



Milford Recreation

Summer Guide



2016

www.milfordrec.com



2015 Break Out! Swim Clinic



2015 4th of July Fun!



2015 Touch-A-Truck



2015 Star Spangled 5k!

MEMBER OF



1 Union Square • Milford, NH 03055
Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov



JULY 4TH FAMILY FUN DAY & FIREWORKS

KEYES MEMORIAL PARK

SPONSORED BY MILFORD RECREATION COMMISSION

1k Blast ages 12 & under 9am

Star Spangled 5k & 3k 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)

Food Concessions

FREE entry to Keyes Pool

Familiar Echoes with Rob Oxford Performance
at Keyes Stage 8-9:30pm

Fireworks begin at dusk- Atlas Fireworks

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



5th Annual Kids Carnival

Saturday, June 18th
10am-1pm
(Rain Date: Sunday, June 19th)

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

3k Option (not timed)

Monday July 4th

9:30am Start Time

Check-in opens at 8:30am

\$20pp (First 75 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.

*Monday, July 4– Familiar Echoes with Rob Oxford, Country/Folk

Wednesday, July 6– Hollis Town Band, Town Band

Wednesday, July 13– Shana Stack Band, Country

Wednesday, July 20– Streetsong, 60's & 70's cover band

Wednesday, July 27– Tom Foolery Band, cover band all eras

Wednesday, August 3– Amherst Town Band, Town Band

Wednesday, August 10– The BaHa Brothers, Jimmy Buffet cover band

Wednesday, August 17– Brass Connection, Brass Band

Wednesday, August 24– Studio Two, Beatles cover band

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.

Touch-A-Truck

Saturday, August 20

(Rain date: Saturday, August 27)

10:30am-1pm

Children 12 & under \$5/ 13+ FREE

Location: Access Road between Milford HS & Milford Middle School

Parking lot available at the Middle School and SAU Parking Lot.



Bonfire, BBQ & Boogie!

A Recreation Commission event.

Saturday August 6th

(Rain date 8/13/2016)

6~9pm ~ Keyes Park

Bring the entire family down to enjoy a summer night of bonfire, food, music & fun at Keyes Park!



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

Bailey Island Cruise/Cook's Lobster House

Listen as the captain describes the history of Casco Bay as we cruise past lighthouses, forts and 19th-century summer colonies.



Enjoy a leisurely stopover and dine on Down East cuisine, at Cook's Lobster House. This popular narrated round trip offers perfect Maine memories. **Trip includes: bus transportation, cruise and lunch. ONLY 13 SEATS AVAILABLE!**

Monday, 6/27 \$70pp
10am Cruise (duration of cruise 5 hrs 45 mins, 2 hour layover at Cook's Lobster House)
Depart Milford 7am/Depart Portland, ME 4pm
 (Parking at Municipal Lot, Garden St.)

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 24th!**



Saturday, 7/9 \$90 per person
Depart Milford 7am/Depart MA 6pm
 (Parking at Cirtronics, Rt. 13)

Currier Art Museum & Zimmerman House

Join us in learning about the Zimmerman House which was designed by the acclaimed American architect Frank Lloyd Wright in 1950. It is the only Wright-designed building in New England that is open to the public. After, we will get to explore the Currier Art Museum which we will have access to the entire museum and the gallery "Urban Landscapes Manchester & the Modern American City." We will eat lunch at the museum Café. **Only 13 seats available! Trip includes: museum access, Zimmerman House tour and bus transportation.**



Friday, 7/22 \$38 per person
Depart Milford 10am/Depart Manchester by 3pm
 (Parking at Municipal Lot, Garden St.)

Bus Trips

Tasha Tudor Museum & Grafton Village Cheese Store

Come visit the Tasha Tudor Museum! Tasha Tudor crafted beautifully written and illustrated children's stories that reflect the dreams of idyllic times in the American rural past. She also displayed her love of Corgi's by adding them to her illustrations! After touring the museum, we will be stopping by the Grafton Village Cheese Store and having lunch at the Whetstone Station Brewery, Restaurant and Bier Garden. **Trip includes: transportation and museum ticket.**



Thursday, 8/11 \$30pp
Depart Milford 8:30am/Depart VT by 3:30pm
 (Parking at Municipal Lot, Garden St.)

