

## CSBCC Rental Information

### Special Event/Conference Package

The Grand Meeting / Banquet Room seats up to 125 individuals and can easily host intimate and large social groups. Package prices include use of kitchen, table/chair setup and takedown. Fees are higher when outside normal business operating hours.

**Special Event / Conference Package**  
6 hour minimum

**Commercial Rates** are available and determined on an individual basis. To schedule an event, please contact the CSBCC at 542-7019.

### Birthday Pool Parties

If you wish to hold a birthday pool party to swim, first book Multi Function Room G for cake and presents. You may then bring your group on deck for swimming. Members will be all set getting into the pool. Non-members will need to purchase a day use pass to swim.

**Special Event / Pool Party Package Room G**  
2 hour minimum

### Small Event Package

Multi-Function Room B. Have your Baby Shower or Bridal Shower at CSBCC, or design your own party! We've had everything from robots and model airplanes to running presentations. Your creativity will know no bounds!

**Small Event Package Room B:**  
2 hour minimum

**SEE FRONT DESK FOR RENTAL PACKAGE PRICES/INFO**



#### Participant Registration

It is important to register early. Most programs have a minimum and maximum number of participants needed to run the program. If the minimum is not met, programs may be cancelled.

#### Resident / Non Resident

Resident status is limited to people who live in the City of Claremont and their dependents. (Sorry, no businesses).

#### Photo Policy

Local news media or our staff may photograph, video tape, or broadcast on CCTV recreation programs offered. If you do not want your child to be photographed or video taped, please indicate so during registration.

#### Insufficient Funds Policy

All payments made to the City that are uncollectible will be charged an additional fee.

#### Program Registration

For your convenience you can register on-line 24 hours a day! It is important that you fill out the registration form completely and pay for the program in full. Upon registering, you are entered into our computer system. Once in the system, you will be asked to fill out the form yearly for the purpose of updating our records. If you choose to e-mail your registration, please do not enclose a credit card number. Payment will have to be arranged in another format. We only accept credit cards in person or online.

#### Credit Cards and Bank Numbers

The Parks & Recreation Department accepts Visa, Mastercard or American Express. We are unable to accept CC numbers, account or routing numbers over the phone.

**Parks & Recreation Board**

Chris Irish	Jeffrey Coburn
Jim Feleen	William Carpenter
Carolyn Greenslet Towle	*Mark Brislin
Jeff Chase	Scott Bouranis
Les St. Pierre	Melissa Richmond

*\*Director of Parks and Recreation*

#### STAFF

**Director:**  
Mark Brislin, CPRP

**Superintendent of Parks & Facilities:**  
Tim Hernon

**Superintendent of Recreation Programs:**  
Justin Martin

**Center Coordinator:**  
Ivy Desilets

**Parks Maintenance Crew:**  
Robert Melcher

**Customer Service/Program Leader:**  
Dianne Harlow

#### Affiliations

Claremont Parks & Recreation is affiliated with the following organizations: New England Park Association, NH Recreation and Park Association, Upper Valley Recreation Association, and the National Recreation and Park Association.

PROGRAM INFORMATION IS SUBJECT TO CHANGE. FOR THE MOST UP-TO-DATE INFORMATION PLEASE CHECK: [www.ClaremontParks.com](http://www.ClaremontParks.com)

## Recreational Parks

### MOODY PARK

**325 Acres located at 152 Maple Ave.** Hiking Trails, Bike Trails, Picnic Areas, Tennis Courts, Play Structures. Open Memorial Day through Labor Day to vehicular traffic seven days a week, 8:00am-8:30pm. Open after Labor Day through Columbus Day to vehicular traffic weekends only, 8:00am-8:30pm

### BROAD STREET PARK

**Located in the center of town.** Historic Bandstand, War Monuments including World War I, World War II, Korea and Vietnam, and Freedom Garden Memorial dedicated to the victims and families of September 11th.

### VETERANS PARK

**35 Acres located at 25 Veterans Park Road.** Softball Field, Play Structures, Horseshoe Pits. Open Spring, Summer, and Fall.

### ARROWHEAD RECREATION AREA

**225 Acres located at 18 Robert Easter Way.** Picnics, Hiking, HOME OF ARROWHEAD SKIWAY.

### LACASSE PARK

**Located on Corner of North Street and Lincoln Heights.** Open to the public. It is dedicated to the memory of local veteran Oliver LaCasse and World War I Veterans.

### BARNES PARK

**7.2 Acres located at 9 Bernard Way.** Athletic Field, Play Structures, Basketball Courts. Open Fall, Spring, Summer, and Winter. Ice Skating Rink hours as posted.

### FACTORY STREET PARK

**Located on Factory Street.** This small neighborhood park is open to the public. This park affords a nice view of the Sugar River and includes benches.

### MONADNOCK PARK

**29 Acres located at 190 Broad Street.** Athletic Fields, Tennis Courts, Cross-Country Skiing, Play Structures, Track. Open Winter, Fall, Spring, and Summer.

### VISITOR CENTER GREEN

**Located below Visitor Center at 14 North Street.** Open green space, connecting pedestrian bridge over Sugar River to Mill District and downtown area.

