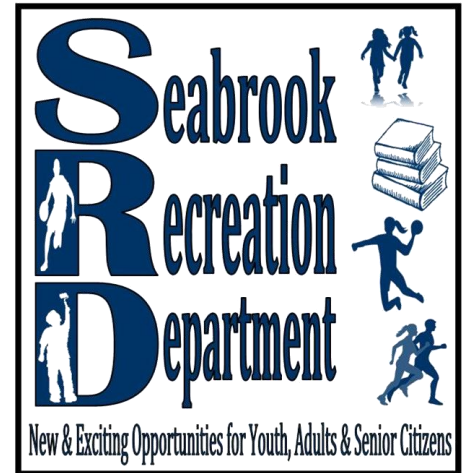


SEABROOK RECREATION DEPARTMENT

2020 SPRING PROGRAM GUIDE:

March 30th – June 5th
Youth, Adult & Senior



Seabrook Community Center

311 Lafayette Rd., Seabrook NH
(603) 474-5746

Building Hours

Mon.-Thurs. 9am-8pm (starting March 31st)

Fri. 9am-8pm (When there is no special event)

Fri. Closed from 5:15pm-6:15pm (Special event)

Sat. 11am-3pm (starting April 4th)

Sun. CLOSED (starting April 5th)

Spring Registration Begins

March 2nd, 2020



GENERAL INFORMATION

Our Mission

The Seabrook Recreation Department is committed to providing leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes. – *Seabrook Rec. Commission & Staff*

Registration Information

You may register and pay online at seabrookrec.com or visit us at 311 Lafayette Rd. Seabrook, NH for assistance.

How to Register Online

1. Visit seabrookrec.com
2. Create a new account or log in to your existing account. (Note: Creating a new account is a one-time event that allows you to utilize our system. It is not a registration by itself)
3. Enter your primary billing contact first (must be an adult)
4. Add other members of your household
5. After all members are added, you may browse programs and add programs and/or other items to your cart.
6. Checkout and pay

Policies & Procedures

► **Attire**–Non-marking sneakers are required by any participant in gym activities. Shirts must be worn in all areas. Undergarment must be covered up.

► **Cancellations**– Classes may be cancelled due to the lack of enrollment. All those registered for such a class, may receive credit toward another program or receive a refund. In the event of inclement weather, some programs may be cancelled.

► School Aged Youth Using Facility–

School age youth are not allowed to use the building during school hours. Regular youth hours start at 2:45pm. Children 10 years and under must leave the Rec. at 6pm, and children 11 & 12 years must leave the gym at 6pm and go to the game room until 7pm, unless they are with a parent or adult who is directly supervising them or engaging in the same activity. Children less than the **third grade** may not be dropped off to use the building, unless they are attending a structured class or team practice. Youth age 10 & under need adult supervision outdoors.

► **Eligibility Requirements** – Most of our programs are offered at three different rates, which includes 2 rates for members and 1 rate for non-members. A few programs & facilities are limited to members only, for example the exercise room is limited to members. We also have some programs that are limited to resident members first, such as summer camp.

► **Individuals without a SRD ID**– Any person who does not have a current SRD ID Card must stop at main office to sign in and pay the appropriate drop-in fee. Anyone age 15 years old & older, must show other ID such as a drivers license or school ID.

Prices:

Resident - \$2

Non-Residents (17 & Under & 55+) - \$3

Non Resident (18-54) - \$5



Recreation Department Staff

Katie Duffey
Director of Recreation
kduffey@seabrooknh.org

Patrick Collins
Assistant Director
pcollins@seabrooknh.org
(Coordinates and facilitates athletic programs, leagues and specials)

Cassandra Carter
Program Director
ccarter@seabrooknh.org
(Coordinates and facilitates various recreational youth, adult & senior programs & annual events)

JoAnne Page
Office Supervisor
jpage@seabrooknh.org

Mitch Bragg
Custodian
mbragg@seabrooknh.org

GENERAL INFORMATION CONTINUED...

Policies & Procedures

▶ **Refund policy** – Some programs have a minimum and maximum number of participants set, in order to begin operating classes. Refunds are allowed one week prior to the class starting. Credit may be given in some situations.

▶ **Handicapped Access** – The community center is handicapped accessible. Shower facilities, sinks, playground, etc. meet ADA standards.

▶ **Checks with Insufficient Funds** – Any person using a check to pay for services & items, must understand that they are responsible for any bank charges and the amount of the check. These fees must be taken care of before they can sign up for any additional programs.

▶ **Dogs on the Property**– Dogs are not allowed in the community center and/ or on the property. This does not apply to medical assisting dogs.

▶ **Lost & Found** – We try very hard to give people an opportunity to reclaim their lost item. Check at the main office and lost & found cage. The Rec. Center is not responsible for lost, stolen or damaged property.

▶ **Skateboards, bicycles, roller blades, heelys & scooters**– Are not allowed outside in the main driveway area, in the front walkway/entrance or in use anywhere inside the building. Only Seabrook Recreation Department equipment allowed.

CONTACT US!

Phone: (603) 474-5746 or (603) 474-8008

Website: www.seabrookrec.com

Facebook: Seabrook Recreation Department &
Community Center

Instagram: Seabrook_Community_Center



Recreation Department Staff Continued

Stephanie McDonald
Office Clerk
smcdonald@seabrooknh.org

Rhonda Allen
Office Receptionist
frontoffice@seabrooknh.org

Daryl Johnson
Office Receptionist
frontoffice@seabrooknh.org

Area Supervisors

Lita Brown
Karen Bagley
Tammy Gardener

Janitors

Mark Whiting
Chantel Donahue
Connor Allen
Chad Kimball

Community Center Facilities

Exercise Room

Open only to SRD membership holders age 13 and above. Each participant under 13 must complete the 30 minute clearance class, held on Tuesdays at 3:30PM. Parent or guardian must sign a waiver. Over 18 must sign a waiver and attend a course if you'd like. (An appointment must be made to attend this course.)

Equipment includes: 6 pieces of Cybex equipment, health rider, fitness flyer, treadmill, bench press, squat rack, rowing machine, bikes, calf machine, curl machine, Ab machines, Total Gym 1000, free weights, elliptical machine, and more.

