



Milford Recreation

Summer Guide



2015

www.milfordrec.com



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MEMBER OF



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JULY 4TH FAMILY FUN DAY & FIREWORKS

KEYES MEMORIAL PARK

SPONSORED BY MILFORD RECREATION COMMISSION

1k Blast ages 12 & under 9am

Star Spangled 5k Run/Walk 9:30am

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)

Town Official Belly Flop/Cannon Ball Contest 1pm
at Keyes Pool

Food Concessions

FREE entry to Keyes Pool

Oxford & Clark (and friends!)
at Keyes Stage 8-9:30pm

Fireworks begin at dusk– Atlas Fireworks

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

4th Annual Kids Carnival

Saturday, June 20th
10am-1pm
(Rain Date: Sunday, June 21st)

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! This event is open to Milford Residents and non-residents. Come on down!

TICKETS PURCHASED DAY OF EVENT- CASH ONLY

Star Spangled 5k Run/Walk

Saturday July 4th

9:30am Start Time

Check-in opens at 8:30am

\$20pp (First 76 pre-registered get a t-shirt!)

\$25 Day of registration • **\$10** Ages 12 & Under

1K Blast for ages 12 & under

9am Start Time • FREE to participate!

Check-in opens at 8:30am

Come dressed in your best red, white & blue! Show your patriotism while starting your day the right way with this fun 5k run/walk!

Strollers & dogs on leashes welcome.

Check in and start line at Keyes Park.
Pre-Registration is available online at www.milfordrec.com!

REGISTER ONLINE AT WWW.MILFORDREC.COM

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.

*Saturday, July 4th– Oxford & Clark (and friends!),
Country/Folk

Wednesday, July 8th– 60's Invasion,
60's cover band

Wednesday, July 15th– Bedford Big Band,
Big Band

Wednesday, July 22nd– Tom Foolery Band,
cover band of all eras

Wednesday, July 29th– Amoskeag Strummers,
Town Band

Wednesday, August 5th– Studio Two,
Beatles cover band

Wednesday, August 12th– The Temple Band,
Town Band

Wednesday, August 19th– The Tropical
Sensations, Steel Drum Band

Wednesday, August 26th– The Shana Stack Band,
Country

*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 Bill Andrews at 673-1524 or Jan Woodard at 654-1192 for more information.

Scholarships

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

Keyes Pool 50th! Summer of Celebration



This summer marks the 50th year since Keyes Pool has opened! We want to celebrate such a fun, family-oriented and historical part of Milford. Here are some additional events taking place this summer to celebrate such a monumental year!

Keyes 50th "Birthday" Bash
June 20th 10am-1pm at Keyes Pool

**Town Official Belly Flop/Cannon
Ball Contest**
July 4th at Keyes Pool 1pm

Touch A Truck
August 22th at HS/MMS, Rain date: August 29th
10:30am-1pm

**Contact the Rec Office for more details
249-0625 or go to www.milfordrec.com!**

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.



Bus Trips

Martha's Vineyard Day Trip

Enjoy a summer day out on Martha's Vineyard! We will board a ferry out of Falmouth, the Island Queen! Once on the island we will have a guided tour of the island. You will visit Edgartown and have some free time to explore on your own. After we take the ferry back to shore, we will stop for dinner at the Old Country Buffet! **Trip includes: Island tour, ferry tickets, dinner and luxury coach bus. Registration Deadline: June 26th!**



Saturday, 7/11 \$85 per person
 Depart Milford 7am/Depart MA 6pm
 (Parking at Cirtronics, Rt. 13)

Rum Runner II & Seafood Lunch

Enjoy a breathtaking classic motor yacht tour of Newport Harbor! Take in the sights of Newport Mansions, lighthouses, and ocean views. Then we will enjoy a delicious seafood lunch at the Easton Beach Snack Bar. **ONLY 13 SEATS AVAILABLE! Trip includes: cruise, lunch & bus transportation.**



Friday, 7/17 \$58 per person
 Depart Milford 8am/Depart Newport, RI 3pm
 (Parking at Municipal Parking Lot, Garden St.)

