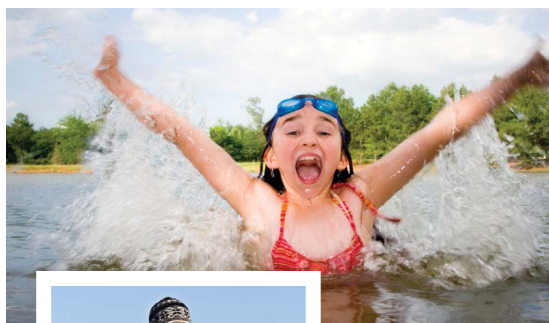


Your Guide to Getting Fit and Having Fun

# GET MOVING!

## IN THE GREATER FRANKLIN AREA

Alexandria • Andover • Bridgewater • Bristol • Danbury  
Franklin • Groton • New Hampton • Hebron • Hill  
Northfield • Sanbornton • Salisbury • Tilton



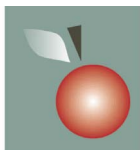


Greater Franklin HEAL's mission is for all residents in the region to have access to healthy foods and active living environments.

Greater Franklin HEAL helps communities create environments that support healthy eating and active living in schools, worksites, health care settings, food outlets and cities/towns. Healthy communities provide children and families convenient access to healthy, affordable foods and opportunities to be physically active.

This activity guide is a result of a collaboration of Franklin area non-profit organizations to ensure that our citizens have the information they need to lead a healthy lifestyle.

### Funding for this activity guide provided by



FOUNDATION FOR  
HEALTHY COMMUNITIES

Franklin Mayor's  
**DRUG TASK FORCE**



*Turning on the Power of Prevention  
in the Franklin-Hill Community*

[healnh.org](http://healnh.org)



Greater Franklin  
HEAL Coalition

[franklinNH.org](http://franklinNH.org)



Franklin Mayor's  
Drug Task Force

# GET MOVING!

## Greater Franklin HEAL Activity Guide

### Towns included in this Activity Guide are:

Alexandria • Andover • Bridgewater • Bristol • Danbury • Franklin • Groton  
New Hampton • Hebron • Hill • Northfield • Sanbornton • Salisbury • Tilton

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### KEY

TTCC = Tapply Thompson Community Center

T/N = Tilton/Northfield

TRIP = Twin Rivers Intergenerational Program

*The information contained in this guide is only a partial listing of the resources available to residents of the Franklin/Newfound area. Organizational listings, websites and telephone numbers are provided for informational purposes only, and are not affiliated with or endorsed by agencies representing Franklin HEAL. For updated information and/or to add an activity, please call 934-2060 ext. 8639.*

	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>PARKS &amp; RECREATION DEPARTMENTS / COMMUNITY CENTERS</b>				
Franklin Parks & Recreation	934-2118	Franklin	All	franklinnh.org
Pines Community Center	286-8653	Tilton/ Northfield	All	pinescommunitycenter.com
Sanbornton Recreation	286-2659	Sanbornton	All	sanbornton-nh.gov
Tapply Thompson Community Center	744-2713	Newfound	All	ttccrec.org
Twin Rivers Intergenerational Program Center (TRIP)	934-4151	Franklin	All	


<b>ARCHERY</b>				
Franklin Parks and Recreation	934-2118	Franklin	6-Adult	franklinnh.org
Pines Community Center	286-8653	Tilton/ Northfield	Ages 7+up	pinescommunitycenter.com

<b>BADMINTON</b>				
Adult League	744-2713	Newfound	Adult	ttccrec.org

<b>BASEBALL</b>				
Babe Ruth Baseball	744-2713	Newfound	Ages 13-15	ttccrec.org
Cal Ripken Baseball	744-2713	Newfound	Ages 4-12	ttccrec.org
Sanbornton Youth League	286-2659	Sanbornton	Ages 4-7	sanbornton-nh.gov
Three Rivers Baseball	369-1487	Franklin/ Sanbornton/ T/N/Winnisquam	Ages 4-12	threeriversbaseball.com
Tilton-Northfield Little League	scott@ tnll.org	Tilton/ Northfield	Ages 5-12	tnll.org
Twin Rivers Babe Ruth	286-2884	All	Ages 13-18	www.baberuthleague.org