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 8.**



Monday-Friday, 7/11-7/15 9am-12pm
Res \$75/NRes \$85

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, 7/11-7/15
Registration Deadline July 8

Summer Week Programs

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, 7/11-7/15 12:30-4:30pm
\$125 per child, \$50 discount for siblings

Drama Under the Sun

Ages 7-15. Join instructor Roberta Woolfson for a week of drama filled excitement! 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. 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! Min. of 6 participants. **Emerson Park/Milford Town Hall 3rd Floor Auditorium (Rain Days). Registration deadline July 14th.**

Monday-Friday, 7/18-7/22 9am-12pm
Res \$100/NRes \$110

Pitchers & Catchers Softball Clinic

Girls Ages 8-12. Calling all girls who love softball! Whether you are a pitcher or catcher who would like to receive a few pointers or someone brand new to these positions, this is one clinic you don't want to miss. Learn about overhand throwing mechanics, pitching techniques, pitcher/catcher relationship, catching techniques, fielding, situations and live pitching and hitting. **Instructed by Delaney P. and assisted by MHS Varsity Players. Min of 8 girls required. Keyes Park.**

Monday-Thursday (Friday rain makeup)
7/25-7/28 1-3pm

Res \$55 /NRes \$65

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Summer Week Programs

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 7/22**

Monday-Friday, 7/25-7/29 10am-12pm
Res \$140/NRes \$150

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 6 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, Thursdays 9-11am from 7/7-7/28

Session 2, Thursdays 9-11am from 8/4-8/25

Milford Res \$140/NRes \$160

***Viewing Room- Welcome to dropoff or stay.**



**Registration for ALL
summer programming
opens on Monday April
18th!!! Go to
www.milfordrec.com
to register!**

Summer Week Programs

Milford Field Hockey Camp



Girls Grades 1-8. Join us for 3 days of fun and field hockey! Our goal is to expose new athletes to the sport and to better prepare experienced players for their next level of play. We will provide energetic instruction on proper fundamental skills, improve acquired skills, and teach the game of field hockey in a fun and team-atmospheric way. Players attending are required to bring equipment: Stick, shin guards, mouth guard, goggles, water bottle. Introductory players: equipment will be available for you to use. However, you must bring a mouth guard. Let us know at registration if equipment is needed. **This program is run by the high school field hockey coach, Tracie Ibarra, and current and past players will be assisting. Minimum of 20 players needed. MHS practice football field. Registration Deadline July 28.**

Monday-Wednesday, 8/1-8/3 12-3pm
Res \$50/NRes \$60

T-Shirts are included for all participants!

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 August 4th.**

Monday-Friday, 8/8-8/12 9am-12pm
Res \$80/NRes \$90

Park Discount Tickets

Water Country & 

Funtown Splashtown USA!

Contact us for details and find out when they go on sale.



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 MRD Staff. Town Hall 3rd Floor Aud. Limited to 10 participants.**

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

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 MRD Staff. Keyes Field Tennis Courts. Minimum of 6 participants.**

Monday-Thursday (Friday rain make up)
Res \$20/NRes \$25

9-9:45am 10-10:45am

- | | | | |
|------------------------------------|-----------|------------------------------------|-----------|
| <input type="checkbox"/> Session 1 | 6/20-6/23 | <input type="checkbox"/> Session 2 | 6/27-6/30 |
| <input type="checkbox"/> Session 3 | 7/5-7/8 | <input type="checkbox"/> Session 4 | 7/11-7/14 |
| <input type="checkbox"/> Session 5 | 7/18-7/21 | <input type="checkbox"/> Session 6 | 7/25-7/28 |
| <input type="checkbox"/> Session 7 | 8/1-8/4 | <input type="checkbox"/> Session 8 | 8/8-8/11 |

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 S. PRE-REGISTRATION REQUIRED. Minimum of 6 participants. MPD Community Room.**



Saturday, 6/11 9am-4pm
\$75 per person

Make a splash with Milford Recreation!

