

Meredith Parks & Recreation Department



2024 Spring Brochure
www.meredithnh.org

Mission Statement



The main goal of the Meredith Parks & Recreation Department is to provide recreational and leisure activities for the community at large, and for people of all ages. This is accomplished by working with the schools, commercial establishments, and community volunteers to create organized programs and self-guided recreational opportunities.

Community Center Hours

Monday - Friday: 8:00am - 8:00pm

Saturday: 9:00am - 1:00pm

Important Phone Numbers

Community Center	279-8197
Town Hall	279-4538
Waukewan Beach	707-2558
Public Library	279-4303
Police Department	279-4561
Community Caregivers	253-9100

Inter-Lakes Youth Soccer

Sam & Greg Smith 707-0104
ilysleague@gmail.com

Bill Lamper Basketball

blyblbasketball@gmail.com

Cal Ripken Baseball

Dan Curnyn 707-2922
lakesregionalcalripen@gmail.com
lakesregionalcalripenleague.sportsengine-prelive.com/

Parks & Recreation Director

Vint M. Choiniere, CPRP

Program Director

Sarah Perkins

Maintenance Crew Chief

Andy Campney

Town Manager

Troy Brown

Board of Selectman

Steve Aiken

Jeanie Forrester

Lynn Leighton

Jonathan James

Michael Pelczar

PROGRAMS AND EVENTS:

In this brochure you will find the upcoming programs and events for the Meredith Parks and Recreation Department. You may also find this on our website www.meredithnh.org.

If you have any comments or ideas for new programs please let us know. We are always looking for ways to improve our programs. You may contact Sarah by phone 279-8197 or email sperkins@meredithnh.org

REGISTRATION INFORMATION

Registration Forms can be found at the Community Center or at

www.meredithnh.org

- Payment is due at the time of registration. (Cash or check only)
- A registration form must be completed for each program registration.
- Proof of residency may be required.
- Please indicate on top of the registration form if you do not want your child's picture shared in advertising.
- MPRD reserves the right to change or cancel programs and events as needed.

FINANCIAL HELP

The Parks and Recreation Department attempts to keep its fees affordable for all residents. If you have an unusual financial situation that limits participation, please contact the General Assistance Office located at the Meredith Town Hall at 279-4538.

CANCELLATIONS

The Parks and Recreation Department reserves the right to cancel or consolidate any program that does not meet the minimum participant registration requirements.

REFUNDS

All requests for refunds must be submitted in writing to the Parks and Recreation Department. Refunds are only given if the Parks and Recreation Department cancels the program or for extenuating medical reasons. Refunds will be prorated for medical reasons with documentation.

SERVING THE COMMUNITY

The Parks and Recreation Department and staff provide programs for all members of the community. If you or your child have varying needs due to a disability or medical condition and you need more information, please contact us. We welcome your suggestions and will work with you to meet your needs.

Parks and Beaches

Childs Park

Located in Meredith Center.

Playing field, basketball court, playground, and ice skating rink. Public restrooms are available.

Circle Drive Park

Located on Circle Drive across from the Meredith Community Center.

This small 1 acre partially wooded park provides a peaceful setting for picnics. No public restrooms available.

Waukewan Highlands Community Park

Located off Parade Road, Route 106. 190 acre managed forest, 3 miles of trails maintained for hiking, jogging, mountain biking, snow shoeing, cross country skiing, and horseback riding. Also includes an interpretive trail. Hart's Pond is the centerpiece of the area and once served as Meredith's reservoir. Camping and motorized vehicles prohibited. Park closes at dusk. No public restrooms available.

Swasey Park

Located on High Street off Main Street. Peaceful 7-acre wooded park, waterfront on the Waukewan Canal, picnic area, and great place to explore nature. No public restrooms available.

Prescott Park

A 34 acre parcel of land located on Daniel Webster Highway, Route 3 N.

Lower Prescott Park: Basketball court, baseball diamond, softball fields, batting cage, ice-skating rink. Upper Prescott Park: tennis courts, 12 Pickleball courts, soccer fields, baseball diamond, walking loop .43miles/lap. Public restrooms are available at both Upper and Lower Prescott Park on a seasonal basis. Parking for upper park located at ILES and ILHS. Park can be accessed by the North and South trails.

**HIKING MAPS ARE AVAILABLE
ONLINE AND AT THE MEREDITH
COMMUNITY CENTER**

BEACH RULES

NO LIFE GUARDS ON DUTY

- Dogs prohibited.
- Alcoholic beverages prohibited.
- Horseplay will not be tolerated.
- Glass containers prohibited.
- Open fires/coals on beach prohibited.
- A responsible person must supervise children at all times.
- Smoking allowed in designated areas only.
- Be responsible and have fun!



