

# Cumberland / North Yarmouth Community Recreation 2023 Summer Programs



Photo credit: Brian Allenby

# COMMUNITY SERVICES

## Recreation Office

290 Tuttle Road, Cumberland, ME  
Monday - Wednesday: 8:00-5:00  
Thursday: 8:00-6:00 Friday: Closed  
Phone: 207-829-2208



## Staff Contacts

Peter Bingham - 829-2208 x1043  
Patty Murphy - 829-2208 x1044  
Devon Galvan - 829-2208 x1042  
Sarah Davis - 829-2208  
Heather Brown - 829-2208 x1045  
Nick Plummer - 829-2225  
Rob Hale - 829-4805 x241

pbingham@cumberlandmaine.com  
pmurphy@cumberlandmaine.com  
dgalvan@cumberlandmaine.com  
sdavis@cumberlandmaine.com  
hbrown@cumberlandmaine.com  
nplummer@cumberlandmaine.com  
rhale@msad51.org

## Active Living 55+

207-829-2208  
dgalvan@cumberlandmaine.com  
[www.cumberlandmaine.com/AIP](http://www.cumberlandmaine.com/AIP)



## Val Halla Golf

60 Val Halla Road,  
Cumberland, ME 04021  
207-829-2225  
[www.valhalla.golf](http://www.valhalla.golf)



# REGISTRATION

**OPENS TUESDAY, APRIL 4 at 8:00  
for Cumberland/North Yarmouth  
Residents**

**Non-Residents:  
OPENS TUESDAY, APRIL 11 at 8:00**



**Registrations accepted online  
or in-person at the  
Recreation Office.**

Photo credit: Toby Young

<https://www.cumberlandmaine.com/recreation>

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## 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. For our online registration system, log onto [www.cumberlandmaine.com/recreation](http://www.cumberlandmaine.com/recreation) and scroll down the main page 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](https://facebook.com/cnyrecreation).

## Fees, Senior Discounts and Refunds

Fees are stated at the end of each program write-up. Non-Residents will pay an additional \$10 on most programs. Senior discounts are stated throughout our brochure. The discount applies 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 class reminders so please be aware of program start dates and times.

## Staff

Peter C. Bingham, Director  
 Patty Murphy, Assistant Director  
 Devon Galvan, Active Living 55+, Office Support  
 Sarah Davis, Office Support  
 Heather Brown, Aftercare & Summer Camp Coord.  
 Ted Bosarge, Parks Superintendent  
 Rob Hale, Aquatics Director  
 Nick Plummer, Val Halla Head Professional  
 Toby Young, Val Halla Superintendent  
 William Shane, Cumberland Town Manager  
 Chris Bolduc, Assistant Town Manager  
 Diane Barnes, North Yarmouth Town Manager  
 Jackie Hersey, Community Ctr. Director

## Cumberland/North Yarmouth Parks & Recreation Board

Chris Fitzpatrick (Chair),  
 Bill Hansen (Vice-Chair)  
 Shirley Storey-King (Cumberland Town Council Rep),  
 Amy Haile (North Yarmouth Select Board Rep),  
 Vanessa Bryant (MSAD 51 Board Rep),  
 Johnna Mulligan, Travis Seaver, Sally Pierce, Don Stowell, Rhonda Grigg, and Melissa Cott.

# ACTIVE LIVING 55+



Formerly  
Aging in  
Place

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.

FMI: Email [dgalvan@cumberlandmaine.com](mailto:dgalvan@cumberlandmaine.com) or call Devon Galvan at 829-2208, ext. 1042.

## Cumberland Area Rides

Request a ride [cumberlandrides@gmail.com](mailto: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 provided by volunteers for Cumberland older adults. Available Mon-Fri 9:00-3:00 and Sundays 9:00-12:00. Five day notice requested. This is a joint project of ALC & 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 that you're unable to perform without risk? AIP volunteers are ready to help with minor chores and tasks. FMI: [dgalvan@cumberlandmaine.com](mailto:dgalvan@cumberlandmaine.com) or call 207-245-8033.

Check the Active Living calendar for event listings!

[www.cumberlandmaine.com/activeliving](http://www.cumberlandmaine.com/activeliving)

### LIBRARY BOOKS, DVDs & PUZZLES DELIVERED TO YOUR HOME

A delivery service  
for residents of Cumberland &  
North Yarmouth who  
have difficulty  
leaving their home.



**INDOOR  
WALKING GROUP**  
**SATURDAYS 8-9:30AM**  
**GREELY HIGH SCHOOL**  
**(CAMPUS DRIVE ENTRANCE)**  
**DROP-IN AND FREE**

## Active Living Luncheons

**Free Luncheons** will be offered at the Recreation Center at Val Halla the last Monday of the month beginning on April 24th from 11:00-1:00. Registration is required. Call Devon Galvan at 829-2208, ext. 1042.

## Daily Reassurance Calls

Would you like someone to check in with you each day? Sign up for the call-in program. If you don't call the Cumberland Fire Department each day by 9:00, someone at 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



**FREE  
BLOOD PRESSURE CHECK**

3<sup>rd</sup> FRIDAY OF THE MONTH

2:00PM-4:00PM  
Central Fire Station  
366 Tuttle Rd



For more information:  
Devon Galvan 207-829-2208 or email  
[dgalvan@cumberlandmaine.com](mailto:dgalvan@cumberlandmaine.com)

# ACTIVE LIVING 55+

## Mornings With Friends

**Recreation Center at Val Halla**  
**10:00-11:30**

*There is NO charge to attend "Mornings with Friends" - coffee, tea and snacks provided!*

## 32 Years – 3200 Miles Around New England with Michael Perry

Yes, some things do take a while! Join Freeport, Maine's, Michael Perry for a 32-year piece by piece circumnavigation of New England by kayak. Join Michael and his three LL Bean friends as they pick away at this lifelong dream of paddling their kayaks all the way around our beautiful region. Of course, to do this it meant paddling all the New England coastline, New Brunswick, Nova Scotia, the Gaspé of Quebec, the St. Lawrence River, Lake Champlain and finally the historic Hudson to their end point in October of 2017 at the Statue of Liberty. Come share in this unique adventure!

**May 17**

## Estate Planning - Miles Hunt

In this presentation, Miles will cover Long-Term Care & Asset Protection Planning. This will include a summary of Medicare programs and Medicaid/MaineCare programs that cover long-term care services. We will discuss eligibility requirements to qualify for Medicaid/MaineCare programs that cover home-based, assisted living, residential and nursing home care, as well as various estate planning strategies that can be employed to protect family assets from long-term care costs.

**June 21**

## Arthropods/'Bugs' in Maine and Beyond with Jon Wallace

Do you like 'bugs'? Want to learn more about them? Join local 'bug' enthusiast, Jon Wallace and learn about the different live 'bugs' he raises and exhibits. During this program, you'll get to see these animals up-close, learn about their amazing history, behaviors and adaptations and find out why they are so important to humans and considered the most successful group of animals that ever lived.

Jon Wallace was an award-winning high school science teacher in Meriden, Connecticut for over 32 years. Jon has had an interest in non-traditional topics in science for over forty years and developed a passion for raising arthropods/'bugs' during that time. He has also researched the fossil history of insects and has shared that during exhibits at Bug-Maine-ia for several years. Other interests include collecting meteorites/micrometeorites, imaging the Sun, optical astronomy, radio astronomy, fossils and raising cacti and insectivorous plants. He currently is a NASA Solar System Ambassador, is a member of the Maine Entomological Society.

**July 19**

## "Coffee with a Cop" Cumberland Police Officers

Please join members of our police department for Coffee with a Cop. This program is designed to bring police officers and the community members they serve together over coffee to discuss issues and learn more about each other.

Coffee with a Cop provides a unique opportunity for community members to ask questions and learn more about the department's work in Cumberland. No agendas or speeches, just a chance to get to know our officers.

*Coffee with a Cop is a national initiative supported by The United States Department of Justice, Office of Community Oriented Policing Services. Similar events are being held across the county, as local police departments strive to make lasting connections with the communities they serve. The program aims to advance the practice of community policing through improving relationships between police officers and community members one cup of coffee at a time.*

**August 16**

## Just-for-fun Singing

Drop-in (No fee and no registration required)

1st & 3rd Friday beginning in April!

Join us from 12:00-1:00 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.

**Spring/Summer dates: April 21, May 5, 19, June 2, July 21, August 4, 18**



# ADULT ACTIVITIES & TRIPS

## Foster's Downeast Clambake in York, ME

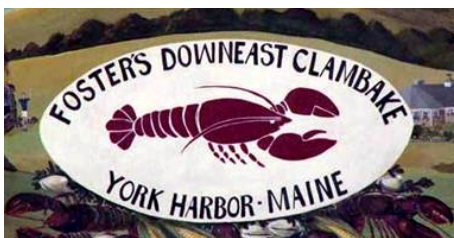
Travel on our mini bus to York Harbor and enjoy the view at Nubble Lighthouse, and then continue to Foster's for lunch.

This traditional New England clambake features clam chowder, fresh steamers and Maine lobster with drawn butter, corn on the cob, roasted potatoes and onions, homemade rolls and blueberry cake for dessert. You may substitute chicken or polenta for lobster. Please indicate meal choice at registration.

Wednesday, June 7

Depart Town Hall at 9:45 - return by 3:00

**Fee:** \$50 (Max 10 people).



## McLaughlin Gardens Tour and Lunch

Celebrate spring with a tour of McLaughlin Gardens and the most extensive collection of lilacs in New England! Discover two acres of beautiful gardens beneath a canopy of ancient trees with a guided tour during peak lilac season. Over 80 years old, this landmark two-acre garden is part of a non-profit organization formed to preserve the historic home, barn, and garden for the public.

After our guided tour through the gardens, we will enjoy a picnic lunch in the barn. Please wear appropriate footwear for walking and dress for the weather. We will go, rain or shine! Fee includes transportation, tour and lunch.

Friday, May 26

Depart Town Hall at 9:00 - return 2:30

**Fee:** \$50 (Max 11 people).

## Lucky Catch Lobstering Cruise

Come join us for an unforgettable excursion on the waters of Casco Bay as we learn about the daily routine of a Maine Lobsterman. Participate in the excitement of baiting and hauling traps or sit back and relax as we cruise near picturesque light-houses, historic civil war forts and the "Seal Rocks."

Our time at sea will be around 90 minutes. After our water excursion, we will have some free time to find lunch (on your own) and if time allows, we can explore local shops in the Old Port.

