

SUMMER - FALL 2024

# WE ARE SERIOUS ABOUT FUN!



Swimming Lessons



Soccer



Programs & Camps



Cooking Class



Fun at the Pools



Flag Football

# General Information

## CONCORD PARKS & RECREATION DEPARTMENT

### Office Hours\*

Monday - Thursday 8 a.m. - 7 p.m.

Friday - 8 a.m. - 4:30 p.m.

Saturdays - 8 a.m. - 2 p.m.

Sunday - Closed

\*Hours may vary based on programs and events

14 Canterbury Rd., Concord, NH 03301

Phone: 603-225-8690

Fax: 603-225-8589

Email: [recreation@concordnh.gov](mailto:recreation@concordnh.gov)

[www.facebook.com/concordparknrecdept](https://www.facebook.com/concordparknrecdept)

[www.instagram.com/concordparksnrec](https://www.instagram.com/concordparksnrec)

### Meet Our Staff

David Gill. . . . . Director

Laura Bryant. . . . Assistant Director

John Andersch . . . Permitting & Recreation Manager

John Dennett. . . . Recreation Assistant

Terri Stevenson . . Fiscal Supervisor

Dan Lamoureux . . Recreation Supervisor

Lou Lapointe . . . . Parks Supervisor

Jill Huckins . . . . Cemetery Administrator  
603-225-3911

## RECREATION & PARKS COMMITTEE

Althea Barton . . . . . Ward 1  
Robert Kleiner . . . . . Ward 2  
Chiara Dolcino . . . . . Ward 3  
Jennifer Roff . . . . . Ward 4  
Zoey Murphy . . . . . Ward 5  
Vacant . . . . . Ward 6  
Nick Kotkowski . . . . . Ward 7  
Paula Bowers . . . . . Ward 8  
Cuong Ngo . . . . . Ward 9  
Mary Miller (Chair). . . . . Ward 10

David Gill.....Parks and Rec Dept.

Laura Bryant .....Parks and Rec Dept.

City Planner.....Planning Division

Barb Higgins.....Concord School District

### City Council Members

Michelle Horne

Nathan Fennessy

## Looking for a Healthy, Active Program?

We have many different programs that provide the recommended 60 minutes of physical activity per day for your child.

Our Camps Are...  
Kid Tested...Parent Approved!

Look for this heart next to our camps that provide the recommended amount of physical activity per day.

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### MISSION STATEMENT

Concord Parks and Recreation is committed to engaging our community with safe, fun, inclusive opportunities to enhance health and wellness by providing programming, parks, and recreation facilities.

### VISION STATEMENT

Concord Parks and Recreation's vision is to: create cutting edge and sustainable recreational resources to connect our community through education, programs, and innovative partnerships to ensure an active city to live, work, and play.

### CORE VALUES

Engaged • Fun • Diverse



# Park Information



The Concord Parks and Recreation Department is responsible for the maintenance, scheduling and planning of the City of Concord's parks and cemeteries. There are 19 parks comprised of over 300 acres of parks and 13 cemeteries comprised of 150 acres.

Depending on season, some fields are not available

	Pickleball	Playground	Basketball	Mini Soccer Pitch	Tennis	Trails	Skateboard Park	Splash Pad	Picnic Shelter	Picnic Tables	Outdoor Pool	Track	Dog Park	Little League	Baseball	Softball	Soccer	Football	Field Hockey	Lacrosse
Beaver Meadow Park	•				•								•							
Garrison Park		•	•		•				•	•										
Kiwanis River Front Park					•	•			•											
Keach Park		•	•	•	•			•	•	•			•		•	•				
Kimball Park		•	•						•	•										
Memorial Field Complex			•		•	•		•	•		•		•	•	•	•	•			•
Merrill Park		•	•		•	•		•	•	•			•		•	•				
Reed Park		•													•					
River Front Park-Penacook					•				•											
Rolfe Park	•	•	•		•	•			•	•			•	•	•	•				
Rollins Park	•	•	•		•	•		•	•	•				•	•				•	
Russ Martin Park					•													•		•
Terrill Park					•				•		•									
White Park		•	•		•		•		•					•		•				
Fletcher Murphy Play Lot		•	•						•											
Thompson Play Lot		•	•						•											
West Street Play Lot		•	•						•											

\* In 2023 the White Park Pool was converted to a Splash Pad! Rolfe Park has 6 dedicated pickleball courts!



## COURT RULES

**NO SKATEBOARDS, ROLLER SKATES,  
BIKES OR DOG WALKING**

**IF TWO OR MORE PEOPLE/GROUPS ARE  
WAITING, PLEASE VACATE THE COURT UPON  
COMPLETION OF THE GAME YOU ARE  
CURRENTLY PLAYING**

**BE CONSIDERATE!  
INVITE INDIVIDUALS TO JOIN**

**COURTS ARE AVAILABLE TO RENT FOR PRIVATE  
USE. PLEASE CONTACT PARKS & RECREATION  
FOR MORE INFORMATION.**



603-225-8690  
WWW.CONCORDPARKSANDREC.COM

City of Concord Parks and Recreation Department  
Fees and Charges effective as of Sept. 1, 2022

For rules, regulations and rental information, please visit our web site:  
[www.concordparksandrec.com](http://www.concordparksandrec.com)

Athletic Fields and Parks	Resident	Non-Resident
Athletic Field Rentals	\$27	\$42
Football games (other than existing youth non-cut league) Does not include light fees.	\$280	\$295
Existing resident, non-cut, nonprofit youth leagues (per 3 month season)	\$650	n/a
Gazebo Rentals	\$24	\$39
Open Area in a park (non-athletic field, per hour). If the event prevents fields from being used there may be field rental fees also	\$27	\$42
Tennis/basketball/pickleball courts	\$11	\$26
Staff time for events and extra maintenance after regular hours and weekends (per hour, 3 hour minimum)	\$36	\$36

- Rental rates are per hour unless otherwise noted
- Additional rental information is listed on our web site (rules, forms etc.)

\*\*Listed rental rates are subject to change after July 1, 2024!\*\*

# Community Information

## PURCHASE A PARK BENCH

Our Park Bench Program allows individuals and companies to buy a park bench in one or more of our parks. The cost of each bench is \$1,800.00 and includes an engraved plaque. Department staff will review available locations with you, order the bench, and then install the cement base and bench when it arrives. For more information on our park bench program and to download an application please visit our web site.



## DOG LEASH LAW AND DOG WASTE ORDINANCE

The City of Concord welcomes dogs in our parks, cemeteries and open spaces. However, the City does have an ordinance requiring dogs be on a leash and for owners to pick up their dog's waste (City Ordinance 6-1-5). Please pick up and remove your dog's waste. Keep all dogs on a leash at all times.



## ADOPT A GRAVE

In 2013 Cemetery Administrator, Jill Huckins created the Adopt a Grave program. The project was inspired by an area of Blossom Hill Cemetery where 648 graves dating back to 1896 were discovered. Of those 648, 615 were without a marker. Jill set out to rectify the situation through the Adopt a Grave program. From 2013-2022 over 400 graves were adopted.

In 2023 Jill worked with City Administration to access the Common Ground Annex Trust, using the funds to purchase markers for the remaining 200+ graves. The markers have all been purchased and staff has been working to place them and will have them all installed by Fall 2024.

Much of the work done at the cemetery goes unnoticed but this project was a great undertaking, so please join us in congratulating the cemetery staff on a job well done!





# Community Centers

Concord Parks & Recreation offers rentals at four facilities. Along with the Green St. Community Center and the West Street Ward House, we also offer space at the City Wide Community Center and the Merrimack Lodge at White Park. This allows for a larger selection of rooms to rent for a variety of uses including, pick-up basketball, baby showers, children’s birthday parties, etc. Rentals are limited and offered on a space available basis. \*\*Listed rental rates are subject to change after July 1, 2024!\*\*

For more information on rentals, please visit [www.concordparksandrec.com](http://www.concordparksandrec.com)

City Wide Community Center	
Residential Rental Rates*	
Meeting Rooms	\$15 per hour
Exercise Rooms	\$35 per hour
Auditorium	\$25/hour Res, \$50/hour Non-Res.
Kitchen	\$50 per hour
Gymnasium	\$90 per hour prime time \$60 per hour non-prime time
Prime time for gym rentals is Monday - Friday after 5:00 p.m., weekends and holidays	
*Non-residents and non-resident groups are charged an additional \$15 per hour (\$25/hour for the Auditorium at the CWCC).	
Rentals outside regular open hours at the CWCC are charged \$40 per hour in addition to the rates above.	



West Street Ward House	Green Street Community Center
\$15/hour	Gym - \$72/hour
Non-residents and non-resident groups are charged an additional \$15 per hour	

## Merrimack Lodge at White Park

### Resident Rental Rates:

\$100 for the first 2 hours (minimum), \$75 per hour after the first 2 hours.

### Non-Resident Rental Rates:

\$130 for the first 2 hours (minimum), \$90 per hour after the first 2 hours.

The rate includes the use of the patio and the indoor great room.



Please contact John Andersch at [jandersch@concordnh.gov](mailto:jandersch@concordnh.gov) for more information.

# The Historic City Auditorium



The theater includes an elegant lobby space with turn of the century stained glass windows and furnishings.

The theater house seats between 835 and 841 depending on the configuration of the orchestra seats. The orchestra has seating for 524-535 guests including 9 wheelchair locations. There are 247 seats in the front balcony and 64 second balcony seats. The space is ADA accessible, including the restrooms. The gilded proscenium arch surrounds the 25x25 foot stage performance area. There is a small orchestra pit. Backstage facilities include 9 dressing rooms and 3 restrooms.

Intermission hospitality is offered in the reception lobby. Additionally, this space is available to rent for meetings and receptions. The lobby's capacity is 65 seated guests and 140 standing guests. Recent users include rotary clubs, historical societies, political events, and business and civic organizations. The lobby is rented out in four-hour blocks.

The space has no kitchen facilities but users may bring in refreshments to serve.

"The Audi", as it is affectionately called, hosts over 100 events each season, including lectures, dance recitals, pageants, concerts and the ballet.

Type of Organization	Performances	Full Venue 2 performances in one day	Rehearsal
Concord Resident Non-Profit	\$335.00	\$610.00	\$150.00
Concord Resident- Profit	\$610.00	\$1190.00	\$150.00
Non-Resident Non - Profit	\$610.00	\$1190.00 paid in advance	\$150.00
Non-Resident - Profit	\$920.00	\$1815.00 paid in advance	\$150.00



## CONCORD PUBLIC LIBRARY'S HEIGHTS BRANCH

The Concord Public Library's Heights Branch is located in the City Wide Community Center at 14 Canterbury Road.

At the Heights Branch, library patrons will have access to a rotating collection of books, movies, music, Chrome books and other devices. Patrons will also enjoy a variety of programming ranging from family story-time to How-to Tech workshops.

For more information and to stay in the know, follow the Concord Public Library on Facebook (@ConcordPublicLibrary), Instagram (@concordnhlibrary), and Twitter (@ConcordNHLlib).