Leavitt Beach

Located on Lake Winnepesaukee - Leavitt Park Rd. off Route 25. Beach, picnic area, barbeque grills, and public canoe/kayak launch. Public restrooms and showers available. ***Parking permit required***

Waukegan Beach

Located on Lake Waukegan off Waukegan Street. Public boat launch within walking distance. Public restroom and showers available seasonally .



Tennis/Pickleball Courts

Courts are located at Upper Prescott Park.
There are 6 tennis courts and 12 pickleball courts
2 tennis courts are lit & 4 pickleball courts are lit

COURT POLICY:

- Courts are available on a first come, first served basis.
- Parks and Recreation sponsored activities take precedence.
- A schedule of above events /activities will be posted at courts.
- Play is restricted to one hour per party, if there are others waiting.
- Park closes at 10pm.
- Skateboards, bikes, roller blades & animals are not permitted on courts.
- Players are responsible for picking up after yourselves. Pickleball nets must be stored in storage containers when not in use.

Courts Close for the season November 1st

Parking:

Parking for individuals with disabilities available at the courts.
All others need to park at the Lower Prescott Park Parking Lot or at the Elementary School Parking Lot and access the courts by the north and south trails.

After School Program

Grades: K – 8
Dates: September 5, 2023 - June 18, 2024
(pending snow make-up dates)
Days: Monday – Friday
Time: 3:00pm – 5:30pm
Location: Meredith Community Center

Program Fees

Resident fees:

1 child	\$35.00/per week
2 children	\$50.00/per week
3+ children	\$66.00/per week

Non-Resident fees:

1 child	\$50.00/per week
2 children	\$66.00/per week
3+ children	\$81.00/per week



Children will have the opportunity to work on homework as well as participate in active games, arts and crafts, challenge days and much more.

A super fun place to send your children after school!

Check out the After School Packet on our website www.meredithnh.org or pick one up at the Community Center today.

A bus will transport all Afterschool students to the Community Center directly after school - Parent permission is required for the school - please notify the school that your child is attending the afterschool program.

Pick up time is 5:30 pm. If you pick up your child later than 5:30 pm you will be charged \$5 for every 5 minutes late.

This program is separate from vacation camps, full day camps, half day camps and summer camp. All programs require a separate registration form

“Through recreational activities, we can find solace, healing, and rejuvenation in the midst of life’s challenges.” - Unknown

Interlakes Community Caregivers

Interlakes Community Caregivers is a nonprofit, 501(c)(3) organization, supported by caring volunteers who provide services to individuals and families in times of need. Our program complements existing public and private resources geared toward assisting neighbors to remain living independently in their homes for as long as is possible.

Services include:

Local area rides are provided
Friendly visits
Telephone checks
Service assessments
Errands
Occasional meals
Resource referral
Quality of life experiences



Office Telephone: (603) 253-9275
For Service Call: (603) 253-9100

Birthday Party Package

**Looking for the perfect place to have your child's
Birthday Party?**

Give your children the gift of an awesome party with us!

Package includes a two hour block in the gym for 20 children, tables and chairs set up for you, choice of 1 hour of the climbing wall, jumpy house or game room as well as additional equipment such as scooters, basketballs, dodgeballs, hula hoops, and much more! A staff member will oversee the jumpy house and climbing wall activities during the party and additional time for set-up and clean up is provided for you!

Price: Meredith Resident: \$100
Non Meredith Resident: \$150
(\$30 fee for additional activity)

Forms are available at the Community
Center and at www.meredithnh.org



Scheduled Early Release Days

Half day of school, where are the kids? They are at the Community Center!
Sign up today - it's easy. Your child will ride the bus to the Community
Center and enjoy games, crafts, and outdoor fun.

Grades: K – 8

Dates: The last day of school

Time: 12:00pm – 5:30 pm

Location: Meredith Community Center

	<u>Resident:</u>
1 Child	\$15.00/day
2 Children	\$20.00/day
3+ Children	\$30.00/day

<u>Non-Resident</u>
\$20.00/day
\$26.00/day
\$36.00/day



T-Ball

This program relies on volunteer coaches. Space is limited based on the number of volunteer coaches.

