

A big warm squishy thank you to the local businesses and families who donate generously to the North Hampton Recreation Scholarship fund. The fund allows disadvantaged children to attend afterschool programs and/or summer rec camp. Last school year and this summer, the scholarship fund assisted over 60 children!!! Thank you again for your enormous hearts, compassion & commitment in helping our children. Yours in recreation~ Diane Wheeler



North Hampton Recreation



Our Mission:

We strive to enhance the quality of life for all citizens, regardless of age, in our community, by creating strong partnerships & providing a variety of recreational activities, special events & service that encourage life-long learning, community, relaxation, fitness & most of all

FUN!!!



Ocean Properties ltd Rockingham County Incentive Fund
 Judy Day & Larry Miller The Fuller Foundation
 The Lamprey Brothers Bentley By the Sea RE
 Sagamore Golf Luck Enterprises No. Hampton Drywall
 Rt. 1 Self Storage Paul Marston Local 3211 Pro. Firefighters
 Paul McInnis Hiltunen, Nash & Maguire Prime Acura North

A Special thanks to Ocean Properties ltd for sponsoring our summer rec camp tees!!! Thanks to Sarah Beattie for designing the summer rec camp tee shirt logo.
If you would like to donate to the North Hampton Recreation Scholarship Fund, please mail your donation to:
 North Hampton Recreation, 233 Atlantic Ave, North Hampton, NH 03862
 Please make checks payable to : Town of North Hampton
"It takes a village to raise a child." ~ African Proverb

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1. BY MAIL

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Go online & download registration form at www.northhampton-nh.gov. Click on Recreation. Please fill out important contact information along with the participant name & program registering for. ALL participants MUST have a completed form before the program begins. Incomplete & unsigned forms will be rejected.



2. WALK IN

You can drop by the Recreation Dept. which is located in the town offices above the Police Station. The entrance is located at the back of the building. Parking is available next to the left side of the Fire Station. Walk through the red door, take the stairs or ride the elevator. We're located on the 2nd floor.

FEE'S

Registration fees needs to be paid PRIOR to the start date of the program, unless other arrangements have been made. Instructors, materials and supplies are a part of the fee.

PAYMENT MUST ACCOMPANY REGISTRATION FORM.

Please make checks payable to: Town of North Hampton. A \$25 fee is charged on all returned checks as well as the full amount of registration & return fee in cash or money order.

SCHOLARSHIP FUND

If you have an unusual family financial situation that limits your child's participation in a program, please fill out the scholarship form & contact the Recreation Department to make arrangements for a partial fee waiver. Scholarships are available for youth programs and are not available to adults. Local families & businesses generously donate to this important fund. Please do not let your child miss out due to financial constraints. We can help!!! The scholarship form can be found on the Recreation website.

JUNIORS TENNIS

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Our tennis instructor is offering classes for Juniors this fall as well as special events either on Fridays, Saturdays or Sunday afternoons or evenings; schedules permitting. Please call Mark Moulton at 785-3523 for more information or to sign up.

Who: Boys & Girls ages 10-18 yrs.

When: Based upon Your schedules..

Where: Tennis Barn, Drakeside Rd., Hampton, NH

ROAD TRIPS for 55+



FLAG HILL WINERY & THE HOLY GRAIL

Enjoy a tour of Flag Hill Winery and then a wine tasting. After that, we'll enjoy a lunch at the Holy Grail.

Who: 55+

When: Wednesday, Sept. 30, from 10:30am-2ishpm

Where: Lee & Epping, NH

Fee: \$15 incl. Winery tour, wine tasting & trans., doesn't incl. lunch



MOUNT WASHINGTON CRUISE / LAKE WINNIPESAUKEE

See the last of fall's beautiful foliage as we cruise around the scenic Lake Winnepesaukee for 2.5 hours. Buffet lunch is incl.

Who: 55+

When: Wednesday, Oct. 14, bus leaves at 11am- 4:30pm. Boats leaves at 12:30pm

Where: Weirs Beach, Laconia

Fee: \$40, incl. Trans., cruise and buffet



MYSTERY TRIP???

Where the van goes, only Diane knows.