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 6/8-6/29

Session 7/6-7/27

Session 8/3-8/24

Session 8/31-9/21



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 Sandy, strumma@aol.com. Town Hall 3rd Floor Auditorium.**



Adults \$7/Seniors-Students \$5/Under 12 Free

June Fri 8pm 6/24

July Fri 8pm 7/22

Aug Fri 8pm 8/26

Sept Fri 8pm 9/23

Let's Go Fishing with NH Fish & Game

Ages 8+. In the basic fishing course you will explore the skills and equipment needed and resources available to you to start your journey to becoming an angler. Topics covered in this course include basic rods and reels, safety, knot tying, fish identification, ethics, rules and regulations, and aquatic ecology. After completing a classroom session you'll get the chance to put your new skills to the test; you'll head out to a local pond and do some fishing!

Minimum of 8 participants needed. Pre-registration is required and the deadline to register is May 23rd. THIS IS A FREE PROGRAM!



**Classroom Session; 5/31 & 6/2 5:30-7:30pm
Milford Town Hall Auditorium**

Field Trip: 6/4 9am-1pm, location TBA

NOTE: Individuals 14 and under must be accompanied by an adult. Participants must complete classroom time to attend field trip. All equipment and materials are provided. A fishing license is not required to participate, when fishing during designated field trip hours.

Adult Programs

YOGYAM Yoga Classes

YOGYAM means "state of perfect well-being." YOGYAM Yoga practice is a holistic & therapeutic approach for keeping both the mental and physical body healthy. Regardless of age or mobility, anyone can practice YOGYAM Yoga's gentle Tula (balance) flow. This class is ideal for beginners and aims to strengthen bones & muscles; improve balance and create equilibrium throughout the body. **Instructor Kathy MacKinnon. New to yoga practice but want to learn more? Emerson Park/Milford Town Hall Auditorium (rain days).**



**Tuesdays 6-7pm and/or Thursdays 9-10am
\$55/session (For 6 classes)/ \$10 Drop-in Fee**

Session 6/21-7/27

Keyes Pool Membership

2016 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 6/13-6/17 M-F 4-7pm

**Season 6/18-8/21 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 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

- 9:30-10am 10:15-10:45am 11:45am-12:15pm
- 5:30-6:00pm 6:00-6:30pm
- (Level 1 & 3/4 only) (Level 2/ 3 only)
- Session 1 6/20-6/30 Session 2 7/5-7/14
- Session 3 7/18-7/28 Session 4 8/1-8/11

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

- 9:30-10am 10:15-10:45am
- 11:45am-12:15pm 6:00-6:30pm
- Session 1 6/20-6/30 Session 2 7/5-7/14
- Session 3 7/18-7/28 Session 4 8/1-8/11

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 6/20-6/30 Session 2 7/5-7/14
- Session 3 7/18-7/28 Session 4 8/1-8/11

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 7/6-8/10

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.

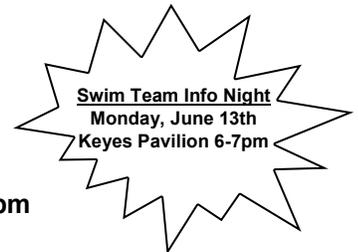


ADDITIONAL FEE FOR STATE MEET OPTIONAL.

Monday-Friday
Res \$80/NRes \$90
\$10 Sibling Discount

Pre-season 6/13-6/17 4-5pm

Season 6/20-8/7
 11 & Up 7-8:30am 12 & Under 8:30-9:30am
Practice runs Monday-Friday



51st Annual Milford Rotary Swim Meet

Join us at Keyes Park and Pool as we host the 51st 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 7/16 & Sunday 7/17

