



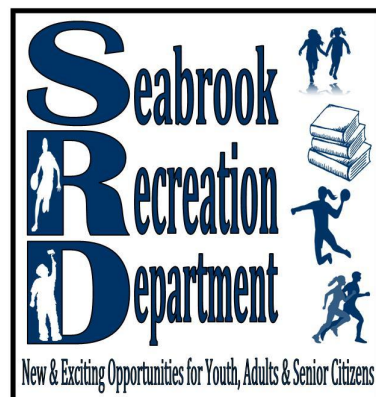
SEABROOK RECREATION DEPARTMENT

2023 SPRING SESSION

PROGRAM GUIDE:

Mar. 27th – Jun. 9th

Youth, Adult & Senior



Seabrook Community Center

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

Building Hours

Mon.-Thurs. 9am-8pm (starting April 3rd)

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

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

Sat. 11am-3pm (starting April 8th)

Sun. CLOSED (starting April 9th)

Spring Registration Begins

March 13th, 2023



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. 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**-
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 the 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. A permission slip may be completed by a parent or guardian to allow 8-10 year olds outside without supervision.
- **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.

Prices:

Resident - \$2

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

Non Resident (18-54) - \$5

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

Patrick Collins
Assistant Director
pcollins@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

Jonathan Belanger
Building Custodian
jbelanger@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
Connie Rath
Leah Callahan
Chantel Janvrin
Rec_reception@seabrooknh.org

Area Supervisors
Lita Brown
Christina Moura
Tasia Valcarcel
Hannah Allen
Sage Marquis

Night-time Custodian
John Gonthier



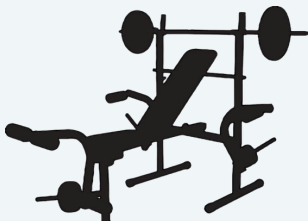
Community Center Facilities

Exercise Room

Open only to SRD membership holders age 13 and above. Each participant under 13 must complete the 30 minute clearance class, call for availability. Parent or guardian must sign a waiver. Over 18 must sign a waiver and/or take the clearance class. (An appointment must be made to attend this class..)

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

	Adults/Teens (16 yrs. +)	13-16 yrs.
M-Th	9AM – 8PM	2:45 PM – 6 PM
Fri.	9AM – 8PM	2:45 PM – 6 PM
Sat.	11AM – 3PM	N/A
Sun.	N/A	N/A



Outdoor Areas

All outdoor facilities are open from Mid-April until the beginning of winter (weather permitting). Outdoor areas include the playground, walking trail, gaga pit and tennis/pickleball courts.

****Outdoor Areas are currently CLOSED.***

Open Gym

Days & Times

Mon.-Thur. 9am-8pm (at least 1/2 gym)
Call ahead for availability.

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

Sat: 11am-3pm (beginning April.8th)

Sun: CLOSED (beginning April 9th)

Open times are subject to change!

Game Room

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

Supervised most weekdays from 3pm-8pm

Mon-Thurs: 9am-8pm (starting April 3rd)

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

Sat: 11am-3pm (beginning April.8th)

Sun: CLOSED (beginning April 9th)



PRESCHOOL PROGRAMS



Tiny T-Ball

Pricing:

\$23 (7 weeks) w/SRD ID

\$46 (7 weeks) w/o SRD ID

Dates: Tuesdays (**beginning April 18th**)

Time: 10am – 12pm

Location: Gym 2

Instructor: Patrick Collins



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

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

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

Must be Potty Trained

Mini Messy Art Camp

Pricing:

\$24 (8 weeks) w/SRD ID

\$48 (8 weeks) w/o SRD ID

Dates: Wednesdays

Time: 10am – 12pm

Location: Gym 2

Instructor: Brittney Gentile



Students will explore a variety of colorful, taste safe, messy crafts!

The morning will begin with open invitation activities such as:

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

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

Must be Potty Trained

No Program 5/10 & 5/17

Discovery Years

Pricing:

\$29 (10 weeks) w/SRD ID

\$58 (10 weeks) w/o SRD ID

Dates: Thursdays

Time: 10am – 12pm

Location: Gym 2

Instructor: Leah Callahan



Discover the wonders of science in this nature based preschool program!

