



Concord Parks & Rec



2021-2022 Fall-Winter Brochure

Fun For All Ages!!

General Information

CONCORD PARKS & RECREATION DEPARTMENT

Office Hours Starting November 1st

Monday - Thursday 8 a.m. - 8 p.m.
 Friday - 8 a.m. - 6 p.m.
 Saturdays - 8 a.m. - 2 p.m.

14 Canterbury Rd., Concord, NH 03301
 Phone: 603-225-8690
 Fax: 603-225-8589

Email: recreation@concordnh.gov
www.facebook.com/concordparknrecdept
www.instagram.com/concordparksnrec

Meet Our Staff

David Gill. Director
 Laura Bryant. . . . Assistant Director
 John Andersch . . . Recreation Assistant
 John Dennett. . . . Recreation Assistant
 Terri Stevenson . . Fiscal Supervisor
 Steve dePreaux . . Parks Supervisor
 Phil Davis Director of Operations/
 Golf Professional 603-228-8954
 Jill McDaniel-Huckins . Cemetery Administrator
 603-225-3911

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To Avoid Class Cancellation Be An Early Bird!

Register at least 7 days prior to the start date to avoid class cancellation!

All classes have limited space.

RECREATION & PARKS COMMITTEE

Althea Barton Ward 1
 Robert Avery Ward 2
 Chiara Dolcino Ward 3
 Jennifer Roff Ward 4
 Stacey Brown Ward 5
 Andrew Doyle Ward 6
 Nick Kotkowski Ward 7
 Marilyn Fraser. Ward 8
 Nora Ismael Ward 9
 Mary Miller (Chair). Ward 10

David Gill.....Parks and Rec Dept.
 Laura Bryant Parks and Rec Dept.
 Heather ShankPlanning Division

City Council Members

Candace White Bouchard
 Nathan Fennessy



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 discover 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 (@ConcordNHLib).

Library Hours for the Heights Branch

Wednesdays: 9 a.m. to 3 p.m.
 Saturdays: 9 a.m. to 1 p.m..

How to Register

HOW DO YOU REGISTER?

It's simple and easy.

You can:

Register via paper form

- 1) Register with us directly at the Concord Parks & Recreation Office, 14 Canterbury Rd. Please call 225-8690 to make an appointment.
- 2) Visit our website, www.concordparksandrec.com and download the registration form, fill it out and mail, fax, or bring it in (by appointment) with your payment (cash, checks, 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 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 for youth activities.
- 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.

Please register as soon as possible as it will help ensure that classes will run. Some classes may be cancelled within 5 days of starting if the class minimum is not met.

NON-RESIDENTS

Non-residents must pay an additional non-resident fee. 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.



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 scholarship. 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.

Daytime Activities:

Programs may be cancelled due to inclement weather. A decision regarding a cancellation will be made at least one hour prior to the start of a program. If deteriorating conditions force on-site cancellations, a representative will remain on site until all children are picked up by their parent or guardian.

Evening Activities:

Cancellation for evening activities will be made by 3:00 p.m.

Cancellation Notifications:

Cancellations will be posted on our Facebook page or via email.

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 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.

To register please download a paper registration form from our website (www.concordparksandrec.com) or visit our office at 14 Canterbury Rd. Concord NH.

www.facebook.com/concordparknrecdept

www.instagram.com/concordparksnrec



Community Info

INTOWN CONCORD
PRESENTS
THE 12TH ANNUAL
Halloween Howl

29 OCTOBER 5:30 - 7:30 PM | MAIN STREET
DOWNTOWN CONCORD, NH

FEATURING
DOWNTOWN TRICK OR TREATING
"NOT SO SCARY" DANCE PARTY WITH DJ DARREN
FREE GAMES & ACTIVITIES
COSTUME CONTESTS
MORE!

(603) 226-2150 | www.IntownConcord.org

THANK YOU TO OUR
SPONSORS!

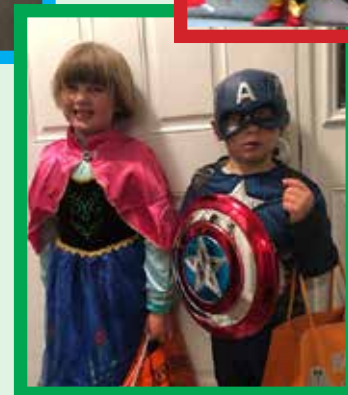
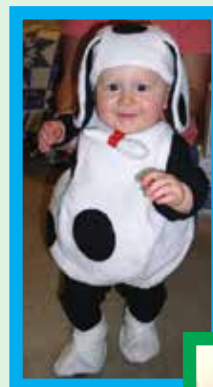


Altitude Trampoline Park
Double Midnight Comics

**SUGGESTED
TRICK OR TREAT HOURS**

PENACOOK
Saturday, October 30, 5 - 7:30 p.m.

CONCORD
Sunday, October 31, 5 - 7:30 p.m.



KEACH PARK

HALLOWEEN HIKE

SATURDAY OCTOBER 30TH 1-3PM

www.concordparksandrec.com

For more information about the Halloween Hike, please see our webpage at www.concordparksandrec.com!

Rental Facilities

Concord Parks & Recreation will now be offering rentals at four facilities. Along with the familiar Green St. Community Center, and the West Street Ward House rental locations we also offer space at the City Wide Community Center and the Merrimack Lodge at White Park.* This will allow 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.

