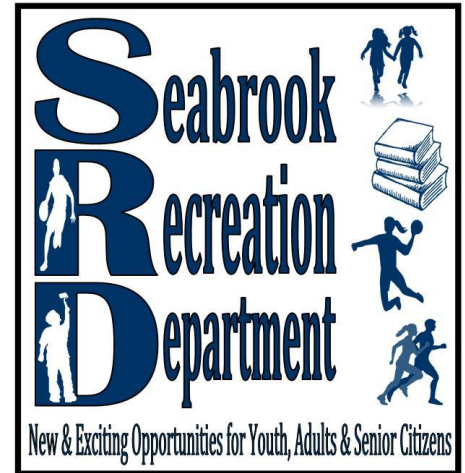


SEABROOK RECREATION DEPARTMENT

2023
FALL SESSION
PROGRAM GUIDE:
Sept. 5th – Nov. 17th
Youth, Adult & Senior



Seabrook Community Center

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

Building Hours

Mon.-Thurs. 9am-8pm (starting Sept. 5th)

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

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

Sat. 11am-3pm (starting Sept. 9th)

Sun. CLOSED

Fall Registration Begins

August 19th, 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. Department 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. 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

Building Custodian
TBD



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

smdonald@seabrooknh.org

Office Receptionists

Connie Rath

Leah Callahan

Rec_reception@seabrooknh.org

Area Supervisors

Lita Brown

Christina Moura

Tasia Valcarcel

Hannah Allen

Sage Marquis

Night-time Custodian

John Gonthier

Michael Schiappa

Peter Moura



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, 2 treadmills, 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 – 8 PM	2:45 PM – 6 PM
Fri.	9 AM – 8 PM	2:45 PM – 6 PM
Sat.	11am-3pm	N/A
Sun.	CLOSED	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.-Thurs.: 8am - 8pm (at least 1/2 gym)

Fri: 8am - 5pm

Sat: 11am - 3pm (beginning September 9th)

Sun: CLOSED

Open times are subject to change!

Game Room

Pool Table, Air Hockey, 2 Foosball Tables, Gaming Systems, Two Desktop Computers and so much more!

Days & Times

Mon.-Thurs.: 9am - 8pm

Fri: 9pm - 5pm

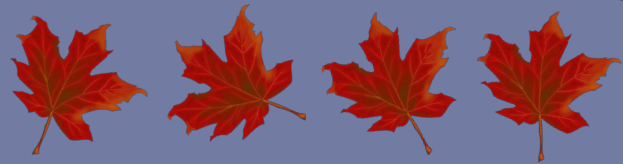
Sat: 11am - 3pm (beginning September 9th)

Sun: CLOSED

Open times are subject to change!
Note: Youth ages 12 & under must leave the building at 6pm.



PRESCHOOL PROGRAMS



Who Wants to Play Games?!

Pricing:

\$24 (10 weeks) w/SRD ID

\$48 (10 weeks) w/o SRD ID

Dates: Tuesdays (**beginning September 5th**)

Time: 10am – 12pm

Location: Gym 2

Instructor: Patrick Collins



In this preschool program we will be learning the basics of a variety of sports and traditional recreation games.

The morning will begin with open invitation activities such as: play-dough, blocks, kitchen play, followed by sports and recreation games!

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

Must be Potty Trained

Preschool Readiness Playgroup

- Children ages 0-6 with parents, grandparents or caregivers.
- Supporting social skills, language development, problem-solving and creativity.
- Promoting play skills that will help ensure a happy, successful transition to preschool.



GREATER SEABROOK COMMUNITY HEALTH
Goodwin Families Ular City
Community Health Care

Starting
September 7!

Everyone is
welcome, no sign up
needed!

Thursdays | 9:30-11 a.m.
Seabrook Rec.



Sensory, Scents & Fall Flavors

Pricing:

\$28 (9 weeks) w/SRD ID

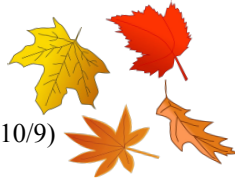
\$56 (9 weeks) w/o SRD ID

Dates: Mondays (No Program 10/9)

Time: 10am – 12pm

Location: Gym 2

Instructor: Leah Callahan



Experience everything Autumn in this preschool program by exploring the outdoors, themed sensory activities and more!

