

# MERRIMACK

PARKS AND RECREATION



FALL 2019 PROGRAM GUIDE



[WWW.MERRIMACKPARKSANDREC.ORG](http://WWW.MERRIMACKPARKSANDREC.ORG)



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**Merrimack Parks & Recreation**

Wasserman Park

116 Naticook Rd.

Merrimack, NH 03054

(603) 882-1046

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**Office Hours:**

Monday – Friday

8:30 - 4:30 pm

**Parks & Recreation Committee**

The Parks & Recreation Committee serves as an advisory board to the Parks & Recreation Department and to the Town Council on matters related to Parks & Recreation programs, services, and facilities. This Committee meets on the third Wednesday of every month. If you have an item that you would like to propose or have the Committee discuss, please contact the Parks & Recreation Department to have your item added to the next agenda.

**Committee Members**

- Laura Jaynes, Chair
- Christine Lavoie, Vice Chair
- Michelle Creswell, Secretary
- Julie Poole
- Hillary Baird
- Tracy McGraw
- Rick Greenier, MYA Representative
- Shannon Barnes, School Board Representative
- Maureen Hall, Senior Citizen Club Representative
- Abbigail Cote, Student Representative
- Lon Woods, Town Council Representative

**Proud Members Of:**

- American Camp Association
- National Recreation & Park Association
- New Hampshire Camp Directors Association
- New Hampshire Recreation & Park Association

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# MERRIMACK PARKS AND RECREATION

## Mission

The Merrimack Parks & Recreation Department strives to provide affordable, quality programs to meet the needs of the community. We are committed to providing quality recreational services which are educational, fun and rewarding. The Parks & Recreation Department promotes participation by all Merrimack citizens in diverse, interesting & high quality recreational and leisure opportunities in safe, accessible and well maintained Park & Recreation facilities.

## How are we doing?

If you have any comments, concerns, program suggestions or feedback on your experiences that might be helpful to us, please let us know! Contact the Parks & Recreation office at (603) 882-1046 or by email at: [mcasparius@merrimacknh.gov](mailto:mcasparius@merrimacknh.gov).

## Are You Connected?

Keep up to date on the latest Parks & Recreation news, program offerings, employment opportunities, special events, photos & videos, and much more.

### Follow us On:



- Merrimack Parks and Recreation



- MerrimackRec

Visit Our Website:

[www.merrimackparksandrec.org](http://www.merrimackparksandrec.org)

## Photo & Video Policy

The Merrimack Parks & Recreation Department reserves the right to photograph facility, activity and program participants at any and all Department sponsored events for potential future use. All photos will remain the property of the Merrimack Parks & Recreation Department and may be used in future program guides or news releases for promotional purposes or in recognition of Department sponsored events.

*If you do not wish to have your picture taken, please notify a member of the staff prior to the event, program or activity.*

## In Case of Oops

Complete details of program policies, procedures and guidelines are sometimes omitted from the brochures due to space limitations. Errors in days, times, registration requirements and fees may also occur. We apologize for any errors found in this brochure. Our most up-to-date information is available on our website and Facebook page. Thank you for your patience and understanding when these situations occur.

## Inclement Weather Policy

All Parks & Recreation programs and events are subject to cancellation in the event of inclement weather. Program participants will be notified as soon as possible if a program will be cancelled and/or rescheduled due to weather. Our priority will be to reschedule a program on a new date in the event of weather cancellation. However, in the event that we are unable to reschedule; program participants will receive a pro-rated refund for those classes.

# COMMUNITY ORGANIZATION INFORMATION

## MERRIMACK YOUTH ASSOCIATION

The Merrimack Youth Association (MYA) is a volunteer non-profit organization that the Town of Merrimack contracts with to provide recreational sports opportunities to Merrimack youth in Town. The MYA currently provides eight different sports for the community including: baseball, softball, basketball, football, spirit club, soccer, lacrosse and wrestling. Each program has its own Board of Directors and all programs report monthly to the Executive Board who oversees all MYA programming and corresponds with the town accordingly.



The Merrimack Youth Association building is located at  
487 Daniel Webster Highway

For more information, please call (603) 424-7759 or  
visit their website at [www.merrimackyouth.org](http://www.merrimackyouth.org)

## JOHN O'LEARY ADULT COMMUNITY CENTER



Located at 4 Church Street in Merrimack, the John O'Leary Adult Community Center is available to host your event or business meeting for 20 to 200 people. Let our comfort and style transform your event into an exciting special occasion. Our distinctive location is in the center of Merrimack, behind the Merrimack Public Library and next to the First Congregational Church of Merrimack, near the intersection of Daniel Webster Highway and Baboosic Lake Road,. The facility offers a unique, comfortable and fully-appointed setting in which to host your next function. The center offers Wi-Fi access, a flat-screen TV, features a clean modern full kitchen for re-warming prepared foods, and is fully air-conditioned, heated and handicap accessible.

