

Yorks Illustrated

Summer Brochure 2016

TOWN OF YORK
PARKS & RECREATION



IT'S A BIRD, IT'S A PLANE, IT'S...
REX REACTION!

Story page 3

MESSAGE FROM THE DIRECTOR

I have always considered spring a really exciting time of year. While it's extremely busy at Parks and Recreation, it's also invigorating and works to energize my staff. The pace has quickened, weekly staff meetings have full agendas and familiar faces are popping up as we begin to fill the seasonal positions so important to our parks, beaches and community programs.

With that said, our creative team has worked overtime this year to introduce the newest member of the Parks and Recreation family. "Rex Reation" will be assuming his official duties as the Department's mascot and voice of the Parks and Recreation Department on our print and social media platforms. Not sure we have room for another super hero here at Parks and Recreation, but I wish him luck anyway!

In addition to this brochure I encourage you to visit the Parks and Recreation Departments website, sign up to receive our monthly newsletter and follow us on Facebook, Twitter and Instagram. We work hard to connect with the community and we're always looking for new ideas and feedback on existing programs and services. If social media is not your thing, give us a call or stop by the office located in the Grant House at Goodrich Park. We look forward to meeting with you and helping in any way we can.

This will be an ambitious year for our parks and public properties division. The Board of Selectmen have resolved the land issue that was holding up the Long Sands Bathhouse project and we are eager to get things moving again. We hope to break ground shortly after Columbus Day and have the new facility up and running for the 2017 season.

At the time of this writing construction is resuming on the new Universal Access Trail at Mount Agamenticus. This, too, has been an

extraordinary project. Phases one and two were completed last fall and we expect the entire trail to be completed by mid-summer. A one mile long universally accessible trail at the summit of a mountain. A special niche for Mount Agamenticus and something our community can be very proud of.

In May voters will be asked to support the construction of a new parks maintenance facility to be located at the Bog Road Athletic Complex. This new facility will house Parks Department vehicles and equipment and allow us to move our maintenance operations from Goodrich Park. Other capital projects include the exterior restoration of the keeper's house, tower and out buildings at Cape Neddick Light Station and similar work on the Grant House at Goodrich Park.

The Parks and Recreation Department is fortunate to have some exceptional employees and I'd like to better introduce them to the community. My hope is that by learning more about the people who work at Parks and Recreation you will be more comfortable reaching out to them. For the purpose of this brochure I have selected two employees who bring a great deal of experience and expertise to their positions; Robin Cogger, Assistant Parks and Recreation Director and Robin Kerr, Mount Agamenticus Conservation Coordinator. They do a great job and the Town is fortunate to have them. In closing I'd like to wish everyone a great summer and encourage you to get out and enjoy everything our community has to offer.

Sincerely,



Mike Sullivan, Parks and Recreation Director

EMPLOYEE PROFILE



ROBIN COGGER

While relatively new to the position of Assistant Director, Robin Cogger is no stranger to our department. Robin's work with York Parks and Recreation began in 1985 as a day camp counselor. A graduate of York High School, Robin earned a B.S. from Plymouth State University. Following graduation, she decided to work one more fun summer.... and never left. Her role here has changed and grown over the years and has included working in almost all facets of the organization. Robin

Spent many years as our Special Events Coordinator and most recently spent five years managing the Senior Center.

Robin is committed to building community. She sees the task of developing, implementing and administering a strong comprehensive recreation program as the means with which to help make York a great place to live, work and recreate. She believes that providing opportunities for participation in programs that encourage and promote enrichment, well-being and fun is the foundation to helping create healthy, well-rounded community members. Robin's sense of community extends beyond her employment with York Parks and Recreation. She is an active member in the York Rotary Club, serves on the York Housing Authority Board, is a member of the York High School Athletic Hall of Fame Committee and volunteers for several organizations and events.

Robin lives in York with her husband, Scott and their almost-grown children Jackson and Madigan. She is looking forward to a summer filled with family, golf, reading, and of course "popping in" at Parks and Recreation Department programs. If you see her out and about, be sure to say Hi!



ROBIN KERR

Robin Kerr has been the Conservation Coordinator of Mount Agamenticus for the last 12 years. Robin began her conservation career at UNE where she graduated with a degree in Environmental Science. She went on to work with the U. S. Geological Service in Nevada assisting a desert tortoise habitat assessment as a research aid thru the Student Conservation Association. She continued with USGS as a biological technician for many seasons specializing in

recovery efforts of the endangered black footed ferret in Colorado, Wyoming, and Montana. Robin also worked with the National Park Service at Cape Canaveral National Seashore specializing in sea turtle protection. Robin returned to her old stomping grounds working as a forest technician with the USFWS at Rachel Carson NWR in her home town of Wells, Maine.

When Robin first started at Mount Agamenticus the emphasis was on trail maintenance, watershed protection and erosion control in an effort to repair the abuse heavy recreational use had on the mountain over the years. As this work progressed she was able to incorporate outreach, education and infrastructure improvement into the evolving plan for the area. Under her leadership the mountain has become an increasingly popular destination that includes a fun and educational learning center as well as a universally accessible trail that allows enjoyment of a mountain top experience to all. Robin currently resides in Kennebunk with her husband, children and extended family. She is the proud mother of a 13 year old step daughter and a 4 year old son and is inspired by them to continue her work of conservation for future generations. The legacy she has created will continue to be an enormous resource for the Town of York and beyond for years to come.

REX REACTION



“Because there’s a superhero in all of us”

Rex is the newest member of our team and is ready to help promote our Department. Look for Rex to have a social media presence creating relationships with

customers; encouraging casual conversation about all things Parks and Recreation! Be on the look-out for Rex to be helping us show off our events, programs and projects.

Rex is a great fit for our team as he believes in encouraging EVERYONE to be their best, to engage in a healthy life-style and stay positive. You’re likely to see Rex in our brochures, on facebook and Instagram; he’ll actually have his own profile so don’t be surprised if you see posts from him, we’re excited for Rex to begin interacting with the community.

