

Parks & Recreation News

auburnparksandrec.com

Town Wide Yard Sale

It's time to start planning for the Town-Wide Yard Sale. If you are spending the winter cleaning out your attics, basements and garages and are ready to get rid of your old stuff, join the Auburn Town-Wide Yard Sale. This event will be held on Saturday, May 11 from 8:00 am to 2:00 pm. You price and tag your own items, set the sale up outside at your own house and then you keep the profits. The registration fee is only \$15. When you register with the Parks and Recreation department, your house will be included on the official town wide yard sale map, you will receive location sign to help shoppers find your sale easily and we will take care of all the advertising for you.



Do you want to participate in the Town-Wide Yard Sale but live on a road that is too busy or unsafe for visitors to stop? Sign up to sell at a public location. (The location will be determined by how many need this option.) To sign up to be included in the Town-Wide Yard Sale, register at auburnparksandrec.com. The deadline to register is Monday, April 29.

Adult Programs- Spring Session

Crafts with Kelley- Address Planter

Thursday, April 18, 6:00-8:00 pm (\$37 res/\$44 non-res) at Severance School

Get crafty with Kelley and create a customized address sign with attached planter.



Crochet Social Hour

Wednesdays, 7:00-8:00 pm at Severance School Community Center

If you are an experienced crocheter, drop-in to the new crochet social hour. Meet new friends and neighbors while you complete your current crochet projects. (No program 4/10)

Game Night- BUNCO

Mondays, April 8, 6:00 pm at Severance School

Grab your friends and come join us for our first game night, featuring Bunco. It will be a fun evenings of excitement, laughs, and rolling dice. What is Bunco? Bunco is a social dice game, traditionally played with 12 players who are divided into three tables with four players at each table. It is a popular game played with nine dice and a whole lot of luck. It's hard to explain but very easy to play. Come see what it's all about. There is no fee to participate. If you plan to attend, please add your name to the roster at auburnparksandrec.com so we can set up appropriately.

Learn to Crochet

Wednesdays, May 1-June 5, 6:00-7:00 pm (\$60 res/\$72 non-res for the 6 week session) at Severance School

Participants will learn the basic stitches of crochet (single, half double and double crochet). Mid-way through the session participants will be able to pick a beginner project (hat or scarf) from patterns provided. Yarn and hook will be provided for the practice swatches.

Resistance Training

Mondays, May 6-June 24 (no class 5/27), 6:30-7:15 pm (\$65 res/\$78 non-res for the 7-week session) at Severance School

In this dynamic class, we merge the principles of traditional resistance training with modern techniques to create a comprehensive workout experience. Get ready to challenge your muscles, boost your metabolism, and enhance your overall strength. Our expert instructor will guide you through a series of exercises targeting major muscle groups. From arms to legs, back, and core, every part of your body will be engaged for maximum results.

Strength Training for Active Seniors

Wednesdays, May 1-June 19, 8:45-9:30 am (\$80 res/\$96 non-res for the 8-week session)

Fridays, May 3-June 21, 8:45 am-9:30 am (\$80 res/\$96 non-res for the 8-week session) at Severance School

This strength training class for active seniors will be a mixture of light weights and your own body weight. With Joelle Ray as your trainer, you are sure to be challenged but yet encouraged to try your best and most importantly to have fun!

Drop-in Rate (for both Wednesdays & Friday classes)- \$14 res/\$16 non-res per class, paid at class, as space allows

Tai Chi

Thursdays, May 9- June 27, 11:00 am noon (\$58 res/\$70 non-res for the 8 week session) at Severance School

Tai Chi is a mind-body exercise from China. It has its roots in martial arts, philosophy, and Traditional Chinese Medicine. The Tai Chi forms are slow, gentle choreographed movements that gracefully flow from one to the next like a dance. More seniors are doing Tai Chi to improve their health and reduce their risk of falling

Yoga

Tuesdays, May 7-June 25, 6:30-7:15 pm (\$74 res/\$89 non-res for the 8-week session) at Severance School

Welcome to our invigorating all levels Yoga class, where students of all experience levels come together to explore the transformative power of yoga. In this dynamic and inclusive class, we'll guide you through a balanced practice that combines physical postures, breathwork, and meditation techniques. Whether you're a beginner or an experienced yogi, this class is designed to meet you exactly where you are on your yoga journey.

Zumba

Tuesdays, May 21-June 25, 8:30-9:30 am (\$60 res/\$72 non-res for the 6-week session) at Severance School

Zumba Fitness classes are designed to bring people together to sweat it on. We take the "work" out of workout with moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Drop-in Rate- \$14 res/\$16 non-res per class, paid at class, as space allows

Weekend Yoga Workshop: "Unwind and Release"

Saturday, April 13, 10:00 am-11:30 am (\$35 res/\$40 non-res) at Severance School Community Center

Indulge in a rejuvenating journey of self-discovery and relaxation with our "Unwind and Release" workshop, a 90-minute session designed to unlock tension, reduce/eliminate pain and promote overall well-being through the practice of self-myofascial release. This transformative experience combines the therapeutic benefits of foam rollers, specialized body release balls, and stretch straps to enhance your body's flexibility, release muscular tension, and restore balance.

