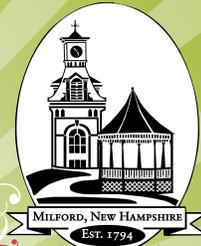


Milford Recreation Department

Summer

RECREATION GUIDE



2011



Please register early for classes, if low participation we will have to cancel class



Milford Recreation Department

1 Union Square • Milford, NH 03055

Phone (603) 249-0625 • Fax (603) 673-2273 • www.milfordrec.com

Recreation Department Staff:

Nicole Banks, Recreation Director

Heather Hoyt, Program Coordinator

Bonnie Cox, Administrative Coordinator

Gretchen Dunn, Pool Manager

MILFORD RECREATION SUMMER 2011

FREE RECREATION EVENTS

Sounds On The Souhegan Summer Concert Series



All Ages. Milford Recreation Department invites you to join us each Wednesday during the summer for free public band concerts at Emerson Park, 7-8:30pm. In the event of rain, concerts will be moved indoors to the Town Hall Auditorium with the exception of 4th of July, rain date will be July 5th.

Wednesday, June 15th – Amoskeag Strummers – Big Band

Wednesday, June 22nd – American Legion Band – Big Band

Wednesday, June 29th – Chelmsford Community Band Jazz Ensemble – Big Band

***Monday, July 4th – Tattoo – American Roots, Rock n Roll**

Wednesday, July 6th – Hollis Town Band, Big Band

Wednesday, July 13th – Rob Oxford – Country, Folk

Wednesday, July 20th – Freese Brother Band – Big Band Sound

Wednesday, July 27th – Monadnock Island Sounds – Steel Drum

Wednesday, August 3rd – Temple Band – Big Band

Wednesday, August 10th – Bedford Big Band – Big Band

Wednesday, August 17th – Amherst Town Band – Big Band

***Keyes Park Stage 3:30-5pm**

July 4th Family Fun Day @ Keyes



All Ages. Milford Recreation Department presents an annual family fun day at Keyes Field. In the event of rain, festivities will be held on July 5th.

Festivities start at 12pm and include:

- **Patriotic Bike Parade & Contest 12pm** - Bring a decorated bike, stroller or wagon
- **Field Activities 12-3pm** - hosted by DJ Dave Alcox
- **Face Painting** - by Keyes Pool Lifeguards
- **Food Concessions**
- **Pool Activities 2-5pm** - hosted by Keyes Pool Lifeguards
- **Horse Drawn Carriage Rides** - by Lyndeborough Livery & Feel Good Farm
- **Bands at Keyes Stage 3:30-5pm - TATTOO, American Roots, Rock and Roll**



Celebrate WALK NH Week

June 1-7

All Ages. Walk NH is a FREE program designed to promote walking in New Hampshire. Each person who participates will receive a log to record their walking. Each person who reaches their chosen goal will receive an 'I Walked NH' patch and a certificate signed by Governor John Lynch and First Lady Susan Lynch, MD. **Mission: To engage children and adults in walking and raise awareness of walking as a part of a healthy lifestyle. For more locations and towns participating click on www.walknh.org**

BUS TRIPS



Foster's Clambake Outing

All Ages. Please join us for a summer feast at Foster's Pavilion featuring lobster, steamers, clam chowder, music, scenic coastal ride that will view Nubble Lighthouse, a short stop at Short Sands Beach and a shopping stop at Stonewall Kitchen. **Space is limited to 10 seats – Reserve your seat today by calling 603-249-0625**

Wednesday 8/17

\$50 per person

Depart 9:00am (Parking at Municipal Lot on Garden St.)

Lunch 12pm

Return 4:30pm

Mohegan Sun Here We Come!



Adults 21+. We invite you to try your luck at our Gambling Getaway to Mohegan Sun. Motor coach transportation, \$10 meal voucher and \$10 gaming bet included!

To reserve your seat by Sept 9th call 603-249-0625 or email recreation@milford.nh.gov TODAY!

