

Winter/Spring 2024



sunsetempire.com



ON THE COVER: Pickleball at Sunset Recreation Center. Drop-in and instructor-led options available! See Page 13 for more info!

Inside

Winter/Spring 2024 Jan. 1-June 30

- 3 District Information
- 4 News & Events
- 6 District Rates
- 8 Swim Lessons
- 9 Swim Team
- 10 Aquatic Fitness Classes
- 11 Land Fitness Classes
- 12 Health & Wellness Activities
- 13 Indoor Recreation
- 14 Early Childhood Education
- 15 After School Zone
- 16 Community Activities
- 17 Meals for Seniors
- 17 Community Center Project
- 18 Info & Policies
- 18 Sponsor Thank You

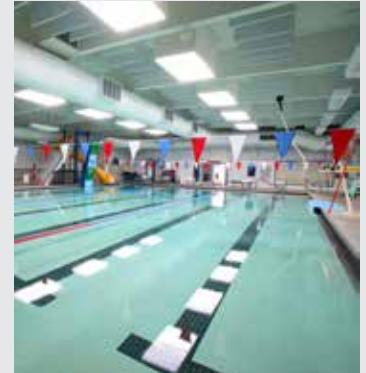


District Facilities

Sunset Pool and Fitness Room 1140 Broadway St.

Lap pool, warm water therapy pool, and hot tub. Fitness room offers free weights, two treadmills, recumbent bike and more!

503-738-3311 ext.100
5:45am - 7:00pm Monday-Friday
11:00am - 5:00pm Saturday
info@sunsetempire.com



Sunset Recreation Center 1120 Broadway St.

Infant/Toddler care, Preschool, After school, Summer camp, Pickleball, and other Recreation programs. Much more to come soon!

503-738-3311 ext. 201
info@sunsetempire.com



Bob Chisholm Community Center 1225 Avenue A

Two meeting rooms (can be joined into one large room), 1,500 sq ft main hall, and commercial kitchen. Many rental options available (both during and outside of regular hours). Special rates for non-profits and government agencies. Call for details.

503-738-7393 ext.101
9:00am - 5:00pm Monday-Friday
rentals@sunsetempire.com



Mary Blake Playhouse 1218 Avenue A

Features a 400 sq ft room and a small kitchenette, perfect for a small meeting or birthday party. Special rate for district residents. Call for availability.

503-738-7393 ext.101
rentals@sunsetempire.com



OVER 50 YEARS OF SERVICE

This winter marks two significant milestones for the Sunset Empire Park & Recreation District. First, we'll commemorate three years since the purchase of the old Broadway Middle School Property, now known as the Sunset Recreation Center (SRC). Around that same time, the District will celebrate its 55th Birthday after its formation in 1969. It



Skyler Archibald
Director's Message

seems appropriate here, in this reimagined Program Guide after a short hiatus, to share some important updates about the District and our usage of that important space.

Since our purchase of the property in 2021, we have worked towards full utilization while balancing the needed upgrades to portions of the space. We are utilizing almost 8,000 sq feet of classrooms to serve the youth in our community through infant and toddler care, preschool, after-school programs, and summer camp.

The cafeteria and library are heavily used by our youth programs. In there, SEPRD hosts special events such as the Halloween Fun Fest, LatinX Hispanic Heritage Celebration Night, and other groups. We continue to make use of the gym space in the SRC, with internal programming for youth and adult sports including 15 hours of pickleball play each week, not to mention the many hours of basketball play for local teams and the Pacific Basketball League (PBL) tournaments that are our area has hosted for decades. There's significantly more to come at that facility as we work in the coming months and years to update the building envelope, improve safety, and modernize the other spaces to make way for more recreation and community uses.

Acquiring the building was one of the biggest moments in SEPRD history but there's been a tradition in our District of accomplishing incredible things. We are so fortunate to have the Sunset Pool—almost 50 years old—still looking, functioning, and welcoming to a wide array of community uses.

We have invested recent grants into the improvements of the parkspace that sits between the pool building and the SRC, to make that space a more welcoming one for our youth programs and entire community.

Our Board and Staff are currently engaged in a strategic planning process that will guide the district's decision-making process for years to come.

As we look forward to the next phase of SEPRD we invite you to come learn more about what we offer and PLAY! Recreation, activity, and community are pursuits we can't wait to share with you!

DISTRICT INFO

Vision

We lead our community toward a healthy, active lifestyle and foster a sense of community through inclusive, sustainable, educational and recreational programs.

Mission

Sunset Empire Park & Recreation District invites and inspires our entire community to engage in P.L.A.Y.! (Positive Life Activities for You!)

