Fall Registration OPENS
Tuesday, August 29 at 8:00am

www.cumberlandmaine.com/recreation

Recreation Office, 290 Tuttle Road, Cumberland
Hours: Mon-Wed 8:00-5:00 / Thurs 8:00-6:00
(207) 829-2208

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REGISTRATION INFORMATION

How do I Register?
Registration is accepted Online, In-person or by Mail. Priority will be given on a first-come, first served basis. We encourage residents to take advantage of our Online Registration capabilities.
To access the online registration system, log onto www.cumberlandmaine.com/recreation and click on the “REGISTER” icon. This is a great way to register for programs at work or in the comfort of your home. We do not accept phone registrations.

Cancellation Policy
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 website and also announced on our Facebook page: facebook.com/cnyrecreation.

Fees, Senior Discounts & Refunds
Fees are stated at the end of each program write-up. Non-Residents will pay an additional $10 on most programs. Senior discounts apply to seniors who are 65 or older. All class withdrawals may be subject to a processing fee. If a program is cancelled, we will refund 100% of the fee.

Will I be sent confirmation?
Once registered, you will receive an email confirmation or printed confirmation if registering in person. Unless you hear differently, consider yourself and/or children enrolled in a course if a registration form was mailed with payment. We do not send program/class reminders so please be aware of start dates and times.

Cumberland/North Yarmouth Parks & Recreation Board
Chris Fitzpatrick (Chair), Bill Hansen (Vice-Chair), Shirley Storey-King & Bailey Douglas (Cumberland Town Council Reps), Amy Haile (North Yarmouth Select Board Rep), MSAD 51 Board Rep - TBA, Johnna Mulligan, Travis Seaver, Sally Pierce, Don Stowell, Rhonda Grigg, Melissa Cott and Tricia Grover.

Staff
Peter C. Bingham, Director
Patty Murphy, Assistant Director
Devon Galvan, Active Living 55+, Office Support
Sarah Davis, Office Support
Nicole Pollard, Aftercare & Summer Camp Coordinator
Rob Hale, Aquatics Director
Nick Plummer, Val Halla Head Professional
Frank Smith, Twin Brook Superintendent (Acting)
Toby Young, Val Halla Superintendent
William Shane, Cumberland Town Manager
Chris Bolduc, Assistant Town Manager
Diane Barnes, North Yarmouth Town Manager
Jackie Hersey, North Yarmouth Community Ctr. Director

CNY Fall Soccer & Field Hockey
Registration is Open!

STAFF CONTACT INFORMATION

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Nicole Pollard 829-2208 ext. 1047 npollard@cumberlandmaine.com
Nick Plummer nplummer@cumberlandmaine.com
Rob Hale rhale@msad51.org
Do you want to live in your own home in Cumberland for as long as possible? For advice and assistance, visit Active Living 55+ (ALC) at the Recreation Department at Town Hall or apply for one of the many programs and activities sponsored by ALC.

For more information on any Active Living 55+ programs, please Email Devon Galvan at: dgalvan@cumberlandmaine.com or call Devon at 829-2208, ext. 1042.

Cumberland Area Rides (CAR)
Request a ride cumberlandrides@gmail.com or call 207-829-3367. Do you feel trapped at home because you have no transportation? CAR offers rides to where you want to go medical appointments, grocery store, shops, a visit with friends, or a hair salon. Complimentary rides are provided by volunteers for Cumberland’s older adults. Available Mon-Fri 9:00-3:00 and Sundays 9:00-12:00. Five day notice is requested. This is a joint project of ALC and the Congregational Church in Cumberland.

Handy Helpers
Do you need a light bulb changed? Is there some minor repair that will make your home safer but you are unable to perform without risk? ALC volunteers are ready to help with minor chores and tasks (that do not require a permit or license).

FMI: Email dgalvan@cumberlandmaine.com or call 207-245-8033.

Free Blood Pressure Checks
3rd Friday of the Month
2:00-4:00
Cumberland Central Fire Station, 366 Tuttle Road

Daily Reassurance Calls
Would you like someone to check in with you each day? If so, sign up for the call-in program. If you don’t call the Cumberland Fire Department each day by 9:00, someone from the department will call you. To participate, call 829-5421.

Durable Medical Equipment
Are you recovering from an injury or surgery and need medical equipment? The Cumberland Fire Department will loan you a walker, shower seat, commode or other medical equipment. FMI: Call 829-5421

Active Living Luncheons
Free Luncheons will be offered at the Cumberland Recreation Center at Val Halla the last Monday of the month 11:00-1:00. Registration is required. Call Devon Galvan at 829-2208, ext. 1042.

Upcoming Luncheon Dates:
September 25
October 30
November 27
December 25

Just-for-fun Singing
Drop-in (No fee and no registration required) the 2nd and 4th Monday beginning in September! Join us from 11:00-12:00 to sing rounds and other songs. No need to read music or sing perfectly. Accompaniment will be provided by pianist or recordings and repertoire will evolve to match attendee interests.

Fall dates: September 12 and 26, October 10 and 24, November 14 and 28, December 12

Fall Cleanup
Are you 55+, a Cumberland resident and need help with fall yard cleanup? We have limited spaces for projects that include raking, stacking wood, and garden maintenance. We do not offer services inside the home or that require a license or permit.

October 28 from 8:00-12:00
Contact Devon Galvan to request service.

More information to come on new events such as a Corn Hole Tournament and a “Silver” Prom!
Barnafoss and Dynjandi, hike around the Grabok Crater, stop and admire a friendly herd of iconic Icelandic ponies. Based out of the coastal town of Isafjordur we will participate in the 30-mile Fossavatnsngangan xc ski race held each year in the mountains above the town. Then it is back to Reykjavik for urban walks to check out the magnificent Harpa Opera House, eye-catching Hallgrimskirkja Church, and the 1881 Parliament House. Lots of Viking history woven in; plus, segments on Iceland’s important role in World War II and Iceland’s renewable energy story.

**November 8**

**Extra Events & Programs**

**Advance Care Planning**
Hospice of Southern Maine encourages people of all ages to consider, discuss and document their end-of-life health care wishes. In this session on Advance Care Planning, you will learn about the planning process so that your care will reflect your values and choices (if you become unable to communicate your decisions). We will discuss the Maine Health Care Advance Directive Form and the POLST (Physician Orders for Life-Sustaining Treatment). We will share other ideas on considerations for how we can all exit this world gracefully and on our own terms, while not leaving a lot of confusing, upsetting and time-consuming issues for our loved ones to handle. We should plan for our loved ones’ care, as well!

Speaker: Kim Crabill, Hospice of Southern Maine
Monday, November 13 from 10:00-11:30

**Holiday Celebration**
Join us for an Active Living 55+ gathering with refreshments and entertainment!
Holiday music will be provided by the Greely Madrigal Singers.
December 14 from 10:00-12:30

**“Exploring Iceland’s Wild West” with Michael Perry**
Join Freeport, Maine’s Michael Perry for an early spring adventure just below the Arctic Circle in Iceland’s majestic West Fjords. Starting in the most northerly capital city in the world, Reykjavik, we will enjoy a two-day drive up through the heart of the region. Along the way we will stop to view two spectacular waterfalls;
Oxford Casino

Join us for this fun trip up to the Oxford Casino! Wednesdays are “Senior Day” and they offer hourly drawings and other goodies. You will be on your own for lunch while we are there. The Oxford Casino offers a rotating and changing menu daily: OX Pub features local and regional brews on tap as well as a fine selection of craft liquors and Oxford Express features grab & go foods. We will make a stop at the New Balance Factory store on the way back!

