

GILFORD PARKS AND RECREATION

"Summer Fun for All!"

2023 SUMMER PROGRAMS
(SOME SPRING & FALL ACTIVITIES, TOO!)



GILFORD PARKS AND RECREATION DEPARTMENT

GILFORD TOWN HALL

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GILFORD, NH 03249

(603) 527-4722 Parks and Recreation Office

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Recreation Specialist

JENNY HANCOCK

SPRING ADULT HIKING PROGRAMS: These hikes are offered to any adult over the age of 18 looking to get outside to enjoy the great outdoors and get some exercise! There may be mud but hopefully no bugs:



May 2 – Winnisquam Scenic Trail, Belmont
May 9 – Weeks Wood, Gilford
May 16 – TBA
May 23 – TBA



If a hike is cancelled due to weather, all participants will be notified as soon as possible. You must RSVP with the Parks and Recreation office **at least one day prior to each trip**. We will meet in the Gilford Town Hall Lobby at 9:30 AM before departing for each hike.

“Health is the greatest gift, don’t forget to treat yourself!”

GOLF LESSONS AT BOLDUC PARK: Offered to introduce and promote golf to youth and adults.

*Youth Program = Ages 6 and Up

- Series of 3 consecutive Tuesdays – Session #1: **May 9, 16 and 23**
Session #2: **June 6, 13 and 20**
- Class Times: 5:30 PM – 7:00 PM
- Registration Fee: \$100.00 for three 1.5-hour lessons (includes clubs and balls).



*Adult Program = Ages 18 and up

- Series of 3 consecutive Thursdays – Session #1: **May 11, 18 and 25**
Session #2: **June 8, 15 and 22**
- Class Times: 5:30 PM – 7:00 PM
- Registration Fee: **\$100.00** for three 1.5-hour lessons (includes clubs and balls).

GILFORD YOUTH SOCCER LEAGUE FALL PROGRAM:



For all Gilford youth who will be entering grades K through 5 in the fall of 2023.

Registration nights will be held on **Wednesday, June 7th** and **Wednesday, August 2nd** from 5:00 PM – 6:30 PM at the Parks and Recreation Office in the Gilford Town Hall.

Participants can also register in the Rec Office during regular operating hours or by downloading a registration form off the Parks and Rec website and mailing it in. The early registration fee is **\$15.00 per child** - after August 6th, the fee will be \$25.00. Coaches and assistant coaches are always needed and welcome! Call the Parks and Recreation Department Office at 527-4722 for further information.

BOSTON RED SOX BUS TRIP:

Join us as we visit historic Fenway Park to watch the Red Sox play this season. Our trip is scheduled for **Wednesday, July 26th vs. the Atlanta Braves**. Ride to Boston in comfort aboard a motor coach, complete with TV/DVD and lavatory. The cost of the trip is **\$90/person** and includes the cost of your ticket to the game and transportation. All other expenses are your own responsibility. Any child ages 17 or under must be accompanied by an adult guardian. Space is limited, so sign up today! Please call the Parks and Recreation Office at 527-4722 for registration information.



vs



YOUTH TENNIS LESSON PROGRAM:



A free, six-week program sponsored by Advantage Kids for children ages 6-14. An hour long tennis lesson, plus a 30 minute yoga and meditation session. Combining these two increases kids' ability to focus, excel academically and relate to each other!

Tuesdays and Thursdays, **June 27 to August 8 (No Program July 4th)** at the Village Field Tennis Courts.

6-10 year olds 9:00-10:30 AM

11-14 year olds 9:30 – 11:00 AM

Cost: FREE!

Register Online on Advantage Kids website at: www.advantagekids.net

YOUTH TENNIS MATCH PLAY PROGRAM:

This program sponsored by Advantage Kids offers a competitive play opportunity for **children ages 12-17** who can rally, serve and keep score. This program will be held at the Gilford Village Tennis Courts on **Tuesdays & Thursdays from June 27 to August 8 (No Program July 4th)**, from **11:00am – 12:30pm**. Players will participate in this Junior Team Tennis program and progress through the USTA Junior Team Tennis ranks! With the help of AK Coaches, teams will be paired up with others of similar ability, play a doubles match then a singles match each. Sets will be shortened, standings kept, and the top two teams will qualify for the 3rd annual NH State Advantage Kids Championship in the Fall of 2023. Coaches will be on hand to supervise, input scores, and offer light coaching tips or assistance when needed. Players should bring their own rackets!

