

# PORTSMOUTH REC DEPT

FALL • WINTER • SPRING 2019 - 2020 BROCHURE



- CONNIE BEAN REC CENTER
- SPINNAKER POINT ADULT REC CENTER
- SENIOR CITIZEN SERVICES
- ADULT DAY TRIPS

- SPRING YOUTH PROGRAMS
- SPECIAL EVENTS
- INDOOR POOL SCHEDULE
- AND SO MUCH MORE!



# Department Staff

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Assistant Director, Program Coordinator and  
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Back row: Lexy van Binsbergen, Rus Wilson, Barry Foley  
Front row: Tom Kozikowski, Bridget Crompton,  
Tim Bailey, Brinn Sullivan

## Follow us on Social Media!



@PortsmouthRec



City of Portsmouth NH  
Recreation



Portsmouth NH Senior  
Activity Center

## RECREATION BOARD MEMBERS

**Chairman** Carl Diemer  
**City Council Representative** Rick Becksted  
**School Board Representative** Tara Kennedy  
Richard Blalock, Todd Henley, Lisa Louttit, Kathryn Lynch,  
Jackie Cali Pitts, and Kory Sirmaian.

## PORTSMOUTH CITY COUNCIL

**Mayor** Jack Blalock  
**Assistant Mayor** Cliff Lazenby  
**City Manager** John Bohenko  
Rick Becksted, Josh Denton, M. Chris Dwyer,  
Nancy Pearson, Rebecca Perkins, Ned Raynolds,  
and Doug Roberts.

## REGISTRATION POLICY

The Portsmouth Recreation Department does its best to accommodate all those registered for a program, keeping in mind that some programs have a limited number of spots. **Once the registration period is over, we will NOT add anyone to teams.** By enforcing this rule we are hopeful that adults and parents will make a greater effort to register on time. **Eligible non-residents:** Children from the towns of Newcastle, Rye, Greenland, and Newington are allowed to participate in programs that are directly sponsored and staffed by the Portsmouth Recreation Dept. **Throughout the year some programs/events will be restricted to Portsmouth residents only.** For further information on our registration policy please call the Portsmouth Recreation Department at 427-1547 or 766-1483.

Visit our website at:

[www.cityofportsmouth.com/recreation](http://www.cityofportsmouth.com/recreation)

Cover art by John B. Watson

# Adult Day Trips

[www.cityofportsmouth.com/recreation/adult-day-trips](http://www.cityofportsmouth.com/recreation/adult-day-trips)