City Wide Community Center

Resident Rental Rates	
Meeting Rooms	\$45 per hour
Exercise Rooms	\$50 per hour
Harriet Dame Auditorium	\$100 per hour
Gymnasium	\$90 per hour prime time \$60 per hour non-prime time
Concord-based Non-Profit Rates	
Meeting Rooms:	\$22.50 per hour
Harriet Dame Auditorium:	\$50.00 per hour
Prime time consists of Monday - Friday after 5:00 p.m., weekends and holidays	
Non-residents and non-resident groups are charged an additional \$15 per hour	



West Street Ward House	Green Street Community Center
\$25/hour	Gym - \$72/hour
Non-residents and non-residents groups are charged an additional \$15 per hour	



Merrimack Lodge at White Park

Resident Rental Rates:

\$300 for the first 2 hours (minimum), \$100 per hour after the first 2 hours.

Non-Resident Rental Rates:

\$315 for the first 2 hours (minimum), \$115 per hour after the first 2 hours.

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



Adult Classes

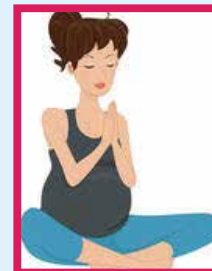
FITNESS

All Yoga Participants: Please dress in unrestrictive clothing, bring a water bottle and yoga mat. Yoga is practiced in bare feet or you can bring 'yoga' socks with sticky pads on the soles.

Prenatal Yoga - Instructor: Peggy Petahtegoose

Prenatal Yoga is one of the best health programs for you and your baby. This course helps you keep active, learn breathing methods, meditation practices, and what will happen to your body over the course of the next 10+ months. Everything changes within you physically, mentally, emotionally, and spiritually. We cover what you might expect during labor and delivery. This is your time to be fully engaged and most importantly INFORMED for your baby's birth date. Meet other Mom's, create your new friendships and find support in this community. Eat a light meal before, pack a light snack for after class. Bring water for during class.

When: Wednesdays, 12:00 - 1:00 p.m.
Location: City Wide Community Center
Cost: \$115 Resident, \$125 Non-Resident
Date **Code**
 11/3 - 12/15 (no class 11/24) 600422-2



Postpartum Yoga - Instructor: Peggy Petahtegoose

Congratulations! You and your newborn are ready for Mommy and me time. Post Natal Recovery Yoga is to help your body to gently and compassionately regain its strength from the epic work it did to help you bring this beautiful little soul into this world. You need help, encouragement and understanding. This is a time of restorative poses, quiet time. Nursing if your baby requires it. It takes a village to care for YOU and your newborn, learn what that includes for you, your friends and family. Newborns to crawler welcome.

When: Wednesdays, 1:00 - 2:00 p.m.
Location: City Wide Community Center
Cost: \$115 Resident, \$125 Non-Resident
Date **Code**
 11/3 - 12/15 (no class 11/24) 600423-2

ADULT GYM DROP-IN (18+)

\$3.00 Res. (w/ID), \$4.00 Non-Res.

October November December 2021



Participants must bring their own paddle for pickleball and basketball for drop in.

(603) 225-8690

www.concordparksandrec.com

DAY	GREEN ST. COMMUNITY CENTER 39 Green Street, Concord	CITY WIDE COMMUNITY CENTER 14 Canterbury Road, Concord
MONDAY	PICKLEBALL 9 A.M. - 12 P.M.	
TUESDAY	OPEN GYM 11:30 A.M. - 1:30 P.M.	PICKLEBALL 11 A.M.-2P.M.
WEDNESDAY	PICKLEBALL 9 A.M. - 12 P.M.	
THURSDAY	OPEN GYM 11:30 A.M. - 1:30 P.M.	PICKLEBALL 11A.M.-2P.M.
FRIDAY	PICKLEBALL 9 A.M. - 12 P.M.	
	*Pickleball Starts Oct. 18th *Open Gym Starts Oct. 5th * Cash only for Green Street	*Pickleball Starts Oct. 19th

No Drop-In Green Street and CWCC: 11/11, 11/25, 11/26

No Drop-In Green Street: 11/1, 11/2, 11/3

Adult Classes

FITNESS

All Yoga Participants: Please dress in unrestricted clothing, bring a water bottle and yoga mat. Yoga is practiced in bare feet or you can bring 'yoga' socks with sticky pads on the soles.

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 - 10 a.m.

Dates: 11/6 - 12/11

Location: City Wide Community Center

Cost: \$69 Resident, \$79 Non-Resident

Code: 600433-2

When: Thursdays, 9 - 10 a.m.

Dates: 10/21 - 12/9 (no class 11/11 & 11/25)

Location: City Wide Community Center

Cost: \$69 Resident, \$79 Non-Resident

Code: 600435-2



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 wellbeing. Yoga offers a comprehensive, progressive, safe and effective approach to healing. There are over 75 trials published on yoga in major medical journals.



Yoga For MS - Ages 18+

Instructor: Nancy Kalinski

If you have MS this yoga class is for you. The on-going class teaching style takes into account any balance, muscle stiffness and fatigue you may be experiencing that can be common with MS. We work in a chair or with mats to provide the best learning environment for you on the day of the class. Although this is a class setting, the work is very individual and you get the special attention you need to get the most benefit.

Note: If you are new to the class, please contact me first to make sure this class is appropriate for you. (nkalinski@gmail.com)

When: Saturdays, 10:30 - 11:30 a.m.

Dates: 11/6 - 12/11

Location: City Wide Community Center

Cost: \$10 Resident, \$20 Non-Resident

Code: 600446-2

When: Thursdays, 11:00 - 11:45 a.m.

Dates: 10/21 - 12/9 (no class 11/11 & 11/25)

Location: ZOOM

Cost: \$10 Residents, \$20 Non-Residents

Code: 600434-2

Yoga For COPD - ZOOM SESSION - Ages 18+

Instructor: Nancy Kalinski

This medically based mostly chair yoga class is designed for those with COPD. The classes are intended to help you to focus on breath, strengthen the muscles involved in breathing and to improve overall strength, balance and flexibility. There is an emphasis on safe modification of yoga poses to help you work with your current physical capability. Relaxation techniques are also included to reduce mental stress often related to chronic conditions. No yoga experience is required. Students should have already been a part of a Pulmonary Rehab program.

