

The City of Concord  
Parks and Recreation Department's

# ADULT ENRICHMENT & FITNESS CLASSES

Spring & Summer 2022




**Concord's City Wide Community Center**

14 Canterbury Rd, Concord NH 03301

603-225-8690

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

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**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)



### 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

# Concord's City Wide Community Center

After more than a decade of planning and a year of construction, the City of Concord's community center opened on Monday, June 11, 2018. The facility is located at 14 Canterbury Road in Concord and is connected to Keach Park. The new center features the following amenities:

- \* Four Program Rooms, Two Exercise Rooms
- \* Senior Lounge
- \* Concord Public Library - Heights Branch
- \* The Harriet Dame Auditorium with small stage
- \* Teaching/Prep Kitchen
- \* Locker Rooms
- \* Multi-purpose High School Size Gym
- \* Two outside courtyards
- \* Offices for the Parks and Recreation Department



## City Wide Community Center Hours of Operation

**\*Monday - Thursday:** 8:00 a.m. - 7:00 p.m.

**\*Friday:** 8:00 a.m. - 4:30 p.m.

**\*Saturdays:** 8 a.m. - 2 p.m.

\*Hours may vary based on rentals/programs.

Please check our website and Facebook for holiday hours!

Many of the rooms at the community center are available for rent.  
Please call our office at 603-225-8690 for details.

# CONCORD PUBLIC LIBRARY'S HEIGHTS BRANCH



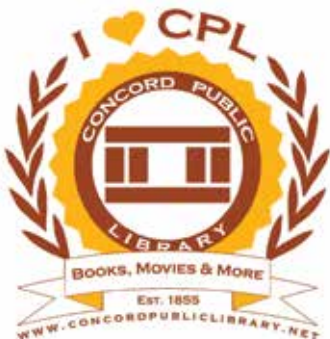
The Concord Public Library's Heights Branch is located in the City Wide Community Center at 14 Canterbury Road.

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

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



## HOW DO YOU REGISTER?

### **Resident/Non Resident**

To qualify for residency rates you must reside in Concord or Penacook (no PO boxes). If registering for the first time, you must show proof of residency (Photo ID, car registration, etc). There is an additional fee for non-residents participating in any of our programs.

### **Register via paper form**

Register directly by scheduling an appointment to stop by the Parks & Recreation Office located at 14 Canterbury Rd. You may also 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 check, cash or credit card.

### **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, emergency contact information and email etc. Email us at [recreation@concordnh.gov](mailto:recreation@concordnh.gov) with any questions.

### **Please Note:**

- Please Register Early - all classes and 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. Full payment is required at time of registration.

### **Photo Policy**

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

### **Class Cancellations**

All classes have a minimum number of participants in order to run a class. Please be sure to register at least 10 days prior to the start of class otherwise the class may be cancelled due to low enrollment.

If a class is cancelled due to weather or instructor absence participants will be contacted via email. Please be sure you provide us with your best contact information. We will do our best to reschedule, but no refunds will be issued due to weather.

### **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 or the entire class session was canceled by the Parks and Recreation Department.

# Dog Obedience Training



Maurice Regan runs Companion Dog Training. He has earned obedience titles on his last four dogs, with 3 winning a trial. In the past, he conducted dog obedience classes for Concord Community Education and Blue Seal Feeds. He has been a judge for 4H obedience trials. Maurice is a college professor who lives in Pembroke.

