

Alton Parks and Recreation Community Connection

USTA Summer Tennis Lessons- Youth

The Alton Parks and Recreation Department is sponsoring Tennis in the Parks for Grades 1-8 on Tuesdays and Thursdays at the Liberty Tree Park Tennis Courts from July 28-August 13. Grades are divided by times: 5:30p.m.-6:30p.m.- Grades 1-4; 6:45p.m.-7:45p.m.- Grades 5-8. Registration is \$65 and includes a brand-new tennis racquet for new players, and instruction with a USTA New England certified instructor. Basic tennis skills will be taught- forehand, backhand, serve, overhand and volley. Register by July 20, class size is limited to 7. Registration forms are available at www.alton.nh.gov or stop by the Parks and Recreation Kiosk at 328 Main Street to sign up. Contact parksrec@alton.nh.gov or 603-875-0109 for more information.

Learn To Play Pickleball for ages 18+ Free Clinic

Alton Parks and Recreation is sponsoring a free Pickleball Clinic led by certified Pickleball coach, Richard Powers, on Saturday, May 16 from 10:00a.m.-11:30a.m. at the Liberty Tree Park Courts located on Rte. 140 for ages 18 and up. Are you interested in learning the fundamentals of Pickleball? Register now for a chance to learn all the tips and tricks. Space is limited, bring a paddle and water. Deadline to register is May 13. Contact Alton Parks and Recreation at 603-875-0109 or parksrec-asst@alton.nh.gov to register.

Line Dancing Lessons

Line dancing lessons with Jane Corbett will be held on Thursdays starting June 4 through mid October from 1:00p.m.-2:00p.m. for beginners, and 2:10p.m.-3:10p.m. for experienced dancers at the Alton Bay Community Center. Adults of all ages and abilities are welcome, \$15/season. Register on site.

Alton Town Wide Yard Sale

The Alton Parks and Recreation Department is sponsoring its Annual Town Wide Yard Sale on Saturday, June 6, 2026, rain or shine from 8:00a.m.-2:00p.m. If you would like to participate by having a Yard Sale at your house contact the Parks and Recreation Department at 603-875-0109 or parksrec-asst@alton.nh.gov before May 18, 2026 with your Yard Sale address location. When signing up please include your name, phone number and complete physical address. Free Yard Sale maps will be available after May 27, 2026.

Pilates Classes in Alton Bay- Tuesdays and Thursdays

The Alton Parks and Recreation Department is sponsoring Pilates classes at the Alton Bay Community Center on Tuesdays and Thursdays, 9:30a.m.-10:30a.m. with certified instructor

Donna Lee. All level adults are welcome for a full body, low impact class that will improve muscle tone, flexibility, balance and strength. Pre-registration is \$10 per class or \$15 drop in. Bring a mat and water. For more information/register contact Donna at breathepilates1@yahoo.com or parksrec@alton.nh.gov.

Weight Training Classes- Mondays and Wednesdays

The Alton Parks and Recreation Department is sponsoring Weight Training Classes on Mondays and Wednesdays, with AFAA Certified Instructor Kellie Troendle, from 1:30p.m.-2:30p.m. at the Gilman Library for adults of all ages and abilities. This program is ongoing. Build strong muscles and bones, increase flexibility and develop better balance. Bring light hand weights, a mat and water. For more information, contact parksrec@alton.nh.gov or 603-875-0109. Try a class for free. \$20 per month/session or \$5 drop in.

Guided Meditation

The Alton Parks and Recreation Department and Friends of the Gilman Library are sponsoring Guided Meditation with Karen Kharitonov on Thursdays May 7 and May 21 from 6:30p.m.-7:15p.m. at the Gilman Library, Agnes Thompson Meeting Room. Meditation is helpful for reducing stress and slowing our bodies down to breathe. The program is free, donations accepted to benefit the food pantry. For more information contact Alton Parks and Recreation at parksrec@alton.nh.gov or 603-875-0109.

Dungeons and Dragons

Alton Parks and Recreation is sponsoring a weekly Dungeons and Dragons adventure on Wednesdays at the Alton Bay Community Center from 6:00p.m.-8:00p.m. The program is free for ages 18+. Sign up at parksrec-asst@alton.nh.gov or 603-875-0109 to secure your game slot. Join in the fun with friends or plan on meeting new people.

Travel Club Trips

Cowboy Country and Taste of Italy in 2027

The Alton Parks and Recreation Department is sponsoring two trips with Collette Tours in 2027. The first trip is to Cowboy Country. Trip highlights include Grand Teton National Park; Badlands National Park; Crazy Horse Memorial; Mt. Rushmore and much more. The trip includes a visit to Yellowstone National Park which is famous for its geysers, hot springs and herds of bison. Witness the impressive Old Faithful, travel over the Sylvan Pass and see Yellowstone Lake. Trip dates are June 8-15, 2027 and include airport transportation from Alton, airfare, 10 meals, hotels, and guided transportation through Cowboy Country, including walking, bus, and covered wagon tours.

Alton Parks and Recreation is also sponsoring a trip with Collette Tours to Italy in 2027. The trip highlights include Rome; Narni- Umbria Region, Chianti Region, Tuscany, and Florence. Explore an archaeological site hidden beneath the village; take a walking tour of Assisi and see views of Lake Trasimeno; visit the famous Basilica of St. Francis and admire Giotto's frescoes;

take a cooking class and visit olive groves; and much more. Trip dates are October 23-
November 3, 2027. Includes airfare, 16 meals, hotels and transportation.

These trips are a great way to travel in a group and with a knowledgeable guide. An
informational session will be held on September 21, 2026 at 11:00a.m. at the Gilman Library
about both trips. RSVP to attend the session-603-875-0109 or parksrec-asst@alton.nh.gov.