

Programs & Events

SPRING/SUMMER 2017



Hampshire Hills
ATHLETIC CLUB

AQUATICS

Swim Lessons

May 1-June 11 Session

Priority Registration: Week of April 10

New Member Registration: April 17

Open Registration: April 18-27

Members: \$59 Nonmembers: \$89

Lifeguard Training

April 27-30

Members: \$275 Nonmembers: \$345

Registration and Information:

adurepo@hampshirehills.com

603.673.7123

New Aqua Fitness Schedule

Starts May 1st

[Click Here For Current Schedule](#)



**Pre-Comp Program
Ages 5 and Up
May 1-June 16**

Monday and Friday 4:15p-5:00p

Members: \$145.00 Non-Members \$195.00

For swimmers NEW to the sport. It is an introduction to competitive swimming for swimmers that are interested in developing their endurance and technique to join our year round competitive USA swim team but not ready to compete in meets.

Should be able to swim 25m continuous freestyle and 25m continuous backstroke.

Includes 1 Team T-shirt and Team Cap

To Register Contact:

abalboni@infinityswimclub.com

603.860.1822



PIRATE POOL PARTY

Tue, April 25

6:00-8:00pm

Pool fun!

Refreshments. Cash bar.

COURT SPORTS

Basketball

Currently looking for players to start a new team for our Over 25 Wednesday Night League. Contact Dave at dhm12000@yahoo.com

Racquetball

Spring League Has Begun

6:00-8:00 pm

Tuesdays

Beginner

Wednesdays

Intermediate

Thursdays

Advanced

Contact Steven at rb@hampshirehills.com

Volleyball

Monday League : March 20-May 22

Sunday League : March 26-June 4

Outdoor Sand Volleyball Summer Session Starts Monday June 5

June 5th will be an open play day to evaluate players and create teams.

Season runs June 12-August 14.

Summer Sunday league is open play session held indoors.

Members: Free Nonmembers: \$70

Contact John at johnbmagnus@gmail.com

GROUP FITNESS

Les Mills Program Launch

Look for new moves and music the week of May 1st in all your favorite Les Mills classes!

BodyPUMP-BodyVIVE-BodyCOMBAT

BodySTEP-BodyFLOW-RPM-SPRINT-GRIT

New Group Fitness Schedule

Starts May 1st

[Click Here For Current Schedule](#)

Zumba Gold

May 1-22 June 5-26

Mondays

11:00am

603.673.7123

Hampshire Hills Athletic Club

50 Emerson Rd, Milford, NH 03055

JUNIOR PROGRAMS

Yoga Kids

May 3-June 7

Wednesday

4:30-5:15

Ages 4-9

Members: Free Nonmembers: \$35

Creative Movement & Yoga

May 4-June 8

Thursday

9:00-9:45

Ages 3-5

Members: Free Nonmembers: \$35

Kids Gotta Move

May 4-June 8

Thursday

4:30-5:15

Ages 5-10

Members: Free Nonmembers: \$35

Busy Bees

September 2017

Tuesday & Thursday

8:30-11:00

Ages 4-5

Contact Lauren:

ldesmarais@hampshirehills.com

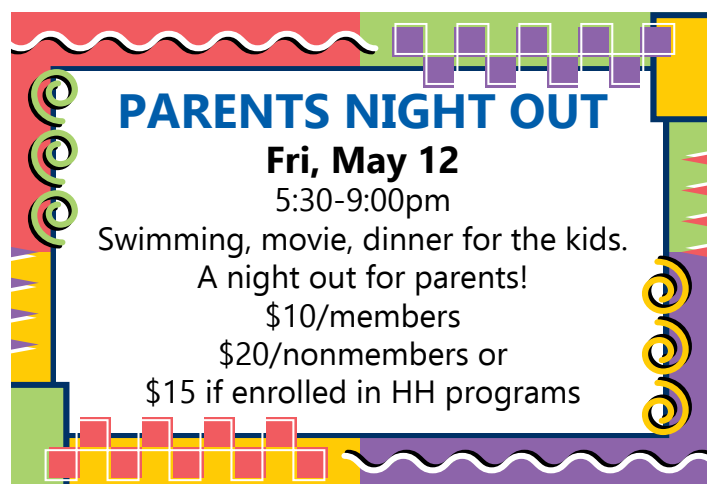
Climbing Wall

Sunday, May 21 & June 11

4:00-5:00 or 5:00-6:00

Members; Free Nonmembers: \$10

Register at 603.673.7123



PARENTS NIGHT OUT
Fri, May 12
5:30-9:00pm
Swimming, movie, dinner for the kids.
A night out for parents!
\$10/members
\$20/nonmembers or
\$15 if enrolled in HH programs