**September 4** - 8:00am-6:00pm - \$15/\$20 - Animal Sanctuaries of Maine -

Lunch @ Joseph's Fireside Steakhouse

**September 18** - 8:00am-5:00pm - \$25/\$30 - Old Man of the Mountain

Museum & Cannon Mountain Tramway

**October 2** - 11:00am-5:30pm - \$50/\$55 - Sunset Boulevard @

North Shore Music Theater - Lunch @ Evviva Cusina

**October 16** - 8:30am-5:00pm - \$25/\$30 - Historic Churches of Boston -

Lunch @ The Cheesecake Factory

**October 30** - 9:00am-5:00pm - \$5/\$10 - Salem, MA

**November 6** - MGM Springfield Casino 8:00am-5:30pm \$5/\$10

**November 11** - 9:00am-5:00pm - \$30/\$35 - Kennedy Library &

Senate Institute - Lunch @ Kennedy Institute Café

**December 4** - 9:00am-5:00pm - \$20/\$25 - NH Historical Society &

Millyard Museum - Lunch @ Puritan Backroom

**December 18** - 9:00am-5:00pm - \$5/\$10 - Faneuil Hall

**January 8** - 9:00am-5:00pm - \$25/\$30 - Museum of Fine Arts

**January 22** - 8:30am-3:30pm - \$15/\$20 - Institute of Contemporary Art -

Lunch @ Polcari's

**February 5** - 9:00am-5:00pm - \$20/\$25 - Skywalk Boston

**February 19** - 8:00am-5:00pm - \$20/\$25 - Concord Museum & Louisa

May Alcott's Orchard House - Lunch @ Historic Colonial Inn

**March 11** - 9:00am-5:00pm - \$20/\$25 - Boston Flower Show

**March 25** - 9:30am-5:00pm - \$5/\$10 - Route 4 Antique Alley -

Lunch @ Northwood Diner

**April 1** - 8:00am-5:00pm - \$15/\$20 - Heritage Farm Sugar Shack Tour &

Pancake Breakfast & Tilton Outlets

**April 15** - 9:00am-4:00pm - \$15/\$20 - Harvard Museum of Natural History &

Peabody Museum of Archaeology & Ethnology - Late Lunch @

Kelly's Roast Beef

**April 29** - 9:00am-5:00pm - \$5/\$10 - Portland, ME

**May 13** - 10:00am-5:00pm - \$30/\$35 - Zimmerman House by Frank Lloyd

Wright & Currier Art Museum

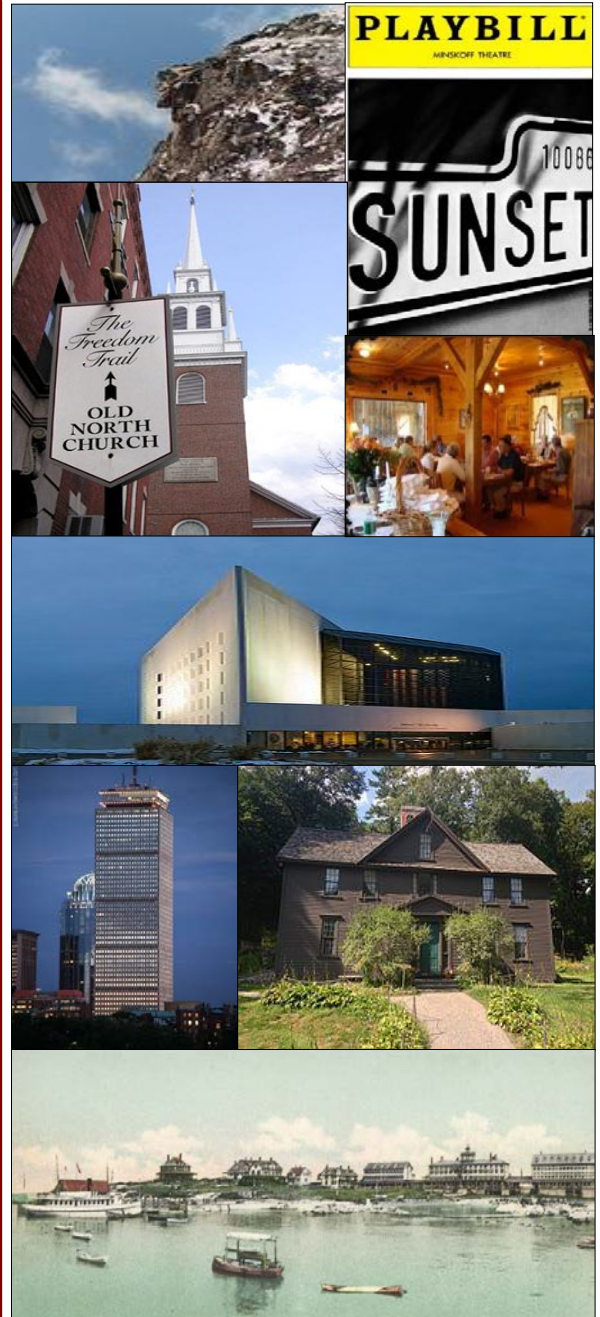
**May 27** - 9:00am-5:00pm - \$15/\$20 - Mount Auburn Cemetery Tour &

Harvard Sq.

**June 10** - 9:30am-5:00pm - \$15/\$20 - Hammond Castle & Gloucester

**June 24** - 10:30am-3:00pm - \$35/\$40 - Isles of Shoals Cruise & Walkabout

- BYO Picnic Lunch



## Signups will be at the CONNIE BEAN RECREATION CENTER this year.

Signups for all trips will be from 9:30am to 3:00pm beginning August 19 for residents and August 21 for nonresidents. Beginning the week of August 26, signups will continue at the Connie Bean Center from 3:30pm-7:00pm, Monday through Friday. For more information and trip descriptions, please visit our website. For any questions regarding signups or the trips, please call Bridget at 427-1547 or email [bmcrompton@cityofportsmouth.com](mailto:bmcrompton@cityofportsmouth.com). **Note: Cash or checks only!**

# Connie Bean Recreation Center

155 Parrott Avenue • (603) 427-1547 • Email [bcfoley@cityofportsmouth.com](mailto:bcfoley@cityofportsmouth.com)

## Fall 2019 Programs

### YOUTH SOCCER

#### Girls & Boys Grades K-4

Kids learn the basic skills of soccer in a fun atmosphere!

