



AMHERST RECREATION

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Peabody Mill Environmental Center 603 673-1141
www.amherstrec.org ~ www.PMEC.org

Program Guide Winter & Spring 2010

Tot's Corner

Tots in Motion

Your toddler will enjoy using their imagination through movement in a variety of games and activities. Activities in this program are designed to improve motor and social skills in a noncompetitive fun environment. We'll use props such as a parachute, tunnels, chairs, hula hoops and instruments to get those feet in motion. Bring a water bottle; wear appropriate footwear and clothes that your child can move in.

Where: PMEC

When: Thursdays, 3/11-4/15 9:00-10:00am

Ages: 3-4 years

Fee: \$35 Resident; \$45 Nonresident

Natures Nook Book Club for Tots

Join our instructor as we wander through the pages of enchanting children's books. Each monthly session will feature a different book and nature activity based on the theme of the story.

"Big Tracks, Little Tracks: Following Animal Prints" (Millicent E. Selsam)

"In my backyard" (Margriet Ruurs)

"Where are the Night Animals" (Mary Ann Fraser)

"Near one Cattail" (Anthony D. Fredericks)

Where: PMEC

When: Fridays, 3/19, 4/16, 5/21, 6/18

Time: 10:00-11:00am

Fee: \$25 Resident, \$30 Nonresident

Tot Time for Nature Exploration

Calling all caregivers and toddlers (3-4 yr. olds)! Come explore our diverse natural environment in this program designed to engage young minds. You'll enjoy an hour jammed packed with activities such as hiking, animal tracking, story time and a weekly craft. Bring a water bottle, wear appropriate footwear and clothes for the weather that your child can hike in.

Who: Ages 3 & 4

Where: PMEC

When: Monday, 3/22-5/3 (No class 4/26)

Time: 1:00-2:00pm

Fee: \$35 Resident, \$45 Nonresident

Tots French Language Introduction

Anne Thenin of Bonjour Les Kids will lead you and your child in a weekly French immersion experience. This is a Mom (or guardian) and child experience. The program will provide an opportunity for children to express themselves in French while participating in songs, games and crafts.

Where: PMEC

When: Fridays, 10:00-10:45am

Session: 4/9 - 5/7 (no class 4/30)

Session: 5/21 - 6/11

Ages: 3-4 years

Fee: \$65 Resident; \$75 Nonresident

Tot Soccer

This program is back by popular demand and is an opportunity for our youngest athletes to get out and have some fun. Come join children ages 3 & 4 with little or no soccer experience as they are introduced to kicking, dribbling and running with a soccer ball. Children will learn to move with the ball around props and in various games. Bring a water bottle and all children will receive a soccer t-shirt.

Who: Ages 3 & 4

Where: Cemetery Fields

When: Monday 5/3-6/14 (no class 5/31) 1:00-2:00pm or Thursday 5/6-6/10 9:30-10:30am

Fee: \$35 Resident, \$45 Nonresident

Quick Start Tennis for Tots

Quick Start Tennis utilizes a play format designed specifically for our young players. In this program the game of tennis has been modified using specialized equipment and a small court format. The children will have the opportunity to become comfortable with handling the racquet and the ball. Kids will learn how to move the ball over the net to another child. The objective is to scale the game down so children will learn the game while having fun.

Who: Ages 3 & 4

Where: PMEC

When: Wednesday, 5/12-6/16

Time: 9:30-10:30am

Fee: \$35 Resident, \$45 Nonresident

Adult & Senior Programs

Game Daze

Bring your own game and we'll provide the table. Amherst Recreation offers a fun afternoon of table or card games for seniors. Bring along your favorite game and enjoy the afternoon challenging yourself and others at scrabble, dominos, bridge, pinochle or whatever game interests you. You are encouraged to bring along your game of choice and let's see who gets the rubber chicken.