### SARAH B.H. SMITH RIVERSIDE PARK

**2.4 Acres located at 43 Washington Street.** Sugar River frontage along Washington Street and downtown Claremont. State of the art Skate Park facility. Gazebo.

#### Program Cancellation

Programs may be cancelled due to inclement weather conditions. Every attempt will be made to notify participants prior to the scheduled starting time. If on site cancellations are necessary, a CSBCC staff member will stay on site until all participants' rides arrive. When school is cancelled due to weather, all youth sporting programs will be cancelled. Please check [www.claremontparks.com](http://www.claremontparks.com) for up to date cancellations!

#### Thunder/Lightning Policy

If thunder is heard or lightning is visible, regardless of the distance or intensity, ALL ACTIVITIES are to be concluded IMMEDIATELY. There is no exception to this policy.

#### Scholarships

The Claremont Parks and Recreation Department has limited scholarship opportunities for programs and memberships. Please contact the Parks & Rec. for scholarship information.

#### Payment Plans

Payment plans, if arranged, will require credit/debit card transactions or EFT will be accepted. There are no cash payment plans accepted.

#### Program Refunds

Program refunds will be handled on an individual basis. Please call and discuss any concerns with our staff. **Please note that once enrolled in a program you are responsible for the full cost of participating in that program.**

# Claremont Parks & Recreation

Fall/Winter  
**Program Guide 2016**  
September–December

#### Mission Statement

*The City of Claremont Parks & Recreation Department is dedicated to providing quality recreation facilities, programs and services to enhance the quality of life for the residents of Claremont and the surrounding region.*

### CLAREMONT'S 19TH ANNUAL

# FALL FESTIVAL & CHILI COOK-OFF

OCTOBER 1 • 2016

10 AM – 3PM • VISITOR'S CENTER GREEN

VENDORS • LIVE MUSIC

[www.greaterclaremontnh.org](http://www.greaterclaremontnh.org) • 543.1296

[www.claremontparks.com](http://www.claremontparks.com) • 542.7019

Page 2

#### VALLEY REGIONAL HOSPITAL 5K

**URGENT CARE**  
at Valley Regional

Page 2

#### Mini Cardinal

## Youth Basketball



Page 4

## Youth Grades 4–6 Field Hockey



Page 4

# COMMUNITY NEW YEAR'S EVE CELEBRATION!

SATURDAY NIGHT  
DECEMBER 31st

Page 2

## Inside

- 2 Special Events
- 3-4 Youth Programs
- 5 Adult & Family Programs
- 5 Senior Programs
- 6 Swimming Programs
- 7 Fitness Programs
- 8 General Information
- 8 Department Information
- 8 Rental Information
- 8 Recreational Parks

## Director's Take

It is said that the heart of a volunteer is not measured in size, but in the depth of commitment to make a difference in the lives of others. This is certainly evident when you take a look at all of the volunteers and community members that assist in making the city's programs and leagues run. So I would like to take this opportunity to share my appreciation for all the individuals that help make what we do happen. The spirit of giving back to the commu-

nity is seen in the members of the Adult Softball leagues who raised money to upgrade the Bill Baril Memorial Field and in the hundreds of parents, family and friends who volunteer to coach a youth program, making a difference in the lives of the youth who participate. Community spirit is seen in groups that offer to help man a water stop at a 5K and in the individuals that pick up a piece of trash when they see it in parks. We offer many programs through the Parks and Recreation Department and we would not be able to do so without the support of the community. We

are all in this together and so I am glad to take a moment to say thank you to everyone who helps makes our parks and programs a special place. We are always looking for volunteers for various programs and projects. If you are interested and looking to be involved with your community, please feel free to contact us. We always have fun things happening in the Parks and Recreation world!

Sincerely,

Mark Brislin, CPRP  
*Director of Parks and Recreation*

GET A FRIEND & REGISTER ONLINE! [ClaremontParks.com](http://ClaremontParks.com)

# Special Events

## Special Events

CLAREMONT'S 19TH ANNUAL

# FALL FESTIVAL & CHILI COOK-OFF

VISITOR CENTER

SATURDAY, OCTOBER 1, 2016

www.greaterclaremontnh.org • 543.1296  
www.claremontparks.com • 542.7019

Register in person or online at www.claremontparks.com

Individuals – Businesses  
Nonprofit Organizations – Battle of the Badges

### Chili Cook-Off

Calling all chili chefs!! Individuals, businesses, nonprofit organizations and your local badges are invited to participate in the Annual Chili Cook-Off. All Chili Chefs, need to be registered no later than Thursday, September 29, 2016. Please register online at [ClaremontParks.com](http://ClaremontParks.com) or call the CSBCC, Attn: Sup. of Rec Programs for more information.

### Like to Eat Chili?

Come tease your taste buds and cast your vote for the best chili.

Tasting fee: \$5, adults; \$3, children. NO entry fee for chili chefs!

## VALLEY REGIONAL HOSPITAL 5K-ROAD RACE

Join us for the Valley Regional Hospital Chili Cook-Off 5K Road Race! All runners receive a complimentary wrist band to the Chili Cook-Off.

