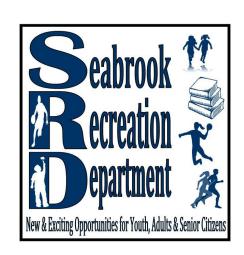
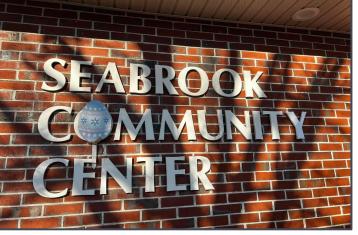
# SEABROOK RECREATION DEPARTMENT

2025
SPRING SESSION
PROGRAM GUIDE:

Mar. 24<sup>th</sup> – Jun. 6<sup>th</sup> Youth, Adult & Senior











## **Seabrook Community Center**

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

### **Building Hours**

Mon.-Thurs. 9am-8pm (starting March 31st)

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

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

**Sat.** 11am-3pm (starting April 5th)

**Sun.** CLOSED (starting March 30th)

**Spring Registration Begins** 

March 10th, 2025





#### **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

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. 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**

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



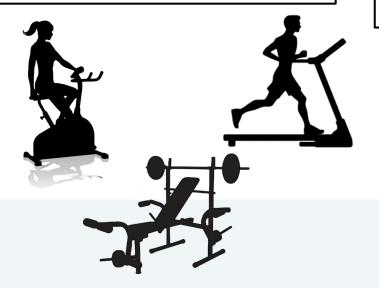


## **Exercise Room**

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 <a href="mmcdonald@seabrooknh.org">mmcdonald@seabrooknh.org</a> 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	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 5th) Sun: CLOSED (beginning March 30th) 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 5th) Sun: CLOSED (beginning March 30th)



## Welcome to our 3 - 5 year old

## **Pre-School Programs!**

## March 24th - June 4th

Monday - Wednesday \$215 for the entire Spring 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

- -Wednesday, April 2nd
- April, 28th-May 2nd
- Wednesday May 21st
- Monday, May 26th

WEEKLY TH	EMES	
All About Butterflies!	Week 1 (Mar. 24th-Mar. 26th)	\$25
Pranksters & Jokesters!	Week 2 (Mar. 31st-Apr. 1st (No Program 4/2))	\$17
April Showers, bring May Flowers!	Week 3 (Apr. 7th-9th)	\$25
The Easter Bunny is Coming!	Week 4 (Apr. 14th-16th)	\$25
Go Green with us!	Week 5 (Apr. 21st-23rd)	\$25
Show your love (Happy Mother's Day)!	Week 6 (May 5th-7th)	\$25
Flowers are blooming!	Week 7 (May 12th- 14th)	\$25
Trail Explorers!	Week 8 (May 19th & May 20th) (No program 5/21)	<b>\$1</b> 7
Rain, Rain Go Away!	Week 9 (May 27th & 28th) (No Program 5/26)	<b>\$17</b>
Spring into Summer!	Week 10 (June 2nd-4th)	\$25

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

## **Jumping Beans Playgroup!**

0-6 years

Thursdays (3/27 - 6/5) (No playgroup 5/1)

I2pm-2pm

FREE!

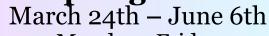
Bring your little one to engage with others! This will give parents, grandparents and other guardians a fun filled meet up spot to let their children burn some energy!





## Welcome to our K-1st Grade

**After-school Spring Session Program!** 



Monday - Friday \$210 for the entire Spring Session OR pay per specific program day

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 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** 

- -Wednesday, April 2nd
- April, 28th-May 2nd
- Monday, May 26th

#### **Early Release Day**

Wednesday, May 14th \$15 per person Separate Registration Required.



#### **Nature Based Crafts & Games**

Mondays \$40 (9 weeks)

**Instructor: TBD** 



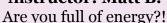
Get outside and enjoy the outdoors in this nature based program! We'll be foraging, identifying animal tracks, participating in scavenger hunts and more!



#### **High Energy Games**

Tuesdays \$42 (10 weeks)

**Instructor: Matt B.** 





Gym games, partner games, team games and more! The sky's the limit in this high energy, fast paced program!



