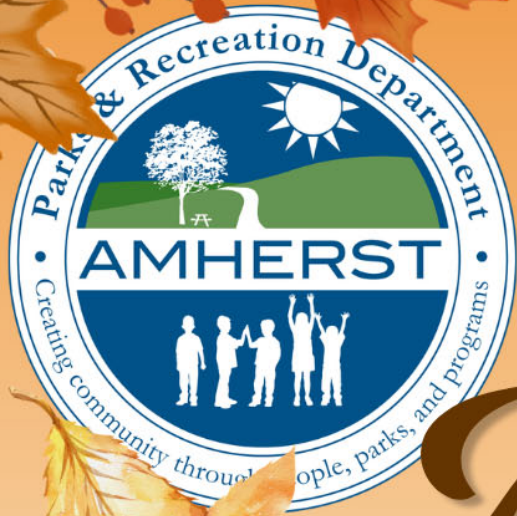




Fall Program Guide



SPORTS - TRIPS - FITNESS - AND MORE!

2026

603-673-6248
www.amherstrec.org

4 Cross Rd,
Amherst, NH 03031

Youth Programs

MAGIC IN MONTHS

Magic in Months is a monthly preschool program that celebrates the changing seasons through nature, stories, crafts, games, and outdoor exploration. Each session features a unique monthly theme inspired by what's happening in the natural world, giving children the opportunity to learn, create, and explore in a fun and engaging environment. Join us as we celebrate the special sights, sounds, and wonders each month has to offer!

Ages	3 – 6	
SEPTEMBER	Apple Orchard Adventure	9/14
OCTOBER	Pumpkin Patch Party	10/5
NOVEMBER	Fall, Leaves, and Acorns	11/9
Time	10:00 AM – 10:45 AM	
Location	Peabody Mill Environmental Center	
Price	\$ 25 Resident \$ 30 Non-resident	



STORYTIME DANCE/CRAFT WITH MINIS IN MOTION

A fun-filled class combining dance, storytelling, and creativity! Each session begins with a warmup, followed by an interactive story brought to life through dance and props. We finish with a themed craft for little ones to create and take home.

Ages	1 – 6	
Dates	Wednesdays 9/9, 9/16, 9/23, 9/30, 10/7, 10/14	
Time	9:00 AM – 9:45 AM	
Location	Buck Meadow	
Price	\$ 90 Resident \$ 105 Non-resident	

NATURE EXPLORERS

Welcome to Nature Explorers — where adventure and fun await!

At Nature Explorers, we explore the wonders of the great outdoors through hands-on learning and play. Each class is an exciting journey into different natural habitats and animals, helping children discover the amazing world around them.

Our time together will include:

- Story time
- Circle Time for group discussion on a new nature-themed topic
- A fun activity that brings our topic to life
- A take-home craft so your little explorer can continue the adventure at home!

Weather permitting, we'll walk the Storybook Trail at the end for those who would like to join.

Ages	3 – 6	
SEPTEMBER	Animal Habitats	9/3, 9/10, 9/17
OCTOBER	Bugs with Superpowers	10/1, 10/8, 10/15
NOVEMBER	Beautiful Birds	11/5, 11/12, 11/19
Time	10:00 AM – 10:45 AM	
Location	Peabody Mill Environmental Center	
Price	\$ 35 Resident \$ 40 Non-resident	



Youth Programs

YOUTH SOCCER REGISTRATION OPEN

Boys and Girls
U4, U6, U8, U10, U12, U15
U4 (Saturday mornings or Tuesday nights)
U6 (Saturday mornings or Thursday nights)

YOUTH BASEBALL REGISTRATION OPEN

Majors, Minors, Sandlot (co-ed)

YOUTH SOFTBALL REGISTRATION OPEN

10U, 12U

YOUTH CHEER REGISTRATION OPEN

Preschool Patriots (grades Pre-K–K)
Amherst Patriots (grades 1–8)
New England Legacy All-Star (grades 3–12)

HOMESCHOOL SCIENCE INVESTIGATORS

Explore, investigate, and connect with fellow homeschool students in Homeschool Science Investigators! This program combines hands-on science learning with opportunities for students to build friendships and enjoy social time with peers.

Each class will feature a new science topic explored through experiments, investigations, discussions, and real-world applications. Students will practice scientific thinking through observation, problem-solving, and discovery while working together with other young scientists.