The morning will begin with open invitation activities such as:

play-dough, blocks, kitchen play and many more. Then we will participate in fun 'Sensory' themed Crafts & Games!

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

Must be Potty Trained



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

Welcome to our K-2nd Grade After-school Fall Session Program!



September 5th – November 17th

Monday - Friday

\$200 for the entire Fall Session

OR

(SRD Resident member prices reflected below)

Click the
link below
to Register

Seabrookrec.com

Schedule

Homework, Recess & Snack

2:45pm-4pm

Program Time

4pm-5:15pm

Parent Pick-up

5:15pm

Meet our Staff

Program Leads
Cassandra Carter
Brittney Gentile
Patrick Collins
Matt Barrett
Hannah Allen
Leah Callahan
Sage Marquis

Program Assistants

Sam Merrill
Lilly Azamor
Reilly Johonette
Forrest Carter

Program Volunteers

Aydan Barrett



Tis' the Season for Pies

Mondays

\$46 (9 weeks)

Instructors: Leah Callahan

Bakers-in-training will learn how to knead dough and produce a perfect pie, along with essential skills like following directions and accurately measuring ingredients.



Falling for Science (S.T.E.M)

Tuesdays

\$48 (10 weeks)

Instructors: Brittney Gentile

Grab your goggles and get ready to hit the lab!

In this program we will be conducting experiments such as; Invisible Ink, Exploding Pumpkin Volcanoes and MORE!



Busy Bee Games

Wednesdays

\$44 (11 weeks)

Instructor: Patrick Collins

This program will explore a variety of high energy activities such as tag, sports activities, team building and more.



Holiday Happenings

Thursdays

\$48 (11 weeks)

Instructors: Brittney Gentile

Take DIY Crafts to new levels with fun Fall Holiday themed games and activities that everyone will love!
Day of the Dead, Halloween and Thanksgiving and more!



Race to the Finish!

Fridays

\$33 (7 weeks)

Instructor: Leah Callahan

Ready.... Set.... GO!

Join us for a face paced program full of races, relays and tag games!



IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Friday, September 29th

- Friday, October 6th

(Early Release)

-Monday, October 9th

-Friday, October 20th

-Tuesday, November 7th

-Friday, November 10th

- November 20th - November 24th

Early Release Day

Friday, October 6th

\$10 per person

Separate Registration
Required.

Welcome to our 3rd - 5th Grade

After-school Fall Session Program!



September 5th – November 17th

Monday - Friday

\$195 for the entire Fall Session

(SRD Resident member prices reflected below)

Click the link below to Register

Seabrookrec.com



Schedule

Homework, Recess & Snack

2:45pm-4pm

Program Time

4pm-5:15pm

Parent Pick-up

5:15pm

Scary Story Strolls & Scavenger Hunts



Mondays

\$ 44 (9 weeks)

Instructor: Brittney Gentile



Each week we will travel to a local park or trail for Scary Stories and a variety of outdoor challenges and scavenger hunts!

Meet our Staff

Program Leads
Cassandra Carter
Brittney Gentile
Patrick Collins
Hannah Allen
Matt Barrett
Leah Callahan
Sage Marquis

Program Assistants

Sam Merrill
Lilly Azamor
Forrest Carter
Reilly Johonett

Program Volunteers

Aydan Barrett

Ultimate Sports



Tuesdays

\$ 42 (10 weeks)

Instructor: Patrick Collins



This program will focus on skill development for a variety of sports as well as game play and contests.

Steppin' it Up



Wednesdays

\$44 (11 weeks)

Instructor: Cassandra Carter



This class we will be challenging ourselves and each other to see who can get the highest number of steps! The whole class will also get to participate in an end of the Fall Raffle & a Special Team Prize!!

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

- Friday, September 29th
- Friday, October 6th (Early Release)
- Monday, October 9th
- Friday, October 20th
- Tuesday, November 7th
- Friday, November 10th
- November 20th - November 24th

Disc Golf



Thursdays

\$44 (11 weeks)

Instructor: Patrick Collins



We will travel to the brand new Seabrook Disc Golf course to play a round. If for some reason the new course is not open we will travel to the Amesbury Disc Golf Course.