### Library Hours for the Heights Branch

Mondays, 1 p.m. - 5 p.m.  
Wednesday, 9 a.m. to 1 p.m.  
Saturday, 9 a.m. to 1 p.m.





# Special Events

## TUESDAY NIGHT CONCERTS NEVERS BAND

Concerts begin at 7:00 p.m.

DATE	LOCATION
June 18	Keach Park - Heights
June 25	Rollins Park
July 4 (Thursday)	Memorial Field (rain date July 5)
July 9	Eagle Square
July 16	Rolfe Park
July 23	Concord State House
August 6	Riverfront Park (Everett Arena)



This year's Summer Concert Series is brought to you by:

Walker Lecture Fund  
and the  
Concord Parks and  
Recreation Department

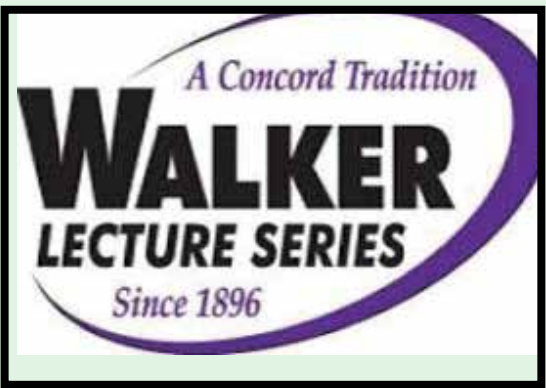
Donations are accepted at all music performances and are greatly appreciated.

Money collected will be used towards our 2025 Summer Concert Series



### SUMMER MUSIC UPDATE!

A full listing of the summer music schedule will be available online via our webpage and facebook the first week of June 2024!!



## NATIONAL NIGHT OUT

August 6 • Rollins Park • 5:00 p.m. - 8:00 p.m.

Join us for National Night Out. This "National Night Out Against Crime" is a community crime prevention program and part of the National Association of Town Watch, Inc. This event is held nationwide to promote cooperation between the police and the community. Don't miss this year's festivities which will include food, prizes, K-9 demonstrations, the Touch-A-Truck Program, a zoo exhibit, a rock climbing wall, and much more.



## JULY 4<sup>th</sup> CELEBRATION

Rain Date: Friday, July 5th

Celebrate July 4th in Concord, NH  
Memorial Field  
Festivities start at 6 p.m.  
Food vendors, music

Fireworks at 9:20 p.m. (dusk)



# Special Events



Sunday, September 29th

10 a.m. - 2 p.m.

Concord Airport  
65 Airport Road, Concord NH

Join us for a free, family friendly event  
viewing antique vehicles, a variety of aircraft,  
interactive exhibits, and activities!

Association of Model Aircraft Demonstrations

Free Entry - Food Trucks (\$)



CONCORD PARKS & RECREATION IN PARTNERSHIP WITH  
RED RIVER THEATRE PRESENTS:

## MOVIES IN THE PARK

Summer 2024

Jumanji - Wed. July 17th Memorial Field

Jurassic Park - Wed. Aug. 14th Rollins Park

MOVIES BEGIN AT DUSK  
ADMISSION IS FREE





# Pool Hours & Rules

## POOL REGULATIONS

1. Parents/Guardians are responsible for watching their children at all times. Non-swimmers must be within arm's reach at all times.
2. It is recommended that all non-swimmers and children eight years old and younger wear a life jacket at all times. The City of Concord requires that life jacket to be a Coast Guard Approved Class 3 life jacket or better (3, 2 or 1).
3. No one is permitted in the pool at any time unless a Lifeguard is on duty.
4. Throwing debris, refuse or any foreign matter in any pool is prohibited.
5. Any unruly action such as dunking, pushing, or spitting in the pool is prohibited.
6. NO ONE UNDER AGE 10 is allowed in the pool area unless accompanied by an adult (over 16 yrs of age).
7. Diving is prohibited at all pools.
8. Prohibited from the pool and pool area are: soaps and cleaning agents of any kind. Also prohibited are animals (domestic and wild), glass containers, tobacco, and alcohol. Smoking is not allowed in the pool area.
9. The following are prohibited from all pools: Floats, masks/goggles which cover the airway, and nose plugs.
10. All persons admitted in the pool are subject to inspection by the Lifeguard for open cuts and sores and may be denied entrance for health reasons by the Lifeguard.
11. All swimmers must wear a regular swimsuit at all times and showers must be taken before entering the pool.
12. Anyone distracting or interfering with the Lifeguard on duty, or disobeying instructions of any of the above listed regulations will be subject to criminal penalty under the Law (Chapter 5, Revised Ordinances, City of Concord).
13. Children who are not completely toilet trained must wear tight fitting rubber pants or disposable swim pants, e.g. "Little Swimmers."
14. Lifeguards are authorized to expel any person from the pool premises for violation of any Pool Regulation or for just cause. The violator is subject to prosecution under the law. Any person expelled from the pool must leave the park immediately.

## PARENT/GUARDIAN EXPECTATIONS

When using the City of Concord Pools please remember the following:

- Please actively supervise your children. Lifeguards are on duty to enforce rules and regulations and to respond to emergencies. Ultimately, parents and guardians are responsible for their children.
- All life jackets worn by children in City pools must be at least a Type 1, 2 or 3 Coast Guard approved life jacket. No exceptions! No substitutions!
- Please keep children within arm's reach when they are in the water.
- Limit the use of electronic devices including cell phones.
- Review pool rules with your children.
- Make sure children use the showers before entering the pool.
- Apply sun block often to your children and yourself.

We appreciate you taking time to review these expectations and look forward to a fun and safe summer at the pools.

\*\*All Prices are subject to change after July 1, 2024!\*\*

## POOL PASSES

**Concord & Penacook Residents:** No charge for use of city pools. Pool passes are not required for Concord/Penacook residents. However, residency checks will be conducted daily throughout the summer. Please always bring your photo ID with you when you come to the pools.

**Non-Resident Families:** Passes may be purchased at the City Wide Community Center. **Cost of a Non-Resident pool pass is \$125 per family. The pool pass is good at all open aquatic facilities all season. 48 hour passes will be available for \$20.00.**



**Pool Guest Policy:** Residents and Non-Residents may bring guests to the pool. Guests are allowed on a 1 to 1 ratio for ages 10 and older( i.e. each person over 10 years old may bring one guest).

## POOL UPDATE!

At this time we are hopeful we will be able to open all seven aquatic facilities, however it will depend on the number of lifeguards and WSIs we are able to hire. Please check our website in early June for official facility opening information and hours.

Anyone interested in becoming a lifeguard should apply online at [www.concordnh.gov](http://www.concordnh.gov). All certification costs will be reimbursed by Concord Parks and Recreation.



## RENT-A-POOL

All City swimming pools, excluding White Park Splash Pad, are available for rent Saturday or Sunday mornings for children's birthday parties, neighborhood parties or other family gatherings. **The rental rate is \$110 (\$125 for non-residents)** which includes two lifeguards and use of the rest rooms and pool area from **10 am - noon**. Full payment is due when your reservation is made. No rain dates scheduled. Contact John Andersch at [jandersch@concordnh.gov](mailto:jandersch@concordnh.gov) for more information. Rental registration opens Wednesday, June 5, 2024.



# Swim Lessons

## LESSONS

### POOL UPDATE!

At this time we are hopeful we will be able to open all seven aquatic facilities, however it will depend on the number of lifeguards and WSIs we are able to hire. Please check our website in early June for official facility opening information and hours.

Anyone interested in becoming a lifeguard should apply online at [www.concordnh.gov](http://www.concordnh.gov). All certification costs will be reimbursed by Concord Parks and Recreation.



Welcome to our Pool School (aka Swim Lessons). Lessons are based on learning the fundamentals of swimming while having a fun experience. We ask that all children arrive on time and are ready to swim at the beginning of class. All classes have a max of 8 students.

#### **Splash Tots : Ages 6 months to 3 years.**

There are no prerequisites for Splash Tots. Lessons include learning to ask permission for help into water, feeling comfortable in the water and exploring buoyancy on front and back. Parent or caregiver must accompany child into the water and participate in each class.

**Preschool: Ages 3-5 years.** There are no prerequisites for the Preschool level. Lessons include entering water using ladder, side or steps; blowing bubbles through mouth and nose, rolling from front to back; submerge mouth, nose and eyes.

Learn To Swim Classes:

**Level 1 – Ages 5+ Prerequisite: successfully demonstrate the exit skills required for Preschool level.** Lessons include treading water, front and back glides, combined arm and leg actions on front and back.

**Level 2 – Ages 6+ Prerequisite: successfully demonstrate the exit skills required for Level 1.** Lessons include front jellyfish and tuck floats, change direction of swimming on front or back, finning arm action, open eyes under water, and retrieve submerged objects.

**Level 3 – Ages 6+ Prerequisite: successfully demonstrate the certification requirements for level 2.** Lessons include rotary breathing, survival float, back float, tread water, front crawl, and elementary backstroke.

**Level 4 – Ages 6+ Prerequisite: successfully demonstrate the certification requirements for level 3.** Lessons include swimming underwater, front crawl and backstroke open turns, flutter and dolphin kicks on back and tread water with 2 different kicks.

**Level 5 – Ages 6+ Prerequisite: successfully demonstrate the certification requirements for level 4.** Lessons include tuck and pike surface dives, sculling, front flip turn and backstroke flip turn while swimming.

**Level 6 – Ages 6+ Prerequisite: successfully demonstrate the certification requirements for level 5.** Lessons include front crawl 100 yards, back crawl 100 yards, breaststroke 50 yards, sidestroke 50 yards and turns while swimming.

### NEIGHBORHOOD SWIM TEAMS

Swim teams are for youths, **ages 10 and older**. Participants have the opportunity to learn the basics of competitive swimming in a fun atmosphere. Swim teams provide an opportunity for swimmers to compete in a City Wide Swim Meet on Friday, August 2nd at 9:00 a.m. at Rollins Pool. Interested youth are required to swim at Level 4 or higher and must be able to swim 75 feet without assistance. Swim teams are coached by our Water Safety Instructors. Registration is required by Sunday, June 23rd.

Registration opens June 1st.

<b>DATES</b>	Tuesdays & Thursdays June 25 - Aug. 1, 5:00 p.m. - 5:30 p.m.			
<b>AGES:</b>	<b>10+</b>			
<b>PRICE:</b>	\$6 Resident, \$16 Non-Resident			
<b>POOL:</b>	<b>Keach</b>	<b>Merrill</b>	<b>Rolfe</b>	<b>Rollins</b>
<b>CODE:</b>	222150-1	222153-1	222154-1	222155-1



# Pool Information & Swim Lessons



## Concord Housing + Redevelopment jumps in to help city kids learn to swim.

Concord Housing + Redevelopment's sponsorship of this year's Parks and Recreation swim program will allow Concord and Penacook children to take part in FREE swim lessons throughout the summer. A catalyst for community wide economic growth and revitalization, Concord Housing + Redevelopment has been making a difference in the Greater Concord area for more than fifty years and is happy to have another opportunity to positively impact the young lives in our communities.

