

June

July

August



Milford Recreation Summer Guide

www.milfordrec.com

2024



Adventure Camp



Keyes Summer Bash



Senior Trips



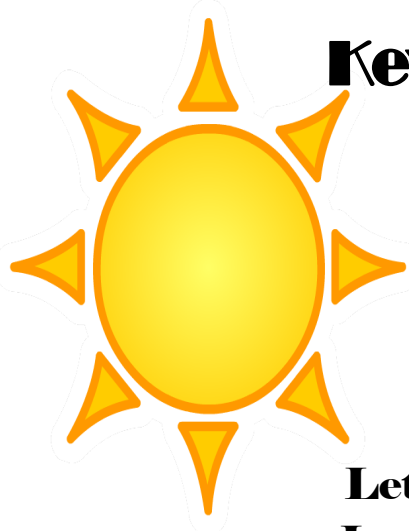
Summer Concerts

MEMBER OF
NH Parks &
Recreation Association

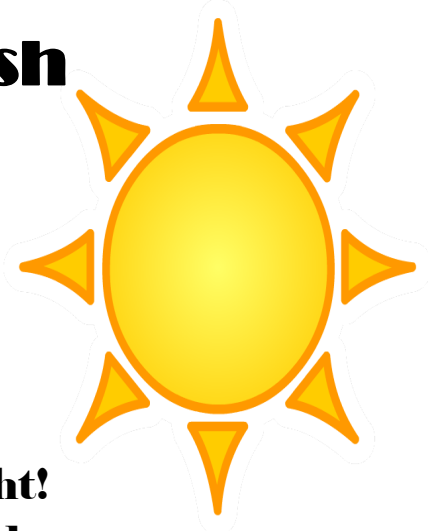
1 Union Square • Milford, NH 03055
 Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov

Like us on:





Keyes Summer Bash
June 15, 2024
Keyes Park



11am-2pm

Let's kick the summer off right!
Local Vendors Food Trucks
Touch a Truck Water Games

For more information visit www.milfordrec.com

**Arthur L. Keyes
Memorial Trust**



2 Dates!!!

Puzzle Palooza!

June 7th and August 16th: 6-8 pm

Come join us at the Town Hall Auditorium where multiple teams of 1-4 compete against the clock to complete a puzzle in two hours. Everyone will be given the same puzzle.

Prizes will be awarded to the team who finishes first!

\$40 per team (1 person registers)

Deadline to Register May 24/August 2 @milfordrec.com

Need a team? Email recreation@milford.nh.gov



REGISTER ONLINE AT WWW.MILFORDREC.COM

Sounds on the Souhegan:

Milford Recreation invites all ages to join us each Wednesday during the summer for FREE public band concerts 7-8:30pm.

In the event of rain, concerts will be moved indoors to the Town Hall Auditorium

Hollis Town Band (Concert Band)
@Emerson Park 7/3

Cuarteto Bombo (Latin Jazz)
@The Stage 7/10

Eric Grant Band (New Country/Top 40)
@Emerson Park 7/17

Amherst Town Band (Concert Band)
@Emerson Park 7/24

Freese Brothers Big Band (Big Band/Swing/Jazz)
@Emerson Park 7/31

B Street Bombers (Pop, Rock, R & B, Oldies)
@The Stage 8/7

North River Music (Americana)
@Emerson Park 8/14

Windham Swing Band (Big Band)
@The Stage 8/21

Island Castaways (Tropical Rock Band)
@The Stage 8/28

Summer Scholarships

We are now able to offer a year round scholarship program thanks to the generous donations we received. If you would like to inquire about partial or full assistance with our programs please contact

Lisa Emerson, Milford Welfare Director
at 603-249-0672 or
lemerson@milford.nh.gov . Once approved the registration can then be completed with the Milford Recreation Department.

Milford Area Seniors

Seniors meet to socialize **every Tuesday, 10am-2pm, at the Milford Town Hall Banquet Room**

Coffee and other goodies will be available. The Milford Area Seniors welcomes all people 50 and older who wish to either volunteer or come to the activity center. Donna Thibodeau at (603) 721-9747

How to Watch a Good Program Die

Nothing kills a recreation program faster than participants who wait last minute to register.