Wednesday, November 1
Depart Town Hall at 10:00 and return around 2:30
Fee: $10/$15 non-res (Includes transportation only)

Castle in the Clouds

The Lucknow Mansion is an unusual example of Arts and Crafts architecture in New England, expressing the aesthetic movement’s philosophy of living in harmony with nature. Designed by architect J. Williams Beal of Boston, the mansion was built with cutting-edge materials at the time like steel beams, poured concrete, and terra cotta architectural blocks. A tour of the home as well as the grounds will give you an experience to remember. Please pack a picnic lunch, snacks and drinks to enjoy on the Castle grounds.

Friday, September 22
Depart Town hall at 8:30 and return by 4:00
Fee: $30/$40 non-res (Includes entrance fee to Castle and transportation)

Thompson’s Orchard

Join us on a trip to Thompson’s Orchard. Thompsons is a family owned and operated orchard and bakery in New Gloucester. They have a variety of desserts that are made at their bakery, from pastries, donuts, pies and delicious apple cider and so much more. Bring a picnic lunch to eat and enjoy the orchard!

Friday, September 29
Depart Town Hall at 10:00 return by 1:00
Fee: $8/$13 non-res (Includes transportation only)

Cumberland Historical Tour

Join us for this popular historical tour of the Town of Cumberland led by Carolyn Small. We will board a van and take a narrated tour to various sites throughout the Town, including historical homes, businesses, churches, monuments, and cemeteries to name a few. Discover our rich history and learn some of the interesting stories of whom and what made Cumberland what it is today. Our 2-hour tour will finish up at the Cumberland Historical Society where we will have the opportunity to see the exhibits and enjoy some light refreshments.

Friday, October 13
9:00-11:00
Tours will depart from the Cumberland Historical Society and return following the tour.
Fee: $25/$30 non-res

The Willows

The Willows Flea Market in Mechanic Falls is a wonderful treasure trove that requires 85,000 square feet to display. It is the largest indoor flea market in the state of Maine. It includes more than 250 vendors! We will stop at “Daddy O’s Diner” in Poland for lunch on the way.

Saturday, November 18
Depart Town Hall at 9:45 return by 3:30
Fee: $10/$15 non-res (Includes transportation only.)

Stone Mountain Concert and Lunch

Nestled in the foothills of the White Mountains in Brownfield, Maine, the Stone Mountain Arts Center is a beautiful timber frame music hall hosting national acts up close and personal in an equally beautiful setting. But for just one day, it will be our own performance venue where we will enjoy the generous portions of a home style luncheon while listening to owner and singer-songwriter Carol Noonan perform traditional holiday music.

Wednesday, December 6
Departs Town Hall at 9:45 and returns by 3:30
Fee: $62 (Residents only, fee includes lunch)
**Magic of Christmas**

Get into the Holiday spirit and celebrate the Magic of Christmas with the Portland Symphony Orchestra! This beloved tradition, now in its 44th year will feature brilliant renditions of holiday classics.

Friday, December 8
Depart Town Hall at 1:00 and return after the concert.

**Fee:** $40/$50 non-res (Includes ticket & transportation to the Merrill Auditorium)

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**“Gardens Aglow” at the Costal Maine Botanical Gardens**

Join us to experience the brilliance of New England’s most beautiful light display located in Boothbay Harbor! This seasonal celebration returns to its roots as a walking event with a new, reimagined design and more than 750,000 LED lights woven through 14 acres of central gardens.

Thursday, December 14
Depart town hall at 2:00 and return by 8:00

**Fee:** $45 (Resident only)

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**Best Clothing & Make-up Colors For Your Coloring**

Candace Sanborn, Radiant Image of Maine

Is your closet full of black-colored clothing and would you like to learn what colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks for your coloring so you can put the two together to create a more vibrant you!

Wednesday, October 11
5:30-8:00
Fire Department Community Room

**Fee:** $25/$35 non-res

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**Cumberland Community Band**

The joy of making music with a welcoming and supportive group of like-minded musicians is one of life’s pleasures. Do you (or did you) play clarinet, trumpet, saxophone, any brass instrument or percussion? We invite you to our fall session which begins Monday, Sept. 18th at 6:30 in the Greely Band Room.

Send us an email at cumberlandcommunityband@gmail.com with your interest and we’ll be happy to answer your questions.

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**Color Yourself Happy With Energy Art!**

Susan Tompkins

Part art. Part mindfulness. All joy! Come try Energy Art, the visual equivalent of journaling. Using pastels and paper, you’ll color and blend to express thoughts on paper. Susan will lead guided meditations as you create. No previous art experience is required! Learning Energy Art can help you feel grounded, reduce stress and live in the present moment. Finished products represent a reflection of the individual artist and can serve as powerful visual motivators. Artwork is purposely not shared during class letting attendees focus on their artistic expression. All materials are provided. The pastels are yours to continue to create at home. A cash bar is available.

Thursday, October 19 OR November 16
6:30-8:00
Cumberland Recreation Center (at Val Halla)

**Fee:** $35/$45 non-res (per session)

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**Burlap Wreath Making**

Gabrielle Lovi

There is nothing quite like the sight of a DIY wreath hanging on your door. In this class, we will be creating a wreath using Burlap Ribbon instead of using live evergreens. These wreaths are timeless, so you can hang them all year long. You will make a basic burlap wreath, plus you will be adding a buffalo accent ribbon throughout the wreath to make it complete. By the end of the evening, you will take home a completed project ready to hang on your door!

Tuesday, November 14
6:00-8:00
West Cumberland Hall

**Fee:** $65/$75 non-res

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**DIY Wood Sign Painting**

Gabrielle Lovi

Make a fun night of it! There are so many design options (seasonal and holiday) to choose from. Your board will be already painted or stained with your chosen background color when you arrive. You then get to do all the fun. Learn how to apply your stencil, apply the paint with minimal paint bleeding and take home a beautiful project that evening.

Tuesday, October 17
6:00-8:00
West Cumberland Hall

**Fee:** $65/$75 non-res
**Pottery for Adults**
James Treadwell

This popular course will explore hand-building techniques such as pinch, coil, slab, and drape forms using molds. It will also explore various surface treatments including texture and assorted glazing methods to create functional and decorative hand-built earthenware pottery. Fee includes all materials.

Wednesdays, September 20 - October 25
6:30-8:30
Greely Middle School Art Room
**Fee:** $95/$105 non-res

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**Open Art Studio**
Diane Dahlke

Do you wish you had more time to create art? If you have basic art skills and want to use them in a supportive group setting, this class is for you! Participants can draw or work in a variety of paint mediums; instruction and guidance is provided by a professional artist. You do not have to be a skilled artist to attend. Let this class give you the focused studio time you need! Please bring your own materials as well as ideas and reference materials for what you want to do.

Mondays, October 16 - November 27
6:30-8:30
Greely Middle School Art Room
**Fee:** $80/$90 non-res

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**Explorations in Printmaking**
Margo Harrington & Louisa Wickard

This class is designed for people who want to learn about a variety of printmaking methods and materials. Each week we will work with a new printmaking process using both paper and fabric, using repurposed materials when possible. We will make enough prints to share with family and friends, and with each other at our end of class celebration! All essential class materials will be provided.

