



# Concord Parks & Rec



2022

## Spring Brochure

We Are Serious About Fun!

# General Information

## CONCORD PARKS & RECREATION DEPARTMENT

### Office Hours

Monday - Thursday 8 a.m. - 8 p.m.  
 Friday - 8 a.m. - 6 p.m.  
 Saturdays - 8 a.m. - 2 p.m. - 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 . . . . . Recreation Assistant  
 John Dennett . . . . . Recreation Assistant  
 Terri Stevenson . . . . . Fiscal Supervisor  
 Steve dePreaux . . . . . Parks Supervisor  
 Jill McDaniel-Huckins . . . . . Cemetery Administrator  
 603-225-3911

## RECREATION & PARKS COMMITTEE

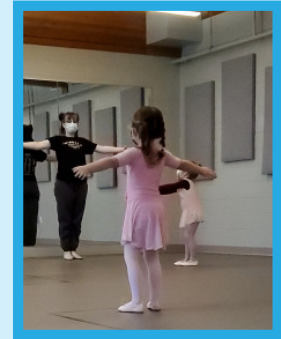
Althea Barton . . . . . Ward 1  
 Robert Avery . . . . . Ward 2  
 Chiara Dolcino . . . . . Ward 3  
 Jennifer Roff . . . . . Ward 4  
 Vacant . . . . . Ward 5  
 Andrew Doyle . . . . . Ward 6  
 Nick Kotkowski . . . . . Ward 7  
 Marilyn Fraser . . . . . Ward 8  
 Nora Ismael . . . . . Ward 9  
 Mary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

David Gill . . . . . Parks and Rec Dept.  
 Laura Bryant . . . . . Parks and Rec Dept.  
 Heather Shank . . . . . Planning Division

### City Council Members

Candace White Bouchard  
 Nathan Fennessy

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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

2  
Cyan  
Magenta  
Yellow  
Black

# Winter Fun

## FREE WINTER OUTDOOR ACTIVITIES

### GROOMED X-COUNTRY TRAILS

- \* Beaver Meadow Golf Course
- \* White Farm
- \* Memorial Field

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

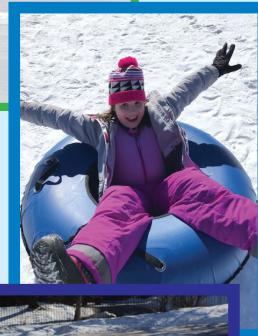
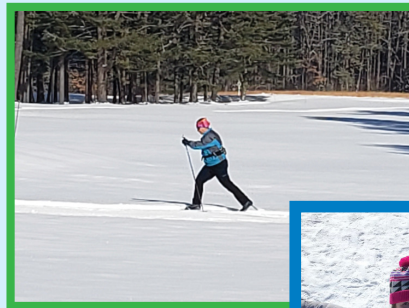
PLEASE READ AND OBEY ALL SIGNS  
STAY ON GROOMED TRAILS  
NO PETS ALLOWED ON TRAILS

### OUTDOOR ICE SKATING AREAS

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

Rollins and White Park Skating areas are lit until 10 p.m.

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



For more information regarding Winter Fun, please check out our Winter Activities page on our website - [www.concordparksandrec.com](http://www.concordparksandrec.com)!



## 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 (@ConcordNHLib).

### Library Hours for the Heights Branch

Mondays, 1 p.m. to 5 p.m.  
Wednesdays: 9 a.m. to 1 p.m.  
Saturdays: 9 a.m. to 1 p.m..





# Information on our Parks



All city parks are available for hosting an event. Each park has its own unique amenities including gazebos, open space, athletic fields, and pools.

Depending on season, some fields are not available

	Playground	Basketball	Tennis	Trails	Skate Board Park	Picnic Shelter	Picnic Tables	Outdoor Pool	Track	Dog Park	Little League	Baseball	Softball	Soccer	Football	Field Hockey	Lacrosse
Beaver Meadow Park			•							•							
Garrison Park	•	•	•			•	•										
Kawanis 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	•	•				•											



Please carry in and carry out all trash - leave no trace

Annually the City of Concord hosts numerous events; athletic tournaments, 5K's, birthday parties and fundraisers.

To schedule your next event please contact John Andersch with Concord Parks & Recreation, 603-225-8690 or [jandersch@concordnh.gov](mailto:jandersch@concordnh.gov)

For more information about park rentals please visit our web site [www.concordparksandrec.com](http://www.concordparksandrec.com)

## Purchase a Park Bench

The department has recently updated the Park Bench Program that allows individuals and companies to buy a park bench in one or more of our parks. The cost of each bench is \$1,500 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 Park/Keach Walking Trail

## John J. Hickey and Sandy E. Sanel Dog Park at Terrill Park

The newly relocated Dog Park is open daily dawn to dusk.

The Dog Park is maintained by volunteers from the Pope Memorial SPCA. The dog park would not exist without these volunteers. If you are interested in helping maintain the dog park, please contact the Pope Memorial SPCA.

### Dog Park Rules and Regulations

1. All dog owners must "scoop the poop" and properly remove and dispose. The park is 100% carry out.
2. Handlers must be in the off-leash area and supervise their dogs at all times. No more than two dogs per handler at any time.
3. Aggressive dogs must be removed immediately
4. All dogs must have proof of current license and vaccinations
5. No puppies under 4 months allowed: older puppies must have completed their shots
6. No female dogs in heat allowed
7. No animals other than dogs are permitted
8. Handlers are responsible for filling in holes that their dogs dig
9. Dogs must be leashed when entering or existing the off-leash area
10. No choke or prong collars, gentle leaders or halties allowed in the off leash area.



## DOG LEASH LAW AND DOG WASTE ORDINANCE

The City of Concord welcomes dogs in our parks 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 while using any of our neighborhood parks.



