

A photograph of two young children sitting on a wooden bench in a snowy park. The child on the left is wearing a bright red winter jacket and a red knit hat with a white snowflake design. The child on the right is wearing a brown patterned winter jacket and a white knit hat. Both children are holding and drinking from silver thermoses. The background shows snow-covered trees and a bright, sunny sky, creating a warm and cozy winter atmosphere.

Winter 2011-2012

**Cumberland
No. Yarmouth
Community Education
& Recreation**

Registration Information

Mailing Address:

Cumberland Community Education/Recreation,
290 Tuttle Road, Cumberland, Maine 04021
Telephone: **207-829-2208** Fax: **207-829-2214**

Office Hours:

Monday –Wednesday 8:00am–5:00pm
Thursday 8:00am–6:00pm
Friday Closed

Cumberland’s Web Site:

www.cumberlandmaine.com

When do I register?

Program registration for Cumberland/North Yarmouth residents upon receipt of brochure. Non-residents may register beginning December 15, 2011.

How do I register?

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

Will I be sent confirmation?

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

What are your cancellation policies?

We will notify you if the class has been cancelled or changed. We reserve the right to cancel or consolidate any program that does not meet minimum participant registration numbers. Avoid disappointment and please register promptly. Program updates and cancellations will be announced on our web site.

How do I get a refund?

If we cancel a class or activity, all fees will be refunded. If you withdraw at least 2 business days before the first class you receive a refund or credit slip minus a \$10–\$25 processing fee (i.e. ski or day camp will be \$25 (non-refundable processing fee). If you withdraw less than 2 business days prior to the first class, you may opt for 50% refund or 75% credit. If you withdraw after the first class no refund or credit. Refund processing takes up to 3-4 weeks. We do not provide cash refunds.

What are the fees?

Fees are stated at the end of each program write-up. Non-Residents will pay an additional \$10 per class.

What is a senior citizen discount?

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

What if I have questions?

Call Cumberland Community Education and Recreation at **207-829-2208**.

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Staff:

Brian Bickford, Director of Val Halla & Recreation
Peter Bingham, Recreation Superintendent
Sarah Davis, Adult Education Director
Cindy Stennett, Administrative Assistant
Ted Bosarge, Parks Superintendent
Suzanne Martelle, Aquatic Director
Toby Young, Val Halla Superintendent
William Shane, Town Manager
Robert G. Hasson, Jr., MSAD#51, Supt.

Abbreviation Key:

DRS (Drowne Road School)
GHS (Greely High School)
NYMS (N. Yarmouth Memorial School)
GMS (Greely Middle School)
WCCH (West Cumberland Hall)
CTC (Chebeague Transportation Co. Lot)
PML (Prince Memorial Library)
CTH (Cumberland Town Hall)

Preparing For Your Future



MAINE Adult Education *Learning for Work and Life*

Cumberland-North Yarmouth Adult and Community Education
is a proud member Of Maine Adult Education Association

GED® Information

The GED® tests are a nationally recognized way to earn a high school credential that is accepted by more than 95% of US employers, colleges, and universities. Passing the GED® test is a first step toward a better job or additional training. The GED® covers reading, writing, math, social studies, and science. Upon successful completion of testing, a student is awarded a high school equivalency diploma. The GED® credential is an option for anyone 18 years of age.

GED® Study and Preparation Lab

Instruction will be individualized to meet the needs of each student who want to prepare for the GED® test.

Tuesday & Thursdays 6:00-8:00pm

GHS Computer Lab- Free!

Please call 829-2208 to register!

College Transition Program

Are you thinking of taking college course? Could you benefit from some extra support and guidance as you make the transition to college? Help is readily available with FREE in-depth career counseling. Take two of the most respected career assessment tools which will guide you in choosing the college program or career that's right for you. Cumberland/ North Yarmouth Community Education is a partner with Windham and Gray-New Gloucester Adult Education programs in a College Transitions grant. Please contact Sarah Davis, Adult Education Director, at Cumberland Community Education at 829-2208 for more information. Some services are not available in all programs.

SAT Prep! (for Grades 11 – 12)

Teachers: Becky and Doug Pride

These preparatory courses for the SAT have proven helpful to high school students who wish to improve their scores on the verbal and math sections of the Scholastic Aptitude Test (SAT). The courses include test-taking tactics, drill work, vocabulary lists, algebraic and geometric concepts and a familiarity with the test that will allow students to feel more prepared. Students in the English class will also write two writing prompts which the instructor will correct and comment on. The College Board Official SAT Study Guide is the text used for both courses (included in price of class.)

This course will prepare the student for the *May 5th SAT EXAMINATION* that all juniors in the state will take.

Registration deadline is Thursday, March 15th.

*All classes meet at GHS 6:30-8:30pm

SAT English Classes – Choose One

EngSAT 1: Monday class- March 26, April 2, 9, 23 & 30 (no class April 16)

EngSAT 2: Tuesday Class- March 27, April 3, 10, 24 & May 1 (no class April 17)

EngSAT 3: Wednesday – March 28, April 4, 11, 25 & May 2 (no class April 18)

EngSAT 4: Thursday- March 29, April 5, 12, 26 & May 3 (no class April 19)

Fee: \$84/per English class

SAT Math Classes – Choose One

MathSAT 1: Monday March 26, April 2, 9, 23 & 30 (no class April 16)

MathSAT 2: Tuesday March 27, April 3, 10, 24 & May 1 (no class April 17)

MathSAT 3: Thursday- March 29, April 5, 12, 26 & May 3 (no class April 19)

Fee: \$84/ per Math class

Workplace Skills

Excel

Instructor: Craig Treadwell

NEW!

Using Microsoft Excel 2010, you will become familiar with commands, formulas, functions, and how to use a spreadsheet. Prerequisite: Familiarity with Windows, Computer Basics.

Mon/Wed January 9- March 6 (no class Jan. 16 & week of Feb 20th)

GHS Mac Lab 6:30-8:30pm

Fee: \$78/ \$88 non-res (plus book fee of \$48.50)

Power Point

Instructor: Craig Treadwell

NEW!

The ability to use Power Point is an increasing common job requirement for anyone who needs to present their ideas in a professional and powerful manner. Based on participant feedback, the class includes sample time to practice your skills by developing your own PowerPoint. Bring a memory stick to save files provided by instructor and your presentation. Prerequisite: Windows skills.

Mon/Wed March 12 – May 3

(no class week of April 16th)

GHS Mac Lab 6:30-8:30pm

Fee: \$78/ \$88 non-res (plus book fee of \$48.50)

Bookkeeping 1

Instructor: Craig Treadwell

NEW!

Acquire basic record keeping skills related to cash records, accounts receivable and payable, filing systems for source documents, record information from source documents and journals and reconcile a bank statement. The same book will be used for all bookkeeping classes.

Tues/Thurs January 10- March 1

(no class week of Feb 20th)

GHS 6:30-8:30pm

Fee: \$78/ \$88 non-res (book fee: \$110)

Bookkeeping 2

Instructor: Craig Treadwell

NEW!

This course will cover the basics of a double entry accounting system: assets, liabilities, owner's ledger accounts, posing, balancing accounts, preparing a trial balance, and preparing a payroll.

Tues/Thurs March 13- April 26

(no class week of April 16th)

GHS 6:30-8:30pm

Fee: \$78/ \$88 non-res

(will use same book as Bookkeeping 1)

Marketing Your Business on the Internet - Ed2go Online

Find out how you can affordably market your business on the Internet, even if you have little or no money to spend! In this practical, hands-on course, an e-commerce expert will show you how search engine optimization (SEO) works and how to track your site's performance using Web analytics. You'll understand how to use online advertising, email marketing, and social media (including blogs) to drive business to your Web site.

Customer Service Fundamentals - Ed2go Online

Customer service personnel interact with current and potential customers every day. But do they truly spend time finding out what customers really want and giving them the highest service possible? In this six-week online course, you'll discover dynamite methods for bringing out the best in your team, measuring customer service, and anticipating the needs of your reps and your customers. Learn how to attract and hire top-notch reps, succeed with teams, and minimize customer complaints. As an added bonus, you'll unlock the power of leading by example and setting new trends for customer service in your growing business.