Find Us On Social Media and the Web!

Please visit our website www.NubbleLight.org to see our Brand New Webcams. Also, check out our new photo sharing app. From home you can upload your pictures of Nubble to share with all of our viewers. You can also share your photos from your smart phone instantly, right from the park. Pull up www.NubbleLight.org on your smart phone while visiting the park and share your photos instantly.

Facebook: www.facebook.com/capeneddick

Twitter: www.twitter.com/nubbleofficial

Instagram: @NubbleLighthouse



Parks, Beaches and Athletic Fields

The Parks and Recreation Department is responsible for the operations and maintenance of public buildings and grounds, parks, beaches, recreation facilities and school and municipal athletic fields. York has an expansive parks system that extends from the summit park and conservation lands at Mount Agamenticus to the iconic Nubble Lighthouse. A bustling tourist community during the summer months our beaches are visited by thousands of visitors each year and we work hard to maintain a safe and pristine natural environment.

Consisting of mostly seasonal staff, our employees are highly visible during the summer months. Our parks crews, custodians and lifeguards are all here to serve the public and set high standards for the care of our parks and beaches. Likewise, we encourage you to treat our public properties with the respect they deserve. The health and well-being of these natural resources is of utmost importance and our goal is to protect them for generations to come.

Beach Information

Our lifeguard program begins on June 18th and runs through September 5th. Guards will be on duty every day between 9:30am and 4:30pm and will be stationed at Long Sands, Short Sands and Harbor Beach.

The restroom facilities at Long Sands and Harbor Beach will be open daily from late April through October 18th. Short Sands restrooms will be open from mid-April through Columbus Day. Resident parking stickers are available in the Clerk’s office at the York Town Hall. Stickers are \$40 each and \$20 each for seniors. They are effective from May 15th through October 15th and are good for York Harbor Beach, Long Sands Beach, Cape Neddick Beach, York Beach Ball Field and the Wiggly Bridge.

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The Town of York participates in the Maine Healthy Beaches Program. This is part of a larger statewide effort to insure healthy, informed opportunities for swimming and other recreational water activities along the coast of Maine. Our beaches are tested weekly at various locations in order to provide a standardized quality-assured monitoring and notification system. For more information about York's beaches you may call the Parks and Recreation office or visit the Maine Healthy Beaches web site at www.mainehealthybeaches.org.

PLEASE OBEY ALL BEACH ORDINANCES PROHIBITING:

- Alcoholic beverages
- Dogs on the beach between 8:00am and 6:00pm. May 20th through September 20th
- Dogs on beaches are required to be on a leash between May 20th and September 20th between the hours of 6:00pm and sunrise.
- Between May 20th through September 20th dogs will be allowed to be unleashed between sunrise and 8:00am as long as the dog is under the voice control of its owner or responsible party. (Owners must carry leashes).
- Playing baseball, football, golf or horseshoes
- Leaving trash, garbage or waste on the beach
- Building fires
- Removal of sand or rocks
- Motor vehicles, horses or ponies
- Bicycles
- Dressing or undressing on the beach or in cars

Please enjoy our beaches, and when you leave, may you only leave your footprints behind.

Surfing

Surfing is prohibited at all public beaches from June 14th to and including Labor Day between the hours of 9:00am and 5:00pm except as provided for below.

At Long Sands Beach from June 14th to and including Labor Day between the hours of 9:00am and 5:00pm surfing is permitted within the mixed use zone subject to the following conditions;

(A) A surf leash will be properly engaged at all times when the surf board is in the water.

(B) Surfers shall maintain a minimum distance of 35' from any swimmer.

(C) Surfing is prohibited within the Safe Swim Zone.

Surfing at Short Sands Beach is prohibited at all times and is controlled by the Ellis Short Sands Park Ordinances.

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A Message from the Parks Foreman

York Parks and Recreation Department is committed to developing and preserving parks and open spaces, greenways, trails systems, athletic fields and cemeteries. We strive to preserve, enhance, and protect our public spaces to enrich the quality of life for present and future generations in a safe and secure environment. York offers a unique and diverse park system and opportunities are endless for both active and passive recreation. Development of well trained, skillful and courteous employees allows us to provide a high standard of service to the public and allows our department to respond to the changing needs within our community. The phrase "Play Every Day" has become a familiar slogan in our department, however, it's also our job to provide and secure places for the public to play in. The Town of York Parks and Recreation Department is dedicated to creating positive experiences by providing quality parks, clean facilities and a world of opportunity for York's citizens and visitors alike.

Ryan M. Coite
Parks Foreman

How can you help us?

- Help us keep our beaches clean by minimizing the amount of trash you produce and always picking up after your pets. Trash cans are conveniently located at every public access point. If a trash can is overflowing (we do our very best to keep this from happening), please don't add to it. Contact us immediately and we will dispatch a crew.
- When visiting one of our parks, fields or beaches you can help us by picking up a piece of litter when you leave.
- Coaches and teams can help us by making sure all trash, water bottles and clothing is picked up before you leave our athletic fields. Put goals and benches back to their intended areas. Recognize wear areas in the turf! Rotate drills so the same area is not being used constantly. Please don't practice or play on a field that has standing water, the damage that will be caused will take months to heal.
- Volunteer!! If you're interested in getting your hands dirty and helping us out, please contact Ryan Coite (Foreman) at 363-1040 or rcoite@yorkmaine.org to sign up for a volunteer work day.

Nubble Light Gift Shop and Restrooms

HOURS OF OPERATION:

Restrooms: End of April – Late October (7 days per week)
7:00am – 7:00pm

Gift Shop: First of May – Mid October (7 days per week)
9:00am – 7:00pm

Nubble Light / Sohier Park

Our community has one of the most beautiful lighthouse parks in the country. The preservation and up-keep of this historic landmark is extremely important and is largely dependent on community volunteers. Under the watchful eye of the Sohier Park Committee, the Parks and Recreation Department is responsible for maintenance and operations at the Park. Funding is primarily derived from a small gift shop, which is located in the Welcome Center at the park. The Center is open daily from late April through late October. Please come visit our brand new remodeled facility that opened in May 2014. Your patronage and donations have doubled the size of the gift shop and newly remodeled bathroom facilities.

