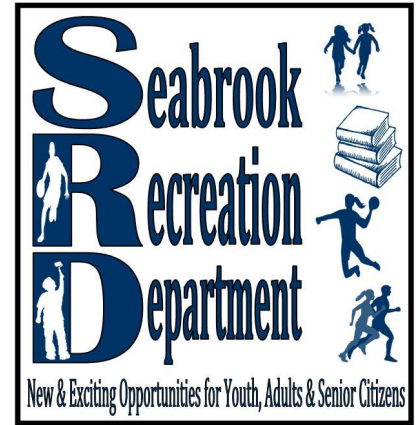


SEABROOK RECREATION DEPARTMENT

2022
SPRING SESSION PROGRAM
GUIDE:
Mar. 28th – Jun. 9th
Youth, Adult & Senior



Seabrook Community Center

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

Building Hours

Mon.-Thurs. 9am-8pm (starting April 4th)

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

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

Sat. 11am-3pm (starting April 9th)

Sun. CLOSED (starting April 10th)

Spring Registration Begins

February 28th, 2022

GENERAL INFORMATION

Our Mission

The Seabrook Recreation Department is committed to providing leisure services for Seabrook residents of all ages and interests by promoting programs which encourage the development of healthy bodies, minds and attitudes. - *Seabrook Rec. Commission & Staff*

Registration Information

You may register and pay online at seabrookrec.com 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. Undergarment must be covered up.

Cancellations- Classes may be cancelled due to the lack of enrollment. All those registered for such a class, may receive credit toward another program or receive a refund. In the event of inclement weather, some programs may be cancelled.

School Aged Youth Using Facility-

School age youth are not allowed to use the building during school hours. Regular youth hours start at 2:45pm. Children 10 years and under must leave the Rec. at 6pm, and children 11 & 12 years must leave the gym at 6pm and go to the game room 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 **third grade** may not be dropped off to use the building, unless they are attending a structured class or team practice. Youth age 10 & under need adult supervision outdoors.

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 drivers license or school ID.

Prices:

Resident - \$2

Non-Residents (17 & Under & 55+) - \$3

Non Resident (18-54) - \$5



Recreation Department Staff

Cassandra Carter
Interim Director of Recreation
Ccarter@seabrooknh.org

Patrick Collins
Assistant Director
pcollins@seabrooknh.org
(Coordinates and facilitates athletic programs, leagues and specials)

Cassandra Carter
Program Director
Ccarter@seabrooknh.org
(Coordinates and facilitates various Recreational Youth, Adult & Senior Programs & Community Events)

Jo-Anne Page
Office Supervisor
jpage@seabrooknh.org

Ryan Johnson
Custodian
RJohnson@seabrooknh.org

GENERAL INFORMATION CONTINUED...

Policies & Procedures

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

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

Corina Donahue
Leah Callahan
Connie Rath
Chantel Donahue
Rec_reception@seabrooknh.org

Area Supervisors

Lita Brown
Tammy Gardener
Hannah Allen

Night-time Custodian

Fuller Albright
Corri Eaton

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, held on Tuesdays at 3:30PM. Parent or guardian must sign a waiver. Over 18 must sign a waiver and attend a course if you'd like. (An appointment must be made to attend this course.)

Equipment includes: 6 pieces of Cybex equipment, health rider, 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 (High School +)	13-15 yrs.
M-Th.	9AM – 8PM	2:45 PM – 6 PM
Fri.	9AM – 8PM	2:45 PM – 6 PM
Sat.	8AM – 8PM	N/A
Sun.	1pm-8pm	N/A



Outdoor Areas

All outdoor facilities are opened. Outdoor Facilities close at dusk.(weather permitting). Outdoor areas include the playground, walking trail and tennis courts. Check with office for availability.

Open Gym

Days & Times

Mon.-Thur. 9am-8pm (at least ½ gym)

Call ahead for availability.

Friday: 9am-5:00pm (when there is a special event)
9am-8pm (when there is no event)
(at least ½ gym)

Sat: 11am-3pm

Sun: CLOSED

Open times are subject to change!

Game Room

Billiards, Table Games, Air Hockey,
Computers, Arcade, PS4 and Xbox 1.
Supervised most weekdays from 3pm-8pm

Mon-Thurs: 9am-8pm

Fri: 9am-5pm

Sat: 11am-3pm

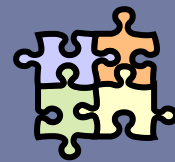
Sun: CLOSED

Note: Youth ages 10 & under must leave at 6pm.

