



★ Ongoing Adult-Only Programs ★

**ZUMBA**  

With Lisa Kay Dawes

Zumba on Monday  
5:30pm - 6:30pm


At the Antrim Town Gym

\$5 per session

lisakaydawes@gmail.com

\*\*Email Lisa for space availability and most recent schedule\*\*

**Adult's (18+) Pickup Basketball**



Tuesday Evenings  
7-8:30 PM

At the Antrim Town Gym

If interested, please reach out to Celeste at 603-588-3121 or at [RecDirector@AntrimNH.gov](mailto:RecDirector@AntrimNH.gov) to be put in contact with program coordinators Kevin Proctor and Kyle Murray.



**First Thursday Adult Bus Trips**

We are looking to build interest in our monthly bus trips to regional attractions.

For More information and Destinations, please look for the flyers on the Bulletin Board at Town Hall or on the Town Website.

Preregistration required. See flyers for details.

To register for an adult program, please register with the instructors listed. Free Adult Programs are on a drop in basis. Start anytime. If you are interested in starting an Adult Program, and are willing to be a site person for this program, please contact Antrim Recreation. 588-3121

**S.A.I.L!**  
**Stay Active and Independent for Life**  
A collaboration of Antrim Recreation and the Grapevine.

Stay Active and Independent for Life (SAIL) is an evidence-based fall prevention program, centered around a strength, balance, and fitness program for adults 65 and older. The exercises can be done standing or sitting.

Starting June 5th, classes will be offered on Monday/Wednesday/Friday from 1:30-2:30, upstairs at Town Hall

 Preregistration is required. To register for this program, contact the Grapevine at 603-588-2620. 

**Did You Know?**

You can sign up to receive announcements from the Recreation Department through the Antrim Town Website. To get updates on our latest programs, visit [www.antrimnh.org/subscribe](http://www.antrimnh.org/subscribe), and choose "Parks & Recreation"!

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For more information or to register for our programs, please contact us at:

Phone: 603-588-3121

Email: [AntrimRecreation@tds.net](mailto:AntrimRecreation@tds.net)

12 School St. / PO BOX 517

Antrim, NH 03440

You can also find us on our Facebook page or the town website [www.antrimnh.org](http://www.antrimnh.org)



603-588-3121  
[ANTRIMRECREATION@TDS.NET](mailto:ANTRIMRECREATION@TDS.NET)  
[ANTRIMNH.ORG](http://ANTRIMNH.ORG)

**All About Antrim Recreation!**



★ Family & Youth Programs ★



### Soccer

Fall Season Youth Recreational Sport  
Enrollment Timeline: Mid to Late July  
Average Cost Range: \$25-\$65  
Age Range: Preschool - 6th grade  
See Flyer for additional information.

### Basketball



Winter Season Youth Recreational Sport  
Enrollment Timeline: Late Oct - Early Nov  
Average Cost: \$65  
Age Range: 3rd - 6th grade  
See Flyer for additional information.



### Baseball/Softball/T-Ball

Spring Season Youth Recreational Sport  
Enrollment Timeline: Early to Mid March  
Average Cost Range: \$35-\$55  
Age Range Tball/Baseball (as of 5/1): 5-12  
Age Range Softball (as of 12/31): 7-12  
See Flyer for additional information.

### Swim Lessons



Summer Season Youth Recreational Sport  
Enrollment Timeline: Late May to Mid June  
Average Cost: \$35 (Residents)  
Age Range: 4 years and up  
See Flyer for additional information.

These are not ConVal sponsored programs.  
Programs are subject to change; please contact us for updates .

To find registration forms and informational flyers for Antrim Rec programs, please visit [www.antrimnh.org](http://www.antrimnh.org) and go to the Parks and Recreation link under Departments. Paper copies of registration forms can also be mailed upon request. If cost is a hardship for any of our programs, please contact us. We want you to participate!

★ Family & Youth Programs ★

MOVIES

AT

TOWN HALL

September thru May

Admission is Free.

Donations are Gratefully Accepted!

### Antrim Rec's Days of Summer Camp



Antrim Recreation Summer Programs bring back the classics, celebrating all that a New Hampshire summer has to offer!

Campers entering grades K through 6 can register by week for camp, with an exciting new theme each week!

See our Camp Brochure for more information or to register!

### We Need YOU!

We are always looking for new volunteers for all seasons, sports, and programs.

Please consider sharing your love of recreation with our local community members!

★ Community Programs ★

### Gregg Lake Beach 2023

Staff will be on duty, weather permitting, holidays and weekends, beginning Sunday, May 28 through Friday, June 16. Beginning June 20, weather permitting, staff will be on duty 9 am-5 pm Sun-Weds, and 9 am -7 pm on holidays, and Thurs-Sat. There will be some variability in staff hours, based on weather and program demands. Lifeguards are on duty at the swimming beach, weather permitting, daily between 10 am and 5 pm, June 20-August 18.

Before June 1, 2023 there is no on duty life guarding at Gregg Lake Beach, and swimming is at your own risk. Once lifeguards are on duty, no flotation devices or toys are permitted in the guarded area, except for US Coast Guard type 2 personal flotation devices. Approved devices must fit the user properly, and non-swimmers using these devices must always be within arms reach of their supervising adult.

There is no parking fee for Antrim residents/tax paying property owners. For all others, there is a daily parking fee of \$10, or \$100 for a season pass. Visitor Season Passes can be obtained at the beach, or at Antrim Town Hall. Cash or check are acceptable forms of payment at this time. Resident stickers may be acquired at Antrim Town Hall.

### Antrim in the Evening 2023

Beginning with a visit from Wildlife Encounters on July 5th, Antrim in the Evening will have a great new show every Wednesday evening through August 16th.

July 5th - Wildlife Encounters

July 12 - Mr. Bill (Bluegrass)

July 19 - Colin Isotti

July 26 - Wendy Keith and Her Alleged Band (Folk)

August 2 - Sol Y Canto

August 9 - Blame It on Sally (original Folk Rock)

August 16 - Great Groove Theory (Rock/Blues)

### Kayak Storage Rentals

Our kayak and canoe storage racks have spots available for weekly or seasonal rentals.

The seasonal rental is \$150 and boats can be kept on the rack from May-October.

See attendant on duty or contact Antrim Recreation

at [recdirector@antrimnh.gov](mailto:recdirector@antrimnh.gov)