The morning will begin with open invitation activities such as:

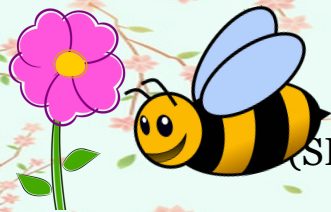
play-dough, blocks, kitchen play and many more. Then we will participate in fun 'Discovery' themed Crafts & Games!

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

Must be Potty Trained



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



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

March 27th – June 9th

Monday - Friday

\$188 for the entire Spring Session

OR

(SRD Resident member prices reflected below)

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
Cassandra Carter
Brittney Gentile
Patrick Collins
Hannah Allen
Leah Callahan
Maddie Hiltz
Sage Marquis

Program Assistants

Sam Merrill
Lilly Azamor

Program Volunteers

Forrest Carter



Acres of Fun

Mondays

\$40 (9 weeks)

Instructors: Brittney Gentile & Lilly Azamor

Let the backyard be your adventure! We'll
be exploring the wonders of nature through a variety of crafts
and games!



Spring into Healthy Snacks

Tuesdays

\$44 (10 weeks)

Instructors: Hannah Allen & Sam Merrill

Grab your apron and get ready to hit the kitchen!
In this colorful cooking program we'll be creating;
DIY Fruit Pizzas, Veggie Dip, Spring Snack Mix and more!



Gym Games

Wednesdays

\$34 (8 weeks)

Instructor: Patrick Collins & Sam Merrill

This program will explore a variety of high energy activities such
as tag, sports activities, team building and more.



Gardening Gurus

Thursdays

\$42 (10 weeks)

Instructors: Brittney Gentile & Leah Callahan

Let's Grow!

Dig into the Rec Community Garden for some hands-on
learning, and creation of our own PIZZA GARDEN!



Kids Choice

Fridays

\$38 (10 weeks)

Instructor: Maddie Hiltz & Sam Merrill
Games, crafts, sports.... the sky's the limit! Each Friday
participants will get to choose what they would like to do!



IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Wednesday April 5th

-April 24th – April 28th
(Please Refer to our April
Vacation Camp Flyer)

-Monday May 29th

Early Release Day

Wednesday, May 10th

\$10 per person

Separate Registration
Required.

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

March 27th – June 9th

Monday - Friday

\$178 for the entire Spring Session

OR

SRD Resident member prices reflected below

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

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Cassandra Carter
Brittney Gentile
Patrick Collins
Hannah Allen
Leah Callahan
Maddie Hiltz
Sage Marquis

Program Assistants

Sam Merrill
Lilly Azamor

Program Volunteers

Forrest Carter

IMPORTANT DATES TO REMEMBER!

There will be NO PROGRAMS

-Wednesday April 5th

-April 24th – April 28th
(Please Refer to our April
Vacation Camp Flyer)

-Monday May 29th

Early Release Day

Wednesday, May 10th

\$10 per person

Separate Registration
Required.

Disc Golf

Mondays

\$38(9 weeks)

Instructor: Patrick Collins & Sam Merrill

Each week we will travel to Amesbury Park to play the exciting game of disc golf on the Amesbury Disc Golf Course. In the event of a rain out we will remain at the Community Center for activities.



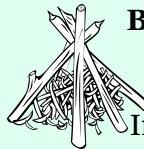
Backyard Builders & Scavenger Hunts

Tuesdays

\$36 (10 weeks)

Instructor: Sage Marquis & Brittney Gentile

Immerse yourself into the world of fort building! We'll be exploring different ways to build with nature and we'll be enjoying some active scavenger hunts along the way!



Youth on the Run

Wednesdays

\$38 (8 weeks)

Instructor: Cassandra Carter & Sage Marquis

This class we'll 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!



Youth Pickle Ball

Thursdays

\$38 (10 weeks)

Instructor: Patrick Collins & Lilly Azamor

Youth will learn the fastest growing Recreational Activity in the Country. Participants will learn the rules and fundamentals of the sport through game play.



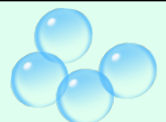
Kids Choice

Fridays

\$38 (10 weeks)

Instructors: Leah Callahan & Lilly Azamor

Games, crafts, sports.... the sky's 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
 - 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.



APRIL Vacation Camp!



April 24th - April 28th

8am – 3pm

\$50

K-5th Grade

Click the link
below to
Register

Seabrookrec.com

PLEASE BRING A LUNCH Snack will be provided!