Adult Classes

FITNESS



Cindy Gidley, a licensed Zumba instructor since 2014, teaches regular Zumba, Zumba Toning and Zumba Gold. She regularly attends instructor choreography sessions, in order to bring fresh new & exciting songs and routines to her classes. When you come to a class, wear comfortable sneakers (the less tread the better) and light, breathable clothing. Remember to bring some water and a towel. Cindy is available to answer questions by contacting her through her website at <http://cindygidley.zumba.com>.

Pound Class - Ages 16+

Instructor: Cindy Gidley

Channel your inner Rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat dripping fun of playing the drums.

When: Thursdays, 5:00 - 5:30 p.m.

Location: City Wide Community Center

Dates: 11/4 - 12/16 (5 weeks, no class 11/11 & 11/25)

Cost: \$38 Resident, \$48 Non-Resident

Code: 600416-2



Zumba Toning & Zumba Combo - Ages 16+

Instructor: Cindy Gidley

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility and boosted energy. Class starts with adding resistance by using Zumba® 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, 6:00 - 7:00 p.m.

Location: City Wide Community Center

Dates: 11/4 - 12/16 (5 weeks, no class 11/11 & 11/25)

Cost: \$53 Resident, \$63 Non-Resident

Code: 600424-2



Karen became certified to teach REFIT® in 2017 and enjoys teaching this format because it is designed for everyone. She wants to share with others what makes REFIT a great fitness experience! Karen can be contacted through her Facebook page at [Facebook.com/Totally REFIT](https://www.facebook.com/TotallyREFIT)

Refit Revolution - Ages 18+

Instructor: Karen Hammond

The REFIT® experience combines powerful movements and positive music for a cardio-based workout that is challenging, effective and fun for everyone. The 60-minute workout uses an interval system designed to provide a full-body workout.



When: Wednesdays, 5:00 - 6:00 p.m.

Dates: 11/3 - 12/8

Location: City Wide Community Center

Cost: \$60 Resident, \$70 Non-Resident

Code: 600425-2

Adult Classes

FITNESS



Mitzi was born in Mexico City and started instructing aerobics 20 years ago. Kids and fitness are her biggest passions. She teaches Zumba fitness, Zumba Gold, Zumba toning, and Strong by Zumba. She is ready to show everyone that Zumba is a fabulously fun fitness program!



Zumba Gold - Ages 50+
Instructor: Mitzi Caldron

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

When: Wednesdays, 11:00 - 11:45 a.m.

Dates: 11/3 - 12/8

Location: City Wide Community Center

Cost: \$25 Resident, \$35 Non-Resident

Code: 600421-2



Katya Brennan is a licensed instructor in Buff Bones®, and a certified Pilates Mat and Apparatus instructor. Katya has been teaching in Concord for nearly 10 years. She trained and received her certification at Concord Pilates where Katya continues to teach Pilates apparatus classes.



Buff Bones - Ages 50+

Instructor: Katya Brennan

Buff Bones is a medically-endorsed, full body work out for bone strengthening and balance. It integrates Pilates, strength training, functional movement and rehabilitative exercise to improve the health and longevity of your bones and joints. Its adaptable to varying levels and is safe for those with osteoporosis.

JOIN THE MOVEMENT - BUILD A LEGACY OF BUFF BONES!

When: Tuesdays, 12:30 - 1:30 p.m.

Date: 11/2 - 12/7

Location: City Wide Community Center

Cost: \$50 Resident, \$60 Non-Resident

Code: 600432-2

*Please bring a mat.

HYPNOSIS

Group Hypnosis For Deep Relaxation- Ages 18+

Instructor: Linda Abbott

Sit back, put your feet up and enjoy guided deep relaxation. This just might be the easiest class you've ever had! As you explore your inner self, receive the benefits that hypnosis offers: increased health and wellness, lower anxiety, mindfulness. Enjoy the exploration and see where it takes you!

When: Wednesdays, 1:30 - 2:30 p.m.

Dates: 11/3 - 11/17 (3 weeks)

Location: City Wide Community Center

Cost: \$25 Resident, \$35 Non-Resident

Code: 600906-2



**To Avoid
Class Cancellation
Be An
Early Bird!**

**Register at least 7 days prior
to the start date to avoid class
cancellation!**

All classes have limited space

Adult Classes

LANGUAGE

Intermediate French - Ages 16+ Instructor: Lise Blais

Students will further develop their knowledge of basic, themed vocabulary and continue work on grammatical concepts needed to develop and understand the language. French will be used as much as possible during class. Two years of high school French instruction is recommended.

When: Wednesday, 5:30 - 7:00 p.m.
Dates: 11/10 - 12/15
Location: City Wide Community Center
Cost: \$125 Residents, \$135 Non-Residents
Code: 600304-2

Materials: C'est à toi 2, (2nd edition) ISBN: 978-0-82196-017-2



Advanced 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. French will be the target language used during class. The prerequisite for this class is Intermediate French.

When: Mondays, 5:30 - 7:00 p.m.
Dates: 11/8 - 12/13
Location: City Wide Community Center
Cost: \$125 Residents, \$135 Non-Residents
Code: 600208-2

Materials: C'est à toi 2, (2nd edition) ISBN: 978-0-82196-017-2

PAINTING

Paint Night - Ages 16+ Instructor: Katrina Wynott

At Paint Night you will be instructed on how to create a masterpiece of your own. From mixing paint colors, to creating simple shapes to form a completed composition. Each paint night will offer a different themed painting to follow along to.

Although everyone will be painting the same thing, all paintings will be different, and beautifully unique. In this class we will be using acrylic paint, and you will be given step-by-step instruction. It is perfect for any painting level, or someone wanting to try something new!
All supplies included.

