



TOWN OF PELHAM
PARKS & RECREATION
DEPARTMENT



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PELHAM HIGH SCHOOL

Youth Basketball – Open to boys and girls ages 7-18. ***New this year - Division 8 for ages 16-18!*** Practices will begin in November at the Pelham Memorial and Elementary School gyms. Evaluations for Divisions 3-8 on team placements will be Saturday, November 17, 2018 at the Elementary School gym. Deadline for sign-up is November 9, 2018. No registrations will be accepted after the November 17 draft! Cost for the program is \$85.00 for the first child, \$75.00 for each additional player in same family. Coaches and Referees are needed!

After School Ski/Snowboard – Open to students grades 6 through 12. Five Tuesdays beginning January 8, 2019 until February 5, 2019 at Pat's Peak in Henniker NH. Offering ski or snowboard lessons, rental and tickets. Cost and additional details will be listed on our website soon.

Teen Theatre – Last call for teen theatre participants! Looking to explore your creative side, join Pelham Teen Theatre. Rehearsals will take place on Friday nights from 4:30pm to 6:15pm with show dates on Saturday, November 17th and Sunday, November 18th. Cost for the program is \$99.00 per participant.

Total Body Strength and Sculpt – Ages 16 and up will enjoy this exercise class for all levels. Designed to strengthen, sculpt and tone every muscle group while utilizing free weights, resistance band and your own body weight. Beginning on October 30, 2018 until December 11, 2018 on Tuesday nights from 6:30pm to 7:30pm. Cost for the program is \$65.00 per participant.

Adult Yoga – Offered to students ages 16 and up. All classes are Monday and/or Wednesday nights starting October 29, 2018 until December 12, 2018 from 6:30pm to 7:30pm. All classes are held at the Hobbs Community Center. Cost for Monday classes are \$60.00, Wednesdays are \$60.00 or \$120 for both days.

For additional details on all our programs, please visit our website at www.pelhamweb.com/recreation or call our office Monday – Friday between the hours of 8:00am to 4:00pm. Thank you!