

Youth/Family Programs

TODDLER PLAY GROUP

Pre-school age and under.
Fridays 9:30am-11am. Free, drop-in, residents only.
Program will be held outside June 28-August 16. Check the website for details.

SUMMER CAMP

June 24-August 16th.
Registration full.

TEEN TRAVEL CAMP

Wednesdays, June 26-August 14. For teens 14-15. Cost is \$25 per trip. No trip 7/3.

SWIM LESSONS

Held at the East Rochester, Gonic, and Hanson Pines Pools. Cost is \$60 for residents and \$80 for non-residents.

HIGH SCHOOL LACROSSE

Open to current 8th-12th graders. Sundays, 6/16-7/28. \$60/player. Inside the Arena.

Adult Programs

18+ VOLLEYBALL

Mondays 6-9pm at the Rec Center Gym. For intermediate to advanced players. \$5 drop-in, \$7 non-resident starting 7/1.

16+ KUNDALINI YOGA

Age 16+, \$5 drop-in, \$10 non-resident starting 7/1.
Wednesdays 6-7:30pm at Senior Activity Center.

VETERANS' TIME

Tuesday 9am-12pm at the Senior Activity Center. Free program, open to all veterans.

ADULT SWIM LESSONS

Held at the Gonic Pool. Cost is \$60 for residents and \$80 for non-residents.

16+ IYENGAR YOGA

\$5 drop-in, \$10 non-resident starting 7/1. Mondays 6-7pm at the Senior Activity Center.

50+ Programs

Some programs may require membership or registration to participate.

50+ ZUMBA GOLD

Fridays 11am-11:45am at the Arena.

POWER HOUR

Tuesdays and Thursdays from 8-8:45am and 9-10am at the Arena.

CARDIO DRUMMING

Mondays 11-11:45am at the Arena.

CHAIR YOGA

Wednesdays from 9:30-10:30am and 11am-12pm in the Senior Activity Center

GAME DAY

Fridays from 1-3pm at the Senior Activity Center.

TECH SUPPORT

1st & 3rd Thursday of the month from 9:30-11:30am at the Senior Activity Center.

BINGO (55+)

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

QUILTING & CRAFTING

Mondays from 9am-12pm at the Senior Activity Center.

SENIOR BREAKFAST

Third Friday of the month 8:30-9:30am at the senior Activity Center. Free, drop-in.

50+ CHESS

2nd & 4th Thursdays 10am-12pm at the Senior Activity Center.

MAH JONGG

Mondays 1-3pm at the Senior Activity Center.

AQUA ZUMBA

Thursdays 1:15-2pm at the Gonic Pool.

SUMMER PROGRAM GUIDE

50+ Senior Programs

SENIOR SWIM

Monday–Friday 1:15–2:15pm at the Gonic Pool. Open to all seniors 50+.

CRIBBAGE FOR SENIORS

Thursdays 1–3pm at the Senior Activity Center.

50+ FUN, FRIENDS, FELLOWSHIP WALKS

Locations and dates vary.

CVNA FOOT CLINIC

2nd Thursday of the month
11am–12pm. Drop-in, \$35.

MOBILITY

Fridays 9:45–10:30am at the Senior Activity Center.

Check out our monthly Senior Newsletter for more information on 50+ programs.

Events

LILAC FAMILY FUN FESTIVAL & FIREWORKS SHOW

July 13th from 4pm–9pm.
Fireworks start at 9pm. Event will include carnival rides for young kids, music and entertainment, and local vendors. Admission is free!

CONCERT ON THE COMMON

Free Summer Concerts at the Rochester Common.
Performances are held Wednesdays from 6:30pm–8pm in July and 6pm–7:30pm in August. Series runs 7/17–8/28.

COASTAL CRITTER FOR TODDLERS

July 18th at 10am at the Rec Center. Registration required.

SENIOR COOKOUT

August 14th 11:30am–12:30pm at the Gonic Pool Pavilion.
Free, open to anyone 50+. Registration required.

Contact Information

REC CENTER

The Rec Center is located at 150 Wakefield St, Suite 1. For more information on, or to register for, any of the programs listed here, please visit rec.rochesternh.gov. You can also call the main office at 603–332–4120 with questions.

ARENA

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

ROCHESTER SENIOR ACTIVITY CENTER

The RSAC is located at 150 Wakefield St, Suite 10, Rochester, NH.

ROCHESTER PUBLIC POOLS

Rochester has three public pool locations: Gonic, East Rochester, and Hanson Pines. Please visit our website for hours, rules, and information.



We want to hear from you!
Take our Rec & Arena
Feedback survey.