Tuesday, August 22

Depart Town Hall at 8:30 - return 3:00

**Fee:** \$50 (Max 5 people)



## Glendarragh Lavender Farm and Lunch at Sterlingtown Public House

Experience the sights and scents of English and Dutch lavender varieties in the scenic St. George River Valley of Appleton. Stroll the fields, visit the farm shop and relax in the open, lavender-filled air. There will be an opportunity for pick-your-own lavender, go on an educational walk and enjoy the sights of Maine's first USDA-registered lavender farm in the height of bloom.

We will stop for a late lunch in Union on our way back at the Sterlingtown Public House. Lunch not included in fee.

Wednesday, July 26

Depart Town Hall at 10:00 - return approx. 5:00

**Fee:** \$40/\$50 non-res (Max 11 people).



# ADULT ACTIVITIES & TRIPS

## Tour of Wiscasset Jail and Pownalborough Court House

We will start our tour at the 1811 Lincoln County Jail in Wiscasset, with attached 1839 Jailer's House, offering visitors a rare view into an earlier criminal justice system and the lives of people who enforced and endured it. We will learn about the differences between crimes and punishments of the past and those of today.

After a picnic lunch, we will tour the Pownalborough Court House on the banks of the of the Kennebec River in Dresden which is the only pre-Revolutionary Court House in Maine. Built in 1761, the Court House received such notable visitors as John Adams, Benedict Arnold and Robert Paine. Numerous trials were held here, including that of Judge North which was featured in the book "The Midwife's Tale." *Please note that you must be able to climb stairs unassisted to participate in this tour.*

Friday, June 23

Depart Town Hall at 10:00 – return at approx. 3:00

**Fee:** \$50 (includes transportation, tours & lunch).

## Beginner 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!

Tuesdays, April 25 - May 30

10:00-12:00

Fire Department Community Room

**Fee:** \$90/\$100 non-res



## Protein Power Snacks and Teatime

Theresa Cameron Raymond

During our full and active day, we are all invited to take a needed brain break, a deep cleansing breath and refuel our beautiful bodies with nutritious, wholesome snacks to enhance our focus and keep us energized until mealtime.

Together, we will prepare no-bake, high protein balls, bars and cookies that can easily be recreated at home. Recipes may include nuts, dairy and gluten. We will celebrate each gathering with a tea party and savor our creations! You will also go home with a Protein Power Snack to-go-bag and with the recipe of the day. Time for fun!

Wednesdays, May 3 - June 7

9:00-10:00

North Yarmouth Community Center

**Fee:** \$102/ \$112 non-res

## Full-Day Yoga Retreat at "Celebration Wellness Center"

Elizabeth Fertig-Burd

Our mini-bus will shuttle you to "Celebration Wellness Center" in Durham for this full-day yoga retreat. Nourish your body and spirit during this day of yoga and nature connection retreat. We will spend time learning to be present as we unplug and nurture the soul through guided meditation, breathwork and yoga. We will ground ourselves as we spend time in the beautiful gardens and woodland trails.

Outdoor yoga is a great way to discover what your body needs right now and deepen your practice; all levels are welcome, whether you are a beginner or a seasoned yogini. Give yourself the gift of self-care, self-connection and self-love. With almost 20 years of experience, Burdie can help you find the best place to start or reinvigorate your health and wellness. Fee includes lunch and transportation.

Saturday, June 24 (*Rain Date June 25*)

Depart North Yarmouth Community Center

9:30 - return 4:30

**Fee:** \$195/\$205 non-res (Max 12 people)

# ADULT ACTIVITIES

## Dressing For Your Body Shape

Candace Sanborn

Learn simple techniques to create the illusion of a slimmer body or more curves! Dressing for Illusion is about knowing how to wear color, styles and embellishments to trick the eye into seeing something different. Such as, the appearance of slimmer hips, a flatter stomach, having more curves or a taller, leaner figure. Learn simple techniques to help you look your best!

Wednesday, June 21

5:30-7:30

Cumberland Fire Dept. Community Room

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

## Best Clothing & Makeup For Your Coloring

Candace Sanborn

Is your closet full of black-colored clothing? Would you like to learn what other 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 so you can put the two together to create a more vibrant you!

Tuesday, Aug 15

5:30-8:00

Cumberland Fire Dept. Community Room

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

## 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, April 25 - May 30

6:00-7:00

Cumberland Fire Dept. Community Room

**Fee:** \$75/\$85 non-res, seniors \$5 discount

## 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, April 26 - May 31

6:30-8:30

Greely Middle School Art Room

**Fee:** \$95/\$105 non-res



## Spring Open Art Studio

Diane Dahlke

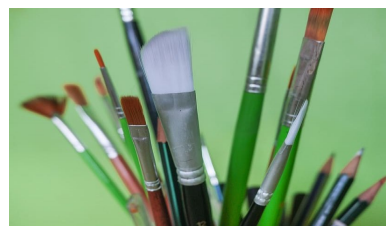
Do you wish you had more time to create art? If you have basic art skills and want to use them in a supportive group setting, this class is for you! Participants can draw or work in a variety of paint mediums; instruction and guidance is provided by a professional artist. You do not have to be a skilled 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, April 10 - May 22 (No class 4/17)

6:30-8:30

Greely Middle School Art Room

**Fee:** \$80/\$90 non-res, seniors \$5 discount





# ADULT ACTIVITIES & FITNESS

## Community CPR

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.

### Class options:

Saturday, April 8                      Saturday, June 17  
Saturday, August 12  
8:00-12:00

**Fee:** \$70/\$80 non-res



## 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, April 1                      Saturday, May 6  
Saturday, June 10                      Saturday, July 8  
Saturday, August 5  
8:00-12:00

**Fee:** \$70/\$80 non-res

All classes held at the Cumberland Fire Dept. Community Room, 366 Tuttle Road

FMI: Stephanie Morgan  
[smorgan@cumberlandmaine.com](mailto:smorgan@cumberlandmaine.com)

## Join The Cumberland Community Band



The joy of making music with a welcoming and supportive group of like-minded musicians is one of life's pleasures. The Cumberland Community Band invites you to sit-in on our first practice on Monday, March 27th at 6:30pm in the Greely Center for the Performing Arts Band Room. All concert band instrumentalists are welcome. In particular, we need musicians who play clarinet, French horn, percussion, or trombone. Send us a quick email at [cumberlandcommunityband@gmail.com](mailto:cumberlandcommunityband@gmail.com) with your interest and we'll be happy to answer all questions. *Don't wait another year.*

## Adult Week-Long Sailing Lessons

Sailing Ships Maine  
Ages 21+

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 saying separated and outdoors. Sailing Ships Maine t-shirt, rope and Certificate included. *Program will sail out of Falmouth Town Landing.*

Monday-Friday. 6 students, 1 instructor per lesson.  
5:30 to Sunset  
Week 1: June 19 - June 23  
Week 2: June 26 - June 30  
Week 3: July 10 - 14  
Week 4: July 17 - July 21  
**Fee:** \$305/\$315 non-res (per week)



## 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. All adults welcome, no age requirement.

Session 1: Wednesdays, April 26 - May 31  
Session 2: Wednesdays, June 7 - July 12  
10:00-11:00  
Prince Memorial Library  
**Fee:** \$70/ \$80 non-res

# ADULT FITNESS

## 360 Circuit Training

Instructor: Jenn Bingham

Join Personal Trainer and Group Exercise Instructor, Jenn Bingham, for an outdoor 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. 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 weights, water, and their own mat.

**SPRING SESSION** (Choose one or more of the following options):

Tuesday mornings, April 25 - June 13  
8:30-9:30

Tuesday evenings, April 25 - June 13  
5:30-6:30

Thursday mornings, April 27 - June 15  
8:30-9:30

All classes at North Yarmouth Community Center  
**Fee:** \$80/ \$90 non-res (Per option/class)

## 360 Circuit Training - Outdoor Bootcamp Edition

**SUMMER SESSION** (Choose one or more of the following options):

Tuesdays, June 20 - Aug 22 (No Class July 4)  
8:00-9:00am

Thursdays, June 22 - Aug 24  
8:00-9:00am

All classes held at Twin Brook Recreation Area  
**Fee:** \$99/\$110 non-res (Per option/class)

**Summer Punch Card Option:** Taking time off this summer or heading out of town? For your convenience we will once again be offering a Punch Card for the summer session only to be used for any 360 Class.  
**Fee:** 10 Punch Card: \$95 (Purchase cards at the Rec Dept).

## 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 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 runners looking to run with a supportive group and to shake up their training routine.

Wednesdays, April 26 - June 14  
5:30-6:15am

Greely High School Track  
**Fee:** \$85/ \$95 non-res



## Cardio Fusion

Julie Waterman, ACE certified (American Council on Exercise)

Mondays: 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 and mat to class.

Mondays AND Wednesdays, April 24 - June 7  
9:00-10:00 (No class 5/29)

**Fee:** \$117/\$127 non-res, seniors \$5 discount

One class per week (Mondays OR Wednesdays)  
**Fee:** \$67/\$77 non-res, seniors \$5 discount

North Yarmouth Community Center



# ADULT FITNESS

## 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, May 4 - June 8

9:00-10:15

North Yarmouth Community Center

**Fee:** \$64/\$74 non-res, seniors \$5 discount



## 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 1 class or both:

Mondays, April 24 - June 12 (No class 5/22, 5/29)

Wednesdays, May 3 - June 7

10:15-11:00

North Yarmouth Community Center

**Fee:** \$64/\$74 non-res, seniors \$5 discount

## 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 1 class or both:

Mondays, April 24 - June 12 (No class May 22 or May 29)

Wednesdays, May 3 - June 7

9:00-10:00

North Yarmouth Community

**Fee:** \$64/\$74 non-res, seniors \$5 discount

## Cardio, Core, and Connection

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 pound pair of weights.

Tuesdays OR Thursdays, April 25 - June 15

12:00-12:50

North Yarmouth Community Center

**Fee:** \$88/\$98 non-res

Tuesdays AND Thursdays, April 25 - June 15

12:00-12:50

North Yarmouth Community Center

**Fee:** \$168/\$178 non-res, seniors \$5 discount

# SPRING YOUTH ACTIVITIES

## Intro to Piano

Martha Smith



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. Class times have a maximum of 6 students per session.

Thursdays, May 4 - 25

MIW Music Room

Intro to Piano (Grades 1 and up) 3:30 OR 4:00

Intermediate Piano 4:30 OR 5:00

**Fee:** \$70/\$80 non-res

## Brio Dance Studio



Julie Wilkes

## Pre-School “Grown Up & Me”

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.

Ages: Ages 1 ½ - 3 Min 3, Max 10

Tuesdays, April 25 - June 6, 9:30-10:00

## Pre-School “Bouncing Buds”

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.