Thursdays, October 26 - December 14
7:00-8:30
West Cumberland Community Hall
**Fee:** $105/$115 non-res
No class 11/23

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**Adult Intro to Piano**
Martha Smith

Have you ever thought "I love music and I'd like to try out playing piano"? Well here's your chance to "try it on for size." Discover your hidden musical talents as we explore notes, note values and rhythms to get you started learning some simple tunes (even create your own melodies!). Maybe you'll decide to go further once you experience the joy and excitement of making music. A fun and interactive time in an encouraging, supportive environment is guaranteed for all. Come fall in love with the piano! A piano or keyboard to use for practice between classes is recommended, but not required.

Thursdays, October 19 - November 9
5:30-6:00
Mabel Wilson School Music Room
**Fee:** $75/$85 non-res

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**Sketch and Destress**
Patricia Olds

Discover your creative side, reduce stress, and have some fun! Guided art exercises will help you get out of your own head, let go of control and watch what emerges on the page. No art experience necessary. Required materials: Pencils, kneaded eraser, fine line markers, sketch pad, crayons, (watercolor pencils optional).

Tuesdays, September 5 - October 10
6:00-7:00
Cumberland Fire Dept. Community Room
**Fee:** $75/$85 non-res

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**ADULT ACTIVITIES**

**PH:** 829-2208  
[www.cumberlandmaine.com/recreation](http://www.cumberlandmaine.com/recreation)
Community CPR/AED
This class is for the general public. This class covers infant, child and adult CPR and AED practice. This class is taught by a Cumberland Fire Department American Heart Association instructor.

Saturday, October 21
8:00-12:00
Cumberland Fire Dept. Community Room
Fee: $70/$80 non-res

Basic Life Support (BLS)
Basic Life Support for healthcare providers is a 4-hour class that will earn the student an American Heart Association (2-year) certification card. The class covers infant, child and adult CPR, as well as choking for all ages and AED (Public access defibrillator) practice. This is the required certification for anyone who works in the healthcare profession.

Class options:
Saturday, September 9
Saturday, October 14
Saturday, November 4
8:00-12:00
Cumberland Fire Dept. Community Room
Fee: $70/$80 non-res

FMI: Stephanie Morgan
smorgan@cumberlandmaine.com

Beginner/Intermediate Bridge Lessons
Dave Magee, President of Maine Bridge & Gold Life Master
Sally Magee, ACBL Director & Ruby Life Master

Learn the amazing game of bridge, a game that exercises your brain while providing a socially stimulating experience. Weekly lessons will focus on the basics – evaluating, bidding, playing and defending a hand. An hour lesson will be followed with actual play. Beginning players or those wishing to learn modern conventions are welcome. Come with or without a partner!

Tuesday, September 5 - October 10
10:00-12:00
Fire Department Community Room
Fee: $90/$100 non-res

Autumnal Equinox Wellness Retreat
Elizabeth Fertig-Burd
Release. Reset and Reconnect! The equinox is a perfect time to release what no longer serves you while inviting in what may be helpful to your body and mind in preparation for cooler days and longer nights. Join Elizabeth Fertig-Burd at Celebration Tree Farm & Wellness Center, among beautiful gardens and trails, for a retreat to quiet your mind and listen to what your body may be asking for. Through activities such as yoga, meditation, breathwork and journaling, you will explore your inner self and develop a deeper understanding of your needs and desires. Our mini-bus will shuttle you to Celebration Tree Farm in Durham. All bodies and experience levels are warmly welcomed. A delicious vegetarian lunch will be served. Rain or shine.

Saturday, September 30
Departs North Yarmouth Community Center at 9:30 and returns at 3:30
Fee: $165/$175 non-res (Lunch and transportation is included)

Morning Tai Chi
Louise Poppema
Come and experience the joy of Tai Chi! You will relieve stress, increase flexibility and improve balance, all without exerting any effort or working up a sweat. Please wear comfortable clothing. No previous Tai Chi experience required, and class can be done sitting in a chair if balance is a concern. All adults welcome, no age requirement.

Session 1: Wednesdays, September 27 - November 1
Session 2: Wednesday, November 8 - December 20
10:00-11:00
Prince Memorial Library
Fee: $70/ $80 non-res
No class 11/22

Introduction to Pickleball
Dave Cousins, IFP/PTR/USPTA Certified Professional
Want to learn the popular activity of Pickleball or improve your skills? Come join our weekly evening Pickleball Clinic. Each session will include rules of the game, stroke technique and much more!

Mondays, November 6 - November 27
Session 1: 6:00-7:00
Session 2: 7:00-8:00
North Yarmouth Community Center
Fee: $55/$65 non-res

PH: 829-2208
www.cumberlandmaine.com/recreation
### 360 Circuit Training

**Instructor:** Jenn Bingham

Join Personal Trainer and Group Exercise Instructor, Jenn Bingham, for a full body workout. This bootcamp 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. 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 weights, water and their own mat. Level: Intermediate to advanced. 

**Note:** All classes will be held at NYCC (no outdoor classes).

#### Choose one or more of the following options:

**Tuesday Mornings, September 12 - December 19**
8:30-9:30

**Tuesday Evenings, September 12 - December 19**
5:30-6:30

**Thursday Mornings, September 14 - December 21**
8:30-9:30

Location: North Yarmouth Community Center

**Fee:** $135/$145 non-res PER Option

No class 11/7 or 11/23

### Mat Pilates

**Lucie Berse, Balanced Body Trained, Pilates Mat & Reformer Instructor**

Pilates is a mind-body practice with benefits that include improved posture, flexibility, strength and balance, improved concentration and body awareness, stress management, and injury prevention. Mat work, the foundation of the Pilates method is a strengthening and lengthening form of exercise that focuses on your core muscles while also training your arms and legs. This is a great choice for all levels of Pilates practitioners because the exercises can be modified to decrease or increase the level of challenge and it’s a great workout! Please bring a Pilates mat or extra thick yoga mat.

#### Choose one class or both:

**Mondays, September 18 - November 13**
Fridays, September 22 - November 17
12:00-1:00

West Cumberland Hall

**Fee:** $80/$90 non-res (PER Option)

No class 10/9 or 11/10

### Morning Run Group

**Sarah Russell (USATF coach)**

Join this 8-week run session to find other like-minded runners and build your community of running enthusiasts. Whether you’re looking to start running for the first time, break out of pace lock or fine-tune your speed for an upcoming race, this early morning run session is for you. These are non-competitive, open-to-all workouts for any runner looking to run with a supportive group and to shake up their run training routine.

**Wednesdays, September 6 - October 25**
5:30-6:15am

Greely High School Track

**Fee:** $85/$95 non-res

### Cardio Fusion

**Julie Waterman, ACE certified (American Council on Exercise)**

Mondays: HIIT, Strength, Stretch High Intensity Interval Training (HIIT) Inspired workout combined with strength/stretching. Interval workout is 40-minutes with time for a longer warm up and longer cool down using stretching techniques to sculpt and lengthen your body for a stress releasing finish.