Same race course as 2015. Race fee: \$15 pre-registration; \$20 on race day. Day of Race Registration from 7:30-8:45 a.m. Race begins at 9:00 a.m. following the Kids' Fun Run. Pre-register online at [ClaremontParks.com](http://ClaremontParks.com).

## KIDS' FUN RUN

Mom and Dad shouldn't have all the fun! Join us for our 5th Annual Chili Cook-Off Kids' Fun Run, no need to sign up. Run begins at 8:30 a.m.

Date: Saturday, October 1st

Time: All day, starts w/ Kids' Fun Run at 8:30 AM

Where: Visitor's Center Green

Cost: Chili Cook-Off: \$5 Adults/ \$3 Children

5K Road Race: \$15 Pre-Reg/ \$20 Race Day

Who: All Ages Are Welcome!

## NEW! BATTLE OF THE BADGES



Register now for the 2nd Annual Claremont Tire Tracks bike event on October 15th. Proceeds from the event, which is presented by the Parks and Recreation Department and Claremont Cycle Depot, will be used to enhance the mountain bike trails in Moody Park and the Claremont Train Stop.

Registration deadline: Friday, October 14, 2016 at 5:00pm. You can also register on the day of!

Choose from one of three bike routes: mountain biking in Moody Park, a recreational road ride, or a cruiser ride in and around local highlights. All routes will begin and end at the Claremont Cycle Depot.

## COMMUNITY NEW YEAR'S EVE CELEBRATION!

This event is sure to go off with a bang! On Saturday, December 31st, come celebrate the New Year with Arrowhead Recreation Area and Claremont Parks and Recreation Department with a free, fun community event. The evening kicks off at 6 PM with events scheduled at Arrowhead Lodge, the Claremont Savings Bank Community Center and Meyer's Maple Lanes. There will be a fireworks show at Arrowhead starting at 10PM.

This event is sponsored by: Claremont-Sugar River Rotary. More information will be available leading up to this great community event. For up-to-date information, please visit [www.claremontparks.com](http://www.claremontparks.com).

## CLAREMONT HOPSTOPS

Free family fun!

3:00 PM at the Claremont Savings Bank Community Center, 152 South St.

### Rock 'n Roll for Kids

Saturday, September 17

Uncle Rock

\*This performance held at Broad Street Park; rain location: CSBCC

### Traditional Dance and Music from Quebec

Saturday, October 1

Revels North

### Egyptian Melodies and Movement

Saturday, November 12

Karim Nagi

### Wasabi—A Dragon's Tale

Saturday, March 11

No String Marionettes

### Rhythms of West Africa

Saturday, April 8

Akwaaba Traditional African Drum and Dance Ensemble

### Kids Dance!

Saturday, May 13

Dancers' Corner

Come as you are! Doors open at 2:30 PM. For ages 3 and up with accompanying adult.

Claremont HopStops are part of the Hop's Community Venture Initiative which provides new opportunities for Upper Valley residents to create access and explore the arts.

## BROAD STREET PARK

### SANTA IS COMING TO TOWN!

Despite a very heavy schedule, Santa Claus is planning to stop in Claremont on Friday, November 25 for a visit in Broad Street Park. He will be arriving at 6:00 PM in time to share the holiday lighting of the park with residents. The Claremont Parks and Recreation Department has arranged for Santa's visit. The Claremont Fire Department is planning the arrival of Santa with Air Traffic Controllers. Once in the City, the Fire Department will be escorting Santa to Broad Street Park.

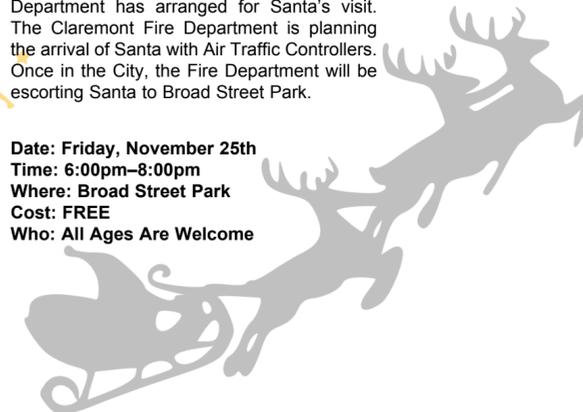
Date: Friday, November 25th

Time: 6:00pm–8:00pm

Where: Broad Street Park

Cost: FREE

Who: All Ages Are Welcome



# Fitness Programs

FREE TO MEMBER CLASSES

### AquaFit

A class for those who are new to exercise and love the water. Take a load off your feet. The focus of the program is aerobic low impact movements that include resistance training, balance, and cardiovascular movements in the shallow portion of the water. With these movements you will be using noodles, kick-boards, and weights. PM and Weekend classes available upon instructor availability.

### Beginner Fitness

This class is chair based. Its focus will build strength, endurance, range of motion, balance and flexibility. For all beginners out there that are looking to start something new or add to your routine.

### Bone Builders

This program is designed to improve balance, increase muscle strength and bone density, and help fight osteoporosis through the use of light, weight bearing exercises. Participants will work at their own pace. Please provide your own weights. Weekly educational discussions will include topics related to fall prevention, osteoporosis, and good health. Classes will meet twice weekly. Wear comfortable clothing.

