





ON THE COVER: A patron uses a beach wheelchair provided by SEPRD to visit Seaside's beach, making recreational activities more accessible.

Inside

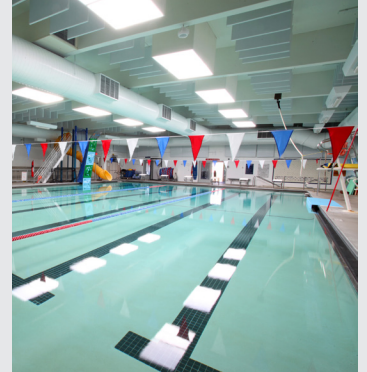
Summer 2024 June - September

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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 Mon-Thur
11:00am - 5:00pm Sat
info@sunsetempire.com



Sunset Recreation Center 1120 Broadway St.

Preschool, After school and summer camp programs. Drop-in Sports.
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 Mon-Fri
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



As we gear up for another beautiful summer on the North Oregon Coast, the season of hustle and bustle is upon us! We have nearly completed the District Master plan process and the experience thus far has been enlightening and transformative for assessing our current operations and planning for the future.



Skyler Archibald
Director's Message

It is clear, based on data that we've been able to collect as part of the Master Plan process and our own experiences, that summer is definitely a very busy time for the District. Consider:

- The Seaside Farmers Market is our most popular and well-attended special event and is a hallmark Seaside summer event with a weekly market every Wednesday from June 19- September 25 from 2-6pm in the Sunset RecreationCenter parking lot. Last year, our Market averaged over 1,000 attendees each week and, featuring live music, great food and locally sourced food and crafts, is a perfect way to spend some time.
- Our annual Summer Camp continues to be as popular as ever, selling out within the first few days of registration opening. This camp gets better every year and under the direction of our dedicated and experienced staff, children aged 3-12 have a great place to spend their summer with days of field trips, arts and crafts, swimming, teamwork and fun!
- We are in the midst of a very large construction project and working with the Seaside School District to improve the Broadway Field complex! This project will ultimately add a full-sized softball field and allow simultaneous play, while maintain the Herche Family Training Facility for softball and baseball hitting practice.

All in all, while we welcome the sunny skies and warmer temperatures that summer provides, we have much to do, and we are excited to do it! We wish you the best this summer and hope to see you at the Farmers Market, in the Sunset Pool or at one of our other programs or facilities this summer!

Schedule Changes

June 19th, 2024	Juneteenth - All offices closed, holiday hours for facilities.
July 4th, 2024	Fourth of July - All facilities closed
September 2nd, 2024	Labor Day - All offices closed, holiday hours for facilities.

Holiday Schedule is as follows:

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

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 Staff

Executive Director

Skyler Archibald

Leadership Team

- Justin Smith - Director of Programs
- Darren Gooch - Director of Development
- Levi Conner - Director of Maintenance & Facilities
- Haley Wilding - HR & Administrative Manager
- 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



Su Coddington
Board Secretary



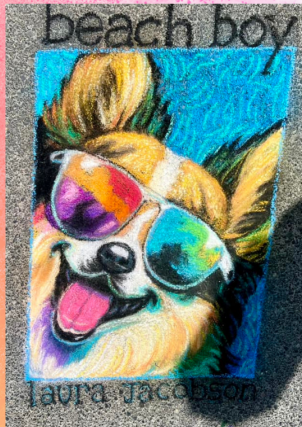
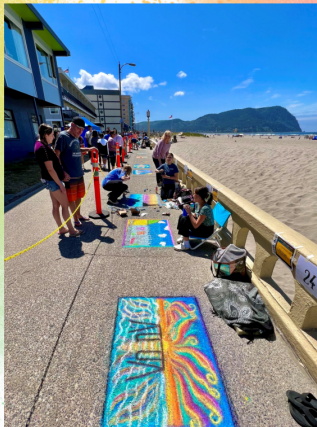
Michael Hinton



Kyle Gorman

EVENTS

CHALK IT... IN SEASIDE! July 26th & 27th, 2024



LIVE ART EVENT & STREET CHALK CLASS

Open to artists of all ages and skill levels. Artists will create art on the Seaside Promenade near the Turnaround starting at 9am on July 27th. You can enter to just play or compete, your choice. Judging and an awards ceremony will occur in the afternoon. Join us in celebrating creative play in Seaside!

Register
Now



Entrance fee is \$35 and includes a set of Street Chalk Pastels and a class by Robin Montero on the evening of July 26th.



sunsetempire.com

1140 Broadway st. Seaside, OR



Bronze Sponsor
COAST Family Law, LLC



seaside FARMERS MARKET

— SEASIDE, OR-USA —

Celebrating 10+ years

**JUNE 19TH -
SEPTEMBER 18TH**
2:00PM - 6:00PM

EVERY WEDNESDAY

**1120 BROADWAY ST.
SEASIDE, OR 97138**



Stretch your dollars with
Farm Direct Dollars
DUFEB Match up to \$20

Golden Peach Sponsor



Partners



Vendor and Band Info

More Info: 503-738-3311
www.sunsetempire.com



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)	Resident	Non-Resident
Monthly Pass	\$ 32.00	48.00
3-Month Pass	80.00	120.00
Annual Pass	200.00	300.00

ADULT

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

SENIOR

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

FAMILY (Individuals residing in the same household)

	Resident	Non-Resident
Monthly Pass	\$ 70.00	123.00
3-Month Pass	175.00	306.00
Annual Pass	525.00	919.00

DAILY RATES

	Resident	Non-Resident
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. 6-8:00 a.m.
Tues-Thurs 9-10:30am

*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.

