



Milford Recreation Summer Guide



2014

www.milfordrec.com



Recreation Department Staff:
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MEMBER OF



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JULY 4TH FAMILY FUN DAY & FIREWORKS

KEYES MEMORIAL PARK

SPONSORED BY MILFORD RECREATION COMMISSION

Patriotic Bike Parade & Contest 12pm
at Keyes Skate Park
(Bring a decorated bike, stroller or wagon)

Field Activities 12-3pm
at Keyes Stage
(Hosted by DJ Dave Alcox)

Face Painting

Food Concessions

FREE entry to Keyes Pool

Rob Oxford ft. Americana's Most Wanted
at Keyes Stage 8-9:30pm

Fireworks begin at dusk– Atlas Fireworks

PLEASE NO PETS • RAIN DATE: Saturday, July 5th

3rd Annual Kids Carnival

Saturday, August 9th
10am-1pm
(Rain Date: Sunday, August 10th)

Keyes Memorial Park, 45 Elm St.
Games • Goodies • Prizes

This is a family event, most of the games will be for preschool aged children through fifth grade but all are welcome! We will be raising money for Keyes pavilion and patio addition! This event is open to Milford Residents and non-residents. Come on down!

Keyes Park Security

Keyes Park is the perfect place for individuals and families 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, security cameras and stiff suspensions for infractions of park rules, ordinances or laws. A 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. To report a concern or request assistance please call Milford Police non-emergency at 673-1414.



Scholarships

Program and pool pass scholarships are available for Milford Residents. Please contact the Milford Recreation Department for more details at 249-0625.

Sounds on the Souhegan: Summer Concert Series

Milford Recreation invites all ages 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 July 4th, rain date July 5th.

- *Friday, July 4th– Rob Oxford
ft. Americana's Most Wanted, Country/Folk
- Wednesday, July 9th– Hollis Town Band,
Town Band
- Wednesday, July 16th– Shana Stack Band,
Country
- Wednesday, July 23rd– Brass Connection,
Brass Big Band
- Wednesday, July 30th– RumbAfrica, African
Music & Dance
- Wednesday, August 6th– Studio Two,
Beatles Tribute Band
- Wednesday, August 13th– Hudson Post 48,
American Legion Band
- Wednesday, August 20th– Bel-Airs, Doo Wop
- Wednesday, August 27th– Monadnock
Island Sounds, Steele Drum

*Keyes Park Stage, 8-9:30pm

Milford Area Seniors

Seniors meet to socialize every Tuesday, 10 am – 2 pm, at the Milford Town Hall, 1 Union Square, in the Banquet room. Coffee and other goodies will be available.

Fridays are Senior game day from 10 am—12 pm at the Wadleigh Memorial Library. The Milford Area Seniors welcomes all people 50 and older who wish to either volunteer or come to the activity center.

Contact Milford Recreation for more information, 603-249-0625.

Bus Trips

New York City Sightseeing Trip

Adults & Families. Upon arriving at Battery Park in NY, you will board a ferry to the Statue of Liberty and then Ellis Island. After viewing the exhibits, our group will visit the 9/11 Memorial. **Book your seat online today!**



Saturday, 6/7 \$95 per person
Depart Milford 6am/Depart NYC 6:30pm
(Parking at Cirtronics, Rt. 13)

Harbor Cruise & Seafood Feast

All Ages. Join us for a narrated Portsmouth Harbor Cruise learning about the history of the area. Then join us for a delicious Seafood lunch at Markey's in Seabrook! Price includes sightseeing and transportation. Meal is on your own, cash ONLY. **Space is limited to 13 seats.**

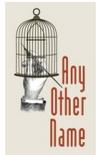


Thursday, 7/10 \$35 per person

Parking at the Municipal Parking Lot, Garden St.
Depart Milford 8:15am/Depart Seabrook 3pm

Winnepesaukee Playhouse – Any Other Name

All ages. Come and join us for the New England premiere of the psychological thriller- Any Other Name. This story will keep you on your toes the entire time! Performance at the new Winnepesaukee Playhouse in Meredith, NH. Pack a lunch for a picnic before the show! Price includes show and transportation. **Space is limited to 26 seats.**



Monday, 8/11 2pm Matinee \$60 per person

Parking at Municipal Parking Lot, Garden St.
Depart Milford 11:15am/Depart Meredith 4:45pm

Selling



tickets!

**Call for more
information, 249-0625!**

Bus Trips

Mohegan Sun Bus Trip

Adults 21+. We invite you to try your luck at our gambling getaway to Mohegan Sun. Motor coach transportation and a casino bonus package that includes a food and casino play voucher.