### KEACH PARK WALKING PATH

Take advantage of the 1/2 mile walking path at Keach Park. The path follows the perimeter of the park and is accessible from the Community Center grounds or from the Newton Ave. parking lot. We encourage anyone in the area to check it out. The stone dust path is easy for walking or jogging. Dogs are welcome but please remember to clean up after them and to keep them on a leash.



### GOT CLASSES?

Is there a class you would like to see? Do you know an instructor? Concord Parks & Recreation is always looking to expand our program offerings. If you are an instructor or if there is a class you would like to see offered please contact us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov)

# 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. Please note: rental rates may change starting July 1, 2022.

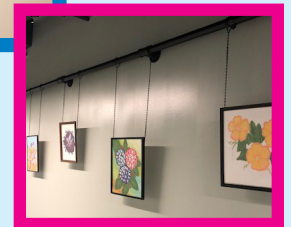
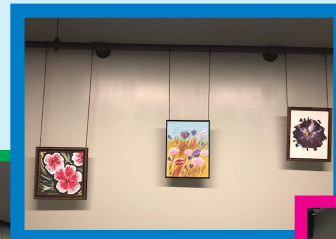
City Wide Community Center	
Resident Rental Rates	
Meeting Rooms	\$45 per hour
Exercise Rooms	\$50 per hour
Harriet Dame Auditorium	\$100 per hour
Gymnasium	\$90 per hour prime time \$60 per hour non-prime time
Concord-based Non-Profit Rates	
Meeting Rooms:	\$22.50 per hour
Harriet Dame Auditorium:	\$50.00 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	



## Art Gallery at the City Wide Community Center

Concord Parks & Recreation is excited to announce we have added a community art gallery to the City Wide Community Center. The gallery is located in the south hallway outside of the gymnasium. This space will be designated to display art from local artists. If you are interested in displaying your art please contact Laura Bryant at [Lbryant@concordnh.gov](mailto:Lbryant@concordnh.gov) or 603-225-8690.



## 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.

Price does not include skate rentals.



6  
Cyan Magenta Yellow Black

# Adult Classes

## DOG OBEDIENCE TRAINING

### Requirements:

- One dog over the age of 12 weeks.
- 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 Dog Obedience - Ages 16+    **Instructor:** Maurice Regan

This eight week obedience course will teach 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.

Additionally, you will learn techniques to stop your dog from jumping on humans and barking and lunging at other dogs.

You and your dog will learn all the exercises to qualify for the American Kennel Club's Canine Good Citizen certification.

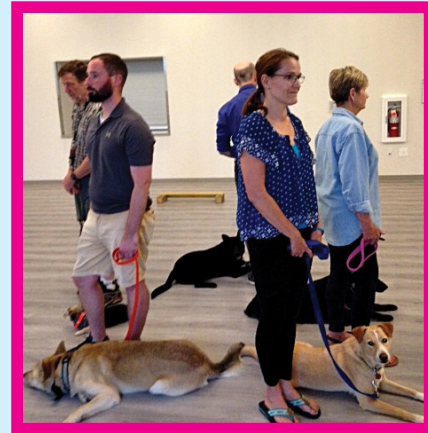
**Dates:** Wednesdays, March 9 - April 27  
**When:** 5:00 - 6:00 p.m.  
**Location:** City Wide Community Center  
**Cost:** \$130 Residents, \$140 Non-Residents  
**Code:** 600903-4

### Detection Dog Training - Ages 16+

#### **Instructor:** Maurice Regan

This course is open to obedience trained dogs that are both starting and advanced in scent work. Dogs and their handlers have the opportunity to detect both sport and working dog scents using a variety of training methods and devices. Though most of the searches will be indoors, there will be opportunities for outdoor searches as well. Handlers will also learn about competition for detection dogs.

**Dates:** Wednesdays, March 9 - April 27  
**When:** 7:00 - 8:00 p.m.  
**Location:** City Wide Community Center  
**Cost:** \$130 Residents, \$140 Non-Residents  
**Code:** 600916-4



### Advanced Dog Obedience - Ages 16+

#### **Instructor:** Maurice Regan

The advanced dog obedience class is intended for handlers and their dogs that have completed an introductory, basic obedience course and their dogs can heel with automatic sits, down on command, and recall to the handler, all with good leash control.

The advanced 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. Additionally, handlers will learn the elements of conditioned reinforcement ("clicker" training) and scent work.

Graduates of this advanced course should be ready to test for the American Kennel Club's "Canine Good Citizen" or the United Kennel Club's "Specialized Pet Obedience Test."

**Dates:** Wednesdays, March 9 - April 27  
**When:** 6:00 - 7:00 p.m.  
**Location:** City Wide Community Center  
**Cost:** \$130 Residents, \$140 Non-Residents  
**Code:** 600913-4





# 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.*

### 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.  
**Location:** City Wide Community Center  
**Dates:** 2/26 - 4/2  
**Cost:** \$69 Resident, \$79 Non-Resident  
**Code:** 600433-4

### 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.

**When:** Thursdays, 9 - 10 a.m.  
**Location:** City Wide Community Center  
**Dates:** 2/24 - 3/31  
**Cost:** \$69 Resident, \$79 Non-Resident  
**Code:** 600435-4

### 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 the instructor first to make sure this class is appropriate for you. (nkaliniski@gmail.com)

**When:** Saturdays, 10:30 - 11:30 a.m.  
**Location:** City Wide Community Center  
**Dates:** 2/26 - 4/2  
**Cost:** \$20 Resident, \$30 Non-Resident  
**Code:** 600446-4



# Adult Classes

## FITNESS



Brigid has been practicing yoga for twenty years and has her EYT200 certification. She believes that yoga can benefit all people and help keep people healthy in body, mind and spirit. An active runner, cyclist and hiker Brigid can attest to the power of yoga as an essential component to any fitness plan.