For more information on Ed2go, please see page 12

Ed2go classes start 1/18, 2/15 & 3/21

Health Careers

Community CPR and AED

*Instructor: Cumberland Fire Department
AHA Instructors*

This class is for the general public and covers infant, child and adult CPR and choking as well as automated defibrillation (AED). At the conclusion of the class students receive an American Heart Association (AHA) Heart Saver CPR/AED card good for 2 years.
FMI email ebernier@cumberlandmaine.com

Evening classes - Choose one date

Monday, January 2, February 6 or March 5

Drowne Rd. School 6:00-10:00pm

Fee: \$45/ \$55 non-res

First Aid Training

*Instructor: Cumberland Fire Department
AHA Instructors*

This 4-hour class covers medical and traumatic emergencies including: allergic reactions, asthma attacks, bee stings, broken bones, burns, cuts, diabetic reactions, heart attacks, heat emergencies and stroke. We do hands-on exercises to learn when to call the ambulance and what to do until medical personnel arrive. Students receive a 2-year AHA certification card on the day of the class.

Choose one date:

Saturday, January 28, February 25 or March 24

DRS 8am – 3pm

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

Basic Life Support (BLS) for Healthcare Providers

*Instructor: Cumberland Fire Department
AHA Instructors*

This 3-hour class will earn the student an American Heart Association Basic Life Support for Healthcare Provider 2-year certification card. The class covers infant, child and adult CPR as well as choking for all ages and practice using an AED (Public Access Defibrillator). This is the required certification for anyone who works in the healthcare profession.

Choose one class:

Saturday, January 21, February 18 or March 17

DRS 8:00am – noon

Fee: \$45/ \$55 non-res

Shapely Solutions for 2012

Instructor: Mark Verrill

Live a healthier lifestyle in 2012! If you want to improve your fitness, sign up now for this important presentation on the three major components of physical fitness! Mark will demonstrate strength exercises you can do at home, followed by Q&A! *A raffle will be drawn for ten free hours of personal training sessions at Shapely Solutions in North Yarmouth.*

Wednesday January 11

GHS 6:30 – 7:30pm

Fee: \$10

Mark Verrill is a personal trainer and lifestyle consultant with 20 years of experience.

Lifelong Learning

Continuing French

Teacher: Kayleigh Navarro

Continue learning the French language and culture! This is a French class that builds on past knowledge and gives the students the freedom and self-confidence to express themselves in a different language.

We will focus on reading, writing, and speaking using authentic classroom materials. Course topics include, learning how to describe oneself and others, how to make purchases at the market, responding to an invitation, and conjugating all three verb groups. With an in depth review, some overlapping makes this a good start for any beginning French speaker. Taught by an enthusiastic teacher, immerse yourself into French culture and language.

Tuesdays, January 24 – April 3 (no class Feb. 21)

GHS 6:30-8:00pm

Fee: \$68/ \$78 non-res/ \$60 seniors

Fiddle from the Ground Up!

Teacher: Julia Plumb

This course will provide an introduction to traditional fiddle playing, intended for students with little or no experience. Students will learn how to be comfortable with their fiddle and the basics of playing alone and with others. By the end of the course, students will know how to tune, care for, and properly hold their instrument and how to play several fiddle tunes. Students will also be introduced to different regional styles of fiddle playing, to different tune types, and improve their ear and intonation. All tunes will be taught by ear with sheet music and recordings available from the instructor (\$10 optional materials fee). Students need to rent, borrow, or buy a violin with a bow, case, and rosin. Students may also wish to purchase a shoulder rest and a tuning device. For more information about the instructor or to contact her for advice about purchasing an instrument, please visit <http://tinyurl.com/fiddlemusic>.

Monday, January 23 – March 5 (No class February 20)

GHS 6:30-7:30pm

Fee: \$78/ \$88 non-res

SMCC Classes at Greely High School!

Take your college classes in the afternoons or evenings at Greely High School! Earn credits toward an SMCC degree and/ or transfer credits to another college while earning a credit toward your high school transcript. High school students need to contact GHS guidance department for more information. For adults to take an SMCC class at the Greely High School satellite site, you must register through Southern Maine Community College at 741-5800. The following classes are scheduled at GHS, depending on enrollment:

- | | |
|-------------------------|-------------------|
| • Intro to Visual Arts | Tuesdays 6-8:45 |
| • College Algebra | Wednesdays 6-8:45 |
| • Intro to Sociology | Thursdays 6-8:45 |
| • Earth Science lecture | Mondays 4-6:45 |
| • Earth Science lab | Mondays 7-7:50 |
| • Oral Communications | Wednesdays 6-8:45 |
| • Dosage Calculations | Wednesdays 6-8:45 |
| • Intro to Business | Thursdays 6-8:45 |

Creative Economy

Open Art Studio

Instructor: Diane Dahlke

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

Monday, January 9 – March 26

(no class 1/16 & 2/20)

NYMS Art Room 7:00-9:00 pm

Fee: \$48/ \$58 non-res/ \$40seniors

Encaustic Painting

Instructor: Rick Green

Encaustic painting has been around for thousands of years, but there has been a tremendous revival during the past ten years! Painting, sculpting and collage are just a few of the elements to this wonderfully diverse medium. Encaustic paint is composed of beeswax, dammar resin and pigments that are applied to a surface while melted. You will learn a basic knowledge of the medium, and with a variety of other tools and mediums you will learn how to create an assortment of fascinating techniques. This class is appropriate for artists of all levels and experience. Students who have taken the class previously or who have experience with encaustic painting are welcome. This is a studio class – Rick can work with students at different levels of ability and experience.

Wednesday, February 29 – March 21

GMS Art Room 6:30-8:30pm

Fee: \$60 / \$70 non-res (plus \$38 materials fee payable to instructor at first class)

More Baskets!

Instructor: Wendy Desrochers

NEW!

Sign up for these fun basket workshops for the beginner or experienced weaver! The first basket is a wonderful square pie basket! It will be woven on a 10-inch handle. The second basket is called “The Tub Basket.” It is a cute round basket approximately 6 ¾ inches in diameter. The bottom of the basket is a twined base, with creative options on the sides, using various size materials and colors. The handles are fun with ceramic beads on wire! Sample baskets are on display in the Community Education office in the Cumberland Town Hall.

Note: Please bring to class a bucket, small pointed scissors, pencil, measuring tape, an awl, jack-knife and some clothespins.

#1. Pie Basket

Thursday, Feb. 9 & 16

GMS 6:30-8:30pm

Fee: \$32/\$42 non-res

(materials fee payable to the instructor at class)

#2. The Tub Basket

Thursday, March 15 & 22

GMS 6:30-8:30pm

Fee: \$32/ \$42 non-res

(materials fee payable to the instructor at class)

Register for both baskets for \$58! (Materials fee extra)

Sew Creative – Home Décor! A sewing class for beginners & intermediates

Instructor: Stephanie Knight

Are you looking to save some money on home accessories? Would you like to create a personalized look for your home? In this sewing workshop you will learn to create a project to compliment your home décor. Suggested projects include: pillows of all shapes and sizes; placemats, napkins or tablecloths; or window treatments such as valences, curtains or roman shades. Bring your own sewing machine (in good working order) or request a sewing machine in advance.

Wednesdays, January 18 – February 15

GHS 6:30-8:30 pm, 5 classes

Fee: \$49/ \$59 non-res

Behind the Wheel

Driver's Education Course

Instructor: Bartley's Driving School

This driver's education course is licensed by the State of Maine, with 30 hours of classroom work and 10 hours of driving. Students must be 15 years of age or older in order to register. At the completion of the course, students will be issued their Maine State permit, which is included in the course fee.

You must register with Bartley Driving School @ 657-5010.

Monday, Wednesday, Friday

GHS 5:30-8:30pm

Class Start Dates: February 1, February 29, & March 28

Fee: \$420

Maine Driving Dynamics

Instructor: Bureau of Highway Safety

This course offers drivers the opportunity to improve their driving skills by learning about collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers on Maine's highways. Class format includes lecture, PowerPoint presentation and class discussion. Students who complete the course may be eligible for a three-point credit on their driving record and a possible discount from their insurance carrier. You must bring or send copy of your driver's license to register. Pre-registrations only; no walk-ins!