Saturday, 9/13 \$32 per person
Depart Milford 8am/Depart Casino 4:30pm
(Parking at Cirtronics, Rt. 13)

Summer Week Programs

British Challenger Soccer Camp

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

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

Half Day (Ages 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 receive \$80 voucher towards the cost of camp. Please contact Milford Recreation for more details.

Keyes Park Soccer Field.

Monday-Friday, 7/7-7/11 (all programs)

First Kicks	9-10am	Res \$79/NRes \$84
Mini Soccer	10:15-11:45am	Res \$101/NRes \$106
Half Day	4-7pm	Res \$134/NRes \$139

Summer Week Programs

LAX Clinic

Boys Ages 7-17. Join Milford HS Head Varsity coaches, Rick Urda & Darren Fleury for the basic fundamental skills of lacrosse. Learn the latest techniques of the game, refine skills to improve your level of play, strengthen team concepts and strategies. This program is focused on player preparation for middle and high school level of play. Program will be held rain or shine. Must bring own LAX equipment (helmet, mouth guard, shoulder pads, arm pads, gloves, cleats and stick). **MHS practice football field. Registration deadline July 7th.**



Monday-Friday, 7/14-7/18 9am-12pm
Res \$75/NRes \$85

Youth Instructional Basketball

Air Buds (Ages 5 & 6): Young players are introduced to game basics using a 6' hoop and size 4 ball to create fun and success.

Space Jams (Ages 7-9): Players continue to develop basketball skills through fundamental activities, games and fun basketball challenges. This group will use an 8' hoop and size 5 basketball.

Keyes outdoor basketball court. Registration deadline July 7th.



Monday-Thursday 7/14-7/17
(Friday rain make up)

Air Buds	10-10:45am	Res \$30/NRes \$35
Space Jams	11am-12pm	Res \$35/NRes \$40

Please note summer program registration deadlines. No refunds after registration deadline.

Summer Week Programs

Drama Under the Sun: Treasure Islands!

Ages 7-15. Each day visit a fascinating Island! Learn their folktales, their animals, music and art. Act out their stories in plays, and with puppetry. Design and paint treasure maps and tattoos. Beat out African rhythms on your own drums. Warm up with island games the children play. Perform your favorite plays in the last hour on Friday. **Emerson Park/Rainy days held in the Milford Town Hall 3rd Floor Auditorium.** **Instructor Roberta Woolfson. Registration deadline July 7th.**



Monday-Friday, 7/14-7/18 9am-12pm
Res \$100/NRes \$110

Gotta Groove Dance Week

Ages 7-12. Kids will participate in a one week dance program learning styles such as lyrical, jazz and hip-hop. Come and rock out to your favorite songs, play games and much more! Bring a snack, water and white t-shirt to decorate for the performance at the end of the week. Please wear comfortable clothes and dance shoes, or bare feet. **Instructor Leslie D. Town Hall 3rd Floor Auditorium. Limited to 10 participants. Registration deadline July 14th.**



Monday-Friday, 7/21-7/25 12-3pm
Res \$80/NRes \$90

Archery Camp

Ages 7 & up. Do you want to learn about archery? Looking to improve your archery skills learned in archery classes? Join instructor Dana White for a week long intensive archery summer camp! Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. **Instructor Dana White is a Level III Certified Instructor** with the National Archery Association (NAA) and National Field Archery Association (NFAA). **Keyes Park.**



Monday-Friday, 10am-12pm Res \$140/NRes \$150

Session 7/28-8/1 (Registration deadline 7/21)
Session 8/11-8/15 (Registration deadline 8/4)

Summer Week Programs

Art on Wheels Summer Camp

Ages 7-14. If your kids are interested in art then this is a great half-day program for them! Each day students will explore art tools, techniques and materials, while learning and having fun. Please parents: have your child dress for a MESS (art is our goal, but it can get pretty messy on the way there)! **Instructor Cheryl Coderre. Banquet Hall, 3rd Floor Milford Town Hall. Minimum of 6 participants. Registration deadline July 21st.**



Monday-Friday, 7/28-8/1 9am-12pm
Res \$115/NRes \$125

Mommy (or Daddy!) & Me Art Summer Camp

Ages 3 - 6. Enrich your child & yourself with ART! Parents: Learn how to make safe, low-cost art materials for your child to use! Your child will have fun with you, trying various art activities. Story time too! Bring: Snacks for you & your child; old mats or pillows to sit on. Dress for a MESS (art is our goal, but it can get pretty messy on the way there)! **Instructor Cheryl Coderre. Banquet Hall, 3rd Floor Milford Town Hall. Minimum of 6 participants. Registration deadline July 21st.**



Monday-Friday, 7/28-8/1 1-3pm
Res \$85/NRes \$95

Play-Well TEKologies Lego Camp

Pre-Engineering With LEGO (ages 5-7): Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO system. With access to over 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor to guide them. **Engineering FUNDamentals With LEGO (ages 8-11):** Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO material. From race cars to Battletracks, this is a hands-on and minds-on program suitable for LEGO novices to "maniacs." Designed by engineers, the curriculum challenges students to reach the next level of engineering comprehension, all while having fun.