Ages: Ages 2- 3 Min 3, Max 10

Tuesdays, April 25 - June 6, 10:00-10:30

## Pre-School “Move & Groove”

Move & Groove is an introduction to dance and creative movement class. This class will include stretching, basic dance steps, and motor skills. Ages: Ages 3 - 5 (not enrolled in Kindergarten) Min 5, Max 15 \*All dancers must be potty-trained. Thursdays, April 27 - June 8, 4:30-5:00

**Location:** North Yarmouth Community Center

**Pre-School Fee:** \$65/\$75 non-res

## Ballet/Tap

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. All dancers will be required to have pink leather or canvas ballet slippers and tap shoes.

Ages: Grades K - 2 Min 5, Max 20

Thursdays, April 27 - June 8, 5:00-6:00

## Ballet/Tap 2

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!

Ages: Grades 3 - 5 Min 5, Max 20

Thursdays, April 27 - June 8, 6:00-7:00

All Ballet dancers will be required to have pink leather or canvas ballet slippers and tap shoes.

## Hip Hop Dance Class

This class is for the active and enthusiastic dancer. Each 45-minute class will include warm up, conditioning, stretching, individual, group, and partner dancing. This co-ed class welcomes all beginning dancers.

Ages: Grades K - 3 Min 5, Max 20

Thursdays, April 27 - June 8, 3:45-4:30

## Hip Hop 2 Dance Class

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.” All classes will be sensitive to age-appropriate steps and music.

This is a level up from our Hip Hop 1 class.

Ages: Grades 4 - 6 Min 5, Max 20

Thursdays, April 27 - June 8, 7:00-8:00

**Location:** North Yarmouth Community Center

**Ballet/Hip Hop Fee:** \$70/\$80 non-res

For more information please contact Julie at Brio Dance Studio at 253-1700 or [bridancestudio@gmail.com](mailto:bridancestudio@gmail.com). Please send your dancer in comfortable clothes they can move in. No jeans please. Water bottles are strongly encouraged.

# SPRING YOUTH ACTIVITIES

## 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. Students receive a free uniform.

**SPRING:** Mondays, April 10 - June 19  
(No class 4/17 or 5/29)

Beginner Class 5:00-5:45 (Must be in at least Grade 1)  
Adult/Mixed Intermediate Class 6:00-6:45 (Adults and students ages 13 and up).

**SPRING:** Wednesdays, April 12 - June 21  
(No class 4/19 or 5/31)

Beginner Class 5:00-5:45 (Must be in at least Grade 1)  
Advanced Class 6:00-6:45 (Must have completed the Beginner Class and can only advance with instructor permission).

Spring Location: West Cumberland Community Hall

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

**SUMMER:** Mondays, June 26 - August 28  
(No class 7/3)

Beginner Class 5:00-5:45 (Entering Grade 1 in Fall)  
Adult/Mixed Intermediate Class 6:00-6:45 (Adults and students ages 13 and up).

**SUMMER:** Wednesdays, June 28 - August 30  
(No class 7/5)

Beginner Class 5:00-5:45 (Entering Grade 1 in Fall)  
Advanced Class 6:00-6:45 (Must have completed the Beginner Class and can only advance with instructor permission).

Summer Location: TBA

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

## Brick By Brick Maine Lego Deep Space Exploration!

Join us for this 5-week class as we explore deep space and what we might find beyond the stratosphere! Our weekly builds may include a rocket, space shuttle, alien and a creepy robot! Classes begin with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once the build is complete, students can free build with a huge assortment of Lego bricks! Grades K-3.

Fridays, May 12 - June 9  
3:30-4:30

Mabel I Wilson School

**Fee:** \$85

**PH:** 829-2208

## Sunny Days with Sara

Sara Cameron



*Time to get the wiggles out!* Come join us, rain, or shine for some silly springtime fun! "Sunny Days with Sara" offers a guided, structured playgroup for children ages 1-4 and their caregivers. We will meet weekly on Thursday mornings to read, sing, dance, create and explore! Weekly activities will include circle time, sensory stations, movement and music, art experimentation and outdoor exploration (as weather allows). Come join the fun!

Please have children wear play clothes and pack weather appropriate gear for outdoor play! (Siblings under the age of 1 welcome to attend without registration).

Thursdays, April 27 - June 1  
10:00-11:00

North Yarmouth Community Center

**Fee:** \$90/\$100 non-res



## Sounds of Silence

An American Sign Language Class  
Robin Sidders

The *Sounds of Silence* program is ready to continue with more fun this spring as students learn American Sign Language! Our spring session includes a National Anthem performance at a Portland Sea Dogs game!

*"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."* - 2<sup>nd</sup> 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:  
4/26, 5/3, 5/10, 5/17, 5/24, 6/7  
12:45-2:45  
Grades 3-5  
Mable Wilson School Library  
**Fee:** \$150



# SPRING YOUTH SPORTS

## Grades K-2 Youth Instructional Lacrosse

Greely Boys and Girls Varsity 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. Coaches 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 and boys will play a non-contact version of the sport. Required equipment: Mouth guard.

Saturday Mornings: April 29, May 6, 13, 20, June 3  
(Rain date 6/10)

9:00-10:00

Twin Brook "Shelter Field"

Fee: \$50/\$60 non-res

## Kids Triathlon

This event is open to youth athletes grades 1-7 (as of registration date). Our aim is to encourage confidence and to promote a healthy and active lifestyle for youth in our community. Proceeds will provide scholarships to local families who need assistance covering the cost of summer day camp programs offered by the Recreation Dept. This event will be held at Greely High School campus and surrounding neighborhoods starting at approximately 9:00am. There will be 2 age groups with the following distances:

Grades 1-4: 50 yard swim, 1.3 mile bike, .5 mile run

Grades 5-7: 100 yard swim, 2.3 mile bike, 1 mile run

Flotation devices are not permitted at this event. The event will be professionally timed. If you have any questions or would like more information, please visit us on our Facebook page:

<https://www.facebook.com/CumberlandNYKidsTri/>

Cost includes a race bag, t-shirt, water bottle and medal.

Sunday, May 21

9:00

Greely High School Campus

Fee: \$60/\$70 non-res



## April Vacation Softball Clinic



Coach: Dani Cimino,  
GHS Varsity Softball Coach, Staff & Members of the Varsity Team

Grades 3-8 (Groups will be split by grade)

The clinic will focus on:

- Hitting fundamentals/ Proper Throwing Techniques
- Fielding Skills & Daily Games!

The softball clinic will be led by Greely High School's new Head Coach, Dani Cimino and the Greely HS Softball team. Coach Cimino graduated from GHS where she received All-State and All-Conference Softball awards, then moved on to play at Wheaton College from 2013-17. Currently working as a social worker at GHS, Coach Cimino will focus on player development and is looking forward to building an even stronger softball program in our community.

April 17 - 20, Monday-Thursday

9:00-12:00

Twin Brook Greely Road Softball Field

Fee: \$125/\$135 non-res

## April Vacation Baseball Clinic

Coach: Derek Soule, GHS Varsity Baseball Coach, Staff & Members Varsity

Grades 3-8 (Groups will be split by grade)

The clinic will focus on:

- Hitting fundamentals/Proper Throwing
- 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.

April 17 - 20, Monday-Thursday

9:00-12:00

Twin Brook Greely Road Baseball Field

Fee: \$125/\$135 non-res



# GREELY POOL - ADULT SWIM

## 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 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.

### SPRING:

Tuesdays/Thursdays, 5:30-6:30/6:40-7:40

April 18 - June 15

Saturdays, 6:30-7:30/7:40-8:40

April 22 - June 17

**Fee:** \$135/\$145 non-res

### SUMMER:

Tuesdays/Thursdays, 5:30-6:30/6:40-7:40

June 20 - August 17

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

## 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:** April 17 - August 18

Monday/Wednesday/Friday. 5:30-7:40

(No Lap swim on 6/19)

**Evening Lap Swim:** June 19 - August 17

Monday/Wednesday, GHS Pool 6:00-8:00

Tuesday/Thursday, GHS Pool 7:30-8:30

**Fee:** Punch Card (See punch card pricing)

## Swim Punch Card

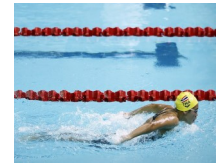
Punch cards for Lap Swim are valid for six months from date of purchase. Cards are available for purchase at the Recreation Office at the Cumberland Town Hall.

**Fee:** \$60/\$70 non-res/\$55 seniors 15 lap swims  
\$90/\$100 non-res/\$80 seniors 25 lap swims

**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:

Instructor: Jenn Bingham



## High Intensity Aqua

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.

Mondays, June 26 - August 21 (No class July 3)

Greely High School Pool. 9:30-10:30

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

## Shallow Water Fitness

Water exercise is a wonderful low-impact alternative to traditional land exercise programs ideal for people wanting a no or low impact program and those recovering from injuries. And, for anyone looking for a great workout! This will be run at a slower pace than the high intensity aqua class but will still focus on cardio and strength and will include the use of weights and noodles. Class will mainly be held in the shallow end with an occasional visit to the middle or deep end. You must be at least 18 years old to register for this class. Participants are invited to bring their own water weights.

Mondays, June 26 - August 21 (No class July 3)

Greely High School Pool. 10:30-11:30

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

# GREELY POOL - SWIM LESSONS

## Evening Youth Swim Lesson

Tuesdays & Thursdays (7 lessons)

Session 1: June 22 – July 18 (No class July 4)

Session 2: July 25 – August 15

**Ages 6 and up - Levels 2-4** (must be age 6 by start of session)

4:50-5:20. Min 8, Max 16

**Ages 6 and up - Levels 2-4** (must be age 6 by start of session)

5:30-6:00. Min 8, Max 16

**Ages 3½ to 5 - Level 1-2** (must be age 3 ½ by start of session)

6:10-6:40. Min 4, Max 16

**Ages 6 and up - Levels 2-4** (must be age 6 by start of session)

6:50-7:20. Min 8, Max 16

## Morning Youth Swim Lessons

Tuesdays & Thursdays (7 lessons)

Session 1: June 22 – July 18 (No class July 4)

Session 2: July 25 – August 15

## **Parent/Child**

10:00-10:30. Min 4, Max 12

**Ages 3½ to 5 - Level 1-2** (must be age 3 ½ by start of session)

10:00-10:30. Min 3, Max 6

**Ages 3½ to 5 - Level 1-2** (must be age 3 ½ by start of session)

10:40-11:10. Min 8, Max 16

**Ages 6 and up - Levels 2-4** (must be age 6 by start of session)

11:20-11:50. Min 8, Max 16

**Fee:** \$85/\$95 non-res per session

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 3, learning to wear goggles is as much a part of the lesson as getting in the water. They should be comfortable and fit properly. All participants are required to remove shoes before entering the pool area.



