

Cumberland North Yarmouth Community Recreation

Summer 2024 Programs



REGISTRATION OPENS

Tuesday, April 2 at 8:00am

(Residents only. Non-Resident Registration Opens on April 9).

www.cumberlandmaine.com/recreation



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Val Halla Golf
www.valhalla.golf



Active Living 55+
www.cumberlandmaine.com/activeliving

Recreation Office

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



Photo credit: Toby Young

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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. To access the online registration system, log onto www.cumberlandmaine.com/recreation and click on the "REGISTER" icon. This is a great way to register for programs at work or in the comfort of your home. We do not accept phone registrations. **Non-residents can register beginning April 9.**

Cancellation Policy

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

Fees, Senior Discounts & Refunds

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

Will I be sent confirmation?

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

Cumberland/North Yarmouth Parks & Recreation Board

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

Cumberland/North Yarmouth Staff

Peter C. Bingham, Director
 Patty Murphy, Assistant Director
 Devon Galvan, Active Living 55+, Office Support
 Sarah Davis, Office Support
 Nicole Pollard, Aftercare/Camp Coordinator
 Rob Hale, Aquatics Director
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 Frank Smith, Parks Superintendent
 Toby Young, Val Halla Superintendent
 William Shane, Cumberland Town Manager
 Chris Bolduc, Assistant Town Manager
 Diane Barnes, North Yarmouth Town Manager
 Jackie Hersey, NY Community Center Director

ACTIVE LIVING 55+

**Check the Active Living
calendar for event listings!**

www.cumberlandmaine.com/activeliving



Do you want to live in your own home in Cumberland for as long as possible? For advice and assistance, visit Active Living 55+ (ALC) at the Recreation Department at Town Hall or apply for one of the many programs and activities sponsored by ALC.

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

Cumberland Area Rides (CAR)

Request a ride cumberlandrides@gmail.com or call 207-829-3367. Do you feel trapped at home because you have no transportation? CAR offers rides to where you want to go medical appointments, grocery store, shops, a visit with friends, or a hair salon. Complimentary rides are provided by volunteers for Cumberland's older adults.

Available Mon-Fri 9:00-3:00 and Sundays 9:00-12:00. Five day notice is requested. This is a joint project of ALC and the Congregational Church in Cumberland.

Handy Helpers

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

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

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

Daily Reassurance Calls

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

Spring Clean Up

Are you 60+ and a Cumberland resident who needs help with outdoor Spring Clean up or other outdoor projects? Active Living is organizing a Spring Clean Up on May 11. Space is limited, please call or email to reserve a timeslot.

Email Devon at dgalvan@cumberlandmaine.com or call 829-2208, ext. 1042.



Telehealth Portal

CONNECTING WITH YOUR HEALTH CARE PROVIDER ONLINE IS A GREAT WAY TO GET THE HEALTH CARE YOU NEED FROM THE COMFORT AND SAFETY OF YOUR OWN HOME.

Telehealth – Sometimes called Telemedicine – Lets your health care provider care for you without an in-person office visit. Telehealth is done primarily online with internet access.

To use our free portal, please contact Devon for scheduling.
dgalvan@cumberlandmaine.com
207-829-2208 ext 1042



THIS IS A PORTAL ONLY, WE DO NOT PROVIDE THE HEALTHCARE PROFESSIONAL

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!

Exploring Iceland's Wild West With Michael Perry

Join Freeport's Michael Perry for an early spring adventure just below the Arctic Circle in Iceland's majestic West Fjords. Starting in the most northerly capitol city in the world, Reykjavik, we will enjoy a two-day drive up through the heart of the region. Along the way we will stop to view two spectacular waterfalls; Barnafoss and Dynjandi, hike around the Grabok Crater, stop and admire a friendly herd of iconic Icelandic ponies. Based out of the coastal town of Isafjordur we will participate in the 30-mile Fossavatnsgangan xc ski race held each year in the mountains above the town. Then it is back to Reykjavik for urban walks to check out the magnificent Harpa Opera House, eye-catching Hallgrimskirkja Church, and the 1881 Parliament House. Lots of Viking history woven in; plus, segments on Iceland's important role in World War II and Iceland's renewable energy story.

Wednesday, May 8

Meteorites: Hunting and Identification with Jon Wallace

Come and have an "out of this world" experience, literally! See rocks that have fallen to Earth from asteroids, Mars, and the Moon, as well as meteorites found in Maine. Find out how we search for them. We'll also briefly discuss recent research in micrometeorites and see some found in Maine by the presenter. Finally, you'll get to start your own collection with a free meteorite specimen (while supplies last)!

Wednesday, June 12

Dementia Conversations

Alzheimer's Association of Maine

Dementia Conversations: Driving, Doctor Visits, Legal and Financial. When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss. Such as, going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Wednesday, July 10

Hospice Care: Supporting Patients and Their Caregivers

Hospice of Southern Maine

Hospice of Southern Maine celebrates its 20th year of providing hospice care to our community caring for over 250 people daily. Hospice isn't only for the patient; it's for the caregiver too. Join us to learn about hospice care, and what this care provides both for the patient and for the patient's caregivers.

Wednesday, August 21

Voter Information

Jen Doten, Cumberland Town Clerk

Would you like more information about the upcoming election? Would you like to learn about how to and what is involved in volunteering to be an election clerk?

Learn about absentee voting and the new Application for Ongoing Absentee Ballot Status option, other ways to apply for an absentee, overseas voter, accessible voting, and Voter registration!

Wednesday, September 18



ACTIVE LIVING 55+

Active Living 55+ Luncheon!

April 29, May 27, June 24, July 29
August 28 (Wednesday)

11am-1pm at the Recreation Center
60 Val Halla Rd

RSVP is required, space is limited. No Fee
Please call Devon Galvan 829-2208 or email
dgalvan@cumberlandmaine.com

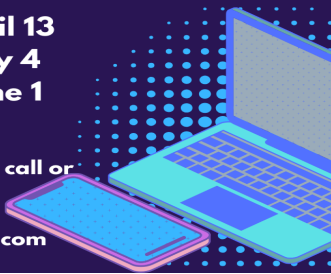


NEED HELP WITH YOUR DEVICE?

Register for one-on-one tech help, whether
it be a cell phone, laptop, or anything in
between we can help.

April 13
May 4
June 1

Registration is required, please call or
email Devon for details
829-2208 ext 1042
dgalvan@cumberlandmaine.com



LIBRARY BOOKS, DVDs & PUZZLES DELIVERED TO YOUR HOME

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



SOCIAL HOUR

4-6 PM
RECREATION CENTER
60 VAL HALLA RD
CASH BAR SERVICE BY RACHEL'S
&
APPETIZERS
APRIL 19, MAY 10, JUNE 7
NO SOCIAL IN JULY OR AUGUST

TD SAFE

Security Awareness for Everyone

Thursday, April 25

10:00 - 11:00

Cumberland Recreation Center at Val Halla

Come and learn about scams that target and are
Most prevalent in the "over 55" communities.
Contact Devon Galvan to sign-up.



America's Most Convenient Bank®



ADULT TRIPS & ACTIVITIES

Town of Bath ~ Walk and Shop

Discover the charm and allure of mid-coast Maine in the picturesque town of Bath! Experience the rich history while you meander through the many shops, galleries, and restaurants that line downtown Bath's quaint streets.

Wednesday, May 22

Depart Town Hall at 9:30 - return by 3:00

Fee: \$10 (Transportation only)



"Puffin Watch" Cruise with National Audubon

Join Dr. Stephen Kress, the founder of Project Puffin, and the National Audubon Project Puffin naturalists on a 90-minute cruise from New Harbor to Easter Egg Rock to observe these fascinating birds. You can choose to enjoy the cruise from either the open-air upper deck or the enclosed lower deck. You can pack your picnic lunch or purchase snacks and drinks that are available onboard.

Thursday, June 27

Depart Town Hall at 10:00 - return by 4:00

Fee: \$60 (Includes transportation and cruise)



Oxford Casino

Join us for this fun trip up to the Oxford Casino. Wednesday is Senior Day and the casino offers hourly drawings and other goodies. You will be on your own for lunch while we are there. The Oxford Casino offers a rotating and changing menu daily: OX Pub features local and regional brews on tap as well as a fine selection of craft liquors and Oxford Express features grab & go foods. We will make a stop at B&R Dairy Bar on the way back for ice cream!