## 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+ (with parent)

### 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, 4/6 - 5/25 (8 weeks)

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

**Location:** City Wide Community Center/Keach Park

**Cost:** \$130 Resident, \$140 Non-Resident

**Code:** 600903-5



# Dog Obedience Training

## Advanced Dog Obedience - Ages 16+ (with parent)

**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, 4/6 - 5/25 (8 weeks)

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

**Location:** City Wide Community Center/Keach Park

**Cost:** \$130 Resident, \$140 Non-Resident

**Code:** 600913-5



## Detection Dog Training - Ages 16+ (with parent)

**Instructor:** Maurice Regan

This course is open to all dogs that are starting or are advanced in scent work. The class will be half obedience and half scent detection. 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, 4/6 - 5/25 (8 weeks)

**When:** 7:00 - 8:00 p.m.

**Location:** City Wide Community Center/Keach Park

**Cost:** \$130 Resident, \$140 Non-Resident

**Code:** 600916-5



# Hypnosis

Linda Abbott is a certified hypnotist and a member of the National Guild of Hypnotists. As a Master Level Reiki practitioner and teacher of yoga and meditation, Linda offers a multi-faceted wealth of knowledge to assist her clients in meeting their goals. Linda takes the ancient health practices of Hypnosis, Reiki and Meditation and presents them in down-to-earth, everyday language to help ordinary people with everyday problems. Linda can be contacted at [linda.abbott@comcast.net](mailto:linda.abbott@comcast.net); [www.linabbott.com](http://www.linabbott.com); (603) 848-6682 Certifications: Thomas School of Hypnosis, Kripalu Yoga Center, Libby Barnett; Erica Rock - Reiki

## Self Hypnosis: A personal exploration- Ages 18+

**Instructor:** Linda Abbott

Self Hypnosis is an effective tool in changing bad habits, attitudes, fears, and other unwanted behaviors or simply to learn to relax deeply, and be more mindful in daily life. You will learn to access your subconscious mind (where the cause of all habits, beliefs, attitudes thoughts and actions resides). Self Hypnosis is a very healthy state of mind that can affect our physical body by lowering blood pressure and reduce stress. In the process of learning, become more mindful and enjoy the exploration of your inner self. This is an instructional and experiential class; you'll learn what self hypnosis is, how it works, how it affects the body as well as practice in class.

**When:** Thursdays, 4:00 - 5:30 p.m.

**Location:** City Wide Community Center

<b>Dates</b>	<b>Code</b>	<b>Cost</b>
5/15 - 5/26 (4 weeks)	600902-5	\$60 Res, \$70 Non-Res

## Group Hypnosis For Deep Relaxation & Mindfulness 18+

**Instructor:** Linda Abbott

Sit back, put your feet up, and enjoy the guided relaxation. The focus of this hypnosis is deep relaxation, with an emphasis on being more present in daily life. Enjoy the guided relaxations, soothing music, and receive suggestions to become more relaxed, and more mindful in our daily lives. Deep relaxation is proven to increase health and wellness, lessen anxiety, lower blood pressure and improve sleep. Each class begins with question/answer period, sharing, and then the group undergoes hypnosis to be more relaxed and mindful.

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

**Location:** City Wide Community Center

<b>Dates</b>	<b>Code</b>	<b>Cost</b>
5/7 - 5/28 (4 week class)	600906-5	\$40 Res, \$50 Non-Res



# Birdwatching & Fitness



Linden Rayton is a professional naturalist, educator and owner of Living Water Nature Programs, LLC. She has worked for various environmental organizations around New England, including NH Audubon and The Society for the Protection of New Hampshire Forests. She has expertise in winter tracking, birdwatching, and kids-in-nature programs, but mostly she specializes in helping people of all ages have fun outdoors! Find her online or on Instagram @thefaithfulnaturalist.

## Beginner Birdwatching - Ages 18+

**Instructor:** Linden Rayton

Join former Audubon naturalist Linden Rayton for a spring venture into birding. Participants will learn the basics of bird behavior and biology, how to use binoculars effectively, and explore birding sites around Concord. Bring a set of medium-to-good binoculars (pocket binoculars will ultimately disappoint). Terrain will be a variety of trails, asphalt and dirt roads. We will meet on the first four Mondays in May from 7:30-9:00am, locations given with registration. Dress to stay warm and dry while walking and stopping. Program will generally be held rain or shine, with cancellations for freezing or heavy rain.

