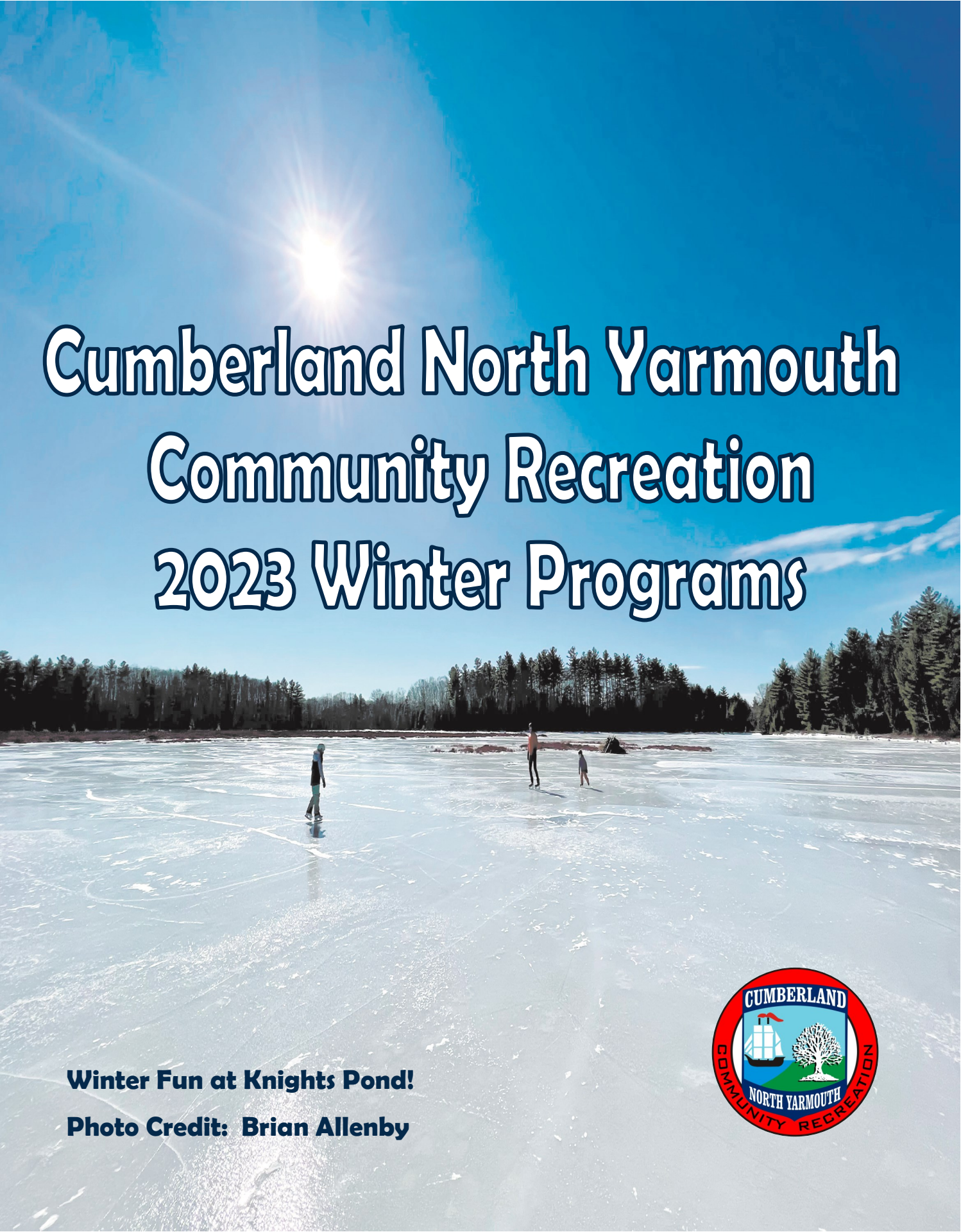
Cumberland North Yarmouth Community Recreation 2023 Winter Programs



Winter Fun at Knights Pond!

Photo Credit: Brian Allenby

COMMUNITY SERVICES

Staff Contacts

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Rob Hale	829-4805 ext. 241	rhale@msad51.org

Recreation Office
290 Tuttle Road,
Cumberland, ME 04021
Monday-Wednesday: 8:00-5:00
Thursday: 8:00-6:00
Friday: Closed
207-829-2208

Aging in Place
AIP@cumberlandmaine.com
www.cumberlandmaine.com/AIP

Val Halla Golf
60 Val Halla Road,
Cumberland, ME 04021
207-829-2225
www.valhalla.golf

Registration Opens:

TUESDAY, DECEMBER 6 at 8:00 AM
Cumberland/North Yarmouth Residents Only

Non-residents:
TUESDAY, DECEMBER 13 at 8:00 AM

INDEX

Mornings with Friends…….. 4
AIP & Certificate Classes……. 5
Adult Trips……..…… 6
Adult Activities ……..…… 7
Adult Fitness…..…… 8
Adult Pool & Open Swim…..... 10
Youth Swim Lessons……..…… 11
Youth Enrichment……..... 12
Dance Classes…… 16
Youth Sports…….. 17
Bulletin Board……..... 21
Val Halla……..…….. 23
Summer Camp Info..…… 25

How do I register?

Registration is accepted in many convenient ways: 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 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. The Recreation Department does not accept phone registrations.

Cancellation policies?

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

What are the fees?

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

Senior discount?

Senior discounts are stated throughout our brochure. The discount applies to seniors who are 65 or older.

Will I be sent confirmation?

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

Staff

Peter C. Bingham, Director
Patty Murphy, Assistant Director
Devon Galvan, Administration/Aging in Place
Sarah Davis, Office Support
Ted Bosarge, Parks Superintendent
Rob Hale, Aquatics Director
Nick Plummer, VH 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.

Photo Credits:
Val Halla sunset - Randy Billmeier
Back Cover - Brian Allenby

MORNINGS WITH FRIENDS

Mornings With Friends

Mark your calendar for upcoming Mornings With Friends! 10:00-11:30
Coffee and Snacks will be served
Watch the Crier for more information!