Who: 55+

When: Wednesday, November 18, 9am-3pm

Where: Somewhere in NH

Fee: \$25, for transportation, includes lunch at a nice well known restaurant



ROAD TRIP for Half School Day

HALF SCHOOL DAY FIELD TRIP

Attempt to find your way out of the maze! Enjoy a 20 minute hay ride to the corn maze. Hiking shoes are recommended. Send snack or \$\$ for stand.

Who: Boys & Girls grades 3-8

When: Friday, Oct. 9, 12:30-4pm

Where: Zack's Corn Maze, York, Maine

Fee: \$20, incl. Maze admission and transportation



RED CROSS BABYSITTING COURSE

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During the six hour course, students will learn the important basics of responsible, safe babysitting, including decision making, safe play, first aid, how to respond to emergencies & the business of babysitting. Bring a snack & drink & get ready for a fun-filled & informative program! Fee includes an ARC manual, an American Red Cross certificate will be issued to all participants upon completion of course. A great class for those teens interested in babysitting.

Who: Boys and Girls ages 11+
When: Saturday, Oct. 24, 9am-3pm
Where: Town offices, Mary Hebert room
Fee: \$55



INTRAMURAL VOLLEYBALL

Mr. Hooper, again this fall, is running an in house volleyball league for 5th & 6th graders.

Who: Boys & Girls Grades 5th & 6th
When: Mondays and wednesday, Oct. 19, 21, 26, 28, 3-4pm
Where: NHS Gym
Fee: \$45 for 4 weeks



WINDMILL PITCHING CLINIC

Anyone can learn to pitch! Megan Biddle, continues for the third year as our pitching instructor. Megan has an impressive & extensive pitching instruction background & currently instructs pitching at Planet Fastpitch & DBS Baseball Softball Academy. Megan played collegiate ball at UCONN and professionally w/the Brakettes. Beginners session (0-1 years experience) & Intermediate/Advanced levels will be instructed. Development will incur through progressive drills throughout the 8 week program. Megan currently teaches art in North Andover, MA

Who: Ages 8 & up
When: Saturday mornings beginning in January.
Beginners session: Intermediate & Advanced:
Where: Berwick Academy Gym
Fee: \$100 **Min: 7 Max: 15**



GUNSTOCK SKI CLUB

Registrations begin Mon. Sept.14 until November 10! **Full payment MUST be received before the holiday vacation or your child's spot will be given to the next person on the wait list.** There are only 50 spots available due to coach seating & is on a first come first serve basis. The Ski Club begins in January on Friday nights after school at the Gunstock Ski Area. **A \$150 NON-REFUNDABLE** deposit is due at registration & remainder to be paid prior to the first ski date. Please fill out all Gunstock forms & indicate child's ski/snowboard level. Bus leaves Friday after school & returns late in the evening, approx. 10-10:30. All children grades K-3 need to be accompanied by a parent. **6 Chaperones are NEEDED and ski /board for free!** After the 6th chaperone has volunteered, a fee will be charged to ski. Prices will be determined once Gunstock sends out information.



NO NEWS IS GOOD NEWS

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When you register for any of our programs, there's no need to wait by the phone or computer- the only time you will hear from us is if a program has been cancelled, filled or the date/time has been changed.

HOW TO WATCH A GREAT PROGRAM DIE

Nothing kills a recreation program faster than those who wait until the last minute to register. There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination including staffing, facility scheduling, purchasing supplies, volunteer recruitment & transportation, Please plan accordingly. Thank you in advance.

CANCELLATIONS & REFUND POLICY

The North Hampton Recreation Department reserves the right to cancel a class/special event due to insufficient enrollment or inclement weather. Refunds will be made on all cancelled programs. There are no refunds after attendance in the first session unless a hardship is indicated. Trips are non-refundable due to pre purchased tickets, or unless we have cancelled the trip. **PLEASE NOTE: We follow SAU 21's cancellation schedule for inclement weather- If they cancel, we cancel.**

CONTACT THE RECREATION DEPARTMENT

The best way to contact the Rec. Dept. is by email at diane@northhampton-nh.gov or by phone at 603-964-3170 or fax: 964-1514.