**When:** Mondays 7:30 - 9:00 a.m.  
**Location:** To be announced  
**Cost:** \$80 Residents, \$90 Non-Residents  
**Dates**                      **Code**  
5/2 - 5/23                      300315-1



## 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.  
**Location:** City Wide Community Center  
**Cost:** \$60 Resident, \$70 Non-Resident  
**Dates**                              **Code**  
5/11 - 6/15                              600425-5



# 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

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

**Date**

5/6 - 6/10

**Code**

600405- 5

## 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

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

**Date**

5/3 - 6/7

**Code**

600448-5



# Fitness



Nancy Kalinski - E-RYT 500 is a therapeutic yoga teacher with a medical focus. Her particular interest is in working with people who want to maintain and improve their bodies as they age even if they have limits and medical conditions. Nancy is an Emeritus board certified Physician Assistant who worked for 30 years in primary care, family medicine, occupational medicine and pediatrics.

## Yoga For MS - Ages 16+ Instructor: Nancy Kalinski

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

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

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

**Location:** City Wide Community Center

**Cost:** \$20 Resident, \$30 Non-Resident

**Dates**

**Code**

4/23 - 5/28

600446-6

6/11 - 7/16

600446-7

## Yoga For Arthritis - Ages 16+

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

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

**Dates**

**Code**

4/21 - 5/26

600435-6

6/9 - 7/14

600435-7

# Fitness

## Yoga For Backs - Ages 16+

**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.

<b>When:</b> Saturdays, 9 - 10 a.m.	
<b>Location:</b> City Wide Community Center	
<b>Cost:</b> \$69 Resident, \$79 Non-Resident	
<b>Dates</b>	<b>Code</b>
4/23 - 5/28	600433-6
6/11 - 7/16	600433-7

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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!

<b>When:</b> Wednesdays, 11:00 - 11:45 a.m.	
<b>Location:</b> City Wide Community Center	
<b>Cost:</b> \$25 Resident, \$35 Non-Resident	
<b>Date</b>	<b>Code</b>
5/4 - 6/8	600421-5

# 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>.



## 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

### **SESSION 1**

**Dates:** 5/5 - 6/9

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

**Code:** 600424-6

### **SESSION 2**

**Dates:** 6/23 - 7/28

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

**Code:** 600424-7





## Pound Rockout Workout - 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. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable; a POUND® class uses lightly weighted drumsticks engineered specifically for exercising, which transforms drumming into an incredibly effective way of working out.

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

**Location:** City Wide Community Center

### **SESSION 1**

**Dates:** 5/5 - 6/9

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

**Code:** 600416-6

### **SESSION 2**

**Dates:** 6/23 - 7/28

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

**Code:** 600416-7



# Language

All Language students should purchase course materials prior to start of class from local or online sources.

Name: Lise M. Blais

Occupation: World Language Teacher, currently teaching French at Concord High School but, has also taught Spanish and Latin.

Certified in French and ELL, graduated from Notre Dame College and UNH Manchester

## 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

**Cost:** \$125 Residents, \$135 Non-Residents

**Dates**

5/4 - 6/8

**Code:**

600304-5

**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

**Cost:** \$125 Residents, \$135 Non-Residents

**Dates**

5/2 - 6/13 (no class 5/30)

**Code:**

600208-5

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



# Paint Night - Family



Katrina Wynott studied Art at NHIA in Manchester, NH. She specializes in acrylic, watercolor, charcoal, printmaking, and Airbrushing. Katrina hopes to share her love of art with all who take her paint along class!

## Family Paint Night - Ages 8+ with parent    Instructor: Katrina Wynott

At Family 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. 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!

### Paint Night Themes:

April 13 – Jumping in Puddles

April 20 – Spring Flowers

All supplies included.