All Proceeds go to the upkeep of Sohier Park and Nubble Light.

Nubble Light Volunteer and Ambassadors Program

Each year the Welcome Center is staffed with friendly, enthusiastic volunteers eager to greet visitors, answer questions about the park and lighthouse, and promote the "Friends of Nubble Light Program". Volunteers work one, three-hour shift per week and are a huge part of the Park's success. We are looking for more dedicated volunteers to serve as ambassadors in the park. Ambassadors help visitors with directions, answer historical questions, take pictures, and provide maps and brochures to the public. Please call the Parks and Recreation Department at 363-1040 or email Ryan Avery - ravery@yorkmaine.org .

Raffles and Donations

We will once again be running the fourth annual "Visit the Nubble" Raffle. Tickets will be available for \$10.00 a piece at the Grant House and Gift Shop. Tickets are sold 1,000 at a time and one lucky winner will be picked from each set of 1,000 tickets sold. Winners, and up to four friends, will enjoy four hours on the island with complimentary lunch. We will work with you on a date that fits your schedule and that of our lightkeeper. All proceeds benefit the lighthouse, park, and Gift Shop. Tickets on sale May-October.

Donations can always be made at the Gift Shop, from our website or by sending a check to:

Friends of Nubble
186 York Street
York, ME 03909

Mount Agamenticus Conservation Program

The Mount Agamenticus region is a natural treasure and a wonderful resource for wildlife, water, and community recreation! The three hilled area is home to vernal pool species, rare plants and animals and is the heart of five watersheds that provide drinking water for southern York County residents. It has also become a popular location for outdoor recreation and sightseeing with over 40,000 people visiting annually. It boasts scenic vistas, large unfragmented forests, biological richness, and miles of well marked and maintained trails.

State, local and non-profit landowners work together to protect this land and to manage recreational opportunities while conserving wildlife habitat and water quality. These landowners make up the Mount Agamenticus Steering Committee and include: the Towns of York and South Berwick, The York Water District, Maine Dept. of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust. Together, these partners strive to maintain safe, responsible, and enjoyable public access to Mount A's trail system without compromising the integrity of the area's ecologically significant habitat.

Thanks to the collaborative conservation efforts of our partners, crew, volunteers and donors, Mount A has become a favorite destination for the local community to enjoy the outdoors, experience its scenic beauty, and to appreciate its significance as an incomparable regional amenity and one of York's crown jewels.

Experience Mount A thru Exploration!

Spend time exploring the Mount Agamenticus Conservation Region and strengthening connections with the outdoors.

The Big A Universal Access Trail development project continues! A new trail is being constructed at the top of Mount A! The new



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“Big A” trail, named after the former ski area once located here, will provide access opportunities and improve the quality of life for everyone including people with mobility disabilities, seniors, trail runners, and families with young children and strollers. The trail is being built in accordance with the principles of universal design with a 5’ trail width and a compacted crushed stone and gravel surface.

We are pleased to welcome back two professional trail building contractors, Off the Beaten Path and Timber and Stone, LLC, who have completed the first two phases of project. Their work to date has encompassed over 3,000’ of accessible trail, boardwalk/bridges, culverts, picnic areas and the central observation deck. This, coupled with the work completed by SEABURY Fine Gardening + Design and our Parks Crew last fall, has made a remarkable improvement to the summit landscape.

Once complete, the “Big A” trail, will guide visitors through the open field, down into the shrubland and connect with the existing trail network. Plantings of native shrubs will continue to be installed to deter shortcutting of the trail, benefit wildlife, improve ecological diversity, and add visual interest.

This trail and landscape project will provide nature based connections and creates another tool to raise awareness about local flora and fauna while carefully balancing the needs of the unique natural resources that exist at the mountain. It will have a long lasting beneficial impact on the landscape, native habitat, and community well-being, assuring that the area will continue to be a valuable resource into the future.

Work is expected to resume the end of April to complete the final 1,500’ of the main pathway. With successful fundraising efforts, work will likely continue through the summer and fall to create wildlife viewing platforms, picnic and resting areas. We are excited to continue this impressive endeavor. If you haven’t seen the progress to date, be sure to check it out!



Summit Learning Lodge and Kids’ Corner

The Mount Agamenticus Learning Lodge is open for visitation on weekends starting Memorial Day Weekend from 11:00am-3:00pm. It will continue this schedule thru Columbus Day Weekend. Inside you will find a variety of educational activities and displays for all ages. There are touch tables with replica animal tracks and scat, animal pelts and skulls, and games relating to native plants and wildlife. There is also a wonderful 3-D topographical site model that depicts the region’s ground cover, trails, and water bodies. A small gift shop with t-shirts, hats, water bottles, and totes featuring unique Mount A screen prints or embroidered designs are available for purchase with proceeds benefitting stewardship and outreach efforts at the mountain.

In addition, the Learning Lodge features The Kids’ Corner, a free, drop-in program created to encourage families to play together and explore Nature through hands-on, guided nature crafts. Mrs. Johnson is back again with craft ideas to help illustrate different flora, fauna, or environmental subjects. Children of all ages are welcome and those under age 18 must be accompanied by a parent or guardian. Donations are happily accepted and directly fuel this program.

The Learning Lodge is available to rent for scheduled group visits and meetings. Come, look, and learn!

Summit Camp: Discovery, Natural Science, Arts & Crafts

The Mount A Summit Camp is for kids aged 7 through 12 with a strong interest in exploring natural science and creative expression. Summit Camp will begin this summer at the Learning Lodge with Mrs. Johnson – from the Kids’ Corner - as the discovery guide. It’s a 3-morning session, held 9:00am until 12:00pm, Tuesday, Wednesday and Thursday. Six sessions are offered beginning Tuesdays, June 28th – Tuesday, August 2nd. Class size is limited, early registration is a must.