### Gentle Yoga - Ages 16+

**Instructor:** Brigid McNamee

It's a slow to moderate paced class incorporating breath work and alignment principles with movement. Yoga helps us to strengthen the mind-body connection and live our lives more fully. Other benefits include reduced stress, stronger muscles, increased joint mobility, deeper breathing, better focus, and greater sense of well-being. Every class will end with a relaxing and nurturing Savasana, allowing your body to assimilate all the movement, breath and love it received during practice. This class is great for beginners and open to all levels. Look forward to seeing you on the mat.

**When:** Fridays, 11:00 - 12:00 p.m.

**Location:** City Wide Community Center

**Date:** 3/4 - 4/8

**Cost:** \$80 Resident, \$90 Non-Resident

**Code:** 600405-4

### 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:** 3/1 - 4/5

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

**Code:** 600448-4



### 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.

**Location:** City Wide Community Center

**Date:** 3/9 - 4/13

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

**Code:** 600421-4



### Refit Revolution - Ages 18+

**Instructor:** Karen Hammond

Refit is a fitness experience for everybody and Every Body! Combining cardio, toning, flexibility and stretching into one power-packed hour of uplifting fun!

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

**Location:** City Wide Community Center

**Dates:** 3/9 - 4/13

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

**Code:** 600425-4



# Adult Classes

## FITNESS

### 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:** 3/3 - 4/7

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

**Code:** 600424-4



### Pound - 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:** 3/3 - 4/7

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

**Code:** 600416-4



## BAGS & BITES CORNHOLE TOURNAMENT

SPONSORED BY THE FRIENDS OF WHITE PARK

SPEND A DAY OF FAMILY FUN AT WHITE PARK  
FOR BAGS & BITES  
CONCORD'S FIRST CORNHOLE AND FOOD TRUCK EVENT.

Funds raised will help support the re-build of the Monkey Around Playground

\*Date: Sunday, May 15

\*Location: White Park

\*Tournament begins at 11 a.m. (check-ins begin at 10:15 a.m.)

\*The Cornhole Tournament will be divided into an 11-15 and 16+ age group

\*Each 2 person team will be guaranteed at least 4 games through a round-robin set up going into playoffs

\*Cost is \$50 per team

More information on registering your team, sponsoring tournament cornhole boards, or registering your food truck can be found at [www.FriendsofWhitePark.org](http://www.FriendsofWhitePark.org)



# 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.  
**Location:** City Wide Community Center  
**Dates:** 3/9 - 4/13  
**Cost:** \$125 Residents, \$135 Non-Residents  
**Code:** 600304-4

**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.  
**Location:** City Wide Community Center  
**Dates:** 3/7 - 4/11  
**Cost:** \$125 Residents, \$135 Non-Residents  
**Code:** 600208-4

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

## PAINT NIGHT



Katrina Wynott studied Art at NHIA in Manchester, NH. She recently started a small business, Kitty's Works of Love LLC. Katrina's goal is to bring more art to the community. She specializes in acrylic, watercolor, charcoal, printmaking, and Airbrushing. When Katrina isn't making art, she is spending time with her family. Together they enjoy hiking, fishing, target shooting (archery), and of course NH lakes! Katrina hopes to share her love of art with all who take her paint along class!



**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.

**Paint Night Themes:**

- February 16th - bird scene
- March 16th - cherry blossom/spring trees

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, 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:** Wednesdays, 5:30 - 8:00 p.m.  
**Location:** Merrimack Lodge  
**Cost:** \$50 Residents,  
 \$60 Non-Residents  
**Dates**                      **Codes**  
 February 16                      600114-3  
 March 16                              600114-4

# Adult Classes

## TAI CHI



After a successful 30 year career in public safety, William Halacy retired from his position as Concord New Hampshire Police Chief and began a new career in Asian medicine. For over twenty-four years, Bill, with his wife, Margaret, has studied Yang style tai chi chuan in New Hampshire, Vermont, and Los Angeles under the tutelage of Masters Tung Kai Ying and Tung Chen Wei of Xingtai, China. He has been teaching tai chi for the past seventeen years at Concord Hospital's Center for Health Promotion, Canterbury Shaker Village, Sage Wellness Center, NHTI and numerous businesses throughout the area.



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

**Instructor:** Bill Halacy

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:** Thursdays, 7:00 - 8:00 p.m.  
**Location:** City Wide Community Center  
**Dates:** 3/3 - 4/7  
**Cost:** \$70 Residents, \$80 Non-Residents  
**Code:** 600439-4

### Tai Chi Slow Set - Ages 18+

**Instructor:** Bill Halacy

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!

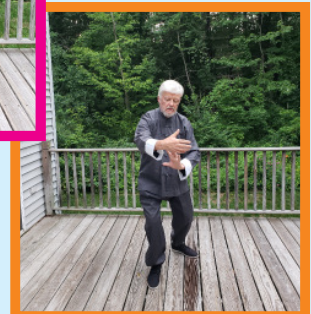
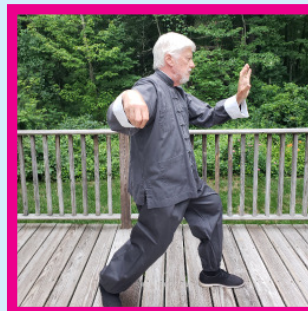
**When:** Tuesdays 1:30 - 2:30 p.m.  
**Location:** City Wide Community Center  
**Dates:** 3/1 - 4/5  
**Cost:** \$70 Residents, \$80 Non-Residents  
**Code:** 600441-4

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

**Instructor:** Bill Halacy

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!

**When:** Tuesdays 7:00 - 8:00 p.m.  
**Location:** City Wide Community Center  
**Dates:** 3/1 - 4/5  
**Cost:** \$70 Residents, \$80 Non-Residents  
**Code:** 600440-4



12

Cyan  
Magenta  
Yellow  
Black

# Adult Classes

## TRAILS & ALES

[Trails & Ales - Ages 21+](#)

Instructors: City of Concord Staff/Litherman's Brew Masters

Concord Parks & Recreation along with the City of Concord's Planning Division is excited to partner with Litherman's Limited Brewery to offer the Trails & Ales series. This collaboration will introduce participants to some of the amazing trails here in Concord as well as the amazing brews at Litherman's.