**When:** Wednesdays, 5:30 - 8:00 p.m.

**Location:** Merrimack Lodge

**Cost:** \$80 Res, \$90 Non-Res  
(up to 4 family members)

#### **Dates**

April 13

April 20

#### **Codes**

600114-5

600114-6

## Mixed Media Art - Ages 16+    Instructor: Katrina Wynott

In this workshop you will get to try using both watercolor and acrylic paints. We will go over different ways to use the brushes, as well as oils and masking fluid. We will scratch the surface of underpainting when using acrylics. This workshop will give you the basics to enjoy painting in your own time, and possibly pick up a new hobby. Experience is not a must, but an interest in painting, and willingness to try something new is. Everything needed for the workshop will be provided.

**When:** Wednesdays, 5:30 - 7:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$108 Residents, \$118 Non-Residents

#### **Dates**

5/4 - 5/25

#### **Code:**

600115-1



# Pickleball

## "Fresh Pickles" Beginner Pickleball Lessons - Ages 51+

Instructor: Dan Lamoureaux

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

**When:** Thursdays, 11:30 - 1:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$15 Residents, \$25 Non-Residents

**Dates**

4/7 - 4/28

**Code:**

600449-1



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

Instructor: Dan Lamoureaux

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

**When:** Wednesdays, 5:30 - 7:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$15 Residents, \$25 Non-Residents

**Dates**

5/4 - 5/25

Registration Deadline - 4/29/22

**Code:**

600449-2



## Beginner Pickleball Open Play - Ages 55+

Instructor: Dan Lamoureaux

Come play with other brand new Pickleball players! Ages 55+ and 3 months or less of Pickleball experience required. If you have your own paddle, please bring it. If not, we have some available.

**When:** Saturdays, 8:30 - 10:30 p.m.

**Location:** City Wide Community Center

**Cost:** \$15 Residents, \$25 Non-Residents

**Dates**

5/7 - 6/11 (no class 5/28)

Registration Deadline - 4/29/22

**Code:**

600450-1



# 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-five years, Bill, with his wife, Margaret, have 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 18 years at Concord Hospital's Center for Health Promotion, Canterbury Shaker Village, Sage Wellness Center, NHTI and numerous businesses throughout the area.



## Beginners Introduction 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

**Cost:** \$94 Residents, \$104 Non-Residents

**Dates** (8weeks)

**Code:**

4/28 - 6/16

600439-5

6/30 - 8/18

600439-6



# Tai Chi

## 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!

<b>When:</b> Tuesdays 1:30 - 2:30 p.m.	
<b>Location:</b> City Wide Community Center	
<b>Cost:</b> \$94 Residents, \$104 Non-Residents	
<b>Dates</b> (8weeks)	<b>Code</b>
4/26 - 6/14	600441-5
6/28 - 8/16	600441-6



## 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!

<b>When:</b> Tuesdays 7:00 - 8:00 p.m.	
<b>Location:</b> City Wide Community Center	
<b>Cost:</b> \$94 Residents, \$104 Non-Residents	
<b>Dates</b> (8weeks)	<b>Code</b>
4/26 - 6/14	600440-5
6/28 - 8/16	600440-6

# Adult Tennis


## TENNIS LEAGUE

Instructor: Pattu Pillai

These are USTA 3.0 co-ed coach assisted adult tennis Mens/Womens Tennis Leagues. Please register at least 10 days in advance!

### 2022 - Spring Adult Leagues at Merrill Park - Ages 18+

SPRING	
<b>DATES:</b>	Tuesday, 5/3 - 5/31
<b>AGES:</b>	<b>18 +</b>
<b>TIME:</b>	5:00 - 6:00 p.m.
<b>LOCATION:</b>	Merrill Park
<b>COST:</b>	\$50 Residents, \$60 Non-Residents
<b>CODE:</b>	118514-1



### 2022 - First Summer Adult Leagues at Memorial Field - Ages 18+

<b>Time:</b> 6:00 - 7:00 p.m.	
<b>Location:</b> Memorial Field	
<b>Cost:</b> \$60 Residents, \$70 Non-Residents	
<b>Dates</b>	<b>Code</b>
Tuesdays 6/14 - 7/19	118514-2
Thursdays 6/16 - 7/21	118514-3

