



2025

[www.milfordrec.com](http://www.milfordrec.com)

# Milford Recreation Summer Guide!



Adventure Camp



Keyes Summer Bash



Senior Trips



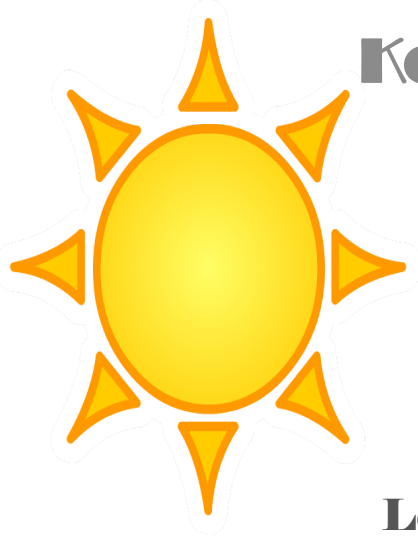
Swim Lessons



1 Union Square • Milford, NH 03055  
Phone (603) 249-0625 • Fax (603) 673-2273  
[recreation@milford.nh.gov](mailto:recreation@milford.nh.gov)







## **Keyes Summer Bash**

### **June 21, 2025**

**Keyes Park**

**11am-2pm**



**Let's kick the summer off right!**  
**Local Vendors      Food Trucks**  
**Touch a Truck      Water Games**

**For more information visit [www.milfordrec.com](http://www.milfordrec.com)**

## **Puzzle Palooza August 15th 6-8pm!**

Come join us at the Town Hall Auditorium where multiple teams of 1-4 compete against the clock to complete a puzzle in two hours. Everyone will be given the same puzzle. Prizes will be awarded to the team who finishes first!

**\$40 per team (1 person registers)**

**Deadline to Register August 1 @[milfordrec.com](mailto:milfordrec.com)**

**Need a team? Email [recreation@milford.nh.gov](mailto:recreation@milford.nh.gov)**



## Toddler & Youth Programs:

### Safe Sitter: Babysitter Training Course:

**Ages 11-15.** This fun and exciting course teaches sitters the importance of their job responsibilities. Topics include accident prevention, proper play and interaction with children of all ages, problem behavior and CPR introduction!

Participants will be prepared to respond effectively in an emergency situation.

Prepare your child for increased responsibilities and money earning potential. This is a 1-day (6.5 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and completion card.

**Town Hall Auditorium**

**9:00am-3:30pm**

**Monday August 18, 2025**

**Res \$90 Non - Res \$95**

## Summer Week Programs:

### Horse Camp:

Join Rose Wood Equine for a wonderful session of riding! Learn all about horsemanship including care, feeding, handling, grooming, tacking and yes even riding!

**Ages: 5 and Up**

**Wednesdays**

**Fee: Res \$140 NRes \$160**

**Session 1: 6/4, 6 6/11, 6/18, 6/25**

**@ 4-6pm**

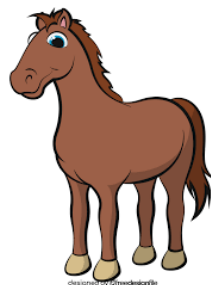
**Session 2: 7/9, 7/16, 7/23, 7/30**

**@ 4-6pm**

**Session 3: 8/6, 8/13, 8/20, 8/27**

**@ 4-6 pm**

**Location: 62 Forest Rd. Greenfield  
NH, 03047**



## Adventure Camp:

Join Milford Recreation this summer for a week long camp of exciting adventures where every day is a chance to explore, challenge yourself, and create unforgettable memories! Each of the two camp sessions will include different trips! Make sure you register early to save your spot this summer!

**Ages: 7-12**

**Fee: Res \$225 NRes \$245**

**Time: 8 am - 4 pm**

**Location Drop-Off/Pick-Up:  
Keyes Memorial Park Pavilion**

### **Trips Include:**

**Session 1: 7/21 - 7/25**

**Monday: Hike South**

**Uncanoonuc Trail & White Parks**

**Playground**

**Tuesday: Beach Day at**

**Jeness Beach**

**Wednesday: York's Wild Kingdom**

**Thursday: Chuckster's Fun Park**

**Friday: Blueberry Picking**

**@Lavoies Farm in Hollis**

**Session 2: 8/4 - 8/8**

**Monday: Hike Pack Monadnock**

**Tuesday: Beach Day at Wallis Sands**

**Wednesday: Monadnock Paddle**

**Thursday: Laser Tag & Gelly Ball**

**Friday: Raspberry Picking**

**@Brookdale's in Hollis**



## Science Camp:

### **Entering 2nd-5th Grade**

Come and explore fun and exciting science topics this week! During the week, children will be able to dabble in many different scientific experiences and solve mysteries of the world around us. Children will have the chance to perform really cool experiments addressing the different branches of science.