When: Wednesday, 5:30 - 7:30 p.m.
Dates: October 20
Location: Merrimack Lodge
Cost: \$42 Residents, \$52 Non-Residents
Codes: 600114-4

PHOTOGRAPHY

Camera II:

Take Your Photos to the Next Level and Basic Photoshop Ages 16+
Instructor: Joanna Novembrino

You've moved beyond snapshots and understanding your camera controls, so now you're ready to explore photography's creative and expressive potential. Each week, you will have challenging (but fun!) assignments. We will look at each other's photos, discuss their strengths and weaknesses, and select the very best. In addition, you will learn how to enhance your photos with a few basic but essential steps in Photoshop. You will be encouraged to stretch yourself creatively and express what is unique about your vision, while learning how to analyze your photos objectively.

When: Tuesdays, 6:00 - 8:30 p.m.,
Dates: 11/2 - 12/7
Location: City Wide Community Ctr.
Cost: \$125 Residents, \$135 Non-Residents
Code: 600107-2

Participants must bring a laptop to class which has the Adobe Photoshop Creative Cloud software.

Senior Program

Meet our Senior Coordinator:

Becky Bukowski has been working at Concord Parks & Recreation Senior Coordinator since November 2014. Becky came to work for Parks & Recreation after she retired from the NH Department of Health and Humans Services after 29 years of service. Becky can be reached either by phone (603-230-4982) or email (rbukowski@concordnh.gov).



Senior Passport (60 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, Wed. and Fri. from 9:00 a.m.-1:00 p.m.

Below is a sample of programs offered during the week.

Mondays	Wednesdays	Fridays
Walking Group 9 - 11	Walking Group 9 - 11	Walking Group 9 - 11 *Knitting 10 - 12 *Adult Coloring 10 - 12 *Scrabble 10 - 12 *Book Discussion 11-12:30 *Trivia 10 - 12
The walking group may use walking path at Keach Park when weather permits. When walking indoors the group will utilize the gym.		
*Some Friday programs will alternate weekly. Please check the weekly calendar.		

Concord Parks & Recreation looks forward to seeing you at one of our senior programs. Please come visit us at the City Wide Community Center to learn more about the Senior Passport and to get a look at the Senior Lounge pictured below.

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) 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.



Concord Parks & Recreation Senior Program will also offer the following programs in partnership with Concord Regional VNA:

Senior Health Clinics

The first Tuesday of every month 9:00-1:00 p.m.
Location: West St. Ward House, 41 West St. Concord, NH

Senior Health Clinics

The third Friday of every month 9:00-1:00 p.m.
Location: West St. Ward House, 41 West St. Concord, NH

Senior Health Clinics

The fourth Friday of every month 9:00-3:00 p.m.
Location: City Wide Community Center, 14 Canterbury Rd. Concord, NH

Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Senior Health Clinic services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. To schedule an appointment, please call (603) 224-4093, extension 5815.



WHAT'S HAPPENING

WHAT'S HAPPENING AT CONCORD PARKS & REC?

Concord Parks and Recreation is looking forward to a year of growth! We have several exciting projects in the works!



Pickleball at Rolfe Park

Construction of 4 new permanent outdoor Pickleball courts is due to start this fall with completion date of June 2022

BMGC Track Groomer

Concord Parks & Recreation in partnership with community members is working to raise funds to purchase a snow groomer for the XC trails at Beaver Meadow Golf Course.

Why Pollinator Gardens?

A pollinator garden is planted to provide nectar or pollen for a wide range of pollinating insects. As part of a year long effort the Parks & Recreation Dept. along with Assistant City Planner Beth Fenstermacher the city plans to install pollinator gardens around the city. The City currently has gardens at Merrill Park and White Park. A third garden will be installed at Rollins Park in October.

For more information on these projects please visit www.concordparksandrec.com

Concord Crush Lacrosse



LACROSSE SPRING LEAGUES

The Concord Parks & Recreation Department is happy to partner with Concord's youth lacrosse league, Concord Crush. The Parks & Recreation Department will process registrations only, as the league is separate and non-profit with its own board of directors. Concord Crush will offer spring lax program for boys and girls for age groups: 8U, 10U, 12U, and 14U. This is a travel league and all games are played on weekends with practices on weekday evenings. All coaches are USLacrosse Level 1 certified. For complete information on this youth lacrosse league please go to the Concord Crush website. Players do not need to register with USLacrosse for the 2022 spring season.

According to NHYLA rules, children must play in their town or city lacrosse program where they live. If the town does not have a youth lacrosse program in the NHYLA, the child may play for Concord.

8U: 1st & 2nd Grade	
BOY'S CODE: 114015-1	GIRL'S CODE: 114097-1
10U: 3rd & 4th Grade	
BOY'S CODE: 114015-2	GIRL'S CODE: 114097-2
12U: 5th & 6th Grade	
BOY'S CODE: 114015-3	GIRL'S CODE: 114097-3
14U: 7th & 8th Grade	
BOY'S CODE: 114015-4	GIRL'S CODE: 114097-4

PROGRAM DATES: April - June, 2022
COST: \$150 pp

DEADLINE: December 31st, 2021

Practice Information: Players will be notified by their coaches in April, closer to the start of the season.

www.concordcrush.com



LEARN TO PLAY



LITTLE CRUSH

LACROSSE CLINIC	
Our winter lacrosse clinics for boys and girls are focused on raising the skill and lacrosse IQ of returning players during the off-season. New players are also welcome, and will be placed with their appropriate age group. PLEASE NOTE: Each age group (U8 - U14) will get a 1-hour time slot each week. Exact days and times will be available on November 13th. <u>This clinic is only for Lax players who have also signed up for the regular spring lacrosse season.</u>	
DATES:	To Be Determined
GRADES:	1 - 8
TIME:	To Be Determined
LOCATION:	Seacoast United Concord Indoor Sports, 10 Ferry St., Concord
COST:	\$0 if registered on or before 12/31 \$25 if registered after 12/31
CODE:	114030-1
Registration Deadline: January 21 (limited space)	