Ages	11 – 14
SEPTEMBER	Monday 9/21
OCTOBER	Monday 10/19
NOVEMBER	Monday 11/16
Time	10:00 AM – 12:00 PM
Location	Peabody Mill Environmental Center
Price	\$ 30 Resident

HOMESCHOOL SCIENCE EXPLORERS

Homeschool Science Explorers invites children to discover, investigate, and connect with other homeschool students through hands-on science experiences. Each month features a new science topic explored over two classes, giving students the opportunity to ask questions, make discoveries, and build a deeper understanding of the world around them.

Through experiments, investigations, outdoor exploration, creative projects, and take-home crafts, young scientists will develop curiosity, confidence, and problem-solving skills while learning alongside their peers. Students will also have opportunities to build friendships through group activities, science games, and shared outdoor adventures at PMEC.

Ages	5 – 10
SEPTEMBER	Tuesdays 9/15, 9/29
OCTOBER	Tuesdays 10/13, 10/27
NOVEMBER	Tuesdays 11/10, 11/24
Time	10:00 AM – 12:00 PM
Location	Peabody Mill Environmental Center
Price	\$ 40 Resident \$ 50 Non-resident



HOMESCHOOL FIELD TRIPS

Get ready to explore, discover, and make new friends! PMEC invites all home-schooled students to join us for unforgettable field trips to some of New Hampshire's finest destinations.

Whether you ride the Amherst Recreation Bus or choose to meet us at the location, you're in for a fun-filled, hands-on learning experience.

What to Expect:

- Transportation available
- Meet-up option at each location
- Local adventures in the surrounding community

Ages	5 – 12
Dates	Every other month; September, November...
Location	Peabody Mill Environmental Center

Youth Programs

TRAIL TREKKERS

Adventure awaits on the trails at PMEC! Each week, participants will hike through forests, explore streams and, search for wildlife, build outdoor skills, and discover the wonders of nature through hands-on exploration. We'll also create a fun nature-inspired craft to bring home, inspired by what we've discovered on our adventures. Whether we're following animal tracks, climbing over logs, or making exciting new discoveries, every afternoon is a chance to unplug, get moving, and enjoy the great outdoors.

Transportation will be provided from Clark and Wilkins Elementary schools.

Ages	K – 4th grade
Dates	Wednesdays 10/7, 10/14, 10/21, 10/28
Time	3:00 PM – 4:30 PM
Location	Peabody Mill Environmental Center
Price	\$ 95 Resident \$ 110 non-resident



ROBLOX GAME DESIGNERS WITH RIGHT BRAIN

Play Roblox, study what makes games fun, and design your own! In this hands-on class, kids explore age-appropriate Roblox games together, then work in pairs to sketch maps, invent challenges, and plan original game ideas inspired by what they discover. Along the way, students think like real game designers as they test ideas, share their creations, and build creativity, teamwork, and problem-solving skills.

Ages	1st – 4th grade
Dates	Thursdays 11/5, 11/12, 11/19, 12/3, 12/10, 12/17
Time	3:00 PM – 4:30 PM
Location	Buck Meadow
Price	\$ 190 Resident

EARLY RELEASE: PMEC EXPLORERS

Come join us for an afternoon of fun and adventure at the Peabody Mill Environmental Center (PMEC)! On early release Wednesdays, we'll pick up your young explorer from Wilkins School and head to PMEC for an exciting time in nature.

Children will enjoy hiking the beautiful trails, playing outdoor games, making nature-inspired crafts, and exploring the wonders of the natural world.

Let your child unwind, play, and connect with nature after a busy school day—rain or shine!

Ages	K – 4th grade
Dates	Wednesday 9/30
Time	11:30 AM – 2:30 PM
Location	Peabody Mill Environmental Center
Price	\$ 40

BIRDIES AND BACKPACKS AT BIRCH

An afterschool opportunity for students to disc golf at our local course, Birch Park! Students will be bussed from Wilkins to the course to play a few holes each session while learning the sport. Registration fee comes with a three-disc starter pack!

Ages	3rd – 4th grade
SESSION 1	9/3, 9/8, 9/15, 9/22
SESSION 2	10/6, 10/13, 10/20, 10/27
Time	2:45 PM – 4:15 PM
Location	Birch Park
Price	\$ 140 Resident \$ 160 Non-resident



Youth Programs

CAMPFIRE NIGHTS

Grab your friends and join us for an evening of outdoor adventure, creativity, and connection at P MEC! Campfire Nights is designed for middle school students looking to unplug, have fun, and spend time with peers in a relaxed outdoor setting.