Wednesday, July 24

Depart Town Hall at 10:00am - return by 2:30pm

Fee: \$10 (Fee includes transportation only)



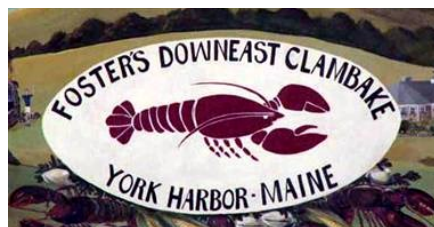
Foster's Clam Bake

Travel on our mini-bus to York Harbor to "Foster's" for a traditional New England clambake. This noon-time luncheon features clam chowder, fresh steamers and Maine lobster with drawn butter, corn on the cob, roasted potatoes, homemade rolls, and blueberry cake for dessert. You may substitute chicken or polenta for lobster. Please indicate meal choice at registration in the comment section.

Tuesday, August 27

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

Fee: \$52 (No refunds after August 20, unless a replacement is found)



ADULT TRIPS & ACTIVITIES

“The Secret of Cell Block 7”

In this immersive “Murder Mystery Experience,” you will find yourself in jail, booked by a singing Marcia Clark impersonator. Inside your holding cell, you will meet four quirky women who are waiting for their murder trial. As the plot unfolds, you will discover each of their possible motives. Who killed Roger Mills? Was it his snobbish sister, his co-worker who believes she is Elvis, the innocent-looking girl next door, or his massage therapist who also deals drugs on the side? You will surely have a great time at this Carousel Musical Theater production (located in Boothbay Harbor).

Wednesday, September 11
Depart Town Hall at 10:00 - return by 4:00
Fee: \$74 (Includes transportation, lunch, and performance)



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 join us for our first rehearsal for the summer season on Monday, March 25th at 6:30pm in the Greely Center for the Performing Arts Band Room. All concert band instrumentalists are welcome.

Email: cumberlandcommunityband@gmail.com expressing your interest and we'll be happy to answer all questions. *Don't wait another year!*



The Portland Museum of Art and Ice Cream

The Portland Museum of Art is the oldest and largest public art museum in the state of Maine. Come explore what they have to offer and enjoy the new art pieces on our self-guided tour of the Museum. We will stop by Lib's Dairy Treats on the way back for ice cream!

Wednesday, May 29
Depart Town Hall at 9:30 – return by 12:30
Fee: \$10/\$15 non-res (*Fee does not include ice cream*)

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 24 - May 29
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 8 - May 20
(No class 4/15)
6:30-8:30
Greely Middle School Art Room
Fee: \$80/\$90 non-res



ADULT ACTIVITIES & FITNESS



West African Drumming Class for Adults

Instructor: John Marlowe (Founder of Guinea Reads and has been studying and teaching the music and culture of West Africa for over 15 years).

Join us for 2-hours of drumming on the djembe (West African hand drum) and dunun (West African bass drum) as we dive into the culture of Guinea, West Africa through traditional rhythms. No experience is necessary as we'll go from the basic technique right through basic parts and timing on all drums and ultimately pull it together to collectively play at least 1 Malinke rhythm. In addition, we'll learn about life in the remote village of Kouya Sidia, Guinea and the work of Guinea Reads, a local nonprofit building libraries in Guinea.

Saturday, May 4
10:00-12:00
Recreation Center at Val Halla
Fee: \$30/\$40 non-res



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 13	Saturday, May 11
Saturday, June 8	Saturday, August 10
8:00-12:00	
Fee: \$75/\$85 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 6	Saturday, May 4
Saturday, June 1	Saturday, July 13
Saturday, August 3	
8:00-12:00	
Fee: \$75/\$85 non-res	

All CPR/BLS classes held at the Cumberland Fire Dept. Community Room, 366 Tuttle Road.
FMI: Stephanie Morgan
smorgan@cumberlandmaine.com

Family Yoga

Terry Walker-Brown Kripalu Yoga Certified

Come join us for a weekly family yoga parent and child class. In this class, we will focus on stretching, partner yoga, vinyasa flows, and some games that will make it fun for both kids and adults alike. Please bring a yoga mat and wear comfortable clothing.

Ages 6+ (Please add name and age of minor in comment section)

Saturdays, April 27 - June 1
9:00-10:00
West Cumberland Hall
Fee: \$80/\$90 non-res
(Fee includes one adult and one minor)



ADULT FITNESS - SPRING

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, push-ups, 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 23 - June 11

8:30-9:30

Tuesday evenings, April 23 - June 11

5:30-6:30

Thursday mornings, April 25 - June 13

8:30-9:30

North Yarmouth Community Center

Fee: \$85/ \$95 non-res (Per option/class)

360 Circuit Training - Outdoor Bootcamp Edition

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

Tuesday mornings, June 25 - August 20

8:00-9:00

Tuesday evenings, June 25 - August 20

5:30-6:30

Thursday mornings, June 27 - August 22

8:00-9:00

Twin Brook Recreation Area

Fee: \$99/\$110 non-res (Per option/class)

360 Circuit Training

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: \$99
(Purchase cards at the Rec Dept).

Cardio & Strength

Instructor: Julie Waterman, ACE certified

Mondays will be 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 will be similar to Mondays but without the timer. This allows for a more relaxed class but will still deliver a solid one-hour workout. Warmup and stretching included. Moves can be modified to accommodate individual fitness levels. Please bring hand weights and a mat to both classes.

Choose one class or both:

Mondays, April 22 - June 3 (No class 5/27)

Wednesdays, April 24 - May 29

9:00-10:00

North Yarmouth Community Center

Fee: One day \$65/\$75 non-res

Fee: Both days \$110/\$120 non-res



ADULT FITNESS - SPRING

Yoga for Bone Density

Instructor: Annie Ware (RYT-500)



Certain yoga poses can assist in preventing or reversing bone density loss. This one-time class explores these poses in a 90-minute slow flow sequence designed to encourage bone growth, build strength and improve posture. No yoga experience is necessary. Participants must be able to move from floor to standing with ease. Please bring a yoga mat.

Friday, April 26

6:30-8:00pm

North Yarmouth Community Center

Fee: \$15/\$20 non-res

Yoga Solutions for the Low Back

Instructor: Annie Ware (RYT-500)



Get your low back ready for Spring clean up with this 90-minute class. This one-time class explores traditional yoga poses as a means to alleviate discomfort, stiffness or misalignment in the low back while lengthening, strengthening and stabilizing key muscles. No yoga experience is necessary. Participants must be able to move from floor to standing with ease. Please bring a yoga mat.

Saturday, May 11

9:30-11:00

North Yarmouth Community Center

Fee: \$15/\$20 non-res

Slow Flow Yoga

Instructor: 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, April 18 - June 6

9:00-10:15

North Yarmouth Community Center

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

All-Levels Yoga

Instructor: 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:

9:00-10:00

North Yarmouth Community

Mondays, April 22 - June 3 (*No class 5/27*)

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

Wednesdays, April 24 - June 5

Fee: \$75/\$85 non-res

Young at Heart Yoga

Instructor: 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:

10:15-11:00

North Yarmouth Community Center

Mondays, April 22 - June 3 (*No class 5/27*)

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

Wednesdays, April 24 - June 5

Fee: \$75/\$85 non-res

ADULT FITNESS

Cardio, Core, and Connection

Instructor: Pasha Marlowe (ACE personal trainer and fitness instructor, RYT Yoga 500)

This is a perfect fitness class for people looking to reconnect with their bodies and their neighbors. Even if you have been away from fitness for a while or have experienced illness or injury, 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.

Tuesdays OR Thursdays, April 23 - June 20

12:00-12:50

North Yarmouth Community Center

Fee: \$100/\$110 non-res

Tuesdays AND Thursdays, April 23 - June 20

12:00-12:50

North Yarmouth Community Center

Fee: \$190/\$200 non-res

Morning Run Group

Instructor: 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 24 - June 12

5:30-6:15am

Greely High School Track

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



Mat Pilates

Instructor: Lucie Berse - Balanced Body Pilates

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

Experienced Pilates students only for this session.

Mondays, May 6 - June 10 (*No class 5/27*)

12:00-1:00

West Cumberland Hall

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

Fridays, May 10 - June 14

12:00-1:00

West Cumberland Hall

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



Morning Tai Chi

Instructor: Louise Poppema

Come and experience the joy of Tai Chi! You will relieve stress, increase flexibility and improve balance, without any need to work up a sweat. Please wear comfortable clothing. No previous Tai Chi experience required. Class includes both seated and standing movements and balance is always taken into consideration. All adults welcome, no age requirement.

Wednesdays, April 24 - May 29

Wednesdays, June 5 - July 17 (*No class 6/19*)

10:00-11:00

Prince Memorial Library

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

SPRING YOUTH ACTIVITIES

Brio Dance Studio

Julie Wilkes, Brio Dance Director



For more information contact Brio Dance Studio at 253-1700 or briodancestudio@gmail.com.

Please send your dancer in comfortable clothes they can move in. No jeans please.