Vermont Day Trip

Enjoy a summer day with a scenic ride to Weston, VT where we will dine at the Bryant House and explore the Vermont Country Store. From clothing and textiles, health and beauty products, to Vermont made food and candy and so much more! **Only 13 seats available! Lunch is not included in price.**



Thursday, 8/6 \$22 per person
 Depart Milford 8:30am/Depart VT 2:15pm
 (Parking at Municipal Parking Lot, Garden St.)

Hobo Railroad

All aboard the Hobo Railroad! Your ticket includes round-trip excursion along the Pemigewasset River, lunch aboard the train, and bus transportation. **ONLY 23 SEATS AVAILABLE!**



Wednesday, 9/16 \$48/person
 Train departs at 11AM
 Depart Milford 8:15am/Depart Lincoln 3:30pm
 (Parking at Municipal Parking Lot, Garden St.)

Bus Trips

40th NH Highland Games & Festival

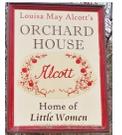
Spend a day at Loon Mountain with us to see what the Highland Games & Scottish culture is all about! There will be the Gathering of the Scottish Clans (over 60 clans & societies), music, food, competitions and so much more! We will be arriving early for the opening ceremonies. You do not want to miss out on this exciting day! **Trip includes: Transportation and entrance to the Highland Games & Festival.**



Saturday, 9/19 \$58 per person
 Depart Milford 6:45am/Depart Loon Mountain 5pm
 (Parking at Cirtronics, Rt. 13)

Louisa May Alcott Orchard House

Come explore the home of *Little Women*! See the space where Louisa May Alcott wrote and set her most famous book in 1868 on a "shelf desk" her father built especially for her. After we will enjoy a nice lunch at Helen's Restaurant (*cash only*). **Only 13 seats available! Lunch is not included in price.**



Monday, 10/12 \$32 per person
 11am Tour
 Depart Milford 9:15am/Depart Concord, MA 2:30pm
 (Parking at Municipal Parking Lot, Garden St.)

Mohegan Sun Casino Day Trip

Ages 21+. We invite you to try your luck at our gambling getaway to Mohegan Sun. Motor coach transportation, \$15 food voucher and \$10 free bet all included.



Saturday, 10/24 \$34 per person
 Depart Milford 8am/Depart Casino 4:30pm
 (Parking at Cirtronics, Rt. 13)

Summer Week Programs

Spectrum Science Camp

Entering grades 3-6. Come to this week-long hands-on science camp to experience fun and educational science activities! This program will be filled with games, experiments, art projects, and outdoor activities (weather permitting). We will be exploring topics related to environmental science, life science, physics, and chemistry for upper elementary school aged kids. **Minimum of 5 participants in each class/Max 12. Instructor Sara P. Milford Town Hall Auditorium. Registration Deadline June 29th.**



Monday-Friday, 7/6-7/10

Beakers (grades 3/4) 9am-10:15am Res \$40/NRes \$45
Atoms (grades 5/6) 10:30am-noon Res \$45/NRes \$50

Make a splash with Milford Recreation!

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 6th.



Monday-Friday, 7/13-7/17 9am-12pm
Res \$75/NRes \$85

Horsemanship Program & Mini Showcase

Ages 5+. At Irish Luck Stables they offer equestrian classes unlike any other! These 4 week sessions include mounted horse lesson time, educational horse craft projects and hands-on barn skills/barn games. The last class of each session will hold a mini showcase that family and friends are encourage to attend (equestrian ribbons awarded for everyone)! **Minimum 3 students/Max 12 students.**



Summer program themes:

Week 1– Welcome & Brushing Up

Week 2– Saddle Up & Ride

Week 3– Hold on to your Reins

Week 4– Good Time Mini Showcase

Session 1, Tuesdays at 10am-12pm: 7/7-7/28
Session 2, Wednesdays at 5:30-7:30pm: 7/8-7/29
Session 3, Saturdays at 3-5pm: 7/11-8/1

Milford Res \$140/NRes \$160

*Viewing Room– Welcome to dropoff or stay.

