



SEVEN RIVERS AFTER SCHOOL PROGRAM

WITH DURHAM PARKS & RECREATION FOR THE 23/24 SCHOOL YEAR



Seven Rivers Enrichment and Durham Parks & Rec. are excited to offer a unique After School Program for the upcoming 23/24 school year! Seven Rivers After School Program will take place at Moharimet Elementary School Monday-Friday, after school until 5:30pm for all Oyster River students in grades K-5. Transportation from ORMS and Mast Way to Moharimet will be provided. Daily activities will be engaging, fun and outdoor focused, with time to play freely and explore. At no additional cost, participants will have the option to participate in the daily nature-based enrichment programs offered by Seven Rivers Enrichment. These daily enrichment programs will change seasonally. This program will utilize the Moharimet gym, cafeteria, playground, Sugar Shack and surrounding woods for daily activities. *Seven Rivers After School Program is replacing the "Our Time" program previously offered by Growing Places.*

Registration opens
on August 7th.
More info
coming soon!



SEVEN RIVERS
ENRICHMENT



CONTACT & REGISTRATION (603)817-4074 durhamrec.recdesk.com recreation@ci.durham.nh.us

About The Program:

Durham Parks & Rec and Seven Rivers are excited to offer a NEW robust After School Enrichment Program for families in the Oyster River School District! Choose from our nature based activities throughout each season (fall, winter, spring) to craft a part or full time weekly experience throughout the 23/24 school year. Our program will include a combination of outdoor enrichment, projects, activities & games that teach skills and build community. Families can also choose from the seasonal Seven Rivers favorites, such as Mountain Biking, Medieval Knights, Archery & More!

Daily Schedule:

3:30pm- School Dismissal

3:35pm- Gather, check-in (break into groups based on chosen optional enrichment activity or daily program)

3:45pm- Brief group activity (social emotional and/or team building & snack

4:00pm- Optional Enrichment Activity or daily program (based on participant registration)

5:30pm- Family pick-up

PROGRAM COST:

Administrative Fee: \$10/per child, per seasonal session

Daily Program Fee: \$30.00

Five Days Per Week: \$140.00

Registration is for the entire seasonal session and families will be billed monthly for registred days per session

REGISTRATION:

Step 1: Create a RecDesk account: durhamrec.recdesk.com

Step 2: Register your child for a seasonal session- Fall, Winter, Spring. This is where you will pay the \$10 Admin. Fee per child per session and complete the FlexForm to select your child's program days and any optional enrichment activities.

Step 3: Durham Parks & Recreation will review your requested program days and selected optional enrichment activities and provide a confirmation with what your child is registered for, and the amount you will be billed monthly per seasonal session.



SEASONAL SESSION SPECIFICS:

Fall Session: September 11th- December 21st 2023

Dates program is not in session:

10/6, 10/9, 11/7, 11/10, 11/22, 11/23, 11/24, 12/22

Fall Session Daily Registration Breakdown:

Mondays: 14 program days= \$420.00

Tuesdays: 14 program days= \$420.00

Wednesdays: 14 program days= \$420.00

Thursdays: 14 program days= \$420.00

Fridays: 12 program days= \$360.00

Full Fall Session Registration: 68 program days= \$1,836.00 (10% discount applied)

Families will be billed monthly for each registered seasonal session



Optional Fall Enrichment Activities- Session 1 Options: Sept. 11-Nov 3 (8 wks)

- Mondays: Off The Beaten Path
- Tuesdays: Disc Golf
- Wednesdays: WildCraft
- Thursdays: Mtn. Bike Club
- Fridays: Kayaking



Optional Fall Enrichment Activities- Session 2 Options: Nov 6-Dec 21 (7 wks)

- Mondays: Off The Beaten Path
- Tuesdays: Ultimate Frisbee
- Wednesdays: Archery
- Thursdays: Medieval Knights
- Fridays: Indoor Rock Climbing



Winter Session: January 8th- April 19th 2024

Dates Program is not in session:

1/15, 1/22, 2/13, 2/26, 2/27, 2/28, 2/29, 3/1

Winter Session Daily Registration Breakdown:

Mondays: 12 program days= \$360.00

Tuesdays: 13 program days=\$390.00

Wednesdays: 14 program days= \$420.00

Thursdays: 14 program days= \$420.00

Fridays: 14 program days= \$420.00

Full Winter Session Registration: 67 program days=\$1,809.00 (10% discount applied)

Families will be billed monthly for each registered seasonal session



Optional Winter Enrichment Activities- Session 1 Options: Jan. 8- Feb. 23 (7 wks)

- Mondays: Off The Beaten Path
- Tuesdays: Backcountry Bushcraft
- Wednesdays: Dungeons & Dragons
- Thursdays: XC Skiing
- Fridays: Cooking & Carving



Optional Winter Enrichment Activities- Session 2 Options: Mar. 4- Apr. 19 (7 wks)

- Mondays: Off The Beaten Path
- Tuesdays: Dungeons & Dragons
- Wednesdays: Outdoors to Explore
- Thursdays: Medieval Knights
- Fridays: Archery



Spring Session: April 29th-June 14th 2024

Dates Program is not in session:

5/24, 5/27

Spring Session Daily Registration Breakdown:

Mondays: 6 program days= \$180.00

Tuesdays: 7 program days= \$210.00

Wednesdays: 7 program days= \$210.00

Thursdays: 7 program days= \$210.00

Fridays: 6 program days= \$180.00

Full Spring Session Registration: 33 program days= \$891.00 (10% discount applied) **Families will be billed monthly for each registered seasonal session**



Optional Spring Enrichment Activities: Apr. 29-June 14 (7 wks)

- Mondays: Off The Beaten Path
- Tuesdays: Cooking & Carving
- Wednesdays: Fishing
- Thursdays: Mountain Biking
- Fridays: Kayaking



ENRICHMENT ACTIVITY DESCRIPTIONS:

Off The Beaten Path:

This unique program is our most diverse and dynamic offering. Participants will enjoy seasonal activities, crafts and adventures, learn basic wilderness skills necessary for exploring the backcountry, and also the significance of building community and stewardship. In this multi-age setting we strive to foster independence while nurturing positive group dynamics through team building activities.