Holiday Gathering

Join us for this Aging in Place gathering with refreshments, fun, and entertainment! Holiday music will be provided by the Greely Madrigal Singers.
Council Chambers at Cumberland Town Hall
December 16

AARP Fraud Watch

Learn How to be a Fraud Fighter to Protect Yourself from Fraud and Scam attempts. Scams and identity theft rob millions of Americans of their hard-earned money every year. Scammers are smart, creative and relentless, but there are simple steps each of us can take to protect ourselves and our families from these crimes. AARP is proud to be a leader in the fight to combat fraud everywhere, and right here in Maine too. Join us for a workshop that will help you recognize common scams and what you can do to avoid them. You'll learn about useful resources and receive your own fraud prevention guide.
January 18

Hannaford Nutritionist- Eating as We Age

Hannaford Dietitian, April Byron MS, RD, LD will be guiding us through "Eating as we Age". Whether you have questions about the latest nutrition trends and products or concerns about diabetes, heart health, food allergies or other nutrition needs, April can answer questions and guide you on your journey to overall wellness. This class will explore the unique nutrition needs as we age, share ideas that make healthy eating fun, and include a Q & A.
February 15

Caring for the Caregiver

According to statistics, approximately 44 million people, typically adult children or spouses who may also be older with health issues, provide unpaid assistance and support for their relatives and friends. Those who provide this unpaid assistance are generally referred to as "informal" or family caregivers and they now serve as the backbone of the American system of long-term care for the elder population and those with disabilities. Although informal caregivers are the backbone of the long-term care system, they are an at-risk population in need of help, and support themselves to continue in this essential role. As the demand for this type of informal care increases, there will also be a rising need among caregivers for information, education, guidance, and emotional support. Join us to learn more about caregiver resources and for a discussion of how caregiving has affected you and your family. Sherry Boothby is a Cumberland resident and owner of "Happy at Home Seniors," providing aging in place, wellness education, and care management services for seniors and their families in Maine.
March 15

AAA Keeping the Keys

Keeping the Keys is a workshop designed to help keep senior drivers on the road for as long as safely possible. The free hour-long presentation is filled with tips and resources for older drivers and their families. Keeping the Keys workshop covers resources available to older adult drivers and tips to prolong your driving career. (This course does not qualify for an auto insurance discount). The class shows ways to minimize our risks in driving. Workshop topics include:

• How driving changes with age

- The top 5 on the road scenarios in which mature drivers crash and what to look out for how to safely adapt driving.
- How physical and mental changes can affect driving and how to safely adapt new driving strategies.
- How medications may impact driving.
- Vehicle safety, comfort, and fit.
- Resources to extend driving career.

April 12

AIP & CERTIFICATE CLASSES

Aging in Place Cumberland

www.cumberlandmaine.com/AIP

Do you want to live in your own home in Cumberland for as long as possible? For advice and assistance, visit AIP in the recreation department at Town Hall or apply for one of the many programs and activities sponsored by AIP Cumberland. FMI: AIP@cumberlandmaine.com or call Devon Galvan at 829-2208, ext 1042.

Cumberland Area Rides

Request a ride cumberlandrides@gmail.com or 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 and North Yarmouth older adults. Available Mon-Fri 9:00-3:00, Sunday 9:00-12:00. Five day notice requested. A joint project of AIP & the Congregational Church in Cumberland.

Daily Reassurance Calls

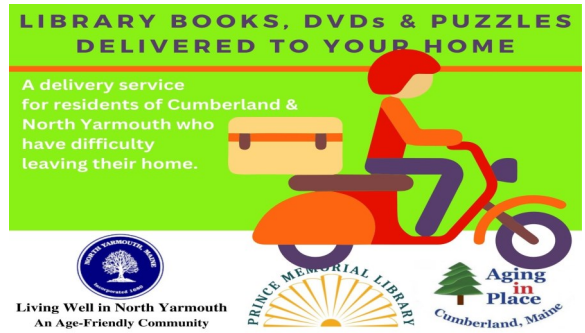
To participate, call 829-5421.
Would you like someone to check in with you each day? Sign up for the call-in program. If you don't call the Cumberland Fire Department each day by 9:00, someone at the department will call you.

Durable Medical Equipment

FMI: Call 829-5421
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.

Handy Helpers

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



Community CPR

This class is for the general public (healthcare professionals should take Basic Life Support). This class covers infant, child an adult CPR and AED. This class is taught by a Cumberland Fire Department AHA instructor.

Saturday, February 11
8:00-2:00
Community Room at the Cumberland Fire Department, 366 Tuttle Road
Fee: $70/$80 non-res

BLS

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

Choose ONE Class option:
Saturday, December 17
Saturday, January 7
Saturday, February 4
Saturday, March 4
8:00-2:00
Community Room at the Cumberland Fire Department, 366 Tuttle Road
Fee: $70/$80 non-res

FMI Stephanie Morgan
smorgan@cumberlandmaine.com

ADULT ACTIVITIES & TRIPS

Portland Museum of Art

Featuring over seventy significant works from the American Folk Art Museum's collection, this exhibition offers insight into the diverse landscape of folk and self-taught art in the United States from the eighteenth century to the present day. Capturing thoughts and experiences, this dynamic artistic production functions as a witness to history, a carrier of cultural heritage and a reflection of the world at large, with a wide range of artistic forms from quilts to pottery, paintings and sculpture. We will have time for lunch or a snack (not included) at the Museum café.

Friday, February 3
Depart Cumberland Town Hall at 10:00
Return early afternoon
Fee: $28, includes museum entrance & transportation (Café lunch is not included)

"Into the Woods"

USM Theater 10:00 Matinee
James Lapine and Stephen Sondheim take everyone's favorite storybook characters and bring them together for a timeless, yet relevant piece… and a rare modern classic. The Tony Award-winning book and score are both enchanting and touching. We will stop for lunch after the show, location TBA.

Friday, March 10
Depart Cumberland Town Hall at 9:00/return approximately at 2:30
Fee: $20, includes transportation & ticket (lunch is not included)

"Eurydice Rising; A Devised Creation of Music, Theatre & Dance"

USM Theater 10:00 Matinee
The Osher School of Music and the Department of Theatre and Dance present a dynamic, collaborative reimagining of one of ancient Greece's most iconic myths of Orpheus' journey to the underworld. We will stop for lunch after the show, location TBA.

Friday, April 7
Depart CTH at 9:00/return approx. at 2:30
Fee: $20, includes transportation & ticket (lunch is not included)

Full Moon Snowshoe Tour

NEW

Devon Galvan

This guided snowshoe tour will meander through Val Halla under the light of the full moon. Participants must provide their own snowshoes. Dress warmly and bring your own headlamp or flashlight and water bottle. At the conclusion of the trek, we will warm up with hot chocolate and cookies. Ages 18+

Val Halla
January 6, 6:30-8:00
February 5, 6:30-8:00
Fee: $10 (per date)

ADULT ACTIVITIES

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.

