

Parks & Recreation Reminder

Town of Durham - March 2010

Upcoming Special Events

Program	Description	Ages	Date/Time	Location	Cost
Manchester Monarchs P&R Day	Enjoy a Monarchs game in Manchester at a discounted rate. Email mmengers@ci.durham.nh.us for ticket info.	All Ages	Sun, 3/7, 3:00pm	Verizon Arena	\$11
Early Release Movie	This month's movie - UP PG - Runtime of 96 mins. Free popcorn provided.	All Ages	Wed, 3/10 @ 12:45pm	Durham P&R	Free
Annual Egg Hunt	Join the P&R Committee & ORPP for some holiday fun. Bring your basket and be prompt. The eggs go fast! Snacks and drinks are provided.	All Ages	Sat, 4/3, 10:00am	Durham Town Landing	Free

Location Key:

Durham P&R= Durham Parks & Recreation Building, 2 Dover Road
ORMS MPR= Oyster River Middle School Multi-Purpose Room

ORMS CAFÉ= Oyster River Middle School Cafeteria

Upcoming Adult Fitness Programs

Program	Instructor	Description	Dates/Time	Location	Registration Info
20/20/20	Kathy Kerrigan	Upper and lower body strength training, core work and deep stretching.	Wed @ 10am	Durham P&R	Rolling registration. Sign up and get 8 straight weeks for \$50
Classical Mat Pilates	Kathy Kerrigan	Traditional Pilates exercises that promote core strength, muscular balance and improved flexibility.	Mon @ 9am Wed @ 7pm Sat @ 9:30 am	Durham P&R ORMS CAFÉ ORMS MPR	Rolling registration. Sign up for any time session and get 8 straight weeks for \$50.
Monday Evening Yoga	Ruth Abelmann	A program that will help you feel energized, strong and flexible all week long.	Mon @ 5pm 3/22 - 5/10 (8 weeks)	Durham P&R	Session is \$40 for the entire 8 weeks. Space is limited. Email mmengers@ci.durham.nh.us for class availability.
On The Ball: Basic Stability Ball Training	Pam Faltin	On the Ball is a low impact class that combines resistance training and stretching into one high energy cardio burning class.	Tues @ 5:45pm 3/2 - 4/6 (6 weeks)	Durham P&R	Session is \$50 for the entire 6 weeks. Must preregister before the start of class.
Small Group Interval Circuit Training	Kathy Kerrigan	1 hour of strength and cardio intervals. Small group training provides maximum benefits.	Wed @ 6am Wed @ 9am Fri @ 9am	Durham P&R Durham P&R Durham P&R	Rolling registration. Sign up for any time session and get 8 straight weeks for \$64.

Upcoming Adult Fitness Programs

Program	Instructor	Description	Dates/Time	Location	Registration Info
Tai Chi: Intermediate	Lin Lin Choy	A class for those of you who have already completed a session with Lin Lin Choy and would like to continue to advance in the art of Tai Chi.	Mon @ 6 pm 4/8 - 6/3 Thurs @ 10am 4/5 - 5/31	Durham P&R Durham P&R	Each session is \$75 for the entire 9 weeks. Must preregister before the start of class.
Thursday Evening Yoga	Judy George	A Vinyasa style yoga class using the breath to flow from one posture to the next.	Thurs @ 5:30pm 3/25 - 5/13 (8 weeks)	Durham P&R	Session is \$40 for the entire 8 weeks. Space is limited. Email mmengers@ci.durham.nh.us for class availability.
Tuesday Evening Yoga	Abby Gaul	This class will flow through postures by linking breath and movement to develop strength, flexibility and balance of both mind and body.	Tues @ 7pm 3/2 - 4/20 (8 wks)	Durham P&R	Session is \$40 for the entire 8 weeks. Must preregister before the start of class.
Zumba	Kathy Kerrigan	An exhilarating hour of easy to follow, calorie burning cardio dance moves set to hypnotic Latin rhythms.	Wed @ 6pm Thurs @ 3:15pm Sat @ 8:30am	ORMS CAFÉ ORMS CAFÉ ORMS MPR	Rolling registration. Sign up for any time session and get 8 straight weeks for \$50.

Registration Help:

Please register for all classes at the Durham P&R Department at 2 Dover Road (variable hours on Mon, Tues and Thurs) or at the Town Clerk's Office at 15 Newmarket Road (Mon - Fri, 8am to 5pm). Please make all checks payable to Town of Durham.
Please direct any P&R questions to Michael Mengers at 817-4074, mmengers@ci.durham.nh.us.

Upcoming Childrens Programs

Program	Instructor	Age Group	Description	Dates/Time	Location	Registration Info
Rumpus Room	Jenna Roberts	6 & Under	Oyster River Parents and Preschoolers host this weekly play time. Toys, snacks and music make for a fun time for kids and adults.	Every Tuesday 10:30am - Noon	Durham P&R	This weekly program is free! Please RSVP to jennaroberts@yahoo.com
Introduction to Art - Drawing & Sketching	Rosie Read	Ages 6-11	An introductory art class that focuses on teaching the basics of sketching and drawing. All supplies included.	Class currently in session! Check back in April for the next session of Intro to Art!		Must preregister before the start of class. 8 week program is \$75.
Introduction to Karate	Linda Nelson	Ages 5-7 Ages 8-12	Quest Martial Arts Academy will put on their nationally recognized, award winning program that teaches the basics of karate and martial arts.	Weds @ 4:45pm Weds @ 5:30pm 3/3 - 4-24 (8 wks)	Durham P&R	Class is free, but space is limited. Please email mmengers@ci.durham.nh.us

Class for ages 5-7 is full. Space is still available in the session for ages 8-12.

QuickStart Tennis

As promised, QuickStart Tennis with Gary Faltin is back by popular demand! However, this spring the program will be run by the Oyster River Youth Association. Visit www.oryarec.org to signup.