#### No Bake Snacks, Stories & More

Wednesdays \$44 (8 weeks)



**Instructor: Amanda** 

In this program we'll be starting each day with reading a story! Every story will be accompanied by a themed 'no bake' snack, corresponding craft or activity!



#### **Build & Breakdown**

Thursdays \$48 (10 weeks)



**Instructor: Matt B.** 

Grab your materials and get ready to create! We will be building and exploding volcanoes, bridges, lego sculptures, incredible egg drop inventions and more!



#### **Art with a SPLASH**

Fridays \$46 (10 weeks)



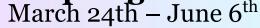
**Instructor: Ashley** 

Create bright, beautiful paintings using squirt bottles, squirt guns, bubbles and more to fling, splatter and throw paint!

The result is always a unique, one-of-a-kind artwork!



## Welcome to our 2nd - 4th Grade After-school Spring Session Program! March 24th – June 6<sup>th</sup>





Monday - Friday \$165 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 **Ashley Curtis Matt Barrett Amanda Smith** 

### **Program Assistants**

Preston Campanella **Forrest Carter Reilly Johonnett** Lilly Azamor

#### **Volunteers**

Stephanie McDonald

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

There will be **NO PROGRAMS** 

- -Wednesday, April 2nd
- April, 28th-May 2nd
- Monday, May 26th

#### **Early Release Day**

Wednesday, May 14th \$15 per person Separate Registration Required.

### **Spring Foraging & Crafts**

Mondays \$40 (9 weeks)

**Instructor: Brittney** 

Explore nature and search for a variety of flowers and plants! Learn how to identify nature, spot animal tracks and experience a variety of nature based crafts & activities!



#### **Cooking with Science**

**Tuesdays** \$48 (10 weeks)

**Instructor: Brittney** 



We'll be teaching students about the science and math behind cooking through hands-on activities and recipes!

#### \*OFF SITE\* Playground & Trail Explorers

Wednesdays FREE! (8 weeks)

Instructor: Cassandra, Forrest & Stephanie

Let's get out and play! We will be exploring different playground in and around our town. Make sure to bring your sneakers as we will be making new trail and playground discoveries! \*Please keep in mind that this program is OFF SITE\*



#### **Make it Mini: DIY**

Thursdays \$42 (10 weeks)

**Instructor: Amanda** 



In this crafty class we will be exploring the world of miniatures! DIY Squishies, miniature clay magnets, tiny pom pom beanies, mini notebooks and much more!

#### **Beauty Bonanza & Karaoke Kraze**



Fridays \$42 (10 weeks)

**Instructor: Brittney** 

Pop concerts meets a day at the spa! Learn how to create your own beauty products, followed by karaoke!

## 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.

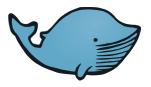
## **Other Good to Know Policies**

- 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.



Vacation Off-site Only Camp!





April 28th - May 2nd

8am – 3pm K-5<sup>th</sup> Grade



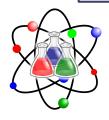
PLEASE BRING A LUNCH Snacks will be provided!

Save \$12 by signing up for all vacation camp trips for only \$125

Add On: Game Room Extended Day (K-3rd) 3:00-5:15pm \$20

Destination	Trip Date	Drop off time	*Please note	Pick up time	Fee
Seacoast Science Center; Whale of a Program! What makes a whale a whale? In this program, students will learn about the anatomy, migratory routes, and behavioral patterns of these giant marine mammals. Students will look at the adaptations that make it possible for these animals to survive in the ocean and how some species have evolved to become the largest animals on our planet. Fantastic images, hands-on activities, and real whale bones make this program unforgettable.We will also enjoy Odiorne Point State Park's nature trails, historic WWII fortifications, seven different natural habitats, scenic picnic areas, fields, and playground. (Bus pick up - 10:30am) (Bus Drop off - 2pm)	MON.	8am	PLAN ACCORDING LY FOR PRE-PLANNE D DROP OFF TIMES ON FIELD TRIP DAYS.  SOME OF THE PICK UP TIMES FOR TRIPS MAY VARY DUE TO TRAFFIC.  TRIP DATES & TIMES MAY ALSO	3pm	\$28
Franklin Park Zoo (Bus pick up - 10am) (Bus Drop off - 2pm)	TUE.	8am		зрт	\$32
<b>Lego Discovery Center</b> (Bus pick up - 10am) (Bus Drop off - 2pm)	WED.	8am	CHANGE DUE TO WEATHER AND OTHER	3pm	\$32
Chuck E Cheese (Bus pick up - 10:30am) (Bus Drop off - 2pm)	THUR.	8am	VARIABLES	3pm	\$25
GameTime Bowling & Pizza (Bus pick up - 10am) (Bus Drop off - 2pm)	FRI.	8am		3pm	\$25