Register at the Connie Bean Center Monday, August 26 - Friday, August 30 from 4:00-7:00 pm. The program will run September 10 - October 19. Team rosters, practice times, and game schedule will be available online and at the Connie Bean on Thursday, September 5. Fee is \$45 for residents, \$65 for eligible nonresidents, which includes t-shirt, socks and shin guards.



Check out the Cheetah Running Club! Ages 6-12  
[www.cheetahrc.com](http://www.cheetahrc.com)

## OPEN GYM

The Connie Bean Center will have open court for students K-12 after school at 3:15pm beginning September 3 and weekends beginning September 28. Check the website for daily hours!

## Spring 2020 Programs

### YOUTH FIELD HOCKEY

Girls in grades 3-5 are introduced to the fundamental skills and game strategy of Field Hockey!

Register at the Connie Bean Center February 17 - 28 from 4:00-7:00pm. Program runs on Wednesdays from March 11 - April 8, 4:00-5:00pm in the Portsmouth High School Gym. Fee is \$50 for residents, \$70 for nonresidents and includes shirt, stick, shin guards and mouth piece. For more information contact Coach Carpenter at [scarpenter@portsmouth.k12.nh.us](mailto:scarpenter@portsmouth.k12.nh.us).

### FUN & GAMES

Come have some fun! We've expanded our Fun & Games Program to kids in grades K-3. Fun & Games is a non-competitive program where our main priority is to have fun! Each day we play games like Capture the Flag, Crab Soccer, Messy Games, and more!

Register at the Connie Bean Center April 6-10 from 4:00-7:00pm. Fun & Games runs May 5 - May 28, on Tuesdays and Thursdays from 4:15-5:30pm at the Little Harbour School Field. Cost is \$45 for residents, \$65 for eligible nonresidents.

## LOOKING AHEAD

The Portsmouth Recreation Department heard your feedback and is moving our Summer Registration Night from May to late March, 2020. We're hoping to help people out by scheduling camps further in advance. When the registration date and time are scheduled, we will post it on our website and Facebook and notify the schools. All registrations will be done at the Connie Bean Center from the first day through the summer.



# Connie Bean Recreation Center

[www.cityofportsmouth.com/recreation/connie-bean](http://www.cityofportsmouth.com/recreation/connie-bean)

## BASKETBALL LEAGUES & PROGRAMS

Wintertime means hoops-time here at the Connie Bean Center! We will offer the following recreation leagues for the 2019-20 season. The cost for each recreation league is \$45 for residents, \$65 for eligible nonresidents. Everyone must make it to tryouts for the junior and senior leagues! Everyone makes a team, but if you miss tryouts you miss the first game of the season!

<b>Youth Boys &amp; Girls</b>	<b>Boys Junior Rec</b>	<b>Girls Junior Rec</b>	<b>Boys Senior Rec</b>
Boys/Girls grades 1-4	Boys grades 7-8	Girls grades 7-8	Boys grades 9-10 & 11-12
<b>Register</b> October 21-25 4:00-7:00pm	<b>Register</b> November 18-29 4:00-7:00pm	<b>Register</b> November 18-29 4:00-7:00pm	<b>Register</b> December 2-6 4:00-7:00pm
No tryouts!	<b>Tryouts</b> Monday, December 2 6:00pm	<b>Tryouts</b> Monday, December 2 4:45pm	<b>Tryouts</b> 11-12: December 8, 4:00pm 9-10: December 9, 6:00pm
Rosters and practice schedules available online on Thursday, October 31	Rosters and schedules posted at the middle school and online	Rosters and schedules posted at the middle school and online	Rosters and schedules posted at the high school and online

## VOLUNTEER COACHES & SPONSORS NEEDED

The Recreation Department depends completely on volunteer coaches to assist us in running all of our Basketball Leagues. A big thank you to all who have given us their time and expertise over the years. To run our leagues we also rely on local businesses, organizations and civic groups to sponsor our many teams. If you are interested in coaching or sponsoring a team the year, please contact Assistant Recreation Director Barry Foley at [bcfoley@cityofportsmouth.com](mailto:bcfoley@cityofportsmouth.com) or 603-817-9483. Your time and generosity are much appreciated by our department and our players!



