

**SPRING/SUMMER 2014
RECREATION DEPARTMENT
PROGRAM BROCHURE**



**TOWN
OF
NORTH HAMPTON**

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**TOWN OF
NORTH HAMPTON**

**RECREATION PROGRAMS
SPRING & SUMMER
2014**



Town Offices
233 Atlantic Avenue
North Hampton NH 03862
964-8087
964-3170

EVERYBODY RECREATE!



SPRING 2014

PIANO LESSONS

Esteemed Pianist Nancy Roberts, who has over 20 years of teaching experience, will be conducting lessons at North Hampton School this Fall. Areas of focus will include, but are not limited to, music reading, note values, rhythm, ear training, music theory, and positive practice habits. Genres range from classical to contemporary. Lessons are thirty minutes. End of the year recital to be announced!

Please contact Nancy at 431-6238 to arrange lessons.

Who: Boys and Girls

What: Piano Lessons

Where: North Hampton School

When: Weekly Lessons Monday through Thursday

Cost: \$240 with a \$100 Deposit at time of registration. Remaining \$140 due at the start of program

COYOTE CLUB

Developed by John Pazdon and Mary Mazur in 2007 as a way to introduce children to nature based studies, native crafts and environmental stewardship. Coyote Club is Driven by a passion to get children comfortable with the outdoors, into the woods and connected with the environment. Children involved in nature based education programs often experience a deeper sense of self-respect, self-esteem, and a strengthening of their connections to the natural world.

Deadline to register is the Friday prior to the start of each session.

Registrations cannot be accepted after that date

No refunds can be given for this program

Maximum of 32 participants

When: Tuesdays (See Sessions Below)

Who: Boys and Girls ages 5 through 12

Where: North Hampton School (Classroom To Be Determined)

Cost: \$80 Per 6 Week Session

Session 5: 3/18-4/29

Session 6: 5/6-6/10

SPRING 2014

REGISTRATION INFORMATION

To register for any North Hampton Recreation program a general registration form must be filled out completely. This form is where we gather vital information for our participants. This general registration form is available on the town website in the Recreation Department section.

To officially register for a program the form must be completed and the payment included with it. You can visit the town offices at 233 Atlantic Avenue, 2nd floor behind the Police Station, Monday through Friday from 8am-4pm. We are closed on the major holidays of the year so please be mindful of these dates when planning to register. The other registration option is to mail in your fully completed form and included payment made out to Town of North Hampton, to 233 Atlantic Avenue North Hampton, NH 03862

-COMING SOON- ONLINE REGISTRATION

-COMING SOON- ONLINE PAYMENTS

The Recreation Department has entered into an agreement and acquired software from ActiveNet. We will have a new database providing residents the ability to create a household account. From this account you can register and pay for programs online. There are other benefits to the software as well that will allow for a better user experience. We are proud to be able to offer this going forward and aim to have this available on or before May 1st.

SCHOLARSHIP INFORMATION

The Recreation Department is proud to be able to offer partial scholarships to those residents who are truly in need and would otherwise be unable to have themselves or their children participate in our offerings. For more information regarding scholarships please visit our website and contact the Recreation Department by phone or in person, Monday through Friday 8am -4pm. Scholarships are available only to residents of North Hampton.

SPRING 2014

MAKER'S CLUB

The Maker's Club is a place for 8th graders who love to make. On Tuesdays and Friday afternoons, we will gather to sew, silkscreen, print, stencil, do paper crafts and more. We'll learn from each other, and switch gears at the end of a busy school day. Let's make something!

This session, we will build on our skills, meet makers in the community and begin to explore digital media.

Tuesday and Friday afternoons, 3:00-4:15

Mrs. Hanson/Babyak's Room

April 1st to May 30th

Register for Tuesdays, Fridays, or both.

6 weeks, one day a week: \$42

6 weeks, two days a week: \$84

YOGA

The Let's Get Movin'! philosophy is to encourage children to be compassionate and kind. The program builds a sense of community that extends outside of the classroom. We understand all the pressures with academics, athletics, and busy lifestyles that children face. Your child will learn relaxation of the mind and body. The Let's Get Movin'! yoga program integrates movement and music while stretching and strengthening the body. Breathing techniques are taught to help with anxiety, stress and relaxation. Yoga is a wonderful addition to or an alternative for other physical activities.