Wednesdays: Cardio and Toning ½ hour of cardio moves and ½ hour of strength training using hand weights to improve balance and sculpt the muscles. We use Zumba inspired dances & cardio moves to get our heart rate up. Moves can be modified. Please bring hand weights & mat to classes.

**Mondays & Wednesdays, September 11 - December 13**
9:00-10:00

North Yarmouth Community Center

**Fee:** one day $125/$135 non-res

**Fee:** both days $210/$220 non-res

No class 9/18, 10/9, 10/16 or 10/18
**Slow Flow Yoga**  
Annie Ware (RYT-500)

Slow Flow is an active yet unhurried yoga practice with an emphasis on alignment. Through intelligent sequencing of yoga postures, based in Ashtanga, that connect movement with breath, practitioners will gradually develop strength and flexibility while relieving tension in the body. This class is perfect for anyone who enjoys vinyasa (flow) yoga but at a slower and more meditative pace. Classes begin with breathwork and transition gradually through sun salutations and standing/seated postures to bring heat and energy to the body. No yoga experience necessary. Please bring a yoga mat.

Thursdays, September 14 - December 14  
9:00-10:15  
North Yarmouth Community Center  
Fee: $126/$136 non-res  
No class 11/09 or 11/23

**All-Levels Yoga**  
Annie Ware (RYT-500)

This class explores the fundamentals of yoga. The instruction is slow and modified for beginners but familiar and challenging for lifelong yogis. In this class students will enjoy longer holds of both seated, supine, and standing postures as we gently flow from pose to pose. The ultimate focus of the class will be to re-align the body while strengthening and lengthening muscles. Please bring a yoga mat.

Choose one class or both:  
Mondays, September 11 - December 11  
Wednesday, September 13 - December 13  
9:00-10:00  
North Yarmouth Community Center  
Fee: $137/$147 non-res  
No class 10/9 or 11/22

**Young at Heart Yoga**  
Annie Ware (RYT-500)

Yoga isn't just for the young and flexible. Yoga benefits everyone at every stage of life. Yoga for the 'Young at Heart' is a gentle class geared towards retirees, or those needing a specialized approach to yoga, who are looking to increase range of motion in the neck, shoulders and hips while lengthening muscles and building core strength. This class uses a chair for a prop to support seated and standing postures, but practitioners should be prepared to move around a yoga mat. Please bring a yoga mat.

Choose one class or both:  
Mondays, September 11 - December 11  
Wednesdays, September 13 - December 13  
10:15-11:00  
North Yarmouth Community Center  
Fee: $137/$147 non-res  
No class 10/9 or 11/22

**Cardio, Core, and Connection**  
Instructor: Pasha Marlowe, ACE personal trainer and fitness instructor, RYT Yoga 500

This is a perfect fitness class for people looking to reconnect with their bodies and their neighbors. Even if you have been away from fitness for a while or have experienced illness, injury or COVID paralysis, you are absolutely welcome! You will enjoy a creative combination of cardio exercises, weightlifting, pilates, core, balance, and yoga. Modifications will be shown for every movement, so this class is open to all ages and abilities. We focus on what we can do, rather than what hurts or doesn’t work. You will leave energized, strengthened, lengthened, and excited to come back to play with your new local friends. Please bring a mat and a 3-5 lb pair of weights.

Choose one class or both:  
Tuesdays, September 12 - December 12  
Thursdays, September 14 - December 14  
12:00-12:50  
North Yarmouth Community Center  
Fee: One class - $154/$164 non-res  
Fee: Both classes - $273/$283 non-res  
No class 11/7 or 11/23

**Adult - Tae Kwon Do**  
Instructor: SaBumNim Jake Daniele

Learn valuable life-long skills, respect, confidence and courage, all while practicing self-defense techniques. This is a great introduction to the Martial Arts while incorporating fun games and drills. Everyone receives a free uniform.

Mondays, September 11 - November 6  
6:00-6:45  
West Cumberland Community Hall  
Fee: $85/$95 non-res
Masters Swim Program
Coach: Larissa Herold

The Masters program provides early-morning swim workouts for competitors, as well as triathletes and general fitness swimmers. Our coach, Larissa will help swimmers meet their individual needs and goals. Larissa was an Olympic Trial Swimming finalist in 1992, was a USS Club Swim Coach for 15 years, and the Master Swim Team Coach for over 17 years in Cumberland. 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. Each session has extra days, in case of pool closures.

September 5 - December 21
Tuesday & Thursday mornings: 5:30-6:35 / 6:30-7:35
Saturday mornings: 6:30-7:30 / 7:35-8:35
Fee: $220/$230 non-res
No Masters swim on 11/23

Swim Punch Card

Punch cards for Lap Swim are valid for six months from date of purchase. Cards are available for purchase in the Recreation Office at the Cumberland Town Hall.

15 Lap Swim Pass
Fee: $60/$70 non-res/$55 seniors
25 Lap Swim Pass
Fee: $90/$100 non-res/$80 seniors

You must sign up for a “Swim Time Slot” through Sign-up Genius via the Greely Pool website. Please CANCEL your slot if you cannot attend your session or your card WILL be punched.

Aquatic Fitness:
High Intensity Aqua
Instructor: Jenn Bingham

Take your squats, lunges, pushups, pull-ups and mountain climbers into the pool! This non-stop high energy workout will be in both shallow and deep water to maximize the challenges to the body. We will use weights, kick boards, noodles and the start block for a variety of strength and cardio work. Flotation belts are optional. Exercises will be performed in reps, sets, or intervals to keep you guessing and burn calories. Perfect for athletes, boot campers, and experienced fitness enthusiasts.

Monday Evenings, September 11 - November 13
5:30-6:30
Fee: $95/$105 non-res
No class Oct 9

Lap Swimming

Swimming is a great aerobic exercise which conditions the heart and lungs as well as helping control bodyweight. It can also give you more energy, increase resistance to fatigue, relieve tension, tone muscles and help you to relax and sleep. You must be 18 years old and be able to swim one length of the pool at your own pace without stopping. This is not a learn-to-swim program. Punch Cards must be purchased at the Recreation Office.

Morning Lap Swim:
Monday, Wednesday & Friday
September 6 - December 22
5:30-6:15, 6:15-7:00 & 7:00-7:45

Evening Lap Swim:
Monday & Wednesday
September 6 - November 17
6:30-7:30

No Lap swim on 10/9, 11/10 & 11/24

Fee: Punch Card (See punch card pricing)
YOUTH SWIM LESSONS - GREELY POOL

Saturday Morning Youth Swim Lessons

Parent/Child (Infant to age 3)
9:00-9:30. Max 12

Ages 3½ to 5 - Level 1-2 (Child must be age 3 ½ by start of session)
9:00-9:30. Max 6
9:40-10:10. Max 16

Ages 6 and up - Levels 2-4 (Child must be age 6 by start of session)
10:20-10:50. Max 16
11:00-11:30. Max 16
11:40-12:10. Max 16

November 4 - December 16
Fee: $75/$85 non-res
No class 11/25

All swimmers with hair that is 3 inches or longer must wear swim caps. Goggles are required in all learn to swim programs. For children as young as age 3, learning to wear goggles is as much a part of the lesson as getting in the water. Goggles should be comfortable and fit properly. All participants are required to remove shoes before entering the pool area.