	Adults/Teens (16 yrs. +)	13-16 yrs.
M-Th.	9 AM – 9 PM	2:45 PM – 6 PM
Fri.	9 AM – 9 PM	2:45 PM – 6 PM
Sat.	11 AM – 3 PM	N/A
Sun.	1 PM – 8 PM	N/A



Outdoor Areas

All outdoor facilities are closed until around mid April (weather permitting). Outdoor areas include the playground, walking trail and tennis courts.

Open Gym

Days & Times

Mon.-Thur. 9am-6pm (at least ½ gym)

Call ahead for availability.

Friday: 9am-5pm

(at least ½ gym)

Sat & Sun: 1pm-8pm

Open times are subject to change!

Game Room

Table tennis, billiards, table games and an Xbox.

Supervised most weekdays from 3pm-9pm

Mon-Thurs: 9am-9pm

Fri: 9am-5pm

Sat: 8am-8pm

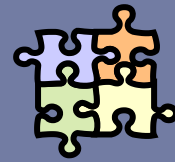
Sun: 1pm-8pm

Note: Youth ages 10 & under must leave at 6pm.

Youth ages 11 & 12 must leave at 7pm.



PRESCHOOL PROGRAMS



High Energy Fun!

Pricing:
\$19(9 weeks) w/SRD ID
\$34(9 weeks) w/Non-Resident SRD ID
\$38(9 weeks) w/o SRD ID
Dates: Thursdays
Time: 11:00am-12:00pm
Location: Gym 2
Instructor: Cassandra Carter

In this pre-school program we will be participating in high energy sports & games!

The morning will begin with open invitation activities such as: play-dough, blocks, kitchen play and many more. Then we will participate in fun sports & games.

There will be a designated snack time during class & some playground time weather permitting.

Pick-up will be in Gym 2.

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Sports! Sports! Sports!

Pricing:
\$19(9 weeks) w/SRD ID
\$34(9 weeks) w/Non-Resident SRD ID
\$38(9 weeks) w/o SRD ID
Dates: Tuesdays
Time: 11:00am-12:00pm
Location: Gym 1
Instructor: Patrick Collins

In this pre-school program we will be introducing basic skills for a variety of traditional sports.



Family Play Time

Pricing:
FREE w/SRD ID
\$5 w/o SRD ID
Dates: Wednesdays
Time: 11am-12:30pm
Location: Gym 1
Instructor: Parent Supervised

Family play time will give parents, grandparents and other guardians a chance to play with their little ones with different sports equipment, gymnastics mats and other fun supplies. This is not a structured program and requires supervision by a parent or guardian.



Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Welcome to our Afterschool!

IMPORTANT INFORMATION

Schedule

2:45pm–4pm,

Homework, Snack

Time & Recess

4pm–5:15pm,

Afterschool Program

5:15,

Parent Pick-Up

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

May 6th & May 25th

EARLY RELEASE DAY PROGRAM – K-5th Grade

Pricing:

\$10 w/SRD ID

\$18 w/Non-Resident SRD ID

\$20 w/o SRD ID

Dates: Wednesday May 6th

Time: 12pm–5:15pm

Instructors: Jon Belanger & Chantel Donahue

[Click Here to Register!](#)

Meet our Staff

Program Leads

Tasia Valcarcel

Leah Callahan

Daryl Johnson

Jon Belanger

Chantel Donahue

Corina Donahue

Program Assistants

Hannah Allen

Casey Carter

Sage Marquis

Fuller Albright

JJ Bowley



Good to know Policies...

- Pick-up time is no later than 5:15pm. For each additional minute over 5:15pm the parent/guardian will be charged \$.50 per minute late. These charges will automatically be charged to your account. If your child has permission to go to "Open Areas" after program the late charge fee will begin at 6pm.
- If you have given your child (who is in 3rd grade or above) permission to go to open areas in the Rec. Center, please be aware that in such open areas as the gym or game room there is supervision but out of those areas your child is not supervised and the Recreation Department staff are not responsible for youth out of those areas.
- Youth under 11 yrs. old are not allowed outside, without direct adult supervision. Youth over 11 yrs. old are allowed to go outside but are not supervised by a Recreation Department Staff member.

Gymnastics

Pricing:

\$44 (8 weeks) w/SRD ID

\$79 (8 weeks) w/Non-Resident SRD ID

\$88 (8 weeks) w/o SRD ID

Dates: Mondays

(No Class May 25th)

Time: 2:45pm-5:15pm

Location: Gym 1

Instructor: Lou Datillio

Strength and flexibility are emphasized with basic apparatus use to teach beginning tumbling. Lou was the Jr. Olympic National Champion and 5 time international Jr Champion and the owner of the NH Academy of Artistic Gymnastics. 45 minutes of gymnastics instruction.

[Register](#) [Click to visit Seabrookrec.com](http://Seabrookrec.com)



NORTH HAMPTON, NH

NEW HAMPSHIRE ACADEMY OF ARTISTIC
GYMNASTICS

Amazing Races & Obstacle Courses

Pricing:

\$34(8 weeks) w/SRD ID

\$61(8 weeks) w/Non-Resident SRD ID

\$68(8 weeks) w/o SRD ID

Dates: Mondays

(No Class May 25th)

Time: 2:45pm-5:15pm

Location: Outside

Instructor: Patrick Collins

If you like to participate in races than this class is for you! We will be doing tons of different races and creating our own obstacle courses to run through!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Mask Making Madness

Pricing:

\$40(9 weeks) w/SRD ID

\$72(9 weeks) w/Non-Resident SRD ID

\$80(9 weeks) w/o SRD ID

Dates: Tuesdays

Time: 2:45pm-5:15pm

Location: Kitchen

Instructor: Cassandra Carter

This class we will be creating all different kinds of masks! Lion Masks, Character Masks, Masks made from Clay and so much more!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Everything Spring

Pricing:

\$38(8 weeks) w/SRD ID

\$68(8 weeks) w/Non-Resident SRD ID

\$76(8 weeks) w/o SRD ID

Dates: Mondays

(No Class May 25th.)