Cost: \$20.00/participant

Register Online on Advantage Kids website at: www.advantagekids.net

CHALLENGER SOCCER CAMP:

This camp will be held at the Gilford Village Field the week of **July 10 – 14** for youth from ages 3 to 14.

Children ages 3 – 5 Mini Soccer: 8:00 AM - 9:00 AM

Cost: \$106.00 (Current Early Bird Registration Rate)

Children ages 6 – 14 Half Day Camp: 9:00 AM - 12:00 Noon

Cost: \$147.00 (Current Early Bird Registration Rate)



Register online at www.challengersports.com by **June 10th** to receive a **free British soccer jersey**. Must register by July 1st, to avoid the late fee. The camp fee includes 7.5 hours or 15 hours of instruction, a soccer ball and a camp t-shirt. CHALLENGER SOCCER coaches soccer skills within a framework of character development based on respect, responsibility, integrity, leadership and sportsmanship. They also introduce players to the geography, traditions and culture of other great soccer-playing countries.

"Kids are like mosquitoes – the minute they stop making noise, you know they are getting into something."

SHOOTER'S GOLD BASKETBALL CAMP: Under the direction of Coach Paul Hogan, the camp will be held at the Gilford Middle School outdoor court from **July 17-20 (Mon-Thurs.;** *Fri., July 21 may be used as a weather make-up).*



- Session #1, for boys and girls entering gr. 1 - 4, will run from 8:00 AM - 10:00 AM.
- Session #2, for boys and girls entering gr. 5 - 8, will run from 10:00 AM - 2:00 PM.

SPACE IS LIMITED!!

The registration fee for session 1 is **\$95.00 prior to June 1st and \$100.00 starting June 1st**. For Session II it is **\$120.00 prior to June 1st; \$130.00 starting June 1st**. Each participant will receive a basketball and a camp t-shirt. To register, visit www.hogancamps.com or call the Parks and Recreation Department Office at 527-4722 for further information.

MINDS IN MOTION: 6 in 1 Space Fleet Robot Workshop!

On **Monday, July 31 and Tuesday, August 1, from 9:00 AM - 4:30 PM**, children ages 7-11 are invited to discover the fun of hands-on world of fun as they conduct a variety of scientific experiments! Participants will build and take home their very own Solar Space Fleet Robot! The Solar Space Fleet Kit is an innovative solar powered kit that can transform into six different lunar modules. Using your own mini solar panel, watch as direct sunlight brings the kit to life! Come and create six different working models including a Space Station, Space Rover, Space Explorer, Astronaut, Space Shuttle and Space Dog. Watch as it moves around and speeds up or slows down depending on the intensity of the light as you learn, experiment and have fun with solar power! Each complete model can also be powered by your own mini rechargeable battery. Come join this super fun solar space adventure!



The **registration fee for the two-day workshop is \$135.00**, and it includes all materials. The location for the workshop will be the Gilford Middle School. Enrollment for the 2-day workshop will be limited. Deadline to register: July 17, 2023. Call the Parks and Recreation Department Office at 527-4722 for a registration form or to get further information.

SEACOAST UNITED SOCCER CAMP: This camp will be held at the Gilford Village Field the week of **July 31-August 4** for youth from ages 3 to 14.

Children ages 3 – 5 Grassroots Soccer Camp: 9:00 AM - 9:45 AM **Cost: \$95.00**

Children ages 6 – 14 Half Day Camp: 9:00 AM - 12:00 Noon **Cost: \$165.00**



Access the online registration link through our website at <http://www.gilfordrec.com>. The camp fee includes instruction, a camp t-shirt and a soccer ball. All participants should plan to bring a bottle of water and a snack to camp each day. This camp is a fantastic way for your children to be introduced to Seacoast United's fun developmental approach to the game of soccer. Their professional, dedicated, full time coaching staff will offer sessions full of fun technical challenges and game play. These Soccer Camps appropriately challenge players in a fun learning environment while developing important individual skills. These classes then incorporate their skill work into fun games and activities for younger players and scrimmage play for older players, allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success!