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





Click the link below to Register Seabrookrec.com







## 5th-8th Grade

Trip to Odiorne State Park & Beach Plum for Ice Cream





Thursday May 8th 2025 3pm-6pm \$10 w/ SRD ID \$20 w/o SRD ID



## 5th-8th Grade



## Fresh-Water Fishing Trip

Friday, May 16th, 2025 3pm-7pm

We will be spending the afternoon fishing at different locations! Dinner will be provided.

\*Must bring your own fishing rod and supplies.

\$10 w/ SRD ID \$20 w/o SRD ID



## 5th-8th Grade Ice Cream in a Bag **Drop-In Program**



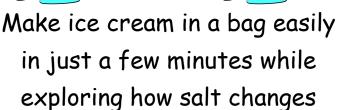
Wednesday April 30th 2025



3pm-4pm

the freezing point of water!





9th-12th Grade



Roller-Skating & Easter Egg Hunt



Saturday April 19th 2025 6pm-8pm

311 Lafayette Road Seabrook NH 03874

Roller-skating, concession and gameroom followed by an easter egg hunt!



## **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)

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 4/4/2025 In my Rollerskate Era** (Wear Taylor Swift attire or friendship bracelets and receive \$1 off admission)

-Friday 5/16/2025 - Tie Dye Craze
(Wear tie dye 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.

## 3rd & 4th Grades

**Dates: Friday 4/11/2025 - Carnival Party** (Wear dots or stripes and receive \$1 off admission)

-Friday 5/30/2025- Tie Dye Craze (Wear tie dye 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.

## 5th & 6th Grades

**Dates: Friday 4/18/2025 - Carnival Party** (Wear dots or stripes and receive \$1 off admission)

-Friday 6/6/2025 -Tie Dye Craze (Wear tie dye 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 4/25/2025 - Carnival Party** (Wear dots or stripes and receive \$1 off admission)

-Friday 6/13/2025- Tie Dye Craze (Wear tie dye attire and receive \$1 off admission) Parent or guardian supervision is NOT required.

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

Location: Seabrook Recreation Department

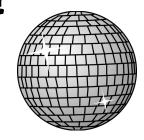
Join us in a fun filled night of Roller-skating, Games and Dancing!

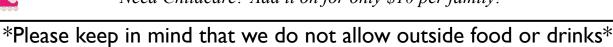
Please make sure to wear socks to the event.



Dates: Friday 5/9/2025 Time: 6:00pm-9:00pm

Location: Seabrook Recreation Department Join us in a fun filled night of Roller-skating! Please make sure to wear socks to the event. Need Childcare? Add it on for only \$10 per family!





## 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(No program 5/26) (Last class 6/9)

Time: 11:30am - 12:30pm

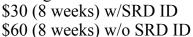
Location: Gym 1

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:



Dates: Mondays (beginning 3/31) (No program

4/28, 5/26)

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 4/1) (No program 4/29)

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/Pilates

Age: 18+ (16+ welcomed)

Pricing:

\$32 (9 weeks) w/SRD ID \$64 (9 weeks) w/o SRD ID

Dates: Tuesdays (beginning 4/1) (No program 4/29)

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.

## ADULT MORNING FITNESS PROGRAMS CONTINUED



## If you do not want to sign up for all classes, you can drop in for only

## Zumba Gold

Age: 18+ Pricing:

\$34 (9 weeks) w/SRD ID \$68 (9 weeks) w/o SRD ID

Dates: Wednesdays (beginning 4/2) (No program

4/30)

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) \$32 (9 weeks) w/SRD ID \$64 (9 weeks) w/o SRD ID

Dates: Thursdays (beginning 4/3) (No program 5/1)

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:

\$32 (9 weeks) w/SRD ID \$64 (9 weeks) w/o SRD ID

Dates: Thursdays (beginning 4/3) (No program 5/1)

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.