Saturday, March 3

Fee: \$40/ \$10 seniors (age 65 +)

GHS 8:00am – 1:00pm

Note: Limited Space. Please register early!

For the Teaching Professional

Creating a Classroom Web Site- Ed2go

Learn how to create a classroom Web site in this fun, easy-to-understand course for teachers. In no time, you'll build a site with text, images, animations, tables, links, and more. Then you'll create a WebQuest and a blog to add to your site.

You'll also learn how students can use site builders to create their own Web sites in minutes. As we move along, you'll be amazed by how simple creating a classroom Web site can be and all the ways in which having one can make you a more effective and dynamic teacher.

By the end of this course, you'll have your own published classroom Web site, and you'll feel energized by your great new teaching tool!

Classes start 1/18, 2/15, & 3/21

The Creative Classroom- Ed2go

Creativity will abound in your classroom as you tap your students' hidden talents. Learn how to use creativity to teach reading, writing, visual arts, performing arts, social studies, science, mathematics, and physical and health education. Develop creative new approaches to field trips, learning labs, activities, exercises, assignments, and evaluation methods. Think beyond the textbook and challenge your students by making your classroom a creative classroom

Classes start 1/18, 2/15, & 3/21

**For more information
on ED2GO, see page 12**

Creative Pursuits

Landscape Painting - Design Elements

Instructor: Diana Johnson

NEW!

Spark your creativity through painting. Enjoy a supportive atmosphere filled with discussion, hand-outs, and plenty of time for individual practice and personal attention.

You will learn, or brush-up on, the elements of design which create a foundation for your paintings. Beginners and those with previous painting experience are all welcome. Those who have painted before are welcome to bring acrylics, watercolors, or gouache.

Beginners need to bring acrylics. The instructor will use acrylics to demonstrate painting techniques. Copies of all new reference photos used in demonstrations will be available for everyone. You are welcome to bring your own reference photos. Please supply your own materials. A list of basic materials can be obtained through the Community Education office.

Tuesday, January 24, 31, February 7, 14, & 28
(no class 2/21)

GMS 6:30 – 8:30pm

Fee: \$78 / \$88 non-res/ \$70 seniors (65+)

Revive your Jewelry!

Instructor: Mary Greely

NEW!

Bring your tired *beaded* necklace or bracelet to this fun jewelry workshop! Whether you need an updated look by adding some filler beads or combining two pieces, or simply need to restring an old favorite, this is great opportunity to add some pizzazz to your beaded jewelry! Participants should bring a few broken or old beaded pieces to remake. With guidance from Mary, you will transform and revive your jewelry!

Tuesday, March 6

GMS 6:30-8:30pm

Fee: \$15 (materials fee of \$7 payable to the instructor at the workshop)

Landscape Painting - Design Principles

Instructor: Diana Johnson

NEW!

Spark your creativity through painting. Enjoy a supportive atmosphere filled with discussion, hand-outs, and plenty of time for individual practice and personal attention.

In this class you will learn how to incorporate design principles into your paintings. Beginners and those with previous painting experience are all welcome. Those who have painted before are welcome to bring acrylics, watercolors, or gouache.

Beginners need to bring acrylics. The instructor will use acrylics to demonstrate painting techniques. Copies of all new reference photos used in demonstrations will be available for everyone. You are welcome to bring your own reference photos. Please supply your own materials. A list of basic materials can be obtained through the office.

Tuesday, March 13, 20, 27, April 3, 10

GMS 6:30-8:30pm

Fee: \$78/ \$88 non-res / \$70 seniors (65+)

Accessorize!

Instructors: Carie Costello and Mary Greely

NEW!

In this informative “hands on” workshop, Carie and Mary will help you learn how to accessorize your wardrobe! They will share practical tips on wearing jewelry and scarves to give you a polished look! Bring a scarf to the workshop!

Wednesday, March 21

GMS 6:30-8:30pm

Fee: \$15

Creative Pursuits

Help! I'm stuck on a Knitting Project!

*Instructor: Pamela Harwood,
Longwoods Alpaca Farm, LLC*

It's time to take stock of all those UFO's (unfinished objects) in your knitting bag! If you are stuck, join us for an evening of getting un-stuck. Need some inspiration, encouragement? You'll find it here! Bring your unfinished projects, along with the yarns, needles and patterns and Pam will help you get back on track. You might also want a little encouragement or review of technique to start a new project – bring that, too!

Thursday, January 12

GHS 6:30-8:30pm

Fee: \$15

Learn to Knit – the Basics

Instructor: Pamela Harwood, Longwoods Alpaca Farm, LLC

If I had a nickel for everyone who said they wished they knew how to knit as they caress my alpaca yarns. . . well, here is your chance to learn the basics! With these two stitches, a whole new world will open up! You will learn to cast on three ways, knit stitch, purl stitch and cast off.

Tuesday, February 7

GHS 6:30-8:30pm

Fee: \$15

Materials list available at registration.



Twined Knitting (Knitting with 2 colors)

NEW!

Instructor: Pamela Harwood, Longwoods Alpaca Farm, LLC

Twined (or Twisted) Knitting was a technique developed in Scandinavia for knitting with 2 colors. Rather than knitting with a color in each hand, twined knitting has both colors in one hand, with the strands twisting around each other. The fabric produced is extra toasty warm, and the patterns are limited only by your imagination. You will learn to knit and purl with two colors, how to make a herringbone pattern and knit in the round on a circular needle.

Tuesday, February 28

GHS 6:30-8:30pm

Fee: \$15

Sample: A sample is on display in Pam's Farm Store at Longwoods Alpaca Farm, 135 Longwoods Road (next to Basil Provisions), Cumberland and at the Cumberland, Falmouth and Freeport Farmers markets.

Rhapsody in Fabric: Bargello Quilt Workshop

NEW!

Instructor: Beth Maitland

Unravel the secrets of the beautiful Bargello quilt. Based on a needlepoint technique, the fabric creates undulating waves of color that come up to a point and then swoop down to a trough before rising up again...music with fabric. Believe it nor not, this is a great beginner's quilt! The only experience that is needed is to know how to use a rotary blade, a ruler and sew an accurate 1/4-inch seam.

Wednesday, February 29 – April 11

GMS 6:30 – 8:00pm

Fee: \$65/ \$75 non-res/ \$60 senior

Materials list available at registration.

ED2GO Online

Are You Too Busy To Take An Adult Education Class?

Experience Education To Go®

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

Classes Start Monthly:

1/18, 2/15 & 3/21

How to Get Started:

To see all the courses we offer, visit our Online Instruction Center at:
www.ed2go.com/msad51aded

Click the Orientation link and follow the instructions to enroll and pay for your course. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course. This step is critical! You cannot access your course until you complete orientation. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you provided during orientation.

Requirements:

All courses require Internet access, e-mail, Netscape Navigator, or Microsoft Internet Explorer.

Some courses may have additional requirements. Please visit our Online Instruction Center for access to complete course descriptions, student evaluations, instructor biographies, requirements, and other info.

*More Than 300 Online Courses
Visit the catalog online!*

Featured Class Description

Creating a Successful Business Plan- Ed2Go

Turn your business ideas into a solid plan for financing and long-term success. Committing your idea to paper in the form of a business plan not only increases your chances of obtaining financing, but also in keeping your business strategically focused. With the support of your instructor and a network of like-minded students, you'll work through all of the major components of writing a business plan and emerge with your first draft in hand. And most importantly, you will have completed the first--and most difficult--step on the path to small business success!

Classes start 1/18, 2/15, & 3/21

Fee: \$89

Student review of this class:

"The course was much more than I expected. It taught me much more than how to write a business plan. The course/ instructor taught me how to think like an entrepreneur and gave me great advice on how to make my business successful. I was clueless about starting my own business before I completed this course; now I am confident and focused."

Cooking and More!

Cooking with Chris: Fresh Handmade Pasta

Instructor: Chris Toy

There's nothing better than making your own fresh pasta! Join Chris for this hands-on session where we will make magic with fresh eggs and flour to create fresh handmade pasta. Then we'll cook up some tasty sauces to enjoy our creations. Those in the know bring dishes for leftovers... just in case!

