



SEVEN RIVERS AFTER SCHOOL PROGRAM

WITH DURHAM PARKS & RECREATION FOR THE 24/25 SCHOOL YEAR



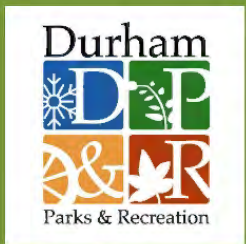
Seven Rivers Enrichment and Durham Parks & Rec. are excited to offer a unique After School Program for the upcoming 24/25 school year! Seven Rivers After School Program will take place at Moharimet Elementary School Monday-Friday, after school until 5:30pm for all Oyster River students in grades K-8. 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. Participants will have the option to participate in the daily nature-based enrichment programs, which will change seasonally. This program will utilize the Moharimet gym, cafeteria, playground, Sugar Shack and surrounding woods for daily activities.

Fall Session 1: Sept. 9th- Nov. 1st **Fall Session 2:** Nov. 4th- Dec. 20th
Winter Session 1: Jan. 6th- Feb. 21st **Winter Session 2:** March 3rd-April 25th
Spring Session: May 5th-June 6th

Registration opens on August 7th for Fall Sessions
December 2nd for Winter Sessions.
March 3rd for Spring Session



SEVEN RIVERS
ENRICHMENT



About The Program:

Durham Parks & Rec and Seven Rivers are excited to offer a 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 time or full time weekly experience throughout the 24/25 school year. Our program will include a combination of outdoor enrichment projects/ activities & games that teach skills and build community.

Daily Schedule:

3:30pm- School Dismissal- Gather & check-in

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

4:00pm- Daily Activity

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 each seasonal session and families will have the option to pay in full or be billed monthly for registered days per session



REGISTRATION:

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

Step 2: Go to "Programs" and check "After School" (on left hand side of the page). From there you can check off the seasonal session and days per week you are looking to enroll your child.

Step 3: Select the appropriate daily program for your child. Please note: If you have multiple children that you are registering for the SR after school program, please be sure to select the correct child per day/program as grade restrictions apply.

Step 4: At check out select pay deposit for all Seven Rivers after school program days in your cart. You will be invoiced for the remainder of the balance which you can either choose to pay in full or pay monthly installments throughout the seasonal session. Please note: your invoice will include the seasonal session admin. fee of \$10.00 per child per seasonal session.

! = Activities that are offsite from MOH and have registration restrictions.
Early pick-up is not an option for those participating in these activities.

FALL SESSION SPECIFICS:



Fall Session 1: Sept. 9th- Nov. 1st 2024

Dates program is not in session:

9/10, 10/11, 10/14

Fall Session 1 Daily Registration Breakdown:

Mondays: 7 program days= \$210.00

Tuesdays: 7 program days= \$210.00

Wednesdays: 8 program days= \$240.00

Thursdays: 8 program days= \$240.00

Fridays: 7 program days= \$ 210.00

Full Fall Session 1 Registration (Mon-Fri) : 37 program days= \$999.00 (10% discount applied)

Full Fall Session 1 & 2 Registration (Mon-Fri): 67 program days= \$1,809.00 (10% discount applied)

Families will have the option to pay in full or be billed monthly for the SR After School Program



Activity is offsite, has registration restrictions and early pick-up is not an option.

Fall Daily Activities- Session 1

- Mondays: Off The Beaten Path (K-8th)
- Tuesdays: Off The Beaten Path (K-8th)
- Tuesdays: Fishing (2nd-8th) ⚠
- Wednesdays: Off The Beaten Path (K-8th)
- Thursdays: Off The Beaten Path (K-8th)
- Thursdays: Mtn. Bike Club (2nd-8th) ⚠
- Fridays: Off The Beaten Path (K-8th)
- Fridays: Kayaking/SUP (2nd-8th) ⚠



Fall Session 2: Nov. 4th- Dec. 20th 2024

Dates program is not in session:

11/5, 11/11, 11/27, 11/28, 11/29

Fall Session 2 Daily Registration Breakdown:

Mondays: 6 program days= \$180.00

Tuesdays: 6 program days= \$180.00

Wednesdays: 6 program days= \$180.00

Thursdays: 6 program days= \$180.00

Fridays: 6 program days= \$180.00

Full Fall Session 2 Registration (Mon-Fri) : 30 program days= \$810.00 (10% discount applied)

Full Fall Session 1 & 2 Registration (Mon-Fri): 67 program days= \$1,809.00 (10% discount applied)

Families will have the option to pay in full or be billed monthly for the SR After School Program



Activity is offsite, has registration restrictions and early pick-up is not an option.

