

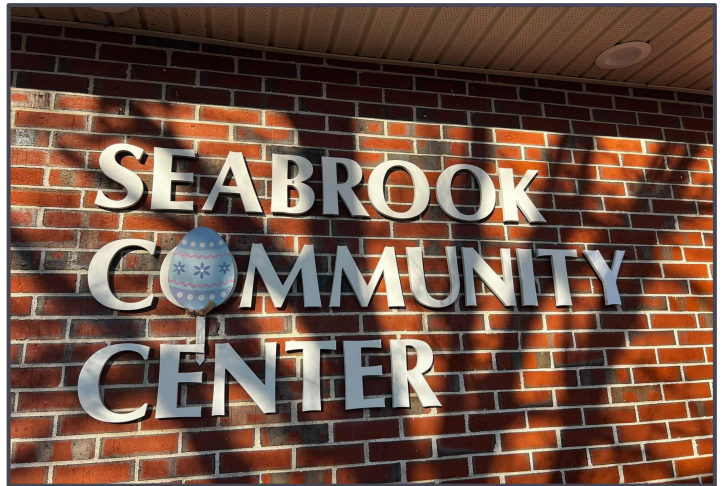
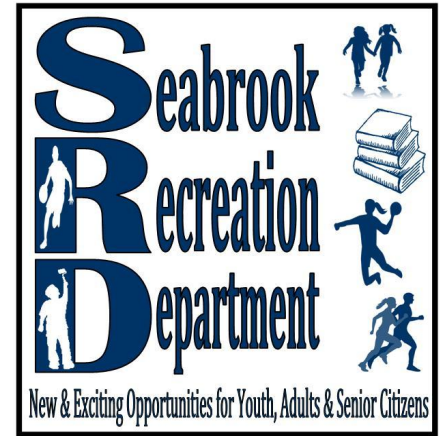
SEABROOK RECREATION DEPARTMENT



2024 SPRING SESSION PROGRAM GUIDE:

Mar. 25th – Jun. 7th

Youth, Adult & Senior



Seabrook Community Center

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

Building Hours

- Mon.-Thurs.** 9am-8pm (starting April 1st)
- Fri.** 9am-8pm (When there is no special event)
- Fri.** Closed from 5:15pm-6pm (Special event)
- Sat.** 11am-3pm (starting April 6th)
- Sun.** CLOSED (starting March 31st)

Spring Registration Begins
March 11th, 2024



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. 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- UPDATED!**

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 them or engaging in the same activity. Children less than the **fourth grade** may not be dropped off to use the building, unless they are attending a structured class or team practice. Youth grades 4th-5th will not be allowed outdoors unless directly supervised by a staff. Youth grades 6th & up will be allowed to leave the building, but only use outdoor areas under direct staff supervision. 6th Grade & up are allowed to leave the Rec. Department grounds.

- **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.

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

Matthew McDonald
Athletic 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. 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 at our lost & found cage. The Rec. Center is not responsible for lost, stolen or damaged property.
- **Skateboards, bicycles, roller blades & scooters**– Are not allowed outside in the main driveway area, in the front walkway/entrance or in use anywhere inside the building. The only non - Seabrook Recreation Department equipment that is allowed are basketballs (Basketballs MUST be clearly marked with the owner's name.)

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

Leah Callahan

Emily Albright

Rec_reception@seabrooknh.org

Area Supervisors

Lita Brown

Christina Moura

Matthew Barrett

Tammy Gardener

Hannah Allen

Sage Marquis

Sam Merrill

Night-time Custodian

John Gonthier

Tristan McDonough



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 – 8PM	2:45 PM – 6 PM
Fri.	9AM – 8PM	2:45 PM – 6 PM
Sat.	11AM – 3PM	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.

***New Playground Equipment coming this Spring!**
(Thank you to the Seabrook Lion's Club)

***Outdoor Areas opening date TBA.**

Open Gym

Days & Times

Mon.-Thur. 9am-8pm (at least ½ gym)
Call ahead for availability.

Friday: 9am-8pm (5:15pm when there is a special event)

Sat: 11am-3pm (beginning April 6th)

Sun: CLOSED (beginning April 7th)

Open times are subject to change!