District Leadership

- Skyler Archibald - Executive Director
- Justin Smith - Director of Programs
- Darren Gooch - Director of Operations
- Levi Conner - Director of Maintenance & Facilities
- Haley Wilding - HR & Administrative Coordinator
- Chris McCollister- Finance Manager
- Erin Reding - Youth Programs Manager
- Lindsey Wolfe - Aquatics Coordinator
- Zoe Manhire - Events & Recreation Coordinator
- Cortney Tibbitts - Maintenance Coordinator

Board of Directors

The SEPRD Board meets the fourth Tuesday of every month at 5:15pm in meeting rooms 1 & 2 of the Bob Chisholm Community Center - 1225 Avenue A - Seaside, OR.



Katherine Parker
Board President



Celeste Bodner
Board VP



Sue Coddington
Board Secretary



Michael Hinton



Kyle Gorman

NEWS & EVENTS

Schedule Changes

December 24, 2023	Christmas Eve- Sunset Pool on Holiday Schedule, all other district facilities closed.
December 25, 2023	Christmas Day - All district facilities Closed.
December 31, 2023	New Year's Eve - Sunset Pool on Holiday Schedule, all other district facilities closed.
January 1, 2024	New Year's Day - All district facilities Closed.
May 27, 2024	Memorial Day - Sunset Pool on Holiday Schedule, all other district facilities closed.

Holiday Schedule is as follows:

Monday-Friday - Lap Swim 5:45am-11:00 am | Open Swim 11:00am-1:00pm

Saturday - Closed

Seaside High School -Swim Meets-

The Seaside High School Swim Team will be hosting three swim meets at Sunset Pool.

The pool will be **CLOSED** during the meets from 3:00 - 6:30 p.m. on the following days:

- December 19, 2023
- January 3, 2024
- January 18, 2024

A Knight Out With Your Prince Or Princess

Saturday, February 10, 2024
6:00 - 8:00 p.m.

The dance will be held at the Sunset Recreation Center
1120 Broadway Ave | Seaside, OR

The night includes:
Live DJ • Dessert • Dancing
Photo Booth • Raffle Prizes
and Memories!

GOLD SPONSOR

LEWIS & CLARK
BANK

Cost is \$35 per family. Register online at sunsetempire.com or at the door the evening of the event. Space is limited, so register early!



FASCINATION TOURNAMENT
Thursday, February 29th, 2024
6:00pm - 8:00pm
at Funland Arcade in Seaside!

The entry fee for this -Adults 21+ Only- event includes: Pizza, Salad, a beverage of your choice, and a whole lot of fun! A no host bar will be available.

Cost is \$140 for a team of four
(Hey, that's only \$35 per person!)

This unique event is a fundraiser for the Bob Chisholm Community Center's "Phase II" Projects.

Call (503) 738-7393 or visit sunsetempire.com to register your team today!

SPONSOR AN EVENT!

We are looking for sponsors for these upcoming 2024 events:

Gold, Silver, & Bronze Sponsors

Seaside Chalk Art Festival
 Fall Fun Fest
 Santa Swim

Singing Carrot Sponsors

2024 Farmers Market Weekly Music



Silver & Bronze Sponsors

Community Egg Hunt & Treasure Dive
 Knight Out with your Prince or Princess Family Dance
 Seaside Fun Run/Walk for Change 5k
 Seaside Turkey Trot

If your business or organization would like to sponsor one of our community events or programs, please contact Zoe Manhire, Events & Recreation Coordinator at zmanhire@sunsetempire.com or go to sunsetempire.com/forms.

Seaside's Free Annual Community

EGG HUNT
& Aquatic Treasure Dive

Saturday, March 30th 2024

At Broadway Park in Seaside



Aquatic Treasure Dive

at Sunset Pool
 1140 Broadway St

Cost is \$5.00*

Schedule:

12:30pm ages 7-9 years old
 1:30pm ages 10-13 years
 2:30pm ages 14-17 years old

*includes a free swim pass

The EGG HUNT Schedule:

10:00am Visit with the Easter Bunny

10:30am Hunt Begins with youngest age group first and continues with the next age category (All start times are tentative and subject to change):

0 to 2 years - Baskets & Adult help OK

3 to 4 years - Baskets OK

5 to 6 years - No Baskets allowed

7 to 8 years - No Baskets allowed

9 to 10 years - No Baskets allowed

*Special accommodations available

GOLD SPONSOR



TOYOTA



Insurance Benefit Programs

Many insurance providers are offering their members benefits that allow them to use a local gym or aquatic facility at a significantly reduced rate or in many cases free of charge.

Chances are, if you are on a Medicare or Medicare Advantage plan, you are already eligible for a free monthly pass.

Benefits do vary by provider, so call your insurance company today to see if you are eligible for an insurance benefit program!

Guest Residency

District residents pay on average about 33% less than non-residents for district programs and activities. This is because district residents support SEPRD through their property taxes.

However, non-residents can become a "Guest Resident" on an annual basis and receive the resident discount on all district activities and passes.

If you own your home, the cost is calculated at \$0.92 per thousand of assessed home value. Your home's assessed value is available on your most recent property tax statement.