## **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.

## **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.



# AFTER SCHOOL CARE & BEFORE CARE

2023 - 2024

## After School Care & Vacation / Inservice Day Camp

The After School Program is a 5 day a week program **based out of the Mabel Wilson (Grades K-3) & Greely Middle School (Grades 4-5)**. 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 more. In addition participants will swim at the Greely Pool on selected Early Release days. The Program concludes each day at 5:45 and participants must be signed out of the program by a parent/guardian daily. The program will be open everyday that campus is open. Parents must choose at least 2 days per week for attendance.

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 8:00-5:30 and include field trips, swimming and much more! Camps have a separate registration fee and will not be offered during holidays.

### REGISTRATION PROCESS

We will be holding a Lottery on Thursday, May 4 in the Cumberland Town Hall Council Chambers for all parents (with children new to the program) who are interested in enrolling their children for the 2023-2024 school year. Each family will receive a number beginning at 5:45pm. We will begin drawing at 6:00. Once your number is called you can register. This process will continue until the Aftercare rosters are full.

**Space is Limited!**

### Program Fees:

**Weekly Fee \$90**

**Daily Fee \$20**

**Early Release Wednesdays \$30**

**Monthly invoices due on the 1st day of the month. There is an annual \$75 Registration fee due per family at time of Registration.**

For more information, please contact Peter Bingham at the Recreation Dept.  
829-2208 or [pbingham@cumberlandmaine.com](mailto:pbingham@cumberlandmaine.com)

### Before the Bell Program

Before School Care at MIW for Grades K-5 (students in grades 4 & 5 will be escorted to GMS for the start of their school day). "Before the Bell" is a fun, well-supervised start to your child's day! Our staff is up bright and early and ready to bring a smile to your child's face. Activities include gym games, creative arts and more. Children will have an opportunity to take advantage of the School Breakfast Program (separate fee). This is a great way to get the day started in a fun and safe environment. Program takes place each morning that school is in session.

**Fall Session Dates:** August 30 - December 21

**Location:** MIW Gym

**Max Students:** 30

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

**Fee:** \$405

**Registration Opens April 25**

# SUMMER CAMP

## MAGIC DRAGON Half-Day Camp 2023

Camp Director: Heather Brown



For Pre-K  
and Kindergarten

This camp is a wonderful way for your child to get acclimated, meet new friends and ride a bus before school begins! **Summer 2023 only - Magic Dragon Camp will be held at the West Cumberland Recreation Hall due to renovations at the Mabel I. Wilson School.**

Camp Hours: 9:00-12:30. Campers must be 4 years old by June 15 to attend.

This is a play-oriented program designed to meet the needs of Pre-Kindergarten/Kindergarten 4 and 5 year old's.

A variety of developmentally appropriate activities will be offered in the following areas: Art, music, dramatic play, language arts, science, as well as fine and gross motor activities. Each week the campers will take a field trip on a school bus! Returning this year is the "My Town" series, each Tuesday (weather permitting), we will walk to (or take a bus) and learn about a local business. We will also have access to the West Cumberland playground and Athletic fields! Children should bring a snack to camp each day (*No breakable containers please*).



**WEEK 1: June 26 - 30**  
**"Wild Things"**  
**Field Trip: Maine Wildlife Park**



**WEEK 2: July 10 - 14**  
**"Pirates & Princesses"**  
**Field Trip: Shipwreck Cove**

**WEEK 3: July 17 - 21**  
**"Space Explorers"**  
**Field Trip: Southworth Planetarium**



**WEEK 4: July 24 - 28**  
**"Explore Maine"**  
**Field Trip: Children's Museum**



**WEEK 5: July 31 - August 4**  
**"Farm Friends"**  
**Field Trip: Smiling Hill Farm**

**WEEK 6: August 7 - 11**  
**"Nature"**  
**Field Trip: Desert of Maine**

**Registration OPENS Tuesday, April 4 at 8:00am**

**Camp Fee: \$140 per Week**

All fees must be paid in full at time of registration. A \$15.00 per week/per camper fee will be charged if you should withdraw at any time.

# SUMMER CAMP

## Summer Adventure Jr. Day Camp Grades K-1 (Entering in Fall 2023)

**Camp Director:** Erin Bjorkdahl   **Jr. Camp Coordinator:** Ashley Ward

**Location:** Greely Middle School

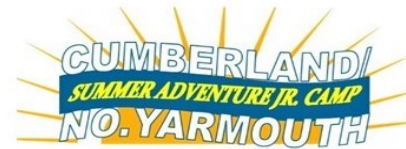
(Note new location due to Mabel Wilson School Renovations)

**Camp Hours:** 9:00-4:00

Children must be age 5 prior to June 15, 2023.

Before & after care is available at no extra fee from

8:00-9:00 and 4:00-5:30 (No additional registration required).



Day camp themes will concentrate on activities and socialization. On “Home days,” mornings consist of structured activities such as arts & crafts, games, drama and sports. The afternoon schedule consists of swimming, games, special activities and theme events. Wednesdays are “Field Trip” days (weather permitting).

**Materials to bring to Camp:** Swimsuit, bathing cap, towel, snacks, lunch and liquids. Each camper’s lunch should be marked with the camper’s name and no glass containers please.

**Week 1: June 26 - June 30**

**“Moosing Around Maine”  
Field Trip: Maine Wildlife Park**

**Week 2: July 3 - July 7**  
(No camp July 4th)

**“Dino-Mite Days”  
Field Trip: Desert of Maine**

**Week 3: July 10 - July 14**

**“Splish Splash”  
Field Trip: Sebago Lake Park**

**Week 4: July 17 - July 21**

**“Imagination Station”  
Field Trip: Children’s Museum**

**Week 5: July 24 - July 28**

**“Under the Sea”  
Field Trip: Crescent Beach**

**Week 6: July 31 - Aug 4**

**“Wild West”  
Field Trip: York’s Wild Kingdom**

**Week 7: Aug 7 - Aug 11**

**“Mission Impossible”  
Field Trip: Winslow Park**

**Camp Weekly Rate: \$230.   Camp Fee SPECIAL: Attend all 7 weeks of camp for \$1,339.  
(Week 2 fee: \$205)**

**Registration OPENS Tuesday, April 4th at 8:00am.**

All fees must be paid in full at time of registration.  
A \$25 per week/per camper fee will be charged if you should drop for any reason.

# SUMMER CAMP

## Summer Adventure Day Camp

Grades 2-5 (Entering in Fall 2023)

Camp Director: Erin Bjorkdahl    Camp Coordinator: Nicole Pollard

**Location:** Greely Middle School

**Camp Hours:** 9:00-4:00

Before & after care is available at no extra fee from 8:00-9:00 and 4:00-5:30 (No additional registration required).



The Summer Adventure Day Camp will focus on a wide variety of age-appropriate activities, games, and events which will include swimming and other dynamic programming. Grades will be separated into two groups: Grades 2 & 3 and 4 & 5. We will offer one Beach Trip (Tuesdays) and one Field Trip (Thursdays) each week!

**Materials to bring to Camp:** Swimsuit, bathing cap, towel, snacks, lunch and liquids. Each camper's lunch should be marked with the camper's name and no glass containers please.

|                |  |   |
|----------------|--|---|
| <b>Week 1:</b> | <b>June 26 - June 30</b><br>Beach Trip: Range Pond     | <b>"Swinging into Summer"</b><br>Field Trip: Funtown  |
| <b>Week 2:</b> | <b>July 3 - July 7</b><br>(No camp July 4th)           | <b>"Superhero"</b><br>Field Trip: York's Wild Kingdom |
| <b>Week 3:</b> | <b>July 10 - July 14</b><br>Beach Trip: Pine Point     | <b>"Time Warp"</b><br>Field Trip: Aquaboggan          |
| <b>Week 4:</b> | <b>July 17 - July 21</b><br>Beach Trip: Sebago Lake    | <b>"Natural Wonders"</b><br>Field Trip: Splashtown    |
| <b>Week 5:</b> | <b>July 24 - July 28</b><br>Beach Trip: Crescent Beach | <b>"Animal Planet"</b><br>Field Trip: Aquaboggan      |
| <b>Week 6:</b> | <b>July 31 - Aug 4</b><br>Beach Trip: Sebago Lake      | <b>"Olympics"</b><br>Field Trip: Water Country        |
| <b>Week 7:</b> | <b>Aug 7 - Aug 11</b><br>Beach Trip: Pine Point        | <b>"Spirit Week"</b><br>Field Trip: Funtown           |

Camp Weekly Rate: \$230.    Camp Fee SPECIAL: Attend all 7 weeks of camp for \$1,339.  
(Week 2 fee: \$205)

**Registration OPENS Tuesday, April 4th at 8:00am.**

All fees must be paid in full at time of registration.  
A \$25 per week/per camper fee will be charged if you should drop for any reason.

# SUMMER CAMP

Camp Director:  
Kevin Brewer

## MIDDLE SCHOOL SUMMER ADVENTURE CAMP






















The Middle School Adventure program is designed for middle school youth entering Grades 6, 7 or 8 in the Fall of 2023!

This program will take 3 field trips weekly (Mon/Wed/Fri) and be on-site at Greely High School on Tues/Thurs. Field trips will range from hiking, rafting, amusement parks to beach days.

General hours for camp will be 9:00-4:00. Some field trips will create extended camp hours (i.e. White Water Rafting). Before & After Care WILL be available at NO additional cost or registration from 8:00-9:00 and 4:00-5:30.