[www.concordha.com](http://www.concordha.com)



A clear view of the future.

### FREE Swim Lesson Registration

- Each Concord/Penacook child in the household is entitled to one free 2 week session (8 classes) per child, based on availability (first come, first served).
- **Swim Lesson registration opens on Tuesday, June 4 at 9 a.m.**
- Must register in person for all free lessons.
- Registrations for free lessons is for Concord & Penacook residents only. Non-Residents can register and pay regular non-resident rates
- Registration will remain open all summer or until lessons are full

### Parent Expectations

- Arrive 10 minutes early to be sure your child is ready for lessons
- Attend all classes in a session
- Free swim lessons are not available for groups or non-residents

**SESSION 1** June 24 - July 5 Registration deadline June 20  
(no class on July 4th - make up class held Friday, July 5)

**SESSION 2** July 8 - July 18 Registration deadline July 4

**SESSION 3** July 22 - Aug. 1 Registration deadline July 18



### EVENING GROUP LESSONS 5:30 P.M. - 6:00 P.M.

DAY/TIME:	Sessions 1-3, Monday - Thursday (Rain date - Friday)			
PRICE:	\$45 Residents, \$55 Non-Residents			
POOL	Rolfe	Merrill	Rollins	Heights
<b>Session 1</b>	Pre-School 221254-1	Level 1 221453-1	Level 2 221455-1	Level 3 221450-1
<b>Session 2</b>	Level 1 221454-2	Splash Tots 221153-2	Level 3 221355-2	Level 2 221050-2
<b>Session 3</b>	Level 1 221354-3	Level 2 221253-3	Level 4 221255-3	Pre-School 220950-3

Swim Lesson Registration Starts:  
9:00 a.m. June 4, 2024

### WEEKDAY GROUP SWIM LESSON CODES & SESSIONS:

Please remember to write in the session number (1, 2, or 3) on the registration form next to the code number. For example, If you choose Level 4 at Merrill Pool for Session 2 (July 8 - July 18) you would write down the pool code (220953) and then the section number (2) (220953-2) on the registration form.

All Classes have limited space and are held rain or shine.

### WEEKDAY GROUP LESSONS

DAYS:	Monday - Thursday			
PRICE:	\$45 Residents, \$55 Non-Residents			
TIME	Merrill	Rollins	Rolfe	Heights
<b>8:30 am</b>	<u>Level 4</u> <b>220953</b>	<u>Level 5/6</u> <b>221155</b>	<u>Level 3</u> <b>220854</b>	<u>Level 1</u> <b>270751</b>
<b>9:00 am</b>	<u>Level 3</u> <b>220853</b>	<u>Level 4</u> <b>220955</b>	<u>Level 1</u> <b>220654</b>	<u>Level 3</u> <b>270851</b>
<b>9:30 am</b>	<u>Level 1</u> <b>220653</b>	<u>Pre-School</u> <b>220555</b>	<u>Level 2</u> <b>220754</b>	<u>Pre-School</u> <b>270952</b>
<b>10:00 am</b>	<u>Splash Tots</u> <b>220253</b>	<u>Level 1</u> <b>220655</b>	<u>Splash Tots</u> <b>220254</b>	
<b>10:30 am</b>	<u>Pre-School</u> <b>220553</b>	<u>Level 2</u> <b>220556</b>	<u>Pre-School</u> <b>220554</b>	
<b>11:00 am</b>	<u>Level 2</u> <b>220753</b>	<u>Level 3</u> <b>220855</b>	<u>Level 4</u> <b>220954</b>	



# Summer Fun



## LEARN-TO-ROW

Instruction: Concord Crew Coaches

The Concord Crew Summer Learn-to-Row offers a wonderful opportunity for new rowers to learn the basics of rowing. The program is skill-based, instructional, and provides the perfect opportunity to try out a new sport, learn a new skill, and make new friends. For those new to rowing, our Learn-to-Row will allow you to experience the teamwork of sweep oar rowing – you don't need experience and it isn't physically intensive. Attendees can expect some light land work: rowing on rowing machines and maybe some light conditioning exercises. The bulk of each day will be learning the basics of sweep oar rowing and teamwork while out on the Merrimack River with your peers and coaches.



SCAN ME



### LEARN-TO-ROW - SESSION 1

<b>DATES:</b>	June 18 - July 11 (no practice July 1 - July 5) Monday, Tuesday, Wednesday, Thursday
<b>GRADES:</b>	7 - 12
<b>TIME:</b>	4:30 p.m. - 6:30 p.m.
<b>LOCATION:</b>	Kiwanis Park, behind Everett Arena - Bert Whittemore Boat House
<b>PRICE:</b>	\$225 Resident, \$235 Non-Res
<b>CODE:</b>	242595-1

Will row in the rain unless there is thunder/lightning

### LEARN-TO-ROW - SESSION 2

<b>DATES:</b>	July 15 - August 1 Monday, Tuesday, Wednesday, Thursday
<b>GRADES:</b>	7 - 12
<b>TIME:</b>	4:30 p.m. - 6:30 p.m.
<b>LOCATION:</b>	Kiwanis Park, behind Everett Arena - Bert Whittemore Boat House
<b>PRICE:</b>	\$225 Resident, \$235 Non-Res
<b>CODE:</b>	242595-2

Will row in the rain unless there is thunder/lightning

\*Unfortunately, scholarships are not available for Learn-to-Row\*



## ConvenientMD

### URGENT CARE

- ✓ **Quality Care**
- ✓ **Convenient**
- ✓ **Affordable**

Proud Sponsor of Concord Parks & Recreation

8am-8pm, 7 Days a Week

**JUST WALK IN!**



# Summer Camp Intro

## It's Time To Plan Your Summer!

We believe that summer is a time for having fun, making new friends and experiencing new activities and adventures. Our summer camps allow your child to do just that in a safe, day camp setting. Please read our "Parent's Guide" from cover to cover, as it will answer many of your questions regarding your child's time at camp. This guide is located on our website.

### Our Traditional "All Day" Camp Staff

Our camp staff are selected based on their interest in working with children. The staff have CPR and First Aid certification and all are 17 years old and older. Creativity, enthusiasm, and excellent communication skills are strong characteristics of our camp staff members. Staff work together as a team and are involved with the campers at all times. The Parks & Recreation Department provides an excellent in-service training program for its staff and requires background checks for all employees.



### Camp Staff

Traditional camp staff (Stay & Play Camp, Rec Adventure Camp, & Adventure Camp) are selected based on their interest in working with children. All counselors have had previous experience either as campers themselves or as camp leaders. The staff have CPR and First Aid certifications. Creativity, enthusiasm, and excellent communication skills are strong characteristics of our camp staff members. Staff work together as a team and are involved with the campers at all times. The Parks & Recreation Department provides an excellent in-service training program for its staff and requires background checks prior to the start of camp.

## SCHOLARSHIPS

The Concord Parks & Recreation Department tries to keep its fees at an affordable level for all Concord/Penacook residents. If you have a family financial situation that limits participation due to the fee, please contact the Parks & Recreation Department to make arrangements for a fee reduction. Scholarships are not available to non-residents or for adult programs. Scholarships are available for most (but not all) youth programs/camps. Unfortunately, we are not able to offer scholarships for the following summer camps/programs:

\*Circuit Lab   \* Learn-to-Row   \*NFL Flag Football

Limited Scholarships are available for basketball and soccer camps.

**At this time, many of our traditional "all day" camps are full. Please remember, your camper can be added to a wait list for any camps that are full!**



### FOR ALL SUMMER CAMPS PAYMENT PLAN

- A non-refundable payment of \$20 per week is required at time of registration.
- Balance of each camp week is due 14 days prior to the start of that camp.

Payment plans must be arranged through the Parks and Recreation Office

# Stay and Play and Nature Camps

## STAY & PLAY CAMP - GRADES 1 – 5

This 8 week traditional day camp will have your kids spending the summer days enjoying swimming, tennis, arts & crafts, field games, sing alongs as well as a few special guests sprinkled in. Each week will follow a theme marked by the games, special guests, and arts and crafts scheduled for that week. Staff to child ratio is 1:8. All staff are CPR/First Aid Certified and have an additional 20+ hours of staff training (including water safety).

STAY & PLAY CAMP	
<b>GRADES:</b>	Entering 1–5 Grade (in September 2024)
<b>TIME:</b>	8:30 a.m. – 4:30 p.m.
<b>LOCATION:</b>	City Wide Community Center (14 Canterbury Rd.)
<b>PRICE:</b>	Resident: \$175 per week, Non-Residents: \$185 per week <b>EXCEPTION:</b> Week 2 (4 days) Residents: \$140/wk, Non-Residents: \$148/wk All camps have limited space

Please be aware that there will be additional camper forms required.




WEEK	DATES	CODES
Week 1	June 24- June 28	240035-1
Week 2	July 1 - July 5 (4 day week-no camp July 4)	240035-2
Week 3	July 8 - July 12 <b>FULL</b>	240035-3
Week 4	July 15 - July 19	240035-4
Week 5	July 22 - July 26	240035-5
Week 6	July 29 - August 2	240035-6
Week 7	August 5 - August 9	240035-7
Week 8	August 12 - August 16	240035-8
**Information on theme weeks will be online in late May**		

## NATURE CAMP

Instructor: Lora Allison

Concord Parks and Recreation is excited to again offer Nature Camp for the Naturalist in your life! Join our experienced counselors as they introduce your child to the world of nature all around them. All Nature Camps are based out of the Merrimack Lodge at White Park and run 9 - 3 p.m. Staff to child ratio is 1:6. All staff are CPR/First Aid Certified and have an additional 20+ hours of staff training. Camp enrollment is limited to 12 participants per week.

<b>LOCATION:</b>	Merrimack Lodge at White Park		
<b>NATURE CAMP - AGES 5 - 8</b>			
Campers will spend their days exploring the park, creating nature based crafts and learning all about what the world around them has to offer. Campers should come to camp prepared to be outside regardless of weather. After all weather is just another part of nature!			
<b>TIME:</b>	9:00 a.m. - 3:00 p.m.		
<b>WEEK</b>	<b>DATES</b>	<b>CODE</b>	
Week 1	June 24 - June 28 - Herpetology	FULL	240430-1
Week 3	July 8 - July 12 - Entomology	FULL	240430-3
Week 4	July 15 - 19 - Geology	FULL	240430-4
Week 5	No Camp week of July 22		
Week 6	July 29 - August 2 - Meteorology	FULL	240430-6
Week 7	August 5 - August 9 - Limnology	FULL	240430-7
Week 8	August 12 - August 16 - Science of Nature	FULL	240430-8
<b>PRICE:</b>	Resident: \$175 per week Non-Resident: \$185 per week		

A photograph of three children standing in a wooded area. One child is wearing a pink shirt, another a grey shirt, and the third a pink shirt. They are standing on a path or clearing with trees in the background.

