SEABROOK RECREATION DEPARTMENT

2023 SUMMER PROGRAM GUIDE:

June 12th – August 19th Youth, Adult & Senior





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

Building Hours

Mon.-Fri. 8am - 6pm(starting June 19th)
Sat. CLOSED (starting May 27th)
Sun. CLOSED

Summer Registration Begins June 12th, 2023





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
- 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
- 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. Undergarments 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 or sit in the lobby until 7pm, unless they are with a parent or adult who is directly supervising the 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. A permission slip may be completed by a parent or guardian to allow 8-10 year olds outside without supervision.

- 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 driver's license or school ID.

Prices: Resident - \$2 Non-Residents (17 & Under & 55+) - \$3 Non Resident (18-54) - \$5



SRD MEMBERSHIPS AND FEES

To use the facilities, you must obtain a SRD membership or pay a guest fee.

Please call the office for details on memberships and guest fees.



Recreation Department Staff

Cassandra Carter

Director of Recreation

Ccarter@seabrooknh.org

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

Brittney Gentile
Program Director
Bgentile@seabrooknh.org
(Coordinates and facilitates various Recreational Youth, Adult & Senior Programs & Community Events)

Jo-Anne Page Office Supervisor jpage@seabrooknh.org

Jonathan Belanger Building Custodian Jbelanger@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

Office Receptionists

Connie Rath
Corina Donahue
Chantel Janvrin
Rec reception@seabrooknh.org

Area Supervisors

Lita Brown Christina Moura Tasia Valcarcel Hannah Allen Sage Marquis Matthew Barrett

<u>Night-time Custodian</u>

Michael Schiappa John Gonthier

<u>Seasonal Maintenance</u> Fuller Albright











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, call for availability. Parent or guardian must sign a waiver. Over 18 must sign a waiver and/or take the clearance class. (An appointment must be made to attend this class.)

Equipment includes: 6 pieces of Cybex equipment, healthrider, 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	9AM – 6pm	3PM – 6PM
Fri.	9AM – 6PM	3PM - 6PM
Sat.	N/A	N/A
Sun.	N/A	N/A

Outdoor Areas

All outdoor facilities are open from Mid-April until the beginning of winter (weather permitting). Outdoor areas include the playground, walking trail, gaga pit and tennis/pickleball courts.

*Outdoor Areas are currently OPEN.

Open Gym

Days & Times

Mon.-Fri.: 3:00pm-6pm

Sat: CLOSED
Sun: CLOSED

Open times are subject to change!

Game Room

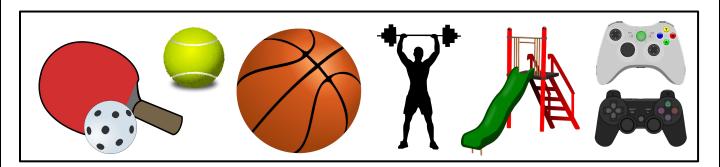
Pool Table, Air Hockey, Foosball Tables, Gaming Systems, Two Desktop Computers and so much more!

Days & Times

Mon.-Fri.: 3:00pm-6pm

Sat: CLOSED
Sun: CLOSED

Open times are subject to change!



COMMUNITY OFFERINGS









Summer Meals 4 Kids Distribution

Seabrook Locations:

Trinity Church, 103 Lafayette Rd. 5:00pm-6:00pm

Seabrook Rec. Center, 311 Lafayette Rd. 2:45pm-4:30pm

Visit the SAMM VAN for Fruits & Veggies!

If you are unable to make it to the Seabrook locations, you are welcome to come to Gather between 12pm-5pm.

*Please feel free to contact us beginning June 23rd-August 18th

with any questions at 603-436-0641



Will be coming to the Seabrook Recreation Department!

July 21st & August 4th @ 1:00pm



Free Summer Food Service Program (SFSP)

SNHS

The Community Action Program for Millsborough and Rookingham Counties

In order to help families save a little time & money this summer, Southern New Hampshire Services is once again offering a **Free** meal service program for the participants of the Seabrook Rec. Summer Camp Program. The meal plan will cover breakfast and lunch and is also available on field trips. All meals are brown bag style please see below for an example of a meal offering:

Breakfast: Cereal, milk & fruit

Lunch: Sandwich or wrap with cheese, Fruit & Vegetables, and a snack item (depending on the menu offering).



