

# EXPLORE HPR

Welcome to “Explore HPR – What We Offer”

November 2018

## [Gingerbread House Decorating](#)

Join HPR Staff in decorating your very own Gingerbread House for the Holidays! All supplies are included. November 28<sup>th</sup> 4:30-6pm.

## [COACHES NEEDED!](#)

We are still in need of 2 basketball coaches for the Boys 3/4 program. We have 16 teams this season and have found coaches and assistants for all but these last 2 teams. If interested, please email Athletic Manager Bri Barnes at [bri.barnes@hanovernh.org](mailto:bri.barnes@hanovernh.org)

## [Basketball Twin State Interscholastic](#)

This coed rec league is open to all high school students. Registration is now open!

## [K-2 Coed Basketball](#)

Our instructional program meets for 6 Saturdays in January and February. This is a great opportunity to introduce your child to the fundamentals of basketball through fun games and drills.

## [Basketball Officials](#)

HPR is always looking for basketball officials. Please email Athletic Manager Bri Barnes at [bri.barnes@hanovernh.org](mailto:bri.barnes@hanovernh.org) for more information.

## [Fall Sports Uniform Return](#)

Per our [uniform deposit policy](#) all uniforms must be returned by **6pm on Tuesday November 13<sup>th</sup>**. Our business hours are Mon – Fri 9 – 6 and Sat 9 – 2p.

## [Stay up to date on all things HPR](#)

A quick easy way to stay up to date on program registration dates, special events & game cancellations is to sign up for HPR text messaging. Just log into your account, click your name and scroll down to where it says Mobile Notifications (+Add Number).

## [\(KAST\) Kids Afterschool News page](#)

## *Annual Event*

### [26<sup>th</sup> Annual Turkey Trot](#)

Grab a friend and join HPR for this fall classic run! Register for either the 5K or the 10K. A New YOUTH division this year with a reduced registration fee for students up to 12<sup>th</sup> grade. Students may sign up for the 5K or 10K for \$10. Co-Sponsored by Stateline Sports in West Lebanon.

## ***Ongoing Programs***

### **Swim Skills Clinics**

Have your 4<sup>th</sup>-12<sup>th</sup> grader join us at the Dartmouth Spaulding Pool to learn the four major strokes of competitive swimming. This program is ideal for those swimmers looking to advance their involvement in the sport and get a taste for what competitive swimming is like. Session 2 starts on January 7<sup>th</sup> and the clinics are held on Mondays, Wednesdays & Thursdays

### **Open Gym**

Join us for our open gym basketball! Start practicing before the season begins! Mondays 3:30-5:30pm and Wednesdays 2:30-4:30.

### **Zumba!**

Has your work week kept you from trying this great fitness class? We offer Wednesday evenings as well as morning classes four times a week. Remember, your first class is free, what's not to like?

### **Gentle Qi Gong**

Gentle Qi Gong practice involves aligning breath, movement, and awareness for exercise, healing and greater physical and mental fluidity. The practice sequences include gentle stretching, flowing movements, and standing postures that are quietly harmonized by rhythmical breathing and a calm, unhurried, focused mind. Thursdays, 3:30 – 4:30.

### **Tai Ji Quan, Moving for Better Balance**

This is a fall prevention program for adults and will meet twice a week, Monday s and Wednesdays beginning December 19<sup>th</sup>, 3 – 4pm. The class is free and is taught once again by Bonnie Kimmelman from the

### **Pickleball**

Pickleball is available on a drop-in basis at no charge! Equipment is available-come give it a try! Bring a partner and have some fun! Every Wednesday @ 8:45am and Friday @ 10am!

### **Active Adult Activities Calendar**

#### **Senior Community Lunch**

November's community lunch is being prepared and served by members of Our Savior Lutheran Church & Campus Ministry. Tuesday, November 13 at 12:00 pm in the Multi-Purpose Room. Please register at least 24 hours in advance!

### **Like us on Facebook**