



Youth Swim Lessons

Fall Youth Swim Lessons (GHS Pool) *Please see below for individual level descriptions*

Parent/Child Swim (30 min)

For parent and child, 6 months to 3 1/2 yrs. The purpose of this class is to familiarize families with the pool and to begin the process of assimilating your child for swim lessons. This class is not designed to teach children to survive in the water on their own. The major focus of this class will be to have fun with your child while learning some of the basics such as proper holds. Instruction will be geared to the parent. A clean swim diaper is required under a snug fitting bathing suit for children who are not potty trained.

Lessons Information: Children need to follow simple commands from their instructor. Trust is important and crucial for positive progress. Parents are welcome to watch from the bleachers. Our classes are organized initially by age (for first time preschoolers) with a ratio of 1:4, instructor to student. For children 6 and up the instructor to student ratio will depend on the skill group your child is working on. We follow USWIM progressions Level 2 and 3. See below for skills and for more detail parents can view all the levels on YouTube.

Level 2, Safety Fundamentals, is divided into six skills:

Skill 1 is Breath Control

Skill 2 is Streamlined (front) Float

Skill 3 is Back Float

Skill 4 is Dog Paddling (face down)

Skill 5 is Back Kicking with arms at sides

Skill 6 is Safety Awareness and combines all skills in the shallow end and progresses to the deep end of the pool.

Level 3, Stroke Development, is divided into six skills:

Skill 1 is Streamlined Kick (with face in)

Skill 2 is Beginner Freestyle

Skill 3 is Pat the Dog

Skill 4 is Freestyle Breathing

Skill 5 is Backstroke

Skill 6 is Freestyle

Level 4:

In the USWIM curriculum we use for our lesson, there is not a designated level but we will provide instruction for swimmers who are above level 3. Swimmers will be introduced and taught: Beginning Breaststroke, Butterfly, Treading Water, Surface Dives, Standing Front Dive & Flip Turns. After this level, swimmers would be encouraged to join the Seacoast Swim Club.

Swimmers with hair that is 3 inches or longer must wear bathing caps. Available from lifeguards (\$5). Goggles are required in all learn to swim programs. For children as young as 3 learning to wear goggles is as much a part of the lesson as getting in the water. They should be comfortable and fit properly.

Parents, swimmers and spectators are required to remove shoes before entering the pool area.

Location: GHS Pool

Fee: \$65/\$75 Non-Resident per Session (All Lessons)

Saturday Mornings: Sept. 14 - Nov. 9 (8 Lessons - No class 10/12)

Parent/Child: 9:00 – 9:30am

Min/Max: 4/12

Ages 3 1/2–5*: 9:00 – 9:30am (* must be 3 1/2 by Sept. 10)

Min/Max: 3/6 (preference given to siblings of participants in Parent/Child)

Ages 3 1/2–5*: 9:40 – 10:10am OR 11:00 – 11:30am (* must be 3 1/2 by Sept. 10)

Min/Max: 8/16

Ages 6 & Up*: 10:20 – 10:50am OR 11:40 – 12:10pm (*must be 6 by Sept. 10)

Min/Max: 8/16

Private Swim Lessons (By Appointment) - \$25 per 1/2 hour session

Please contact Aquatics Director Rob Hale at rhale@msad51.org to book a session.

Football / Golf



It's Football Time (Grades K-12)

Greely Football Registration Information

Flag Football (Grades K-1) – An 8 week program introduces players to the game of football through a weekly practice on Saturday mornings in the fall. Players are provided with a team shirt. Mouth guards are required. Cleats are recommended.

Flag Football Teams (Grades 2-6) – We are entering our second year of our expanded Flag Football program. Players will practice weekly and play surrounding area teams in 5 vs 5 games on the weekends. Players are provided game jerseys and flags.

Youth Tackle Football Teams (Grades 3-6) – Our tackle football program focuses on teaching fundamentals, safety, team work, and game concepts. Players wear full football pads. Players are supplied helmets and game jerseys. Please check our website for other equipment requirements. Teams play 7 or 8 season games (Saturdays/Sundays) and practices 2 to 3 evenings a week depending on grade. 2nd graders will be allowed to play up on the 3rd/4th grade team with permission of the Boosters.

