



TOWN OF BARRINGTON RECREATION DEPARTMENT

Town Gym, 105 Ramsdell Ln.
P.O. Box 660, Barrington, NH 03825
Phone: 603-664-5224
Email: recdept@barrington.nh.gov
www.barrington.nh.gov



2011-2012 WINTER ACTIVITIES FLYER

Senior Striders: Walking Club
Come join your friends and meet new ones while exercising at the Barrington Recreation Department. The doors will open early so you can walk at your own pace in the comfort of being inside. About 23 laps around the gym equals a mile for those keeping track!

When: Monday-Friday,
December 5 -Jun 22
Time: 8:00—9:00 a.m.
Where: Barrington Town Gym
Who: Senior Adults
Cost: Free

Women's Basketball
A non-competitive, drop in program just for women. A great way to meet new people and have fun!
All skill levels encouraged to attend.

Who: Women's 18 +
When: Tuesdays, Dec. 6-Feb. 14
Time: 7:30 pm—9:30 p.m.
Where: Town Gym
Cost: Free

Men's Basketball
A non-competitive, drop in program just for men. A great way to meet new people while getting in your workout.

Who: Men 25 +
When: Sundays, year round
Time: 8 am—10 a.m.
Where: Town Gym
AND
When: Thursdays, Dec. 8-Feb. 23
Time: 8 pm—10 p.m.
Where: Middle School Gym
Cost: Free

High School Basketball
This program is designed for High School Basketball players looking to get a few more shots in.

Where: Barrington Middle School
When: Tuesday Evenings, 7:00—8:30 p.m.
Dates: 12/6, 12/13, 12/20, 1/3, 1/10, 1/24, 1/31
Cost: FREE

Adult Volleyball
This is a recreational drop-in program that is not all about winning, it's about having fun, meeting new people, getting some exercise and playing a team oriented sport without the pressure.

When: Thursdays, Year-round
Time: 8:00 p.m.
Where: Town Gym
Cost: Free
Notes: Please wear comfortable clothing.

**NEW MAILING ADDRESS:
P.O. BOX 660, BARRINGTON, NH**

**INFORMATION RIGHT AT
YOUR FINGER TIPS!!**



WWW.BARRINGTON.NH.GOV
WWW.FACEBOOK.COM

Fitness Flex Fit Punch Card
With the Flex Fit Punch card, you will pay only \$35 for 10 classes - that's just \$3.50 per class! The Flexfit Punch Card is valid for Pilates & Yoga with Sheila only and is good from the time of purchase until July 1, 2012.

Join the Barrington Recreation Department today, by purchasing the Flex Fit Punch Card. An easy and most convenient way to stay in shape!



Valentines' Day Card Contest
Design your best "Be MY Valentine" card.

The winner will receive a prize and their Valentine will receive the original hand made card and a very special gift.

Make sure you include your name, grade and phone number on the back of your card.

Who: Children grades K through 4
Deadline: Monday, February 6
Winner will be announced February 10th.

Adult Fitness Classes
The Barrington Recreation Department is the center for Recreational activity, focusing on healthy recreational and fitness programs. The Department provides quality fitness programs to promote healthy living. These classes are held either at the Town Gym or BMS Music Room.

All Sessions are 7 weeks:
Winter Session I—January 3-February 17
Winter Session II—March 5-April 19
Spring Session I—April 30-June 14

Class Descriptions
Yoga with Sheila Varden-Straffin
This class will be a mixed style Yoga class for all abilities and ages. The goal is to improve flexibility, quiet the mind and learn to really breathe.

Mon, Wed 6:30—7:30 p.m.
Location: BMS Music Room
\$35.00 per session

Tues, Thurs 9:15—10:15 a.m.
Location: Town Gym
\$35.00 per session
Childcare available - \$1/child

Advanced Yoga with Sheila Varden-Straffin
This class will be a power style Yoga class for advanced practitioners. It will be a vigorous, fitness-based approach to yoga. Must have instructor approval prior to taking class

Tues, Thurs 6:00—7:00 p.m.
Location: BMS Music Room
\$35.00 per session

Pilates with Sheila Varden-Straffin
In Pilates class you will be concentrating on stretching and improving core strength. Everyone can do Pilates!

Tues, Thurs 7:00—8:00 p.m.
Location: BMS Music Room
\$35.00 per session

Weds 9:15—10:15 a.m.
Location: Town Gym
\$17.50 per session
Childcare available - \$1/child

Zumba with Carole
Based on traditional Latin dances, Zumba has participants dancing and laughing to great music while still enjoying a great workout. The average participant burns 500-700 calories in one hour!
This is a class for all levels!
Basics are introduced so don't feel shy.

Tues, Thurs 6:30—7:30 p.m.
Location: Town Gym
\$70 per session

2012 Rumpus Room

There will be bouncy balls, music, tunnels, toys, and a parachute for the children to enjoy. If you are a mom, dad, or day care provider you are invited to attend this program with your child. Help setting up & breaking down is always appreciated.

NEW WINTER HOURS!

Tuesday, January 3 - Friday, April 20
Tuesdays & Fridays, 10:45 a.m.—1:00 p.m.

Who: Ages 5 & under

Where: Town Gym

Fee: \$3.00 per Barrington family
\$5.00 per Non-Resident family Parents must stay with their child (ren) during Rumpus Room.

Please note: This is not a drop off program. There must be a parent/guardian with every child.

Lacrosse Clinic

Participants will receive instruction covering the key fundamentals of lacrosse. Participants will apply such techniques in the form of individual, partner/group and position-specific drills. Each session will also include designated time for strength/conditioning and to review/discuss the history, rules & honor code of lacrosse.