Register for all programs online at
auburnparksandrec.com

Youth Programs- Spring Session

Babysitter Training Class

Saturday, April 6, 10:00 am- 1:30 pm (\$65 res/\$78 non-res) at Severance School Community Center

This BLAST! (Babysitter Lessons & Safety Training) class, from the American Academy of Pediatrics, will teach potential babysitters how to handle the basics of infant and childcare. Participants will gain knowledge in many basic childcare skills, as well as the fundamentals of emergency care. The training will include pediatric first aid, household safety and fundamentals of childcare.

This class is open to students in grades 5-8. Participants receive a certificate of completion, easy to follow first aid instructions and a sitter checklist to copy for each job. Participants should bring a drink and lunch to class.

Jumping Beans

Wednesdays, May 1-June 19, 8:45-9:30 am (\$56 res/\$66 non-res for the 8-week session) at the Safety Complex Field at 99 Raymond Road (in inclement weather, the class will be moved inside to the Severance Community Center)

Jumping Beans is a fun class for children ages 2-4 to get out and get moving with Miss Joelle. This parent/child class kids gives kids an opportunity to make new friends and dance to some of their favorite songs. With simple dance moves and sing-along songs, our little beans will definitely be jumping!

Summer Basketball Camp

Monday, August 12-Friday, August 16, 8:30 am- 2:00 pm (\$225 for the week) at the Auburn Village School Gym

Coaches DeGraffe and Howell are back for another year of Summer Basketball Camp. This is a weeklong basketball camp where players will have the ability to work on ball handling and defensive skills as well as learn about how to move and handle themselves on the court. This camp is open to students entering grades 5-8 in the 2024-2025 school year. Register online at auburnparksandrec.com.

Camp Adventure- Week 4

There is still room in week 4 of Camp Adventure, July 29-August 2. still room in week 4 of Camp Adventure, July 29-August 2. Camp Adventure is open to students entering grades 5-8 in the 2024-2025. Visit auburnparksandrec.com for availability, details and to register.

Fast Feet Running Series

Saturdays, May 5-June 9, 9:00 am (\$39 for 5-week program) at the Safety Complex Field

All kids aged 2-14 come join Fast Feet Running Series for 5 weekly races. Start off the series with a jog or slow run and watch yourself get faster and faster as the weeks go by. It's great exercise and a lot of fun to hang with and cheer on your friends. Races include 50 yards for under 4 years old, 100 yards for under kindergarten, ¼ mile for kindergarten and first graders, ½ mile for 2nd and 3rd graders and 1 mile for 4th grade and up.

You & Me Art Class

Tuesdays, May 7- June 4, 10:00-10:45 am (\$60 res/\$72 non-res for the 5-week session) at Severance School

Join Mrs. Diorio (formerly of Tiny Tots) and share a special experience with your child as they create, experiment and discover art. In You & Me Art, you (or a caregiver) and your child, ages 2-4, will explore a variety of art materials, experience new textures and enjoy being creative in a group setting.

Register for all programs online at
auburnparksandrec.com

Tiny Tot Soccer for 3-year-olds & Tot Soccer for 4-year-olds

Saturdays, May 4-June 8 (no soccer 5/25) at Wayne Eddows

Tiny Tot & Tot Soccer is back this season for the youngest soccer players. Both programs will be led by the soccer pros from SNHU. The kids will learn basic soccer skills as well as develop strength, coordination, listening skills, and teamwork. This program will run for 5 weeks on Saturdays starting May 4 through June 8 (no soccer Memorial Day weekend). Both programs will be held at Wayne Eddows. Preregistration is required as space is limited. The Tiny Tots program for 3-year-old runs 9:30 am to 10:00 am for a fee of \$50 (Players must be at least 3 during the session). The Tot Soccer program for 4-year-olds will be held at 10:00-11:00 am for a fee is \$65 (Players must be at least 4 years old during the session.)

Karate

Fridays, May 3-31 (no class 5/24) 4:30-5:15 pm at Severance School Community Center

Come and learn Kenpo Karate. This class offers a four week introduction to the art of self-defense. Your instructor, Michelle Wurster, is a fifth degree black belt and been training students at Kenpo Academy in Derry for 20 years. The class is offered to students in grades K -4. Additional classes may be available, based on interest. Train for the Unexpected!

Other P&R Updates

Sign Up for our Email Newsletter

Don't miss out on any Parks & Rec programs or events... Sign up for our new email newsletter. Just scan the QR code and enter your email address. It's that easy.



Follow us on Facebook and Instagram

For the most updated information on Parks & Rec activities, follow us on Facebook and Instagram at **auburnNHparksandrec**



How to Register for Parks & Rec Programs

Registering for Parks & Rec programs is easy when you visit auburnparksandrec.com. If this is your first visit to our website, you'll want to start by setting up your account with an adult as the main account holder, then add additional family members. From there, you can start registering for activities.

You will be able to pay for your programs on this website with a credit card. There is an additional 3% (or minimum of \$2) fee per transaction that is paid directly to the credit card processing company. If you don't want to use the website or pay with a credit card, stop by Parks & Rec and you can pay with cash or check. If you have any questions on the website, please contact Parks & Rec to help you through the process at recreation@townofauburnNH.com or call 603-483-5052 x101

Coming in May's Crier

Monday Walking Club & Stroll with the Patrol starting in May
Summer Concert Series- 3rd Thursday in June, July and August
Spring Senior Trip to Billings Farm in Vermont.

Register for all programs online at
auburnparksandrec.com