

# LACONIA PARKS & RECREATION DEPARTMENT

FALL/WINTER  
PROGRAM BROCHURE



Cardboard Sled Race and Snow Painting 2015

2016-2017

# PICKLEBALL



**Monday Evenings ~ 6:45 - 9:45pm**

**Tuesday & Thursday Mornings ~ 8:45 - 11:45am**

**\$2.00 per person**

**This sport is a cross between tennis and ping pong and is great for people of all ages. This sport is sweeping the nation and is especially popular with the senior population. The Community Center has two nets and all the equipment you will need to give it a try.**

**Come check out this new sport and try your hand at it.**

**There is also a pickleball court painted at Wyatt Park for the public to use.**

Block out dates are Oct. 10, 13-15, Nov. 11, ~ Dec. 19,  
December 26, January 2, 16, February 20, April 6 - 9

# YOUTH PROGRAMS

## Middle School Open Gym

Mondays & Tuesdays

2:30 ~ 4:15

Vacation days 1:00 ~ 4:15

Free

Gather up your friends and let's play some basketball. This is not structured or a league.

Just for fun.

**Open Gym Times  
start Sept. 19th!!  
Hope to see you  
then!**

## Elementary Open Gym

Wednesdays 3:00 ~ 4:15pm

Vacation days 1:00 ~ 4:15pm

Free

Come have some fun playing all different types of games and arts n crafts.

Parents may drop kids off to play.

## High School Open Gym

Thursdays & Fridays

2:15 ~ 4:15pm

Vacation days 1:00 ~ 4:15

FREE

Basketball, basketball, basketball. This is for those who don't want a structured league, but love to play.



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December 26, January 2, 16, February 20, April 6 - 9

# ADULT BASKETBALL

## Adult Lunch Time Open Gym

Mondays - Fridays      12:00 - 1:00 pm  
\$2.00 per person/day

This is a low stress basketball game. Just a few people getting together to play during lunch. Come join the fun.

Showers are available.

**SENIOR BASKETBALL  
ON PAGE 5!**

**Open Gym Times  
start September  
19th!**



## 18 + Open Gym Basketball

Tuesdays 7:00 ~ 10:00pm  
\$3.00 per person/night

**Play pickup with your buddies or come and make new friends. This is not a structured league and does not use referees. However, we expect respect!**

### EVENING BASKETBALL RULES

Each player must pay \$3.00 (exact change only)

Open 7:00 – 9:45pm (no early admittance)

If there are 20 players or more there is a 2 game maximum (win or lose). First 2 teams play, the loser is off the court and a new team plays against the winner. If the winner wins or loses the next game they are off the court.

Games go to 11 points.

No fighting. Violators will be asked to leave and not return for the season.

No foul language allowed. Violators will be removed from the gym.

If the rules are not followed the gym will be closed for the rest of the season.

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December 26, January 2, 16, February 20, April 6 - 9

# SENIOR EXERCISE

## LINE DANCING

MONDAYS 10:00AM

FRIDAYS 4:30PM

Cost ~ \$2.00 per class

There is no need to sign up, just show up.

The class will not run on holidays.



**Don't forget  
Pickleball on  
page 2!!**



## Senior Men & Woman's B-Ball

55 and older

Thursdays

6:45 ~ 10:00pm

Community Center

\$2.00 per person/night

If you have felt overwhelmed by playing basketball with the younger crew, this is for you.

This group has so much fun!



## JAZZERCISE LITE

MONDAYS, WEDNESDAYS & FRIDAYS

7:45 - 8:45AM

CALL FOR PRICING 253-4304

INSTRUCTOR: JANICE JENKET

THIS IS A LIGHTER CLASS FOR THOSE WHO NEED A LITTLE LESS JARRING, WHILE STILL GETTING A GREAT WORKOUT!



## Strong Women

## Strength Training

Sponsored by LRGHealthcare

Instructed by Carolyn Muller

Mondays & Wednesdays ~ 1:15 - 2:00pm

Let's get some strength back in those body's.

This is a great program for seniors.

To register call 527-2948

# SENIOR PROGRAMS

## REMOTE CONTROL AIRPLANE FLYING

Every Friday 10:00am ~ 12:00pm  
\$2.00 per person

In our gym you can fly your electric remote control planes. This is a program that we would like to enhance. Come even if you aren't a senior.  
The more the merrier!