COMMUNITY OFFERINGS







<u>"Camp Out"</u> Camp in a Box





A box of **FAMILY FUN!**

Smores Ingredients, Outdoor Activities, Card Games, Crafts & More!

Pricing: \$15/ Box

Registrations begin **July 3rd** and end on **July 7th** at 6pm.

Orders can be picked up the week of **7/10-7/14**

Community Gold Rush



Dates: 7/24-7/28
Until all rocks are turned in
Join us on a hunt for
GOLD this summer!

1 Golden Painted Rock will be hidden in 6 various Areas of the Community. (6 Rocks total)

Find the gold and trade it into the Recreation Department Front Office for a prize!

*Winning Rocks will be labeled

<u>Yoga</u> on the Beach

w/ Kat Cooper

Tuesday Mornings

8:30am

June 13th

August 8th

\$28/8 weeks

Bring your own mat & water!

*Must register with the SRD 603-474-5746 or seabrookrec.com Cancelled classes will be held the following Thursday morning.

<u>2nd Grade & Under</u> Rollerskating

(Youth going into 3rd Grade in the Fall included)

Thursday, June 29th

Pricing: \$4 w/ SRD ID

\$4 w/ SRD ID \$6 w/o SRD ID

Location:

311 Lafayette Road Seabrook, NH

Join us in a fun filled night of Roller-Skating, Games and Dancing!

Parent or guardian supervision is required



Summer Movie Night!



Pricing:\$10 per car
Date: 6/22/23
Parking lot opens at 7:30pm
Movie begins at dusk (no sooner than 8pm)





Concession will be available.

Summer Sports



First Tee Golf Lessons Grades 3rd-6th



Pricing: \$50 Resident \$100 Non-Resident

Dates: August 8th-10th Time: 3:30pm-6:30pm Location: Sagamore Golf Club; North Hampton, NH

Min. 6 Max. 12

Golf Lessons from the PGA First Tee golf program. Bring clubs if you have them. Lessons will focus on learning to swing, drive, putt, and chip.

Summer Basketball Grades 5th-9th

Pricing: \$5 Resident \$10 Non Resident

Dates: Girls- Mon and Wed; Boys-Tues and Thurs (beginning July 5th)

Time: 4:30-6pm

Each week will consist of skills and drills mixed with game play to help players work on player development before the Winter season.

Summer Swim Lessons Ages 6 - 8 years

Limited Enrollment!

Pricing: FREE

Session 1: July 10th, 11th, 13th Session 2: July 17th, 18th, 20th

Time: 10:15am - 12pm

Location: 191 Elm St. Salisbury, MA

The Seabrook Rec. will be providing the transportation to and from the Swim Lessons. Bus leaves at 10:15am sharp. Pick up from the Rec. is at 12pm.

For more information click the picture below to see our flyer!



Register

Click to visit Seabrookrec.com

Be on the lookout for upcoming Sports Programs!



Welcome To Our Summer Camp

Meet our Staff

Group Leaders

Leah Callahan

Tasia Valcarcel

Tammy Gardener

Emily Albright

Hannah Allen

Sage Marquis

Matthew Barrett

Stephanie McDonald

Chantel Janvrin

Maddesen Hiltz

Counselors

Reilly Johonette

Lilly Azamor

Som Merrill

Samuel Fusco

Forrest Carter

Julesiya Carrillo

Riley Martin

Hailey Perez



What is Summer Camp?

Here at the Seabrook Recreation
Department we offer a full day camp
for Pre-K-8th Grade Youth!

The days are filled with tons of fun with Games, Crafts, Sports, Cooking, Events and so much more!

At the Seabrook Summer Camp we have time indoors and of course time outdoors!

Throughout the summer we have our scheduled field trips, but we also like to add a few inclusive trips as well!

The staff take pride in what they do and have a strong passion with working with youth!

We are all excited for this upcoming Summer!

We can't wait to see everyone on Monday, June 26th at 8 AM!



