

Welcome to the TTCC email blast! E-mail announcements will be sent periodically with news of upcoming TTCC programs, special events and other exciting information. Please spread the word to other Newfound Area residents!

See below for the latest TTCC News...FOR MORE INFORMATION ON THESE AND OTHER TTCC PROGRAMS, VISIT US ONLINE AT www.ttccrec.org

UPCOMING PROGRAMS / EVENTS:

- **Zumba Class on Sunday – all proceeds to benefit roof project!**
- **Shape Up 2012**
- **Karla's Creative Kids – New Fun Fitness Classes for Kids!**
- **Cash Calendars**
- **British Soccer Camps**
- **Parenting Education & Support**

ZUMBA CLASS

This Sunday, 12/18 - 8:30am at Bristol Elementary

All class proceeds will go to the TTCC Roof Fund! This class only!!

Get in a great workout and help out a good cause at the same time!

Class is \$5pp (or bring a canned good for Community Services)

Zumba Classes will be continuing in January & beyond open to anyone interested – all fitness levels encouraged to try it out. \$5 / class or sign up for Shape Up Newfound for a discount.

SHAPE UP NEWFOUND 2012

It's New Year's Resolution Time! Join TTCC's Shape Up Newfound Program...

What: A team weight loss contest

When: Begins week of January 2nd and runs 12 weeks through March 23rd

Where: Classes & Weigh-ins take place at the Bristol Elementary School

Instructors: Donna Evans & Bonnie Tisdale

Register: As a team of 2 or individually to be placed on a team. Please complete registration packet ([click here](#)).

Cost: \$60 includes – initial & final body assessments, weekly challenges & prizes, nutrition classes & of course lots of motivation! \$85 includes all of the above + the access to all the exercise classes.

KARLA'S CREATIVE KIDZ

****New Fitness Fun Classes* At the TTCC***

♥♥♥**Talented Toddlers**♥♥♥ (Walking-4 year olds)

Come sing, dance, and play in this educational and fun toddler class. We will exercise, practice our ABC's, Numbers, Colors, Shapes, and Animals through a variety of engaging and hands on games and activities. Story Telling, Sensory Play, Gross Motor Time, Arts and Crafts, Singing, Dancing, Finger plays and more.

(SESSION 1*: Mondays 1/16, 1/23 & 1/30 10-10:45am – As part of our Tot-Time program, 1st Session is FREE)

♥♥♥Marvelous Mondays♥♥♥ (4-6 year olds)

This class reiterates Kindergarten concepts with an emphasis on phonics and teamwork. Children will also learn about health and nutrition, burn access energy, and work up a sweat. We will play a variety of Fitness and Sports games and activities to enhance children's physical development and teach them to live a healthy lifestyle. Concepts will be taught through a variety of fun, hands on, and educational games and activities. Please pack a lunch.

(SESSION 1*: Mondays 1/16, 1/23 & 1/30 11-2pm - \$12 a day)

♥♥♥Co-Ed Fitness Club♥♥♥ (6-10 year olds)

This club gives children a chance to show off their creativity with a variety of games and activities. It enhances children's self-esteem, social skills, strength, balance, flexibility, attention span, confidence, and gross and fine motor skills. Club will include Acting, Kick Ball, Basketball, Hip Hop, Yoga, Parachute Games, Fitness Games, Boot Camp, Nutrition, Obstacle Courses, Relay Races, Proper Etiquette and Conflict Resolution.

(SESSION 1*: Mondays January 16th, 23rd, and 30th 3:30-4:30pm/\$5 a day)

Stop in to Tapply Thompson Community Center located at 30 North Main St., Bristol, NH or Call 603-744-2713 to sign up.

***We will continue classes in 3-week sessions, look for additional dates on TTCC Calendars & Website, www.ttccrec.org**

About the Instructor: Karla Cooper has dedicated her life to children for over ten years. She holds a degree in Early Childhood Education and has experience teaching Pre-school, Kindergarten, and Running her own After-School Program. She owns a Business called Karla's Creative Kidz teaching Dance and Enrichment classes to children. She maintains an active CPR qualification and is also a Certified Dance Instructor. Karla just recently got married and is new to the Lakes Region Area...

FEBRUARY CASH CALENDARS

Are now on sale at the TTCC!

Our youth basketball players are selling these calendars as part of their program fundraiser. This helps keep our program fees down and supports the TTCC program.

Calendars cost \$5 each. Buy a calendar, fill in contact info & you'll be entered into the drawing. Each day in February we draw out a ticket and whichever ticket is drawn, that person wins the money assigned to that day. All tickets go back into the drawing for the next day. There are 29 chances to win & we're giving out over \$1,700 in prizes!

Buy one from one of our youth basketball players or stop by the TTCC office.

BRITISH SOCCER CAMP

Looking for that last minute gift for a child? Look no further...

The TTCC is again offering summer soccer camps for kids through the Challenger Sports British Soccer program.

2 different weeks are available. Register now & get a free jersey! Click on links below...

[Week of July 16th](#) / [Week of August 6th](#)

PARENTING EDUCATION AND SUPPORT

[Kids Connect](#) / [Active Parenting of Teens](#) / [Co-Parenting](#) / [Nurturing Skills for Families](#) / [Winter Schedule](#)

Hello Everyone,

Above are links to the many Parent Education and Support programs at the Family Resource Center. Please note that there are several new programs being offered including Kids Connect, Active Parenting of Teens, READY! for Kindergarten, and Young Parents Program, along with many of our longer running series and on-going programs.

Please share this information with anyone that might be interested in participating. Thanks in advance for helping to spread the word, and please do not hesitate to contact me with any questions.

Shannon Robinson-Beland
Community Support Coordinator
Family Resource Center of Central New Hampshire

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If you would like to be removed from this email list, please reply to tcc@metrocast.net with the word "remove" in the subject line.

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