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**ON THE WEB**

**wakefieldrec.com**

*Fall*



# WAKEFIELD PARKS & RECREATION

## 7TH ANNUAL GOLF TOURNAMENT

Join us on Thursday, September 25th for our Sixth Annual Golf Tournament at Indian Mound Golf Course. All money raised will be used for our Annual Fireworks Display in July.

Lots of prizes, food, raffles, silent auction items, & FUN!  
Tournament includes golf, cart, lunch, & raffle tickets.



## BASKETBALL SIGN-UPS

1st – 8th grade

Registrations for basketball will be held on **October 6<sup>th</sup> -10<sup>th</sup>** @ the Parks & Rec department. \$35 is due on the day of sign-up.

*Any registrations taken after October 11th will receive a \$10 late fee.*

**NO registrations will be  
taken after October 18th**

## FIRST KICKS SOCCER

A 5 week beginner soccer program for children ages 4yrs – Kindergarten.  
(Age by September 1st 2014)

**Space will be limited to the first 20  
registered participants. The program  
will be held on Sundays from 4:30-  
5:30pm starting September 7<sup>th</sup>**

The cost of the program is \$15 per player and is due on the day of sign-up.

## KINDERGARTEN BASKETBALL

Kindergarten Basketball will be offered for 5 weeks starting October 1<sup>st</sup>. Practices will be held on Wednesdays from 3:15-4:15 @ the Paul School.

**\$10 per child  
Space is limited  
to the first 20  
registered participants.**





## FAIRY HOUSE BUILDING

Fairy Houses are small structures for the fairies and nature's friends to visit. These whimsical habitats are built by children, families, gardeners and nature lovers reflecting their creativity, joy and pride.

*We'll provide the supplies,  
you bring your imagination!*

**Grades 3rd-7th**  
**Monday, September 29<sup>th</sup>**  
**4pm-5pm @ the Parks & Rec**  
**Pre-registration Required**



## KARATE

The 8 week course will include Karate, self-defense, Asian Martial Arts Terminology & History, & Noncompetitive study of Martial Arts.

**\$35 per Person Thursday nights**  
**starting September 18th**  
**Program will run for 8 weeks**

Session 1: 6pm-7pm Kindergarten – 12 years of age  
Session 2: 7pm-8pm Family Class: Adults, Teenagers, & Families

Classes held @ the Parks & Rec Department

Pre-register before September 12th

## HALLOWEEN COSTUME DANCE

It's time to do the monster mash! Come on down to the Paul School and join the Rec for our Annual Halloween Costume Dance! There will be spooky snacks, ghoulish games, and dangerously deadly dance contests!

**Friday, October 24th**  
**6-8pm @ the Paul School**  
**\$2 per person**  
**\$10 per family**



## GIRLS BASKETBALL PRE-SEASON

All 6th, 7th, & 8th grade girls who are interested in participating in the 2014-2015 basketball season are encouraged to attend warm-up sessions. Basic fundamentals, conditioning, ball handling, and shooting techniques.

**Wednesday Oct 1st, 8th, 15th, & 22nd**  
**4:30-5:30pm @ Paul School**  
**Pre-registration is Required**  
**Contact Parks & Rec to join**

## TEACHER WORKSHOP DAY!

Built within the trees along Gunstock's pond, Aerial Treetop Adventure is New England's Largest Aerial Obstacle Course. You begin on the Green course which is the easiest and has the lowest games, which are 10' to 15' off the ground. Each course gets more challenging and the elevations get higher. Participants on the Adult course must be at least 12 years old and able to reach 5' 11" (flat footed) with fingertips and must be under 250lbs.

**Friday, October 10th ~ \$40 per person**  
**Pre-registration is required. Contact Parks & Rec to register**

## SKI & SNOWBOARD PROGRAM

Join us this winter for a six week ski & snowboard program. We welcome all Wakefield Students in grades 5th – 9th. This program is a, learn to ski package. Every week participants will be given a lesson by an experienced ski instructor. The remaining time will be allotted for free skiing.

***Deadline to register is November 28<sup>th</sup>***  
***Space is limited to the first 50 REGISTERED participants***





### BREAKFAST WITH SANTA

Come down and enjoy a free pancake breakfast, pictures with Santa, craft tables, soups, & lots of raffles! **Hosted by Friends of Wakefield Parks & Rec.** All proceeds go to the Wakefield Parks & Rec programs.

**SATURDAY, DECEMBER 6<sup>TH</sup>**  
**9AM-1PM @ THE PAUL SCHOOL**



If anyone is interested in hosting a craft table, donating to the raffles, or volunteering, contact Sandy Ouellette @ 522-8370

### FOXWOODS CASINO & RESORT

Foxwoods has over 3,000 slot machines and games including black jack, roulette, craps, Spanish 21, casino war, and many more!

**September 17<sup>th</sup>**  
**\$35 per person**

**Includes coach bus transportation, Buffet lunch, and \$10 gaming token.**

SPACE IS LIMITED  
CONTACT THE REC TO REGISTER!