Saturday 9/17

\$30 per person

Depart Milford 8am/Return 7pm (Parking at Citronics, Rt 13)

New England Fall Foliage Tour & Lunch



Adults. Join us for a fall foliage tour that will take us through the Monadnock Region and the Cathedral of the Pines before heading down to Westminster to enjoy a buffet style lunch at the historic Old Mill Restaurant in a charming rustic setting. After lunch take a spin through the gift shop and board the bus to Wachusett Mountain Reservation where we will get a tour to the top of the mountain and on a clear day you will be able to see Boston. Don't miss out on this trip! Space is limited to 13 seats – don't wait! **To reserve your seat by Sept 23rd call 603-249-0625 or email recreation@milford.nh.gov TODAY!**

Tuesday 10/4

\$38 per person

Depart 9:45am/Return 3:30pm (Parking at Municipal Lot on Garden St.)

New York City Annual Bus Trip



Adults. Back by popular demand! Holiday shopping and sightseeing in the 'Big Apple'.

To reserve your seat by October 1st call 603-249-0625 or email recreation@milford.nh.gov TODAY!

Saturday 11/19

\$55 per person

Depart Milford 6am/Return 11pm (Parking at Citronics, Rt 13)

MILFORD RECREATION SUMMER 2011

CAMPS, TOURNAMENTS, TRAININGS

British Challenger Soccer Camp

Ages 3-14. Milford Recreation Dept presents... Challenger British Soccer Camp.

First Kicks (3&4): Young players are introduced to game basics through fundamental activities, games and fun soccer challenges.

Mini Soccer (5&6): Fun games, low key competitions and challenging skill-building activities will captivate and enlighten your young players.

Half Day (7-9): A three hour daily coaching program providing technical and tactical instruction in all areas of the game of soccer.

Host-A-Coach: A unique and truly rewarding part of the British Soccer Camp is our host family program. A coach will stay with a family for the duration of the camp week, usually Sunday evening through the following Saturday or Sunday. All host families will receive a rebate priced at \$80 towards the cost of the camp. Please contact the Milford Recreation Dept. for more details 603-249-0625. Keyes Field. Registration Deadline is Friday July 23rd.

Mon-Fri 7/25-7/29		(all prices include a ball & tshirt)	
Ages 3&4	First Kicks	Mon-Fri 9-10am	\$59
Ages 5&6	Mini Soccer	Mon-Fri 10:15-11:45am	\$79
Ages 7-9	Half Day	Mon-Fri 4-7pm	\$111



AMERICAN RED CROSS

Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their unique job responsibilities. Participants will learn how to act in an emergency, how to prevent accidents, how to play with children of all ages, how to feed babies and much more! Prepare your child for responsibilities and money earning potential. Please pack a lunch. Great for big brothers and sisters. This is a 1-day intensive training course. American Red Cross certification earned. **Instructor Jennifer Munroe. Milford Police Station Community Room. Pre-Registration Required. Min of 8 participants.**

Session 1	Sat	9am-4pm	6/25	\$55
Session 2	Sat	9am-4pm	7/9	
Session 3	Sat	9am-4pm	8/13	
Session 4	Sat	9am-4pm	9/24	

YOUTH DRAMA WEEK

Drama Under The Sun – DIG THIS!

Ages 7-14. Imagination and fun! In this “Drama Dig” – act out stories and legends of discovery, outside in the sun! Dig into your imagination and creativity in this delightful mix of history, archeology, art and theater. Visit the Egyptian pyramids and tomb of boy Pharaoh Tutankhamen and investigate his curse. Join an African safari and dig for dinosaur bones and discover ancient Bushmen paintings in caves, dig for gold and tales in ancient Aztec tombs and finally discover an Australian trunk holding Captain Cook’s diaries. On Friday, present a show of paintings, crafts and drama to your friends and family in Emerson Park!

Instructor Roberta Woolfson. www.lightsupdrama.com. Please register early. Emerson Park/Milford Town Hall 3rd Floor Auditorium Pre-Registration is required.

Res \$100/NR \$110

Session Mon-Fri 9am-12:00pm 7/11-7/15



2nd Annual Kaley Park Project Co-ed Wooden Bat Softball Tournament

Ages 18+. 2nd Annual Kaley Park Project Coed Softball Tournament & Home Run Derby. Come out for 2 great days of slow-pitch coed softball, Home Run Derby and BBQ! Proceeds will go to the Kaley Park Project. Home Run Derby open to anyone, additional \$10 paid the day of the event.

