Cumberland North Yarmouth
COMMUNITY RECREATION

2021
SPRING/SUMMER PROGRAMS

“Pier at Broad Cove Reserve”
Photo by Elaine Despres
REGISTRATION INFORMATION

Mailing Address
Community Recreation
290 Tuttle Rd, Cumberland, ME 04021
Telephone: 207-829-2208
Fax: 207-829-2214

Office Hours:
Monday-Wednesday: 8-5 pm
Thursday: 8-6 pm   Friday: Closed

Cumberland’s Web Site:
www.cumberlandmaine.com

When do I register?
Program registration for Cumberland/North Yarmouth residents will begin Tuesday, April 13th. Non-residents may register beginning April 19, 2021.

How do I register?
Registration is accepted in many convenient ways: in person, by mail, or NOW ONLINE. Priority will be given on a first-come, first served basis. We encourage residents to take advantage of our new online registration capabilities. For our online registration system, log onto www.cumberlandmaine.com scroll down the main page and click on the “Online Registration” icon. This is a great way to register for programs at work or in the comfort of your home. The Recreation Department is no longer accepting phone registrations.

Will I be sent confirmation?
We do not send or call with confirmations. Consider yourself and/or children enrolled in the course(s) of your choice when you send in a completed registration form and payment. Many classes and programs have limited enrollments, and may fill.

What are your cancellation policies?
We will notify you if the class has been cancelled or changed. We reserve the right to cancel or consolidate any program that does not meet minimum participant registration numbers. Avoid disappointment and please register promptly. Program updates and cancellations will be announced on our web site. Cancellations will also be announced on our Facebook page: facebook.com/cnyrecreation.

What are the fees?
Fees are stated at the end of each program write-up. Non-Residents will pay an additional $10 per class on most programs.

What is a senior citizen discount?
Senior citizen discount(s) are stated throughout our brochure. The discount applies to seniors who are 65 or older.

What if I have questions?
Call Cumberland-North Yarmouth Community Recreation at 829-2208.

Staff Contacts:

Peter Bingham     829-2208 x331     pbingham@cumberlandmaine.com
Cindy Molleur     829-2208 x334     cmolleur@cumberlandmaine.com
Jen Gifford       829-2208 x332     jgifford@cumberlandmaine.com
Sarah Davis       829-2208 x346     sdavis@cumberlandmaine.com
Nick Plummer      829-2225 (Val Halla) nplummer@cumberlandmaine.com
Rob Hale          829-4805 x241     rhale@msad51.org
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Refund Policy
If we cancel a class or activity, all fees will be refunded. If you withdraw at least 2 business days before the first class you receive a refund or credit slip minus a $10-$25 (i.e. ski or day camps) processing fee. If you withdraw less than 2 business days prior to the first class, you may opt for 50% refund or 75% credit. If you withdraw after the first class no refund or credit. Refund processing takes up to 3-4 weeks. We do not provide cash refunds.

Staff:
Peter C. Bingham, Director
Cindy Molleur, Administration
Jen Gifford, After School Program Coordinator
Sarah Davis, Aging in Place/Office Support
Ted Bosarge, Parks Superintendent
Rob Hale, Aquatics Director
Nick Plummer, VH Head Professional/Rec. Coordinator
Toby Young, Val Halla Superintendent
William Shane, Cumberland Town Manager
Chris Bolduc, Assistant Cumberland Town Manager
Rosemary Roy, North Yarmouth Town Manager
Lisa Thompson, No. Yarmouth Community Ctr Director

Cumberland/North Yarmouth Parks & Recreation Advisory Board
Chris Fitzpatrick (Chair), Bill Hansen
(Vice-Chair), Shirley Storey-King
(Cumberland Town Council Rep), Jen Speirs
(North Yarmouth Select Board Rep), Margo Harrington (MSAD 51 Board Rep), Johnna Mulligan, Travis Seaver, Sally Pierce, Don Stowell, Christina Mitchell, Rhonda Grigg, Melissa Cott
ADULT FITNESS

360 Circuit

Instructor: Jenn Bingham
Join Personal Trainer and Group Exercise Instructor, Jenn Bingham, for an outdoor full body workout. This boot camp style workout includes cardiovascular conditioning, strength training, core work and stretching. Examples of exercises performed include running, squats, lunges, pushups, burpees, jumping jacks, and mountain climbers. It is helpful to have exercise experience, but modifications will be offered to increase or decrease intensity to meet each participant’s needs. Jenn will vary the exercises and format for every workout so no two boot camp classes are the same. *Participants are required to bring dumbbells, water and their own mat.

*Pending State Restrictions

LATE SPRING SESSION
Tuesday Mornings, April 27 - June 15, 8:30–9:30 am
Tuesday Evenings, April 27 - June 15, 5:30–6:30 pm
Thursday Mornings, April 29 - June 17, 8:30–9:30 am

Location: Twin Brook
Fee: $65 / $75 Non-Res (PER SESSION)
In the event of inclement weather, program will be held in the West Cumberland Hall.

SUMMER SESSION - Outdoor Bootcamp Edition!
Tuesday Mornings, June 22 - August 24, 8–9 am
Thursday Mornings, June 24 - August 26, 8–9 am

Location: Twin Brook Recreation
Fee: $90 / $99 Non-Res (PER SESSION)

Aquatic Fitness

Instructor: Jenn Bingham
Exercise in the water! Each class includes a warm-up, aerobic upper body, mid and lower body workout and ends with a cool-down. This workout for swimmers and non-swimmers is designed for all fitness levels and paces. Water exercise is a wonderful low-impact alternative to traditional land exercise programs and ideal for people wanting a no or low impact program and those recovering from injuries as well as anyone looking for a great workout. Post-operative participants must have written permission from a physician. You must be at least 18 years old to register for this class. Participants are invited to bring their own water weights.

Wednesday Mornings, June 23 - August 17, 9:30–10:30 am

Location: GHS pool
Fee: $70 / $80 Non-Res
Please Note: Program is priced anticipating that participants will miss 1-2 sessions due to vacation plans.

Masters

Instructor: Larissa Herold
The Masters program provides early-morning swim workouts for competitors, as well as triathletes and general fitness swimmers. Our coach, Larissa Herold, will help swimmers meet their individual needs and goals.

Participants should be able to swim at least 100 lengths of the pool in an hour. Individual workouts will be provided. You must be at least 18 years old to participate in this adult program.

SPRING SESSION Fee: $115 / $125 Non-Res
April 27 - June 19, No program Saturday, May 29

SUMMER SESSION Fee: $90 / $100 Non-Res
June 22 - August 19, No Saturday sessions

More information may be found when registering online including COVID protocols and lane registration.

Summer Session Punch Card
10 Punch Card: $85 / $95 Non-Res
This may be used for any 360 Class during the 2021 summer session. Available for purchase at the Rec Dept.

Punch Card for Lap Swim
Valid for six months from date of purchase.
Available at the Cumberland Town Hall in the Community Recreation Office.

10 Lap Swim: $40 / $50 Non-Res / $35 Senior
25 Lap Swim: $90 / $100 Non-Res / $80 Senior

Pool is closed Monday, July 5th.
SPRING YOUTH SPORTS

April Vacation Spring Baseball Clinic – Grades 3-8
Coach: Derek Soule, GHS Varsity Baseball Coach, Staff & Members of the Varsity Team
The clinic will focus on:
• Hitting Fundamentals/Proper Throwing Techniques
• Fielding Skills & Daily Games!
The clinic will be coached by perennial State Champion Varsity Coach Derek Soule and the high school coaching staff. Players will be grouped by age/grade and rotate between a series of hitting, throwing, fielding and running stations with daily games.