Please contact Sarah Perkins if you are interested in volunteer coaching—no experience needed! sperkins@meredithnh.org

Ages 4/5 & Grade K

Must be 4 by the start of the program

Day: Mondays & Wednesdays
Dates: May 6, 2024 - June 3, 2024
Make-up Wednesday June 5, 2024
Location: Childs Park - Meredith Center
Time: 5:00pm - 5:45pm
Fee: Resident/Taxpayer \$25
Non-Resident/Non-taxpayer \$35

**Registration
Deadline:
April 20, 2024**

Cancellations due to weather:

Rain does not necessarily mean we will cancel - but if a cancellation is needed we will cancel by 2pm. Please call the school or Community Center (279-8197) after 2:00pm to find out the status of the program.

Cancellations will also be posted on our Facebook page!
Meredith Parks and Recreation



Advanced Daytime Pickleball

This is a paddleball sport which combines elements of tennis, badminton and table tennis. This fun game is sweeping the nation and is an ideal way for active adults to have fun and stay in shape. Intended for players who have played for years, looking for a more fast paced competitive game.

When: Wednesday and Friday

Where: Meredith Community Center

Time: Group A 9am-10:25am Group B 10:30-12pm

Fee: \$35.00 per session Meredith Residents

\$45.00 per session Non-Residents

Cabin Fever: February 7 - April 5, 2024 (no 2/28, 3/1, 3/13)

Registration opens: Residents - January 8, 2024

Non-Residents - January 11, 2024

Spring: April 10 - May 31, 2024 (no 4/24, 4/26)

Registration opens: Residents - March 11, 2024

Non-Residents - March 14, 2024

Novice Pickleball

This class is intended for beginner players only – these will be gentle Pickleball games – no competition, just fun!

All equipment is provided! This is an instructional program, come and play – we will teach you the basics and play some fun games!

Pre-registration is required – minimum: 4 maximum: 12

When: Mondays

Dates: March 4, 11, 18 & 25, 2024

Registration opens: Meredith Residents: 2/5/2024

Non-Residents: 2/8/24

Where: Meredith Community Center

Time: 9:00am-10:00am

Fee: \$10 Meredith Resident / \$15 Non-Meredith Resident

Intermediate Pickleball

This class is intended for mid-level players who have taken Novice Pickleball looking to practice the game for fun. This is not intended for competitive advanced players.

Pre-registration is required – minimum: 6 maximum: 24
MPRD reserves the right to change/cancel/adjust the program as needed.

When: Mondays March 11, 2024 – May 6, 2024 (no program 4/22/24)

Registration opens:

Residents: February 12, 2024

Non-residents: February 15, 2024

Where: Meredith Community Center gym

Time: “A” 10:30am-12:00pm or “B” 12:00pm-1:30pm

Fee: \$20 Meredith Resident / \$25 Non-Meredith Resident

Evening Adult Pickleball

Come try Pickleball! A fun sport that combines tennis, badminton and ping pong—an activity that everyone can have fun with! It’s a great way to get some low impact exercise while having fun!

Ages: Grade 9 - adults

Day: Thursday nights

Where: Meredith Community Center

Winter: February 1, 2024 - March 28, 2024

Registration opens: Meredith Residents: January 2, 2024

Non-Residents: January 5, 2024

Spring: April 4 - May 30, 2024

Registration opens: Meredith Residents: March 4, 2024

Non-Residents: March 7, 2024

Time: 6:00pm-8:00pm

Fee: \$20 Resident/per session \$30 Non-Resident/per session

Active Senior Programs

Stop in between the hours of 8am-2:30pm Monday through Friday in Meeting Room A for some good conversation, read the newspaper over a cup of coffee or play a game of cards with a new friend! Some of the programs we offer for adults also include:

Walk Fit: Monday-Friday 8-8:45 in the gym

Hooks & Needles: Tuesdays 9:30-11:00

(Knitting etc.)

Game day: Wednesdays 9:30-12:00 (board games, card games, puzzles etc)

Free Computer Classes: Every other Friday at 9am



Senior Yoga

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

Instructor: Nancy Stetson

When: Wednesday mornings

Early Spring: March 20 - April 24, 2024

Registration Date: February 12, 2024

Make-up: May 1, 2024

Spring session: TBD May/June 2024

Time: 8:30-9:15am

Where: Community Center Room B

Fee: \$25 Resident \$30 Non-Resident

Class is limited to 20 participants per session



Senior Exercise - Sassy Step and Stretch

Senior adults 55+ will enjoy healthy exercise to music in a fun, safe, and supportive atmosphere.

When: Mondays and Thursdays

Spring session: March 18 - May 9, 2024

No class: 4/22/24 & 4/25/24

Make-up dates if needed: 5/13/24 & 5/16/24

Time: 9:00 am - 10:00 am

Location: Meredith Community Center

Instructor: Paula Wanzer

Fee: Resident/Taxpayer \$30

Non-resident/Non-taxpayer \$40



Strength & Balance

Meredith Parks & Recreation has partnered up with LRVNA to offer this great class to help adults improve their strength, balance and flexibility at a moderate and comfortable pace. Space is limited as there is a maximum of 40 participants per class.

