

SEABROOK RECREATION DEPARTMENT



2023 HOLIDAY



MINI SESSION GUIDE:

Nov. 27th – Dec. 31st
Youth, Adult & Senior



Seabrook Community Center

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

Building Hours

Mon.-Thurs. 9am-9pm (Starting Dec. 4th)

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

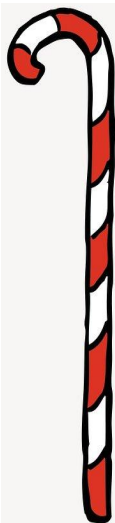
Fri. Closed from 5:15pm-6:15pm (Special event)

Sat. Hours Vary (Starting Dec. 2nd)(Open for Basketball Games Only)

Sun. Hours Vary (Starting Dec. 3rd)(Open for Basketball Games Only)

Mini Session Registration Begins

November 13th, 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
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 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

Interim Matthew McDonald
Assistant Director
Mmcdonald@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

Jason Bowley
Recreation Custodian
jbowley@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.

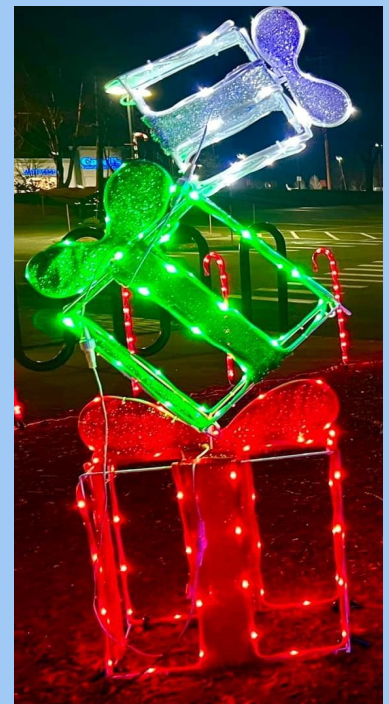
CONTACT US!

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

smdonald@seabrooknh.org

Office Receptionists

Connie Rath

Leah Callahan

Rec_reception@seabrooknh.org

Area Supervisors

Lita Brown

Christina Moura

Matthew Barrett

Tammy Gardener

Hannah Allen

Sage Marquis

Night-time Custodian

John Gonthier

Sage Marquis

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.	9 AM – 9 PM	2:45 PM – 6 PM
Fri.	9 AM – 9 PM	2:45 PM – 6 PM
Sat.	CLOSED FOR BASKETBALL	
Sun.	CLOSED FOR BASKETBALL	



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.

Open Gym

Days & Times

Mon.-Thur. 9am-9pm (at least 1/2 gym)
Call ahead for availability.

Friday: 9am-5pm

Sat: **CLOSED** - Basketball Program Only
Sun: **CLOSED** - Basketball Program Only
Open times are subject to change!

Game Room

Days & Times

Mon.-Thur. 9am-9pm (at least 1/2 gym)
Call ahead for availability.

Friday: 9am-5pm

Sat: **CLOSED** - Basketball Program Only
Sun: **CLOSED** - Basketball Program Only
Open times are subject to change!



Welcome to our K-2nd Grade After-school

Holiday Mini Session Program!

November 27th - December 22nd **Monday - Friday**
\$80 for the entire Holiday Session OR Pay per specific program day

NEW EXTENDED AFTER-SCHOOL PROGRAM HOURS 2:45pm-6:00pm

Schedule

Homework, Recess & Snack

2:45pm-3:45pm

Program Time

3:45pm-5:30pm

Debrief & Closers - **5:30-6:00**

Parent Pick-up - **6:00pm**

Meet our Staff Program Leads

Brittney Gentile
Sage Marquis
Matt Barrett
Leah Callahan
Hannah Allen
Sam Merrill

Program Assistants

Sam Merrill
Forrest Carter
Reilly Johonnett
Lilly Azamor

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAM
12/1 - No School

12/7-12/8 - Festival of Trees

12/22-12/25 - Building Closed

12/26-12/29 - Vacation Camp

REMINDER:

Holiday Vacation Camp

12/26-12/29

There will be NO Afterschool Programs.



Dough-Lightful Creations Mondays

Pricing: \$22 w/ SRD ID (4 weeks)

Instructors: Matt Barrett & Lilly Azamor

Cookie making, sculpting, bread baking, cloud dough and more!



