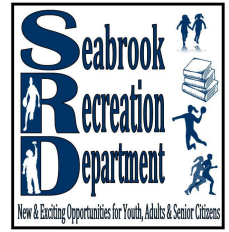


SEABROOK RECREATION DEPARTMENT



2025



WINTER SESSION GUIDE: Jan. 2nd- Mar. 21st *Youth, Adult & Senior*



Seabrook Community Center

311 Lafayette Rd., Seabrook NH

(603) 474-5746

Building Hours

Mon.-Thurs. 9am-9pm (Starting Dec. 2nd)

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. 7th) (Open for Basketball Games Only)

Winter Session Registration Begins December 18th, 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.

Membership rate increase will begin January 1st, 2024.



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

**To be determined
Recreation Custodian**

GENERAL INFORMATION CONTINUED...

Policies & Procedures

- **Refund policy** – Some programs have a minimum and maximum number of participants set, in order to begin operating classes. Refunds are allowed one week prior to the class starting. Credit may be given in some situations.
- **Handicapped Access** – The community center is handicapped accessible. Shower facilities, sinks, playground, etc. meet ADA standards.
- **Checks with Insufficient Funds** – Any person using a check to pay for services & items, must understand that they are responsible for any bank charges and the amount of the check. These fees must be taken care of before they can sign up for any additional programs.
- **Dogs on the Property**- Dogs are not allowed in the community center and/ or on the property. This does not apply to medical assisting dogs.
- **Lost & Found** – We try very hard to give people an opportunity to reclaim their lost item. Check at the main office and lost & found cage. The Rec. Center is not responsible for lost, stolen or damaged property.
- **Skateboards, bicycles, roller blades, heelys & scooters**– Are not allowed outside in the main driveway area, in the front walkway/entrance or in use anywhere inside the building. Only Seabrook Recreation Department equipment allowed.

CONTACT US!

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

Website: www.seabrookrec.com

Facebook: Seabrook Recreation Department & Community Center

Instagram: Seabrook_Community_Center



Recreation Department Staff Continued

Stephanie McDonald

Office Clerk

smcdonald@seabrooknh.org

Office Receptionists

Paula Eaton

Emily Albright

Rec_reception@seabrooknh.org

Area Supervisors

Christina Moura

Meredith Sanborn

Matthew Barrett

Tammy Gardener

Hannah Allen

Night-time Custodian

Tristan McDonough

Community Center Facilities

Exercise Room

Open only to SRD membership holders age 13 and above. Each participant under 18 must complete the 30 minute clearance class. Over 18 must sign a waiver and/or take the clearance class. (An appointment must be made to attend this class.) Free to schedule; call the office or email mmcdonald@seabrooknh.org to scheduled your class.

Equipment includes: 6 pieces of Cybex equipment, healthrider, fitness flyer, 2 treadmills, bench press, squat rack, rowing machine, bikes, calf machine, curl machine, Ab machines, Total Gym 1000, free weights, elliptical machine, and more.

	Adults/Teens (16 yrs. +)	13-16 yrs.
M-Th.	9 AM – 9 PM	2:45 PM – 6 PM
Fri.	9 AM – 8 PM	2:45 PM – 6 PM
Sat.	CLOSED - Basketball Program Only	
Sun.	CLOSED - Basketball Program Only	

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-5pm (at least ½ gym)

Call ahead for availability.

Friday: 9am-8pm (When there is no special event)

Sat: CLOSED - Basketball Program Only

Sun: CLOSED - Basketball Program Only

Open times are subject to change!

Game Room

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

Days & Times

Mon.-Thur. 9am-9pm

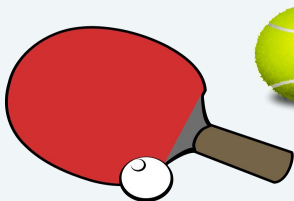
Call ahead for availability.

Friday: 9am-5pm

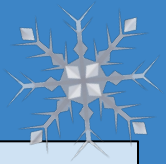
Sat: CLOSED - Basketball Program Only

Sun: CLOSED - Basketball Program Only

Open times are subject to change!



Welcome to our 3 - 4 year old Pre-School Programs!



January 6th – March 20th

Monday - Wednesday
\$207 for the entire Winter Session

OR
Individual Weeks
(SRD Resident member prices reflected below)

**Click the
link below
to Register**

Seabrookrec.com

Schedule

Playtime & Invitation Activities

10am-10:30am

Activity & Learning

10:30am-11:30am

Snacktime

11:30am-12pm

Meet Amanda!



