strength training for major muscle groups with handheld weights, followed by 30 minutes of flowing yoga postures, all designed to build muscle strength and improve balance and flexibility. All abilities welcome. Try a class for free. (Please note: No classes will be held in July.)

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.

You need to start somewhere ...
Why not today?
There's a great program
called "Couch to 5K"



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





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.



TOWN FACILITY RENTALS

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

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

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

Rental fees for both locations:

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

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

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

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

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/alton5k2017.
(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 8/12/17

~ 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)





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

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 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