Session 1: Wednesdays, January 4 - February 8
6:30-8:30
Session 2: Wednesdays, March1 - April 5
6:30-8:30
Greely Middle School Art Room
Fee per session: $95/$105 non-res (Fee includes all materials)

Winter 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 along with a still-life setup. 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.

Mondays, January 23 - March 20 (No class 2/20)
GMS Art Room 6:30-8:30
Fee: $80/$90 non-res/$75 senior

Drivers Education

Bartley's Driving School
www.bartleysdrivingschool.net
207-657-5010

Indie Driver Educational Services, LLC
www.indiedriver.com
207-838-4634

Best Clothing & Makeup Colors for Your Coloring

Candace Sanborn, Owner of Radiant Image

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 for your coloring so you can put the two together to create a more vibrant you!

Tuesday, March 14, 5:30-8:00
Central Fire Station Community Room
Fee: $25/$35 non-res

Best Hairstyles, Glasses & Necklines for Your Face Shape

Candace Sanborn, Owner of Radiant Image

Learn what looks good for your face shape! In this fun class, you'll learn your face shape and tips for enhancing your appearance by working with your facial features. We'll teach you hair-style do's and don'ts for your face shape as well as glasses, clothing patterns and necklines that harmonize with your features. You'll get to choose one of those things that you want the instructor to provide you with specific guidance. Come on your own or grab a friend and learn some great tips that will help you look your best!

Tuesday, April 4, 5:30-8:00
Central Fire Station Community Room
Fee: $25/$35 non-res

Radiant IMAGE
Look Good. Feel Good.

ADULT FITNESS

Cardio Fusion (Mini Session)

Julie Waterman, ACE certified
(American Council on Exercise)

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

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

North Yarmouth Community Center
Mondays & Wednesdays,
January 4 - January 23
9:00-10:00
Fee: $47, $57 non-res/Seniors $5 discount

One class Per Week:
January 4 - January 23 (No class 1/16)
9:00-10:00
Fee: $38/$48 non-res/Seniors $5 discount

Spring session will start in late April, please check the upcoming spring brochure for more information.

Free Your Hips

Elizabeth Burd

In a relaxed and supportive environment, we will be using a combination of techniques including, Diaphragmatic Breathing (Yogic, Pranayama) Trigger Points, Feldenkrais, and Yoga Postures to help connect with what your body is trying to tell you through pain or stiffness. You may be surprised how the rest of your body responds once you have gained some range of motion in the hips. In this workshop, we will also explore how strengthening the right muscles can reduce pain. If you have tight hip flexors, chronic pain or tightness and have resigned to thinking: "That's just how I am...I have tried EVERYTHING" then this workshop is for you! Each workshop will be different enough to take all 3! Please bring lunch, water and a towel or mat.

Saturdays, January 21 OR February 11 OR April 8
11:00 - 2:30 (Includes a lunch break)
West Cumberland Hall
Fee: $70/$80 non-res each session

360 Circuit Training

Jenn Bingham
Intermediate to advanced

Join Personal Trainer and Group Exercise Instructor, Jenn Bingham, for a full body workout. This bootcamp style workout includes cardiovascular conditioning, strength training, core work and stretching. Examples of exercises performed include running, squats, lunges, pushups, burpees, jumping jacks, and mountain climbers. Modifications will be offered to increase or decrease intensity to meet each participant's needs. Jenn will vary the exercises and format for every workout so no two boot camp classes are the same. Participants are required to bring hand weights, water and their own mat.

Choose one of the following Options:

Tuesday Evenings, January 3 - April 11
(No Class 2/21)
North Yarmouth Community Center 5:30-6:30

Tuesday Mornings, January 3 - April 11
(No Class 2/21)
North Yarmouth Community Center 8:30-9:30

Thursday Mornings, January 5 - April 13
(No Class 2/23)
North Yarmouth Community Center 8:30-9:30

Fee: $140/$150 non-res PER "Option"

ADULT FITNESS

All-Levels Yoga – Slow Flow

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 and a bath-sized towel to class.

Mondays 9:00-10:00, January 9 - April 3
(No class 1/16 or 2/20; Make-up day 4/10)

Wednesdays, 9:00-10:00
January 11 - April 5
(No class 2/22 or 3/15; Make-up day 4/12)
North Yarmouth Community Center
Fee per session: $116/$126/non-res/$106 senior

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 and a bath-sized towel to class.

Wednesdays, 10:15-11:00
January 11 - April 5 (No class 2/22 or 3/15)
Make-up day 4/12
North Yarmouth Community Center
Fee: $116/$126/non-res/$106 senior

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 lb pair of weights.

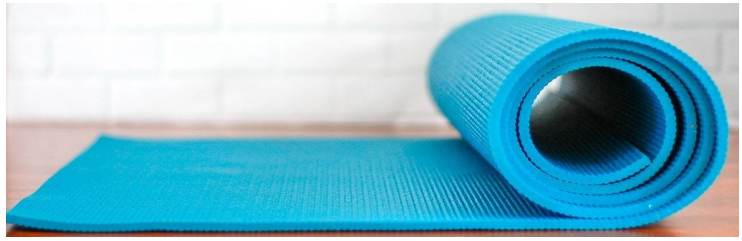
January 10 - April 13, 12-12:50pm
North Yarmouth Community Center
Fee: Tuesday or Thursday $154/$164 non-res
Both days $295/$305 non-res

Morning Tai Chi

Louise Poppema

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

Wednesdays, January 11 - February 15
Prince Memorial Library, 10:00-11:00
Fee: $70/$80 non-res



ADULT SWIM & OPEN SWIM

Masters Swim Program

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 closures.

Greely pool
Tuesdays/Thursdays, 5:30-7:40
Saturdays, 6:30-8:40 January 3, April 13
Fee: $220/230 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:

Monday/Wednesday/Friday, GHS Pool 5:30a-7:40a

***You must sign up for "Swim Time Slot" through Sign-up Genius via the Greely Pool website: https://www.cumberlandmaine.com/recreation/pages/greely-pool**

PLEASE CANCEL YOUR SLOT IF YOU CANNOT ATTEND YOUR SESSION OR YOUR CARD WILL BE PUNCHED.