Water bottles are encouraged. All dancers must be potty-trained.

Pre-School "Bouncing Buds"

Ages 2-3

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.

North Yarmouth Community Center, 10:00-10:30
Tuesdays, April 30 - June 4

Fee: \$56/\$66 non-res

Ballet/Tap

Grades K-2



This class is a foundation for dancers wanting to take contemporary, modern or jazz classes. For the tap portion, dancers will work on rhythm, rudiments, basic tap skills, using different parts of their feet, and more. All dancers will be required to have pink leather or canvas ballet slippers and tap shoes.

North Yarmouth Community Center, 5:00-6:00
Thursdays, May 2 - June 6 (*No class May 16*)

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

Ballet/Tap 2

Grades 3-5

Ballet/Tap 2 is ideal for dancers who have previously taken Ballet and/or Tap. This class will grow upon concepts taught in our Ballet/Tap class and will include conditioning, stretching, barre exercises, center floor work, movement across the floor, rhythms and more! All dancers will be required to have pink leather or canvas ballet slippers and tap shoes.

North Yarmouth Community Center, 6:00-7:00
Thursdays, May 2 - June 6 (*No class May 16*)

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

Pre-School "Move & Groove"

Ages 3-5 (not enrolled in Kindergarten)

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

North Yarmouth Community Center, 4:30-5:00
Thursdays, May 2 - June 6 (*No class May 16*)

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

Pre-School "Grown Up & Me"

Ages 1 ½ - 3

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

North Yarmouth Community Center, 9:30-10:00
Tuesdays, April 30 - June 4

Fee: \$56/\$66 non-res

Hip Hop Dance Class

Grades K-3

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.

North Yarmouth Community Center, 3:45-4:30
Thursdays, May 2 - June 6 (*No class May 16*)

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

Hip Hop 2 Dance Class

Grades 4-6

Hip Hop 2 is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps, and improvisation or "freestyle." All classes will be sensitive to age-appropriate steps and music. This is a level up from our Hip Hop 1 class.

North Yarmouth Community Center, 7:00-8:00
Thursdays, May 2 - June 6 (*No class May 16*)

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

SPRING YOUTH ACTIVITIES

Brick By Brick Maine Lego Oceanic Fun!

Grades K-3

Join us for this fabulously fun 6 week session where we build the creatures who live in and toys we play with on the water. Weekly builds may include a lively lobster, a scary shark and a jet ski. 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!

Fridays, May 3 - June 7
3:30-4:30
Mabel Wilson School
Fee: \$112



Fill your Child's "Toolbox"

Instructor: Jill Libby
Grades 2 & 3

The Skill Builders Session will provide students with a mental "Toolbox" where they can pull out strategies to assist them in their day-to-day lives. Jill has 25+ years experience in Child Development Services.

"Tools" will be acquired through yoga, stories, games, role playing, modeling and peer support. Overall, the Skill Builders Session will benefit students by developing confidence, improving focus, reducing stress, improving behavior and academic performance. Not only will this "toolbox" help them now, but they will have it for years to come. *Please leave hammers and nails at home!*

Please contact Jill at skillbuilders75@gmail.com with any questions.

Thursdays, April 25 - June 6
3:30-4:30
Mabel Wilson School Library
Fee: \$145



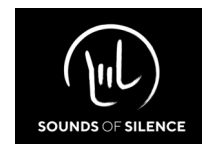
Sounds of Silence

An American Sign Language Class
Instructor: Robin Sidders
Grades 3-5

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." - 2nd grade teacher at MIW

Early release Wednesdays:
4/24, 5/8, 5/15, 5/22, 6/5
(No class 5/1)
12:45-2:45
Mabel Wilson School Library
Fee: \$150



Learning with Yaya-Spanish for Kids

Instructor: Yael Herszkopf Mayer M.S CCC-SLP
Ages 1-5

Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process.

Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC.

Kids should be accompanied by an adult at all times.

Fridays, April 26 - May 31
9:30-10:15
Or
10:30-11:15
North Yarmouth Community Center
Fee: \$75/\$85 non-res

SPRING YOUTH ACTIVITIES

Intro to Piano

Instructor: Martha Smith

Discover your hidden musical talents as we explore notes, note values and rhythms to get you started learning some simple tunes (even create your own melodies!). Maybe you'll decide to go further once you experience the joy and excitement of making music. A fun and interactive time in an encouraging, supportive environment is guaranteed for all.

Come fall in love with the piano! A piano or keyboard to use for practice between classes is recommended, but not required.

There is no after school supervision for children attending Piano.

Session 1:

Thursdays, April 25 - May 16

Session 2:

Thursdays, May 23 - June 13

3:30-4:00

4:00-4:30

4:30-5:00

5:00-5:30 Intermediate/Adult

MIW Music Room

Fee: \$75/\$85 non-res



"Before the Bell" Program

Grades K-5 - Spring 2024

Before School Care is held at MIW (students in grades 4 and 5 will be escorted to GMS at 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! The Before the Bell program will take place each morning school is in session.

April 22 - June 14

Time: 7:15-8:15

Mabel Wilson School Gym

Fee: \$199



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 8 - June 17

(No class 4/15 or 5/27)

Beginner Class 5:00-5:45

Adult/Mixed Intermediate Class 6:00-6:45 (Adults and students ages 13 and up).

SPRING: Wednesdays, April 10 - June 19

(No class 4/17 or 5/29)

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).

Spring Location:

West Cumberland Community Hall

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

SUMMER: Mondays, June 24 - August 26

(No class 7/1)

Beginner Class 5:00-5:45

Adult/Mixed Intermediate Class 6:00-6:45 (Adults and students ages 13 and up).

SUMMER: Wednesdays, June 26 - August 28

(No class 7/3)

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).

Summer Location:

North Yarmouth Community Center

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



SPRING YOUTH SPORTS

Grades K-2 Youth Instructional Lacrosse

Greely Boys and Girls Varsity Lacrosse Coaches
Michael Storey & Becca Koelker 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 work with younger players. Sticks are provided and boys will play a non-contact version of the sport.

Required equipment: Mouth guard.



Saturdays, April 27 - June 1

9:00-10:00

Twin Brook - Greely Road Fields

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

(No program 5/25. Rain/make-up date 6/8)

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 15 - 18, Monday-Thursday

9:00-12:00

Twin Brook Greely Road Baseball Field

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



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 very 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: www.facebook.com/cumberlandnykidstri

The cost includes a race bag, t-shirt, water bottle, finisher medal and other gifts.

Sunday, May 19

9:00

Greely High School Campus

Fee: \$65/\$75 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. Extra days are built into the schedule in the event of pool closures.

SPRING:

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

April 16 - June 13

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

April 20 - June 15

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

SUMMER:

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

June 18 - August 15

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:

Mondays/Wednesdays/Fridays, 5:30-7:30

(No Lap swim on 6/19)

Evening Lap Swim: June 24 - August 22

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

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

Swim Punch Card

Punch Cards are available for purchase in the Recreation Office at the Cumberland Town Hall.

15 Lap Swim Pass

Fee: \$60/\$70 non-res/\$55 seniors

25 Lap Swim Pass

Fee: \$90/\$100 non-res/\$80 seniors



PLEASE CANCEL YOUR SIGN-UP GENIUS SLOT IF YOU CANNOT ATTEND OR YOUR CARD WILL BE PUNCHED.

High Intensity Aquatic Fitness

Instructor: Jenn Bingham

Ages 18 and up

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.

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

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

Fee: \$90/\$99 non-res

Shallow Water Fitness

Instructor: Jenn Bingham

Ages 18 and up

Water exercise is a wonderful low-impact alternative to traditional land exercise programs ideal for people wanting a no or low impact program 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 occasional visits to the middle or deep end. Participants are invited to bring their own water weights.

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

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

Fee: \$90/\$99 non-res

GREELY POOL - SWIM LESSONS

Evening Youth Swim Lesson

Tuesdays & Thursdays (7 lessons)

Session 1: June 20 – July 16 (*No class July 4*)

Session 2: July 23 – August 13

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 20 – July 16 (*No class July 4*)

Session 2: July 23 – August 13

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 (Residents only)

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

After School Care & Vacaton/Inservice Day Camps 2024 - 2025

The After School Program is a 5 day a week program based out of the Mabel Wilson (Grades K-3) and 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. **New for the 24/25 school year - Parents must choose at least 3 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 on holidays.*

REGISTRATION PROCESS

We will be holding a Lottery on Thursday, May 2 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 2024-2025 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 \$100 registration fee due per family at time of registration (cash or check only).

Before the Bell Program - Fall

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: September 3 - December 20

Location: MIW Gym

Session Times: 7:15-8:15

Fee: \$405

Registration Opens April 30

SUMMER CAMP

MAGIC DRAGON

Half-Day Camp 2024

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!

