

PORTSMOUTH REC DEPT

SUMMER 2019 BROCHURE



**SPORTS CAMPS!
YOUTH PROGRAMS!
TENNIS LESSONS! FIELD TRIPS!
CAMP FUNSTUFF! POOL SCHEDULE!
SWIMMING LESSONS! SPECIAL EVENTS!
SPINNAKER POINT ADULT REC CENTER!
SENIOR CITIZEN ACTIVITIES!
SPRING ACTIVITIES!
MUCH MORE!**

Watson

Department Staff

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Camp FunStuff Hotline 425-8026
Sports Camp Hotline 953-5640



Back row: Rus Wilson, Lexy van Binsbergen, Barry Foley. Front row: Tim Bailey, Brinn Sullivan, Tom Kozikowski, Bridget Crompton



RECREATION BOARD MEMBERS

Chairman	Carl Diemer
City Council Representative	Rick Becksted
School Board Representative	Tara Kennedy
Richard Blalock, Todd Henley, Lisa Louttit, Kathryn Lynch, Jackie Cali Pitts, and Kory Sirmaian.	

PORTSMOUTH CITY COUNCIL

Mayor	Jack Blalock
Assistant Mayor	Cliff Lazenby
City Manager	John P. Bohenko
Rick Becksted, Josh Denton, M. Chris Dwyer, Nancy Pearson, Rebecca Perkins, Ned Reynolds, and Doug Roberts.	

REGISTRATION POLICY

The Portsmouth Recreation Department does its best to accommodate all those registered for a program, keeping in mind that some programs have a limited number of spots. **Once the registration period is over, we will NOT add anyone to teams.** By enforcing this rule we are hopeful that adults and parents will make a greater effort to register on time. **Eligible non-residents:** Children from the towns of New Castle, Rye, Greenland, and Newington are allowed to participate in programs that are directly sponsored and staffed by the Portsmouth Recreation Dept. **Throughout the year some programs/events will be restricted to Portsmouth residents only. For further information** on our registration policy please call the Portsmouth Recreation Department at 427-1547 or 766-1483.

Visit our website at:
www.cityofportsmouth.com/recreation

Cover art by John B. Watson

Spring Programs and Events

<https://www.cityofportsmouth.com/recreation/seasonal-youth-programs>

Easter Egg Hunt

The Easter Bunny has hidden eggs all around our field. Come help us find them! Bring your basket on **Saturday, April 13, 2019** to Langdon Park (across from City Hall) on Junkins Ave. to find the eggs and meet the Easter Bunny!



The preschool hunt begins at 10:30am and the K-2 hunt begins at 11:30am.

Rain/snow date:
Saturday, April 20

Sorry, no dogs please!

Fun & Games

Fun & Games is a non-competitive program for K-2 students with an emphasis on FUN! Each day activities are scheduled like crab soccer, capture the flag, messy games and others.

The program runs Tues and Thurs, 4:15-5:30pm at Little Harbour School outside for four weeks.

Residents: \$40, Non-residents: \$60.

Fee includes t-shirt

Register at the Connie Bean Center April 8-12,
5:00-8:00pm



Mother-Son Dance Sports Theme!

Mothers (or any other special adult) and boys in grades K-5! Join us on **Saturday, May 11** for the Mother-Son Dance from 6:00-8:00pm in the Middle School Café. The cost is \$15 per couple. Dress up



in your favorite sports shirt and show off your team pride! Boston sports eye black stickers will be handed out to all. We ask all couples to bring finger food or desserts to share.

Portsmouth Recreation Loco Sports Track Team

Learn the strategy of running events! No experience is necessary, and all boys & girls ages 9-14 are eligible to compete. We will run in the Seacoast Meet on Saturday, June 15, with winners advancing to the State Meet on June 21. \$35 for residents, \$55 for non-residents.

Register at the Connie Bean Center beginning Monday, May 6 from 5:00-8:00pm. A complete practice schedule will be handed out at the first practice at Portsmouth High track on Monday, May 20 at 5:30pm.



OPEN GYM

The Connie Bean Center will be open after school through June 14.
We will then close for the summer and see you in the fall!