Campers should be prepared to be outside most days.  
Rain gear, sunscreen and boots required

CAMP WILD AGES 9 - 11		
Nature and science-based camp for older elementary students. Geared towards children who are aging out of Nature Camp (not required). With a focus on science, nature, service, and recreation. Walking field trips to pools and downtown as well as two out of park field trips for service trail work on a Concord trail.		
<b>TIME:</b>	9:00 a.m. - 3:00 p.m.	
WEEK	DATES	CODE
Week 2	July 1 - 5 (no camp 7/4) <b>FULL</b>	240430-2
<b>PRICE:</b>	Resident: \$140 per week Non-Resident \$148 (4 day camp)	



# Rec Adventure Camp

## REC ADVENTURE CAMP - GRADES 3 - 5 ❤️

Rec Adventure Camps are back with exciting trips and fantastic favorites. Each week we will have a mix of adventures including beach trips, hikes, theme parks, kayaking, surfing and more! This camp is designed to allow kids to go on an out of town escapade Monday-Thursday, and Friday will be spent in town, or as trip make up day. Information about specific trips will be available online in early June.

Staff to child ratio is 1:8. All staff are CPR/First Aid Certified and have an additional 20+ hours of staff training (including water safety).

REC ADVENTURE CAMP	
<b>GRADES:</b>	Entering 3–5 Grade (in September 2024)
<b>TIME:</b>	8:30 a.m. – 4:30 p.m.
<b>LOCATION:</b>	“Base Camp” is at City Wide Community Center. After 9 a.m.(Monday - Thursday) we are off campus.
<b>PRICE:</b>	Resident: \$205 per week, Non-Resident: \$215 per week <b>EXCEPTION:</b> Week 2(4 days) Residents: \$164/week Non-Residents: \$172/week



WEEK		DATES	CODE
Week 1	<b>FULL</b>	June 24 - June 28	240229-1
Week 2		July 1 - July 5 (4 day week-no camp July 4)	240229-2
Week 3	<b>FULL</b>	July 8 - July 12	240229-3
Week 4	<b>FULL</b>	July 15 - July 19	240229-4
Week 5	<b>FULL</b>	July 22 - July 26	240229-5
Week 6	<b>FULL</b>	July 29 - August 2	240229-6
Week 7	<b>FULL</b>	August 5 - August 9	240229-7
Week 8	<b>FULL</b>	August 12 - August 16	240229-8
**Information on field trips will be online in late June**			



### NO NEWS IS GOOD NEWS

When you register for any of our programs, don't wait by the phone or camp by your mailbox. The only time you will hear from us is:

- \* If the class is full
- \* If the class is canceled
- \* If there is a change in date or time

**At this time, many of our traditional "all day" camps are full. Please remember, your camper can be added to a wait list for any camps that are full!**



# Adventure Camps

## ADVENTURE CAMP GRADES 6 - 8

**Adventure Camps** - Adventure Camp is back with exciting trips and fantastic favorites. Each week we will have a mix of adventures including beach trips, hikes, theme parks, kayaking, surfing and more! This camp is designed to allow kids to go on an out of town escapade Monday-Thursday, and Friday will be spent in town, or as trip make up day. Information about specific trips will be available online in early June.

Staff to child ratio is 1:8. All staff are CPR/First Aid Certified and have an additional 20+ hours of staff training (including water safety).

ADVENTURE CAMP	
<b>GRADES:</b>	Entering 6 – 8 Grade (in September 2024)
<b>TIME:</b>	8:30 a.m. – 4:30 p.m.
<b>LOCATION:</b>	“Base Camp” is at City Wide Community Center. After 9 a.m.(Monday - Thursday) we are off campus.
<b>PRICE:</b>	Resident: \$205 per week, Non-Resident: \$215 per week <b>EXCEPTION:</b> Week 2 (4 days) Residents: \$164/week Non-Residents: \$172 /week



WEEK	DATES	CODE
Week 1	<b>FULL</b> June 24- June 28	240427-1
Week 2	<b>FULL</b> July 1 - July 5 (4 day week-no camp July 4)	240427-2
Week 3	<b>FULL</b> July 8 - July 12	240427-3
Week 4	<b>FULL</b> July 15 - July 19	240427-4
Week 5	<b>FULL</b> July 22 - July 26	240427-5
Week 6	<b>FULL</b> July 29 - August 2	240427-6
Week 7	<b>FULL</b> August 5 - August 9	240427-7
Week 8	<b>FULL</b> August 12 - August 16	240427-8

## SUMMER EMPLOYMENT

Are you looking for an active, challenging and exciting job for the summer? The Concord Parks & Recreation is looking for you! Concord Parks & Recreation is looking for qualified summer employees. Concord Parks & Recreation offers a fun work environment, flexible schedules and competitive pay!

Certification reimbursement available for eligible staff!  
Applicants should apply online at [www.concordnh.gov](http://www.concordnh.gov).

Position	Starting Pay
Camp Staff	\$15.00
Lifeguards	\$16.00
Park & Cemetery Laborers	\$16.15
Water Safety Instructors	\$17.00
Splash Pad Attendant	\$15.00





# Dance/Theatre/Circuit Lab Camps

## MAGIC UNICORN DANCE CAMP

Instruction: Dance Inspirations



Calling all unicorn enthusiasts! Join this creative movement camp for dancers to twinkle in ballet shoes, showcase skills in the Unicorn Olympics, and create crafts. Dancers will learn skills in ballet, tap and AcroDance. If your little one loves rainbows, sparkles, and unicorns, they won't want to miss this week!

MAGIC UNICORN DANCE CAMP	
<b>DATES:</b>	July 29 - August 2
<b>AGES:</b>	3 - 8
<b>TIME:</b>	9:00 a.m. – 12:00 p.m.
<b>LOCATION:</b>	City Wide Community Center
<b>PRICE:</b>	\$120 Resident, \$130 Non-Resident
<b>CODE:</b>	243302-1



## CIRCUIT LAB CAMPS

Instruction: Circuit Lab

### HANDS-ON ELECTRONICS

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry and step up to projects where our class will design their own interactive and programmable devices. Participants use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming.

<b>DATES:</b>	August 12 - August 16
<b>GRADES:</b>	4 - 7
<b>TIME:</b>	12:30 p.m. – 3:15 p.m.
<b>LOCATION:</b>	West St. Ward House
<b>PRICE:</b>	\$185 Resident, \$195 Non-Resident
<b>CODE:</b>	248225-2



**CIRCUIT LAB**

### APP INVENTORS

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Participants will learn both the programming and design aspects of creating great apps and have the opportunity to build apps of their own with the support of Circuit Lab instructors.

<b>DATES:</b>	August 12 - August 16
<b>GRADES:</b>	4 - 7
<b>TIME:</b>	9:00 a.m. – 11:45 a.m.
<b>LOCATION:</b>	West St. Ward House
<b>PRICE:</b>	\$185 Resident, \$195 Non-Resident
<b>CODE:</b>	248225-1

### CIRCUIT LAB CAMP - COMBINED PROGRAM

Sign up for both App Inventors & Hands-On Electronics for a full day Circuit Lab experience.

<b>DATES:</b>	August 12 - August 16
<b>GRADES:</b>	4 - 7
<b>TIME:</b>	9:00 a.m. - 3:15 p.m.
<b>LOCATION:</b>	West St. Ward House
<b>PRICE:</b>	\$350 Resident, \$360 Non-Resident
<b>CODE:</b>	248226-1

\*Unfortunately, scholarships are not available for Circuit Lab Camps\*

# Basketball & Canine Academy



## CRIMSON TIDE BASKETBALL CAMPS

Instructor: Tim LaTorra & CHS players

The focus of our basketball camp will be on skill improvement, a progression of basketball concepts, and implementing these into game play. The goal is to develop confidence in all players so that they can bring their game to the next level and build a love for the game of basketball. There will be an encouraging and engaging coaching staff made up of high school coaches and current/former players. We will work daily on offensive skills (ball handling, passing, shooting, half court moves, etc.), defensive skills (on ball defense, off-ball defense, ball screen defense, etc.) individual and team offensive and defensive concepts (1v1, 2v2, 3v3, to 5v5), game play (5v5 games everyday) and agility and conditioning. At the end of the camp each camper will receive an evaluation, a written packet of drills (with a YouTube link of Coach LaTorra demonstrating the drills) and a t-shirt! Lastly, there will opportunities to win prizes every day! There will be an awards ceremony at the end of camp as well as an opportunity for all campers to play on our main court at CHS (all families are invited to attend).

TIDE BASKETBALL CAMP	
<b>TIME:</b>	9:00 a.m. - 3:00 p.m.
<b>LOCATION:</b>	Concord High School Gym
<b>PRICE:</b>	\$215 Resident, \$225 Non-Resident

GRADES 3 - 9		
	DATES	CODES
<b>BOYS:</b>	July 8 - July 12	211560-2
<b>GIRLS:</b>	July 15 - July 19	211560-1



\*Limited Scholarships are available for basketball camps.\*

## CANINE HANDLER ACADEMY

Instructor: Maurice Regan



CANINE HANDLER ACADEMY	
Canine Handler Academy (CHA) is the perfect summer opportunity for children who want to develop skills to train their pet dog or aspire to a career working with dogs.	
Participants will have the unique opportunity to be immersed in the working dog industry and learn about canines working in many disciplines including search and rescue, law enforcement, medical detection, and conservation. Your child will also gain additional skills in canine fitness, behavior, and positive reinforcement training. Locations will vary throughout the camp, however group's home base will be the City-Wide Community Center.	
<b>DATES:</b>	July 8 - July 18, Monday - Thursday
<b>GRADES:</b>	7 - 9
<b>TIME:</b>	5:30 p.m. - 7:30 p.m.
<b>LOCATION:</b>	City Wide Community Center, Other Locations TBD
<b>PRICE:</b>	\$160 Resident, \$170 Non-Resident
<b>CODE:</b>	242580-1





# Seacoast United Soccer & Video Camp

## SEACOAST UNITED SOCCER CAMPS

The Summer Skills Camps and Clinics are a fantastic way for players from 6 - 14 years old to be introduced to the Seacoast United Soccer Club's fun developmental approach to the game of soccer. The professional, dedicated full time coaching staff will offer sessions full of competitive yet fun technical challenges and game play. Players thrive within the atmosphere created by all SUSC staff allowing them to develop their love for the game while improving important basic and more advanced skills. Rain location will be the City Wide Community Center gym.