Entries will not be accepted after September 23rd, 2011. Keyes Memorial Softball Fields. Limited to 12 teams.

Teams MUST register and pay in full by Sept 23rd @ 12pm

\$150 per team

Saturday + Sunday

10/1-10/2

Time TBD

Archery Tournaments

Youth & Adult. Even if you love to shoot archery but aren’t a hunter, you can come out to Keyes Field this summer to test your skills, have some fun and win some prizes! Great for the entire family, no equipment necessary, and close to home! Individuals will compete in their own age groups.

Pre-Registration is required for this event, please register early! Keyes Field.

Kids \$10/Adults \$15

Tournament 1 Sat 10am-12pm 7/23

Tournament 2 Sat 10am-12pm 8/20



MILFORD RECREATION SUMMER 2011

Tennis Lessons

Ages 5+. Geared toward beginner and intermediate tennis players or those who have had no previous tennis experience. Students will learn the game and its fundamentals, hands-on, through fun games and drills. Skills learned include: scoring, forehand and backhand shots, volleys and serving. **Instructor Nancy McManus. Keyes Field Tennis Courts. Rain outs will be made up on Fridays.**



Res \$40/NRes \$60

Session 1 Mon-Thur 9-12:00pm 6/27-7/7

9-9:30am 9:30-10am 10-10:30am
 10:30-11am 11-11:30am 11:30-12pm

Session 2 Mon-Thur 9-12:00pm 7/11-7/21

9-9:30am 9:30-10am 10-10:30am
 10:30-11am 11-11:30am 11:30-12pm

Session 3 Mon-Thur 9-12:00pm 7/25-8/4

9-9:30am 9:30-10am 10-10:30am
 10:30-11am 11-11:30am 11:30-12pm

Session 4 Mon-Thur 9-12:00pm 8/8-8/18

9-9:30am 9:30-10am 10-10:30am
 10:30-11am 11-11:30am 11:30-12pm

Archery



Youth & Adult. Instructor Dana White teaches the basic skills of archery. Participants will start with basics and improve from there. Learn to shoot, how to hold the bow and the names of the archery equipment. Dana has over 25 years experience. **Keyes Field.**

Res \$55/NRes \$60

Session 1 Wed 4:30-5:30pm 6/8-6/29

Session 2 Wed 4:30-5:30pm 7/6-7/27

Session 3 Wed 4:30-5:30pm 8/3-8/24

FAMILY DANCE

Contra Dances



All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Frank Woodward 603-487-2480. Town Hall 3rd Floor Auditorium.**

June Fri 8pm 6/24 Adult \$7/Children 6-12 \$3.50

July Fri 8pm 7/22

Aug Fri 8pm 8/26

Sept Fri 8pm 9/23

YOUTH DANCE CLASSES



Exploring Dance Movement & Rhythm

Ages 2-5. A fun-filled class emphasizing coordination, balance, rhythm, following directions and drumming! The class combines basic dance movements with a unique drumming exercise using stabilization balls and drum sticks to learn about rhythms. **Instructor Cheryl Stuart-Vail. Town Hall 3rd Floor Auditorium.**

Res \$16/NRes \$18.50

Session Mondays 6/6-6/27 4-4:30pm

Session Mondays 7/18-8/8

Session Mondays 8/15-9/12 (no class 9/5)

ZUMBA Kids



Ages 5-11. Students will learn the salsa, hip hop and other modern moves. It's different, it has attitude and it's FUN!

Instructor Cheryl Stuart-Vail. Town Hall 3rd Floor Auditorium.

Res \$32/NRes \$37

Session Mondays 6/6-6/27 4:30-5:30pm

Session Mondays 7/18-8/8

Session Mondays 8/15-9/12 (no class 9/5)

ADULT FITNESS CLASSES

FREE Group Yoga Classes



All Ages & Abilities. Stretch, Breathe, Relax. Take advantage of this free yoga class, learn to connect the mind, body and spirit. Bring yoga mat. **Instructor Heather Hoyt. Milford Town Hall Auditorium/Banquet Hall. Please arrive 10 min early. Email recreation@milford.nh.gov to RSVP.**