Time: 2:45pm-5:15pm

Location: Multi 2

Instructor: Leah Callahan

This class we will be creating fun Spring themed crafts, exploring the outdoors & playing games outside! Planting, painting, and scavenger hunts are some activities to name a few!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Balloon Games & Crafts

Pricing:

\$40(9 weeks) w/SRD ID

\$72(9 weeks) w/Non-Resident SRD ID

\$80(9 weeks) w/o SRD ID

Dates: Tuesdays

Time: 2:45pm-5:15pm

Location: Gym 2 or Multi 2

Instructor: Jon Belanger

This class we will be exploring all the fun things we can do with balloons! We will be playing Balloon Games, Making Balloon Friends, Creating Balloon Piñatas and so much more!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Bases Loaded

Pricing:

\$34(8 weeks) w/SRD ID

\$61(8 weeks) w/Non-Resident SRD ID

\$68(8 weeks) w/o SRD ID

Dates: Wednesdays

(No Class May 6th)

Time: 2:45pm-5:15pm

Location: Gym 2

Instructor: Patrick Collins

This class will incorporate various games with Bases! We will be playing Baseball, Kickball, T-Ball and more!

Register [Click to visit Seabrookrec.com](#)

Gaga Ball

Pricing:

\$36(9 weeks) w/SRD ID

\$64(9 weeks) w/Non-Resident SRD ID

\$72(9 weeks) w/o SRD ID

Dates: Thursdays

Time: 2:45pm-5:15pm

Location: Outside

Instructor: Jon Belanger

This program will explore the exciting game of Ga Ga Ball. It is a game that utilizes skills from volleyball, dodge ball, and four square as well as developing hand eye coordination and agility.

Register [Click to visit Seabrookrec.com](#)

Grassy Field Games

Pricing:

\$34(8 weeks) w/SRD ID

\$61(8 weeks) w/Non-Resident SRD ID

\$68(8 weeks) w/o SRD ID

Dates: Wednesdays

(No Class May 6th)

Time: 2:45pm-5:15pm

Location: Grassy Field

Instructor: Jon Belanger

There are so many fun outdoor games that we will be playing! If you like Steal the Pig, Capture the Football or Drip Drip Drop than this class is for you!

Register [Click to visit Seabrookrec.com](#)

Creaturific Crafts

Pricing:

\$40(9 weeks) w/SRD ID

\$72(9 weeks) w/Non-Resident SRD ID

\$80(9 weeks) w/o SRD ID

Dates: Thursdays

Time: 2:45pm-5:15pm

Location: Multi Kitchen

Instructor: Leah Callahan

If you like Crafts and Cool Bugs this might be a good fit for you! We will be making bugs out of craft materials! We will be building, painting and so much more!

Register [Click to visit Seabrookrec.com](#)

YOUTH PROGRAMS

3rd -5th Grade

Sports Unlimited!

Pricing:

\$36(9 weeks) w/SRD ID

\$64(9 weeks) w/Non-Resident SRD ID

\$72(9 weeks) w/o SRD ID

Dates: Tuesdays

Time: 2:45pm-5:15pm

Location: Outside

Instructor: Jon Belanger

If you are a sports fanatic and can't get enough of it then this class is perfect for you! We will be playing baseball, basketball, soccer, floor hockey, and so many more!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Makerspace

Pricing:

\$34(8 weeks) w/SRD ID

\$61(8 weeks) w/Non-Resident SRD ID

\$68(8 weeks) w/o SRD ID

Dates: Wednesdays

(No Class May 6th)

Time: 2:45pm-5:15pm

Location: Kitchen

Instructor: Cassandra Carter

This class we will be building, creating and playing! You will have access to 3D Pens, Brain Games, Legos, Board Games & more!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Gaga Ball Tournaments

Pricing:

\$36(9 weeks) w/SRD ID

\$64(9 weeks) w/Non-Resident SRD ID

\$72(9 weeks) w/o SRD ID

Dates: Thursdays

Time: 2:45pm-5:15pm

Location: Outside

Instructor: Patrick Collins

This is a sports program that will feature weekly tournaments of the exciting game of Ga Ga Ball. It is a game that utilizes skills from volleyball, dodge ball, and four square as well as developing hand eye coordination and agility.

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)



YOUTH PROGRAMS

K-5th Grade

Creative Stations

Pricing:

\$40(9 weeks) w/SRD ID

\$72(9 weeks) w/Non-Resident SRD ID

\$80(9 weeks) w/o SRD ID

Dates: Fridays

Time: 2:45pm-5:15pm

Location: Multi 2 & 3

Instructor: Chantel Donahue

This class we will be setting up stations around the room. Each class we will have different stations available for everyone to use. Every Friday there will be different stations available!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)



Outside All the Time

Pricing:

\$36(9 weeks) w/SRD ID

\$64(9 weeks) w/Non-Resident SRD ID

\$72(9 weeks) w/o SRD ID

Dates: Fridays

Time: 2:45pm-5:15pm

Location: Outside/Gym 2

Instructor: Jon Belanger

This class we will be outside as much as possible! We will play games, sports, sidewalk chalk, scavenger hunts and more!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)



Youth on the Run; Trails, Playgrounds & More

Pricing:

\$34(8 weeks) w/SRD ID

\$61(8 weeks) w/Non-Resident SRD ID

\$68(8 weeks) w/o SRD ID

Dates: Mondays

(No Class May 25th.)

Time: 2:45pm-5:15pm

Location: Off-Site

Instructor: Cassandra Carter & Tasia Valcarcel

This class we will be exploring nearby community trails, playgrounds and more! We will be tracking our steps and miles while having fun! The top 3 steppers win a special prize. The whole class gets to participate in an end of the Spring Raffle!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)



Volunteer Opportunities!!

[Volunteer Forms Here!](#)

Monday-Friday 2:45pm-5:15pm 8th-12th Grade
Instructor: Cassandra Carter

Volunteering can open up so many doors for your future!

Sign up today! No cost!

In order to become a volunteer you must fill out an application, complete the permission form to volunteer and sign the volunteer agreement.

Gain Experience!

Working with youth

Planning Events

Running your own activities

Fundraising

Leading a group & more!

Upcoming Adventure Trips

5th-8th Grade

Laser Tag

Includes Pizza, Unlimited Drinks & \$5 Gameplay

Pricing:

\$28 w/SRD ID

\$51 w/Non-Resident SRD ID

\$56 w/o SRD ID

Date: Tuesday, April 14th

Time: 5:15pm – 8pm

Location: Woburn, MA



Dave & Buster's

Includes Dinner Smorgasbord, Drinks & \$20 Powercard!