Game Room

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

Supervised weekdays from 3pm-8pm

Mon-Thurs: 9am-8pm

Fri: 9am-8pm (5:15pm when there is a special event)

Sat: 11am-3pm (beginning April 6th)

Sun: CLOSED (beginning April 7th)



PRESCHOOL PROGRAMS



T-Ball Tots

Pricing:

\$24 (10 weeks) w/SRD ID

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

Dates: Tuesdays

Time: 10am – 12pm

Location: Preschool Room

Instructor: Leah Callahan



In this preschool program we will be learning the basics of T-Ball!

The morning will begin with open invitation activities such as: play-dough, blocks, kitchen play, followed by T-Ball skills!

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

Must be Potty Trained

ABC's of Art

Pricing:

\$26 (8 weeks) w/SRD ID

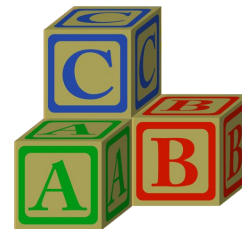
\$52 (8 weeks) w/o SRD ID

Dates: Wednesdays

Time: 10am – 12pm

Location: Preschool Room

Instructor: Leah Callahan



Explore the alphabet through play!

The morning will begin with open invitation activities such as:

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

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

Must be Potty Trained

Preschool Readiness Playgroup

Pricing:

FREE w/SRD ID

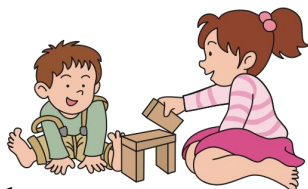
\$5 w/o SRD ID

Dates: Thursdays

Time: 10:30am-12pm

Location: Preschool 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!

Free Play, Snack & Group Activity!

This program requires supervision

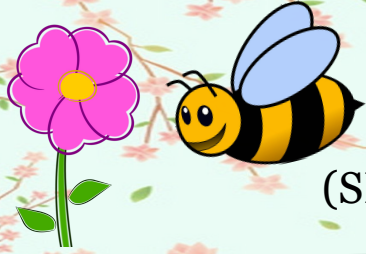
by a parent or guardian.



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

No Program: 4/3, 4/22-4/26, 5/15





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

March 25th – June 7th

Monday - Friday

\$210 for the entire Spring Session

OR pay per specific program day

(SRD Resident member prices reflected below)

Click the
link below
to Register

Seabrookrec.com

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**



Tag, You're It!

Mondays

\$40 (9 weeks)

Instructors: Jessica & Hannah

If you love to run around and get your energy out this class is for you! We will be playing various Tag Games and even making up our own!



Topsy Turvy Games

Tuesdays

\$42 (10 weeks)

Instructors: Sam M. & Reilly J.

Krazy Kickball, Backwards Tag and Chicken Baseball are just a few of the topsy turvy games that we will be playing in this fast paced gym group!



Meet our Staff Program Leads

Brittney Gentile

Cassandra Carter

Matt Barrett

Hannah Allen

Sam Merrill

Program Assistants

Sam Merrill

Forrest Carter

Reilly Johonnett

Lilly Azamor

Hailey Perez

Sage Marquis

Disney Delights

Wednesdays

\$44 (8 weeks)

Instructor: Hannah & Reilly

If you think baking & crafts are fun then this class is for you! We will be baking and creating some dishes made famous by some of our favorite Disney Movies, followed by a craft!



IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Wednesday April 3rd

-April 22nd – April 26th

(Please Refer to our April
Vacation Camp Flyer)

-Monday May 27th



5 Senses of Spring

Thursdays

\$48 (10 weeks)

Instructors: Brittney & Lilly

Let's use all of our senses to explore the wonders of Spring!
Scavenger Hunts, Cooking Projects and so much more!



Early Release Day Off-Site - CHUNKY'S

Wednesday, May 15th

\$15 per person

Separate Registration Required.

Messy Crafts & Games

Fridays

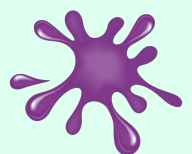
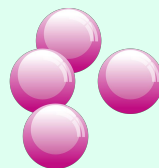
\$46 (10 weeks)

Instructor: Hannah A. & Hailey.