SOCCER CAMP - HALF DAY			♥
DATES:	July 15 - 19	CODE: 245016-1	
DATES:	August 5 - 9	CODE: 245017-1	
AGES:	6 - 14 yrs. old		
TIME:	9:00 a.m. - 12:00 p.m.		
LOCATION:	Keach Park		
PRICE:	\$165 Resident, \$175 Non-Resident		

SOCCER CAMP - FULL DAY			♥
DATES:	July 15 - 19	CODE: 245016-2	
DATES:	August 5 - 9	CODE: 245017-2	
AGES:	6 - 14 yrs. old		
TIME:	9:00 a.m. - 3:00 p.m.		
LOCATION:	Keach Park		
PRICE:	\$240 Resident, \$250 Non-Resident		

\*Limited Scholarships are available for soccer camps.\*

## CONCORDTV VIDEO CAMP

BEGINNER VIDEO CAMP		
Campers will join us for a week of fun learning the basic skills of video production. Lessons and activities will cover how to create their own videos using our wide variety of professional video cameras, props, costumes and Adobe Premiere editing software. Snacks & water will be provided.		
DATES:	July 8 - 12	CODE: 242832-1
DATES:	July 22 - 26	CODE: 242832-2
AGES:	11 - 15	
TIME:	9:00 a.m. - 1:30 p.m.	
LOCATION:	Concord High School Studio Entrance D	
PRICE:	\$115 Resident, \$125 Non-Resident	



ADVANCED VIDEO CAMP	
Campers return for this advanced session that goes further into the topics covered in our beginner camp, also introducing more advanced equipment such as wireless microphones, lighting skills and animation software, as well as an increased focus on storytelling. There will be a free screening our finished camp videos in the early fall, date and location to be determined. Snacks and water will be provided.	
<b>Prerequisite:</b> Beginner Video Camp	
DATES:	August 5 - 9
AGES:	11 - 15
TIME:	9:00 a.m. - 1:30 p.m.
LOCATION:	Concord High School Studio Entrance D
PRICE:	\$135 Resident, \$145 Non-Resident
CODE:	242932-1

# NFL Flag Football & Soccer Information



## NFL FLAG FOOTBALL

Concord Parks & Recreation is excited to offer NFL Flag: a flag football league for boys and girls, ages 6-14. The league is broken down into three divisions: Division A (6-8 years old), Division B (9-11 years old) and Division C (12-14 years old). A maximum of 10 players are allowed on each team. This league is co-ed, providing boys and girls with the opportunity to learn the fundamentals of football while playing in a safe environment. Teams will have a 20 minute practice followed by a 40 minute game each week.

FLAG FOOTBALL			
DATES:	Sundays, Sept. 8 - Oct. 20 (No class Oct. 13)		
AGES:	6 - 14 yrs. old		
LOCATION:	Reed Field (Hall St.)		
PRICE:	\$70 Resident, \$80 Non-Resident		
AGES	TIME	YOUTH CODE	COACH CODE
6 - 8	9:30 - 11:30 a.m.	213912-1	213812-1
9 - 11	10:30 - 12:30 p.m.	213912-2	213812-2
12 - 14	12:30 - 2:30 p.m.	213912-3	213812-3
Registration deadline: August, 16, 2024			
Coaches Meeting: Aug. 28, 6:30 p.m. City Wide Community Center			
Unfortunately, scholarships are not available for Flag Football			



## VOLUNTEERS MAKE A DIFFERENCE

### Volunteer Coaches Needed!

Do you have what it takes to make a difference? We think you do! Volunteers are the backbone of our sports programs. Because of our solid volunteer base, our programs succeed. Please consider dedicating some of your time to the children of our community by helping them to develop a passion for sports. No reward is as great as knowing that your gift of time and dedication has helped a child.

## COACHES

Coaches are responsible for general team organization, team practices and coordinating the efforts of their players, and assistant coaches during game play. Coaches are required to attend all coaches' clinics and meetings throughout the season.

## COACHES MEETINGS

ALL COACHES ARE REQUIRED TO ATTEND.

This includes returning coaches.

SOCCER FUN-DAMENTALS and DIV 1  
DIVISION II - GRADES 2 & 3 Coaches  
DIVISION III - GRADES 4, 5 & 6 Coaches

Wednesday, August 28, City Wide Community Center, 5:30 p.m.

\*\*Please come dressed to play! Our coaches meeting will include a clinic portion.

## SAFETY FIRST

The Parks & Recreation Department requires all volunteer coaches and staff to complete a criminal background check and are screened accordingly. The Concord Parks & Recreation Dept. and the Recreation & Park Advisory Committee implemented this process over fifteen years ago as an additional tool to ensure the safety of our program participants.





# Recreational Soccer Leagues

**\*IMPORTANT\***  
**TEAM PLACEMENT INFORMATION**

Divisions I, II & III

Prior to deadline

- \* Participants are placed on teams solely based on their grade level and the elementary school they attend as of Sept. 2024.
- \* Unfortunately, we cannot honor special requests for team placements.

Post deadline

- \* If spaces are available, late registrants will be placed on teams based on the first open team slot.
- \* A late fee will be assessed.

Non Public Schools

- \* If the registrant attends a private school or is home schooled, the child will be placed on their neighborhood elementary school team.

## DIVISION 1 - KINDERGARTEN - 1ST GRADE

This is a co-ed recreational soccer program where the emphasis is on skill development, game participation, good sportsmanship and FUN! This age group will meet no more than twice per week. Games will be held on Saturdays between 9:00 a.m. and 12:00 p.m. depending on number of teams. Shin guards are required and mouth guards are recommend for this age group. Price includes a team t-shirt. Practices begin the week of September 3rd.

**DATES:** September 3 - October 19 No games 10/12

<b>GRADES:</b>	<b>Kindergarten to 1st Grade</b>	
<b>TIME:</b>	9 - 12 p.m. (depending on # teams)	
<b>LOCATION:</b>	Keach Park	
<b>CODES:</b>	<b>CODE:</b> 210713-1 - Youth <b>CODE:</b> 212913-1 - Head Coach	
<b>PRICE:</b>	\$60 Residents, \$70 Non-Residents \$10 Late Fee beginning August 17(if space avail.)	

Final Registration Deadline: August 23

## DIVISION II SOCCER - GRADES 2 & 3

This division focuses on team concepts with continued emphasis on fundamental skills. Teams will meet no more than three times per week for practices/games. Team size will be limited to twelve players and games are played 7 v 7. Shin guards are required and mouth guards are recommend for this age group. Price includes team T-shirt.

<b>DATES:</b>	Season runs 9/3 - 10/19, No games/practices 10/12	
<b>GRADES:</b>	<b>2 &amp; 3</b>	
<b>DAYS (BOYS):</b>	Games: Monday nights and/or Saturday mornings. All games and practices in Concord	
<b>DAYS (GIRLS):</b>	Games: Wednesday nights and/or Saturday mornings. All games and practices in Concord	
<b>LOCATION:</b>	Concord Parks	
<b>CODE (BOYS):</b>	211044-1 Youth	213044-1 Head Coach
<b>CODE (GIRLS):</b>	211144-1 Youth	213144-1 Head Coach
<b>PRICE:</b>	\$65 Resident. \$75 Non-Resident \$10 Late Fee beginning August 17 (if space avail.)	

Final Registration Deadline: August 23

## SOCCER FUN-DAMENTALS

The focus of this program is on FUNdamentals. Children will begin to learn the basics of soccer and team sports. This is a co-ed program led by volunteer coaches. Shin guards are recommended but not required for this age group. Price includes a team t-shirt.

**DATES:** Saturdays, Sept.7 - October 19 No games 10/12

<b>AGES:</b>	<b>4 - 5 (not in Kindergarten)</b>	
<b>TIME:</b>	9 - 9:45 a.m.	<b>CODE:</b> 210613-1 Youth <b>CODE:</b> 212813-1 Head Coach
<b>TIME:</b>	10 - 10:45 a.m.	<b>CODE:</b> 210613-2 Youth <b>CODE:</b> 212813-2 Head Coach
<b>LOCATION:</b>	White Park	
<b>PRICE:</b>	\$60 Resident, \$70 Non-Resident \$10 Late Fee beginning August 17 (if space avail.)	

Final Registration Deadline: August 23

**FINAL REGISTRATION  
DEADLINE:  
AUGUST 23**

Applies to all leagues  
listed on this page!



**Division III Concord/Penacook residents only**

## DIVISION III SOCCER - GRADES 4 - 6

Teams will meet no more than three times per week for practices/games. Team size will be limited to 12 players and games are played 9 v 9. Shin guards are required and mouth guards are recommend for this age group. Price includes team T-shirt.

*Rundlett Middle School offers fall soccer for 6th, 7th and 8th grade students. We allow 6th grade students to play in our leagues if they are not playing on their school teams.*

<b>DATES:</b>	Season runs 9/3 - 10/26 No games/practices 10/12	
<b>GRADES:</b>	<b>4 - 6</b>	
<b>DAYS (BOYS):</b>	Games: Tuesday nights and/or Saturday mornings. All games and practices in Concord	
<b>DAYS (GIRLS):</b>	Games: Thursday nights and/or Saturday mornings. All games and practices in Concord	
<b>CODE (BOYS):</b>	211244-1 Youth	213244-1 Head Coach
<b>CODE (GIRLS):</b>	211344-1 Youth	213344-1 Head Coach
<b>PRICE:</b>	\$75 Resident (residents only) \$10 Late Fee beginning August 17 (if space avail.)	

Final Registration Deadline: August 23

# Fall Pre-School & Youth

## TODDLER OPEN GYM

Instructor: Dan Lamoureux

TODDLER OPEN GYM	
Do you have an active toddler who needs to burn some energy? We have the answer - Toddler Open Gym. Children ages 18 months – 3 years old will be able to participate in open play with their parent or guardian. Activities include ball pit, obstacle courses, and much more! All participants should wear comfortable clothes and sneakers with non-marking soles.	
<b>WHEN:</b>	Tuesdays
<b>AGES:</b>	<b>18 - 36 months old</b>
<b>TIME:</b>	9:30 -10:15 a.m.
<b>LOCATION:</b>	City Wide Community Center
<b>PRICE:</b>	\$30 Resident, \$40 Non-Resident
<b>DATE</b>	<b>CODE</b>
Sept. 17 - Oct. 22	261604-1
Oct. 29 - Dec. 3	261604-2



## CONCORD TINY EXPLORERS

Instructor: Linden Rayton

CONCORD TINY EXPLORERS: FLOWERS OF SUMMER	
Early summer fun for preschoolers and their caregivers at White Park, with a special focus on flowers! We will make some flower art, sing flower songs, and learn some of the flowers we see in the summer; and as always, we'll develop social and tactile skills while playing and exploring in the great outdoors. Ages 2-5, siblings under 2 yrs. welcome.	
<b>WHEN:</b>	Saturdays, June 1 - 15, 10:30 a.m. - 11:30 a.m.
<b>AGES:</b>	<b>2 - 5</b>
<b>LOCATION:</b>	Winant Park
<b>PRICE:</b>	\$46 Resident, \$56 Non-Resident Siblings under 2 are free
<b>CODE:</b>	300314-6

CONCORD TINY EXPLORERS: BUGS & BUTTERFLIES	
From monarchs to bees to roly-polys, we'll explore charismatic critters through games, songs and up-close encounters. Along the way we'll build tactile and social skills in the beautiful outdoors! Bug spray, long pants and closed-toed shoes recommended. Siblings under 2 welcome	
<b>WHEN:</b>	Mondays, Sept. 9 - 30, 10:30 a.m. - 11:30 a.m.
<b>AGES:</b>	<b>2 - 5</b>
<b>LOCATION:</b>	Winant Park
<b>PRICE:</b>	\$46 Resident, \$56 Non-Resident Siblings under 2 are free
<b>CODE:</b>	300314-2