VOLUNTEERS

Volunteers **ARE Key & essential** to running certain programs, field trips & special events. They enable us to provide a much larger program format at considerable savings to the community. Please join our volunteer list.

THE RECREATION COMMISSION MEMBERS

Members meet the first Monday of every month at the Town Offices. Commission members are David Allen, Sandy Dewing, Christine Fredericks, Kim Place, Sarah Maloney, Heidi Nigro & Mike "Sully" Sullivan.

TO ERR IS HUMAN

We apologize in advance for any typos & errors. Thank you!



YOUTH SPORTS CONTACTS: North Hampton Youth Association

President: Vacant. Are you interested????

Treasurer: Moe Vincent / moevincent@aol.com

Secretary: Lisa Martin / lisamartin@libertymutual.com

Sting Soccer: Paul Kennedy / pkennedy@madllc.net

K-2 Soccer Commish: Dave MacArthur / dave.macarthur@comcast.net

Pre K-2 Baseball Commish: Ross Peterson / rpeterson@adamsai.com

Cal Ripken: Rob Eberle / reberle@bottomline.com

Summer Baseball: Tim Choate / timchoate@comcast.net

Softball: Sandy Dewing / mlths@aol.com

Basketball Pre K-2: Melanie Maggiore / mjmaggiore@comcast.net

Basketball Commish 3-6: Kerry Whitten / kerrytheref@comcast.net

Registrar: Heidi Nigro / heidinigro65@comcast.net

Publicity: Mike "Sully" Sullivan / mikesully3234@comcast.net

EVENTS

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NHS U HEALTHY FAMILY DAY

Together, the PE Dept, PAL & the Rec Dept. has teamed up to bring some excellent family fun to town! NHS Healthy U Day. Activities will include a 5K cross country race on the nature trail and a 3v3 basketball tournament along with family challenges on the fields. Money raised will go towards Cat Eye exercise bikes with video games. The games run on kid power. This is a community event and the bikes will be used by the school and the rec. dept.

Who: All ages

When: Saturday, September 26, 2-5pm

Where: NHS

Fee: \$20 per family



TRICK OR TREAT

The Town of North Hampton celebrates Trick or Treat on October 30, from 4-7pm, the day before Halloween, October 31. Please join the North Hampton Recreation & Fire Departments at the Fire Station for some hot chocolate, warm apple cider and cookies. Stop in, warm up, grab a bag of goodies, check out the fire trucks & show off your costume!



HALLOWEEN COLORING CONTEST

Look for the Halloween Coloring Contest sheets in your kids' Friday folders in the beginning of October. We'll have three different age categories and your family artistic creation will receive a Certificate of Participation along with a place of honor on the Town Office walls! You can also download a coloring form sheet from the Recreation Department web site.



BREAKFAST WITH SANTA

You are cordially invited to share a Breakfast with Santa! Your child (ren) will have the opportunity for an up close visit with North Pole's favorite resident. Picture opportunities are available. Enjoy breakfast & decorate their very own gingerbread cookie! Each child will leave with a smile and a goodie bag. Tickets have designated times. **Pre-registration is required to receive seating ticket.**

When: Saturday, Dec. 12, 2009. Breakfast begins at 8:30am, seatings with Santa at 9am

Where: Old Town Hall

Fee: \$5, includes scramble eggs, pancakes, drink, muffins, gingerbread men & a seating with Kris Kringle

BOSTON CELTICS 2008 WORLD CHAMPIONS: Only 12 tickets available

The Boston Celtics led by NBA Finals MVP Paul Pierce, seven-time NBA All-Star Ray Allen and 10-time All-Star Kevin Garnett. Don't miss out on your chance to see them strive for Championship 18. Register early! These seats will sell fast!

When: Game 1: Friday, Nov. 20, VS LA Lakers! Balcony Seating

Game 2: Monday (MLK) Jan. 18, VS Dallas Mavericks. Balcony seating

Where: Beantown

THE FIRST TEE

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The First Tee of the Seacoast's Golf & Life Skills Program offers unique & fun learning opportunities for young people from ages 8-17. The program utilizes the unique game of golf, & its core values & traditions, to teach values & life skills to young people of all backgrounds, especially those who might not otherwise have an opportunity to experience the game of golf. Emphasis is on the nine core values; sportsmanship, confidence, integrity, perseverance, respect, responsibility, judgment, courtesy & honesty. Also teaching through a progression of life skills, such as introducing oneself, goal setting & golf skills to include set-up, putting, chipping, pitching, bunker shots, full swing, and the rules and etiquette of golf. Participants may bring their own equipment, but will be supplied for anyone needing it.