Gamers Lounge & Minute to Win It



Fridays

\$33 (7 weeks)

Instructors: Matt Barrett

Feeling competitive?



Join us for a fun filled afternoon of Nintendo Switch, Gamecube, Just Dance and MUCH MORE!

Early Release Day

Friday, October 6th

\$10 per person

Separate Registration Required.

NEW CLASS OPPORTUNITY!!

5th-8th Grade



Intro to Theater Tryouts!

Monday & Wednesday

September 11th & 13th

Tryouts are **FREE!**

(If you are chosen as a participant you are eligible to sign up for our Intro to Theater Class)

Tryouts will be conducted by:

Julianna Falzarano & Jackson Clifford

4 Year WHS Drama Club Alumni



Intro to Theater!

Mondays & Wednesdays

\$20

Classes begin September 18th - November 15th

Instructors: Julianna Falzarano & Jackson Clifford

Students will expand acting and life skills such as ensemble building, self-confidence, and problem solving while developing their talents in an atmosphere that encourages fun, commitment, and taking creative risks in a safe environment. Explore creative activities through movement, poems, storytelling, monologues, and scene work.

Basic introduction to theater for teenagers and all that it involves. Participants will look at poems, monologues, and stories, and see how they can turn them into a show.



[Click the link below to Register](#)





Pick Up Policy

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.

Other Good to Know Policies

- Please call in advance if your child will be absent from program
 - Child must be signed out to be picked up
- If child is out sick from school or sent home please refrain from sending child to the After School Program.
- Programs will be outdoors as often as possible depending on the weather. Please make sure your child dresses accordingly.
- Please make sure the Front Office has an updated Emergency Contact on file.
 - No parents are allowed in the After-school Program.



Upcoming Trips (5th-8th Grade Only)

Crescent Farm Corn Maze Includes Ice Cream too!

Pricing: \$15 w/SRD ID

Date: *TBD*

Time: 5:15pm – 8pm

Location: Bradford, MA



Fright Kingdom!

Pricing: *TBD*

Date: *TBD*

Location: Nashua, NH

Fright Kingdom is New England's largest indoor horror attraction featuring 5 huge haunted attractions of pure terrifying entertainment.



Exercise Classes Available

Tuesdays & Fridays
3pm-4pm Ages: 13-17
Ongoing Program
Instructor: Patrick Collins
Sign up today! FREE!

If you are interested in working out and spending sometime in our Exercise Room you will need to make sure you have taken the **REQUIRED** Exercise class.

NO COST!

Sign up today!

(Availability Varies. Please Schedule your class in advance.)



Davis Mega Maze

Pricing: *TBD*

Date: *TBD*

Location: Sterling, MA



Volunteer Opportunities



Hello Seabrook Community members and Friends! The Seabrook Recreation Department hosts many events throughout the year, youth after-school programs, adult & senior programs as well as working with our youth in what we call "Open Areas".

Volunteering is a great way to give back to your community, improve quality of life, build relationships, challenge yourself, earn volunteer hours, and so much more.

We have many volunteer opportunities, so please do not hesitate to reach out to see if there is something you are interested in helping out with. If you have any special skills please reach out as we're always looking for new and creative ways to improve our special events and programs. This is also a great way for high school students to receive credit for community service hours.

Thank you to all of our volunteers for your time, effort, and dedication. We rely on volunteers to help run all of our events and programs and truly appreciate your support.

Call the Seabrook Recreation Department at (603) 474-5746 to see how you can get involved!

Youth Sports Programs: All of our youth sports programs are coached by volunteers. Contact the Rec Office for more information if interested in coaching.

Special Events: We offer several special events throughout the year that could use the help facilitating. Please contact the Rec. Office if you can help us out with our special events. 603-474-5746

Volunteer opportunities typically include: event set-up & clean-up, decorating, assisting with door admission/refreshment tables, raffle tables, line attendants, and more.