For more information about rentals or for a personal tour, contact Rental Coordinator, Steve Dembow at, 603-429-0902 or by email at [steven.m.dembow@comcast.net](mailto:steven.m.dembow@comcast.net)

## SENIOR CITIZENS CLUB

The Club's purpose is to serve the best interests of the town's seniors, to develop social interest and feeling of true friendship within the Club, and to be energetic in support of federal and state legislation to benefit senior citizens. Activities include meetings, bingo, bridge, a variety of bus trips, sewing, crafts, cribbage, whist, blitz and chair yoga. The club meets on Mondays at 1:00pm (except on holidays) at the John O'Leary Adult Community Center. The center's hours are Monday to Friday 9:00am - 4:00pm. Members must be 55 years of age or older and a Merrimack resident. Annual membership fee is \$20.00.

For more information, contact Irene Jenness at (603) 424-2362.

# COMMUNITY ORGANIZATION INFORMATION

## MERRIMACK CONCERT ASSOCIATION

The Merrimack Concert Association celebrated their 22nd Anniversary in 2018. They offer amateur or professional musicians an artistic, recreational, and educational experience through the rehearsal and performance of a wide variety of instrumental and vocal music; to provide the residents of the area quality yet inexpensive entertainment. The Merrimack Concert Association performs three times a year (Winter, Spring and July 3<sup>rd</sup>). This organization provides the opportunity to sing in an intergenerational choir, to dust off that old instrument from middle school or to meet new friends (or rediscover old friends). For more information, contact Executive Director, Renee Gregoire at [steveandreneo1@yahoo.com](mailto:steveandreneo1@yahoo.com). You can also visit their website at [www.merrimackconcert.org](http://www.merrimackconcert.org).



## MERRIMACK SKATE BOARD PARK

—IN MEMORY OF MICHAEL L. FLERRA—

This use-at-your-own-risk facility typically opens in April and remains open through October, as weather permits. Bicycles, roller skates, roller blades, skateboards, scooters and other non-motorized vehicles are allowed at the O’Gara Drive Skate Park. For safety reasons, the skate park will be closed if it is raining. There is **no** attendant on duty and the Town of Merrimack is not responsible for lost or stolen items or any injury or accident incurred during the use of the Skate Park. (NH RSA 507-B:11)

**The Skate Park will be open daily from Dawn - Dusk thru the end of October and is monitored by the Merrimack Police Department. In case of injury, emergency or to report unlawful acts, CALL 911 or (603) 424-3774.**

For O’Gara Drive Skate Park rules, more information or questions, please call the Merrimack Parks & Recreation Department at (603) 882-1046 or visit <https://merrimackparksandrec.org/ogara-drive-recreation>

## MERRIMACK DOG PARK WASSERMAN PARK

The Merrimack Dog Park is now open to the general public. The Dog Park is located near the park’s exit at Wasserman Park and is open to both residents & non-residents (free of charge) from sunrise to sunset.

Users of this facility do so at their own risk. The Town will not be held liable for any injury or damage caused by any dog on Town property. Owners are responsible for cleaning up after their dogs.



For a complete list of rules & regulations, please visit:  
<https://merrimackparksandrec.org/wasserman-park>

# BUS TRIPS & TOURS



## **FOXWOODS CASINO RESORT WEDNESDAY, OCTOBER 2ND \$33.00 PP 7:00 AM - 6:00 PM**

Come join the Merrimack Parks & Recreation Department and Merrimack Senior Citizens Club and test your luck at Foxwoods Casino in Mashantucket, CT. You don't need to be an experienced game player to enjoy this trip. There is something for people of all skill levels.

As part of registration fee, all participants will receive a \$25 casino package which consists of \$15.00 in bonus slot play and \$10.00 towards food (or free buffet). The bus will depart from Twin Bridge Park in Merrimack (485 Daniel Webster Highway). on a 56 passenger motor coach bus. This trip is open to residents and non-residents so bring all your friends! Advanced registration is required spaces are limited!