LIFE SIZED Board Games Tuesdays

Pricing: \$22 w/ SRD ID (4 weeks)

Instructor: Brittney Gentile & Lilly Azamor

Explore giant versions of Candy Land, Hungry Hippos and more!



DIY Gifts & More Wednesdays

Pricing: \$22 w/ SRD ID (4 weeks)

Instructors: Sage Marquis & Lilly Azamor

Create your own Holiday themed gifts, games and activities!



Holidays Around the World Thursdays

Pricing: \$17 w/ SRD ID (3 weeks)

Instructor: Sage Marquis & Reilly Johonnett

Travel with us to experience different cultures and Holidays!



Kids Choice Fridays

Pricing: \$6 w/ SRD ID (1 week)

Instructor: Sage Marquis & Forrest Carter

A mix of crafts, games and more!



Click the link to Register - Seabrookrec.com

Welcome to our 3rd-5th Grade After-school

Holiday Mini Session Program!

November 27th - December 22nd **Monday - Friday**

\$80 for the entire Holiday Session OR Pay per specific program day

NEW EXTENDED AFTER-SCHOOL PROGRAM HOURS

2:45pm-6:00pm

NEW - 3rd-5th Graders

Schedule

Homework, Recess & Snack

2:45pm-3:45pm

Program Time

3:45pm-5:30pm

Debrief & Closers - **5:30-6:00**

Parent Pick-up - **6:00pm**

Meet our Staff

Program Leads

Brittney Gentile

Sage Marquis

Matt Barrett

Leah Callahan

Hannah Allen

Sam Merrill

Program Assistants

Sam Merrill

Forrest Carter

Reilly Johonnett

Lilly Azamor

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAM

12/1 - No School

12/7-12/8 - Festival of Trees

12/22-12/25 - Building Closed

12/26-12/29 - Vacation Camp

REMINDER:

Holiday Vacation Camp

12/26-12/29

There will be NO Afterschool Programs.

Monday Choices

- **Doughlightful Creations w/ K-2nd**
- **Flag Football**
- **Check Mate! Chess Club**

Pricing: \$22 w/ SRD ID (4 weeks)

Instructors: Brittney Gentile & Sam Merrill

Tuesday Choices

- **Life Sized Board Games w/ K-2nd**
- **Nothing But Net** (Soccer, Hockey & Basketball)

Pricing: \$22 w/ SRD ID (4 weeks)

Instructor: Sage Marquis & Sam Merrill

Wednesday Choices

- **DIY Gifts & More w/ K-2nd**
- **SRD Ninja Warrior**
- **Special Effects Makeup 101**

Pricing: \$22 w/ SRD ID (4 weeks)

Instructors: Brittney Gentile & Sam Merrill

Thursday Choices

- **Holidays Around the World w/ K-2nd**
- **Winter Olympics**

Pricing: \$17 w/ SRD ID (3 weeks)

Instructor: Hannah Allen & Sam Merrill

Fridays Kids Choice

A mix of crafts, games and more!

Pricing: \$6 w/ SRD ID (1 week)

Instructor: Matt Barrett & Hannah Allen

Click the link to Register - Seabrookrec.com

Seabrook Recreation Department

After-school Important Information!

NEW EXTENDED AFTER-SCHOOL HOURS
2:45pm - 6:00pm

Pick Up Policy

Pick-up time is no later than 6:00pm. For each additional minute over 6:00pm the parent/guardian will be charged \$.50 per minute late. These charges will automatically be charged to your account. There is no Open Areas after 6pm for youth under age 13 year of age.

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
- No parents drop offs. Students attending the after-school program at the Seabrook Rec. MUST take the bus from the school to the rec. to participate.
- 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

OTHER YOUTH PROGRAMS

Parent's Night Out Candy Land Party

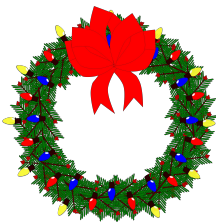
Wednesday, December 20th (\$10 w/SRD ID)
5:30pm-8:30pm (K-2nd/3rd-5th)

Take an evening off for Christmas Shopping while we provide a fun night of CANDY LAND themed activities for the kids! Dinner included!
Spaces are limited! Sign up soon!