Tuesday 6/28 4:45-5:45pm FREE

Tuesday 7/26

Tuesday 8/30

Group Yoga Classes



All Ages & Abilities. All levels of students are welcome, even those who have never done yoga before. Fundamental yoga postures, breathing techniques and sequences are taught in this class. A variety of options and modifications are demonstrated so that students can practice to their own level of ability. **Instructor Heather Hoyt. Milford Town Hall Auditorium/Banquet Hall. Please arrive 10 min early. Email recreation@milford.nh.gov to RSVP.**

Session Tuesdays 5/24-6/28 6-7pm \$30 per session

Session Tuesdays 7/5-8/9 \$8 drop-in

Session Tuesdays 8/16-9/27 (no class on 9/20)

MILFORD RECREATION SUMMER 2011

NEW! ZUMBA – 6 Week Session



All Ages & Abilities. Zumba is a high-energy, primarily Latin based dance fitness workout that is so much fun you don't even notice you are working out. The best part is that anyone and everyone can do it! People of any size, age, gender, and fitness level can do Zumba without any dance experience! You'll Salsa, Hip hop, Belly dance, Merengue, Cha-cha, Rock, and more while you burn up to 800 calories an hour! Come try it out and see why this international fitness craze is becoming one of the most sought out classes. "It's like having a party while you are working out!" Drop-in anytime! Please pre-register at the Milford Recreation Office 603-249-0625. **Milford Town Hall Auditorium/Banquet Hall. Please arrive 10 min early. Email recreation@milford.nh.gov to RSVP.**

\$30 per session/\$8 drop-in

Fridays June 17, July 1, 8, 15, 29, August 5 7-8pm

8-Week Fitness Flex Pass

Individuals & Families. Come join the fun of these fitness classes offered at the Milford Town Hall! No costly gym membership! Choose from classes on our fitness calendar. Yogalates, Tai Chi, Step Aerobics, Bootcamp, Nia, Zumba and *Aqua Aerobics. *Aqua classes require a Keyes Pool Pass, which can be purchased separately. **Town Hall Banquet Hall and other locations.**

Session runs 6/14-8/5

\$80 per person \$8 Drop-in per class (exact change only)

Class schedule available at www.milfordrec.com

FITNESS COMPETITION



The Biggest Loser: 8-Week Weight Loss & Fitness Challenge

Teens, Families & Individuals. Do you look in the mirror every morning and wish there was something you could do to loose weight? Well there is! Join a fun competition to lose weight! We offer a unique 8 week program that gets you motivated to shed those pounds and look and feel great! Classes included in program: Yogalates, Tai Chi, Bootcamp, Step Aerobics, Nia, Zumba and Aqua Aerobics. Plus receive a summer membership to Keyes Memorial Pool. Weekly weigh-ins with a guest speaker each week to discuss topics like So You Wanna Lose Weight? Getting Over Overeating/Overdrinking, Formulating a Plan for Healthful Eating, Becoming More Active, Grocery Shopping, Cooking & Dining Out, plus products prizes awarded to a winner of the weekly challenges. **Town Hall Banquet Hall. Minimum of 6 participants. Email recreation@milford.nh.gov to RSVP. Cost includes Keyes Pool Pass. Sponsored by St. Joseph Medical Center.**

6/13-8/8

Monday Weigh-Ins 5:45pm/Guest Speaker after weigh-ins

\$100 Resident individual/\$120 Non-Resident Individual

\$180 Resident Family/\$210 Non-Resident Family

\$85 Resident & Non-Resident Senior 62+

\$85 Resident & Non-Resident Teens 13-19

SENIOR ACTIVITIES

Coffee Connection



Each month we offer a different activity. Coffee and refreshments served. **Milford Town Hall Banquet Hall. 2nd Wed each month 10am \$1 donation for coffee**

**June 8th - Windows on West Street
(11:15am meet at MHS • \$10 per person • RSVP)**

July 13th - Police Dog Demo

Aug 10th - Community Service Project: Scarecrow Packets

Sept 14th - Milford Historical Society Presentation: Old Glass slides of Milford from the mid-late 1800's

Oct 12th - Cupcake Decorating

Nov 9th - Thanksgiving Day Project

Dec 14th - Holiday Luncheon (12pm • \$10 per person • RSVP)

Jan & Feb - OFF SEASON

Brunch BINGO



Bring a brown bagged lunch and play B-I-N-G-O! Product prizes for winners of each game. **Milford Town Hall Banquet Hall.**

4th Wed each month 12-2pm \$1 donation



MILFORD RECREATION SUMMER 2011

KEYES POOL PROGRAMS



2011 Keyes Pool Pass

As a part of Keyes Pool Pass Registration, you will gain access to Keyes Memorial Pool for open swim. Please bring 2010 pool pass to recycle for 2011. Pool pass registration is required for participation in ALL pool programs.