Spring session: April 16 - June 13, 2024

*No class: April 23 & April 25, 2024

Make-up if needed: June 18 & June 20, 2024

Days: Tuesday & Thursday

Time: 11:15am-12:00pm

Where: Meredith Community Center

Fees: \$80 Residents (One day session: \$40)

\$90 Non-Residents (One day session \$45)

Registration form must be completed for each session

Easter Egg Hunt

Come join us and the Bunny for a fun day of egg hunting, climbing wall, jumpy house, activities, arts & crafts, refreshments and much more!!

When: Saturday March 30, 2024
Where: Meredith Community Center
Time: 10 am-12 pm
Cost: FREE! Donations accepted!

Easter Egg Hunt Times:

Ages 1-2 10:10-10:20
Ages 3-4 10:20-10:30
Ages 5-6 10:40-10:50
Ages 7-9 10:50-11:00

Registration Required:

Please come BEFORE
your designated time to
register.

Registration opens at 9:30!

Hunts will take place
outside! Dress accordingly!

DONATIONS NEEDED:

- *Plastic eggs
- *Candy to fill eggs
- *Easter baskets
- *Golden ticket prizes
- *Items to fill baskets
- *Small toys to fill eggs
- *Refreshments
- *Drinks
- *Snacks
- &
- VOLUNTEERS!**

Climbing Wall

Come try out the 26' climbing wall to help
beat those mid-winter blues! No
experience or equipment needed!



When: 1st Friday night each month
2/2/24, 3/1/24, 4/5/24, 5/3/24, 6/7/24

Time: 5:30-7:30pm

Where: Meredith Community Center

Cost: \$3 per child under age 10

\$5 per adult & family rate \$10 per visit



Children will have the opportunity to participate in both active and passive games, cooperative activities and arts and craft projects.

First weeks payment is due with registration

**Ask about our
3 day option!**

When: 9:00am-4:00pm (Early drop off 7:30am/Late pick up 5:30pm)

Who: **Kids entering grades K-8 for 2024/2025 school year**
(Grade K must be 5 before attending camp)

Dates: TBD

Days: Monday through Friday (Closed Thursday July 4, 2024)

Location: Meredith Community Center

(Special drop off days at Leavitt Beach, see calendar)

COST: You must pay the weekly price listed below. If your child is absent you will NOT get reimbursed for that day.

There are no daily rates.

<u>Program Fees</u>	<u>Resident</u>	<u>Non-Resident</u>
<u>FULL DAY 9-4pm</u>		
1 Child	\$100.00/week	\$150.00/week
2 Children	\$138.00/week	\$188.00/week
3 Children or more	\$156.00/week	\$207.00/week
<u>HALF DAY 9-12:30</u>		
1 Child	\$50.00/week	\$75.00/week
2 Children	\$70.00/week	\$94.00/week
3 Children or more	\$78.00/week	\$105.00/week
Early drop off fee (7:30am-8:45am) (per family)		
	\$15.00/week	\$20.00/week
Late pick up fee (4:00pm-5:30pm) (per family)		
	\$15.00/week	\$20.00/week

Registration packets available May 1, 2024

WEEKLY ACTIVITY FEES:

These fees need to be paid by the FRIDAY prior to the week of the trip. If a trip fee is not paid, your child will not be allowed on that week's field trip. Trip fees are used to cover the cost of transportation, performers and admission prices.

Drop In Hours & Policies

This time is intended for the community at large with the following provisions:

Availability is subject to change

Activity Center (Gym)

Tuesday-Friday: 12:30pm-2:30pm

Tuesday & Wednesday: 5:30pm-8pm

Friday: 5:30pm - 8pm (Pending Private Bookings)

Saturday: 9am - 1pm (Pending Private Bookings)

Game Room Only:

Monday-Friday 8am - 2:30pm & 6pm - 8pm

Saturday: 9am - 1pm

A monthly schedule of additional drop in gym times or changes in schedule will be posted each month on our website at www.meredithnh.org

Drop In Policies:

1. Grades 6 and under must be accompanied by an adult 18 years or older.
2. Registration Form **MUST** be filled out and given to the front desk or you will be asked to leave.
3. Everyone must sign in and out at front desk.
4. Play safe, no hands on activities.
5. Appropriate language and music.
6. Be respectful of others belongings and equipment.
7. Follow instructions given by Community Center staff.
8. Students in Grades 7-12 can attend without a parent if a registration form is on file.