MON. MAY 1st: 10am at the SRD

Online Registration begins May 1st at Midnight!
Seabrook Resident, Current SRD ID REQUIRED AT REGISTRATION

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

Phone: (603) 474-5746 Website: www.seabrookrec.com Facebook: Seabrook Recreation Department & Community Center

JUNIOR & SENIOR CAMPERS (1st-8th Grade)

7 Weeks of Summer Camp!

Sign up for any or all 7 weeks!

**Number of campers per group is limited!!

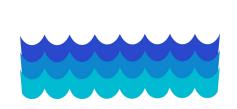
Week 1	June 26th-June 30th
Week 2: 4 day camp week	July 3rd-July 7th (4 day camp week) (\$40)
Week 3	July 10th-July 14th
Week 4	July 17th-July 21st
Week 5	July 24th-July 28th
Week 6	July 31st-August 4th
Week 7	August 7th-August 11th

JUNIOR CAMP GROUPS (Going into the 1st-4th Grade; Age groups may be mixed)

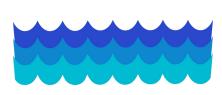
Group Name	Age/Grade	Days	Time	Food Program	Reg. Fee	Weekly Fee
Guppies	1st Grade	M-F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$50
Swordfish	2nd Grade	M-F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$50
Stingrays	3rd Grade	M-F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$50
Dolphins	4th Grade	M-F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$50

SENIOR CAMP GROUPS (Going into the 5th-8th Grade; Age groups may be mixed)

Group Name	Age/Grade	Days	Time	Food Program	Reg. Fee	Weekly Fee
Sharks	5th Grade	M-F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$50
Whales	6th & 7th Grade	M-F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$50







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LITTLE CAMPERS (Pre-K & Kindergarten)

7 Weeks of Summer	Week 1	June 26th-June 30th
Camp! Sign up for any or all 7	Week 2: 3 day camp week - Kindergarten 2 day camp week - Pre-K	July 3rd-July 7th (3 day camp week) (\$30) (2 day camp week) (\$10)
weeks!	Week 3	July 10th-July 14th
**Number of campers per	Week 4	July 17th-July 21st
group is limited!!	Week 5	July 24th-July 28th
	Week 6	July 31st-August 4th

Preschool *Must be potty trained*

August 7th-August 11th

Week 7

Group Name	Age/Grade	Days	Time	Food Program	Reg. Fee	Weekly Fee
Starfish	Pre-K (Must be Potty Trained)	Mon, Tues & Thurs	8am-11am	Snack Provided	\$15	\$15

Going into Kindergarten in the Fall

Group Name	Age/Grade	Days	Time	Food Program	Reg. Fee	Weekly Fee
Minnows	Going into Kindergarten	M,T, TH, F	8am-3pm	Breakfast/Lunch Provided Send Snacks	\$15	\$40



Going into Kindergarten - 3rd Grade in the Fall

Group Name	Age/Grade	Days	Time	Food Program	Weekly Fee
After-Camp	K-3rd Grade	M-F	3pm-5:15pm	Snack Provided	\$25

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3rd-5th Grade Disc Golf Tour

Instructor: Patrick Collins
Mondays & Thursdays (beginning June 27th)
12:30pm-3pm
(Drop of is at 8am, Pick up at 3pm)
Sign up for any or all 7 weeks



Group Name	Age/Grade	Days	Time	Food Program	Reg. Fee	Weekly Fee
Disc Golf Tours	3rd-5th Grade	Mon & Thurs	12:30pm-3pm (Drop off 8am & Pick up 3pm)	Breakfast/Lunch Provided Send Snacks	N/A	\$5

(You can only register your child for Disc Golf Camp during the week(s) that your child is registered for camp)

OFF CAMPUS! SPACES ARE LIMITED!

This active group encourages and creates opportunities for competitive junior disc golf with an emphasis on learning, playing, and enjoying the sport! We'll be exploring some local Disc Golf Courses!