**Registration OPENS on Tuesday, April 4 at 8:00am**

### Middle School Summer Adventure Camp "2023 Daily Activities"

|             | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|-------------|--|---|---|--|--|
| <b>JUNE</b> | <b>26</b><br>Bradbury Mtn. Hike           | <b>27</b><br>Camp Activities & Open Swim  | <b>28</b><br>  | <b>29</b><br>Camp Activities & Open Swim   | <b>30</b><br>Pine Point Beach                 |
| <b>JULY</b> | <b>3</b><br>Camp Activities & Open Swim  |  <b>NO CAMP</b><br>4th of July | <b>5</b><br>Peaks Island Ferry Trip    | <b>6</b><br>Camp Activities & Open Swim  | <b>7</b><br>Pine Point Beach                 |
|             | <b>10</b><br>OOB/ Mini Golf             | <b>11</b><br>Camp Activities & Open Swim  | <b>12</b><br>  | <b>13</b><br>Camp Activities & Open Swim   | <b>14</b><br>Pine Point Beach               |
|             | <b>17</b><br>Twin Brook Broad Cove Ice Cream!  | <b>18</b><br>Camp Activities & Open Swim  | <b>19</b><br><br>Bus leaves GHS @ 9:15<br>Returns to GHS @ 5:30                                      | <b>20</b><br>Camp Activities & Open Swim   | <b>21</b><br>Pine Point Beach               |
|             | <b>24</b><br> Crescent Beach State Park | <b>25</b><br>Camp Activities & Open Swim  | <b>26</b><br><br>Bus leaves GHS @ 9:00<br>Returns to GHS @ 6:00                                      | <b>27</b><br>Camp Activities & Open Swim   | <b>28</b><br>Pine Point Beach               |
|             | <b>31</b><br>Sebago Lake State Park     | <b>AUGUST</b><br><b>1</b><br>Camp Activities & Open Swim  | <b>2</b><br>White Water Rafting on the Kennebec <br>Bus leaves GHS @ 6:30a<br>Returns to GHS @ 6:30p | <b>3</b><br>Camp Activities & Open Swim  | <b>4</b><br>Pine Point Beach                |
|             | <b>7</b><br>Pine Point Beach            | <b>8</b><br>Camp Activities & Open Swim   | <b>9</b><br>   | <b>10</b><br> Day GAME | <b>11</b><br>End of Camp Field Trip TBA...  |

|            |                   |                       |
|------------|-------------------|-----------------------|
| Session 1: | June 26 - June 30 | Fee: \$230 residents  |
| Session 2: | July 3 - July 7   | Fee: \$205 residents  |
| Session 3: | July 10 - July 14 | Fee: \$230 residents  |
| Session 4: | July 17 - July 21 | Fee: \$230 residents  |
| Session 5: | July 24 - July 28 | Fee: \$230 residents  |
| Session 6: | July 31 - Aug 4   | *Fee: \$260 residents |
| Session 7: | Aug 7 - Aug 11    | Fee: \$230 residents  |
|            |                   | * White Water Rafting |

**Camp Fee SPECIAL:**  
Attend all 7 weeks of Camp for  
**\$1,339**

All fees must be paid in full at time of registration. A \$25 per week/per camper fee will be charged if you should withdraw at any time.

# SUMMER SPORTS CAMPS

## Volleyball Camp

Director: Autumn Vargo, Greely Varsity Coach  
Grades 5-8 (Entering Fall 2023)

Emphasis will be on individual skill development and introduction to the game of volleyball. Learning the proper form and technique in a fun environment at the early stage is critical to learning the sport faster. Sportsmanship, teamwork, and the desire for a fun team sport are a must. Please bring water bottles, a light snack, athletic attire, and indoor sneakers. This program is an introduction to the sport with a fun, skill building approach and **all abilities** are encouraged to attend.

July 17 – July 21, Monday-Friday  
9:00-12:00  
Greely High School Gym  
**Fee:** \$130/\$140 non-res



## Ranger Basketball Camps

Directors: Travis Seaver, Greely Boys Varsity Coach & Todd Flaherty Greely Girls Varsity Coach  
Boys & Girls Grade 3-6 (Entering in fall 2023)

Focus will be on the fundamental skills of dribbling, passing, shooting, offensive and defensive movement, team play and teamwork. This program will be split up into two divisions (3-4 Grade and 5-6 Grade). Participants will also scrimmage on balanced teams and teamwork will be emphasized. Campers will need to pack a lunch, several snacks & plenty to drink daily.

**GIRLS BASKETBALL CAMP:**  
Monday-Thursday, June 26 - June 29  
9:00-3:00

**BOYS BASKETBALL CAMP:**  
Monday-Thursday, July 10 - July 13  
9:00-3:00



Location: Greely High School Gym  
**Fee:** \$190/\$199 non-res



## Ranger Soccer Camp

Director: Mike Andreasen, Greely Boys Varsity Coach  
Boys & Girls Grades 2-8 (Entering in fall 2023)

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 to develop a higher level of play. *Each participant will receive a Camp Shirt.*

**Half Day Camp:** Entering Grades 2-3  
Monday-Thursday, June 19 - June 22  
9:00-12:00  
**Fee:** \$130/\$140 non-res  
Twin Brook Recreation Area  
(Rain date Friday, June 23)



**Full Day Camp:** Entering Grades 4-9  
Monday-Thursday, June 19 - June 22  
9:00-3:00  
**Fee:** \$199/\$210 non-res  
Twin Brook Recreation Area  
(Rain date Friday, June 23)

## Youth Pickle Ball Camp

Instructor: Julia Sterling  
Grades 4-8 (Entering in fall 2023)

Join us as longtime instructor coach Julia Sterling introduces campers to the incredibly popular game of Pickleball. Campers will learn the rules, scoring, basic techniques and other nuances of the game. We are extremely excited to offer this camp and encourage any camper to register (No prior experience necessary). All necessary equipment will be provided. We look forward to seeing you on the courts!

Monday-Thursday, July 24 - July 27  
(Rain date July 28)  
9:00-12:00  
Val Halla Tennis Courts  
**Fee:** \$140/\$150 non-res



# SUMMER SPORTS CAMPS

## The Edge Academy Baseball Summer Camp

The Edge Academy Senior Instructor Donny Dutton and current and former college and High school players will serve as coaches  
Ages 6-12 (Entering Fall 2023)

Focus will be on the fundamental skills of hitting, throwing, fielding, base running, team play and games. This program will be split up into age specific groups and ability levels. Campers will need to pack snacks, water, sunscreen, hat, and baseball equipment.

August 7 - 11, Monday-Friday  
9:00-12:00

Drown Road Little League Field  
(Rain day location will be: The Edge Academy, 512 Warren Ave, Portland).

**Fee:** \$185/\$195 non-res



## Maine Ultimate Frisbee Camp

Instructors: Maine Ultimate Coaching Staff  
Grades 5-9 (Entering in fall 2023)

Directors and counselors will lead a fun-filled week of games, drills, strategy, conditioning, and instruction for kids of all abilities. This camp is great for kids of all abilities who want to learn more about the game, as well as about themselves as an Ultimate enthusiast! Our focus is on improving throwing and catching techniques, learning the rules, becoming an impact player, as well as Spirit of the Game. **Participants will be separated into two groups based on grade.**

What to Bring: Lots of energy, water, cleats, lunch, a white and a dark jersey, sunscreen, and healthy snacks.

If you have questions, please email Cole Moore at [rich@maineultimate.org](mailto:rich@maineultimate.org).

Monday-Friday, July 17 - July 21  
9:00-3:00

Twin Brook Recreation Area (Meet at Shelter building)

**Fee:** \$299/\$309 non-res



## Mainely Stars Field Hockey Camp

Director: Burgess LePage, Greely Varsity Coach  
Grades 1-3 and 4-9 (Entering in fall 2023)

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 players to be a part of an environment that fosters both passion and the fun of the game. We provide players with training that will advance their individual and team skills. Players gain experience through small-sided games. All genders are welcome to register. Athletes need to bring their own mouth guards and shin guards. Sticks and protective eye masks will be provided. Cleats are encouraged but not required. Please send a lunch (full day camp), multiple snacks and water and sunblock.

Grades 1-3:

Tuesday-Friday, June 20 - June 23  
9:00-12:00

**Fee:** \$99/\$109 non-res

Grades 4-9:

Tuesday-Friday, June 20 - June 23  
9:00-3:00

**Fee:** \$195/\$205 non-res

Location: Greely Field Hockey Field (inside track)  
(Rain date June 24, 9:00-12:00)



## Maineix Lacrosse Camp

Grades 2-8 Boys & Girls (Entering in fall 2023)

Join us for some summer lacrosse fun! All skill levels and experience levels are welcome. This four day camp is led by the staff of Maineix Lacrosse, an organization focused on growing the sport of lacrosse in Maine through high level instruction and fun. Instruction will include individual stick skills, small-sided drills, offensive and defensive concepts, and games! Participants will each receive a Camp T-Shirt.

Equipment requirements: Girls - Stick, goggles, mouthguard and water bottle.

Boys - Stick, mouthguard, helmet, arm pads, shoulder pads and water bottle.

Monday-Thursday, July 10 - July 13  
9:00-12:00

Twin Brook Recreation Area

**Fee:** \$180/\$195 non-res



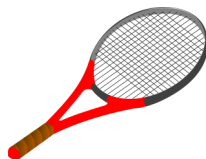
# SUMMER SPORTS & ENRICHMENT CAMPS

## ST. PETER'S GRAND SLAM TENNIS

Boys and Girls Grades 2-9 (*Entering in fall 2023*)

The junior tennis camps offered through St. Peter's Grand Slam Tennis Programs are fun, yet challenging and instructional for all skill levels. For the beginner, we will follow a progressive format. Each session teaches basic tennis strokes and strategy in an enthusiastic, but low-pressure, environment featuring the all new USTA 10 And Under Tennis 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)  
Monday-Friday, June 26 - June 30  
1:30-4:30  
**Fee:** \$205/\$215 non-res



Session 2: (Full Day Camp)  
Monday-Friday, August 7 – August 11  
9:00-3:00  
**Fee:** \$310/\$320 non-res

Both camps take place on the Val Halla tennis courts. *In the event of inclement weather, participants will be notified and the program will be held at Foreside Fitness for that day.*

## Middle School Sailing Camp

Sailing Ships Maine  
Grades 6-8 (*Entering in fall 2023*)

Join a crew with 5 other middle school students and an instructor and learn to sail a 23' keelboat. Students 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 for a week. Our primary middle school 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.

These sailboats have high backrests and a large, deep cockpit and plenty of space for students to learn and work together while staying separated and outdoors. *Program will sail out of Falmouth Town Landing.*

Monday-Friday. 8:45-4:45.  
Week 1: June 19 - June 23 (Max 6 students)  
Week 2: June 26 - June 30 (Max 12 students)  
Week 3: July 10 – 14 (Max 12 students)  
Week 4: July 17 - July 21 (Max 12 students)  
**Fee:** \$305/\$315 non-res (per week)

## Princess Dance Camp

Instructed by Julie Wilkes, Brio Dance Studio  
Ages 3-6

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 confidence, coordination, and creative expression. Join Brio Dance Studio for a week of fun, learning, and finding your inner princess! (*Child must be age 3 by June 1, 2023*).

Monday-Friday, June 26 - June 30  
9:00-12:00  
North Yarmouth Community Center  
**Fee:** \$145/\$155 non-res



## Hip Hop Dance Camp

Instructed by Julie Wilkes, Brio Dance Studio  
Grades 1-5 (*Entering in fall 2023*)

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 throw-back! 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.