Middle School (Grades 7 and 8) – Program prepares athletes for high school football. Players wear full football pads. Players are supplied helmets and game jerseys. Please check our website for other equipment requirements. The team plays 7 or 8 regular season games (Saturdays/Sundays), practices 4 times a week. Players must register through the school and through Greely Football.

High School (Grades 9-12) – Our high school football program will be joining the Falmouth Football program this year. The players will participate in daily practices, 8 regular season games against area high schools and playoffs depending on record. Players are supplied with all equipment except for cleats and mouth guards. Registration details forthcoming on the Greely Football website.

Please visit the www.Greelyfootball.com for online registration.

Greely Football welcomes all players to our teams and no child is ever turned away due to an inability to pay. Scholarships are available. See website for details. For any additional information please contact president@greelyfootball.org



U14 Middle School Fall Golf Program (Grades 5-8)

After a successful first year of the Middle School Golf Program, we are back to offer the “ala carte” golf program comprised of clinics, lessons, and competitions with a variety of options. Beginning in August and ending in October, juniors will be able to receive hands on instruction from the qualified staff at Val Halla Golf Course.

We offer this program on both Mondays and Thursdays throughout the fall. You can participate either one day per week or, if your child is looking for more instruction and play this fall, both days of the week. All pertinent information is below. If you have questions, please feel free to contact Nick Plummer at nplummer@cumberlandmaine.com.

Practice Location: Val Halla Golf Course

Fall Practices (Monday and Thursday; Aug. 12 - Oct. 10) – \$120/\$140 Non-Resident

Fall Practices (Monday or Thursday) – \$70/\$90 Non-Resident

Practice Time: 3:30 – 5:00pm

Questions? Call Us • **829-2208**

Fall Youth Sports



Fall Running Club

Head Coach: Jen Pincus

Does your child love to run? Are you looking for a way to burn off some of that excess after school energy in a safe and positive environment? Cumberland/North Yarmouth Recreation is again offering the Fall Running Club Program! The primary focus of this POPULAR program is to promote running as a fun, group oriented activity and is a great way to stay healthy. "Fun Run Meets" will be scheduled each Wednesday with other surrounding communities.

Note: Assistant Coaches are needed.
Please call 207-829-2208 FMI

Monday, Wednesday, Friday, Sept. 16 - Oct. 21,
Championship on Saturday, Oct. 19.

Practice Time: From school dismissal to 4:45pm

Regular Season Meet Time: Begin at 4:15pm

Location: MIW/Twinbrook Recreation Area

Grades: 1-5

Fee: \$90

Fall Youth Instructional Field Hockey

*Instructor: GHS Head Field Hockey Coach
Chelsea Morley*

Emphasis will be on introducing the sport of field hockey and working on skill development; passing, dribbling, and shooting. Team play and game concepts are introduced. Participants are required to have a mouth guard, and shin pads. Hockey sticks are provided. The Greely Field Hockey coaching staff along with current members of the team will coordinate the program.

Saturdays, Sept. 7 - Oct. 5 (Rain date Oct. 12),
5 weeks

Location: GHS Field Hockey Field (Inside of track)

Grades & Times: 1-3, 10:15 - 11:00am
4-5, 9:00 - 10:00am

Fee: \$45 / Participant

CNY United Recreation Fall Kindergarten Soccer

Coordinators: Mike Andreason (GHS Varsity Boys Head Coach), Josh Muscadin (GHS Varsity Girls Head Coach)

Kindergarten Soccer Saturdays are full of fun! We will work on developing soccer skills including dribbling, passing, shooting, foot/eye coordination and the very early stages of "field position." Program emphasis will be on fun, exercise and parent/child interaction. Child must be entering K in the fall. Players from both the girls and boys varsity soccer teams will serve as assistant coaches.

Saturdays, Sept. 7, 14, 21, 28, Oct. 5
(Rain date Oct. 12) 5 weeks, 10:00 - 11:00am

Location: Twinbrook Recreation Shelter Field

Grades: Entering K in the Fall

Fee: \$45/\$55 Non-Resident, *includes end of season award*

"Kiddie Kickers" Pre School Soccer Program

Instructor: Seacoast United

Kiddie Kickers introduction to soccer created by "Seacoast United" is a program designed to introduce children to the game of soccer, the fun way! Children will learn rules, key words and how to play the game, as well as participate in skill developing games throughout the session. Parents get to share in some great 1 on 1 time with their child and the session ends with a real game! Parents are encouraged to participate in this program.