WICKED COOL FOR KIDS LEGO BricQ Motion Camp:

Lego Engineering: The camp will be held the week of **August 7- August 11** in the Gilford Middle School and is open to youth entering Grades 1 – 5 in the fall of 2023. Participants can register for the Full Day (9:00am – 4:00 pm) or Half Day (9:00am – 12:00 noon) program.



Cost: Full Day - \$385.00 Half Day - \$275.00

LEGO BricQ Motion

Lego BrixQ Motion is an exploration of forces and motion by testing design solutions. Participants modify their designs to get the optimum pull or push needed. Engineer a change in the speed or direction of an object with a push or a pull. Create an obstacle course for a dog, build a spring launcher for a race car derby and make a Minifigure dance party. Full day participants continue the challenges with LEGO Engineering Olympics as we compete in track and field, bobsled and weight lifting fun. Call the Parks and Recreation Department Office at 527-4722 for a registration form or to get further information.

LAKES REGION RIDING ACADEMY HORSEMANSHIP CAMP:

We are offering a week long horsemanship camp, which will be held **Monday, August 14 – Friday, August 18** at the Lakes Region Riding Academy Barn at 26 Young Road in Gilford. The camp is open to children ages 8 – 15.

Camp Times: 9:00 AM – 12:00 PM

Cost: \$125.00 per participant



This camp program will introduce participants to the basic principles of horsemanship. The program will offer basic horse care knowledge, horse safety and the beginning basics of riding. All participants must wear long pants and a shoe or boot with a heel. Helmets will be available at the barn. Snacks and drinks will be provided. Enrollment in this program is limited. Registration forms are available at the Parks and Rec Office.

GILFORD SENIOR MOMENT-UM PROGRAM: Meetings are usually held on Mondays and a variety of activities and day trips are planned. All interested Seniors are welcome to join! The planned schedule for this spring is as follows:

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|-----------------------------|--|
| May 8th | Mother's Day Breakfast – Community Church |
| May 16th | Discover Live: Venice at the Gilford Public Library |
| May 22nd | Baseball Day and Movie – Community Church |
| June 5th | Bingo at the Gilford Public Library |
| June 12th | Father's Day BBQ |



For more info about this friendly, social group, please call the Parks & Rec Office at 527-4722.

"If your Mother says no, go ask Grandma."

GILFORD BEACH: Gate and restrooms are open daily 9:00 AM - 9:00 PM from **Saturday, June 17 through late August**. Telephone: (603) 293-8022. The dates and times of gate closure are subject to change due to weather or other extenuating circumstances.

SWIM LESSONS - All levels (Red Cross Learn to Swim) - Ages 3 and up. Sessions run 5 days a week, Mon-Fri. Register at the beach beginning June 17th from 9:00 AM - 5:00 PM. **Space is limited and registrations will be accepted on a first come basis!**



Session I: June 26th – July 14th 2023 (No class July 4th)

Session II: July 17th – August 4th 2023

* Registration fee is **\$35.00 for the 1st child** in the family, **\$20.00 for 2nd child** in the same family **and \$15.00 for each additional child** in the same family per session.



ARTS AND CRAFTS PROGRAM - Tuesday and Thursday mornings from 10:00 AM -12:00 PM (weather permitting) from **June 27 to August 3**. No crafts on July 4th. For children of all ages (Crafts are geared toward ages 5 and up, but younger participants are welcome with parental assistnace). Register at the beach beginning June 17th from 9:00 AM - 5:00 PM or register the day of the program. Registration fee is **\$30.00** for the 4-week program (\$3.00 per session if you pay on a daily basis).



“We could learn a lot from crayons: some are sharp, some are pretty, some are dull, while others are bright, some have weird names, but they have all learned to live in the same box.”