Youth ages 11 & 12 must leave at 7pm.

Youth must be 11 years old to go outside.

PRESCHOOL PROGRAMS



Springtime Crafts & Games

Pricing:
\$40(10 weeks) w/SRD ID
\$80(10 weeks) w/o SRD ID
Dates: Tuesdays
Time: 10am – 12pm
Location: Gym 2
Instructor: Leah Callahan

In this pre-school program we will be doing Spring related Crafts and playing Outdoor Games!

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

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

Must be Potty Trained

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

Let's Explore Shapes & Colors

Pricing:
\$40(10 weeks) w/SRD ID
\$80(10 weeks) w/o SRD ID
Dates: Thursdays
Time: 10am – 12pm
Location: Gym 2
Instructor: Leah Callahan

In this pre-school program we will be learning about Shapes and Colors. How to make a rainbow and build a house out of blocks!

Must be Potty Trained

Family Play Time

Pricing:
FREE w/SRD ID
\$5 w/o SRD ID
Dates: Tuesdays
Time: 12pm – 1pm
Location: Gym 1
Instructor: Parent Supervised

Family play time will give parents, grandparents and other guardians a chance to play with their little ones with different sports equipment, gymnastics mats and other fun supplies. This is not a structured program and requires supervision by a parent or guardian.



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



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

March 28th – June 9th

Monday - Friday
\$175.00 for the entire Spring Session
OR
Pay per specific program
(Residents Only)

Click the link
below to
Register

Seabrookrec.com

Schedule

Homework, Recess &

Snack

2:45pm-4pm

Program Time

4pm-5:15pm

Parent Pick-up

5:15pm

Meet our Staff

Program Leads
Fuller Albright
Cassandra Carter
Patrick Collins
JJ Bowley
Hannah Allen

Program Assistants

Sage Marquis
Sam Merrill
Maddesen Hiltz

Program Volunteers

Lily Azamor
Nikki Welch

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS
April 25th – April 29th
(Please Refer to our April
Vacation Camp Flyer) & May
30th

Early Release Day

May 4th, 2022
\$10 per person
Separate Registration
Required.

Painting in the Springtime

Mondays

\$40 (9 weeks)

Instructors: Cassandra Carter & Maddesen Hiltz
This class we will be painting outdoors while learning new techniques and creative ways to paint!

Net Games

Tuesdays

\$38 (10 weeks)

Instructor: Fuller Albright & Jason Bowley
If you like Tennis, Soccer, Basketball or maybe even enjoy some time on the Inter-Net than this class is for you! We will be playing various net related games as well as providing an incentive of Internet/Technology time.

Hoops

Wednesdays

\$36 (9 weeks)

Instructor: Patrick Collins & Sam Merrill
Want to learn new basketball skills or keep up on them. This class is for you! We will be improving physical fitness, developing sportsmanship and gaining an understanding of the game of basketball.

Movie Magic; Disney

Thursdays

\$38 (10 weeks)

Instructor: Hannah Allen & Maddesen Hiltz
This class we will be diving into the magic of Disney Movies. We will be doing Crafts, Cooking and playing games based off of Disney hit movies!

Kids Choice

Fridays

\$36 (9 weeks)

Instructor: Fuller Albright & Jason Bowley/Sam Merrill & Maddesen Hiltz
Games, Crafts, Sports.... the sky is the limit! Each Friday participants will get to choose what they would like to do!

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

March 28th – June 9th

Monday - Friday
\$175.00 for the entire Spring Session

OR
Pay per specific program
(Residents Only)

Click the link
below to
Register

Seabrookrec.com

Schedule

Homework, Recess &

Snack

2:45pm-4pm

Program Time

4pm-5:15pm

Parent Pick-up

5:15pm

Meet our Staff

Program Leads
Fuller Albright
Cassandra Carter
Patrick Collins
JJ Bowley
Hannah Allen

Program Assistants

Sage Marquis
Sam Merrill
Maddesen Hiltz

Program Volunteers

Lily Azamor
Nikki Welch

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS
April 25th – April 29th
(Please Refer to our April
Vacation Camp Flyer) & May
30th

Early Release Day

May 4th, 2022
\$10 per person
Separate Registration
Required.

Hoops

Mondays

\$36 (9 weeks)

Instructor: Patrick Collins & Jason Bowley

Want to learn new basketball skills or keep up on them. This class is for you! We will be improving physical fitness, developing sportsmanship and gaining an understanding of the game of basketball.

