

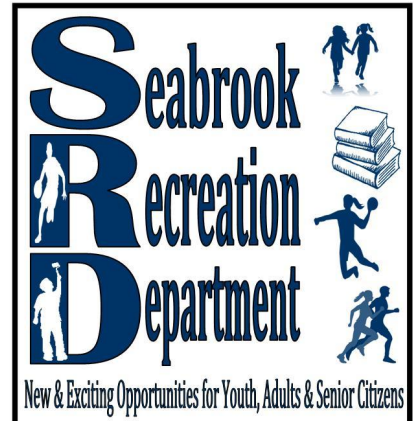
# SEABROOK RECREATION DEPARTMENT



## 2024

### WINTER SESSION GUIDE:

Jan. 2nd- Mar. 22nd  
Youth, Adult & Senior



### **Seabrook Community Center**

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

#### **Building Hours**

**Mon.-Thurs.** 9am-9pm (Starting Nov. 27th)

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

**Fri.** Closed from 5:15pm-6:00pm (Special event)

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

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



**Winter Session Registration Begins**  
December 11th, 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](http://seabrookrec.com) or visit us at 311 Lafayette Rd. Seabrook, NH for assistance.

## How to Register Online

1. Visit [seabrookrec.com](http://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.

**\*Membership rate increase will begin January 1st, 2024.\***



## Recreation Department Staff

**Cassandra Carter**

**Director of Recreation**

[Ccarter@seabrooknh.org](mailto:Ccarter@seabrooknh.org)

**Matthew McDonald**

**Athletic Director**

[Mmcdonald@seabrooknh.org](mailto:Mmcdonald@seabrooknh.org)

(Coordinates and facilitates athletic programs, leagues and specials)

**Brittney Gentile**

**Program Director**

[Bgentile@seabrooknh.org](mailto:Bgentile@seabrooknh.org)

(Coordinates and facilitates various Recreational Youth, Adult & Senior Programs & Community Events)

**Jo-Anne Page**

**Office Supervisor**

[jpage@seabrooknh.org](mailto:jpage@seabrooknh.org)

**Jason Bowley**

**Recreation Custodian**

[Jbowley@seabrooknh.org](mailto: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.

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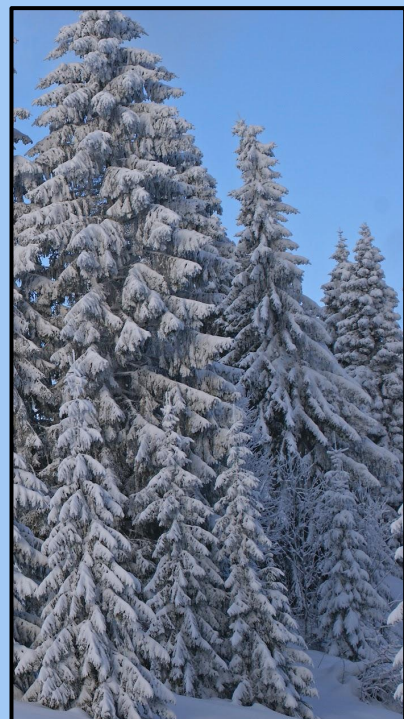
## CONTACT US!

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

Website: [www.seabrookrec.com](http://www.seabrookrec.com)

Facebook: Seabrook Recreation Department & Community Center

Instagram: Seabrook\_Community\_Center



## Recreation Department Staff Continued

**Stephanie McDonald**  
Office Clerk

[smcdonald@seabrooknh.org](mailto:smcdonald@seabrooknh.org)

### Office Receptionists

Connie Rath

Leah Callahan

Emily Albright

[Rec\\_reception@seabrooknh.org](mailto: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 (18 yrs. +)	13-17 yrs.
M-Th.	9 AM – 9 PM	2:45 PM – 6 PM
Fri.	9 AM – 9 PM	2:45 PM – 6 PM
Sat.	<b>CLOSED FOR BASKETBALL</b>	
Sun.	<b>CLOSED FOR BASKETBALL</b>	

## 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 CLOSED.**

## 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  
Call ahead for availability.

Friday: 9am-5pm

Sat: CLOSED - Basketball Program Only  
Sun: CLOSED - Basketball Program Only

Open times are subject to change!