Monday-Friday, July 10 - July 14  
9:00-1:00  
North Yarmouth Community Center  
**Fee:** \$165/\$175 non-res



# SUMMER ENRICHMENT CAMPS

## Camp USA

Instructor: Miss Swindlehurst (MIW Teacher)  
Grades 1-4 (*Entering Fall 2023*)

Come join Miss Swindlehurst for a week of geography, history and fun! We will learn about our 50 states and what makes them great, as well as famous Americans like presidents and trail blazers! We will learn about community and our world through poems, songs, projects and stories! This summer, we have added a STEM component as we learn about famous structures and build our own bridges! If you've done Camp USA before, there will be new activities and projects this summer!

Monday-Friday, August 7 - August 11  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$250/\$260 non-res



## Brick By Brick Maine Lego Deep Sea Expedition!

Grades K-4 (*Entering in fall 2023*)

Come and join the oceanic explorers at the Deep-Sea Operation Base! We'll take a deep dive in the flatbed submarine to discover the mysteries of the seabed, while collecting water and plant samples with the sub's robotic arm. Will the extra oxygen tanks arrive in time to save the scuba diver from the great white shark? Join us to find out! 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. Campers should bring lunch, morning and afternoon snack and sunscreen every day.

Monday-Friday, July 17 - July 21  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$330/\$340 non-res



## Brick By Brick Maine Lego Ski Resort!

Grades K-4 (*Entering in fall 2023*)

Adventure awaits all ski and snow lovers! Come join us on the "mountain"! Help design the awesome snow park complete with half-pipe and grind rail. Hit the ski shop for any gear you may have forgotten. Make a wrong turn? Break more than your pole? Never fear! The ski patrol will make a daring rescue via jeep, snowmobile or helicopter! Don't get left out in the cold; join us for this fun week! 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. Campers should bring lunch, morning and afternoon snack and sunscreen every day.

Monday-Friday, July 24 - July 28  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$330/\$340 non-res

## Brick By Brick Maine Lego King's Castle!

Grades K-4 (*Entering in fall 2023*)



The battle is about to begin! Join our round table of white knights to defend the King and his royal subjects! Help build the castle, then fire the catapult and raise the drawbridge before the Dragon Soldiers utilize their deadly battering ram! Can you save the King's treasure and cast the pillagers into the dungeon before leaving via the secret escape door? Let's find out! 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. Campers should bring lunch, morning and afternoon snack and sunscreen every day.

Monday-Friday, August 14 - August 18  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$330/\$340 non-res

# SUMMER ENRICHMENT CAMPS

## DaVinci Experience Camps

Experienced teachers lead small groups in exploring a new theme each week. Students should bring a water bottle, snack, lunch, and a pair of sneakers for running games and hikes. We will get messy with art projects and science experiments as well as playing games outdoors, so please send clothes with your child each day that can get dirty.

## Adventure Week

Grades K-6 (*Entering in fall 2023*)

The perfect camp for energetic children who love to learn. The kids will partake in fun educational field trips throughout the week as an exciting way to kick off the summer! The children will take a field trip to Pineland Farms, the Art Museum, a chocolate factory (*this field trip is not definite and depends on staffing at Haven's Candies*) and the movies. While at the NYCC, we will play fun games and make crafts associated with the things we have learned on our field trips.

Monday-Friday, June 19 - June 23  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$325/\$335 non-res



## Illustrious Illustrators

Grades K-6 (*Entering in fall 2023*)

The perfect camp for budding artists who are curious about different styles and skills. During this “artsy” week, campers will tap into their creativity and hone their artistic skills. The children will spend a day learning about comic book illustrations and make their own comics. Children will learn about Dahlov Ipcar during our fun filled day of painting. We will learn about the tedious nature of Claymation, as the children sculpt a clay sculpture, build a small set, and film a mini-Claymation film. Kids will learn about animators in popular Disney movies and the process of animation. Seniors will learn how to make a flip book, while juniors make Gerald and Piggy illustrations. Each day includes a drawing tutorial and time for free draw.

Monday-Friday, July 17 – July 21  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$325/\$335 non-res

## Vets & Pets (DaVinci Camp)

Grades K-6 (*Entering in fall 2023*)

The perfect camp for animal lovers and children interested in animal training veterinarian sciences. This new and exciting offering is a spin-off of our popular Emergency Vet camp. Campers will learn about what vet techs and veterinarians do each day. Children will have pet visits, learn about pet grooming, and dog agility. Guest speakers will come in to talk about working dogs (seeing eye dogs, therapy dogs, police dogs). The kids will turn the classroom into a vet’s office and practice bandaging and check-ups with their stuffed animals. We will make treats and toys for both dogs and cats, as well as unique animal art. Sparks Ark will come in to show the children their exotic animals, and we may even see a dog agility demonstration.

Monday-Friday, August 7 - August 11  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$325/\$335 non-res

## Color Outside the Lines Art Camp

Instructor: Michelle Cook  
Grades 4-6 (*Entering in fall 2023*)

Color Outside the Lines Art Camp is designed to stimulate creative expression through projects and activities that change each day. The goal is for children to have fun, develop important artistic techniques and learn about a variety of mediums. Young artists will spend four mornings engaged in fun and creative projects such as painting, drawing, and mixed media. All of the projects are hands-on, encourage self-expression, and develop creative thinking. We will also get a little messy! Materials included.

**2 Offerings:**  
Monday-Thursday, June 26 – 29  
9:00-12:00  
Greely Middle School Art Room  
**Fee:** \$225/\$235 non-res

Monday-Thursday, July 10 – 13  
9:00-12:00  
Greely Middle School Art Room  
**Fee:** \$225/\$235 non-res



# SUMMER ENRICHMENT CAMPS

## Mad Science Robot Recruit Camp

Grades 2-6 (Entering in fall 2023)

Join Mad Science for a week of discovery and fun in this 5-day Robotics Camp! Investigate robotic fundamentals, learn about the history of robotics and build ingenious robots to take home each day. We will explore circuits, electricity, sensors, gears and advanced robotic applications. Children compare, analyze, and test a variety of robots each day that is correlated to daily concepts. Experiment with sound sensing robots, animatronics, line-tracking robots, industrial robots, surveillance bots, iPad controlled performance bots and robotic pets. Our future roboticists round out the week getting more programming experience as they cycle through stations that will enrich their understanding of programming.

Monday-Friday, June 26 - June 30  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$370/\$380 non-res

## Mad Science Underground Explorers Camp

Grades 2-6 (Entering in fall 2023)

Dig up the ancient past and solve real life mysteries! Kids will learn about archaeology and the techniques scientists use to excavate long lost cities. They will also study bone fragments, pottery shards, amber deposits and fossils to understand what they all tell us about history. Each class includes a make and take-home project such as fossil reproduction, an amber time capsule and coins from around the world.

Monday-Friday, July 31 – August 4  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$345/\$355 non-res



## Mad Science Eureka! Inventors Camp

Grades 2-6 (Entering in fall 2023)

Inspire the inventor and scientist in you during this week of discovery and invention. Each day children will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and most importantly – your mind! Create mini light sabers, mini space stations and electric flying contraptions. You will construct catapults, forts, build Rube Goldberg contraptions that perform simple tasks and experiment with humanoid robots. Take home projects include ping-pong ball launchers, mousetrap contraption cars, mystery sticks, tubular blow darts and other wacky contraptions.

Monday-Friday, July 10 - July 14  
9:00-3:00  
North Yarmouth Community Center  
**Fee:** \$345/\$355 non-res

## Kick off the Summer with K & K

Instructor: Johna King & Jennifer Kameisha  
Grades 1-4 (Entering in fall 2023)

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.

Monday-Friday, June 19 - June 23  
Mabel I. Wilson School  
**Fee:** \$250/\$260 non-res



# SUMMER ENRICHMENT CAMPS

## Hodge Podge Camp

Instructors: Luanne Balzano-Brookes & Margaret McDevitt

Grades 1-4 (Entering in fall 2023)

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 of activities. Please pack 2 snacks, a lunch, and a water bottle daily.

Monday-Thursday, August 14 – August 17  
9:00-4:00

North Yarmouth Community Center

**Fee:** \$195/\$205 non-res

## Pre-School Science Camp: Earth-o-Sphere Week

Ages 4-5 (Age 4 by July 1 & prior daycare experience)

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! Please send a healthy snack and water. All supplies are included.

Monday-Friday, July 17 - July 21  
9:00-11:30

North Yarmouth Community Center

**Fee:** \$250/\$260 non-res

## School-Age Science Camp: Down Deep

High Touch High Tech of Maine  
Grades 1-6 (Entering in fall 2023)



Enter the underwater world! Discover creatures, big and small from tiny planktons to sharks. Learn about the ocean ecosystem and how different creatures survive and thrive. How does sand get to the beach and how deep is the ocean?

Get to see real shark skin under microscope and so much more in a week filled with fun, hands-on science! Please send your child with snacks, lunch and a water bottle daily.

Monday-Friday, July 24 - July 28  
9:00-3:00

North Yarmouth Community Center

**Fee:** \$390/\$400 non-res

## Theatre Camp & Performance "Annie Kids"



Instructor: Julia Littlefield-Sterling  
Grades 3-9 (Entering in fall 2023)

Julia Littlefield Sterling is excited to be back to direct a two-week summer musical camp at the Greely Performing Arts Center in Cumberland. Little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. Annie is determined to find the parents who abandoned her years ago on the doorstep of an orphanage run by the cruel Miss Hannigan. Annie eventually foils Miss Hannigan's evil machinations, finding a new home and family with a billionaire, Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy.

In these 2 weeks, the campers will be involved in singing, dancing, speaking, performing skits, set design and stage presence. This will be time when the campers will be without iPads and cell phones and instead on stage creating their character, the set, and costumes. Bring sneakers or dance shoes, a hearty snack and lunch and a water bottle daily. *Limited to 35 campers.*

**Camp:** Monday-Friday, July 31 - August 11  
9:00-3:00

### Performances:

Thursday, August 10 at 6:00 and  
Friday, August 11 at 2:00

Greely High School Performing Arts Center  
(No admission fee for performances)

**Fee:** \$500/\$510 non-res



# SUMMER YOUTH SPORTS

## Soccer Clinics

Instructors: Mike Andreasen, Greely Varsity Boys Coach & 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.

Monday, Wednesday, Friday 8:15 - 9:00

### Co-ed Grades 1-2 Soccer

For boys and girls who have had minimal or no experience in the game of soccer. The program 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.

