

Parks & Recreation News

auburnparksandrec.com

Camp Adventure Registration

It's time to start thinking warm thoughts and plan for Camp Adventure to be part of your summer 2024.

The always popular Camp Adventure is back again for another year of friends and fun! This year we're again adding another week!! Auburn Parks & Rec is offering a full day summer camp that will travel to exciting destinations throughout the state. We will hit the beach, lakes, waterpark and other locations full of adventure.

Due to high demand last summer, we are happy to offer **FOUR WEEKS** this summer to accommodate all that want to participate. You can sign up as many weeks as you'd like however some of the popular field trips will be repeated each week.

Camp Dates: Week 1- Monday, July 8 through Friday, July 12, 2024

Week 2- Monday, July 15 through Friday, July 19, 2024

Week 3- Monday, July 22 through Friday, July 26, 2024

Week 4- Monday, July 29 through Friday, August 2, 2024



Camp Hours: Meeting at the Safety Complex at 8:30 am and returning at 4:30 pm

Ages: For students entering grades 5-8 in the 2024-2025 school year.

Registration Dates: Begin February 1 for Auburn residents, May 1 non-residents

Fee: \$325 per week (full payment is due at the time of registration)

Register online at auburnparksandrec.com beginning February 1

Registration will begin on February 1 for Auburn residents and May 1 for non-residents. The registration form will be posted on the Parks & Rec website and Facebook page January 31 if you'd prefer not to register online. This camp does fill up fast so please do not wait to register. We take a maximum of 40 campers per week.



Basketball Camp

Basketball Camp, for grades 5-8, has tentatively been set for August 14-18, 2024. More details and registration information will be available in the February Crier.

Online Program Registration

You can register online for all Parks & Rec programs at auburnparksandrec.com.

If you haven't signed up before, it's easy to get started. Start by clicking on "Create a New Account". Enter all information for the main account holder first. Add the remainder of your family members and then you are ready to register! Just click the drop down "Register" menu to see all that is offered.

You will be able to pay for your programs on this website with credit card. There is an additional 3% (or minimum of \$2) fee per transaction that is paid directly to the credit card processing company. (This fee is non-refundable.)

If you have any problems or questions with the new website, please contact Parks & Rec at recreation@townofauburnNH.com or 603-483-5052 x101 to help you through the process.

Winter Yoga Workshop: *Unwind and Release*

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.

This workshop will be held on Saturday, January 20 at 10:00 am until 11:30 am. Participants are encouraged to wear comfortable clothing that allows for free movement. As you explore different myofascial release techniques, you'll have the freedom to move without restriction. Don't forget to bring your own mat to enhance your comfort during the session. The fee for the 90 minute class is \$35 for Auburn residents and \$40 for non-residents. You can register online at auburnparksandrec.com.



Senior Valentine Tea

We are starting a new tradition in 2024. Instead of the annual Senior Dinner in January, we will be hosting a Senior Valentine Tea on Saturday, February 24th for all Auburn Seniors, 65+. There will be desserts, entertainment and, of course, tea. Please save the date and watch for the February Crier with all the details.

Puzzle Palooza

Gather a team and sign up for Parks & Rec's first jigsaw competition, *Puzzle Palooza*. Teams of 2-4 will race against each other to finish the same 500 piece puzzle within 2 hours. If no teams complete it before the time ends, the winner will be chosen by the fewest number of loose pieces left. All teams get to keep their puzzle. The winning team wins a prize and bragging rights as the winner of Puzzle Palooza!



Puzzle Palooza will be held on Saturday, January 27 at 10:00 am until noon at the Severance School Community Center. The fee to participate is \$40 per team which includes the puzzle to take home and light refreshments. Only 1 team member needs to register with your whole team. Deadline to register is Saturday, January 20.

Severance School Community Center Winter Programs

The following is a list of Parks & Recreation programs offered in the months of January and February. Unless it states otherwise, the program will be held at the Severance School Community Center at 515 Manchester Road. As with all our programs, please visit our website at auburnparksandrec.com to register for programs.