Dates & Time: Monday-Friday, April 19-23, 9–12 noon
Location: Twin Brook Greely Road Baseball Fields
Fees: $95 / $105 Non-Res

Youth Instructional Lacrosse Boys & Girls – Grades K-2
Instructor: Greely Boys and Girls Lacrosse Coaches and Players
Learn the exciting game of lacrosse. Skills include stick handling, throwing, catching, ball control and other fundamental skills of the sport. Game concepts and cardiovascular conditioning will also be part of the learning process. Coach Mike Storey, Becca Koelker and members of both varsity teams will oversee this introductory program and are excited to be back with the younger players. Sticks are provided. Boys will play a non-contact version of the sport. Mouth guards are required. More COVID specific protocols and procedures will be distributed to parents prior to the start of the program.

Dates & Time: Saturday Mornings, May 1, 8, 15, 22, June 5 (rain date June 12), 9–10 am
(No program Friday, May 29)
Location: Twin Brook “Shelter Field”
Fees: $45 /$55 Non-Res

Wednesday Afternoon Golf - Grades 3-6
Program Director: Nick Plummer
This popular junior golf program will be returning in 2021. Offered as an introduction to golf basics, this program is a perfect way for junior golfers to get some golf instruction before the school year ends. We focus heavily on grip and stance; chipping and putting; full swings; rules and etiquette.
This program also provides the opportunity to play the course should the golfers be “course ready.” This program will be held rain or shine. Club storage and golf equipment is available for this program at no additional charge.

Dates & Time: Wednesday, April 28, May 5, 12, 19, 26, June 9, 12:30–5 pm
Location: Val Halla Golf Course
Fees: $175
Max: 20
*Accepting golf registrations beginning April 6

Spring Running Club Grades 2-6
Head Coach: Jen Pincus
For spring of 2021, we will once again be offering the Running Club program. Due to COVID restrictions the program will be an amended version. It is our goal to hold this program closer to its original format in the fall.
Participants will meet twice a week (Tues/Fri) at Twin Brook for running and related activities. 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. We will still hold group based races and are hoping to hold a race with Falmouth later in the season. More program specific protocols and procedures will be distributed to parents prior to the start of the program. Transportation will not be provided from the schools for spring 2021.
Note: Assistant coaches are needed. Please call 829-2208 FMI

Dates & Time: Tues/Fri, May 4 - June 11, 3:45–4:45 pm (No program Friday, May 28)
Location: Twin Brook Recreation Area
(Meet at Shelter Building)
Fee: $60
Max: 50

Fall Running Club Head Coach Needed
Cumberland Recreation is currently searching for a head coach for the fall program. This is a paid stipend position.
FMI, please contact Peter Bingham at pbingham@cumberlandmaine.com.
**THE AFTER SCHOOL PROGRAM**

**THE AFTER SCHOOL PROGRAM** is a 5 day a week program based out of the Mabel I. Wilson (Grades K-3) & GMS (Grades 4th & 5th). Participants are dismissed from school directly to the program. During program hours, participants will have the opportunity to have a healthy snack, do homework, and enjoy activities such as active games, free time, board games, arts & crafts, outdoor time, and other various activities. In addition participants will swim at the Greely Pool on selected Early Release days. The Program concludes each day at 5:45pm and participants must be signed out of the program by a parent/guardian daily. The program will be open everyday that school is in session. Information based on assumption that school will be back to 5 days in the Fall. If anything changes we will modify info.

**PROGRAM FEES:**
- Weekly Fee = $85.00
- *Daily Fee = $18.00
- Monthly payments will be due prior to the first of the month.
- *$25/Daily Fee on E.R Wednesdays
- A $50 Registration Fee Due At Time of Registration

**REGISTRATION PROCESS**

We will be holding a lottery on Tuesday, May 11th in the Greely High School PAC for all parents interested in enrolling their children for the 2021-22 school year. Each family will receive a number beginning at 5:45pm which we will begin drawing at 6pm. Once your number is called you will then head to a separate area to register. This process will continue until all spaces are filled.

**VACATION & IN-SERVICE DAY CAMPS:**
In addition to the After School Program, parents will have the opportunity to register their children for Inservice & Vacation Camp Non School Days. Vacation Camp will run from 7:30am-5:30pm. A wide variety of games and activities will be offered including field trips, swimming, active games, free time, board games, arts & crafts and much more! Camp will not be open during holidays & is a separate registration.

**“Before the Bell” Program Grades K-5th**

**Before School Care at MIW (Students in grades 4th & 5th will be escorted to GMS for the start of each school day)**

Before School is a fun, well-supervised start to your child's day! Our staff are up bright and early and are always wearing a smile. Activities include gym games, creative arts, challenges and more. Children will have an opportunity to take advantage of the School Breakfast Program (separate fee) in addition to early morning activities. This is a great way to get the day started in a fun & safe environment!

Program will take place each morning school is in session.

**Session Dates:** August 31st-December 22nd

**Session Times:** 7:15-8:15am

**Session Location:** MIW GYM

**Program Fee:** $375.00

**Max of 30 (Registrations online open Tues, April 27th)**
For children entering Grades K - 2 in the Fall 2021

Director: Jennifer Gifford
Assistant Director: Heather Brown

Day camp themes will concentrate on activities and socialization for youth grades K-2. The schedule consists of games, special activities, and theme events.

One Field Trip Per Week, Weather Permitting

Accepting Registrations Beginning Tuesday, April 13th

No Extra Fee for Before & After Care!

Location: Mabel I. Wilson School
Grades: Entering K - 2, Fall 2021
Camp Hours: 9–4 pm

Before & After Care is available at NO EXTRA FEE from 8–9 am & 4–5:30 pm daily

Schedule is tentative - weather permitting

Week 1: “Moosely Animals”, June 28 - July 2
Field Trip: Maine Wildlife Park  Fee: $205

Week 2: “Imaginarium”, July 6 - 9 (NO CAMP July 5)
Field Trip: Children’s Museum  Fee: $185

Week 3: “Chillin’ with my Gnomies”, July 12 - 16
Field Trip: Sebago Lake Park  Fee: $205

Week 4: “Dino-Mite Days”, July 19 - 23
Field Trip: Rapter Falls  Fee: $205

Week 5: “Mission Possible”, July 26 - 30
Field Trip: Crescent Beach  Fee: $205

Week 6: “Vitamin Sea”, Aug 2 - 6
Field Trip: Winslow Park  Fee: $205

Week 7: “Splish Splash”, Aug 9 - 13
Field Trip: Seacoast Splashpad  Fee: $205

What to bring to camp:
Swimsuit, Bathing cap, Snacks, Towel, Lunch, and Liquids

Lunch:
Each camper must bring a lunch marked with the campers name. No glass containers, please! A camp store will be opened for certain times of the day and they will have juice, water and other snacks for your campers to purchase.

Note: Please register either in person at the Recreation Office for day camp & extended hours or you may register online for this program. All fees must be paid in full at time of registration. A $25.00 per week /per camper fee will be charged if you should drop for any reason.