STORYTIME AT THE BEACH! – Wednesday afternoons at 12:00noon,

from **July 5 – July 26**. For children of all ages (target audience is pre-school through 4th grade). Join J’Lillian from the Gilford Library and take a quick break from swimming and enjoy a weekly story! In the event of inclement weather, story time will be held at the Gilford Library.



SUMMER BEACH YOGA PROGRAM- Gilford

Parks and Rec is partnering with Renee Cupples, E-RYT500 Certified Yoga Instructor, to run a 6-week Yoga for All Ages Program! This is located at the Gilford Town Beach which is on Varney Point Rd. This will be taking place on Tuesday mornings and Thursday evenings from **July 11- August 17, 2023** (Sessions dates may be extended to accommodate cancellations). Tuesday's will be from 9:30am-10:30am and Thursdays from 6pm-7pm. The registration fees are **\$60.00 for 6 classes** or **\$15.00 for a daily drop-in fee**. Participants should plan to bring their own yoga mat or towel to use each class. Participants can register in advance at the Gilford Town Beach. For more information contact the Parks and Recreation office at (603)527-4722.



GILFORD COMMUNITY BAND CONCERT SERIES: Sponsored by the Parks and Recreation Department, the Gilford Community Band perform a series of summer concerts at the Gilford Village Field Weeks Bandstand (rain location will be Gilford High School Auditorium). The concerts will be held on Wednesday evenings: **July 5, July 19, August 2 and August 16**. Concerts will be held at 7:00 PM and they are free to the public. And as always, the band will perform at the bandstand at 8:00 PM on **Gilford Old Home Day, August 26th**. Grab your lawn chair or blanket and come join us for some great entertainment!



"Dance - even if you have no place to do it but your living room. And sing, too, but don't quit your day job."

GILFORD OLD HOME DAY CELEBRATION!:

Join us this year on **Saturday, August 26th** for our Annual Old Home Day celebration!



This year's theme is "Four Seasons of Fun!" A great annual tradition - featuring a pancake breakfast, parade, food and craft booths, entertainment, games and field events, road race, band concert, dance and**FIREWORKS!!!** Guaranteed to be a fun and memorable day for one and all! Advertisers in our program book are always welcome. Volunteers are still needed to help - call the Parks and Recreation Department Office if you are interested in getting involved and lending a hand.

"Never, ever miss the fireworks."

VOLUNTEERS are always needed, year-round, for many of our programs and special events. If you would like to give of your time and/or talents, or if you have any ideas or suggestions for programs you might like to see, please call the Parks and Recreation Department Office. **Volunteers and ideas are always welcome!**

The Parks and Recreation Department constantly strives to provide and maintain high quality, year-round programs, activities, and facilities for people of all ages and abilities. We try to keep all program fees at an affordable level. Discounts and scholarships are available for most programs, in the hopes that no one will be denied participation in a program or activity due to an inability to pay any fee.



GILFORD PARKS AND RECREATION DEPARTMENT FACILITIES:

- 1. GILFORD BEACH** (13 acres) - located on Varney Point Road. 1800 feet of shorefront on Lake Winnepesaukee for use by all Town resident/taxpayers. The facility includes a concession stand, restroom/changing facilities, swim raft, basketball court, volleyball court, playground equipment, picnic area/cookout facilities, and parking.
- 2. GILFORD VILLAGE FIELD** (28 acres) - located on Belknap Mountain Road. Facility includes four lighted tennis courts, a lighted basketball court, a soccer field, two baseball diamonds, dugouts, bleachers, playground equipment, picnic area, bandstand, and storage buildings.
- 3. STONEWALL PARK** (9 acres) - located on Stone Road. Facility includes an enclosed baseball diamond and dugouts, bleachers, storage building, well, and parking.
- 4. LINCOLN PARK** (1 acre) - located on Belknap Point Road. Facility includes scenic waterfront on Lake Winnepesaukee, picnic area, and parking.
- 5. ARTHUR A. TILTON GILFORD ICE RINK** (3 acres) - located on Varney Point Road. Facility includes an outdoor covered ice skating rink with lights (approx. 220' x 110') with a dirt surface, storage building with a locker room, well and parking.

"We don't stop playing because we grow old. We grow old because we stop playing."