Swim Punch Card

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

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

Saturday Open Recreational Swim for Adults & Children

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

Greely pool
Saturdays, (December 3 - April 1)
12:30-2:00
No Program: Dec 24, 31, Feb 11, 18, 25
Fee: Children/Adults: $3 res/$5 non-res
Family (3+): $8/res $15 non-res

YOUTH SWIM LESSONS

Late Winter Youth Swim Lessons

Please see below for individual level descriptions
Saturday Mornings (6 Classes)
Lesson Dates: March 4 - April 8 (Make up 4/15)

GHS Pool
Parent/Child 9:00-9:30 (Infant to age 3)
Min 4, Max 12

Ages *3½ -5 (Level 1/2) 9:00-9:30
Min 3, Max 8 (Participants must be 3.5 yrs old at start of session)

Ages *3½ -5 (Level 1/2) 9:40-10:10
Min 8, Max 16 (Participants must be 3.5 yrs old at start of session)

School Age Swim Lessons
Levels 2-4 for ages *6 and up, 10:20-10:50, 11:00-11:30 0r 11:40-12:10
Min 8, Max 18 *Must be age 6 by March 1

Fee: $70/$80 non-res per session (All Lessons)

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 this level swimmers would be encouraged to possibly join Seacoast Swim Club.

YOUTH ENRICHMENT

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.

MIW Music Room
Class times have a maximum of 6 students per session.
Session 1: Thursdays, January 5-26
Session 2: Thursdays, March 2-23

Intro to Piano (Grades 1 and up) 3:30 or 4:00
Intermediate Piano (Grades 1 and up) 4:30 or 5:00
**Adults (18 and over only) 5:30*
Fee: $70/$80 non-res

The Joy of Music for Your Little Ones

Rachel Rivera

A chance to move, sing, and enjoy music with your little one once a week. Come join and bring the joy of music into your and your child's life! In each of the sessions, we will be doing a variety of bounces, lullabies, simple songs and circle games, and wiggles and tickles that you will be able to do with your child at home as well. Classical music, folk songs, and rhymes that have been passed down from generation to generation are powerful tools for brain function and livelihood, along with creating a sense of community. Parent or guardian participation is required. One child per adult. (Program cost includes one cancellation or missed class).

Up to age1, 9:00-9:45
Ages 2 to 3, 10:15-11:00
North Yarmouth Community Center
Wednesdays, January 11 - April 5 (make-up day 4/12)
Fee: $179/$189 non-res

Mad Lab Medley
Mad Science

Join us in discovering the many ways science helps us explore our world! “Mad Lab Medley” is full of exciting sampler “courses” aimed to meet the varied interests and imaginations of today’s young minds! Unravel the mystery of chemistry by watching crystals form in a water glass. Experiment with hover-crafts, foaming concoctions, and Technicolor Blenders. Grab your ticket to the stars with your own pocket sky map. Walk in the shoes of detectives and examine fingerprints, mystery powders, and ink samples. Learn about how different animals adapt to their environments, and get bug-eyed with Insect-A-Vision take-homes sure to challenge your perspective. From telescope to microscope and everything in between, this class will leave you inspired by the wonders of science! Grades K-3.

Mondays, January 9 - March 6 (No Class 1/16, 2/20)
MIW Art Room 3:30-4:30
Fee: $120

Secret Agent Lab
Mad Science

Ever dream of becoming a secret agent? We'll start with the basics: From decoding messages to metal detectors and night vision, campers have the opportunity to check out spy tech equipment and take home lots of gadgets like spy glasses! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis! Figure out the science of forensics in a hands-on look at crime scenes! Become a super spy and learn clever ways of performing tasks as we take a hands-on investigation of the science that spies use!
Grades K-3.

Mondays, April 3 - May 22 (No Class 4/17)
MIW Art Room 3:30-4:30
Fee: $120

YOUTH ENRICHMENT

Tae Kwon Do

SaBumNim Jake Daniele

Tae Kwon Do is a great way to become physically and mentally fit while having fun! Learn valuable life-long skills, respect, self-confidence and courage, all while practicing self-defense techniques. This is a great introduction to the Martial Arts while incorporating fun games and drills. Beginner class is for grades 1 through 8. Adult/Mixed Intermediate class is for adults and students ages 13 and up. Advanced class is only for approved students (up to grade 12) who have completed the Beginner class. New and returning students should continue to sign up for the beginner class until advancement is confirmed by instructor. Students receive a free uniform at the first session!
Location: West Cumberland Community Hall

Mondays, January 30 – April 3
Beginner Class 5:00-5:45
Adult/Mixed Intermediate Class 6:00-6:45 (Adults & students ages 13 and up)

Wednesdays, February 1 – April 5
Beginner Class 5:00-5:45
Advanced Class 6:00-6:45 (Must have completed the Beginner Class and can only advance with instructor permission)

Fee: $85/$95 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 winter as students learn American Sign Language! The winter session will be filled with optional performance opportunities. We are hoping to tape a Renys commercial and will also perform The National Anthem in ASL at a Greely High School varsity basketball game!

Early release Wednesdays, 12:45-2:45
Grades 3-5
Mable I Wilson Library
1/11, 1/25, 2/1, 2/8, 3/1, 3/15, 3/22, 3/29, 4/5
Fee: $200 (includes all classes and performances)

SOUNDS OF SILENCE

Enchanted Evening Ball

Fee: $30 (Fee includes 1 Adult and up to 2 Children)

YOUTH ENRICHMENT

Babysitter's Training

Gail Platts

Children will learn about the responsibilities of becoming a baby-sitter. Topics include the business of babysitting, emergency procedures and basic first aid, childcare, amusement of children and more. Upon completion of this course, participants will receive American Red Cross Babysitting certification. Full attendance is mandatory to obtain certificate.

Location: Town Hall Council Chambers
9:30-4:00 (Bring a bag lunch)
Ages 11–14
Note: No refunds or switching program sessions unless there are participants on a wait list.

Choose One:
Session I: Saturday, January 14
Session II: Saturday, April 29
Enrollment is Limited to 14

Fee: $85 resident, $95 non-resident
(fee includes *new updated materials)*

Lego Woodland Creatures

Brick By Brick Maine

Just us for this 6 week class where we discover the animals and habitats of the Maine woods! Weekly builds may include a friendly fox, a hairy hedgehog and a wild turkey. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Mabel I Wilson, 3:30-4:30
Grades K-3
Fridays January 6 - February 10, (Make up 2/17)
Fee: $96

"Before the Bell" Program

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

Before School is a fun, supervised start to your child's day! Our staff are up bright and early and are always wearing a smile. Activities include gym games, creative arts, challenges and more. This is a great way to get the day started in a fun and safe environment! Program will take place each morning school is in session.