Fall Daily Activities- Session 2

- Mondays: Off The Beaten Path (K-8th)
- Tuesdays: Off The Beaten Path (K-8th)
- Tuesdays: Survival/Primitive Living Skills(2nd-8th)
- Wednesdays: Off The Beaten Path (K-8th)
- Wednesdays: Outdoors to Explore (3rd-8th) 
- Thursdays: Off The Beaten Path(K-8th)
- Thursdays: Medieval Knight (1st-8th)
- Fridays: Off The Beaten Path (K-8th)
- Fridays: Art & Nature (K- 8th)



WINTER SESSION SPECIFICS:

Winter Session 1: Jan. 6th- Feb. 21st 2025

Dates program is not in session:

1/20, 1/27

Winter Session 1 Daily Registration Breakdown:

Mondays: 5 program days= \$150.00

Tuesdays: 7 program days= \$210.00

Wednesdays: 7 program days= \$210.00

Thursdays: 7 program days= \$210.00

Fridays: 7 program days= \$210.00

Full Winter Session 1 Registration (Mon-Fri) : 33 program days= \$891.00 (10% discount applied)

Full Winter Session 1 & 2 Registration (Mon-Fri): 72 program days= \$1,944.00 (10% discount applied)

Families will have the option to pay in full or be billed monthly for the SR After School Program



Activity is offsite, has registration restrictions and early pick-up is not an option.

Winter Daily Activities- Session 1

- Mondays: Off The Beaten Path (K-8th)
- Tuesdays: Off The Beaten Path (K-8th)
- Tuesdays: Outdoor Winter Survival (2nd-8th)
- Wednesdays: Off The Beaten Path (K-8th)
- Thursdays: Off The Beaten Path (K-8th)
- Thursdays: XC Skiing (K-8th) ⚠
- Fridays: Off The Beaten Path (K-8th)
- Fridays: Indoor Rock Climbing (2nd- 8th) ⚠



Winter Session 2: March 3rd- April 25th 2025

Dates program is not in session:

3/14

Winter Session 2 Daily Registration Breakdown:

Mondays: 8 program days= \$240.00

Tuesdays: 8 program days= \$240.00

Wednesdays: 8 program days= \$240.00

Thursdays: 8 program days= \$240.00

Fridays: 7 program days= \$210.00

Full Winter Session 2 Registration (Mon-Fri) : 39 program days= \$1,053.00 (10% discount applied)

Full Winter Session 1 & 2 Registration (Mon-Fri): 72 program days= \$1,944.00 (10% discount applied)

Families will have the option to pay in full or be billed monthly for the SR After School Program



Activity is offsite, has registration restrictions and early pick-up is not an option.

Winter Daily Activities- Session 2

- Mondays: Off The Beaten Path (K-8th)
- Tuesdays: Off The Beaten Path (K-8th)
- Tuesdays: Outdoors to Explore (3rd-8th) 
- Wednesdays: Off The Beaten Path (K-8th)
- Thursdays: Off The Beaten Path (K-8th)
- Thursdays: Medieval Knights (K-8th)
- Fridays: Off The Beaten Path (K-8th)
- Fridays: Cooking & Carving (2nd- 8th)



SPRING SESSION SPECIFICS:



Spring Session: May 5th- June 6th 2025

Dates program is not in session:

5/26

Spring Session Daily Registration Breakdown:

Mondays: 4 program days= \$120.00

Tuesdays: 5 program days= \$150.00

Wednesdays: 5 program days= \$150.00

Thursdays: 5 program days= \$150.00

Fridays: 5 program days= \$150.00

Full Spring Session Registration (Mon-Fri) : 24 program days= \$648.00 (10% discount applied)



Families will have the option to pay in full or be billed monthly for the SR After School Program



Activity is offsite, has registration restrictions and early pick-up is not an option.

Spring Session Daily Activities

- Mondays: Off The Beaten Path (K-8th)
- Tuesdays: Off The Beaten Path (K-8th)
- Tuesdays: Fishing (2nd-8th) ⚠️
- Wednesdays: Off The Beaten Path (K-8th)
- Thursdays: Off The Beaten Path (K-8th)
- Thursdays: Mtn. Bike Club (2nd-8th) ⚠️
- Fridays: Off The Beaten Path (K-8th)
- Fridays: Kayaking/SUP (2nd- 8th) ⚠️



ACTIVITY DESCRIPTIONS (ON-SITE):

Off The Beaten Path (standard daily program) :

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.