Each camp session will focus on a different species of animal, plant, or environmental topic. We will be out on the summit trails on daily explorations to foster observation, inquiry, and sensory receptivity. We will research our discoveries with field guides, books, and internet. It is the bio-diversity and ecological richness of Mount A that is our inspiration for creative expression and academic endeavors. Campers will expand their discoveries and education with topic-related arts & crafts and outdoor games. At least 3 sessions include visits by animal ambassadors from the Center for Wildlife.

Session details and registration information can be found in the Youth Enrichment section of this brochure.

Self-guided StoryWalk™

The StoryWalk™ program combines the benefits of physical activity, time outdoors in nature, literacy and family time by taking children's books and posting them, in pieces, along a recreational path or hiking trail. Discover this spring's feature: "Eliza and the Dragonfly" by Susie Caldwell Rinehart and illustrated by Anisa Claire Hovemann. Then be sure to check back for the summer feature: "Amy's Light" written and illustrated by Robert Nutt. Start at the Mountain Road base parking area and then follow the pages along the Ring trail to the west and Witch Hazel trail to the summit.

Agamenticus Adventures and Guided Programs

SATURDAY, MAY 21st 9:00am – 11:30am SIGNS OF SPRING BIRD WALK

Feel the warmth of the sun, smell emerging flowers, watch critters scurry & listen to their calls. Join CFW to learn about local wildlife including native birds and how to identify them in the wild. Test your new skills on a hike around the trails at Mount A searching for birds and signs of the season. Plus, take a quick tour of the Center's baby bird room- a sure sign of spring! Recommended for ages 10+; \$7 suggested donation. FMI and to register, please visit:

www.yorkcenterforwildlife.org/news

Moderate Hike

SATURDAY, JUNE 11th 10:00am – 12:00pm WETLAND WALK

The Mount A region has the highest concentration of vernal pools in the state and is home to 3 threatened and endangered species. Hike to nearby vernal pools, ephemeral streams and wetlands to learn about seasonal life cycles, critical habitats, and the difference between facultative and obligate species.

Moderate Hike

SATURDAY, JULY 16th 10:00am – 12:00pm AERIAL BUG SQUAD: BATS!

Center for Wildlife will feature these amazing flying mammals, highlighting their important role as natural insect control, and updates on their struggle with White-Nose Syndrome. Optional backyard bat building workshop follows. Program is open to all ages with \$5 suggested donation. Bat Box workshop has added fee. FMI and to register, please visit: www.yorkcenterforwildlife.org/news

Easy – NO Hike

SATURDAY, AUGUST 13th 10:00am – 12:00pm

SUMMER STROLL & SIMPLE TREE ID

Learn the common names of popular tree species on a gentle stroll following the new Big A and Ring trails. We will take a second look at leaf evidence, bark, buds, seeds, and more to assist in identification.

Easy Hike

SATURDAY, SEPTEMBER 17th 10:00am – 12:00pm EYES LIKE A HAWK

Celebrate being active outside in Maine during the Great Maine Outdoor Weekend! Enjoy a morning hike and then join us for a Hawk Watch. Best bring your binos for this one! Meet live raptors of the Center for Wildlife and learn about the annual migration. Mt. A flyway viewing follows. Open to all ages with \$7 suggested donation. For full event details and to register, please visit: www.yorkcenterforwildlife.org/news

Easy – NO Hike

SATURDAY, OCTOBER 15th 5:30pm – 7:30pm HALLOWEEN IN NATURE

Ever wonder what those bumps, howls, hoots and screeches in the night really are? Come find out at the Learning Lodge for a program with live CFW animal ambassadors, then grab your flashlight and join us on a moonlit hike, calling for owls and listening for other animals that go bump in the night! Program is open to all ages with \$7 suggested donation. FMI and to register, please email Emily:

coordinator@yorkcenterforwildlife.org

Easy to Moderate Hike

SUNDAY, NOVEMBER 6th 9:00am – 3:00pm THREE HILL HIKE

Take advantage of the peak fall foliage season and discover Mt. A's elusive Third Hill. Join Mt. A and partner guides as we ascend all three hills. Repaint the picture of the past by walking down old logging roads, ski trails and alongside stonewalls, foundations and rock piles.

Moderate to Difficult Hike

SUNDAY, NOVEMBER 13th 5:30pm – 8:00pm

BEAVER MOON ADVENTURE

Join the Center for Wildlife & Mount A staff for an adventure guided by the light of the full beaver moon. Learn how busy beavers prepare for winter, their important role in the ecosystem, and other wildlife night-time antics. Moonlight hike follows. Recommended for ages 10+; \$7 suggested donation. FMI and to register, please email Emily: coordinator@yorkcenterforwildlife.org

Moderate Hike

All programs are open to the public and reservations are required. Unless noted otherwise a \$5 per person or \$10 per family donation is suggested for each Adventure. For more information or to reserve your spot, please visit www.agamenticus.org or contact the Conservation Office: (207) 361-1102.

Looking for more? You can find information about these and additional guided hikes and programs through a co-sponsored partnership: Gateway to Maine: Outside The G2MO effort encourages people to enjoy the natural beauty and health benefits of connecting with nature in southern Maine.

FMI: www.gatewaytomaineoutside.org

Second Annual!

Mount A TrailFest: Sunday, September 18th

The Mount A TrailFest event is a fundraiser for the Mount A Conservation Program. It is about getting the community and trail running enthusiasts out on the trail network and supporting the stewardship efforts of the Mount Agamenticus Conservation Program. The races are from Beginner level for the kids, Intermediate for the 5K to Expert for the 9 Miler. Mount A is a challenging mountain set on the seacoast of southern Maine. Stay tuned FMI: www.mountatrailfest.com

Get Involved and Help Make a Difference

More than 40,000 individuals, families, summer camps, and school groups come to the mountain each year to enjoy the summit and trails for picnicking, hawk watching, hiking, trail running, mountain biking, Nordic skiing, snow shoeing and other uses.