Monday- Friday 7/21-7/25 Res \$130/NRes \$135
Pre-Engineering (ages 5-7) 9am-12pm
Engineering FUNDamentals (ages 8-11) 1-4pm

Min of 10 participants needed for each class. Town Hall 3rd Fl Banquet Hall. Students do not bring projects home.

Toddler Programs

Morning Toddler Tumbling

Ages 2-5. This 6 week summer class includes fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parent participation is required.

Instructor Leslie D. Town Hall 3rd Floor Auditorium. Limited to 10 participants.

**Mondays, 7/7-8/11 10:45-11:15 am
Res \$25/NRes \$30**



Youth Programs

Safe Sitter: 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 respond in an emergency situation, how to prevent accidents, how to play and interact with children of all ages, how to feed babies and CPR introduction! Prepare your child for increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and certification upon completion. **Instructor Steph Zubricki. PRE-REGISTRATION REQUIRED. Minimum of 6 participants. MPD Community Room.**



**Saturday, 7/12 & 8/16 9am-4pm
\$75 per person**

Learn to Play Tennis

Ages 5+. Geared toward beginner and intermediate tennis players. Students will learn the rules of the game and the fundamental skills through fun games and drills. Skills learned include: scoring, forehand and backhand shots, volleys and serving. **Instructors, Shannon & Courtney. Keyes Field Tennis Courts. Minimum of 6 participants.**



**Monday-Thursday (Friday rain make up)
Res \$40/NRes \$50**

□ 9-9:45am □ 10-10:45am □ 11-11:45am

**Session 6/23-7/3
Session 7/7-7/17
Session 7/21-7/31**

Youth Programs

Zumba in the Park!

Ages 14+. Help us take the Latin-dance-inspired fitness-party-turned-workout outside to Emerson Park! Enjoy the fresh air while getting a great workout in. Zumba is fun and does not feel like you're working out. It was created so anyone and everyone can participate, and our instructors welcome beginners! All you need is comfortable clothing, sneakers and water. **Instructors Ashley I. and Rae M. Emerson Park. Min of 6 participants.**



**Thursdays 6-7pm \$35 per person
\$10 Drop-in**

**Session 6/5-6/26
Session 7/10-7/31
Session 8/7-8/28**

Adult Programs

Outdoor Coed Pickup Basketball

Ages 18+. Take advantage of the summer weather, dust off the Chuck Taylors and hit the court for some pickup basketball. **Volunteer coordinators Larry Tighe & Steph Zubricki. Keyes Park Basketball Court. Limited to 25 participants.**



**Tue & Thur 6- 8pm
\$25 per person 6/24-8/21
\$5 Drop-in Fee**

Zumba in the Park!

Ages 14+. Help us take the Latin-dance-inspired fitness-party-turned-workout outside to Emerson Park! Enjoy the fresh air while getting a great workout in. Zumba is fun and does not feel like you're working out. It was created so anyone and everyone can participate, and our instructors welcome beginners! All you need is comfortable clothing, sneakers and water. **Instructors Ashley I. and Rae M. Emerson Park. Min of 6 participants.**



**Thursdays 6-7pm \$35 per person
\$10 Drop-in**

**Session 6/5-6/26
Session 7/10-7/31
Session 8/7-8/28**

For the Family

Archery Lessons

Youth & Adult. Learn to shoot like Katniss in The Hunger Games. Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. No equipment necessary, just bring your willingness to learn and have fun.

Instructor Dana White. Keyes Park.

Wednesdays 5:30-6:30pm
Res \$60/NRes\$65

Session 6/11-7/2
Session 7/9-7/30
Session 8/6-8/27
Session 9/3-9/24



American Red Cross Lifeguard Certification Course

Instructor: Marisa

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). **Participants required to be 15 years old by end of course and pre-course swim test will be given. Minimum of 6 participants. Registration deadline June 9th.**



Monday, 6/16 4-7pm \$250 per person
6/17-6/22 Times TBD

Contra Dance

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.**



Adults \$7/Children 6-12 \$3.50
June Fri 8pm 6/27
July Fri 8pm 7/25
Aug Fri 8pm 8/22

American Red Cross WSI Certification Course

Instructor: Gretchen Dunn
gdunn@sprise.com or 494-2412

Ages 16+. 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. **Participants required to be 16 years old by end of course and must know basic swim strokes. Minimum of 6 participants. Registration deadline June 16th.**



Monday, 6/23 4-7pm \$340 per person
6/24-6/29 Times TBD

Keyes Pool Membership

2014 Keyes Pool Pass

As a part of Keyes Pool Pass Registration, you will gain access to Keyes Memorial Pool for open swim. A Keyes Pool pass is required for participation in **ALL** pool programs.