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.

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.

Outdoor Survival (Fall & Winter):

This program is based around the process of becoming a Knight, wherein participants will eln this program participants will learn valuable and FUN skills in outdoor survival, finding their way in the woods, animal tracking, fire making, nature awareness and wilderness skills.

Art & Nature

Tune into your wild creativity in this session of engaging with things found in nature to create works of art. Using Andy Goldsworthy, sculptor and environmentalist as inspiration, participants will be encouraged to find tools, design and create art almost exclusively with things found in nature. We will be lingering in the process and considering the benefits of the patience required to gather materials and create art in this way.

ACTIVITY DESCRIPTIONS (OFF-SITE):



These activities are offsite, and have registration restrictions (grade and smaller group sizes). early pick-up is not an option for these programs and pick locations may vary depending on the program.

Kayaking/SUP:

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. Transportation to Wagon Hill Farm is provided. Participant Pick-up at Wagon Hill at 5:30pm. This program will remain on-site at Moharimet School during inclment weather days

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.

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.

Mtn. Bike Club:

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 by parent/guardian for each session. Bikes will need to be transported back home or securely locked at the bike after each mtn. bike class

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.

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.

Register online starting August 7th at: durhamrec.recdesk.com


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

Step 2: Go to "Programs" and check "After School" (on left hand side of the page). From there you can check off the seasonal session and days per week you are looking to enroll your child.

Step 3: Select the appropriate daily program for your child. Please note: If you have multiple children that you are registering for the SR after school program, please be sure to select the correct child per day/program as grade restrictions apply.

Step 4: At check out select pay deposit for all Seven Rivers after school program days in your cart. You will be invoiced for the remainder of the balance which at that time you can either choose to pay in full or pay monthly installments throughout the seasonal session. Please note: your invoice will include the seasonal session admin. fee of \$10.00 per child per seasonal session.

- **Registration for the Winter Session 1 & 2 will open on December 2nd 2024.**
- **Registration for the Spring Session will open on March 3rd 2025.**

 = Activities that are offsite from MOH and have registration restrictions. Early pick-up is not an option for those participating in these activities.

Cancelation Process & Refunds

- To cancel or make changes to your after school program registration please email the P&R office at: recreation@ci.durham.nh.us.
- A full refund or credit will be given if the request to cancel a SR After School program has been submitted 2 weeks prior to the start of a session.
- A 50% credit only will be given if the request to cancel is submitted with a two week notice once the session has begun.
- No credit will be given if the request to cancel a program is submitted with less than a two week notice, once the session has begun.
- Requests to add after school days once registration has closed require five business days.



PARKS & REC CODE

RESPONSIBILITIES

- Participants have a responsibility to conduct themselves in a manner that is in the best interest of the program, participants, and staff.
- Parents have a responsibility to go over the Rec Code with their participants(s), as we want to make all experiences positive ones.
- Staff have a responsibility to redirect behavior with the goal of maximizing growth and development of the participants and for protecting the group and individuals.

REC CODE DO'S

- o Show respect & kindness
- o Be honest
- o Respect other's feelings & differences
- o Participate & give every activity a chance
- o Respect the property & participants
- o Have fun & make it fun for others

REC CODE DO NOT'S

- o Fight, "rough house"
- o Threaten or bully others
- o Use inappropriate language
- o Disrespectful behavior towards participants/staff

INCIDENTS:

If an incident occurs where a participant conducts themselves in such a manner which jeopardizes their safety, the safety of others, or is not in accordance with the Rec Code the following steps may be taken:

- 1st incident- verbal warning. Participant may be temporarily removed from activity. Parent/guardian may be notified at pick up.
- 2nd incident- staff member will address & document the issue directly with participant. Participant will be removed from activity for a period of time. Parent/guardian will receive a phone call or notified at pick up.
- 3rd incident- staff member will address & document the issue directly with the participant. Parent/guardian will receive a phone call & receive written warning. Participant may be suspended for a day.
- 4th incident- participant will be dismissed from program for the remainder of the program.

*Please Note: we reserve the right at any time to dismiss your child from the program immediately if we deem unsafe placement due to environment, physical, emotional, or other harm to themselves, other children, and staff. No refunds will be given.

Please do not hesitate to contact the Parks & Recreation office with any questions. Guidelines are subject to change throughout the course of the year. Any changes will be communicated with registered participants and families.