### Vacation Basketball Camps 2019

Camps for kids in grades 2-4 run December 26-27, girls from 9:00-10:30, boys from 11:00-12:30. Cost is \$10 and includes a snack! Brush up on your skills, have some fun contests and end the day with a scrimmage. Register at the Connie Bean beginning Monday, November 26 at 4:00pm.

### Open Gym at the Connie Bean

The Connie Bean offers two full courts with 12 baskets available for use after school and on weekends. Kids, practice your skills and hoop away the season at the Bean!

# Recreation Department Annual Events

## Recreation Department Annual Events

### Recreation Department Dances

Each year the Recreation Department hosts a number of dances to get you movin' and groovin' with your family and friends. This year we are bringing back the Halloween Dance as well! You can show off your costumes and cut a rug with your entire family. All the dances have dance contests and fun group dances featured throughout the evening.

#### **Halloween Family Dance** - All Ages!

Saturday, October 26, 2019

#### **Father/Daughter Valentine Dance** - Grades K-5

Saturday, February 8, 2020 (Snow date - February 15)

#### **Mother/Son Dance** - Grades K-5 - **Sports Theme is back!**

Saturday, May 9, 2020

All dances will be held in the Portsmouth Middle School Café at 155 Parrott Ave. The cost for each dance is \$20 per couple/family. The dances run from 6:00-8:00pm. We ask that all those attending bring either finger sandwiches or dessert treats. Children who attend the Father/Daughter Dance or the Mother/Son Dance are welcome to bring any special adult in their lives. For further information, see our website or call Barry Foley at 603-817-9483.

#### **Middle School Dances**

If you are a PMS student or middle-school aged resident of Portsmouth, come boogie down with the Recreation Department! Dances will be held on Friday, September 20 and Friday, March 6 from 7:00-9:00pm. Cost is \$4.00. Don't forget your student ID!

### New York City Family Shopping Day

On November 9, we head to the city that never sleeps. Children and families are welcome, but everyone under 18 must be accompanied by an adult! We leave from Portsmouth High School at 5:30am and return at approximately 12:00midnight. Cost is \$80 per person. Register at the Connie Bean beginning Monday, September 30 at 4:00pm.



### Turkey Shoot



Come shoot FOWL shots at our 28<sup>th</sup> annual Turkey Shoot on Saturday, November 23! Portsmouth resident children in grades K-5 can try to win a Thanksgiving Turkey as they compete against kids in their grade to make the most baskets! Everyone is asked to bring a nonperishable food item for local families in need. We start the Shoot at 9:00am.



# Recreation Department Annual Events

[www.cityofportsmouth.com/recreation/yearly-events](http://www.cityofportsmouth.com/recreation/yearly-events)

## Letters to Santa Claus

The Recreation Department is acting as Santa's postman again this year! Write a letter to Santa from December 1-20 and get a letter in the mail from the big man himself! Please send your letters to Santa Claus, North Pole, 155 Parrott Ave., Portsmouth, NH 03801. Make sure to clearly print your name and address so that Santa knows where to send his letter!

## Holiday Parade

Join the City of Portsmouth Mayor and the Recreation Department on December 7 for the city's Annual Holiday Parade! The Tree Lighting Ceremony & Food Drive Festivities will begin at 5:00pm in Market Square, and at 5:30pm the Mayor flips the switch. This is followed by the Holiday Parade that steps off from Goodwin Park at 6:00pm, winds its way down Islington St. and finishes in Market Square for awards and prizes. The Rain/Snow date is Sunday, December 8.

## Easter Egg Hunt

The Easter Bunny has hidden eggs all around our field. Can you help us find them? Bring your basket on Saturday, April 4, 2020 to Langdon Park, with preschoolers beginning at 10:30am and K-2 beginning at 11:30am. Sorry, no dogs please! Rain date April 11.



## Senior Center Events

### Senior Center Thanksgiving Lunch & Craft Fair



Gobble Gobble Gobble! We'll be gobbling up a wonderful Thanksgiving lunch on Thursday, November 21, 2019 at 12:00pm at the Community Campus Gym. Arrive any time after 10:30am to socialize or peruse the craft fair. Call 603-610-4433 to make your reservation or if you are interested in a table at the craft fair.



