

Franklin Parks & Recreation Department

Winter 2018-2019

Pre-School & Kindergarten Basketball

Recreational basketball that will offer a time of interaction for children and their parents. Children will be introduced to basic basketball skills as well as a variety of fun games in a safe environment. All children must be accompanied by an adult, and the adult must stay through the entire class.

When: Saturdays

January 5th - February 16th

Time: Pre-School - 8:30am - 9:15am

Kindergarten - 9:30am—10:15am

Where: Bessie Rowell Community Center

Fee: \$25.00 (Resident) / \$30.00 (Non-resident)

Registration Deadline: January 3rd

Includes t-shirt & team photo (must be present at picture day).



1st & 2nd Grade Basketball

Recreational program offering children the opportunity to develop basketball skills and self confidence through a safe and fun learning environment. Youth will be divided into teams and will practice Saturdays with an optional practice weeknights.

When: Saturdays (weeknight practice TBD)

December 8th - February 16th

Time: TBD based on number of teams

Where: Bessie Rowell Community Center

Fee: \$35.00 (Resident) / \$40.00 (Non-resident)

Registration Deadline: December 5th

Includes a t-shirt, mouth guard and team photo (must be present at picture day).

Coaches Needed

3rd Grade - High School Basketball

Recreational program offering children the opportunity to develop basketball skills and self confidence through a safe and fun learning environment. Skill development, team play, and sportsmanship are stressed. Youth will be divided into traveling teams and play other area recreational teams. Practices and games will be week nights and weekends and will vary by team. There are generally 1-2 practices and 2 games per week. There is a 12-15 game schedule with additional tournaments. Team practices will start the week of December 2nd. You should hear from your coach prior to with your practice schedule. WE NEED COACHES—If you are interested please contact the Parks and Recreation Department as soon as possible.

When: December - February

Days and times will be based on number of teams and coach preference

Fee: \$45.00 (Resident) / \$50.00 (Non-resident)

Registration Deadline: November 25th

Includes mouth guard, referees and team photo (must be present at picture day).

Coaches Needed

We encourage all players trying out for the school teams to register while space is available. Payment is due prior to the first practice.

Merrimack Valley Basketball League

We will be entering a 5th & 6th grade boys and girls team and High School Boys team into the Merrimack Valley League. If you are interested in joining this team, we will be hosting tryouts at the beginning of November—dates TBD at the Proulx Center. Please register before November 1st for this team. This team will be competitive and will add an additional 7 games, 2 jamborees and playoffs to the regular schedule. There is an additional fee of \$20 to participate in the League Team.

New Registration Process

Now available online or at the Recreation Department!

- Go to <https://franklinnh.recdesk.com/Community/Home>
 - Create an account
 - Add yourself as Head of Household
 - Add your child(ren)
 - Register for programs

If you already have account, log in and register for programs!

Beginner & Intermediate

Archery Lessons

Beginner - Learn the basics of shooting as well as some advance moves for those who have done archery before. Taught with archery games. If you have taken a class with us before, hone in on the basics and get even better than before. All equipment is provided.

Intermediate - For those who have already taken archery with us in the past and who are ready for a new challenge. Staying focused when distractions are everywhere is important to competing. Learn the eagle eye stealth moves of the Olympic archer. All equipment is provided.

Who: Ages 8- Adult

When: Thursdays

Session 1: November 1, 8, 15, 29

Time: 6:15pm - 7:15pm - Beginner

7:15pm - 8:15pm - Intermediate

Where: Bessie Rowell Community Center

Fee: \$40.00 (Resident) / \$45.00 (Non-resident)

Registration Deadline: One week prior to session start date



Adult Pick Up Basketball

Open basketball night for men and women 18 and over interested in participating in pick-up basketball games.

When: Sundays - 6:00-8:00pm

November 4th - April 28th

Where: Proulx Center

Fee: \$2.00 (Resident) / \$3.00 (Non-Resident) per day

FREE Storytime

The Franklin Public Library invites you to join the Children's Librarian for story time and crafts.