# PRESCHOOL PROGRAMS



## Cozy Crafts & Stories

### **Pricing:**

\$26 (8 weeks) w/SRD ID

\$52 (8 weeks) w/o SRD ID

**Dates:** Mondays

**Time:** 10am – 12pm

**Location:** Gym 2

**Instructor:** Leah C.



In this preschool program we will be creating winter themed crafts and enjoying a story to match!

***Must be Potty Trained***

## Preschool Readiness Playgroup

### **Pricing:**

FREE w/SRD ID

\$5 w/o SRD ID

**Dates:** Thursdays

**Time:** 10:30am-12pm

**Location:** Pre-K Room

**Instructor:** Parent Supervised



Bring your little one to engage with others! This will give parents, grandparents and other guardians a fun filled meet up spot to let their children burn some energy!

***This program requires supervision by a parent or guardian.***

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

## Music and Movement

### **Pricing:**

\$28 (9 weeks) w/SRD ID

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

**Dates:** Tuesdays

**Time:** 10am – 12pm

**Location:** Gym 2

**Instructor:** Leah C.



In this preschool program we'll be exploring the world of music and dance!

Freeze Dance, Instrument Play and MORE!

***Must be Potty Trained***



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

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

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

# Welcome to our K-2nd Grade After-school

## Winter Session Program!

January 2nd - March 22nd **Monday - Friday**

\$190 for the entire Winter Session (SAVE \$23) OR Pay per specific program

**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

Hailey Perez

### **IMPORTANT DATES TO REMEMBER!**

There will be NO PROGRAM

**1/1** - No School

**1/15** - NO PROGRAM

**1/22-1/23** - NO PROGRAM

**2/14** - Early Release Day

**2/19** - NO PROGRAM

**3/11-3/12** - NO PROGRAM

**2/26 - 3/1** Vacation Camp

REMINDER:

**February Vacation**

**Camp 2/26-3/1**

There will be NO Afterschool Programs.

## Mixer Madness

### Mondays

Pricing: \$29 w/ SRD ID (6 weeks)

**Instructors:** Brittney G. & Sage M.

Music, Roller-skating dancing and so much more! Don't forget to bring socks for skating.

## Sculpt, Paint & Create

### Tuesdays

Pricing: \$44 w/ SRD ID (9 weeks)

**Instructor:** Brittney G. & Hailey P.

Calling all crafters... We will be sculpting with clay, painting and building!!

## Edible Art

### Wednesdays

Pricing: \$48 w/ SRD ID (10 weeks)

**Instructors:** Hannah A. & Lilly A.

In this crafty cooking program we will be creating Edible Play-doh, Painted Toast, Candy Mosaics and More!

## Lazer Tag & Mini Games

### Thursdays

Pricing: \$44 w/ SRD ID (11 weeks)

**Instructor:** Matt B. & Reilly J.

Burn some energy playing face paced gym games like lazer tag, lazer maze, relay races and more!

## Kids Choice

### Fridays

Pricing: \$48 w/ SRD ID (11 weeks)

**Instructor:** Matt B.

**A mix of crafts, games and more!**

Click the link to Register - [Seabrookrec.com](http://Seabrookrec.com)

# Welcome to our 3rd-5th Grade After-school Winter Session Program!

January 2nd - March 22nd **Monday - Friday**

\$190 for the entire Winter Session (SAVE \$19) 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

Hailey Perez

## Monday Choices

- **Mixer Madness (w/ K-2nd)**
- **Pro Kickers**



Pricing: \$29 w/ SRD ID (6 weeks)

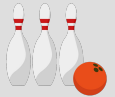
**Instructors:** Sam M.

## Bowling Bonanza Tuesdays

(Class includes On-site bowling activities and 5 off-site bowling days at Gametime Lanes)

Pricing: \$40 w/ SRD ID (9 weeks)

**Instructor:** Matt B.



## Outdoor Winter Adventures & Baking Wednesdays

(Class includes On-site baking activities and Off-site Winter Activities when weather allows)

Pricing: \$48 w/ SRD ID (10 weeks)

**Instructors:** Cassandra C. & Sage M.



## Thursday Choices

- **Lazer Tag & Mini Games (w/ K-2nd)**
- **Fit & Fun**

Pricing: \$44 w/ SRD ID (11 weeks)

**Instructor:** Sam M.



## Friday Kids Choice

Pricing: \$48 w/ SRD ID (11 weeks)

**Instructor:** Sage M.

**A mix of crafts, games and more!**



## **IMPORTANT DATES TO REMEMBER!**

There will be NO PROGRAM

**1/1** - No School

**1/15** - NO PROGRAM

**1/22-1/23** - NO PROGRAM

**2/14** - Early Release Day

**2/19** - NO PROGRAM

**3/11-3/12** - NO PROGRAM

**2/26 - 3/1** Vacation Camp

## REMINDER:

**February Vacation  
Camp 2/26-3/1**

There will be NO Afterschool Programs.