I moved to Seabrook almost 5 years ago and have been a stay at home mom for just as long. In December of 2023 I got married and we live at home with our 5 year old little girl who has kept me pretty busy and our 9 year old boy who has told me more about Minecraft then I thought possible and I can't forget about our 5 cats!

IMPORTANT DATES TO REMEMBER!

There will be **NO PROGRAMS**

-Monday, January 20th

-Monday, February 17th

Vacation Week:

February 24th-28th

-Monday, March 10th

-Tuesday, March 11th

WEEKLY THEMES

Do you wanna build a snowman?	Week 1 (Jan. 6th-8th)	\$25
Snowflake art!	Week 2 (Jan. 13th-15th)	\$25
Winter senses!	Week 3 (Jan. 21st-22nd)	\$17
Wintertime scavenger hunts!	Week 4 (Jan. 27th-29th)	\$25
Cool stories...brrr!	Week 5 (Feb. 3rd-5th)	\$25
Painting through winter!	Week 6 (Feb. 10th-12th)	\$25
Winter animals!	Week 7 (Feb. 18th & 19th)	\$17
Cozy healthy snacks!	Week 8 (Mar. 3rd-5th)	\$25
Matching Madness!	Week 9 (Mar. 12th) (No Program 3/10 & 3/11)	\$8
Lucky Leprechaun!	Week 10 (Mar. 17th-19th)	\$25

Seabrook Recreation Department

Preschool Readiness Group



FREE!

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

Where: 311 Lafayette Rd., Seabrook, NH

When: Thursdays, 10am-12pm

Instructor: Amanda

Parent and/or guardian must stay with their child(ren)

***Preschool participants must be
potty trained to attend***

Welcome to our K-1st Grade After-school



Winter Session Program!



January 2nd - March 21st **Monday - Friday**

\$228 for the entire Holiday Session OR Pay per specific program day

Schedule

Homework, Recess & Snack

2:45pm-3:45pm

Program Time

3:45pm-5:30pm

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

Parent Pick-up

Monday-Friday- **6:00**

Meet our Staff Program

Leads

Brittney Gentile

Ashley Curtis

Matt Barrett

Amanda Smith

Program Assistants

Preston Campanella

Forrest Carter

Reilly Johonnett

Lilly Azamor

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Friday, January 17th

-Monday, January 20th

-Wednesday, February 12th

-Monday, February 17th

-Monday, February 24th-28th

-Mon. & Tues. March 10th & 11th

REMINDER:

EARLY RELEASE PROGRAM

February 12th, 2025

FEBRUARY VACATION CAMP

February 24th - 28th

There will be NO Afterschool Programs. Separate Registration Required.



Cozy Crafts & DIY **Mondays**

Pricing: \$37 w/ SRD ID (7 weeks)

Instructors: Amanda Smith

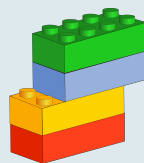
Get creative with a variety of cozy winter themed crafts and DIY projects

Lego Mindstorms **Tuesdays**

Pricing: \$43 w/ SRD ID (9 weeks)

Instructor: Ashley Curtis

1...2...3... BUILD! Team up with friends and take on a multitude of lego building challenges!



Chilly Experiments **Wednesdays**

Pricing: \$50 w/ SRD ID (9 weeks)

Instructors: Amanda Smith

Instant snow, ice paintings, snow ice cream and MORE!

Disney's Kitchen **Thursdays**

Pricing: \$60 w/ SRD ID (11 weeks)

Instructor: Ashley Curtis

Learn how to prepare Disney Movie themed dishes such as; 'Pizza Planet' Pizza and Snow White's Poison Apples!



Sami's Circuit **Fridays**

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

Instructor: Ashley Curtis

A SEL program designed to promote kindness and positive social skills through being active!

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

Welcome to our 2nd-4th Grade After-school Winter Session Program!



January 2nd - March 21st **Monday - Friday**

\$224 for the entire Holiday Session OR Pay per specific program day

Schedule

Homework, Recess & Snack

2:45pm-3:45pm

Program Time

3:45pm-5:30pm

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

Parent Pick-up

Monday-Friday- **6:00**

Meet our Staff Program

Leads

Brittney Gentile

Ashley Curtis

Matt Barrett

Amanda Smith

Program Assistants

Preston Campanella

Forrest Carter

Reilly Johonnett

Lilly Azamor

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Friday, January 17th

-Monday, January 20th

-Wednesday, February 12th

-Monday, February 17th

-Monday, February 24th-28th

-Mon. & Tues. March 10th & 11th

REMINDER:

EARLY RELEASE PROGRAM

February 12th, 2025

FEBRUARY VACATION CAMP

February 24th - 28th

There will be NO Afterschool
Programs. Separate Registration
Required.