- Magic Dragon Camp will be held at the West Cumberland Recreation Hall.
- Camp Hours: 9:00-12:30. Campers must be 4 years old by June 15 to attend.
- Children should bring a snack to camp each day (*No breakable containers please*).

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!

WEEK 1: June 24 - 28
"Wild Things"

Field Trip: Maine Wildlife Park

WEEK 2: July 8 - 12
"Nature"

Field Trip: Desert of Maine

WEEK 3: July 15 - 19
"Space Explorers"

Field Trip: Southworth Planetarium

WEEK 4: July 22 - 26
"Interactive Obstacles"

Field Trip: The Point "Playscape"

WEEK 5: July 29 - August 2
"Farm Friends"

Field Trip: Smiling Hill Farm

WEEK 6: August 5 - 9
"Pirates & Princesses"

Field Trip: Shipwreck Cove



Registration OPENS Tuesday, April 2 at 8:00am

Camp Fee: \$145 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 1 & 2 (Entering in Fall 2024)

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

Location: Mabel I Wilson School

Camp Hours: 9:00-4:00

Before & after care is available daily 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 24 - June 28

"Moosing Around Maine"
Field Trip: Maine Wildlife Park



Week 2: July 1 - July 3

"Imagination Station" (No camp July 4 & 5)
Field Trip: Children's Museum



Week 3: July 8 - July 12

"Splish Splash"
Field Trip: Range Pond



Week 4: July 15 - July 19

"Under the Sea"
Field Trip: Sebago Lake



Week 5: July 22 - July 26

"Wild West"
Field Trip: Funtown



Week 6: July 29 - Aug 2

"Dino-Mite Days"
Field Trip: Desert of Maine



Week 7: Aug 5 - Aug 9

"Mission Impossible"
Field Trip: Aquaboggan



Camp Weekly Rate: \$240 ~ Week 2 Fee: \$145
Camp Fee SPECIAL: Attend all 7 weeks of camp for \$1,389

Registration OPENS Tuesday, April 2nd 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 3, 4 & 5 (Entering in Fall 2024)

Camp Director: Erin Bjorkdahl ~ **Camp Coordinator:** Nicole Pollard

Location: Greely Middle School

Camp Hours: 9:00-4:00

Before & after care is available daily 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 groups per grade. 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.

Week 1: June 24 - June 28
Beach Trip: Range Pond

"Swinging into Summer"
Field Trip: Funtown



Week 2: July 1 - July 3
(No camp July 4 or 5)

"Superhero" (Tuesday field trip)
Field Trip: York's Wild Kingdom

Week 3: July 8 - July 12
Beach Trip: Pine Point

"Time Warp"
Field Trip: Aquaboggan



Week 4: July 15 - July 19
Beach Trip: Sebago Lake

"Natural Wonders"
Field Trip: Splashtown



Week 5: July 22 - July 26
Beach Trip: Crescent Beach

"Animal Planet"
Field Trip: Aquaboggan

Week 6: July 29 - Aug 2
Beach Trip: Sebago Lake

"Olympics"
Field Trip: Water Country



Week 7: Aug 5 - Aug 9
Beach Trip: Pine Point

"Spirit Week"
Field Trip: Funtown

Camp Weekly Rate: \$240 ~ Week 2 Fee: \$145

Camp Fee SPECIAL: Attend all 7 weeks of camp for \$1,389

Registration OPENS Tuesday, April 2nd 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

Middle School Summer Adventure Camp





















Camp Director:
Kevin Brewer

The Middle School Adventure program is designed for Middle School youth entering Grades 6, 7 or 8 in the Fall of 2024!

The Middle School Adventure Camp is held at the Greely High School. We are on-site on Tuesdays and Thursdays and will take 3 field trips weekly (Mon/Wed/Fri). 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 daily at NO additional cost or registration from 8:00-9:00 and 4:00-5:30.

Registration OPENS on Tuesday, April 2 at 8:00am

Middle School Summer Adventure Camp "2024 Daily Activities"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNE Bradbury Mtn. Hike  24	25 Camp Activities & Open Swim	26 	27 Camp Activities & Open Swim	28 
JULY Peaks Island Ferry Trip  1	2 Camp Activities & Open Swim	3 Camp Activities & Open Swim	4 NO CAMP 4th of July 	5 CAMP CLOSED
8 OOB/Mini Golf 	9 Camp Activities & Open Swim	10 	11 Camp Activities & Open Swim	12 
15 Twin Brook Broad Cove Ice Cream!	16 Camp Activities & Open Swim	17  Bus leaves GHS @ 9:15 Returns to GHS @ 5:30	18 Camp Activities & Open Swim	19 
22  Crescent Beach State Park	23 Camp Activities & Open Swim	24  Bus leaves GHS @ 9:00 Returns to GHS @ 6:00	25 Camp Activities & Open Swim	26 
29 Sebago Lake State Park 	30 Camp Activities & Open Swim	31 White Water Rafting on the Kennebec  Bus leaves GHS @ 6:30a Returns to GHS @ 6:30p	AUGUST 1 Camp Activities & Open Swim	2 
5 	6 Camp Activities & Open Swim	7 	8  Day GAME	9 End of Camp Field Trip  TBA...

Session 1:	June 24 - June 28	Fee: \$240 residents
Session 2:	July 1 - July 3	Fee: \$145 residents
Session 3:	July 8 - July 12	Fee: \$240 residents
Session 4:	July 15 - July 19	Fee: \$240 residents
Session 5:	July 22 - July 26	Fee: \$240 residents
Session 6:	July 29 - Aug 2	*Fee: \$260 residents
Session 7:	Aug 5 - Aug 9	Fee: \$240 residents
		* White Water Rafting

Camp Fee SPECIAL:
Attend all 7 weeks of Camp for \$1,389

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

Ranger Volleyball Camp

Instructor: Autumn Vargo, Greely Varsity Coach
Grades 3-5 & 6-8 (*Entering Fall 2024*)

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. Participants will be split into two groups, grades 3-5 & grades 6-8. 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 8 – July 12, Monday-Friday
9:00-12:00
Greely High School Gym
Fee: \$135/\$145 non-res



Ranger Basketball Camps

Instructors: Travis Seaver, GHS Boys Varsity Coach & Todd Flaherty, GHS Girls Varsity Coach
Boys & Girls Grade 3-6 (*Entering in fall 2024*)

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 17 - June 20
9:00-3:00
Location: Greely Middle School Gym

Boys Basketball Camp:

Monday-Thursday, June 17 - June 20
9:00-3:00
Location: Greely High School Gym

Fee: \$190/\$199 non-res

Please note that both coaches will be reaching out to middle school age students on summer basketball opportunities at the 7th/8th grade level.



Ranger Soccer Camp

Instructor: Mike Andreasen, GHS Boys Varsity Coach
Boys & Girls Grades 2-8 (*Entering in fall 2024*)

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.*

Twin Brook Recreation Area
(*Rain date Friday, June 28*)

Half Day Camp: Entering Grades 2-3
Monday-Thursday, June 24 - June 27
9:00-12:00
Fee: \$135/\$145 non-res

Full Day Camp: Entering Grades 4-9
Monday-Thursday, June 24 - June 27
9:00-3:00
Fee: \$205/\$215 non-res



Youth Pickle Ball Camp

Instructor: Heather Goeghan
Grades 4-8 (*Entering in fall 2024*)

Join us for this new camp as Greely Physical Education Teacher introduces campers to the incredibly popular game of Pickleball. Heather has developed an educational unit for pickleball at GHS which has proved to be one of the most popular classes for students. 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, as no prior experience is necessary. We look forward to seeing you on the courts!! We will provide campers with all necessary equipment during the week of camp

Monday-Thursday, June 24 - June 27
(*Rain date June 28*)

9:00-12:00
Val Halla Tennis Courts
Fee: \$140/\$150 non-res



SUMMER SPORTS CAMPS

The Edge Academy Baseball Summer Camp

Coaches: Edge Instructor Donny Dutton and current/former college and High school players. Grades 1-6 (*Entering Fall 2024*)

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. The Edge is excited to announce they are partnering with the Portland Seadogs for the Summer of 2024. One day of the camp is scheduled to be held at Hadlock Field with members of the Seadogs assisting. More info to come! Campers will need to pack snacks, water, sunscreen, hat and baseball equipment.



Monday-Friday, August 5 - 9
9:00-12:00

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

Fee: \$235/\$245 non-res

Thank You to all of our 2023-2024 Youth Basketball Volunteer Coaches!

