



Wakefield Parks & Recreation



Spring 2017 Newsletter



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**CHECK US OUT
ON THE WEB**

wakefieldrec.com

Like us on Facebook!



**Congratulations
to our 7/8
Basketball teams
on becoming GENH
Champions!**

Baseball & Softball

Sign-ups will be held from

March 6th – 17th

Early Bird Fees

Softball

Age by January 1st 2017

10 & under ~ \$50

12 & under ~ \$50

14 & under ~ \$75

Cal Ripken ~ \$65

Age by May 1st 2017

Rookies (6, 7, 8 year olds)

Minors (9 & 10 year olds)

Majors (11 & 12 year olds)

Babe Ruth

Age by May 1st 2017

13-15 year olds ~ \$75

16-18 year olds ~ \$75

**ANY SIGN-UPS TAKEN AFTER MARCH 10TH WILL BE
CHARGED AN ADDITIONAL \$10.**

**NO REGISTRATIONS WILL BE ACCEPTED
AFTER MARCH 17TH!**



Town Wide Yard Sale

If you are interested in having your address placed on the flyer for the town wide yard sale, please call or email us no later than May 19th. A map will be distributed throughout town and on our website.

Saturday, May 27th

8am Start Time

(Rain Date – May 28th)

Easter Egg Hunt

Sponsored by North Star Farm

Saturday April 15th

1pm @ North Star Farm

850 Ballard's Ridge Road Wakefield NH

Hop on over to North Star Farm for our Annual Easter Egg Hunt. There will be a petting zoo and plenty of eggs for all participants!

RAIN OR SHINE!

**THE EGG HUNT IS FOR CHILDREN 10 & UNDER.
DON'T FORGET YOUR EASTER BASKETS!**



Mom & Son Survivor Night

Friday, April 14th 6-8pm

@ The Paul School

1ST – 6TH GRADE

Calling all moms & sons! Do you think you have what it takes to Outwit, Outplay, & Outlast? Then this is the night for you! Who will become the Ultimate Survivor? Be prepared to compete in fun games & challenges.

Pizza dinner included!

\$20 per mom & son

\$5 each additional son

Purchase tickets no later than April 7th



After School Program

We still have space in the afterschool program. If you are interested in the program give us a call!

Monday – Friday 3:15-5:30pm
Students in 1st – 6th grade

1 FULL TIME CHILD - \$50 PER WEEK
2 FULL TIME CHILDREN- \$90 PER WEEK
1 PART-TIME STUDENT - \$15 PER DAY

Transportation will be provided from Paul School daily. Students will have time to wind down from school, play games, & work on homework. Snacks will be provided daily.

Summer Camp

Camp is offered to area children in entering first-sixth grade. Our program runs Monday-Friday, 8:30am-4:30pm for 8 weeks. (Extended Hours 7:30-5:30pm) The week consists of 2-3 field trips to local beaches, amusement parks, & zoo's. The rest of the time is spent in Wakefield playing games, creating crafts, and visiting the local beach. We have many options available for full & part-time campers, sibling discounts, week by week basis, and those who wish to only attend trips.

REGISTRATION WILL BE OPEN

APRIL 1ST – MAY 19TH.

**A FEE OF \$25 IS REQUIRED FOR
REGISTRATION.**

**Register before May 1st & receive a \$10
discount on the Registration Fee.**

T-ball

This is an introductory program for children that want to learn the basics of t-ball. The program is open to any 4 & 5 year olds born on or before May 1st, 2017. This is an in-house league and all games and practices will be held in Wakefield twice a week.

Days and times TBD

**Registrations will be held
March 6th – April 14th
\$25 per person**

NO SIGN-UPS WILL BE TAKEN AFTER APRIL 14TH.

Safe Sitter Course

6th, 7th, & 8th graders

Safe Sitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice choking rescue!

New Date

Saturday, April 8th

9am-2:30pm @ the Rec

\$45 per person

**Space is limited to the
first 8 registered participants.**

Pre-registration is required



Granite State Track & Field

If you like to run, jump, & throw this is the sport for you! The team practices twice a week and competes in local meets with other Granite State Track Teams. The program is intended for anyone ages 9-14. The age groups are determined by the age participants will be on December 31, 2017. Track starts in May and runs until the end of June.

The cost of the program is \$20.

**Sign-ups will be held April 1st – May 1st
@ the Rec or Register online!**

April Vacation Camp

Join WPR during April Vacation for a week of FUN, entertainment and trips! A complete listing of activities will be available @ wakefieldrec.com.