When: Thursdays

Where: Amherst Central Fire Station

Time: 1:00-3:30pm

Fee: Free

Basket Weaving ~ Easter Basket

Basket Weaving is an opportunity to leave your high tech toys aside and use your hands to create a beautiful work of art. The Easter Basket is 3 1/4" deep, 8" in diameter and has a handle for carrying. The basket has three colored accent rows.

When: Tues. & Thurs. *, 3/16 & 3/18

Where: SHS Annex Building

Time: 6:00-8:00pm

Fee: \$35 Resident, \$45 Nonresident (*Fee is for both classes and plan to attend both sessions to complete the basket)

Photography

The pictures have been taken now what do I do with them? Come let us demonstrate how to find your camera's memory card, remove it, and insert it into your laptop computer or our computer. We will then explore the various ways you can modify your image to produce a better quality print. Images can be modified by cropping, contrast adjustments as well as using many other techniques. This clinic will also cover the how to email your pictures, produce a slide show to music, and the best ways to organize and store your photos. You will need to know how to use your camera and have basic computer skills to participate.

When: Saturday 4/10

Time: 11:00am-12:00pm

Where: Peabody Mill Environmental Center (PMEC)

Cost: \$25 Resident, \$35 Nonresident

Beginning Bead Jewelry Workshop

Learn to make your own necklaces, bracelets or earrings, using a variety of beads including wooden, glass and sterling accents. Easy on and easy off styles will be available.

Where: PMEC

When: Saturday, 5/15

Time: 1:30-2:30pm

Fee: \$25 Resident, \$30 Nonresidents (fee includes materials)

Creative Home Cooks

We all want to cook with creativity and affection so our family can experience culinary magic but the reality is that it just does not happen on a daily basis. Each day the bewitching hour comes and you are supposed to cook something tasty and nutritious. As much as you want to prepare something inspired, you put together the same old meals because it works – for you, the family and your budget.

Things can be different! Join us at Creative Home Cooks where you will expand your home cooking skills so your family can experience imaginative, tasty, nutritious meals. You will have a good time while developing new skills so you can create meals that won't break the time or budget bank.

Each class includes a cooking lesson and tasting. After having an enjoyable educational experience with friends, you leave with a solid understanding of how to prepare a healthy, affordable meal along with the grocery list, the recipes and the skills to prepare the dishes again for your family to enjoy! Creative Home Cooks is the best multi-tasking experience in town! Classes are taught by Cathy Duchesne (Kids Culinary Arts).

When: Wednesdays, 3/10-6/16

Time: 7:00-9:00pm

Where: Amherst Middle School Life Skills Room

Fee: \$35 per class Resident*, \$45 per class Nonresident (*fee will be reduced to \$30 per person or \$40 Nonresident for a group of 4 or more registering together. Call Recreation Office for discount.)

Red Sox Baseball Trip to Washington DC with Best of Times Travel

What's Included:

- *Beautiful Hotel accommodations at either the Crowne Plaza Hotel, Timonium, MD or the Courtyard by Marriott Fort Meade
- * Tickets to two (2) Red Sox vs. Orioles games
- * Camden Yards Ballpark Tour
- * Touring to include Riding Tour of Arlington National Cemetery with an opportunity to visit gravesites of the Kennedys
- * Free time in Baltimore's Inner Harbor - Harbor Place
- * Two (2) Full American Buffet Breakfasts
- * Best of Times Professional Tour Director

When: June 4 - 6

Fee per person: \$559 Single, \$439 Double, \$409 Triple

Natures Corner ~ Learn Something New...

Monthly educational sessions will be held a P MEC with topics from Woodlot Management to Organic Gardening. We hope that you will view the schedule below, mark the dates on your calendar and plan to make the trip out to our community's environmental center for what is sure to be an interesting and educational session.

When: Sundays, 1:00pm

3/14 Woodlot Management

4/11 Transitional Gardening - Wooded to Landscape

5/2 Getting Started - A Basic Vegetable Garden

6/13 Organic Gardening

Where: P MEC

Fee: \$10 Resident; \$15 Nonresident

Adult Gentle Yoga

Let Leslie Formby, a certified and trained Hatha Yoga instructor lead you in the traditional holistic approach to Hatha Yoga. Exercises through controlled breathing techniques will benefit you by reducing stress and gaining physical exercise.