Summer Sports & Enrichment Programs

<https://www.cityofportsmouth.com/recreation/summer-sports-camps-enrichment-programs>

Summer Registration Night

May 28 - 5:00-8:00pm

Connie Bean Center

Sign up for all Summer Recreation Programs at once! Registration continues at the Connie Bean from 5:00-8:00pm through Friday, May 31. Eligible non-residents may sign up beginning Thursday, May 30. Beginning Monday, June 3, registration for all summer programs moves to the Spinnaker Point Recreation Center.



Weekday Morning Sports Mini-Camps - Leary Field

Youth Baseball/Softball

June 24-July 24

Mon & Wed, 9:00-10:00am

Ages 5-6 as of July 31

Cost is \$35 (\$55 for non-residents)

Cost includes t-shirt & hat

This program is co-sponsored by Marshall Rental

Multi-Sport

June 24-July 24

Mon & Wed, 10:30-11:45am

Ages 7-11

Cost is \$35 (\$55 for non-residents)

Cost includes t-shirt & hat



Pre-K Soccer

June 25-July 25

Tues OR Thurs, 9:00-10:00am

Ages 4-5 as of July 31

Cost is \$35 (\$55 for non-residents)

Cost includes t-shirt

Soccer Skillz

June 25-July 25

Tues & Thurs, 10:15-11:15am

Ages 6-11

Cost is \$35 (\$55 for non-residents)

Cost includes t-shirt, socks & shin guards

Area Sports & Training Programs

- Preseason Conditioning for Middle School Athletes. Meet at PHS for runs beginning in August. Contact Mike "Eli" Eliasberg at 603-828-7320 or coacheli.pmstrack@aol.com.
 - Seacoast United Field Hockey & Soccer Camps. See seacoastunited.com/camps to register.
 - Portsmouth HS Clipper Boys Basketball Camp. Contact Coach John Mulvey at johnaugustinemulvey@gmail.com
 - Portsmouth HS Clipper Girls Basketball Camp. Contact Coach Tim Hopley at thop29@yahoo.com.
 - Portsmouth HS Girls Field Hockey Camp. Contact Coach Sara Carpenter at 603-312-3492 or scarpenter@sau52.org.
 - Girls Intro to Strength Training and Girl Power Bootcamp Program. For girls in the Portsmouth and Seacoast Region grades 9-12. Contact Coach Nossiff at mnossiff@gmail.com or 603-828-7731.
 - Portsmouth Youth Cheerleading Camp. To register, contact portsmouthyouthcheer@yahoo.com.
 - Littlefield Tennis Camps & Lessons. For more information and to register, visit littlefieldtennis.com.
- The program will be held at Portsmouth High School Courts this summer.**

These camps are not run by the Portsmouth Recreation Department

Summer Sports & Enrichment Programs

<https://www.cityofportsmouth.com/recreation/summer-sports-camps-enrichment-programs>

Middle School Summer Basketball

Portsmouth Recreation/Portsmouth Police Department Middle School Basketball League will run at the Connie Bean Center. Resident and eligible non-resident girls & boys entering grades 6-8 may play. Signups and organizational practices will be held: Monday, May 27, Tuesday, June 11 & Monday, June 17.

Times: 5:00-6:00pm - 6th grade boys, 6:00-7:00pm - 7th grade boys, 7:00-8:00pm - 8th grade boys, 8:00-9:00pm - all girls. Contact Eli @ 828-7320 or Detective Rochelle Navelski @ navelski@cityofportsmouth.com for more information.

LEGO® Robotics Camp

July 29-August 2

LEGO® Robotics Build & Code
9:00am-12:00pm, Grades 1-6, \$105

LEGO® Video Game Designer
12:30-3:30pm, Grades 3-6, \$115

Camp held at the Connie Bean Center.



Summer Fun! Firefly Pottery Camp

Learn fun painting techniques to make your own Swirly Ice Cream Bowl, Glass Fusion to make a Palm Tree Scene, make a cool Tide Pool out of real clay, and more! Camp will run July 15-18 from 9:00am-12:00pm. Ages 6 and over. Cost is \$100 and includes a small snack.

Camps held at Firefly Pottery, 72 Mirona Rd., Portsmouth.