Monday, Wednesday, Friday 9:15 - 10:00

### Boys/Girls Grades 3-5 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.

Monday, Wednesday, Friday 10:15-11:15

### Boys/Girls Grades 6-8 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.

Monday, Wednesday, Friday 11:30-12:30

**Must be entering grades listed above in the fall of 2023. No clinics on July 3.**

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

June 26 – July 28 at Twin Brook

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



## T-Ball Fun Games

Instructor: Mort Soule

This is an introductory program of fun games for those youth who were not eligible age wise for the spring Little League T-ball program. Open for those children who are entering kindergarten in the fall or ages 4 & 5 (must be age 4 prior to Aug 1, 2023). Teams will be chosen each night with no consistency to any one team from game to game. Parent volunteers will be needed nightly to help with instruction and encouragement. Fee includes a baseball hat and t-shirt. *Special thanks to Cumberland/North Yarmouth Little League & Greely Baseball for providing equipment for this program.*

Tuesdays & Thursdays, June 20 - July 11

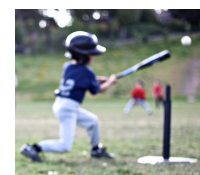
(No program on July 4 -

Rain date July 13)

6:00-7:00

Cumberland Commons

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



## Summer Track

Coach: John Lane

Grades 1-8 (*Entering in fall 2023*)

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.

Meets are held on Thursday Afternoons at area high schools in southern Maine. The schedule will be available at the first practice. Bus transportation to meets will be provided. \*State meet is typically held on 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 post-season meet opportunities. A minimum of 20 must be registered by June 7 to offer this program.

Practices: Mondays & Tuesdays

June 19 – August 1

5:30-7:00pm

Greely High School Track

**Fee:** \$140/\$150 non-res

(A separate membership fee through USATF is required to participate in meets)

# SUMMER YOUTH SPORTS

## Summer Youth Tackle Football Clinics

Instructors: Greely Football Coaches & players  
Grades 5-8 (*Entering in fall 2023*)

Learn the fundamentals of tackle football and develop your skills with these mini-camps designed to get you ready for the upcoming season. Skills include throwing, catching, blocking and tackling as well as other fundamental skills of the sport. Game concepts and cardiovascular conditioning will also be part of the learning process. Pads are not required, cleats are recommended and mouthguards are required. Parents are welcome to attend and learn more from coaches about tackle football. All current tackle football players who will be in grades 5-8 in fall 2023 are encouraged to attend. All players will receive a Greely football shirt.

July 11, 13, 18 & 20  
6:00-7:00pm  
West Cumberland Football Field  
**Fee:** \$50/\$60 non-res

## Flag Football Summer Sessions

Coordinators: Greely Youth Football  
Grades 2-6 (*Entering in Fall 2023*)

This program is designed for new and experienced players alike. Participants will play in a non-contact / non-tackle league that encourages skill development in a fun and positive environment. Youth will learn core flag football skills including running, flag-pulling, throwing, catching, handoffs, snapping, defense, plays, and positions. Cleats are recommended and mouth guards are required. All players will receive a Greely football shirt.

August 14 - August 17  
5:30-7:00pm  
West Cumberland Football Field  
**Fee:** \$50/\$60 non-res



## Memorial Day 5K & Fun Run

*More information on the back of brochure!*

Monday, May 29  
Ages 11 and under, meet at the Greely High School track. All participants will receive a Memorial Day Fun Run award. This is a non-competitive race.

**FUN RUN** begins at 8:00am  
Greely High School or track  
**Fee:** \$5 (No advance Registration, pay on race day)

**5K ROAD RACE** begins at 8:30am  
All participants will get a Memorial Day 5K Race Bib. 1st and 2nd Place Awards will be given in the men's and women's age group. The first 50 to register receive a Road Race t-shirt. Check in at Greely High School Commons.

**Register:** [www.Running4Free.com](http://www.Running4Free.com)  
**Fee:** \$20 pre-registration, \$25 day of or Family Rate \$15/family

## Thank You to all of our 2022-2023 Youth Basketball Volunteer Coaches!

|                    |                  |
|--------------------|------------------|
| Ryan Ross          | Jennifer Monti   |
| Elizabeth Jacobson | Kristi Ouellette |
| John Mullen        | Brian Nail       |
| Kevin Lee          | Ken Lanik        |
| Jason Ouellette    | Evans Boston     |
| Kevin Brewer       | Jackie Hersey    |
| Tom McGuinness     | J. Sandifer      |
| Evan Chase         | Eric Lewis       |
| Aaron Jones        | Will Saxe        |
| Travis Seaver      | Seth Kimball     |
| Jeff Walvick       | Ron Greco        |
| Madison Storey     | Will Albright    |
| Corey Zimmerman    | Ashley Wright    |
| Shanna Mueller     |                  |

And Thank You to all of our Assistant Coaches!

Thank You Game Officials:  
Barry Gabloff, Walt Wells and  
Chris Fitzpatrick!

Thank You Grades K-2  
Program Coordinators  
Greely Varsity Coaches:  
Travis Seaver, Todd Flaherty  
and Members of the Greely  
Boys & Girls Basketball Teams

# FALL SOCCER

## CNY United Fall Soccer (Cumberland/North Yarmouth)

Intra-community soccer league for grades 1-6.  
**ALL GRADES BASED on entering in FALL 2023.**

Games will be played at Twin Brook on Saturday mornings beginning September 9. Some of the benefits of community soccer are: Balanced teams; everyone plays at least ½ of game and good sportsmanship is emphasized.

### Grade 1 Soccer Program

All first graders (boys & girls) 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.

Program Dates: September 9, 16, 23, 30, Oct 7  
(Rain date Oct 14)  
11:30-12:30

Twin Brook Greely Road Multi-purpose/Baseball Fields

### Grade 2-6 Girls & Grade 2-5 Boys Soccer Community League Divisions

Grade 2 Boys (8:30am)

Grade 2-3 Girls (9:30 or 10:30am)

Grade 3-5 Boys (10:30)

Grade 4-6 Girls (9:30)

Uniforms are included and there will be one practice weekly.

6 Week Program with games beginning Saturday, September 9 and ending on October 14.

Twin Brook (Tuttle Road fields)

**COACHES NEEDED! If interested, please indicate when registering your child.**

### 2023 Program Fees (Residents only):

Registrations April 4-May 31 "Early Bird Special"

Grade 1: \$70

Grades 2-6: \$85

Registrations June 1-July 31:

Grade 1: \$75

Grades 2-6: \$90

After August 1 (If space allows):

Grade 1: \$80

Grades 2-6: \$100



FMI - Contact Patty Murphy at  
[pmurphy@cumberlandmaine.com](mailto:pmurphy@cumberlandmaine.com)

## "Kiddie Kickers" Pre-School Soccer Program

Instructor: Seacoast United

Kiddie Kickers introduction to soccer created by "Seacoast United" is a program designed to introduce children to the game of soccer, the fun way! **Child must be age 4 by Aug 1.**

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, Sept. 9, 16, 23, 30 and Oct 7.

(Rain date Oct 14)

8:30-9:30

Location: Twin Brook Greely Road Multi Purpose/ Baseball Fields

Fee: \$55/\$65 non-res

## Fall Kindergarten Soccer

Coordinators:

Mike Andreason (GHS Varsity Boys Head Coach)

Rachel Williams (GHS Varsity Girls Head Coach)

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. **Child must be entering Kindergarten in the fall.**

Saturdays, Sept. 9, 16, 23, 30 and Oct 7.

(Rain date Oct 14)

10:00-11:00

Location: Twin Brook Greely Road Multi Purpose/ Baseball Fields

Fee: \$55/\$65 non-res

Schedule allows for Kindergarten and grade 1 students to participate in flag football (8:30-9:30) as well, if interested in both.



# FALL SPORTS

## Fall Flag Football

Coordinator: Jim Guidi and Parent Volunteers  
Grades K-1 (Entering in fall 2023)

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

*(Rain date Oct 29)*

8:30-9:30

Greely High School Varsity Field

Fee: \$60/\$70 non-res

*Flag Football Schedule allows for players to participate in Rec Soccer as well if interested in both programs.*

## Fall Running Club

Head Coach: Katie Caiazzo

Grades 1-5 (Entering in fall 2023)

Does your child love to run? Are you looking for a way to burn off some of that excess energy after school in a safe and positive environment?

Cumberland/North Yarmouth Recreation is again offering the Fall Running Club Program! We will have four regular season meets with neighboring communities and conclude with the Championship at Twin Brook on October 14. The primary focus of this very 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 surrounding communities.

*Note: Assistant Coaches are needed. Please indicate at time of registration if you are interested.*

Mondays, Wednesdays & Fridays,

September 11 - October 16

3:45-4:45pm (Transportation from MIW to Twin Brook will be provided for practices).

Wednesday regular Season Meets begin at 4:15 (No transportation to Home or our two "Away" meets).

Twin Brook Recreation Area

Fee: \$105

Registration opens on July 12.



## 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 (Entering in fall 2023)

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

*(Rain date Oct. 14)*

Grades 1-3 10:15-11:00 am

Grades 4-6 9:00-10:00 am

Greely Field Hockey Field  
(inside of track)

Fee: \$50



## Greely Football

Registration for all fall football programs opens on April 1.

Register early and receive 20% off registration fee.

Fees increase on May 1.

Programs begin at the end of August.

**To register and get more info, visit:**

[www.greelyfootball.com](http://www.greelyfootball.com)

## Cumberland Soccer Club

CSC is a Community-based

Travel Soccer League for players

entering Grades 3 – 8.

Fall 2023 Season Registration opens April 1.

The CSC Summer Training Camp will be held from August 7 – 11.

**To register and for more information, visit the**

**CSC website:** [www.cumberlandsoccerclub.com](http://www.cumberlandsoccerclub.com)



# VAL HALLA

## U9 Junior Golf Clinics - Spring

Instructors: Nick Plummer & Staff  
Grades 1-4

A program for junior golfers in grades 1-4. This program will work on the basics but also emphasize what it means to become a “course ready” golfer.

Saturdays, May 13 - June 17 (*No clinic May 27*)

10:00-11:00

Val Halla Golf Course

**Fee:** \$50/\$60 non-res

## U14 Middle School Golf - Spring

Instructors: Nick Plummer & Staff  
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. 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!

Tuesdays & Thursdays, May 2 - June 15

3:30-5:00

Val Halla Golf Course

**Fee:** \$140/\$160 non-res



## U14 Middle School Golf - Fall

Instructors: Nick Plummer & Staff  
Grades 5-8 (Entering in fall 2023)

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. 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!