When: Thursdays

Session: 5/6-6/24, \$80 Res, \$90 Nonresident

Where: Peabody Mill Environmental Center

Time: 10:00-11:00am

Intermediate Yoga

Leslie will also be leading an intermediate Hatha based yoga class for those students with a year or more of ongoing yoga practice. This is a perfect class to explore and expand your practice. This class will be more complex and move at a faster pace.

When: Tuesdays

Session: 5/4-6/22, \$96 Res, \$106 Nonresident

Where: Peabody Mill Environmental Center

Time: 9:00-10:15am

Line Dancing

Line dancing is a popular activity among folks of all ages and uses many types of music including country, oldies and current releases! It can be slow or fast and it is said to increase the quality of life by offering camaraderie, exercise and no need for a dance partner! Bring water. Wear comfortable clothes, layering clothing in case you get warm when dancing. Shoes: recommend leather soled shoes or cheap sneakers without tread—sandals are a no!

When: Tuesdays 4/6-5/18

Time: 7:00-8:00pm

Where: Souhegan High School Annex Building

Fee: \$40 Resident; \$50 Nonresident

Adult Basketball is Ongoing

Adult basketball is an opportunity for men and women to play basketball in an open gym setting. Free play opportunity is Monday and Wednesday evenings from 8-10PM during the school calendar year at the Amherst Middle School. (During youth basketball sessions, the time will be changed to 9:00-10:30PM).

When: Monday & Wednesday*

Time: 8:00-10:00pm (or 9-10:30pm)

Where: Amherst Middle School Gymnasium

Fee: \$50 Resident, \$70 Nonresident

There will be no volleyball or basketball during school vacations or school closings. This registration is for the entire school calendar year; Sept-June.

Adult Volleyball is Ongoing

Adult volleyball is an opportunity for men and women to play volleyball in an open gym setting. Free play opportunity is Tuesday and Thursday evenings from 8-10pm during the school calendar year at the Amherst Middle School. (During youth basketball sessions, the time will be changed to 9:00-10:30pm).

When: Tuesday & Thursday*

Time: 8:00-10:00pm (or 9-10:30pm)

Where: Amherst Middle School Gym

Fee: \$50 Resident, \$70 Nonresident

There will be no volleyball or basketball during school vacations or school closings. This registration is for the entire school calendar year; Sept-June.

Youth Recreation Options

Spring Instructional Soccer

Come out and join Recreation Soccer. Learn and develop passing, dribbling, and shooting skills while having fun with your teammates. Participants usually practice one night a week and play their games on Saturday. Volunteers are needed to coach.

Who: Ages 5 & 6

Where: Bean Field #2

When: Games Saturday 5/1-6/12 (no game 5/29)

Fee: \$45 Resident; \$55 Nonresident

Chess

Amherst will again host the New Hampshire Scholastic Chess Individual Championships at the Amherst Middle School. The honor of hosting this State Championship event was made possible through the combined efforts of the Amherst Middle School, Amherst Recreation Department and the Amherst King Bishops chess club. More information can be found at nhchess.org/scholastics.

When: Saturday 4/10

Where: Amherst Middle School Cafeteria

Who: Grades K-12

Archery

Learn archery basics after school with a certified archery instructor from the New England School of Archery in Concord. Come ready to learn this up and coming sport; all equipment is provided for use.

Who: Grades 5-8, 2:30-3:30pm

Grades 2-4, 3:45-4:45pm

Where: Bean Field (next to baseball diamond)

When: Tuesdays, 5/4 - 5/25

Fee: \$70 Resident; \$80 Nonresident

Wise Kids Outdoors

Ever want to make a fort to hang out in? Want to plant something and watch it grow? Wonder what worms for the dirt? Then "Wise Kids Outdoors" is for you. You're guaranteed to get dirty, and have fun doing all these things and much more. You'll go on scavenger hunts, make a critter keeper, look for bugs, and even learn about geocaching. This affordable program is being offered because of a generous grant from the Amherst Junior Women's Club!

