

Welcome to “Explore HPR – What We Offer”

February 2019

## *Ongoing Programs*

### February Mini Camp

Get ready to get cretaceous this February Vacation and go back in time! Sign up today for our minicamp for students in grades K – 5, Feb. 19<sup>th</sup> – 22<sup>nd</sup>. Check out all the [fun activities](#) that are planned for the week.

### Swim Skills Clinics - Spring Session

Have your 4<sup>th</sup>-12<sup>th</sup> grader join us at the Dartmouth Spaulding Pool to learn the four major strokes of competitive swimming. This program is ideal for those swimmers looking to advance their involvement in the sport and get a taste for what competitive swimming is like. The Spring Session starts on April 8<sup>th</sup> and the clinics are held on Mondays, Wednesdays & Thursdays 6:30-7:30pm.

### Open Gym

Will continue through the basketball season. Mondays 3:30-5:00pm and Wednesdays 2:30-4:30.

### Zumba

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.

Instructor Liz Burdette: Mondays & Wednesdays, 8:30am—9:30am

Instructor Rhonda Fenton: Wednesdays, 5:45pm — 6:45pm, Saturdays, 9:00am—10:00 am

## *Events*

### Pond Party Construction Day

Grab a friend, parent, sister, brother, neighbor, teacher, whoever! to design and build a snow sculpture for this year’s Pond Party! Pizza at 12 pm for all volunteers. Don’t want to build a snow sculpture but still want to help, we have TONS of other jobs that need you. Plenty of fun to be had getting ready for the Pond Party.

### Pond Party

Join HPR and 3,000 of your closest friends for this fun filled event, 250 winters in the making! **Saturday, February 9<sup>th</sup> at Occom Pond.**

### [\(KAST\) Kids Afterschool Time Newsletter](#)

## **Rentals**

Have your upcoming event or celebration with us at the RWB Community Center! Whether it is a get together for 10, a birthday party of 25, or a banquet for 140, we have what you need! Kitchen facility, a variety of spaces to meet your needs, audio and visual equipment, sports equipment, dance studio, craft room, and the bounce house! We also have a variety of outdoor parks that include picnic pavilions, water access to the Connecticut River, and playgrounds, which are available to reserve for events large or small.

## ***New Programs***

### **Essential Oil Craft!**

Come join the fun as we make our own lip balms! Find out how fun and easy it is to make your own Orange Creamsicle scented lip balms and other scents using all natural and organic materials. Saturday, February 16th at 11am at the RWB Community Center, Room 214 Cost: \$12

### **Ladies Winter Mechanical Bike Clinics**

Geeking out on bikes with Liz & Leah! Common mechanical problems on the trail. We will learn how to change a flat tire, including removing the elusive back wheel, fix a broken chain, and learn what tools to have at all times. This clinic is a great refresher!

### **Kick Your Sugar and Carb Cravings Goodbye**

Saturday, February 23<sup>th</sup> from 11am-12pm at the RWB Community Center. Join certified health coach Robyn Morrison for her “Kick Your Sugar and Carb Cravings Goodbye” workshop! \$5 Residents, \$10 Non-Residents.

## ***Athletics***

**Spring Sport Registration** is now open!

We are taking registrations for K – 3 baseball, K – 6 boys and girls lacrosse, & 5<sup>th</sup> – 8<sup>th</sup> softball. Also, we are looking for Spring Track & Field assistant coaches.

Email [Bri.Barnes@hanovernh.org](mailto:Bri.Barnes@hanovernh.org) if you're interested in helping with any of our sports programs.

### **7/8 Baseball**

Starting this spring the 7/8 baseball program will be administered through the Dresden Baseball Association. Click the link above to register before April 7<sup>th</sup>.

### **Annual Statement of Registrations**

The link above will walk you through the steps to access your annual statement of registrations with Hanover Parks and Recreation through your household account

### **Active Adult Bi Monthly Newsletter**

### **Like us on Facebook**