Who: Boys & girls ages 8 + (mature 7 yr olds will be accepted)

When: Tuesdays, Sept. 8, 15, 22, 29, 2009, 32:30-5:30pm

Where: Sagamore Golf, 22 North Rd

Fee: \$75



FENCING: Introductory

Learn the basics of fencing in this introductory class with Jack Mullarkey of 3MB Fencing. Jack brings with him over 44 yrs of fencing experience, 20 yrs. of coaching as well as 10 Fencing world Championships under his belt!!! During the 10 week class you will be introduced to some basic level fencing & equipment. All fencing equipment is provided. Please wear loose fitting pants (sweatpants preferred) & a light top. No open shoes, clogs or sandals.

Min: 8 **Max:** 20

Who: Boys & Girls ages 8 & up

When: Monday, Oct. 19, 26, Nov. 2, 16, 23, 30, Dec. 7, 14, 2009 make up Dec. 19, 3:30-4:30pm

Where: Old Town Hall

Fee: \$180



WEIRD SCIENCE! WITH SEACOAST SCIENCE

Ooey, gooey, slimy and *weird*! Sound like fun? Join naturalists from the Seacoast Science Center and investigate your world by doing what scientists do! This session is for all of those inventors, detectives, and junior scientists out there. Each week, create projects and experiments!

Who: Boys & Girls Grades 1-4

When: Wednesdays, Oct. 28, Nov. 4, 11, 18, Dec. 2, 9, 2:45-3:45pm

Where: NHS classroom TBD

Fee: \$75 for 6 weeks



ARCHERY: Introductory

Students will learn the nine steps of shooting & the proper procedures in four one-hour classes. The program consists of a brief history, equipment & safety procedures, shooting skills & games. Archery is a wonderful activity when learned properly and can be enjoyed for a lifetime. **Min:** 5 **Max:** 10

Who: Boys & Girls Grades 4-8

When: Mon, Sept 14, 21, 28, Oct. 4, 2:50-3:50pm

Where: NHS

Fee: \$20 per 4 weeks!!!!



6th, 7th, & 8th GRADE HOMEWORK CLUB

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Your child will be in a structured & relaxing environment, staffed by a member of the middle school team the instructor will be a member of one of the 7 or 8th grade teams & will know the curriculum well. Please send your child with a snack. Homework club runs in three sessions. Payment can be made for all year or can be sent in 3 increments of \$45.00, which covers 2 hours per week. **A registration MUST be completed before student can attend.**

Who: Boys & Girls grades 6-8

When: Mondays & Wednesdays, 2:50-4pm

Where: NHS Room TBD **Fee:** \$45 per session, twice weekly



4th/5th GRADE HOMEWORK CLUB

Your child will be in a structured & relaxing environment, HW Club is usually staffed by a 4th or 5th Grade UNH interns who are familiar with the curriculum. Please send your child with a snack. Homework club runs in three sessions. Payment can be made for all year or can be sent in 3 increments of \$45.00, which covers 2 hours per week. **A registration MUST be completed before student can attend.**

Who: Boys & Girls grades 4 & 5

When: Mondays & Wednesdays, 2:50-4pm

Where: NHS Room TBD **Fee:** \$45 per session, twice weekly

PIANO LESSONS

Leave your kids in the hands of professional musician & teacher, Nancy Roberts, who has over 25 years of performance & over 20 years of teaching experience. Nancy is a graduate of Bates College, Maine, with a Music & English degree. Topics studied will include, learning the keyboard, music reading skills, notes values & rhythm, ear training, theory & good practice skills while learning music types ranging from classical to popular. Please call Nancy Roberts at 431-6238 to "reserve" spaces for returnees or for spot availability for new students.