Who: Children of all ages from any town

When: Thursday - 9:30am / Saturday - 9:30am

Where: Franklin Public Library—310 Central Street



Open Gym and Game Room



FREE

Foosball

Basketball

Pool

Air Hockey

Ping Pong

5th Grade—12th Grade

Monday—Friday

2:30pm-3:30pm

(Game room will stay open until 3:45)

FREE Snack and Supervised

At the Bessie Rowell Community Center
12 Rowell Drive, Franklin

FRANKLIN PARKS AND RECREATION BEFORE & AFTER SCHOOL PROGRAM

Monday – Friday ~ GRADES: K - 8

Before School ~ 6:30am-8:30am ~ \$0-\$20 week / \$0-6 day

After School ~ 2:30pm-6:00pm ~ \$0-\$25 week / \$0-8 day

(Discounted rates apply to students who receive Free or Reduced Lunch)

**OPEN SNOW DAYS AND DELAYS, TEACHER WORKSHOP DAYS,
AND EARLY RELEASE DAYS!**

***** FULLY LICENSED FACILITY *****



Join the Franklin Parks and Recreation Before & After School Program for some:

- **FUN ACTIVITIES!**
- **HOME WORK HELP!**
- **SPECIAL FRIDAY ACTIVITIES!**
- **MATURE, EXPERIENCED STAFF!**
- **HEALTHY BREAKFAST & AFTER SCHOOL SNACK!**
- **LATE BUS—Transportation Home After School**
- **FAMILY DINNERS & ACTIVITIES**



Air Hockey & Foosball

Board Games

Science & Creativity

Arts & Crafts

Dance & Fitness

Playground

Special Guests

Outdoor Play Space

Sports & Recreation

*For more information please call 934-2118 or visit our website at
www.franklinnh.org*

FRANKLIN JUNIOR YOUTH GROUP



Help your community!
DO SERVICE!



Make the **WORLD**
a better place!

6th, 7th & 8th Grade (ages 11-14)

Most FRIDAYS 7:00-9:00pm

~ Make friends in a supportive environment ~ Develop your powers of expression and confidence ~

~ Strengthen your moral identity ~ Discover your potential to be an agent of positive change! ~

~ **READ** stories and have meaningful **DISCUSSIONS!** ~

QUESTIONS? Call Karen Darling at 770-1851

"Like" us on Facebook! "Jr. Youth Group Franklin NH"

At Bessie Rowell Community Center - 12 Rowell Drive

*(And, it's **FREE!**)*



Express yourself thru
ART and MUSIC!



Play **SPORTS, GAMES** and
make great friends!

**MIDDLE SCHOOL
COMPANION BOOK CLUB
FOR GRADES 4-8**



Do you love reading? Do you love meeting with your friends and having creative discussion? Do you like getting free books? Then have we got the place for you! Come check out our monthly book club held at the Bessie Rowell Community Center.

Once a month, we get together in a relaxed social setting to discuss our books, make a craft, share items & snacks pertaining to each book we read.

Book Club meets the 2nd Tuesday of the month (October-May) from 6:00pm-7:30pm at the Bessie Rowell Community Center.

Register online at:

<https://franklinnh.recdesk.com/Community/Home>

**For more information contact us at
(603)934-2118.**



LIGHTS ON AFTER SCHOOL HARVEST CELEBRATION

Celebrate “Healthy People in Healthy Places” at BRCC!
Join in on this fun family evening highlighting “Lights on After School,” and the healthy messages and environment that BRCC has been working to achieve!



Thursday, October 25th
Drop in between 4:30-6pm

Mad Science show 4:30-5:30pm

*At the Bessie Rowell Community Center
12 Rowell Drive, Franklin*

**FREE FOR THE WHOLE FAMILY!
FREE DINNER, OPEN HOUSE,
FUN GAMES, FACE PAINTING,
AND A HALLOWEEN MAD SCIENCE
SHOW!**



COMMUNITY • HEALTH • PLAY



Franklin Head Start
Early Head Start



For More Information contact Krystal at 603.934.2118 ~ kalpers@franklinnh.org



Franklin HALLOWEEN EXTRAVAGANZA

Saturday, October 27th

A fun filled array of family events co-sponsored by many Franklin area organizations and businesses. Join us for one or stay for them allwe guarantee you'll have a ball!



2:00pm - 3:30pm - TRIP CENTER FAMILY HALLOWEEN PARTY

At the Bessie Rowell Community Center - 12 Rowell Drive, Franklin

Please call 934-4151 for more information.

Free for Children up to age 12 – must be accompanied by an adult! Come to the Community Center for games, make-and-take craft tables, pumpkin decorating, goody bags, refreshments and MORE!! Come dressed in costume for the parade.