For property renters, it is a flat fee of \$46 per year to become a guest resident.

Feel free to call our front desk staff if you need assistance!

DISTRICT RATES

MEMBERSHIP PASSES

YOUTH

(ages 4-17)	<u>Resident</u>	<u>Non-Resident</u>
Monthly Pass	\$ 32.00	48.00
3-Month Pass	80.00	120.00
Annual Pass	200.00	300.00

ADULT

(ages 18-61)	<u>Resident</u>	<u>Non-Resident</u>
Monthly Pass	\$ 40.00	70.00
3-Month Pass	90.00	158.00
Annual Pass	275.00	481.00

SENIOR

(ages 62+)	<u>Resident</u>	<u>Non-Resident</u>
Monthly Pass	\$ 36.00	54.00
3-Month Pass	85.00	128.00
Annual Pass	250.00	375.00

FAMILY

(all family members residing in the same household)	<u>Resident</u>	<u>Non-Resident</u>
Monthly Pass	\$ 70.00	123.00
3-Month Pass	175.00	306.00
Annual Pass	525.00	919.00

DAILY RATES

	<u>Resident</u>	<u>Non-Resident</u>
General Admission-Individual	\$ 6.00	11.00
General Admission-Family	18.00	32.00
Open Swim-Individual	2.25	4.00
Open Swim -Family	7.50	13.00

10-PUNCH PASSES

*10 Punch Passes are available to residents only!

Open Swim	\$ 18.00
Open Gym	40.00
General Admission-Youth	38.00
General Admission-Adult	50.00
General Admission-Senior	40.00

DISCOUNTS

Save 5% on Membership Passes and Program registrations with our Automatic Deduction (ACH) program. Membership fees are automatically renewed saving you time and money!

5% Military discount available, ask for it at checkout.

EXTRAS

Showers \$2.00

Specific times are available for those just needing a shower.

Shower times are:

Mon & Fri. 6-8:00am
Tues-Thurs 9-10:30am
Sat 11:00am-3:00pm

Towel Rental \$ 1.00

*Locks are available for checkout to lock up your items. Please consider leaving valuables at home.

SEPRD's Scholarship Program

Scholarships are available to both residents and non-residents alike for participation in classes and activities. Applicants who meet income guidelines are eligible for scholarship assistance. Income guidelines follow those used by the USDA to determine free and reduced lunch eligibility for local school districts.

Scholarship amounts vary and not all district programming is eligible. Monthly and three-month passes are eligible for scholarship discounts, however, daily rate, 10-punch, and annual passes are excluded.

If you would like information about receiving a scholarship, please call (503) 738-3311 ext.100 or pick up a form at the pool front desk. Forms are also available online at sunsetempire.com/forms.

SWIM SCHEDULES

The actual number of available lanes may vary throughout the day. More than one swimmer may swim in each lane during lap swim times. The District does not restrict the number of lap swimmers that may enter the water. Lifeguards will facilitate circle swimming or request patrons to move to another lane to improve flow. Swimmers are encouraged to ask guards for assistance if help is needed.

The Hot Tub is available during operational hours. In accordance with District policy, those ages 6-14 may use the hot tub only when accompanied by a parent or guardian age 18 or over. Use of the Hot Tub by those ages 5 and under is not allowed.

All swim schedules are subject to change at any time. For the most accurate information and posted schedule changes, please visit our website at sunsetempire.com or call us at (503) 738-3311.

ADAPTIVE SWIM

It's a perfect setting to rehabilitate an injury, exercise at your own pace, or implement your own aquatic program or routine in the comfort of our Warm Water Pool.

This is a great time to come in and have some pool space to yourself. See times on page 7.

General Admission pricing applies and is also included with all of our membership passes.

KINDERSWIM

Tues/Wed 10:00am-11:00am

Daily Drop-in Rate: \$3 Resident (1 adult and 1 child) / \$5 Non-Resident Daily Rate (1 adult and 1 child)

Monthly Rate: \$27 Resident / \$35 Non-Resident

*This program is also included with monthly or three-month pass, annual pass or 10-punch card.

An instructor will work with you to introduce your toddler to elementary aquatic skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, water safety, and more.

This is a structured open swim in which parents and children work together in the water under the loose guidance of a qualified instructor, assisting in getting your child ready to swim while having fun in the water.

This class is intended for ages 0-3 and requires parent or guardian accompaniment.



SWIM LESSONS

Group Lessons

Our swim lesson program is designed to help children ages 3-12 become comfortable in and around the water, and progress through the fundamentals to more advanced strokes.

Our instructors teach aquatic safety skills in a logical progression while simultaneously enhancing swimmers skills throughout all of the levels. As students move to higher levels, they become ready to transition to the Seaside Swim Team program. (see information next page)

Each session is two-months long, i.e. Jan-Feb, Mar-Apr, and so on throughout the year. Students each get eight lessons per session with one lesson per week. You have your choice of a Monday, Tuesday, Wednesday, Thursday or Friday lesson for any level 1-6.