Who: Grades 3 & 4

Where: P MEC

When: Saturdays, 3/27 – 5/15 (no class 4/3)

Time: 9:00am - noon

Fee: \$15 Resident; \$20 Nonresident

Kids in Motion

Your child will enjoy using their imagination through movement in a variety of games and activities. This program is designed to improve motor and social skills in a noncompetitive fun environment. We'll use music, parachutes, tunnels, chairs, hula hoops and instruments to get those feet in motion. Bring a water bottle; wear appropriate footwear and clothes that your child can move in.

Where: PMEC

When: Thursdays, 3/11-4/15 1:00-2:00pm

Ages: 5 & 6 years

Fee: \$35 Resident; \$45 Nonresident

Track & Field

Track and Field gives athletes a chance to compete against their own best run, jump or throw and perhaps try a new track or field event. The focus is on fitness, technique and exposure to a wide range of track events. Program is affiliated with the USA Track and Field. Two or three practices weekly at the SHS with weekend track meets. More detailed schedule will be available by 3/31.

Who: Ages 8-18

Fee: \$60 Resident; \$70 Nonresident

Flag Football

Flag Football provides an opportunity for kids ages 5 - 15 to play a fun, fast paced, non-contact, action packed sport while learning lessons in teamwork. It's football without all the equipment, contact and everyone can and will carry the ball to the end zone for a touch down. This new coed league will practice one day a week and have a game on Saturday. Game play will be with small sided 5 V 5 teams. Each team will carry 7-8 players so that each team member will see plenty of playing time. The program will be organized to support 4 age groups; 5 & 6 year olds, 7-9yrs, 10-12yrs and 13-15yrs.

Where: TBD

When: Practices and games to start weathering permitting the first week of April.

Fee: \$60 Resident, \$70 Nonresident

Fit in the Middle

A dynamic new movement program that will incorporate yoga, hip hop, jazz and other forms of dance/movement. Kids will experience a program designed to max out fun and fitness all at the same time. All movement will be choreographed to popular kid's songs. Wear comfortable clothes and shoes, bring a water bottle.

Who: Grades 5-8

Where: Amherst Middle School Cafeteria

When: Tuesday, 2:30-3:30pm, 3/16 - 4/20

Fee: \$35 Resident; \$45 Nonresident

French Language Introduction....

Anne Thenin of Bonjour Les Kids will lead you and your child in a weekly French immersion experience. This is a Mom (or guardian) and child experience. The program will provide an opportunity for children to express themselves in French while participating in songs, games and crafts.

Who: Ages 5 & 6

Where: PMEC

When: Fridays, 12:00-12:45pm

Session: 4/9 - 5/7 (no class 4/30), Session: 5/21 - 6/11

Fee: \$65 Resident; \$75 Nonresident

Kids Needle Arts Studio

Learn How to Knit*

Learn how to cast on, knit, cast off and sew a finished piece together. Materials will be provided to make a small knitted bag.

Who: Grades 3 & 4

When: Monday 3/15 – 4/19, 4:00-5:00pm

Fee: \$75 Resident, \$85 Nonresident

Beginning Knitting*

Learn how to knit and purl, cast on and off, and sew a knitted piece together. A few patterns will be taught, and materials will be provided to complete a finished project.

Who: Grades 5 – 8

When: Monday 3/15 - 4/19, 2:30–3:45 pm

Fee: \$85 Resident, \$95 Nonresident

Sewing with a Pattern*

Each student will learn how to work with a pattern to make a simple garment. Fabric selection and cutting, along with hand and machine sewing skills will be taught. Some sewing experience is helpful.