Session 1: January 3 – April 13
Time: 7:15-8:15
MIW GYM
Fee: $375
Registration for Session 1 Opens on Tuesday, December 6

Session 2: April 24 – June 13 (or last day)
Time: 7:15-8:15
MIW GYM
Fee: $199
Registration for Session 2 Opens on Tuesday, March 7

Lego Arctic Fun

Brick By Brick Maine

Don't get left out in the cold! Join us for this 6 week class where we build creations associated with winter! Weekly builds may include a hockey player, a polar bear or a snow mobile. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Mabel I Wilson, 3:30-4:30
Grades K-3
Fridays, March 3 - April 28, (Make up 5/5)
(No class 3/10, 4/14 or 4/21)
Fee: $96

YOUTH ENRICHMENT

SAT ENGLISH & MATH Prep! (for Grades 11-12) on ZOOM

Becky Pride, English & Doug Pride, Math

The purpose of these preparatory sessions is:
• To familiarize students with the nature and format of the test.
• To offer tactics, tips and skills to help students perform as best they can on the exam.
• To provide practice work so that students will understand what is expected of them.

The books, Barron's SAT Study Guide [English] and Barron's [Math] Workbook, include practice tests. Books are included in registration fee. Students need a notebook/paper and a pencil for each class, as well as a calculator for each math class.

BOOK PICK-UP:
ALL STUDENTS must pick up their books at the Recreation office in the Cumberland Town Hall at 290 Tuttle Road, between January 30 - February 9. (Cumberland Town Hall is closed on Fridays).

Students need to provide an email to receive the Zoom link for each class. Please make sure the student's email is correct when registering. Students may choose one or both of these courses!

SAT English Course, Tuesdays
The English SAT sessions focus on writing/language and evidence-based reading instruction.
Dates: Feb. 14 & 28 and March 7. All classes will be live on Zoom 6:30 – 8:00 pm
Fee: $115/ English class (Includes 3-week class & book).

SAT Mathematics Course, Thursdays
The Math SAT sessions focus on what the College Board refers to as "the Heart of Algebra, Problem Solving & Data Analysis, Passport of Advanced Math & Additional Topics in Math."
Dates: Feb.16 and March 2 & 9 All classes will be live on Zoom 6:30 – 8:00 pm
Fee: $115/ Math class (Includes 3-week class & book).

Our SAT instructors:
Becky Pride taught juniors and seniors at Yarmouth High for 35 years and has tutored students preparing for the SAT & ACT for more than 40 years. English questions? Please email Becky at rebeccapride1@gmail.com.

Doug Pride taught math for 34 years at Greely High School. Math questions? Please email Doug at dougpride1@gmail.com.

Green Screen Filmmaking Vacation Camp

Unwritten Roads

During this fun and collaborative week learners will work together to write, direct and film an original movie! Learners will produce their own film from page to screen and take on leadership roles as writers, set and costume designers, actors, directors, and editors. Families will receive a digital copy of the movie after final edits have been made.

April School Vacation,
Monday - Friday, April 17 - April 21
10:00-2:00
North Yarmouth Community Center
Ages: 8 - 11
Fee: $310/$320 non-res

Pokemon Club

Brooke Nicholas

Come join the Pokemon Club! We will provide a snack and an organized place to learn and trade Pokemon cards. Each meeting will involve a Pokemon related game, craft or activity. We will discuss and create our club rules for fair and honest trading and learn about conflict resolution. We will divide the group based on age and skill level. Younger students and/or those new to Pokemon will be matched up with an experienced buddy/ mentor. Age K - 3.

Thursdays, January 5 - March 16
(No class February 23)
West Cumberland Hall 4:30 - 6:00
Fee: $80/$90 non-res

DANCE CLASSES

Instructor: Julie Wilkes, Director of Brio Dance
For more information please contact Brio Dance Studio at 253-1700 or briodancestudio@gmail.com. Please send your dancer in comfortable clothes they can move in. No jeans please. Water bottles are strongly encouraged.

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 2-3

North Yarmouth Community Center, 10:00-10:30
Session 1: Tuesdays, January 3 - February 7
Session 2: Tuesdays, February 28 - April 4
Fee: $50/$60 non-res (per session)

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. Grades K - 2

North Yarmouth Community Center, 5:00-6:00
Session 1: Thursdays, January 5 - February 9
Session 2: Thursdays, March 2 - April 6
Fee: $60/$70 non-res (per session)

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! All dancers will be required to have pink leather or canvas ballet slippers and tap shoes. Grades 3 - 5

North Yarmouth Community Center, 6:00-7:00
Session 1: Thursdays, January 5 - February 9
Session 2: Thursdays, March 2 - April 6
Fee: $60/$70 non-res (per session)

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 3 - 5 (not enrolled in Kindergarten) *All dancers must be potty-trained.

North Yarmouth Community Center, 4:30-5:00
Session 1: Thursdays, January 5 - February 9
Session 2: Thursdays, March 2 - April 6
Fee: $60/$70 non-res (per session)

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 1 ½ - 3

North Yarmouth Community Center, 9:30-10:00
Session 1: Tuesdays, January 3 - February 7
Session 2: Tuesdays, February 28 - April 4
Fee: $50/$60 non-res (per session)

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. Grades K - 3

North Yarmouth Community Center 3:45-4:30
Session 1: Thursdays, January 5 - February 9
Session 2: Thursdays, March 2 - April 6
Fee: $60/$70 non-res (per session)

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. Grades 4 - 6

North Yarmouth Community Center, 7:00-8:00
Session 1: Thursdays, January 5 - February 9
Session 2: Thursdays, March 2 - April 6
Fee: $60/$70 non-res (per session)

YOUTH SPORTS

Middle School Ultimate Frisbee Spring League

GU Head Coach: Maureen Lucey & Troy Goddu

The middle school league is made up of boys and girls in grades 5 - 8 on Co-ed teams.

This program is designed to introduce players to the sport of Ultimate as well as improve disc skills and teach the kids to work together as a group. Sportsmanship is paramount in Ultimate as there are no referees. Players learn the rules and make their own calls, using the "Spirit of the Game" to guide their actions on the field. Playing hard is encouraged, but NEVER at the expense of respect for the game and others.

