

The City of Concord
Parks and Recreation Department's

ADULT ENRICHMENT CLASSES

Fall 2020



Concord's City Wide Community Center

603-225-8690

www.concordparksandrec.com

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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

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

August 17 - September 11th
By Appointment Only*

Fall Hours beginning September 12th

Due to the ongoing Covid-19 situation Concord Parks & Recreation will be open for program participants only.

There will be NO PUBLIC ACCESS at this time.

If you wish to make an appointment with staff, please call M-F, 8am -5pm.

Parks & Recreation Office Open By Appointment Only

Office hours for appointments at the City Wide Community Center are Monday - Friday, 8:00 a.m. - 5:00 p.m.

Appointments will be scheduled for:

- Program registration
- Facility rentals
- Field rental paperwork



Additional Information:

- *Appointments are booked in 20 minute time slots
- *A mask must be worn for your appointment
- *Appointments are for one person
- *No public restrooms
- *Upon arrival, please wait at the front door to be let in

To schedule an appointment, please call 603-225-8690

CWCC PROGRAMS & COVID-19



Concord Parks & Recreation is very excited to be able to begin programming again! Knowing that programming won't be the same as in the past, we are committed to providing the best experience possible for everyone. We understand some of these changes may feel uncomfortable, but they have all been made in order to keep participants and staff safe.

- All participants 2 years and older are required to wear a mask when in common areas of the buildings. Once they reach their program and are safely socially distanced they can remove their mask.
- Anyone over the age of 2 in the building solely as a spectator needs to wear a mask the entire time.
- All participants and guests will check in when they arrive and are required to have a temperature check. Participants and guests will also be required to answer the following health questions. If they answer yes to any of the following they will not be allowed to attend the program.
 - * Have you had any close contact with someone suspected or confirmed to have COVID-19?
 - * Have you had a fever within the past 48 hours (100.4 or above)?
 - * Have you traveled domestically outside of New England within the past 14 days?
 - * Have you traveled internationally with the past 14 days?
- Participants with **suspected or confirmed** COVID-19 will be unable to attend programming for a least 10 days. To return, participants must have had no symptoms for 72 hours (3 days) or 2 negative COVID-19 test results 24 hours apart.
- Participants who feel ill at a program will put on a mask and be moved to a private area to await pick up or will be asked to leave.
- All participants, guests and spectators are encouraged to frequently wash hands or use the hand sanitizer provided throughout the building.
- Participants will not be allowed in the building any earlier than 15 minutes prior to their scheduled program.
- Please do not linger inside the building after your program has ended.
- Renters will receive additional COVID-19 guidelines with their rental agreement.



603-225-8690 www.concordparksandrec.com lbryant@concordnh.gov

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 and download the registration form, fill it out and mail, fax, or bring it in (by appointment) 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, grade in September, emergency contact information and email etc. Email us at 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.

ART



Peter Clive has been a professional artist for 40 years. Painting figure narratives has been the focus of his work for most of his career. His work has been reviewed in The New York Times and Newsday and reproduced in American Artist Magazine. The vast majority of his work has always been on canvas. Over the years he has produced countless preliminary drawings, and studies for his paintings.

You can see his work at petercliveartist.com

Water Color Basics - Ages 16+

Instructor: Peter Clive

Watercolor is a wonderfully expressive medium to paint in. Once you know how to manipulate washes and to work wet into dry and wet into wet areas of color, the process can be so much more expressive and enjoyable. This one day class will explore fundamentals that will make this medium much more engaging. Participants will work from photographs they bring to the class.

When: Saturday, 9:00 a.m. - 11:00 a.m.

Location: City Wide Community Center

Cost: \$30 Residents, \$40 Non-Residents - Supplies included in price

Dates	Codes
9/12	600113-1
10/17	600113-2



DOG OBEDIENCE TRAINING



Maurice Regan runs Companion Dog Training. He has put obedience titles on his last three dogs, winning a trial with each dog. 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, NH.

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 or www.sportdog.com

Basic Dog Obedience - Ages 18+ 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: Tuesdays, 9/15 - 11/10 (no class 11/3)
Time: 6:00 - 7:00 p.m.
Location: Keach Park
Cost: \$130 Residents, \$140 Non-Residents
Code: 600903-1

Classes are held behind the City Wide Community Center.