Who: Grades 3 & 4

When: Tuesday 3/16 - 4/20, 4:00–5:00pm

Fee: \$75 Resident, \$85 Nonresident

Quilting Basics*

We will explore appliqué and patchwork quilting in this class. Several quilting stitches will be taught as we learn how to construct a finished quilted piece.

Who: Grades 5 – 8

When: Tuesday 3/16 - 4/20, 2:30–3:45pm.

Fee: \$85 Resident, \$95 Nonresident

*All Classes will be held in the life skills classroom at the Amherst Middle School.

Kids Culinary Arts

Kids in the Kitchen

Knowledge of the culinary arts -- the art and science of cooking -- will be introduced to your curious cook. We will reinforce safety, manners, nutrition and healthy eating as part of the fun to be found in the kitchen. You will see the developing culinary artists in your family proudly share their new skills and knowledge with anyone who will listen!

Fee: \$100 Resident, \$110 Nonresident

Where: AMS Life Skills Room

Who: Grades 1-4

When: Saturdays: Session – 3/13-4/3; Session – 4/10-5/1; Session – 5/8-6/5

Time: 11:00am-12:30pm

Fee: \$100 Resident, \$110 Nonresident

Let's Get Cooking!

Your student will learn how to read a recipe as well as identify and use the proper cooking tools and ingredients needed in recipes. Cooking terms, equipment handling and the all-important safety rules required in all cooking environments are an important part of this class. All of these topics will help your student understand what it takes to create a healthy and yummy breakfast, lunch, snack or dinner . . . and when it is appropriate to play with their food!

Where: AMS Life Skills Room

Who: Grades 5 & 6

When: Tuesdays: Session – 3/23-4/20; Session – 5/4-6/1

Time: 2:30-5:00pm

Fee: \$155 Resident, \$165 Nonresident.

What's for Dinner?

In this class each student will learn the skills and effort required to prepare a balanced, nutritious meal for a family of four and bring it home to enjoy with the family. Students pour, peel, chop, roll, tear, sauté, braise or bake nutrient rich ingredients and learn, first-hand, the effort and rewards that go into nourishing a family.

Where: AMS Life Skills Room

Who: Grades 7 & 8

When: Thursdays: Session – 3/25-4/22; Session – 5/6-6/3

Time: 2:15-5:00pm

Fee: \$180 Resident, \$190 Nonresident.

Vacation Programs

Leave No Child Inside - School Vacation Day Programs

Are you wondering what your children will do on their school vacation days? Send them to P MEC where they'll spend the day enjoying nature! Dress your child in weather appropriate and pack an extra set of clothing, shoes, and socks.

When: 4/26 - 4/30 Spring Recess

Where: P MEC

Time: Half Day 9:00AM-Noon or 1:00-4:00PM, Full Day 7:30AM-5:30PM

Fee: \$20 Half Day Amherst Resident, \$30 Half Day Nonresident

\$40 Full Day Amherst Resident, \$50 Full Day Nonresident

\$175 Full Week Amherst Resident, \$185 Full Week Nonresident

A Day at Hogwarts

Leave the Muggle world behind and join us on the Hogwarts Express. Step through Platform 9 $\frac{3}{4}$ and enter the world of Harry Potter and friends. Imagination is the key ingredient to this day! You will make your own wand, wizard cape and hat, learn mysterious "potions" and "charms," and test your Harry Potter trivia knowledge. We'll even play our own version of Quidditch, no flying involved. You will leave with a bag full of Hogwarts memorabilia from a "day at school" unlike any other! Participants should bring their own lunch, snack and drink.

Who: Children grades 3-6

Where: Clark School Multipurpose Room

When: Monday 4/26

Time: 9:00am-3:30pm

Fee: \$65 Resident, \$75 Nonresident

Amherst Recreation's Youth Spring Baseball & Softball

Our Baseball and Softball programs are designed for players of all abilities and promote development and learning in a team atmosphere. Our baseball program is for kids ages of 5-9 years and softball is for kids ages of 5-16 years. Practices will begin the first of April weather permitting and games will start just before the April vacation, again weather permitting. Shirts and hats will be provided at all levels.