Milford Res \$15 per pass/\$60 Family pass (4 or more)/Free for children (4 and under) and senior citizens (62 and older)

Non-Milford Res \$35 per pass/\$140 (4 or more)/Free for children (4 and under) and senior citizens (62 and older)

Open Swim

Pre-Season 6/13-6/17 4-7pm

Season 6/18-8/27

Mon-Thur 12-7pm; Fri 12-8pm; Weekend 11am-7pm

American Red Cross Lifeguard Certification Course



Instructor: Gretchen Dunn 603-494-2412

Ages 15+. The American Red Cross Lifeguard Certification Course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. Covers: surveillance, rescue, first aid, professional rescuer CPR, and professional lifeguard responsibilities. Upon successful completion of the course, the student will be granted a lifeguard training and first aid certification (valid for 3 years) and a CPR/AED for the professional rescuer certification (valid for 1 year). **Minimum of 6 participants. Keyes Memorial Pool, Elm St., Milford. Participants required to be 15 years old by end of course and a pre-course swim test will be given.**

Starts Monday 6/13 3:30pm

\$190

American Red Cross WSI Certification Course



Instructor: Gretchen Dunn 603-494-2412

Ages 15+. The American Red Cross Water Safety Instructor Course teaches the skills and knowledge needed to teach swim lessons to all ages. Your certificate entitles you to teach: learn to swim levels 1-6, parent/child aquatics, water safety outreach, basic water rescue, water safety today, home pool safety, parent orientation to swimming lessons. **Minimum of 6 participants. Keyes Memorial Pool, Elm St., Milford. Participants required to be 16 years old by end of course and must know basic swim strokes.**

Starts Tuesday 6/28 1pm

\$280

American Red Cross Youth Swim Lessons



Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 5+. American Red Cross Swimming Lessons are offered by age and ability level. The Learn To Swim program provides instruction to help swimmers develop their swimming and water safety skills. They are designed to give students a positive learning experience. Each session consists of 8 30-minute classes, including safety program, rules, and ability assessment day. ARC levels 1-6 offered; the Pool Manager reserves the right to transfer students to proper class level. Youth must be 5 years old by start of session. **Keyes Memorial Pool, Elm St., Milford.**

Morning Swim Lessons

Mon-Thur (Fri rain date) Res \$25/NRes \$40 per session

- 10-10:30am 10:45-11:15am 11:30-12pm
- Session 1 6/27-7/7 Session 2 7/11-7/21
- Session 3 7/25-8/4 Session 4 8/8-8/18

Evening Swim Lessons (very limited space, register early!)

Mon-Thur (Fri rain date) Res \$25/NRes \$40 per session

- 5:30pm-6pm 6pm-6:30pm
- Session 1 6/27-7/7 Session 2 7/11-7/21
- Session 3 7/25-8/4 Session 4 8/8-8/18

Aqua Animals Swim Lessons



Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 3-5. The program will teach young swimmers many different swimming and water safety skills and is geared toward the child and instructor - three levels include Guppies, Tadpoles, and Froggies. **Keyes Memorial Pool, Elm St., Milford.**

Morning Swim Lessons

Mon-Thur (Fri rain date) Res \$25/NRes \$40 per session

- 10-10:30am 10:45-11:15am 11:30-12pm
- Session 1 6/27-7/7 Session 2 7/11-7/21
- Session 3 7/25-8/4 Session 4 8/8-8/18

Evening Swim Lessons (very limited space, register early!)

Mon-Thur (Fri rain date) Res \$25/NRes \$40 per session

- 5:30-6pm 6pm-6:30pm
- Session 1 6/27-7/7 Session 2 7/11-7/21
- Session 3 7/25-8/4 Session 4 8/8-8/18

Scholarships Program scholarships are available for Milford residents. Please contact the Milford Recreation Department for more details at 603-249-0625.