Monday January 9th

GHS 6:00-8:00pm

Fee: \$16 (plus \$8 food materials fee)



Hotpot Cooking

Instructor: Chris Toy

Another Maine winter is upon us!

How do the Chinese in Beijing stay warm in the winter? They gather together around a Chinese Hotpot to eat and talk. Think of Chinese Hotpot as a combination of fresh steaming homemade soup and a fondue party! Come learn about this ancient food and do come hungry!

Monday February 6

GHS 6:00-8:00pm

Fee: \$16 (plus \$8 food materials fee)

Secrets of Chinese Cooking- Part 1

Instructor: Chris Toy

Come join Chris as he shares Chinese cooking secrets from his family's home kitchen. We'll make handmade wonton soup, wok baked five seasons whole chicken, stir fried seafood with ginger and garlic, and amaretto steamed pears for dessert. Sign up with friends for a fun and tasty class!

Monday March 5

GHS 6:00-8:00pm

Fee: \$16 (plus \$8 food materials fee)

"Clean Eating"

Instructor: Carie Costello, M.Ed.

NEW!

What is all the buzz about clean eating? In this new class, you will learn how to "eat clean" for you and your family. Discover what grains and greens will keep you and your family healthy all year long. Find out how to read labels to get the best nutrition possible. Eliminate foods that drain energy from you. Carie will teach you how to incorporate clean eating into a typical busy week by creating a healthy food plan, with snack ideas that are quick and easy for everyone in the family. You will feel better in just days, have more energy, and it is easy to do!

Wednesday, March 14

GMS 6:30-8:00pm

Fee: \$15

Do you have a unique talent, skill or idea for a class? Please contact Sarah Davis at 829-2208.

Aquatics

Aquatic Fitness

Instructor: Kathy Taylor

Exercise in the water! Each class includes a warm-up, aerobic upper body, mid and lower body workout and ends with a cool-down. This workout for swimmers and non-swimmers is designed for all fitness levels and paces. Water exercise is a wonderful low-impact alternative to traditional land exercise programs- ideal for people with arthritis and those recovering from injuries as well as anyone looking for a great workout. Post-operative participants must have written permission from a physician. You must be at least 18 years old to register for this class.

Tuesday & Thursday

Session 1- January 10 – February 16 (12 classes)

5:30-6:30pm

Fee 2 classes/week: \$40/ \$50 non-res/ \$35 senior

Fee 1 class/week: \$25/ \$35 non-res/ \$20 senior

Session 2- February 28 – April 12 (14 classes)

GHS pool 6:00-7:00pm

Fee 2 classes/week: \$48/ \$58 non-res/ \$40 senior

Fee 1 class/week: \$28/ \$38/ \$22 senior

Please note: Each session has two extra days, in case of pool closures.

Punch Card Update!

Punch cards for morning Lap Swim and Masters are now valid for six months from date of purchase!

Lap Swim Punch Card Fee:

\$35 / \$45 non-res for 10 lap swims

\$75 / \$85 non-res for 25 lap swims

Masters Punch Card Fee:

\$50 / \$60 non-res for 10 masters swim

Lap Swimming

Swimming is a great aerobic exercise which conditions the heart and lungs as well as helping control body weight. 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.

Mon/ Wed/ Fri Jan. 4- March 31 (pool closed 1/16 & Feb. 20)

Greely Pool 5:30-7:00am

Fee: Punch Card (See punch card info for pricing)

Evening Lap Swim Schedule

(For adults 18 and up)

GHS Pool 6:30-7:30pm

Monday & Wednesday February 27 – April 11

Fee: Punch Card (See punch card information)

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 Herold, will help swimmers meet their individual needs and goals. Participants should be able to swim at least 30 lengths of the pool in an hour. Individual workouts will be provided.

Note: You must be at least 18 years old to participate in this adult program.

Tues-Thurs-Sat Jan. 3 – March 31 (no class Feb 18)

GHS pool 5:30 - 7am (Saturdays at 7:00 – 8:15am)

Fee: \$ 135/ \$145 non-res or Masters punch card (See punch card info)

Larissa was Olympic Trial Swimming Finalist 1992, NCAA D-1 Finalist 1992-1997. USS club swim coach for 14 years & Masters swim coach for 5 years in Cumberland.

Adult Fitness

Cardio-Body Sculpting Work Out

Instructor: Julie Waterman, ACE Certified

This one-hour class will target all of your major muscle groups. This class is designed to sculpt your body with challenging integrated exercises using weights, bands and stability balls. Cardio will be incorporated into the workout – sometimes in the form of circuit training, kickboxing or interval workouts, sometimes in the form of some fun dance moves. Variety keeps your muscles challenged!

Please consult your doctor if you have back issues or other health concerns before taking this class. Bring a mat, hand weights to class and a stability or “balance” ball to class on Fridays. Bands will be provided by the teacher.

Mon/Wed/Fri January 18 – April 6

(no class Feb. 20)

Wescustago Hall 9-10am

One class per week: \$55/ \$45 seniors

Two classes per week: \$85/ \$65 seniors

Three classes per week: \$105/ \$82 seniors

Morning Tai Chi for Seniors

Instructor: Louise Poppema

Come and experience the joy of Tai Chi in a setting designed for the “over 55” crowd. You will relieve stress, increase flexibility and improve balance, all without exerting any effort or working up a sweat. Please wear comfortable clothing. No previous Tai Chi experience required and class can be done sitting in a chair if balance is a concern.

Wednesday Feb 29 – April 4

Prince Memorial Library 10:00-11:00am

Fee: \$55

Kripalu Yoga for Adults

Instructor: Elizabeth Burd

Each class will begin with a brief centering, warm ups, and pranayama (breath work) followed by a series of guided postures. The focus will be on alignment, body awareness, and coordinating breath with movement. Class will end with a brief relaxation and meditation. Modifications will always be given to ensure a safe and rewarding class for everyone! **Please wear comfortable clothing and bring a water bottle, small pillow, yoga blocks & yoga mat.**

Tuesday, Jan. 3 – March 27 (no class Feb 21)

Prince Memorial Library 4:15-5:30pm

Fee: \$95/ \$85 seniors

Beginner Ballroom Dance

Instructor: Maine Ballroom Dance

Have you always wanted to learn to dance? Ballroom Dance is back!

Sign up now for the beginners’ ballroom dance featuring the Foxtrot, Waltz and Swing! Improve your confidence on the dance floor and have fun learning to dance with your partner!

Wednesday, February 29 – April 4

Wescustago Hall 7:00-8:00pm

Fee: \$40 per person - MUST sign up with a partner



Dance and More!

ZUMBA!

Instructor: Dinah Aldrich

There's nothing like a "dance party" keep you movin' !!!!! Based on Latin dance moves including salsa, merengue and cha-cha, Zumba is designed as a complete fitness workout that is "exercise in disguise!" Come move to the hot Latina beat to get in the BEST shape of your life!!! Comfortable workout attire and sneakers suggested.

Thursday, January 5 – March 29 (no class 2/23)

Wilson MPR 6:30-7:30pm

Fee: \$55/ \$65 non-res/ \$50 senior cit.

ZUMBA TONING!

Instructor: Dinah Aldrich

It's the "next step" in fitness! Keep your cardio going while you add simple yet effective moves that will sculpt and firm your body as you dance! Light 1.5 lb weights (that shake!) are used with correct form to give you tone and definition quickly and safely! C'mon and join the all-new "Toning Party"! (Maximum 25)

Monday, January 9 – March 26 (no class 1/16 & 2/20)

Wilson 5:15-6:15pm

Fee: \$49/59 non-res/ \$40

(Toning sticks will be available at class. Please call Sarah Davis at 829-2208, if you need to order a them.)

Winter Zumba Gold

Instructor: Suzanne McManus

Zumba Gold is geared for active older adults as well Zumba beginners. The same Latin and International rhythms and dance steps are used as in the original Zumba program, but each class includes a longer warm-up and cool-down and the choreography is given at a slower, gentler pace. You get a safe and effective total body workout in a party-like atmosphere. So, if you've been thinking about trying Zumba, here's your chance to join in on the fun!