GRADES 1ST – 6TH

APRIL 24TH – 28TH

\$125 FOR THE WEEK

\$30 PER DAY

Sibling discounts available

8:30am-4:30pm

Min. of 12 participants ~ Max 25

MUST REGISTER NO LATER THAN APRIL 7TH!



SOLO First Aid & CPR Course

SOLO First Aid provides students with the concept of prevention from common first aid problems to the skills to safely assess an emergent scene, as well as, how to protect oneself when dealing with a patient, narrowing down the possible problem, and providing temporary treatment until EMS arrives. The curriculum for SOLO Basic CPR AED satisfies the requirements for CPR training according to the latest ECC/ILCOR and American Heart Association guidelines.

The SOLO CPR curriculum exceeds the American Heart recommended guidelines.

Saturday, March 25th

@ Parks & Rec

Two year certification

CPR: 9AM-11AM (\$35 PER PERSON)

FIRST AID: 11:30AM-2:30PM (\$60 PER PERSON)

TAKE ONE OR BOTH COURSES

AGES 12 – ADULT

Space limited ~ Pre-registration required

Boston Red Sox

SAVE THE DATE! We were able to secure tickets again for this summer to the Boston Red Sox!

Coach Bus Transportation provided.

THURSDAY, JULY 20TH

OUTFIELD GRANDSTAND

\$45 PER TICKET

TICKETS WILL GO ON SALE MARCH 1ST.

FIRST COME FIRST SERVE.



Oxford Casino

Oxford Casino, located in the heart of southern Maine is your destination for wicked good fun. From table games to slot machines, their non-stop gaming action delivers a thrill a minute to fortune seekers.

\$10 PER PERSON

(INCLUDES \$10 SLOT PLAY)

THURSDAY, MAY 11TH

BUS LEAVES THE REC AT 8AM

SPACE IS LIMITED

PRE-REGISTRATION REQUIRED

Celtics Tickets

We have 25 tickets to the Celtics vs. Brooklyn Nets game on

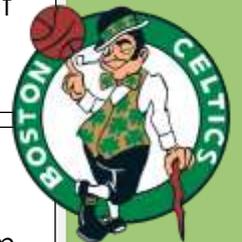
Monday, April 10th

Bus leaves the rec @ 4:30pm

The price per ticket is \$55.

-Promenade Section-

Tickets are sold on a first come first serve basis. Stop by the Rec to reserve your spot today!



Celtic Women

Global music sensation Celtic Women returns to Merrill Auditorium. Celtic Woman's evocative, uplifting music has transcended national and cultural borders to touch the hearts of a devoted fan base that spans the globe.

Sunday, April 9th

\$55 per person

Bus leaves the Rec @ 1pm

Space is limited

Pre-registration required



Senior Meals & Bingo

Come enjoy the company of old and new friends with a delicious meal and a game of Bingo.



MONDAY – WEDNESDAY – THURSDAY

BINGO @ 9AM ~ LUNCH @ 12 NOON

GREATER WAKEFIELD RESOURCE CENTER

\$3 DONATION REQUESTED

EVERYONE is welcome for the meal, for those who have not yet reached 60 the suggested donation is \$5.00.

Monthly menus are posted on www.greaterwakefieldresourcecenter.webs.com or call Laurie to have one emailed to you.

Contact: Laurie

gwrc@roadrunner.com

(603) 473-8324



Karate

The session will include Karate, self-defense, Asian Martial Arts Terminology, history, & a noncompetitive study of Martial Arts.

\$35 FOR 8 WEEKS

FIRST CLASS FOR NEW STUDENTS IS A FREE TRIAL!

Session 1: 6pm-7pm
(Kindergarten – 12 years)

Session 2: 7pm-8pm
(Adults, Teenagers, & Families)

Classes held @ the Rec

Start anytime! Instructor will pro-rate and classes are ongoing throughout the year

Dancing with the Stars

SUNDAY, MAY 7TH

3PM @ THE PAUL SCHOOL

\$3 PER PERSON

Three years ago we hosted our first "Dancing with the Stars" fundraising event. Not only was it a successful fundraiser, but it brought the community together for an afternoon of family fun! We are looking for organizations, groups, or businesses that would like to send two brave volunteers to compete in this year's dance competition. The crowd votes for their favorite team so make sure you come out and support your favorite townies! We will be having an informational meeting on Wednesday, March 8th @ 6pm for all that are interested.