## **SALEM CROSS INN, YANKEE CANDLE & BRIGHT NIGHTS AT FOREST PARK THURSDAY, DECEMBER 5TH \$115.00 PP**

On our tour today we take a little bit of history, combine it with incredible homemade food, throw in a little fun and laughter, top it off with amazing New England views, and we give you an experience that you won't forget.



A family run restaurant since its opening in 1961, the Salem Cross Inn has established a reputation as one of the finest restaurants in New England. The Salem Cross Inn is a restored 18th century farmhouse nestled on 600 acres of New England countryside. Though it is rich with history, the house, turned restaurant and tavern, offers seasonal menus with traditional American fare alongside what today's dining public is looking for. The Salem family is proud to say that everything is prepared fresh each day while incorporating heirloom vegetables and herbs grown in their own gardens. Enjoy a scrumptious meal at this "Editors Choice" Award winning restaurant.

Then it's on to one of New England's most popular attractions, YANKEE CANDLE. The Village store is where you'll find 400,000 candles in over 200 different famous Yankee scents. It's a unique, entertaining world of New England charm, fairy tale fantasies, and hands-on, interactive candle making that's fun for every age. Visit the Bavarian Christmas Village, Yankee Candles alpine holiday town, and where it's always snowing in the Black Forest. Travel through the Waterfall Courtyard and Nutcracker Castle to visit with Santa in his Enchanted Toy Works! Enjoy time for shopping & browsing in this spacious flagship store. Its never too early to start holiday shopping. This New England favorite offers a multitude of ideas and choices.

Then, its on to the Greatest Holiday Light Display- Bright Nights! Enjoy a RIDING TOUR OF BRIGHT NIGHTS at Forest Park in Springfield, MA. This spectacular light display is the #1 holiday attraction not only in New England, but is attracting visitors from all cross the country. This is a Spectacular Holiday Spirited Day Trip!

# COMMUNITY SPECIAL EVENTS

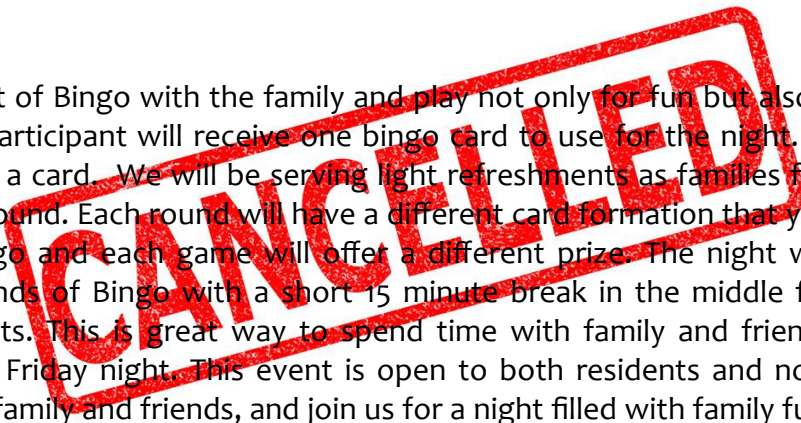
## FAMILY BINGO NIGHT

FRIDAY, NOVEMBER 1ST

6:30 PM – 8:00 PM

FEE: \$10.00/PP

Join us for a fun filled night of Bingo with the family and play not only for fun but also for the chance to win prizes. Upon arrival each participant will receive one bingo card to use for the night. Additional bingo cards can be purchased for \$1.00 a card. We will be serving light refreshments as families filter in. Starting at 6:45 pm we will begin the first round. Each round will have a different card formation that you must reach to receive Bingo and each game will offer a different prize. The night will consist of 10 different rounds of Bingo with a short 15 minute break in the middle for socializing and refreshments. This is great way to spend time with family and friends doing something fun on a Friday night. This event is open to both residents and non-residents, so bring all your family and friends, and join us for a night filled with family fun!



## 3RD ANNUAL TURKEY SCAVENGER HUNT

SATURDAY, NOV 23RD

10:00 AM – 12:00 PM

FEE: \$5.00 PER FAMILY



Join us for this fun family event and compete for the chance to win a free frozen turkey for Thanksgiving! We will be hiding turkey shaped cutouts throughout the Town of Merrimack. Your job is to find them all! All participants must be pre-registered and will meet at 10:00 am at Wasserman Park. When you arrive that morning you will be given a scavenger hunt card and a list of the clues. Once you have the clues it's up to you and your family to drive around and find as many turkeys as you can. At each individual turkey there will be special stamp to apply to your game card. The first three participants to return to Wasserman Park with all the stamps on their card will win a 16 pound Thanksgiving turkey!