Sign-up days vary, but generally occur two-weeks prior to the start of the new session. Check with staff at the front desk at the pool for exact dates. **Registration times** are as follows:

Level 1: 8:00am

Level 2: 8:30am

Level 3: 9:00am

Level 4: 9:30am

Levels 5/6: 10:00am

A parent handbook is available for the program, ask front desk staff for a copy! Contact Aquatics Supervisor, Ashley Wolfe if you have any questions at (503) 738-3311 or awolfe@sunsetempire.com.

Monthly Fee is \$50 Resident / \$65 Non-Resident

Private Swim Lessons

Our highly experienced swim instruction staff provide focused training to youth, adults, special needs, and elite swimmers through our private and semi-private swim lessons.

These lessons may also be used to establish, refine, or adapt aquatic routines on an individualized basis. Scholarships and special discounts apply for qualifying individuals.

Call (503) 738-3311 to make arrangements. Private lessons are available with Coach Carolyn Heymann for students ages 5 and up.

\$45 Resident/\$60 Non-Resident per 60-minute session



SEASIDE SWIM TEAM

Our swim lesson programs are structured to prepare swimmers for swim team as early as age six or with coach approval. The team is open to both novice and competitive swimmers, and our coaching staff will evaluate each swimmer to determine their appropriate level.

Payment is on a monthly basis, and scholarships are available to qualifying families.

Coaches will inform team members of upcoming meet dates and information. Meets generally require a \$10 entry fee per swimmer and the Seaside Swim Team tries to host at least two meets per year.

JANUARY-FEBRUARY

Level	Practice Times	Fee
Bronze	4:00pm-5:00pm Tuesday and Thursday	\$40 Resident / \$50 Non-Resident
Silver	5:00pm-6:00pm Tuesday and Thursday	\$40 Resident / \$50 Non-Resident

MARCH-MAY

Level	Practice Times	Fee
Bronze	4:00pm-5:00pm Tuesday and Thursday	\$40 Resident / \$50 Non-Resident
Silver	5:00pm-6:00pm Tuesday, Wednesday, and Thursday	\$50 Resident / \$72 Non-Resident

Contact Head Coaches for a level evaluation before registering online.

Bronze Coach Amanda Browning - abrowning@sunsetempire.com

Silver Coach Meghan McKeown - mmckeowan@sunsetempire.com



AQUATIC FITNESS CLASSES

Main Lap Pool

DEEP WAVE

Tuesday/Thursday 8:00am-8:50am

A non-weight bearing water exercise class held in the deep end of the Lap Pool using float belts, noodles, barbells, and more to build muscular endurance and core strength, all while protecting your joints. **Low to Moderate Intensity Level**

WAVEMAKERS

Monday - HIIT Wednesday - KICKBOXING Friday - CORE 8:00am-8:50am

Make some waves in this shallow water class in the Lap Pool with focus of the day on High Intensity Interval Training, Kickboxing, or Core exercises designed to increase muscle and core strength, endurance, balance, and cardiovascular conditioning. **Moderate to High Intensity Level.**

Warm Water Pool

H₂O FIT

Monday/Wednesday/Friday 12:00pm-12:50pm

This is a high energy aqua workout, targeting all the major muscles using the water's resistance to challenge all levels. Enjoy some fun music during this medium to fast paced workout that combines low impact movements, stretching, toning, and relaxation. **Moderate Intensity Level.**

MINDFULL WATERS

Tuesday/Thursday 9:00am-9:50am

A gentle low impact aquatic exercise with yoga in warm water that improves strength, balance, and range of motion. A stress reduction class as we explore mind, body, and relaxation exercises. **Low to moderate intensity levels.**

AI-CHI

Tuesday/Thursday 11:00am-11:50am

Ai-Chi is a water-based, progressive, total body strengthening program that can be helpful in improving movement efficiency of clients who suffer from chronic pain, arthritis, fibromyalgia, chronic obstructive pulmonary disease, balance deficits, diabetes, and neurological or orthopedic problems. **Low Intensity Level.**

ARTHRITIS H2O

Monday/Wednesday/Friday 11:00am-11:50am

Arthritis Exercise is designed to reduce fatigue, pain, and stiffness, while improving mobility, muscle strength, and coordination. **Low Intensity Level.**

WAIST AWAY

Monday 10:00am-10:50am Tuesday/Thursday 12:00pm-12:50pm

This warm water class is designed with a focus on building muscle and losing fat around the waist, concentrating on the abdominals, quads, hamstrings, inner and outer thighs, and glutes. **Moderate to High Intensity Level.**

AI-CHI H.I.I.T.

