



WINTER PROGRAM GUIDE

Youth/Family Programs

FAMILY OPEN GYM

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

FOG RESERVATIONS

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

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. Ends 11/22.

HOME SCHOOL OPEN GYM

Open gym for Rochester Home School students and their families Tuesday & Friday 11:30am-1pm.

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.

DECEMBER BREAK GYM TIME

Dec 26-Dec 29. Gym time from 9am-8:30pm. See website for hourly schedule.

FEBRUARY BREAK GYM TIME

Feb 26-Mar 1. Gym time from 9am-8:30pm. See website for hourly schedule.

FEB VACATION CAMP

Feb 26-Mar 1 for kids in 1st grade to 10 years old, Registration opens Feb 1.

YOUTH BASKETBALL

Program runs January 13 to March 2 for kids grades 1-12. Registration runs Nov 1 - Dec 15.

At the Arena

PUBLIC SKATE

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

LEARN TO SKATE

Offered to kids ages 5-12. Cost is \$60/session.

DEC BREAK STICK AND PUCK

Dec 26-Dec 29 from 2pm-3:20pm. For U-14 players. \$10/person per day. Registration required.

DEC BREAK PUBLIC SKATE

Tuesday, Dec 26-Fri, Dec 29 from 12pm-1:50pm.

FEB BREAK PUBLIC SKATE

Mon, Feb 26-Fri, Mar 1 from 12pm-1:50pm.

Adult Programs

18+ VOLLEYBALL

Mondays 6pm-9pm at the Rec Center Gym. \$5 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+ OPEN GYM

Wednesdays from 6:30pm-8:30pm. \$5 drop-in*. Ends 11/29.

18+ PICK UP SPORTS

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

16+ PICKLEBALL

Sundays 5pm-8pm. \$5 drop-in*.

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

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



WINTER PROGRAM GUIDE

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*

QUILTING & CRAFTING

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

CARDIO DRUMMING

Mondays, 11am-11:45am at the Arena Fitness Room. Free, registration and 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 membership required.

POWER HOUR

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

55+ BINGO

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

CHAIR YOGA

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

TECH SUPPORT

Thursdays, 9:30am-11:30am. Free, drop-in.

CRIBBAGE

Thursdays 1pm-3pm. Free, drop-in.

LINE DANCING

Thursdays 6pm-6:45pm (Beginner) and 7pm-7:45pm (Intermediate). Free, registration required.

ZUMBA GOLD

Fridays, 11am-11:45am. Free, registration and membership required.

MOBILITY

Fridays, 10am-10:30am. Free, drop-in.

GAME DAY

Friday, 1pm-3pm. Free, drop-in.

SENIOR BREAKFAST

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

Events

HOLIDAY PUBLIC SKATE

Saturday, Dec 23 10am-2pm. \$5 admission or free with donation of two non-perishable food items.

50+ PICKLEBALL

TOURNAMENT

Thursday, December 7th 8:30am-12pm. Register at weekly Pickleball starting 11/16.

WINTER FESTIVAL

Saturday, Jan 20 3pm-5pm at the Rochester Common. Free event.

PARENT/CHILD VALENTINE'S DAY DANCE

Saturday February 10 6pm-8pm. Free event.

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.

***Free with Rochester Senior Activity Membership**

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