Exploring Our World! Firefly Pottery Camp

Go under the sea to paint your Ocean Bowl, visit the Desert Life Glass Fusion piece and sculpt Fierce Creatures from clay! Camp runs August 12-15 from 9:00am-12:00pm. Ages 6 and over. Cost is \$100 and includes a small snack.



New & Improved All-Day Sports Camp!



We've extended the fun with extended hours and weekly field trips! Camp will run 8:00am-4:00pm daily. Campers will play different sports throughout the morning, and spend each afternoon with a swim at the Peirce Island Pool. Sports Camp is for children entering grades 3-7, with three weeks extended to children entering grade 2 as well. Check out the camp dates, field trip destinations and invited grades below. Cost is \$130 for residents (prorated to \$110 for the week of July 4), and \$150 for non-residents (prorated to \$130 for the July 4 week).

June 24-28

July 1-5 (no 7/4)

July 8-12

July 15-19

July 22-26

July 29-Aug 2

August 5-9

August 12-16

Seacoast United Indoor Arena

New Castle Common - Beach Games

Wonder Mountain Fun Center

Hilltop Fun Center

Portland Seadogs Baseball Game

Fun Spot, Weirs Beach

Bowl-o-Rama

Aquaboggan Park

Grades 3-7 only

Grades 3-7 only

Grades 3-7 only

Grades 2-4 & 5-7

Grades 3-7 only

Grades 3-7 only

Grades 2-4 & 5-7

Grades 2-4 & 5-7

Camp FunStuff

<https://www.cityofportsmouth.com/recreation/summer-sports-camps-enrichment-programs#CF>

Camp FunStuff is Portsmouth Recreation's All-Day Camp for All-Day Fun. Each week campers get to participate in organized games, group activities, sports, swimming, special events, field trips, arts & crafts, and much more! Except for all-day field trip days, mornings will generally be spent at the Connie Bean Center doing group activities and afternoons at the Peirce Island Pool or at the beach. See the website for a full calendar of activities. Camp FunStuff is for campers entering grades 1-6. The cost is \$180 for residents (prorated to \$150 for the week of July 4), and \$200 for non-residents (prorated to \$180 for the July 4 week). Camp is limited to 55 children per week.

Session Dates & Trip Schedule

Week 1	June 24-28	Wallis Sands Beach - Hilltop Fun Center - Funtown USA
Week 2	July 1-5 (Off 7/4)	New Castle Common - Movies - Dover Bowl/Ice House
Week 3	July 8-12	Fort Foster - Portsmouth Harbor Cruises - Stone Zoo
Week 4	July 15-19	Wallis Sands Beach - Children's Museum - Stratham Fair
Week 5	July 22-26	New Castle Common - Bowl-o-Rama - Chunky's Cinema
Week 6	July 29-Aug 2	Fort Foster - Hilltop Fun Center - Splashtown USA
Week 7	August 5-9	Wallis Sands - Fisher Cats Baseball - Wonder Mountain Mini Golf
Week 8	August 12-16	New Castle Common - Seacoast Science Center - Ellacoya State Park
Week 9	August 19-23	Fort Foster - Albacore Park/Pizza Party - Water Country



Camp Fun at Messy Games Day!

Camp Hours

Monday-Friday, 8:30am-5:00pm SHARP!

Early Drop Off

Children may be dropped off between 7:30-8:30am for an additional \$25 per week.

Summer Registration Night

May 28 - 5:00-8:00pm

Connie Bean Center

If you are unable to attend registration night, you may send someone in your place who is not already registering a child.

Registration continues at the Connie Bean Center from 5:00-8:00pm through Friday, May 31.

Eligible non-residents may sign up beginning Thursday, May 30. Beginning Monday, June 3, registration for all summer programs moves to the Spinnaker Point Recreation Center.

Spinnaker Point

30 Spinnaker Way, Portsmouth, NH 03801 * 603-766-1483 * tpbailey@cityofportsmouth.com
<https://www.cityofportsmouth.com/recreation/spinnaker-point>

Spinnaker Membership Rates

	Per Month (Billed Automatically)	Per Year*
Adult Resident 18 & over	\$18	\$216
Senior Resident 60 & over	\$9	\$108
Nonresident 18 & over	\$36	\$432
Senior Nonresident 60 & over	\$18	\$108
*Yearly rates are prorated as the year progresses to cover the remaining portion of the year.		