HOLIDAY VACATION CAMP

December 26th - December 29th **8am-3pm**

K-5th Grade *Min/8 Max/25*



\$40.00 *Must sign up for all 4 days* SPACE IS LIMITED!

PLEASE BRING A LUNCH! Snack is Provided!



OPTIONAL: Holiday After Camp 3pm-5:15pm

K - 2nd Grade

\$20 *Must be signed up for Holiday Vacation Camp*



Upcoming Trips

VISIONMAX: WONKA!

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

Date: 12/21/2023

Time: TBA

Location: Salisbury, MA



ALL AGES

CHUCK E CHEESE:

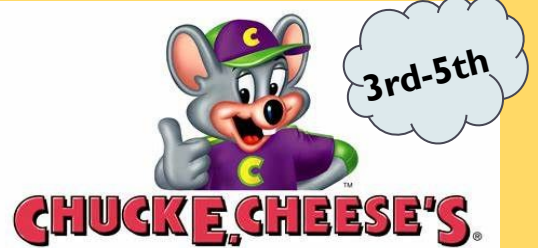
Pricing: \$25 w/SRD ID \$50 w/o SRD ID

Date: 12/1/23

Time: 12:30pm-3:30pm

Location: Methuen, MA

Includes Pizza, drinks & grab bags!



Weight Room Equipment Course

Required for ages 13-17 before using weight room

Tuesdays & Fridays
3pm-4pm Ages: 13+

Ongoing Program

Instructor: Sam Merrill

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 Exercise class.

(Age 18+ may sign waiver in lieu of weight room equipment course)

Sign up today!

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

GAMETIME!

*Includes bowling, pizza and BYOM for arcades

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

Date: 12/12/2023

Time: 5:15pm-9pm

Location: Amesbury, MA

5th-8th



Sports Programs/Leagues

Travel Softball Spring Sign-Ups

8U, 10U, 12U, 14U

We will be taking registrations for the Spring Softball Program.

\$45 residents \$90 Non Residents

Registration Dates: 1/2/2024-2/23/2024

Sign up when registrations are available to secure your spot!

Looking to coach Softball? Be on the lookout for our upcoming Softball Coach registration!



High School Basketball Registrations are open! Register at www.seabrookrec.com

ATTENTION!

Do you have an idea for a Seabrook Rec. sport?

Are you passionate about that sport?

Do you want to lead that sport for the benefit of kids in our community?

If you answered **YES!** to all three of those questions then the Seabrook Rec. would like to hear from you. We are looking for dedicated volunteers and local parents/guardians that want to offer more opportunities at the Seabrook Recreation Department!

Whether it's frisbee golf, bowling, street hockey or some other sport, if you are passionate about our community and want to offer youth or adults new opportunity, then please email us at Smcdonald@seabrooknh.org with your idea(s) and we can get you started.

Visit our sports website at
www.seabrookrecsports.com



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!

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

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

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 \(nh.gov\)](https://www.nh.gov/records)

[Volunteer Application](#)

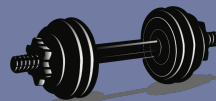
VOLUNTEER



[Volunteer Forms Here!](#)



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:
\$15 (4 weeks) w/SRD ID
\$30 (4 weeks) w/o SRD ID
Dates: Tuesdays (beginning 11/28)
Time: 10am - 11am
Location: Gym 1
Instructor: Kathleen Cooper



Beginner's Pilates

Age: 18+ (16+ welcomed)

Pricing:
\$15 (4 weeks) w/SRD ID
\$30 (4 weeks) w/o SRD ID
Dates: Tuesdays (beginning 11/28)
Time: 11am - 12pm
Location: Gym 1
Instructor: Kathleen Cooper



Strength, Stretch & Sculpt (Silver Sneakers)