Add On: Vacation After Camp (K-2nd) 3:00-5:15pm \$25

K-8th Grade Field Trips

Children's Museum of New Hampshire



K-2nd Grade

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

DATE: TBD



Instructor: Brittney Gentile

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

Altitude Trampoline Park

6th-8th Grade

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

DATE: TBD

Instructor: Brittney Gentile

Includes 1 Hour of Jump time
and socks!



The Super Mario Bros Movie

3rd-5th Grade

Date/Time/Theater/Cost: TBD

Instructor: Brittney Gentile

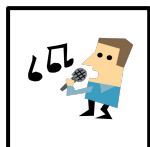


SPACES

ARE

LIMITED!

(SRD Resident member prices reflected above)



Taste Testers & Technology



Tuesday Nights

6pm-7pm

5th-8th Grade

Instructor: Brittney Gentile

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....

Join Taste Testers & Technology in various cooking challenges and Tech based activities!



NO COST! DROP IN ONLY!

NO SIGN-UPS REQUIRED!

Activities may include....



Smoothie Making, Fear Factor Taste Test, Cupcake Wars, Nintendo Switch, Just Dance, Karaoke and MORE!

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

Pricing:

\$4 w/SRD ID
\$6 w/o SRD ID

Date:

Friday 6/9/2023

(Wear **NEON** attire and receive \$1 off admission)

Time: 6:30pm-8:30pm

Location: Seabrook Recreation Department

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



Billiards (Aka; Pool) for Youth!

Tuesdays

3pm-4pm Ages: 12-17

Ongoing Program

Instructor: Don Schrepf ("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

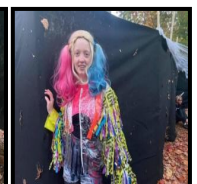
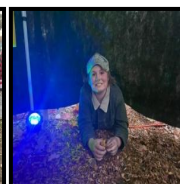
Click on the links below to complete the **REQUIRED** volunteer forms. Return them to the SRD!

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

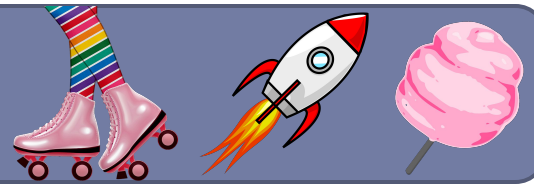
[National Background Check](#)

[Volunteer Application](#)

VOLUNTEER



Upcoming Spring Friday Night Specials



Roller-skating, Dance Contests, Games & More!

2nd Grade & Under

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 4/14/2023 - Out of This World
(Wear galaxy/space attire and receive \$1 off admission)

-Friday 5/19/2023 - Candy Carnival
(Bring in a canned good item to donate and receive \$1 off admission)

Time: 6:30pm-8:30pm

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.

Parent or guardian supervision is required.

3rd & 4th Grades

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 4/21/2023 - Out of This World
(Wear galaxy/space attire and receive \$1 off admission)

-Friday 6/2/2023- Candy Carnival
(Bring in a canned good item to donate and receive \$1 off admission)

Time: 6:30pm-8:30pm

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.

Parent or guardian supervision is NOT required.

5th & 6th Grades

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

Friday 5/5/2023 Out of This World
(Wear galaxy/space attire and receive \$1 off admission)

Time: 6:30pm-8:30pm

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.
Parent or guardian supervision is NOT required.

7th & 8th Grades

Pricing:

\$4 (each event) w/SRD ID
\$6 (each event) w/o SRD ID



Dates:

-Friday 4/7/2023 - Out of This World
(Wear galaxy/space attire and receive \$1 off admission)

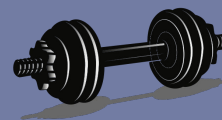
-Friday 5/12/2023 - Candy Carnival
(Bring in a canned good item to donate and receive \$1 off admission)

Time: 6:30pm-8:30pm

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.
Parent or guardian supervision is NOT required.

