

ADULT/SENIOR PROGRAMS

Participation in **highlighted programs requires . . .

Rec Department Membership

OR

You can pay \$2.00 at the door

REGISTER NOW



www.KeeneParks.com



Basketball

Adult pickup in the rec gym
Wednesdays from 7:30-9:00PM

Pickleball

Mondays 9am-12pm | 8pm - 10pm
*9-10am courts 1 & 2 reserved for beginners
Tuesdays 9am - 1pm
*9-11am all courts reserved for 70+
Wednesdays: 9AM-12PM
*9-10am courts 1 & 2 reserved for beginners
Thursdays: 9AM-1PM | 6pm - 9pm
*9-11am all courts reserved for 70+
6-9pm all courts reserved for League play
Fridays: 9AM-2PM
Sundays: 12-4PM

**Open Gym from 12-4pm
on Saturdays!**

Zumba Gold

Tuesdays and Thursdays
10:40 - 11:40AM
Rec Multipurpose Room
Registration Required
\$42.00 per 7 week sessions

Qi Gong

Tuesdays: 11 - 12:00PM
Rec Rm 14
Registration Required
\$32.00 per 8 week sessions

Senior Shape Up

Monday, Wednesday, Friday
9-10AM | Rec Multipurpose Room
*This program is walk-in, you sign up at the class with the instructor.

Walking

Gym reserved for walking only:
Weekdays from 7-9:00AM
Multipurpose Rm reserved:
M,W,F from 11-12:30PM
***Walking Pass Required**

 Schedules are subject to change.
For the most up-to-date information,
follow us on social media:



[@keenerecreationcenter](https://www.instagram.com/keenerecreationcenter)



[@keeneparksandrecreation](https://www.facebook.com/keeneparksandrecreation)

*Membership Rates

Adult Keene Residents \$30/Non-Residents \$60
Senior Keene Residents \$20/ Non-Residents \$40

*Free memberships available for United
Healthcare card holders! Call us for
details: 603-357-9829