Each session will explore a new trail and a new brew. All walks are guided and each beer will be presented by a brew master at the brewery. Please join us for a fun and educational evening out and about in Concord.

Participants can register for the entire series or individual sessions. Participants are responsible for their own transportation to the trails and the brewery.

Wednesday March 23rd – Marjory Swope Trails (One of the City's most popular trails. Has some hilly terrain, rewarded with beautiful views.)

Wednesday March 30th – Winant Park Trails (Another popular trail, there are some steep, rocky sections that take you up to some more beautiful views)

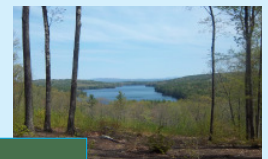
Wednesday April 13th – Broken Ground Trails (This trail is easier, with relatively flat terrain that takes you along beaver ponds and wetlands)

Wednesday April 20th – Oak Hills Trail (Yet another popular trail with steep and rocky terrain, but amazing views at the top)

**When:** Wednesdays, 5:00 - 8:00 p.m.

**Location:** Concord City Trails/Litherman's Brewery

Dates	Codes	Price
March 23	600919-1	\$35 Res., \$45 Non-Res.
March 30	600919-2	\$35 Res., \$45 Non-Res.
April 13	600919-3	\$35 Res., \$45 Non-Res.
April 20	600919-4	\$35 Res., \$45 Non-Res.
All Four Dates	600919-5	\$100 Res., \$140 Non-Res.



## VOICE OVER

[Voice Over Class - Ages 18+](#)

Instructor: Hannah Trusty

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.



**When:** Tuesday, 6:30 - 8:30 p.m.

**Location:** City Wide Community Center

**Date:** March 22

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

**Code:** 600904-1





# Adult Sports



## ADULT GYM DROP-IN (18+)

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

February & March 2022



Please bring your own paddle or basketball to participate.

(603) 225-8690

[www.concordparksandrec.com](http://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. 5 P.M. - 8 P.M.	
TUESDAY	OPEN GYM 11:30 A.M. - 1:30 P.M.	PICKLEBALL 10 A.M. - 1 P.M.
WEDNESDAY	PICKLEBALL 9 A.M. - 12 P.M.	
THURSDAY	OPEN GYM 11:30 A.M. - 1:30 P.M.	PICKLEBALL 11 A.M. - 2 P.M.
FRIDAY		PICKLEBALL 2:30 - 5:30 PM
 Cash only for Green Street		

No Drop-In Green Street: 2/21

No Drop-in CWCC: 3/4



## Adult Basketball Summer League - Ages 18+

The Adult Basketball league is for ages 18+. Players must register with a team.

**Games:** Sundays  
**Dates:** March 13 - May 15  
**Times:** To Be Determined. Starting at 8:00 a.m.  
**Cost:** \$900 per team  
**Location:** Green St. Community Center  
**Registration Deadline:** March 1, 2022

Games will be running time and we will have patched officials at all games. 9 weeks of regular games and 1 week for playoffs. Please visit [www.concordparksandrec.com](http://www.concordparksandrec.com) for a full list of league rules.



To register download team form from [www.concordparksandrec.com](http://www.concordparksandrec.com). For questions, please contact Laura Bryant at [lbraynt@concordnh.gov](mailto:lbraynt@concordnh.gov) or 603-230-3789.

# 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 by phone (603-230-4982) or email (rbukowski@concordnh.gov).



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.

## 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., 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
The walking group may use walking path at Keach Park when weather permits. .		*Scrabble 10 - 12 *Book Discussion 11-12:30 *Trivia 10 - 12
*Some Friday programs will alternate weekly. Please check the weekly calendar.		



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.



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

*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.*

# Spring Basketball

These co-ed basketball leagues will focus on the fundamentals of the game while introducing players to being part of a team. Teams will meet once a week on Saturdays. Practices will include fun and creative ways for learning a new skill.

## HOT SHOTS

Basketball doesn't have to end just because winter is over. This program extends Hot Shots basketball into the spring for ages 4 - 6. Spots in this league will be limited so be sure to sign up early. Registration Deadline is Friday, Feb. 25 if space is available.

<b>DATES:</b>	Saturdays, March 12 - April 16
<b>AGES:</b>	<b>4 - 6 (not in 1st grade)</b>
<b>TIME:</b>	8:30 - 9:15 a.m.
<b>LOCATION:</b>	City Wide Community Center Gym
<b>COST:</b>	\$50 Residents, \$60 Non-Residents
<b>CODE:</b>	111804-1

## SPRING BASKETBALL REGISTRATION DEADLINE!

Registration for Spring Basketball is required on or before Friday, Feb 25. Limited space in all age groups.

## JUMPERS

This program extends our popular Jumpers basketball program into the spring for grades 1st and 2nd. Spots in this league will be limited so be sure to sign up early. Registration Deadline: Friday, Feb. 25 if space is available.

<b>DATES:</b>	Saturdays, March 12 - April 16
<b>GRADES:</b>	<b>1 - 2</b>
<b>TIME:</b>	10:00 - 11:00 a.m.
<b>LOCATION:</b>	City Wide Community Center Gym
<b>COST:</b>	\$50 Residents, \$60 Non-Residents
<b>CODE:</b>	111704-1



## Volunteer Coaches Needed!

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.

# ConvenientMD

## URGENT CARE



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



Proud Sponsor  
of Concord  
Parks & Recreation

8am-8pm, 7 Days a Week

JUST WALK IN!

16  
Cyan  
Magenta  
Yellow  
Black



# Spring Soccer Leagues

## FUNDAMENTALS - AGES 4 - 6

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.

Final registration deadline: Monday April 18 if space is available.