Click the link to Register - [Seabrookrec.com](http://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 3<sup>rd</sup> 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



# YOUTH PROGRAMS & TRIPS

## K-8th Grade

### EARLY RELEASE PROGRAM



February 14th  
12:00pm - 6:00pm  
K-5th Grade *Min/8 Max/25*

\$12

Snack is Provided!



### FEBRUARY VACATION CAMP



February 26th - March 1st 8am-3pm

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

\$60.00 \*Must sign up for all 5 days\* SPACE IS LIMITED!

PLEASE BRING A LUNCH! Snack is Provided!

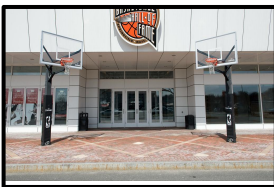
**OPTIONAL:** Vacation After Camp 3pm-5:15pm

**K - 2nd Grade**

\$30 \*Must be signed up for Vacation Camp\*



### Basketball Hall of Fame & Cold Stone Ice Cream 3rd - 8th Grade



**Pricing:** \$30 w/SRD ID \$60 w/o SRD ID

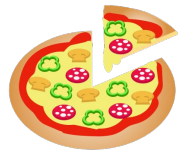
**Date:** Wednesday, February 28th

**Time:** 8:00am-6:00pm

**Location:** Springfield, MA

Take a trip to the Basketball Hall of Fame followed by ice cream at Cold Stone Creamery!

### Chuck 'E' Cheese K - 2nd Grade



**CHUCK E. CHEESE'S**

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

**Date:** Thursday, February 29th

**Time:** 12:30pm-3:30pm

**Location:** Methuen, MA

**Trip includes:** 2 slices of a one-topping pizza, Free refills for soft drinks, a Goody bag with prizes 2 hours of reserved table space & E-tickets to be used on a future visit!

# Upcoming Programs, Trips & Events

## AMERICAN RED CROSS BABYSITTERS TRAINING

*\*Ages 11 and up!*

Instructor: Brittney Gentile

Date: 2/14/24 (12:30pm-5:30pm)

**Only \$30!**

*Includes American Red Cross Certification  
once completed\**

Our -in-class training gives you the opportunity to sharpen your skills and become a safe, reliable babysitter.

Recommended for those ages 11 to 15, this course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid.

## Weight Room Equipment Course

*\*Required for ages 13-17 before using weight room\**

Tuesdays & Fridays  
3pm-4pm Ages: 13+  
Ongoing Program  
Instructor: TBD

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.)

Seabrook Recreation Department

9th - 12th Grade

# VALENTINES

## Semi Formal

FEBRUARY 3rd 2024

6 pm – 9 pm



## TICKETS;

\$10 w/ SRD ID (Pre Register)

\$20 w/o SRD ID

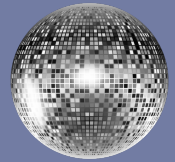
\$20 At the door

Pre Register for your ticket at [www.seabrookrec.com](http://www.seabrookrec.com)

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



## Upcoming Winter Friday Night Specials



**NEW Friday Night Special Times! 6:00pm-8:00pm**  
**Event Pricing \$5 W/ SRD ID \$7 W/O SRD ID**

### 2nd Grade & Under

**Dates: -Friday 1/5/2024 - Pajama Party**

(Wear pajamas and receive \$1 off admission)

**-Friday 2/9/2024 - Valentines Roller Skating**

(Wear red or pink and receive \$1 off admission)

**Parent or guardian supervision is required**

**Time: 6:00pm-8:00pm**

**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.

### 5th & 6th Grades

**Dates: -Friday 1/19/2024 - Pajama Party**

(Wear pajamas and receive \$1 off admission)

**-Friday 2/23/2024 - Valentines Mixer**

(Wear red or pink and receive \$1 off admission)

**Parent or guardian supervision is NOT required.**

**Time: 6:00pm-8:00pm**

**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.

### 3rd & 4th Grades

**Dates: -Friday 1/12/2024 - Pajama Party**

(Wear pajamas and receive \$1 off admission)

**-Friday 2/16/2024- Valentines Mixer**

(Wear red or pink and receive \$1 off admission)

**Parent or guardian supervision is NOT required.**

**Time: 6:00pm-8:00pm**

**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.

### 7th & 8th Grades

**Dates: - Friday 1/26/2024 - Pajama Party**

(Wear pajamas and receive \$1 off admission)

**- Friday 3/8/2024 - Luck of the Irish**

(Wear green and receive \$1 off admission)

**Time: 6:00pm-8:00pm**

**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.





# Sports Programs/Leagues

Be on the Lookout for our Upcoming Basketball Tournament Schedules!

