



TAMWORTH RECREATION



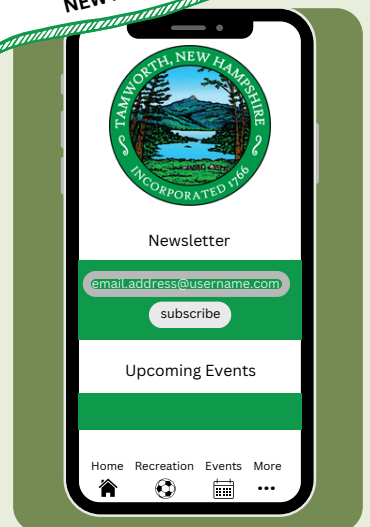
Emily Verny
603-704-0856
recdirector@
tamworthnh.org

Spring brings change and growth! In addition to our weekly newsletter, my intention is to release this seasonal Rec Department newsletter to outline the upcoming season with program information and registration details. I've been enjoying watching Tamworth children get involved with organized sports. I am so thankful for the volunteer coaches and program coordinators who help make this department grow. Thank you for your continued support and encouragement!

Sincerely, Emily Verny

Download our new Tamworth Rec App!

Stay up to date on all things Tamworth Rec by Downloading our new App for free in the Apple store by searching "Tamworth Rec". Coming soon to Google Play! If you have a community event that you would like added, email Emily: Recdirector@tamworthnh.org



Follow us on Facebook @
Tamworth Recreation

YOUTH SPORTS & PROGRAMS



Coming up...

Youth Spring Soccer

Grades: K-6

When: Mondays 3:30 - 5:00

Start Date: TBD - First week of May

End Date: June 15th

Cost: \$10 made payable to "Town of Tamworth"

The spring soccer program will be mostly focused on skills & drills with informal scrimmages against Sandwich Rec. We welcome Leo Green as our head soccer coach this spring! Leo brings decades of experience as a coach and athletic director. We look forward to warming up before the fall soccer season begins!



For families looking for more soccer time, Northern NH Soccer Club offers **FREE** programming for grades 3-6! Check out their website and drop-in to their current weekend program "Futsal" through the end of march at the KA Brett School gymnasium:

- Saturdays 9:00 am - 12:00 pm
- Sundays 5:00 - 7:00 pm

Questions? Contact Jamie Kileen:
603-986-0655

nnhsc2022@gmail.com
www.nnhsoccerclub.com

Youth Basketball Recap

A big thank you to all the coaches and parents for supporting basketball this winter. We played Sandwich, Madison, Ossipee and North Conway. We ended the season with a pizza party and a trip up to Kennett High School to watch a varsity home game. I look forward to watching these kids grow into amazing athletes. Next season, we plan to schedule more gym time and develop our girls & boys teams for grades 4-6, while focusing on co-ed skills & drills for grades K-3. A big thank you to Head Coach, Jason Bergen as well as Steve Abati, Patrick Shae, Shauna Peterson and Greg Canfield for coaching this year!





Spring Track & Field

Grades: 4-6

When: Thursdays 3:30 - 5:00

Start Date: April 18th

End Date: June 15th

Cost: \$10 made payable to "Town of Tamworth"

The track & field program will be focused on running endurance and skills. Kids will experience sprinting, relays and the standing long jump. The season will end with one State Meet on Saturday, June 15th in Tilton, NH.

Youth T-Ball & Baseball

T-Ball: Grades K-2

Saturdays 10:00-11:00

May 4th - June 15th

Baseball: Grades 3-6

Tuesdays 3:30 - 5:00

April 30th - June 11th

Cost: \$10 made payable to "Town of Tamworth"

This informal program is designed for any kids who wish to learn the basic rules and skills of baseball and just have fun! There will not be any organized games against other teams. We will encourage parents & families to join us for a family game every week after practice.