Cheryl Rossman has been practicing yoga for 8 years. Her hope is to help children use yoga to enjoy learning. A happy healthy mind and body are the first steps. So often test anxiety and peer pressure becomes a brick wall to children; yoga provides the relaxation and focus to overcome these obstacles! She is a certified children's instructor, completed the Yoga for Children with ADHD, Autism and Those Who are Differently-Abled, has training in Yoga Minded Teenagers, and Reiki I. hiques that calm.

Wednesdays 2:50pm-3:35pm

March 26, April 2,9,16,23, May 7,14,28 (snow make-up date June 4 & 11)

No class April 30 or May 21

Cost: \$60/8 Week Session

SPRING 2014

SALTMARSH COOKING

Introduction to the Kitchen and Food Preparation:

Your student will be introduced to the basics of the kitchen and utensils for the purpose of food preparation. Your student will learn how to prepare a variety of snacks, appetizers and/or light fare meals. All foods prepared in class can be taken home to enjoy and share. This course will be conducted after school in the Town Hall Kitchen!.

Youth participating in this program will take the bus and get dropped off at Town Hall, where parents will pick up at 4:15pm.

Dates: Monday's May 5,12,19,26

Cost: \$120 Per Session

Maximum Participants: 5

Minimum Participants: 3

TENNIS WITH MARK MOULTON

Mark Moulton offers something for everyone! Mark has been teaching tennis since 1980. Mark is a dedicated teacher and the development of tennis in North Hampton is extremely important to him. He also believes that tennis is a lifelong sport that anyone, regardless of age, should enjoy. We are able to offer a wide array of tennis instruction this year and even one on one private instruction with Mark. Please visit our website for the full schedule of offerings. We believe strongly that tennis is very important to this community and have worked hard to provide the best instruction at reasonable rates. The schedule for tennis instruction is subject to change.

We are Excited to offer two separate Summer Tennis Camps this year.

These camps take place on June 23-25th at Dearborn Park.

The All Ages Camp is from 9-10:30 am and Costs \$70

The 18 and Under Camp is from 10:30am-12pm and is \$90

Please register early as space is limited.

PLEASE SEE REC WEBSITE FOR FULL CLASS OFFERINGS

SPRING 2014

SKILLS CLINIC WITH ATLANTIC ROVERS SOCCER CLUB

At North Hampton Elementary School

Dates –April 4, 11,18. May 2, 9, 16

Location –Gym

Open to All Boys & Girls grades 2-5

Grades 2-5 2:50-4:15pm

Cost: \$50 Max Kids: 20

Trainer Scott Gormer:

US Soccer Federation “D” license

NSCAA Advanced National Diploma, National Goal Keeping Diploma, High school Diploma

Coerver Youth License

High School Varsity Coach

Trainer Dan Hartley

Dan Hartley has E and F Youth Soccer Licenses and has been coaching soccer over 12 years with U9 to U16 teams and is the former President of Hampton Attack Soccer and Board member to Seacoast Soccer League.

What will be covered in these sessions?

In the sessions we will;

Learn 20+ shielding moves, stops and starts, and fakes and feints used to beat an opponent 1 on 1 like the Scissors, Cryuff, Revalino, Mathews, Twistoff, Overmars...

Play developmentally appropriate small sided games with a theme focusing on defending, speed of play , fast break...

introduce basic goal keeping techniques

Sign up today If you would like to greatly improve your child’s technical skills and be more competitive with others. All players can learn these skills.

SPRING 2014

SUMMER REC DAY CAMP!

Dates

Camp dates are Monday through Friday July 7-August 15, 2014

Times

Full Time Camp is from 8am-4pm. Before care is offered at 7:30am and after care until 4:30pm for a small fee of \$10 per day. Please pre-register.