<b>BASKETBALL</b>				
Franklin Parks and Recreation—Adult	934-2118	Franklin	Ages 18+	franklinnh.org
Franklin Parks and Recreation—Youth	934-2118	Franklin	Ages 3-17	franklinnh.org

	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>BASKETBALL (CONT.)</b>				
Kelley Park (outdoor court)	744-2713	Bristol	All	ttccrec.org
Odell Park (outdoor court)	934-2118	Franklin	All	franklinnh.org
Pines Community Center (outdoor court)	286-8653	Tilton/ Northfield	All	pinescommunitycenter.com
Pines Community Center	286-8653	Tilton/Northfield	Gr. K-6	pinescommunitycenter.com
Pines Comm Cntr—Women’s	286-8653	Tilton/Northfield	Adult	pinescommunitycenter.com
Sanbornton Recreation	286-2659	Sanbornton	Gr. K-6	sanbornton-nh.gov
Sanbornton Rec. Men’s League	286-2659	Sanbornton	Adult	sanbornton-nh.gov
St. Paul’s Church	934-5013	Franklin	Gr. 3-12	
TTCC Adult Basketball	744-2713	Bridgewater	Adult	ttccrec.org
TTCC Youth Basketball	744-2713	Newfound	Gr. K-12	ttccrec.org


<b>CHEERLEADING</b>				
Franklin Parks and Recreation Cheer	934-2118	Franklin	Ages 4-18	franklinnh.org
Franklin/Tilton Falcons	286-8415	Franklin/T/N	Ages 7-15	
Friends of Newfound Cheerleading	744-7932	Newfound	Grades K-12	 Newfound Junior Bears

<b>DANCE</b>				
Ballroom Dance (Latin and Swing)	744-5848	Bristol	Adult	ttccrec.org
Creative Steps School of Dance	286-2444	Tilton	Child-Adult	csteps.com
Dancing Feet Studios	387-1650	Newfound	3-Teen	dancingfeetstudios.com
Dance Inspirations @ Franklin Rec	934-2118	Franklin	Ages 2-6	franklinnh.org
Franklin Parks and Recreation Hip Hop	934-2118	Franklin	Ages 4-18	franklinnh.org
Franklin Parks and Rec. Iddy Biddy Ballet	934-2118	Franklin	Ages 3-5	franklinnh.org
Line Dancing at TRIP Center	934-4151	Franklin	Adult	
Line Dancing at Pines Community Center	286-8653	Tilton/ Northfield	Adult	pinescommunitycenter.com
Pines Com. Ctr.— Lessons	286-8653	Tilton/Northfield	3+ up	pinescommunitycenter.com
Line Dancing@TTCC	744-2713	Newfound	Adult	ttccrec.org

	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>FIELD HOCKEY</b>				
Franklin Parks and Rec.	934-2118	Franklin	Gr. K-6	franklinnh.org
Pines Community Center	286-8653	Tilton/Northfield	Gr. 2-6	pinescommunitycenter.com
Sanbornton Recreation	286-2659	Sanbornton	Gr. 2-6	sanbornton-nh.gov
TTCC Field Hockey	744-2713	Newfound	Gr. 3-6	ttccrec.org

<b>FITNESS CLUBS / CLASSES</b>				
Curves for Women	286-9292	Bristol	Adult	curves.com
Franklin Parks and Rec. Tumbling Tykes	934-2118	Franklin	Ages 3-5	franklinnh.org
Heart's Path Yoga, LLC	744-6878	Bristol	Adult	heartspathyoga.com
Creative Steps School of Dance	286-2444	Tilton	Adult	
Pines Community Center (variety of offerings)	286-8653	Tilton/ Northfield	All	pinescommunitycenter.com
Group Exercise & Weight Loss Group	768-3424	Danbury	Adult	dccnh.com
Group Exercise Classes	744-2713	Newfound	Adult	ttccrec.org
TRIP Center (variety of offerings)	934-4151	Franklin	Age 55+	