### Butts & Guts

Do you want an ultimate workout? This class focuses on strength training and will target those problem areas; the core and butt. Many tools will be used to achieve your goals.

### YoPi Flow & YoPi Power

Mixing together Pilates moves with Yoga moves to help lengthen and tone your muscles while paying attention to your breath. The Power class is more intense and at a quicker pace.

### Youth Classes

Fitness classes are for middle school aged youth! Making moving fun for youth by using many different styles of exercise!

### Step Classes

45 minutes to an hour of cardio step moves with splashes of weights, kettlebells, tubing, and/or gliders to keep you in your target zone while adding resistance to your muscles. Full body workout.

### Tabata Classes

These classes consist of interval training workouts with high-intensity or lower intensity focus and alternates between your max training followed by rest for multiple rounds, then a new set of exercises are introduced and repeated. This is a fun and simple workout that burns tons of calories.

**Classes run for 8 weeks with a 1 week break between sessions.**

**This season sessions will start and end as follows: Oct. 2 to November 26 & Dec. 4 to Jan. 8.**

**Off Weeks: Nov. 27 to Dec. 3 & Jan. 29 to Feb. 4**

### -WHAT TO REMEMBER-

• Indoor shoes only for classes • Bring water with you • We provide mats, but you are welcome to bring your own • Please be on time for class

### KICKBOXING CLASSES

You will kick, punch, and drum your way to a healthier you. This class incorporates kickboxing that will focus on the core and butt.

### ROTC

The class will follow the Bootcamp philosophy. As a culture we visualize boot camp as an intense, rigorous, physically, psychologically and emotionally challenging program that forces someone to improve. We can promise that the intensity will only be set by one person, you.

### SPINNING/INDOOR CYCLING

All of our spin classes are taught by experienced instructors. If you're looking for a great way to burn calories, listen to awesome music, and build your endurance, then our spin classes are the right pick for you. You are sure to get addicted to spin at CSBCC.

### YOGA (Different Styles Available)

A Yoga class designed to give participants the time they need breathe into their poses. You will leave relaxed and inspired.

### TRX CLASSES

These suspension training classes build true functional strength and improves flexibility, coordination, balance and core stability by utilizing leverage and gravity and the user's body weight. These classes are open to all fitness levels and abilities.

### PERSONAL TRAINING

Looking to make your resolution a reality? The CSBCC is excited to offer Personal Training through approved independent contractors. Exercise is hard enough! Let a trained professional guide you on your fitness path. Please contact one of the following trainers for more information: Dawn Zombeck – 603.477.3632 – [bodyfitterapies@yahoo.com](mailto:bodyfitterapies@yahoo.com)

## SPECIAL WORKSHOP OFFERING!

### Yin Yoga Workshop

Saturday, September 10th • 12:30–4:30PM

Are you ready to take on something new? An offering that focuses on YOU?

Please join Jyl and Kristi for this fun and interactive workshop. No yoga experience necessary! In this class you will relax in the postures and soften the muscles in the areas that encompass the joints, i.e., hips, sacrum and spine.

In this workshop you can expect to increase and improve your joint flexibility while having fun. Yin yoga is a great way to still the mind and explore your inner voice, leading to a deeper understanding of yourself.

This workshop will include an introduction to the principles of Yin yoga and its benefits, sessions focusing on the hips and spine, pranayama (breathing exercise), and gong meditation.



5 PERSON MINIMUM AVERAGE TO RUN CLASSES • DROP-IN FEES AVAILABLE • NON-MEMBERS CALL FOR PRICING

CLASSES MAY CHANGE, CONFIRM ONLINE @ [WWW.CLAREMONTPARKS.COM](http://WWW.CLAREMONTPARKS.COM)



## Hallowesta

Monday, October 31st

### Broad Street Park

The Claremont Parks and Recreation Department is gearing up for another Halloween Celebration! Ghosts and goblins of all ages: get your costumes ready and join us for trick-or-treating on Pleasant Street, followed by a parade to Broad Street Park where we will be handing out trophies for the best costumes in Claremont!

Trick or Treating on Pleasant St: 3:30–4:45 pm

Parade line up at Daddy's Pizza: 4:45 pm

Parade leaves for Broad Street Park: 5:00 pm

Where: Pleasant St. & Broad Street Park

Cost: FREE

Who: All ages

GET A FRIEND & REGISTER ONLINE! [ClaremontParks.com](http://ClaremontParks.com)



Swim Lessons	Parent & Child	Preschool	Level I	Level II	Level III	Level IV	Level V	Level VI	Adult
	The purpose of this course is to familiarize children with the water and teach swimming readiness skills.	The purpose of this course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.	The purpose of this course is to orient children to the aquatic environment and gain some basic skills in the following categories: developing a positive attitude towards the water, water safety, and effective swimming habits.	The purpose of this course is to help participants develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future stroke techniques.	The purpose of this course is to help participants perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and back.	The purpose of this course is to build endurance and improve aquatic skills by swimming the strokes learned at previous levels.	The purpose of this course is to help individuals increase the distance they can swim, refine their performance of all six strokes, and participants will also learn to perform flip turns on the front and back.	The purpose of this course is to help individuals refine their strokes so that they can swim with greater efficiency and effectiveness over long distances.	The purpose of this course is to provide instruction to those who are still learning the basics as well as provide further instruction to those who are looking to improve skills & specific swimming strokes such as the front crawl, breast stroke, & back stroke.

