“Fun For All Seasons!”

2019-20 Fall and Winter Programs
**FALL HIKING PROGRAMS**

These hikes are offered to any individual who would like to get outside for some fresh air, fun and exercise. Participants under the age of 18 must be accompanied by an adult guardian. Hikes will be held on Tuesday mornings throughout the fall beginning September 17th. If a hike is cancelled due to weather, all participants will be notified as soon as possible. You must RSVP with the Parks and Recreation office **at least one day prior to each trip**. We will meet in the Gilford Town Hall Lobby at 9:15 a.m.

**COED ADULT VOLLEYBALL PROGRAM**

Open to men and women over age 18, this program will be held in the GMS Gymnasium on Tuesday evenings from 7:00 – 9:00 p.m., Oct. 1st - May 19th (less any Tuesdays that there is a school function, vacation week, snow day or holiday). The program will be recreational in nature, and players of all abilities are welcome. A registration fee will be charged of $2.00/person, per evening. Interested individuals can call the Parks and Recreation Department Office at 527-4722 or show up at the gym to register.

**ADULT PICK-UP BASKETBALL PROGRAM**

Open to all adults over the age of 18, this program will be held in the GMS Gymnasium on Thursday evenings from 7:00 – 9:00 p.m., Oct. 17th – Nov. 21st (No Program on Oct. 31st or Nov. 14th). The registration fee will be charged of $2.00/person, per evening. Interested individuals can call the Parks and Recreation Department Office at 527-4722 or show up at the gym to register.

**SENIOR STRIDES WEEKLY WALKING GROUP**

Every Wednesday from 9:00 – 10:00 a.m. we will offer a drop-in walking group program at the Gilford Youth Center beginning on December 11th. This program is geared towards senior adults looking to get out for some exercise. Participants can track their laps as they work towards a goal or simply stop in for a casual stroll while socializing with friends. Plenty of chairs will be available for participants to take breaks as needed. Coffee, tea and water will also be provided each week. Come join us for some good exercise and fun socialization! A $1.00 weekly donation is suggested.

For more information, please call the Parks and Rec Office at 527-4722.
ANNUAL HALLOWEEN HAPPENING

On Friday, October 25th from 5:30 – 7:30 p.m., all Gilford children in Grade 6 and younger are invited to attend our annual Halloween Happening Program at the Gilford Middle School. Children will have the opportunity to participate in a variety of Halloween themed games and activities including craft activities in the cafeteria (only from 5:30-6:30p.m.), our costume contest and the Halloween Jail! All children who attend are eligible to win great door prizes in our annual Monster Mash Raffle.

Volunteers are always needed and welcomed. If you are interested in volunteering, please call the Parks and Recreation Office at 527-4722.

* The Gilford Police Department has set Trick-or-Treating in Gilford for Thursday, October 31st from 5:00 p.m. - 8:00 p.m. During these hours, Belknap Mountain Road will be closed from Potter Hill Road to the Imagination Station Parking Lot at the GES. Public is encouraged to park at the schools via Alvah Wilson Road*

GILFORD YOUTH BASKETBALL PROGRAM

Open to all Gilford students in grades 1 through 6. A registration night will be held on Wednesday, October 30th from 5:30 p.m. - 7:00 p.m. in the Parks and Recreation Office in the Gilford Town Hall. The Registration deadline for all participants is Wednesday, November 7th. The early registration fee is $25.00 per child - after November 8th, the fee will be $35.00. Coaches, assistant coaches and referees are always needed and welcome!

For more information, please call the Parks and Recreation Office at 527-4722.