There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

**Please Register
Early!**



Bus Trips

Winnepesaukee Play House & Hart's Turkey Farm Jersey Boys

Follow the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history.

Join us as we head to the Winni Play House for an indoor fantastic performance. Before we get there we will stop for lunch at Hart's Turkey Farm.

Trip Includes: Transportation and Admission
Self pay at Turkey restaurant

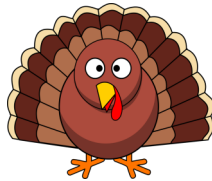
Date: 6/25 & 6/27

Fee:\$65

Min: 9 Max:14

Time: Depart Milford 9:45 am/Depart Meredith at 4 pm

Location: West Entrance Keyes Park 127 Elm St.



Squam Lake Cruise & Late Lunch

Join us for a nice tour of Squam Lake. Home to bald eagles and loons Squam Lake is surrounded by scenic mountains and beautiful wildlife.

Once we are done cruising around we will be stopping for a late lunch at T-Bones in Concord NH.

Self pay at T-Bones

Trip Includes: Transportation & Tour

Date Thursday 7/11 & 7/18

Fee: \$70

Min: 9 Max: 14

**Time: Depart Milford at 8:15 am/
Depart Concord 2:30pm**

Location: West Entrance Keyes Park 127 Elm St.

Fosters Clambake & Nubble Lighthouse

Join us for a feast this summer. We will eat lunch at Foster's Pavilion where you will enjoy lobster, clam chowder, steamed clams & mussels, sweet corn on the cob, roasted red bliss potatoes and onions, rolls and butter and blueberry cake.

Trip includes: Transportation & Clambake Meal
Dates: 8/15 & 8/22 Fee: \$70

Min: 9 Max: 14

Time: Depart Milford 9:30am/Depart Maine at 3:30pm

Location: West Entrance Keyes Park 127 Elm St.

Summer Programs

Horse Camp

Join Rose Wood Equine for a wonderful session of riding! Learn all about horsemanship including care, feeding, handling, grooming, tacking and yes even riding!

Ages: 5 and Up

Fee: \$140 Res \$160NRes

Session 1: 6/5, 6/12, 6/19, 6/26 @ 4-6pm

Session 2: 7/10, 7/17, 7/24, 7/31 @ 4-6pm

Session 3: 8/7, 8/14, 8/21, 8/28 @ 4-6 pm

Location: 62 Forest Rd. Greenfield NH, 03047

Tennis Clinic

Come learn the game of tennis with our Milford High School Coach Nancy McManus! This is a course for beginner players and intermediates! This class will include an introduction to the fundamentals of tennis.

Grades: 3-5 @ 4:30-5:30pm

Grades 6-8 @ 5:30-6:30pm

Fee: Res: \$75 NRes: \$80

Dates: Tuesdays 6/18-7/23

Registration Deadline: 6/11

Location: Keyes Park Tennis Courts

Reserve Emerson Park or Keyes Pavilion for your next event!

Have an event and don't want to host at your house. Reserve Emerson Park or Keyes Pavilion for your next family or business function. Reserve online at www.milfordrec.com or call 603-249-0625

Location	Mon-Fri.	Sat.-Sun.
Emerson Park Residents	\$15 hour	\$20 hour
Emerson Park Non-Residents	\$25 hour	\$35 hour
Keyes Pavilion Residents	\$20 hour \$100 Day	\$25 hour \$125 Day
Keyes Pavilion Non-Residents	\$20 hour \$100 Day	\$25 hour \$125 Day

Summer Week Programs

Adventure Camp!

Join Milford Recreation in a week long camp of adventure! Each day is a different location of fun! Trips include Wallis Sands State Park, NH Fisher Cats, Hike Shannon's Trail, Blueberry Picking & Community Service, Gunstock Ariel Adventure Course. This is a week long day camp so make sure you pack your lunches, water and sunscreen!

Sign up early to make sure you have a spot!

Ages 8-12

Fee: Res \$225 NRes: \$245

Time 8am-4:00pm

Dates: Session 1—>July 22nd– 26th

Session 2—>August 5th– 9th

Registration is limited to 1 session. Activities will be the same for each session

Location: Keyes Memorial Park

Science Camp

Entering 2nd-5th Grade

Come and explore fun and exciting science topics this week! During the week, children will be able to dabble in many different scientific experiences and solve mysteries of the world around us. Children will have the chance to perform really cool experiments addressing the different branches of science.