Registration Deadline:
Each Wednesday prior to each session provided there is space. No Phone Registration

CAMP FEE 2021 SPECIAL
Attend all 7 weeks for a one-time fee of $1,199.00.
A savings of nearly 20%! 
SUMMER ADVENTURE CAMP

For children entering Grades 3 - 5 in the Fall 2021

Director: Erin Bjorkdahl
Camp Coordinator: Nicole Pollard

Camp will focus on a wide variety of age appropriate activities, games and events which will include swimming and other dynamic programming for our students.

One Area Beach & One Field Trip Per Week, Weather Permitting

In addition to the trips listed, we will do a weekly local trip including Twin Brook, Broad Cove Reserve, Knights Pond, etc.

Accepting Registrations Beginning Tuesday, April 13th

No Extra Fee for Before & After Care!

Location: Greely Middle School

Grades: Entering 3 - 5, Fall 2021

Camp Hours: 9–4 pm

Before & After Care is available at NO EXTRA FEE from 8–9 am & 4–5:30 pm daily

Week 1: “Swinging into Summer Week” June 28 - July 2
Field Trip: Range Pond Fee: $205

Week 2: “Superhero Week”, July 6 - 9 (NO CAMP July 5)
Field Trip: Pine Point Fee: $185

Week 3: “Time Warp Week”, July 12 - 16
Field Trip: Funtown Fee: $205

Week 4: “Natural Wonders Week”, July 19 - 23
Field Trip: Sebago Lake State Park Fee: $205

Week 5: “Animal Planet Week”, July 26 - 30
Field Trip: Yorks Wild Kingdom Fee: $205

Week 6: “Olympic Week”, Aug 2 - 6
Field Trip: Crescent Beach Fee: $205

Week 7: “Spirit Week”, Aug 9 - 13
Field Trip: Funtown Fee: $205

What to bring to camp:
Swimsuit, Bathing cap, Snacks, Towel, Lunch, and Liquids

Lunch:
Each camper must bring a lunch marked with the campers name. No glass containers, please! A camp store will be opened for certain times of the day and they will have juice, water and other snacks for your campers to purchase.

Note: Please register either in person at the Recreation Office for day camp & extended hours or you may register online for this program. All fees must be paid in full at time of registration. A $25.00 per week /per camper fee will be charged if you should drop for any reason.

Registration Deadline:
Each Wednesday prior to each session provided there is space. No Phone Registration

CAMP FEE 2021 SPECIAL

Attend all 7 weeks for a one-time fee of $1,199.00.
A savings of nearly 20%!
MIDDLE SCHOOL SUMMER ADVENTURE CAMP

For children entering Middle School – Grades 6 - 8 in the Fall 2021

Director: Erin Bjorkdahl
Camp Coordinators: Kevin Brewer & Max Stickney

Camp will focus on a wide variety of age appropriate activities, games and events which will include swimming and other dynamic programming for our students in middle school. We are currently still working on trip locations and dates. This info should be released in early May. We anticipate trips to Funtown, White Water Rafting, Island Trips on Casco Bay Ferry, weekly beach trips and much more.

One Area Beach & One Field Trip Per Week, Weather Permitting

Accepting Registrations Beginning Tuesday, April 13th

No Extra Fee for Before & After Care!

Location: Greely High School School
Grades: Entering 6 - 8 Fall 2021
Camp Hours: 9–4 pm

Before & After Care is available at NO EXTRA FEE from 8–9 am & 4–5:30 pm daily

Week 1: June 28 - July 2
Field Trips: TBA Fee: $205

Week 2: July 6 - 9 (NO CAMP July 5)
Field Trips: TBA Fee: $185

Week 3: July 12 - 16
Field Trips: TBA Fee: $205

Week 4: July 19 - 23
Field Trips: TBA Fee: $205

Week 5: July 26 - 30
Field Trips: TBA Fee: $205

Week 6: Aug 2 - 6
Field Trips: Beach & White Water Rafting Fee: $230

Week 7: Aug 9 - 13
Field Trips: TBA Fee: $205

What to bring to camp:
Swimsuit, Bathing cap, Snacks, Towel, Lunch and Liquids

Lunch:
Each camper must bring a lunch marked with the campers name. No glass containers, please! A camp store will be opened for certain times of the day and they will have juice, water and other snacks for your campers to purchase.

Note: Please register either in person at the Recreation Office for day camp & extended hours or you may register online for this program. All fees must be paid in full at time of registration. A $25.00 per week /per camper fee will be charged if you should drop for any reason.

Registration Deadline:
Each Wednesday prior to each session provided there is space. No Phone Registration

Questions? Call Us • 829-2208
DaVinci Experience Science and Art Camp Presents:

Emergency Vets Camp!
Campers will be immersed in the exciting world of being a veterinarian. There are live animal visits each day, and Sparks Ark will also make an appearance. Each day they learn about a different branch of veterinary medicine. They will learn about household pets, horses, endangered species, and jungle animals. On Friday, visiting vet Dr. Kris Hoyt will lead the campers through a series of interactive stations that brings the work of a vet to life!

Bring art and science ALIVE for your child in Cumberland! Experienced teachers lead small groups in exploring a new theme each week. Campers will have safe, active fun as they participate in art projects, hands-on science activities, and outdoor games.

Participants should bring their own water bottle, snack and lunch (if full day). Please bring a pair of sneakers for running games and hikes. We spend the day making messy art projects and science experiments as well as playing games outdoors, so it is important to wear clothes that can get dirty.

Dates & Time: Monday-Friday, June 21-25, 9–3 pm
Location: North Yarmouth Community Center
Grades: Entering 1-6 (Fall 2021)
Fee: $310 / $320 Non-Res

Sew Wicked Fun Camp!
Instructor: Lori Maxham
Join us for some fun summer sewing! We will be stitching lots of fun projects that you can use at the beach or at home. Projects may include a banner, clothes and accessories for your doll or stuffie, a backpack, and more! Learn both hand and machine-stitching, or improve your skills if you already know how to sew. Always new projects if you participated in a previous camp. No experience necessary, all levels of sewing enthusiasts welcome. Machines and materials provided.

Dates & Time: Tuesday-Friday, July 6-9, 10–1 pm
Location: North Yarmouth Community Center
Grades: Entering 4-6 (Fall 2021)
Fee: $105
Min/Max: 4/8

Kick off the Summer with K & K
Instructors: Jennifer Kameisha & Johna King
Looking for a great way to “kick off” your child’s summer? Come spend a week with Mrs. Kameisha & Mrs. King for this popular program as they facilitate opportunities for movement, creative play and indoor/ outdoor games. In addition, this camp will offer arts, yoga, read-a-louds and much more! There’s something for everyone. Schools out! Lets have some fun!!

Please pack a lunch & snacks daily!

COVID specific guidelines, protocols and procedures will be sent out to all participants prior to the start of camp.

Dates & Time: Monday-Friday, June 21 - 25, 9–3 pm
Location: MIW School
Grades: Entering 1-4 (Fall 2021)
Fee: $175
Min/Max: 20/25

Green Screen Filmmaking Camp
Instructors: Kate Nicoli & Laura Cowie, Unwritten Roads Partnership
During this fun and collaborative camp campers will work together to write, direct and film an original movie! Campers will produce their own film from page to screen and take on leadership roles as writers, set and costume designers, actors, directors and editors. The camp will culminate with a film screening in true Hollywood style! Parents/guardians will receive a digital copy of the movie sent to their email after final edits by Unwritten Roads.

Please send your camper with a snack, lunch, waterbottle and sunscreen!