BOSTON CELTICS BUS TRIP

Join us on Wednesday, March 18th on a trip to see Kemba Walker, Jayson Tatum, Jaylen Brown and the Boston Celtics take on RJ Barrett, Julius Randle and the New York Knicks. Ride to Boston in comfort aboard a Coach Company charter bus, complete with TV/DVD and lavatory. Seats are located in section 311 of the balcony and the cost is $80.00 per person and includes the cost of your ticket to the game and transportation. Any other expenses are your own responsibility. Any child ages 17 or under must be accompanied by an adult guardian. Space is limited, so sign up today! The Bus will depart the Gilford High School at 4:45 p.m. for a 7:30 p.m. game, with an approximate time of return of 12:00 a.m. Trip is limited to the first 30 participants to register. Please call the Parks and Recreation Office at 527-4722 for registration information.
**SANTA LAND (Co-Sponsored by the Gilford Youth Center!)**

This fun filled program offers area youth the opportunity to participate in some holiday themed games and activities leading up to having their picture taken with Santa Claus. Activities include a bounce slide as well as holiday crafts and activities. This program is scheduled for **Friday, December 6th** from 5:00-7:30 p.m. and **Saturday, December 7th** from 10:00 a.m. – 12:00 p.m. to be held at the Gilford Youth Center.

**DOWNHILL SKI & SNOWBOARD PROGRAM**

Open to all Gilford students in grades 1 through 8. This program will take place at Gunstock Ski Area and will run on Tuesday evenings for 4 weeks from January 7th through January 28th, 2020. Program will include a 50 minute group lesson as well as some free-ski/snowboard time each week (Students in grades 7-8 have the option to opt out of lessons). Participants will be broken up into lesson groups based on ability. Equipment rentals are available. All participants in grades 1-2 must be accompanied by a chaperone for the duration of each evening. Registration will begin on Friday, October 4th. **The Registration Deadline is Friday, November 15th**! This deadline will be strictly adhered to, so please register early.

**Cost:**

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<td>Lift Ticket and Lesson (Gr. 1-2) (includes chaperone lift ticket)</td>
<td>$250.00/participant - Midweek non-holiday pass</td>
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<td>$380.00/participant - Winter Prime full pass</td>
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For more information, please call the Parks and Recreation Office at 527-4722.
**X-COUNTRY SKI LESSONS**

Open to participants of all ages and a great opportunity for the whole family to enjoy the outdoors. This program will be offered for four consecutive Saturday mornings at Bolduc Park from January 4, 2020 through January 25, 2020 (in the event a day is cancelled because of poor weather, it will be made up the week(s) following January 25th). Lessons begin at 10:00 a.m. and rental skis may be picked up at 9:00 a.m. at Piche’s Ski Shop!

**Cost:**
- $80.00 per person includes rental equipment!
- $40.00 per person if you have your own equipment!

Watch for registration information closer to the start of the program.

For more information, please call the Parks and Recreation Office at 527-4722

**WINTER SNOWSHOE HIKES**

**ADULT SNOWSHOE HIKES:** These hikes are offered to any adult over the age of 18 who would like to get outside for some fresh air, fun and exercise.

**FAMILY FULL MOON SNOWSHOE HIKE:** Bring your family and join us for a moonlight snowshoe hike that the whole family will enjoy on Monday, February 10th! This hike is open to all ages, but those under the age of 18 must be accompanied by an adult guardian.

Hikes will be held throughout the winter season starting in January, depending upon weather conditions. If a hike is cancelled due to the weather, all registered participants will be notified as soon as possible and we may try to add them on at the end of the schedule. Limited snowshoes may be available upon request. You must RSVP with the Parks and Recreation office **at least three days prior to each trip** to reserve your available equipment. Watch for more information closer to the start of the program.

**ANNUAL CARDBAORD BOX SLED DERBY**

During the week of February School Vacation, we will be holding our 13th Annual Cardboard Box Sled Derby on Wednesday, February 26th, where participants construct their cardboard box sleds in advance to race them against other competitors. Participants will be judged in a variety of areas including the fastest sled as well as the most creative design! This activity will be weather dependent. Please watch for more information closer to the program.
GILFORD’S ARTHUR A. TILTON ICE RINK

Open daily from dawn – dusk, from late December through early March as conditions allow. Telephone: 293-0692.

Daily skate schedule is as follows:

Dawn – 10:00 am  Open Skating
10:00 am – 12:00 pm  Stick and Puck (Ages 13 and Under)
12:00 pm – 3:30 pm  Open Skating
3:30 pm – Dusk  Stick and Puck (Ages 14 and Up)

Schedule is subject to change at the discretion of the Parks and Recreation Department.