Monday, January 23 – April 2 (no class 2/21)

Wilson 6:30-7:30pm

Fee: \$48 / \$58 non-res/ \$40 seniors

Winter Dance Aerobics

Instructor: Karan Miller

www.jackis.com

This is the original, award-winning Aerobic Dancing of Jacki Sorensen. What sets this program apart is choreography in every element of the 1 hour full body program: stretching, abdominal work, body sculpting with option hand-held and / or ankle weights, cardiovascular conditioning (dances!), and cool-down are all done with style to a great variety of music, and at a personal level. You can dance this program through your life. It is presented as a dance class, learning steps, adding formations; it is progressive. It is truly serious fun, in a non-competitive atmosphere.

Please bring good sneakers, a mat, water bottle, and weights (up to 6 pounds for each hand, and 1.5 pounds on each ankle) if you want to use them; you will be encouraged to start with low poundage. New participants over 40 and pregnant women need to provide a physician's permission slip when registering.

**Do you want to try out the class FREE for a week before you register? Please call 829-2208 to register for free week.*

Tuesday & Thursday January 17 – April 12

Wescustago Hall 5-6pm

Fee: \$117/ \$127 non-res /\$90 seniors

Karan is a certified Jacki Sorensen instructor since 1984 and has a Fitness Instructor Certificate from USM.

Portland Stage 2pm Matinees

Trouble is my Business

The 1930's atmosphere and trademark narrative style of Los Angeles' most famous private detective come to life in this world premiere adaptation of two of Chandler's Philip Marlowe short stories. From seedy side streets to elegant Hollywood mansions, Marlowe must stay focused on solving the case through run-ins with sinister thugs, high rollers, crooked cops and femme-fatales in this quintessential jazz-age thriller.

Thursday, February 16

Depart CTC at 1:15pm/ Return after the show

Fee: \$30

Hidden Tennessee

An evening of one-act plays from a 20th century master of lyrical takes on human nature. From the dreams of lonely, unkempt teenagers in "This Property is Condemned" to the hopeless desires of proper southern ladies in "Something Unspoken," two quite different stories display Williams' unmatched talent for uncovering truths both beautiful and sad, hidden behind closed doors.

Thursday, March 15

Depart CTC at 1:15pm/ Return after the show

Fee: \$30

Heroes

Three aging WW1 veterans in a French retirement home vow to undertake one last adventure together- escape. But what happens if the promise of freedom on the horizon isn't as easy to grab as the certainty of soup tomorrow? Veering from the poignant to the absurd, Stoppard's sharp-witted comedy is a heartwarming tale of cantankerous camaraderie amidst the frustrations inherent in growing older.

Thursday, April 19

Depart CTC at 1:15pm/ Return after the show

Fee: \$30

Marie Antoinette

In a dramatic love triangle set amidst the splendor of 18th century Paris, a beautiful, social-climbing portrait painter uses her affair with an idealistic Count to get a commission to paint the naïve young Queen Marie Antoinette. Both learn to love the woman they are exploiting even as their actions encourage the Revolution that will shatter all three of their lives.

Thursday, May 17

Depart CTC at 1:15pm/ Return after the show

Fee: \$30



Adult Trips

Cabin Fever Relievers

Join us for these winter luncheons and beat the winter blues, while supporting regional vocational culinary programs and students

Portland Culinary Lunch

Join us at Portland Arts and Technology High School (PATHS) for a complete served lunch, prepared and served by high school culinary arts students! Enjoy a delicious lunch of salad, entrée choice of haddock and chicken, dessert and drinks, while meeting aspiring chefs and restaurateurs!

Tuesday, January 24th

Depart CTC at 11am/ Return by 2pm

Fee: \$15 (please indicate choice of haddock or chicken at registration)

Green Ladle- Buffet Lunch

Enjoy a delicious buffet lunch prepared by the culinary arts students of Lewiston Regional Technical Center. Sample sumptuous appetizers, salads, entrees and desserts, while meeting budding chefs and restaurateurs! We will surprise you with a "mystery" stop on the return trip home.

Thursday, February 9

Depart CT at 10:15am/ Return by 2pm

Fee: \$15



Luck of the Irish

Get out your green and celebrate Irish American Heritage month and the luck of the Irish in style with your friends and neighbors. Enjoy some special St. Patrick's Day entertainment and a delicious traditional Irish meal of corned beef and cabbage prepared by the Yarmouth School Nutrition program at Yarmouth High School cafeteria. (Please note: we will not provide transportation to this event.)

Friday, March 16th

Time: 12 noon - 2 pm

Location: Yarmouth High School, 286 West Elm Street

Fee: \$17

Portland Flower Show!

Join us for the annual rite of spring, the 2012 Portland Flower Show!

This year's theme is the Enchanted Earth. Smell the mulch, enjoy the flowers and trees, buy some new garden tools or homemade jams, pottery, or jewelry at the vendor booths. Come spend some time with us and catch a glimpse of spring!

Thursday, March 8

Depart CTC at 9:45am/Return approx. 1pm

Fee: \$16, includes transportation and tickets- lunch is on your own

Youth Swimming

Winter/Spring Programming for Pool 2012

Saturday Lessons:

Session I: Jan 7-Feb 4 (5 Sessions)

Session II: Mar 3-Mar 31 (5 Sessions)

Fees:

Parent/Child & Pre School Lessons

\$30res/ \$40non-res

Lessons Level 1-5

\$35res/ \$45non-res

We will be assessing the first day and will place your child in the appropriate level. The child at this level is beginning to trust and follow simple commands from their instructor. Some preschool age may be apprehensive in the pool. For fearful children we encourage them sit with their class on deck and watch. We find if children are allowed to watch they begin to trust us much sooner than if they are forced. Lesson groups will be no greater than four children to one instructor.

8:30-9:00 am maximum 15 children

Parent/Child, is for children and their parents ages 1 through 3. Parents are the primary instructor for their child at this age. Swim instructors will primarily instruct the parents to begin the process of teaching children to swim. Our goal is to teach children and their parents to be safe in and around the pool.

9:10-9:40 am maximum 16 children

Preschool Levels 1-3, is for children ages 4 and 5. (Children must be age 4 by September 10, 2011)

Preschool 1 is to orient children to the pool and help them acquire rudimentary levels of basic aquatic skills.

Preschool 2 will build on the basic aquatic skills learned in Level 1.

Preschool 3 is to increase proficiency and build on the basic aquatic skills learned in Levels 1 and 2 and by providing additional guided practice with increased distances and times.

9:50-10:30 am maximum 20 children

Levels 1-4, is for children ages 6 and up. (Children must be age 6 prior to September 10, 2011)

We will be assessing the first day and will place your child in the appropriate level.

Level 1: Introduction to Water Skills

Level 2: Fundamental Aquatic Skills

Level 3: Stroke Development

Level 4: Stroke Improvement

10:40-11:20 am

Level 5: Stroke Refinement, is for any child who has passed Level 4. Maximum 8

Private Lessons: For scheduling and fees of private lessons please contact Sue Martelle, Aquatic Director, at 829-4805 ext. 241.

Open Recreational Swim

General open recreation swim time is available. Children must be able to stand in four (4) feet of water and must be over six (6) years of age or accompanied by an adult. Children not toilet trained must wear rubber pants or plastic barrier in addition to a swim diaper. (State Law)

Saturdays Beginning January 7th.

GHS Pool, 12-2:00 pm

Fee: Children \$2 res/\$3 non-res

Adults \$3 res/\$4 non-res

Family \$5 res/\$6 non-res

**The Greely Pool will be closed on the following dates:
December 23-26,
Dec 31-Jan 2,
Jan 16th & Feb 18-20**

Early Release Wednesday

Sounds of Silence

(An American Sign Language Class)

Grades: 3-5

Instructor: Mrs. Robin Sidders

Sounds of Silence is a fun and exciting after-school program for elementary students. Over the course of six sessions, children will learn basic sign language skills, develop an awareness of the deaf culture, and discover that we are all unique and special. Children who have participated in prior Sounds of Silence classes will continue to expand on their knowledge of signing.

The final session will include a celebration performance which parents are invited to attend. In order to provide an excellent program, enrollment will be limited (first come, first served).