Dates & Times: Monday-Thursday, June 28-July 1, 9–3 pm
Location: North Yarmouth Community Center
Grades: Entering 2-5 (Fall 2021)
Fee: $300
Min/Max: 5/20

NEW!
SUMMER ENRICHMENT
**SUMMER ENRICHMENT**

**Mad Science Robot Recruit Camp**
Join Mad Science for a week of discovery and fun in this five-day Robotics Camp! Investigate robotic fundamentals, learn about the history of robotics, from literature to engineering advancements, and build ingenious robots to take home every day. Experiment with sound sensing robots, animatronics, line-tracking robots, industrial robots, surveillance bots, iPad controlled performance bots, robotic pets, the worlds smartest and smallest robot. Children will use iPad’s throughout the week to learn about today’s robots and even build their creative confidence by making their own remote control! Our future roboticist’s round out the week getting more in depth experience programming robots as they cycle through programming stations that will enrich their understanding of programming. Which of our creative camper’s will design tomorrow’s robots? Could it be you?

**Dates & Time:** Monday-Friday, June 29-July 2, 9–3 pm
**Location:** North Yarmouth Community Center
**Grades:** Entering 2-6 (Fall 2021)
**Fee:** $275 / $285 Non-Res

**Mad Science Underground Explorers Camp**
Kids learn about archaeology and the techniques scientists use to excavate long lost cities! They discover ancient civilizations and the tools and artifacts they used in everyday life! They also study bone fragments, pottery shards, amber deposits and fossils. Each class also includes a make and take-home project, like a fossil reproduction, an amber time capsule and coins from around the world!

- **Day 1 – History Hunters**
- **Day 2 – Can You Dig It?**
- **Day 3 – Pieces of our Past** We investigate artifacts!
- **Day 4 – Buried Stories** We study ancient civilizations!
- **Day 5 – Ancient Artifacts!**

**Dates & Time:** Monday-Friday, July 26-30, 9–3 pm
**Location:** North Yarmouth Community Center
**Grades:** Entering 2-6 (Fall 2021)
**Fee:** $275 / $285 Non-Res

**“Princess Dance” Camp**
**Instructor: Julie Wilkes, Director of Brio Dance Studio**
Doesn’t every little girl deserve the royal treatment? We think so! Join Brio Dance Studio for a week of dancing with the princesses!

Each day will focus on a different Disney Princess. Daily activities will include: stretching; dance class; healthy snacks; craft time; princess manners; and dress up! Come explore the art of dance while learning the story of Frozen, Moana and others!

The performing arts aid in the growth of a child’s self-confidence, coordination and creative expression. Join Brio Dance Studio for a week of fun, learning and finding your inner princess!

**Dates & Time:** Monday-Friday, June 28-July 2, 9–12 noon
**Location:** North Yarmouth Community Center
**Ages:** 3-6
**Fee:** $130
**Min/Max:** 6/20

**“Hip Hop Dance” Camp**
**Instructor: Julie Wilkes, Director of Brio Dance Studio**
This camp is for the beginner hip hop dancer and will introduce campers to different styles of hip hop, including popping, locking and 90’s throwback!

Each day, campers will warm up, learn new steps, freestyle, and work on a final dance routine that will be recorded and shared with each family at the end of the week.

*Please send your camper with indoor sneakers, comfortable clothing, and a bottle of water.*

**Dates & Times:** Monday-Friday, July 12-16, 9–1 pm
**Location:** North Yarmouth Community Center
**Grades:** 1-5
**Fee:** $150
**Min/Max:** 6/20

Questions? Call Us • 829-2208
Brick by Brick Maine

Lego Fire Brigade!
The alarm has sounded: A menacing fire has broken out in Lego City! A team of top fire fighters must be sent in to tame the blaze! Are you up for the challenge? Join our team as we design and build the new fire station as well as a scouting drone, an off-road fire vehicle and a huge fire truck with swiveling ladder.

Camp participants will stay focused with educational stories, Lego builds, games and challenges which promote collaboration, critical thinking and fun! Daily sessions always include time for creative free-building too.

Everyday, campers should bring am and pm snack, lunch and sunscreen.

Dates & Time: Monday-Friday, July 12-16, 9–3 pm
Location: North Yarmouth Community Center
Grades: Entering K-5 (Fall 2021)
Fee: $275 / $285 Non-Res

Lego Deep Space Exploration!
Calling all astronauts! Do you have what it takes to join NASA? Can you survive the spinning G-Force training machine? Come find out as we build and launch a deep space rocket to explore the mysteries beyond the stratosphere. What will we discover? Join us to find out! You were born to explore the universe! In addition to our space launch, camp participants will stay focused with educational stories, Lego builds, games and challenges which promote collaboration, critical thinking and fun! Daily sessions always include time for creative free-building too.

Dates & Time: Monday-Friday, August 9-13, 9–3 pm
Location: North Yarmouth Community Center
Grades: K-4 (Fall 2021)
Fee: $275 / $285 Non-Res

Pre-School Science Camp Earth-o-Sphere Week
High Touch High Tech of Maine is engaging kids with hands-on science! Through guided-play kids will journey around the world and discover how planet Earth works. They will learn how everything on Earth is interconnected from the living organisms to the water and minerals in the ground. They will explore extreme habitats, learn about weather, examine the layers of the Earth and so much more! All supplies are included.

Please send a healthy snack and water.

Dates & Time: Monday-Friday, July 19-23, 9–11:30 am
Location: North Yarmouth Community Center
Ages: 4 & 5 (must be 4 by June 1, 2021)
Fee: $200 / $210 Non-Res

Summer Art Camp
Instructors: Susannah Wood & James Treadwell, Art Teachers at Greely Middle School
This exciting “hands-on” art program will enable students to express their artistic talents in a variety of media. Activities will include drawing, printmaking, collage, painting, and sculptural work. All supplies and materials are provided. Students will benefit from individual and small group instruction by two seasoned art professionals who will instruct, guide, and encourage students throughout the process. Students will have the opportunity to work at their own pace in areas of interest as well as participate in group projects. Please bring a hearty snack and wear clothes that you don’t mind getting dirty.

Dates & Time: Monday-Friday, July 12-16, 8:30–12 noon
Location: GMS Art Room
Grades: Entering 3-6 (Fall 2021)
Fee: $155 / $165 Non-Res
Max: 12

Brick by Brick Maine will adhere to the most current Maine CDC recommendations for social distancing and the mitigation of COVID-19. All camp participants must arrive with and wear a mask; we will have frequent mask breaks throughout the day.
Hodge Podge - Summer Edition
Instructors: Luanne Balzano-Brookes & Margaret McDevitt
Join us for our “mixed bag” fun-filled week of indoor/outdoor activities, music & movement, creative play, swimming and arts & crafts. There is something for everyone! Children will enjoy the variety. Come have some fun! **Please pack 2 snacks, lunch and water bottle daily.**

**Dates & Time:** Monday-Thursday, August 16-19, 9–4 pm  
**Location:** North Yarmouth Community Center  
**Grades:** Entering 1-4 (Fall 2021)  
**Fee:** $175  
**Max:** 24

“Maine Days Camp”
Instructor: Candy Allen
We all know that summer in Maine is ‘the way life should be’ and this popular long time camp offering is a great way to learn more! Many children have created lifelong memories in our beautiful state and literature has captured Maine’s beautiful natural world. In this camp, your child will engage in a multisensory experience exploring such themes as: Lakes, Streams, Mountains, Blueberries, Moose, Lighthouses, Trees, Beaches, Ponds, Birds and Rocks. We will explore Maine’s natural world through books, poems, plays, journals, music, art, movement and food.