Adult Programs

Crafts with Kelley

Thursday, January 25 at 6:00 pm. HOME Sign. \$39 res/\$46 non-res (\$5 for each additional insert)

Whether you're looking to add a unique touch to your living space or create a thoughtful gift, this workshop will allow participants to customize their very own "Home" sign. The wooden sign is approximately 8inx7in and 1.5 inches deep. Using a variety of paints, you will create a design that fits your aesthetic. The interchangeable "O" will come with a customizable snowflake insert. During the registration process you can purchase additional inserts for other seasons and holidays.

Learn to Crochet

Wednesdays, January 17 through February 28, 6:00-7:00 pm (no class 2/7) (\$60 res/\$72 non-res for the 6 week session)

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 but not for the project. Participants will need to purchase a worsted weight, light colored yarn for the beginner project. The instructor will give suggestions on supplies needed at that point.

Crochet Social Hour

Wednesdays, starting January 17, 7:00-8:00 pm (no class 2/7)

If you are an experienced crocheter, even "new experienced" crocheters, drop-in to the new crochet social hour on Wednesdays, between 7:00-8:00 pm at the Severance School Community Center. There will be no instruction but more experience people may help others who need help. There is no fee to join this group but please register on our website so we know how many people to expect.

Cookie Decorating

Tuesday, January 16 at 6:00-8:00 pm. Intermediate Class- Winter Village. (\$65 res/\$69 non-res)

This winter we're adding a new challenge for those who have tried our popular cooking decorating class with Allison. In this intermediate class, you will create 7 house shaped cookies that will connect together to create a small village. It will create a more "centerpiece" type cookie creation. This is considered an intermediate class because there are more intricate details on each cookie. You will be creating 7 cookies instead of the usual 6 in the same 2 hour class timeframe so a little previous experience will be needed.

Thursday, February 8 at 6:00 pm. Valentine Cookies. (\$52 res/ \$62 non-res)

In this class, that is open to beginners and experienced cookie decorators, each participant will learn the basics of royal icing including how to handle a piping bag, pressure, and piping techniques. Using these skills, participants will then decorate 6 valentine themed cookies with demonstrations throughout and get to take home their delicious masterpieces!

If either class is full, please add your name to the waiting list. If there are enough additional people, a second night will be added.

Resistance Training

Thursdays, January 11 through February 1, 6:00-6:45 pm (\$37 res/\$44 non-res for the 4-week session)

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, January 10 through February 21, 8:45-9:30 am (\$70 res/\$84 non-res for the 7 week session)

Fridays, January 12 through February 23, 8:45 am-9:30 am (\$70 res/\$84 non-res for the 7 week session)

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! Our goal in this class is to build muscle and increase flexibility to create a healthy body and mind. There will be fun music to help motivate our iron pumping!

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

Tai Chi

Thursdays, January 11 through February 29, 11:00 am noon (\$58 res/\$70 non-res for the 8 week session)

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, January 9 through January 30, 6:00-6:45 pm (\$37 res/\$44 non-res for the 4 week session)

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. Nicole will lead you through a series of asanas (poses) that focus on building strength, improving flexibility, and enhancing body awareness. No matter your age, body type, or level of experience, this class is a safe and inclusive space for everyone. Come as you are and allow the transformative power of yoga to unfold within you.

Zumba

Tuesdays, January 16 through February 20, 8:30-9:30 am (\$60 res/\$72 non-res for the 6 week session)

Wednesday, January 17 through February 21, 6:00-7:00 pm. No class 2/7 (\$50 res/\$60 non-res for the 5 week session)

Zumba Fitness classes are designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity 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. (Please note that there is a minimum of 6 participants to hold the class.)

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

Start the New Year with Free Fitness Classes

As we welcome in the new year, 2 of our favorite fitness classes will be free for you to try during the first week of 2024.

Strength Training for Active Seniors will be held on Wednesday, January 3 at 8:45 am and Tai Chi will be Thursday, January 4 at 11:00 am. If you have wanted to give these classes a try, this is your opportunity. A new session of each class begins the following week.

Youth Programs

Jumping Beans

Wednesdays, January 10 through February 21, 9:45-10:30 am (\$49 res/\$58 non-res for the 7 week session)

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!

You & Me Art Class

Tuesdays, January 16 through February 13, 10:00-10:45 am (\$60 res/\$72 non-res for the 5 week session)

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.

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.