Global Premier Soccer Camp

Global Premier Soccer will be hosting a soccer camp this summer at Keyes Soccer Field! Players will have a fun, exciting time as well as learning new skills and making lots of friends. Daily competitions and skill challenges, prizes and a World Cup will make this the best week of the summer!



Full Day, ages 6-14: 9am-3pm Res \$165/NRes \$175

Half Day, ages 6-14: 9am-Noon Res \$115/NRes \$125

Juniors, ages 3-5: 9:30-11am Res \$60/NRes \$70

Monday-Friday, 7/13-7/17
Registration Deadline July 6

Summer Week Programs

Drama Under the Sun

Ages 7-15. Join instructor Roberta Woolfson for a week of drama filled excitement! Students will be pushed to use their imaginations in ways they never have before, go on adventures, be captivated by story telling, practice improvisation, learn stage craft and characterization and so much more! **Emerson Park/Milford Town Hall 3rd Floor Auditorium (Rain Days).** **Registration deadline July 6th.**



Monday-Friday, 7/13-7/17 9am-12pm
Res \$100/NRes \$110

Summer Teen Challenge

Boys & Girls Grades 6-8. The Summer Teen Challenge is designed to get teens involved in their community and push them out of their comfort zones. This one week program is highly structured and participants are expected to commit fully. The objectives of Summer Teen Challenge are to enhance socialization and communication skills; help participants to learn to trust others and value relationships; encourage responsibility, reliability and resourcefulness; identify and expand individual interests and unique abilities, improve self-confidence and self-esteem; and increase participants' awareness of their community's history and environment. **Bring a bagged lunch, snack and plenty of water each day! Price includes admission for all trips.** **Registration deadline July 6.**



Monday-Friday, 7/20-7/24 8:30am-4pm
Res \$110/NRes \$115

Monday: Team Building Day, Vertical Dreams
Tuesday: Town Improvement Day, assist town depts.
Wednesday: Discovery Day, SEE Science Museum
Thursday: Make a Difference Day, local organizations
Friday: Adventure Day, Beaver Brook

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.**
Registration deadline 7/20



Monday-Friday, 7/27-7/31 10am-12pm
Res \$140/NRes \$150

Summer Week Programs

Art on Wheels Summer Camp

Ages 7-14. All ART, every day! We'll play art games, make cool art projects and meet new friends too. Each day includes a "Free Draw" session and animated art to discuss during snack time. Parents, send your child with non-peanut based snacks, a drink and a smock (to protect clothing).

Monday - Chalk Art/Learn to Mix Colors

Tuesday - Design & Create Custom T-Shirt

Wednesday - Painting with Markers/Design & Create a Custom Mug

Thursday - Make Your Own Art Materials (from stuff you'd find in your kitchen)/recycle your trash into art tools & materials

Friday - Create a Silhouette/Design a Frame

Instructor Cheryl Coderre. Banquet Hall, 3rd Floor Milford Town Hall. Minimum of 6 participants. Registration deadline July 20th.