Fitness Center Classes

Spin classes, Cardio Kickboxing, Gentle Yoga, Workout of the Day, Bike and Barre, Stretching, Spin-Bata, and Bodyshred taught by instructor Liz Forkel. Participants must pre-register at Lizfit.net.
50+ exercise, Strength and Stretch, and Fit over 50 taught by instructor Katy Brandin. Participants may drop in or register at KTOover50.com.

Therapeutic Qigong with instructor Francesca Ciari. Drop in or register at 603-498-4737.

Beginner Ballroom Dance taught by instructor Fred Dunn. Participants must pre-register at 603-502-3267.

Yogalates with instructor Deb Levine. Drop in or register at 603-205-4073.

Bone Builders is a strength training and balance program. For more information, RSVP at 603-228-1198.

Zumba – Join Nina to experience one of the greatest workouts ever and kick off a new program! No dance experience needed, Contact Nina at 207-439-6387.

Salsa Classes with different levels of salsa taught. Contact instructor Nina at 207-439-6387.

Happy Hour Yoga is offered on Fridays from 4:00-5:00pm. Come and enjoy movement, breath work and relaxation with instructor Nancy Wheaton Modern. Just \$5.00 to drop in!

Being Well is a sixty minute class to address all components of fitness. For more information contact Rebecca Kollmorgen, a physical therapist, at 531-3709.

Pickleball is offered Monday – Friday mornings. Free for members or \$5.00 drop in for non-members. See our schedule for daily times.

Vision Board – Do you like setting goals but can't stick to them? Vision boards help clean that up. Learn how this can help you on Sundays from 1:30-3:30 pm. RSVP the instructor at paulaglynn@aol.com

Osteoporosis/Osteopenia Exercise Class – Learn correct spine, hip and shoulder exercises, much more! Contact instructor Mary Marcinkoski at 502-2649.

Tai Chi – Tai Chi is an internal martial art originating in China and is widely practice for health and exercise. Contact Kevin Beane at 534-5185.



Senior Activity Center

Programs & Activities for Ages 50+

Fitness | Enrichment | Socialization | Resources | Entertainment

Open Monday-Friday 9:00am-3:00pm

Volunteer Drivers Needed

Senior Transportation Program is Seeking Drivers



Help keep Portsmouth healthy! Volunteer Drivers use their own vehicles to bring seniors directly to their medical appointments at no charge to the rider. All volunteers will be required to complete an application, background check, and proof of insurance. This program is a great way to volunteer in your spare time and help people who cannot get around on their own anymore.

Interested in learning more?

Contact COAST at 603.834.6010 / volunteers@coastbus.org

Free Friday Films

Every Friday at 12:30pm

@ Senior Activity Center (air conditioned)

- Free Popcorn
- 75" TV
- Subtitles



No reservations required.

Full schedule available in the newsletter.

Senior Cookout

Thursday, July 25 at 12:00pm

@ Community Campus Gym

- Hot dogs, hamburgers, ice cream
- Lemonade served by the Mayor
- See plans for future senior center

Free for everyone!

RSVP Required by calling 603.610.4433.

Zumba Gold - FREE

Fridays 9:00am

@ Senior Activity Center

Free and Fun!!

Work up a sweat, laugh, and get your body moving to some great music.



Follow us on Facebook
"Portsmouth NH
Senior Activity Center"

Senior Activity Center

100 Campus Drive/Community Campus, Portsmouth

Center: 603.610.4433 • Cell: 603.247.9531 • Email: bsullivan@cityofportsmouth.com

Membership is free. Stop by for a tour and to register.

~ Senior Trips ~

For a full flyer or to sign up, please call 603-610-4433

All trips depart from Community Campus, 100 Campus Drive.

***Coach Bus Trips with bathroom and wifi. Prices include everything including gratuities.**

July 12: 2-hour Spirit of Boston luncheon cruise with buffet, views of Boston Harbor, DJ for dancing and topside open air lounge. \$89.00 (Spirits not included in the price).