<b>FLOOR HOCKEY</b>				
Franklin Parks & Rec—Adult	934-2118	Franklin	Ages 18+	franklinnh.org
Franklin Parks & Rec—Youth	934-2118	Franklin	Ages 6-10	franklinnh.org

<b>FOOTBALL</b>				
Franklin/Tilton Falcons	738-1712	Franklin/T/N	Ages 7-15	ftfnh.com
Franklin Parks and Recreation—Flag	934-2118	Franklin	Gr. 1-6	franklinnh.org
Friends of Newfound Football	279-5585	Newfound	Gr. 5-8	 Newfound Junior Bears

<b>GOLF</b>				
Den Brae Golf Course	934-9818	Sanbornton	All	denbrae.com
Franklin Parks & Rec—Lessons	934-2118	Franklin	Ages 6-12	franklinnh.org
Lochmere Golf & Country Club	528-4653	Tilton	All	lochmeregolf.com
Mojalaki Golf Club	934-3033	Franklin	All	mojalaki.com
Sanbornton Rec—Lessons	286-2659	Sanbornton	6-Adult	sanbornton-nh.gov

	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>ICE SKATING</b>				
Andover Rec Open Skating	735-6254	Andover	All	
New Hampton School	677-3445	Newfound	All	newhampton.org
Pines Comm Cntr @ Tilton Prep	286-8653	Tilton/Northfield	All	pinescommunitycenter.com
Sanbornton Rec @ Tilton Prep	286-2659	Sanbornton	All	sanbornton-nh.gov
Franklin Parks and Rec. @ Tilton Prep	934-2118	Franklin	All	franklinnh.org
Proctor Academy	735-6006	Andover	All	proctoracademy.org
Tilton School	286-4342	Tilton	All	tiltonschool.org
Veteran’s Memorial Ski Area	934-3607	Franklin	All	franklinnh.org

<b>MARTIAL ARTS</b>				
Franklin Parks and Rec.	934-2118	Franklin	6–Adult	franklinnh.org
Pines Community Center	286-8653	Northfield	All	pinescommunitycenter.com
TTCC Karate Lessons—Adult	744-8353	Newfound	Adult	ttccrec.org
TTCC Karate Lessons—Youth	744-8353	Newfound	Gr. 1–8	ttccrec.org
White Tiger Karate	998-9012	Franklin	all	whitetigerkarate.net

<b>PLAYGROUNDS</b>				
Kelley Park	744-2713	Newfound	All	ttccrec.org
Odell Park	934-2118	Franklin	All	franklinnh.org
Daniell Park	934-2118	Franklin	All	franklinnh.org
Stone Park	934-2118	Franklin	All	franklinnh.org
Independence park	768-3424	Danbury	All	dccnh.com
Pines Community Center	286-8653	Tilton/Northfield	All	pinescommunitycenter.com

<b>RUNNING</b>				
Pines Community Center	286-8653	Tilton/Northfield	6–11	pinescommunitycenter.com

<b>SKIING</b>				
Andover Elem. Ski Program	735-5590	Andover	Gr. K–8	
Pines Community Center	286-8653	Tilton/Northfield	Youth	pinescommunitycenter.com
Sanbornton Rec. Learn to Ski	286-2659	Sanbornton	Youth	sanbornton-nh.gov
Veteran’s Memorial Ski Area	934-3607	Franklin	All	franklinnh.org