"The joy that this program has brought my daughter has been amazing! She has learned so much about reaching out to others that may appear to be different. She is so committed to this program as a second language and is determined to be in future performing groups using American Sign Language."

—Parent of former Sounds of Silence student

Location: North Yarmouth Memorial School

Dates: Jan 11, 25, Feb 1, 8, 15, 29, Mar 7, 14, 21, 28, Apr 4

Time: 12:30 – 2:00 (Transportation from Wilson School will be provided for 3rd graders)

Fee: \$115.00 (Includes Sounds of Silence T-shirt!)

Hodge Podge

Grades K-3

Instructor: Allison Fluet and staff

A little bit of this, a little bit of that! And a whole lot of fun! Join us on Early Release Wednesday afternoons for a bunch of activities from games to crafts to experiments. Each week will have a theme such as **Extravagameza, Craftmania and Wizardry** to name a few! Children will enjoy the variety.

PROGRAM LIMITED TO FIRST 30 PARTICIPANTS

Session I: Jan 11, 25, Feb 1, 8, 15, 29

Session II: Mar 7, 14, 21, 28, Apr 4, 25,

Time: 12:30-4:00 pm

FEE: \$115 Per session

Deadline for Lost Valley and Shawnee Peak Skiing Registrations:

Important!

Thursday, December 15, 2011

Late registrations MAY be accepted if space allows. There will be a \$15 late fee applied to all registrations accepted after December 15th.

You can download Lost Valley and Shawnee Peak forms at www.cumberlandmaine.com/recreation.cfm
Free Skiing to parent chaperones on the Wednesday Early Release programs. Space is limited. Register to chaperone with the Cumberland Recreation Office, 829-2208.

Reminder!

Note: All ski registrations must be done by mail or in person with all paperwork, check, and or credit card.
No phone registrations



Youth Athletics

Lacrosse Information

Registration for boys and girls youth lacrosse, grades 3-6, will be held on February 15th between 6-7:30 pm in the Greely Middle School cafeteria. Come register, meet the coaches and get important information about the upcoming season. The season will begin in March with weekly indoor practices and run through mid June. Once the teams can practice outdoors, they will be practicing on Tuesdays and Thursdays at 5:30, with Saturday morning games beginning April 28th. Boys' practices will be held at Twin Brooks and girls will practice at Sharps Field in North Yarmouth.

New this year: Register Early! Register online by December 31 and receive a 10% discount. Early registration enables uniforms to be ordered and delivered on time, and helps with planning for the appropriate number of teams.

Please visit the Cumberland Youth Lacrosse website, cumberlandlacrosse.com, for more information about the program and for information about financial aid.

Contact Karyn Kurland, thekurlands@hotmail.com, or Mark MacMahon, mmacmahon@kaidesigngroup.com with questions.

Indoor Soccer - Boys & Girls

Instructor: Mike Andreasen

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

Limited enrollment

K-1, 8:30-9:15 am

Grade 2 & 3, 9:30-10:30 am

Grade 4-6, 10:30-11:30 am

Saturdays, Feb 18, 25, March 3, 10, 17

GHS

Fee: \$35res/45 non-res

GREELY BASEBALL WINTER SKILLS AND DRILLS CAMP

Come train with the coaching staff of the 2007, 2009 State Champions & 2011 State Runner-up!

The Greely Baseball Coaching staff will be hosting a baseball clinic for children grades K-8 – sessions are grouped by grade. The focus will be on improving young players' basic fundamental skills with their ability to throw, hit, and field. The players will be rotated through a series drills in this non-competitive environment. The coaching staff includes:

Derek Soule, Greely Varsity Baseball Coach, 2007 State of Maine Coach of the Year

Bob Anthoine, former Greely varsity coach 1986-1999, Greely Baseball Hall of Famer

Mort Soule, current Greely assistant, former Deering head coach, member of the Maine Baseball Hall of Fame

The camp will run 8 consecutive Sunday afternoons at the Greely High School Southwing Gym: Jan. 15, 22, 29, Feb. 5, 12, March 4, 11, 18. The sessions are based by grade and have a limit of 24 participants per session:

Session 1 9:00 AM – 10:00 AM (k-1st grade)

Session 2 10:00 AM – 11:00 AM

(2nd-3rd grade)

Session 3 11:00 – Noon pm (4th-5th grade)

Session 4 Noon – 1:00 pm (6th, 7th-8th grade)

Program Location: GHS "South Wing Gym"

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

Girls Basketball

Girls Instructional Basketball Program

Grades K–2

Director: Kim Hilbrich (Greely Girls Varsity Coach) and team members

The objective of this program is to provide participants an introduction to the fundamental skills of basketball. Focus will be on dribbling, ball handling, passing, shooting, defensive stance and court awareness/movement. Emphasis will be placed on having fun and a positive learning experience. Parent volunteers are needed to assist with drills.

Saturdays, 7 weeks (GHS GYM)

Dec. 10, 17, Jan. 7, 14, 21, 28, Feb 4

(Make up Feb 11)

Kindergarten 8-9am

1st & 2nd Grade 9:15-10:15am

Fee: \$40 res/\$50 non-res.

Girls Basketball League

Grades 3-4

League Director: Kim Hilbrich (Greely Girls Varsity Coach)

This league will provide participants with the best possible instruction in all phases of the game. Players will practice the fundamentals of the game through individual and team instruction. Skills and knowledge of the game will be implemented in the Community League, players divided into balanced teams, all games are local. Players are placed on balanced teams, all games are local. Games will be on Saturday mornings.

Saturdays 7 weeks (GHS GYM)

Dec. 10, 17 Jan. 7, 14, 21, 28, Feb 4 (Make up Feb 11)

10:30am-12noon

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



Open Gym!

For Grades 3 and up, unless accompanied by parent/guardian.

Greely Middle School Gym will be open each Saturday beginning December 10th from 2-4pm for open gym. Participants may work on shooting, dribbling, etc or simply get some friends together for some “pick-up” hoops.

Saturdays: Dec 10th-Feb 11 (No

Program Dec 24th or 31st)

GMS Gym 2-4pm

Fee: \$2/per drop-in visit

Boys Basketball

Boys Basketball Clinics

Instructor: Ken Marks

(Varsity Coach, staff and team)

This programs emphasis will be fun! Fundamental skills of footwork, dribbling, passing, and shooting will be taught.

Kindergarten, 9:30–10:15 am

Grade 1, 10:30–11:15 am

Saturdays, 6 weeks

Dec. 10, 17, Jan. 7, 14, 21, 28 (snow Date Feb 4th)

GMS

Fee: \$35res/\$45 non-res

Clinic

Fundamental skill development and team play will be the basis for this program. Players will be taught skills of dribbling, passing, shooting and game concepts. Scrimmages may take place as the program progresses.

Grade 2, 11:30 am–12:30pm

Saturdays, 6 weeks

Dec. 10, 17, Jan. 7, 14, 21, 28 (snow Date Feb 4th)

GMS

Fee: \$40 res/\$50 non-res

Boys Community League

Grades 3-4

Coaches: Parent Volunteers

The program will be a structured community league for boys grades 3-4. Parent coaches will coach games and practices. Games will be held on Saturday afternoons at GMS. The purpose of this program is to provide “game experience” for the youth. The first two sessions (Dec 11 & 18) will consist of group wide skills and drills. Teams will be separated and games will begin January 8th. Game time will be 2 (20 minute halves) running time. Parent volunteers needed for coaching and officiating.

Grades 3-4, 12:45 noon–1:45 pm

Saturdays, 7 weeks

Dec. 10, 17, Jan. 7, 14, 21, 28, Feb 4

(snow Date Feb 11th)

GMS

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

Open Gym!

For Grades 3 and up, unless accompanied by parent/guardian.

Greely Middle School Gym will be open each Saturday beginning December 10th from 2-4pm for open gym. Participants may work on shooting, dribbling, etc or simply get some friends together for some “pick-up” hoops.

