



FALL PROGRAM GUIDE

Youth/Family Programs

FAMILY OPEN GYM

Sundays 12pm-4pm in the Rec Center Gym. Rochester residents only. Starts Sept 10.

FOG RESERVATIONS

Sundays from 10am-10:45am or 11am-11:45am. Cost is \$5. Rochester residents only. Starts Sept 10.

TODDLER PLAY GROUP

Pre-school age and under. Fridays 9:30am-11am on Rec Gym Court 1. Free, drop-in, residents only.

SHS/BCA OPEN GYM

Open gym for Rochester School District students grade 9-12 at the Rec Center Gym. Monday-Friday 2:15pm-4pm. Starts Sept 5. Early Release Open Gym held 9/20 and 10/18 from 12:30pm-4pm.

TEEN NIGHT

Monthly event open to Rochester School District students in 6th grade to age 17. See our website for more information.

YOUTH BASKETBALL

Program runs January to March for kids grades 1-12. Registration runs Nov 1 - Dec 15.

THANKSGIVING HOLIDAY GYM TIME

Wednesday, Nov 22
8:30am-12pm 16+ Pickleball
12:30pm-3:30pm Family Open Gym
3:45pm-6:15pm SHS/BCA Open Gym
6:30pm-8:30pm 18+ Open Gym

At the Arena

PUBLIC SKATE

Starts Saturday, Sept 16. Runs 12pm-1:20pm Tues, Weds, Thurs and 12:30pm-1:50pm Sun. Sat afternoon times vary. Cost is \$5/person. Skate rentals \$5.

LEARN TO SKATE

First session starts Sept 16. Offered to kids ages 5-12. Cost is \$60/session.

Adult Programs

18+ VOLLEYBALL

Mondays 6pm-9pm at the Rec Center Gym. \$5 drop-in.

MAH JONGG

Mondays 1pm-3pm. Held at the RSAC. Free, drop-in.

IYENGAR YOGA

Age 16+, \$5 drop-in*. Monday 6-7pm at the RSAC.

VETERANS' TIME

Tues 9am-12pm at the RSAC. Free program, open to all veterans.

KUNDALINI YOGA

Age 16+, \$5 drop-in*. Weds 6pm-7:30pm at the RSAC.

18+ PICK UP SPORTS

Sundays from 7:30am-9:30am. \$5 drop-in*. Starts Sept 10.

18+ OPEN GYM

Wednesday from 6:30pm-8:30pm. \$5 drop-in*. Starts Sept 6.

16+ PICKLEBALL

Sundays 5pm-8pm. \$5 drop-in*. Starts Oct 1.

50+ Senior Programs

Please see our Senior Newsletter for a full list of events each month.

50+ FITNESS PROGRAMS

*AT THE ARENA***

Registration and Senior Membership Required

- Power Hour
- Cardio Drumming
- Zumba Gold

Website: rec.rochesternh.gov | Office: 603-332-4120

Facebook: Rochester NH Recreation & Arena | Instagram: @rochester_rec



FALL PROGRAM GUIDE

50+ Senior Programs

AT THE REC CENTER GYM

*\$5 Drop-in**

- Weekday Pickleball Mon, Weds, Thurs starting Oct 2

AT THE SENIOR ACTIVITY CENTER

Free, Drop-In

- Mobility - F 10-10:30am
- Chair Yoga - W 9:30-1030am

QUILTING & CRAFTING

Mondays, 9am-12pm. Free, drop-in.

BINGO (55+)

Tuesdays at 1pm in the Senior Activity Center. Drop in, \$.50/card.

FRISBIE LUNCH AND LEARN

First Thursday of the month from 11:30am-1pm. Free, registration required.

TECH SUPPORT

Every other Thursday from 9:30am-11:30am at the Rochester Senior Activity Center. Free, drop-in.

CRIBBAGE FOR SENIORS

Thursdays 1pm-3pm at the Senior Activity Center. Free, drop-in.

SENIOR BREAKFAST

Third Friday of the month, 8:30am-9:30am. Free, registration requested.

GAME DAY

Every Friday from 2pm-4pm. Free, registration required.

Events

HANSON PINES WALK

Wednesday, September 6th at 5:30pm. Free and open to all. Registration required.

HAUNTED HALLOWEEN WALK

Join us at Hanson Pines on October 21st from 6pm-9pm for a Haunted Walk. Free, registration required.

COCHECO QUILT SHOW

Saturday October 21st and Sunday October 22nd from 10am-4pm.

JAMES W FOLEY FREEDOM RUN

October 14th at the Community Center.
www.foleyrun.org

LITTLES HALLOWEEN

Free Halloween event for kids ages 5 and under at the Rochester Arena. October 27th from 9am-11am.

Contact Information

REC CENTER

The Rec Center is located at 150 Wakefield St, Suite 1.

ARENA

The Rochester Arena is located at 63 Lowell Street in Rochester, NH.

Hours are M-F 2pm-5pm and S & S 9am-5pm. Call 603-335-6749 with questions.

ROCHESTER SENIOR ACTIVITY CENTER

The RSAC is located at 150 Wakefield St, Suite 10, Rochester, NH. Drop-In hours are M, T, Th, F, 9am-12pm.

ROCHESTER PUBLIC PARKS

Fall is a great time to get out and explore nature! Please visit our website for hours, rules, and information on the parks here in Rochester.

***Free with Rochester Senior Activity Membership**

****Rochester Senior Activity Membership required to register**

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