Get ready for some messy fun!

Dive into a world of sensory based, crafts and games!

Tie Dye, Spin Art, Bubble Parties and more!



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

March 25th – June 7th

Monday - Friday

\$200 for the entire Spring Session

OR pay per specific program day

(SRD Resident member prices reflected below)

Click the
link below to
Register

Seabrookrec.com

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

Cassandra Carter

Matt Barrett

Hannah Allen

Sam Merrill

Program Assistants

Sam Merrill

Forrest Carter

Reilly Johonnett

Lilly Azamor

Hailey Perez

Sage Marquis

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Wednesday April 3rd

-April 22nd – April 26th

(Please Refer to our April
Vacation Camp Flyer)

-Monday May 27th

Early Release Day Off-Site - CHUNKY'S

Wednesday, May 15th

\$15 per person

Separate Registration Required.



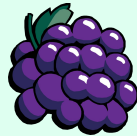
Fields of Fun

Mondays

\$40 (9 weeks)

Instructors: Sam M. & Reilly J.

Explore local parks and enjoy outdoor games such as Pickleball,
Disc Golf, Ultimate Frisbee, Bocce and more!



Cooking with Science

Tuesdays

\$48 (10 weeks)

Instructors: Brittney & Hailey

Create hands on, S.T.E.M. based cooking projects with your friends!
Projects include; Candy Crystals, Grape Molecules, DIY Butter in
a Jar and more!



***OFF SITE* Youth on the Move**

Wednesdays

\$38 (8 weeks)

Instructor: Cassandra & Forrest

If you like to get out and explore, then this class is for you! We will
be visiting several local walking trails and running/biking.

We will also be keeping track of how many miles we do per person!

Please keep in mind that this program is OFF SITE



***OFF SITE* Playground Hunters**

Thursdays

\$42 (10 weeks)

Instructors: Matt B. & Forrest

Get that energy out at our local playgrounds! We will be
participating in a variety of nature based scavenger hunts and
activities, as well as some free time!

Please keep in mind that this program is OFF SITE



Flag Football & Soccer

Fridays

\$42 (10 weeks)

Instructor: Matt B. & Forrest

Get in the game!

Join us as we learn the ins and outs of Flag Football and Soccer!



Seabrook Recreation Department After-school Important Information!

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

Pick Up Policy - UPDATED!

Pick-up time is no later than 6pm. For each additional minute over 6pm 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.

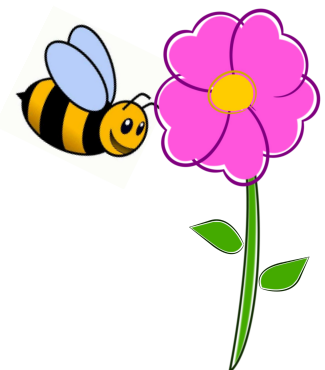
If you have given your child (who is in 4th grade or above) permission to go to open areas in the Rec. Center, please be aware that in such open areas as the gym or game room there is supervision but out of those areas your child is not supervised and the Recreation Department staff are not responsible for youth out of those areas.

Youth 5th grade and below are not allowed outside, without direct staff supervision. Youth 6th grade and above are allowed to go outside but are only allowed on Rec. outdoor premises if directly supervised by staff member. 6th Grade & above are allowed to leave the Recreation Department premises.

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.

• All students who are registered for after-school programming are required to stay in program until picked up by parent/guardian. They cannot switch out to Open Areas.



APRIL Vacation Camp!



April 22nd - April 26th
8am - 3pm

\$60 K-5th Grade

Must register for the entire week

Click the link
below to
Register
Seabrookrec.com

PLEASE BRING A LUNCH Snack will be provided!

Add On: Vacation After Camp (K-3rd) 3:00-5:15pm \$30

K-8th Grade Field Trips

Children's Museum of New Hampshire

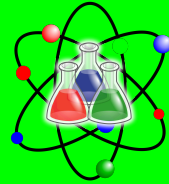


K-2nd Grade

1:00pm-3:00pm **\$15**

DATE: 4/25/24

Instructor: Matt B.



