



Moultonborough Recreation Department

REC NEWS

Issue 48

May / June 2017

**Our Summer Brochure is available online
and in the Recreation Office!
Check out all the great activities & programs
we have scheduled for all ages!**

INFORMATION

Registration forms and payments for all of our trips, sports, programs & events **must** be dropped off to our office at:

10 Holland Street
or mailed to:

PO Box 411
Moultonborough NH 03254

There is a gray drop box outside the office, where registrations & payments can be placed at any time. It is checked daily. **Please do NOT send payments or forms to MCS with your child.** Thank you!

If you have questions or suggestions, please call the office **476-8868** or visit our website at: www.moultonboroughnh.gov

Moultonborough Recreation office is located at:
10 Holland St.,
Moultonborough, NH
603/476-8868

Office hours:
Monday-Thursday:
8:00am - 4:00 pm
Friday: Hours vary
Please call ahead

**SUMMER IS RIGHT AROUND THE CORNER!
Hot & Happy, Happy Campers, REcking Crew, Teen Adventure, Swim lessons, Tennis lessons & other summer program registrations are now being accepted at the Recreation office.**

Get the Early Bird Savings for camps by registering before Wednesday, June 7!

Registration deadline is June 21.

Forms are available on our website and at the Recreation office.

Call with questions 476-8868

The first day of camp is June 26!

Granite State Track & Field

Tuesdays and Thursdays beginning May 23

at the MA track 3:15-4:30

Boys & Girls age 9-14 as of December 31, 2017

(MRD staff will meet track participants at MCS Walkers & Pickups and walk over to the track together.)

\$15 registration fee due by Thursday May 18

Sprints Dashes Relays Long Jumps Softball Throw
Some away meets are scheduled on practice days. There is no practice on meet days. See the Granite State track schedule for meet dates and locations. Transportation is not provided by MRD for meets. Everyone can participate in local and Regional Meet. However, participants must qualify at the Regional Meet to participate in the State Meet on June 23.

Pre-registration is required by May 18.

Call MRD for more info 476-8868





MLB Pitch, Hit & Run

Presented by Scotts



Join MRD on Saturday, May 6th at 10:30am @ the Playground Drive Field to compete in the FREE local competition of the national MLB Pitch, Hit & Run program! The event is for both boys and girls ages 7-14 as of July 17th, 2017. During the competition participants will rotate through 3 stations (6 Pitches at a target, Running from 2nd base to home and Hitting 3 balls off a Tee). Local finalists in all events will be eligible to compete in the sectional competition in Manchester, NH on Saturday, May 13th for a chance to move onto FENWAY.

NOTE: Each Participant must have an adult present and a completed registration form.

Questions? Call 476-8868

SAVE THE DATE!

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|---------|--------------------------------------|
| May 12 | Sunset Hike @ Castle |
| May 15 | Charlestown Shipyard trip |
| May 31 | Outdoor Pickleball begins |
| June 6 | Granite State track meet @ MA |
| June 7 | Early Bird Summer Registrations due |
| June 17 | Granite State track regional meet |
| June 20 | Fitness with a Difference begins |
| June 21 | Summer Camp Meet & Greet |
| June 21 | Summer Registrations deadline |
| June 23 | Granite State Track State Meet |
| June 26 | First day of camps & summer programs |
| June 26 | Teen Adventure Kick Off BBQ |
| June 28 | Summer Concert series begins |

CALLING ALL CAMPERS!!

Summer Camp Meet & Greet

Wednesday, June 21
6:00-7:00pm @ Playground Drive

MRD invites all campers registered for Happy Campers, RECKing Crew, Teen Adventure and Hot & Happy to our annual Meet & Greet.

Meet your counselors and fellow campers, pick up your camp T shirt and calendar. Popcorn & lemonade will be provided.

We'll see you there!

TEEN ADVENTURE KICK OFF BBQ

Teen Adventure participants are encouraged to come to our Kick Off BBQ.

Monday June 26, 12:30pm
@ Playground Drive.

Meet your counselors, check out the activities calendar and

NEW THIS YEAR: YOU get to vote - some of the trip destinations will be decided by campers at this event!

"Combo kids" may stay thru after RECKing Crew.

Clean Up & Green Up Day

State's Landing Roadway, Beach, Park & Boat Ramp Facility
Neighborhood & Town Work Party, Public Meeting & Lunch

Saturday May 13 10:00am – 12:00pm

The Town continues to work on State's Landing project - Beach, Park, Launch & Parking.

Among the day's projects is the installation of a horseshoe pit. Afterwards, we'll enjoy a barbecue lunch of hamburgers, hot dogs & drinks prepared by town officials. At that time, there will be an update of the project's latest progress.

If you have them, please bring work gloves, garden & lawn rakes, pointed & flat shovels, loppers and a folding chair for the "Chat & Chew" lunch/discussion portion of the day.

For planning purposes, please RSVP to Alison Kepple at akepple@moultonboroughnh.gov if you plan to attend.

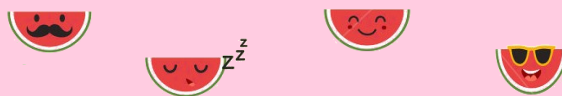
Rain date: Saturday, May 20

Sunset Hike

At the Meadows by Shannon Pond
Castle in the Clouds

Friday, May 12 7:00-9:00pm

MRD has teamed up again with Castle in the Clouds for an evening the whole family will enjoy. Watch the sun set as you trek around the pond, and for those who want to go a bit further, continue on the extended trail. Refreshments and marshmallows for roasting by the campfire will be provided. This event is free to all!



Health Tip:

Hydrate! Nothing works up an appetite quite like playing outdoors. Drink plenty of water before, during & after physical activity to avoid dehydration. Healthy snacks with high water content not only satisfy hunger, but gives you an edge on hydration. Fruits that do double duty include watermelon, cantaloupe, strawberries, peaches & grapefruit. For low-calorie flavor, add slices of your favorite fruits or even cucumber or mint to your water & refrigerate for two hours.

Fitness with a Difference with ACE Certified Trainer: Rebecca Curvey

Tuesdays and Thursdays June 20 thru August 31
9:00am @ Moultonborough Recreation

\$12 per class (drop in) Or \$48 punch card (good for 5 classes)

This one hour class uses a combination of postures inspired by Ballet, Yoga, Pilates & other disciplines to increase flexibility, reduce stress and assist in weight loss. Light handheld weights and mats will be used as well as a chair to balance. Major benefits also include improved posture and muscle definition as well as improved balance and stability.

This class is great for any fitness level, as it is not high impact.

So, if you want to learn new exercises & have fun doing it, please join us!
Register early, class size is limited!