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

KINDERSWIM

Tuesday Wednesday 10:00am-11:00am Saturday 12:00pm-1:00pm

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.

SUMMER OPEN SWIM

Open swims will be Monday through Friday from 1:00pm-3:00pm

Starting June 17th - August 30th

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.

Private lessons are available with Coach Carolyn Heymann for students ages 5 and up and Emma Anderson for students ages 0-13.

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

***Call (503) 738-3311 to make arrangements.**

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 \$5 entry fee per swimmer and the Seaside Swim Team tries to host at least two meets per year.

JULY-AUGUST

Level	Practice Times	Fee
Bronze	4:00pm-5:00pm Tuesday and Thursday	\$40 Resident \$50.00 Non-Resident
Silver	5:00pm-6:00pm Tuesday and Thursday	\$40 Resident \$50.00 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 floata belts, noodles, barbells, and more to build muscular endurance and core strength, all while protecting your joints. **Low to Moderate Intensity Level**

WAVEMAKERS

Monday/Wednesday/Friday 8:00pm-8:50pm

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 WARM

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.**

MINDFUL WATERS

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

A gentle low impact aquatic exercise with yoga inw arm 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, multiple sclerosis, and other 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 12:00am-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.

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.**

LAND FITNESS CLASSES

Sunset Pool

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 boost. **Low Intensity Level.**

TAI CHI 24

Monday/Wednesday 10:00am-10:45am

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 mediation in motion because it promotes serenity through gentle movements, connecting the mind and body. **Low Intensity Level.**

GENTLE YOGA

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

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

STRENGTH CLASS

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

Starting the beginning of each month the class will go through a 4-week program using barbell, dumbbell, kettlebell, and machine resistance to help build strength and anaerobic endurance in your fitness. **Moderate To High Intensity Level.**

CONDITIONING CLASS

Monday-Thursday 4:30-5:30pm

Rotating through a series of aerobic, calisthenic, and weighted exercises this classes primary goal is on improving respiratory health, but changing each month we will still have a focus on different muscle groups. **Moderate To High Intensity Level.**

ARTHRITIS CHAIR

Tuesday/Thursday 10:00am-10:45am

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

RESTORATIVE YOGA

Friday 5:30pm-6:45pm

The goal of Restorative Yoga is to allow the body and mind to heal. A gentle and relaxing practice that uses props to support our bodies in passive stretching. Suitable for practitioners of all levels, restorative yoga is a restful practice that holds postures for longer using props like yoga blocks, blankets, and bolsters. Our practice of deep relaxation emphasizes the meditative aspect of yoga—the union of body and mind. Through props for support, many of our postures are held almost effortlessly. When our bodies enter a state of relaxation our minds can also consciously relax as tension is released from both body and mind through our breath. **Low to moderate intensity level.**

HEALTH & WELLNESS

Summer Wellness & Vitality Workshop Series

This is a truly unique series of Wellness Workshops to help promote an active lifestyle, and for those seeking to increase their vitality, and longevity in sport and life.

Whether you are an elite athlete, weekend warrior, or someone seeking a healthier lifestyle, this workshop series is perfect for you!

Immerse yourself in Wellness Practices designed to revitalize the Body, Mind, and Spirit, as you are guided through mindful techniques prescriptive to bringing harmony and balance back into your nervous system, and therefore promoting an overall healthier lifestyle.

WORKSHOP 1 | Endurance & Longevity | Saturday, June 29th, 2024 | 10:00am-1:00pm

In this workshop we will begin with focusing on a series of breathing techniques designed to increase your lung capacity, thereby enhancing your endurance, stamina, and longevity. You will use Therapy Balls to massage your muscles and revitalize your joints, and Restorative Yoga, which will help to boost your immune system. This workshop will be held at the Bob Chisholm Community Center.

WORKSHOP 2 | Breath of Fresh Air | Saturday, July 27th, 2024 - 10:00am-1:00pm

In this workshop we will continue to build on focused breathing, and getting ahold of the mind with meditation, which will enhance your performance in career, sport and life.

Allow yourself to enjoy being guided through a series of Yoga postures and Meditations coupled with the use of aromatherapy and crystal healing, which help you to release blocked energy.

Weather permitting this workshop may be held outside at Broadway Park.

WORKSHOP 3 | Dog Days of Summer | Saturday, August 24th, 2024 | 10:00am-1:00pm

This workshop is a culmination of the Summer Series but can be thoroughly enjoyed with absolutely no experience.

You will benefit from several Mindful practices such as Yoga, Meditation, which is ideal for helping you to stimulate your creativity and increase your vitality. Weather permitting this workshop may be held at the beach in front of the 12th and Prom entrance.