**FOR FAMILIES LOOKING FOR MORE
ADVANCED PRACTICE/GAMES, EXPLORE
THE CAL RIPKEN PROGRAM BASED IN
CONWAY**

[click here to sign up for spring youth programs](#)

TAMWORTH REC WILL BE OFFERING SUMMER YOUTH PROGRAMMING. STAY TUNED FOR OUR SUMMER NEWSLETTER, SCHEDULED TO BE RELEASED IN MAY FOR JUNE/JULY/AUGUST REGISTRATION INFORMATION FOR THE FOLLOWING PROGRAMS:

- **SWIM LESSONS**
- **SPORTS CAMPS**
- **TAMWORTH SUMMER ENRICHMENT PROGRAM**
- **FRIDAY FIELD TRIPS**

ADULT SPORTS & PROGRAMS



**WANT TO GET BETTER AT PICKLEBALL?
CONSIDER TAKING OUR PICKLEBALL 101
COURSE THIS SUMMER!**

**CONNECT WITH OTHER PLAYERS
USING THE "TEAM REACH" APP!**



- 1. DOWNLOAD THE APP
FOR FREE**
- 2. SEARCH TAMWORTH
PICKLEBALL**
- 3. USE CODE: CHOCORUA**

PICKLEBALL

When: 5:00 - 8:30

Mondays "Advanced Players Only"

Tuesdays & Thursdays "All Levels"

Where: KA Brett School Gymnasium

Year-Round Play (we move outside in April)

Cost: FREE

While Monday evenings are reserved for advanced players only, Tuesday & Thursday Pickleball welcomes multiple levels of play. There is one "rookie" court reserved for less experienced players, and two "intermediate" courts for players who have the following skills:

- Have knowledge of the basic rules
- Understanding of how to keep score
- Be able to serve and return a serve properly and consistently
- Be able to know when to play up to the kitchen
- Dink proficiently

MOVEMENT CLASS

When: Tuesdays & Thursdays until March 21st

Time: 9:30 - 10:30 am

Where: Tamworth Town House, 27 Cleveland Hill Road

Cost: \$5 per class, cash or check made payable to "Kate Johnson"

Join K. Johnson on Tuesday and Thursday mornings to move your body! Enjoy stretching, light aerobics, work on your mobility, balance and increase your heart rate. Most importantly, have fun!



**DROP-INS WELCOME,
BRING YOUR FRIENDS!**

Coming up...

HIKES WITH FRIENDS

When: Thursdays, starting April 4th

Time: 11:00 am

Where: Tamworth Town House, 27 Cleveland Hill Road

Cost: FREE

Coming soon! Waiting for the ice to melt. Meet at the Town House parking lot and carpool to our destination! Each week we will explore a different local walk/hike. We will announce which hike and its level of difficulty.



**THANK YOU TO TAMWORTH
COMMUNITY NURSE ASSOCIATION
FOR CO-HOSTING THE HIKES WITH
FRIENDS PROGRAM!**

PICKLEBALL 101 & BEGINNER TENNIS

When: TBD

Due to high demand, we'll be offering our Pickleball 101 course again this spring! We would also like to host beginner tennis lessons. Stay tuned for more information! If you have any interest in teaching, please contact Emily: recdirector@tamworthng.org

ADULT DODGE BALL

When: Fridays @ 5:00 pm

Start Date: Friday, May 3rd

End Date: June 14th

Cost: FREE

Drop-in and bring your friends! No registration required for this friendly competition. Wear sneakers, bring a water bottle and prepare for battle. Dodge ball is offered to all adults over the age of 18 who have a spirit of fair play and sportsmanship.



**"REMEMBER THE 5 D'S OF DODGEBALL:
DODGE, DUCK, DIP, DIVE AND DODGE."**

UPCOMING TOWN EVENTS:

*games &
prizes*



*bring your
basket!*

EASTER EGG HUNT

SATURDAY, MARCH 30TH

TIME 11:00 AM

REMICK PARK, TAMWORTH NH 03886

*pictures with the
Easter Bunny!*



DONATE!

TAMWORTH REC GEAR SWAP SHOP

Have any outdoor gear that you've been meaning to clean out of your garage? Help us create a Tamworth Rec gear swap shop! Snowshoes, ice skates, cleats, fishing poles, backpacks, tents and anything else rec related!

Our hope is to create a free swap shop where any Tamworth Resident can come borrow gear for an outdoor adventure. Once your adventure is completed, the gear will be returned and ready for the next person. Only accepting gently used gear, nothing that is broken or needs repair, please!



Connect with Rec Director, Emily VERNY to set up a time to donate your gear: recdirector@tamworthnh.org or call 603-704-0856



TAMWORTH REC SEEKING:



VOLUNTEER COACHES

**TRACK
BASEBALL
SOFTBALL
FLAG FOOTBALL
SOCCER**



**INTERESTED? EMAIL EMILY:
RECDIRECTOR@TAMWORTHNH.ORG**