



# SPRING PROGRAM GUIDE 2024

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## **Youth/Family**

### *FAMILY OPEN GYM*

Sundays 12pm–4pm in the Rec Center Gym. Rochester residents only. Ends 5/19.

### *FOG RESERVATIONS*

Sundays from 10am–10:45am or 11am–11:45am. Cost is \$5. Rochester residents only. Ends 5/19.

### *TODDLER PLAY GROUP*

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

### *HOME SCHOOL OPEN GYM*

Open gym for Rochester Home School students and their families, Tuesdays. 11:30am–1pm. Ends 5/14.

### *SHS/BCA EARLY RELEASE OPEN GYM*

Wednesday 4/3 and 5/8 from 12:30pm–4pm. Open to SHS and BCA students. Free, bring your student ID.

### *TEEN NIGHT*

First Saturday of the month from Dec 2 – Mar 2 from 6pm–8:30pm. Open to Rochester School District students in 6th grade to age 17. Free, registration required.

### *APRIL VACATION CAMP*

Open to kids in 1st grade – 10 years old. Camp runs April 22 – April 26. Cost for residents is \$125 and \$150 for non-residents. Resident registration opens 3/25 and non-resident registration opens 4/15.

### *GRANITE STATE TRACK & FIELD*

Open to kids ages 9–14. Registration opens 4/1, cost is \$25 for residents and \$50 for non-residents.

### *REC SUMMER CAMP*

Runs June 24 – August 16 for kids entering 2nd grade – age 12. Resident registration opens 3/1, non-resident registration opens 5/1. Cost is \$700 for residents and \$900 for non-residents.

### *SWIM LESSONS*

Classes for toddlers and up. Cost is \$60 per session for residents and \$70 for non-residents. Registration opens 4/1.

### *TEEN TRAVEL CAMP*

Open to Rochester teens ages 13–15. Further information forthcoming.

## **At the Arena**

### *PUBLIC SKATE*

12pm–1:20pm Tues, Weds, Thurs and Sun 12:30pm–1:50pm. Saturday times vary. Cost is \$5/person. Skate rentals \$5. Ends 3/30.

### *LEARN TO SKATE*

Offered to kids ages 5–12. Cost is \$60/session. Session 6 Registration opens 2/1.

## **Adult Programs**

### *18+ VOLLEYBALL*

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

### *IYENGAR YOGA*

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

### *VETERANS' TIME*

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

### *KUNDALINI YOGA*

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

### *18+ PICK UP SPORTS*

Sundays from 7:30am–9:30am. \$5 drop-in\*. Ends 5/19.

### *16+ PICKLEBALL*

Sundays 5pm–8pm. \$5 drop-in\*. Ends 5/19.



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## BEGINNER PICKLEBALL

4-week sessions, class is on Sundays 4:30pm–6pm. Cost is \$20/session\*.

## 50+ Senior Programs

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

### 50+ PICKLEBALL

Mon, Weds, Thurs from 8:30am–12pm. \$5 drop-in\*. Ends 5/23.

### QUILTING & CRAFTING

Mondays 9am–12pm at the RSAC. Free, drop-in.

### CARDIO DRUMMING

Mondays, 11am–12pm at the Arena Fitness Room. Free, registration and senior membership required.

### MAH JONGG

Mondays, 1pm–3pm. Free, drop-in. Must know how to play American Mah Jongg.

### EARLY BIRD POWER HOUR

Tuesdays & Thursdays from 8am–8:45am at the Arena Fitness Room. Free, registration and senior membership required.

### POWER HOUR

Tuesdays & Thursdays 9am–10am at the Arena Fitness Room. Free, registration and senior membership required.

## 55+ BINGO

Tuesdays at 1pm at the RSAC. Cost is \$0.50 a card.

## CHAIR YOGA

Wednesdays, 9:30am–10:30am and 11am–12pm at the RSAC. Free, drop-in.

## TECH SUPPORT

Thursdays, 9:30am–11:30am at the RSAC. Free, drop-in.

## CRIBBAGE

Thursdays 1pm–3pm at the RSAC. Free, drop-in.

## LINE DANCING

Thursdays 6pm–6:45pm (Beginner) and 7pm–7:45pm (Intermediate). At the RSAC. Free, registration required.

## ZUMBA GOLD

Fridays, 11am–12pm at Arena Fitness Room. Free, registration and senior membership required.

## MOBILITY

Fridays, 10am–10:30am at the RSAC. Free, drop-in.

## GAME DAY

Friday, 1pm–3pm at the RSAC. Free, drop-in

## SENIOR BREAKFAST

Third Friday of the month at the RSAC, 8:30am–9:30am. Free, registration requested.

**\*Free with Rochester Senior Activity Membership**

## Events

*SKATE WITH A COP and*

*GUNS AND HOSES VS SHS*

*ALUMNI HOCKEY GAME*

March 24th from 3pm–7pm.

Skate with a Cop from 3pm–5pm. Fire & Police Dept. vs SHS

Alumni Game from 5pm–7pm.

Free, donations appreciated.

Event sponsored by Rochester Police Benevolent Association.

*ROCHESTER CARES CLEAN UP DAY*

Saturday April 20th.

*YOUTH GARDENING WORKSHOP*

Presented in partnership with

Studley's. April 26 2pm–3pm.

Free, open to kids age 6–10.

Registration required.

## Contact Information

### REC CENTER

150 Wakefield St, Suite 1.

Phone: 603-332-4120.

### ARENA

63 Lowell Street

Phone: 603-335-6749.

ROCHESTER SENIOR ACTIVITY CENTER (RSAC)

150 Wakefield St, Suite 10

Phone: 603-332-4120

*Rec closed 5/27 for Memorial Day.*

Website: [rec.rochesternh.gov](http://rec.rochesternh.gov) | Office: 603-332-4120

Facebook: Rochester NH Recreation & Arena | Instagram: @rochester\_rec