Level Descriptions:
Level 1-2
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 level, but we will provide instruction for swimmers who are above level 3. Swimmers will be introduced to and taught: Beginning Breaststroke, Butterfly, Treading Water, Surface Dives, Standing Front Dive & Flip Turns.

Descriptions:

Parent/Child Swim
For parent and child 6 months to age 3; 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.

Swim Lessons for Ages 3 ½ and up:
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 descriptions for skills and for more detail parents can view all the levels on YouTube.

Saturday OPEN Swim! (Recreational)
General open recreation swim time is available! Children must be able to stand in 4 feet of water and must be over 6 years of age or accompanied by an adult.
Pool noodles and other water toys will be available. Children not toilet trained must wear a swim diaper. Lanes will also be available for Lap Swimming.

Saturdays, November 4 - April 6
12:30-2:00
Fee: Children/Adults $3/$5 non-res
Family (3 or more) $8/$15 non-res
No swim 11/26, 12/31, 2/11, 2/18 & 2/25
**Pumpkin Carving**

Join us for a fun-filled evening of pumpkin carving! Carve your very own Jack-O-Lantern using stencils or free-hand. Carve and listen to Halloween music and enjoy snacks and refreshments. Parents are encouraged to join in the fun with their child. Fee includes all materials and a pumpkin!

All ages welcome! Registration is required. Please register each person separately.

Friday, October 27
6:00-7:00
Cumberland Recreation Center (at Val Halla)
Fee: $15/Child

**Gingerbread House Competition**

Join us for an afternoon of family fun and some sweet competition! Get a team together to display your holiday spirit and creativity! Teams may be made up of 1-4 people (one registration per team). Please list your team’s name in the comment section during registration. Each team will be given a generic gingerbread house kit, but you may bring any extra supplies and other decor that you wish to add to your masterpiece (all must be edible). The rule is that you must incorporate all the pieces and décor from the box kit that is provided and all décor that is brought in by the contestants must be edible and assembled on site.

1st Prize is a gift basket that includes a $200 gift certificate for any Recreation program. 2nd prize is a gift basket that includes a $50 gift certificate for any Recreation program.

One Registration per Team
Cumberland Recreation Center (at Val Halla)
Saturday, December 9
1:00-3:30
Fee: $20/Per team
20 team limit for the event

**Family BINGO!**

Bring the family to the Cumberland Recreation Center at Val Halla for an evening of Bingo! We will have refreshments and a fabulous prize table that will please all ages! Cards and markers are provided.

Register early this will fill up fast! Children ages 10 and under must be accompanied by an adult.
All ages welcome! Registration is required.

Friday, November 17
6:00-7:00
Cumberland Recreation Center (at Val Halla)
Fee: $10/Person

**Sounds of Silence**

An American Sign Language Class
Robin Sidders
Grades 3 - 5

The Sounds of Silence program is ready to jump back into fun this fall as students learn American Sign Language and Deaf culture. Robin Sidders’ creative teaching style includes games, movies, books and performances!

“Robin is an enthusiastic, fun and caring individual who has done an exceptional job working with students and instilling a love and passion for sign language.”
- 2nd grade teacher at MIW

“My daughter absolutely loves the class and has learned so much in a few months with Mrs. Sidders. She is patient, kind, and simply a wonderful teacher.”
- Parent of current student

Early release Wednesdays
12:45-2:45
Dates: 9/13, 9/20, 9/27, 10/18, 10/25
Mable Wilson School Library
Fee: $125 (Includes performances)
**YOUTH ENRICHMENT**

**Brick By Brick Maine: Lego Sports Fun!**
Grades K-3

Join us for a 6 week class as we build the equipment for fun athletic activities! Our weekly builds may include a jet ski, a scuba diver and a fancy race car complete with a petrol pump! Classes begin with a lesson specific to the theme, followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Fridays, September 8 - October 20
Mabel I Wilson
3:30-4:30
Fee: $110
No class 10/6

**Lego Zoo Animals**
Grades K-3

Join us for a 6 week class as we build the amazing animals you can visit at the zoo! Our weekly builds may include a colorful Octopus, a bamboo eating Panda and a wrinkly Walrus! Classes begin with a lesson specific to the theme, followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Fridays, October 27 - December 15
Mabel I Wilson
3:30-4:30
Fee: $110
No class 11/10 & 11/24

**Mad Science - Energize it!**
Mad Science Staff

Hop on board the Mad Science express for a high-speed, hands-on science experience guaranteed to energize your mind! Explore the many facets of energy, forces, motion, potions, and yes...slime! Reach for your potential and ramp up your thinking about energy with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel the mysteries of magic using science. Slide down the colorful pH scale and make liquids bubble, fizz, and pop. Learn the physics of optical illusions and build your very own periscope. Explore forces by making centrifuges, spinning gyroscopes, and building your own center of gravity game to take home.

Mondays, October 16 - December 11
3:30-4:30
Mabel I Wilson School Library
Fee: $140 (Residents only)
No class 11/20

**Intro to Piano**
Martha Smith
Grades 1 and up

Have you ever thought "I love music and I'd like to try out playing piano?" Discover your hidden musical talents as we explore notes, note values and rhythms to get you started learning some simple tunes! A fun and interactive time in an encouraging, supportive environment is guaranteed for all. A piano or keyboard to use for practice between classes is recommended, but not required. *There is no after school supervision for children attending Piano.*

Thursdays, October 19 - November 9
Mabel I Wilson Music Room
Intro to Piano: 3:30-4:00, 4:00-4:30 or 4:30-5:00
Intermediate Piano: 5:00-5:30
Fee: $75/$85 non-res

**Intro to Piano Holiday Songs!**
Martha Smith
Grades 1 and up

Music makes the holidays more festive! Join us for this 2-class mini-session to learn how to play two fun, favorite holiday songs. (Required: Successful completion of a piano class or permission of instructor).

Thursdays, December 7 & 14
3:30-4:00 and 4:00-4:30
Mabel I Wilson Music Room
Fee: 35/$45 non-res

**Tae Kwon Do**
Instructor: SaBumNim Jake Daniele
Grades 1 and up

Learn valuable life-long skills, respect, confidence and courage, all while practicing self-defense techniques. This is a great introduction to the Martial Arts while incorporating fun games and drills. Students receive a free uniform.

September 11 - November 8
Mondays - Beginner Class 5:00-5:45
Mondays - Mixed Intermediate/Adult Class 6:00-6:45 *(Adults & students ages 13 and up)*
Wednesdays - Beginner Class 5:00-5:45
Wednesdays - Advanced Class 6:00-6:45 *(Advance only with instructor permission)*
West Cumberland Hall
Fee: $85/$95 non-res

PH: 829-2208  www.cumberlandmaine.com/recreation  15
“Play & Explore” Toddler Play-School
Nicole Pollard (Recreation Dept. Staff Member)
Ages 3-5

Parents... Do you have errands to run, have work to do or just want to relax two mornings a week? Drop your toddler off to “Play and Explore” on Tuesday and Thursday mornings! These mornings will be full of fun play with new friends in a safe and nurturing small group environment. Your toddler will explore art, music and sensory and gross motor activities while enhancing language and social skills. We will offer a variety of age-appropriate toys and activities. Playing is learning! Child must be potty trained and age 3 by Oct. 1.

Enrollment limited to 6.