## **BINGO**

**Wednesdays**

**10:00 - 11:00 am**

**\$1.00 donation (2 cards)  
You may not win a lot of  
\$, but you will have a lot  
of fun!**

# INSTRUCTIONAL

## DOG OBEDIENCE

Wednesdays

September 14 - October 5

October 19 - November 9

6:30pm Beginners                      7:15pm Advanced

Instructor : Jeanine Beckett

You will receive a certificate after the class.

To register come to the P&R office for a form and payment.

Check us out online for more dates in the spring.



## NH Fish & Game

### "Let's Go Fishing" ICE FISHING CLASS

Tuesday, January 31 and Feb. 2 from 6:00 - 8:00pm

Saturday, February 4th ~ 9:00am - 1:00pm **Free**

2 evening classes at the Laconia Community Center

Saturday field trip then in the

outdoor classroom for the real world setting.

Anyone welcome above the age of 8. ~ Min. 8 Max. 20.

Registration deadline January 27

Register early so you are not left out!!!!



# ARTSFEST DANCE CLASSES

ARTSFEST Aerial Dance, Acrobatics and Circus Arts classes Fall Session 2016

Get strong with ARTSFEST AERIAL DANCE with Erin Lovett Sherman for ages 4-100 in Laconia, NH  
Excellence in Youth Programming with professional, qualified instructors. Students will be build diverse skills in physical literacy, team building, overall strength and flexibility, self-confidence and performance skills. Our classes are excellent for developing full body strength and flexibility for all body types. Open to all ages and abilities! No experience or strength requirement to start! These classes will change your body and uplift your spirit! Come get healthy and have some serious fun!

9 week Fall Session starts September 11th **\*Sundays\* There will be a winter session as well.**

\*2:30 Easy Flexibility and core strengthening class for adults: more fun and more effective than the gym!  
Adult/Seniors

\*3:00 KIDS CIRCUS Class: Aerial Fabric, Trapeze, Hooping, Acrobatics/Tumbling, Acrobatic Partnering +  
(Ages 4-11)

\*4:00 Teen Mixed Aerials and Acrobatics: Fabric, Trapeze, Lyra+ (Ages 10+, by permission of Instructor)

\*4:00 Intro to Cyr Wheel training time

\*4:00 Hoop Dance workshop and jam

\*4:45 Adult Aerial Fabric Fitness and Fun, Level 1 and 2: Beginners welcome!

\*4:45 Lyra and Trapeze Level 1

\*5:45 Company Performance Track: Level 3 Aerials: Fabric, Straps, Spanish Web, Dance Performance  
Aerial Gym hours 3pm-6pm

Tuition

\$140/ Hoop Dance, Kids Circus, Flexibility for Adults and Seniors, Aerial Gym membership, Cyr Wheel workshop, Teen Mixed Aerial Class

\$180 ARTSFEST Aerial Dance: Fabric Level 1&2, Lyra and Trapeze, AAD Fabric Level 3

One time Drop-In classes for adults \$25 with Instructor permission, Kids classes \$15 one-time drop in.

Company members may drop in to lower level classes for \$10

Aerial Gym: Members may come to train anytime between 3-6pm. Members (ages 18+) must go through orientation and have aerial experience.

\$10 off per session for 2nd member in the family or 2nd class per person

Scholarships now available for Individuals with financial and social hardships. To apply send letter of financial hardship with monthly income and expenses to ARTSFEST Director: Erin Lovett Sherman Laconia Community Center, Laconia, NH

It's like dancing on air, ARTSFEST can teach you how to fly!

[www.artsfest.us](http://www.artsfest.us)

# EXERCISE PROGRAMS

## Jazzercise

Mondays, Wednesdays, Fridays & Saturdays

9:00 - 10:00 am

Mondays, Tuesdays and Thursdays

5:30 - 6:30 pm

Call for pricing 253-4304

Instructor: Janice Jenket

Come dance and sing and get a great workout at the same time.



## RACQUETBALL

Open M - F from 8:30 ~ 4:30

Tuesdays from 7:00 ~ 10:00pm

\$2.00 per person

We even have the equipment!!

Call to reserve your time.

## OTHER EXERCISE OPPORTUNITIES

Basketball ~ page 4 & 5

Senior Exercises ~ page 6

Dance Classes ~ page 8

Pickleball ~ page 2



# INSTRUCTIONAL



## GUITAR LESSONS FOR DONATIONS

Wednesdays starting September 21st ~ November 10th.