The Children's Museum of New Hampshire offers two floors of unique, interactive, hands-on exhibits where you can explore Nature, STEM, Pretend Play, Art, World Cultures, and more for ages 0-12. Includes 1 hr of play time!

Altitude Trampoline Park

3rd-5th Grade

12:00pm-3:00pm **\$25**

DATE: 4/26/24

Instructor: Matt B.

Includes 1 Hour of Jump time
and socks!



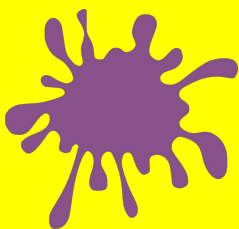
Rage Cage: Glow Paint Party

6th-8th Grade

3:00pm-7:00pm **\$40**

DATE: 5/17/24

Instructor: Matt B

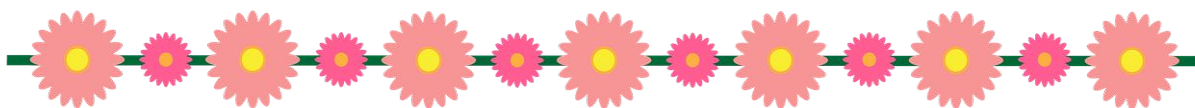


Includes 1 Hour of GLOW PAINT SPLATTER EXPERIENCE,
30 oz of UV Reactive Paint, 1 canvas to take home, White
jumpsuit, Safety Goggles & Shower Cap!

OPTIONAL - Additional Canvas/Paint add ons available



(SRD Resident member prices reflected above)
SPACES ARE LIMITED!



AMERICAN RED CROSS BABYSITTERS TRAINING

**Ages 10 and up!*

Instructor: Brittney Gentile

Date: Wednesday 4/24/24 Only \$30!

*Includes American Red Cross Certification Once completed**

Our in-person 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.



8th Grade End of the Year Mixer! GRAD & GLOW!

Pricing:

\$5 w/SRD ID
\$7 w/o SRD ID



Date:

Friday 6/7/2024

(Wear **NEON** attire 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! Congrats to the Graduates!



Six Flags New England

9th-12th Grade

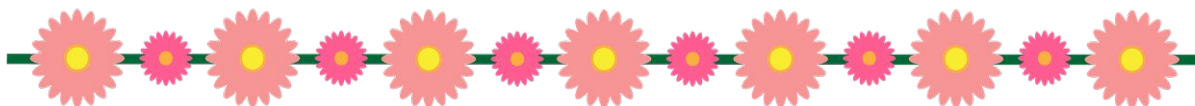
\$50 w/ SRD ID / \$100 w/o SRD ID

DATE: Saturday 5/11/24

Drop off at the SRD at 8am

Bus leaves at 8:15am SHARP

Return to the SRD at 8pm



High School Events

9th – 12th Grade

SEABROOK RECREATION DEPARTMENT
9TH-12TH GRADE

SPRING FLING

FRIDAY APRIL 5, 2024
6PM-9PM

DJ - LIGHT SHOW - GAMES
CARNIVAL FOOD & MORE

GET YOUR TICKETS

PRE REGISTER AT WWW.SEABROOKREC.COM

(PRICING FOR WHS STUDENTS ONLY)
\$15 W/ PRE REGISTRATION -OR- \$20 AT THE DOOR
(MUST SHOW SCHOOL ID)

(PRICING FOR OTHER SCHOOL DISTRICTS)
\$30 W/ PRE REGISTRATION -OR- \$30 AT THE DOOR
(MUST SHOW SCHOOL ID)

NOT A SCHOOL SPONSORED EVENT

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!

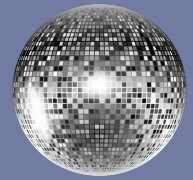
[State of New Hampshire Criminal Records Unit \(nh.gov\)](http://www.nh.gov)

[National Background Check](#)

[Volunteer Application](#)



Upcoming Spring 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 4/12/2024 - Neon Craze
(Wear NEON and receive \$1 off admission)

-Friday 5/17/2024 - Luau Party
(Wear tropical attire 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 5/3/2024 - Neon Craze
(Wear pajamas and receive \$1 off admission)

-Friday 5/31/2024 - Luau Party
(Wear tropical attire 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 4/19/2024 - Neon Craze
(Wear NEON and receive \$1 off admission)

-Friday 5/24/2024- Luau Party
(Wear tropical attire 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

Date: Friday 5/10/2024 - Neon Craze

(Wear NEON and receive \$1 off admission)
Parent or guardian supervision is NOT required.