Aug 5: Winnepesaukee Playhouse show *"Chicago"* and lunch at Canoe right on the water. \$97.00

Sept 13: Lunch at The Village Restaurant in Essex followed by a guided tour of Gloucester/Rockport + time for browsing the shops and galleries. \$81.00

Oct 16: Self-guided tour of Castle in the Clouds, luncheon at Hart's Turkey Farm, and a stop at Moulton Farm market for fresh food and cider donuts. \$84.00



Nov 7: "Carole, Carly & Karen" Show with Krisanthi Pappas at Danversport Yacht Club.

Performing the 1970's soft rock songs of Carol King, Carly Simon and Karen Carpenter. \$91.00

Dec 13: Portland Symphony Orchestra Holiday Show & lunch at Great China Buffet. \$84.00.

Overnight Trip – Dec 8-9: North Conway Overnight at the White Mountain Resort with holiday decorations to admire, brunch followed by Christmas comedy show, an elegant dinner with Christmas show. Breakfast on day 2 is also included. \$323 double occ / \$383 single.



***Bus Trips in the Rec 14 passenger van. A/C is iffy, so we stay close to home.**

All trips depart from Community Campus, 100 Campus Drive.

Brinn does the driving, you have the fun. RSVP Required 603-610-4433.

June 19: Hampton Beach Sand Sculpting Competition viewing, beach day, shopping, lunch on your own. Bring your beach chair, swimsuit & lunch box to enjoy a day at the beach. Hampton has a great boardwalk, bathrooms, shops, and ice cream. 9:00am-3:00pm. \$5 resident / \$10 non res.



July 17: Shopping and browsing the art galleries in Ogunquit. On our way home we will stop at Stonewall Kitchen in York. 9:00am-3:00pm. \$5 res / \$10 non res.

Aug 21: Visit downtown Newburyport. Browse the shops, walk the waterfront, sip & eat your way through town. On our way home we'll stop at Lagos for ice cream. 9am-3pm. \$5 res / \$10 non.



Portsmouth Indoor Pool

48 Andrew Jarvis Dr., Portsmouth, NH 03801 * 603-427-1546 * avanbinsbergen@cityofportsmouth.com
www.cityofports.com/recreation/indoor

Hours of Operation



Spring (until June 23)

Monday-Friday 5:30am-9:00pm
Saturday & Sunday 7:00 am -2:00pm

Summer (June 24-August 3)

Monday-Friday 5:30am-9:00pm
Saturday 7:00am -2:00pm



Check the online schedule for the most up-to-date lane usages.

Membership

We offer memberships for families, individuals, youths, and seniors. Membership fees can be paid on a yearly or monthly basis. Fees vary based upon the age of the member.

For more information about memberships, please go to www.cityofportsmouth.com/recreation/indoor/membership

Daily Visit Fees

Type	Resident	Non-Resident
Adult (18-59)	\$5	\$10
Senior (60+)	\$3	\$5
Youth (17 and Under)	\$3	\$5
Splash Pass (10 Swims)	\$40	\$70

Portsmouth residents get discounted rate by showing their current driver's license with a Portsmouth address.



American Red Cross Lifeguard Training will be offered May 31- June 2. Contact the pool for information!

GROUP SWIMMING LESSONS

We offer instruction through the American Red Cross Learn-To-Swim program. All instructors have current American Red Cross WSI certification, with classes offered from ages 6 months to adult.

Spring II – 7/8 Week Session

Session Dates:

Monday, April 22- Sunday, June 16, 2019
No classes Memorial Day Weekend

Registration Dates:

Residents: Tuesday, April 9
Non-Residents: Thursday, April 11

Summer –7/8 Weeks Session

Session Dates:

Monday, June 17 – Sunday, August 4
No classes on July 4

Registration Dates:

Residents: Tuesday, June 4
Non-Residents: Thursday, June 6

Programs

- **Fitness Classes:** Hydro burn, Aqua Fitness 1 + 2, Zumba.
- **New Class!** Hydro-Core (Beginning June 25)
- **Triathlon Training & Open Water Endurance Training**
- **Great Bay Masters & Youth Swim Teams**
- **Private lessons**
- **Birthday party and other rentals**
- **Portsmouth Swim Team: Spring tryouts on April 8 & 10. See portsmouthswimteam.com for more information.**