3:30pm - 3:45pm - COSTUME PARADE TO DOWNTOWN

We will walk downtown from the Bessie Rowell Community Center for some more fun Halloween Activities! Children must be accompanied by an adult. Bus transportation will be available every 20 minutes from 5:30pm-6:30pm back to the Community Center. Pick up location is at City Hall.

3:45pm - 5:30pm - DOWNTOWN BUSINESS FESTIVITIES

Join the businesses downtown for some fun Halloween activities and Trick-or-Treating.

3:45pm - 5:30pm - TRUNK OR TREAT

As you make your way through downtown, stop by the Municipal Parking lot on Smith and Canal Street for some "Trunk or Treating". Cars will be set up with their trunks decorated handing out goodies.

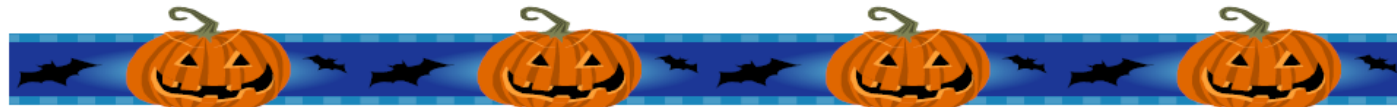
6:00pm - COMMUNITY HALLOWEEN MOVIE & DINNER

At the Veterans Memorial Ski Area - 266 Flaghole Road, Franklin

After your fun Downtown, head up to the Ski Area for a FREE Family Halloween Movie. The concession stand will be open for dinner.

If your organization or business would like to register a car for Trunk or Treating, please contact Krystal at kalpers@franklinnh.org or 934-2118 for a registration form or you can register online at www.franklinnh.org on the Parks and Recreation page.*

All of the above events are open to residents of Franklin and the surrounding communities. For more information call 934-2118.



Santa & His Workshop

Friday, Dec. 7th

at **Twin Rivers Intergenerational (TRIP)**

Bessie Rowell Community Center, 12 Rowell Drive, Franklin



Tree Lighting with Santa & Christmas Caroling

in Downtown Franklin at Scott Marceau Park *(across from FSB)*

It's an evening of holiday fun and cheer!

3:30 – 6:00 PM

Share your Christmas wishes with Santa. Enjoy a photo with Santa for a donation of \$2 or two canned goods per photo for the Mix 94.1 FM Annual Cash-and-Cans drive; Mix 94.1's Fred Caruso will be broadcasting live. At Santa's Workshop, enjoy refreshments, make & take holiday crafts for children, holiday music, face painting, cookie decorating, and more! Decorate a placemat to be delivered to elderly residents with the Meals on Wheels program. *(Please note: Children must be accompanied by an adult for all activities.)*

6:15 PM

Join the Franklin Fire Department as the bucket truck brings Santa Claus from the TRIP Center to the Tree Lighting Ceremony & Christmas Caroling in Marceau Park! Watch as hundreds of lights are lit on the tree - sponsored by the Franklin Christmas Lighting Committee. Sing along while visiting downtown Franklin businesses for caroling and holiday treats (until 7 pm).

5:00 – 8:00 PM

Franklin Opera House - 316 Central St. Festival of Trees (and wreaths). **FREE entry!** *Admire the creativity at the Opera House and participating businesses. If you'd like, purchase raffle tickets to take a chance to a holiday creation with everything on and under it – including all decorations, gifts, and gift certificates!* Questions? Call (603) 934-1901 or visit franklinoperahouse.org.

Christmas Tree Sales supporting Choose Franklin are being held in the Aubuchon/Autozone parking lot:

Thursdays & Fridays (2PM–8PM) and Saturdays & Sundays (9AM–8PM). Buy your tree here to support local programs!

Lights of Memory supporting the Franklin Regional Hospital is being held at the Hospital on Sunday, December 2nd.

Letters from Santa The Franklin Parks and Recreation Department will be offering the Letters From Santa program. Registration boxes will be placed in local businesses beginning in mid-November and also at the "Santa & His Workshop" program.

Questions? Call Nancy Marceau at TRIP Center: 934-4151 or Krystal Alpers at 934-2118.

