

# Franklin Parks & Recreation Department

## Winter 2016-2017

### Pre-School & Kindergarten Basketball

Recreational basketball that will offer a time of interaction for children and their parents. Children will be introduced to basic basketball skills as well as a variety of fun games in a safe environment. All children must be accompanied by an adult, and the adult must stay through the entire class.

**When:** Saturdays

January 7th - February 18th

**Time:** Pre-School - 8:30am - 9:15am

Kindergarten - 9:30am—10:15am

**Where:** Bessie Rowell Community Center

**Fee:** \$20.00 (Resident) / \$30.00 (Non-resident)

**Registration Deadline:** January 4th

Includes t-shirt & team photo (must be present at picture day).



### 1st & 2nd Grade Basketball

Recreational program offering children the opportunity to develop basketball skills and self confidence through a safe and fun learning environment. Youth will be divided into teams and will practice Saturdays with an optional practice weeknights.

**When:** Saturdays (weeknight practice TBD)

December 3rd - February 18th

**Time:** TBD based on number of teams

**Where:** Bessie Rowell Community Center

**Fee:** \$30.00 (Resident) / \$40.00 (Non-resident)

**Registration Deadline:** November 30th

Includes a t-shirt, mouth guard and team photo (must be present at picture day).

**Coaches Needed**

### 3rd Grade - High School Basketball

Recreational program offering children the opportunity to develop basketball skills and self confidence through a safe and fun learning environment. Skill development, team play, and sportsmanship are stressed. Youth will be divided into traveling teams and play other area recreational teams. Practices and games will be week nights and weekends and will vary by team. There are generally 1-2 practices and 2 games per week. There is a 12-15 game schedule with additional tournaments. Team practices will start the week of December 5th. You should hear from your coach prior to with your practice schedule. WE NEED COACHES—If you are interested please contact the Parks and Recreation Department as soon as possible.

**When:** December 5th - February 18th

**Fee:** \$40.00 (Resident) / \$50.00 (Non-resident)

**Registration Deadline:** November 30th

Includes mouth guard, referees and team photo (must be present at picture day).

**Coaches Needed**

Must Pre-register at the Franklin Parks and Recreation Department and we encourage all players trying out for the school teams to register while space is available. Payment is due prior to the first practice.

### Merrimack Valley Basketball League

**We will be entering a 7th & 8th grade boys and High School Boys team into the Merrimack Valley League. If you are interested in joining this team, we will be hosting a try-out. When registering, please note that you wish to participate in the league so we can contact you with the tryout date and time. This team will be competitive and will add an additional 7 games, 2 jamborees and playoffs to the regular schedule. There is an additional fee of \$15 to participate in the League Team.**

### Irish Step Dance Classes

Join Holly Briggs in a beginner Irish Step Dance class. Classes will focus on basic step dance skills and technique for those new to Irish Dancing. Proper dance attire is recommended and should include Irish soft shoes, ballet slippers, or socks. Shorts or leggings are best for dancing. Please bring water.

**Who:** Ages 5 and up

**When:** Wednesdays 6:00pm - 7:00pm

(Sessions will run monthly with payment due at the beginning of each month.)

**Where:** Bessie Rowell Community Center -

**Fee:** \$35.00 (Resident) / \$40.00 (Non-Resident)



### COMPANION BOOK CLUB

The Franklin Rec. Companion Book Club with Mrs. Dzjuna will host an evening book club for students in 4th grade - 8th grade, where student and adult companions meet monthly to discuss and celebrate quality children's literature. Each month the students will receive a book for their personal libraries. Meetings are held on the first Wednesday, from 6-7:30pm at BRCC. Contact 934-2118 to sign up! **This program is FREE for all!**



### Santa & His Workshop

The Franklin Parks and Recreation Department will take part in the "Santa & His Workshop" program in conjunction with the TRIP Center on **Friday, December 2nd from 3:30pm-6:00pm.** This party will consist of games and fun for everyone. Franklin Savings Bank will be sponsoring photos with Santa. There is no fee and no registration needed.



### Letters From Santa

The Franklin Parks and Recreation Department will be offering the Letters From Santa program. Registration boxes will be placed in local businesses beginning in mid-November and also at the "Santa & His Workshop" program. For more information please contact the Franklin Parks and Recreation Department at 934-2118.