Boxed Cooking Creations

Tuesdays

\$44 (10 weeks)

Instructor: Cassandra Carter & Maddesen Hiltz

This class we will not only be baking and cooking from a box, but we will also be learning new ways to enhance a boxed recipe!

Youth on the Run

Wednesdays

\$36 (9 weeks)

Instructor: Cassandra Carter & Sage Marquis

This class will be exploring nearby community trails, playgrounds & more! We will be tracking our steps while having fun! The whole class will get to participate in an end of the spring raffle!

Net Games

Thursdays

\$38 (10 weeks)

Instructor: Patrick Collins & Jason Bowley

If you like Tennis, Soccer, Basketball or maybe even enjoy some time on the Inter-Net than this class is for you! We will be playing various net related games as well as providing an incentive of Internet/Technology time.

Kids Choice

Fridays

\$36 (9 weeks)

Instructors: Fuller Albright & Jason Bowley/Sam Merrill & Maddesen Hiltz

Games, Crafts, Sports.... the sky is the limit! Each Friday participants will get to choose what they would like to do!

Seabrook Recreation Department After-school Important Information!

Pick Up Policy

Pick-up time is no later than 5:15pm. For each additional minute over 5:15pm 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 3rd grade or above) permission to go to open areas in the Rec. Center, please be aware that in such open areas as the gym or game room there is supervision but out of those areas your child is not supervised and the Recreation Department staff are not responsible for youth out of those areas.

Youth under 11 yrs. old are not allowed outside, without direct adult supervision. Youth over 11 yrs. old are allowed to go outside but are not supervised by a Recreation Department Staff member.

Other Good to Know Policies

- Please call in advance if your child will be absent from program
 - Masks are recommended but not required
 - Child must be signed out to be picked up
- No parents drop offs. Students attending the after-school program at the Seabrook Rec. MUST take the bus from the school to the rec. to participate.
- 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.



APRIL

Vacation Camp!

April 25th – April 29th

8am – 3pm

\$50

RESIDENTS ONLY

K-5th Grade

PLEASE BRING A LUNCH

Snack will be provided!

Click the link
below to
Register

Seabrookrec.com



Chuck E Cheese

Tuesday, April 26th

K-2nd Grade

12:00pm-3:00pm

\$15

Instructor: Cassandra Carter

Price includes all you can play games for 90 minutes, pizza, drinks and a goody bag!

Basketball Hall of
Fame & Golden Corral

Grades 8th-11th Grade

Date & Time TBA

\$15

Trip includes
admission to the
Basketball Hall of
Fame and Dinner at
the Golden Corral



Spaces are limited!

Visionmax Theater

Wednesday, April 27th

3rd-5th Grade

Time TBD

\$10

Instructor: Cassandra Carter

SONIC THE HEDGEHOG 2!



Monday Night Madness.... GYM GAMES!

Monday Nights 6pm-7pm 5th-8th Grade
Instructor: Cassandra Carter

If you are in Open Areas, but instead would like to do something a little different than hanging out in the lobby, basketball in the gym or game room than make sure to stop in to Gym 2 for some High Energy Gym Games!

NO COST! DROP IN ONLY! NO SIGN-UPS REQUIRED!

Games may include....

Floor Hockey! Soccer! White Knight!
Pin Bombardment! Your Choice!

Weight Training for Teens!

Mondays & Wednesdays
3pm-4pm Ages: 13-17
Ongoing Program
Instructor: Don Schrempf ("Gunny")
Sign up today! FREE!

If you are interested in weight lifting and want to become more involved in what it takes to build strength safely than these classes may be for you! Play sports and need to build muscle? Trying to gain strength? Want to just feel better about your health or overall physique?

Sign up today!



Billiards (Aka; Pool) for Youth!

Tuesdays
3pm-4pm Ages: 12-17
Ongoing Program
Instructor: Don Schrempf ("Gunny")
Sign up today! FREE!

If you like to play pool, and learn new things, then this class is for you! You will not only be learning the ins and outs of How To Play Pool, but you will also be introduced to new Billiards Games!

Sign up today!



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](#)

VOLUNTEER



Friday Night Specials



All events are subject to change

2nd Grade & Under

Pricing:

\$4 w/SRD ID

\$6 w/o SRD ID

Dates: Friday April 8th, May 13th

Time: 6:30pm-8:30pm

Location: Seabrook Recreation
Department

Join us in a fun filled night of
Roller-skating and Dancing!
Please make sure to wear socks to
the event and please refrain from
bringing your own skates.