Disc Golf & Ultimate Frisbee :

This program will have an emphasis on learning, playing, and enjoying the sport of Disc Golf and Ultimate Frisbee. All equipment is provided. Participants for Disc Golf will be transported offsite to a local disc golf course for this program. The group will return to Moharimet for pick-up.

WildCraft:

Enjoy getting curious and creative with art in nature, fiber arts, pottery, needlework, weaving and paint & dye making in this setting of traditional craft, skill & technique. In this nature based crafting program participants will explore making art with natural materials and handmade tools.

Mtn. Biking:

After School Mtn. Bike club promotes safe riding skills in a fun environment. This program is best suited for participants with an interest in learning more about mountain biking, participating in group rides and a desire to put some effort in. We will ride on the trails behind Madbury Town Hall and Powder Major Farm. Groups will be broken down by age and ability. Riders must be able to comfortably ride a two-wheeler both on and off pavement.

Bikes will need to be transported to Moharimet School for each session. Bikes will need to be transported by parent/guardian after each session

Kayaking:

Participants will have the unique opportunity to enjoy an afternoon on the water learning and improving their paddle skills along with learning about the Oyster River and Great Bay.

The group will start out on Kayaks and have the option to paddle board if the air and water temps allow Kayaking & Paddle boarding will take place at Wagon Hill Farm. All equipment is provided.

Archery:

Learn the basics of archery. This program will focus on proper safety, shooting techniques, scoring, eye dominance, alignment and hand position with re-curve bows. All equipment is provided. This class is led by Seven Rivers Paddling Staff.

Medieval Knights:

This program is based around the process of becoming a Knight, wherein participants will explore the feudal system while learning to discern that bravery and courage can be rooted in compassion. Participants will earn the privilege of using foam swords once moving through our program from squire, to page and finally knights! We will build forest fortresses and immerse ourselves in this rich historical time period.

Indoor Rock Climbing:

Program Participants will work closely with UNH students who are AMGA certified instructors to learn belaying skills, knots, equipment, climbing technique, problem solving skills, and more. New and experienced climbers welcome. All equipment provided.

Backcountry Bushcraft:

This backcountry program will offer an in depth experience in bushcraft, wilderness first aid and medicine, survival and navigation skills. Enjoy immersion into the wilderness and gain valuable knowledge of how to find and use things in the wild to not only survive, but thrive, in the backcountry.

Dungeons & Dragons:

Join us around the fire for this epic adventure with Dungeons & Dragons! This program will be focused on character building and storytelling aspects of the game. Each participant will have a set of dice that dictates the unfolding of the story and will get to create their own unique character who has to problem-solve and strategically collaborate their way to glory!

Cooking & Carving:

About the Cooking:

Over the course of this program we will be exploring different methods of outdoor cooking and baking. We will be preparing and sharing small meals, in addition to discussing how water, agriculture and culture play a role in the food we eat. We will not only be immersing ourselves in what it means to cook outside but also what that encourages in terms of creating a sense of community. Participants will be encouraged to be creative and resourceful in our outdoor kitchen!

About the Carving (whittling)

We will gather around the fire to learn the basics of carving and whittling. We will introduce the tools and techniques required for making small pieces while exploring the difference of working with several different types of native wood.

XC Skiing:

Learn the basics of Cross Country Skiing! This program is a great way to explore the surrounding woods during the winter. Participants will learn specific techniques and skills to successfully travel through the woods on skis. In addition participants will learn respect, responsibility and stewardship through games and team building activities . We look forward to getting unplugged and immersing ourselves in the winter woods.

Outdoors to Explore:

Join us for this get out and play in the outdoors program! Each class we will explore a new area/trail. Participants will need to have a small backpack that can be worn while exploring the trails, wear warm clothing, sturdy footwear and have a water bottle. Participants will be transported after school to each trail location. Pick-up will be at the trail location scheduled for each program day.

Fishing:

Participants will learn the basics of fishing along with proper technique of catch a release. Participants will be transported to the Durham reservoir for this program. Pick up will be at the reservoir near the UNH Observatory. All equipment is provided.

About Seven Rivers

Seven Rivers offers exceptional outdoor enrichment to the communities in the greater Seacoast area of NH. We believe strongly in the value of nature based education and developing emotional intelligence. We strive to nurture empathy and perseverance, to kindle curiosity and creativity.

Our youth programs prioritize nurturing connection to land and wildlife while kindling a sense of community. We value the growth and resilience that occurs when children are given the freedom to explore, create, engage and problem solve with each other and individually.

At Seven Rivers, we craft our program with care, selecting attentive and skilled instructors. It's our priority to expose our participants to a wide array of practical application skills while encouraging collaboration.

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