

**Deerfield Parks & Recreation  
Weekly Program Update  
January 27,2012**

**Youth Basketball**

Grades one thru eight continue this weekend. Lil dribblers will have a makeup date for the missed halftime display. We will pass along that date as soon as we have it

Registration forms are going home today for the **Winter Wonderland February vacation camp** which includes trips to **Gunstock for tubing and to Chunky's for movie and pizza lunch**

**Tuesday night Adult Hoops** on Tuesdays at the Deerfield Community School. This is an adult pickup basketball program open to those 18 years of age and older. \$2 per evening for residents, \$4 per evening for non-residents as space allows. **Program will not be held if the school is closed for weather, holidays or school vacations.**

**9th Annual Deerfield Hoop Classic**, "New Hampshire's Premier Travel Basketball Tournament ", will be held on March 24<sup>th</sup> -April 1<sup>st</sup>, 2012 at the Deerfield Community School. Come down and support the team!

**Deerfield Parks and Recreation Birthday Parties** are back. We provide the rooms including our game room, dance room, and dining room as well as staff to help with any needs. You provide the rest. Contact the office for more details.

**Toddler and preschool time with Maggie** is held Wednesday mornings from 10:15-11:30. This is a great way to get the young ones together for socialization and to burn off some energy with some structured and parallel play. We'll have lots of games, activities and music. Program is appropriate for toddler and preschool aged children. Bring the snacks and sippy cups, we'll provide the rest. Class is held at the George B. White Buildings "Studio 59". Cost is \$5 per day (sibling discounts offered).

**No School Camp Day** on Friday, March 23<sup>rd</sup>. While the teachers enjoy their workshop, the students will enjoy a day of activities and McDonald's lunch. Cost for the day is \$15 per student. Drop-off is 8 am-9 am at the George B. White Building's After School Classroom. Registration deadline is Monday March 19<sup>th</sup>.

**Boot Camp, personal training, and "head to tone" with Maggie:**

**Boot camp with Maggie** starts at both **5pm and 6pm on Tuesdays and Thursdays(child care is offered on site for the 6pm only classes, \$2 per child)** at the George B. White's "Studio 59" Health and wellness room, as well as Mondays and Wednesday mornings 9:00 to 10:00 am. We are also starting **"head to tone"** classes with Maggie from 8am-9am on Monday and Wednesday mornings. Head to tone is a less intense and less cardio class than Boot camp. Start any day and use the "punch card" or "drop-in" system. \$10 per class or \$100 per punch in card that is good for eleven visits and a free body fat analysis. Maggie also offers Personal Training. Contact the office for more details.

**Zumba Class** with Jen Depiano is on Thursdays. Classes meet at 7:30 at the George B. White Buildings "Studio 59" room. Full six week session fee is \$45 or drop in for \$10 per class

**Tai Chi Classes are Back with Instructor Lin Lin** on Sundays at the Deerfield Town Hall. The experienced participants will be attending at 9am-10:30am and beginners are from 10:30 am to 11:30 am. Cost is \$60 for a 1-hr session class (\$12 for an hr drop-in) or \$90 for an hour and a half full session class (\$15 for an hour and a half drop-in).

**Yoga with Nancy Damboise** on Tuesday and Thursday evenings at the Deerfield Town Hall, 6:30-7:30. The cost is \$50 per six week session, or \$10 per drop in.

**Boston Red Sox Trip:** Tickets are \$59 per person and include coach bus transportation from the George B. White Building. All games are scheduled for a Sunday at 1:35 pm with a 10:30 am departure time. Game dates are Mother's Day, May 13<sup>th</sup> against the Cleveland Indians, June 10<sup>th</sup> the Red Sox will be playing the Washington Nationals and Aug 26<sup>th</sup> the Red Sox will be playing the Kansas City Royals.

**"Senior Friends"** is a variety of free or affordable programming offered to our seniors in town. If you have any suggestions for programs we would love to hear them.

**Current Senior Friend Programs:**

**(Chair & Standing Exercises)** with Jan Graves offers a wonderful low impact exercise program catering to Adults & Seniors/ Male & Female. Classes are held **Thursday mornings at 11:00am in the George B. White Building's "Studio-59" Health & Wellness Room.** Light refreshments will be served after the class & the game room will be opened up for table tennis, Wii Bowling & other games. This class is free of charge, but tips for Jan are graciously accepted.

**Country Line Dancing with Jan Graves** is held Wednesday nights in the Georg B. Whites "Studio 59" room from *6pm-7:30pm*. \$4 per evening

**Knitting with Diane Valade. This will be held on Thursdays 12-2pm in the George B. White Buildings Parks and Recreation classroom.** No charge.

**Tuesday Bingo.** Tuesday mornings from 11a-1p at the George B. White Buildings Parks and Recreation classroom. Come join your friends and win some lovely prizes. **No Charge.**

**Deerfield Parks & Recreation Department**

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