There will be a trip to the McAuliffe-Shepard

Discovery Center on

7/11 (Included in price)

Instructor: Julia Anderson

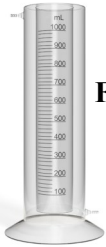
Fee: Res \$85 NRes \$90 Min: 5 Max: 13

Registration Deadline: 7/2

Dates: 7/9-7/11 Time: 1-4pm

7/11 12-4 pm

Location: Banquet Hall



Summer Week Programs

Skyhawks Camps

Multi-Sport (8-12)

Multi-Sport is designed to introduce young athletes to a variety of different sports in one setting.

Ages 8-12

Fee: \$109 Min: 8 Max: 20

Time: 9am-12pm

Dates: 7/1-7/3

Registration Deadline: 6/24

Location: Keyes Multipurpose Field

Mini Hawk (5-7)

This is a multi-sport program designed to give children a positive first step into athletics. Sports are taught in a safe, structured environment filled with encouragement and fun.

Ages 5-7

Fee: \$109 Min: 8 Max: 20

Time: 9am-12pm

Dates: 7/1-7/3

Registration Deadline: 6/24

Location: Keyes Multipurpose Field

Pickleball

A fun, skill-intensive program that is designed for beginning to intermediate players. Your child will develop basic rules, fundamental skills, and strategies of game play. Participants are encouraged to bring their own paddles if they own one.

Ages: 7-12

Time: 9am-12pm

Min: 8 Max: 20

Fee: \$185

Date: 7/15– 7/19

Registration Deadline: 7/8

Location: Keyes Tennis Courts

Sports & Games (6-8) (9-12)

For this program, our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of many different popular sports and games. Sports and games include dodgeball, capture the flag, soccer, ultimate frisbee, basketball, kickball, baseball, 4 square, flag football, team handball and many more. Participants should bring multiple water bottles, two snacks, sunscreen and wear appropriate athletic attire.

Ages: 6-8/9-12

Fee: \$185

Min: 8 Max: 20

Dates: 7/22– 7/26

Registration Deadline: 7/15

Location: Keyes Multipurpose Field



**Registration for all
summer programming
opens on
Monday April 29th!!!**

Summer Week Program Cont.

Basketball

This fun, skill-intensive program is designed for beginning to intermediate players, we focus on the whole player - teaching sportsmanship and teamwork.

Ages 6-10 Time: 9am-12pm

Dates: 7/29-8/2

Fee: \$185 Min: 8 Max: 20

Registration Deadline: 7/22

Location: Keyes Basketball Court

Golf

Your young athlete will gain technical skills and sport knowledge. Areas of focus include hitting the ball, putting, chipping, pitching, and full swing motions. By the end of the program, your child will have learned new life skills such as sportsmanship and honesty by making new friends on the course to improve their skills.

Ages: 5-9

Dates: 8/12-8/16

Time: 9am-12pm

Min: 8 Max: 20

Fee: \$185

Deadline 8/5

Location: Keyes Multipurpose Field

Toddler/Youth Programs

Toddler Pop-up Playtime

Make sure you keep an eye on social media! We will be releasing a new times for activities through out the summer for families to drop in and have fun. Join our Facebook page to receive updates on locations.

This program is in partnership with:
Milford Kids Thrives.

Safe Sitter: Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their job responsibilities. Topics include accident prevention, proper play and interaction with children of all ages, problem behavior and CPR introduction! Participants will be prepared to respond effectively in an emergency situation. Prepare your child for increased responsibilities and money earning potential. This is a 1-day (6.5 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and completion card.

Town Hall Auditorium

9:00am-3:30pm

August 14, 2024

Res \$90 Non - Res \$95

For the Family

Let's Go Fishing with NH Fish & Game

Ages 8+. 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!