School Vacation Weeks
Easter Egg Hunt- March/April
Earth Day - April
Senior Day- May
Summer Camp
Halloween Events- October
Holiday Events- December
Weekly Concession Stand

Click on the links below to complete the **REQUIRED** volunteer forms. Return them to the SRD!

[State of New Hampshire Criminal Records Unit \(nh.gov\)](http://State of New Hampshire Criminal Records Unit (nh.gov))

[National Background Check](#)

[Volunteer Application](#)

VOLUNTEER



Upcoming Fall Friday Night Specials



Roller-skating, Dance Contests, Games & More!

2nd Grade & Under

Pricing:

\$5 (each event) w/SRD ID
\$7 (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!

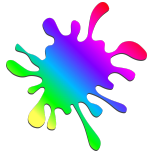
Please make sure to wear socks to the event.

Parent or guardian supervision is required.

3rd & 4th Grades

Pricing:

\$5 (each event) w/SRD ID
\$7 (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:

\$5 (each event) w/SRD ID
\$7 (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!

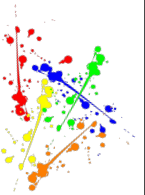
Please make sure to wear socks to the event.

Parent or guardian supervision is NOT required.

7th & 8th Grades

Pricing:

\$5 (each event) w/SRD ID
\$7 (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.

Sports Programs/Leagues



**Basketball Sign ups
begin September 11th
and End October 6th**

10U Fall Softball- We will be having occasional games vs other Seacoast area teams.

Day: TBA

Time: TBA

Age: 10 & Under



Travel Basketball Tryouts

Ages: 3rd-4th,5th-6th,7th-8th

Dates:TBA

Res-\$65 Non-Res-\$130

***Spaces are LIMITED in the Travel Basketball. Players must attend Tryouts to be placed on a team.**



Winter Basketball and Cheerleading

3-4 Year Old:

Res. \$10- Non-Res. \$20

Day: TBD

Time: TBD



K-8th In House- Age group splits will be based on Registration numbers

Res. \$25- Non-Res. \$50

Day: TBD

Time: TBD



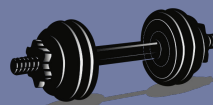
In-House Cheer (K-5th):

Res. \$25- Non-Res. \$50

Day: TBD

Time: TBD

ADULT MORNING FITNESS PROGRAMS



Yoga for Diverse Abilities

Age: 18+ (16+ welcomed)
Pricing: FREE
Ongoing program
Dates: Mondays
Time: 11:30am - 12:30pm
Location: Gym 2
Instructor: Marie Zappla-Stewart

Yoga for Diverse Abilities classes are designed for people with disabilities including traumatic brain injury, developmental, intellectual and/or physical challenges. The supportive and accessible environment encourages people to breathe, move and stretch at a level that feels right for them.



Strength, Stretch & Sculpt (Silver Sneakers)

Age: 18+ (16+ welcomed)
Pricing:
\$38 (11 weeks) w/SRD ID
\$76 (11 weeks) w/o SRD ID
Dates: Tuesdays (beginning 9/5)
Time: 10am - 11am
Location: Gym 1
Instructor: Kathleen Cooper



Beginner's Pilates

Age: 18+ (16+ welcomed)

Pricing:
\$38 (11 weeks) w/SRD ID
\$76 (11 weeks) w/o SRD ID
Dates: Tuesdays (beginning 9/5)
Time: 11am - 12pm
Location: Gym 1
Instructor: Kathleen Cooper



Zumba Gold

Pricing:
\$39 (11 weeks) w/SRD ID
\$78 (11 weeks) w/o SRD ID
Dates: Thursdays (beginning 9/7)
Time: 10:00am-11:00pm
Location: Gym 1
Instructor: Kathleen Cooper

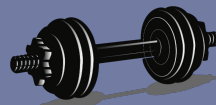


Zumba Gold is a **modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.** How It Works. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

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

If you do not want to sign up for all classes, you can drop in for only \$5!!

