FITNESS PROGRAMS

We have had great success with our virtual and hybrid fitness programs over the past few months and continue to offer the following programs.

Boot Camp

Classes are held at 5:30 pm on Tuesday/Thursday. A variety of equipment is used and can be checked out by our registered participants for use. Boot Camp is a great workout for all ages and fitness levels!

Senior Fitness

Our Move It or Lose It program is an evidence-based physical activity program designed to enhance health outcomes for a diverse range of adults 60+. Classes run Tuesday/Thursday from 10:00-11:00 am and is FREE to Chester residents.

Yoga

Classes are held in person on Monday evenings at 5:30 pm and Wednesday evenings at 6:30 pm in the Multi-Purpose Room (MPR). Class sizes have been reduced to practice safe physical distancing.

YOUTH PROGRAMS

Wow, what a difference a year can make. Last year I was preparing this newsletter with all our plans and programs for the upcoming months. Now it is day by day to see what we can offer the community while still maintaining the health and safety of our participants.

Though we had to make some changes we are still optimistic to continue to bring some youth programming back for this winter season.

Basketball

March Madness is around the corner. Are you interested in doing a skills/drills session? Let us know your interest and we can try to make it happen. We will have to follow strict guidelines but let’s do this!

Futsal

Our winter futsal session usually kicks off in February. This program was created for our middle schoolers and up. We are reaching out to past participants and coaches to gain interest for this year.

MOVING FORWARD

We are looking forward to offering our usual summer programs and events like the Kids Fishing Derby and the traditional Summer Program held at Wason Pond.

New guidance should be coming out later this month from the state on how to safely run summer camps this year. We continue to move forward with planning and hope to have registrations open in the upcoming month.

STAY UPDATED

Please let us know if you have any questions regarding town facilities and our recreational events and programming.

For more information check out the Recreation Department page on our town website at:

https://www.chesternh.org/recration-department

Recreation Department
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