

# WAKEFIELD PARKS & REC

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CHECK OUT OUR  
WEBSITE

wakefieldrec.com

*Father Daughter*

**LUAU**

Aloha! Palm trees & tiki torches await, we're having a Luau so don't be late!

**Friday, February 15<sup>th</sup> @ Paul School  
6pm-8pm**

\$25 per couple

\$5 each additional daughter

Bring your grass skirts & Hawaiian shirts

Fathers & father figure stand in's welcome!

**DINNER, DANCING, & MEMORIES**

**TICKETS MUST BE PURCHASED NO LATER THAN FEBRUARY 8<sup>th</sup>**

## ICE FISHING DERBY

Back again this winter is our Annual Ice Fishing Derby! There will be prizes for several categories and lots of raffles & giveaways!

**Saturday, February 16<sup>th</sup>**

**\$15 entry fee for participants 16 & up  
\$5 entry fee 15 & under**

Weigh-in 4pm @ the Rec Office  
- 132 Meadow Street -

*Lovell, Great East, Balch, & Pine River Pond*

## CHRISTMAS TREE LIGHTING & FLASHLIGHT CANDY CANE HUNT

Kick off the holiday season with Parks & Rec as we light the community tree. Enjoy caroling, hot chocolate, & a flashlight candy cane hunt. A special visitor from the North Pole will be here too!

**Friday, November 30<sup>th</sup>  
6PM @ Turntable Park  
Don't forget your flashlights!**

## BASEBALL & SOFTBALL

Sign-ups will be held from  
**March 4<sup>th</sup> – 22<sup>nd</sup>**  
**Early Bird Fees**

### Softball

Age by January 1<sup>st</sup> 2019

10 & under ~ \$60

12 & under ~ \$60

14 & under ~ \$75

**Cal Ripken** ~ \$75

Age by May 1<sup>st</sup> 2019

Rookies (6, 7, 8 year olds)

Minors (9 & 10 year olds)

Majors (11 & 12 year olds)

### Babe Ruth

Age by May 1<sup>st</sup> 2019

13-15 year olds ~ \$80

16-18 year olds ~ \$80

**ANY SIGN-UPS TAKEN AFTER MARCH 15<sup>TH</sup> WILL BE CHARGED AN ADDITIONAL \$10.  
NO REGISTRATIONS WILL BE ACCEPTED AFTER MARCH 22<sup>ND</sup>!**

## MT. WASHINGTON SNOWCOACH

A breathtaking snowcoach tour up Mt. Washington overlooking the protected Great Gulf Wilderness and the Presidential mountain range.

**Wednesday, March 20<sup>th</sup>  
Bus leaves the Rec @ 8:15am  
\$58 per person**

We will stop in North Conway on the way home. Tour the local shops and grab a bite to eat on your own.

**Bus returns around 4pm.**

**\*Trip is dependent on weather\***

## BREAKFAST WITH SANTA

Free pancake breakfast, cookie decorating, pictures with Santa, meat bingo, raffle baskets, & more!

**Saturday, December 1<sup>st</sup>  
9am-1pm @ the Paul School**



### KING PINE SKI & SNOWBOARD PROGRAM

Join us this winter for a six week ski & snowboard program. We welcome all Wakefield Students in grades 5th – 8th. This program is a learn to ski package. Every week participants will be given a lesson by an experienced ski instructor. The remaining time will be allotted for free skiing. Transportation included!



**January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> February 1<sup>st</sup>, & 8<sup>th</sup>**  
**(Make-up February 15<sup>th</sup> & March 8<sup>th</sup>)**

**Sign-ups will be held during the month of November**  
**Space is limited to the first 50 REGISTERED participants**



### GUNSTOCK SKI & SNOWBOARD PROGRAM

*New program!*

**This program is available for experienced skiers in grades 8<sup>th</sup> – 12<sup>th</sup>.**

4 weeks of lift tickets, transportation, rentals, and a season pass with no blackout dates!

Open to the first 22 participants

The program will leave from the Rec on Tuesdays

@ 3:15pm and return around 9:15pm.

**January 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, & 29<sup>th</sup>**

**\$249 per ski or snowboarder**

Register online @ [www.wakefieldrec.com](http://www.wakefieldrec.com)



### CELTICS TICKETS

We have 25 tickets to the Celtics vs. the San Antonio Spurs on

**Sunday, March 24<sup>th</sup>**

*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!

### 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, 2019. This is an in-house league and all games and practices will be held in Wakefield twice a week.