Each session will feature a mix of activities including team games, creative crafts, outdoor challenges, and a nighttime hike to explore the trails after dark. When weather permits, we'll gather around the fire for classic campfire fun, stories, and treats.

Whether you're making new friends, trying something new, or simply enjoying time outdoors.

Ages	Grades 5th – 8th
SEPTEMBER	Saturday 9/12
OCTOBER	Saturday 10/17
NOVEMBER	Saturday 11/14
Time	5:00 AM – 7:00 AM
Location	Peabody Mill Environmental Center
Price	\$ 30 Resident \$ 35 Non-resident

ORIENTEERING

Ready for an outdoor challenge? Join us for Orienteering, where adventure meets problem-solving! Learn how to navigate using a map and compass, then put your skills to the test as you explore P MEC's trails and complete navigation challenges. Along the way, you'll strengthen teamwork, critical thinking, and outdoor skills while gaining the confidence to find your way through the natural world. Every class offers a new opportunity to explore, discover, and navigate like a true adventurer.

Transportation from Amherst Middle School (AMS) to P MEC is provided, making it easy for students to join us after school.

Ages	Grades 5th – 8th
Dates	Tuesdays 11/10, 11/17, 11/24
Time	3:30 PM – 5:30 PM
Departing	Peabody Mill Environmental center
Price	\$ 75 Resident \$ 90 Non-resident

SAFE SITTER

Safe Sitter® Course — For Future Babysitters

Ready to feel confident watching younger kids, helping out at home, or babysitting for friends? Safe Sitter® is a nationally recognized program that teaches young teens how to be safe, responsible, and prepared in a variety of real-life situations.

NOTE: Students must attend all 3 classes to be a safe sitter certified.

During this hands-on course, students will learn:

Safety Skills: How to prevent unsafe situations, stay aware, and respond to emergencies.

First Aid & Rescue Skills: What to do for common injuries and how to get help quickly.

Child Care Essentials: Feeding, entertaining, and supervising younger children.

Life & Business Skills: Tips for running a babysitting business, communicating with families, and handling responsibilities with confidence.

This course includes interactive lessons, group activities, and practical demonstrations. Students will receive a Safe Sitter® certificate upon successful completion.

Perfect for ages 11–15 who are ready to take on more independence or begin babysitting.

Ages	11–15
Dates	Tuesdays 10/6, 10/13, 10/20
Time	3:30 PM – 5:00 PM
Location	Amherst Middle School
Price (per day)	\$ 85 Resident \$ 95 Non-resident

Adult Programs

RELAX, RESTORE, RENEW

We spend so much time taking care of others. Let's take some time for yourself in this "slow flow" vinyasa class. You will learn to gently connect your breath with movements. Through your breath you will learn to connect to the precious present moment. Class is appropriate for all levels beginner to seasoned yogis.

Ages	20+
SESSION I	Thursdays 9/3, 9/10, 9/17, 9/24, 10/1, 10/8
SESSION II	Thursdays 10/15, 10/22, 10/29, 11/5, 11/12, 11/19
Time	6:00 PM – 7:00 PM
Location	Buck Meadow Building
Price	\$ 80 Resident \$ 95 Non-resident

CHAIR YOGA

Looking to increase balance and flexibility? Want to improve muscle tone and strength? Reduce your risk of falling? Join us at for a yoga session taught by Kathy MacKinnon, owner of Amherst Yoga Studio!

Ages	18+
SESSION I	Wednesdays 9/2, 9/9, 9/16, 9/23, 9/30, 10/7
SESSION II	Wednesdays 10/14, 10/21, 10/28, 11/4, 11/11, 11/18
Time	10:00 AM – 11:00 AM
Location	Buck Meadow Building
Price	\$ 80 Resident

TAI CHI / QIGONG

This class covers qigong/tai chi fundamentals of breath work, movement, posture alignment, and visualization. Consistently practicing these gentle, meditative movements improves balance, coordination, flexibility, strength and mental clarity. Safe and suitable for everyone. All movements can be modified and effectively compliment other health and wellness pursuits.