Seasonal trail crews and volunteers work hard to maintain the area's extensive recreational trail system that is open for public use. It takes a lot of work to care for these lands each year and we would love some help from you, your family/friends, or your organization!

Join Us on a Community Work Day

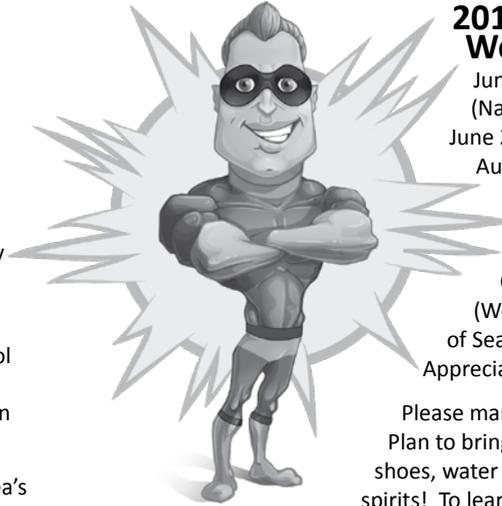
Enjoy some camaraderie with like-minded individuals and help keep Mount A worth coming back to! We will host weekend volunteer work days this summer from 9:00am – 1:00pm to repair trails and bridges, make and install trail signs, re-vegetate eroded slopes, haul gravel to harden muddy surfaces, remove invasive plant species, landscape with native plants, pick up litter and maintain the summit facilities and grounds.

✎ ✎ ✎ **TOGETHER** ✎ ✎ ✎
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2016 Volunteer Work Days:

June 4th
 (National Trails Day);
 June 25th; July 23rd;
 August 20th;
 September 18th
 (2nd Annual Mount
 A TrailFest);
 October 15th
 (Work Day and End
 of Season Volunteer
 Appreciation)

Please mark your calendar now!
 Plan to bring work gloves, sturdy shoes, water bottles, and good spirits! To learn more or register

contact the Conservation Office: 361-1102 or rkerr@yorkmaine.org

Become a Learning Lodge Docent

Volunteers are needed to greet weekend visitors as they explore the Learning Lodge, answer questions, recommend trail routes, and help to explain our current work and conservation goals. Please contact us for more information and apply today!

Adopt-A-Trail

This program is an all-volunteer effort that provides community members and trail users with an opportunity to become involved in conserving and maintaining the many miles of multiple use trails threaded throughout the Mount Agamenticus Conservation Region. Volunteers can help by "adopting" a favorite trail and take part in its upkeep. Adopters assist the Conservation Crew by monitoring, maintaining and enhancing trails and trailhead facilities. Volunteers contribute at their own level and on their own schedule with a minimum requirement of 2 trail working days a year.

More Opportunities to Help

- ◆ Become a Hawk Watcher and help document the annual migration
- ◆ Join the Friends and come to monthly meetings to plan and advocate for the Mt. Agamenticus Conservation Program
- ◆ Donations and Monetary Contributions are also always welcome and greatly appreciated!

To sign up for a workday or to learn more about the Mount Agamenticus Conservation Program please visit our website: www.agamenticus.org or contact the Conservation Office at (207) 361-1102.

TOWN OF YORK

Board of Selectmen

Todd Frederick
 Torbert MacDonald
 Robert Palmer, *Chair*
 Jonathan Speers, *Vice Chair*
 Dawn Sevigny Watson

Mailing Address:

186 York Street, York, ME 03909
 Tel. (207) 363-1040
 Fax (207) 351-2967
 E-mail parks-rec@yorkmaine.org
 Internet www.yorkparksandrec.org

Office Location:

200 US Route 1 South, York, Maine
 Grant House at Goodrich Park

Town Manager

Stephen H. Burns

Administration

Michael Sullivan, *Parks & Recreation Director*
 Robin Cogger, *Assistant Director*
 Ryan Coite, *Parks Foreman*
 Ryan Avery, *Recreation Supervisor / Nubble Gift Shop Manager*
 Erin O'Dea, *Administrative Assistant*
 Robin Kerr, *Mt. Agamenticus Conservation Coordinator*
 Lynzi Pacitti, *Event & Program Planner*
 Pam Lombardi, *Youth Enrichment Coordinator*

Senior Center Staff

Brenda Bracy, *Facility Coordinator*
 Janis Marshall-Colby, *Membership Services Coordinator*
 Nancy Garfield, *Chef*
 Ann Kaumeyer

Senior Center Advisory Board

Carolyn Anderson
 Emily Cambray
 Jeanette McGrath
 Debbie Meyers
 Bruce Rennie, *Chair*
 Jackie Valentino

Sohier Park Committee

Brenda Knapp
 Evelyn Lipka
 Edward MacGorman, *Chairman*
 Sally MacGorman
 Lorraine Moulton
 Brian Ross
 Tony Knox, *Alternate*
 Skip Hartwell, *Alternate*

A MESSAGE FROM THE YORK PARKS AND RECREATION BOARD

Plus ça change, plus c'est la même chose, the French say — the more things change the more they stay the same. Every winter brings changes to York's beaches: changes to the depth and texture of the sand, changes to the distribution and types of seaweed, changes to the climate and to sea levels. Yet, the beaches remain the same magnet where people can surf, stroll, sun themselves and generally savor the natural beauty of our seaside location.

The Parks and Recreation Department works hard to keep our beaches safe; to maintain the athletic fields and other facilities that are so important to citizens and visitors alike; to provide programs that promote health and wellness for everyone in Town in every season.

The brochure you are reading describes a myriad of activities taking place this summer. You will see lessons, leagues, teams and opportunities for recreation and education. There is something here for everyone.

- Youth will find basketball leagues, day camps, and a long list of enrichment activities for which they can sign up.
- Adults in the community will find fitness camps, golf outings, kayaking lessons and opportunities to try new things — tai chi, perhaps.
- Seniors will find walking groups, a variety of health clinics and a wide range of other activities from Breakfast Club to Zumba Gold.