October 10 - December 21
9:00-11:30
West Cumberland Hall
Fee: $375/$385 non-res
No class 11/23

“Before the Bell” Program
Grades K-5

Before School is a fun, 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. This is a great way to get the day started in a fun and safe environment! Program will take place each morning school is in session.

August 30 - December 21
Time: 7:15-8:15
Mabel I Wilson GYM
Fee: $405
Students in grades 4th & 5th will be escorted to GMS for the start of each school day.

Spanish for Kids! Learning with “Yaya”
Yael Herszkopf Mayer
Ages 1 - 5

Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process. Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC.

Fridays, September 22 - November 3
Ages 1-3: 9:30-10:15
Ages 4-5: 10:30-11:15
North Yarmouth Community Center
Fee: $75/$85 non res
No class 10/6

Thank you Summer Camp Staff!

Erin Bjorkdahl
Kevin Brewer
Linda Googins
Sofia Iglesias
Vivian Oakes
Amara Quimby
Whitney Bond
CeCe Berthiaume
Callehan Lamarche
Nicole Pollard
Liz Bolduc
Maggie Wilder
Emma Silver
Dominic Holmes
Jane Flynn
Elliot Alfreds
Jenna Carignan
Ellannah Faulhaber
Heather Brown
Ainsley Crimmin
Caroline Baker
Collin Saunders
Emma Bingham
Marie Davies
Natalie Robertson
Josh Galvan
Eddie Wawrzycki-Stein
Kate Fehleau
Kelsey Currier
Lindsay Eisenhart
Jordan Coull
Sofia Johnson
Jackson McBrierty
Karinna Beachum
Max Stickney
Ashley Ward
Katie Dubbert
Keegan Hale
Alex Mendoza
Dom Sola
Eve Hein
Emma Knuuti

PH: 829-2208
www.cumberlandmaine.com/recreation
Brio Dance Studio
Julie Wilkes, Brio Dance Director

For more information please contact Brio Dance Studio at 253-1700 or briodancestudio@gmail.com. Please send your dancer in comfortable clothes they can move in. No jeans please. Water bottles are encouraged. All dancers must be potty-trained.

**Location:** North Yarmouth Community Center

**Pre-School “Grown Up & Me”**

**Ages:** Ages 1½ - 3

This class is created for our youngest dancers and their grown up. Each class will include music, props, group and partner dancing, individual attention, and lots of fun! Please note that grown ups will be asked to participate with their dancer. We will dance barefoot in this class.

Session 1: Tuesdays, September 12 - October 24
Session 2: Tuesdays, October 31 - December 19
9:30-10:00
**Fee:** $66/$76 non-res
(No class 11/7)

**Pre-School “Bouncing Buds”**

**Ages:** Ages 2 - 3

This class is created for the young dancer and incorporates pre-ballet and creative movement steps. Each class will include music, props, group and partner dancing, individual attention, and lots of fun! Please note that parents and visitors will be asked to wait in the lobby during class time. We will dance barefoot in this class.

Session 1: Tuesdays, September 12 - October 24
Session 2: Tuesdays, October 31 - December 19
10:00-10:30
**Fee:** $66/$76 non-res
(No class 11/7)

**Pre-School “Move & Groove”**

**Ages:** Ages 3 - 5 (Not enrolled in Kindergarten)

Move & Groove is an introduction to dance and creative movement class. This class will include stretching, basic dance steps, and motor skills. We will dance barefoot in this class.

Session 1: Thursdays, September 14 - October 19
**Fee:** $56/$66 non-res
Session 2: Thursdays, October 26 - December 14
**Fee:** $66/$76 non-res
4:30-5:00 (No class 11/23)

**Ballet/Tap**

**Ages:** Grades K - 2

This class is a foundation for dancers wanting to take contemporary, modern or jazz classes. For the tap portion, dancers will work on rhythm, rudiments, basic tap skills, using different parts of their feet, and more.

5:00-6:00

**Ballet/Tap 2**

**Ages:** Grades 3 - 5

Ballet/Tap 2 is ideal for dancers who have previously taken Ballet and/or Tap. This class will grow upon concepts taught in our Ballet/Tap class and will include conditioning, stretching, barre exercises, center floor work, movement across the floor, rhythms, and more!

6:00-7:00

Please send your dancer in a leotard and tights. Dance skirts are permitted, but not required. All dancers will be required to have pink leather or canvas ballet slippers and tap shoes. Hair should be pulled out of the dancer’s face. Water bottles are encouraged.

**Hip Hop Dance Class**

**Ages:** Grades K - 3

This class is for the active and enthusiastic dancer. Each class will include warm up, conditioning, stretching, individual, group and partner dancing. This class will teach students beginning hip hop moves, dance class etiquette, how to improvise while dancing, and how to work with a group. This co-ed class welcomes all beginning dancers.

3:45-4:30

**Hip Hop 2 Dance Class**

**Ages:** Grades 4 - 6

Hip Hop 2 is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps, and improvisation or “freestyle.” This is a level up from our Hip Hop 1 class.

7:00-8:00

**Ballet & Hip Hop:**

**Location:** North Yarmouth Community Center

Session 1: Thursdays, September 14 - October 19
Session 2: Thursdays, October 26 - December 14
(No class 11/23)

**Ballet/Hip Hop Fees:**

Session 1 - $72/$82 non-res
Session 2 - $84/$94 non-res
**Kiddie Kickers** Pre-School Soccer Program  
Instructor: Seacoast United  
Age 4

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 are encouraged to participate in this program and get to share in some great 1 on 1 time with their child and the session ends with a real game!

Saturdays, September 9 - October 7  
8:30-9:30  
Location: Twin Brook Greely Road multi-purpose Field  
Fee: $55/$65 non-res  
Rain date Oct. 14

**Fall Kindergarten Soccer**  
Coordinators: Mike Andreason (GHS Varsity Boys Coach) & Rachel Williams (GHS Varsity Girls Coach)  
Grade K

Kindergarten Soccer Saturdays are full of fun! Players from both the girls and boys varsity soccer teams will serve as assistant coaches. 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 coach/child interaction.

Saturdays, September 9 - October 7  
10:00-11:00  
Location: Twin Brook Greely Road multi-purpose Field  
Fee: $55/$65 non-res  
Rain date Oct. 14

**Grade 1 Soccer Program**  
Boys and girls 1st graders will gather on Saturdays for an hour of fun games, skill building and small-sided (3 vs 3) scrimmages. Players will receive a soccer jersey.

Saturdays, September 9 - October 7  
11:30-12:30  
Twin Brook Greely Road multi-purpose Field  
Fee: $80/$90 non-res  
Rain date Oct. 14

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**Fall Flag Football**  
Coordinator: Jim Guidi and Parent Volunteers  
Grades K-1

This 7-week program introduces kids to the game of football. Players learn about football rules and formations, throwing and catching, blocking, agility and most importantly, about fun and sportsmanship. There is no tackling at this level. Cleats are recommended and mouth guards are required.

Saturdays, September 9 - October 21  
8:30-9:30  
Greely High School Varsity Field  
Fee: $60/$70 non-res  
Rain date Oct. 29

Note: The Flag Football schedule allows players to participate in Rec Soccer as well, if interested in both programs.