<b>DATES:</b>	Saturdays, May 7 - June 11 (No class May 28) <b>5 weeks</b>	
<b>AGES:</b>	<b>4 - 6 (Not in 1st Grade)</b>	
<b>TIME:</b>	9 - 9:45 a.m.	<b>CODE:</b> 111013-1 Youth 112814-1 Coach
<b>TIME:</b>	10:15 - 11:00 a.m.	<b>CODE:</b> 111013-2 Youth 112814-2 Coach
<b>TIME:</b>	11:30 - 12:15 p.m.	<b>CODE:</b> 111013-3 Youth 112814-3 Coach

<b>LOCATION:</b>	Keach Park
<b>COST:</b>	\$42 Resident, \$52 Non-Resident \$10 Late fee applies after Friday, March 25

Coaches meeting will be held Monday, April 18 at 5:30 p.m. at the City Wide Community Center

All Spring Soccer will be held at Keach Park



### **SPRING SOCCER REGISTRATION DEADLINE!**

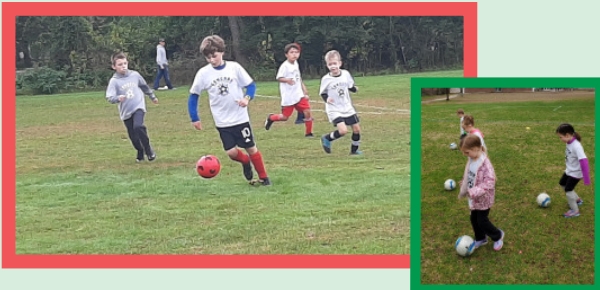
Registration for Spring Soccer is required on or before Monday, April 18. Limited space in all age groups.

## DIVISION II SOCCER

This league will meet on Saturday afternoons at Keach Park. Games only, no team practices are scheduled. There will be equal playing time for all participants. We will play 6 v 6 on a Division II size field. Final registration deadline: Monday April 18 if space is available.

<b>DATES:</b>	Saturdays, May 7 - June 11 (No class May 28) <b>5 weeks</b>	
<b>GRADES:</b>	<b>3 &amp; 4</b>	
<b>CODE (BOYS):</b>	Youth 110213-1	Head Coach 112913-1
<b>TIME: 9 - 11 a.m.</b>		
<b>CODE (GIRLS):</b>	Youth 110213-2	Head Coach 113013-1
<b>TIME: 10 - 12 p.m.</b>		
<b>LOCATION:</b>	Keach Park Soccer Field	
<b>COST:</b>	\$45 Residents, \$55 Non-Residents \$10 Late fee applies after Friday, March 25	

Coaches meeting will be held Monday, April 18 at 5:30 p.m. at the City Wide Community Center



## DIVISION 1 - GRADES 1 & 2

This is a co-ed recreational soccer program for kids in 1st and 2nd grade. Emphasis is on skill development, game participation, good sportsmanship and FUN! This age group will have 1 practice and 1 game per week. Practice times will be held during the week and will be chosen by the volunteer coach. Games will be held on Saturdays between 12:30 p.m. and 3:30 p.m. depending on number of teams. Shin and mouth guards are required for this age group. Price includes a team t-shirt.

Final registration deadline: Monday April 18 if space is available.

<b>DATES:</b>	Saturdays, May 7 - June 11 (No class May 28) <b>5 weeks</b>
<b>GRADES:</b>	<b>1 &amp; 2</b>
<b>TIME:</b>	12:30 - 3:30 p.m.
<b>LOCATION:</b>	Keach Park
<b>COST:</b>	\$42 Residents, \$52 Non-Residents \$10 Late Fee applies after Friday, March 25
<b>CHILD CODE:</b> 110613-1	<b>COACH CODE:</b> 112813-1

Coaches meeting will be held Monday, April 18 at 5:30 p.m. at the City Wide Community Center

### **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

## 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

DATES:	CODE:	PRICE:
Saturdays, March 12 - April 16	360302-3	\$50 Res. \$60 Non-Res.
Saturdays, May 7 - June 11 (5 weeks no class 5/28)	360302-4	Res. \$42 Non-Res. \$52

### BALLET & TAP 2 -5 YRS. SESSION 1

#### BALLET & TAP - WEDNESDAYS

March 9 - April 13

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

#### BALLET & TAP - SATURDAYS

Saturdays, March 12 - April 16

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

### BALLET & TAP 2 - 5 YRS. SESSION 2

#### BALLET & TAP - WEDNESDAYS

May 4 - June 8

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

#### BALLET & TAP - SATURDAYS

May 7 - June 11 (5 weeks - no class May 28)

AGES	TIME	CODE	PRICE
2 - 3 yrs old	9 - 9:30 a.m.	360402-4	\$34 Resident
3 - 5 yrs old	9:45 - 10:30 a.m.	360502-4	\$44 Non-Res.

**5** **2** **1** **0** LIVE AN ACTIVE LIFE!  
**Healthy NH** HERE IS WHAT YOU DO:

- 5** Fruits and vegetables..more matters. Eat at least 5 servings a day.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3 - 4 servings per day of fat-free/skim milk.

# Pre-School

## ZUMBINI

Instructor: Mitzi Caldron



### 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. Parents will register the child, but will also attend

<b>DATES:</b>	Fridays, March 11 - April 15
<b>AGES:</b>	0 - 4 yrs. with adult
<b>TIME:</b>	10:00 - 10:45 a.m.
<b>LOCATION:</b>	City Wide Community Center
<b>COST:</b>	\$70 Resident, \$80 Non-Resident (fee covers parent & child)
<b>CODE:</b>	360914-2

## 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.

<b>DATES:</b>	Thursdays, March 10 - April 14
<b>AGES:</b>	18 - 36 months old
<b>TIME:</b>	9:00 - 9:45 a.m.
<b>LOCATION:</b>	City Wide Community Center
<b>COST:</b>	\$20 Resident, \$30 Non-Resident
<b>CODE:</b>	161628-1



## SUPER SPANISH

Instructor: Jenny Manzelli

Jenny loves Spanish and enjoys teaching the Spanish language to all ages. Jenny loves gardening with her chickens, biking, XC skiing, snowboarding, singing in Spanish and dancing to the music of Spain. She is a NH DOE certified teacher with high school and middle school experience. Prior to starting her career as a Spanish teacher in the U.S., Jenny started out as an English teacher while living in Spain with her Spanish husband.