Ice Rink Rentals Available: For information on rink rentals for private games/parties, please contact the Parks and Recreation Department at 527-4722

Please watch for information on special events and/or programs to be held at the Ice Rink through the winter season.

ADULT CURLING

Curling is the sport of “sliding stones” down the ice in an attempt to get your “stones” closer to the target than your opponent. This program will begin in mid-January based upon ice conditions. Although this activity is held on the ice, participants do not wear ice skates. Participants should dress to be outside and should wear sneakers or boots. This is a drop-in program which will be held one evening per week open to all individuals 18 years and older. All abilities are welcome. The cost is $2.00/person, per evening and you may register at the rink on your first evening of play.

VACATION FUN DAYS

Open to Gilford students in grades K-5, this program will be offered one day in each of February and April School Vacation weeks. This program will include a variety of activities including Arts and Crafts, Games in the Gym, and Field Trips. Lunch for the participants will also be included. Each Vacation Fun Day will have limited enrollment so remember to register early! Watch for more specific information closer to the program.
**GILFORD SENIOR MOMENT-UM PROGRAM**

Come join our Gilford Senior Adult Group. Meetings are held most Mondays throughout the month, and a variety of activities and day trips are planned. Seniors of all ages and abilities are welcome to join!

The planned schedule for this fall is as follows:

**September 23rd** – Bingo Day – Community Church

**September 30th** – Happy Birthday to Everyone – Community Church

**October 8th** – Fall Foliage Bus Trip

**October 21st** – Breakfast and Movie – Community Church

**October 25th** – Volunteer at Town Halloween Party – Gilford Middle School

**October 28th** – Halloween Bingo – Community Church

**November 4th** – Lunch at El Jimador Restaurant Trip

**November 18th** – Intro to Chair Yoga – Community Church

For more information about this friendly, social group, please call the Parks and Recreation Office at 527-4722.

“If your Mother says no, go ask Grandma.”

**VOLUNTEERS**

Volunteers are always needed, year-round, for many of our programs and special events. If you would like to help, to give of your time and/or talents, or if you have any ideas or suggestions for programs you might like to see, please call the Parks and Recreation Department Office at 527-4722. **Volunteers and ideas are always welcome!**

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**Additional Recreation Programs Not Sponsored By the Parks and Rec.:**

**GILFORD YOUTH SOFTBALL**
The Gilford Youth Softball Program holds programs for girls each spring. For more information, contact the Gilford Youth Center at 524-6978.

**CAL RIPKEN YOUTH BASEBALL**
The Gilford Cal Ripken Baseball holds a youth baseball programs each spring. For more information, please visit their website at http://www.gilfordbaseball.org/
GILFORD PARKS AND RECREATION DEPARTMENT FACILITIES:

1. GILFORD BEACH (13 acres) - located on Varney Point Road. 1800 feet of storefront on Lake Winnipesaukee for use by all Town resident/taxpayers. The facility includes a concession stand, restroom/changing facilities, swim raft, basketball court, volleyball court, playground equipment, picnic area/cookout facilities, and parking.

2. GILFORD VILLAGE FIELD (28 acres) - located on Belknap Mountain Road. Facility includes four lighted tennis courts, a lighted basketball court, a soccer field, two baseball diamonds, dugouts, bleachers, playground equipment, picnic area, bandstand, and storage buildings.

3. STONEWALL PARK (9 acres) - located on Stone Road. Facility includes an enclosed baseball diamond and dugouts, bleachers, storage building, well, and parking.

4. LINCOLN PARK (1 acre) - located on Belknap Point Road. Facility includes scenic waterfront on Lake Winnipesaukee, picnic area, and parking.

5. ARTHUR A. TILTON GILFORD ICE RINK (3 acres) - located on Varney Point Road. Facility includes an outdoor covered ice skating rink with lights (approx. 220' x 110') with a dirt surface, storage building with a locker room, well, and parking.

“We don't stop playing because we grow old. We grow old because we stop playing.”

The Parks and Recreation Department constantly strives to provide and maintain high quality, year-round programs, activities, and facilities for people of all ages and abilities. We try to keep all program fees at an affordable level. Discounts and scholarships are available for most programs, in the hopes that no one will be denied participation in a program or activity due to an inability to pay any fee.