## 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: Leah





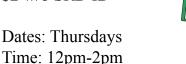
A daily nutritional meal is available to senior citizens (60+ years old). Meals are served on-site too! Come early and play cards or a game.

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

## SR. Drop in Bingo

Pricing:

FREE w/SRD ID \$2 w/o SRD ID



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.





## **ADULT & SENIOR ACTIVITIES**



Seabrook Recreation Department presents Embark on an interactive tour of the Titanic with re-creations of the Ship's interior and exterior. Visitors receive a replica boarding pass, assume the role of a passenger, and follow a chronological journey through life on Titanic. Walk the halls, explore the galleries, peer into cabins, and meet passengers and crew throughout the voyage. Friday, April 4th, 2025 8:30am - Bus departs from Rec. Center 10am - Visit to the Exhibition 12pm - 1pm - Panera Bread 1pm - 2pm Heading back to Rec. (includes admission ticket, lunch and transportation.) Please note: The bus is not ADA compliant.

Real

Real



Real

## NIGHTLY DROP IN ACTIVITIES





#### **Seabrook Recreation Department**

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



## ADULT/HIGHSCHOOL PICK-UP BASKETBALL

MONDAY NIGHTS BEGINNING March 31st, 2025 6PM - 7:30PM

DROP IN RATE Residents: \$5 Non-Residents: \$10 ALL 9 WEEKS Residents: \$20 Non-Residents: \$40

#### **Seabrook Recreation Department**

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



WEDNESDAY NIGHTS BEGINNING April 2nd, 2025

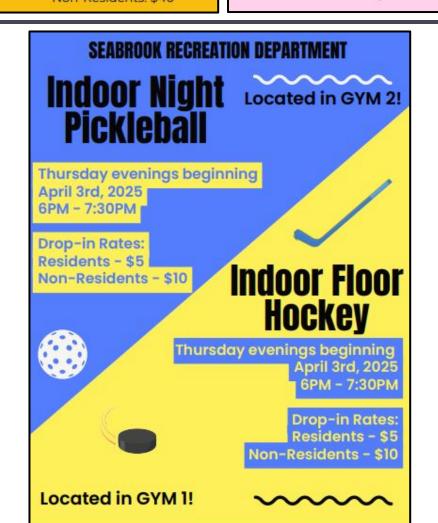
6PM - 7:30PM

DROP IN RATE: Residents: \$5 Non-Residents: \$10 ALL 10 WEEKS Residents: \$20 Non-Residents: \$40

















E-SPORTS 4th-8th Grade

## SUPER SMASH BR!

ULTIMATE

An 8 week program
Wednesdays 4PM - 5:30 PM
ginning 3/26 - 6/4) (No program 4

(Beginning 3/26 - 6/4) (No program 4/30)

## Ultimate Tournament!

(On the Last Class)

Register for your chance to play Limited Space Avalible

Tournament Prizes for 1st, 2nd, and 3rd Place
Commitment Required. Participants cannot miss more
than 3 classes to be cosidered for the tournament

Call (603)-474-5746 for more information

Click here to Register!

## SEABROOK RECREATION DEPARTMENT

## INTRO TO WRESTLING

## **3RD-8TH GRADE**

## **MONDAYS 4PM-5:30PM**

8 WEEK PROGRAM (3/31-6/2) \$15 FOR SAU 21/90 STUDENTS \$30 FOR ALL OTHERS

NO PROGRAM 4/28 OR 5/26
\*WRESTLING SHOES SUGGESTED!\*



## SPRING SPORTS

#### The Seabrook Recreation Department presents...





# BASKETBALL

## with Antoine Bailey from AB Sports Lab

## 9 weeks

This class offers a new and exciting approach to your sports training. I developed my Group Sessions from drills and lessons used by some of the most elite athletes. I know that practice makes perfect, but there is no perfect... so keep practicing with me.