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**Fall Youth Instructional Field Hockey**  
Instructors: Burgess Lepage, Greely Head Coach JV Coach, Julie Egdahl and members of the Field Hockey Team will serve as assistant coaches.  
Grades 1-6

Emphasis will be on introducing the sport of field hockey and working on skill development, passing, dribbling, and shooting. Team play and game concepts will be introduced. Participants are required to have a mouth guard and shin pads. Hockey sticks will be provided. Players of all genders encouraged to join.

Saturdays, September 9 - October 7  
Grades 1–3: 10:15–11:00  
Grades 4–6: 9:00–10:00  
Greely Field Hockey Field (Inside of track)  
Fee: $50/$60 non-res  
Rain date Oct. 14
Introduction to Basketball
Grade Kindergarten/Co-Ed
Instructors: GHS Basketball Coaches & Players

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!

Saturday Mornings, 8:30 - 9:30
December 9, 16, January 6, 13, 20 & 27
Greely High School Gym
Fee: $60/$70 non-res
Snow date 2/3

Skills & Drills - Grades 1 & 2/Co-Ed
Instructors: GHS Basketball Coaches & Players

The emphasis of this basketball program will be skills and drills 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 in our communities!

Boys - Grade 1: 9:45-10:45
Boys - Grade 2: 11:00-12:00
Girls - Grade 1 & 2: 12:00-1:00
December 9, 16, January 6, 13, 20 & 27
Greely High School Gym
Fee: $60/$70 non-res
Snow date 2/3

League Play

Skills & League Play - Grade 3 & 4 Boys & Girls

This program will be a structured ‘community league’ for boys and girls. Girls and boys will be separated, however, grades 3-4 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.

Grade 3 is Community League only.

Coaches: We need Parent Volunteer Coaches!
Please contact Pete Bingham at 829-2208 or pbingham@cumberlandmaine.com

Grade 3 & 4 Community League

“Group Wide” Skills and Drills Session: December 2
Girls S&D Session: 11:00-12:15 at GMS
Boys S&D Session: 12:30-1:45 at GMS

Weekday Practice Schedule at NYCC Gym once per week beginning the week of December 11 (Time TBA).
Saturday Game Schedule at GMS GYM
Dates: January 6, 13, 20, 27, February 3, 10
Final weekend: Round Robin March 2
Game Times: Mornings - TBA

Community League Fee: $85 (residents only)

Grade 4 Travel League Option

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 (4th Graders only). You cannot choose to play in the FYBL without also playing in the Community League. Includes Community League information above and the following:
Volunteer parents will serve as coaches.
Sundays, 8 weeks of games (Dec.-Feb.).
Games will be held at Falmouth High School/Middle School.

Grade 4 Community League & Falmouth Youth Travel Basketball League Fee (combined):
$185 (residents only)
Grade 5 & 6 Community League Boys & Girls

This program will be a structured ‘community league’ for boys and girls grades 5-6. Girls and boys will be separated; however, grades 5-6 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. This league will consist of a regular season game schedule, keep standings and hold playoffs.

Community League only registration deadline is November 13 (or when spots fill).

Coaches: We need Parent Volunteer Coaches! Please contact Pete Bingham at 829-2208 or pbingham@cumberlandmaine.com

Grade 5 & 6 Boys & Girls Community League Only - Option 1

Group Wide” Skills and Drills Session: Nov 18
Girls S&D Session: 11:00-12:15 at GHS
Boys S&D Session: 12:30-1:45 at GHS

Weekday Practice Schedule once per week beginning the week of December 4 (Time and location TBA).

Weeknight Game Schedule in the Greely Commons: Tuesdays and Thursdays, Jan., Feb., and March

Game Times: 6:00 or 7:00

Community League Fee: $90 (residents only)

Grade 5 & 6 Boys & Girls Community League And Travel League - Option 2

See Community League description above And Travel League description in following column.

Community League/Travel League Fee: $249 (residents only)

Grade 5 & 6 Boys & Girls Travel League - Option 3

Cumberland Recreation Travel Team Program description: Gender specific players are selected from the 5th and the 6th grade. Cumberland Recreation will sponsor one Boys and one Girls team per grade. Participants will play in the Southern Maine Basketball League based out of Saco. This program is for the individual who has a desire or passion for the sport of basketball.

One (sometimes 2) practice(s) per week.

Games on Saturday and/or Sunday is the expected level of commitment.

Fee covers league fees and uniform.

Rosters will be a maximum of 10 players per team and tryouts will be held should the number registered exceed 10 (per grade/gender).

This program requires a commitment of approx. 16-18 weekends from early November to early March. Playing time will not be balanced.

Game/Practice schedule allows for players to play both House & Travel Program if interested.

Travel League registration deadline is October 11. (Minimum of 8 must be registered by Oct 11 to offer this program).

Travel League Fee: $205 (residents only)

(Includes Reversible Jersey, shorts and covers League Entrance Fee)

Open Gym!

The Greely Middle School Gym will be open each Saturday for open gym. Participants may work on shooting, dribbling, etc. or simply get some friends together for some “pick-up” hoops.

Saturdays, December 2 - February 10
2:00-4:00
Greely Middle School
Fee: $3/per participant (pay at the door)

Christmas & Feb Break Schedule - TBA
REGISTRATION OPENS WEDNESDAY, OCTOBER 11 at 8:00am

Cumberland Recreation is once again offering a “Learn to Ski Program” for students Grades 3-5. This Ski Program will consist of 75 minutes of instruction, (instruction provided by Lost Valley Ski Instructors) and 75 minutes of skiing for 5 weeks. 5th graders (with experience) may choose the “Ski or Ride Only” option with no lesson.

Early Release Dates: Wednesdays, January 10, 24, 31, February 7, 14 (Make-up 2/28)
Time: 1:30-7:30

Northeast Charter Buses will depart from the MIW Circle at 1:45. Buses will be available for boarding at 1:30. Buses will return at 6:30. Note* Ski boots are not allowed to be worn on buses. Parents, please check with neighbors and friends to coordinate drop off skiers, car-pooling during drop off greatly reduces the traffic congestion.

Helmets: Helmets are mandatory and are a required piece of equipment. They are not included in the rental package, but can be rented for an additional fee.

Rental Equipment: Please be prepared to provide the height, weight, shoe size and level of skier or snowboarder upon registration. Parents can select to rent a helmet during the registration process if needed. There will be no in person fittings. There will be a chance to change out the equipment on the first day if size adjustments are needed.

Skiers with your own equipment: Ski bags are mandatory, it greatly reduces the time we spend handling your equipment, which will provide you with more ski time.

Parents! If you enjoy skiing, we are looking for chaperones and can provide skiing in exchange for your assistance with this program. Please call the Recreation Office 829-2208 to get your name on the list.

Fees (all fees include transportation):
Lift Ticket & Lesson $435
Lift Ticket Only (5th Graders) $320
Rental Equipment (in addition to above fee) $110

REGISTER EARLY! Deadline for Registration is Thursday, December 14
Limited Enrollment of 90

REGISTRATION will be processed by Lost Valley! Click the link below for online sign-up:
www.lostvalleyski.com/cumberland-recreation/
Cumberland Recreation is offering recreational skiing on Wednesday Early Release Days. This program has two options. Your child may choose either lift ticket and transportation or lift ticket, transportation and rental for skiing OR snowboarding.