## BOSTON POPS HOLIDAY CONCERT

SNHU ARENA, MANCHESTER, NH

\$43.00 FOR ADULTS / \$30.00 FOR KIDS

SATURDAY, DECEMBER 21ST, 2019 AT 7:30 PM

The Merrimack Parks & Recreation Department has been able to secure a limited number of discounted tickets to see the Boston Pops for their Annual Holiday performance at the SNHU Arena in Manchester. The Boston Pops Esplanade Orchestra returns to perform their beloved Holidays Pops concert conducted by Keith Lockhart.

Capturing the magic of the Holiday season and the winter charms of New England, the Boston Pops will perform their signature Sleigh Ride, as well as other holiday classics, and new arrangements of seasonal favorites. They are joined by the Metropolitan Chorale, known as one of Metro Boston's premier choral ensembles. Santa Claus himself will make a guest appearance during the concert's finale followed by the traditional Boston Pops Holiday Sing-a-long to bring this special performance to a close. Tickets will be in: Section 201, Rows A - E and are sold on a first come first serve basis. \*By purchasing tickets from us you avoid paying the Ticketmaster transaction fees and save approximately \$15 per ticket. Price is for ticket only; transportation is not provided.

# COMMUNITY SPECIAL EVENTS



**27TH ANNUAL HALLOWEEN PARTY**  
**FRIDAY, OCTOBER 25TH**  
**WASSERMAN PARK**  
**5:00PM - 8:00PM**



Bring the whole family out to Wasserman Park for this year's Spooktacular event featuring a night of food, carnival games, face painting, pumpkin carving demonstrations, crafts, not so scary stories, music, and the highlight of the evening our Costume Contest. The Annual Halloween Party event is Co-Sponsored by the Parks & Recreation Department and the Merrimack Police Department. **Advanced registration not required.**

**26TH ANNUAL HOLIDAY PARADE & TREE LIGHTING**  
**SUNDAY, DECEMBER 8TH**  
**2019 PARADE THEME - SUPERHEROES**  
**PARADE: 3:00 PM**                      **TREE LIGHTING: 3:45 PM**



The 27th Annual Holiday Parade will kick off from the Commons Shopping Plaza (515 Daniel Webster Highway) at 3:00 pm. The parade will travel down Daniel Webster Highway to Baboosic Lake Road. It will turn right onto Baboosic Lake Road and then turn left onto McElwain Street and end at the Town Hall parking lot. The Christmas Tree Lighting Ceremony will begin with the arrival of Santa & Mrs. Claus to Abbie Griffin Park at approximately 3:45pm.

**FLOAT REGISTRATION:** If you would like to enter a Float into the Annual Holiday Parade, please visit our website at <https://merrimackparksandrec.org/holiday-happenings> to download an application or contact the Parks & Recreation Department at (603) 882-1046 to request one. **Prizes will be awarded to the 3 floats that best meet the Parade Theme.**

**1ST PLACE: \$75.00 AMAZON GIFT CARD**

**2ND PLACE: \$50.00 AMAZON GIFT CARD**

**3RD PLACE: \$25.00 AMAZON GIFT CARD**



## SANTA CALLING

Watch the excitement when your child receives a call from Santa Claus! Santa wants to make your child feel special this holiday season with an unforgettable gift: A personalized phone call from Jolly Old St. Nick himself! Imagine how surprised they'll be to receive a call from Santa. Watch their eyes light up with amazement as Santa lets them know how special they are. Join the Merrimack Parks & Recreation Department & the Merrimack Police Department this holiday season to provide a unique and memorable holiday experience for your whole family.

**Santa or Mrs. Claus will be calling Merrimack children on Tuesday, December 10th & Wednesday, December 11th between the hours of 5:30pm—8:00pm.** If Santa misses you, he will try again at a later time. **Due to overwhelming popularity of this program;** program is open to Merrimack children only and spaces are limited **Advanced registrations required** thru our website. Participants must register online at <https://merrimackparksandrec.org/santa-calling> no later than Friday, December 6th. For question, contact the Parks & Recreation Department at 603-882-1046.





# FALL TODDLER PROGRAMS

## TODDLER TUMBLING

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Wednesdays	9/18 - 10/30	-	12:15 - 12:45 pm	Wasserman Park Function Hall	3 - 5	\$45 / Residents \$50 / Non-Res

Toddler Tumble: This class teaches skills that will be useful in any dance style or sport! Focus is placed on strength and flexibility, while building balance and body awareness. Class taught by Raegan Lopez from B Well Dance Studio.