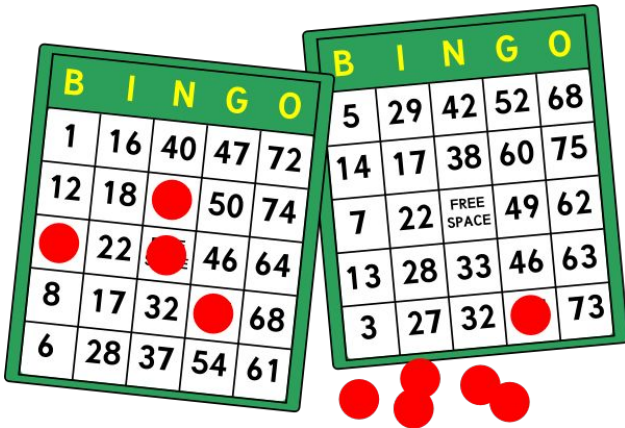
Age: 18+ (16+ welcomed)
Pricing:
\$12 (3 weeks) w/SRD ID
\$24 (3 weeks) w/o SRD ID
Dates: Thursdays (beginning 11/30)
NO PROGRAM 12/7
Time: 10am - 11am
Location: Gym 1
Instructor: Kathleen Cooper



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



SENIOR PROGRAMS



Chair Yoga



Pricing:

\$12 (3 weeks) w/SRD ID

\$24 (3 weeks) w/o SRD ID

Dates: Thursdays beginning 11/30

NO PROGRAM 12/7

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. Drop in Bingo

Pricing:

FREE w/SRD ID

\$2 w/o SRD ID

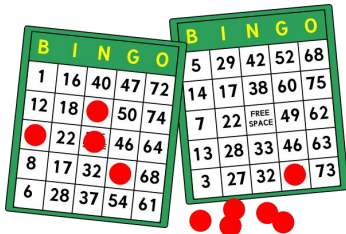
Dates: Thursdays

Time: 12:15pm-2:15pm

Location: Multi Rooms

Instructor: Sage Marquis

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



SENIOR PROGRAMS CONTINUED

Attention Seniors

Are you interested in attending our Annual

Festival of Trees Sneak Peek 🥚🥚 5:30pm-8:30pm

but in need of transportation?

Register now to secure a spot on our FREE Festival of Trees shuttle!

Browse the beautifully decorated trees donated
by local businesses and organizations!

Purchase raffle tickets and enter to win your favorite tree(s)!

All proceeds go towards Youth Opportunities

Space is VERY limited

Please note - Wheelchair Accessible Transportation not available at this time

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

SENIOR PROGRAMS

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: 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



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.**

Thanksgiving Basket Distributions

TBD

If you or someone you know is in need of a Thanksgiving Basket..
this year... email Brittney for more information!
bgentile@seabrooknh.org



Festival of Trees - Sneak Peek Night
Thursday December 7th
5:30pm-8:30pm



Festival of Trees - Main Event
Friday December 8th
5:30pm-8:30pm



Holiday House Decorating Contest
Judging takes place...
Wednesday, December 13th
Turn Lights on at Sunset!



Holiday Vacation Camp

December 26th - December 29th **8am-3pm**

K-5th Grade - Min/8 Max/25 \$40.00 *Must sign up for all 4 days*

PLEASE BRING A LUNCH! Snack is Provided!

Optional: After Camp K-2nd Grade 3pm-5:15pm \$20



Holiday Fun Facts

- ★ The first Macy's Thanksgiving Day Parade was held in 1924.
- ★ The tallest Christmas tree ever displayed was in Seattle, Washington, measuring 221 feet tall.
- ★ A popular tradition in Japan is to eat KFC for Christmas. It is so popular, in fact, that orders must be placed two months in advance.
- ★ "Jingle Bells" was the first song played in space.
- ★ There are 16 ways to spell the word Hanukkah! The most common spellings found are Hanukkah and Chanukah
- ★ If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents!

December 2023 Holidays & Celebrations

- ★ 12/1 National Christmas Lights Day
- ★ 12/3 Candle Day
- ★ 12/4 National Cookie Day
- ★ 12/5 Day of the Ninja
- ★ 12/8 National Brownie Day
- ★ 12/9 National Llama Day
- ★ 12/12 Gingerbread House Day
- ★ 12/13 National Cocoa Day
- ★ 12/16 National Ugly Sweater Day
- ★ 12/17 National Maple Syrup Day
- ★ 12/18 Hanukkah
- ★ 12/18 Answer The Phone Like Buddy The Elf Day
- ★ 12/21 Look On The Bright Side Day
- ★ 12/21 Winter Solstice
- ★ 12/22 National Cookie Exchange Day
- ★ 12/28 National Short Film Day
- ★ 12/29 National Call A Friend Day
- ★ 12/30 National Bacon Day
- ★ 12/31 New Years Eve

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

send them to bgentile@seabrooknh.org