### SUPER SPANISH

Come sing, dance and play in Spanish! Super Spanish LLC for ages 2-4 is designed to introduce children to the Spanish language and culture using songs, story time, games, hands on activities and more. Children will experience beginner level Spanish, such as, but not limited to, colors, numbers, days of the week, shapes, animals, greetings, talking about likes, dislikes, and feelings- all in Spanish!

<b>DATES:</b>	Tuesdays, March 15 - April 19
<b>AGES:</b>	2 - 4 yrs
<b>TIME:</b>	10:00 - 10:45 a.m.
<b>LOCATION:</b>	City Wide Community Center
<b>COST:</b>	\$70 Resident, \$80 Non-Resident
<b>CODE:</b>	360990-1



# Youth Classes

## TINY EXPLORERS

Instructor: Linden Rayton



### TINY EXPLORERS

Don't let late snow and mud season get you down! Bring your little ones to explore late winter with professional naturalist and educator Linden Rayton. We will play with ice and snow, find animal tracks, and learn about wildlife, all while engaging in age-appropriate sensory play and experiential learning. Winant Park is a beautiful property that has streams, gentle climbing and many other great features. Come explore it with us! Attendees 3 yrs & older should bring a mask for exploring in close quarters. Program is generally held rain, snow or shine, with cancellations for freezing rain.

<b>DATES:</b>	Thursdays, March 3 - 24 (4 weeks)
<b>AGES:</b>	<b>2 - 5 yrs (cost includes parent)</b>
<b>TIME:</b>	10:30 - 11:30 a.m.
<b>LOCATION:</b>	Winant Park
<b>COST:</b>	\$55 Residents, \$65-Non-Residents
<b>CODE:</b>	300314-1

## COOKING WITH MISS NICOLE

Instructor: Nicole Tenney



### COOKING WITH MISS NICOLE

**Baking Basics**  
Learn how to baking your favorite bake goods from scratch! Each week bakers with learn a new recipe and will get to take home their own recipe card! Bakers will learn how to make cookies, cupcakes, brownies and pudding!

<b>DATES:</b>	Saturdays, March 12 - April 2 (4 weeks)
<b>AGES:</b>	<b>6 - 10</b>
<b>TIME:</b>	10:00 - 11:00 a.m.
<b>LOCATION:</b>	City Wide Community Center
<b>COST:</b>	\$105 Resident, \$115 Non-Resident
<b>CODE:</b>	321333-3

## 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. Over the six weeks the goal will be to expand their creative process and expand their imaginative problem solving.

ART WILD JR.	
<b>DATES:</b>	Thursdays, March 10 - April 14
<b>AGES:</b>	<b>3 - 5 yrs.</b>
<b>LOCATION:</b>	City Wide Community Center
<b>TIME:</b>	3:30 p.m. - 4:15 p.m.
<b>COST:</b>	\$30 Residents, \$40 Non-Residents
<b>CODE:</b>	311223-3

## 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. Over the six weeks the goal will be to expand their creative process and expand their imaginative problem solving.

ART WILD	
<b>DATES:</b>	Thursdays, March 10 - April 14
<b>AGES:</b>	<b>6 - 9 yrs.</b>
<b>LOCATION:</b>	City Wide Community Center
<b>TIME:</b>	4:30 p.m. - 5:30 p.m.
<b>COST:</b>	\$35 Residents, \$45 Non-Residents
<b>CODE:</b>	311224-3

T  
20  
Cyan  
Magenta  
Yellow  
Black

# Youth Classes

## YOUTH STREET HOCKEY

This hour-long program will have players moving from beginning to end. Every week players will work on the basic skills of "puck-handling", passing and shooting during the first half of the class, followed by a game during the second half. This is a co-ed league that will provide boys and girls the opportunity to learn the fundamentals of street hockey. Grab some friends and join today!



STREET HOCKEY	
<b>DATES:</b>	Fridays, May 6 - June 10
<b>GRADES:</b>	<b>3 - 5</b>
<b>TIME:</b>	5:00 - 6:00 p.m.
<b>LOCATION:</b>	White Park Hockey Rink
<b>COST:</b>	\$55 Residents, \$65 Non-Residents
<b>CODE:</b>	111227-1
Participants will need sneakers, mouth guards and shin guards Players will need to bring their own sticks. Registration Deadline: Wednesday, April 13	

## NFL FLAG FOOTBALL

NFL Flag; a flag football league for boys and girls, ages 6-11. The league is broken down into two age groups.

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 play 1 game per week.

NFL FLAG FOOTBALL			
<b>DATES:</b>	Sundays, May 8 - June 12 - 5 weeks (no football on May 29)		
<b>AGES:</b>	<b>6 - 11</b>		
<b>LOCATION:</b>	Merrill Park		
<b>COST:</b>	\$50 Resident, \$60 Non-Resident		
<b>AGES</b>	<b>TIME</b>	<b>YOUTH CODE</b>	<b>COACH CODE</b>
<b>6 - 8</b>	9 - 11 a.m.	113912-1	113812-1
<b>9 - 11</b>	11 - 1 p.m.	113912-2	113812-2
* All players will receive a team shirt. Please note child's jersey size at time of registration. *Unfortunately, scholarships are not available for Flag Football.			
Registration Deadline: Friday, April 8			





# Vacation Camps/ Family Drop-In



## 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	
<b>AGES:</b>	5 - 9 yrs.
<b>LOCATION:</b>	Merrimack Lodge/White Park