*holiday*  
**Craft Fair**

### Senior Center Summer Cookout

Enjoy hotdogs, hamburgers and other summer fare on Thursday, July 23, 2020 at 12:00pm at the Community Campus Gym. The cost is \$7.00 per person. Arrive any time after 10:30am to socialize. Reservations are required by calling the Senior Activity Center at 603-610-4433. Special thanks to Wentworth Senior Living for their sponsorship of the Senior Luncheon Program.



# Senior Activity Center

100 Campus Drive/Community Campus, Portsmouth

Center: 603.610.4433 · Cell: 603.247.9531 · Email: bsullivan@cityofportsmouth.com

Open Monday - Friday 9:00am-3:00pm

## Tropical Costa Rica – 9 Day Adventure

*Join Collette Tours as they guide our group through the breathtaking scenery and exotic wildlife of Cost Rica.*

March 9-17, 2020. Lush forests, stunning waterfalls, exotic wildlife, coffee plantation tour, beaches, butterfly garden, volcano views, riverboat trip, topiary garden...and more! Fly into San Jose where your tour begins with the lush forest + stunning waterfalls. Next we'll head to Guanacasta and its fine sandy beaches. After a 2-day stay there we'll visit a butterfly garden and on to the Arenal with views of its famous volcano. By day 7 we'll be taking a riverboat tour to view indigenous wildlife including sloths, monkeys, river otters, & exotic birds. \$2,699pp double / \$3,199pp single.



**Detailed brochures available by calling Senior Center 603-610-4433.**

## Free Friday Films

Every Friday at 12:30pm  
@ Senior Activity Center (air conditioned)

- Free Popcorn
- 75" TV
- Subtitles



No reservations required.  
Full schedule available in the newsletter.

## Thanksgiving Luncheon & Craft Fair

Thursday, Nov 21 at 12:00pm  
(craft fair starts at 10:00am)  
@ Community Campus Gym

- Hot Turkey Lunch with Dessert
- See plans for future senior center

\$5 per person  
RSVP Required by November 14 (it does fill up)



## Ukulele Group

New Members Welcome!  
@ Senior Activity Center FREE

1<sup>st</sup> & 3<sup>rd</sup> Thursday of the Month  
10:30-11:30am September – May  
(Starting Sept 19)



**Follow our construction progress on  
Facebook at "Portsmouth NH  
Senior Activity Center"**



# Senior Activity Center

Programs & Activities for Ages 50+  
Fitness | Enrichment | Socialization | Resources | Entertainment

**Membership is free. Stop by for a tour and to register.**

## Dull Men's Club

Every Friday at 11:00-12:15pm  
@ Senior Activity Center

No reservation required, just stop in

**Join our already established group of men for coffee + conversation.**

Appx 8-12 men show up each week for social hour and discuss and share their life stories, experiences, thoughts....or just listen. Arrive 15 minutes early to check in and get your coffee.



## Pilates for Seniors

Tuesday & Thursday from 11:30am – 12:30pm  
@ Senior Activity Center FREE

Instructor: Harry Rau

*SIGN UPS REQUIRED. This class will fill up and you must be a registered user to participate.*  
603-610-4433

This is a Pilates class – only slower! But you must be able to go from standing to lying down positions. Beginners welcome.



## Walking

**Monday, Wednesday & Friday, 9:00am-10:00am**

@ Community Campus Gym FREE Join Anytime

Walk at your own pace. 13 laps = 1 mile

## Stretch Yoga

Every Monday 11:30am – 12:30pm  
@ Senior Activity Center  
FREE

Instructor: Diane Stradling

**Slow paced guided stretch yoga.**  
**Must be able to go from sitting position and back up.**

**We're here to help you learn!**

No reservations needed. Just drop in. Arrive 10 min early on first day to register.

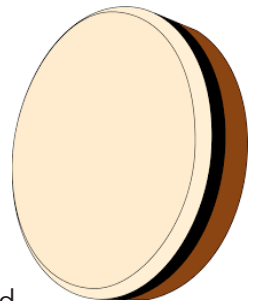


## Health Rhythm Drumming

3<sup>rd</sup> Thursday of each month  
@ Senior Activity Center  
FREE

Instructor: Jeanne Russell

Join our group of drummers to get your heart rate up and feel the camaraderie of drumming in a circle together. You drum in a seat position. No experience needed. Drum with your hands or sticks.