## TODDLER CREATIVE DANCE

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Wednesdays	9/18 - 10/30	-	1:00 - 1:45 pm	Wasserman Park Function Hall	3 - 5	\$45 / Residents \$50 / Non-Res

Pre- Ballet: These classes introduce a structured environment allowing children to recognize their own individuality and body mobility. Focus on coordination and rhythm is introduced in creative and imaginative ways, keeping students entertained while learning beginning dance skills will help them acquire a love for dance. Students need to wear a black leotard with pink tights and ballet shoes. Boys may wear a white t-shirt, black sweatpants or shorts, and black ballet shoes. Class taught by Raegan Lopez from B Well Dance Studio.

## MUSIC FOR LITTLE MOZART'S

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Tuesdays	9/24- 10/29	-	10:00 -10:30 am	Wasserman Park Function Hall	4 - 5	\$55 / Residents \$60 / Non-Res



Our Music for Little Mozart classes are designed to provide young children with a fun and accessible musical foundation through hands-on instrument discovery and the introduction of musical concepts in a fun and encouraging environment! This weekly class gives young musicians the tools to explore their creativity while building music appreciation and literacy.

## TODDLER & ME MUSIC

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Wednesdays	10/2 - 11/6	-	11:00 - 11:45 am	Wasserman Park Function Hall	2 - 3	\$55 / Residents \$60 / Non-Res

Make music with your little one this fall! Let's Play Music is facilitating an interactive family music class for little ones (ages 2-3 years) at the Merrimack Parks & Recreation Dept. This music and movement program will build music literacy and appreciation in your child and is perfect for family bonding and making new friends! The class will also enhance gross and fine motor skills, cognitive development, verbal communication and social skills through musical activities and sing a long's. Let's Play Music has provided excellence in music educations since 1993.

# FALL PRE-SCHOOL & YOUTH PROGRAMS

## MINI ARTISTS

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Wednesdays	9/23 - 11/4	10/14	9:00 - 9:30 am	Wasserman Park Function Hall	1 - 2	\$50 / Residents \$55 / Non-Res

Join Miss Jen from Paint & Play NH for a short class introducing arts and crafts to the tiniest artists. Children and caregivers make masterpieces with paint, stickers, glue, sparkles and more.

## LEAF PEEPERS ART

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Thursdays	9/26 - 11/7	10/31	10:00 - 10:45 am	Wasserman Park Function Hall	2 - 5	\$60 / Residents \$65 / Non-Res

Celebrate all things Autumn in this fun art class with Miss Jen from Paint & Play NH. Leaf rubbing, apple stamping, pumpkin decorating and more. Art, stories and fun to celebrate the season.

## YOUTH ARCHERY PROGRAM

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Tuesdays	9/17 - 10/8	-	4:00 - 5:00 pm	Wasserman Park Archery Range	8 and up	\$60 / Residents \$65 / Non-Res

Pull back a string and let go of stress and feel the satisfaction of the sound of the arrow hitting the target and more so, when we are shooting at balloons. Let the challenges of the day melt away as you learn an ancient sport. Program will be taught by Coach Lucy; owner of the New England School of Archery and all equipment is provided.

## LITTLE SCIENTIST

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Thursdays	9/26 - 11/7	10/31	9:00 - 9:45 am	Wasserman Park Function Hall	3 - 6	\$65 / Residents \$70 / Non-Res

Did you know you can make a rain cloud in a jar or make popcorn dance? Little scientists investigate the world through fun, hands on experiments. Come and join Miss Jen from Paint & Play NH this Fall to learn all about the world of science.

## AFTER SCHOOL ART

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Thursdays	9/26 - 10/24	-	4:00 - 4:45 pm	Wasserman Park	6 - 12	\$60 / Residents
Thursdays	11/7 - 12/19	11/28	4:00 - 4:45 pm	Function Hall		\$65 / Non-Res

Join Miss Jen from Paint & Play NH for some fun crafting time with friends. Experiment with beads, clay, duct tape, pastels and more to create your own fun works of art!

# FALL YOUTH PROGRAMS

## PAW PATROL PARTY

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Wednesdays	10/2	-	10:00 - 11:00 am	Wasserman Park Function Hall	3 - 6	\$10 / Residents \$10 / Non-Res

Fans of Paw Patrol will love this party celebrating their favorite characters. We will craft our own shields, dance to PP songs and make our own masks. Program is led by Miss Jen from Paint & Play NH.