	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>SOCCER</b>				
Andover Rec Youth Soccer	735-5972	Andover	Gr. 1–6	
Franklin Parks and Recreation	934-2118	Franklin	Pre-K–Gr. 5	franklinnh.org
Pines Community Center	286-8653	Tilton/Northfield	Pre-K–Gr. 6	pinescommunitycenter.com
Sanbornton Youth Spring/Fall Leagues	286-2659	Sanbornton	Pre-school and up	sanbornton-nh.gov
Summer Soccer Camps	934-2118	Franklin	Age 3+ up	franklinnh.org
Summer Soccer Camps	744-2713	Newfound	Age 3+ up	ttccrec.org
Tapply Thompson Community Center Youth Soccer League	744-2713	Newfound	Gr. K–6	ttccrec.org

<b>SOFTBALL</b>				
Babe Ruth Softball	744-2713	Newfound	Ages 4–16	ttccrec.org
Lassie League	393-5316	Franklin	Ages 5–14	franklinlassieleague.com
Men’s League	455-1228	Franklin	Age 18+	fmsl.org
Tapply Thompson Community Center Coed Softball—Adult	744-2713	Newfound	Age 18+	ttccrec.org
Winnisquam Softball	520-0745	Winnisquam	Gr. K–6	
Women’s League	998-9966	Franklin	Age 18+	leaguelineup.com franklinwomenssoftball

<b>SUMMER PLAYGROUND PROGRAM</b>				
Franklin Parks and Recreation	934-2118	Franklin	Ages 6–12	franklinnh.org
Pines Community Center	286-8653	Tilton/Northfield	Gr. 1–6	pinescommunitycenter.com
Sanbornton Summer Day Camp Program	286-2659	Sanbornton	Ages 5–12	sanbornton-nh.gov
Tapply Thompson Community Center	744-2713	Newfound	Gr. 1–8	ttccrec.org



	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>SWIMMING</b>				
Avery-Crouse Beach	744-3354	Bristol	All	
Cummings Beach	744-3354	Bristol	All	
Franklin Parks & Red—Lessons	934-2118	Franklin	Ages 3-12	franklinnh.org
Griffin Beach	934-2118	Franklin	All	franklinnh.org
Hermit Beach	286-2659	Sanbornton	All	sanbornton-nh.gov
Legace Beach	934-2118	Franklin	All	franklinnh.org
Pines Comm Cntr—Lessons	286-8653	Tilton/Northfield	Age 3+	pinescmmunitycenter.com
Sanbornton Rec—Lessons	286-2659	Sanbornton	Gr. K+	sanbornton-nh.gov
Sandogardy Pond	286-8653	Northfield	All	pinescmmunitycenter.com
Wellingtone State Beach	744-2197	Alexandria	All	nhstateparks.org
Winnisquam Beach	286-2659	Hermit Lake	All	sanbornton-nh.gov

<b>TENNIS</b>				
Franklin Parks and Recreation—Lessons	934-2118	Franklin	Ages 6-Adult	franklinnh.org
Kelley Park Courts	744-2713	Newfound	All	ttccrec.org
Odell Park Courts	934-2118	Franklin	All	franklinnh.org
Sanbornton Rec—Lessons	286-2659	WRHS Courts	Gr. K+	sanbornton-nh.gov
Tapply Thompson Community Center Tennis—Lessons	744-2713	Newfound	All	ttccrec.org

<b>TODDLER PLAY TIME</b>				
Franklin Parks and Rec	934-2118	Franklin	Ages 1-5	franklinnh.org
Pines Community Center	286-8653	Northfield	Ages 1-5	pinescmmunitycenter.com
Sanbornton Recreation	286-2659	Sanbornton	Ages 1-5	sanbornton-nh.gov
Tapply Thompson Comm Cntr	744-2713	Newfound	Ages 1-5	ttccrec.org