**Dates & Time:** Monday-Friday, August 2-6, 9–3 pm  
**Location:** North Yarmouth Community Center  
**Grades:** Entering 1-4 (Fall 2021)  
**Fee:** $175 / $185 Non-Res
**T-Ball Fun Games**

*Instructor: Mort Soule*

This is an introductory program of fun games for those youth who did not play with the Little League T-ball program. Open for those children who have completed kindergarten or ages 4 & 5. Teams will be chosen each night. Parent volunteers needed to help with instruction and encouragement. **Special thanks to Cumberland/North Yarmouth Little League for providing equipment for this program.**

**Dates & Time:** Tuesday & Thursday Evenings
June 22 - July 8 (July 13 make up date), 6–7 pm

**Location:** Cumberland Commons

**Ages:** 4 & 5 (Must be 4 by August 1, 2021)

**Fee:** $55 / $65 Non-Res (includes hat & t-shirt)

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**Soccer Clinics**

*Instructor: GHS Varsity Boys Soccer Coach Mike Andreasen & Staff*

**Co-Ed Kindergarten Soccer**

This clinic is for boys and girls who have had no experience in the game of soccer and is designed to teach agility, ball control and to work on motor skills. Each participant will work with his/her own soccer ball during the learning session.

**Time:** 8:15–9:00 am

*Entering K in Fall 2021*

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**Ranger Soccer Camp**

*Director: Mike Andreasen*

This camp is designed to meet the needs of each player based on his or her age and skill level. The major emphasis of the camp stresses the fundamentals needed to play a controlled game of soccer. Without the fundamentals, it is very difficult to implement a system of play. Players will be grouped according to the level where they can achieve the most success. Controlled tactical sessions will be featured in order to develop a higher level of play. **For more information please call Mike Andreasen (829-4589). Each participant will receive a camp shirt.**

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**Half Day Camp**

**Dates & Time:** Monday-Friday, June 21-25, 9–12 noon

**Location:** Twin Brook Recreation Area (meet at Shelter Building)

**Grades:** Entering Grades 2 & 3 (Fall 2021)

**Fee:** $120 / $130 Non-Res

**Full Day Camp**

**Dates & Time:** Monday-Friday, June 21-24, 9–3 pm; June 25, 9–12 noon

**Location:** Twin Brook Recreation Area (meet at Shelter Building)

**Grades:** Entering Grades 4-9 (Fall 2021)

**Fee:** $190 / $200 Non-Res

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**Boys/Girls 3rd-5th Grade Soccer**

This program is intended to allow participants to further their soccer skills. Skill work and game situation creativity will be stressed. Players will be separated by gender with the skill sessions emphasizing individual skill work along with some conditioning.

**Time:** 10:15-11:15 am

*Entering Grades 3 - 5 in Fall 2021*

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**Boys/Girls 6th-8th Grade Soccer**

This program is intended to allow participants to further their soccer skills. Skill work and game situation creativity will be stressed. Players will be separated by gender with the skill sessions emphasizing individual skill work along with some conditioning.

**Time:** 11:30–12:30 pm

*Entering Grades 6 - 8 in Fall 2021*

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**Dates:** Monday/Wednesday/Friday
June 28-July 30 (14 Sessions)

**Location:** Twin Brook Recreation Area

**Fee:** $75 / $85 Non-Res

In the event of inclement weather, Coach Andreasen will send out a cancellation email the morning of the program.

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- **www.cumberlandmaine.com**
St. Peter’s Grand Slam Tennis
The junior tennis camps offered through St. Peter’s Grand Slam Tennis Programs are fun, yet challenging and instructional for boys and girls grades 2nd through 9th at all skill levels. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic, but low-pressure, environment featuring the all new USTA 10 And Under Tennis (www.10 and under tennis.com) program for 8-10 year old. For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy, and competitive match play.

Session 1 - Half Day Camp Only
Monday-Friday, June 28-July 2, 1:30–4:30 pm

Session 2 - Full & Half Day Camp
Monday-Friday, August 9-13, 9–12 noon (half day); 9–3 pm (full day)

Grades: Entering Grades 2-9 (Fall 2021)
Fee (per session): $190 (half day) / $290 (full day)

In the event of inclement weather, Grand Slam Tennis Coordinator will contact participants and program will be held at Foreside Fitness for that day.

Summer Track (Ages 6-14)
Coaches: Carolyn Todd & John Lane
This program is for youth who enjoy track and field events. Events include sprints, jumps, throws, and distance running. Practices consist of age/ability appropriate workouts as well as games, all of which are designed as a fun way to prepare youth for weekly regional meets.

Practice Dates & Time: Monday/Tuesday, June 21 - July 31* (6 weeks), 5:30–7 pm
Location: GHS Track
Fee: $125 / $135 Non-Res
Min: 20 registered by June 8 to offer program

Meetings are typically on Thursday afternoons at area high schools in Southern Maine. Schedule available at first practice. No transportation provided.

*State meet is typically held during the last Saturday of July or first Saturday of August with the qualifying meet being held the Thursday prior. The program continues during this time period for all who are interested in these fun postseason meet opportunities.

Mainely Stars Field Hockey Camp
Director: Burgess LePage, GHS Varsity Field Hockey Coach
The Mainely Stars Field Hockey Camp provides both technical and tactical training to youth players in a fun, game-orientated atmosphere. Our commitment is to provide a venue for field hockey players to be a part of an environment that fosters both the passion for and the fun of the game. We provide players with training that will advance both their individual and team skills. Players gain experience and confidence through small sided games. Coach LePage will direct the camp and current Greely High School field hockey players assist. Boys are also welcome to register. Please send a lunch (full day camp), multiple snacks and water and sunblock.

Dates: Monday-Thursday, June 21 - 24
(Rain Date June 25)
Location: GHS Field Hockey Field (inside track)
Check in begins at 8:30 am with instruction beginning promptly at 9 am.

Grades & Time: Entering 1-3 (Fall 2021), 9–12 noon
Fee: $95 / $105 Non-Res

Grades & Time: Entering 4-9 (Fall 2021), 9–3 pm
Fee: $185 / $195 Non-Res

Rangers Girls Lacrosse Camp
Instructor: Amanda Cahoon, Girls JV Head Coach
Join us for some summer lacrosse fun! Whether you’re an experienced player, or just interested in trying out the sport of lacrosse, all levels are welcome. This five-day camp is led by the Greely High School girls lacrosse coach, as well as players on the GHS team. We will focus on fundamentals of the game, individual stick skills, as well as offensive and defensive concepts. The goal is to increase each player’s confidence in skills and abilities through individualized instruction, drills, demonstrations, scrimmages, and lots of fun! Goalkeepers come for free! Some equipment available for first time players on a first come first serve basis; please let us know when registering.

Dates & Time: July 12 - 16, 9–12 noon
Location: Greely HS
Grades: Entering 3 - 9 (Fall 2021)
Fee: $95 / $105 Non-Res
Min: 10 participants
U8 Junior Clinics - Grades 1-3
A program for juniors entering Grades 1-3. This program will work on the basics but also emphasize what it means to become “course ready.”

Dates & Time: Saturday, May 15-June 26, 10–11 am (No class on May 29)
Location: Val Halla Golf Course
Grades: Entering 1-3 (Fall 2021)
Fee: $80 / $90 Non-Res
Max: 12

U11 Junior Clinics - Grades 3-5
U11 Junior Golf Clinics are for kids ages 9-11 that are looking for an introduction into golf. In this 6-week program, teachers will cover the basics of golf, starting with how to properly hold a golf club and eventually getting to ways to improve accuracy and consistency with their golf swing. This class is perfect for beginners, as well as for kids that have graduated from our U8 program.