## Travel Softball

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!*



## Spring Sign-Ups

**Adult Pick-up Basketball Coming Soon!**

**Nighttime Pickleball Coming Soon!**

### ATTENTION!

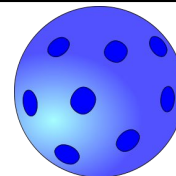
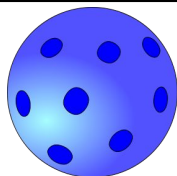
**Do you have an idea for a Seabrook Rec. sport?**

**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](mailto:Smcdonald@seabrooknh.org) with your idea(s) and we can get you started.



# 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 - April

Earth Day - April

Senior Day- May

Summer Camp - June, July, August

Halloween Events- October

Holiday Events- December

Weekly Concession Stand



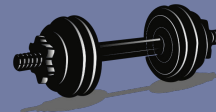
Click on the links below to complete the **REQUIRED** volunteer forms. Return them to the SRD!



[Volunteer Application](#)

[State of New Hampshire Criminal Records Unit \(nh.gov\)](#)

# ADULT MORNING FITNESS PROGRAMS



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

## 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 (Equivalent to Silver Sneakers)

Age: 18+ (16+ welcomed)  
Pricing:  
\$25 (8 weeks) w/SRD ID  
\$50 (8 weeks) w/o SRD ID  
Dates: Tuesdays (beginning 1/9)  
Time: 10am - 11am  
Location: Gym 1  
Instructor: Kathleen Cooper



It's a fun fitness class designed for every body. We aim to create a playful environment while we work on providing cardiovascular health, muscular strength & endurance, body composition, flexibility, speed, power, agility, balance, and coordination. This class will use balls, handheld weights & stretch bands while sitting comfortably in a chair.

*\*Silver Sneaker discount is not eligible.*

## Beginner's Pilates

Age: 18+ (16+ welcomed)  
Pricing:  
\$28 (8 weeks) w/SRD ID  
\$56 (8 weeks) w/o SRD ID  
Dates: Tuesdays (beginning 1/9)  
Time: 11am - 12pm  
Location: Gym 1  
Instructor: Kathleen Cooper



Pilates is a powerful body sculpting class designed to give you long, lean muscles and will reshape your body from head to toe.

## Barre

Age: 18+ (16+ welcomed)  
Pricing:  
\$35 (10 weeks) w/SRD ID  
\$70 (10 weeks) w/o SRD ID  
Dates: Thursdays (beginning 1/11)  
Time: 11am - 12pm  
Location: Gym 1  
Instructor: Kathleen Cooper

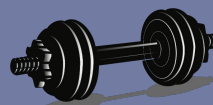


Ballet inspired! This class uses traditional ballet training techniques to give you a full body muscle endurance workout. It focuses on the major muscle groups; arms, legs, glutes & core. The muscles in each group are fatigued via small targeted movements and high numbers of repetitions. This workout also develops agility, flexibility and graceful movement.

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



# ADULT EVENING FITNESS PROGRAMS



## Cardio Dance; Throwback Edition!

Age: 18+ (16+ welcomed)

Pricing:

\$25 (10 weeks) w/SRD ID

\$50 (10 weeks) w/o SRD ID

Dates: Mondays (beginning January 8th)

Time: 6pm-7pm

Location: Multi 2 & 3

Instructor: Tina Harley



This class we will be dancing to some pop, rock and rap hits from the 90s-2000s. Let's get a great workout while enjoying some of our throwback favorites!

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

## Strength & Stretch!

Age: 18+ (16+ welcomed)

Pricing:

\$25 (10 weeks) w/SRD ID

\$50 (10 weeks) w/o SRD ID

Dates: Tuesdays (Beginning January 2nd)

Time: 6pm-7pm

Location: Multi 2 & 3

Instructor: Tina Harley



This class will consist of learning techniques of stretching, strength building and how to safely and efficiently sculpt our physiques!