**There will be a trip on 8/13 TBA**

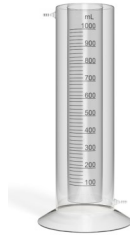
**Instructor: Julia Anderson**

**Fee: Res \$85 NRes \$90 Min: 5 Max: 13**

**Registration Deadline: 8/4**

**Dates: 8/11 - 8/13 Time: 1-4pm  
8/13 12-4 pm**

**Location: Banquet Hall**



## Skyhawk Camps Week Programs!

### Mini-Hawk (5-7):

Embark on an adventure with Skyhawks Mini-Hawk where younger children can explore a variety of sports. Mini-Hawk programs offer a fun, structured learning environment while enhancing balance and coordination. Campers improve athletically while learning sportsmanship and teamwork. Perfect for a playful introduction to athletics! Participants will receive a certificate and Skyhawks T-shirt.

**Ages: 5-7**

**Fee: \$185**

**Min: 8 Max: 20**

**Dates: 7/7-7/11**

**Time: 9 am-12 pm**

**Registration Deadline: 6/30**

**Location: Keyes Multipurpose Field**

## **How to Watch a Good Program Die**

Nothing kills a recreation program faster than participants who wait last minute to register.

There is a point when a program must be cancelled or modified if there is insufficient registration. All programs require a high level of coordination often including facility scheduling, staffing, volunteer recruitment and purchasing of supplies.

**Please Register Early!**

### **Summer Scholarships**

We are now able to offer a year round scholarship program thanks to the generous donations we received. If you would like to inquire about partial or full assistance with our programs please contact

Susan Gorman, Milford Welfare Director  
sgorman@milford.nh.gov or call  
at 603-249-0672. Once approved the registration can then be completed with the Milford Recreation Department.

### Multi-Sport (8-12):

Multi-Sport programs are designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essential skills of each sport, along with vital life lessons such as sportsmanship, inclusion and teamwork. Enjoy the benefits of exploring multiple sports while building lifelong skills with Skyhawks! Participants will receive a certificate and Skyhawks T-shirt.

**Ages: 8-12**

**Fee: \$185**

**Min: 8 Max: 20**

**Dates: 7/7-7/11**

**Time: 9 am-12 pm**

**Registration Deadline: 6/30**

**Location: Keyes Multipurpose Field**

**Flag Football (7-12):**

Score a touchdown with Skyhawks Flag Football! This program teaches passing, receiving, kicking, and flag pulling, all while emphasizing heart and spirit. Participants gain confidence and learn life lessons like teamwork and leadership in a fun, supportive environment. Suit up and get in the game with Skyhawks Flag Football! Participants will receive a certificate and a Skyhawks T-shirt.

**Ages: 7-12****Fee: \$185****Min: 8 Max: 20****Dates: 7/14-7/18****Time: 9 am-12 pm****Registration Deadline: 7/7****Location: Keyes Multipurpose Field****Adult & Senior Programs!****Tai-Chi/Qigong Foundations:**

This class covers Qigong/Tai Chi fundamentals of breath work, movement, posture alignment, and visualization.

Consistently practicing these gentle, meditative movements improves balance, coordination, flexibility, strength and mental clarity. Safe and suitable for everyone, all movements can be modified and effectively compliment other health and wellness pursuits.

**Mondays 6-7pm****Summer: 6/2 - 8/25****\*NO CLASS 6/30\*****Fee: \$10 each class****Location: Town Hall Auditorium**

**Registration OPENS on  
March 31st**

**Basketball (6-9):**

Dribble, shoot, score with Skyhawks Basketball! Perfect for developing athletes, this program sharpens passing, shooting, and dribbling skills, emphasizing sportsmanship and teamwork. Participants develop defensive and rebounding abilities in a dynamic setting that promotes personal and athletic growth. Get involved and make a difference on and off the court! Participants will receive a certificate and a Skyhawks T-shirt.