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

Location: Seabrook Recreation Department

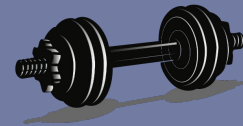
Join us in a fun filled night of Roller-skating,
Games and Dancing!

Please make sure to wear socks to the event.

Please keep in mind that we do not allow outside food or drinks



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:
\$35 (10 weeks) w/SRD ID
\$70 (10 weeks) w/o SRD ID
Dates: Tuesdays (beginning 3/26)
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:
\$35 (10 weeks) w/SRD ID
\$70 (10 weeks) w/o SRD ID
Dates: Tuesdays (beginning 3/26)
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

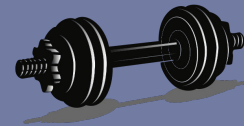
Age: 18+ (16+ welcomed)
Pricing:
\$35 (10 weeks) w/SRD ID
\$70 (10 weeks) w/o SRD ID
Dates: Thursdays (beginning 3/28)
Time: 11am - 12pm
Location: Gym 1
Instructor: Kathleen Cooper



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](http://Seabrookrec.com)

ADULT EVENING FITNESS PROGRAMS



Strong by Zumba (HIIT)

Age: 18+ (16+ welcomed)

Pricing:

\$30 (11 weeks) w/SRD ID

\$60 (11 weeks) w/o SRD ID

Dates: Tuesdays (Beginning 3/26)

Time: 6pm-7pm

Location: Multi 2 & 3

Instructor: Kathleen Cooper



Join in on this **high-intensity workout class! HIIT!** Strong by Zumba is a full-body, bodyweight workout that conditions your muscles with a combination of cardio and plyometric exercises. Unlike your traditional bootcamp classes, the music is the heart of the workout, and every movement you do will be to the beat of the music.

POSITIVE
mind
POSITIVE
vibes
POSITIVE
life

Zumba

Party Lights will be used!

Age: 18+ (16+ welcomed)

Pricing:

\$30 (11 weeks) w/SRD ID

\$60 (11 weeks) w/o SRD ID

Dates: Thursdays (Beginning 3/28)

Time: 6pm-7pm

Location: Multi 2 & 3

Instructor: Kathleen Cooper



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!

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!!

SENIOR PROGRAMS



SR. Wii Bowling League

Pricing:

\$10 Resident (10 weeks)

\$15 Non-Resident (10 weeks)

Dates: Wednesdays

Time: 12:15pm-2:30pm

Location: Multi 2 & 3

Instructor: Sandy Beaudoin

Assisted by: Nancy Lewis

(No program 5/15)



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:

Residents - FREE

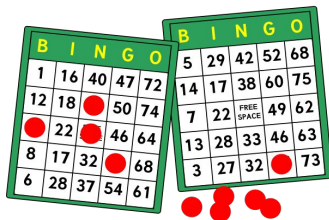
Non- Residents - \$2

Dates: Thursdays

Time: 12:00pm-2:00pm

Location: Multi Rooms

Instructor: Lita Brown



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 3/28)

Time: 10:00am - 11:00am

Location: Gym 1

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: 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



ADULT & SENIOR PROGRAMS

Seabrook Recreation Department

Basic iPhone Lesson

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, listen to music and access the iCloud Storage.

\$10 residents
\$20 non residents
Date/Time: TBD

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

register now at www.seabrookrec.com



Seabrook Recreation Department

Paint & Snack

Create your own custom and unique painted glass fairy bottle and enjoy some light snacks!

Tuesday 4/23
10am-12pm

register now at www.seabrookrec.com



SENIOR PROGRAMS

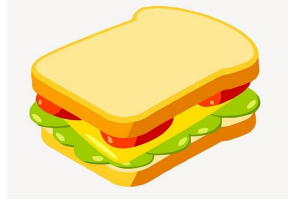
Taxi Assistance Program

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.