**Monday-Friday, 7/27-7/31 9am-12pm
Res \$115/NRes \$125**

DI Skills Camp

K-Grade 7. Destination Imagination is a program that inspires and equips children to become the next generation of leaders and innovators. Teams of students work together to imagine, create, and develop solutions to challenges. It fosters curiosity, courage and creativity. Our summer DI Skills Camp will allow your child to travel as far as their imagination will allow. If your child has never participated on a DI team it will allow them to engage in group problem solving experiences and develop strong interpersonal skills as well as flexible thinking and persistence in the problem solving process. If your child has participated on a DI team before it will allow them to work on all the skills needed to be a successful part of their team! Snacks & water will be included every day, as well as a pizza wrap up party on Friday! **Minimum of 6 participants to run. Head coordinator Heather R. Milford Town Hall Auditorium.**

**Monday-Friday, 7/27-7/31 12:30-4:30pm
\$125 per child, \$50 discount for siblings**

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 Shannon D. Town Hall 3rd Floor Auditorium. Limited to 10 participants. Registration deadline June 26th.**

**Monday-Friday, 7/6-7/10 12-3pm
Res \$80/NRes \$90**



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 Shannon D. Town Hall 3rd Floor Aud. Limited to 10 participants.

**Mondays, 7/6-8/10 10:45-11:15 am
Res \$25/NRes \$30**

Movin' & Groovin' Camp

Ages 2-5. This fun 3 day program is designed to do right along side your child. We explore the art of music and movement by dancing and singing to easy follow along songs. We also incorporate age appropriate props and games. Children will also get to work on small take home crafts. Please wear comfy clothes, sneakers and bring a water bottle. Let the creativity flow through music and movement! **Instructor Ashley I. Milford Town Hall Auditorium.**

**M, W, F Classes: 8/3, 8/5, 8/7 2-2:45pm
Res \$18/NRes \$20**

Youth Programs

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	6/22-7/2
Session	7/6-7/16
Session	7/20-7/30
Session	8/3-8/13



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

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 and CPR introduction! Prepare your child for increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day 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, 7/25 & 10/17 9am-4pm
\$75 per person

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 6/10-7/1
Session 7/8-7/29
Session 8/5-8/26
Session 9/2-9/23

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 6/26
July Fri 8pm 7/24
Aug Fri 8pm 8/28
Sept Fri 8pm 9/25

Keyes Pool Membership

2015 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 6/15-6/19 M-F 4-7pm

Season 6/20-8/23 M-F 12:30-7pm
Sat./Sun. 12-7pm

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

Keyes Pool Programs

American Red Cross

Lifeguard Certification Course

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 and a CPR/AED for the professional rescuer certification (valid for 2 years). **Participants required to be 15 years old by end of course and pre-course swim test and work will be given. Minimum of 5 participants. Registration deadline 6/18.**



Wednesday-Friday, 6/24-6/26 9am-6pm
\$350 per person

REGISTER AT SWIMNH.COM!

Selling



tickets!

Call for more information, 249-0625!

Keyes Pool Programs

American Red Cross Youth Swim Lessons

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 1-6; 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 6/22-7/2 Session 2 7/6-7/16
- Session 3 7/20-7/30 Session 4 8/3-8/13

Aqua Animals Swim Lessons

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 6/22-7/2 Session 2 7/6-7/16
- Session 3 7/20-7/30 Session 4 8/3-8/13

Swim Like a Fish

Parent & Child Swim Lessons

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 6/22-7/2 Session 2 7/6-7/16
- Session 3 7/20-7/30 Session 4 8/3-8/13

Keyes Pool Programs

Senior Water Fitness

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 7/6-8/12

Milford Keyes Swim Team

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.



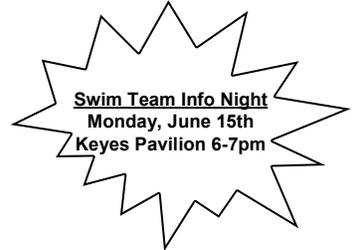
ADDITIONAL FEE FOR STATE MEET OPTIONAL.

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

Pre-season 6/17-6/19 4-5pm

Season 6/22-8/2

- 11 & Up 7-8:30am 12 & Under 8:30-9:30am
- Practice runs Monday-Friday



50th Annual Milford Rotary Swim Meet

Join us at Keyes Park and Pool as we host the 50th 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 7/18 & Sunday 7/19

Park Discount Tickets
Water Country
& Funtown Splashtown USA!

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