**Ages: 6-9****Fee: \$185****Min: 8 Max: 20****Dates: 7/21-7/25****Time: 9 am-12 pm****Registration Deadline: 7/14****Location: Keyes Basketball Court****Tai-Chi Forms****Fee: \$40 per session****Times: 5:15-6:15 pm****Location: Town Hall Auditorium**

Summer 1: Tuesdays - 6/3 - 6/24

Summer 2: Tuesdays - 7/8 - 7/29

Summer 3: Tuesdays - 8/5 - 8/26

Summer 1: Thursdays - 6/5 - 6/26

Summer 2: Thursdays - 7/10 - 7/31

Summer 3: Thursdays - 8/7 - 8/28

**Seated Yoga:**

Seated Yoga allows you to explore the benefits of standing yoga without the added strain. Whether you have done yoga before or not this is a fantastic opportunity.

Ages: Recommended 50+

**Thursdays****Time: 10am-11am****Summer 1: 6/5-6/26 \$40****\*\*NO JULY SESSION\*\*****Summer 2: 8/7 - 8/28 \$40****Location: Milford Town Hall**



## Senior Coffee Connections!

### June 11th: Wheel of Fortune & Ice Cream

Join us for an ice cream buffet with various items to choose from! Give your brain a workout by playing Wheel of Fortune! Ice Cream will be provided.

**Registration required by June 4th  
(603) 249-0625**

### July 9th: Whacky Word Searches!

We're excited to invite our seniors to a relaxing and engaging word search session! Word searches are a great way to exercise your brain while having fun. It's a perfect opportunity to socialize, share laughs, and challenge yourself with friends. Whoever completes the most word searches by the end of the session will win a sweet prize!

**Registration required by July 2nd (603) 249-0625**

### Aug 13th: Creating a Flower Arrangement

Enjoy some snacks and drinks while creating a stunning bouquet with the freshest harvest of farm-grown flowers from Gardent Farms. Their blossoms are sustainably-grown from seed, harvested, and brought straight from their fields to the event.

Krista from Gardent Farms, will help you create a bouquet in a mason jar. She will provide everything you need - pre-cut flowers, containers, tools, and guidance - for the perfect summer flower arrangement. \$10.00 per person; Min 20

**Registration required by Aug 6th  
(603) 249-0625**

## BRUNCH BINGO

**Every 4th Wednesday (Mar-Nov)  
12:00pm-2:00pm**

3rd floor Banquet Hall,

Milford Town Hall \$2 for 2 Bingo cards,

product prizes for winners of each game Bring a brown bagged lunch and play B-I-N-G-O! OR Lunch can be provided by Meals on Wheels of Hillsborough County (\$3.00 suggested donation) To reserve lunch, please call Carol McKillip 603-424-9967 by the Friday before the event.



## Milford Area Seniors

Seniors meet to socialize **every Tuesday, 10am-12pm, at the Milford Town Hall Banquet Room**

Coffee and other goodies will be available.

The Milford Area Seniors welcomes all people 50 and older who wish to either volunteer or come to the activity center.

Donna Thibodeau at (603) 721-9747

## Adult & Senior Bus Trips:

### Winnepesaukee Playhouse & T-Bones:

The Wedding Singer takes us back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. Rock star wannabe Robbie Hart is New Jersey's most in-demand wedding singer. However, when his own wedding plans go down the drain and he is left standing at the altar, his heartbreak and grief suddenly make him the worst wedding singer you can find. Based on the hit Adam Sandler movie, The Wedding Singer's 1980s-inspired score will have you tapping your toes and breaking out the Aqua Net.

**Trip Includes: Transportation**

**Self-pay at restaurant**

**Trip Date: 6/17**

**Fee: \$65**

**Depart Milford: 9:45 am**

**Arrive in Milford: 6:00 pm**



### Fleetwood Macked Tribute:

**Fleetwood Macked** brings your favorite songs like... "Go Your Own Way", "Don't Stop", "Rhiannon" and "Landslide" to the stage with a performances that bring audiences to their feet and back to the heyday and most popular line-up of the great Fleetwood Mac. This is a power packed show that will have you on your feet and dancing your entire day away. Do NOT miss this amazing performance, it's a true memory of a lifetime.

**Trip Date: 6/19**

**Fee: 104.00**

**Chicken Parmesan or**

**Vegetable Lasagna**

**Deadline: 5/14**

**Min: 5 Max: 14**

**Castleton in Windham, NH.**

**Depart Milford: 10:30 am**

**Arrive in Milford: 4:30 pm**



## Portsmouth Harbor Cruise:

On our fully narrated Harbor Cruise, we'll take you through nearly 400 years of local and American history. From the settlement of the region in 1623, to Portsmouth Harbor's modern day role in the economy and defense of our country. This trip offers some wonderful photo opportunities of lighthouses, mansions, submarines and forts, so bring a camera! After our Harbor Cruise, we will stop by Newick's Lobster House for an afternoon feast!