## SAFESITTER TRAINING COURSE

Session:	Dates:	No Class:	Time:	Location:	Grades	Fee:
Monday	10/14	-	9:00 - 3:30 pm	Wasserman Park Function Hall	6 - 8	\$105 / Residents \$105 / Non-Res

Safe Sitter® prepares students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The lessons are filled with fun activities and role-playing exercises. Students learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. Participants will learn tips to manage behavior along with the ages and stages of child development. Class will also include rescue skills such as choking rescue and CPR and how to assess and respond to injuries and illnesses. Lastly this course will teach participants how to screen jobs, discuss fees, and greet employers to set students up for success now and in the future. Students practice these skills through various role plays. Course is taught by Michelle Panaccione who is a Registered Nurse in the Cardiac ICU at Boston Children's Hospital and an Instructor for the American Heart Association and Safe Sitter.

## DODGE BALL AT ALTITUDE TRAMPOLINE PARK

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Thursdays	10/17 - 11/14		6:00 pm - 8:00 pm	Altitude Trampoline Park	10 and up	\$58/ Residents \$58 / Non-Res

Come Join Merrimack Parks and Recreation for jumping and spectator refereed bouncing dodge ball at Altitude Trampoline Park! This 4 week program has socks and a bottle of water included with it. Each session is 2 hours long.

## HOME ALONE SAFETY

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Thursday	10/24		5:30 - 7:30 pm	Wasserman Park	8 - 12	\$20 / Residents
Friday	11/22		5:30 - 7:30 pm	Function Hall		\$20 / Non-Res

Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door, internet safety, first aid techniques, accident prevention, fire protection and more will be discussed. Youth will have a better understanding of responsibility & independence.

# FALL YOUTH PROGRAMS

## PUMPKIN DECORATING

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Friday	10/25		4:00 - 5:00 pm	Wasserman Park Function Hall	3 - 15	\$15 / Residents \$15 / Non-Res

Join Miss Jen from Paint & Play NH and decorate a pumpkin with feathers, sparkles, stickers and more to make it your own! All supplies are provided. Advanced registration is required.



## LEGO PARTY

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Monday	11/4		10:00 - 11:00 am	Wasserman Park Function Hall	3 - 6	\$10 / Residents \$10 / Non-Res

Join Miss Jen from Paint & Play NH and build animal habitats, tunnels for cars and boats that float. We'll also do some Lego math games.

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Thursdays	11/14 - 12/19	11/28	10:00 - 10:45 am	Wasserman Park Function Hall	2 - 5	\$60 / Residents \$65 / Non-Res

Hand turkeys, cornucopias, wreaths, trees and more to celebrate the holiday season with arts and crafts each week with Miss Jen from Paint & Play NH.

## YOGA PARTY

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Friday	11/15	-	4:15 - 5:15 pm	Wasserman Park Function Hall	3 and up	\$10 / Residents \$15 / Non-Res

Join Miss Jen from Paint & Play NH for some Fun with Yoga through poses, games, dancing and art. Healthy snack also provided.

## CHRISTMAS CRAFTS

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Wednesday	12/18	-	10:00 - 11:00 am	Wasserman Park Function Hall	3 - 6	\$10 / Residents \$10 / Non-Res

Come and join Miss Jen from Paint & Play NH and have a blast making Christmas Crafts with friends. Pine cone Christmas trees, stretchy Santa and Rudolph ornaments will make for a fun



# FALL YOUTH PROGRAMS

## GINGERBREAD HOUSE MAKING

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Friday	12/20		4:15 - 5:15 pm	Wasserman Park Function Hall	3 - 15	\$15 / Residents \$15 / Non-Res

Join Miss Jen from Paint & Play NH and don't miss your chance to decorate your own Gingerbread house!

Session:	Dates:	No Class:	Time:	Location:	Ages:	Fee:
Friday	10/18		5:30 - 9:30 pm	Wasserman Park Function Hall	5 - 11	\$15 / 1st Child
Friday	11/8		5:30 - 9:30 pm			\$10 / Sibling
Friday	12/13		5:30 - 9:30 pm			

Because Every Parent Deserves Some Time To Themselves, while every child deserves more time for fun. Let the energetic Parks & Recreation Department staff give you a break and time to enjoy a night out without your children. Participants can join us for a fun filled evening of games, crafts, pizza, and more!



