



2017 FALL PROGRAMS

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Hands On Music

Your little one will enjoy exploring the world of music in this class. Parent / tot class will engage the participants in music and movement by using fun, kid friendly songs and instruments. This class is for children ages 1-4 and taught by Laurel Jordan



Pre School Gymnastic Lessons

Flip With Me: (ages 2-4) Parent/guardian will be assisting Becky with motor skills, balance and body awareness.

Kindernastics: (ages 3-5) Participants will experience & improve on existing gross motor movement with new skills being introduced.



School Age Gymnastic Lessons

Beginners (must be 5 years of age)
Participants will learn tumbling techniques as well as basic skills on the low balance beam, and bars.

Advanced Beginner (ages 5-15)
This class requires the participant to be able to perform a cartwheel, kick into a handstand and perform a backward roll.

Cheertumbling (ages 5-15)
This class is for those that want to prepare for cheerleading. Participants must be able to do a forward roll.



Enjoy a nice night out without having to worry about the children! It is the perfect time to plan a date or a night out with friends. We'll keep the kids busy with activities both in the Recreation Room and Gym. Pack snacks, a drink and something for dinner and we will take care of the rest.

Ukulele Lessons



Learn the basics of reading music and playing a little diddy on the ukulele. Laurel Jordan will guide participants through the ready music, making chords and putting it all together to form a song. Russell School (class TBD) for children in grades 2 through 8.

NERF NIGHT

Are you crazy for Nerf? Is mom yelling at you for shooting darts in the house? We will set-up walls & barriers for team battles and organized chaos. Please bring your Nerf gun (one that shoots standard darts), eye protection and a water bottle. We will supply the darts, prizes and all the fun you can handle.

KIDS CLUB

"Where Structured Activities Meet Adventure and Fun!" Kids Club is a friendly, safe environment where children are guided in stimulating opportunities that spark creativity, curiosity and success! Structured daily periods of free time, gross motor activities, arts and crafts and enrichment opportunities are designed to increase their self esteem, discover imagination, develop tolerance and patience, widen responsibility and enjoy social time with both peers and staff. Activities will include: Activities in the gym and sporting fields surrounding the complex, arts and crafts, health and nutrition, homework help time, quiet time, free play and more.



IN-SERVICE DAYS

Come join the Gray Recreation Department for a fun-filled day off from school! We'll have loads of arts & crafts, sports activities, games and maybe even an afternoon movie with popcorn! You never know what we'll have up our sleeves for fun activities... each day will be something new!

For more detailed information or to register, please go to: grayrec.com

BROADWAY for BEGINNERS



Participants will learn the basics of acting in addition to vocal techniques and some simple choreography. Students will showcase what they have learned in a performance of songs and scenes from one of their favorites:

THE LITTLE MERMAID

FIELD HOCKEY TRAVEL TEAM



This activity will be a feeder for the GNG Middle school team (grades 7 & 8). Girls in grades 5 & 6 will learn the basic skills in their weekly practice as well as in scrimmages with other communities. A tournament will also be schedule. More information at a later date.

Transportation to games will be by the parents.

WHITE MOUNTAIN FOLIAGE LOOP

SUNDAY, OCTOBER 8th

9 AM to 4:30 PM

Departure & return at Newbegin



Join the Recreation Dept for a wonderful foliage trip through the N.H. White Mountains.

Stops will include a portion of the Kancamangus, Jackson Village, Mt Washington and Gorham.

Lunch (on your own) will be at the Red Parker Pub. A few of the stops will include short walks.



HOOPS

FAMILY OPEN GYM

Every Wednesday
Starting Oct 18th
5:45 - 7 pm Newbegin

** parent or guardian required to stay. Lower hoops & smaller balls available to use.*

ADULT PICK-UP BASKETBALL
Every Wednesday
7 to 9pm, Newbegin
*minimum age: 18

FITNESS & WELLNESS



This is an adult fitness class that encourages you to get up and move and improve on your general overall health. Soft aerobic steps and exercise.

BARRE Bootcamp

Dynamic workouts that will help with strength, flexibility and better balance. Sculpt your body and tone muscles.

TOTAL BODY CONDITIONING

This class is great for all abilities as you work on hitting multiple muscle groups, cardio and balance.

AMERICAN RED CROSS BABYSITTING COURSE

This course will provide the babysitter with the skills and knowledge necessary to care for children and infants.



Prepare your child now for the responsibilities and potential emergencies that could happen when home alone.

MAD SCIENCE

Energize It!



Explore the many facets of energy, forces, motion and yes, slime too! Put your seat belt on for some fun.

*These classes fill up, so register now for the winter and spring too!

*Mad Science is now offered at Russell & Memorial School.

Stay tuned for HALLOWEEN HAPPENINGS!



COMMUNITY EVENTS / DATES

9/1 YBA Registration starts

9/4 Town Hall Closed

9/9 Crystal Lake Yard Sale

9/15 GNG Homecoming

9/23 Touch A Truck

10/7 PSC Crossroads Tournament

10/9 Town Hall Closed



For more detailed information or to register, please go to: grayrec.com