Saturdays, Sept. 7, 14, 21, 28, Oct. 5
(Rain date Oct. 12) 5 weeks, 8:30 - 9:30am

Location: Twinbrook Recreation Shelter Field

Ages: Must be 4 by August 1

Fee: \$45/\$55 Non-Resident, *includes end of season award*



Fall Recreation Soccer

CNY United Fall Soccer Cumberland/North Yarmouth Recreation



This is an intra-community soccer league for grades 1–6. Games will be played at Twin Brook on Saturday mornings beginning September 8th, (Pre K & K programs begins on Sept 8th as well). Some of the benefits of community soccer are: balanced teams; everyone plays at least half of the game; and good sportsmanship is emphasized.

1st Grade Soccer Program

The First Grade Program will meet on Saturdays. All first graders, boys & girls, will gather at 11:30 am at Twin Brook for an hour of fun games, skill building and small-sided (3 versus 3) scrimmages. Players will receive a soccer jersey and their own size 3 ball.

Dates & Times: Sept. 14, 21, 28, Oct. 5, 12,
11:30 – 12:30pm

Location: Twinbrook Recreation Area “Shelter Field”

2nd-6th Grade* Soccer Community League Divisions (Boys & Girls)

- 2nd/3rd Grade Boys
- 2nd/3rd Grade Girls
- 4th-6th Grade Boys
- 4th-6th Grade Girls
- Uniforms & 1 practice per week included!
- 7 Week Program with games beginning Saturday, September 7th

**Actual age group breakdown will be determined by enrollment*

CNY United Soccer

Registration for Fall Soccer

Boys & Girls Entering Grades 1–6

You may register anytime beginning April 30th at Cumberland Town Hall or online www.cumberlandmaine.com, OR in person.

For more information, contact:

*Pete Bingham: pbingham@cumberlandmaine.com
or Eliza Miller: enm@maine.rr.com*

2019 Program Fees:

Beginning August 1st (if space allows)

\$60 / 1st Grade (Per Participant)

\$80 / 2nd-6th Grade (Per Participant)

ALL GRADES BASED on FALL 2019



Ski Programs



Lost Valley Instructional Ski Program

Instructors: Lost Valley Ski School | Program Coordinator: Jenn Bingham

This is a learn-to-ski program for youth grades 2–5 and advanced beginner and intermediate skiers/riders. Participants will have 75 minutes of organized instruction and the 75 minutes of free ski/ride time after. Equipment is available for rent. **Note: Program is for participants currently in Grades 2–5. Helmets are mandatory and must be purchased if you do not have one.**

REGISTRATION DEADLINE is Thursday, December 12. Please note this program fills up quickly! Registration for this program must be done in person at Town Hall and cannot be done online.

Wednesdays, Jan. 8, 29, Feb. 5, 12, 26 (Make up date Mar. 4, dates subject to change).
Depart via Coach bus 1:30pm / Return 6:30pm.

Grades: 2–5

Fee: \$295 / Lessons, Skiing, Coach Transportation
\$375 / Lessons, Rentals, Skiing, Coach Transportation
\$270 / 2 hour Lift Ticket w/no lesson (Grade 5 ONLY)



Program Orientation and Rental Fitting Night

Wednesday, Dec. 18. Rental Fitting at 5:30pm, Orientation 6pm @ GMS Cafeteria
(First Time Participants & children renting equipment area required to attend)

Shawnee Peak Ski Program

Program Coordinator: Dave Galvan & Nick Plummer

This program offers skiing and snowboarding for all levels; from the casual skier/rider to the expert, from parallel boards to snowboards, from traditional skiing to race and bumps- something for every ski or snowboard enthusiast! The program will be held on Early Release Wednesdays beginning January 8th. This program is geared for the advanced beginner and more skilled skier/snow boarder in grades 6–9; Lessons are not included with this program however you may arrange lessons with the mountain. Equipment is available for rent. **Note: Helmets are mandatory.**

REGISTRATION DEADLINE is Thursday, December 12. Please note this program fills up quickly! Registration for this program must be done in person at Town Hall and cannot be done online.