### FREE Storytime

The Franklin Public Library invites you to join the Children's Librarian for story time and crafts.

**Who:** Children of all ages from any town

**When:** Thursday - 9:30am / Saturday - 9:30am

**Where:** Franklin Public Library—310 Central Street



### Beginner & Intermediate Archery Lessons

**Beginner** - Learn the basics of shooting as well as some advance moves for those who have done archery before. Taught with archery games. If you have taken a class with us before, hone in on the basics and get even better than before. All equipment is provided.

**Intermediate** - For those who have already taken archery with us in the past and who are ready for a new challenge. Staying focused when distractions are everywhere is important to competing. Learn the eagle eye stealth moves of the Olympic archer. All equipment is provided.

**Who:** Ages 6- Adult

**When:** Thursdays

Session 1: November 3, 10, 17, Dec 1

Session 2: December 8, 15, 22, Jan 5

Session 3: January 12, 19, 26, Feb 2

**Time:** 6:00pm - Beginner

7:00pm - Intermediate

**Where:** Bessie Rowell Community Center

**Fee:** \$40.00 (Resident) / \$45.00 (Late/Non-resident)

**Registration Deadline:** One week prior to session start date



### Adult Pick Up Basketball

Open basketball night for men and women 18 and over interested in participating in pick-up basketball games.

**When:** Sundays - 6:00-8:00pm

November 6th - April 30th

**Where:** Proulx Center

**Fee:** \$2.00 (Resident) / \$3.00 (Non-Resident) per day

## **TRIP CENTER HALLOWEEN PARTY**

October 28th, 2016

4:00pm—6:00pm

Bessie Rowell Community Center

FREE



For Children from Franklin and Surrounding Communities.  
12 years and under! Must be accompanied an adult!

**GAMES ~ FACE PAINTING ~ PUMPKIN DECORATING ~ CRAFTS**

# Open Gym and Game Room



Foosball

Basketball

Pool

Air Hockey

Ping Pong

**FREE**

5th Grade—12th Grade

Monday—Friday

2:30pm-3:30pm

(Game room will stay open until 3:45)

**FREE Snack and Supervised**

At the Bessie Rowell Community Center

12 Rowell Drive, Franklin

# FRANKLIN JUNIOR YOUTH GROUP

For 6th & 7th Graders (ages 11-13)

FRIDAYS 7:00-9:00pm

And, it's Free!

## Rowell Community Center

12 Rowell Drive, Franklin



\* Make friends

- Develop powers of expression
- Form a strong moral identity
- Discover your own potential to become an agent of positive change !

QUESTIONS? Call Karen Darling at 918-1998

“Like” us on Facebook! “Jr. Youth Group Franklin NH”



Help your community!  
**DO SERVICE!**



Express yourself thru  
**ART and MUSIC!**



Make the WORLD  
a better place!



Play **SPORTS & GAMES**  
and make great friends!

# FRANKLIN PARKS AND RECREATION BEFORE & AFTER SCHOOL PROGRAM

Monday – Friday ~ GRADES: K - 8

Before School ~ 6:30am-8:30am ~ \$5-\$20 week / \$5 day

After School ~ 2:30pm-6:00pm ~ \$5-\$25 week / \$8 day

OPEN SNOW DAYS AND DELAYS, TEACHER WORKSHOP DAYS,  
AND EARLY RELEASE DAYS!

**\*\*\* FULLY LICENSED FACILITY \*\*\***



Join the Franklin Parks and Recreation Before & After School Program for some:

- **FUN ACTIVITIES!**
- **HOME WORK HELP!**
- **SPECIAL FRIDAY ACTIVITIES!**
- **MATURE, EXPERIENCED STAFF!**
- **HEALTHY BREAKFAST & AFTER SCHOOL SNACK!**

**Air Hockey & Foosball**

**Board Games**

**Science & Creativity**

**Arts & Crafts**

**Dance & Fitness**

**Playground**

**Special Guests**

**Outdoor Play Space**

**Sports & Recreation**

*For more information please call 934-2118 or visit our website at  
[www.franklinnh.org](http://www.franklinnh.org)*

# Magnificent Monday!

## Yoga for All at Franklin Rec



Start your week off refreshed and energized! Whether you are brand new to yoga or have a regular practice, this class will give you an hour just for yourself. Decompress from your day so you step into the rest of your week with a sense of balance on a deep level.