Instructor: NH Fish & Game Staff

Fee: Free Program Min: 8 Max: 18

Dates: Friday 5/31 6:00-8:30pm

Sat. 6/1 9:00am-12:00pm

Location: Town Hall Auditorium

Register Online:

<https://nh-events-web.s3licensing.com/Event/AllEvents?EventTypeID=161&ClassActivity=18>

Beginner Family Archery

Expect to learn the fundamentals of archery as you experience the magic sound of hitting the target. Fundamentals include: form, aiming, breathe work, and balloon popping. Join our week camp or take our classes.

Classes

Ages: 8 and Up

Dates: Wednesdays 7/10-7/31

Fee: \$79 Res \$84NRes

Time: 5-6pm Min: 5 Max: 12

Location: Adams Field

Week Long Camp

Ages 8 and Up

Dates: 8/5-8/8

Fee: \$140 Res \$160 NRes

Time: 9-11am Min: 5 Max: 12

Location: Adams Field

Exercise & Nutrition

This class will discuss the basic fundamentals of how to exercise and promote healthy nutrition to our bodies. For youth, you will gain a perspective on how to keep your brain, muscles, and body healthy. This is a class for all ages that want to improve their own personal health, nutrition, and lifestyle.

All classes 1-2 pm or 6-7 pm

Youth Class, Ages 6+ : June 12

Adult Class, Ages 18+: July 17th

Adult Class, Ages 18+: August 28

Fee: \$25

Location: Milford Town Hall, 3rd floor

Deadline to register: 1 week before



Adult/Senior Programs

Tai-Chi

Tai-Chi will be continuing this summer in the auditorium of the Milford Town Hall. If you have never done this before then you are in luck as this course is for all skill levels!

Ages: 18 and up

Location: Milford Town Hall Auditorium

Tai-Chi Foundations

Fee: \$10 per class

Mondays - 6-7pm

Dates: June 3– Aug 26

Tai-Chi Forms

Fee: \$40 per session

Times: 5:15-6:15pm

Summer 1 –Tuesdays: 6/11-7/16

NO CLASS 6/18, 7/2

Summer 1 –Thursdays: 6/13-7/18

NO CLASS 6/20, 7/4

Summer 2 –Tuesdays: 7/23-8/20

NO CLASS 7/30

Summer 2 –Thursdays: 7/25-8/22

NO CLASS 8/1

Zumba: Let's Dance Fitness!

This 55– minute workout combines cardio interval training with light weights (optional) and stretching, while movin' and shakin' to your favorite music. Come get your groove on and boogie down for some fabulous fitness fun! Please bring hand weights (optional) and water.

Ages: 18+

Time 11—12pm

Fee: Res \$40, NRes \$45

Session 1: June 4, 11, 18, 25

Session 2: July 9, 16, 23, 30

Session 3: August 6 & 13

**** \$20 Res, \$25 NRes****

Seated Yoga

Seated Yoga allows you to explore the benefits of standing yoga without the added strain. Whether you have done yoga before or not this is a fantastic opportunity.

Ages: Recommended 50+

Time: 10am-11am

Summer 1: 6/6-6/27 : \$30

NO Class 6/13

Summer 2: 7/11-7/25 : \$30

Summer 3: 8/8-8/29 : \$40

Location: Milford Town Hall Banquet Hall

Groovin' to the Oldies

We'll guide you through gentle stretching exercises, dancing and mindfulness meditation. This class is perfect for anyone looking to get active.

Mondays, 2-3pm

Fee: \$40 per session

Town Hall Banquet Room

Ages 18+

Registration required

Deadline one week before a session begins.

Session 1: June 3-24

Session 2: July 1-22 (NO CLASS 7/29)

Session 3: August 5-26

Senior Coffee Connections

June 12th: Craft Day

Come and let's great creative! There will be several different crafts to try. Come and create a little something for you to take home.

Registration required by June 5th.

603-249-0625

July 10th: Senior Water Fitness or Lawn Games & Lunch in the Park

Enjoy a low impact water aerobics class which helps improve flexibility and mobility for both swimmers and non-swimmers. Not a swimmer.. We will have some lawn games set up during the swim class that you can come and play while the class is going on. We will meet at Keyes Park. Class is 12:15-12:45pm then get dressed and enjoy lunch from 1:00-1:45pm at Keyes Park Pavilion.

Lunch & beverages will be provided.

Registration required by July 3rd 603-249-0625

Aug 14th: Wheel of Fortune & Ice Cream

Join us for an ice cream buffet with various items to choose from! Give your brain a workout by playing Wheel of Fortune!