Brian Kilgallen	Tim Valenti
Andrew Bishop	Kevin Lee
Casey Littell	Dan Sites
Kent Collier	Amanda Wood
Jason Sandifer	Amanda Albee
Ashlea Loring	Tom McGuinness
Ben Belanger	Jason Ouellette
Jared Costable	Jeff Walvick
Kurtis Petersons	Ron Greco
Brent Lemieux	Seth Kimball
John Mullen	Ryan Ross
Mark Segrist	Jackie Hersey
Sean Shields	Ken Lanik

And Thank You to all of our Assistant Coaches!

Thank You Game Officials:
Dwayne Bradford, Kevin Brewer
Walter Wells & 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

Ranger Field Hockey Camp

Instructor: Burgess LePage, Greely Varsity Coach
Grades 1-3 and 4-9 (*Entering in fall 2024*)

The Ranger Field Hockey Camp provides both technical and tactical training to youth players in a fun, game-orientated atmosphere. Our commitment is to provide a venue for field hockey players to be a part of an environment that fosters both the passion for and the fun of the game. Players gain experience and confidence through small sided games. Coach LePage will direct the camp and current Greely High School field hockey players assist. All genders are welcome to register. Athletes need to bring their own mouth guards and shin guards. Sticks and protective eye masks can be provided. Cleats are encouraged but not required. Please send a lunch (full day camp), multiple snacks and water and sunblock.

Grades 1-3:

Monday-Thursday, June 17 - June 20
9:00-12:00

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

Grades 4-9:

Monday-Thursday, June 17 - June 20
9:00-3:00

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

Location: Greely Field Hockey Field (inside track). (*Rain date June 21, 9:00-12:00*).



Maineix Lacrosse Camp

Grades 2-8 Boys & Girls (*Entering in fall 2024*)

Join us for some summer lacrosse fun! All skill 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. Instruction includes individual stick skills, small-sided drills, offensive and defensive concepts, and games! Participants will each receive a Camp T-Shirt. Send your child with a water bottle.

Equipment requirements:

Girls - Stick, goggles, mouthguard

Boys - Stick, mouthguard, helmet, arm pads, shoulder pads.

Monday-Thursday, July 8 - July 11
9:30-12:00

Twin Brook Recreation Area

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



SUMMER SPORTS & ENRICHMENT CAMPS

Grand Slam Tennis Camp

Boys and Girls Grades 2-9 (*Entering in fall 2024*)

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.

Half Day Camp

Monday-Friday, June 24 - June 28
1:30-4:30

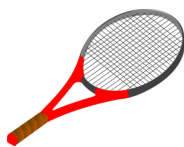
Fee: \$210/\$220 non-res

Full Day Camp

Monday-Friday, August 5 – August 9
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.*



Princess Dance Camp

Director: Julie Wilkes, Brio Dance Studio
Ages 3-6 (*Must be age 3 by June 1*)

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!

Monday-Friday, June 24 - June 28
9:00-12:00
North Yarmouth Community Center
Fee: \$150/\$160 non-res



Dance Theater Camp

Director: Julie Wilkes, Brio Dance Studio
Grades 2-6 (*Entering in fall 2024*)

Find your inner star! Dance Theater campers will learn jazz dance techniques and choreography inspired by musicals such as Shrek The Musical, Mary Poppins, and Annie to name a few. Each day campers, will warm up, learn basic jazz steps, and prepare dances from a musical to be performed on Friday for friends and family. This is a cumulative camp, so for campers and the group to have the best experience, we encourage campers to attend the full week. Campers will also view and discuss different musicals, learn about a stage and how it works, learn how to use props, and even design their own costumes! For more information about Brio Dance Studio, Visit: www.briodancestudio.com

Please send your camper with a sack lunch, comfortable clothing, and a bottle of water. Snacks will be provided by Brio Dance Studio, if your camper has food allergies, please plan to send them with snacks.

Monday-Friday, July 8 - July 12
9:00-3:00
North Yarmouth Community Center
Fee: \$300/\$310 non-res



Hodge Podge Camp

Instructors: Luanne Balzano-Brookes & Margaret McDevitt
Grades 1-4 (*Entering in fall 2024*)

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 12 – August 15
9:00-4:00
North Yarmouth Community Center
Fee: \$195 (Resident only)



SUMMER ENRICHMENT CAMPS

Camp USA

Instructor: Miss Swindlehurst (MIW Teacher)
Grades 1-4 (*Entering Fall 2024*)

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 12 - August 16
9:00-3:00
Mabel Wilson School
Fee: \$250/\$260 non-res



Brick By Brick Maine Lego Deep Space Exploration!

Grades K-5 (*Entering in fall 2024*)

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

Monday-Friday, June 17 - June 21
9:00-3:00
North Yarmouth Community Center
Fee: \$340/\$350 non-res

Brick By Brick Maine Lego Police Training Academy!

Grades K-5 (*Entering in fall 2024*)

Calling all new recruits: come join us at the Lego City Police Training Academy! Can you scale the climbing wall, swing on the monkey bars and fly down the zip line? Can you pass the driving test on the quad bike and keep your balance as you fly through the obstacle course? Do you have what it takes? Let's finish strong and find out! Join us as we enter the academy as cadets and graduate as officers. 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. Campers should bring lunch, morning/afternoon snack and sunscreen every day.

Monday-Friday, July 15 - July 19
9:00-3:00
North Yarmouth Community Center
Fee: \$340/\$350 non-res

Brick By Brick Maine Lego Pirate Island!

Grades K-5 (*Entering in fall 2024*)

Hoist the Jolly Roger and set sail! The menacing pirates are heading for the high seas aboard their mighty vessel with a chest full of booty. Join our own motley crew as we attempt to foil the pirates, commandeer the ship and recover the stolen treasure. Swashbuckling adventures await as we build the Lego pirate ship complete with moving sails, cannons and a cabin with an open roof and sides. Where will our imagination take us? Join in the fun 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. Campers should bring lunch, morning/afternoon snack and sunscreen every day.

Monday-Friday, August 12 - August 16
9:00-3:00
North Yarmouth Community Center
Fee: \$340/\$350 non-res



SUMMER ENRICHMENT CAMPS

DaVinci Experience Camps

Bring art and science ALIVE for your child in Cumberland! Experienced teachers lead small groups in exploring a new theme each week. Campers will have safe, active fun as they participate in art projects, hands-on science activities, and outdoor games. Participants should bring their own water bottle, snack and lunch. Please bring a pair of sneakers for running games and hikes. We spend the day making messy art projects and science experiments as well as playing games outdoors, so please send clothes with your child each day that can get dirty! See our three DaVinci camp descriptions on this page.



Emergency Vet Camp

Grades 2-6 (*Entering in fall 2024*)

The perfect camp for aspiring veterinarians or for animal lovers who want to learn more about animal health. Campers will be immersed in the exciting world of being a vet! Campers will enjoy live animal visits each day, and Sparks Ark will also make an appearance. Each day campers will learn about a different branch of veterinary medicine. They will learn about household pets, horses, and endangered species. On Friday, a vet will lead the campers through a series of interactive stations that bring the work of a vet to life! As our most popular camp, all children are sure to love this action-packed week. This camp is not recommended for children who are afraid of animals or have severe allergies to cats or dogs. Emergency Vet is the perfect camp theme for campers who love animals and are interested in learning how to care for them in an interactive and fun environment.

Monday-Friday, July 15 - July 19
9:00-3:00
North Yarmouth Community Center
Fee: \$325/\$335 non-res

Meteorology Magic

Grades 2-6 (*Entering in fall 2024*)

The perfect camp for scientist, budding news casters and children interested in weather patterns. During this week campers will learn about how certain weather patterns are created and how natural disasters occur. We will identify clouds and make daily weather predictions. Towards the end of the week, senior and intermediate campers will be tapping into their creative side and be given the opportunity to be part of a "news cast." Whether in the spotlight or behind the scenes the campers will work together (using a green screen) and film a short news forecast. This is a great week for children interested in science and weather. However there are also creative elements to this week that children who enjoy film, acting, or script writing will enjoy.

Monday-Friday, July 22 – July 26
9:00-3:00
North Yarmouth Community Center
Fee: \$325/\$335 non-res

Dr. DaVinci Camp

Grades 2-6 (*Entering in fall 2024*)

The perfect week for aspiring scientists and children interested in the medical field. During this week of scientific discovery, campers will learn all about the human body and consider ways they can take care of their bodies. Younger campers will explore our five senses and how they help us experience the world around us. Senior and intermediate campers will learn about a different system in the body each day (circulatory, respiratory, digestive, etc.). At the end of the week campers have the opportunity to play a game of life-sized Operation! Children who love to discover and are curious about the human body will love breaking down each system in the body, learning about the five senses, and hearing about different jobs within the medical industry.