Wednesdays, Jan. 8, 29, Feb. 5, 12, 26, full day of skiing Feb. 19
(Make-up Date Mar. 4, dates subject to change).
Depart via Coach bus 1:30pm / Return 7:30pm.

Grades: 6–9

Fee: \$290 / Lift Ticket & Coach Transportation
\$380 / Lift Ticket, Rental & Coach Transportation



**LOST VALLEY and SHAWNEE PEAK REGISTRATION INFORMATION WILL BE AVAILABLE
AND ACCEPTED BEGINNING WEDNESDAY OCTOBER 9.**

Free Skiing to parent chaperones on the Wednesday Early Release programs. Space is limited.

To register to chaperone with the Cumberland Recreation Office please
contact Pete Bingham at pbingham@cumberlandmaine.com after October 9.



Youth Basketball (Pre K-4th)

“Bitty Ballers” Pre-School Basketball Program

Instructor: Travis Seaver, GHS Varsity Basketball Coach

Bitty Ballers introduction to basketball created by “Coach Seaver” is a program designed to introduce children to the game of basketball, the fun way! Children will learn rules, key words and how to play the game, as well as participate in skill developing games throughout the session. Parents get to share in some great 1 on 1 time with their child and the session ends with a real game!

Saturdays, Nov. 2, 9, 16, 23

Time: Session 1 - 8:30 – 9:30am

Session 2 - 9:30 – 10:00am

Location: Mabel Wilson School Gym

Ages: 4 by November 1, 2019

Fee: \$35/\$45 Non-Resident

Includes end of season award

Max: 15 per session

K-2nd Grade - Youth Basketball

Instructors: GHS Basketball Coaches & Players

Introduction to Basketball (Kindergarten/Co-Ed)

The emphasis of this co-ed introductory basketball program will be fun! Fundamental skills include dribbling, passing, defense and shooting. This is a great way to introduce your child to the sport of basketball during the traditional basketball season in Maine!

Saturdays, Dec. 14, 21, Jan. 4, 11, 18, 25

(Snow date Feb. 1 & 8), 8:30 – 9:30am

Location: GHS Gym

Fee: \$45/\$55 Non-Resident

Basketball Skills, Drills & Scrimmages (1st & 2nd Graders)

The emphasis of this basketball program will be skills and drill through multiple fun activities. Skills include dribbling, passing, defense and shooting. In addition, we will hold scrimmages at the conclusion of each session as time allows. The varsity coaches and team members look forward to working with the youth within our communities!

Saturdays, Dec. 14, 21, Jan. 4, 11, 18, 25

(Snow date Feb. 1 & 8)

- Girls (1st/2nd) 9:45 – 10:45am
- Boys (1st) 11:00 – 12:00pm
- Boys (2nd) 12:00 – 1:00pm

Location: GHS Gym

Fee: \$45/\$55 Non-Resident

3rd & 4th Boys & Girls Skills & Basketball League(s)

Coaches: Parent Volunteers

This program will be a **structured ‘community league’** for boys and girls grades 3-4. Girls and boys will be separated, however, 3rd and 4th graders will be combined. A parent volunteer will coach practices and games. The purpose of this program is to work on skills and provide “game experience” for the youth. For those looking for more, we will also provide an option to play an additional game on Sundays in December-February in Falmouth (FYBL) for an additional fee. You cannot choose to play in the FYBL without playing in the Community League.

To register to be a volunteer coach, please contact Pete Bingham at pbingham@cumberlandmaine.com or call 207-829-2208.