As summer comes and goes, you will be seeing a lot of changes in the public domain. There will be major changes to the way storm water is handled at the beach. New drainage outlets are being installed along Long Beach Avenue. The Long Sands bathhouse will be razed at the end of summer and in its place a new one with more capacity and more amenities will be constructed.

Things will be changing throughout the summer and into the fall but at the same time, things will be the same. There will always be beautiful beaches and beautiful mountain vistas in York. There will always be the Parks and Recreation programs offered to enrich individual and community life.

Some things never change.

The Parks and Recreation Board:

Brenda Knapp
 Mike Modern
 Nancy Stolberg
 Tim Ward
 Ron McAllister, *Chair*



text
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glance
email

www.YorkPolice.org

Police Chief: Doug Bracy



SENIOR CENTER

The York Senior Center, located at 36 Main Street in York Beach, is a member based organization run by the Town of York Parks and

Recreation Department. The Center's staff is dedicated to providing individuals in our community, age 50 and over, with opportunities to socialize and participate in learning and wellness activities.

Becoming a Member

Membership is open to both residents and non-residents who are age 50 and over. Annual membership runs from July 1st – June 30th of the following year. Be sure to check out this year's special Membership Drive activities and events scheduled for June 1st - July 31st. Not a member yet? Why not give us a try? We'd love to have you join us! Membership Rates: \$15.00 resident / \$22.00 non-resident

The "Scoop"

All members receive our monthly newsletter and program guide "THE SCOOP". This is where you'll find detailed information regarding all that is going on at the Center including dining room menu and activity calendar. The Scoop is mailed to members monthly and can be found in several locations in the community including the Senior Center, Parks and Recreation Office, York Hospital and the Chamber of Commerce, along with local banks, churches and eating establishments. The SCOOP can also be found on our website www.yorkparksandrec.org.



BRITTON RYAN GARON, Esq., LL.M.
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PROGRAMS & ACTIVITIES

FOR THE MIND, BODY AND SOUL

EDUCATIONAL

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 Seminars
 Lending Library
 Lunch and Learn
 Medicare/Medicaid
 Updates
 Rent Rebate
 Seasonal Home Prep.
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HEALTH AND WELL-BEING

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 Computer Help Sessions
 Diabetic Shoe Fitting
 Exercise
 Fitness
 Flu Shot Clinic
 Foot Care Clinic
 Glucose Screenings
 Hairdresser Service
 Hannaford / Good
 Shepherd Food Program
 Hearing Screening
 Hiking
 Nordic Walking
 S.A.L.T. Program (Seniors
 and Law Enforcement
 Together) Self-Defense

RECREATION

Bingo

Calligraphy
 Cards (Bridge, Cribbage, Whist)
 Crafts
 Dominoes
 Games
 Golf
 Jewelry Making
 Line Dancing
 Mahjong
 Movies
 Puzzles
 Scrabble
 Swimming
 Trips
 Walking
 Watercolor Painting
 Wii Bowling & Games
 Window Box Gardening
 Yoga
 Zumba – Gold & Chair

SOCIAL

Advisory Board Meetings
 Breakfast Club
 Coffee & Muffins
 Cookie Decorating
 Craft Club
 Craft Fair
 Dinner Club
 Holiday Celebrations
 Hospitality Committee
 Knitting Group
 Meals
 Membership Meetings
 Sing-a-Longs
 Sunshine Committee

DINING ROOM

We proudly serve home-cooked meals at 12:00pm, Monday – Friday. Our in-house chef works to provide you with the very best in both the variety and quality of meals. A meal donation of \$4.00 per member is suggested. Non-Member guests are always welcome at a suggested donation of \$5.00 per person. Reservations for dining may be made up until 4:00pm the day before you wish to attend. In some cases, should space permit, we will accept reservations until 9:00am on the day of a meal. A full menu is published monthly in our Newsletter “The Scoop” and weekly menus are posted on the public access television channel 3 and our website www.yorkparksandrec.org. Our dining room continues to proudly display the art work of members from the York Art Association on a rotating, monthly basis.

MEMBERSHIP DRIVE 2016

Our annual Membership drive will run from June 1st – July 31st and includes several promotions and activities geared toward celebrating our members and all of the wonderful benefits that membership at the York Senior Center offers. We invite those interested in becoming a member to stop by the Center and say hello or join us for one of these special events. All are welcome!

EARLY BIRD MEMBERSHIP SPECIAL

May 23rd – 31st

Any Senior Center member, or those who want to be, are invited to renew their membership and be eligible for a multitude of raffle prizes that will include free memberships, free trips, free classes, reserved parking spaces, giveaways and much more. A separate raffle, with the same prizes, will be drawn for new members who enroll during this time.

BRING A FRIEND TO LUNCH DAY

Wednesday, June 15th

While having coffee or conversation with your friends, do you share all the fun things or trips you have been on or have done at the York Senior Center? If so, why not treat them to a great lunch and show them exactly where you go, meet your friends, and share your fun time with them. If you bring a friend (Someone who is not already a member) they will receive their lunch for free and yours will only be ½ price! (A \$6.00 value). Also, it is a great way to have them become a member of the Senior Center and share in all the fun you have. Contact the Senior Center Office to register you and your friend for lunch.

MEMBERSHIP DRIVE ENTERTAINMENT AND ROAST PORK DINNER

Friday, June 17th

We welcome all members, and those who want to be, to join us at 3:00pm, for this special afternoon of magic followed by Nancy's delicious Roast Pork Dinner. Anyone who renews or becomes a member at the dinner is eligible for special prizes, including free memberships, etc. This dinner was a hit last year and we look forward to a full house again in 2016. Please register early if you plan to join us, as space is limited. Kindly give us a call so that we can reserve a spot for you.