## Swim Lessons with Nick Eagan

**Preschool, Level I**  
 Date: Saturdays, September 10th – October 29th  
 This program is 8 weeks long  
 Times: 9:00am- Level I • 9:35am- Preschool  
 Where: CSBCC Pool  
 Cost: \$35.00 member / \$70.00 Non-Member

## Swim Lessons with Nate Treadway

**Level III**  
 Date: Sundays, September 11th – October 30th  
 This Program is 8 weeks long  
 Times: 10:00am- Level III  
 Cost: \$35.00 member / \$70.00 Non-Member

## Swim Lessons with Skye Robicheau

**Private, Level III, Level V**  
 This program is 8 weeks long  
 Date: Saturdays, September 10th – October 29th  
 9am-Level III • 9:35am-build a group private swim lessons  
 10:05am-Build a group private swim lessons • 10:40am- Level V  
 Cost: \$35.00 member / \$70.00 Non-Member  
 Build-A-Group Cost: \$70 member/ \$100Non-member

## Fast Track Swim Lessons with Ivy Condon and Amelia Mallat

**Parent & Child**  
 2 Weeks of swim lessons for a total of 8 classes  
 First week: Tuesday, September 6th – Friday, September 9th  
 Second Week: Monday, September 12th – Thursday, September 15th  
 Time: 5:30pm- Parent and Child  
 Where: CSBCC Pool  
 Cost: \$35.00 member / \$70.00 Non-Member

## Fast Track Swim Lessons with Skye Robicheau

**Level II, Level III, Level IV**  
 2 weeks of swim lessons for a total of 8 classes  
 Frist week: Tuesday, September 6th – Friday, September 9th  
 Second Week: Monday, September 12th – Thursday, September 15th  
 Times: 5:00pm-Level II • 5:35pm-Level III • 6:10pm-Level IV  
 Where: CSBCC Pool  
 Cost: \$35.00 member / \$70.00 Non-Member

## Fast Track Swim Lessons with Eric Robicheau

**Preschool, Level I, Level II**  
 2 weeks of swim lessons for a total of 8 classes  
 First week: Monday, September 26th – Thursday, September 29th  
 Second Week: Monday, October 3rd – Thursday, October 6th  
 Times: 5:00pm-preschool • 5:35pm-Level I • 6:10pm-level II  
 Where: CSBCC Pool  
 Cost: \$35.00 member / \$70.00 Non-Member

## THE TIGER SHARKS SWIM TEAM

The goal of this program is to improve swimmers' competence and confidence in a competitive, team oriented and fun environment. The swim team fosters individual excellence and team spirit and make a positive and solid impact on the community. Our focus is instructional; however, this is NOT to get mixed up with the "Learn to Swim" program. Swimmers are expected to regularly attend scheduled practice sessions and team competitions. Parents volunteering and support is needed to develop a level of success that will be needed for this program to strive to excellence. Parent volunteers are required to help at home and away meets.

**Ages 10 and under-** Swimmers must be able to jump feet first into the deep end and swim 25 yards without stopping.

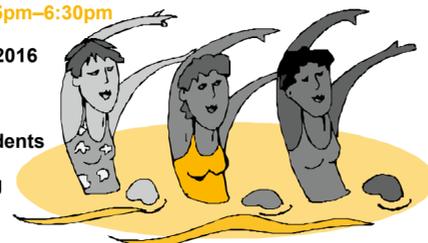
**Ages 11-19:** Swimmers must be able to swim 25 yards without stopping using freestyle and backstroke.

The Tiger Sharks swim team travels to other venues to compete throughout the winter. Travel is required, and prior swim team experience is a plus.

**Come meet the new coaching staff, Julie Martin, Alton Martin and Paige Gauthier and experience the fun of swim team while trying it for a day:**

**Wednesday, November 2, 2016 • 5:15pm–6:30pm**

**When:** Starts Monday, November 7, 2016  
**Mondays, Wednesdays, Thursdays**  
**Where:** CSBCC  
**Time:** 5:15pm-6:30pm  
**Fee:** \$340.00/nonresidents \$310/residents  
**\$10 off will be applied for members**  
**\$5 off will be applied for each sibling**



### POOL RULES:

- ✓ No long distance underwater breath hold swimming.
- ✓ Children under the age of 10 MUST be accompanied by an ADULT, or sibling 16 or older.
- ✓ Proper bathing attire required.
- ✓ No cutoff shorts, cotton T-shirts or cotton shorts
- ✓ Please, no disposable diapers.
- ✓ Showers required prior to using pool.
- ✓ If you or your child is/has been ill, please do not attend swimming.