SESSION 2	
<b>DATES:</b>	February 28 - March 4
<b>TIME:</b>	9:00 p.m. - 3:00 p.m.
<b>COST:</b>	\$150 Resident, \$160 Non-Residents
<b>CODE:</b>	340430-2
Registration Deadline: February 18	

## FAMILY GYM DROP IN

### WEDNESDAYS IN FEBRUARY

3:30-5:30PM

FEB. 2, 9, 16 & 23

### SUNDAYS IN FEBRUARY

12:00-2:00PM

FEB. 6, 13, 20

### WINTER BREAK DROP IN

MONDAY 2/28

1:00-4:00pm

WEDNESDAY 3/2

1:00-4:00pm

FRIDAY 3/4

1:00-4:00pm

SATURDAY 3/5

9:00am -12:00pm

CITY WIDE COMMUNITY CENTER  
14 CANTERBURY RD

COST: 2.00 RES, 3.00 NON-RES



## APRIL VACATION VIDEO CAMP

Instruction by ConcordTV

During this week-long program you'll be creating scripts, filming, and editing short films. We'll teach you how to use ConcordTV's professional video equipment- cameras, microphones, Adobe Premiere video editing, green screen production, and more!



APRIL VACATION VIDEO CAMP	
<b>DATES:</b>	April 25 - April 29
<b>AGES:</b>	12 - 15
<b>TIME:</b>	9:00 - 1:30 p.m.
<b>LOCATION:</b>	Concord High School Studio
<b>COST:</b>	\$125 Resident \$135 Non-Resident
<b>CODE:</b>	142832-1

# Summer Camps

## Now Lets 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. Our parents guide will be available in May 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 certifications 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.



### SCHOLARSHIPS

The 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 not available to non-residents or for adult programs. Scholarships are available for most (but not all) youth programs/camps and do not cover late fees.

### 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

### Speciality Camp Staff

Each summer the Department contracts with vendors to provide numerous speciality camps. These are some of the best in the area and will provide your children the opportunity to learn a new activity. Look for more information in the Summer/Fall brochure due out in May.

**Adventure & Rec Camp Trips** – please note trips may be limited. Due to the COVID-19 pandemic several outdoor recreation areas have changed their guidelines. We will do our best to provide as many trips as possible and also work to bring entertainment to camp as well.



# Summer 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).

Special guests will be announced in late May!

STAY & PLAY CAMP	
<b>GRADES:</b>	1-5 (in September 2022)
<b>TIME:</b>	8:30 a.m. - 4:30 p.m.
<b>LOCATION:</b>	City Wide Community Center (14 Canterbury Rd.)
<b>COST:</b>	Resident: \$160 per week, Non-Residents: \$170 per week <b>EXCEPTIONS:</b> Week 3 (4 days) Residents: \$128/wk, Non-Residents: \$138/wk All camps have limited space



WEEK	DATES	KIDS STAY & PLAY GRADES 1 - 2	REC STAY & PLAY GRADES 3 - 5
Week 1	June 20- June 24	240035-1	240031-1
Week 2	June 27 - July 1	240035-2	240031-2
Week 3	July 5 - July 8 (4 day week-no class July 4)	240035-3	240031-3
Week 4	July 11 - July 15	240035-4	240031-4
Week 5	July 18 - July 22	240035-5	240031-5
Week 6	July 25 - July 29	240035-6	240031-6
Week 7	August 1 - August 5	240035-7	240031-7
Week 8	August 8 - August 12	240035-8	240031-8

\*\*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.

**LOCATION:** Merrimack Lodge at White Park

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

### NATURE CAMP - AGES 5 - 9

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!

**TIME:** 9:00 a.m. - 3:00 p.m.

WEEK	DATES	CODE
Week 1	June 20- June 24 - Botany	240430-1
Week 2	June 27 - July 1 - Herpetology	240430-2
Week 3*	July 5 - 8 - Entomology	240430-3
Week 6	July 25 - July 28 - Limnology	240430-5
Week 7	August 1 - August 5 Meteorology	240430-6
Week 8	August 8 - August 12 Science of Nature	240430-7

**COST:** Resident: \$160 per week Non-Resident: \$170 per week  
 \*Week 3 (4 day camp) Resident: \$128, Non-Resident \$138

### NATURE EXPLORERS CAMP AGES 9 - 12

Campers become Explorers by using the City of Concord's trail system. Explorers will create nature based crafts and learn 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!

**TIME:** 9:00 a.m. - 3:00 p.m.

WEEK	DATES	CODE
Week 4	July 11 - 15	240430-4

**COST:** Resident: \$160 per week Non-Resident \$170.00

# Summer Camps

## REC ADVENTURE CAMP - GRADES 3 - 5

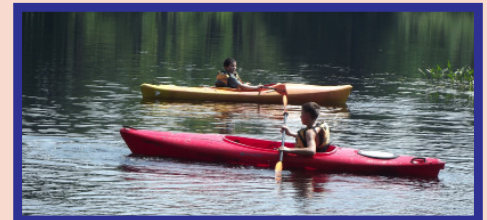
Rec Adventure Camps back with exciting trips and fantastic favorites. Each week we will have a mix of adventures including beach trips, hikes, theme parks, kayaking, surfing and more! This camp is designed to allow kids to go on an out of town escapade Monday-Thursday, and Friday will be spent in town,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

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). If able to due trips this summer they will be announced in late May.

REC ADVENTURE CAMP	
<b>GRADES:</b>	3-5 (in September 2022)
<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>COST:</b>	Resident: \$190 per week, Non-Residents: \$200 per week <b>EXCEPTIONS:</b> Week 3 (4 days) Residents \$152/wk, Non-Residents \$162/wk.