Rain Location: City Wide Community Center Auditorium

DOG OBEDIENCE TRAINING

Advanced Dog Obedience - Ages 18+ 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: Tuesdays, 9/15 - 11/10 (no class 11/3)
Time: 7:15 - 8:15 p.m.
Location: Keach Park
Cost: \$130 Residents, \$140 Non-Residents
Code: 600913-1

Classes are held behind the City Wide Community Center.

Rain Location: City Wide Community Center Auditorium



Detection Dog Training - Ages 18+

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: Tuesdays, 9/15 - 11/10 (no class 11/3)
Time: 5:00 - 6:00 p.m.
Location: Keach Park
Cost: \$130 Residents, \$140 Non-Residents
Code: 600916-1



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.



Alison Murphy is a 200-hour Registered Yoga Teacher. She completed her training at Sharing Yoga in Concord, NH, in May of 2014. Her interest in yoga is because of its unique ability to help individuals look inward to calm the mind, and at the same time, strengthen the body physically through the postures. Alison teaches classes around Concord to all ages and abilities. Alison also runs Concord Handmade, a mobile shop and holiday pop-up shop, and lives in Concord with her family.

Gentle Yoga - Ages 18+

Instructor: Alison Murphy

Gentle Yoga is a 60 minute class designed for students that prefer a slower paced, easier yoga class. Gentle Yoga will include breathing and relaxation techniques as well as both standing and seated postures. This class is suitable for students who have completed the Beginner Yoga series or have a basic understanding of yoga postures. Please bring a yoga mat to class.

Dates: Tuesdays, 9/15 - 10/20

Time: 10:00 - 11:00 a.m.

Location: City Wide Community Center

Cost: \$52 Res, \$62 Non-Resident

Code: 600405-1



FITNESS



Nancy Kalinski - E-RYT 500 is a therapeutic yoga teacher with a medical focus. Her specialty is in working with individuals or small groups to help them focus on ways to allow yoga to work for them. 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 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.

Dates: Saturdays, 9/12 - 10/24 (no class 10/10)

Time: 9:00 - 10:00 a.m.

Location: City Wide Community Center

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

Code: 600433-1



Yoga For Arthritis - Ages 18+

Instructor: Nancy Kalinski

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

Dates: Thursdays, 9/17 - 10/22

Time: 9:00 - 10:00 a.m.

Location: City Wide Community Center

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

Code: 600435-1



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 COPD - Ages 18+

Instructor: Nancy Kalinski

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

Dates: Thursdays, 9/17 - 10/22
Time: 10:30 - 11:30 a.m.
Location: City Wide Community Center
Cost: \$10 Res, \$20 Non-Resident
Code: 600434-1



Yoga For MS - Ages 18+

Instructor: Nancy Kalinski

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

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

Dates: Saturdays, 9/12 - 10/24 (no class 10/10)
Time: 10:30 - 11:30 a.m.
Location: City Wide Community Center
Cost: \$10 Res, \$20 Non-Resident
Code: 600436-1



FITNESS

Karen is in her second year of teaching REFIT. She began taking REFIT classes in 2013 and at that point decided she loved dance fitness. She continued taking other dance fitness formats, but loved REFIT the best. In 2017 Karen decided to become an instructor so that she could share with others what makes REFIT a great fitness experience!



Refit Revolution - Ages 16+

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!

Dates: Mondays, 9/14 - 10/26 (no class 10/12)
Time: 5:00 - 6:00 p.m.
Location: City Wide Community Center
Cost: \$60 Resident, \$70 Non-Resident
Code: 600425-1



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!

Dates: Wednesdays, 9/16 - 10/21
Time: 11:00 - 11:45 a.m.
Location: City Wide Community Center
Cost: \$25 Resident, \$35 Non-Resident
Code: 600421-1

FITNESS

Cindy Gidley, a licensed Zumba instructor since 2014, is licensed to teach 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 - Ages 16+

Instructor: Cindy Gidley

Challenge yourself by adding resistance to your workout by using Zumba Toning Sticks. Toning Sticks help you focus on specific muscle groups, so you (and your muscles) stay engaged! Lightweight maraca-like Toning Sticks enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Dates: Tuesdays, 9/15 - 10/20

Time: 5:00 - 6:00 p.m.