MILFORD RECREATION SUMMER 2011

Swim Like A Fish: Parent & Child Swim Lessons



Ages 6mos.-3yrs. Instructor: Keyes Pool Lifeguard/WSI Staff
Parent and Child Swim Lessons are designed to develop fundamental swimming skills at an early age including increasing level of instruction between parent and child, creating a positive experience for the child in the water, and introducing basic aquatic safety. These skills can be used in water recreational activities when they are older and help to form a foundation for swimming as a lifelong physical fitness activity. **Keyes Memorial Pool, Elm St., Milford.**

Res \$10/NRes \$20 per session

- Mon+Wed 9-9:30am** **Tue+Thur 12:15-12:45pm**
 Session 1 6/27-7/7 **Session 2 7/11-7/21**
 Session 3 7/25-8/4 **Session 4 8/8-8/18**

Milford Keyes Swim Team



Ages 4-19. Team Coaches: TBD

Milford Keyes Swim Team offers a swim team experience for a variety of abilities and ages. The Recreation Swim Team program offers swimmers the opportunity to advance their skills in strokes. The primary goal is skill development. Milford Keyes Swim Team is a part of the GSSA. **Keyes Memorial Pool, Elm St., Milford.**

Season 6/27-8/7 Res \$60/NRes \$75 for season

- 11 & Up 7-8:30am** **12 & Under 8:30-9:30am**

Synchronized Swimming



Instructor: Lifeguard/WSI Staff

Ages 8-18. Instruction will focus on basic movements, development of routines and conditioning swim practices. There will be a synchronized swimming show at the end of the program. Participants must be comfortable in deep water and submerging activities. Swim caps and nose plugs are needed. **Keyes Memorial Pool, Elm St., Milford.**

Session 7/12-8/19 Res \$42/NRes \$56

Tue+Thur 12:15-1pm

43rd Annual Milford Rotary Swim Meet

Swim with the Milford Keyes Swim Team! Join the fun! For more information contact the Milford Rec Dept. or click on www.milfordrec.com. **Keyes Pool will open for public swim at 4pm or at the end of the swim meet.**

July 16th & 17th at Keyes Memorial Pool

Aqua Aerobics



Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 18+. The class includes easy to moderate aerobic workout using the resistance of the water, strengthening and stretching to promote flexibility. These classes include fun choreography and participation drills using the aqua equipment. Participants must be comfortable in the deep water. **Keyes Memorial Pool, Elm St., Milford.**

Session 7/11-8/17

Res \$32/NRes \$40 /Drop-in \$3

Mon+Wed 5:30-6:15pm

Senior Water Movement



Instructor: Gretchen Dunn

Seniors. Low impact water program helps improve flexibility and mobility for both swimmers and non-swimmers. This class meets in the shallow end of the pool. Each class period includes time for individual exercise activities and/or lap swimming. Classes are designed to give participants a positive learning experience. **Keyes Memorial Pool, Elm St., Milford.**

Session 7/11-8/17

Res \$15/NRes \$20/Drop-in \$2

Mon+Wed 12:15-12:45pm

COMMUNITY ACTIVITIES

Milford Ambulance Service

American Heart Association

Heart Saver CPR/AED Classes

Visit <http://ambulance.milford.nh.info> for more information. To register contact Eric Schelberg, Director at 603-249-0610 or eschelberg@milford.nh.gov.

Minimum 5 students.

Sat 9/17 9am-12pm \$45 per person

(includes books and certification card)

KEYES PARK SECURITY

Keyes Park is the perfect place for an individual or family to relax and enjoy Milford's recreation facilities. The Town has implemented a proactive plan in an effort to preserve the positive qualities and recreational opportunities of the park. This plan includes onsite park rangers, increased police patrols, and stiff suspensions for infractions of park rules, ordinances or laws. 3 strike suspension schedule has been adopted with the first offense resulting in a 30-day suspension, a second offense in a 60-day suspension and a third offense in indefinite suspension with reinstatement by appeal. For more information on Keyes Park and other Town fields please visit www.milfordrec.com