# Portsmouth Indoor Pool

48 Andrew Jarvis Drive • (603) 427-1546 • Email: [avanbinsbergen@cityofportsmouth.com](mailto:avanbinsbergen@cityofportsmouth.com)

The Portsmouth Indoor Pool & Aquatic Fitness Center is a community based organization committed to program development, healthy living, and social responsibility. It's a great place to swim! We offer programs for people of all ages and abilities. The Indoor Pool is a solarium-style facility, which features a 25 meter, 6-lane pool with hot tub, handicap accessible ramp and stretching and exercise equipment. The pool depth ranges from 3½ feet to 12 feet with a water temperature kept at 82°.



## GROUP SWIMMING LESSONS

We offer instruction to children through the American Red Cross Learn-To-Swim program. All instructors are American Red Cross WSI certification. Classes offered include ages 6 months old to adult.

Session	Session Date	Registration Resident	Registration Non-Resident
Fall 1	<b>September 9 – October 27, 2019</b> No Lessons on Monday October 14, 2019 Registration closes September 15, 2019	Tuesday, August 27, 2019	Thursday, August 29, 2019
Fall 2	<b>October 28 – December 22, 2019</b> No lessons on Monday November 11, 2019 No Lessons week of November 25, 2019 Registration closes November 3, 2019	Tuesday, October 15, 2019	Thursday, October 17, 2019
Winter	<b>January 6 - February 23, 2020</b> No Lesson on Monday January 20, 2020 Registration closes January 12, 2020	Tuesday, December 17, 2019	Thursday, December 19, 2019
Spring 1	<b>March 2 – April 19, 2020</b> Registration closes March 8, 2020	Tuesday, February 18, 2020	Thursday, February 20, 2020
Spring 2	<b>May 4 – June 21, 2020</b> No Lesson Memorial Day Weekend 5/21-5/25/2020 Registration closes May 10, 2020	Tuesday, April 14, 2020	Thursday, April 16, 2020

Registration will begin at 8:00am and will run through the first week of the session. Participants who pay for a full session are welcome to sign up for a second day (for the same participant) for ½ off.



The Portsmouth Indoor Pool offers Lifeguard training classes throughout the year. Participants need to be 15 years old and able to pass the pretest. If interested, contact the pool to be placed on an interest list.

## Private Swim Lessons

Private lesson rates are based on one-on-one instruction for a ½ hour. Semi-private and hour lessons are also available. To request a lesson, fill out a private lesson request form. Lessons are based on instructor availability, and only taught during open swims.

**Member**  
**\$25.00**

**Non-Member**  
**\$35.00**



Did you know that April is National Adult Learn to Swim Month?

The Portsmouth Indoor Pool and Great Bay Masters have joined together to offer Adult Learn to Swim in April 2020. Please call the pool to place on interest list.



# Portsmouth Indoor Pool

[www.cityofportsmouth.com/recreation/indoor](http://www.cityofportsmouth.com/recreation/indoor)

## Daily Visit Fees

Type	Resident	Non-Resident
Adult (18-59)	\$5	\$10
Senior (60+)	\$3	\$5
Youth (17 and Under)	\$3	\$5
Splash Pass (10 Swims)	\$40	\$70

Portsmouth residents get discounted rate by showing their current driver's license with a Portsmouth address.

## Hours of Operation

Monday-Friday 5:30am-9:00pm

Saturday & Sunday 7:00 am -2:00pm

**Check the online schedule for the most up-to-date lane usages.**

## Programs

- **Fitness Classes:** Hydro burn, Aqua Fitness 1 & Aqua Fitness 2, Zumba
- **Triathlon Group Training & Open Water Endurance Training**
- **Great Bay Masters & Youth Swim Teams**
- **Birthday party and other rentals**

## Memberships

We offer memberships for families, individuals, youths, and seniors. Membership fees can be paid on a yearly or monthly basis. Fees vary based upon the age of the member.

**For more information about membership, please go to [cityofportsmouth.com/recreation/indoor/membership](http://cityofportsmouth.com/recreation/indoor/membership)**

## Friday Night Fun

### Free Elementary School Swim

The Indoor Pool welcomes Portsmouth Elementary students, parents and faculty to come to the pool for Community Swim Night, one Friday per month from 6:00-6:55pm.

2019	2020
September 13	January 3
October 4	February 7
November 1	March 6
December 6	April 3



### Evening Aqua Zumba

One Friday Night per month  
6:05-6:55pm

2019	2020
September 20	January 10
October 11	February 21
November 8	March 13
December 13	April 10

### Family Swim

One Friday per month from 6:00-6:55pm. We're encouraging families to go swimming together! Pay for the adults and children swim free! (Must live within the same household.)