WEEK	DATES	CODE
Week 1	June 20- June 24	240229-1
Week 2	June 27 - July 1	240229-2
Week 3	July 5 - July 8 (4 day week-no class July 4)	240229-3
Week 4	July 11 - July 15	240229-4
Week 5	July 18 - July 22	240229-5
Week 6	July 25 - July 29	240229-6
Week 7	August 1 - August 5	240229-7



\*\*Information on field trips will be online in late May\*\*





# Summer Camps

## ADVENTURE CAMP GRADES 6 - 8

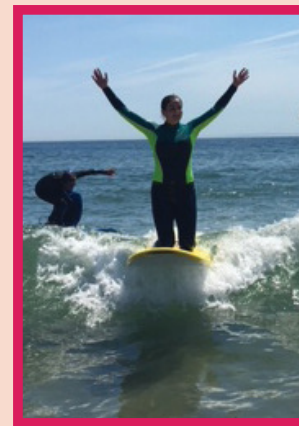
**Adventure Camps** - Adventure Camp is back with exciting trips and fantastic favorites. Each week we will have a mix of adventures including beach trips, hikes, theme parks, kayaking, surfing and more! This camp is designed to allow kids to go on an out of town escapade Monday-Thursday, and Friday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

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). If able to due trips this summer they will be announced in late May.

ADVENTURE CAMP	
<b>GRADES:</b>	6 – 8 (in September 2022)
<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>COST:</b>	Resident: \$190 per week, Non-Resident: \$200 per week <b>EXCEPTIONS:</b> Week 3 (4 days) Residents: \$152/week Non-Residents: \$162 /week



WEEK	DATES	CODE
Week 1	June 20- June 24	240427-1
Week 2	June 27 - July 1	240427-2
Week 3	July 5 - July 8 (4 day week-no class July 4)	240427-3
Week 4	July 11 - July 15	240427-4
Week 5	July 18 - July 22	240427-5
Week 6	July 25 - July 29	240427-6
Week 7	August 1 - August 5	240427-7



## 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!

**NEW** this year, lifeguards will be trained through Concord Parks & Recreation once hired. Anyone hired as a lifeguard will complete certification/recertification through a series of online, Zoom and in person trainings with Swim NH.

Interested applicants should apply online at [www.concordnh.gov](http://www.concordnh.gov), jobs will be posted by March 1, 2022.

- \* Camp Staff
- \* Lifeguards
- \* Park & Cemetery Laborers
- \* Water Safety Instructors



# How to Register

Preregistration recommended at least 10 days before class starts. 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.

## 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.

## 2022 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

# FAQ ONLINE REGISTRATION

## 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

### **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

# Registration Form

## RETURN WITH PAYMENT TO:

Concord Parks & Recreation Dept.  
14 Canterbury Rd.  
Concord, NH 03301  
Make Checks Payable to: City of Concord

## CONTACT US AT:

Office: 225-8690  
Fax: 225-8589  
E-mail: [recreation@concordnh.gov](mailto:recreation@concordnh.gov)  
Web: [www.concordparksandrec.com](http://www.concordparksandrec.com)

## For Office Use Only

Check # \_\_\_\_\_ CC    Cash    Schlrshp  
Amount: \_\_\_\_\_ Entered: \_\_\_\_\_

## PARENT/ GUARDIAN CONTACT INFO

**Please Print**

Adult First & Last Name		
Address		
City	State	Zip
Home Phone	Work Phone	Cell Phone
E-mail	Emergency Contact Name	Phone Number

## PLEASE LIST PARTICIPANT INFORMATION AND THEIR COURSE CHOICES

Participant Information		Date of Birth	Sex	Child's Elementary School	Child's Grade	Name of Class / Program	Class Code				Fee
First Name	Last Name										

## List any special needs or medical conditions we should know about

### \*\*\*\*PLEASE READ AND SIGN THE WAIVER BELOW\*\*\*\*

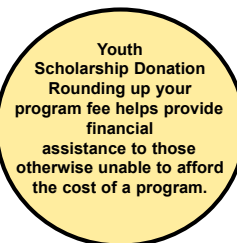
In Consideration for me and/or or my child/ward to participate in the sports and other activities of the City of Concord, New Hampshire Park and Recreation Department, we HEREBY WAIVE AND RELEASE the City of Concord, its officers, employees, and agents, individually or in an official capacity for the City (all for purposes herein also referred to as "Releasee") from all liabilities, claims, actions, damages, costs or expenses which we may have against any of the Releasee arising out of or in any way connected to participation in the activity, including, travel to or from the activity, for bodily injury, death or property damage suffered by me/my child/ward before, during, or after said activity. In addition, I give my permission for the child(ren) to be treated by qualified medical personnel in the event that the parent/guardian named below cannot be reached at the phone numbers provided.

I understand and agree that all Parks & Recreation Department classes/events may be photographed. I give permission to Parks and Recreation Department to use participants' photo for display or advertisement by the City of Concord, Parks & Recreation Department.



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

Date



Total Fees   
 Total Amount

**REFUND PROCEDURE** - Refunds are issued only when a class is cancelled by the Parks & Recreation Department or the participant enrolled in the program has a note from a physician's office stating they are not able to participate in the program because of a medical condition. Refunds will not be issued if a class is cancelled due to inclement weather. If you feel your request for a refund was unfairly denied, there is an appeal process. Appeals must be in writing and sent to the Concord Parks & Recreation Department.

## REMEMBER THESE 4 EASY WAYS TO REGISTER!

1



### Fax

Fax your registration to: (603)225-8589 and contact us at 603-225-8690 with payment information

2



### On-Line

[www.concordparksandrec.com](http://www.concordparksandrec.com)  
Customers can sign-up via our on-line registration system at [www.concordparksandrec.com](http://www.concordparksandrec.com)

3



### Mail-In

Mail completed registration form & payment to:  
Concord Parks & Recreation  
14 Canterbury Rd., Concord, NH 03301

4



### In-Person/Walk-In

Visit us in at the Parks & Recreation Office at 14 Canterbury Rd.. to fill out your registration in person. Office hours are 8 a.m. - 6:00 p.m.

Cyan  
Magenta  
Yellow  
Black