Where uniform pants are required socks will be provided. Grey uniform pants (where required) are the participants responsibility.

All players wishing to participate in the leagues above T-Ball and Soft-Toss Softball should participate in the screening process. The screening provides us with information that we can use to build teams. All players must be registered with the Recreation Department to participate in the screening.

Be sure to register early to assure you will be placed on a team. Space is limited and anyone registering after the registration closing date (3/20/10) will pay a late fee of \$10.00 and be placed on a waiting list.

All of the Clinics, Screenings & Teams are supported solely by volunteer coaches. Please consider volunteering your time and make a note of your desired position when you register your child. A

coaches' clinic will be held and the dates of the clinic will be announced shortly after registration closes.

Amherst Recreation Baseball Leagues

T-Ball

- 5 & 6 year olds
- Introduction to organized baseball
- No pitching in this league, ball is hit from a T
- No uniform pants required

Fee: \$40 Resident; \$65 Non-resident

A League

- 7 year olds
- Fundamentals of baseball reinforced
- Coach pitches the game
- No uniform pants required

Fee: \$45 Resident; \$70 Non-resident

AA League

- 8 & 9 year olds
- Players start to pitch with help of coaches
- Reinforcement of the basic skills and fundamentals
- Grey uniform pants required

Fee: \$75 Resident; \$100 Non-resident

Baseball Clinic

Get an early start on your baseball season with throwing, batting and fielding clinics.

Where: Amherst Middle School Gym

When: Wednesdays 3/3, 3/10, 3/17

Who: "A" & "AA" (Only)

Time: 6:00-7:30pm

Fee: \$20 Resident, \$25 Non-Resident

A & AA League Baseball Screening is tentatively scheduled for Wednesday 3/24 and Thursday 3/25.

The screening will be held at the Amherst Middle School 6-7:30pm. More information regarding the screening will be coming to you via email shortly before registration closes.

Amherst Recreation Softball Leagues

Soft-Toss Softball

- 5 & 6 year olds
- Introduction to softball
- No uniform pants required

Fee: \$40 Resident; \$65 Non-resident

Instructional/Rookie

- 7 & 8 year olds
- Fundamentals of Softball reinforced; Weekly Practice & Games
- No uniform pants required

Fee: \$45 Resident; \$70 Non-resident

Minors/Majors

- 9, 10, 11 & 12 year olds
- Placement on a Minor or Major team determined by skills assessment at screening
- Games played against teams from surrounding towns.
- Uniform pants required

Fee: \$90 Resident; \$115 Non-resident

Juniors

- 16 year olds and under
- Play games 2 games/week with Milford, Hollis, Brookline, Bedford and Wilton
- Playoffs are single elimination
- Uniform pants required

Fee: \$90 Resident; \$115 Non-resident

Softball Clinic

Get an early start on your softball season with throwing, batting, fielding and pitching clinics.

Where: Amherst Middle School Gym

When: Mondays, 3/1, 3/8, 3/15

Who: Instructional, Minor, Major & Juniors 6:00-7:30pm

Fee: \$20 Resident, \$25 Non-Resident

Instructional, Minor/Major & Junior Softball Screenings are tentatively scheduled for Monday 3/22 and Tuesday 3/23. The screening will be held at the Amherst Middle School 6-7:30pm. More information regarding the screenings will be available before registration closes.

Family Fun

Community Service Day

Join P MEC for a day of community service. Have a little cabin fever? Want to just have fun outdoors & feel good about it? Enjoy the camaraderie of working with your friends and neighbors as you help P MEC clean and repair the bird houses around the center. Our winged spring nesters will thank you!! Please contact us if you are interested. Note: This is an ideal service project for a group.

When: Saturday 3/27

Where: P MEC

Time: 1:00-3:00pm

Animal Exploration

This monthly program is geared towards people of all ages who want to see live animals up close and personal. Each month's animal exploration will provide education, fun facts and a new look at the animals around us.