Watch for upcoming Swim Lessons on our website at:  
**ClaremontParks.com**

## Claremont USBC Youth Bowling

Come join the fun in this 28 week long season!  
 We take sign ups all season long!  
 For more information, please call  
 Lynn Simino – 603.690.5061



**Who:** Boys and Girls ages 5 – 18  
**Where:** Maple Lanes, Claremont NH  
**Date:** Starts September 18th  
**Sign Ups:** Sunday, September 10th 2016 at 9:30 AM @ Maple Lanes in Claremont NH.  
**Time:** 9:30 AM Every Sunday starting Sept. 18th to March  
**Cost:** \$10.00 per week

## YAP

Young Athletes Program (YAP) is a FREE weekly drop-in sports play program for children with and without disabilities Ages 2 – 7. This program is designed to address developing motor skills and hand-eye coordination through play and friendly, fun sports skills lessons. Signups will be taken at the Claremont Community Center on the day of the program!

**Dates:** Saturday, October 1st – Saturday, November 19th.  
 (No session on Saturday, November 5th)  
**Time:** 9–10 AM



## Community Youth Night

Bring back summer! Carnival games, arcade games, fun photo booth, summer snacks and games.

**Date:** Friday, December 2, 2016  
**Time:** 7:00 PM to 9:00 PM  
**Where:** CSBCC  
**Cost:** Free  
**Who:** Grades K–8



Fall means soccer time in Claremont! Participants will be grouped by grade as they entered the 2016-2017 school year. Practices and game times are TBD. All games will be held at Monadnock Park. Grades K-1 COED will play games Mondays 5:30 PM to 6:30 PM & Saturdays 9:00 AM to 10:00 AM. Grades 2-3 Coed will play games Wednesdays 5:30 PM to 6:30 PM & Saturdays 10:00 AM to 11:00 AM. Grades 4-5 Coed will play games Tuesdays, 5:30 PM to 6:30 PM & Saturdays 11:00 AM to 12:00 PM. Coaches and Referees are still needed, contact the CYSA by e-mail at jds16@hotmail.com for more information.

## Claremont Parks and Rec. & the Claremont Opera House Present Movie at the Opera House

A DOUBLE FEATURE!



Join us for a double feature movie showing at The Claremont Opera House. The movies to be played are How the Grinch Stole Christmas & The Nightmare Before Christmas.

**Movie Info:**  
**How the Grinch Stole Christmas:** On the outskirts of Whoville, there lives a green, revenge-seeking Grinch who plans on ruining the Christmas holiday for all of the citizens of the town.  
**The Nightmare Before Christmas:** Jack Skellington, king of Halloween Town, discovers Christmas Town, but doesn't quite understand the concept. **These movies are FREE to all!**  
 The doors to the Opera House will open approx. 1 hr prior to show time. Movies kick off at 6:00 PM and will play back to back.  
**Date:** Saturday, December 17th, 2016

## Claremont Elks Hoop Shoot -BPOE #879

Watch for Local Tournament details



The Elks National "Hoop Shoot" Free Throw Contest is open to boys and girls, ages 8 to 13. Winners will compete at the State level for a chance to advance to the nationals.

Contestants' age groups will be determined by their ages as of **April 1, 2017**. Boys and girls compete separately. Age groups consist of: 8–9, 10–11 and 12–13.

For more information, please contact the Claremont Elks Lodge @ 542-9802.  
**Date:** Sunday, December 11, 2016  
**Time:** 9:30 AM to 1:00 PM  
**Where:** CSBCC  
**Cost:** Free  
**Who:** Boys & Girls Ages 8–13 as of April 1st, 2017

## Claremont Elks Soccer Shoot -BPOE #879

Local winners move on to state shoot on October 15th in Portsmouth, NH. State winners move on to area one shoot on November 4–6 in Burlington, VT.

**Date:** Sunday, September 11th  
**Time:** 10:00 AM  
**Where:** Monadnock Park Track Field  
**Cost:** Free  
**Who:** Boys & Girls Ages 8–13 as of April 1st, 2017

Questions: Elks Lodge 603-542-9802 • Lee Miller 603-558-0133

## FALL SOCCER

### Claremont Youth Soccer (CYSA)

**Divisions by Grade:**  
**K-1st Grade COED**  
**2nd-3rd Grade COED**  
**4th-5th Grad COED**  
**When:** September 10th to October 15th  
**Cost:** \$29 Residents / \$39 Non-Residents

Fall Soccer Registration Opens Monday, August 1st  
 Fall Soccer Registration Deadline is Wednesday, August 31st

2016/2017

### Youth Basketball

#### Deadline for Basketball Registrations

Tuesday, November 1st

- Mini Cardinal: Grades 2-6
- Smart Start Basketball
- K-1st Grade Instructional

#### WANTED

Youth Basketball Coaches for the 2016/17 Season

Contact the Claremont Parks & Rec. Dept. for more information  
603-542-7019  
cccprograms@claremontnh.com

### Mini Cardinal Cheerleading



My name is Danielle Lundy and I coach the Mini Cardinals Cheerleading team at CSBCC. This will be my second year coaching the mini's and I couldn't be more excited! To give you a little background about myself, I am a freshman at New England College and my major is Psychology. I have 6 years of cheerleading experience, all together 12 seasons. I was captain of my high school Cheerleading team and was nominated to be a part of UCA staff earlier this year. I was also on the Shrine Maple Sugar Bowl All Star Cheerleading team my junior and senior years of high school. With this program I will be teaching the fundamentals of cheerleading along with simple stunts. We will be focusing on sportsmanship and leadership skills as well. We had a great first year and I can't wait to have an even better second one!