**Parent or guardian supervision is
required**

3rd-4th Grade

Pricing:

\$4 w/SRD ID

\$6 w/o SRD ID

Dates: Friday April 15th, May 20th

Time: 6:30pm-8:30pm

Location: Seabrook Recreation
Department

If you like to Roller-skate, Dance and play
games then these events are for you!
Please make sure to wear socks to the
event and please refrain from bringing
your own skates.

**Parent or guardian supervision is not
required**

5th-6th Grade

\$4 w/SRD ID

\$6 w/o SRD ID

Dates: Friday April 22nd

Time: 6:30pm-8:30pm

Location: Seabrook Recreation
Department

If you like to Roller-skate, Dance and play
games then these events are for you!
Please make sure to wear socks to the
event and please refrain from bringing
your own skates.

**Parent or guardian supervision is not
required**

7th-8th Grade

\$4 w/SRD ID

\$6 w/o SRD ID

Dates: Friday May 6th

Time: 6:30pm-8:30pm

Location: Seabrook Recreation
Department

If you like to Roller-skate, Dance and play
games then these events are for you!
Please make sure to wear socks to the
event and please refrain from bringing
your own skates.

**Parent or guardian supervision is not
required**

ADULT PROGRAMS



Dance/Movement/Toning

Age: 18+ (16+ welcomed)

Pricing:

\$16 (9 weeks) w/SRD ID

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

Dates: Mondays

Time: 5:30pm-6:30pm

Location: Multi 2/Multi 3

Instructor: Tina Harley

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

Strength Circuit

Age: 18+ (16+welcomed)

Pricing:

\$18(10 weeks) w/SRD ID

\$36(10 weeks) w/o SRD ID

Dates: Tuesdays

Time: 5:30pm-6:30pm

Location: Multi 2/Multi 3

Instructor: Tina Harley



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

Zumba

Age: 18+ (16+ welcomed)

Pricing:

\$18(10 weeks) w/SRD ID

\$36(10 weeks) w/o SRD ID

Dates: Thursdays

Time: 5:30pm-6:30pm

Location: Multi 2/Multi 3

Instructor: Tina Harley

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



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.



YOGA IN ACTION
connect • transform • heal • thrive

SENIOR PROGRAMS



Walking Club

This is open to both residents and non-residents who would like to keep track of their distance of walking. A ticket will be placed in a container for every 50 miles walkers have completed since last year after the drawing, winner will be drawn @ Senior Day May 18, 2022.
1 mile = 16 laps around the outer edge of the total gymnasium or 10 laps around parking lot edges.

Fee: Free **w/SRD ID** **Others** \$2 daily

Chair Yoga

Pricing:
\$22(11 weeks) w/SRD ID
\$44(11 weeks) w/o SRD ID
Dates: Wednesdays
Time: 9:10am-10:10am
Location: Gym 2
Instructor: Kathie Bowen

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

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

Drop in Bingo

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

Dates: Mondays & Thursdays
Time: 12:30pm-2:30pm
Location: Multi-Rooms
Instructor: Betty Ash

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



SR. Wii Bowling League

Pricing:
\$5 w/SRD ID
\$10 w/o SRD ID
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.

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

ADULT & 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: Dot Chase

Occasional entertainment, refreshments
and discussion of upcoming trips.

For questions please feel free to contact
Dot Chase at: (603) 474-8803

Rockingham Nutrition Program: Meals on Wheels

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

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**



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.**



**Easter Egg Drive Thru
April 16th**



**Earth Day
April 22nd (Event April 22nd-April 24th)**



**Summer Camp Sign-Ups
May 2nd**



**Senior Day
May 18th, 2022**



**Memorial Day
Parade May 29th**



Spring Fun Facts

- Honeybees are most likely to swarm in the spring. Even though it sounds scary, they are actually at their friendliest when they are swarming.
- Tornadoes are most common in the springtime.
- In Japan, the start of spring is marked by when the cherry blossom trees start to bloom. Cherry blossom trees like this are an iconic part of Japanese culture.
- In the North Pole, when spring starts so does a whole six months of daylight with no darkness.
- In the southern hemisphere Spring is in Autumn.

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 and would like it to be featured in our Upcoming Summer Brochure please send them to

Ccarter@seabrooknh.org.