When: 4/3 Rabbit, 5/1 Frogs, 6/5 Snake, 7/3 Mouse

Where: P MEC

Time: 1:00-2:00pm

Fee: \$2 Resident, \$3 Nonresident

Families in the Woods

After meeting our featured animal it's time to hit the trails. Join our naturalist for a fun filled hike on the trails around Peabody Mill. Each month the hike will focus on some facet of our natural environment.

When: 4/3 Early Spring Birding

5/1 Wild Flower Hike

6/5 Dragonfly Hunt

7/3 Who lives in the pond?

Where: P MEC

Time: 2:00-3:00pm

Fee: Free to Resident & Nonresident

Under the Moon Hikes

Let us help you around the night sky. Join us for stories and a walk in the woods along easy paths that accommodate people of all ages. Bring a flashlight to help you navigate uneven terrain.

Full Moon Hikes—Join us for moon lore and discover how well you can actually see during a full moon.

3/30 7:00pm - Easter egg hunt by lamp light.

4/28 7:30pm - Salamander Search

5/27 8:00pm - Frog Find

6/26 8:30pm - Exploring Night Sounds

7/26 8:30pm - Beat the Heat

8/24 8:00pm - End of Summer Scavenger Hunt

Stargazer Strolls—Join us for the “new” moon to learn some basic astronomy and constellation identification.

3/15 7:00pm - Test Your Senses

4/14 7:30pm - Wander the Night Sky

5/14 8:00pm - Who goes bump in the night?

6/12 8:30pm - Amphibian Prowl

7/11 8:30pm - Firefly Night

8/10 8:00pm - The Summer Sky

Where: P MEC

Fee*: \$8 Resident, \$10 Nonresident, \$20 Resident family (3+ people), \$25 Nonresident family (3+ people) *Includes snowshoes if needed.

Earth Day at P MEC

Have a little cabin fever? Want to just have fun outdoors & feel good about it? Grab a rake, tarp and gloves and enjoy the camaraderie of working with your friends and neighbors as you help clean up the P MEC grounds. Please contact us if you are interested in joining us.

When: Saturday 4/24

Where: P MEC

Time: 1:00-4:00PM

Wilderness Survival

This program will give children rules of the road and some simple survival techniques if they're lost in the woods. Children learn to increase the chance of being found safely in the event that they get lost (or injured) in the woods. They will learn the basics of shelter building, starting a fire for warmth, signaling and wild food identification.

Who: Grades 3-6

When: Saturday 3/20

Where: P MEC

Time: 2:30pm-3:30pm (A parent or guardian must be present)

Fee: \$15 Resident, \$20 Nonresident

Fishing Rentals

Rent a rod, reel and tackle for only \$5. We'll even throw in the bait! Fishing in our pond is catch & release. A license is required for 16 and over. Rent in person during P MEC hours of operation.

When: Monday & Tuesday 9:00am-1:00pm; Friday, Saturday & Sunday 12:00-4:00pm (starting 4/1)

Fee: \$5

Map & Compass

Map & compass is a comprehensive program that will help you learn to read maps, use a compass for land navigation (more advanced compass use than in orienteering), and then head out for a simple exercise to test your skills. Learn to speak topo (colors, symbols, etc); and discover the compass - “north” and the other cardinal directions, the parts of the compass, caring for a compass, taking and following bearings, and finish up with a short compass course. Using the map and compass together, plan a hike and triangulate your location on the map.

When: Saturday 4/17

Where: P MEC

Time: 1-4:30PM

Who: Grades 6 to Adult

Fee: \$7 Resident, \$10 Nonresident

Orienteering Program

Join us at the P MEC to participate in our spring orienteering challenge! The days will be spent crisscrossing the woods in competition with yourself and others! Open to anyone of any ability with a desire to be in the woods with a compass and map to guide them as they test their savvy. For the slightly less daring a short tutorial will be held upon request to demonstrate the basics of orienteering i.e. the skills necessary to complete the course. This event has always been a blast and with our new courses it's sure to be even better! The second session will have a more challenging course.