OPTION #1 - Community League Only

“Group Wide” Skills and Drills Session (December 7)

Girls S&D Session 11:00 – 12:15pm

Boys S&D Session 12:30 – 1:45pm

Weekday Practice Schedule (One per week)

To be determined - Once a week beginning the week of December 16

Practice Location: North Yarmouth Community Center

Saturday Game Schedule at GMS GYM

Jan. 4, 11, 18, 25, Feb. 1, 8, (Round Robin Feb. 29)

Girls Games Times: 10:00 or 11:00am

Boys Game Times: 12:00 or 1:00pm

Community League Fee Only: \$60/\$70 Non-Resident

OPTION #2 - Community League & Falmouth Youth Basketball League

Includes Option #1 Community League, and the following:

Sunday Game Option

- Volunteer parents will serve as coaches
- Begins in December
- Sundays, 8 weeks of games
- Games will be held in Falmouth gyms

Community League & FYBL Fee (combined):

\$135 Residents only

Travel Basketball



NEW FORMAT!

5th/6th Grade Boys & Girls Basketball Leagues

Community League Information

This program will be a **structured ‘community league’** for boys and girls grades 5-6. Girls and boys will be separated, however, 5th and 6th graders will be combined. A parent volunteer will coach practices and games. The purpose of this program is to work on skills and provide “game experience” for the youth. For those looking for more, we will also provide an option to try out for the travel team in your respective class/gender for an additional fee. You cannot choose to play on the Cape League Travel Team without playing in the Community League. **Community League only registration deadline is November 19.**

Coaches: Parent Volunteers. To register to be a volunteer coach, please contact Pete Bingham at pbingham@cumberlandmaine.com or call 207-829-2208.

OPTION #1 - Community League Only

“Group Wide” Skills Assessment (Nov. 23)

Girls S&D Session 11:00 – 12:15pm

Boys S&D Session 12:30 – 1:45pm

Weekday Practice Schedule (One per week)

Once a week beginning the week of December 2

Practice Time & Location: TBA

Weeknight Games (Tuesday or Thursday)

Games in Jan., Feb., & Mar.

Girls Games Times: Tuesdays, 6:00 or 7:00pm

Boys Game Times: Thursdays, 6:00 or 7:00pm

Community League Fee Only: \$70/\$80 Non-Resident

OPTION #2 - Community League & Travel Team

Brief Description: Gender specific players are selected from the 5th and the 6th grade. Cumberland Recreation will sponsor one team per grade/gender. Participants will play in the **Coastal Basketball League** which is a new travel league with multiple area communities participating. Team selection will take place the week of October 21st. The season will be from the last week of October to mid/late February (approx. 20 weeks).

This program is for the individual who has a desire or passion for the sport of basketball; at least one (sometimes 2) practice(s) per week and games on Saturday and/or Sunday is the expected level of commitment. Fee covers league fees and uniform.

REGISTRATION DEADLINE FOR 5th-6th Grade is TUESDAY OCTOBER 10.

NOTE: If you are only participating in the “Community League”, the deadline is November 19.

Participants MUST register prior to the Skill Assessment Night.

Travel Team Selection Nights (at GMS Gym):

Boys 5th Grade - Tuesday, October 22, 5:30 - 6:15pm

Boys 6th Grade - Tuesday, October 22, 6:15 - 7:00pm

Girls 5th Grade - Thursday, October 24, 5:30 - 6:15pm

Girls 6th Grade - Thursday, October 24, 6:15 - 7:00pm

Travel & Community League Fee: \$185 per participant, includes Reversible Jersey & Community League Shirt

7th/8th Grade Teams

Cumberland Recreation will be sponsoring gender specific middle school age travel teams. The league is now administered by Cumberland Community Recreation; games are primarily weekends, hosted by schools in the Greater Portland Area, i.e. Yarmouth, Cape Elizabeth, etc. Girls will play during Nov. & Dec. 2019. Boys will play January & February 2020. Youth must have prior experience, i.e. played for a school team, travel team, or Cumberland Recreation Youth Basketball Community League. **Registration for this program is first come first served.**

Fee: \$125 per participant, includes Reversible Jersey

Min/Max: 8/15 (per team)

Open Gym!

Greely Middle School Gym will be open each Saturday beginning December 7 from 2:00 – 4:00pm for open gym. Participants may work on shooting, dribbling, etc. or simply get some friends together for some “pick-up” hoops.

Saturdays, Dec. 7 - Feb. 15, 2:00 – 4:00pm

Location: GMS Gym

Fee: \$2 per participant

NOTE: Christmas and February Break schedule TBA