Saturdays: Dec 10th-Feb 11 (No

Program Dec 24th or 31st)

GMS Gym 2-4pm

Fee: \$2/per drop-in visit



Youth Enrichment

“Little Stars” Creative Drama

Instructor: Jennifer Gifford
Grades K-5

A drama class focused on FUN! Come build creative thinking, confidence, self-esteem, speaking and acting skills through movement, improv, voice, and characters! This creative journey will include dramatic play, story enactment, imagination exploration, theatre games, music, dance and more!

Grades K-5

Session I:

Saturdays: Jan 21, 28, Feb 4, 11

Session II:

Saturdays: April 28, May 5, 12, 19

Wilson MPR 9-10am

Fee: \$60 Res/\$70 Non-res (per session)

Music and Me Movement Classes!

(For Ages 4 months–3 years)
Instructor: Jennifer Gifford

We'll move, groove, wiggle and giggle! Exercise fun for the toddler & parent/caregiver! This class will help develop child's fine and gross motor skills, visual-auditory awareness, rhythm, socialization, strength and flexibility. We will enjoy musical instruments, ball play, finger play, parachute, puppets and more!

Note: Parent/caregiver participation is required.

Wednesdays, January 11- February 8 (5 Sessions)

Prince Room at PML 10:15 - 11am

Fee: \$35res /\$45 non-res per session



Youth Enrichment

Yoga For Kids

Instructor: Jennifer Kameisha
Ages K-3

Join us for an engaging and fun Yoga class designed with active kids in mind. Through the use of games, music, props, stories and teamwork, we will learn Yoga poses, partner poses and breathing exercises in a kid friendly environment. Yoga helps with balance, focus, flexibility and strength as well as relaxation and rejuvenation. *Limited to 15.*

Jan 12-March 8 (No Class Feb 23)

Thursdays 3:15 - 4:30

Meet in Mrs. Kameisha's classroom -

Wilson School

Fee: \$80

Mad Science Programs

The world's leading FUN science provider
Mad Science Staff
for children in Grades K-3

Session 3: Jump In to the Future

Calling all Creators, Inventors, Visionaries, and Future Explorers! Jump into the future afterschool with Mad Science! With our innovative programming, we will inspire your child to not just ride the wave of the future, but to create it! In this exciting new program, we will embark on a quest for alternative energy by experimenting with parabolic mirrors and fuel cells, find hidden mountains using the principles of radar technology, and create a telephone network to connect with your classmates. And just when you thought the future could not get any brighter, you will have the chance to jump in to the atomic make-up of matter, use a large child-operated pulley system, and make a soccer robot score a goal! In this after school program, we don't just look to the future, but jump into it!

Mondays, January 23-March 5

(No Class Feb 20)

Wilson Art Room 3:30–4:30pm

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

Root for ME!

Come Join the Fun!

This exciting and successful program is designed to promote recreation and socialization for kids and families with special needs. Root for ME! will hold an open gym every Saturday geared to accommodate all levels of participation, grades K-12. This event is not limited to kids with special needs, as friends and siblings are encouraged to participate as well. Parents or adult supports must accompany children. Open to residents of all area communities. Visit us on Facebook to view our calendar of events.

Saturdays Ongoing!

10-11:30am, Drop-In anytime,

no commitment necessary

Mabel I. Wilson Gym

Rootforme1@yahoo.com for more information

There is no fee for this program.

No Program, Dec 24th, 31st, Feb 18th



“Mad Science Sensational Science”
Coming in April 2nd

Ski Programs

Lost Valley Instructional Ski & Snow Board Program

Head Chaperone: Maureen Fitzgerald
Instructors: Lost Valley Ski School

This is a learn-to-ski program for youth grades 2-5 and advanced beginner and intermediate skiers. Equipment is available for rent.

Note: Program participants are in grades 2-5. Note: Helmets are mandatory.

Grades: 2-5, 5 sessions

Jan. 11, 25 Feb. 1, 8, 15 (Make-up date: Feb 29)(dates are subject to change)

Coach buses depart 1:30pm/return 6:30pm

**Fee: \$255/Lessons, Skiing, Coach Transportation
\$330/Lessons, Rentals, Skiing,
Coach Transportation**

Shawnee Peak Ski/Snowboard Program

Head Chaperone: Josh Turina

This program offers skiing and snowboarding for all levels; from the casual skier/rider to the expert, from parallel boards to snowboards, from traditional skiing to race and bumps- something for every ski or snowboard enthusiast! The program will be held on Early Release Wednesdays beginning January 11. This program is geared for the advanced beginner and more skilled skier/snow boarder in grades 6-9; Lessons are not included with this program however you may arrange lessons with the mountain. Equipment is available for rent. Note: Helmets are mandatory.

Grades: 6-9, 5 sessions

**Jan. 11, 25, Feb. 1, 8, 15 (Full day of skiing 2/22)
(Makeup date: Feb 29)**

(dates are subject to change)

Coach buses depart 1:30 pm/return 7:30 pm

**Fee: \$255/ Lift Ticket & Coach Transportation
\$345/Lift Ticket, Rental & Coach Transportation**

We are Currently Accepting Registrations for ALL Three programs.

Youth Nordic Ski Instruction

Instructor: Louisa Moore

Cumberland Recreation are offering another exciting season of skiing. Learn how to Nordic ski this winter - both classic and freestyle techniques for recreation skiing and future ski teams. Each participant will need a pair of Nordic skis, poles and ski boots. Rentals are provided by Maine Winter Sports center and are available through Cumberland Recreation.

Dates: Jan. 10 - March 2

(No class Feb 21 & 24)

Days: Tuesdays & Fridays (7 weeks)

Time: 3:30 pm - 4:30 pm

Grades: 3 - 6

Location: Twin Brooks Recreation Area

Fee: \$75 Res \$85 Non Res

Max: 40

VOLUNTEERS NEEDED!

FEE DOES NOT INCLUDE

COST OF SKI RENTAL

**Parent volunteers are needed to assist, no experience necessary. Enrollment limit based on number of parent volunteers.*

Nordic Ski Rental Program

Any child in Kindergarten through 8th grade may rent ski equipment. It will be available late. December and can be used until March. All renters must attend the Ski Equipment Fitting Meeting on Thursday, Dec. 1st, 5:30 pm.

REMINDER: Fitting Night will take place at On THURSDAY, DECEMBER 1st in the G.M.S Cafeteria

Fee: \$60 Res \$70 Non Res

For The Family

Boston Bruins Trip

Spend the day with the family at TD garden as the REIGNING STANLEY CUP CHAMPION Boston Bruins take on Alexander Ovechkin & the Washington Capitals. We will travel by luxury coach with Custom Coach and Limousine. There will be no stop on the way home. Tickets are limited to 4 per person maximum. This is a tri-community trip with Falmouth and South Portland Recreation Departments. Minimum 10/ Maximum 25.

Boston Bruins Trip

Saturday, March 10, 2012

Departing from Cumberland Town Hall at

9:30am Returning at 7pm

Cost: \$110 per person- maximum registrations of 4 per person

Trip Coordinator: Pete Bingham



2nd Annual Cumberland/North Yarmouth PTO & Recreation Dept.

Memorial Day 5k & Fun Run

The 2nd Annual Memorial Day 5k & Fun run will take place on Monday, May 28th 2012 at Greely High School. The "Fun Run" (ages 12 & under) will start at 8am on the Greely Track. The 5k Race will start at 8:30am on Main St.

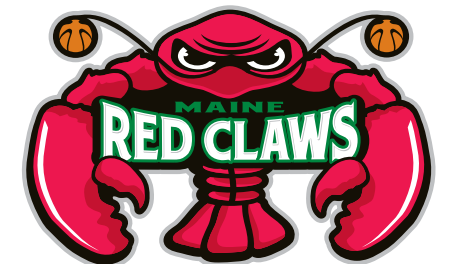
Please see Recreation Dept website www.cumberlandmaine.com for more race information later in January

Greely PTO Cumberland/ N. Yarmouth Red Claws Night

Friday, March 2nd, 2012

Come join us for an exciting night of Red Claws Basketball at the Portland Expo. This evening is dedicated as "Cumberland/ N. Yarmouth Night" with the Red Claws. Last year was a huge success as nearly 500 residents attended our inaugural event with the Red Claws. All proceeds benefit the Greely PTO.