REGISTRATION: June 1st until full

TO REGISTER: York Senior Center 207-363-1036

STARTS: June 17th

ENDS: June 17th

COST: \$5.00 per person

INCLUSION: Entertainment & Roast Pork Dinner

LOCATION: York Senior Center

DAY: Friday

TIME: 3:00pm Entertainment / 5:00pm Dinner

SUMMER LOBSTER LUNCHEON

Friday, July 15th

We have once again, partnered with the York Masonic Lodge to host this culminating Membership Drive event. Take the heat out of your kitchen this summer and join us for a delicious Maine Lobster Bake. Menu includes choice of 1 or 2 lobsters, clam chowder, corn, potato salad, watermelon, blueberry cake, beverages, coffee & tea. Lobster Bake is open to the public and new members are always welcome... come and get acquainted with York Senior Center. Lobster trivia, 50/50 raffles and more. Reservations required, space is limited.

REGISTRATION: June 20th until full

TO REGISTER: York Senior Center 207-363-1036

STARTS: July 15th

ENDS: July 15th

COST: \$15.00 / \$18.00 Sr. Center members or \$18.00 / \$21.00 non-members prices subject to change based on market value

LOCATION: York Senior Center

DAY: Friday

TIME: 12:00pm lunch

LOBSTER BAKE AT MASONIC LODGE

Join the Masons for their Annual Summer Lobster Cook-out July 30, 5pm, At. Aspinquid Lodge. For info. and registration call (207) 475-8247

AARP DRIVER SAFETY PROGRAM

Thursdays, May 19th, September 22nd, and Nov (Date TBA)

We are pleased to be able to partner with AARP to offer three sessions of the Driver Safety Course to anyone over the age of 50. This is a four hour, interactive course that has no test and is designed to keep participants driving safely for as long as possible. This is the Nation's first, and largest, classroom refresher course designed specifically to meet the needs of experienced and mature drivers. It helps older drivers learn how to adjust their driving to age-related changes in vision, hearing and reaction time. Additionally, insurance companies in the State of Maine are required, by law, to give discounts to drivers 55 years of age and older who complete the course. Space is limited in this class, please call to reserve your spot soon.

REGISTRATION: Ongoing until full

TO REGISTER: York Senior Center 207-363-1036

STARTS: May 19th, September 22nd, or
November (Date TBA)

ENDS: May 19th, September 22nd, or
November (Date TBA)

COST: \$12.00 for AARP Members
\$14.00 Non-members

LOCATION: York Senior Center

DAYS: Thursday

TIMES: 9:00am - 2:30pm (1 hour lunch break)

BEYOND THE PAGES BOOK AND MOVIE CLUB

"ME BEFORE YOU"

We are excited to offer a new program to our members who are avid readers or those who want to be – *Beyond the Pages*.

This program will feature and combine two activities into one! Reading a book that soon will be a movie and Rolling Out of York to enjoy the movie which is based on our book. We are hoping to offer this new program 3-4 times within the year.

Beyond the Pages is simple. First, you will have the opportunity to read the book chosen. You may purchase the book selected for reading on your own, obtain it at the library or, as a convenience, we will order the book for you and you may purchase it through us. Time will be given to read the book, and join us in a book discussion. Following our book discussion, members who are part of this program will have the opportunity to "Roll Out of York" and enjoy a matinee movie performance of the book they just read at a local movie theater for a minimal fee for the transportation...(\$4.00) and the movie will be on your own...(hopefully with a senior discount.) We also will be able to take this a step further, if it is the decision of the group, to enjoy lunch on their own at a local eatery, as well before the movie. We can discuss that option with each group. If you would like to participate in this program, please register at the Senior Center. If you would like to purchase the book through us, please call the Senior Center (207) 363-1036. Watch your Scoop for date information for the discussion and movie trip. Join us for *Beyond the Pages*.

To kick off our new program we have chosen the book "Me Before You." This story

is about a young & cranky man, Chase Young and quirky woman, Louisa "Lou" Clark (Emilia Clarke) who moves from one job to the next to help her family make ends meet. Her cheerful attitude is put to the test when she becomes a caregiver for Will Traynor (Sam Claflin), a wealthy young banker left paralyzed from an accident two years earlier. Will's cynical outlook starts to change when Louisa shows him that life is worth living. As their bond deepens, their lives and hearts change in ways neither one could have imagined. This movie is scheduled to be released in early June 2016.



York Parks and Recreation Department 363-1040

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BREAKFAST AND DINNER CLUBS

JOIN US!

Do you like to eat breakfast or dinner out? Enjoy good company? This is the program for you! Our breakfast club continues to grow each month and we are enjoying all that the local breakfast establishments have to offer. So popular is the Breakfast Club that we've added a Dinner Club! Each month we are invited to a delicious, affordably priced, breakfast or dinner at various restaurants and businesses around town and surrounding communities. Members, and non-members alike, are welcome to join us. Reservations are a must for each club, please call today and we'll hold a seat for you. Check in with us to see where we are headed each month.

GENTLE HATHA YOGA

with Pat Fitzgerald, e-Ryt

Mondays - 12:45pm

The class gently helps you build strength, increase flexibility, improve mental clarity, and energize the body. Flexibility is an outcome of yoga, not a prerequisite.

Based on Peggy Cappy's wonderful book and videos, Gentle HathaYoga is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. We'll place special emphasis on "bone-safe" (for those with osteoporosis or osteopenia), balance, and fall prevention. Props, chairs, or walls can be used to make poses accessible and to provide support and safety in balance poses.

Please bring a yoga mat (if you have one) and your favorite props and wear comfortable clothing that allows you to move freely. There is a \$5.00 per class drop-in fee. Pat Fitzgerald, e-RYT, is a certified yoga instructor and older adult fitness instructor.



LUNCH & LEARN PROGRAM/SERIES

We offer a monthly Lunch & Learn program/series. This is an informational program which is designed to provide education on various subjects such as medical, living situations, lifestyles, and various concerns you may have. It also provides our members and guests with vital information as to where you can receive help or go for further information to help make your life easier. These sessions are varied and always changing. Not only is it a great way to gain information but also a great way to meet new people or re-unite with people you may already know. Best of all, attend one of the Lunch & Learn programs, sign up for lunch that day and receive your meal ½ off (A \$2.00 value). This is a very popular program, so please remember to sign up early! Contact the Center for program details and dates.