Pricing:

\$35 w/SRD ID

\$63 w/Non-Resident SRD ID

\$70 w/o SRD ID

Date: Wednesday, April 29th

Time: 4pm – 8pm

Location: Woburn, MA



*Extra Spending Money Encouraged.

LIT Extension Program

7th & 8th Grade

Pricing:

FREE

Dates: Thursdays

Time: 2:45pm-5:15pm

Location: SMS/SAZ

This class will be going on trips, volunteering within the community, fundraising & building their leadership skills.

This program is a partnership between the Seabrook Recreation Department & Seabrook Adventure Zone

Monday Night Floor Hockey

Pricing:

FREE

Dates: Mondays

Time: 5:30pm-6:30pm

Location: Gym 1 & 2

5th-8th Grade

Bring your friends and let's play some Floor Hockey!

No registration required!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Friday Night Specials



2nd Grade & Under

Pricing:

\$4 (each event) w/SRD ID

\$6 (each event) w/o SRD ID

Dates: Fridays, April 10th; Spring Fling (Wear weather related print and receive \$1 off admission! Rainbows, clouds, tornado, etc. Don't be afraid to get creative!) May 15th;
End of the Year Roller-skating with

Outdoor Gaga Ball!

Time: 6:30pm–8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating and Dancing!

Please make sure to wear socks to the event and please refrain from bringing your own skates.

Parent or guardian supervision is required

5th–6th Grade

\$4 (each event) w/SRD ID

\$6 (each event) w/o SRD ID

Dates: Friday, April 24th; Spring Fling (Wear weather related print and receive \$1 off admission! Rainbows, clouds, tornado, etc. Don't be afraid to get creative!)

Time: 6:30pm–8:30pm

Location: Seabrook Recreation Department

If you like to Roller-skate, Dance and play games then these events are for you! Please make sure to wear socks to the event and please refrain from bringing your own skates.

Parent or guardian supervision is not required

3rd–4th Grade

Pricing:

\$4 (each event) w/SRD ID

\$6 (each event) w/o SRD ID

Dates: Fridays, April 17th; Spring Fling (Wear weather related print and receive \$1 off admission! Rainbows, clouds, tornado, etc. Don't be afraid to get creative!) May 29th;
Luau Mixer (Wear Hawaiian attire and receive \$1 off admission)

Time: 6:30pm–8:30pm

Location: Seabrook Recreation Department

If you like to Roller-skate, Dance and play games then these events are for you!

Please make sure to wear socks to the event and please refrain from bringing your own skates.

Parent or guardian supervision is not required

7th–8th Grade

\$4 (each event) w/SRD ID

\$6 (each event) w/o SRD ID

Dates: Fridays, May 8th; Red, White & Blue Mixer (Wear all the themed colors and receive \$1 off admission!)

Time: 6:30pm–8:30pm

Location: Seabrook Recreation Department

If you like to Roller-skate, Dance and play games then these events are for you! Please make sure to wear socks to the event and please refrain from bringing your own skates.

Parent or guardian supervision is not required

ADULT PROGRAMS



Dance/Movement/Toning

Age: 18+ (16+ welcomed)

Pricing:

\$18(10 weeks) w/SRD ID

\$31(10 weeks) w/Non-Resident SRD ID

\$34(10 weeks) w/o SRD ID

Dates: Mondays

Time: 6pm-7pm

Location: Multi 2/Multi 3

Instructor: Tina Harley

Register [Click to visit Seabrookrec.com](https://Seabrookrec.com)

Strength Circuit

Age: 18+ (16+welcomed)

Pricing:

\$18(10 weeks) w/SRD ID

\$31(10 weeks) w/Non-Resident SRD ID

\$34(10 weeks) w/o SRD ID

Dates: Tuesdays

Time: 6pm-7pm

Location: Multi 2/Multi 3

Instructor: Tina Harley

Register [Click to visit Seabrookrec.com](https://Seabrookrec.com)

Zumba

Age: 18+ (16+ welcomed)

Pricing:

\$18(10 weeks) w/SRD ID

\$31(10 weeks) w/Non-Resident SRD ID

\$34(10 weeks) w/o SRD ID

Dates: Thursdays

Time: 6pm-7pm

Location: Multi 2/Multi 3

Instructor: Tina Harley

Register [Click to visit Seabrookrec.com](https://Seabrookrec.com)



SENIOR PROGRAMS



ZUMBA
GOLD



Walking Club

This is open to both residents and non-residents who would like to keep track of their distance of walking. A ticket will be placed in a container for every 50 miles walkers have completed since last year after the drawing, winner will be drawn @ Senior Day May 20, 2020.

1 mile = 16 laps around the outer edge of the total gymnasium or 10 laps around parking lot edges.

Fee: Free w/SRD ID Others \$2 daily

Chair Yoga

Pricing:

\$18(9 weeks) w/SRD ID

\$31(9 weeks) w/Non-Resident SRD ID

\$34(9 weeks) w/o SRD ID

Dates: Wednesdays

Time: 9:10am-10:10am

Location: Multi 2/Multi 3

Instructor: Kathie Bowen

Gentle beginner yoga on chair or mat, focus on movement and stretching. Please bring your own mat if you have one.

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Zumba Gold

Pricing:

\$30(8 weeks) w/SRD ID

\$54(8 weeks) w/Non-Resident SRD ID

\$60(8 weeks) w/o SRD ID

Drop in Rate is \$5 per class!

Dates: Mondays

Time: 10:00am-11:00am

Location: Gym 1

Instructor: Ivana Ruzkova

Low impact Zumba geared towards Senior Citizens!

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

RSVP Bone Builders Exercise Program

Pricing:

FREE!

Dates: Mondays & Fridays

Time: 10:15am-11:15am

Location: Seabrook Library

Instructor: Tom Wright

Class provides the opportunity for participants to increase muscle strength, bone density and balance. Participants may join the class after physician clearance has been obtained.