ADULT FITNESS PROGRAMS



Dance/Movement/Toning

Age: 18+ (16+ welcomed)
Pricing:
\$20 (10 weeks) w/SRD ID
\$40 (10 weeks) w/o SRD ID
Dates: Mondays
Time: 5:30pm-6:30pm
Location: Multi 2 & 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

Latin Cardio Dance

Age: 18+ (16+ welcomed)
Pricing:
\$22 (11 weeks) w/SRD ID
\$44 (11 weeks) w/o SRD ID
Dates: Wednesdays
Time: 5:30pm-6:30pm
Location: Multi 2 & 3
Instructor: Tina Harley



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

MISC. ADULT PROGRAMS



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



ADULT PICK-UP BASKETBALL

MONDAY NIGHTS BEGINNING APRIL 3RD, 2023

6PM - 7:30PM

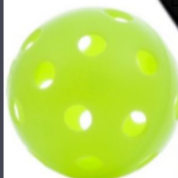
SRD Members - FREE
Drop in fees apply to all others.

Seabrook Recreation Department

PICKLEBALL

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

Every Wednesday!
16+ Drop-In Pickleball
beginning April 5th
6pm - 7:30pm.
SRD Members - Free
Drop-in fees apply to all others.



NEW! All skills are welcomed. Please make sure to bring your own racquet and balls!

SEABROOK RECREATION DEPARTMENT
INDOOR PICKLEBALL HOURS

DROP INS

(CALL FOR AVAILABILITY)

TUESDAYS 12PM-2PM

WEDNESDAYS 9AM-12PM

FRIDAYS 9AM-12PM

OTHER IDEAS?

If you have any suggestions for fun programs or events that you'd like to see next session....



send them to



bgentile@seabrooknh.org

SENIOR PROGRAMS



Zumba Gold

Pricing:
 \$33 (10 weeks) w/SRD ID
 \$66 (10 weeks) w/o SRD ID
 Dates: Thursdays
 Starting April 6th
 Time: 11:30am-12:30pm
 Location: Gym 1
 Instructor: Kathleen Cooper



Zumba Gold is a **modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity.**

How It Works. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

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

Chair Yoga

Pricing:
 \$20 (10 weeks) w/SRD ID
 \$40 (10 weeks) w/o SRD ID
 Dates: Wednesdays
 Time: 9:10am-10:10am
 Location: Gym 2
 Instructor: Kathie Bowen and Marie Zappla-Stewart



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)

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



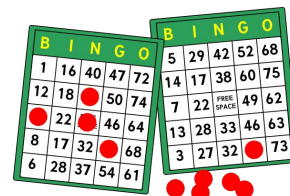
Teams of four bowlers will be formed and everyone will play each week for 10 weeks. Prizes for the most turkeys, best string, best totals, etc. This activity can be played while standing or sitting.



Drop in Bingo

Pricing:
 FREE w/SRD ID
 \$3 w/o SRD ID

Dates: 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!

ADULT & SENIOR PROGRAMS



Walking Club

This is open to both residents and non-residents who would like to keep track of their distance of walking.

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



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: Mike Ebner



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

ROCKINGHAM
NUTRITION & MEALS
ON WHEELS

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.



Seabrook Recreation Department
311 Lafayette Rd.
Seabrook, NH

Hunter Safety Course

Dates: April 11th, 13th, 15th, 18th 20th
(15th at the range)

Ages 12+ Time: 5:30pm – 9pm Multi
2 & 3



This course is necessary to purchase a
first time hunting license in the State
of NH.

You **MUST** register online at
www.wildlife.state.nh.us



IMPORTANT DATES TO REMEMBER!

**Mark your calendar for some exciting upcoming events!
More details about these events will be announced soon. Keep
an eye on our Website, Facebook Page and Email Blasts.**



Easter Egg Hunt & Bunny Breakfast!
April 8th



Community Earth Day Event!
April 22nd



Summer Camp Registration Day!
May 1st



Summer Camp begins June 26th - August 11th (7 weeks!)
K-8th Grade (Pre-school may be available depending on staffing)



Night at the Casino; Senior Day Event
May 17th



In partnership with Rockingham Nutrition Meals on Wheels
& THE BROOK!



Memorial Day Parade
May 28th



Seabrook Recreation Department

Annual **EGG HUNT** & Bunny Breakfast



Saturday April 8th 2023

Important Information



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



Not a School Sponsored Event

Schedule of Hunts

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

Residents FREE

Non Residents \$5

Online Registrations ONLY

www.seabrookrec.com

Bunny Breakfast

\$5 Per Person \$10 Non Residents

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

**Proceeds go towards
Youth Opportunities!**

While supplies last!

Register Online or In Person!

www.seabrookrec.com



Spring Fun 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 Bgentile@seabrooknh.org.