### **Trip Includes: Transportation**

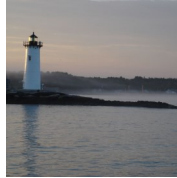
**Self-pay at restaurant**

**Trip Dates: 7/10 & 7/17**

**Fee: \$55**

**Depart Milford: 8:15 am**

**Arrive in Milford: 3:00 pm**



## Foster's Clambake & Nubbles Lighthouse:

Join us for a feast this summer. We will eat lunch at Foster's Pavilion where you will enjoy lobster, clam chowder, steamed clams & mussels, sweet corn on the cob, roasted red bliss potatoes and onions, rolls and butter and blueberry cake.

### **Trip includes: Transportation & Clambake Meal**

**Dates: 8/14 & 8/21 Fee: \$75**

**Min: 9 Max: 14**

**Depart Milford at 9:30am**

**Depart Maine at 3:30pm**

## For The Family:

### Let's Go Fishing with NH

#### Fish & Game:

**Ages 8+.** Topics covered in this course include basic rods and reels, safety, knot tying, fish identification, ethics, rules and regulations, and aquatic ecology. After completing a classroom session you'll get the chance to put your new skills to the test; you'll head out to a local pond and do some fishing!

**Instructor: NH Fish & Game Staff**

**Fee: Free Program Min: 8 Max: 18**

**Dates: Friday 6/6 6:00-8:30pm**

**Sat. 6/7 9:00am-12:00pm**

**Location: Town Hall Auditorium**

**Register Online: <https://nh-events-web.s3licensing.com/Event/EventDetails/6232>**



## Tom Jones Tribute Show:

Relive the songs of Tom Jones such as "Kiss, Delilah, She's A Lady, It's Not Unusual, What's New Pussycat, and many more. There are times during the performance that you actually forget that you're not watching the real thing. Come join us to see the best Tom Jones you'll ever see next to the real thing!

**Trip Date: 8/22**

**Fee: \$104.00**

**Chicken Piccata or Vegetable Lasagna**

**Deadline: 7/21**

**Min 5: Max: 14**

**Depart Milford: 10:30 am**

**Arrive in Milford: 4:30 pm**

## Beginner Family Archery:

Expect to learn the fundamentals of archery as you experience the magic sound of hitting the target. Fundamentals include: form, aiming, breathe work, and balloon popping.

Join our week camp or take our classes.

### **Classes**

**Ages: 8 and Up**

**Dates: Wednesdays 7/9 - 7/30**

**Fee: \$79 Res \$84NRes**

**Time: 5-6pm Min: 5 Max: 12**

**Location: Adams Field**

**Week Long Camp**

**Ages 8 and Up**

**Dates: 8/4 - 8/7**

**Fee: \$140 Res \$160 NRes**

**Time: 9-11am Min: 5 Max: 12**



## Yoga in the Park:

A 60-Minute vinyasa style yoga flow, perfect for all levels! You will explore the link between finding your breath to movement, while challenging you're your minds and bodies.

**Ages: Teens+**

**Min: 5 Max: 20**

**Tuesdays**

**6-7pm**

**Summer Session 1: 5/27-6/17**

**Summer Session 2: 7/1-7/22**

**Summer Session 3: 8/12-9/2**

**\$40 per session**

**The Granite**

**Stage**



## Keyes Pool Programs: (\*\*NO SWIM MAKE-UP 7/4\*\*)

### Swim Like a Fish Parent & Child Swim Lessons

Ages 6mos.-3yrs. Parent and child swim lessons are designed to introduce children to the water at an early age. Little ones will increase their comfort in the water through fun activities, singing, games and basic swim instruction.

**(Friday rain make up)**

**Days:** Tuesday & Thursday    **Time:** 12:15 – 12:45pm

**Fee:** Res \$25/NRes \$40

**Session 1:** 6/24 - 7/3    **Session 2:** 7/8 - 7/17

**Session 3:** 7/22 - 7/31    **Session 4:** 8/5-8/14

### Aqua Animals Swim Lessons

Ages 3-5. This program will teach young swimmers many different swimming and water safety skills and is taught without the parent in the water. Must be able to stand in shallow end of pool.