Ice Cream will be provided.

Registration required by Aug 7th. 603-249-0625

Brunch B-I-N-G-O

Every 4th Wed. of the month, 12-2pm

Ages 18+ - Town Hall Banquet Hall

\$2 cash for bingo cards

Bring a lunch or Meals on Wheels can be provided (\$3 cash donation).

To reserve a lunch please call Carol McKillip 603-424-9967 by the Friday before.

Keyes Pool Programs

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.

(Friday rain make up)

Days: Tuesday & Thursday **Time:** 12:15 –12:45pm
Fee: Res \$25/NRes \$40

Session 1: 6/18-6/27 Session 2: 7/2-7/11*

Session 3: 7/16-7/25 Session 4: 7/30-8/8

***NO class 7/4, makeup 7/5**

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.

Days: Monday-Thursday **(Friday rain make up)**

Fee: Res \$50/NRes \$60

Times Slots: 9:30-10am, 10:15-10:45am,
11:45am-12:15pm

Session 1: 6/17-6/27 Session 2: 7/1-7/11*

Session 3: 7/15-7/25 Session 4: 7/29-8/8

***NO class 7/4, makeup 7/5**

Keyes Pool Youth Swim Lessons

Ages 5 and up.

Our swim lesson program helps children feel comfortable in the water, and as they progress, learn new strokes and learn to dive. Safety skills appropriate for each age level are taught during the lessons. Our instructors make the lessons fun and positive so that the kids feel proud of their accomplishments. The Pool Manager reserves the right to transfer students to proper class level, we would be happy to assist you in choosing the right level for your child.

Each two week session consists of 8 classes, 30 minutes each.

Days: Monday-Thursday **(Friday rain make up)**

Fee: Res \$50/NRes \$60

Times Slots: 9:30-10am, 10:15-10:45am,
11:45am-12:15pm

Session 1: 6/17-6/27 Session 2: 7/1-7/11*

Session 3: 7/15-7/24 Session 4: 7/29-8/8

NO CLASS 7/4, makeup 7/5

Senior Water Fitness

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

Days: Monday and Wednesday

Time: 12:15-12:45 pm

Fee: \$15 session/Drop-in Fee \$3.00

Session: 7/1-8/7

Swim Team Prep

Ages 5 and up This new program is designed for those individuals who have an interest in competitive swimming. The class will work on refining the four competitive strokes, as well as starts, turns and finishes for each of the four strokes. Participants must be able to perform freestyle, backstroke, breaststroke and butterfly. Swim Team participation not required.

Minimum of 5 Participants

Days: Monday-Thursday **(Friday rain make up)**

Fee: Res \$50/NRes \$60

Times Slots: 9:30-10am

Session 1: 6/17-6/27 Session 2: 7/1-7/11

Session 3: 7/15-7/25 *NO CLASS 7/4, makeup 7/5*

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.

ADDITIONAL FEE FOR TEAM SUITS

Days: Practice Monday-Friday **Team Meeting:** TBA

Fee: Res \$85/NRes \$95 \$10 Sibling Discount

Season:

Times: 11 & Up 7-8:15am 12 & Under 8:15-9:15am

Rotary Swim Meet: July 20th-21st

State Swim Meet: Aug 3rd-4th

59th Annual Milford Rotary Swim Meet

Join us at Keyes Park and Pool as we host the 59th 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 meets.**

Rotary Meet 7/20-7/21

State Meet 8/3-8/4



2024 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.

Individual Fee: Res \$25 NRes \$50

Family Pass: Res \$100 NRes \$200

Children 4 and Under: Free, still need to register

Seniors 62 & Over: Free, still need to register

Day Pass: \$5 per person/\$10 non-resident

Replacement pass: \$5 per card

OPEN SWIM

Season 6/15-8/11 M-F 12:30-7pm Sat./Sun. 12-7pm

Swim Meets: 7/20, 7/21, 8/3, 8/4 Open Swim 4-7pm

***Pool subject to close for weather, cleaning and events.**

No refunds.*

All Pool Programs Held At Keyes Memorial Pool

REGISTER ONLINE AT WWW.MILFORDREC.COM