2019	2020
September 27	January 17
October 18	February 14
November 15	March 20
December 20	April 17

## Did you know?

The Pool is a certified TYR retailer! We offer a variety of products for sale, from goggles and ear plugs, to snorkels and clarifying shampoo! Stop by the front desk and take a look!

# Spinnaker Point Adult Recreation Center

30 Spinnaker Way • (603) 766-1483 • Email [tpbailey@cityofportsmouth.com](mailto:tpbailey@cityofportsmouth.com)  
[www.cityofportsmouth.com/recreation/spinnaker-point](http://www.cityofportsmouth.com/recreation/spinnaker-point)

The Spinnaker Point Adult Recreation Center is run by the City of Portsmouth and provides a wide variety of exercise options. Our facility includes an indoor walking/running track, indoor pool, sauna, workout machines, weight room, and basketball court. For a full listing of facility run programs, please stop by or visit our website.



MEMBERSHIP TYPE	PER MONTH BILLED AUTOMATICALLY	YEARLY*
<b>ADULT RESIDENT</b> 18 AND OVER	\$18	\$216
<b>SR RESIDENT</b> 60 AND OVER	\$9	\$108
<b>NONRESIDENT</b> 18 AND OVER	\$36	\$432
<b>SR NONRESIDENT</b> 60 AND OVER	\$18	\$216
*Yearly rates are prorated as the year progresses to cover the remaining portion of the year. All yearly memberships expire on December 31.		

## MEN'S CITY BASKETBALL LEAGUE

This league is offered for men who are at least 18 years of age (out of high school) and want to play in an organized and competitive league. Everyone who registers is placed on a team and will play in each game. Games are played on Monday & Thursday nights from October - February. Register at the Spinnaker Point Fitness Center Monday, September 9 - Friday, October 11th. The fee is \$90.00 for Portsmouth residents and \$100.00 for non-residents. Proof of residency and payment are required when you register. First year players to the league must attend an organizational scrimmage on Monday, October 14th. For more information call the Spinnaker Point Fitness Center at 766-1483.

## Fitness Center Classes

**Spin classes, Cardio Kickboxing, Bike and Barre, Stretching, Workout of the Day, Bodyshred, Spin Bata, Yoga and many more!** Participants must pre-register with Liz Forkel. Website registration: [Lizfit.net](http://Lizfit.net)  
**Strength and Stretch, Fit over 50** taught by instructor Katy Brandin. Drop in or register at [KTOover50.com](http://KTOover50.com).  
**Therapeutic Qigong** with instructor Francesa Ciari, drop in or register at 603-498-4737.  
**Beginner Ballroom Dance** taught by instructor Fred Dunn. Participants must pre-register at 603-502-3267.  
**Yogalates** with instructor Deb Levine. Drop in or register at 603-205-4073.  
**Bone Builders** is a strength training and balance program. To register or get more information, RSVP at 603-228-1198.  
**Happy Hour Yoga** with Nancy Wheaton Modern, offered Fridays from 4:00-5:00pm.  
**Osteoporosis** with Mary Marcinoski. Offered on Friday afternoons, call Mary at 603-502-2649 for more information.  
**Zumba** with Nina on Saturday mornings, for more information call 207-439-6387. Drop in rate of \$10.00, seniors \$8.00.  
**Being Well** with instructor Rebecca Kollmorgen is offered twice a week, for more information call 603-531-3709.  
**Ballroom Dance** with Fred Dunn on Wednesdays. For more information call Fred at 603-502-3267.  
**Tai Chi** with Kevin Beane for beginners and advanced classes. Contact Kevin at 603-534-5185 or email at [k.beane@comcast.net](mailto:k.beane@comcast.net).  
**Fit over 50** with Katy Brandin, offering warm up and cardio to music. \$5.00 drop in rate.  
**Strength and Stretch** with Katy Brandin using hand weights or resistance bands. Designed for 50 and above, \$5.00 drop in rate.  
**Barre Fitness & Contemporary Dance Techniques** on Friday nights with Joan Wiegers. For more information call 603-630-0094.  
**Pickleball** is offered 4 mornings a week for pick up play, free for members or a \$5.00 drop in rate.  
**Adult Ballet and Salsa Training** with instructor Nina, for class information contact Nina at 207-439-6487.