Ages	18+
Dates	Mondays 9/14, 9/21, 9/28, 10/5, 10/26
Time	10:00 AM – 11:00 AM <u>OR</u> 11:15 AM – 12:15 AM
Location	Buck Meadow Building
Price	\$ 40 Resident \$ 50 Non-resident

WEEKLY WALKS IN THE WOODS

Bring your friends and meet new ones at our Weekly Walk in the Woods around Amherst. We will take different trails at each meet up to explore for about an hour long walk. An email will go out to all registered participants with our meeting locations prior to first hike. While the program is free we ask all participants to register to receive the email of the location for each walk.

Ages	All ages
Dates	Wednesdays 9/9, 9/16, 9/23, 9/30
Time	12:30 PM – 1:30 PM
Location	Location in selected
Price	No charge



FUNCTIONAL STRENGTH TRAINING

Functional strength training focuses on exercises that prepare the body for activities performed in daily life. Incorporating functional compound movements with added resistance or just body weight will increase muscle mass. Addition of muscle will improve strength, endurance, balance and overall fitness. Classes will include education on good form with activities that include progressions and regressions for each activity. This inclusive format allows beginners

Ages	16+
Dates	Tuesdays 10/13, 10/20, 10/27, 11/3, 11/10, 11/17
Time	9:00 AM – 10:00 AM
Location	Buck Meadow Building
Price	\$ 72 Resident \$ 87 Non-resident

ADULT KICKBALL

Relive the playground days with a fun, social twist! Grab your friends, form a team, and join Amherst Parks & Recreation for our Adult Kickball League on Thursday nights under the lights at Simeon Wilson Field. Whether you're playing to win or just looking for a great way to get outside, stay active, and meet new people, this recreational league is perfect for adults of all skill levels. Expect friendly competition, plenty of laughs, and an exciting atmosphere each week as teams battle it out under the lights.

Ages	18+
Dates	Thursdays 9/17, 9/24, 10/1, 10/8, 10/15, 10/22
Time	6:30 PM – 8:00 PM
Location	Souhegan High School — Simeon Wilson Field
Price	\$ 25

Adult Programs



FORKS AND FRIENDS

Each month, hop aboard the Amherst Rec bus and let us do the driving as we visit a different restaurant destination! Explore local dining spots in surrounding towns while enjoying great food, good conversation, and the company of friends.

Ages	50+
Dates	Thursday 9/17
Time	8:00 AM – 3:00 PM
Location	Meet at Buck Meadow
Price	\$ 5 Resident \$ 8 Non-resident

BOOMERS AND BEYOND BABOOSIC LAKE BBQ

Join the Amherst Parks and Recreation staff at Baboosic Lake for a lunch and a cruise around the lake! Amherst Recreation will be serving a BBQ lunch, followed by Pontoon Boat rides around Baboosic Lake. This FREE event is open to all Amherst Senior Citizens. Reservations are requested. Please RSVP by signing up online or calling our office at 603-673-6248!

Ages	55+
Dates	Wednesday 9/23
Time	11:30 AM – 2:00 PM
Location	Baboosic Lake Beach
Price	No Charge



KAYAKS AND COFFEE

What better way to kick start your day then embarking on a relaxing paddle around Baboosic lake, surrounded by friends, beautiful views, and coffee? Bring your coffee and kayak or rent a kayak from the Rec department. A perfect way to invigorate your senses and set a positive tone for the day ahead!

Dates	Fridays 9/11, 9/18, 9/25, 10/2
Time	8:00 AM
Location	Baboosic Lake Beach
Price	\$ 10 Resident \$ 15 Non-resident \$ 10 Kayak/Paddleboard Rental

THE SILVER SHIELD

This workshop focuses on helping seniors navigate the big transitions - like retirement or health changes- with more confidence and social connection. It's really about turning life's "what now?" moments into "what's next?" While designed for seniors this workshop can help anyone looking to increase their

Ages	50+
Dates	Friday 9/18
Time	11:00 AM – 12:00 PM
Location	Buck Meadow
Price	No Charge

TABLETOP THURSDAYS

Looking for a fun afternoon out? Join Amherst Parks & Recreation for Tabletop Thursdays, a casual social gathering for older adults! Every Thursday, participants are invited to bring their favorite board games, card games, Mahjong set, puzzles, or any other tabletop activity to enjoy with friends. It's a wonderful opportunity to meet new people, socialize, share a favorite game, or learn something