Part Time w/Field Trip Camp is 9am-12pm, with the exception of Thursday being 8am-4:30pm

Part Time Only/Little Nipper Camp is 9am-12pm.

Pricing

Full Time camp is \$150 per week for residents and \$160 per week for all non-residents and includes two field trips.

Lunch, snacks & drinks must be provided by the parents/guardians.

Part Time with Field Trip camp is \$95/week for residents and \$105/week for non residents and includes participation in the Thursday field trip for the given week.

Part Time Only Camp is a flat fee of \$195 for the entire summer. It does not include field trips.

Little Nippers Camp is a flat fee of \$195 for the entire summer. It does not include field trips.

**PLEASE VISIT RECREATION WEBSITE
FOR THE FULL REGISTRATION PACKET**

SPRING 2014

PASA

Programs for Active Senior Adults

This group is comprised of some very active and social members of North Hampton and some of the surrounding communities. They are a great group and being able to spend time with them is something that cannot be overvalued. PASA meets three times per month in total and the meetings range from luncheons to field trips to business meetings. On the third Tuesday of each month we hold our monthly luncheon. We discuss all things relevant to the group including where our next field trip will be!

On or as close as possible to the 4th Tuesday of each month we hold our "Monthly Movie Screening" in the Library. Some of our latest film screenings have included "Life of Pi", "Lincoln", and other films of the groups choosing. Monthly Movie Screenings are free for PASA members.

This group is open to anyone ages 55+.

Annual Dues of \$15 are required for membership and participation in the various PASA events.

Please visit Town Offices to register.

Pickleball

The fastest growing sport in the United States has a home at Dearborn Park here in North Hampton. Pickleball is a wonderful sport that is a cross between tennis and racquetball and is very popular with our 55+ population however, it is certainly open to all ages and free instruction is available! Two Pickelball courts will be available.

New Spring Schedule Coming Soon!

Typical Schedule:

Monday Tuesday Thursday 8am-Exhaustion

Saturday 7:30am-Exhaustion

Please contact the Rec Department or Homer Johnson, Pickleball Coordinator, at 964-5943 for more information.



SPRING 2014

SPRING ARCHERY

We have partnered with "The Archery Academy" to be able to offer professional archery instruction here in North Hampton. Certified Level III instructor Robert Schmidt has an exciting program to those who are interested in archery, accepting both experienced and beginner archers.

Program will take place at Dearborn Park. All equipment is provided by the instructor.

Mondays 5/5,5/12,5/19,5/26 6pm-7pm Dearborn Park

Ages 7+

\$65 individual

\$135 Family of 3

\$30/Additional Immediate Family Member

Minimum Participants: 5

Maximum: 12

SUMMER ARCHERY CAMP

Tuesday Mornings in July

July 1, 8, 15, 22, Rain Date on 29 if necessary

10:00-11:00am

Dearborn Park

Ages 7+

65\$ Individual

\$135 Family of 3

\$30/Additional Immediate Family Member

Minimum Participants: 5

Maximum Participants: 12



SPRING 2014

NORTH HAMPTON NIGHT AT THE MANCHESTER MONARCHS!

Co-Sponsored by North Hampton Recreation and North Hampton Public Library Youth Department - Saturday, April 12 7:00 p.m. Come see the #1 ranked AHL Eastern Division Manchester Monarchs play the Portland Pirates. We were able to get a deep discount as a group so tickets are just \$17 per person and can be purchased at the Library and Town Offices.

SPRINGTIME CRAFTS at the LIBRARY

Ages 5 and up.

MARCH - Tuesday, March 18 3:45 - 4:30

APRIL - Tuesday, April 22 2:00 - 3:00

School Vacation Week!

MAY - Tuesday, May 20 3:45 - 4:30

Group size is limited. Please sign up.

For more information or to sign up Please call the Library at 964-6326

or email Ms. Lorreen youthlib@nhplib.org

EDIBLE BOOK FESTIVAL 2014

Presented by North Hampton School Library and North Hampton Public Library - Enter your book - themed edible art creation.

Tuesday, April 15 6:00 -7:30 p.m. at North Hampton Public Library

FREE.