Tickets will be available beginning in January at the Recreation Dept. Office located at Cumberland Town Hall.



Community Bulletin

Adult Basketball 30 & Over

Open gym time is available for those who wish to participate in a pick-up game. This is an on-going program; no need to register.

Sundays 7:00–9pm @ GHS

Wednesdays 7:30–9pm @GMS

Fee: \$2 per visit

Men's Pickup Indoor Soccer

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

7:30-10am

Email Bob Wood at

BWoodJr@maine.rr.com

LITTLE LEAGUE BASEBALL & SOFTBALL REGISTRATION

The 2012 Cumberland/North Yarmouth Little League baseball & softball registration will open on Thursday, December 15th. Registrations will only be accepted online at www.cnyll.com. An early bird registration discount will be given to those who register prior to February 29th, 2012. Please contact playeragent@cnyll.com for further information. Please note that there is no early bird registration discount for our Tee Ball programs.

Seacoast Swim Club

Ages 7-18

Join the club with a team atmosphere! Seacoast Swim Club is a co-ed team based at the Greely High School pool and is gearing up for our WINTER/SPRING session. As a member you will improve your competitive swim strokes and have opportunities to compete at swim meets throughout the state. New members must be able to swim one length of the pool with proper rotary breathing and one length backstroke. Coach will establish ability level and corresponding practice group.

For More Information on Seacoast Swim Club, please visit the Seacoast website www.seacoastswimclub.org

Coming In Summer 2012

Cumberland Recreation will be offering discounted Fun Town/Splashtown Combo Passes. Passes will offer nearly 30% savings from at the park prices!

Pricing and more details will be released in the spring.

Summer 2012 Employment Opportunities

There will be a limited number of openings for summer positions with Cumberland Recreation.

Please check our website for more information after March 1st, 2012

www.cumberlandmaine.com

Summer 2012 Day Camps

Magic Dragon Pre-School Day Camp

We will begin accepting registrations on Monday, April 30th

2012 Camp Dates: June 25th- August 10th (No Camp Week of July 2-6)

We will begin accepting Registrations on Monday, April 30th

This is a play-oriented program designed to meet the needs of pre-kindergarten 4 and 5 year olds. A variety of developmentally appropriate activities will be offered in the following areas: art, music, dramatic play, language arts, science as well as fine and gross motor activities. Each week the campers will take a field trip on a school bus, generally on Thursday mornings. This camp is a wonderful way for your child to get acclimated to Wilson School! Children should bring a snack each day- no breakable containers, please! *Note: Children must be 4 years old prior to June 01, 2012 (No exceptions).*

Middle School Summer Adventure Camp 2012

Participants Entering Grades 6, 7, 8 (Fall 2012)

2012 Camp Dates: June 25th- August 10th (7 Weeks)

We will begin accepting Registrations on Monday, April 30th

The Middle School Summer Adventure program is designed specifically for middle school youth. This program will take three field trips weekly (Mon, Wed, Fri) and be on-site (GHS) on Tuesdays & Thursdays. Field trips will range from hiking, rafting, kayaking to beach days. General hours for camp will be 9:00am – 4:00pm; some field trips will have extended hours. (i.e. bus leaving at 8:00am and returning at 4:30pm). No discounts.

Before & After Care WILL be available at NO additional cost (Before/After Care will be held at GMS)

Summer Adventure Day Camp

Location: Greely Middle School (Grades Entering 1st-5th in Fall 2012)

2012 Camp Dates: June 25th- August 10th (7 Weeks)

We will begin accepting Registrations on Monday, April 30th

*(One Beach & One Field Trip Per Week)*Weather Permitting*

Day camp themes will concentrate on activities and socialization for youth grades 1-5. On “Home Days” (M, W, F) structured activities are arts & crafts, games, drama sports and swimming. Tuesdays & Thursdays are scheduled TRIP DAYS.

The afternoon schedule consists of swimming, games, special activities, and theme events. Campers are divided in to three groups, according to your child's grade for the upcoming school year (Fall 2012). Camp hours are from 9am–4pm. Before & After Care is available at NO EXTRA FEE from 7:30-9am & 4-5:30pm daily.

Grade 1 (Juniors)

Grades 2 & 3 (Middlers)

Grades 4 & 5 (Seniors)

Registration

for Summer Camps will begin on Monday, April 30th.

Val Halla Golf & Recreation Center



Looking ahead to 2012 at Val Halla Golf and Recreation Center:

- What's "in the works" for 2012 at Val Halla...
 - 10-play pass with handicap services (GHIN; meets the MSGA weekend tournament requirements to play in their events);
 - New forward tees (modeled after the PGA's Tee-It-Forward program);
 - A "pro shop organized group" for golfers without set groups but want to play;
 - And more Family Golf times and rates (typically on weekend afternoons; coming soon)!
- Keep in mind, Cumberland Residents* who join as members will receive a "Cumberland Membership Credit" for \$100 which may be used on guest fees, range balls and/or riding carts. The credit will be available in the Spring of 2012 and will be administered via the Pro Shop.
- Additional membership benefits include...unlimited golfing privileges; 10-day advance tee time opportunity; guest rate discount of 25%; reduced riding cart rentals; member-only tournaments, leagues and events (upon joining the VHGA for \$30); a "risk free" membership guarantee; reciprocal with Riverside GC (\$25 includes a riding cart).

Membership Rates	2012 Rates	*Cumberland Member Credit	Other Rates (Resident/Non-Resident)	2012 Rates
Single Membership	\$950	\$100	10-Play (9 hole)	\$180/\$216
Weekday Only Membership	\$860	\$100	10-Play (18 holes)	\$270/\$297
Couple Membership	\$1,599	\$200	10-Play (9 hole) with GHIN**	\$190/\$226
Men's & Ladies' League Only	\$299		10-Play (18 holes) with GHIN**	\$290/\$317
Corporate Membership	\$4,500		Weekday 9 holes	\$20/\$25
Junior - MSAD 51 Membership	\$325		Weekday 18 holes	\$30/\$33
Junior - Non-MSAD 51 Mbr.	\$349		Twilight Rate - 4:30 pm	\$16/\$20
College Membership	\$399		Senior & Junior 9 holes	\$15/\$20
Driving Range Membership	\$185		Ladies Day 9 holes	\$15/\$20
Seasonal Cart (Members Only)	\$475		Non-Member Riding Cart 9/18 holes	\$12/\$18

**10-play with GHIN is MSGA event recognized for tourney play but not VHGA recognized for tourney play.

For more information or to REGISTER ON-LINE, please visit our website at www.valhallagolf.com.

Course Registration Form

Participant First Name _____ Last Name _____ Gender _____
 Street Address _____ City _____ Zip _____
 Home Phone _____ Work Phone _____ Cell _____
 Child's Age _____ Date of Birth _____ Grade (Current) _____
 Parent's Name _____ E-Mail _____
 Medical Concerns/Medication/Special Needs _____
 Emergency Contact _____ Emergency Phone _____ Relationship to Participant _____
 Parent's Signature (for youth program) _____

In consideration of my [and/or my child(s)] participation in this activity, I hereby release and discharge the Town of Cumberland, and its representatives, successors, and assigns, from any and all liability arising from accident, injury, and illness that I (he/she) may suffer as a result of my (our) participation in this activity. I (we) also will follow the rules and regulations set by the Town of Cumberland and above named parties. Parent or guardian must sign for anyone age 18 and under.

Course Name _____ Course# _____ Fee _____
 Course Name _____ Course# _____ Fee _____
 Credit Card Number _____ Exp Date: _____ 3 Digit Code: _____

Course Registration Form

Participant First Name _____ Last Name _____ Gender _____
 Street Address _____ City _____ Zip _____
 Home Phone _____ Work Phone _____ Cell _____
 Child's Age _____ Date of Birth _____ Grade (Current) _____
 Parent's Name _____ E-Mail _____
 Medical Concerns/Medication/Special Needs _____
 Emergency Contact _____ Emergency Phone _____ Relationship to Participant _____
 Parent's Signature (for youth program) _____

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Course Name _____ Course# _____ Fee _____
 Course Name _____ Course# _____ Fee _____
 Credit Card Number _____ Exp Date: _____ 3 Digit Code: _____

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