ADULT EVENING FITNESS PROGRAMS



Dance/Movement/Toning

Age: 18+ (16+ welcomed)

Pricing:

\$20 (10 weeks) w/SRD ID

\$40 (10 weeks) w/o SRD ID

Dates: Mondays (beginning September 11th)

Time: 5:30pm-6:30pm

Location: Multi 2 & 3

Instructor: Tina Harley



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

Latin Cardio Dance

Age: 18+ (16+ welcomed)

Pricing:

\$22 (11 weeks) w/SRD ID

\$44 (11 weeks) w/o SRD ID

Dates: Wednesdays (Beginning 9/6)

Time: 5:30pm-6:30pm

Location: Multi 2 & 3

Instructor: Tina Harley



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

Strength & Stretch

Age: 18+ (16+ welcomed)

Pricing:

\$22 (11 weeks) w/SRD ID

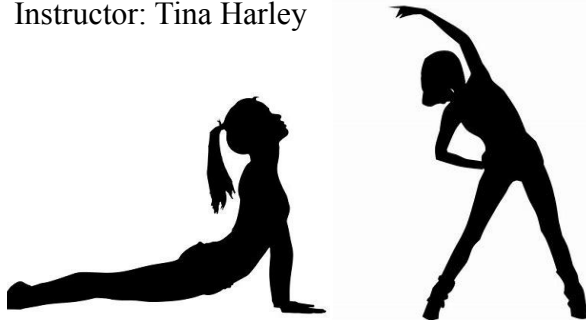
\$44 (11 weeks) w/o SRD ID

Dates: Tuesdays (Beginning September 5th)

Time: 5:30pm-6:30pm

Location: Multi 2 & 3

Instructor: Tina Harley



POSITIVE
mind
POSITIVE
vibes
POSITIVE
life

If you do not want to sign up for all classes, you can drop in for only \$5!!

MISC. PROGRAMS



Seabrook Recreation Department
311 Lafayette Rd.
Seabrook, NH 03874
For more information call (603) 474-5746



ADULT PICK-UP BASKETBALL

TUESDAY NIGHTS BEGINNING SEPTEMBER 12TH, 2023

6PM - 7:30PM

SRD Members - FREE
Drop in fees apply to all others.

YO!

Join us for **Yo-Yo Club**
Wednesdays: 5:30pm - 6:30pm
Starting **September 6th**
Seabrook Community Center
311 Lafayette Road, Seabrook, NH

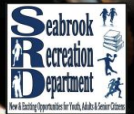
Free for all ages. Any skill level, beginners are welcome.

Bring a yo-yo or borrow one of ours.
Meet new friends, have fun, learn tips & tricks and show off your skills.

Drop by & check it out



For more info and questions contact:
bgentile@seabrooknh.org or call
603-474-5746



SEABROOK RECREATION DEPARTMENT

Indoor Pickleball

Tuesday - 12pm-2pm

Wednesday - 9am-12pm

Friday - 9am-12pm


(Call for availability)

Indoor Pickleball accommodations will try to be made during inclement weather, if space is available.

Outdoor Pickleball

Available morning to Dusk

7 days a week!

(Membership must be up to date) 

OTHER IDEAS?

If you have any suggestions for fun programs or events that you'd like to see next session....

send them to



bgentile@seabrooknh.org

SENIOR PROGRAMS



Chair Yoga

Pricing:
\$22 (11 weeks) w/SRD ID
\$44 (11 weeks) w/o SRD ID
Dates: Thursdays
Time: 11am-12pm
Location: Gym 1
Instructor: Kat Cooper



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)

SR. Wii Bowling League

Pricing:
\$10 Resident
\$15 Non-Resident
Dates: Wednesdays
Time: 12:15pm-2:30pm
Location: Multi 2 & 3
Instructor: Sandy Beaudoin
Assisted by: Nancy Lewis

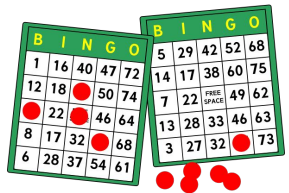


Teams of four bowlers will be formed and everyone will play each week for 10 weeks. Prizes for the most turkeys, best string, best totals, etc. This activity can be played while standing or sitting.



Drop in Bingo

Pricing:
FREE for Residents
\$2 for Non-Residents



Dates: Thursdays
Time: 12:30pm-2:30pm
Location: Multi Rooms
Instructor: Sage Marquis

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



ADULT & SENIOR PROGRAMS



Walking Club

This is open to both residents and non-residents who would like to keep track of their distance of walking.