## ART WILD JR.

Instructor: Lora Allison

ART WILD JR.		
Art Wild Jr. will use art supplies, craft supplies, materials found in nature, as well as recycled materials to create a project. Over the six weeks the goal will be to expand their creative process and expand their imaginative problem solving in an age appropriate and engaging environment.		
<b>DATES:</b>	Sept. 12 - Oct. 17	<b>CODE:</b> 311223-1
<b>DATES:</b>	Nov. 7 - Dec. 19 (no class 11/28)	<b>CODE:</b> 311223-2
<b>AGES:</b>	<b>3 - 5</b>	
<b>TIME:</b>	3:30 p.m. - 4:15 p.m.	
<b>LOCATION:</b>	City Wide Community Center	
<b>PRICE:</b>	\$30 Residents, \$40 Non-Residents	



## ART WILD

Instructor: Lora Allison

ART WILD		
Art Wild will use art supplies, craft supplies, materials found in nature, as well as recycled materials to create a project. Over the six weeks the goal will be to expand their creative process and expand their imaginative problem solving.		
<b>DATES:</b>	Sept. 12 - Oct. 17	<b>CODE:</b> 311224-1
<b>DATES:</b>	Nov. 7 - Dec. 19 (no class 11/28)	<b>CODE:</b> 311224-2
<b>AGES:</b>	<b>6 - 9</b>	
<b>TIME:</b>	4:30 p.m. - 5:30 p.m.	
<b>LOCATION:</b>	City Wide Community Center	
<b>PRICE:</b>	\$35 Residents, \$45 Non-Residents	





# Dance, Fall Baking & Safe Sitter

## BALLET & TAP

Instruction by: Dance Inspirations

### BALLET & TAP - K - 2ND GRADE

Children's Tap/Ballet dance classes for grades K - 2nd will work on techniques in tap & ballet. Students learn basic positions and vocabulary in an age appropriate and fun setting!

<b>LOCATION:</b>	City Wide Community Center		
<b>DATES:</b>	Saturdays, September 14 - October 26 (no class 10/12)		
<b>GRADES</b>	<b>TIME</b>	<b>COST</b>	<b>CODE</b>
<b>K - 2</b>	10:30 - 11:30 a.m.	\$54 Res, \$64 Non-Res.	360302-1



### BALLET & TAP - 2 - 5 YRS

Ballet and Tap combination classes for 2 - 5 year olds are fun and lively classes that enhance coordination, musicality and creativity. Children will learn the basic concepts of dance, perfecting weight transfers and balance, while working on their improvisation and cooperation skills within a group. Children will learn through games, routines and repetitive movement. These classes help instill the proper etiquette, love, and appreciation for the art of dance.

**LOCATION:** City Wide Community Center

Wednesdays, September 11 - October 16

AGES	TIME	PRICE	CODE
<b>2 - 3</b>	10:00 - 10:30 a.m.	\$42 Res, \$52 Non-Res	360102-1
<b>3 - 5</b>	10:45 - 11:30 a.m.	\$48 Res, \$58 Non-Res	360202-1

Saturdays, September 14 - October 26 (no class 10/12)

AGES	TIME	PRICE	CODE
<b>2 - 3</b>	9:00 - 9:30 a.m.	\$42 Res, \$52 Non-Res	360402-1
<b>3 - 5</b>	9:45 - 10:30 a.m.	\$48 Res, \$58 Non-Res	360502-1

## FALL BAKING

Instructor: Nicole Tenney

### FALL BAKING

Join Miss Nicole for fun and creative time in the kitchen. Learn how to create fun fall treats! Each week bakers will work together to create a new treat! Recipes will include cookies, cupcakes, and more!

<b>DATES:</b>	Saturday September 14 - October 5
<b>AGES:</b>	<b>8 - 12 yrs. old</b>
<b>TIME:</b>	10:00 a.m. - 11:00 a.m.
<b>LOCATION:</b>	City Wide Community Center
<b>PRICE:</b>	\$105 Residents, \$115 Non-Residents
<b>CODE:</b>	321333-1



## SAFE SITTER ESSENTIALS

Instructor: Concord Parks & Recreation Staff

### SAFE SITTER

Our Safe Sitter class is designed to prepare students ages 11 - 14 years to be safe when they're home alone, watching younger siblings, or babysitting. This instructor-led class is filled with games and role playing exercises. Join in on the fun while learning important safety, childcare, business, and first aid/rescue skills.

<b>DATES:</b>	Wednesdays, Oct. 2 - 23
<b>AGES:</b>	<b>11 - 14 yrs.</b>
<b>TIME:</b>	4:30 p.m. - 6:00 p.m.
<b>LOCATION:</b>	City Wide Community Ctr.
<b>PRICE:</b>	\$55 Res, \$65 Non-Res
<b>CODE:</b>	350026-1



# Teen Trip Series & Archery

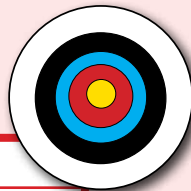


## FALL ARCHERY CLASSES

Instructor: Lucy Morris

Lucy Morris is USA Archery certified Level 4 NTS Archery Coach and Instructor Trainer. You can learn more about Lucy at [www.nearchery.com](http://www.nearchery.com), [TheFlyingArcher.com](http://TheFlyingArcher.com), and on Youtube: The Flying Archer. All equipment is provided.

The code of an archer: Honor, Respect and Kindness



### EPIC BEGINNER ARCHERY

Epic Beginner Archery is for those who are brand new or are returning to class. Come and enjoy an age old sport with family and friends. We will shoot at different kinds of targets and do some scoring. Embrace the inner spirit of letting go of a string and popping a balloon, hitting a rope, shooting at a target face and having fun.

<b>DATE:</b>	Fridays, Sept. 13 - Oct. 18
<b>AGES:</b>	7 and up
<b>LOCATION:</b>	Green Street Community Center
<b>PRICE:</b>	\$110 Resident, \$120 Non-Resident
TIME	CODE
5:00 p.m.- 6:00 p.m.	215001-1
6:15 p.m. - 7:15 p.m.	215001-2

### LADIES' NIGHT ARCHERY

It is TIME to learn an ancient sport or to come and brush off your skills! Increase your skill and confidence as you let go of stress and hit a balloon, rope, or a regular round target. It is our night to bond, laugh, and have fun together while pulling a string back and letting go of stress.

<b>DATES:</b>	Fridays, Sept. 13 - Oct. 18
<b>AGES:</b>	18 and up
<b>TIME:</b>	7:30 p.m. - 8:30 p.m.
<b>LOCATION:</b>	Green Street Community Center
<b>PRICE:</b>	\$110 Resident, \$120 Non-Resident
<b>CODE:</b>	215231-1

## ADULT CO-ED TENNIS LEAGUE

Instruction by: Pattu Pillai (PTR Certified)

These leagues are for intermediate level players - USTA rating 3.0. - 3.5. Participants should be able to keep score and play singles and doubles.



### First Summer Adult Leagues - Ages 18 +

<b>Time:</b> 6:00 p.m. - 7:00 p.m.	
<b>Location:</b> Memorial Field Courts	
<b>Price:</b> \$55 Residents, \$65 Non-Residents	
Dates	Code
Tuesdays 6/18 - 7/16	118514-2
Thursdays 6/20 - 7/25 (no class 7/4)	118514-3

### Second Summer Adult Leagues - Ages 18+

<b>Time:</b> 6:00 p.m. - 7:00 p.m.	
<b>Location:</b> Memorial Field Courts	
<b>Price:</b> \$55 Residents, \$65 Non-Residents	
Dates	Code
Tuesdays 7/23 - 8/20	118514-4
Thursdays 8/1 - 8/29	118514-5



# Adult Programs

## Dog Obedience

### Requirements:

- One dog over the age of 12 weeks. Your dog should be adaptable and neutral in the presence of other dogs.
- A large link chain or a rolled nylon slip collar 1.5 to 2 inches larger than your dog's neck. (The collars are mistakenly called "choke" collars. We do not choke dogs.)
- A six foot leash, leather or nylon, of suitable thickness for your dog's weight.
- A 15 foot long line, generally nylon (this is going to get dirty), of suitable thickness for your dog's weight.
- Optional, but strongly recommended, a variable stimulation, vibrating e-collar from either the [www.collarclinic.com](http://www.collarclinic.com) or [www.sportdog.com](http://www.sportdog.com)

### Basic & Advanced Dog Obedience - Ages 16+ Instructor: Maurice Regan

This eight-week obedience course will teach you and your dog to heel on your left side on a loose leash, sit and down on a single command and hold that position when you walk away, and come when called when on a long line. Your dog will also learn to hold a stand when examined by others and to "out" or leave distractions when requested.

For handlers and their dogs that have completed an introductory, basic obedience this course will build on the skills taught in the basic course. Handlers and their dogs will further refine their skills in heeling and automatic sits, sit-stays and down-stays on command and at a distance, and holding the sit and down-stays for extended periods of time in more distracting environments. Dogs and their handlers will learn to work reliably in public areas. Graduates of this advanced course should be ready to test for the United Kennel Club Specialized Pet Obedience Test.

**Dates:** Wednesdays, Sept. 11 - Oct. 30

**When:** 6:00 - 7:00 p.m.

**Location:** City Wide Community Center

**Price:** \$130 Residents, \$140 Non-Residents

**Code:** 600903-1



## FRENCH

### Beginner French - Ages 16+ Instructor: Lise Blais

Introduction to French language via vocabulary and basic grammar. Practical language usage will be practiced during class. No background in French necessary.

**When:** Tuesdays, 4 - 5:30 p.m.

**Location:** City Wide Community Center

**Price:** \$125 Resident, \$135 Non-Resident

**Dates**

9/10 - 10/15

**Code**

600204-1



### Advanced Conversational French - Ages 16+

Instructor: Lise Blais

Students registering for this course will continue to develop their knowledge of reading, writing, listening and speaking in French. Advanced conversation group will discuss new topics each week. Newcomers always welcome.

### Intermediate French - Ages 16+

Instructor: Lise Blais

This class is for advanced beginners who would like to improve speaking and writing skills. Some basic knowledge of French grammar is needed. Newcomers always welcome.

**When:** Wednesdays, 4 - 5:30 p.m.

**Location:** City Wide Community Center

**Price:** \$125 Resident, \$135 Non-Resident

**Dates**

9/11 - 10/16

**Code**

600304-1

**When:** Mondays, 4 - 5:30 p.m.

**Location:** City Wide Community Center

**Price:** \$125 Resident, \$135 Non-Resident

**Dates**

9/9 - 10/21 (No class 10-14-24)

**Code**

600208-1

# Adult Programs

## Yoga

### Yoga For MS - Ages 18+ Instructor: Nancy Kalinski

Yoga has proven to be beneficial to people with MS and to others with similar balance, strength, and flexibility problems. This therapeutic yoga class is for you if you are dealing with any of these problems because of a diagnosed medical condition. If you are new to the class please contact the instructor first to make sure this class is appropriate for you. (Nancy Kalinski email: counterpointyoga@gmail.com). Some of our work is done in a chair but we also stand and get down on a yoga mat. (Please provide your own.)