Monday-Friday, August 5 - August 9
9:00-3:00
North Yarmouth Community Center
Fee: \$325/\$335 non-res

SUMMER ENRICHMENT CAMPS

Mad Science: Mad Variety Lab

Grades 2-6 (*Entering in fall 2024*)

For the camper who wants to try it all this Mad Lab variety camp is for you! This camp has Mad Science's coolest bits and pieces that will make you go scientifically bonkers! It's one of our new favorites with fast paced experiments in topics like Laser Light, Electricity, Power and Energy, Che-mystery, and Magnets! Experience FIZZ-ical Phenomena by stirring up some crazy concoctions, create cool gases, electroplate coins, and make crystals. Dive into electricity by experimenting with Squishy Circuits and mini Van De Graff sticks. Learn about power and energy by building chemical batteries and solar powered devices. Use lasers to send music across the room and print 3d Holograms. In this camp, you will certainly become a certified "Mad" Scientist! It's a camp so great it's Super-Duper!

Monday-Friday, June 24 - June 28
9:00-3:00
North Yarmouth Community Center
Fee: \$370/\$380 non-res



Mad Science: Junior Engineer

Grades 2-6 (*Entering in fall 2024*)

Put on your hard hat for this exciting week of Engineering Science! We will span the fields of Aerospace, Electrical, Structural & Mechanical Engineering. Explore the role that wind and the movement of air plays on simple flying devices, delve into Newton's Laws of Motion, create and test self-supporting structures and use your construction skills by assembling and controlling fun machines like pulleys, levers, hydraulic lifts, and robots! Put your skills to the test by building balloon racer cars, hovercrafts, cube puzzles, a hand crank flag waver, suspension bridges, rockets, and other mechanical devices. Come join us to learn how engineering helps us understand the way the world works!

Monday-Friday, July 8 – July 12
9:00-3:00
North Yarmouth Community Center
Fee: \$370/\$380 non-res

Mad Science: Secret Agent Lab (Spy Academy)

Grades 2-6 (*Entering in fall 2024*)

Become a Mad Science secret spy and take a fascinating journey into the world of detection, forensics, and classified information. Go undercover with your spy name and decode messages from other agents using your top secret tools and techniques. Join the Mad Science Bureau of Investigation and sniff out forgeries and counterfeits. By the end of this Spy Academy week you'll be a real Mad Science Secret Agent equipped with take home investigation tools! Each day includes several take home projects that are integrated into this Spy Science themed Camp.

Monday-Friday, July 29 - August 2
9:00-3:00
North Yarmouth Community Center
Fee: \$370/\$380 non-res

Kick off the Summer with Mrs. King

Instructors: Johna King & Claire Neujahr
Grades 1-4 (*Entering in fall 2024*)

Looking for a great way to "kick off" your child's summer? Come spend a week with Mrs. King for this popular program as she and her daughter, Mrs. Neujahr 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 17 - June 21
9:00-3:00
Mabel Wilson School
Fee: \$250/\$260 non-res



SUMMER ENRICHMENT CAMPS

Book, Cook 'n Craft: Friends & Family

Instructor: Theresa Cameron Raymond (former longtime MIW teacher)
Grades K-5 (*Entering in fall 2024*)

Are you and your friends looking for something exciting and creative to do while you are on summer vacation? Come join Mrs. TCR and read fantastic books, play interactive physical theater games, and create keeper crafts based on the theme of the story. Each day will hold scrumptious food prep/cooking experience where you will whip up a snack from scratch. (Projects may include dairy, gluten and nuts.) Please wear comfortable play clothes and pack a water bottle. Book, Cook 'n Craft enrichment camp will surely be a week full of meeting new and old friends, personal discovery, creativity and good cooking! Come join us!

Monday-Friday, June 17 - June 21
9:00-12:00
North Yarmouth Community Center
Fee: \$150/\$160 non-res



Book, Cook 'n Craft: Clever Creations

Instructor: Theresa Cameron Raymond (former longtime MIW teacher)
Grades K-5 (*Entering in fall 2024*)

Book, Cook 'n Craft ~ Clever Creations with Mrs. TCR may just be just the fit for you! Come read fantastic books, play interactive physical theater games, and create keeper crafts based on the theme of the story. Each day will hold scrumptious food prep/cooking experience where you will whip up a snack from scratch. (Projects may include dairy, gluten and nuts.) Please wear comfortable play clothes and pack a water bottle. Book, Cook 'n Craft enrichment camp will surely be a week full of meeting new and old friends, personal discovery, creativity and good cooking! Come join us!

Monday-Friday, August 5 - August 9
9:00-12:00
North Yarmouth Community Center
Fee: \$150/\$160 non-res



Fun With Friends Camp

Instructors: Abby Weeks & Kathryn Begos (MIW Teachers)
Grades 1-3 (*Entering in fall 2024*)



Ms. Begos and Mrs. Weeks think a week of fun with friends is what every summer needs! There will be a variety of activities, games, crafts, outdoor play, and read-a-louds celebrating friendship. Sign up with your best buddy or come ready to build new friendships with other "Fun with Friends" campers just like you! Please pack a lunch, water bottle, and snacks daily.

Monday-Friday, June 24 - June 28
9:00-3:00
Mabel Wilson School
Fee: \$250/\$260 non-res



Youth Public Safety Academy

Cumberland Police & Fire Department Members
Grades 4-6 (*Entering in fall 2024*)

The Cumberland Fire and Police Departments will hold a Public Safety Summer Camp this June! Our group of 20 youth will have the opportunity to interact with members of the public safety team, while learning interesting and valuable skills. These include how to call 9-1-1, fire extinguisher use/safety, water safety and first aid, and more! We'll have a police K-9 demonstration, a tour of the Fire Department, and a "tour" of a police cruiser. We promise that your child will return home excited about what they've learned and who they've met. Water and snacks will be provided, and camp members will receive a special t-shirt! Parents will receive a daily schedule. For more information, contact School Resource Officer Amie Owen at aowen@cumberlandmaine.com.

Monday-Friday, June 17 - June 21
9:00-11:00
Cumberland Central Fire Station
Fee: \$120/\$130 non-res



SUMMER ENRICHMENT CAMPS

Color Outside the Lines Art Camp

Instructor: Michelle Cook (GMS Art teacher)
Grades 4-6 (*Entering in fall 2024*)

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 17 – June 20
9:00-12:00

Monday -Thursday, June 24 - June 27
9:00-12:00

Greely Middle School Art Room

Fee: \$225/\$235 non-res



Camp Summer Olympics

Instructors: Emily Libby & Kristyn Zimmerman
Grades 3-5 (*Entering in fall 2024*)

Start your summer with MIW teachers, Mrs. Libby and Mrs. Zimmerman as we prepare for the Summer Olympics 2024! Enjoy learning about geography, famous people, cultures and traditions as we explore countries all over the world. Daily activities will include stories, indoor and outdoor games, crafts, free play and fun facts! Each session we will learn about a different country, so everyday there will be something new to discover. Campers should pack a lunch, snack, water bottle and sunscreen each day.

2 Offerings:

Monday- Friday, June 17 - June 21
9:00-4:00

Fee: \$300/\$310 non-res

Monday - Friday, June 24 - June 28
9:00-4:00

Fee: \$300/\$310 non-res

Mabel Wilson School, Grade 2 Portable



West African Drumming “Mini Camps”

Instructor: John Marlowe (MIW teacher, Founder of Guinea Reads and has been studying and teaching the music and culture of West Africa for over 15 years).

Five consecutive days of fun, learning West African drumming and finding out about the people and culture from Guinea, West Africa. You'll learn traditional rhythms on the djembe (hand drums) and dununs (bass drums) along with a Malinke song or two. All drums are provided for these interactive sessions.

Introduction to West African Drumming

Learn traditional patterns on the djembe along with some songs; introduce basic patterns and technique on the larger dunun drums.

Grades K-2 (*Entering in fall 2024*)

8:00-9:00



Beyond the Basics

Fine tune technique; move from basic parts to playing complete traditional rhythms on djembe and dununs.

Grades 2-4 (*Entering in fall 2024*)

9:00-10:00

Intermediate & Advanced

Faster pace class playing complete rhythms and learning solo phrases and more complex patterns.