**Days:** Monday-Thursday **(Friday rain make up)**

**Fee:** Res \$50/NRes \$60

**Times Slots:** 9:30-10am, 10:15-10:45am,  
11:45am-12:15pm

**Session 1:** 6/23 - 7/3    **Session 2:** 7/7 - 7/17

**Session 3:** 7/21 - 7/31    **Session 4:** 8/4 - 8/14

### Keyes Pool Youth Swim Lessons

Ages 5 and up.

Our swim lesson program helps children feel comfortable in the water, and as they progress, learn new strokes and learn to dive. Safety skills appropriate for each age level are taught during the lessons. Our instructors make the lessons fun and positive so that the kids feel proud of their accomplishments. The Pool

Manager reserves the right to transfer students to proper class level, we would be happy to assist you in choosing the right level for your child. Each two week session consists of 8 classes, 30 minutes each.

**Days:** Monday-Thursday **(Friday rain make up)**

**Fee:** Res \$50/NRes \$60

**Times Slots:** 9:30-10am, 10:15-10:45am,  
11:45am-12:15pm

**Session 1:** 6/23 - 7/3    **Session 2:** 7/7 - 7/17

**Session 3:** 7/21 - 7/31    **Session 4:** 8/4 - 8/14

### Senior Water Fitness

Low impact flexibility and mobility for both swimmers and non-swimmers. The class meets in the shallow end of the pool. Each class includes time for individual exercise activities and/or lap swimming.

**Days:** Monday and Wednesday

**Time:** 12:15-12:45 pm

**Fee:** \$15 session/Drop-in Fee \$3.00

**Session:** 7/7 - 8/13

### Swim Team Prep

**Ages 5 and up** This new program is designed for those individuals who have an interest in competitive swimming. The class will work on refining the four competitive strokes, as well as starts, turns and finishes for each of the four strokes. Participants must be able to perform freestyle, backstroke, breaststroke and butterfly. Swim Team participation not required.

**Minimum of 5 Participants**

**Days:** Monday-Thursday **(Friday rain make up)**

**Fee:** Res \$50/NRes \$60

**Times Slots:** 9:30-10am

**Session 1:** 6/23 - 7/3    **Session 2:** 7/7 - 7/17

**Session 3:** 7/21 - 7/31

### Milford Keyes Swim Team

**Ages 4-19.** Milford Keyes Swim Team is open to swimmers of all abilities. The recreation swim team program offers swimmers the opportunity to advance their skills in strokes, improve endurance in the water and meet new friends. Milford Keyes Swim Team is a part of the Granite State Swim Association.

**ADDITIONAL FEE FOR STATE MEET**

**OPTIONAL**

**ADDITIONAL FEE FOR TEAM SUITS**

**Days:** Practice Monday-Friday    **Team Meeting:** TBA

**Fee:** Res \$85/NRes \$95    \$10 Sibling Discount

**Season:**

**Times:** 11 & Up 7-8:15am    12 & Under 8:15-9:15am

**Rotary Swim Meet:** July 19th-20th

**State Swim Meet:** Aug 2nd-3rd

### 60th Annual Milford Rotary Swim Meet

Join us at Keyes Park and Pool as we host the 60th annual Rotary swim meet. Cheer on the Milford Keyes Swim Team! Join the fun! **Keyes Pool will open for public swim at 4pm or at the end of the swim meets.**

**Rotary Meet 7/19-7/20**



### 2025 Keyes Pool Pass

As a part of Keyes Pool Pass Registration, you will gain access to Keyes Memorial Pool for open swim. A Keyes Pool pass is required for participation in ALL pool programs.

**Individual Fee:** Res \$25 NRes \$50

**Family Pass:** Res \$100 NRes \$200

**Children 4 and Under:** Free, still need to register

**Seniors 62 & Over:** Free, still need to register

**Day Pass:** \$5 per person/\$10 non-resident

**Replacement pass:** \$5 per card

### **OPEN SWIM**

**Season 6/14-8/17 M-F 12:30-7pm Sat./Sun. 12-7pm**

**Swim Meets:** 7/19, 7/20, 8/2, 8/3 **Open Swim 4-7pm**

*\*Pool subject to close for weather, cleaning and events.*

*No refunds.\**

**\*All Pool Programs Held At Keyes Memorial Pool\***

*REGISTER ONLINE AT WWW.MILFORDREC.COM*