Date: Starts October 14th • Fridays • 5:00PM - 6:30PM

Where: CSBCC • Multi-Function Room C

Cost: \$35.00

\*Ends in March

**HOCKEY: Check out [www.twinvalleyflyers.com](http://www.twinvalleyflyers.com) for registration info.**

### Twin Valley Girls U12/13 Hockey Team

Competitive travel team • Games in NH & VT plus tournaments • Players with skating skills and understanding of the game will be challenged appropriately • Teambuilding and leadership opportunities on and off ice.

Date: Season is Nov - Feb

Time: Meets 3 - 4 times per week

Location: Local Upper Valley Rinks

Cost: \$675.00

### Twin Valley Girls U10 Hockey Team

In house based development team • Games are cross-ice against teams of equal ability • Players should have basic skating skills (without need of an aide—crate, chair, etc.) • Mentoring and teambuilding activities

Date: Season is Nov - Feb

Time: 2 meetings per week

Location: Kimball Union Academy Hockey Rink and other Local Upper Valley Rinks

Cost: \$195.00

### Start Smart Basketball Parent/Child Program

This is a parent/child program in which the child will learn through the teaching of the coach alongside a parent helper. A parent/guardian is expected to participate at every session.

Date: Saturdays, December & January

Time: 8:00 AM to 8:45 AM

Where: CSBCC

Who: Boys & Girls Ages 3 - 5 & Their Parents!

Cost: \$25/\$40 Non-Resident

Registration Deadline: Tuesday, November 1st

### K-1st Grade Basketball Instructional

Join us to learn the fundamentals of the sport in a relaxed fun environment!

Date: Saturdays, December & January

Time: 9:00 AM-9:45 AM

Where: CSBCC

Who: K-1st Graders

Cost: \$25/\$40 Non-Resident

Registration Deadline: Tuesday, November 1st

### Mini Cardinal Youth Basketball

Date: November - February

Time: TBD, dependent on coach availability

Where: CSBCC

Registration Deadline: Tuesday, November 1st

Who: 2nd to 6th Grade

Cost: \$50.00/\$65.00 Non-Resident (\$10 off for CSBCC Members)

### Youth Field Hockey



This is a travel team/league. Your child will be playing in the UVRA League which includes traveling to various local towns for games. They will play their Home games at Barnes Park. Practice & Game Schedules TBA. (Three days a week, days are Mon, Wed, & Thurs.) Games will begin the week of September 21st. Game play is 8 v 8.

Date: September-October

Time: 4:45PM Practices; 5:15PM Game Start Times

Where: Veteran's Park

Cost: \$31.00/\$41.00 Non-Resident

Who: Grades 4-6



### Co-ed Learn to Play Youth Hockey

Incorporates games and activities to teach skills • Introduces backward skating, crossovers, and edges • Learn basic stick, puck, and hockey skills

Date: Season is Nov-Feb

Time: 1 meeting per week on weekends

Location: Kimball Union Academy Hockey Rink

Cost: \$125.00

### Co-ed Learn to Skate

Teaches the fundamentals of ice skating • Requires no prior skating experience • Individualized, small group and whole group instruction

Date: 2 Sessions; Nov-Dec and/or Jan-Feb

Time: 1 meeting per week on weekends

Location: Kimball Union Academy Hockey Rink

Cost: \$70.00 for a single session or \$125.00 for both sessions

### Adult Coed Volleyball League

Captain's meeting, Monday, October 17th, 6PM, CSBCC

Start Date: Sunday, October 23rd

Where: All games at CSBCC

Cost: Team Fee: \$120.00

Registration Deadline:

Who: 18+

### Men's Winter Basketball League

This league is for Men 18+ and out of high school. Team fee includes cost of officials. Teams must provide their own t-shirts/jerseys with numbers located on the back. 9 team MAX in this league.

Where: CSBCC

When: Mondays, Tuesdays, Wednesdays, Thursdays

Start Date: December 1st

Time: 8:00-9:00 PM

Cost: Team Fee; \$275.00

Registration Deadline:

Mandatory Captain's meeting: at 7:30 PM; CSBCC

### Wilderness Survival Shelter Building

Join us at Arrowhead for an afternoon of fun and adventure learning how to make a variety of survival shelters. This family friendly workshop will focus on the importance of staying warm and dry in the woods and progress from simple, expedient shelters to more advanced structures using tarps and natural materials. Participants will need to bring a daypack with snacks, water, work gloves and windbreaker/raingear. Wear clothing appropriate to the weather and sturdy footwear. We will be hiking to the top of Flatrock Hill for part of the time so be prepared to be active!

Date: October 16, 2016

Time: 1:00 PM to 4:00 PM

Location: Arrowhead

Cost: FREE

### Futsal

All adults & youth are invited to join in! Saturday evenings. Great way to stay in shape while playing your favorite game. Teams will be grouped/picked according to age and skill level. No registration is required for this program. Just show up and play!