**Registrations will be held**

**March 4<sup>th</sup> – April 19<sup>th</sup>**

**\$25 per person**

**NO SIGN-UPS WILL BE TAKEN AFTER APRIL 19<sup>TH</sup>.**

### SAFE SITTER COURSE

6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> graders

Safe Sitter® prepares students to be safe when they're home alone, watching younger siblings, or babysitting. The lessons are filled with fun activities and role-playing exercises. The course included a workbook and completion card. Please pack a lunch.

**Friday, March 22<sup>nd</sup> (Teacher Workshop Day)**

**9:30am-2:30pm @ the Rec**

**\$45 per person**

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

**Pre-registration is required!**





## KARATE

The session will include Karate, self-defense, Asian Martial Arts Terminology, History, & a noncompetitive study of Martial Arts. Thursday nights @ Parks & Rec

**\$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)



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



## GREATER WAKEFIELD RESOURCE CENTER

Open Monday through Friday from 9 AM to 1 PM, located at 254 Main Street in Union. The center's Administrator is available during the hours of 9 - 1 pm Monday through Friday.

**Lunch & Bingo every Monday – Wednesday – Thursday  
Bingo @ 10am ~ Lunch @ 12 noon  
\$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](http://www.greaterwakefieldresourcecenter.webs.com)

### Now hosting

Community Eyeglass Day on the third Thursdays of each month. Services are provided by E-Z Optical and will be at noon or right after lunch. Consultations, adjustments, repairs, 150 frames to try, order new glasses!

## RED CROSS FIRST AID & CPR CERTIFICATION COURSE

**Monday, December 3rd  
6pm @ Parks & Rec  
\$45 per student**



The American Red Cross ensures that you get the latest information, and quality instruction. Space limited. Pre-registration required

## PICK-UP PICKLE BALL

This is a low-impact doubles racket sport that blends tennis, badminton and ping pong. Pick-up play for all levels and ability. Equipment provided

**Tuesdays & Thursdays  
9am-10:30am**

**The program will be held at the Ballpark until the weather becomes too cold and then will move to the Town Hall Opera House**

**PICKLEBALL IS FUN FOR ALL AGES.  
DROP IN'S WELCOME. COME OUT & GIVE IT A TRY!**



## HOLIDAY SHOPPING

We invite you out to a day of Christmas Shopping. Start the day with a visit to Cabela's and then to continue on to the Christmas Tree Shop in Portland Maine. After a morning of shopping we will journey on to the Hometown Buffet Restaurant before finishing up with a visit to the Maine Mall. Participants will be responsible for the cost of their lunch and their shopping expenses.

**\$5 per person  
Monday, November 26th  
The bus will leave the Rec @ 8am.  
Space is limited.  
Pre-registration Required.**





**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.

**MONDAYS 8AM-9AM  
@ UNION RESOURCE CENTER  
\$5 PER CLASS**

**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!**

Instructor: Susan Chadbourne



**WAYNE FROM MAINE**

The Wayne from Maine show is a 45 minute interactive musical experience for the young and young at heart.

Wayne has been performing and recording children's music for over a decade delighting audiences with his very own brand or "Edu-Tainment".

**WEDNESDAY, FEBRUARY 27TH  
(FEBRUARY VACATION!)  
2PM @ THE TOWN HALL OPERA HOUSE  
FREE ADMISSION**

**SIGN MAKING CLASS**

Kellie from Pats Prims will be back again for a new sign making class! We will be making a "Joy" Holiday Sign. (Pictured)

**WEDNESDAY, NOVEMBER 28TH  
6PM @ PARKS & REC  
\$25PER PERSON  
ALL MATERIALS INCLUDED  
SPACE IS LIMITED  
PRE-REGISTRATION REQUIRED**



**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 ideas for trips, events, and activities. Feel free to share yours with us!

**HOW TO WATCH A GOOD PROGRAM DIE**

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. 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. Don't let a good program fail. *Please register early!*



# FACILITIES



**Rec Office**

132 Meadow Street - Sanbornville



**Lovell Lake Town Beach**

Swimming, picnicking, playground, & bathhouse.

2017 Wakefield Road Sanbornville

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



**Ballpark Complex & Disc Golf Course**

1488 Wakefield Road - Sanbornville



**John Garvin Municipal Playground**

1 High Street - Sanbornville



**Lake Ivanhoe Boat Launch**

14 Dearborn Road - E. Wakefield



**Ames Park**

204 Bonnyman Road - E. Wakefield



**Turntable Park & Cotton Valley Trail**

132 Meadow Street - Sanbornville



**Weeks Beach & Park -**

North shore Drive E. Wakefield



**Union Meadows Wildlife Conservation Area**

Marsh Road



**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.)

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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.)

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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** \_\_\_\_\_