Nov. 14, 2023 - March 14, 2024 (seasonal program) Tuesday/Thursday 6:00pm-6:50pm

High intensity interval training to increase strength, endurance, and cardio respiratory health. Begins with intervals using near maximum effort followed by shorter intervals of rest. Ending with a short session of Ai Chi to help build range of motion, balance, and relaxation. **Moderate to High Intensity Level.**

WATER VOLLEYBALL

**Wednesdays 6pm-7pm
(seasonal program)**

What is water volleyball? You have to see it to believe it. It includes laughter, friendly competition, and P.L.A.Y. for everyone involved!

This volleyball style game is held in our warm pool for a comfortable and enjoyable calorie-burning experience.

LAND FITNESS CLASSES

Sunset Pool Fitness Room

FIT N' FAB SENIOR CIRCUIT

Tuesday/Thursday 8:00am-8:50am

This class is designed to help you develop a healthy lifestyle by performing various exercises and movements. Class focuses on balance, cardio, resistance, and chair exercises if needed. **Low to Moderate Intensity Level.**

THE SWEAT SQUAD

Monday/Wednesday 9:00am-9:50am

This circuit training class is a popular form of workout that targets aerobic fitness, muscular endurance, and strength simultaneously. Come sweat, laugh, and have fun with the Sweat Squad! **Moderate Intensity Level.**

BODY BALL BLAST

Tuesday/Thursday 9:00am-9:50am

Ball exercises are very effective at targeting core muscles, those muscles that are essential for stability and balance, along with extending your range of motion. **Low To Moderate Intensity Level.**

Bob Chisholm Community Center

HAPPY CHAIR YOGA

Monday/Wednesday 11:00am-12:00pm

Happy Chair Yoga is a gentle form of yoga that can be used for chronic pain management and building better balance. Poses are done while sitting in a chair and standing with the support of a chair. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood and reducing stress and joint strain. Pranayama breathing techniques, guided imagery, music, and meditation are incorporated to promote focus, mental clarity, and relaxation. Find your happy place with Happy Chair Yoga! **Low Intensity Level.**

TAI CHI 24

Monday/Wednesday 10:00am-10:50am

Tai Chi is a series of exercises to engage muscles gently and increase a sense of balance. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai Chi is meditation in motion because it promotes serenity through gentle movements, connecting the mind and body. **Low Intensity Level.**

GENTLE YOGA

Level 2 Monday/Wednesday 5:30pm-6:45pm

Level 1 Friday 5:30pm-6:30pm

Gentle flowing yoga poses offering breathing, stretching, and gentle transitions for increased balance, flexibility, strength, and ending in meditation. **Moderate Intensity Level.**

ARTHRITIS CHAIR

Tuesday/Thursday 10:00am-10:50am

Arthritis class is designed to reduce fatigue, pain, and stiffness, while improving mobility, muscle strength, and coordination. **Low Intensity Level.**

Strength & Conditioning

This class focuses on strength and respiratory health through body weight, machine, and resistance training (dumbbells/kettlebells/bands).

Moderate to high Intensity Level

STRENGTH TRAINING

Monday/Wednesday
5:30pm-6:30pm

CONDITIONING CIRCUIT

Tuesday/Thursday
4:30pm-5:30pm

HEALTH & WELLNESS

WINTER WELLNESS WOKSHOP SERIES

A series of Wellness Workshops to help you “ring-in” the New Year and achieve success with your New Year’s Resolutions. Immerse yourself in Mindfulness Practices designed to revitalize the Body, Mind, and Soul, as you are gently guided through techniques to promote an overall healthier lifestyle.

WORKSHOP 1 | Resolve, Restore, Renew | Saturday, January 13th, 2024 | 10:00am-1:00pm

This workshop will focus on breathing techniques, Restorative Yoga, and nutritional guidance to promote wellness by boosting your immune system and renew balance and harmony back into your nervous system.

WORKSHOP 2 | Flow & Glow | Saturday, February 10th, 2024 - 10:00am-1:00pm

This workshop will focus on releasing blocked energy through a series of Yoga postures coupled with aromatherapy and crystal healing, which will help you achieve higher performance in all areas of your life, including career, relationships, and sport.

WORKSHOP 3 | WellSpring | Saturday, March 9th, 2024 | 10:00am-1:00pm

This workshop will focus on reviewing your intentions and resolutions set at the beginning of the Year, and refining them as we prepare for Spring. You will enjoy a Yin-Yang Yoga asana series, prescriptive for helping you emerge from the darkness of winter into the Spring light by dipping into your wellspring of creativity and vitality.

All Workshops will be held at Bob Chisholm Community Center

All Three Workshops for \$60 Resident/ \$80 Non-Resident

Individual Workshops \$25 Resident/\$33 Non-Resident

Tai Ji Quan: Moving for Better Balance

Session 1: January 7 to March 27

Session 2: April 1 to June 19

MON/WED 12:00pm-12:50pm

A 12 week evidence-based fall prevention program consisting of 8-forms with Mini Therapeutic Movements® that focus on functional exercises.