Dates & Time: Saturday, May 15-June 26, 12–11 pm (No class on May 29)
Location: Val Halla Golf Course
Grades: Entering 3-5 (Fall 2021)
Fee: $80 / $90 Non-Res
Max: 12

U14 Middle School Golf Program
Grades 5-8
The Middle School Golf team will have an instructional practice every Tuesday followed by a competition/play day on Thursday. During Tuesday’s practice, juniors will receive hands on instruction from their coaches at Val Halla Golf Course. This may include time spent on the Driving Range, Chipping Green, or Putting Green working on their game. Every Thursday the juniors, that are golf course ready, will participate in a match against their teammates. These matches will be assigned by the coaches based on playing ability and may range from individual matches to team matches.

Our hope is to give Middle School golfers a true golf team experience, one that many of our juniors will experience once they get to High School. Kids of any playing ability are welcomed in this program, as the coaches will tailor their instruction to the playing ability of each junior. Beginners are highly encouraged and welcome to join!

We will be running the program three times over the course of 2021. Our Spring team will start in May and end in June. The summer team will start at the end of June (once school is out) and will end in early August. And our Fall team will start at the end of August and end in early October.

Dates & Time: Tuesday/Thursday, 3:30–5 pm
Spring Dates: May 4-June 17
Summer Dates: June 29-August 12
Fall Dates: August 31-October 14
Location: Val Halla Golf Course
Grades: Entering 5-8 (Fall 2021)
Fee: $120 / $140 Non-Res
Max: 16

www.cumberlandmaine.com
Val Halla Junior Golf Camps
Ages 7-16

Program Director: Nick Plummer

The Val Halla Junior Golf Camps will take the place of the PGA Junior Golf Camps in 2021. After working with the PGA for the past 6 years, we have decided to part ways to bring the youth of our community a new junior golf summer camp. In many ways, these camps will resemble the PGA camps, with 3 hours of hands-on instruction to start each day, followed by continued instruction and on-course play in the afternoon. Campers will receive a collared T-Shirt upon arrival, as well as daily lunches from Rachel’s on the Green and prizes at the end of the week.

As was the case with our past programs, we will be offering both Full and Half Day opportunities to best fit each family’s schedule. More information on the Full Day and Half Day options can be found below.

In 2021, we will be offering 7 weeks of camp from late-June to early-August. The schedule is as follows:

Full Day Camps (Ages 9-16)
These camps provide an excellent opportunity for junior golfers to improve on their technical skills, as well as develop strong course management skills. Each morning, the full day campers will work with the counselors on every aspect of their golf game at the practice facilities. In the afternoon, the campers will play on the golf course and put their new skills to the test. Following on-course play, we will finish the day with putting and chipping contests just before pick-up at 4:00 pm. Lunch is provided to all full day campers. Our Full day camps are perfect for any child, no matter their level of experience in golf.

Dates & Time: Monday-Thursday, 9–4 pm; Friday, 9-12:30 pm
Location: Val Halla Golf Course
Ages: 9-16
Fee: $350 / $375 Non-Res

Half Day Camps (Ages 7-13)
These camps are perfect for any child that wants to play golf but might not be ready for a full-day camp just yet. It is also perfect for families that want their kids to get golf instruction, but that have a busy afternoon schedule of other sports/activities. Like the full day camp, each morning will be spent working on technical skills at the driving range, putting green, and chipping station. What is different from the full-day instruction is a lack of course management instruction, as the half-day campers will only get to play on the golf course once during the week. The half-day campers will finish their day with lunch at Rachel’s on the Green, followed by a putting contest while they wait to be picked up at 12:30 pm.

Dates & Time: Monday-Friday, 9-12:30 pm
Location: Val Halla Golf Course
Ages: 7-13
Fee: $220 / $240 Non-Res

LIMITED SPACE AVAILABLE
JUNIOR GOLF AT VAL HALLA

Fall Wednesday Afternoon Golf (Grades 3-5)

Program Director: Nick Plummer

This popular junior golf program will now be offered in the fall and is intended as an introduction to golf basics. This program is a perfect way for junior golfers to get some golf instruction at the end of the golf season. We focus heavily on grip and stance; chipping and putting; full swings; rules and etiquette.

This program also provides the opportunity to play the course should the golfers be “course ready.” This program will be held rain or shine at Val Halla on Wednesday’s. Club storage and golf equipment is available for this program at no additional charge.

Dates & Time: Wednesday, September 15, 22, 29, October 20, 27, 12:30–5 pm
Location: Val Halla Golf Course
Grades: Entering 3-5 (Fall 2021)
Fee: $175
Max: 20

Val Halla Tennis Courts

Val Halla offers four public tennis courts that operate on a first-come, first-serve basis. The courts also feature lights that stay on until 9:30pm during the summer, so that night tennis can be played. Tennis players must bring their own racquets and balls, as we do not provide them or sell them on-site.

In addition to the tennis courts, we also have four pickleball courts outlined and two nets that we provide and leave on the sides of the tennis courts. These courts are lined over two of the tennis courts and cannot be used if there are already tennis players on the courts.

Congratulations to Coach Brian Bickford and the Greely Golf Team

2020 Class “A” State Champions!
Daily Fees at Val Halla

2021 Spring/Fall Rates
Open to May 14 and October 1 to Close

<table>
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<tr>
<th></th>
<th>18-Holes</th>
<th>9-Holes</th>
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<td>Cart Fees</td>
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2021 Summer Rates
May 15 to September 30

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<th></th>
<th>18-Holes</th>
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<tr>
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<tr>
<td>Cart Fees</td>
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Discounts: Juniors (17 & Under), Seniors (65 & Older), Military Personnel and Residents of the Town of Cumberland receive a 10% discount on their Greens Fee. Cumberland Residents that are also a Junior, Senior, or Military Personnel receive a 20% discount.

2021 Membership Rates

Eagle Member
Golf anytime Monday through Sunday. Eagle Members can book tee times 14-days in advance. Eagle Members are eligible to join the VHGA (Val Halla Golf Association). Guests of Members receive a discount of 25% and Town of Cumberland residents receive a 10% discount on membership fees.

<table>
<thead>
<tr>
<th>Membership</th>
<th>Price</th>
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<tr>
<td>Single Member</td>
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<td>Couple Members</td>
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<tr>
<td>Under 35 Member</td>
<td>$800</td>
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</table>

Birdie Member
Golf anytime Monday through Friday and after 11:30 AM on Saturday and Sunday. Birdie Members can book tee times 14-days in advance. Birdie Members are also eligible to join the VHGA (Val Halla Golf Association). Guests of Members receive a discount of 25% and Town of Cumberland residents receive a 10% discount on membership fees.

<table>
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<th>Membership</th>
<th>Price</th>
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<td>Weekday (18 hole) Member</td>
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<td>9-Hole Member</td>
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<td>College Member</td>
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<tr>
<td>Greely Junior Member</td>
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<tr>
<td>Non-Greely Junior Member</td>
<td>$300</td>
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</tbody>
</table>

Questions? Call Us • 829-2208
SUMMER SAILING/PADDLEBOARDING

Adult Sailing Lessons
Presented by: Sailing Ships Maine

Join a crew of 5 other adults and an instructor learning to sail a 23’ sailboat. You will learn to row a dinghy, set and strike sail, steer, navigate, use a marine radio, operate a small outboard, watch the weather, tie knots and follow basic safety all while sailing all over Casco Bay each evening. Our primary instructional boat, the Pearson Ensign, is a strong, unsinkable fiberglass boat that is still actively raced (and still being built) more than 30 years after her introduction. Ensigns are probably the most comfortable sailboat ever built. They have high backrests and a large, deep cockpit and plenty of space for students to learn and work together while staying separated and outdoors.