#### **YOGA FOR MS - COMMUNITY CENTER**

**When:** Saturdays, 10:00 a.m. - 11:00 a.m.

**Location:** City Wide Community Center

Dates	Price	Code
6/8 - 7/13	\$20 Res, \$30 Non-Res	600446-6
9/7 - 10/12	\$20 Res, \$30 Non-Res	600446-1

### Yoga For Arthritis - Ages 18+

Instructor: Nancy Kalinski

Yoga for Arthritis is a medically based yoga class specifically designed to improve pain and mobility. This gentle class is for individuals currently experiencing mild to moderate joint pain. The benefits for people with arthritis range from increased strength, balance, and flexibility to an improved sense of well-being. Yoga offers a comprehensive, progressive, safe and effective approach to healing. There are over 75 trials published on yoga in major medical journals.

**When:** Thursdays, 9:00 a.m. - 10:00 a.m.

**Location:** City Wide Community Center

Dates	Price	Code
6/6 - 7/18 (no class 7/4)	\$69 Res, \$79 Non-Res	600435-6
9/5 - 10/10	\$69 Res, \$79 Non-Res	600435-1

### Yoga For Backs - Ages 18+

Instructor: Nancy Kalinski

Do you have back problems? Have you tried yoga to help your back? Yoga For Backs is a medically based yoga class specifically designed to improve back pain and function, and prevent future back injuries. This class is for individuals currently experiencing mild to moderate back pain and other spine-related problems. It is also for anyone looking to continue the benefits of a previous back surgery or physical therapy program. These back and neck classes are for people with chronic back and/or neck injuries or for injuries past the immediate acute phase. They offer a comprehensive, progressive, safe and effective approach to back and neck healing.



**When:** Saturdays, 9:00 a.m. - 10:00 a.m.

**Location:** City Wide Community Center

Dates	Price	Code
6/8 - 7/13	\$69 Res, \$79 Non-Res	600433-6
9/7 - 10/12	\$69 Res, \$79 Non-Res	600433-1

### Vinyasa Flow Yoga - Ages 16+

Instructor: Brigid McNamee

This class offers a vinyasa flow from one posture to the next connecting the movement with the breath. Students will move through a variety of postures throughout the practice focusing on developing strength, flexibility and balance. The practice of controlled breath connected with movement is the foundation of a mind body connection which leads to stress reduction and improved movement.

**When:** Tuesdays, 6:00 - 7:00 p.m.

**Location:** City Wide Community Center

**Date:** 9/10 - 10/15

**Price:** \$60 Resident, \$70 Non-Resident

**Code:** 600448-1

## Zumba

### Zumba - Ages 16+ Instructor: Heidi Cary

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility and boosted energy. Class starts with adding resistance by using ® Toning Sticks (or light weights) which helps you focus on specific muscle groups, so you and your muscles stay engaged! End class with an interval-style, calorie-burning dance fitness party.

**When:** Thursdays, 5:30 - 6:30 p.m.

**Location:** City Wide Community Center.

**Price:** \$70 Residents, \$80 Non-Residents

Dates	Code:
6/20 - 8/8 (no class 7/4)	600424-6
8/22 - 10/3	600424-7
10/10 - 11/21	600424-1



Be sure to check online for our monthly Adult Drop-In Sports Calendar!

Indoor Pickleball and Basketball opportunities will be listed.



# Adult Programs

## Zumba - Ages 18+

Instructor: Laura Buono

As the saying goes, ditch the workout and join the party! You don't have to have any special coordination to join this friendly dance fitness party featuring an energizing playlist. Plus, you can set your own intensity level based on your personal abilities. The Latin inspired dance moves, matched up with great music, will make you forget that this is exercise but don't be fooled, you'll be burning all sorts of calories and will always leave with a smile on your face!



**When:** Tuesdays, 5:30 - 6:30 p.m.  
**Location:** City Wide Community Center.  
**Price:** \$45 Resident, \$55 Non-Resident  
**Dates**  
6/18 - 7/23  
7/30 - 9/3  
9/10 - 10/29 (no class 9/24 & 10/22)

**Code:**  
600445-8  
600445-9  
600445-10

**When:** Saturdays, 9:30 - 10:30 p.m.  
**Location:** City Wide Community Center.  
**Price:** \$45 Resident, \$55 Non-Resident  
**Dates**  
6/1 - 7/20 (no class 6/22 & 7/6)  
7/27 - 8/31  
9/7 - 10/19 (no class 9/21)

**Code:**  
600461-6  
600461-7  
600461-1



## Zumba Gold - Ages 50+

Instructor: Mitzi Caldron

Gold is the perfect class for older adults who may be beginners, fitness newbies, or in need of a modified fitness routine!

**Location:** City Wide Community Center.  
**Price:** \$25 Residents, \$35 Non-Residents  
**Dates**  
Wednesdays 6/26 - 7/31  
Saturdays 9/7 - 10/12

**Code**  
600421-6  
600421-1

**Time**  
9:00 - 9:45 a.m.  
8:30 - 9:15 a.m.

# PICKLEBALL

## "Fresh Pickles" Beginner Pickleball Lessons - Ages 18+

Instructor: Dan Lamoureux

Come learn the basic rules & fundamentals of Pickleball with Coach Dan and other brand new Pickleball players. This class is for brand new players - 3 months or less of pickleball experience. If you have your own paddle, please bring it. If not, we have some available.

**When:** Thursdays, 10:00 - 12:00 p.m.  
**Price:** \$35 Residents, \$45 Non-Residents  
**Dates**  
Thurs. 9/5 - 9/26  
Thurs. 10/3 - 10/24\*  
Thurs. 11/7 - 12/5\*  
\*10/17 class will be held Friday, 10/18 instead  
\*No Class 11/28

**Time**  
10 a.m. - 12 a.m.  
10 a.m. - 12 a.m.  
6 p.m. - 8 p.m.

**Code:**  
600449-1  
600449-2  
600449-3

## CPRD Pickleball Club - Beginner - Ages 18+

This group is designed for those who have some experience playing, know the general rules of the game, but are looking for slower speed of play so their knowledge of the game and skills can be developed. Space is limited to 24 players. This club is for participant play only - no lessons are provided. Participants must pre-register for this program. Please bring your own paddle and non-marking shoes. Drop-ins are not allowed.

**When:** Tuesdays/Saturdays  
**Price:** \$30 Residents, \$40 Non-Residents  
**Dates**  
Tues. 6/4 - 7/9  
Sat. 6/8 - 7/13  
Tues. 7/16 - 8/20  
Sat. 7/20 - 8/24  
Registration Deadline May 31  
Registration Deadline June 12

**Time**  
6 p.m. - 8 p.m.  
9 a.m. - 11 a.m.  
6 p.m. - 8 p.m.  
9 a.m. - 11 a.m.

**Code:**  
600455-6  
600455-7  
600455-8  
600455-9

## CPRD Pickleball Club - Skilled - Ages 18+

Players must know the rules and scoring system; be able to consistently get serves/returns in play with varying depth and speed; hit with directional intent and mix soft and hard shots; sustain longer rallies; and have only a moderate number of unforced errors. This level is for those who can play at a fast pace. Space is limited to 24 players. Participants must pre-register for this program. This club is for participant play only - no lessons are provided. Drop-ins are not allowed. Four indoor courts will be available

**When:** Thursdays/Saturdays  
**Dates**  
Thurs. 6/6 - 7/11  
Sat. 6/8 - 7/13  
Thurs. 7/18 - 8/22  
Sat. 7/20 - 8/24  
\* Week beginning 6/6 is 5 weeks - No class 7/4  
Registration Deadline May 31  
Registration Deadline July 12

**Time**  
6 p.m. - 8 p.m.  
12 p.m. - 2 p.m.  
6 p.m. - 8 p.m.  
12 p.m. - 2 p.m.

**Code:**  
600456-6  
600456-7  
600456-8  
600456-9

**Price:**  
\$25Res/\$35 Non Res\*  
\$30Res/\$40 Non Res  
\$30Res/\$40 Non Res  
\$30Res/\$40 Non Res

# Nature Programs

## Wild Edible Walk - 16+

Instructor: Linden Rayton

Explore common wild edible plants in our area at the beautiful Jim Hill Riverwalk property. Come for new knowledge or come for a refresher. Participants will learn foraging best practices as they identify and taste these common plants. We'll also get to check in on the site's vernal pool, where we will see tadpoles and other fun aquatic life.



**When:** Friday May 24, 2 p.m. - 3:30 p.m.  
**Location:** Jim Hill River Walk  
**Price:** \$14 Residents, \$24 Non-Residents  
**Code:** 600933-1

**When:** Sunday May 26, 3:30 p.m. - 4:45p.m.  
**Location:** Winant Park  
**Price:** \$9 Residents, \$19 Non-Residents  
**Code:** 600934-1

## Family Wildflower Hunt - All Ages

Instructor: Linden Rayton

Come and discover some of the beautiful wildflowers that grow in the spring, and bring the whole family! Learn how to identify our most common wildflowers and some of their unique properties, and complete a flower-finding scavenger hunt. Everyone Age 5 and older must register.

## Birding Field Trip - 16+

Instructor: Linden Rayton

Bring your binoculars and your sunscreen for a field trip to a birding hotspot Pickering Ponds in Rochester, NH. This lovely collection of ponds is reliable habitat for interesting birds of all sizes, from bald eagles to migrating warblers. We will meet there at 8am; a carpool is available. Terrain is almost entirely a level, wide grassy trail except for a narrower gravel entry section.



**When:** Wednesday May 29, 8 a.m. - 10:00 a.m.  
**Location:** Pickering Ponds, Rochester, NH  
**Price:** \$21 Residents, \$31 Non-Residents  
**Code:** 300312-1

**When:** Friday October 18, 7:30 p.m. - 8:45 p.m.  
**Location:** Jim Hill Riverwalk  
**Price:** \$10 Residents, \$20 Non-Residents  
**Code:** 600925-1

## Full Moon Hike - 18+

Instructor: Linden Rayton

Experience a walk-through fields and forests next to the Contoocook River by the light of the full moon. Bring a headlamp or flashlight to use as backup. Hiking poles or other supports may be helpful as the terrain is uneven in places. Program will occur with clear or cloudy skies, but will be canceled for rain.



## Summer Solstice Celebration - All Ages Welcome

Instructor: Linden Rayton

Celebrate our day of longest sunlight with a stop at the Merrimack Lodge in White Park, where you can make a sun-themed craft and complete a sun-spotted scavenger hunt throughout the park. Drop in at any time!