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

Phone: (603) 474-5746

Website: www.seabrookrec.com

Facebook: Seabrook Recreation Department & Community Center

1st-8th Grade Field Trips (no on-site camp on field trip days)

Destination	Trip Date	Drop off time	*Please note	Pick up time	Fee
Franklin Park Zoo (JUNIOR CAMP ONLY)	Wed. June 28th	8am	SOME OF THE PICK UP TIMES FOR	3рт	\$25
Level 99 (SENIOR CAMP ONLY)	Wed. June 28th	8am	TRIPS MAY VARY. TRIP DATES	Зрт	\$50
Water Country (ALL CAMP)	Wed. July 12th	9am	& TIMES MAY ALSO	4:15pm	\$35
Museum of Science (JUNIOR CAMP ONLY)	Wed. July 19th	8am	CHANGE DUE TO WEATHER AND OTHER	4:30pm	\$15
Beach BBQ at Pawtuckaway (SENIOR CAMP ONLY)	Wed. July 26th	8am	VARIABLES	зрт	\$20
Game Time Bowling & Pizza (JUNIOR CAMP ONLY)	Wed. July 26th	8am		зрт	\$20
Canobie Lake Park (ALL CAMP)	Wed. August 9th	9am		5pm	\$42

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 will close 1 week before the field trip date.



This is NOT a school Sponsored Program



Important INFORMATION



Phone: (603) 474-5746 Website: <u>www.seabrookrec.com</u>

Facebook: Seabrook Recreation Department & Community Center

Sign-ups for Summer Camp including Field Trips will begin MON. MAY 1st : 10am at the SRD	Permission for Field Trips is implied with Summer Camp Registration
Online Registration begins May 1st at Midnight!	Spaces are LIMITED for Camp, Field Trips & After-Camp!
If you have a Season Pass for any of the trips applicable to your camper, you must give a photo copy to the Rec. at least 1 week before the Trip Date.	You can only register your child for Field Trips that occur during the week that your child is registered for camp
Camp days & Field Trips are subject to change!	Field Trip registrations will close 1 week before field trip date.
Please purchase a membership on our website to receive your discounted rate!	Although camp breakfast/ lunch is available to all campers, there will not be any menus available
No On-Site Camp on Field Trip Days	No refunds given.





Some things to look forward to....

DOUBLE DARE!

BICYCLE STUNT SHOW!

ROCK CLIMBING WALL!

SOAK-N-WET DUNK TANK! SHOPS! STAGE EVENTS!

FIELD CONTESTS!

CRAFTS!

COTTON CANDY!

POPCORN!

COMMUNITY CRUISE-IN!

&

SO MUCH MORE!



Upcoming Spring Friday Night Specials



Roller-skating, Dance Contests, Games & More!

2nd Grade & Under

Pricing:

\$4 (each event) w/SRD ID \$6 (each event) w/o SRD ID

Dates:

-Friday 9/8/2023 - Neon Craze

(Wear neon attire and receive \$1 off admission)

-Friday 10/6/2023 - Halloween Happenings

(Wear a costume and receive \$1 off admission *No masks or weapons*)

-Friday 11/17/2023 - Luau Party

(Wear tropical attire and receive \$1 off admission)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating, Games

and Dancing!

Please make sure to wear socks to the event.

Parent or guardian supervision is required.

3rd & 4th Grades

Pricing:

\$4 (each event) w/SRD ID

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

Dates:

-Friday 9/15/2023 - Neon Craze

(Wear neon attire and receive \$1 off admission)

-Friday 10/13/2023 - Halloween Happenings

(Wear a costume and receive \$1 off admission

No masks or weapons)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating, Games

and Dancing!

Please make sure to wear socks to the event.

Parent or guardian supervision is NOT required.

5th & 6th Grades

Pricing:

\$4 (each event) w/SRD ID \$6 (each event) w/o SRD ID

Dates:

Friday 9/22/2023 Neon Craze

(Wear neon attire and receive \$1 off admission)

Friday 10/27/2023 Halloween Happenings

(Wear a costume and receive \$1 off admission

No masks or weapons)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating,

Games and Dancing!

Please make sure to wear socks to the event.

Parent or guardian supervision is NOT required.