Kids Who Care: Animal Lovers Mondays



Pricing: \$37 w/ SRD ID (7 weeks)

Instructors: Brittney Gentile

DIY cat toys, blanket making and more for the Feline Rescue Society!

Wire Wrapped Jewelry Making Tuesdays

Pricing: \$48 w/ SRD ID (9 weeks)

Instructors: Brittney Gentile



Bend, twist and design your way into creating your own jewelry!

Sami's Circuit Wednesday



Pricing: \$43 w/ SRD ID (9 weeks)

Instructors: Brittney Gentile

A program designed to promote kindness through being active!

Makerspace Challengers Thursdays

Pricing: \$58 w/ SRD ID (11 weeks)

Instructors: Matt Barrett



Work with your peers to solve various Makerspace team
challenges and mini games!

Freeze! Tag & Gym Games Fridays



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

Instructors: Matt Barrett

A high energy program focusing on tag and gym games!

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

Seabrook Recreation Department After-school Important Information!

Pick Up Policy

-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.*

YOUTH PROGRAMS & TRIPS

K-8th Grade

EARLY RELEASE PROGRAM



February 12th
12:00pm - 6:00pm
K-5th Grade *Min/8 Max/25*
\$15

Snack is Provided!



FEBRUARY VACATION CAMP



February 24th - February 28th 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!

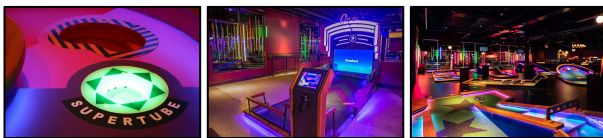
OPTIONAL: Vacation After Camp 3pm-5:15pm

K - 3rd Grade

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



Puttshack! 5th - 8th Grade



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

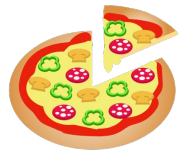
Date: Wednesday, February 26th

Time: 8:00am-6:00pm

Location: Boston, MA

Take a trip to Puttshack! This one of a kind indoor mini golf has so much to offer! Fully interactive and upgraded mini-golf!

Chuck 'E' Cheese K - 4th Grade



CHUCK E. CHEESE'S

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

Date: Thursday, February 27th

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 Youth Trainings

AMERICAN RED CROSS BABYSITTERS TRAINING

**Ages 11 and up!*

Instructor: Brittney Gentile

Date: 2/25/25 (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.

SEABROOK RECREATION DEPARTMENT HOME SAFETY CLASS

**Ages 9 and up!*

Instructor: Brittney Gentile

Date: 2/28/25 (10:00am-2:00pm*)

**Ending time may vary*

Only \$30!

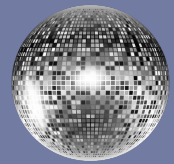
Our in-class training teaches kids how to
create safe environments at home, school,
and online. This program uses
age-appropriate curriculum to help children
develop safety awareness and come up with
a safety plan for being home alone!

Kids earn safety badges by completing
games, videos, and situational scenarios
when staying home alone. Parents can also
participate to help reinforce safety messages.

Recommended for those ages 9 and up.

Register → [Click to visit Seabrookrec.com](https://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 1/3/2025 - Pajama Party
(Wear pajamas and receive \$1 off admission)

-Friday 2/7/2025 - 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.

3rd & 4th Grades

Dates: -Friday 1/10/2025 - Pajama Party
(Wear pajamas and receive \$1 off admission)

-Friday 2/14/2025 -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.

5th & 6th Grades

Dates: -Friday 1/24/2025 - Pajama Party
(Wear pajamas and receive \$1 off admission)

-Friday 2/21/2025- Valentine's 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 1/31/2025 -Pajama Party
(Wear pajamas and receive \$1 off admission)

- Friday 3/7/2025 - 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.

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

doors will be locking at 6:30pm for participant safety*



Sports Programs/Leagues

👀👀 Be on the Lookout
for our Upcoming Basketball Tournament Schedules!

Travel Softball

8U, 10U, 12U

Fees:

\$45 w/SRD Membership

\$54 w/SAU 21/90 Membership

\$90 w/o Membership

Age groups are determined by age as of August 31st, 2024.

Registration Dates: 1/2/2025-2/21/2025

Intro. to Softball

4-5 year olds

Fees:

\$30 w/SRD Membership

\$36 w/SAU 21/90 Membership

\$60 w/o Membership

More information will be announced!

Sign up when registrations are available to secure your spot!

