




September 28st through October 4th at the Seabrook Rec. Dept.

Sunday 9/28	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2	Friday 10/3	Saturday 10/4
CLOSED	<p>10 AM - Zumba Gold</p> <p>11 AM - Preschool Program - Falling Leaves</p> <p>11:30 AM - Yoga for Diverse Abilities</p> <p>2:45 PM - Pumpkins, Paint & Play After School Program (K-2nd)</p> <p>2:45 PM - Autumn Aprons & Art After School Program (2nd-4th)</p> <p>6 PM - Cooking Matters Workshop</p> <p>6 PM - Adult/High School Pick-Up Basketball</p> <p>Outdoor Pickleball Morning to Dusk</p> <p>Indoor Pickleball 12PM - 2PM</p> <p>Open Gym 1 PM - 6 PM</p> <p>Cameroom 3 PM - 6 PM</p>	<p>10 AM - Strength, Stretch & Sculpt</p> <p>11 AM - Yogalates</p> <p>11 AM - Preschool Program - Falling Leaves</p> <p>2:45 PM - Pumpkins, Paint & Play After School Program (K-2nd)</p> <p>2:45 PM - Harvest Hustle After School Program (2nd-4th)</p> <p>Outdoor Pickleball Morning to Dusk</p> <p>Indoor Pickleball 12PM - 2PM</p> <p>Open Gym 12 PM - 8 PM</p> <p>Cameroom 3 PM - 6 PM</p>	<p>11 AM - Preschool Program - Falling Leaves</p> <p>11 AM - Zumba Gold</p> <p>12:15 PM - Sr Wii Bowling</p> <p>2:45 PM - Fall Fitness Frenzy After School Program (K-2nd)</p> <p>2:45 PM - Youth on the Move; Autumn Explorers with a Challenge After School Program (2nd-4th)</p> <p>6 PM - Women's Pick Up Basketball</p> <p>6 PM - Evening Indoor Pickleball</p> <p>Outdoor Pickleball Morning to Dusk</p> <p>Indoor Pickleball 12PM - 2PM</p> <p>Open Gym 12 PM - 6 PM</p> <p>Cameroom 3 PM - 6 PM</p>	<p>9 AM - Chair Yoga</p> <p>10 AM - Advanced Strength, Stretch & Sculpt</p> <p>12 PM - Drop In Senior Bingo</p> <p>2:45 PM - Fall Critters Club After School Program (K-2nd)</p> <p>2:45 PM - Seasonal Science Sleuths After School Program (2nd-4th)</p> <p>5:30 PM - Basketball Training w/AB (3rd-5th)</p> <p>6:45 PM - Basketball Training w/AB (6th-8th)</p> <p>Outdoor Pickleball Morning to Dusk</p> <p>Indoor Pickleball 12PM - 2PM</p> <p>Open Gym 11 PM - 5:30 PM</p> <p>Cameroom 3 PM - 6 PM</p>	<p>12 PM - Jumping Beans Playgroup</p> <p>2:45 PM - Healthy Harvest Snacks After School Program (K-4th) *PROGRAM ENDS AT 5:15 PM</p> <p>6 PM - 18+ Roller Skate Night</p> <p>Outdoor Pickleball Morning to Dusk</p> <p>Indoor Pickleball 10AM - 2PM</p> <p>Open Gym 9 AM - 5 PM</p> <p>Cameroom 3 PM - 5 PM</p>	<p>We're OPEN!</p> <p>12:00 PM - Kaizen Martial Arts (5 yrs - 12 yrs)</p>    <p>Open Gym 11 AM - 3 PM</p>

Building Hours: Monday; 9am - 8pm / Tuesday - Thursday; 9am - 8pm / Friday; 9 am - 5 pm (8pm when no special event) / Saturday; 11am - 3pm / Sunday; Closed

Interested in participating in any of our programs? Check out our website to register! www.seabrookrec.com