Registration & Membership Pass Required.

Walk with Ease: An Arthritis Foundation Program

TUES/THURS 12:00pm to 1:00pm

An ongoing Arthritis Foundation Walking Program that focuses on stretching & walking techniques to improve chronic pain and stiffness from Arthritis and other conditions. Improves endurance and muscle strength while socializing with other walkers.

Registration and Membership Pass Required.

National Diabetes Prevention Program

COMING THIS SPRING!

If you are pre-diabetic or considered at risk for diabetes and need to make healthy changes to prevent getting type 2 diabetes. We are starting an Interest List for this program that will begin in the Spring with Days/Times to be determined.

Registration and Membership Passes Required.

INDOOR RECREATION

DROP-IN OPEN GYM SPORTS

Drop in to play a game with friends or make new ones playing the sport you love!

Pickleball

Monday/Tuesday/Thursday/Friday 9:30am to 12:30pm

\$5 Resident/\$7 Non-Resident *also included with monthly, 3-month, annual passes and 10-punch cards

All Levels

Pickleball Instruction

Wednesdays 10:00am - 12:00pm

\$20 Resident/\$27 Non-Resident - Monthly

\$10 Resident/\$14 Non-Resident - Daily Drop-in

Beginning Pickleball instruction with Meyer Freeman of *Playful Pickleball*. Learn to play this popular court game in a non-competitive, safe learning environment. Monthly registration or daily drop-in rates available. This program is not included with passes or 10-punch cards.

Basketball

Tuesday/Thursday 6:00pm to 8:00pm

\$4 Resident and Non-Resident *also included with monthly, 3-month, annual passes and 10-punch cards

Ages 16 and older

March through October

START SMART SPORTS

Tuesday/Thursday 4:30pm-5:30pm

Basketball (Spring)

Soccer (Fall)

T-Ball (Summer)

Football (Winter)

Start Smart Sports are developmentally appropriate introductory sports programs for children. The program prepares children for organized sports in a fun, non-threatening environment, without the threat of competition or the fear of getting hurt. Age-appropriate equipment is used in teaching skills. A parent or guardian must be present to assist your child in being a program participant. **Sponsored by The Cookie Jar**



EARLY CHILDHOOD EDUCATION

Parents, please note that all Youth Programs follow the Seaside School District's academic calendar (including their Holiday schedule) and only providing Day-off camps on Inservice and Conference days.

INFANT & TODDLER CARE

JOEYS - Ages 0-2

Time: Monday-Friday 8:30am-5:30pm

Cost: \$900 Resident / \$1195 Non-Resident

ROOS - Ages 2-3

Time: Monday-Friday 8:30am - 5:30pm

Cost: \$785 Resident / \$1045 Non-Resident

THE LEARNING LADDER PRESCHOOL

The Preschool years are a time for great discovery, learning and exploration. This is that special time in a child's life when they are discovering their feelings, learning life-long social skills and expanding their intellectual horizons. The Learning Ladder Preschool provides a safe and nurturing environment where your child can grow and develop. We believe that building a solid foundation and a love of learning at the preschool level will help children achieve future academic and social success.

Our classroom provides your child the opportunity to learn through art, literacy, science, math and, most importantly, PLAY! We participate in the weekly story time at the Seaside Public Library, Kindermusik, and Music & Movement classes.

Tuition is due at the 1st of each month for your child to retain their preschool spot.

We offer a 5% discount for automatic payments!

KOALAS - Ages 3-4 (Pre-K)

Time: Monday-Friday 8:30am-1:00pm

Cost: \$400 Resident / \$532 Non-Resident

WALLABIES- Ages 4-5

Time: Monday-Friday 8:30am-1:00pm

Cost: \$400 Resident / \$532 Non-Resident

LEARNING LADDER AFTERCARE

For children enrolled in our Full-time (Koalas and Wallabies) Learning Ladder Preschool program only.

Time: Monday-Friday 1:00pm - 5:30pm

Cost: \$260 Resident / \$345 Non-Resident

AFTER SCHOOL ZONE

Our After School Zone is a collection of age appropriate programs focused on providing a safe, nurturing, enriching and FUN environment for our families needing after school care.

**Please note: All our After School Zone programs follow the Seaside School District Holiday calendar. We offer Day-Off Camps for school district In-Service days and Conference days. There may be an additional fee, and children must be pre-registered to ensure proper staffing.*

K - 5th Grade Zone

M/T/TH/F 2:45pm-5:30pm
Wednesday 1:45pm-5:30pm *Early Release Day
Monthly Fee: \$230 Resident / \$305 Non-Resident

*Space is limited.

Held at Sunset Recreation Center

WINTER BREAK MINI-CAMP

PreK-5th Grade

Week 1: December 18-22 \$160 Resident / \$210 Non-Resident
Week 2: December 26-29 \$130 Resident / \$170 Non-Resident

8:30am - 5:30pm A mini camp for families enrolled in our Learning Ladder preschool and After School Zone programs.