Location: City Wide Community Center

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

Code: 600424-1

Materials: The instructor will have some sticks available but participants are encouraged to purchasing their own set of Zumba Toning Sticks.



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URGENT CARE

- ✓ Quality Care
- ✓ Convenient
- ✓ Affordable

8am-8pm, 7 Days a Week **JUST WALK IN!**

Proud Sponsor of Concord Parks & Recreation

FITNESS

BUFF BONES®



Katya Brennan is a licensed instructor in Buff Bones®, and a certified Pilates Mat and Apparatus instructor. Katya has been teaching in Concord for nearly 10 years. She trained and received her certification at Concord Pilates where Katya continues to teach Pilates apparatus classes. A diagnosis of Osteoporosis led Katya to becoming a licensed Buff Bones® instructor under the direction of Rebekah Rotstein, founder of Buff Bones®.

Buff Bones - Ages 50+

Instructor: Katya Brennan

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



JOIN THE MOVEMENT - BUILD A LEGACY OF BUFF BONES!

Dates: Mondays, 9/14 - 10/26 (no class 10/12)
Time: 10:30 - 11:30 a.m.
Location: City Wide Community Center
Cost: \$50 Resident, \$60 Non-Resident
Code: 600432-1



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; www.linabbott.com.

Certifications: Thomas School of Hypnosis, Kripalu Yoga Center, Libby Barnett; Erica Rock - Reiki

Self Hypnosis - A Personal Exploration - Ages 16+

Instructor: Linda Abbott

Self Hypnosis is an effective tool in changing bad habits, attitudes, fears, and other unwanted behaviors. You will learn to access your subconscious mind where the root of habits, beliefs, attitudes and actions reside. You will learn to re-program these with positive, productive, more useful habits and thoughts to improve your quality of life. In the process of learning you will benefit from the relaxation of hypnosis.

Dates: Wednesdays, 9/16 - 10/21

Time: 5:30 - 7:00 p.m.

Location: City Wide Community Center

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

Code: 600902-1



LANGUAGE

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

First Year Conversational French - Ages 16+

Instructor: Lise Blais

Students in this class will be speaking practical French beginning day one. This class gives students the opportunity to keep their French sharp as well as working to further develop their conversational skills. French will be spoken for the entirety of this class.

Dates: Tuesdays, 9/15 - 10/20

Time: 5:30 - 7:00 p.m.

Location: City Wide Community Center

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

Code: 600209-1



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.

Dates: Wednesday, 9/16 - 10/21

Time: 5:30 - 7:00 p.m.

Location: City Wide Community Center

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

Code: 600304-1

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

Participants will need to purchase course materials prior to the start of class.

LANGUAGE

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.

Dates: Mondays, 9/14 - 10/26 (no class 10/12)

Time: 5:30 - 7:00 p.m.

Location: City Wide Community Center

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

Code: 600208-1

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

Participants will need to purchase course materials prior to the start of class.

Name: Karen Braz

Karen Braz has worked as an American Sign Language/English interpreter since 1984, both in the freelance field as well as in education. She holds an A.S. degree in Interpreting, a B.P.S. in Speech and Language, and an M.ED. in Teaching English as a Second Language. Currently, she is a staff member in the Manchester Program for the Deaf and Hard of Hearing.



American Sign Language I - Ages 16+

Instructor: Karen Braz

This course is designed to give students a general introduction to American Sign Language (ASL). Basic vocabulary, comparisons of ASL and English grammar, and an introduction to Deaf Culture will be explored using the Bravo ASL! Curriculum. This series of DVD lessons presents information using a Deaf "host" and the "Bravo family" - three Deaf actors and one non-Deaf, signing actor in scenes depicting various scenarios. All lessons have a spoken English voiceover as well. The class instructor will provide supplemental materials for additional vocabulary as well as the Bravo curriculum student workbook.

Dates: Thursday, 9/17 - 10/22

Time: 6:00 - 7:30 p.m.

Location: City Wide Community Center

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

Code: 600210-1

Materials: Fee includes cost of materials.



SENIORS

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.



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).



