

This page lists youth, adult, and senior programs for fall.

Forms

Registration forms will be available below each program description for a limited time prior to the start of each individual activity. Registration forms are also available at the Parks and Recreation building for a short period of time prior to the start of each activity.

Return of Registration Forms

Any registration form which requires a payment:

- Mail to 16 Main Street, Goffstown NH 03045,
- Hand deliver to the Parks and Recreation building 155 So. Mast Rd
- Call 497-3003 to schedule a time for delivery

Any registration form which DOES not require payment:

- Same as above
- or
- Fax form to 384-1551

Activities

Growin' Grizzlies Soccer: Kindergarten Age Children

This is an exciting class to introduce the basic soccer skills to children in Kindergarten. We will develop kicking, passing, fundamentals of the game as well as social interaction skills. This class will take place on Tuesday with a morning and afternoon session, class is limited to 10 participants per session. Look for more Growin' Grizzlies programs throughout the year.

Season: Fall Fee: None Registration Deadline: 9/9/16 Day: Tuesdays Time: Session 1-10:00am-10:45am-registration ongoing Session 2-1pm-1:45pm Location: Parks and Recreation Building

Click here for current registration form: [2016 Growin' Grizzlies Registration Form](#)

[2016 Growin' Grizzlies Registration Form](#) [2015 Growin' Grizzlies Soccer Registration Form](#)

Youth Soccer: Boys and Girls Grades 1-4

This program will teach the fundamentals of the game through fun games, skill building activities and competitions. We will also focus on good sportsmanship and having fun. 1st & 2nd grades will meet Monday and Wednesday from 3:30-4:30 and 3rd & 4th grades will meet on Tuesday and Thursday from 3:30-4:30. This program is coed and will last for 6 weeks.

Season: Fall Fee: None Registration Deadline: 9/8/16 Day: 1st & 2nd Grade-Monday/Wednesday 3:30pm-4:30pm 3rd & 4th Grade-Tuesday/Thursday Time: 3:30pm-4:30pm Start Date: 9/12/16 3rd & 4th Grade-Tuesday/Thursday Time: 3:30pm-4:30pm Start Date: 9/13/16 Location: Roy Park

Click here for current registration form: [2016 Youth Soccer Registration Form](#)

[2016 Youth Soccer Registration Form](#) [2011 Soccer Registration Form](#)

Archery: Ages 7-Adult

Dana White will be the instructor for our Archery class; Dana is a Level III Certified Instructor with the National Archery Association and has been teaching archery to all ages for over 30 years. Classes will combine the basic skills of Archery combined with all aspects of safety and fun to make each lesson interesting. Archery helps build attention skills, focus, respect, responsibility, self-esteem and much more. Contact Dana White at 396-7979 for registration and current session information.

Season: Ongoing Fee:

\$50/4 week session Registration Deadline: Ongoing

Day: Tuesday Time: 5-6 Location: Parks and Recreation Building

[Archery Registration Form](#)

TAE KWON DO

Build your inner strength and confidence through the powerful philosophy and Korean art of self-defense

Tae Kwon Do! Train with Masters Andrew Jefferson of Master An Bulsajo TaeKwonDo. A fourth degree black belt with over 20 years experience in the martial arts.

It's more than just kicking and punching!

Exercise your body and loose weight while gaining flexibility!

Learn tools to help you make positive changes in your life!

Children learn about Respect, Discipline, Confidence and Judgment!

Learn from an Internationally Certified Black Belt!

Classes combine both traditional and modern exercises to help you gain the most from your training. Master Andy believes in traditional discipline in his classes and that Who We Are is more important then what we can do.

For more information please go to the Bulsajo TaeKwonDo Website. <http://www.bulsajotkd.com/>

[www.BulsajoTKD.com](http://www.bulsajotkd.com/)

Classes will take place on Tuesdays & Thursdays at the Parks and Recreation Building.

Tuesday 3:45pm-4:30pm - Kids ages 6 & up (All Ranks)

Tuesday 7:30pm-8:30pm - Adults ages 11 and older. (All Ranks)

Thursday 3:45pm-4:30pm - Kids ages 6 & up. (All Ranks)

Thursday 6:00pm-7:00pm - Adults ages 11 and older. (All Ranks)

For more information visit the attached website or stop by the Parks and Recreation Building to talk with the instructor or email him at info@bulsajotkd.com

Mens Basketball League: Ages 18 and older

This is a competitive basketball program for men ages 18 and older. Practices and games will take place on Thursday evenings at Mountain View Middle School. All participants will be assigned to a team with a schedule of games, the schedule will start in early October and run through February.

Season: Fall/Winter Fee: \$80 Resident/ \$90 Non-Resident

Registration: size="2">October 6th & October 13th -6pm-8pm Space is limited and taken on a first come basis.

Day: Thursday Time 6-9pm

Location: MVMS Gym

Registration Form:

30+ Mens Basketball:

This is a casual pick-up program that takes place on Sundays from 6-9 pm at Mountain View Middle School. Anyone interested in playing basketball is encouraged to attend, no registration is needed. A second night of basketball is also available on Thursday evenings when the Mens Basketball League is not in session.

Season: Ongoing

Fee: None

Registration Deadline: None

Day: Sunday/Thursday

Time: 7-9pm

Location: MVMS Gym

Great Pumpkin Hunt: Open to all ages

The Great Pumpkin Hunt is a fun activity for Goffstown youth, 225 pumpkins are hidden around town at various locations (Barnard Park, Roy Park, Town Common, Library, Town Hall, Maple Ave, Bartlett, Glenn Lake School, MVMS and GHS, Parks and Recreation Building, Fire Station, Police Station, just to name a few). The tag can then be turned in at The Parks and Recreation Booth downtown during the Pumpkin Regatta. This year pumpkins will be hidden on Saturday, October 15th. The Great Pumpkin Hunt will begin at 7am.

Season: Fall

Fee: None

Registration Deadline: None

Day: Saturday, October 15th

Time: 7am - Exchange your tag for a bag of candy between the hours of 9am - 2pm at the Parks and Recreation Booth downtown at the Pumpkin Regatta

Location: Goffstown

For more information, call the Parks and Recreation Department Office at (603) 497-3003.