The Greely Middle School Ultimate League (GMSUL) – runs on a concept similar to Little League in baseball, where teams are set up by splitting ALL players into 4-6 evenly skilled teams. In addition to GMSUL games, the kids will join together to scrimmage against other local towns when possible, rotating participants based upon available numbers.

GU League games will be played on Mondays and Wednesdays at Twin Brook. Scrimmages against local schools will be played on League Nights and occasionally on Friday nights (Friday Night Lights!!!).

Program tentatively scheduled to begin Monday April 10, weather permitting

Fee: $105.00 Per Participant (Includes uniform top and a disc for each player)

In addition to the regular league, we also run a "GU Travel Team" which will be playing concurrently with their regular league play. This is separate from the League and has a separate fee. This team concentrates on more elevated play and concepts for players with 2+ years of experience to get them ready for High School and beyond. This option will be available once the season begins, more info to come!

Spring High School Ultimate Frisbee

Coach: Kevin Massey, Mike Leding, Emily Kallin and Jared Jandeau

High School Ultimate is growing rapidly in America! Today, more than 4 million people play the sport of Ultimate. The sport of Ultimate encourages fitness, sportsmanship, competitiveness, and above all, having fun! At Greely, the high school Ultimate program has grown considerably. All Greely High School students are eligible to participate in the Ultimate program. The students that participate in the program will learn proper throwing and catching mechanics, offense/defense strategies, rules of the game, and a strong sense of sportsmanship and teamwork.

Cumberland Ultimate is an affiliated member of the Maine Ultimate High School League. We offer both a Boys and Girls team and an integrated Co-ed team.
The program starts after February break (indoors) and runs to until early June. Outdoor practices are held on Mondays and Fridays, 4.00-5.30 at the Cumberland Commons. HS Games are held on Wednesdays starting in April.
Games are held at the Wainwright Sporting Complex in South Portland.

Fee: $180 Per Participant

**High School Team is NOT affiliated with the Recreation Dept., however we will be collecting registrations for the program.

SPRING YOUTH SPORTS

Greely Baseball Winter Skills and Drills Camp

Come train with the coaching staff of the 1999, 2007, 2009, 2014 & 2015 State Champions!

The Greely Baseball Coaching staff will be hosting a baseball clinic for children grades K-8 (sessions are grouped by grade). The focus will be on improving young players' basic fundamental skills with their ability to throw, hit, and field. The players will be rotated through a series drills in this non-competitive environment. The coaching staff includes: Derek Soule, Current Greely Varsity Baseball Coach, 2017 Maine Baseball Hall of Fame Inductee Mort Soule, Former Greely assistant & Deering head coach, 1991 Maine Baseball Hall of Fame Inductee.

The camp will run 8 Sunday afternoons at the Greely High School Commons Gym:
January 8 - March 12 (No Program 2/19 & 2/26)
The sessions are based by grade and have a limit of 24 participants per session:

Session 1: 10:00-11:00 (K-3 grade)
Session 2: 11:15-12:15 (4-8 grade)
GHS "Commons Gym"
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.
Monday - Thursday, April 17-20
Twin Brook Greely Road Baseball Fields, 9:00–12:00
Fee: $125/$135 non-res

Indoor Soccer Clinics for Boys & Girls

Instructor: Mike Andreasen, GHS Varsity Boys Soccer Coach

A great program to keep your soccer skills in tune. Learn some new skills, improve on the old and most of all have fun! Time will be spent briefly covering a few drills and skills, but priority time will be with fun games.

Sessions:
Kindergarten: 8:00-8:45
Grade 1: 9:00-9:45
Grade 2: 10:00-11:00
Grade 3-6: 11:00-12:00
Saturdays: March 11, 18, 25, April 1, 8
Greely Middle School Gym
Fee: $50/$60 non-res

Bitty Ballers Basketball

Travis Seaver, GHS Varsity Basketball Coach

"Bitty Ballers" is an introduction to Basketball Program created by Greely's Varsity Coach, Travis Seaver for preschoolers.
The Program is designed to introduce children to the game of basketball, the fu way! Children will learn rules, key words and how to play the game, as well as participate in skill developing games throughout the session.
Participants must be age 4 or 5 (but not yet in kindergarten).

Mabel I. Wilson School
March 4, 11, 18 and 25
Session 1: 9:00-9:45
Session 2: 10:00-10:45
Fee: $50

SPRING YOUTH SPORTS

Running Club

Katie Caiazzo

Does your child love to run? Are you looking for a way to burn off some of that excess after school energy in a safe and positive environment? Cumberland/North Yarmouth Recreation is again offering the Spring Running Club Program!
We will have four regular season meets with neighboring communities and conclude with the Championship at Twin Brook on June 3rd
The primary focus of this POPULAR program is to promote running as a fun, group oriented activity and is a great way to stay healthy. “Fun Run Meets” will be scheduled each Wednesday with other surrounding communities. Assistant Coaches are needed. Please note when registering if you are able to assist. Grades 1-5.

Registration Opens on Tuesday, March 7.

April 24 - June 5 (M, W, F)
*Practices Run from 3:45-4:45
(Transportation from MIW to practices will be provided)
Regular Season Meets begin at 4:15
(No transportation to Home or Away meets)
Championship on Saturday, June 3
MIW/Twinbrook Recreation Area
Fee: $100

Cumberland Soccer Club

Registration opens on April 1.
CSC Summer Camp will take place Aug 7-11.
FMI, visit: http://www.cumberlandsoccerclub.org/
Note: This is NOT a Recreation Dept program.

Kids Triathlon

This event is open to youth athletes grades 1-7 (as of registration date). Registration is limited to 150. 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 with covering the cost of summer day camp programs offered by the Recreation Department. This event will be held at Greely High School campus and surrounding neighborhoods starting at approximately 9:00 am. There will be 2 age groups, (assignment based on the participant's grade at time of registration) 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. We will race, rain or shine! However, in the event of inclement weather, the Town of Cumberland reserves the right to modify the event as appropriate or cancel it.

If you have any questions or would like more information, please visit us on our Facebook page: https://www.facebook.com/CumberlandNYKidsTri/

The cost includes a race bag, t-shirt, water bottle, finisher medal, and other gifts.
Sunday, May 21
Greely High School Campus
Fee: $60/$70 non-res

SWIM BIKE RUN

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, 21, June 3 (Rain date 6/10) 5 weeks, 9:00-10:00
Twin Brook "Shelter Field"
No Program Memorial Weekend, May 27
Fee: $50/$60 non-res

Cumberland - North Yarmouth Lacrosse

Registration for boys and girls youth lacrosse, grades 3-6, will **Open on January 1 and close on March 15**. Registration must be completed online and practices begin in late March.