LITTLE CRUSH	
Little Crush is a co-ed learn-to-play lacrosse program for children ages 4 through 6 years old. U.S. Lacrosse certified coaches will teach basic lacrosse skills and stick work such as scooping ground balls, cradling and passing and catching, through fun interactive play and activities with the players.	
DATES:	Saturdays, April 16 - June 11 (No Class April 30)
AGES:	4 - 6
TIME:	10:00 - 11:00 am
LOCATION:	Martin Field
COST:	\$30
CODE:	114025-1

Winter Fun

ICE SKATING LESSONS

Lace up your skates and conquer the ice with Concord Parks & Recreation's Learn-to-Skate Program. Register at our office at 14 Canterbury Rd. in person, by mail, fax, or online. **Registrations cannot be taken at the Everett Arena.** Children ages 4 - 6 are required to wear helmets (bike helmets are acceptable). Participants will need single blade skates only - no double runner skates. All participants need gloves/mittens.

LESSONS - AGES 4 TO ADULT		SATURDAYS	
LEVEL	TIME	SESSION 1 Nov. 6 - Dec. 18 (no class Nov. 27)	SESSION 2 January 8 - February 12
Basic Beginner	Saturday, 10:10 - 10:40 a.m.	317292-1	317292-2
Basic Beginner	Saturday, 10:50 - 11:20 a.m.	317392-1	317392-2
Beginner	Saturday, 10:10 - 10:40 a.m.	317492-1	317492-2
Beginner	Saturday, 10:50 - 11:20 a.m.	317592-1	317592-2
Intermediate	Saturday, 10:10 - 10:40 a.m.	317692-1	317692-2
COST:	\$90 Resident, \$100 Non-Resident		All lessons held at the Everett Ice Arena.

LEVELS
BASIC BEGINNER- Ages 4 and older who have never skated or cannot stand up alone on ice skates.
BEGINNER - Ages 4 and older who can stand up and skate forward.
INTERMEDIATE - Ages 4 and older who have taken lessons, can skate forward, go backward and cross cut.



CONCORD NORDIC BKL

Instruction provided by BKL Volunteer Coaches

The Concord Nordic BKL is for skiers from K through 5th grade. We will meet on Fridays after school with an optional meeting on Saturday or Sunday at Waterville Valley. Skiers participate in games, skills development, and, optional regional BKL races and the New England BKL Festival.

YOUTH SKI LEAGUE	
DATES:	Fridays, January 7 - February 11
TIME:	4:00 - 5:00 p.m.
LOCATION:	Beaver Meadow Golf Course
COST:	\$50 Resident, \$60 Non-Resident
GRADES	CODES
K - 1	313615-1
2 - 3	313615-2
4 - 5	313615-3
Participants will need to bring their own equipment	



FREE WINTER OUTDOOR ACTIVITIES

GROOMED X-COUNTRY TRAILS

- * Beaver Meadow Golf Course
- * White Farm - Park at Memorial Field Parking Lot
- * Memorial Field

Trails will usually open and be groomed once there is 8 inches of snow on the ground.

Rental equipment available at S&W Sports in Concord.

PLEASE READ AND OBEY ALL SIGNS
 STAY ON GROOMED TRAILS
 NO PETS ALLOWED ON TRAILS

OUTDOOR ICE SKATING AREAS

- * White Park
- * Rollins Park
- * Beaver Meadow Golf Course

The following skating areas are lit until 10 p.m.

Rollins and White Park Skating areas

**IF SNOW REMOVAL EQUIPMENT IS IN OPERATION,
 PLEASE STAY OFF THE ICE!**

The Concord Nordic BKL League is a recognized participant in the New England Nordic Ski Association!

Winter Vacation Camps



Nature Camp: Winter Session

WINTER VACATION NATURE CAMPS

Instructor: Lora Allison

Winter Camp at White Park will consist of a different area of focus each day. The majority of the day, including meals, will be spent outside. The camps will be made up of nature activities, recreation games, in-park hikes, nature-based crafts, science activities, and open-ended outdoor play.



WINTER NATURE CAMPS

AGES:	5 - 9 yrs.
LOCATION:	Merrimack Lodge/White Park

SESSION 1

DATES:	December 28 - 30
TIME:	9:00 a.m. - 3:00 p.m.
COST:	\$90 Residents, \$100 Non-Residents
CODE:	340430-1

Registration Deadline: December 17

SESSION 2

DATES:	February 28 - March 4
TIME:	9:00 p.m. - 3:00 p.m.
COST:	\$150 Resident, \$160 Non-Residents
CODE:	340430-2

Registration Deadline: February 18

YOUTH GYM DROP-IN

\$2 Res., \$3 Non-Res.

CITY WIDE COMMUNITY CENTER
14 Canterbury Rd., Concord, NH



BASKETBALL OPEN GYM

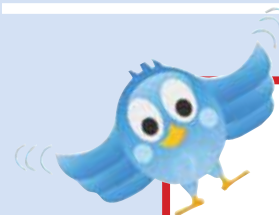
FRIDAYS, 4:00 - 6:00 P.M.

NOVEMBER 5, 12, 19

&

DECEMBER 3, 10, 17

(603)225-8690 www.concordparksandrec.com



To Avoid Class Cancellation Be An Early Bird!

Register at least 7 days prior to the start date to avoid class cancellation!