Date: Starts Saturday, November 5th

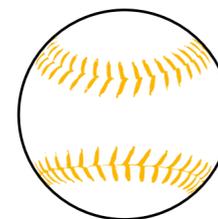
Time: 4:00 PM to 6:00 PM

Where: CSBCC Gymnasium

Cost: Free to members, non-members need to purchase a day use pass.

### Claremont Fall Wooden Bat Tournament

- September 24-25th
- Open roster
- Wooden Bat (Any)
- 6 Team round Robin - min. 3 games
- \$325 entry fee
- Trophy for 1st and 2nd
- Pitching - 9-man Modified.
- Will consider running with 4 teams as last year, which still means a minimum of 3 games



### Cardigan Mountain Hike

Join us for a family oriented hike up one of New Hampshire's most iconic mountains. We will meet-up at the Claremont Community Center at 9:30 (leaving at 9:45) where you will board the bus for the 45 minute drive to the mountain. Or feel free to take your own vehicle and follow us! This up and back hike on the West Ridge Trail provides great rewards for the effort with 360 degree views of New Hampshire and Vermont. All Hikers should wear clothing appropriate for the weather, good shoes and bring a daypack with lunch/snacks, windbreaker and warm layers and plenty of water, at least 2 quarts. Be aware it can be very cold and windy above tree-line. The pace will be slow and easy! Plan to be back around 3:30 PM.

Date: October 9, 2016

Time: 9:30 AM to 3:30 PM

Cost: \$5.00

### Third Annual Fund the Field Coed Softball Tournament

To be held at Bill Baril Memorial Field at Veterans Park in Claremont NH on October 1st and 2nd. This tournament has been a mainstay in the efforts to raise money for the local softball field. In less than 2 years we were able to raise enough money to completely redo the infield. Now our efforts are for future renovations to allow us to have a top notch facility that is home to the Stevens High school softball team, 20 Coed softball teams and 7 Men's league teams. If you would like more information on this tournament or wish to make a donation to the field fund, please contact...Richard Stevens at 603-477-6233 or Justin Martin at the CSBCC.

### Pickleball

Pickleball! The fastest growing sport in the country. If you're unfamiliar with the game go to [www.pickleball.com](http://www.pickleball.com) and watch the game being played. It's wonderful family fun. Instructors on hand to help those that have never played.

When: Winter Hours - November 1st to March 31st (Mondays, Tuesdays & Thursdays 10:00 AM - 12:00 PM and Sundays 9:00 AM - 11:00 AM) Summer Hours - April 1st to October 31st (Mondays, Tuesdays & Thursdays 10:00 AM -12:00 PM, Sundays 9:00 AM - 11:00 AM, and Mondays & Wednesdays 5:00 PM - 7:00 PM)

Where: CSBCC.

Who: Everyone ages 16+

Fee: CSBCC Membership or Day pass.

Equipment: Equipment is provided.

What to wear: Comfortable clothes and tennis like sneakers.

### Fall Kayaking Explorations

Bring your family or come on your own as we explore the many lakes & ponds in our area. All kayaking levels/experiences are welcome! Meet at the Claremont Community Center and ride the Parks and Rec. Bus. Kayaks, paddles, and PFD's will be provided. Be sure to pack water and snacks!

September 11 - Eastman Lake • 8:00 AM Departure

September 21 - Grafton Pond • 4:30 PM Departure

October 15 - Connecticut River (Fall Foliage Trip)

Cornish to Claremont • 9:00 AM Departure

Departure Location: CSBCC

Cost: \$10.00 Resident/ \$15.00 Non-Resident

Who: Ages 10+ (Ages 10 to 17 must be accompanied by an adult 18+)



## Day Trips 2016

Transportation is provided on the Parks and Recreation bus.

\*Participants are responsible for paying admission and any lunch/food costs associated with the trip.

Bus Fee: Costs vary per trip. Trips are limited to 14 persons max.

#### York Wild Kingdom • York, ME

A family oriented zoo and amusement park conveniently located in York Beach, Maine. With a large number of beautifully landscaped animal exhibits; numerous rides for all ages plus food and ice cream stands, gift shops and so much more, families always enjoy a full day of fun here.

When: Saturday, September 3rd

Bus leaves CSBCC at 8:00AM

Cost: \$24.00

#### Boston Celtics Trip • Boston, MA

Come watch your Boston Celtics take on the Chicago Bulls at the TD Garden in Boston, MA. The game will start at 8:00 PM. \*Participants are responsible for paying any food/drink costs associated with the trip.

When: Wednesday, November 2nd

Bus leaves CSBCC at 3:00 PM

Cost: \$135

#### Boston Bruins Trip • Boston, MA

Come watch the 2011 Stanley Cup Champion Boston Bruins live in action vs. the Winnipeg Jets on Saturday, November 19th 2016. Game starts at 7:00 PM. Transportation is provided to and from the game utilizing the recreation department's bus. We will be parking at Sullivan Square Station & taking the T to Causeway Street, right outside the TD Garden. Once the game ends, we will be doing the same back to the bus. All T tickets will be provided by the recreation department. \*Participants are responsible for paying any food/drink costs associated with the trip.

When: Saturday, November 19th 2016

Bus leaves CSBCC at 3:00PM SHARP

Cost: \$135.00