Learn to LAX – **Free Clinics** are tentatively scheduled to be held this winter for Boys and Girls in grades K-2, Grades 3-4 and grades 5-6.

Please visit the Cumberland/North Yarmouth Lacrosse website for more information about the program.
http://www.cumberlandmelax.org/

Contact Brett Allen at ballen7457@gmail.com with questions.

Note: This is NOT a Recreation Department program.

Little League Baseball & Softball

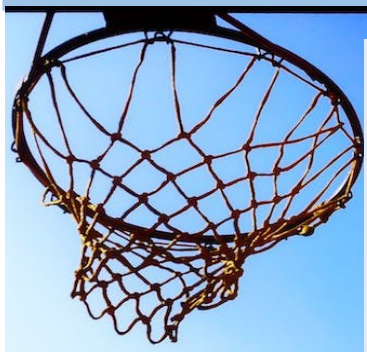
2023 Cumberland/North Yarmouth Little League registration will open on Tuesday, January 3. Registrations will only be accepted online at https://www.cnyll.com/cnyll
An early bird registration discount will be given to those who register prior to February 10. Please note that there is no early bird discount for our Tee Ball programs. Multi-child discounts apply to all programs.
Note: This is NOT a Recreation Department program.

Cumberland/North Yarmouth Community Recreation would like to thank all of our C/NY United volunteer fall soccer coaches and a **very special thanks to Eliza Miller**. Their dedication, energy and enthusiasm is what made this fall program such a success. THANK YOU!

Amanda Albee	Nick DiMatteo	Dave Harding	Taylor Lynn	Kevin Petrie
Meghan Beaulieu	Adam Dougherty	Kari Haugen	Kevin McCusker	Jesse Reich
Kristy Bishop	Caleb DuBois	Jackie Hersey	Stephanie McDonough	Ed Stebbins
Brad Blymier	Heather Emery	Anneke Hohl	Beth McDuffie	Joe Sweet
Jeremy Boardman	Chris Girardin	Dan Hondo	Clara McDuffie	Mike Theriault
Beth Bryant	Elayna Girardin	Abby Hutnak	Justin Michaud	Dan Thomsen
Jim Bryant	Mary Goodrich	Zach Janosik	Nathan Ochsner	Tm Valenti
Vanessa Bryant	Micaela Greco	Shannon Kane	Xanthe Parian	Mike Werrill
Scott Caron	Vanessa Greco	Cheryl Lambert	Kurtis Petersons	Amanda Wood
Dwight Deckelmann	Ryan Grund	Webb Long	Jess Petrie	Justin Wood

We would also like to thank Head Varsity Boys & Girls Coaches Mike Andreasen, Rachel Williams and the members of both Varsity Teams for coaching our Kindergarten Program.

BULLETIN BOARD



Open Gym

Greely Middle School Gym will be open each Saturday, beginning Dec. 3 from 2-4pm for open gym.
Come and work on shooting, dribbling or play some "pick-up" hoops.
Saturdays: Dec 3 - Feb 18
(No open gym 12/24 & 12/31)

GMS Gym 2:00-4:00 **Fee:** $3/person

Dec & Feb Vacation Week Schedule:
2-4pm each day
Dec 23, Dec 27-30 ~ Feb 21-24

Men's Pickup Indoor Soccer

Sunday mornings indoor soccer program is open to the community at the Greely High School Gym.

7:30-9:30 Beginning Sunday, December 4

FMI - Email Dan Fugina fugi52@gmail.com

Adult Basketball

30 & Over

Open gym time is available for those who wish to participate in a pick-up game. This is an on-going program; no need to register.
Sundays 7:00–9:00
GHS
Wednesdays 7:30–9:00
GMS
Fee: $2 per visit

FMI - Email:
Steve Hamilton
steveh_59@yahoo.com

WESCUSTOGO HALL & COMMUNITY CENTER

WINTER PICKLEBALL SCHEDULE

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

NORTH YARMOUTH COMMUNITY CENTER

Wescustogo Hall & Community Center

Merry Mixer

Saturday, December 10th

Join us for a night of holiday fun! Wear your matching pajamas
or an ugly sweater to spread holiday cheer.
We'll have music, hot cocoa, and more!

4:30pm

INDOOR WALKING

Wescustogo Hall & Community Center

Starting September 12

Mondays | Wednesdays | Fridays

10-11am

This program is FREE for residents.
Please bring shoes to wear in the gym.
No boots or outdoor shoes allowed.

OPEN GYM

WESCUSTOGO HALL COMMUNITY CENTER

MONDAYS & WEDNESDAYS GRADES 5-8 | 3:30-5PM

TUESDAYS & THURSDAYS HIGH SCHOOL | 3:30-5PM

FRIDAYS ALL AGES | 3:30-5PM

STARTING SEPTEMBER 12

$3 DROP IN FEE OR BUY A PASS
$20 FOR 10 VISITS & FIRST VISIT IS FREE

PLEASE, BRING SHOES TO WEAR IN THE GYM. NO OUTDOOR SHOES/BOOTS ALLOWED.

VAL HALLA

Val Halla Holiday Specials

Val Halla's Pro Shop will be open for Holiday shopping. Gifts from Val Halla make great presents and stocking stuffers for any golfer in your family! In addition to the "deals" below, there will also be sales on all in-stock merchandise.

Pro Shop Hours 10:00 to 2:00; Saturday 11/26, 12/3, 12/10, 12/17

Items below can also be purchased through the Cumberland Recreation Office at Town Hall, Monday through Thursday from 8:00 to 5:00, beginning November 28th and ending on Thursday, December 22nd.