All classes have limited space

Pre-school & Youth

TODDLER OPEN GYM

Instructor: Parks & Recreation Staff

Children ages 18 months - 3 years old will have the opportunity to participate in open play. Activities include relay races, ball pit, obstacle courses, and much more! Parents are encouraged to participate with their child. All participants should wear comfortable clothes and sneakers with non-marking soles.

DATES:	Tuesdays, January 4 - February 8
AGES:	18 - 36 months old
TIME:	9:00 - 9:45 a.m.
LOCATION:	City Wide Community Center
COST:	\$20 Resident, \$30 Non-Resident
CODE:	361604-2



ZUMBINI

Instructor: Mitzi Calderon

ZUMBINI	
ZUMBINI is a music and movement class that children ages 0 - 4 years attend with their parent or caregiver. Class is fun, energetic, and full of contemporary music with world beats to create the ultimate bonding experience. Sing, dance and play together while developing your little one's cognitive, social, emotional and motor skills.	
DATES:	Wednesdays, January 5 - February 9
AGES:	0 - 4 years with adult
TIME:	10:00 - 10:45 a.m.
LOCATION:	City Wide Community Center
COST:	\$70 Residents, \$80 Non-Resident
CODE:	360914-1
Parents will register the child, but will also attend	

ART WILD JR.

Instructor: Lora Allison

Art Wild will use art supplies, craft supplies, materials found in nature, as well as recycled materials to create a project. Participants will have the choice to have a weekly creation, an ongoing creation, or a creation that is not meant to be kept. Over the six weeks the goal will be to expand their creative process and expand their imaginative problem solving.

ART WILD JR.	
AGES:	3 - 5 yrs.
LOCATION:	City Wide Community Center
TIME:	3:00 p.m. - 3:45 p.m.
COST:	\$30 Residents, \$40 Non-Residents

SESSION 1	
DATES:	Thursdays, November 4 - December 23 (no class 11/11 & 11/25)
CODE:	311223-1

SESSION 2	
DATES:	January 6 - February 10
CODE:	311223-2

ART WILD

Instructor: Lora Allison

Art Wild will use art supplies, craft supplies, materials found in nature, as well as recycled materials to create a project. Participants will have the choice to have a weekly creation, an ongoing creation, or a creation that is not meant to be kept. Over the six weeks the goal will be to expand their creative process and expand their imaginative problem solving.

ART WILD	
AGES:	6 - 9 yrs.
LOCATION:	City Wide Community Center
TIME:	4:00 p.m. - 5:00 p.m.
COST:	\$35 Residents, \$45 Non-Residents

SESSION 1	
DATES:	Thursdays, November 4 - December 23 (no class 11/11 & 11/25)
CODE:	311224-1

SESSION 2	
DATES:	January 6 - February 10
CODE:	311224-2

Pre-school & Youth

LI'L SPORTS

Instructor: Parks & Recreation Staff

This exciting class includes fun group games and basic sport skills. Each week will feature a new sport that will help your young pre-schooler develop kicking, running, throwing, catching and social interaction skills. All classes are limited to 10 participants. Sessions are 6 weeks. Participants should wear sneakers with non-marking light colored soles.

LI'L SPORTS	
DATES:	Wednesdays, January 5 - February 9
AGES:	3 - 4 yrs.
TIME:	2 - 2:45 p.m.
LOCATION:	City Wide Community Center
COST:	\$30 Residents, \$40 Non-Resident
CODE:	317704-3



COOKING WITH MISS NICOLE

Instructor: Nicole Tenney

COOKING WITH MISS NICOLE	
AGES:	6 - 8
TIME:	10:15 - 11:15 a.m.
LOCATION:	City Wide Community Center
COST:	\$105 Resident, \$115 Non-Resident

SESSION 1

Cookies & Cake: This session will focus on learning basic baking skills and how to measure ingredients properly. Each week will feature either a cookie or cake/cupcake recipe for the participants to make and enjoy!

DATES:	Saturdays, Nov. 6 - Dec. 4 (no class 11/27)
CODE:	321333-1

SESSION 2

Apps & Snacks: This session will focus on basic cooking skills and how to properly use kitchen tools. Each week participants will create quick and easy recipes that are great for lunches or after school snacks!

DATES:	Saturdays, January 8 - 29
CODE:	321333-2

BALLET & TAP

Instruction by: Dance Inspirations

BALLET & TAP - 2 - 5 YRS

Ballet and Tap combination classes 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.

What to wear: Female dancers should wear leotards, tights, pink ballet shoes with a strap and tap shoes. Male Dancers should wear sweatpants or athletic shorts and t-shirt, black ballet shoes with a strap and black tap shoes.

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!

TIME:	10:30 - 11:30 p.m.		
GRADES:	K - 2		
LOCATION:	City Wide Community Center		
COST:	\$50 Resident, \$60 Non-Resident		
	DATES:	CODE:	
	Saturdays, Nov.6 - Dec. 18 (no class 11/27)	360302-1	
	Saturdays, Jan. 8 - Feb. 12	360302-2	

BALLET & TAP 2 -5 YRS. SESSION 1

BALLET & TAP - WEDNESDAYS

November 3 - December 8

AGES	TIME	CODE	PRICE
2 - 3 yrs old	10:00 - 10:30 a.m.	360102-1	\$40 Resident
3 - 5 yrs old	10:45 - 11:30 a.m.	360202-1	\$50 Non-Res

BALLET & TAP - SATURDAYS

November 6 - December 18 (no class 11/27)

AGES	TIME	CODE	PRICE
2 - 3 yrs old	9:00 - 9:30 a.m.	360402-1	\$40 Resident
3 - 5 yrs old	9:45 - 10:30 a.m.	360502-1	\$50 Non-Res

BALLET & TAP 2 - 5 YRS. SESSION 2

BALLET & TAP - WEDNESDAYS

January 12 - February 16

AGES	TIME	CODE	PRICE
2 - 3 yrs old	10:00 - 10:30 a.m.	360102-2	\$40 Resident,
4 - 5 yrs old	10:45 - 11:30 a.m.	360202-2	\$50 Non-Res

BALLET & TAP - SATURDAYS

January 8 - February 12

AGES	TIME	CODE	PRICE
2 - 3 yrs old	9 - 9:30 a.m.	360402-2	\$40 Resident
3 - 5 yrs old	9:45 - 10:30 a.m.	360502-2	\$50 Non-Resident

Pre-Season Basketball/Safe Sitter

Local Concord School coaches will lead volunteer coaches through skills and drills for these co-ed preseason leagues. The leagues focus on the fundamentals of basketball while introducing players to team play. Players will get together once a week on Saturdays.