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



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



Rockingham Nutrition Program:

Meals on Wheels

Pricing:

\$2 Donation

Dates: Monday-Friday

Time: 11:30am on-site

Location: Kitchen

Site Director: George



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

ROCKINGHAM
NUTRITION & MEALS
ON WHEELS

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.



Relax & Create; Painting

Pricing:

\$40 (9 weeks) w/SRD ID

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

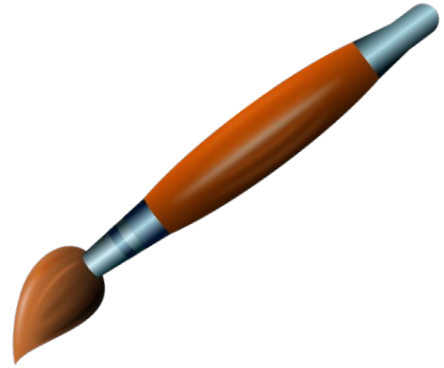
OR drop-in for \$5 per class

Dates: Mondays

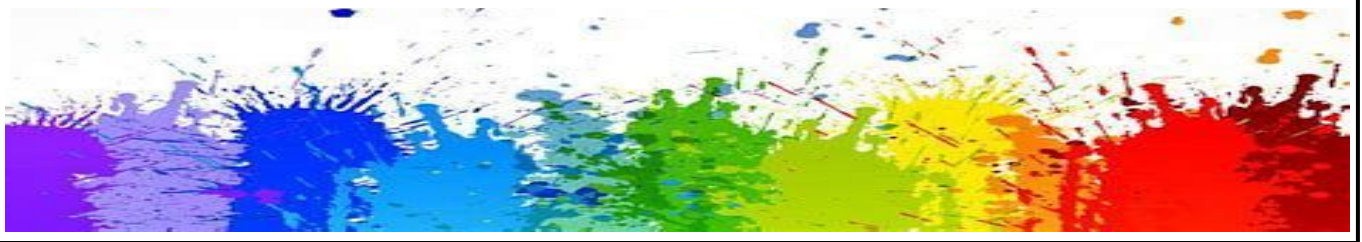
Time: 12:30pm-2pm

Location: Kitchen

Instructor: Leah Callahan



Relax and Create through Painting! This class will allow for you to unwind while getting creative with your painting skills and techniques. We will be doing various forms of painting; Canvas, Glass, Nature and more!



Seabrook Recreation Department
311 Lafayette Rd.
Seabrook, NH

Hunter Safety Course

Dates: September 7th, 12th, 14th,
19th (16th at the range)
Ages 12+ Time: 5:30pm - 9:30pm
Multi 2 & 3



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

You **MUST** register online at
www.wildlife.state.nh.us



IMPORTANT DATES TO REMEMBER!

**Mark your calendar for some exciting upcoming events!
More details about these events will be announced soon, keep an eye on
our website and email blasts.**



Lights on Afterschool Halloween Event
Friday, October 20th



Trick or Treat Walk-Through
Saturday, October 28th (Tentatively)



Turkey Distributions
TBD



Festival of Trees
Thursday & Friday, December 7th & 8th



Holiday House Decorating Contest
Judging takes place
Wednesday, December 13th



Fun Fall Facts

- There are more than 7,500 apple varieties!
- Fall colors are caused by the amount of sugar in leaves
- Birds spend most of the fall migrating
- Fall was called “Harvest” because of the Harvest Moon.
- Thanksgiving is always celebrated on the 4th Thursday in November in the United States.



Special Fall Dates!

- Friday, September 9th - International Sudoku Day
- Friday, September 16th - National Playdoh Day
- Friday, October 7th - You matter to me day
- Friday, October 14th - National Baking Week
- Friday, October 28th - International Animation Day
- Friday, November 4th - National Candy Day
- Friday, November 18th - National Mickey Mouse Day



If you have any Fun Facts about Winter and would like it to be featured in our Upcoming Winter Brochure please send them to bgentile@seabrooknh.org