6:30–7:15pm ~ For beginners

7:15 - 8:00pm ~ A bit more advanced

8 years old and older

Pay with donations only.

Donations divided to Laconia Parks & LPD

Guitars available for practice at LCC During office hours.

Guitars may be purchase at a fraction of the price.

Fill out a registration form to sign up.

Space is limited

More classes to come.





# SPECIAL EVENTS



## SEED LIBRARY

Do you have extra veggie or flower seeds from this spring somewhere in your house? We are offering a year round program that anyone can bring in seeds and take seeds as needed. Want a variety without buying too many? Try our seed library. You never know what you may find here.

To get seeds or to donate them come to the Laconia Community Center during office hours. 8:30 - 4:30. Let's see what we can grow!!!



NH PUMPKIN FESTIVAL  
GRAND PUMPKIN PARADE  
SATURDAY, OCTOBER 22, 2016  
1:00PM SET UP AT 12:00



TO BE A PART OF THE PARADE; GO TO [WWW.NHPUMPKINFESTIVAL.COM](http://WWW.NHPUMPKINFESTIVAL.COM) TO FILL OUT THE FORM

## 3rd Annual CARDBOARD SLED RACING & snow building and painting!

Make your own cardboard sled and race against others of roughly your own age. There will be points for creativity and speed. Come try your hand and see how fast you can be. Prizes will be awarded.

Thursday, March 2nd at 2:00pm at the Laconia Sledding Hill located at the end of South Street off Academy Street. This is a free event, but registration is necessary by Tuesday, February 28th at 4:30pm.



Age groups will be...  
10 and under      11 - 15  
Again prizes will be awarded for  
creativity and speed.



# SPECIAL EVENTS

## Christmas Caroling

Wednesday, December 7th, 5:30pm

FREE for any Age

We will meet at the Community Center and drive to the Taylor Community to fill them with holiday cheer.

Don't worry about forgetting the words, we provide them to you along with hot cocoa. This is an outdoor event.

Bring a friend and a travel mug.

Call to register by December 2nd.



## Santa's Calling

Tuesday, December 6th

6:00 ~ 8:00pm Free

For the children who have the holiday spirit!

Every year Santa comes to Laconia Parks & Rec. to call the kids of Laconia.

Please call our office to pre-register your children by December 2nd.

This is always a big hit with the kids.



## CHRISTMAS VILLAGE

December 1, 2, 3 & 4

Thursday & Friday 6:00 ~ 8:00pm

Saturday & Sunday 2:00 ~ 5:00pm

FREE with donations accepted & appreciated.

Come see Santa, Mrs. Claus and all their friends from the North Pole.

Pictures available for \$3.00



# SPECIAL EVENTS

## Hurray for the Holidays

Date: December 13th 6:00 ~ 8:00pm

\$2.00 per person

Let's have some holiday fun at the Community Center.

Bring the family and make ornaments, etc.

Must register & pay by December 9th



**FAMILY**

**Cookie Decorating**

Date: December 15th  
6:00 - 8:00pm  
\$10.00 per family of 4,  
\$2.00 each additional person  
Moms and kids make a date and come  
decorate some sugar cookies.  
Must register & pay by December 12th.

## SNOWMAN CONTEST

DECEMBER 1ST THROUGH MARCH 1ST  
MAKE A SNOWMAN WITH YOUR FAMILY  
AND TAKE A PICTURE OF IT. SEND THE  
PICTURE IN TO US BY MARCH 1 AND  
POSSIBLY WIN A PRIZE!



# SPECIAL EVENTS

## SLEDDING PARTY

Date: To Be Announced for best conditions.

Come sledding with the family under the lights on South St..  
We will have a bonfire and will have hot cocoa and cookies.

This is a free program, just come and play.

Call to check the party status.



## Ice skating party

Date: To be announced for best conditions.

Free for any age ~ Memorial Park

Come skate under the lights and enjoy a bonfire to warm up by.

We will provide hot cocoa and cookies.

Call with questions.

# Winter Recreation

**CROSS COUNTRY SKIING & SNOWSHOEING** is available on the WOW Trail with the proper conditions. There is one section that is a city sidewalk that is plowed, but the other sections are left with snow and make great winter recreation areas.