PRE-SEASON HOTSHOTS BASKETBALL

PRE-SEASON JUMPERS BASKETBALL

PRE-SEASON HOTSHOTS	
DATES:	Saturdays, Nov. 6 - Dec. 18 (no class 11/27)
AGES:	4 - 6 yrs (not in 1st grade)
TIME:	8:30 - 9:15 a.m.
LOCATION:	City Wide Community Center Gym
COST:	\$60 Resident, \$70 Non-Resident
CODES:	Youth Code: 317004-1 Coaches Code: 317104-1

PRE-SEASON JUMPERS	
DATES:	Saturdays, Nov. 6 - Dec. 18 (no class 11/27)
GRADES:	1 - 2
TIME:	9:30 - 10:30 a.m.
LOCATION:	City Wide Community Center Gym
COST:	\$60 Resident, \$70 Non-Resident
CODES:	Youth Code: 319404-1 Coaches Code: 319704-1



**PRE-SEASON BASKETBALL
REGISTRATION
DEADLINE
Wednesday, November 3**

SAFE SITTER ESSENTIALS

Instructor: Concord Parks & Recreation Staff



SAFE SITTER	
Our Safe Sitter class is designed to prepare students in grades 6-8 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	
AGES:	11 - 14*
LOCATION:	City Wide Community Center
*Ages limits are set through the Safe Sitter organization. Concord Parks and Recreation does not define the age requirements	

SESSION 1	
DATES:	Wednesday, Oct. 27 - Nov. 17
TIME:	4:00 - 5:30 p.m.
COST:	\$55 Residents, \$65 Non-Resident
CODE:	350026-1



SESSION 2	
DATES:	Thursdays, January 20 - February 10
TIME:	4:30 - 6:00 p.m.
COST:	\$60 Residents, \$70 Non-Resident
CODE:	350026-2

Winter Basketball

Concord Parks & Recreation Travel Basketball (Grades 3 - 6)

We are excited to offer a travel basketball program for players in 3rd - 6th grade. New this season we will be entering 4 teams into the Manchester Suburban Basketball League. We will have the following teams: Girls 3rd & 4th / 5th & 6th and Boys 3rd & 4th / 5th & 6th.

Anyone interested in participating in evaluations for these teams must register for the regular season basketball league. If you are chosen to play on the travel team, your registration fee will be credited towards the travel team cost and you will be responsible for the remainder of the travel team program cost. Those who do not make the team will be placed on a team in the Concord Parks & Recreation League. As a spot is held for you on the Concord Parks & Recreation League, refunds are not issued if you do not make the travel team.

The travel league season will begin in late November with practices and jamborees. The official season will run January - March. Parents are responsible for getting their player to all travel games and practices. Practices and home games will be held in Concord, but away game locations will vary throughout southern NH.

Evaluations: Evaluations will be held at the Beaver Meadow School Gym on the following dates:

Tuesdays, October 26 & November 2	
Girls - Grades 3 & 4	5:30 - 6:30 p.m.
Girls - Grades 5 & 6	6:45 - 7:45 p.m.
Wednesdays October 27 & November 3	
Boys - Grades 3 & 4	5:30 - 6:30 p.m.
Boys - Grades 5 & 6	6:45 - 7:45 p.m.

Players are encouraged to attend both evaluation dates, but it is not required.

Teams will meet 3 - 4 times a week for games and practices.

Cost per player is \$200.00 which includes a team uniform. If selected for a travel team, the remaining balance is due by 7 p.m. on December 3rd.



Local Concord School coaches will lead volunteer coaches through skills and drills for these co-ed leagues. The leagues focus on the fundamentals of basketball while introducing players to team play. Players will get together once a week on Saturdays.

HOT SHOTS

HOT SHOTS	
DATES:	January 8 - February 12 (Saturdays)
AGES:	4 - 6 (Not in 1st grade)
TIME:	8:30 - 9:15 a.m. Youth Code: 311704-1 Coach Code: 312804-1
TIME:	9:30 - 10:15 a.m. Youth Code: 311704-2 Coach Code: 312804-2
LOCATION:	City Wide Community Center Gym
COST:	\$60 Resident, \$70 Non-Resident
Registration Deadline: Wednesday, December 22 As long as space is available. Add \$10 late fee after 11/19/21	

JUMPERS

JUMPERS	
DATES:	January 8 - February 12 (Saturdays)
GRADES:	1st & 2nd
TIME:	10:30 - 11:30 a.m. Youth Code: 311804-1 Coach Code: 312904-1
TIME:	11:45 - 12:45 p.m. Youth Code: 311804-2 Coach Code: 312904-2
LOCATION:	City Wide Community Center Gym
COST:	\$60 Resident, \$70 Non-Resident
Registration Deadline: Wednesday, December 22 As long as space is available. Add \$10 late fee after 11/19/21	



Winter Basketball

PLAYER INFORMATION

The goal of our youth basketball program is to provide players, ages 4 through grade 12, with the opportunity to learn the fundamentals of basketball while being part of a team regardless of experience or skill level. Not only will players be developing an understanding of the sport, they will gain positive social experiences, promote good sportsmanship and have fun in a supportive environment.