Adults will learn to steer a sailboat, set, reef and strike sail, tie knots, learn terminology, navigate, rules of the road, lead with confidence, work as part of a team, use a small outboard and row a dinghy.

We will follow all state required COVID procedures at the time of program.

Dates & Time: Monday - Friday, 5:30–9 pm
Week 1: June 21 - 25 – max 6 students
Week 2: June 28 - July 2 – max 12 students
Week 3: July 12 - 16 – max 12 students
Week 4: July 19 - July 23 – max 12 students

Location: Based out of Falmouth Town Landing
Ages: 21+
Weekly Fee: $295 per student

Included in BOTH Sailing Programs:
- One-year membership in US Sailing
- U.S. Sailing Small Boat Sailor Certification
- Full access to U.S. Sailing Skill-Up App to help students and instructors track individual student accomplishment.
- National Association of State Boating Law Administrators (NASBLA) safety course certification.
- Sailing Ships Maine T-shirt, rope, journal

Program offered in partnership with Sailing Ships Maine, US Sailing & Schooner Harvey Gamage.

Middle School Sailing Lessons
Presented by: Sailing Ships Maine

Join a crew with 5 other middle school students and an instructor and learn to sail a 23’ keelboat. Students will learn to steer a sailboat, set, reef and strike sail, tie knots, learn terminology, navigate, rules of the road, lead with confidence, work as part of a team, use a small outboard and row a dinghy all while sailing all over Casco Bay for a week. A more comprehensive breakdown of the program curriculum and day by day information may be found on the rec registration page.

We will follow all state required COVID procedures at the time of program.

Dates & Time: Monday - Friday, 8:45–4:45 pm
40 Hour Program
Week 1: June 21 - 25 – max 6 students
Week 2: June 28 - July 2 – max 12 students
Week 3: July 12 - 16 – max 12 students
Week 4: July 19 - July 23 – max 12 students

Location: Based out of Falmouth Town Landing
Grades: Entering 6 - 8 (Fall 2021)
Weekly Fee: $295 per student

Adult Learn to Paddleboard
Instructor: Staff from Portland Paddleboard LLC

This course offers an introduction to stand-up paddling (SUP), a terrific way to explore Maine’s waterways. Some people love SUP because it offers a great core workout, others find it a great way to spot wildlife, to surf waves or just have fun on the water. This course is designed to introduce anyone who’s fairly new to SUP to the many sides of the sport. No prior experience needed. We’ll start on shore learning proper paddle grip, paddling posture and techniques for getting on and off the board. Once we’re on the water, we’ll cover board balance and strokes that help you move swiftly and maneuver effectively. NOTE: Paddleboards will be provided.

Session 1: Sunday, July 11, 9:30–11:30 am
Session 2: Sunday, July 18, 9:30–11:30 am

Location: Broad Cove Reserve
(Beach Drive off Route 88)
Fee: $50 / $60 Non-Res (per session)
Min/Max: 10/18

NEW!
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. Some of the benefits of community soccer are: Balanced teams; everyone plays at least ½ of game; and good sportsmanship is emphasized.

ALL GRADES BASED on FALL 2021

1st Grade Soccer Program
This program meets 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.

Dates & Times: September 11, 19*, 25, October 2, 9 (rain date October 16), 11:30–12:30 pm

Location: Twin Brook Recreation Area “Shelter Field”
*Program will run on Sunday, September 19 due to Bicentennial Celebration taking place on Saturday, September 18.

2nd-6th Grade* Soccer Community League Divisions (Boys & Girls)
• 2nd Grade Boys
• 2nd/3rd Grade Girls
• 3rd-5th Grade Boys
• 4th-6th Grade Girls

Uniforms & 1 practice per week included!
6 Week Program with games beginning Saturday, September 11.

*Boys Program runs through 5th grade.

Registration: You may register anytime beginning Tuesday, April 27 online at www.cumberlandmaine.com, or in person.

For more information, contact:
Pete Bingham: pbingham@cumberlandmaine.com
or Eliza Miller: enm@maine.rr.com

2021 Program Fees:
Through Thursday, June 3 (Early Bird Special)
- $55 / 1st Grade (Per Participant)
- $70 / 2nd-6th Grade (Per Participant)
After June 3
- $60 / 1st Grade (Per Participant)
- $75 / 2nd-6th Grade (Per Participant)
Beginning August 2 (If Space Allows)
- $65 / 1st Grade (Per Participant)
- $85 / 2nd-6th Grade (Per Participant)

Reminder: Registration for this program begins April 27.

Questions? Call Us • 829-2208
Fall Running Club

Head Coach: TBA

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.

It is our hope and we are currently planning to offer this program back in the traditional format prior to COVID. More info to come as we get into the summer months.

Registrations Accepted Beginning Tuesday, July 13

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

Dates & Times: Monday/Wednesday/Friday, September 13 - October 22, Championship on Saturday, October 16
Practice Time: 4–5 pm
Regular Season Meets begin at 4:15 pm
Location: Twinbrook Recreation Area
Grades: Entering 1-5 (Fall 2021) Fee: $90
At this time transportation is not provided.

Fall Youth Instructional Field Hockey

Head Coach: GHS Head Field Hockey Coach Burgess LePage; JV Coach Don Legere and members of the GHS Team

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.

Dates & Times: September 11 - October 9, Rain Date Oct 16, (5 weeks)
Location: GHS Field Hockey Field (inside of track)
Grades 1-3: 10:15–11 am
Grades 4-5: 9:00–10:00 am
Fee: $45 per 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.

Dates & Times: Saturdays, September 11, 19*, 25, October 2, 9 (Rain Date October 16) 5 weeks, 10–11 am
Location: Twinbrook Recreation Shelter Field
Grade: Entering K (Fall 2021)
Fee: $45 / $55 Non-Res (Includes end of season award)

“Kiddie Kickers” Pre School Soccer Program

(Participants must be age 4 by August 1st)
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.

Dates & Times: Saturdays, September 11, 19*, 25, October 2, 9 (Rain Date October 16) 5 weeks, 8:30–9:30 am
Location: Twin Brook Recreation Shelter Field
Fee: $45 / $55 Non-Res (Includes end of season award)

Registration for both programs begins Tuesday, April 27.

*Both programs will run on Sunday, September 19 due to Bicentennial Celebration taking place on Saturday, September 18.
This year has been a challenge as we have seen our lives changed and our programs suspended. Now that the vaccine has given us hope for a return to “normal”, we are looking to Fall 2021 to resume our programs!

**FRIENDLY CALLER PROGRAM**

If you would like a regular call from a Friendly Caller, please contact Sarah Davis at 829-2208. Trained volunteers are ready to provide companionship by regularly calling by phone to decrease isolation and loneliness.

**CUMBERLAND CRIER**

Have you subscribed to the town’s weekly electronic newsletter, The Cumberland Crier? Call Sarah at 829-2208 or you can go to [www.cumberlandmaine.com](http://www.cumberlandmaine.com) to subscribe! The Crier has lots of great information about what’s happening in our community!