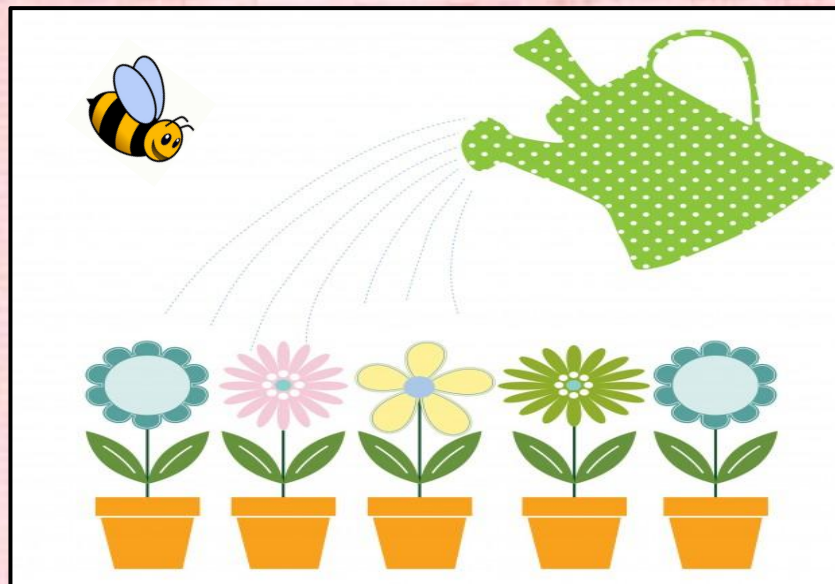
Rockingham Nutrition Program: Meals on Wheels

Pricing:
\$2 Donation
Dates: Monday-Friday
Time: 11:30am on-site
Location: Kitchen
Site Director: TBD

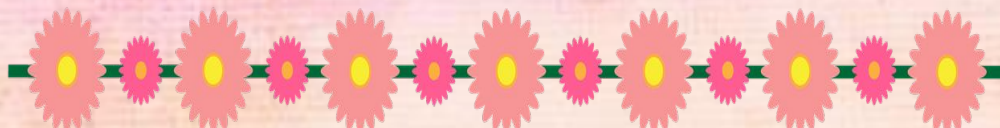
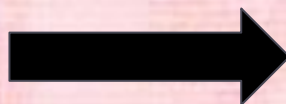


A daily nutritional meal is available to senior citizens (60+ years old). Meals are served on-site too!
Come early and play cards or a game.

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



Senior Day celebration flyer on the next page!



Seabrook Recreation Department

SAIL INTO PARADISE TO CELEBRATE Our 30th Annual Senior Day *Ship to Shore Gala*

Wednesday, May 15th, 2024

Time: 10:00am - 1:00pm

✦ Location: 311 Lafayette Rd.,
Seabrook, NH 03874

Embark on our 30th Anniversary celebrating YOU, senior citizens!
Meals are provided by Rockingham Nutrition & Meals on Wheels.

Please call (603) 474-5746 by Wednesday, May 1st to reserve a meal.

Full course lunch provided; \$3 per person
FREE Raffle Ticket if you Pre-Register & Pay between
March 11th, 2024 - May 1st, 2024 ✦

Entertainment will include a Caricature Artist, Hula Dancer, and a special performance.... "Aloha from Hawaii"