All players are asked to bring a water bottle to all games and practices. We also ask that players switch into non-marking soled sneakers before walking onto any of the basketball courts. If for any reason you are unable to make it to a practice or a game, please inform your coach so they are aware. PLEASE NOTE: If you play on any other organized basketball team between November and March, you are not eligible to play in the recreational league.

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.

YOUTH BASKETBALL COACHES

Coaches are responsible for general team organization, team practices and coordinating the efforts of their players, and assistant coaches during game play.

IMPORTANT TEAM PLACEMENT INFORMATION

Prior to deadline

* Participants are placed on teams solely based on their grade level and the elementary school they attend as of Sept. 2021. **Unfortunately, we cannot accommodate requests to be on specific teams.**

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 for Hot Shots, Jumpers, Div. II & Div. III.

Non Public Schools

*If your child attends a private school, home school or school other than a Concord/Penacook public school, please list the name of the elementary school in your neighborhood.

COACHES MEETING

The meeting is located at the City Wide Community Center

ALL COACHES ARE REQUIRED TO ATTENDED

This includes returning coaches

Coaches Meetings:

DIV II & DIV III
Wednesday, Dec. 8
5:30 p.m.

MIDDLE SCHOOL
& HIGH SCHOOL BASKETBALL
December 15
6:30 p.m.

SAFETY FIRST

The State of New Hampshire and the Parks & Recreation Department requires all volunteer coaches and staff to complete a criminal background check and are screened accordingly.

REGISTRATION DEADLINES

**FINAL REGISTRATION DEADLINE
DIV II & DIV III**
Friday, December 3rd

**FINAL REGISTRATION DEADLINE
Middle School & High School**
Wednesday, December 8th

LATE FEE:

Sign up on or before November 19 to avoid a \$10 late fee (applies to Hot Shots, Jumpers, Div II & Div III).

!! ALL BASKETBALL DIVISIONS !!

SCHOOLS WITH 11 OR MORE STUDENTS LOOKING TO PLAY IN ANY DIVISION WILL BE SPLIT INTO 2 TEAMS!



Winter Basketball

DIVISION II - GRADE 3 & 4

DIVISION II	
This division is organized into teams by gender. Players will concentrate on further developing their basketball skills. All teams will practice once a week and games will be played on Saturday mornings. Equal playing time is given to all players,.	
LOCATION:	Local School Gyms
DATES:	Practices may begin the week of December 13. Games: Saturday mornings, January 8 - Feb. 19
CODE (BOYS):	CODE: 311904-1 Youth CODE: 313004-1 Head Coach
CODE (GIRLS):	CODE: 312004-1 Youth CODE: 313104-1 Head Coach
COST:	\$65 Resident (residents only) Add \$10 late fee after 11/19/21



Be sure to check out Youth Open Gym times on Page 15!!

DIVISION III - GRADE 5 & 6

DIVISION III	
This division is organized into teams by gender. Players will concentrate on further developing their basketball skills. All teams can meet up to 3 times per week for either practices or games. Equal playing time is given to all players.	
LOCATION:	Local School Gyms
DATES:	Practices may begin the week of December 13. Games: Friday nights, January 7 - Feb. 18
CODE (BOYS):	CODE: 312104-1 Youth CODE: 313204-1 Head Coach
CODE (GIRLS):	CODE: 312204-1 Youth CODE: 313304-1 Head Coach
COST:	\$65 Resident (residents only) Add \$10 late fee after 11/19/21

YOUTH BASKETBALL GRADES 7 - 12

This division is geared towards Concord/Penacook residents who did not qualify to play for their school team or would like to play basketball and have fun! This division will help players hone their skills while focusing on positional play. Teams can meet up to three times per week for either practices or games. All games will be played on Saturdays. Regular high school rules apply.

MIDDLE SCHOOL GRADES 7 - 8	
DATES:	Practices may begin week of December 13. Game: Saturdays, Jan 8 - February 19
CODE (BOYS):	312304-1 Youth 313404-1 Coach
CODE (GIRLS):	312404-1 Youth 313504-1 Coach
GAME LOCATION:	Local School Gym
COST:	\$65 - Residents only

HIGH SCHOOL - GRADES 9 - 12	
DATES:	Practices may begin week of December 13. Games: Saturdays, January 8 - February 19
CODE (BOYS):	312504-1 Youth 313604-1 Coach
CODE (GIRLS):	312604-1 Youth 313704-1 Coach
GAME LOCATION:	Local School Gym
COST:	\$65 Resident Only

Please Note: If you play on any other organized basketball team between November and March, you are not eligible to play in the recreation leagues.

DIV II & DIV III REGISTRATION DEADLINE:
Friday, December 3

MIDDLE SCHOOL & HIGH SCHOOL DEADLINE:
Wednesday, December 8





BLACK ICE POND HOCKEY CHAMPIONSHIP

DATE: January 28 - 30, 2022
White Park, Concord, NH

The City of Concord and the Black Ice Pond Hockey Committee invites you to join us for the Annual Black Ice Pond Hockey Tournament.

For more information please visit:

www.blackicepondhockey.com



WINTER CARNIVAL WHITE PARK Saturday, February 5th 1:00 - 4:00 p.m.



Winter Carnival will host the following activities from 12:00 - 4:00 p.m.

Face Painting	1:00-2:00 p.m.
Ice skating race	2:30 p.m.
Best Snowman winner announced at Bonfire	3:30 p.m.
	1:00 - 4:00 p.m.

Sledding Hill & Ice Skating (weather permitting) will be open all day. Come enjoy fun with the whole family! .



DONATIONS
**Winter Carnival will host a
Blue Duke Care Closet Site**