TENNIS-ADULTS

Adult Tennis 101

June 19th - August 14th

Mondays No Class July 3

6:30-7:30pm

18 +

Members: \$150 Nonmembers: \$210

Doubles Pro Am

Round Robin

June 21-August 16

Wednesdays No class July 5

6:00-7:30pm

All Ages

\$25/drop in Sign-up by Tuesday 6:00pm

Shot of the Week

June 22-August 10

Thursdays

5:30-6:30pm

18 +

Members: \$160 Nonmembers: \$224

Adult Tennis 202

June 22-August 10

Thursdays

6:30-7:30pm

18 +

Members: \$160 Nonmembers: \$224

Cardio Tennis

June 21-August 16

Wednesdays No class July 5

8:30-10:30am

18+

\$25/drop in Sign-up by Tuesday 6:00pm

Drills and Skills

June 22-August 10

Thursdays

8:30-10:30am

18+

Members: \$240 Nonmembers: \$336

Contact Nick:

nwagner@hampshirehills.com

TENNIS-JUNIORS

NHTA High Performance Summer Academy

June 12-August 25

Monday-Friday

9:00-4:00

Ages 10-18

Members: \$528/week

Nonmembers: \$600/ week

NHTA 10 & Under Academy

June 12-August 25

Monday-Friday

9:00-12:00

Optional Camp Ponemah additional half-day

Members: \$200/week

Nonmembers: \$280/week

High School Round Robin

June 21- August 16

No class July 5

Wednesdays

4:30- 6:00

Ages 13-18

\$25/drop in Sign-up by Tuesday 6:00

Tennis Tots

June 19- August 2

Mondays and/or Wednesdays

4:30- 5:00

Ages 3-4

Members: \$100 per class

Nonmembers: \$140 per class

TENNIS SOCIALS & TOURNEYS

Demos & Drinks

June 10 3:00-5:00

Doubles tennis on the outdoor courts and try new demo racquets from Head and Babolat. Give aways, specials, and 20% off new racquets purchased.

Members: \$10 per person (includes drinks)

Register at the front Desk, 603.673.7123

Parent/Child Round Robin

Father's Day June 18 10:00-11:30

All levels welcome. Sign up at the Front Desk. It's free! 603.673.7123

Stay and enjoy Father's Day Brunch at Wickets On The Green. Reservations required.

603.673.7123

Hampshire Hills

Mens' Open

June 23-25

Three days of great tennis from some of New England's best players on the outdoor courts. Spectators wanted!

Triangle Tennis Tourney

Sept 8 5:30-7:30

Football themed triangle format fun! All levels welcome. \$10 per person.

Register at the front Desk, 603.673.7123

USTA New England Level 7 Tournaments

July 22 & 23

August 12 & 13

Saturday & Sunday

8:00am-8:00pm

14U, 12U

Register through the USTA website at

tennislink.usta.com

Contact Nick:

nwagner@hampshirehills.com

Hampshire Hills

SUMMER FUN!

Just look at what we have planned for you to make the summer of 2017 the best one yet!



Thursday Night POOL PARTIES

A different themed party every Thursday for 6-8 pm beginning June 29. Bring the entire family and meet your friends at the outdoor pool. Refreshments for sale.



POOLSIDE BARBECUE

July 19
12:00-1:30
Cooking up burgers and dogs by the outdoor pool. Music with DJ Dave Alcox poolside.



INFLATABLE FUN

A different inflatable (water slide, bounce house, obstacle course, etc.) each week. Dates vary. Unlimited use for a small fee.



Tiebreakers CORNHOLE TOURNEY

July 15
11:00
Register Your Team



BRUNCH AT WICKETS

Father's Day June 18 & Sunday, August 27
10:00-1:00
Brunch buffet al fresco at Wickets On the Green. Reservations strongly suggested.



ICE CREAM SOCIALS

July 11 & August 15
12:00-1:30
In The Pine Grove



There's more to look forward to...

The opening of Wickets On The Green.
Live music at Wickets, Wednesday & Friday.
Opening of Brella's at the outdoor pool.
Tennis Tournaments
Outdoor Movie Night
End of Summer Party



[Hampshire Hills.com](http://HampshireHills.com)