## LACONIA SLEDDING HILL

LOCATED AT THE END OF SOUTH STREET

HOURS 8:00AM - 10:00PM

FREE! PLEASE FOLLOW THE POSTED

RULES FOR SAFETY

CONDITIONS PERMITTING.

LIGHTS WILL BE ON FROM 4:00 - 10:00PM

ONLY IF CONDITIONS ARE GOOD AND SAFE.

## **ICE SKATING**

**Available at: Memorial Park and  
at Leavitt Park!!!**

**12:00pm - 10:00pm FREE!**

**Lights from 4:00 - 10:00pm**

**Lights will be out if conditions are  
poor.**

# FEBRUARY VACATION EVENTS CALENDAR

**MONDAY, 2/27**

Middle School Age Basketball 1:00 - 4:15pm

\*Sledding Party From 2:00 - 4:00pm (South Street)\*



**TUESDAY, 2/28**

Middle School Age Basketball 1:00 - 4:15pm



**WEDNESDAY, 3/1**

Elementary Open Gym & Arts N Crafts 1:00 - 4:15pm



**THURSDAY, 3/2**

High School/College Basketball Time 1:00 - 4:15pm

Cardboard Sled Racing (See page 11 For More info)

**FRIDAY, 3/3**

High School/College Basketball Time 1:00 - 4:15pm

\*Ice Skating Party From 2:00 - 4:00pm (Memorial Park)\*



Elementary Times

Middle School Times

High School Times

ALL Ages

<b>RETURN WITH PAYMENT TO:</b> Laconia Parks & Recreation Department 306 Union Avenue Laconia, NH 03246	<b>CONTACT US AT:</b> Office: 524-5046 Fax: 524-4129 E-mail: parks@city.laconia.nh.us Web: www.cityoflaconianh.org	<b>For Office Use Only</b>	
		Check# _____	Cash _____
		Amount: _____	Entered: _____

<b>ADULT CONTACT INFO</b>	Adult First & Last Name		
	Address		
	City	State	Zip
	Home Phone	Work Phone	Cell Phone
	E-Mail	Emergency Contact Name	Phone Number

**COURSE CHOICES**

Participants		School	Sex	Date of Birth	Grade in Sept.	Program Title	Fee
First Name	Last Name						

List any special needs or medical conditions we should know about: Total Fees:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PLEASE READ AND SIGN THE WAIVER BELOW**

Participation in this sport/activity may involve risk of injury. As a parent or participant, I am aware of these hazards and my ability to participate. In consideration for participation in the program(s) listed above, I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the City of Laconia, its officers, employees, agents, volunteers and supervisors, except in the case of their sole negligence, from all losses, injury, damages, fees and other expenses, arising out of or in connection with participation in activity. In addition, I give my permission for the child(ren) to be treated by qualified medical personnel in the event that the parent /guardian the named below can not be reached at the phone numbers provided. I understand I or my child(ren) may be photographed by city staff during the course of the programs and I give my permission to publish those photographs.

**NEW - REFUND POLICY**

Refunds are issued only if the request is placed to the Parks & Recreation Department one (1) week prior to the start of the program or when a class is cancelled by the Parks & Recreation Department or the participant enrolled in the program has a note from a physician's office stating they are not able to participate in the program because of a medical condition. No refunds will be given otherwise.

Signature (parent/guardian if participant is under 18 years of age) \_\_\_\_\_ Date \_\_\_\_\_



*Laconia Parks & Recreation*

*306 Union Avenue*

*Laconia, NH 03246*

*603-524-5046*



# OFFICE INFORMATION



**Most programs require registration. Please call or send in your registration form to sign up for your favorite programs.**

**Office Hours**

8:30 - 4:30 pm

Laconia Community Center, 306 Union Avenue

Phone number 603-524-5046

Fax number 603-524-4129

Email: [Parks@city.laconia.nh.us](mailto:Parks@city.laconia.nh.us)

Website: [www.cityoflaconianh.org](http://www.cityoflaconianh.org)

All programs listed here *and more* are located on our website above!!

Check us out on Facebook at

<http://www.facebook.com/pages/Laconia-Parks/327458093966991>

**Commission Members**  
Mitch Hamel - Clerk  
Rodney Roy    Deanna Guyer  
Tony Pederzani    Arthur Kirk