7th & 8th Grades

Pricing:

\$4 (each event) w/SRD ID \$6 (each event) w/o SRD ID

Dates:

-Friday 9/29/2023 - Neon Craze

(Wear neon attire and receive \$1 off admission)

-Friday 11/3/2023 - Halloween Happenings

(Wear a costume and receive \$1 off admission *No masks or weapons*)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

Join us in a fun filled night of Roller-skating,

Games and Dancing!

Please make sure to wear socks to the event. **Parent or guardian supervision is NOT required.**

Upcoming Sports

Flag Football

Age: 3-4yrs, 5-6yrs, 7-8yrs & 9-12yrs

Pricing:

\$15 w/SRD ID \$30 w/o SRD ID

Age Groups Are Subject to Change

Soccer

Little Kickers:

Age: 3-4yrs, 5-6yrs

Pricing:

\$15 w/SRD ID

\$30 w/o SRD ID

Travel Soccer:

8U, 9U, 10U, 11U, 12U?

*We will form teams in age groups of the participants. Registrations will end on

July 1st

Pricing:

\$25 w/SRD ID

\$50 w/o SRD ID

Age Groups Are Subject to Change



Winter In-House Basketball

Co-ed Divisions:

K-2nd, 2nd-3rd, 4th-5th, 6th-8th

Pricing:

\$25 w/SRD ID \$50 w/o SRD ID

Registration Period: 9/10-10/16

Winter Travel Basketball

Grade Divisions:

Girls: 3rd-4th, 5th-6th, 7th-8th Boys: 3rd-4th, 5th-6th, 7th-8th

Pricing:

\$65

Registrations will take place following tryouts.
Tryouts: TBA

Cheerleading

Grades: K-1st, 2nd-3rd, 4th-5th

Pricing:

\$25 w/SRD ID \$50 w/o SRD ID

Upcoming Fall Happenings







Canobie Lake Park; Screeemfest!

Grades: 5th-8th



Date & Price to be Determined

After-school Programming!

Youth on the Run; Foliage Edition!
Fall into Cooking!
Scary Stories & Snacks!
Sports Programs!
Crafty Critters!
Games Galore!
& MORE!

Annual Lights on Afterschool Halloween Event

Costume Contests, DJ, refreshments, Pumpkin Decorating Contest & our Haunted House!

ALL AGES; Community Welcome! Friday, October 20th, 2023 6pm-8:30pm





Fall Field Trips!

Grades: 3rd-5th

CRESCENT FARM CORN MAZE
MOVIE THEATER



BOWLING & MORE



Dates to be Determined

Hunter Safety Course

September 2023

Thursday 9th, Tuesday 12th, Thursday 14th & Tuesday 19th



Annual Holiday Event & Festival of Trees

Photos with Santa, sleigh ride, tons of activities, refreshments & so much more!

ALL AGES; Community Welcome! Thursday, December 7th & Friday, December 8th, 2023



6pm-8pm
Dates are subject to change



COMMUNITY OFFERINGS







Medium
Pricing:

Night-time fun with Curious Creatures Indoor Picnic
Bring a blanket
We'll provide
the snacks!

We will be reading a short story & playing a fun game of Family Four Corners!

Take home activity goodie bag

o-8 years



Pricing:\$10 per car
Date: 6/22/23
Parking lot opens at 7:30pm
Movie begins at dusk (no sooner than 8pm)





Concession will be available.

MON. MAY 1st: 10am at the SRD

Online Registration begins May 1st at Midnight!

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6th-8th Grade Only 'Leaders in Training' Adventure Camp Add-On Option!

Group Name	Age/Grade	Days	Time	Food Program	Reg. Fee	Weekly Fee
Leaders in Training	6th-8th Grade	Tues & Thurs	8:30am-12:30pm	Breakfast/Lunch Provided Send Snacks	N/A	\$5

The 6th-8th Grade **LIT** Group will be participating in **Community Service Projects**, Learning how to be a **LEADER** and going on **Exclusive Excursions!** (Included in Weekly Fee!)

Below are some of what the past Adventure Camps have experienced! *Limited Space!*







Learn Career Skills!

Build Confidence!

Meet New Friends!

Connect with your Community!

Stay Active in Nature!



AND SO MUCH MORE!

This is NOT a school Sponsored Program