Peirce Island Outdoor Pool

99 Peirce Island Rd., Portsmouth, NH 03801 * 603-433-0039 * outdoorpool@cityofportsmouth.com
<https://www.cityofportsmouth.com/recreation/outdoor>

2019 Summer Season: Monday, June 24-Sunday, August 25

Schedule

Monday - Friday

9:30am-12:00pm CLOSED for Lessons
12:00pm-1:00 pm Adult Lap Swim*
1:00pm-5:15 pm Open Swim

Evening Hours

Tuesday & Wednesday
Open until 7:15 pm

Saturday & Sunday

11:00am-5:15pm Open Swim
*Only the Deep End Lap Lanes are open during the noon swim. **Must be 18 or older.***

Admission

	<u>Residents*</u>	<u>Non-Residents</u>
Child	FREE	\$2.00
Adult	\$2.00	\$4.00

*Please bring a photo ID with your Portsmouth address to receive the resident rate.

Lifeguard Breaks

Pool must be cleared during each 15 min break

Monday - Friday: 2:30 & 4:00
Tuesday & Wednesday: 5:15
Saturday & Sunday: 2:30 & 4:00



Season Passes

Don't want to carry cash? Sign up for a season pass!

Prices:

Resident adult: \$40
Non-resident children: \$40
Non-resident adult: \$80

Prices will decrease by 25% every two weeks.



Summer Swim Lessons

Cost:

Residents: Free! Non-residents: \$60
*Please bring a photo ID with your Portsmouth address to register in order to receive the resident rate.

Session Dates:

Session 1: Monday, June 24 - Friday, July 19
Session 2: Monday, July 22 - Friday, August 16
Session 3: Saturday, June 29 - Saturday, August 17

Registration Dates: Sessions 1 & 3

Residents: June 11-13 5:00-8:00pm
Non-residents: June 13 5:00-8:00pm
At the **Connie Bean Center**

Registration Dates: Session 2

Residents: July 9 5:30-7:30pm
Non-residents: July 11 9:30am
At the **Peirce Island Pool**

Summer Fun with Portsmouth Recreation

Peirce Island Boat Launch - 2019 Fees & Schedule

<https://www.cityofportsmouth.com/recreation/boat-launch>

The Portsmouth Recreation Department will be staffing the Peirce Island Boat Launch beginning in May for the Spring/Summer/Fall boating season. For more information, please visit our website or call Spinnaker Point Recreation Center at 766-1483.

Residents of Portsmouth are entitled to a season pass and full access to the Peirce Island Boat Launch **FREE OF CHARGE**. To receive this rate, residents must show proof of residency with a driver's license with current street address and boat registration, and bring the license plate number of the vehicle towing the boat.

Non-resident Fees Per Launch

Boat Classification	Fee	Boat Classification	Fee
Kayaks, canoes and any non-motorized craft	\$10	Motorized boats, jet skis or sail boats	\$20
Commercial boat	\$30	2019 Season Pass	\$150

Independence Day Fireworks

The City of Portsmouth and Wilcox Industries will be sponsoring the annual fireworks display on Wednesday, July 3 at South Mill Pond across from City Hall beginning at 9:15pm. (Rain date in Friday, July 5.) Portsmouth has a long-standing tradition of hosting one of the seacoast area's finest displays of fireworks!

Follow us on Social Media!



@PortsmouthRec



City of Portsmouth NH Recreation



Portsmouth NH Senior Activity Center

cityofportsmouth.com/recreation

City Ballfield Rentals

To reserve a city ballfield, call Tim Bailey at 766-1483. The fee is \$10. You may reserve a field up to seven days in advance. All fees must be paid prior to the scheduled reservation to secure the field. Field rental fees should be paid at the Spinnaker Point Recreation Center. For more information, call 766-1483.

Fall Youth Soccer

Don't forget to register for fall soccer!

August 26 - August 30 5:00-8:00pm at the Connie Bean Center. Cost is \$45 for residents, \$65 for non-residents. Fee includes shirt, socks and shin-guards.

Program begins September 10.

League is co-sponsored by Marshall Rental Center.

Open to boys & girls in grades K-4