ADULT & SENIOR PROGRAMS



Drop in Bingo

Pricing:
FREE w/SRD ID
\$2 w/o SRD ID

Dates: Thursdays
Time: 12:30pm-2:30pm
Location: Multi 2/Multi 3
Instructor: Betty Ash

Bingo is played for small amounts of money and cash prizes are awarded to winners!



Happy Seniors Club Meetings

Pricing:
\$15 Annual Dues
Dates: 1st Wednesday of each month
Time: 12pm-3pm
Location: Seabrook Library
President: Dot Chase

Occasional entertainment, refreshments and discussion of upcoming trips.

For questions please feel free to contact Dot Chase at: (603) 474-8803

SR. Wii Bowling League

Pricing:
\$5 w/SRD ID
\$10 w/o SRD ID
Dates: Wednesdays
Time: 12:15pm-2:30pm
Location: Multi 2/Multi 3
Instructor: Sandy Beaudoin
Assisted by: Nancy Lewis

Teams of four bowlers will be formed and everyone will play each week for 10 weeks. Prizes for the most turkeys, best string, best totals, etc. This activity can be played while standing or sitting.

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Drop in Social & More

Pricing:
FREE w/SRD ID
Drop in fees Apply
Dates: Mondays & Fridays
Time: 11am-12pm
Location: Multi Purpose Rooms

This is a "club" for adults to meet new people, find common interests & plan outings! We will meet Monday & Friday most weeks.



ADULT & SENIOR PROGRAMS



ZUMBA
GOLD



Visiting Nurses; Foot Clinic

Pricing:

\$25 (Cash or Check accepted at clinic)

Dates: Last Monday of Every month

Time: 9am-2pm

Please call (603) 580-6668 for more information or to schedule an appointment.



EXETER HOSPITAL

an exeter health resource | The Art of Wellness

Taxi Assistance Program

Reduced rate transportation program for senior (55+) and disabled residents of Seabrook. Applications available at the Seabrook Recreation Department. Taxi cabs from Cars & Port Taxi Company. Program travels to Newburyport, Amesbury, Salisbury (for medical reasons only) and Seabrook.



Rockingham Nutrition Program;

Meals on Wheels

Pricing:

\$2 Donation

Dates: Monday-Friday

Time: 11:30am on-site

Location: Kitchen

Site Director: Lorraine Delisle

A daily nutritional meal is available to senior citizens (60+ years old). Meals are served on-site too! Come early and play cards or a game.

Must call for a reservation. (603) 474-2139

Roger's Hearing Solutions

Pricing:

FREE

Dates: 1st Thursday of Every month

Time: 10am-2pm

Free Appointments includes: Hearing Screenings, Basic Hearing Aid Repairs, Hearing Aid Cleaning, Programming Software Available.

ADULT & SENIOR PROGRAMS



ZUMBA
GOLD



Hunter Safety

Pricing:

\$5

Dates:

April 6th, 8th, 13th & 15th (11th at the range)

Time: 5:30pm-9pm

Register Online at: www.wildlife.state.nh.us

This course is necessary to purchase a first time hunting license in the state of NH.



Senior Trips

For information please call Dot:
(603) 474-8803

Rockingham Nutrition Meals on Wheels

Senior Rides. Call "Trip Link" for more information.

(603) 834-6010



Rockingham Nutrition
Meals on Wheels

Seabrook Recreation Department ANNUAL EGG HUNT Saturday, April 11th 2020!



IMPORTANT INFORMATION

- Max. of 10 eggs per participant
- Participants can only win 1 large prize
- Make sure to bring your own bag/basket
- Hunt takes place in the second half of the Gym or the Grassy Field Area (Announcements will be made)

Some hunts are outside so please dress accordingly!

SCHEDULE OF HUNTS

0-3yrs	8:45am
4yrs-K	9:00am
1st-2nd Grade	9:15am
3rd-4th Grade	9:30am
5th-6th Grade	9:45am
7th-8th Grade	10:00am

Please make sure to sign up for the correct Age/Grade Category!

The Easter Bunny will be visiting us, so please remember to bring your cameras!

ONLINE

REGISTRATION ONLY!

FREE for Seabrook Residents

\$5.00 for Non-Residents

Please bring your Rec. ID or

License to prove residency

Call (603) 474-5746 for more

info.

Don't Forget to sign up for the Bunny Breakfast!
Tickets are Limited!
Turn over for more details!

Not a School Sponsored Event

[Click Here To Register!](#)

Seabrook Recreation Department presents...

BUNNY BREAKFAST PANCAKE BAR!

Saturday April 11th, 2020

At the Seabrook Recreation Department
Admission for Breakfast is \$5.00/all ages
(Ages 2 & Under are free)

Breakfast will be held from 8:00am-11:00am

BREAKFAST menu

Create your own Pancakes!

Toppings include:

Strawberries, Bananas,

Whipped Cream & Maple
Syrup!

Also Included....

Sausage

Coffee

Juice

Tickets on sale now!



CASH ONLY!

Each Ticket Purchased
will be entered into a
RAFFLE to win a Fun
Filled Easter Basket
that includes a Res-
taurant Gift Card, Free
Passes and More!

Not a School Sponsored Event

ALL proceeds will go towards "Opportunities for Youth"



APRIL VACATION CAMP

April Vacation Camp
8am-3pm
K-5th Grade

April Vacation After-Camp
3pm-5:15pm
K-4th Grade

Pricing:

\$50(entire week) w/SRD ID
\$90 (entire week) w/Non-Resident SRD ID
\$100 (entire week) w/o SRD ID

Dates: April 27th-May 1st

Time: 8am-3pm

Pricing:

\$25(entire week) w/SRD ID
\$40 (entire week) w/Non-Resident SRD ID
\$50 (entire week) w/o SRD ID

Dates: April 27th-May 1st

Time: 3pm-5:15pm

Spend some or all of your April vacation Camp at the SRD! We will be playing tons of cool games, competing in fun sports, creating crazy crafts, and being adventurous outdoors!
Please make sure to pack a lunch.
(Lunch is NOT provided)

After a fun filled day of camp we will continue with simple circle games, movies, station activities and more!
Please make sure to pack a snack!
We will also be having a snack time.
(Snacks are provided)

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)

Blitz!