Who: Boys & Girls grades 1-12. A child in Kindergarten will be considered.

Where: Band room, NHS **Fee:** \$210 for 10 weeks (\$21 per lesson)

Mon: 9/28, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14

Tues: 9/29, 10/6, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15

Wed: 9/23, 9/30, 10/7, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9, 12/16

Thurs: 9/24, 10/8, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

LESSONS ARE EVERY HALF HOUR STARTING AT 3PM.

STREET HOCKEY

Back by popular demand! Join Mr. Hooper & a PE UNH intern for one of the oldies pastime programs! Great for hand eye coordination. The kids will have a blast! **Min:** 8 **Max:** 20

Who: Boys & Girls grades 3-4

When: Wed. Sept. 30, Oct. 7, 14, 21, 2:45-3:45pm

Who: Boys and girls grades 1-2

When: Thurs. Oct. 1, 8, 15, 22, 2:45-3:45pm

Where: NHS outdoor basketball court

Fee: \$40 for 4 weeks



Fee: \$105 game 1 & \$85 Game 2. Fee Includes van ride to & from Boston, ticket & guaranteed good time!!!

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TENNIS EVENTS

Our tennis instructor, Mark Moulton, would like to offer tennis events at Dearborn Park (before the incoming cold weather brings you back indoors) this fall. Matches for adults would be on Friday afternoons and matches for Juniors would be Saturday afternoons. Please contact the Rec. dept either by email diane@northhampton-nh.gov or call 964-3170. Please leave your name, number, Adult or Junior age and level and we will contact you.

TEENS & ADULTS

ZUMBA!!!

Zumba combines high energy & motivating music with unique moves & combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be **FUN & EASY TO DO** allowing Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is a "feel happy" workout that is great for both body & mind. Zumba is a fusion of Latin & International music / dance themes that create a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training w/a combo of fast & slow rhythms that tone & sculpt the body. Honore' LaFlamme, Zumba instructor, is certified & also an AFAA certified fitness instructor & personal trainer. She has been teaching groups for 13 years & is passionate about helping people reach their fitness goals.

Who: Ages 15-100!

When: Every Wednesday

Time: Wed. 7:30-8:30pm

Where: Old Town Hall

Fee: \$40 per 6 weeks



ADULT COED FLOOR HOCKEY

Floor hockey is a fun, fast-paced game, sans skates and ice. This co-ed, non-contact (translation: no checking) league is designed for fun and exercise. Six players at a time (goalie, two defenseman, center and two wings) take the gym floor for each team, and for the most part, basic hockey rules apply. Give it a shot!

Who: Guys & Gals ages 18 +

When: Thursdays, Sept. 10, 17, 24, Oct. 1, 8, 15, 6-7pm

Where: NHS gym

Fee: \$30 for six weeks of laughs



BELLY DANCING

Why can't exercising be fun and glamorous? It can! Strengthen your core, improve your flexibility, shake and shimmy off inches while moving to the beautiful mysterious melodies from the Old World. As a means of self-expression, this ancient art inspires grace, poise and confidence, boosting self esteem and just plain makes us feel womanly. Now every woman can explore her goddess within and become a diva. So...why Belly Dance? We Belly Dance

Cont.

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because it is fun! Wear comfortable clothing like a tank top and capri pants. Hip Scarves are optional but, useful and fun. Instructor Lew-Ann Leen has taught classes in tap, jazz and ballet in the New England area for over twenty five years. She recently rekindled the art of Belly Dancing and is teaching classes all over Southern ME. **Min:8 Max: 10**

Who: Ladies ages 14+

When: Thursday, Sept. 24, Oct. 1, 8, 15, 22, 29, Nov. 5, 12, 6:30-7:30pm

Where: Old Town Hall(between Joe's Meat Shoppe & the Police station)

Fee: \$ 75 per 6 weeks session. That's only \$12 per class. Includes professional instruction, loss of waist & FUN!

HIGH SCHOOL BOYS REC HOOP

Into our 5th year of playing area high school rec teams. Join team North Hampton, as they defend their 2009 title! Cannot be playing high school basketball to be able to participate.