Grades 4 and up (*Entering in fall 2024*)

10:00-11:00

Greely Middle School - Room TBA

Session 1: July 8 - July 12

Session 2: July 15 - July 19

Session 3: July 29 - August 2

Session 4: August 5 - August 9

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

(Min 5 students to run program)



SUMMER YOUTH SPORTS

Soccer Clinics

Instructors: Mike Andreasen, GHS Varsity Boys
Coach & Staff
Grades K-8 (*Entering in fall 2024*)



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 from 8:15 - 9:00

Co-ed Grade 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 from 9:15 - 10:00

Boys/Girls Grade 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 from 10:15-11:15

Boys/Girls Grade 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 from 11:30-12:30

July 1 – August 2 (*No clinics on July 5*)

Twin Brook Recreation Area

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

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

T-Ball Fun Games

Instructor: Mort Soule
Ages 4 & 5 (*Must be age 4 prior to June 18*)

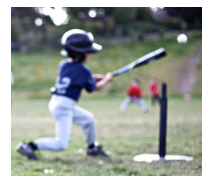
This is an introductory program of fun games for those youth who were not eligible age wise for the spring Little League T-ball program. Teams will be chosen each night with no consistency to any one team from game to game. Parent volunteers will be needed nightly to help with instruction and encouragement. Fee includes a baseball hat and tee shirt. *Special thanks to Cumberland/North Yarmouth Little League & Greely Baseball for providing equipment for this program.*

Tuesdays & Thursdays, June 18 - July 9
(*No program on July 4. Rain date July 11*)

6:00-7:00

Cumberland Commons

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



Summer Track

Coach: John Lane

Ages 6-15 (*By or before 12/31/24*)

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. The meet schedule will be available at the first practice. Bus transportation to meets will be provided. The State meet is typically held on the second Saturday in 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 17 – July 30

5:30-7:00pm

Greely High School Track

Fee: \$150/\$160 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 3-6 (*Entering in fall 2024*)

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. Mouthguards are required. Pads are not required and cleats are recommended. Parents are welcome to attend and learn more from coaches about tackle football. *All current tackle football players who will be in grades 3-6 in fall 2024 are encouraged to attend.* All players will receive a Greely football shirt.

July 9, 11, 16 & 18
6:00-7:00pm
West Cumberland Football Field
Fee: \$50/\$60 non-res



Flag Football - Summer

Instructors: Greely Football Coaches & players
Grades K-6 (*Entering in Fall 2024*)

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. Mouthguards are required. Cleats are recommended. All players will receive a Greely football shirt.

August 12 - August 15
5:30-7:00pm
West Cumberland Football Field
Fee: \$50/\$60 non-res



2024 Total Athlete Training

Instructor: Beau Burgau, Certified Strength & Conditioning Specialist, Founder - Grit Training
Grades 9-12 (*Entering in Fall 2024*)

"The Best Athletes Are Made in the Off-Season."

Total Athlete Training is open to all High School students that want to take their off-season strength & conditioning to another level. Join Grit Training to improve strength, power and speed while focusing on technique to prevent injury. Each session includes a dynamic warm-up, linear/lateral speed & agility drills, resistance exercises to build strength & power, and a cool-down stretch to jump start recovery.

Tuesdays & Thursdays, June 25 - August 1
(No program July 4)
9:00-10:00
Greely High School Track/Field
Fee: \$265/\$275 non-res



Memorial Day 5K & Fun Run

More information on the back of brochure!

Monday, May 27

The annual Fun Run is for ages 11 and under and takes place on the Greely High School track. All participants will receive a bib and Memorial Day Fun Run award. This is a non-competitive race.

FUN RUN begins at 8:00am

Register in the Greely High School Commons or the track. (No advance Registration, pay on race day).

Fee: \$5

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

Fee: \$25 pre-registration, \$30 day of or Family Rate \$20 each

FALL SOCCER

CNY United Fall Soccer

(Cumberland/North Yarmouth)

Intra-community soccer league for grades 1-6.

ALL GRADES BASED on entering in FALL 2024.

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

Coordinators: Mike Andreason & Rachel Williams (GHS Varsity Boys & Girls Head Coaches)

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 7 - October 5
(Rain date Oct 12)

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.

Program Dates: September 7 - October 12
(Rain date Oct 19)

Twin Brook (Tuttle Road fields)



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

2024 Program Fees (Residents only):

Registrations April 4-June 2 "Early Bird Special"

Grade 1: \$75 Grades 2-6: \$90

Registrations June 3-July 31:

Grade 1: \$80 Grades 2-6: \$100

After August 1 (If space allows):

Grade 1: \$85 Grades 2-6: \$110

"Kiddie Kickers" Pre-School Soccer Program

Instructors: Seacoast United

Ages 4 & 5 (Child must be age 4 by Aug. 1)

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

Saturdays, September 7 - October 5

(Rain date Oct 12)

8:30-9:30

Location: Twin Brook Greely Road Multi Purpose/Baseball Fields

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



Fall Kindergarten Soccer

Coordinators: Mike Andreason & Rachel Williams (GHS Varsity Boys & Girls Head Coaches)

Child must be entering Kindergarten in the fall.

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

Saturdays, September 7 - October 5

(Rain date Oct 12)

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.

FMI - Contact Patty Murphy at
pmurphy@cumberlandmaine.com

FALL SPORTS

Fall Flag Football

Coordinator: Jim Guidi and Parent Volunteers
Grades K-1 (*Entering in fall 2024*)

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. Mouth guards are required and cleats are Recommended.

Saturdays, September 7 - October 19
(*Rain date Oct 26*)

8:30-9:30

Greely High School Varsity Field

Fee: \$65/\$75 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 2024*)



Does your child love to run could use a way to burn off some of that excess energy after school in a safe and positive environment? If so, your child should join the Cumberland/North Yarmouth Recreation Fall Running Club Program! We will have four regular season meets with neighboring communities and conclude with the Championship at Twin Brook on October 19. The primary focus of this 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 16 - October 21

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

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

Twin Brook Recreation Area

Fee: \$105

Registration opens on July 9

Fall Youth Instructional Field Hockey

Instructors: Burgess Lepage, Greely Head Coach; JV Coach, Jess Brock; and members of the Greely HS Field Hockey Team
Grades K-6 (*Entering in fall 2024*)

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.

TBA: Grades 3-6 may hold one week-night practice per week and a weekend game against area communities.

Saturdays, September 7 - October 12
(*Rain date Oct. 19*)

Grades K-2: 9:00-10:00

Grades 3-6: 10:15-11:30

Greely Field Hockey Field (Inside of track)

K-2 Fee: \$60/\$70 non-res

3-6 Fee: \$80/\$90 non-res (Includes game shirt)



Greely Youth 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

Cumberland Soccer Club

CSC is a Community-based Travel Soccer League for players entering Grades 3 – 8. Fall 2024 Season Registration opens April 1. The CSC Summer Training Camp will be held from August 12 – 16.

To register and for more information, visit the CSC website:
www.cumberlandsoccerclub.com

VAL HALLA

U9 Junior Golf Clinics - Spring

Instructors: Nick Plummer & Staff
Ages 6-8

A program for junior golfers ages 6-8. This program will work on the basics but also emphasize what it means to become a "course ready" golfer.

Saturdays, May 4 - June 1 (*No program May 25*)
10:00-11:00
Val Halla Golf Course
Fee: \$50/\$60 non-res

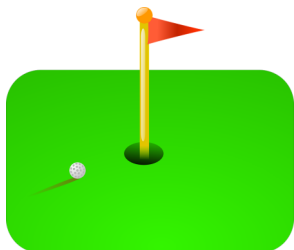
U14 Middle School Golf - Spring

Instructors: Nick Plummer & Staff
Grades 6-8

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, April 30 - June 6
3:30-5:00
Val Halla Golf Course
Fee: \$140/\$160 non-res



U14 Middle School Golf - Fall

Instructors: Nick Plummer & Staff
Grades 6-8 (*Entering in fall 2024*)

The Middle School Golf team will have an Instructional practice every Tuesday followed by a competition/play day on Thursday. During practice juniors will receive hands-on instruction from their coaches. This may include time spent on the Driving Range, Chipping Green, or Putting Green. 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, August 27 - October 3
3:30-5:00
Val Halla Golf Course
Fee: \$140/\$160 non-res

Registration opens on July 9 for Fall Golf

Early Release Wednesday Golf - Fall

Program Director: Nick Plummer
Grades 3-5 (*Entering in fall 2024*)

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 the course by Val Halla Staff.

September 11, 18, 25, October 2 & 23
12:30-5:00
Val Halla Golf Course
Fee: \$200 (Residents only)

Registration opens on July 9 for Fall Golf

VAL HALLA & TOWN INFORMATION

Val Halla Tennis & Pickleball Courts

Val Halla offers six 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.

Val Halla Golf Course 2024 Rates

Spring/Fall

18 Holes Walking: \$48
18 Holes with Cart: \$70
9 Holes Walking: \$30
9 Holes with Cart: \$46

Summer

Monday - Thursday

18 Holes Walking: \$48
18 Holes with Cart: \$70
9 Holes Walking: \$30
9 Holes with Cart: \$46

Friday - Sunday

18 Holes Walking: \$52
18 Holes with Cart: \$74
9 Holes Walking: \$34
9 Holes with Cart: \$50

Cumberland Residents receive a 10% discount on greens fees.