Where: P MEC

When: Saturday, 5/1 & 5/15

Time: 9:00am - 12:00pm

Who: ages 10-12 with adult & ages 14+

Fee: \$7 per session Resident, \$10 per session Nonresident

Contact us for group pricing!

Outdoor Cooking Expo

Join us for our first outdoor cooking demonstration. Take a walk through the history of outdoor cooking from "caveman cooking" on rocks and in the coals; "frontier cooking" on sticks; "pioneer cooking" with Dutch ovens; to more modern techniques using aluminum foil. Our head chef will demonstrate the skills necessary for making a delicious one pot meal on the open fire.

When: Saturday 6/5

Where: P MEC

Time: 12:00-2:00PM

Fee: \$7 Resident, \$9 Nonresident

Registration Information

All programs require pre-registration.

General Information:

All registration is available on a space available basis.

Registrations cannot be processed without full payment

Minimum and maximum registration numbers have been set for all programs and trips. If the minimum numbers are not met the program may be canceled.

The date, time or location for any program may be changed because of unforeseen circumstances.

Waiting lists may be established as programs close out, if deemed necessary.

Registrations are accepted:

On-line: At www.amherstrec.org by using a credit card.

By mail: Complete your registration form (available at www.amherstrec.org) and return it with full payment to Amherst Recreation, P.O. Box 960, Amherst, NH 03031

In person: The recreation office is located at 4 Cross Road, Amherst, NH.

By fax: Include registration form and credit card info. Fax to 673-2032

Register Early! Nothing kills a program quicker than everyone waiting until the last minute to register for it! At some point, we have to determine if our enrollment is sufficient to hold the class. If you wait until the first day of the class to register, we may have already cancelled the class.

Refunds:

There are no refunds once a class/program has begun unless:

- The program is cancelled by the Amherst Recreation Department.
- Request for a medical reason with a written note from a physician.
- A participant's spot can be replaced with someone from a waiting list.

Scholarships:

Any Amherst resident may request a scholarship for recreation programs where a need exists. Requests must be made in writing on an official application form. All requests are confidential and will be evaluated based on financial and/or hardship circumstances.

Girl Scout Programs

It's time to get outside and explore nature. We are please to be sponsoring these activities for the benefit of the Girl Scouts served by the Girl Scout Council of the Green & White Mountains. Each of these programs is designed to help the scouts Discover, Connect, Take Action and gain Leadership skills. These programs will be a part of the Council's program guide for the fall and winter. Girl Scout Troops or individual scouts may register for these programs online at: <http://www.girlscoutsgwm.org> or for information call 1-888-474-9686 X101

Spring Awakening

Visit the forest with our naturalist exploring the many signs of early spring. Listen for the song of our spring peepers, identify the early leaf bloom on trees and bushes and observe the early emerging growth on the forest floor. Be the first to spy the Indian bag pipes.

When: Saturday, 3/20 10:00am- 2:00pm

Who: Brownie & Junior Girl Scouts

The Great Water Adventure

Did you know that only about 1% of the earth's water is fresh water? Come learn how you can become a guardian of this precious resource. Engage in the great aquatic adventure as we discover what lives in streams, ponds, and marshes that surround Peabody Mill Environmental Center. Maybe even catch a fish or two. Find out why water systems are so important to ALL the inhabitants of the Earth.

When: Saturday, 5/1 10:00am- 2:00pm

Who: Brownies

Mini Orienteering Program

Spend the day in this mini spring orienteering challenge competing against yourself and others while navigating our challenging course. Grab a compass a map and test your savvy in the woods. The day will be spent crisscrossing the woods in search of flagged markers. This event is sure to be a blast!

When: Saturday, 5/22 10:00am- 2:00pm

Who: Junior Girl Scouts