

Deerfield Parks and Recreation

February 5th

We are now on Facebook (Deerfield (NH) parks and Recreation please become a fan and get all the updates

Deerfield Parks and Recreation Department program update books are located throughout Deerfield and updated weekly. Look for them at the following locations. **Yannis Pizzeria Deerfield Community School The Lazy Lion The Lovin Spoonful Deerfield Parks and Recreation Office Deerfield Tax Collector Office Phillbrick James Library Deerfield Community School Deerfield "Studio 59" group exercise room at George B. White, Deerfield Pre-School, Sherburne Apartments**

Aerobics and Body Reshaping with Deerfield's own Nancy Johnson is held at the George B. White building on Wednesdays and Friday mornings at 9am. Six week sessions begin February 10th. \$60 per two day session/ \$30 per one day session, or \$5 per class. Bring a mat and light weights if you have them. Questions call the department or Nancy at 494-1198.

February Vacation Camp Open to grades Kindergarten through Eighth **A** week of fun activities February 23rd-28th. Drop off is 8am and pickup is by 3pm at the George. B. White Building. Contact the office or website to register. On Tuesday the 23rd those registered with the camp will attend the Ice fishing course to be held at the Deerfield Community School. The cost of the camp is \$75 per student for the week. You may come as many or few days as you like.

Pre- School Play Hut Wednesday mornings 9:30 -10:30 am At the George B. White Building. Open to Pre School and toddlers. A chance to play with other children, and cure cabin fever. We will have a bunch of fun things to play with and do, and fun music playing. \$3 per child. Pay and sign in at play hut.

Ballroom Dance Lessons with Lonnie Brinson of Tango etc. are held on Monday evenings from 6:30-7:30 beginning Monday February 8th. Partners recommended, but not necessary. Learn basic steps and lead and follow techniques. Cost is \$75 per couple for eight weeks, or \$5 per person drop in.

"Lets Go Ice Fishing" program. Tuesday February 23rd program sponsored by NH fish and Game, and in partnership with Deb Campelia at DCS. Those who did this program with us two years ago know what a blast we had. The course is held at DCS from 9-3:30. There is no cost for the program, but pre-registration is necessary. Check out our website for a registration form.

Our next grades **6-8 dance** is **Friday March 19th** from **7-9:30 in the DCS cafeteria**. Cost of the dance is \$6 per person and is limited to Deerfield residents and one guest. Appropriate school dress is required. No backpacks, food or drink, or electronics. Chaperones are always needed. Upcoming dance dates are March 19th, April 16th, and May 14th.

Our **after school program "After School Clubhouse"** is off and running. Cost of the Monday thru Friday 2-6 program is \$35 per week and a one time registration fee of \$20. The program is held at The George B. White Building, and students are transported from DCS on the yellow bus.

Boston Red sox trips are now on sale. Two separate trips. **Sunday May 30th** Vs the Kansas City Royals in section 93B and 94A of the right Field box seats, and **Wednesday August 25th** weekday afternoon game Vs the Seattle Mariners in the bleachers Section 36. Trips include game ticket and Coach Bus transportation from the George B. White Building. Cost is \$75 per person for the May 30th game, and \$55 per person for the August 25th game. Limit of four tickets per person.

All of our adult morning, evening and Sunday morning exercise programs are now running at the George B. White Building. These include Tai Chi, Yoga, Line Dancing, Ballroom Dancing, Pilates, and “Mommy (or daddy) and ME” Yoga

Line Dancing with Jan Graves is held on Wednesday evenings. More advanced dancers start at 6:00, and beginners start at 6:30. The cost is \$4.00 per session. Beginners are welcome. No pre-registration necessary. Drop in and learn all your favorite line dances. For more information, contact the Recreation Department or call Jan at 463-8078. **Remember first class is free.**

Tai Chi with certified instructor Lin Lin Choy is held on Sunday mornings at 8am-9:30 for beginners, and 9:30 - 11am for more advanced students. Cost is \$40 for one hour class full 6 week session (\$10 drop in) or \$60 for 1.5 hour class full six week session. For more information please email Lin Lin at linlinchoy@gmail.com

Yoga with certified instructor Nancy Damboise is held on Tuesday and Thursday evenings from 6:30-7:30 PM. Cost is \$50.00 per six week session or \$10.00 to drop in.

Have your Birthday Party with Deerfield Parks and Rec. We provide the room, music, games and more. This is a fun and affordable way to host a birthday party.

Adult Basketball is played on **Tuesday evenings** at the Deerfield Community School from 7:00 to 8:30 pm thru March 18th. Thursday evenings have been discontinued for the year. Cost is \$4.00 to drop in or \$30.00 for 10 nights. Must be 18 in order to participate. No program during school vacation weeks.

Adult/High School Volleyball has been discontinued.

For More Info on all programs please contact the Rec Department at 463-8811

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Town Website www.townofdeerfieldnh.com