Each class includes breathing practices, postures and a guided relaxation. Within this framework you'll gain practical tools that you can use anytime to increase awareness, balance energy and create space in any situation. Yoga practice is naturally differentiating! You'll start where you are, find your personal edge and grow from there.

The external shape of the posture is not the focus of the practice, and it really helps to have a sense of humor. As David Swenson says, "Don't make an asana out of yourself!"

Yoga is experiential. Don't take my word for the benefits; try it and feel the effects yourself!

**Who:** All are welcome! No experience required. If you can breathe you can practice yoga!

**When:** Mondays 6:00pm - 7:00pm

**Where:** Bessie Rowell Community Center

**Fee:** \$10 per class or \$40 for a 5-week punch card



**ZUMBA**<sup>®</sup>  
fitness

at **Bessie Rowell  
Community Center!**

Join the Latin inspired dance fitness craze!  
Sweat and shake your way to better health!

**NEW! STRONG by Zumba classes!**

High intensity interval training set to music

**Your first class is free!**

Purchase a 5 class punch card for \$25.

What are you waiting for??

Tues: 5:15-6:15pm (STRONG by Zumba)

Wed: 4:45-5:45pm (Zumba)

Thurs: 4:15-5:15pm (Zumba)

Saturday: 8:15-9:15am (Zumba/STRONG)

Attend one or all!

Must be 14 years of age to participate

Classes taught by Melissa Lee,  
Licensed Zumba and STRONG by  
Zumba Instructor

**zin** zumba  
instructor  
network™

# ADDITIONAL INFORMATION

## Franklin Parks and Recreation Booster Club

The Franklin Parks and Recreation Booster Club was established last year. We have successfully met our first fundraising goal but could still use help as we will continue our efforts. If you are interested in volunteering your time or can help out in any way please contact Jen Creasey.

Phone: 934-2118 / Email: [jcreasey@franklinnh.org](mailto:jcreasey@franklinnh.org)

Email: [jcreasey@franklinnh.org](mailto:jcreasey@franklinnh.org)

### Birthday Parties

Schedule your next birthday party at the Bessie Rowell Community Center. We have a lot of great equipment and activities that will make your party memorable. Please call for pricing and to reserve your date today! Must reserve date 2 weeks prior to event.

### Rent the Community Center

Having a baby shower, bridal shower, or a holiday event and do not know where to hold it? Rent the Bessie Rowell Community Center to hold your next event. Please call the Franklin Parks and Recreation Department for more information.

### Instructors Wanted

Have a talent or skill that you would like to share with your community? Please call the Franklin Parks and Recreation Department and we can discuss a program for you.

### Volunteers

The Franklin Parks and Recreation Department needs adult volunteers to help with various aspects of our programs, including coaching our youth sport teams. If you are interested in coaching any sport or activity, or volunteering your services in any other capacity, please contact the Franklin Parks and Recreation Department.

### Bessie Rowell Community Center - Open Gym / Game Room Schedule

The Bessie Rowell Community Center will be open to the public to come and shoot some hoops, play pool, ping pong, foosball or air hockey. Please call the Franklin Parks and Recreation center for the weekly schedule! Weekend hours as well!

### Give the Gift of Recreation

To someone less fortunate by giving to our scholarship fund. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Franklin Parks and Recreation, with a note that it is for a scholarship.

Please join the Franklin Outing Club the 1st Wednesday of the month at Veteran's Memorial Ski Area on Flaghole Road for their monthly Club meeting.

### Registration Information

Franklin Parks & Recreation programs are open to the community on a first come first serve basis. The program fee and registration must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Bessie Rowell Community Center and on the web at [www.franklinnh.org](http://www.franklinnh.org). Please make checks payable to: **City of Franklin** and mail to 12 Rowell Drive, Franklin, NH 03235. For further information contact Krystal Alpers, Parks and Recreation Director at 934-2118 or [kalpers@franklinnh.org](mailto:kalpers@franklinnh.org). Office hours are Monday - Friday 9:00am - 5:00pm.