Who: Guys Grades 9-12

When Practice times begin Dec. Games begin in Jan into early March

Where: Home court is NHS gym

Fee: \$80 but we will also request a \$25 uniform deposit as well. Once the uniform has been turned in after the league ends, the check is returned.



MEN'S OVER 35 HOOP LEAGUE Fall league

Dust off those Chucks and get back into becoming the BEST Hoosier you can be! Call a few friends and spread the word. Early morning games leave the rest of the day to re-cooperate.

Who: Men Over 35, one under but over 30 player allowed.

When: Tuesday nights, Sept. 15, 22, 29, Oct. 6, 13, 20, 27, Nov. 3, 10, 17, 24, 6-7pm and 7:15-8:15pm, 9 games, plus single elimination tourney

Where: NHS Gym

Fee: \$600 per team, includes team shirt & officials & tourney.



MEN'S OVER 35 HOOP LEAGUE Winter league

Dust off those Chucks and get back into becoming the BEST Hoosier you can be! Call a few friends and spread the word. Early morning games leave the rest of the day to re-cooperate.

Who: Men Over 35, one under but over 30 player allowed.

When: Sun. Nov. 15, 22, Dec. 6, 13, 20, Jan. 9, 16, 23, 30, 8am & 10:30am games (9 games) plus single elimination tourney

Where: NHS Gym

Fee: \$600 per team, includes team shirt & officials & tourney.

PRESCHOOL'ers

MOVING THE STORY OFF OF THE PAGES

Introduced during Little Nippers summer rec camp: they loved it!

This is a "Mommy & me" class. As you know literacy & fitness are important for children today. This participatory enrichment program allows the kids to listen to a story on dance & fitness & then get & move!!! The kids will

Cont.

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have a ball dancing & singing all the while working on their motor & memory skills. Stretches, jumps leaps & improvisations & across the floor & center combinations are all included. Music & props are implemented into the class to enhance the children's experience. **Min: 5 Max: 10**

Who: Boys & Girls ages 2.5-4 yrs.

When: Thursday, Oct. 1, 8, 15, 22, 11:15am-12pm

Where: TBD, either old Town Hall or NHS

Fee: \$55 per 4 weeks



GYMNASTICS

Instructor Heather Philo will have your preschoolers laughing with delight during mat exercises, while using floor techniques such as tumbles, donkey kicks, hand-stands, & cartwheels. Also covered is balancing, core strengthening and cardiovascular. Goals are to encompass building physique and character while connecting mind and body in an active and fun-filled environment! **Min: 5 Max: 10**

Who: Boys & Girls ages 4-7

When: Wed. Sept. 16, 23, 30, Oct. 7, 14, 21, 28, 4:30-5:30pm

Where: Old Town Hall

Fee: \$84 per 7weeks



LITTLE NIPPERS TENNIS LESSONS

Our instructor, Mark Moulton offers something for everyone! All skills covered forehand, backhand, serve, volleys, & match play. **Min: 3 Max: 6**

Who: Boys & Girls ages 4 & 5

When: Tuesday or Thursday, beginning Oct. 6, 3:30-4:15pm

Where: Tennis Barn, Drakeside Rd, Hampton

Fee: \$150 includes 10 lessons & indoor court fees.



AFTER SCHOOL time

COYOTE CLUB Back by popular demand! Fall Session.

Coyote Club was developed by John Pazdon & Mary Mazur in 2007 as a way to introduce children to nature-based studies, native crafts and environmental stewardship. It is believed that today's children are suffering from what some call 'nature deficit disorder', & the creation of Coyote Club was driven by a passion to rid children of this deficit by getting them out of the house, into the woods & connected to their environment. Children involved in nature-based education programs often experience a deeper sense of self respect, self esteem & a strengthening of their connection to the natural world. **Min: 8 Max: 16**

Who: Boys & Girls Grades K-5

When: Tuesdays, Session 1: Sept. 15, 22, 29, Oct. 6, 13, 20, 2:50-4:15pm
Session 2: Oct. 27, Nov. 3, 10, 17, 24, Dec. 1 (pending inclement weather & makeup dates, Sessions will run consecutively right after each other)

Where: NHS trails, class room meeting place TBD

Fee: \$75