DOGS AT TOWN PARKS

SPRING/SUMMER/FALL

- **Broad Cove** - Leash only from Foreside Road to Town Pier. Dogs prohibited on the beach.
- **Greely Woods** - Dogs allowed under owner/keeper control.
- **Knight's Pond** - Dogs allowed under owner/keeper control.
- **Rines Forest** - Dogs allowed under owner/keeper control.
- **Town Forest** - Leash only
- **Twin Brook (Tuttle Road side)** - Dogs allowed under owner/keeper control.
- **Twin Brook (Greely Road side)** - Dogs allowed under owner/keeper control.
- **Val Halla** - Dogs not allowed from March 1st to December 1st.
- **West Cumberland Athletic Complex** - Leash only



Twin Brook Recreation Area Major Events 2024

Sat & Sun, May 11 & 12 from 8:00-5:00
Cumberland Lacrosse Club
Annual Boys Youth Lacrosse Tournament

Sat, May 18 from 8:00-5:00
Cumberland Lacrosse Club
Annual Girls Youth Lacrosse Tournament

Sat, June 1 from 12:00-3:00 (*Rain date June 8*)
Youth Cross Country Program
Spring League Championship Meet

Sat, July 27 from 8:00-6:00
Host Greely/Yarmouth High Schools
Annual High School Soccer Tournament

Sat & Sun, Aug. 31 & Sept. 1 from 7:30am-6:00pm
Cumberland Soccer Club
Annual Labor Day Soccer Tournament

Sat, Oct. 19 from 1:00-4:00 (*Rain date TBA*)
Youth Cross Country Program
Fall League Championship Meet

Thurs, Oct. 24 from 2:30-5:30 (*Rain date TBA*)
Middle School Cross Country
Fall League Championship Meet

Sat, Oct. 26 from 9:30-3:30
Maine Principals Association
Regional Cross Country Championships

Sat, Nov. 2 from 9:30-3:30
Maine Principals Association
State Cross Country Championships

On the above dates, we recommend 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

PRINCE MEMORIAL LIBRARY

Summer Reading Kickoff!

**Saturday
June 8
1 - 3 p.m.**

**on the
back lawn
of PML**



The irresistible Ragtime Destroyers bring fun and danceable New Orleans-inspired jazz music from the 20's and 30's to the streets of Portland and beyond! Melodic trumpet, growling trombone and swooping clarinet are backed up by the rattle of washboard and banjo. Sometimes silly but always swinging, the Ragtime Destroyers play jazz music for the feet and jug band music with a pedigree!

Lawn games!

**Ice cream
from Toots!**

**Kids and teen book sale
with the Friends of PML!**

Face painting!

**Sign up for Summer Reading
and get a free book!**



NORTH YARMOUTH COMMUNITY CTR

WESCUSTOGO HALL &
NORTH YARMOUTH COMMUNITY CENTER
120 Memorial Highway | 829-5555



Kiddie gym

Monday, Wednesday, Friday 10am-11am
\$2/kid or buy \$15 for a 10 visit punch pass

NOW - MARCH

INDOOR



SCHEDULE

PICKLEBALL

MONDAYS
12-2PM

Advanced / 10-Pass Limit

TUESDAYS
10AM-12PM

Intermediate / 10-Pass Limit

THURSDAYS
10AM-12PM

Intermediate / 10-Pass Limit

FRIDAYS
12-2PM

Advanced / 10-Pass Limit

SATURDAYS

Please check board for weekly updates.

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



INDOOR WALKING

Join us Monday, Wednesday, and Friday at
11am for a leisurely walk around the
Community Center.

This activity is FREE. Please just bring a clean
change of shoes.

STORYWALK



Come take a short walk around our trails and enjoy a
rotation of seasonal stories! Fun for all ages.

OPEN GYM

NOW - JUNE 14

MONDAY-WEDNESDAY-FRIDAY

Middle School | 3-5pm

TUESDAY-THURSDAY

High School | 2:30-4:30pm

\$2 per person



LET'S PARTY!

Rent our Community Room &
Gym for a 2-hour party package!

Res: \$125

Non-Res: \$175



Contact Info:

Jackie Hersey, Director
jhersey@northyarmouth.org

Jackson Humphrey, Assistant Director
jhumphrey@northyarmouth.org

Telephone: (207) 829-5555
<https://www.facebook.com/WHCC120>

CHEBEAGUE + CUMBERLAND LAND TRUST

SPRING + SUMMER 2024

FREE COMMUNITY EVENTS



MARCH

THURS, MARCH 14 / 7PM–8:15PM
ZOOM TALK

Sea Changes: Understanding & Preparing for Coastal Maine's Extreme Weather Events

SUN, MARCH 24 / 9AM–1PM
SPRING BROOK FARM

Join us for Maine Maple Sunday

WED, MARCH 27 / 2PM–3:30PM
SPEAR FARM ESTUARY PRESERVE

Get Out! Nature Walk: Signs of Spring

SAT, MARCH 30 / 1PM–2:30PM
PRINCE MEMORIAL LIBRARY
Maine's Changing Bird Populations

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

APRIL

WED, APRIL 24 / 2PM–3:30PM
RIVERFRONT WOODS
Get Out! Nature Walk: Vernal Pools

THURS, APRIL 25 / 7PM–8PM
ZOOM TALK
The State of Casco Bay: Climate Challenges & Solutions



MAY

SAT, MAY 4 / 10:30AM–11:30AM
CHEBEAGUE ISLAND LIBRARY
The Piping Plover book reading

TUES, MAY 14 / 7PM–8:15PM
ZOOM TALK
Natural Solutions for Stabilizing Our Coastlines

WED, MAY 22 / 2PM–3:30PM
BROAD COVE RESERVE
Get Out! Nature Walk: Horseshoe Crabs

THURS, MAY 23 / 7PM–8:30PM
LOCATION TBA
The Time is Now: Local Climate Action & Opportunities for Community Involvement

JUNE

SAT, JUNE 8 / 12:30PM–2:30PM
BROAD COVE RESERVE
Annual Horseshoe Crab Event

SAT, JUNE 22 / 9:30AM–11AM
RINES FOREST
Forest Resilience for the Future

WED, JUNE 26 / 2PM–3:30PM
THAYER BROOK PRESERVE
Get Out! Nature Walk: Marsh & Bog Habitats

JULY

SAT, JULY 13 / 10AM–11:30AM
LONGWOODS PRESERVE
Climate Resilience in Local Agriculture

WED, JULY 24 / 8:00AM–9:30AM
THE HOOK, CHEBEAGUE
Get Out! Nature Walk: Shorebirds & Sea Level Rise

AUGUST

WED, AUGUST 22 / 2PM–3:30PM
SKYLINE FARM
Get Out! Nature Walk: Wildflowers & Monarchs

THANK YOU TO OUR PARTNERS!

*Big Night Maine
Chebeague Island Library
Chebeague Recreation Center
Prince Memorial Library
Royal River Conservation Trust
Town of Cumberland
Sustainability Subcommittee*

**Chebeague &
Cumberland
Land Trust**

FOLLOW US

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



VISIT

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



TWEDSBROOK

a community picnic

WEDNESDAYS AT TWINBROOK
5-8PM

JUNE 26

JULY 17

AUGUST 7



**Food
Trucks**

**Live
Music**

**Bounce
Houses**

**Local
Vendors**

Meet up with friends & neighbors for dinner!

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

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

Postal Customer

Memorial Day 5K & Fun Run May 27, 2024

Event Sponsored by
Greely PTO &
Community
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 Greely High School.

Fee: \$25 pre-registration, \$30 day of or Family Rate \$20.

Register: www.Running4Free.com

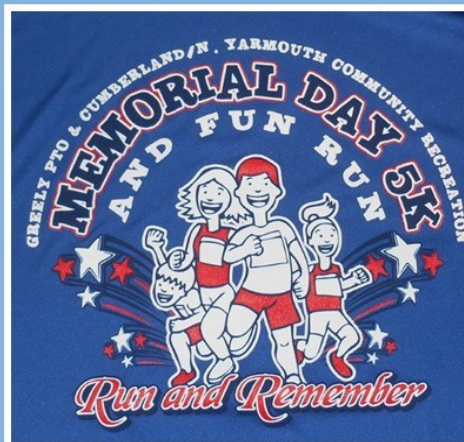
Kids FUN RUN

Start time 8:00 AM

Held on the Greely Track for
ages 11 & under.

All participants will receive
a Bib & Memorial Day Fun
Run award. This is a non-
competitive race. Register
at the Greely High School or
track.

Fee: \$5



5K 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