## Zumba

Age: 18+ (16+ welcomed)

Pricing:

\$28 (11 weeks) w/SRD ID

\$56 (11 weeks) w/o SRD ID

Dates: Thursdays (Beginning January 11th)

Time: 6pm-7pm

Location: Multi 2 & 3

Instructor: Kathleen Cooper

**Party Lights will be used!**



Zumba is a Latin based dance fitness program designed to be a great cardio workout as well as hard "core". It is fun to dance to the lively music and follow the easy dance steps, while making friends and burning lots of calories!

POSITIVE  
mind  
POSITIVE  
vibes  
POSITIVE  
life

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

# SENIOR PROGRAMS



## SR. Wii Bowling League

Pricing:

\$10 Resident (11 weeks)

\$15 Non-Resident (11 weeks)

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.



## 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!

## Chair Yoga

Pricing:

Age: 18+ (16+ welcomed)

\$35 (10 weeks) w/SRD ID

\$70 (10 weeks) w/o SRD ID

Dates: Thursdays (beginning 1/11)

Time: 10:00am - 11:00am

Location: Gym 2

Instructor: Kathleen Cooper



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

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



## Happy Seniors Club Meetings

Pricing:

\$15 Annual Dues

Dates: 1<sup>st</sup> 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



## Paint your own Wine bottle light/fairy: Painting

**Date TBD**  
**\$10 Residents**  
**\$20 Non Residents**  
Instructor: TBD  
**(ONE TIME EVENT)**

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!

*\*All Materials will be provided*



## Basic iPhone Lesson

**Date TBD**  
**\$10 Residents**  
**\$20 Non Residents**  
Instructor: John Gonthier  
**(ONE TIME EVENT)**

Learn how to use an iPhone and explore a wide range of iPhone tips within our iPhone tutorials. Course covers how to set up the device and make calls, and how to use apps for iPhone, including how to browse the web, take notes, shoot photos, type effectively, listen to music, and access the iCloud storage.

*\*iPhone specific lesson, not android. Participants must provide their own iPhones.*





# 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 Ferber



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.**

**Seabrook Recreation Department**



**Basketball Championships**



**Saturday, February 10th 2024**

**Seabrook Recreation Department**



**In House Basketball Banquet**



**Saturday, February 17th 2024**

**FEBRUARY VACATION CAMP**

**February 26th - March 1st 8am-3pm**



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

**\$60.00 \*Must sign up for all 5 days\* SPACE IS LIMITED!**

**PLEASE BRING A LUNCH! Snack is Provided!**



**OPTIONAL: Vacation After Camp 3pm-5:15pm**

**K - 2nd Grade**

**\$30 \*Must be signed up for Vacation Camp\***

## Fun Facts About Winter!

-Snowflakes are translucent, They do not change colors unless it's a case of Watermelon Snow, which is caused by Green Algae.

-The history of the snowman dates back to the 1400's when local artist, including Michael Angelo, considered snow to be free art supplies.

-The first Winter Olympics occurred in 1924 in the French Alps.

-During the winter season, the North Pole has an average temperature of minus 40 degrees Fahrenheit.

-Deciduous trees lose their leaves during the winter, while most evergreen trees do not drop their needles – even in the extreme cold.

-In Hokkaido, Japan, 2,036 snowmen were constructed by hand in only one hour. A total of 1,406 people took part in building the snowmen, showing the never-ending efficiency of team work.

## January-March Holidays & Celebrations

**JAN 3** - National Spaghetti Day

**JAN 5** - Chocolate Fondue Day

**JAN 7** - Old Rock Day

**JAN 9** - Clean Your Desk Day

**JAN 12** - National Hot Tea Day

**JAN 21** - Granola Bar Day

**JAN 30** - Bubble Wrap Appreciation Day

**FEB 4** - Eat Ice Cream for Breakfast Day

**FEB 10** - Cream Cheese Brownie Day

**FEB 17** - Random Act of Kindness Day

**FEB 23** - Banana Bread Day

**FEB 28** - National Science Day

**MAR 6** - Dentist Day

**MAR 15** - Oranges and Lemons Day

**MAR 18** - Global Recycling Day

If you have any suggestions for fun programs or events that you'd like to see next session....  
send them to [\*\*bgentile@seabrooknh.org\*\*](mailto:bgentile@seabrooknh.org)