**DURABLE MEDICAL EQUIPMENT**

If you need to borrow medical equipment such as walkers, crutches, commodes, etc. please call the Cumberland Fire Department at 829-5421.

**CUMBERLAND AREA RIDES (CAR)**

The CAR program, a partnership with the Cumberland Congregational Church, will restart in May for fully vaccinated drivers and riders. Watch the Crier for update information. If you would like to get registered for the program, please call 829-3367. If you would like to volunteer as a driver, please contact Sarah Davis at 829-2208.

**HANDYMAN HELPER**

We plan to resume this program in the fall. AIP volunteers will help with minor chores and other simple assignments that do not require a license to perform, such as electrical or plumbing work. Projects might include changing a smoke detector battery, taking out an air conditioner, or small household repairs.

**PROGRAMMING**

We hope to restart our social and educational programming this fall. We have missed our monthly Mornings with Friends, educational classes and regular get-togethers. Watch for announcements in the Crier.

Questions? Ideas? Contact Sarah Davis, Aging in Place Coordinator at [sdaviss@cumberlandmaine.com](mailto:sdaviss@cumberlandmaine.com) or 829-2208.
Town Parks

BROAD COVE RESERVE

Broad Cove Reserve allows residents access to a beautiful 23-acre property that has a beach, pier, and walking trails along the perimeter! Residents enjoy spending the morning, afternoon, or the entire day swimming, paddle boarding/kayaking, fishing, picnicking, or relaxing by the water. Parking passes for residents are available for purchase for $1 at Town Hall! This gives you access to the closer parking spaces.

Location: Beach Drive, Cumberland, Foreside (off of Route 88)
Parking: 5 spaces near the water for residents only + parking lot at the entrance to the facility
Dogs: Allowed on leash from Foreside Road to Town Pier. Dogs are not allowed on the beach.
Restroom Facility: Yes

Photo Credit: Elaine DesPres

GREELY WOODS

Greely Woods is a 1.3 mile wooded trail that leads residents through the forest, past a meandering stream, and to a pond. This trail is great for low impact outdoor recreation, including walking, running, biking, cross-country skiing, snowshoeing, and hunting.

Location: 404 Greely Road Ext
Parking: 3 spaces along roadway
Dogs: Allowed under owner/keeper control.
Restroom Facility: No

Photo Credit: John Jensenius

KNIGHT’S POND

At 163 acres, Knight’s Pond Preserve is the largest undeveloped parcel in Cumberland. It consists of forested upland, a 46-acre pond with two smaller ponds, emergent wetlands, streams, and many vernal pools. Recreational opportunities abound on the property, which has traditionally been used for hunting, bird watching, and ice skating as well as for hiking, mountain biking, cross-country skiing, and snowmobiling on its extensive trail network.

Location: 475 Greely Road Ext
Parking: Parking Lot
Dogs: Allowed under owner/keeper control.
Restroom Facility: Yes

Photo Credit: Matt Rothman
Rines Forest is a magnificent 268-acre woodland in the heart of Cumberland. This beautiful and tranquil setting provides visitors with cascading waterfalls, popular recreational trails, and places of solitude. Residents enjoy walking, running, cross-country skiing, snowshoeing, fishing, hunting, picnicking, and horseback riding through the network of trails.

Location: 475 Greely Road Ext  
Parking: Parking along roadway  
Dogs: Allowed on leash.

Photo Credit: Jodi Federle

TOWN FOREST

The Town Forest is a 1.5 mile loop located in the woods behind Cumberland Town Hall. The trail is a wonderful place to walk, bike, or run in the warmer months and snowshoe and cross-country ski in the wintertime. Within the larger loop, is a ¾ mile Story Walk that provides an outdoor adventure for residents to read a story as they walk the path and take in the scenery. The story changes the 1st Saturday of every month. This facility has a restroom located near the entrance.

Location: 290 Tuttle Road  
Parking: Parking lot  
Dogs: Allowed on leash.

Photo Credit: Jody Svigelj

TWIN BROOK

Twin Brook is one of Cumberland’s most popular parks as there are so many activities to enjoy on over 250 acres of land! There are 6 miles of trails, 1 paved pathway, 22 acres of mixed athletic fields, baseball and softball fields, soccer fields, and a disc golf course. Twin Brook is in use from sunrise to sunset for walking dogs, going on runs, flying kites, playing soccer, picnicking, etc. During the winter months, trails are groomed for cross-country skiing.

Location: 185 Tuttle Road  
Parking: Parking Lot  
Dogs: Dogs allowed under owner/keeper control. Dogs are not allowed on the Tuttle Road side of the park during XC ski season.  
Restroom Facility: Yes

Photo Credit: Eliza Porter
Val Halla is a municipally owned facility that houses an 18-hole golf course, tennis/pickleball courts, and a restaurant. During the summer months, our Recreation Department offers camps and lessons for those interested in learning how to golf.

**Location:** 60 Val Halla Road  
**Parking:** Parking Lot  
**Dogs:** Allowed under owner/keeper control from December 1st-February 28th. Dogs are not allowed the remainder of the year.  
**Restroom Facility:** Yes

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West Cumberland Athletic Complex is comprised of a Little League Field, a football field, a practice field, a playground and a recreation hall. The fields are in use from early spring with Little League games to late fall with recreational football. The recreation hall stays booked year-round with programs offered by our Recreation Department as well as with community events. This facility has a restroom.

**Location:** 115 Blackstrap Road  
**Parking:** Parking Lot  
**Dogs:** Allowed on leash.  
**Restroom Facility:** Yes

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**Senior Programs & Excursions Information**

The Community Recreation Department is excited to resume and expand age 55+ program opportunities this coming fall and winter if circumstances allow.

The return of excursions, classes and enrichment are our primary goal; however we would love to hear from you!

If anyone has any ideas or suggestions, please call or email Sarah Davis our Aging in Place Coordinator.

207-829-2208 | sdavis@cumberlandmaine.com
BULLETIN BOARD

FARMERS MARKET
It’s our 24th Season!

Opening Day Saturday, May 15
9 am – 12 Noon
Cumberland Town Hall

Let us do the weeding!

Open every Saturday through October

See you at the Market!

CONGRATULATIONS to Aquatics Director Rob Hale on his induction into the Maine Swimming Hall of Fame. A well deserved recognition for a Cumberland Icon!!

VENDORS WANTED!

NORTH YARMOUTH

Outdoor Market

TUESDAYS, 4:30-7:30PM
JUNE 1- SEPTEMBER 7, 2021
WESCUSTOGO HALL & NORTH YARMOUTH COMMUNITY CENTER

A WEEKLY MARKET FOR FARMS, ARTISANS AND LOCAL NON-PROFIT ORGANIZATIONS TO SELL ITEMS AND RAISE FUNDS FOR THEIR ORGANIZATIONS, WHILE PROVIDING A VALUABLE SERVICE TO THE COMMUNITY.

INTERESTED IN BEING A VENDOR?
GO TO OUR WEBSITE
WWW.NORTHYARMOUTH.ORG
207-829-5555
LTHOMPSON@NORTHYARMOUTH.ORG

Questions? Call Us • 829-2208
Cumberland / North Yarmouth
Community Recreation Department
290 Tuttle Road, Cumberland, ME 04021

CUMBERLAND
1821 → 2021

Bicentennial Celebration
Saturday, September 18, 2021
Twin Brook Recreation Area

www.cumberland200.me
More information coming soon!