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



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.

Nighttime Pickleball Coming Soon!

Adult Pick-up Basketball Coming Soon!

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



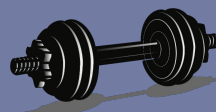
Click on the links below to complete the **REQUIRED** volunteer forms. Return them to the SRD!



[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.



Zumba Gold

Age: 18+
Pricing:
\$30 (8 weeks) w/SRD ID
\$60 (8 weeks) w/o SRD ID
Dates: Mondays (beginning 1/6) (No program 2/17, 2/24, 3/10)
Time: 10am - 11am
Location: Gym 1
Instructor: Kathleen Cooper



Minimum of 8 participants required

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

Strength, Stretch & Sculpt (Equivalent to Silver Sneakers)

Age: 18+ (16+ welcomed)
Pricing:
\$32 (9 weeks) w/SRD ID
\$64 (9 weeks) w/o SRD ID
Dates: Tuesdays (beginning 1/7) (No program 2/25 & 3/11)
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.*

Barre

Age: 18+ (16+ welcomed)
Pricing:
\$32 (9 weeks) w/SRD ID
\$64 (9 weeks) w/o SRD ID
Dates: Tuesdays (beginning 1/7) (No program 2/25 & 3/11)
Time: 11am - 12pm
Location: Gym 1
Instructor: Kathleen Cooper

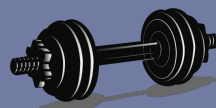


Barre class is a workout technique inspired by elements of ballet, yoga and pilates. Each class is designed to be a full body, muscle endurance workout broken into sections that focus on major muscle groups.

Barre is very beginner friendly, adaptable to different skill sets and ability levels.

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

ADULT MORNING FITNESS PROGRAMS CONTINUED



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

Zumba Gold



Age: 18+

Pricing:

\$38 (10 weeks) w/SRD ID

\$76 (10 weeks) w/o SRD ID

Dates: Wednesdays (beginning 1/8) (No program 2/26)

Time: 11am - 12pm

Location: Gym 1

Instructor: Kathleen Cooper

Minimum of 8 participants required

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

Chair Yoga



Pricing:

Age: 18+ (16+ welcomed)

\$35 (10 weeks) w/SRD ID

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

Dates: Thursdays (beginning 1/9) (No program 2/27)

Time: 9am - 10am

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.

Intermediate 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: Thursdays (beginning 1/9) (No program 2/27)

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.*

Enjoy
Every
Moment

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

Happy Seniors Club Meetings

Pricing:

\$15 Annual Dues

Dates: 1st Wednesday of each month

Time: 12pm-3pm

Location: Seabrook Library

President: Judy Hamel

Occasional entertainment, refreshments and discussion of upcoming trips.

For questions please feel free to contact Judy Hamel at: (603) 760-2375

Rockingham Nutrition Program: Meals on Wheels

Pricing:

\$2 Donation

Dates: Monday-Friday

Time: 11:30am on-site

Location: Kitchen

Site Director: Starlene



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.

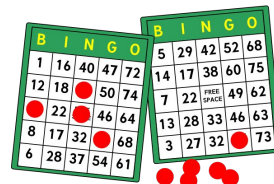
Must call for a reservation: (603) 474-2139

SR. Drop in Bingo

Pricing:

FREE w/SRD ID

\$2 w/o SRD ID



Dates: Thursdays

Time: 12pm-2pm

Location: Multi Rooms

Instructor: Lita Brown

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

SR. Wii Bowling League

Pricing:

\$10 Resident

\$15 Non-Resident

Dates: Wednesdays

Time: 12:15pm-2:30pm

Location: Multi 2 & 3

Instructor: Sandy Beaudoin

Assisted by: Nancy Lewis



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



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 15th 2025

Seabrook Recreation Department



In House Basketball Banquet



Saturday, February 22nd 2025

FEBRUARY VACATION CAMP

February 24th - February 28th 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 - 3rd 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 - Fruitcake Toss Day

JAN 6 - National Take the Christmas Tree
Down Day

JAN 9 - Clean Your Desk Day

JAN 12 - National Hot Tea Day

JAN 13 - National Rubber Ducky Day

JAN 21 - Granola Bar Day

JAN 30 - Bubble Wrap Appreciation Day

FEB 1 - Change your Password Day

FEB 4 - Eat Ice Cream for Breakfast Day

FEB 10 - Cream Cheese Brownie Day

FEB 17 - Random Act of Kindness Day

FEB 23 - National Tootsie Roll Day

FEB 28 - US Snowshoe Day

MAR 15 - National Corn Dog 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**