Ages	18+
Dates	Thursdays 9/24, 10/1, 10/8, 10/22, 10/29
Time	1:00 PM – 3:00 PM
Location	Buck Meadow
Price	No Charge

Programs for All Ages

HYGGE PHOTOGRAPHY

Have you heard about the Scandinavian concept of hygge (pronounced “hoo-ga”)? Roughly translated as “coziness,” hygge is highly regarded in Denmark and in other Nordic countries. Fortunately, hygge is now gaining popularity here in the U.S. This course will teach you about the hygge lifestyle and why it contributes to a sense of happiness, comfort, togetherness, and well-being. Each week we'll explore a different aspect of hygge with discussion, then venture on a calming photography walk. As hygge underscores the importance of getting outdoors, we will use natural soft light to capture hygge-inspired nature photos (perhaps you have a nice camera you'd like to bring, or even a cell-phone camera will work well). The goal of this course is to take a pause and reset.

Ages	All ages
Dates	Fridays 9/4, 9/11, 9/18, 9/25, 10/2
Time	10:00 AM – 11:00 AM
Location	Peabody Mill Environmental Center
Price	\$ 20 Resident \$ 25 Non-resident

PUMPKIN FAIRY HOUSES

There's Magic in the Air... Fairy Pumpkin Magic! Get ready for some whimsical fall fun as we transform ordinary pumpkins into enchanting glowing fairy houses! Using your creativity and a variety of natural materials—like twigs, acorns, milkweed pods, and more—you'll craft a one-of-a-kind fairy home, just in time for Halloween. All decorating supplies will be provided, and we'll have warm apple cider and cookies to enjoy while you create. Please bring your own pumpkin (12–14" round is ideal). For easier carving, we recommend keeping your pumpkin indoors the night before to warm it up.

Ages	All ages
Dates	Saturday 10/24
Time	1:00 PM – 3:00 PM
Location	Peabody Mill Environmental Center
Price	\$ 35 Resident \$ 40 Non-resident

FULL MOON HIKE

Experience the beauty of PMEC after dark on a guided Full Moon Hike! As the moon lights our path, we'll explore the trails, discover the sights and sounds of the nighttime forest, and learn about the full moon, seasonal changes, and the wildlife that comes alive after sunset. Along the way, we'll stop to share fun moon facts, local folklore, and nature observations while enjoying the peaceful beauty of the evening. Whether you're a seasoned hiker or simply looking for a unique outdoor adventure, this program offers a memorable way to connect with nature under the glow of the full moon.

Ages	All ages
Dates	Saturday 11/21
Time	5:00 PM – 6:30 PM
Location	Peabody Mill Environmental Center
Price	\$ 10

TWILIGHT HIKE AND GHOSTLY TALES

Just in time for crisp fall evenings and Halloween fun! If you are feeling festive come dressed in costume! Join local author Susanna Hargreaves for an evening hike through the trails of PMEC followed by a reading from her book, *The Ghostly Tales of Amherst, New Hampshire*. Gather around the fire (weather permitting) to hear ghostly stories, local legends, and folklore while enjoying seasonal treats. It's the perfect autumn evening for families who love nature, history, and a touch of mystery.

Ages	All ages
Dates	Saturday 10/3
Time	4:00 PM – 5:30 PM
Location	Peabody Mill Environmental Center
Price	\$ 10

DOORS ON THE GREEN

It's the most wonderful time of the year in Amherst.... It's Halloween! The Amherst Makerspace will be renting undecorated doors and 10 x 10 spaces on the Amherst Green for Halloween-loving groups or individuals to participate in the great event that is Halloween in Amherst! Halloween is always celebrated on October 31st.

You may rent a door and a space or rent just the space and provide your own door. Decorate your door and space however you choose, in the spirit of this family-friendly holiday. All items other than the doors (if rented) must be provided by the participant and removed at the end of the night. Candy for Trick or Treaters is an expectation for this event.

Ages	All ages
Dates	Saturday 10/31
Time	5:00 PM – 8:00 PM
Location	Amherst Village Green
Price	\$ 25 Resident [space AND door] \$ 15 Resident [space ONLY (BYO door)] \$ 30 Non-resident [space AND door] \$ 20 Non-resident [space ONLY (BYO door)]