### 2022 - Second Summer Adult Leagues at Memorial Field - Ages 18+

<b>Time:</b> 6:00 - 7:00 p.m.	
<b>Location:</b> Memorial Field	
<b>Cost:</b> \$60 Residents, \$70 Non-Residents	
<b>Dates</b>	<b>Code</b>
Tuesdays 7/26 - 8/30	118514-4
Thursdays 7/28 - 9/1	118514-5

# 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, 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
April 13	600919-3	\$35 Res., \$45 Non-Res.
April 20	600919-4	\$35 Res., \$45 Non-Res.



# Seniors

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 (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.

<b>Mondays</b>	<b>Wednesdays</b>	<b>Fridays</b>
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 hallways.		
*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.

# Seniors

## 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).



CONCORD REGIONAL  
VISITING NURSE  
ASSOCIATION

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.*

# Rentals

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


<b>City Wide Community Center</b>		
Residential Rental Rates*		
Meeting Rooms	\$45 per hour	
Exercise Rooms	\$50 per hour	
Auditorium	\$100 per hour	
Gymnasium	\$90 per hour prime time \$60 per hour non-prime time	
Prime time for gym rentals is Monday - Friday after 5:00 p.m., weekends and holidays		
*Non-residents and non-resident groups are charged an additional \$15 per hour.		

**The 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:  
\$330 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.

The Merrimack Lodge at White Park is available to rent. Please call 225-8690 for more information.



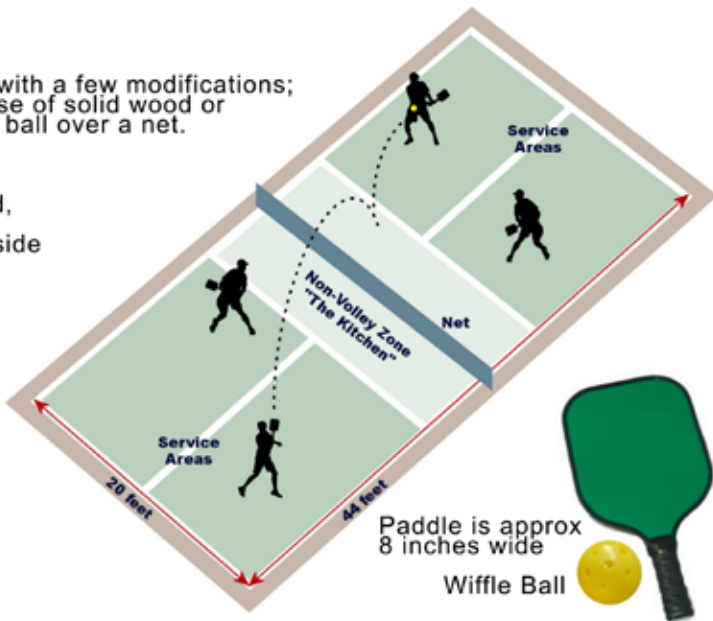


## Catch the Pickleball Fever!

Pickleball is much like tennis but with a few modifications; such as a smaller court and the use of solid wood or composite paddles to hit a plastic ball over a net.

### How to play:

1. The ball is served underhanded, diagonally to the opposing side. Points are scored by the serving side only.
2. Players must follow the double bounce rule - after the ball is served, the receiving team must let it bounce before returning, and then the serving team must let it bounce before returning.
3. The first side scoring 11 points and leading by at least two points wins.



# ADULT GYM DROP-IN (18+)

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

## April 2022



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. - 8P.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.	
FRIDAY		PICKLEBALL 2:30-5:30PM
	Cash only for Green Street	

Please bring your own paddle or basketball to participate.

(603) 225-8690

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

Last day for Pickleball drop in is Friday April 22nd.