3rd-5th Grade

Pricing:

\$22 w/SRD ID
\$40 w/Non-Resident SRD ID
\$44 w/o SRD ID
Thursday April 30th
11:30am-3pm
Min/5 Max/12

Chuck E Cheese!

K-2nd Grade

Pricing:

\$15w/SRD ID
\$27w/Non-Resident SRD ID
\$30 w/o SRD ID
Tuesday April 28th
11:00am-3pm
Min/5 Max/12

Chunky's Movie Theater

3rd-5th Grade

Pricing:

\$12 w/SRD ID
\$22w/Non-Resident SRD ID
\$24 w/o SRD ID
Monday April 27th
Time: TBD
Min/5 Max/12

Captain's Cove Mini Golf!
With Ice-cream

3rd-5th Grade

Pricing:

\$12w/SRD ID
\$22w/Non-Resident SRD ID
\$24 w/o SRD ID
Wednesday April 29th
11:30am-2:30pm
Min/5 Max/12

**Registrations
begin March 30th**

Register [Click to visit Seabrookrec.com](http://Seabrookrec.com)



2020 Senior Day

May 20th – Spring Picnic Themed

Schedule of events

10:00am – Coffee & Pastry provided by Rockingham Nutrition; Meals on Wheels

10:00am-1:00pm – Visit exhibitors

10:30am-11:30am – Live Band

12:00pm – Lunch provided by Rockingham Nutrition; Meals on Wheels

12:30pm – Door Prizes

12:50pm – Conclusion of Event

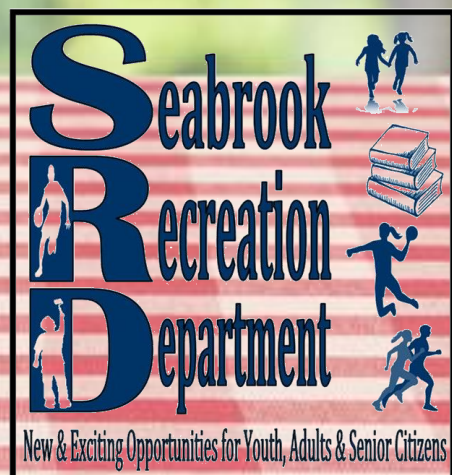
You must reserve a meal by Wednesday May 6th by 12:00pm.

To reserve a meal please call (603) 474-5746

For your information...

A donation of \$3 will be collected the day of the event. Learn more about services available to you in your local area.

Includes entertainment, exhibitors, lunch, door prizes and fun!



2020 Summer Camp Information

SUMMER CAMP REGISTRATION

Seabrook Rec. Dept. partners with SAZ (Seabrook Adventure Zone) for a portion of the summer camp programming

MONDAY MAY 4th ONLINE REGISTRATIONS OPEN AT MIDNIGHT!

If registration assistance is needed, please come to the Seabrook Rec. Dept. May 4th at 10am.

SEABROOK RESIDENT, CURRENT SRD ID REQUIRED AT REGISTRATION

You must purchase a membership on our website to receive your discounted rate!

www.seabrookrec.com

- Summer Camp is a 7 ½ Week Program!
- There is a limited number of children we can accept each week for each age group, it is always a first come–first serve basis!
- Seabrook Residents with an SRD ID will receive 50% off the cost (prices reflect discount rate)
- Non-Residents with an SRD ID will receive 10% off the cost (prices reflect discounted rate)
- Field Trip days are subject to change (This could cause cancellations for Little Camper Summer Camp Days)
 - Spaces are LIMITED on field trips
- If you have a Season Pass you must give a photo copy to the Rec. by June 5th
 - Please remember to bring a snack... or two!
- Camp groups (including Little Campers) may go on small extra (no cost) trips throughout the summer; permission is implied with Camp Registration.
- Participants must be signed up for Summer Camp to attend any field trips.
 - Permission is implied with field trip payment.
 - There are NO REFUNDS given.

Have an interest working or volunteering with youth during the summer?

[Apply Now!](#)

2020 Summer Camp

Starfish

MUST BE FULLY POTTY TRAINED

Preschool (3-4yr olds)

Mon, Tue, Thur, Fri

(NO Wednesday Camp)

Week 1 – Jun. 22nd– Jun. 26th

Week 2 – Jun. 29th– Jul 2nd (3 day camp week) (\$15)

Week 3 – Jul. 6th– Jul. 10th

Week 4 – Jul. 13th– Jul 17th

Week 5 – Jul. 20th– Jul. 24th

Week 6 – Jul. 27th–Jul. 31st

Week 7 – Aug. 3rd– Aug. 7th

Week 8 – Aug. 10th– Aug. 12th

Pricing:

\$20 (per week) w/SRD ID

\$36(per week) w/Non-Resident SRD ID

\$40(per week) w/o SRD ID

Time: 8:30am– 11am

Entire weeks only may be purchased.
There is NO BREAKFAST/NO LUNCH
Please SEND A SNACK



Minnows

Kindergarten

Mon, Tue, Thur, Fri

(NO Wednesday Camp)

Week 1 – Jun. 22nd– Jun. 26th

Week 2 – Jun. 29th– Jul 2nd (3 day camp week) (\$15)

Week 3 – Jul. 6th– Jul. 10th

Week 4 – Jul. 13th– Jul 17th

Week 5 – Jul. 20th– Jul. 24th

Week 6 – Jul. 27th–Jul. 31st

Week 7 – Aug. 3rd– Aug. 7th

Week 8 – Aug. 10th– Aug. 12th

Pricing:

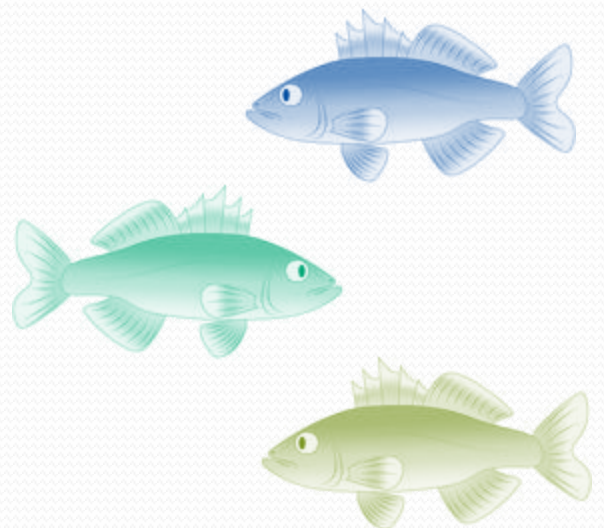
\$40 (per week) w/SRD ID

\$72(per week) w/Non-Resident SRD ID

\$80(per week) w/o SRD ID

Time: 8am–3pm

Entire weeks only may be purchased.
BREAKFAST & LUNCH PROVIDED
Please SEND A SNACK