	PHONE	LOCATION	AGE/GRADE	WEBSITE
<b>TRAILS</b>				
Franklin Falls Dam	932-2116	Franklin	All	nae.usace.army.mil/recreati/ffd/ffdhome.htm
Piney Point Nature Trail, Franklin Falls Dam	932-2116	Franklin	All	nae.usace.army.mil/recreati/ffd/ffdhome.htm
Heritage Trail, Franklin Falls Dam	932-2116	Franklin	All	nae.usace.army.mil/recreati/ffd/ffdhome.htm
Shaw Cove Trail	932-2116	Sanbornton	All	nae.usace.army.mil/recreati/ffd/ffdhome.htm
Knowles Pond Conservation Area	286-8653	Northfield	All	pinescommunitycenter.com
Tanger Outlet Center	286-7880	Tilton	All	tangeroutlet.com/tilton
Winnisquam High School Track	286-8653	Tilton/Northfield	All	pinescommunitycenter.com
Bristol Multi-Use Path	744-2713	Newfound	All	ttccrec.org
Winnepesaukee River Trail	934-2118	Franklin/T/N	All	wowtrail.com
Northern Rail Trail	934-2118	Franklin	All	fnrt.org
River Street	934-2118	Franklin	All	franklinnh.org
Franklin Reg. Hospital Walk #1	934-2118	Franklin	All	franklinnh.org
Franklin Reg. Hospital Walk #2	934-2118	Franklin	All	franklinnh.org
Bow Street Circle	934-2118	Franklin	All	franklinnh.org
Odell Park River Walk	934-2118	Franklin	All	franklinnh.org
Rail Trail Connector	934-2118	Franklin	All	franklinnh.org

<b>VOLLEYBALL</b>				
Adult Co-ed Volleyball	286-2659	Sanbornton	Adult	sanbornton-nh.gov
Spring Youth Volleyball	286-8653	Tilton/Northfield	Gr. 1-5	pinescommunitycenter.com
Tapply Thompson Comm Cntr	744-2713	Newfound	Adult	ttccrec.org
Volleyball Clinics & Camps	744-2713	Newfound	Gr. 3-8	ttccrec.org

# A Healthier America One Community at a Time

The promotion of public health helps to prevent disease and reduce costs. It should be part of our daily lives. Public health issues include the water we drink, the air we breathe, the laws that protect us from injury and vaccines for better health. As we focus on the special role that communities play in building a healthier America, the Greater Franklin HEAL is asking everyone to champion public health by making healthy changes—big and small—in their families, neighborhoods, workplaces and schools.

Reducing obesity is our residents' primary public Health focus and concern. Data shows that one in three children in New Hampshire are overweight or obese. These children are at increased risk for diabetes, heart disease, and emotional problems and are more likely to struggle with obesity into adulthood.

Together, let's think about what our communities need most to address healthy eating active living—better running/walking trails, local gardens, increased physical education for grades K–12 and better access to healthy foods. YOU have the power to make positive health changes for you and your family and in your community by making changes at home and by getting involved in your community.

Greater Franklin HEAL and its coalition partners invite you to join us in our efforts for a safer and healthier community. For more information on how you can get involved, contact any one of our community partners:

## **Our HEAL Coalition includes:**

Caring Community Network of the Twin Rivers (CCNTR)  
LRGHealthcare  
Franklin Parks and Recreation  
Franklin Mayor's Drug Task Force  
Pines Community Center  
Tapply-Thompson Community Center



### **Please help to keep our recreation areas family-friendly!**

The use of alcohol and tobacco products is strictly prohibited in the City of Franklin recreation areas and facilities, including ALL parks and beaches.

Ordinance #11-10 and Policy 101-1





## Help Prevent Childhood Obesity

**5-2-1-0 Healthy NH** is a statewide public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity:

**5**

Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice with high sugar or fructose corn syrup content.

**2**

Cut screen time to 2 hours or less a day. This includes computers, television, mobile devices, and video games.

**1**

Participate in at least one hour of moderate to vigorous physical activity every day.

**0**

Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings a day of fat-free/skim or 1% milk.

For recommendations and resources visit  
[www.healthynh.com](http://www.healthynh.com) and [www.healnh.org](http://www.healnh.org)