### AMERICAN RED CROSS CPR & FIRST AID COURSES

**CPR/ 1<sup>ST</sup> Aid Class** October 27<sup>th</sup> & 28<sup>th</sup> 6pm @ Ossipee Central School.

\$65 for both classes - \$40 for one - cost includes a book.

Register deadline is October 6<sup>th</sup>

**Re-Certification Class** (CPR & 1<sup>st</sup> Aid) November 3<sup>rd</sup> 6pm @ the Ossipee Central School

Cost is \$32 per person

Registration Deadline is October 26<sup>th</sup>

**Ossipee Rec - 539-1307**



### PORTLAND FOODIE TOURS

*SIPS SMUGGLERS & SPEAKEASIES*

#### A HAPPY HOUR TOUR

Enjoy craft concoctions and delicious appetizers amid tales of rum running and clandestine watering holes of the past! This leisurely-paced walking tour carves a path through the streets of the charming Old Port while we share stories of life as it was back in the 1800's up til the present day. Portland's Happy Hour Includes Samplings of: Local craft brewed beers, a rum cocktail favorite amongst the Maritimes, homemade Maine potato and sweet potato fries, a martini featuring Maine vodka or gin, house made potato chips with truffle oil, a unique spin on a classic cocktail, & fresh, hot Panini's. *This tour is educational, tasty, and definitely a happy two hours!* After the tour you will have two hours to grab dinner, browse the shops, or explore the Old Port.

**\$55 per person (Gratuity Included)**

**Sunday, September 14<sup>th</sup>**

**Bus Leaves Wakefield Rec at 1pm**

**& Rochester Community Center at 1:30pm**

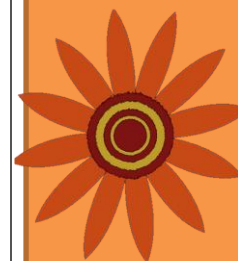
**Pre-registration is required before Sept. 5th**

### SENIOR DAY AT FRYEBURG FAIR

Seniors are invited to a day at the fair on **Tuesday, September 30<sup>th</sup>**. Tuesday is "Seniors Day" at the fair. The Fryeburg Fair offers over 200 of Maine's most talented musicians and entertainers throughout the fair week.

There is no transportation fee for this trip and if you are 65 years or older, there is no gate fee charged for your admission. Wheelchairs are available for rental on a first-come basis. The trip is geared to those 50 years and older.

**Seat reservations will be taken on a first-come basis. We travel to Fryeburg on a school bus.**



## CHAIR YOGA

Instructor: Laurie Biracree

Don't let the world of yoga intimidate you, come try Chair Yoga. Chair yoga is for everyone no matter what condition you are in.

You will learn breathing techniques for a healthy immune system. Yoga postures will be practiced seated on a chair and standing using the chair for support.

**Tuesday's 8am-9am  
& Thursday's 1:15-2:15PM  
@ Union Resource Center  
\$5 per Class**



## YOGA

Yoga classes enhance your posture, coordination and mental focus by improving your flexibility, strength and balance. Let the yoga poses and breath work help quiet the chatter of daily life and relieve stress. Leave feeling rejuvenated.

**Tuesdays 6pm-7pm@ the  
Parks & Rec Building**

**\$10 per class or  
\$50 for an 8 session punch card  
Drop-in's welcome  
Don't forget your yoga mats!**

## HOW TO WATCH A GOOD PROGRAM DIE

### PLEASE REGISTER EARLY

Nothing kills a recreation program faster than residents who wait until the last minute to register. There is a point when a program must be canceled or modified if there is insufficient registration.

All programs require a high level of coordination, often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies. In order for us to host quality sports programs, special events, and classes **please keep an eye out for deadlines and cut off dates.** We request that you register for activities at least two weeks prior to the program start date, unless otherwise noted. Don't let a good program fail. Please register early!

## POLICIES

The Rec Department reserves the right to cancel any program, event, or activity due to insufficient registration or for any other reason preventing a quality activity. No refunds, credits, or transfers will be issued after the first day of the class or program. Full refunds or credits may be granted prior to the start date of a class or program. **\*Participants must register and pay one week before any trip or activity in order to participate in programs.**

WE ARE ALWAYS LOOKING FOR NEW IDEAS FOR TRIPS, EVENTS, AND ACTIVITIES. FEEL FREE TO SHARE YOURS WITH US!

## GET INVOLVED

Want to start volunteering, but don't know how? You are invited to become a part of the Department's Volunteer Program and make a difference in your community. Individuals, families, students, businesses and organizations have an opportunity to contribute time, talents and resources to our programs, teams, and parks. Volunteers can assist with park projects and recreation programs, including coaching. Through the efforts of both Town staff and volunteers, the Wakefield Parks and Recreation Department can continue to provide quality services to citizens of all ages.



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## New Hampshire Recreation and Park Association Member



**www.wakefieldrec.com**