

FAST

Fun After School Times at

Ages K - 5th
School Days/Mon-Fri
3:30-6:00



A Typical Afternoon at FAST

3:15-3:45	Arrival, Snack, Homework Time
3:50-4:35	Group Sport of The Day
4:40-5:25	Skill Center Choice
5:30-6:00	Free Time

Group Sports & Skill Center Activities

Soccer	Dodgeball
Lacrosse	Wiffleball
Field Hockey	Climbing Wall
Baseball/Softball	Capture The Flag
Tennis	Kickball
Yoga	Swimming
Mixed Martial Arts	Arts & Crafts

Free Time Activities

Running Track	Board Games
Cycling	Arts & Crafts
Rollerblading	DDR
WII	Scooters
Batting Cage	Reading



Transportation from Area Schools!

Hampshire Hills Member Price:
\$149/month/5 days a week*
\$25 registration fee

Nonmember Price:
\$199/month/5 days a week*
\$25 registration fee

2,3,4 day options available

***BONUS!**
Discount on
School Days Out,
Snow Days, Vacation Week.

673.7123

50 Emerson Rd, Milford, NH 03055
hampshirehills.com

**Nutritious
Snack Provided**

**Homework
Helpers**

**Academic Support
Center Available**

**Swim & Tennis
Lessons Available**

**Professional
Sport Instruction**