## DECEMBER VACATION TRIPS & PROGRAMS

Session:	Date:	Time:	Location:	Ages:	Fee:
Thursday	12/26	8:00 - 4:00 pm	Ultimate Obstacles Field Trip	5 - 13	\$55.00 pp
Friday	12/27	8:00 - 4:00 pm	Coco Key Waterpark Field Trip	5 - 13	\$65.00 pp
Monday	12/30	8:00 - 4:00 pm	Wasserman Park Program	5 - 13	\$45.00 pp
Tuesday	12/31	8:00 - 4:00 pm	Wasserman Park Program	5 - 13	\$45.00 pp

**On Thursday December 26th**, we will be going on a Field Trip to the Ultimate Obstacles Ninja Warrior Gym in West Boylston, Mass for a days of Ninja Warrior Training. The course includes many of the obstacles seen on the popular T.V. show "American Ninja Warrior"! Kids get a chance to train on age appropriate elements, obstacle courses, competitions and just having fun.

**On Friday, December 27th**, we will be going to on a Field Trip to the Coco Key Waterpark in Danvers, Mass for a day in the Water. CoCo Key offers thrilling water slides, pool games, and children of all ages.

**On Monday, December 30th and Tuesday, December 31st**, we will spend our days entirely at Wasserman Park. Children will spend their days participating in a variety of sports, games, arts & crafts projects, & nature exploration, outdoor activities as well as a daily hot lunch.

Sign up for individual days or sign up for all 4 days - you can pick & choose. Activities are geared towards children between the ages of 5 - 13 and participants will be separate out by age group. Each day of the program will begin and end in the Function Hall at Wasserman Park. The program runs daily from 8:00 am - 4:00 pm and we also offer extended care from 4:00 - 5:30 pm for an additional fee. A \$10 sibling discount is applied to the second child in the same household attending the same day.

# TRAINING OPPORTUNITIES

## ADULT, CHILD & INFANT CPR / AED

Session:	Date:	Time:	Location:	Fee:
Saturday	11/2	9:00- 12:00 pm	Wasserman Park Function Hall	\$60 / Residents \$65 / Non-Res

If a family member or co-worker suddenly started choking or collapsed in front of you; would you know what to do? Would you know how to react if someone suddenly stopped breathing? The purpose of this course is to train you to recognize and respond to emergency medical situations and provide basic care in respiratory & cardiac emergencies including how to use an AED to help save a life. Participants who successfully complete this course will receive a certification in Adult CPR/AED with Pediatric CPR from the American Red Cross valid for 2 years.



## STANDARD FIRST AID

Session:	Date:	Time:	Location:	Fee:
Saturday	11/2	12:30 - 2:30 pm	Wasserman Park Function Hall	\$40 / Residents \$45 / Non-Res

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic first aid care for severe bleeding, burns, injuries to muscles, bones and joints, and heat & cold related emergencies. Participants will receive a 2 year certification in First Aid from the American Red Cross.

## SOLO WILDERNESS FIRST AID

Session:	Dates:	Time:	Location:	Fee:
Sat - Sun	10/5 - 10/6	8:00 - 5:00 pm	Wasserman Park Function Hall	\$160 pp



Accidents happen. People get hurt, sick, or lost outdoors. The temperature drops, the wind picks up, and it starts to rain. Would you know what to do? Many backcountry emergencies are preventable and even when bad things happen, sometimes the wrong care can make things worse. By learning a few skills, you can make the difference between a good outcome and a bad one and maybe even save a life.

Wilderness First Aid is the perfect course for the outdoor enthusiast or trip leader who wants a basic level of wilderness first aid training for short trips with family, friends, and outdoor groups. The 16 hour long (two-day) program focuses on the skills of: Response and Assessment, Musculoskeletal Injuries, Environmental Emergencies, Survival Skills, Soft Tissue Injuries, and Medical Emergencies.

Participants who complete the course and pass the written and practical skills will receive a Wilderness First Aid certification from SOLO which is valid for 2 years. SOLO is among the leaders in Wilderness Medicine Training and certification. Coffee and snacks will be provided each day.

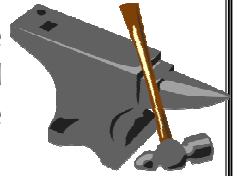
**Participant MUST have a current CPR certification upon completion of course. If you do not already hold this certification an optional Adult CPR Recertification Course will be offered on Saturday evening for an additional fee of \$50.00**

# FALL ADULT PROGRAMS

## BASIC BLACKSMITHING WORKSHOP

Session:	Dates:	Time:	Location:	Fee:
Tuesday	9/24	6:30 - 8:30 pm	Greenfield Forge Blacksmith Shop 37 Wilton Rd, Milford, NH	\$75 / Residents \$75 / Non-Residents

If you have ever been curious about the art of Blacksmithing and want to work hands on in the forge then consider taking one of our classes. Our beginner class is open to adolescents and adults and covers all you need to know about basic forging. Class is held at the Greenfield Forge Blacksmithing Shop in Milford.



