

SALEM, NH RECREATION

# FALL PROGRAMS

2025



**SEP 13**

**BOB KOZAT  
MEMORIAL  
BASKETBALL  
TOURNAMENT!**

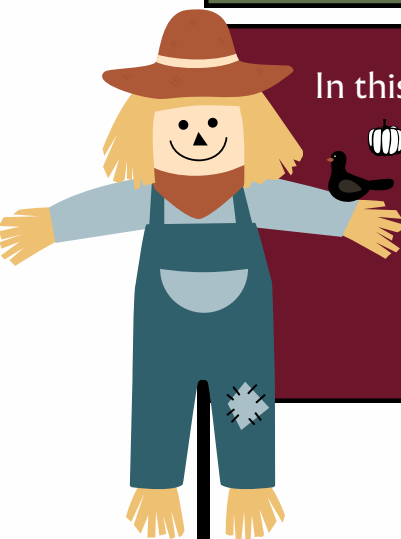
MORE INFO INSIDE!



**ANNUAL  
TRUNK OR  
TREAT!**

**OCT 23**

MORE INFO INSIDE!



In this brochure you will find:



Information on Adult,  
Youth, Adaptive and other  
Community Programming  
by Salem, NH Recreation

**SALEM**  
**C o m m u n i t y**  
**S e r v i c e s**  
**D e p a r t m e n t**

Registration Open At:  
[Salemnh.myrec.com](http://Salemnh.myrec.com)

**Find Us at The  
Ingram Senior Center**

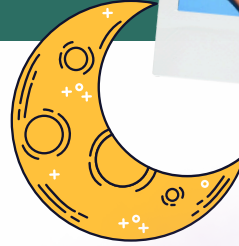


1 Sally Sweet Way  
Salem, NH 03079

Monday-Thursday  
8:30AM-4:30PM  
Friday:  
8:30AM-3:30PM

Fall 2025

# ADULT PROGRAMS



## Adult Tennis Lessons

Beginner-Intermediate Tennis Lessons. All New Cardio Integration with Coach Molly Ratcliffe!

Saturday Mornings -  
Michelle Memorial Park  
August 30 to October 25

### Session I - 8:30AM-9:30AM

\$60 Residents      \$65 Non-Residents

### Session II - 9:30AM-10:30AM

\$60 Residents      \$65 Non-Residents

## Dance Aerobics

Dance Aerobics with Instructor Marie Camaratta. Join Salem Recreation's "Show Stoppers"  
Ingram Senior Center  
August 18 to October 23

### Monday Session- 6:00PM-7:00PM

\$50 Residents      \$60 Non-Residents

### Thursday Session - 6:15PM-7:15PM

\$50 Residents      \$60 Non-Residents

## Tap Dance

Tap Dance with Instructor Marie Camaratta. Join Salem Recreation's "Show Stoppers"

Ingram Senior Center  
August 18 to October 23

### Beginner Monday's - 7:00PM-8:00PM

\$50 Residents      \$60 Non-Residents

### Advanced Thursday's - 7:15PM-8:15PM

\$50 Residents      \$60 Non-Residents

## Men's Volleyball 2025-2026

Drop in Men's Volleyball, Excluding Holiday's and other School Closures.

Lancaster Elementary School  
Wednesday Evenings until May.

### 2025-2026 Season

\$20 Residents      \$25 Non-Residents

Salem, NH Recreation



Register at [saalemnh.myrec.com](https://saalemnh.myrec.com)

Fall 2025

# ADULT PROGRAMS



## Men's Basketball 2025

Drop in Men's Basketball Excluding  
Holiday's and other School  
Closures.

Tuesday, Thursday Evenings,  
Sunday mornings. Locations Vary

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## Men's 18-39y Basketball

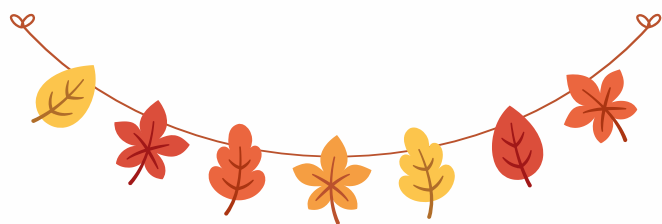
\$15 Residents

\$25 Non-Residents

## Men's 40+ Basketball

\$15 Residents

\$25 Non-Residents



## Adult Pickleball League

Monday or Wednesday League  
with 22:6 Athletics

REGISTRATION AT [226athletics.com](https://226athletics.com)

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## Monday Nights

August 11-September 22

## Wednesday Nights

August 13 - September 24

More Info and registration at [226Athletics.com](https://226Athletics.com)

## Volunteer Opportunities

Salem Recreation is looking for a  
weekly/Bi-Weekly volunteer to support  
with Recreation and Conservation  
programming and marketing!