Tuesdays & Thursdays, Aug 22 - Oct 5

3:30-5:00

Val Halla Golf Course

**Fee:** \$140/\$160 non-res

*Registration opens on July 12.*

## Early Release Wednesday Golf - Fall

Program Director: Nick Plummer  
Grades 3-5 (Entering in fall 2023)

This popular junior golf program is offered as an introduction to golf basics. 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.” It will be held rain or shine at Val Halla on Wednesdays. Club storage and golf equipment is available at no additional charge. Students will be escorted from school at dismissal to Val Halla by Val Halla Staff Members.

Val Halla Golf Course

September 13, 20, 27, October 18 & 25

Wednesdays, 12:30-5:00

**Fee:** \$180 (Residents only)

*Registration opens on July 12.*

# VAL HALLA & TOWN INFORMATION

## 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.

*Note: Tennis courts are scheduled to be resurfaced in early to mid-September. More information to follow.*

## Val Halla Golf Course 2023 Rates

### Spring/Fall

18 Holes Walking: \$44  
18 Holes with Cart: \$66  
9 Holes Walking: \$28  
9 Holes with Cart: \$44

### Summer

#### Monday - Thursday

18 Holes Walking: \$44  
18 Holes with Cart: \$66  
9 Holes Walking: \$28  
9 Holes with Cart: \$44

#### Friday - Sunday

18 Holes Walking: \$50  
18 Holes with Cart: \$72  
9 Holes Walking: \$32  
9 Holes with Cart: \$48

*Cumberland Residents receive a 10% discount on greens fees.*



## Twin Brook Recreation Area Major Events 2023

Sat & Sun, May 13 & 14 from 8:00-5:00  
Cumberland Lacrosse Club  
Annual Boys Youth Lacrosse Tournament

Sat, May 20 from 8:00-5:00  
Cumberland Lacrosse Club  
Annual Girls Youth Lacrosse Tournament

Sat, June 3 from 1:00-4:00 (*Rain date June 10*)  
Youth Cross Country Program  
Spring League Championship Meet

Sat, July 29 from 8:00-6:00  
Host Greely/Yarmouth High Schools  
Annual High School Soccer Tournament

Sat & Sun, Sept. 2 & 3 from 7:30am-6:00pm  
Cumberland Soccer Club  
Annual Labor Day Soccer Tournament

Sat, Oct. 14 from 1:00-4:00 (*Rain date Oct 15*)  
Youth Cross Country Program  
Fall League Championship Meet

Thurs, Oct. 19 from 2:30-5:30 (*Rain date TBA*)  
Middle School Cross Country  
Fall League Championship Meet

Sat, Oct. 21 from 9:30-3:30  
Maine Principals Association  
Regional Cross Country Championships

*On the above dates/times, it is recommended residents access the park at the Greely Road entrance.*

# VAL HALLA & TOWN INFORMATION

## 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:** 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*

# VAL HALLA & TOWN INFORMATION

## 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*

### 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  $\frac{3}{4}$  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*

### 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*

# BULLETIN BOARD

WESCUSTOGO HALL AND COMMUNITY CENTER

## kiddie Gym

Monday | Wednesday | Friday • 10-11AM

Parents can play with their kids or meet up for "Play dates."  
We'll have a variety of play equipment to share!

\$2/kid • \$15 for 10 class  
**PARENTS PLAY FREE!**  
Now - June 16

## INDOOR WALKING

Monday | Wednesday | Friday  
**11AM-12PM**

Join us for a walk around Wescustogo Hall & Community Center. **FREE** to all CNY residents.  
**NOW-JUNE 16**

\*Please bring a clean pair of shoes to walk in\*

WESCUSTOGO HALL & COMMUNITY CENTER

## WINTER PICKLEBALL SCHEDULE

| TUESDAYS                                       | THURSDAYS                                      | SATURDAY                                     | SUNDAY                                    |
|--|--|--|---|
| 10AM-12PM<br>Rating 2.0+   12 Player Limit     | 10AM-12PM<br>Rating 2.0+   12 Player Limit     | 9AM-12PM<br>Rating 2.5-3.5   12 Player Limit | 3-6PM<br>Rating 1.5-2.5   16 Player Limit |
| 12-2PM<br>Rating 2.0 & Below   16 Player Limit | 12-2PM<br>Rating 2.0 & Below   16 Player Limit | 4-7PM<br>Rating 3.5+   12 Player Limit       |   |

**DROP IN: \$4 res./\$5 non-res. 10 SESSION PUNCH PASS: \$30 res./\$40 non-res.**

Registration for each session can be found on the SPOND app. Residents of Cumberland & North Yarmouth will have a 48 hour advanced sign up.

**NOW-APRIL**

## OPEN GYM

WESCUSTOGO HALL COMMUNITY CENTER

**MONDAY-WEDNESDAY-FRIDAY**  
Middle School | 3:30-5pm

**TUESDAY-THURSDAY**  
High School | 3-4:30pm

ENDS JUNE 16  
PLEASE BRING A CHANGE OF SHOES FOR THE GYM  
NO STREET SHOES ALLOWED

### Stay Connected!

@WHCC120 @whcc.ny

Wescustogo Hall & Community Center | 120 Memorial Hwy.

# OUTDOOR Market

**TUESDAYS, 3:30-6:30PM**  
**JUNE 20 - AUGUST 29**

A weekly market for farms, artisans and 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?  
Visit our website: [www.northyarmouth.org](http://www.northyarmouth.org) | Call: 829.5555 | Email: [jhersey@northyarmouth.org](mailto:jhersey@northyarmouth.org)

*Save the Date!*

## Wescustogo Hall & Community Center Golf Tournament

*Tuesday, June 6<sup>th</sup>*

Toddy Brook Golf Course  
925 Sligo Rd.

To learn more call 829.5555 or email [jhersey@northyarmouth.org](mailto:jhersey@northyarmouth.org)

# CHEBEAGUE + CUMBERLAND LAND TRUST

SPRING + SUMMER 2023

# FREE COMMUNITY EVENTS



## MARCH

WED, MARCH 22 / 2PM–3:30PM  
RINES FOREST  
**Get Out! Nature Walk:**  
*Seasonal Transition*



SAT, MARCH 25 / 10AM–11:30AM  
PRINCE MEMORIAL LIBRARY  
**Lawns Gone Wild: Gardening**  
*for Wildlife Habitat*

SUN, MARCH 26 / 9AM–1PM  
SPRING BROOK FARM  
**Maine Maple Sunday at**  
*Spring Brook Farm*

LATE MARCH / EARLY APRIL  
FROG POND & SALAMANDER  
SWAMP, RANGE ROAD  
**Big Night Maine Amphibian**  
*Migration Monitoring*

## APRIL

SAT, APRIL 8 / 9AM–11AM  
ROCK RIDGE  
**CCLT Trail Crew**

SAT, APRIL 22 / 10AM–11:30AM  
PRINCE MEMORIAL LIBRARY  
**Lawns Gone Wild:**  
*Low-Maintenance,  
Low-Input Gardening*

WED, APRIL 26 / 2PM–3:30PM  
SWEETSER FARM  
**Get Out! Nature Walk:**  
*Vernal Pools*

## MAY

SAT, MAY 6 / 9AM–11AM  
BROAD COVE RESERVE  
**CCLT Trail Crew**



THURS, MAY 11 / 6:30PM–8PM  
PRINCE MEMORIAL LIBRARY  
**Lawns Gone Wild: Edible Oasis**  
*in Your Back Yard*

WED, MAY 24 / 2PM–3:30PM  
KNIGHT'S POND PRESERVE  
**Get Out! Nature Walk:**  
*Bird Migration*

## JUNE

SAT, JUNE 3 / 10AM–12PM  
BROAD COVE RESERVE  
**Horseshoe Crabs Event**

SAT, JUNE 10 / 9AM–11AM  
FARWELL FOREST  
**CCLT Trail Crew**

SAT, JUNE 10 / 10AM–11:30AM  
TWIN BROOK RECREATION  
AREA (AT THE RED SHELTER)  
**Lawns Gone Wild: Saving the**  
*Bobolink & Other Grassland Birds*

WED, JUNE 28 / 2PM–3:30PM  
CHANDLER BROOK PRESERVE  
**Get Out! Nature Walk:**  
*Ferns & Bobolinks*

## JULY

SAT, JULY 8 / 10AM  
CUMBERLAND  
**Lawns Gone Wild: Tour of**  
*Properties with Wild Seed Project*

WED, JULY 26 / 10:30AM–12:30PM  
CHEBEAGUE  
**Get Out! Nature Walk: Tide Pools**  
*& Sanford's Picnic Lunch*



## AUGUST

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

## THANK YOU TO OUR PARTNERS!

*Big Night Maine  
Prince Memorial Library  
Royal River Conservation Trust  
Town of Cumberland  
Sustainability Committee*

**Chebeague &  
Cumberland  
Land Trust**

### FOLLOW US

 [chebeaguecumblantrust](https://www.instagram.com/chebeaguecumblantrust)  
 [ChebeagueAndCumberlandLandTrust](https://www.facebook.com/ChebeagueAndCumberlandLandTrust)



### VISIT

[CCLTMAINE.ORG/ALL-EVENTS](https://www.ccltmaine.org/all-events)  
*for more info!*

# Town of Cumberland VAL HALLA GOLF & RECREATION CENTER

*Your four season recreation destination*

Daily Tee Times  
Pro Shop  
Junior Golf

Rachel's on the Green Restaurant

Recreation Department Programs  
Active Living 55+ Programs  
Events

Tennis  
Pickleball  
Sledding  
Cross Country Skiing



Photo credit: Brian Allenby

Cumberland/North Yarmouth Community Recreation  
290 Tuttle Road, Cumberland, ME 04021

Postal Patron  
Local  
U.S. POSTAGE  
**PAID**  
Permit #454  
Portland, ME

## Postal Customer



### FUN RUN

Start time 8:00 AM

Greely Track ages 11 & under  
all participants will receive a  
Memorial Day Fun Run award.

This is a non-competitive race.

Register: Greely High School or track

Fee: \$5



### Prize Age Groups:

- Ages 13 & under
- Ages 14-19
- Ages 20-29
- Ages 30-39
- Ages 40-49
- Ages 50-59
- Ages 60-69
- Ages 70 & up



# Memorial Day 5k & Fun Run May 29, 2023

Greely PTO & Cumberland-North Yarmouth Recreation

## 5K ROAD RACE

Start time 8:30 AM

All participants will get a Commemorative  
Memorial Day 5K Race Bib. 1st and 2nd Place  
Awards will be given in the men's and women's  
age group. The first 50 to register will receive a  
Road Race t-shirt. Check in at GHS.

Register: [www.Running4Free.com](http://www.Running4Free.com)

Fee: \$20 pre-registration, \$25 day of  
or Family Rate \$15 each



*A portion of the proceeds will be dedicated to the Cumberland Veterans Memorial Fund.*