Contact the North Hampton Library or North Hampton School Library Media Center to sign up.



SPRING 2014

CHESS CLUB

Local chess legend Steve Shulten has passed his immense knowledge on to Mrs. Deconstant who will be running the program through the end of the school year! This program runs from dismissal until 4:30. Having our youth continue to develop their chess skills and interact in a positive setting is a great opportunity. Sign ups are ongoing for this program and fees are able to be pro-rated to reflect your sign up date.

Who: Boys and Girls in Grades 2-8

What: Chess Instruction

When: Thursdays 3/6,3/13,3/20,4/3,4/17,5/1,5/8,5/15

Where: NHS Classroom 254

Cost: \$80/ for the 8 week session

DESTINATION IMAGINATION

This program continues to run and is available for new members. Mrs. Donahoe has been involved in this program for 15 years and brings dedication and expertise to the youth involved. Please contact her directly to get involved.

Grades: 5-8

Cost: Free

Homework Club

4th Grade - Mondays and Thursdays 3:00-4:00 p.m. Mr. McFarlin's Room #214

5th Grade - Jessica Paquette and Brianna Knight will split the club (each will do one day)

Mondays and Thursdays 3:00-4:00 p.m. Room #228

6th Grade - Lydia von Ahn -

Mondays and Thursdays 3:00-4:00 p.m. Mr. Lacroix's Room #227

7th Grade - Jade Wilcox -

Tuesdays and Thursdays 3:00-4:00 p.m. Room #229

8th Grade - Deb Brown and Jennifer Karnacewicz (2 instructors for both days) - Mondays and Thursdays 3:00-4:00 p.m. Mrs. Boudreau's Room #238

Cost: \$35/per month for each participant. Payments need to be made



SPRING 2014

ONE WORLD LANGUAGES

“We believe that children can become fluent in another language under the right circumstances and if given the opportunity. We want to give every child that opportunity!

All of our classes follow a communicative and practical approach. This means that our students learn material that is relevant and useful to their lives at each specific age and that they learn in full sentences from the first day of class.

Language is the key to cultural appreciation. In our classes, we emphasize both the large and small cultural elements, so that your child will not only understand the target language country’s large celebrations but also appropriate body language and every day customs.”



We have partnered with One World Language School to be able to offer language instruction in both Chinese and French. This program is rather unique for North Hampton Recreation as it is a 30 week commitment in order to realize the incredible benefits of learning a second language. You can sign up for either French Instruction or Chinese as they will both take place simultaneously in different classrooms. One World Languages has been offering language classes to youth for over ten years and although it is a commitment of time and finances, the benefits of beginning a new language at a young age are invaluable. Installment Payments are available in some cases.

SPACE IS AVAILABLE IN FRENCH AND CAN BE PRORATED FOR REMAINING CLASSES

Who: Boys and Girls K-2

What: Language Instruction

When: Fridays Beginning October 11th and going for 30 Sessions

Where: NHS World Language Classroom

Cost: Less than \$19 dollars per meeting

SPRING 2014

WORD CLUB

Participants interested in having fun with words and potentially participating in the NHS spelling bee will have the opportunity to practice their skills with Mrs. Outsen. This program continues to run with the expertise of the instructor. Families interested should contact Mrs. Outsen directly.

TAI CHI FOR BEGINNERS

Tai Chi, the slow moving Chinese exercise for health and balance is being held at Centennial Hall, North Hampton on Tuesday mornings at 10 am. Open to everyone in the Seacoast area and run through the North Hampton Recreation Dept. Classes are \$5/class and to register please contact the Town Office above the Police Station for a class pass.

Focus is on improving balance, coordination, deep breathing and moving energy smoothly through the body. Tai Chi has been proven by multiple medical studies to reduce pain, improve flexibility and reduce falls. No previous experience necessary.

Marsha Carr, your instructor has been practicing Tai Chi for over 15 years and is a gentle and patience teacher. For more information about the class itself please contact Marsha at Marsha@tc4eb.com, www.taichi4everybody.com or (603) 498-9550 (leave message).