*Workshops will be held at Bob Chisholm Community Center in the event of rain.

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

National Diabetes Prevention Program

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.

***Taking A Waitlist**

Drop-In Open Gym

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

Pickleball

Monday-Friday 9:30am-12:30pm

All Levels

\$5 Resident/\$7 Non-resident

***Also included with monthly, 3-month, annual passes, and 10-punch cards**

Basketball

Tuesday 6:00pm-8:00pm

Ages 16 and older

\$4 Resident and Non-Resident

***Also included with monthly, 3-month, annual passes, and 10-punch cards.**

Sports Clinics

Pickleball Instruction

Wednesdays 1:00pm - 3:00pm

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 drop-in available. This program is not included with passes or 10-punch cards.

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

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

Start Smart Sports

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

BASKETBALL (Fall)

SOCCER (Spring)

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.

\$45 Resident/\$60 Non-Resident

Youth Athletic Speed and Strength Camp

Two Sessions: July 2-30 & August 1-29

Every Tuesday/Thursday 2:00pm-3:30pm

This program is designed and led by Strength and Conditioning Coach James Massa, utilizing General Physical Preparation (GPP) training to enhance and improve foundational athletic performance. This approach enables athletes to train at progressively higher levels of volume and intensity, making it applicable to a wide range of sports and resulting in well-rounded athletic development.

\$100 Resident/\$135 Non-Resident - Per Session

EARLY CHILDHOOD EDUCATION

INFANT/TODDLER CARE

JOEYS - Ages 0-2

5 day per week option:

Time: 8:30am-5:30pm

Cost: \$900.00 Resident / \$1195.00 Non-Resident

*Space is limited

ROOS - Ages 2-3

5 day per week option:

Time: M-F 8:30am - 5:30pm

Cost: \$785.00 Resident / \$1045.00 Non-Resident

*Space is limited

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, Yoga, 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

5 day per week option:

Time: 8:30am-1:00pm

Cost: \$400.00 Resident / \$532.00 Non-Resident

WALLABIES- Ages 4-5 (pre-k)

5 day per week option:

Time: M-F 8:30am-1:00pm

Cost: \$400.00 Resident / \$532.00 Non-Resident

LEARNING LADDER AFTERCARE

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

Time: 1:00pm- 5:30pm

5 Days: \$260.00 Resident / \$345.00 Non-Resident

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

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

SUMMER CAMP

June 24th - August 23rd,
2024

Cost Per Week

Preschool 3-5 years old - Half Day and Full Day options
Full Day - Starting at \$160 per week In-District/ Starting at \$213 per week Out of District
Half Day - Starting at \$90 per week In-District/ Starting at \$120 a week Out of District

School Aged K-5th - Starting at \$160 per week In-District/
Starting at \$213 Out of District

*Prices vary per week to accommodate field trip and special guest.
Scholarships are also Available! For more detailed information
please call the Sunset Recreation Center at 503-738-3311 x 201

Fun Happenings!

**Field trips, Special Guests, Swimming
& Fun Themes**
***Snacks and Lunches are Provided**

Contact Us

503-738-3311
www.sunsetempire.com
1120 Broadway St, Seaside OR
97138



COMMUNITY ACTIVITIES

POTTERY STUDIO

Monday-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.

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.**

LEARN TO PLAY THE UKULELE

Saturdays 10:00am

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.

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

INTERMITTENT FASTING SUPPORT GROUP

Saturdays 11:00am-11:50am

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

WOMEN, INFANTS, AND CHILDREN (WIC)

Thursdays 9:00am-3:00pm

Women, Infants and Children is an organization that helps families assure healthy pregnancies, healthy birth outcomes and healthy growth and development for adults, infants and children up to age five who are at nutrition risk. WIC provides nutritious foods to supplement diets, information and education on healthy eating, and referrals to health care and critical social services.

DANCE NOW CLUB

Third Thursday of Each Month 2:00pm-4:00pm

Dance now is creating events to encourage good friends and good times for people with disabilities to get out and connect with others.

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 are responsible for the Sweet Affaire event that raises much needed funding for scholarships for our local seniors and children, which enables 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

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 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!



- American Legion Post 99 · Kiwanis Club of Seaside**
- Phillip's Candies · Runkle Consulting Group · Imagination Factory**
- Seaside Chamber of Commerce · Seaside Coffee House**
- Seaside Downtown Development Association**
- Seaside High School Key Club · Seaside HS Pacifica Program**
- Seaside HS Swim Team · Seaside Kids Inc · Seaside Middle School**
- Builder's Club · Seaside Outlets · Seaside Tsunami Amateur**
- Radio Society · SeaStar Gelato · The City of Seaside**
- Miss Clatsop Scholarship Program · The Wine and Beer Haus**
- Your Store Seaside · The Cookie Jar and Bakery · Ebbtide Ocean-**
- front Inn · Seaside Visitors Bureau · Coast Family Law LLC · Nonnis ·**
- Papa Murphy's**



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

**PRSRT 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 nine 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 District Foundation is a 501(c)3 non-profit and all donations are tax deductible.