Yoga

Yoga classes enhance your posture, coordination and mental focus by improving your flexibility, strength and balance. Let the yoga poses and breath work help quiet the chatter of daily life and relieve stress. Leave feeling rejuvenated.

TUESDAY'S 6 – 7PM

@ PARKS & REC

\$10 PER CLASS OR

\$60 FOR AN 8 SESSION PUNCH CARD

DON'T FORGET YOUR YOGA MATS!



Chair Yoga

Don't let the world of yoga intimidate you, come try Chair Yoga. Chair yoga is for everyone no matter what condition you are in.

You will learn breathing techniques for a healthy immune system. Yoga postures will be practiced seated on a chair and standing using the chair for support.

TUESDAY'S 8AM-9AM

& THURSDAY'S 1:15-2:15PM

@ UNION RESOURCE CENTER

\$5 PER CLASS

How to Watch a Good Program Die

PLEASE REGISTER EARLY

Nothing kills a recreation program faster than residents who wait until the last minute to register.

There is a point when a program must be canceled or modified if there is insufficient registration.

All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. In order for us to host quality sports programs, special events, and classes please keep an eye out for deadlines and cut off dates. We request that you register for activities at least two weeks prior to the program start date, unless otherwise noted.

Policies

The Rec Department reserves the right to cancel any program, event, or activity due to insufficient registration or for any other reason preventing a quality activity. No refunds, credits, or transfers will be issued after the first day of the class or program. Full refunds or credits may be granted prior to the start date of a class or program. We are always looking for new trips, events, and activities, as well as instructors for new and exciting classes. Feel free to share your ideas with us!

www.wakefieldrec.com

Facilities



Rec Office

132 Meadow Street - Sanbornville



Lovell Lake Town Beach

Swimming, picnicking, playground, & bathhouse.

1 Cemetery Road Sanbornville

No lifeguard on duty at our beaches. *Swim at your own risk.*



John Garvin Municipal Playground

1 High Street - Sanbornville



Ballpark Complex - Thompson, Siemon, Dee, & Bardsley fields, &

playground. Disc Golf Course, Skate Park, & Bball court-

1488 Wakefield Road - Sanbornville



Turntable Park - Basketball court, Cotton Valley Trail, & picnicking.
132 Meadow Street - Sanbornville



Lake Ivanhoe Beachfront

14 Dearborn Road - E. Wakefield



Ames Park

204 Bonnyman Road - E. Wakefield



Weeks Beach & Park - Picnicking & swimming, launch your kayak or canoe onto Great East Lake. - 138 North Shore Drive E. Wakefield



Lovell Lake Boat Launch

Witchtrot Road Sanbornville

Wakefield Parks & Recreation

MEDICAL/EMERGENCY INFORMATION

Circle One
Youth or Adult

Participant's Name: _____ Sex: M ___ F ___ Shirt Size: S M L XL

Birth date: ____/____/____ Age: ____ Grade: ____

Address: _____ City: _____ State: _____ Zip _____

Mailing Address (if different than above): _____

List Two Emergency Contact Phone Numbers:

(1) **Parent/Guardian**, First and Last Name: _____ Home # _____

_____ Cell/Work _____

(2) Second Person, First and Last Names: _____ Home# _____

_____ Cell/Work# _____

State relationship to athlete: _____
(i.e. grandparent, neighbor, etc.)

Allergies (i.e. bee stings): yes ___ no ___ To What? _____

Allergies to medications: yes ___ no ___ To What? _____

List Medical Conditions (i.e., wears contact lenses, glasses, braces, etc.)

I understand that there are risks of physical injury inherent in participating in sports and recreation activities I understand that the town of Wakefield does not carry health or accident insurance for participants of its programs and strongly advise participants to carry adequate coverage for themselves and their family. I am aware of and have considered the risks of this program before registering my child or children. I hereby release the Town of Wakefield, its employees, volunteers and agents from any liability of personal injury, loss or damage to personal property, which my child or myself may experience in connection with activities sponsored by the Wakefield Parks and Recreation Department. Hereby consent to any medical procedures, including transportation to a medical facility, for my child in case I cannot be reached and my child has sustained an injury. I also consent to the use of my Childs photo, video, etc. by the department for flyers, presentations, etc.

I understand this informed consent from and agree to its conditions on behalf of my child/self:

Parent/Guardian/Self Signature

Date

E-Mail Address _____