Applicants can email  
[jisabelle@saalemnh.gov](mailto:jisabelle@saalemnh.gov)

**Salem, NH Recreation**



Register at [saalemnh.myrec.com](https://saalemnh.myrec.com)

Fall 2025

# YOUTH PROGRAMS



## Flag Football

Join 22:6 Athletics for Fall Flag Football!

8/17-11/16

Walmart Field

## Fall Flag Football 8y-15y

\$140 Res \$150 Non Residents

## Intro to Sports

3 Years and Under!

9/4-9/25

Hedgehog Park

## Morning Session

10:30AM-11:15AM

\$10 Res \$10 Non Resident

## Evening Session

5:30PM-6:15PM

\$10 Res \$10 Non Resident

## Intro To Track

5y-8y

9/8-9/29

Salem High School Track

4:30PM-5:30PM

\$25 Res \$25 Non Resident

## Don't Miss Out!

Find Basketball Tournament,  
Parents vs Kids Dodgeball and Trunk  
or Treat on the Events Page!

## Youth Tennis

Join Coach Tim for Tennis Lessons! We offer classes for littles, beginners and even high school level students.

Saturday and/or Sunday Sessions  
9/6-10/26

## Tennis for Littles (5y-7y)

11:30AM-12:30PM

Saturday Sessions

\$75 Res \$85 Non Residents

Sunday Sessions

\$75 Res \$80 Non Residents

## Intermediate Tennis 8y-11y and 12y-17y

2:00PM-3:30PM

Saturday Sessions

\$115 Res \$120 Non Residents

Sunday Sessions

\$115 Res \$120 Non Residents

## Fall Tennis 8y-11y

12:30pm-2:00PM

Saturday Sessions

\$115 Res \$120 Non Residents

Sunday Sessions

\$115 Res \$120 Non Residents

## Advanced Tennis 12y-17y

Tennis Lessons for Students at the Varsity Level only, students must have Coach Tim permission to register! Reach out to Juliann Isabelle, [Jisabelle@salemnh.gov](mailto:Jisabelle@salemnh.gov) for more information.

3:30-5:30PM

Saturday AND Sunday Sessions

\$195 Residents \$200 Non Residents

Fall 2025

# ADAPTIVE PROGRAMS



## End of Summer Cookout!

— ♦ ♦ ♦ ♦ ♦ ♦ ♦ —  
Open to all  
\$14 Per Person  
Ingram Senior Center  
**August 23**  
2pm-4pm  
Food from Red Robin!

## Adaptive Soccer

Join Salem Recreation for Adaptive  
Soccer and Movement!

— ♦ ♦ ♦ ♦ ♦ ♦ ♦ —  
Walmart Field  
5:30PM-6:30pm  
9/9-10/7  
\$25 Residents \$25 Non Residents

## Adaptive Basketball

Join Salem Recreation for  
Adaptive Basketball!

— ♦ ♦ ♦ ♦ ♦ ♦ ♦ —  
Barron Elementary School  
6PM-7PM  
11/3-12-1  
\$25 Residents \$25 Non Residents

## Adaptive Floor Hockey

Join Salem Recreation for  
Adaptive Floor Hockey!

— ♦ ♦ ♦ ♦ ♦ ♦ ♦ —  
Barron Elementary School  
6PM-7PM  
2/2-3/2  
\$25 Residents \$25 Non Residents

**Salem, NH Recreation**

Register at  
[salemnh.myrec.com](http://salemnh.myrec.com)



# FALL EVENTS!



## ADAPTIVE PROGRAMS END OF SUMMER COOKOUT!

\$14 PER PERSON  
CATERING FROM RED  
ROBIN  
2PM-4PM  
REGISTRATION OPEN  
UNTIL 8/15

**AUG  
23**

## PARENTS VS KIDS DODGEBALL GAME!

\$10 REGISTRATION  
(1 PARENT + 1 KID)  
\$5 FOR ADDITIONAL KIDS AND  
OR PARENTS  
BARRON ELEMENTARY SCHOOL  
5PM-6:30PM

**OCT  
4**

## BOB KOZAT MEMORIAL BASKETBALL TOURNAMENT

OPEN TO ALL AGES  
3V3 STYLE BASKETBALL  
TOURNAMENT  
\$10 PER PERSON.  
REGISTER AS  
INDIVIDUAL OR TEAM  
HEDGEHOG PARK STARTING @9AM

**SEP  
13**

## TRUNK OR TREAT OPEN TO ALL AGES

COSTUME CONTEST FOR  
KIDS 10 YEARS &  
UNDER!



INGRAM SENIOR CENTER @5:30PM

**OCT  
23**