Coordinated by:

☐ Twin Rivers Intergenerational Program (TRIP) ☐ Community Action Program, Belknap-Merrimack Counties ☐ Franklin Savings Bank
☐ Mix 94.1 FM/WFTN ☐ Franklin Parks & Recreation ☐ Franklin Christmas Lighting Committee ☐ Franklin Opera House ☐ Franklin Fire Department



FIERCE SPIRIT FITNESS

LADIES BOOTCAMP



Multilevel classes, focusing on strength training, flexibility, toning, cardio, endurance, core strength and meditation. A schedule that works all areas of the body throughout each week with a mix of exercises. Every class is different.

FALL SESSION BOOTCAMP:
September 4- November 2, 2018

Monday-5:30am
Tuesday-5:45pm
Wednesday-5:30am
Thursday-5:45pm
A couple Friday workouts during this session 5:30am
Saturday-7:00am
Sunday-8:30am

*FIERCE SPIRIT FITNESS BOOTCAMPS ARE HELD AT THE FOLLOWING LOCATIONS:
ODELL PARK, STONE PARK, BESSIE ROWELL COMMUNITY CENTER (OUTSIDE OR INSIDE
DEPENDING ON WEATHER) \$1 fee for each participant when we move inside. Most workouts will be outside.*

Pricing-

- After August 15, 2018:
 - \$200 unlimited and \$85 punch card.
- Before August 15th, 2018:
 - Option 1- unlimited workouts \$160 - (6 workouts a week \$3.33 per workout, 4 workouts a week \$5 a workout)
 - Option 2- punch card 10 workouts \$70 - (\$7.00 per workout)
- Drop ins- \$10

First class always free. If you refer a friend and they sign up for the September session you will earn 10% off your unlimited package or 2 free punches on your punch card for the September session.

FOR MORE INFORMATION CONTACT JEN ADAMS AT
fiercespiritfitness@gmail.com



ZUMBA[®]
fitness

**at Bessie Rowell
Community Center!**

Join the Latin inspired dance fitness craze!
Sweat and shake your way to better health!

Your first class is free!

Purchase a 5 class punch card for \$25

What are you waiting for??

Monday 4:45pm Zumba
Wednesday: 5:30pm Zumba
Saturday: 8:15am Zumba

All classes are 50 minutes

Attend one or all!

Must be 14 years of age to participate

Classes taught by Melissa Lee,
Licensed Zumba and Zumba Gold
Instructor

zin zumba
instructor
network™

ADDITIONAL INFORMATION

Birthday Parties

Schedule your next birthday party at the Bessie Rowell Community Center. We have a lot of great equipment and activities that will make your party memorable. Please call for pricing and to reserve your date today! Must reserve date 2 weeks prior to event.

Rent the Community Center

Having a baby shower, bridal shower, or a holiday event and do not know where to hold it? Rent the Bessie Rowell Community Center to hold your next event. Please call the Franklin Parks and Recreation Department for more information.

Instructors Wanted

Have a talent or skill that you would like to share with your community? Please call the Franklin Parks and Recreation Department and we can discuss a program for you.

Volunteers

The Franklin Parks and Recreation Department needs adult volunteers to help with various aspects of our programs, including coaching our youth sport teams. If you are interested in coaching any sport or activity, or volunteering your services in any other capacity, please contact the Franklin Parks and Recreation Department.

Bessie Rowell Community Center - Open Gym / Game

Room Schedule

The Bessie Rowell Community Center will be open to the public to come and shoot some hoops, play pool, ping pong, foosball or air hockey. Please call the Franklin Parks and Recreation center for the weekly schedule! Weekend hours as well!

Give the Gift of Recreation

To someone less fortunate by giving to our scholarship fund. This fund is used to offset program fees for families / participants that may not be able to afford a program on their own. We greatly appreciate and accept donations of any size. You may send checks made out to Franklin Parks and Recreation, with a note that it is for a scholarship.

Please join the Franklin Outing Club the 1st Wednesday of the month at Veteran's Memorial Ski Area on Flaghole Road for their monthly Club meeting.

Registration Information

Franklin Parks & Recreation programs are open to the community on a first come first serve basis. The program fee and registration must be submitted prior to the sign-up deadline. If class minimum is not met, class may be cancelled. Registration forms are available at the Bessie Rowell Community Center and on the web at www.franklinnh.org. Please make checks payable to: **City of Franklin** and mail to 12 Rowell Drive, Franklin, NH 03235. For further information contact Krystal Alpers, Parks and Recreation Director at 934-2118 or kalpers@franklinnh.org. Office hours are Monday - Friday 6:30am - 6:00pm.