Deals	Description	Regular Price	Sale Price
#1	10-PLAY (18)	$ 420	$ 380
#2	10-PLAY (9)	$ 300	$ 260
#3	10-RIDE (18) Member	$ 160	$ 140
#4	10-RIDE (9) Member	$ 115	$ 100
#5	10-RIDE (18) Non-Member	$ 190	$ 165
#6	10-RIDE (9) Non-Member	$ 135	$ 120
#7	Driving Range Pass	$ 60	$ 50
#8	Single Round w/ Cart	$ 71	$ 60
#9	Foursome w/ Carts	$ 284	$ 230
#10	$50 Gift Certificate	$ 50	$ 40

**** Limited to a Max of 2 of each item ****

For more details, please email Nick Plummer at nplummer@cumberlandmaine.com

Val Halla Spring Program & Summer Camps

Early Release Wednesday Golf (Grades 3-5)

Nick Plummer

This popular junior golf program is offered as an introduction to golf basics and is a perfect way for junior golfers to get some golf instruction before the school year ends. We focus heavily on grip and stance; chipping and putting; full swings; rules and etiquette. This program also provides the opportunity to play the course should the golfers be "course ready." This program will be held rain or shine at Val Halla on Wednesdays. Club storage and golf equipment is available for this program at no additional charge. Students will be escorted from school at dismissal to Val Halla by VH Staff.

Val Halla Golf Course ~ Wednesdays, 12:30-5:00 ~ April 26, May 3, 10, 17, 24, June 7
Fee: $180

Registration opens on Tuesday, March 7.

Junior Golf Camp (Ages 7-14)

Nick Plummer

Camp Overview: We offer both Full Day and Half Day camps. Both camps start the day with 3 hours of instruction at the practice facilities. Campers are rotated through different stations focusing on the different aspects of golf. At the conclusion of the morning session, we break for lunch. Lunch is provided by Rachel's on the Green and is included with the registration fee. In the afternoon, Full Day campers get to test out their skills on the golf course, while counselors teach the importance of course management and the rules of golf. The full day session concludes with chipping/putting contests.

Full-day camps (ages 8-14): Provides an excellent opportunity for junior golfers to improve their fundamentals and develop strong course management skills. Participants are segmented into smaller groups based on their experience level and age in order to create the most favorable learning environment possible. Full day camp runs Monday to Thursday from 9:00 to 4:00 and Friday 9:00 to 12:30.
Fee: $399 / $429 non-res

Half Day camps (ages 7-13): Designed as an entry for new golfers to receive hands-on instruction and for families with afternoon scheduling conflicts that cannot commit to a full day of camp. For 3 hours each day, campers learn skills with a strong emphasis placed on basic fundamentals and having fun! The half day camp includes only one morning of on-course play. Half day camp runs Monday to Friday from 9:00 to 12:30.
Fee: $239 / $269 non-res

Regardless of which camp your child is registered for, we will tailor our instruction to their needs and will pair them with a group that will allow them to enjoy camp and get the most out of our instruction. Each session is limited to 25 full day campers and 10 half day campers. Each camper will receive a collared golf shirt on their first day of camp.

Camp Registration opens on Tuesday, February 7 for residents and February 14 for non-residents.

2023 Camp Schedule

Session 1: June 19 - 23
Session 2: June 26 - 30
Session 3: July 10 - 14
Session 4: July 17 - 21
Session 5: July 24 - 28
Session 6: July 31 - August 4
Session 7: August 7 - 11

SUMMER CAMP INFO

Magic Dragon Pre-School Half Day Camp

Mabel I. Wilson School
Limited enrollment. Sign up early!
2023 Camp Dates: June 26 -Aug 11 (No camp week of July 3-7). Monday-Friday, 9:00-12:30.

This is a play-oriented program designed to meet the needs of pre-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, generally on Thursday mornings. This camp is a wonderful way for your child to get acclimated to Wilson School and riding a school bus! Children should bring a snack each day.
Note: Children must be 4 years old prior to June 1, 2023 (No exceptions).

Summer Adventure Junior Full Day Camp

MIW (Grades Entering K & 1 in Fall 2023)
2023 Camp Dates: June 26- August 11 (7 Weeks)

Day camp themes will concentrate on activities and socialization for youth grades K & 1.
On "Home Days," structured activities are arts & crafts, games, drama sports and swimming. Wednesdays are scheduled Field Trip Days, (weather permitting). The afternoon schedule consists of swimming, games, special activities, and theme events. Campers are divided into two groups, according to your child's grade for the upcoming school year. Camp hours are from 9:00–4:00. Before & After Care is available at NO EXTRA FEE from 8:00-9:00 & 4:00-5:30 daily.

Note: Children must be 5 years old prior to June 1, 2023 (No exceptions)
Kindergarten (Juniors)
Grade 1 (Seniors)

More camp information and Registration dates will be in the spring 2023 brochure.

SUMMER CAMP INFO

Summer Adventure Full Day Camp

Greely Middle School (Grades Entering 2-5 in Fall 2023)
2023 Camp Dates: June 26 - August 11
(7 Weeks)

One Beach & One Field Trip Per Week Weather Permitting.*
Day camp themes will concentrate on activities and socialization for youth grades 2-5. On "Home Days," structured activities are arts & crafts, games, drama sports and swimming. Tuesdays & Thursdays are scheduled TRIP DAYS. The afternoon schedule consists of swimming, games, special activities, and theme events. Campers are divided in to three groups, according to your child's grade for the upcoming school year. Camp hours are from 9:00-4:00. Before & After Care is available at NO EXTRA FEE from 8:00-9:00 & 4:00-5:30 daily
Grade 2 & 3 (Juniors)
Grades 4 & 5 (Seniors)

Middle School Summer Full Day Camp

Participants Grades 6, 7 & 8 (Entering Fall 2023)
Camp location: Greely High School
2023 Camp Dates: June 26 - August 11
(7 Weeks)

The Middle School Summer Adventure program is designed specifically for middle school youth. This program will take three field trips weekly and be on-site on Tuesdays & Thursdays. Field trips will range from area amusement parks, hiking, rafting, kayaking to beach days.
General hours for camp will be 9:00 – 4:00; some field trips will have extended hours (i.e. bus leaving at 8:00 and returning at 4:30).
Before & After Care is available at NO EXTRA FEE from 8:00-9:00 & 4:00-5:30 daily.

More camp information and Registration dates will be in the spring 2023 brochure.

Summer Fun for 2023! *Tentative*

Lego Camps
Camp USA
DaVinci Experience Camps
Green Screen Filmmaking
Mad Science Camp
Hodge Podge Camp
Art Camp
Kick off the Summer with K&K
Sailing Camp
Pre-School Science Camp
Hip Hop Dance Camp
Princess Dance Camp
Pickle Ball Camp
St. Peter's Grand Slam Tennis
Maine Ultimate Frisbee Camp
Mainely Stars Field Hockey
Ranger Basketball Camp
Ranger Lacrosse Camp
Ranger Soccer Camp
Theatre Camp

And much more!

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