## BALLROOM DANCING: SALSA & SWING

Session:	Dates:	Time:	Location:	Fee:
Sundays	9/29 - 11/3	10:00 - 10:45 am	Paper Moon Dance Center 33 Depot Street, Merrimack, NH	\$45 / Residents \$50 / Non-Residents



This beginner level ballroom class is an introduction to the basic step patterns of Swing and Salsa with 1 or 2 variations. Appropriate for newcomers – no experience necessary! No Partner Necessary: Singles or couples are welcome at all group classes. You'll meet lots of terrific people who all love to dance, and enjoy the social aspect of this wonderful hobby! Class is held at the Paper Moon Dance Center located at 33 Depot Street in Merrimack

## ADULT PAINT NIGHT

Session:	Dates:	Time:	Location:	Fee:
Friday	11/22	6:30 -	Wasserman Park Function Hall	\$36/ Residents \$36/ Non-Residents



Paint & follow along as a local artist's featured painting. Remember when you were a kid

guides you step-by-step to recreate the session and painting was so much fun? Well those

## MASON JAR GIFT CRAFTING WORKSHOP

Session:	Dates:	Time:	Location:	Fee:
Wednesday	12/4	6:30 - 8:00 pm	Wasserman Park Function Hall	\$30 / Residents \$30 / Non-Residents

Trying to figure out what to get people on your holiday shopping list? Join Jen from Paint & Play NH for a Mason Jar Gift Crafting workshop . In this hour and a half workshop, you will make 3 gift jars to give out for Christmas. Learn to make cookie gift jars and more!



**Merrimack Parks & Recreation Department**  
 116 Naticook Road, Merrimack, New Hampshire 03054  
 Telephone (603) 882-1046 Fax (603) 883-5335  
[www.merrimackparksandrec.org](http://www.merrimackparksandrec.org)

\_\_\_\_\_  
 HEAD OF HOUSEHOLD — ADULT FIRST NAME & LAST NAME

\_\_\_\_\_  
 MAILING ADDRESS

\_\_\_\_\_  
 HOME PHONE

\_\_\_\_\_  
 CELL PHONE

\_\_\_\_\_  
 WORK PHONE

\_\_\_\_\_  
 EMAIL ADDRESS

Yes, I would like to receive updates about all upcoming Parks & Recreation events and programs.

**—PROGRAM REGISTRATION CHOICES—**

PARTICIPANT'S NAME	DATE OF BIRTH	ACTIVITY NAME	FEE
<b>TOTAL PAYMENT ENCLOSED:</b>			\$ _____

**PAYMENT OPTIONS:** Checks are payable to: **TOWN OF MERRIMACK**

If you wish to pay with a credit card, please register online at: <https://merrimack.recdesk.com/>

**PLEASE CAREFULLY READ THIS RELEASE OF LIABILITY:**

In consideration for my/my child's participation in programs sponsored by the Town of Merrimack, Parks and Recreation Department, I hereby release, waive, discharge and covenant not to sue the Town of Merrimack, its officials, employees, agents and representatives (hereinafter "Releasees") from all liability to the undersigned, and his/her representatives, heirs, and successors in interest (hereinafter "undersigned") for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property of the undersigned, whether caused by the negligence of the Releasees or otherwise while the undersigned is participating in a program sponsored by the Town of Merrimack. I Hereby agree to indemnify and save and hold harmless the Releasees from any loss, injury, liability, damage or cost they may incur due to the presence of the undersigned in or about, or the undersigned's use of, as a result of I/my child's participation in the Town of Merrimack, Parks & Recreation Department Programs whether caused by the negligence of the Releasees or otherwise. I hereby assumes full responsibility for and risk of bodily injury or property damage, including but not limited to death, paralysis, brain injury, heart attack, stroke, aneurysm, broken bones, torn tendons or ligaments, torn muscles, spinal injury, damage to organs, disease, infection and any other physical or emotional injury, medical or psychiatric condition or complication of any kind whatsoever, due to any cause, including the negligence of Releasees or otherwise, while participating in the Town of Merrimack Parks & Recreation Department programs. I understand that by agreeing to this release of liability, I am waiving legal rights and/or remedies which may be available to me.

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_