



**65 Belknap Avenue, Newport NH 03773 ~ 603.863.1332**

**BOOTCAMP**

Class	Days	Time	Cost (res/non)
Adult BC	M, W, F	5:00am	\$50/\$60
Adult BC	Tue/Thu	5:30pm	\$40/\$50
HS/College BC	M, W, F	6:30am	\$50/\$50
Football Lift	Tue/Thu	6:30pm	Free

**TEEN TRIPS**

Ages 12-16 Teen Trips with PJ! Prices and trips vary (every Tue & Thu this summer).

**OUTDOOR BASKETBALL**

Monday & Thursdays 6:00-7:30pm Drop-In Basketball at the Outdoor Courts for grades 3-8. Starts June 18, Chairperson: Brian Martin

**OUTDOOR RUNNING CLUB**

Wednesday, June 27, 6:30pm will kick off the Outdoor Running Club! Road runs, track workouts, trail runs, Adult Cross country training, 5K. Train or just run with a group. For ages 7th grade thru Adult. FREE. Meet at the Track.

**FALL SPORTS**

**5/6 grade soccer and 5-8 Field Hockey will start mid August.** NRD has joined Merrimack Valley Soccer League for 5/6 grade! Roster is due Aug 1st. 5th-8th Grade Athletes need to register soon to ensure your spot! Spread the word.

Sport	Details	Coach
Soccer	Grades K-6	Coaches needed
Flag Football	Grades 2-4	Coaches needed
Field Hockey	Grades 5-8	Brittany Freckleton

**Adult Classes:**

**SENIOR EXERCISE** class on M/W/F @ 8:30am. \$1.00 per class. Join Becky Bates on Monday, Lee Nangeroni on Wednesday and Larry Flint on Fridays!

**PICKLEBALL** Tue & Thur, Wheeler Gym from 9-11am. \$1.00 per class.

**TABLE TENNIS** Tue & Thur from 11:00am – 1:00pm is . \$1.00 per class.

**ATTENTION.....School is out.....**drive safe and look for bicycles, motorcycles and watch your surroundings by the water! Have a great summer!!!

**Check out our website for updated info, registration forms and links to online registration at:**

**[www.newportrec.com](http://www.newportrec.com)**

**GARDEN CLUB**

Looking for volunteers to keep Newport beautiful! Join the Newport Garden Club. Give us a call, 863.1332

**Our mission is to provide a wide range of leisure activities for people of all ages to enjoy.**

**Our aim is to focus on participation, fun and fitness while enhancing the mind, body and spirit!**

**Newport Recreation  
65 Belknap Avenue  
Newport NH 03773  
603.863.1332**