Senior Programming Fall 2020

Concord Parks & Recreation is eager to resume our senior programming beginning the week of September 14th! With COVID-19 in mind we have had to make some changes to the way we will offer programming!

A few things to know for our in person programming:

- Masks are required when participating in senior programming.
- 6ft social distance from anyone not in your household must be maintained.
- Pre-registration is required for ALL programs.
- All participants must check in at the front desk for a temperature check and to answer several health questions.
- All programs will have limited space.
- Please review the COVID-19 rules on page 4.

Pre-registration:

- Must be a registered Senior Passport Holder.
- You may pre-register up to two weeks in advance.

To pre-register for any program being offered; please call the front desk at 225-8690 or email Becky at rbukowski@concordnh.gov.

SENIORS

Schedule of activities for September & October

Monday	Wednesday	Friday
9/14 Walking 9 - 11 a.m. Coffee Social 11 a.m.	9/16 Walking 9 - 11 a.m.	9/18 Walking 9 - 11 a.m. Trivia 11 a.m.
9/21 Walking 9 - 11 a.m.	9/23 Walking 9 - 11 a.m. Coffee Social 1 p.m. - Zoom	9/25 Walking 9 - 11 a.m. Adult Coloring 10 a.m. Knitting 10 a.m.
9/28 Walking 9 - 11 a.m. Coffee Social 11 a.m.- Zoom	9/30 Walking 9 - 11 a.m. Book Discussion 1 p.m. - Zoom	10/2 Walking 9 - 11 a.m. Trivia 11 a.m.
10/5 Walking 9 - 11 a.m.	10/7 Walking 9 - 11 a.m. Coffee Social 1 p.m.	10/9 Walking 9 - 11 a.m. Adult Coloring 10 a.m. Knitting 10 a.m.
10/12 CLOSED	10/14 Walking 9 - 11 a.m.	10/16 Walking 9 - 11 a.m. Trivia 11 a.m.
10/19 Walking 9 - 11 a.m.	10/21 Walking 9 - 11 a.m. Coffee Social 1 p.m.- Zoom	10/23 Walking 9 - 11 a.m. Adult Coloring 10 a.m. Knitting 10 a.m.
10/26 Walking 9 - 11 a.m. Coffee Social 11 a.m.	10/28 Walking 9 - 11 a.m. Book Discussion 1 p.m.- Zoom	10/30 Walking 9 - 11 a.m. Trivia 11 a.m.
If you do not arrive within 10 minutes of the start of the program, you may lose your spot!		



Walking will be limited to 15 people per hour. You can register for 9-10 a.m. or 10-11a.m. Walking will take place in the gym only.

All programs listed above, excluding walking, will be limited to 9 participants. Please be sure to register in advance.

INDOOR PICKLEBALL - Fall 2020

Pre-registration for pickleball begins Monday, September 21, 2020.

Due to COVID-19 we will be making some changes as to how indoor Pickleball is run. Pickleball will be limited to 2 hour blocks and participants are required to pre-register.

Please see new requirements below:

- All participants will have their temperature checked as well as be asked several health screening questions before entering the center.
- All participants must wear a mask when entering the building, while in common areas, or waiting to play.
- Masks may be removed during play.
- Only Parks & Recreation staff will set up/break down nets.
- Participants must bring their own paddles.
- Due to COVID-19, Pickleball hours and cost have been reduced. Time is limited to 2 hour blocks and pricing reduced to \$2.00 for residents and \$3.00 for non-residents.
- Pre-registration will be required for each 2 hour block, participants must pre-register by calling 225-8690.
- Each 2 hour session will be limited to 16 participants and no more than 2 courts will be available.
- Participants will be limited to pre-registering for a maximum of 4 dates per month at this time.
- Doors will open at 9 a.m. and play will end promptly at 11 a.m.

Fall 2020 schedule beginning Monday, October 5th

Green Street Community Center: Monday, Wednesday, and Friday 9:00-11:00 a.m.

No Pickleball on: 10/12, 11/2, 11/4, 11/11, 11/27

INDOOR DROP-IN PICKLEBALL
BEGINS WEEK OF OCTOBER 5th

Residents \$2.00 per person
Non-Residents \$3.00 per person

Pre-registration is required