Milford Res \$20 per pass/\$80 family pass (4 or more)
Free for children (4 & under) and Seniors (62 & older)

Non-Res \$40 per pass/\$160 family pass (4 or more)
Free for children (4 & under) and Seniors (62 & older)

Day Pass \$5 per person/replacement pass \$5 per card

Open Swim

Pre-season 6/16-6/20 M-F 3:30-7pm
Season 6/21-8/23 M-F 12:30-7pm
Sat./Sun. 12-7pm

Pool subject to close for weather, cleaning and events.
No refunds.

Park Discount Tickets
Water Country \$32
& Funtown Splashtown USA \$27!

Contact Milford Recreation for details
and when they go on sale!

Keyes Pool Programs

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. Lessons 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 1-4 and competitive swim lessons offered; the Pool Manager reserves the right to transfer students to proper class level. Youth must be 5 years old by start of session.



Monday-Thursday (Friday rain make up)

Res \$30/NRes \$40

- 10:15-10:45am 11:00-11:30am 11:45am-12:15pm
- 5:30-6:00pm 6:00-6:30pm
- (Level 1 & 3/4 only) (Level 2/3 only)
- Session 1** 6/23-7/3 **Session 2** 7/7-7/17
- Session 3** 7/21-7/31 **Session 4** 8/4-8/14

Aqua Animals Swim Lessons

Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 3-5. This program will teach young swimmers many different swimming and water safety skills and is taught without the parent in the water. Must be able to stand in shallow end of pool.



Monday-Thursday (Friday rain make up)

Res \$30/NRes \$40

- 10:15-10:45am 11:00-11:30am 11:45am-12:15pm
- 6:00-6:30pm
- Session 1** 6/23-7/3 **Session 2** 7/7-7/17
- Session 3** 7/21-7/31 **Session 4** 8/4-8/14

Swim Like a Fish

Parent & Child Swim Lessons

Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 6mos.-3yrs. Parent and child swim lessons are designed to introduce children to the water at an early age. Little ones will increase their comfort in the water through fun activities, singing, games and basic swim instruction.



Tuesday & Thursday 12:15 –12:45pm

Res \$20/NRes \$30

- Session 1** 6/23-7/3 **Session 2** 7/7-7/17
- Session 3** 7/21-7/31 **Session 4** 8/4-8/14

Keyes Pool Programs

Competitive Swimming Lessons

Instructor: Keyes Pool Lifeguard/WSI Staff

Ages 8-18. Class focuses on mastery of the four competitive strokes, racing starts and turns. This course will not meet the needs of children who need beginning to advanced beginning swim instruction.



Monday-Thursday (Friday rain make up)

Res \$30/NRes \$40

- 9:30-10:00am 11:45am-12:15pm

- Session 1** 6/23-7/3 **Session 2** 7/7-7/17
- Session 3** 7/21-7/31 **Session 4** 8/4-8/14

Senior Water Fitness

Instructor: WSI Staff

Seniors. Low impact water aerobics helps improve flexibility and mobility for both swimmers and non-swimmers. This class meets in the shallow end of the pool. Each class includes time for individual exercise activities and/or lap swimming.



Monday & Wednesday 12:15 –12:45pm

Res \$15/NRes \$25 Drop-in Fee \$2.00
Season 7/7-8/13

Milford Keyes Swim Team

Team Coaches: Marisa M./Kira L.

Ages 4-19. Milford Keyes Swim Team is open to swimmers of all abilities. The recreation swim team program offers swimmers the opportunity to advance their skills in strokes, improve endurance in the water and meet new friends. Milford Keyes Swim Team is a part of the Granite State Swim Association.



Monday-Friday
Res \$80/NRes \$90

Pre-season
6/18-20 4-5pm

Season 6/23-8/3
 11 & Up 7-8:30am **12 & Under 8:30-9:30am**



Swim Team Info Night
Tuesday 6/17 6-7pm
Keyes Pavilion

45th Annual Milford Rotary Swim Meet

Join us at Keyes Park and Pool as we host the 45th annual Rotary swim meet. Cheer on the Milford Keyes Swim Team! Join the fun! **Keyes Pool will open for public swim at 4pm or at the end of the swim meet.**
Saturday 7/19 & Sunday 7/20