2020 Summer Camp

JUNIOR CAMP GROUPS

(Going into 1st-4th Grade; Age Groups may be mixed)

Guppies, Swordfish, Stingrays, Dolphins

Monday-Friday

Week 1 – Jun. 22nd – Jun. 26th

Week 2 – Jun. 29th – Jul 2nd (4 day camp week) (\$40)

Week 3 – Jul. 6th – Jul. 10th

Week 4 – Jul. 13th – Jul 17th

Week 5 – Jul. 20th – Jul. 24th

Week 6 – Jul. 27th – Jul. 31st

Week 7 – Aug. 3rd – Aug. 7th

Week 8 – Aug. 10th – Aug. 12th

Pricing:

\$50 (per week) w/SRD ID

\$90(per week) w/Non-Resident SRD ID

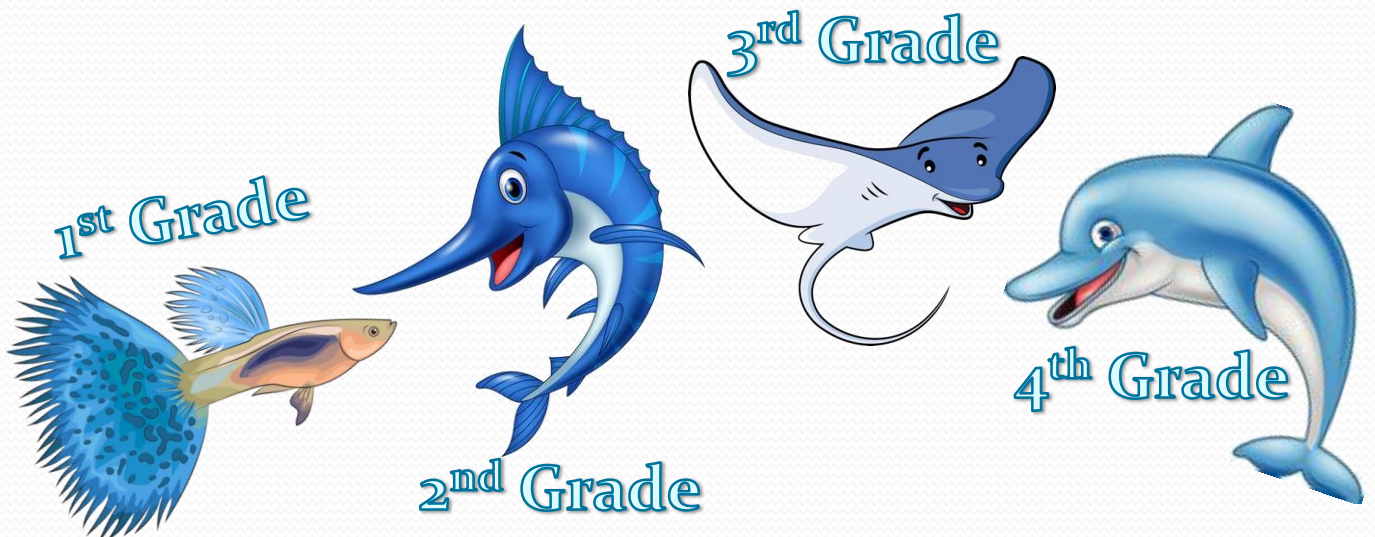
\$100(per week) w/o SRD ID

Time: 8am-3pm

Entire weeks only may be purchased.

BREAKFAST & LUNCH PROVIDED

Please SEND A SNACK



2020 Summer Camp

SENIOR CAMP GROUP

(Going into 5th-7th Grade; Age Groups may be mixed)

Sharks, Whales, Neptunes

Monday-Friday

Week 1 – Jun. 22nd- Jun. 26th

Week 2 – Jun. 29th- Jul 2nd (4 day camp week) (\$40)

Week 3 – Jul. 6th- Jul. 10th

Week 4 – Jul. 13th- Jul 17th

Week 5 – Jul. 20th- Jul. 24th

Week 6 – Jul. 27th-Jul. 31st

Week 7 – Aug. 3rd- Aug. 7th

Week 8 – Aug. 10th- Aug. 12th

Pricing:

\$50 (per week) w/SRD ID

\$70(per week) w/Non-Resident SRD ID

\$80(per week) w/o SRD ID

Time: 8am-3pm

Entire weeks only may be purchased.

BREAKFAST & LUNCH PROVIDED

Please SEND A SNACK

5th Grade



6th Grade

7th Grade



2020 Summer Camp

LIT CAMP GROUP

(LEADERS IN TRAINING; Going into 8th Grade)

Monday-Friday

Week 1 – Jun. 22nd- Jun. 26th

Week 2 – Jun. 29th- Jul 2nd (4 day camp week) (\$34)

Week 3 – Jul. 6th- Jul. 10th

Week 4 – Jul. 13th- Jul 17th

Week 5 – Jul. 20th- Jul. 24th

Week 6 – Jul. 27th-Jul. 31st

Week 7 – Aug. 3rd- Aug. 7th

Week 8 – Aug. 10th- Aug. 12th

Pricing:

\$42 (per week) w/SRD ID

\$76(per week) w/Non-Resident SRD ID

\$84 (per week) w/o SRD ID

Time: 8am-3pm

Entire weeks only may be purchased.