PICK-UP BASKETBALL NIGHTS



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



ADULT PICK-UP BASKETBALL

MONDAY NIGHTS
BEGINNING APRIL 1ST, 2024
6PM - 7:30PM

DROP IN RATE
Residents: \$5
Non-Residents: \$10

ALL 10 WEEKS
Residents: \$20
Non-Residents: \$40

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



ADULT WOMEN'S PICK-UP BASKETBALL

WEDNESDAY NIGHTS BEGINNING APRIL 3rd 2024
6PM - 7:30PM

DROP IN RATE:
Residents: \$5
Non-Residents: \$10

ALL 10 WEEKS
Residents: \$20
Non-Residents: \$40

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



HIGH-SCHOOL PICK-UP BASKETBALL

TUESDAY NIGHTS
BEGINNING APRIL 2ND, 2024
6PM - 7:30PM

DROP IN RATE
Residents: \$5
Non-Residents: \$10

ALL 10 WEEKS
Residents: \$20
Non-Residents: \$40

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



NEW! 7TH - 12TH GRADE GIRLS PICK-UP BASKETBALL

THURSDAY NIGHTS BEGINNING APRIL 4th, 2024
6PM - 7:30PM

DROP IN RATE
Residents: \$5
Non-Residents: \$10

ALL 10 WEEKS
Residents: \$20
Non-Residents: \$40



SPRING SPORTS

SEABROOK RECREATION DEPARTMENT

SPRING FLAG FOOTBALL

8 week session (1 week night practice, once a week and 1 weekend game, once a week. Single elimination & championship game at the end of the season)

Price includes: 8 weeks of play, championship rings & uniforms.

NEW for this year!

If you attend the SAU21 or SAU90 school districts;
\$40 per player
All others: \$80

[Click here to Register!](#)

*Located at the Governor Wear Field

REGISTER FOR THE FOLLOWING DIVISIONS

3rd-5th Grade Division

6th-8th Grade Division

High School Division

Practice &
Game Times
will be
announced!

For more information call
(603) 474-5746
or email
Mmcdonald@seabrooknh.org

Seabrook Recreation Department
311 Lafayette Rd.
Seabrook, NH

Hunter Safety Course

Dates: April 4th, 9th, 11th, 13th,
4/16 (13th at the range)

Ages 12+ Time: 5:30pm - 9:30pm

Multi 2 & 3

(Class may end early some nights)



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, Facebook Page and Email Blasts.**



Easter Egg Hunt & Bunny Breakfast!
Saturday, March 30th



Community Earth Day Drop In!
Monday, April 22nd



Summer Camp Registration Day!
Monday, May 6th



Summer Camp begins June 24th - August 9th (7 weeks!)
K-8th Grade (Pre-school may be available depending on staffing)



Senior Day Event
Wednesday, May 15th



In partnership with Rockingham Nutrition Meals on Wheels



Memorial Day Parade
Sunday, May 26th



Seabrook Recreation Department Annual **EGG HUNT** & Bunny Breakfast

Saturday March 30th 2024

Important Information



- max of 10 eggs per person
 - Hunt takes place in the second half of the Gym or Outdoors
(Announcements will be made)
 - Participants can only win 1 Large Prize
 - Make sure to bring your own bag/basket
 - Bring your camera for pictures with the Easter Bunny!
- Some hunts are outdoors so please dress accordingly!



Not a School Sponsored Event

Schedule of Hunts

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

Residents FREE

Non Residents \$5

Online Registrations ONLY

www.seabrookrec.com

Bunny Breakfast

\$5 Per Person \$10 Non Residents

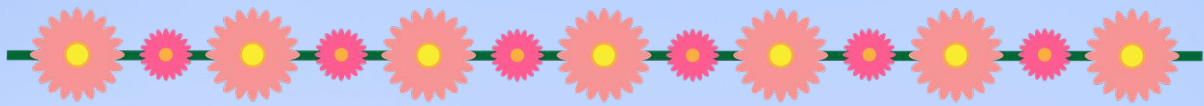
"Spaghetti" Pancakes w/ Toppings
Bar, Scrambled Eggs, Sausages,
Pastries, Juice & More!

**Proceeds go towards
Youth Opportunities!**

While supplies last!

Register Online or In Person!

www.seabrookrec.com



Spring Fun!

Scan the QR Code below for our 2024 Spring Coloring Contest Sheet!



Completed entries can be dropped off at the SRD Front Office OR emailed to Brittney at bgentile@seabrooknh.org

Special Spring Dates!

- March 30th - Take a Walk in the Park Day
- April 12th - Grilled Cheese Day
- April 26th - Pretzel Day
- May 4th - Star Wars Day
- May 13th - Frog Jumping Day
- May 29th - Put a Pillow on Your Fridge Day
- June 3rd - Repeat Day
- June 8th - Best Friends Day



If you have any fun facts about summer that you would like to be featured in our upcoming summer brochure please send them to Bgentile@seabrooknh.org.