When: Mondays, January 23, 30,
February 6, 13, March 5, 12, 19, 26

Time: 5:00—6:30 p.m.

Where: Town Gym

Ages: Boys 10-14 year olds

Cost: \$40

Kindergarten Enrichment

Children will stay at the ECLC for an extended day and enjoy lunch with friends, kindergarten activities from journal writing and individual projects of interest (dramatic play, science) to sensory exploration, and gross motor games.

Ages: 5 & 6 years old

When: Thursdays, January 27-March 10

Time: 11:30 am—2:00 p.m.

Where: ECLC

Cost: \$100 per child

Notes: Please send a lunch with your child. Please keep in mind that this program follows the SAU#74 calendar.



Pats Peak Ski/Ride Program 7th & 8th graders

The Barrington Recreation Department will be offering a ski and snowboard program for grades 7 & 8 this winter at Pats Peak Ski Area in Henniker, NH. This five-week program will begin on Friday, February 18 and end on Friday, March 25.

Registration has begun.
Get your forms in today!!

Registration Deadline: January 3rd at 4:00 pm or when program is full, whichever comes first.

Space is limited, so please sign-up early!!

For more specific details on registering for this fantastic NEW program, please contact the Recreation Office or visit our website.

2012-2013 M.A.P. & A.S.K. Programs

Registration begins February 8 @ 10:30 a.m. at the Town Gym. The Registration Packet must be complete & \$35 deposit given at time of registration.

These two programs will provide a safe and secure environment, a relaxed atmosphere where participants can socialize, provide time for homework, and always provide a snack.

M.A.P. PROGRAM

Grades K – 4

Maximum of 85 participants

When: Monday - Friday

Time: Morning Hours: 7 am – 8:30 a.m.

Afternoon Hours: 3:00-6:00 p.m.

Location: Barrington Elementary School

Cost:

Mornings only: \$25 per week

Afternoons only: \$35 per week

Mornings & Afternoons: \$50 per week

A.S.K. PROGRAM

Grades 5 – 8

When: Monday – Friday

Time: Afternoon Hours: 2:00 – 6:00 p.m.

Location: Barrington Middle School

Cost: \$35 per week

Winter Bingo

Winter got you kind of blue? Well don't fret, the Barrington Recreation Department has the answer! Leap into the New Year by playing "Beat the Blues Winter Bingo".

Complete an activity in each square to create fun for the whole family. When you have "Winter Bingo" drop off or mail the bingo card to the Rec. Office by 2/29/12.

Ages: Children in 8th grade and younger

When: 1/1/12 through 2/29/12

Bingo cards available on the REC website or at the Town Gym.

Prizes will be randomly drawn from the bingo cards submitted.

2012 January Teacher Workshop Camp

Enjoy this Teacher Workshop Day with your friends at the REC.

We will have arts & crafts, movies, games, music, dancing, and outdoor fun!

Ages: 6-12

When: Tuesday, January 17, 2011

Time: 7:00 a.m.—6:00 p.m.

Cost: \$25 per resident, \$40 per non-resident
Space is limited to 40, so sign up ASAP!

2012-2013 Discovery Center Socialization Program



2012-2013 REGISTRATION INFORMATION

January 3, 2012

Current 2011-2012 Program Participants

February 1, 2012

All other Barrington Residents

March 1, 2012

Non Residents

Come join us in the Discovery Center Program. Center-based learning experiences will nurture your child's self confidence, promote friendships and encourage creativity and imagination. Music, creative arts, and lots of time to make new friends and PLAY!!

3-year old program

When: Tuesday & Thursday,

Time: 9:00—11:30 a.m.

Where: ECLC

Fees: \$25 non-refundable deposit

\$105 per month per residents

\$120 per month per non-resident

Notes: Maximum of 15 participants

4-year old program

AM Class: Mon, Wed, Fri, 9:00-11:30 a.m.

PM Class: Mon, Wed, Fri, 12:30-3:00 p.m.

Fee: \$25 non-refundable deposit

\$140 per month per resident

\$155 per month per non-resident

Notes: Morning class has a maximum of 15 participants. Afternoon class has a maximum of 12 participants.

2012 February Vacation Camp

Come enjoy this February break with your friends at the REC. Play games, make crafts, maybe sledding and much more!! We will head to The Children's Museum, McIntyre Ski Area for tubing and also play laser tag at the Rec.

When: Monday - Friday,

February 27 - March 2

Time: 9:00 a.m.—5:00 p.m.

Where: Town Gym

Cost: \$140 - Residents

\$155 - Non-Residents

Notes: Please send the appropriate clothing each day of camp. Please send a lunch to camp with your child.

DID YOU KNOW.....

The Recreation Department is always striving to deliver the best programs to the residents of Barrington. We are always looking for new program ideas and people to help run them. If you have any ideas please call the office at 664-5224 and let us know what you have in mind.

Please continue to visit the Barrington website at www.barrington.nh.gov and click on Recreation to stay current on our ever-growing programs.

The Barrington Recreation Department is a member of the New Hampshire Recreation and Park Association. NHRPA is a non-profit professional organization affiliated with the National Recreation and Parks Association, PlusTime NH, the New Hampshire Association of Health, Physical Education, Recreation and Dance (NHAHPERD), the New Hampshire Municipal Association and the NH Division of Parks and Recreation.

The Barrington Recreation Commission meets the 3rd Monday of every month at 6:00 p.m. Recreation Commission meetings are held at the Recreation Office & are always open to the public.