BREAKFAST & LUNCH PROVIDED

Please **SEND A SNACK**



2020 Summer Camp

AFTER-CAMP

(K-4th Grade in the fall)

Monday-Friday

Week 1 – Jun. 22nd – Jun. 26th

Week 2 – Jun. 29th – Jul 2nd (4 day camp week) (\$20)

Week 3 – Jul. 6th – Jul. 10th

Week 4 – Jul. 13th – Jul 17th

Week 5 – Jul. 20th – Jul. 24th

Week 6 – Jul. 27th – Jul. 31st

Week 7 – Aug. 3rd – Aug. 7th

Week 8 – Aug. 10th – Aug. 12th

Pricing:

\$25 (per week) w/SRD ID

\$45(per week) w/Non-Resident SRD ID

\$50 (per week) w/o SRD ID

Time: 3pm-5:15pm

Entire weeks only may be purchased.



TENTATIVE SUMMER CAMP TRIPS

1st - 8th Grade

Sky Zone (ALL CAMP)

Pricing:

\$30 w/SRD ID

\$54 w/Non-Resident SRD ID

\$60 w/o SRD ID

Date: Wednesday July 1st

Time: 8am-3pm

Location: Danvers, MA

MAXIMUM: 70

Registration begins May 4th

Game Time (SR CAMP ONLY)

Pricing:

\$18 w/SRD ID

\$32 w/Non-Resident SRD ID

\$36 w/o SRD ID

Date: Wednesday July 15th

Time: 8am-3pm

Location: Amesbury, MA

MAXIMUM: 45

Registration begins May 4th



Water Country (ALL CAMP)

Pricing:

\$38 w/SRD ID

\$69 w/Non-Resident SRD ID

\$76 w/o SRD ID

Date: Wednesday July 8th

Time: 9am-4:15pm

Location: Portsmouth, NH

MAXIMUM: 100

THIS IS A LATE CAMPER DROP OFF DAY!

Registration begins May 4th

Museum of Science (JR. CAMP ONLY)

Pricing:

\$25 w/SRD ID

\$45 w/Non-Resident SRD ID

\$50 w/o SRD ID

Dates: Wednesday July 22nd

Time: 9am-4:30pm

Location: Boston, MA

MAXIMUM: 50

THIS IS A LATE CAMPER DROP OFF DAY!

Registration begins May 4th



TENTATIVE SUMMER CAMP TRIPS

1st - 8th Grade

York's Wild Animal Kingdom

(JR. CAMP ONLY)

Pricing:

\$30 w/SRD ID

\$54 w/Non-Resident SRD ID

\$60 w/o SRD ID

Date: Wednesday July 29th

Time: 8am-4:15pm

Location: York, ME

MAXIMUM: 50

Canobie Lake Park (ALL CAMP)

Pricing:

\$38 w/SRD ID

\$68 w/Non-Resident SRD ID

\$76 w/o SRD ID

Date: Wednesday August 5th

Time: 9am-5pm

Location: Salem, NH

MAXIMUM: 100

THIS IS A LATE CAMPER DROP OFF DAY!

Registration begins May 4th

Registration begins May 4th

IMPORTANT INFORMATION

Sign-ups for Camp Trips will begin

Monday May 4th, 2020 at the SRD or...

Online Registration begins May 4th at midnight!

ALL sign-ups will be due by June 5th at the absolute latest.

Field Trip days are subject to change!

Spaces are LIMITED for field trips!

If you have a season pass you must give a photo copy to the Rec. by June 5th.

No refunds given.

Please purchase a membership on our website to receive your discounted rate!

Participant must be signed up for Summer Camp to be able to attend any field trips.

Permission is implied with field trip payment.

All field trips must be paid in full.

(If paying by check for camp & field trips, you will need 2 separate checks)

All Field Trip Registrations are due no later than June 5th, 2020



The Seabrook Recreation Department Presents...



LIVE TOUR

Produced by Feld Entertainment



Sunday April 5th, 2020

11am Show

Located at the Agganis Arena at Boston University

925 Commonwealth Avenue
Boston, MA 02215

Tickets on sale online now! Limited tickets!
Price includes transportation & admission.

Bus leaves Rec. at 9:30AM SHARP!

Event is subject to change.

Tickets \$40.00

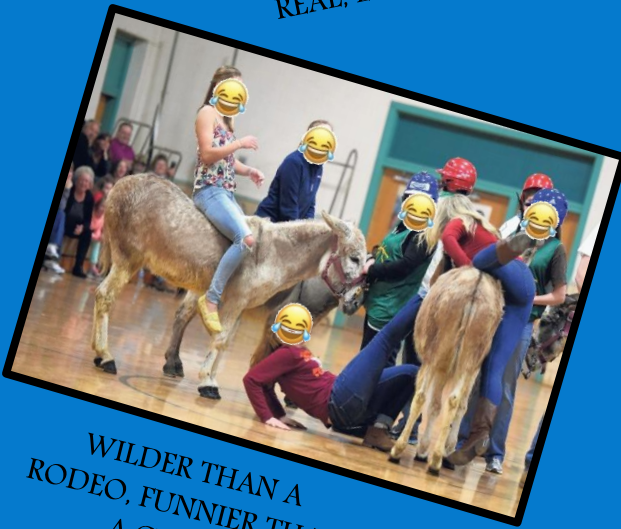
To purchase tickets you can visit our website at
www.seabrookrec.com OR call (603) 474-5746

The Seabrook Recreation Department Presents...

DONKEY BASKETBALL



WATCH YOUR FRIENDS RIDE
REAL, LIVE DONKEYS!



WILDER THAN A
RODEO, FUNNIER THAN
A CIRCUS!

ALL PROCEEDS WILL GO TOWARDS OUR
FUTURE VISION...

A COMMUNITY PAVILION

- *Events!
- *Picnics!
- *More Program Space!
- *Family Friendly!
- *Rain or Shine!

When: Friday April 3rd, 2020
Time: 6:00pm (Doors opens at
5:30pm)

Price: \$8 for Ages 12 & Under
\$10 for Ages 13+

OR

BRING THE WHOLE FAMILY!
Families of 5 or more receive a
\$5 discount.

Location: 311 Lafayette Rd.
Seabrook, NH 03874

Sign up online by April 1st at:

www.seabrookrec.com

Contact:

(603) 474-5746 for more
information

Who would you like to see
riding a donkey?

- ★ SES/SMS Teachers
- ★ Basketball Coaches
- ★ Seabrook Fire Dept.
- ★ Seabrook Police Dept.
- ★ Town of Seabrook Employees



★ Master of Ceremonies;
Bill Manzi

★ Announcer; Mike Cicale