Space is limited, so sign up early!

Held at the Sunset Recreation Center

COMMUNITY ACTIVITIES

POTTERY STUDIO

Monday through Friday 9:00am-5:00pm

\$40 Resident/\$60 Non-Resident

Our newly reformatted Pottery program follows an “open-studio” format, allowing a greater degree of flexibility for students. All participants have unlimited access to the studio five days a week, during normal operating hours. Students requiring assistance can arrange to meet with one of our volunteer studio assistants.

Studio is located in the Bob Chisholm Community Center, 1225 Avenue A in Seaside.

For more information, call the Bob Chisholm Community Center at 503-738-3311 x101.

WHALE SPIRIT DRUM CIRCLE

First Friday of Each Month 7:00pm-8:00pm

Everyone is welcome to gather and drum together; no drumming experience is necessary. Visit www.WhaleSpirit.com for more information. Participation is free, but donations are gladly accepted.

Held in the Main Hall at the Bob Chisholm Community Center. This is an alcohol and drug free event. Don't have a drum? Extra drums are available for you to play.

AARP TAX PREPARATION

AARP volunteer tax preparers will begin taking appointments in mid-January 2024 for the 2023 tax season. Appointments typically begin in the first week of February and run through the second week in April. Appointments for our location are on Mondays only and run on the hour from 9am to 12pm. This is a free service. Call the Bob Chisholm Community Center for more information at (503) 738-7393x101.

PINOCHLE

Mondays 1:00pm-4:00pm

Pinochle is a trick-taking, Ace-Ten card game typically for two to four players and played with a 48-card deck. **Held at the Bob Chisholm Community Center.**

KNIT, NEEDLE, & CROCHET

Tuesdays 10:00am-12:00pm

FREE group activity! At the Bob Chisholm Community Center. Basic knowledge of skills is helpful to begin. Guidance on techniques offered.

Held at the Bob Chisholm Community Center.

DUPLICATE BRIDGE

Fridays 12:30pm

These weekly games are ongoing throughout the year. All games are courtesy of the Seaside Duplicate Bridge Club. For more information on those games or questions about bridge lessons, contact Monica Taylor (503) 325-0029.

Drop-ins are welcome, but please call ahead if you will need a partner. \$6 per day

LEARN TO PLAY THE UKULELE

Saturdays 10:00am-10:50am

Learn to play this delightful little instrument with instructor Cathey Ryan. This is a fun and easy class designed for brand new beginning ukulele players. Attendees will need to bring their own ukulele. Music sheets are provided. The classes are free however donations are appreciated.

Starting January 13, 2024 classes are held each Saturday morning from 10:00 am to 10:50 am at the **Mary Blake Playhouse 1218 Avenue A across the street from the Bob Chisholm Community Center.**

INTERMITTENT FASTING SUPPORT GROUP

Saturdays 11:00am-11:50am

Starts January 13, 2024!

If you have wondered how intermittent fasting works and if it is something that could possibly benefit you please drop in to this informational support group. Group facilitator, Cathey Ryan, is a certified life coach with over 30 years of coaching experience in making positive life choices and healthy weight loss.

NOTE: This meeting is information sharing intended for motivational purposes only. This meeting is NOT a substitute for medical advice. Meetings are free however donations are appreciated.

Held at the Mary Blake Playhouse at 1218 Avenue A across the street from the Bob Chisholm Community Center.

DINING AT OUR SENIOR MEALSITE

People aged 60 or older are invited to enjoy freshly made lunches at the Bob Chisholm Community Center mealsite. Our congregate mealsite offers a healthy, nutritious, and well-balanced meal, friendship, activities, and a connection to services and other resources. Our mealsites is still offering “drive thru” style meals for those who are still uncomfortable participating in the congregate setting. You can get a meal “to go” as you drive up, instead of eating with others in a dining room.



Home-Delivered Meals

If you are 60 or older and need assistance with mobility or walking, preparing or cooking food, or with driving or transportation, we may be able to bring meals to your home. An in-home visit will determine eligibility for the delivery of Meals-on-Wheels.



Donation for Meals

All meals that are served at our senior mealsite and to our homebound seniors are available on a donation basis, the suggested donation is \$3 per meal. No one will be turned away if they are unable to contribute.

Volunteer

The Senior Meals and Meals-on-Wheels Program provides volunteer opportunities for people who want to make a difference in the lives of seniors. More than 500 volunteers help deliver meals to 35 communities in our delivery area. For more information on how you can volunteer, contact Mealsite Coordinator, Chris Duffy at (503) 738-3311 extension 109.

HELP US SUPPORT THE SCHOLARSHIP PROGRAM

The Foundation is a non-profit public organization providing financial and community support to the Sunset Empire Park & Recreational District (SEPRD). The Foundation's fundraising goal is to assist SEPRD in providing quality aquatic and recreational opportunities for everyone in our community.