## Tuesdays beginning 4/1-6/3

beginning 4/1-6/3 **3rd-5th Grade** 

6pm-7pm

6th-8th Grade

7pm-8pm \$10 for the entire session \$20 per drop-in (No class: 4/29) Thank you to the Dick's
Foundation to helping keep
costs low!



## Seabrook Recreation Department 311 Lafayette Rd. Seabrook, NH

# Hunter Safety Course

Dates: April 10th, 15th, 17th, 19th, 22nd (19th at the range)
Ages 12+ Time: 5:30pm - 9:30pm
Multi 2 & 3

(Class may end early some nights)



This course in 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 Events! \*See flyers for more information Saturday, April 19th





Community Earth Day Drop In! Tuesday, April 22nd



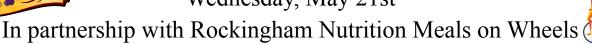




Summer Camp begins June 23rd - August 8th (7 weeks!)
K-8th Grade (Pre-school may be available depending on staffing)



Senior Day Event Wednesday, May 21st





Memorial Day Parade Sunday, May 25th





## Seabrook Recreation Department

Join in on our 31st Annual Senior Day celebration with a....

## DAY AT THE FAIR!

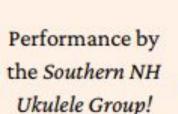
Wednesday, May 21st, 2025 Time: 10:00am - 1:00pm

Location: 311 Lafayette Rd., Seabrook, NH 03874

Come one, come all to our 31st Anniversary senior day celebration! Meals are provided by Rockingham Nutrition & Meals on Wheels. Please call (603) 474-5746 by Wednesday, May 7th to reserve a meal.

Full course lunch provided; \$3 per person. FREE raffle ticket if you pre-register & pay between March 10th - May 7th, 2025.

Entertainment will include a performance by the Southern NH Ukulele Group and a juggling spectacular!





Free

Caricatures!



Popcorn!

Prizes &

Raffles!

Fair

Activities!

## Seabrook Recreation Department

# Annual Egg Hunt & Pancake Breakfast

## Saturday April 19th

Important Information
-Max of 10 eggs per person
-Munts could be held indoors or outdoors
(Announcements will be made)
-Participants can only win 1 Large Prizel
-Make sure to bring your own bag/basket
-Bring your camera for pictures w/ the Baster Bunny
"Not a school sponsored event?"

## Schedule of Hunts

0-2 Voers 9:45em
4779-0 9:00em
190-20d 9:05em
270-40d 9:55em
500-40d 9:45em
500-60d 9:45em
700-80d 10:00em

Residents - FREE!

Non Residents - \$5

Online registrations ONLY

www.seabrookrec.com



## Pancake Breakfast

\$7 per person \$14 Hon Residents

Pancakes, Topping Bar, Hashbrowns & Juice

Proceeds go toward Voath Opportanities! While sapplies last!

Register online or in person! www.seabrookrec.com

## SEABROOK RECREATION DEPARTMENT

# .9th-12th Grade ROLLERSKATING &

# EASTER' EGG HUNT

Saturday April 19th 2025 6:00pm-8:00pm \$7 per person

311 LAFAYETTE ROAD SEABROOK, NH 03874

JOIN US IN A FUN FILLED NIGHT OF ROLLER-SKATING, GAMES AND CONCESSION FOLLOWED BY AN EASTER EGG HUNT!

WWW.SEABROOKREC.COM 603-474-5746

## SEABROOK RECREATION DEPARTMENT 311 LAFAYETTE ROAD SEABROOK NH

SATURDAY APRIL 19TH 4:00PM [AT] THE SRD

RAIN OR SHINE!





10 EGG LIMIT!



Scratch tickets or gift cards in EVERY EGG! \$20 to register- CASH ONLY

\*Must register in person at the SRD by 4/14/25\*

\*Limit 100 participants\*

## Spring Fun!

Scan the QR Code below for our 2025 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!

- April 1st April Fool's Day
- April 12th National Pet Day
- May 4th Star Wars Day
- May 11th Hostess Cupcakes Day
- May 23rd Lucky Penny Day
- June 10th National Ice Tea Day
- June 27th National Sunglasses 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.