**When:** Thursday, June 20, 12 p.m. - 4:00 p.m.  
**Location:** Merrimack Lodge at White Park  
**Price:** Free

**When:** Sunday October 6, 1 p.m. - 2:30 p.m.  
**Location:** Marjorie Swope Park  
**Price:** \$13 Residents, \$23 Non-Residents  
**Code:** 600923-4

## Adult Mushroom Walk - Ages 18+

Instructor: Linden Rayton

Join naturalist Linden Rayton for an introduction to our common mushrooms and other fabulous fungi. We will identify different types of mushrooms, learn about mushroom safety, and take a dive into the subterranean world of the "wood wide web" This is not a foraging class. Closed-toed shoes and long pants recommended.

## Family Mushroom Walk - All Ages Welcome

Instructor: Linden Rayton

A family orientated mushroom walk! Join naturalist Linden Rayton to find different types of mushrooms, learn mushroom safety tips and explore our fabulous fungi. This is not a foraging class. Closed-toed shoes and long pants recommended. Everyone Age 5 and older must register.

**When:** Sunday October 6, 3 p.m. - 4:15 p.m.  
**Location:** Marjorie Swope Park  
**Price:** \$10 Residents, \$20 Non-Residents  
**Code:** 600921-4



# Adult Programs

## Trails & Ales - Ages 21+

**Instructors:** City of Concord Staff

Hike different Concord trails and discover local natural history, then get a free beer at our partner brewery. Trail locations are listed below. Participants can register for the entire series or individual sessions, and are responsible for their own transportation to the trails and the brewery.

**When:** 5:00 - 7:00 p.m.

**Price:** \$24 Resident, \$34 Non-Resident

Session 1 - Thursdays		
Dates	Locations	Codes
June 6	Jim Hill Riverwalk	600919-1
June 13	Marjorie Swope Park	600919-2
June 20	Sewells Falls Park	600919-3
*All Three Dates: 600919-4 - special pricing		

Session 2 - Wednesdays		
Dates	Locations	Codes
October 16	Weir Rd Trails	600930-1
October 23	Broken Ground Trails	600930-2
October 30	Winant Park	600930-3
*All Three Dates: 600930-4 - special pricing		

\*Enjoy a discounted price if you register for all 3 dates **Price:** \$70 Resident, \$90 Non-Resident



## TAI CHI

### Beginners Introduction to Tai Chi Slow Set- Ages 18+

**Instructor:** Darcy Cushing

Learn how to practice the traditional 108 movement Yang Tai Chi form that has been described as the equivalent of doing acupuncture on yourself. Beginners are invited to share in this centuries old art form as taught by Masters Tung Kai Ying and Tung Chen Wei. Reduce stress, strengthen legs, back and abs, improve balance, enhance immunity, prevent or relieve arthritis, and generally approach each day with an upbeat perspective and a lighter step.

**When:** Tuesdays, 4:15 p.m. - 5:15 p.m.

**Ages:** 18+

**Location:** City Wide Community Center

**Price:** \$135 Residents, \$145 Non-Residents

**Dates** (8 weeks)

**Code:**

6/4 - 7/23

600439-5

8/6 - 9/24

600439-6

**When:** Tuesdays 3:00 p.m. - 4:00 p.m.

**Ages:** 18+

**Location:** City Wide Community Center

**Price:** \$135 Residents, \$145 Non-Residents

**Dates** (8 weeks)

**Code**

6/4 - 7/23

600441-5

8/6 - 9/24

600441-6

### Tai Chi Slow Set - Ages 18+

**Instructor:** Darcy Cushing

Learn how to practice the traditional 108 movement Yang tai chi form that has been described as the equivalent of doing acupuncture on yourself. Beginners and returning students will be enthusiastically welcomed to share in this centuries old art form as taught by Masters Tung Kai Ying and Tung Chen Wei. Reduce stress, strengthen legs, back and abs, improve balance, enhance immunity, prevent or relieve arthritis, and generally approach each day with an upbeat perspective and a lighter step. Beginners Welcome!

**When:** Tuesdays 5:30 p.m. - 6:30 p.m.

**Ages:** 18+

**Location:** City Wide Community Center

**Price:** \$135 Residents, \$145 Non-Residents

**Dates** (8 weeks)

**Code**

6/4 - 7/23

600440-5

8/6 - 9/24

600440-6

### Tai Chi Slow Set Continuation - Ages 18+

**Instructor:** Darcy Cushing

Those who have previously learned Tai Chi Gong and the first section of the 108 movement Yang tai chi form are invited to continue their studies to complete the Yang form as taught by the Tung family. As students continue to advance in their studies they will be afforded the opportunity to learn additional related forms, exercises and applications. Not a Beginner Class!

# Senior Program/FAQ Online Registration

## Senior Citizen Program

Concord Parks & Recreation invites you to join our Senior Citizen Programs. Visit us at the City Wide Community Center to learn more about the Senior Passport and get a look at our Senior Lounge. Comfy chairs, good conversation and a great time awaits!



### Senior Passport (55 yrs. and older)

All registered Senior Program participants will receive their "passport" and use it to check in when participating in senior programming.

The Senior Passport is FREE for Concord residents and is available to non-residents for a \$50.00 yearly fee.

The Senior Passport will provide FREE access to the following programs as well as the Senior Lounge on Mon., Tues. and Wed. from 9:00 a.m.-1:00 p.m.

Take Part in One or More of our fun activities!

- \*Book Club
- \*Cribbage
- \*Indoor Walking(winter)
- \*Lunches
- \*Mah Jongg
- \*Music Jams
- \*Scrabble
- \*Table Tennis & More!



To register for your Senior Passport simply stop by the City Wide Community Center.

### Want to know what's going on?

Every month we publish a Senior Program Calendar, which can be found at the City Wide Community Center or by visiting our website ([www.concordparksandrec.com](http://www.concordparksandrec.com)) and viewing the Senior page. The calendar will list all Senior Programs for the month. Please note some programs do require advance sign up and a minimal fee.

## ONLINE REGISTRATION ACCOUNT INFORMATION How to Update Family Members on Your Online Account

- \*Go to our website: [www.concordparksandrec.com](http://www.concordparksandrec.com)
- \*Click on the "Online Registration" button
- \*Sign into your account with your username and password
- \*Once signed in, click the "Account" tab on top of the page
- \*Then click on the "Household & Member" drop-down button
- \*You will have options to edit most of the information
- \*To add a new family member, click the "Add New Member" button
- \*Items you can change include:

- Email, Phone numbers, Medical concerns, Child's grade in school

\*You will not be able to change: names, birthdates or addresses. If you entered a wrong birthday or address when you created the account, please contact us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov) or call us at 603-225-8690

### How to find your username and password

- \*If you do not know your username or password, click the "Login" button
- \*Then, click on the forgotten password or forgotten username.
- \*Enter your email address and click submit
- \*You should receive an email with your username or password in about 5 minutes
- \*If you don't receive an email, then we have a different email on file or you need to create an account
- \*If you need to create a new account, click on the create a new account button.
- \*If you are not sure if you have an account, please contact us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov) or 603-225-8690





# How to Register

All classes have limited space and are first come, first served. Full class details are on our website.

## HOW DO YOU REGISTER?

It's simple and easy.

You can:

### Register via paper form

- 1) Register with us directly by stopping by the Concord Parks & Recreation Office, 14 Canterbury Rd. (Please refer to the operating hours on page 2 of this brochure).
- 2) Visit our website, [www.concordparksandrec.com](http://www.concordparksandrec.com) and download the registration form, fill it out and mail, fax, or bring it in with your payment (cash, checks, or credit cards).

or

### Register online

- 1) You can register online - if you have taken part in one of our programs in the past you already have a user name and password. If you are new you can create a household to allow you to register online. Please take the time to fill out all information online: family members, date of birth, grade, emergency contact information and email etc. Questions please email us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov) and someone will get back in touch with you within 2 business days.

### Please Note:

- Registration forms must be completed by a parent or legal guardian if registrant is under 18.
- Please register early - all classes, camps or programs have limited space. Registrations are taken on a first come, first served basis and may fill up before listed deadlines.
- Please complete the registration form in full. Be sure to include the program code number. List all the programs you and/or your children will be participating in on the registration form.

## NON-RESIDENTS

Non-residents must pay an additional non-resident fee. Also, some programs are limited to Concord/Penacook residents only.

Families must reside in Concord/Penacook to qualify for residency rates. Business ownership does not qualify.

## PHOTO POLICY

We may take photographs and/or video for Department marketing purposes only. If you do not want your child to be photographed, please note this on your registration form.

## YOUTH RECREATION SCHOLARSHIPS

Concord Parks & Recreation Department tries to keep its fees at an affordable level for all Concord/Penacook residents. If you have an unusual family financial situation that limits participation due to the fee, please contact the Parks & Recreation Department to make arrangements for a fee reduction. Scholarships are available for most (but not all) youth programs. Scholarships are not available to Non-Residents or for adult programs and do not include late fees.

## PROGRAM CANCELLATIONS

### **Weekends:**

Should we experience inclement weather on weekends, staff will post any closings/cancellations on our Facebook page by 8:00 a.m. for morning programs and 1:00 p.m. for afternoon/evening programs.

### **Evening Activities:**

Cancellation for evening activities will not be made until at least 3:00 p.m. to allow for changing weather conditions.

### **Cancellation Notifications:**

Cancellations will be posted online on our Facebook page.

If deteriorating conditions force on-site cancellations, a representative will remain on site until all children are picked up by their parent or guardian.

### **Weather Cancellation Refund Policy:**

In the event of inclement weather, it may be necessary to cancel Concord Parks & Recreation programming. In all cases, safety is of the utmost importance. Refunds will not be processed if programs are cancelled due to weather. However, when possible, Concord Parks & Recreation will do our best to reschedule.

## PROGRAM REFUND POLICY

Refunds are issued when a program is canceled by the City or when the participant enrolled in the program has a note from their physician's office stating they are not able to participate in a program because of a medical condition.

## 2024 CAMP REFUND POLICY

All requests for refunds must be made in writing (email is ok). Cancellations received three weeks or more prior to the start of the camp are eligible for a full refund minus the \$20 per camp deposit required at registration. Cancellations received under three weeks will not be eligible for a refund unless accompanied by a doctor's note.

[www.facebook.com/concordparknrecdept](https://www.facebook.com/concordparknrecdept)

[www.instagram.com/concordparksnrec](https://www.instagram.com/concordparksnrec)

## FOR ALL SUMMER CAMPS PAYMENT PLAN

- A non-refundable payment of \$20 per week is required at time of registration.
- Balance of each camp week is due 14 days prior to the start of that camp.

Payment plans must be arranged through the Parks and Recreation Office





# **FREE DROP-IN FUTSAL**

**Wednesdays Nights**  
**MAY 22 - JUNE 26**  
**JULY 10 - AUGUST 14**

**Ages 10-15 6:00-7:30pm**  
**Ages 16+ 7:30-9:00pm**

**Keach Park - Mini Pitch**  
**Newton Ave.**