The Foundation's Board of Directors is comprised of volunteer community members. They share the mission of Sunset Empire Park & Recreation District to celebrate and embrace our community's diverse regional heritage and blend of cultures and the District's desire to promote and encourage wellness and a healthy, active lifestyle.

The Foundation and the Seaside Rotary Club have partnered in the past to put on the Sip & Savor event that has raised much needed funding for scholarships for our local seniors and children, which enabled them to take part in after school programs, preschool, pottery, yoga, aquatic classes, swim lessons and much more.

For more information on Sunset Park & Recreation Foundation or to make a donation to the scholarship program, please visit:



[sunsetempire.com/foundation](https://www.sunsetempire.com/foundation)

INFO & POLICIES

REFUND POLICY

Refunds or credits are readily granted if we are notified seven (7) days prior to the beginning of the program. Credits will only be granted if notified less than seven (7) days prior to the beginning of the program. No credits or refunds will be issued when notified two (2) working days or less from the start of a program. Programs are not refunded/pro-rated for participants who miss portions of programs.

PHOTO POLICY

On occasion, staff may take photos of participants enrolled in any District program. Please be aware that SEPRD may use these photos for District brochures, flyers, or promotional materials.

PATRON RIGHTS & EXPECTATIONS

Our park district staff members work very hard to provide a warm, welcoming environment for all of our guests. As a patron, you have a right to expect certain things from us, just as we have a reasonable right to expect certain things from you.

As a patron, you have a reasonable right to expect:

- respectful, dignified, and courteous treatment from all district staff members;
- respectful, dignified, and courteous treatment from all fellow patrons and their guests;
- continuous growth toward a healthy, active lifestyle as a result of your visit to our facility;
- to have an equal opportunity to participate in inclusive, educational, and recreational programs.

ONLINE REGISTRATION

Visit [sunsetempire.com](https://www.sunsetempire.com) and click on the "Register Online" icon and browse all available activities and upcoming workshops.

Sign up for a profile and register for any class with just the click of a mouse button!

EMERGENCY FORMS

Emergency forms with current information are required for all youth program participants. We ask that forms be updated every 6 months or as your child's information changes.

As a district, we reserve the right to expect you to:

- treat all district staff in a respectful, dignified, and courteous manner;
- treat all fellow patrons and their guests in a respectful, dignified, and courteous manner;
- refrain from using profanity, inappropriate or suggestive language, and obscene or offensive gestures;
- express concerns about programs or facilities to staff in a respectful and appropriate manner.

Working together, we can create a safe, nurturing environment for everyone to enjoy, no matter what program or activity they are taking part in!

Thank-You...



To all of the local businesses and organizations who have partnered with us this year!



Here for Oregon. Here for Good.



**American Legion Post 99 • Bruce's Candy Kitchen • Kiwanis Club of Seaside
Phillip's Candies • Rotary Club of Seaside • Runkle Consulting Group
Seaside Chamber of Commerce • Seaside Coffee House
Seaside Downtown Development • Association Seaside HS Swim Team
Seaside High School Key Club • Seaside HS Pacifica Program
Seaside Carousel Mall • Seaside Middle School Builder's Club
Seaside Outlets • Seaside Tsunami Amateur Radio Society
Seaside Kids Inc • Papa Murphy's • SeaStar Gelato • The City of Seaside
The Juan Young Trust • The Wine and Beer Haus • Your Store Seaside
Seaside Visitor's Bureau • Umpqua Bank • Hillcrest Inn**



Sunset Empire Park & Recreation District
 1140 Broadway
 Seaside, OR 97138

**PRSR STD
 ECRWSS
 U.S. POSTAGE
 PAID
 EDDM RETAIL**

POSTAL PATRON

COMMUNITY CENTER IMPROVEMENTS

The Bob Chisholm Community Center recently completed a \$320,000 refresh of its Main Hall with new LED lighting, flooring, engineered wall coverings, which has greatly improved its look and its acoustics. This has created a beautiful space for weddings/receptions, parties, and celebrations of all kinds!

However, our campaign for building improvements doesn't stop there. The Community Center Commission, made up of five members, is currently working on the plans for its "Phase 2" project. Community fundraising is starting now for this next phase. If you would like to contribute to our campaign, please take a moment to fill out the pledge card below!

Name: _____

Address: _____ City: _____ St: _____ Zip: _____

Email: _____

Phone: _____

Yes, I would like to donate to the Bob Chisholm Community Center's "Phase 2" project campaign.

I would like to donate: \$50 \$100 \$300 \$500 Other Amount: _____

Make checks payable to: Sunset Park & Recreation Foundation
 1140 Broadway
 Seaside, OR 97138

The Sunset Park & Recreation Foundation is a 501(c)3 non-profit and all donations are tax deductible.