**Early Release Dates:** Wednesdays, January 10, 24, 31, February 7, 14  (Make-up 2/28)

**Time:** 1:30-7:30

Northeast Charter buses will depart from the Greely Middle School parking side lot at 1:45 and return at 7:30. Parents, please check with neighbors and friends to drop off skiers, car-pooling during drop off greatly reduces traffic congestion.

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<thead>
<tr>
<th>Skiing Fees:</th>
<th>Snowboarding Fees:</th>
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<tbody>
<tr>
<td>Lifts Only</td>
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<td>$340.00</td>
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<tr>
<td>Lifts &amp; Ski Rentals</td>
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<td>$430.00</td>
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<tr>
<td>Transportation Only</td>
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**Helmets:** Pleasant Valley has a **Mandatory** Helmet Policy for youth 12 & under! Helmets are available for rent for an additional $30.00.

**Rental Skiers:** Parents are you thinking of buying equipment, but not sure? Please have your child fitted for boots and skis, it is much easier to tear up the form and refund your money than to have him/her fitted at a later date.

**Skiers with your own equipment:** Ski bags are mandatory, it greatly reduces the time we spend handling your equipment, which will provide you with more ski time.

**Parents! If you enjoy skiing, we can provide skiing in exchange for some assistance with logistics of this program. Please call the Recreation Office 829-2208 to get your name on the list.**

**Deadline for Registration is Thursday, December 14** (OR when the program fills. Limited Enrollment of 80. Late registrations will be charged a $15.00 late fee).
AROUND CUMBERLAND

Parks, Trails, and Facilities

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 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: 5 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
Parks, Trails, and Facilities

**RINES FOREST**

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:** 360 Range Road  
**Parking:** Parking along roadway  
**Dogs:** Allowed under owner/keeper control.

Photo Credit: Jodi Federle

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**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 3/4 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

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**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 used 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
**Men's Pick-up Indoor SOCCER**

Sunday Morning Indoor Soccer Program open to the Community in the Greely High School Gym. Age 21 and up. Begins early November. 7:30-9:30.
FYI: Dan Fugina - fugi52@gmail.com

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**Adult Basketball**

Evening Open Gym time is available for adults 30 and over who wish to participate in pick-up games!
Sundays at GHS from 7:00-9:00
Wednesdays at GMS from 7:30-9:00
Fee: $2 per visit (pay at the door)
Questions?
Contact Steve Hamilton: steveh_59@yahoo.com

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**Tree Lighting**

Sunday, November 26 at 5:30

The Cumberland Lions Club, Congregational Church and Recreation-Fire Departments are pleased to announce our Annual Tree Lighting Event at the corner of Main and Tuttle! Come enjoy caroling, refreshments and of course a visit with Santa!
NY COMMUNITY CENTER BULLETIN BOARD

VILLAGE BLOCK PARTY

26 AUGUST

SHARP'S FIELD • WH & CC

FOOD TRUCKS
MUSIC • GAMES • TOUCH-A-TRUCK
PET PARADE & MORE!

11AM - 3PM

North Yarmouth OUTDOOR MARKET

June 20 • August 22

MUSIC | FOOD | ARTISANS | FARMS | YARD GAMES & MORE

NORTH YARMOUTH OUTDOOR MARKET
NORTH YARMOUTH COMMUNITY CENTER, 30 MEMORIAL HIGHWAY

LOCAL VENDORS | ARTISANS | CRAFTS | FOOD TRUCKS | LIVE MUSIC

TRUNK OR TREAT AND MOVIE NIGHT

Saturday, October 28 5-9pm
Wescustogo Hall & Community Center Parking Lot
PRIZES for most creative trunk designs!

TO ENTER THE TRUNK OR TREAT CONTEST PLEASE EMAIL JACKIE AT JHERSEY@NORTHYARMOUTH.ORG

STAY CONNECTED
Follow us for all the latest activities & programs here at WH & CC.

Contact Info:
Jackie Hersey
Director
Jhersey@northyarmouth.org

Jackson Humphrey,
Assistant Director
Jhumphrey@northyarmouth.org

Phone: (207) 829-5555
Address: 120 Memorial Highway
North Yarmouth, ME 04097

STARTING IN SEPTEMBER

PICK UP HOOPS
WESCUSTOGO HALL COMMUNITY CENTER

Mondays • Wednesdays • Fridays 10-11am
Open gym for kids 5 and under. Play, pretend, and imagine.

$244 • $10 for 10 class sessions
Parents play free.

MONDAY • WEDNESDAY • FRIDAY
Middle School • 3:30-5pm
TUESDAY • THURSDAY
High School • 3:40-3:50pm
$2 PER VISIT • $15 FOR 10 VISIT PUNCH PASS
CHEBEAGUE + CUMBERLAND LAND TRUST

FALL & WINTER 2023

FREE COMMUNITY EVENTS

AUGUST
MON, AUGUST 14 / 10AM-12PM
LITTLEFIELD WOODS
Mother Trees, Mycelium and More

WED, AUGUST 23 / 2PM—3:30PM
OLD TOWNHOUSE PARK
Get Out! Nature Walk: Wildflowers & Monarchs

OCTOBER
EARLY OCTOBER
CHEBEAGUE ISLAND
Annual Meeting for CCLT

WED, OCT 25 / 2-3:30PM
RIVERFRONT WOODS
Get Out! Nature Walk: Mushrooms

SAT, OCT 28 / 10AM
PRINCE MEMORIAL LIBRARY
Lawns Gone Wild: Seed Sowing

DECEMBER
MID DECEMBER
CHEBEAGUE ISLAND
Carol at Littlefield Woods

WED, DEC 20 / 2:00—3:30PM
MEMAK PRESERVE
Get Out! Nature Walk: Solstice Tree

SEPTEMBER
SUN, SEPTEMBER 3 / 9AM—12PM
CHEBEAGUE ISLAND
Bird Migration Walk with Derek Lovitch

SAT, SEPT 9 / 10-11:30AM
PRINCE MEMORIAL LIBRARY
Lawns Gone Wild: Seed Saving

WED, SEPT 27 / 2—3:30PM
LONGWOODS PRESERVE
Get Out! Nature Walk: Introduction to the Property

NOVEMBER
SAT, NOVEMBER 4 / 11AM—1PM
CHEBEAGUE ISLAND
Sanford’s Pond Cleanup

SAT, NOVEMBER 18 / 9AM—2PM
GREELEY HIGH SCHOOL
Craft Fair Table

WED, NOVEMBER 22 / 2—3:30PM
READ FAMILY FARM & WOODS
Get Out! Nature Walk: Introduction to the Property

THANK YOU TO OUR PARTNERS!
Chebeague Island Recreation Center
Prince Memorial Library
Royal River Conservation Trust
Town of Cumberland Sustainability Committee

FOLLOW US
chebeaguemainelandtrust
ChebeagueAndCumberlandLandTrust

VISIT
CCLTMaine.org/all-events
for more info!
Visit Tuscany Adult Trip

Cumberland/North Yarmouth Community Recreation & Yarmouth Community Services jointly present....

II Spotlight on Tuscany II
Trip dates: June 12 - 20, 2024

9 Day Trip Highlights:
Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence
Choice of: Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano

Travel Presentation/Info Night
Thursday, October 12 at 6:00
Cumberland Recreation Center at Val Halla
60 Val Halla Road, Cumberland
Contact the Recreation Dept for more information! 829-2208