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TAI CHI

Tai Chi is an ancient Chinese exercise that is well known for its health benefits including balance, memory and meditation. We hope that you'll plan to join instructor Bob Porter for some Tai Chi on Friday afternoons. No experience necessary, just wear comfortable clothes and shoes and Bob will guide you through the rest. This is a great opportunity to try something new!

REGISTRATION: Drop-in

REGISTRATION: York Senior Center 207-363-1036

STARTS: Ongoing

COSTS: \$5.00 per class

TIMES: 1:00pm

DAYS: Friday

LOCATION: York Senior Center

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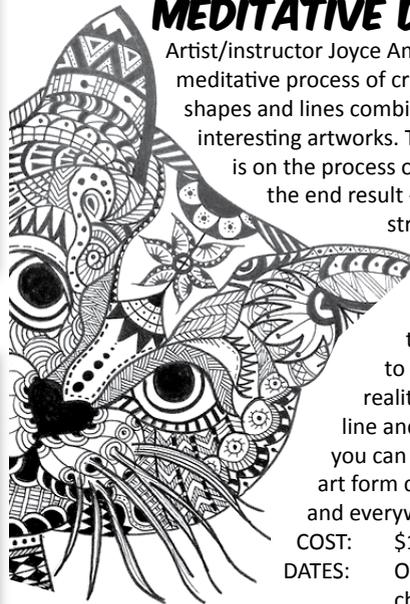
TAKE A HIKE

May – September, 9:45am

York Land Trust Presents *Special Places in York*

York Senior Center in collaboration with York Land Trust will offer Guided walks starting in May and ending at the end of September. Come learn about these hidden gems that are right here in York and get your walking shoes ready to go exploring. During May through September, we will visit five public preserves in York that are under their care. You might have seen the signs or heard of them. They are: Smelt Brook, Highland Farm, Hilton-Winn, McIntire Highlands and McFeely Preserves. Each of these preserves has trails that are open to the public 365-days a year and have no usage fees. Visitors can explore these trails year-round by walking, running, snowshoeing or cross country skiing. So mark your calendars and enjoy these walks with our Senior Center Staff. These walks will be offered twice a month (with a raindate need be), FREE bus transportation will be offered from the Senior Center, so all you need are your walking shoes! Watch our upcoming Scoops for dates and locations of our upcoming walks or call the Senior Center (207) 363-1036.

ZENTANGLE – MEDITATIVE DRAWING



Artist/instructor Joyce Amend presents Zentangle - a meditative process of creating art, wherein simple shapes and lines combine to make beautiful and interesting artworks. The focus of Zentangle is on the process of creation, rather than the end result - and is both fun and

stress-relieving. Zentangle embraces beauty and accepts imperfections.

It is calming, relaxing and therapeutic - and tends to distract from some of the realities of life. If you can draw a line and a circle (perfectly or not), you can Zentangle. This absorbing art form can be enjoyed anywhere and everywhere. Open to the public.

COST: \$10 per class

DATES: One Friday per month, check for dates

LOCATION: York Senior Center Activity Room

DAYS: Fridays

TIME: 2:00pm – 4:00pm

York Parks and Recreation Department 363-1040

ROLLING OUT OF YORK TRIPS

OVERNIGHT TRIPS

BEYOND THE HORIZONS – International Travel

Wednesday, June 8th – 10:30am

Rolling Out of York is excited to announce that we are now “Rolling Beyond the Horizons.” Many of our travelers and members have expressed an interest in international traveling. After researching many options, we are expanding our current trip program to include one international trip a year and starting in 2017 we will be including one cruise trip per year as well. This in no way will deter from our regular day and overnight trips.

Mark your calendars and plan to join us on June 8th for a slide show presentation which will feature the highlights and destination of our very first international trip which is currently in the process of being planned for December 2016! This trip will have limited reservations. Please call the York Senior Center for more information (207) 363-1036

SUMMER SAIL & RAIL TOUR

In the White Mountains

Monday – Thursday, August 22nd – 25th

Mark your calendars and join us for a late summer visit to the White Mountain Hotel & Resort (where we have stayed for our Xmas shopping excursions). Enjoy the beauty of New Hampshire’s White Mountains on a special tour where you will see the very best of New Hampshire by Land, Rail, and Lake! You will enjoy many spectacular views with a train ride up the highest mountain in the northeast. You will also enjoy a boat tour that will take you along the shores of NH on one of America’s largest lakes. Enjoy a guided sight-seeing tour of Mount Washington Valley and the Notches in NH and visit the in Wright Museum in Wolfeboro, NH. You will stay at the Luxurious White Mountain Hotel & Resort where you will enjoy the finest amenities including deluxe accommodations, exceptional cuisine in the famous Ledges Dining Room (your choice off their AWESOME menu), year round heated pool and jacuzzi and a state-of-the-art fitness center with Finnish saunas, outdoor fire pit, as well as a professional golf course. If you are an avid golfer and would prefer not to join us for one or more of our day excursions, you may elect to stay back at the resort and enjoy golf or play golf after we return. You will have some time to enjoy the pool or just relax in the sun. In the evenings enjoy some entertainment in the Echo Ballroom.

Reservations are limited so make your reservation starting May 3rd. A deposit (refundable up to 45 days) of \$50 is due by June 1st. Remaining balance is due by July 8th. Cost: Members: \$599/pp dbl., Non-Members: \$659/pp dbl. Cost includes transportation, admissions, accommodations, 7 meals, gratuity, and special cocktail pricing. Call (207) 363-1036 .

MOUNT RUSHMORE & BLACK HILLS OF S. DAKOTA

July 14th – 26th

We are currently working on a trip to visit Mt. Rushmore & the Black Hills of South Dakota. This trip is in the process of finishing the itinerary and will be designed in a different style from our past long excursions. To make the bus travel much easier for everyone, we will be planning a stop to visit a venue everyday enroute to and from. Our trip will include a visit to Crazy Horse, the Badlands National Park, Mt. Rushmore National Memorial, Custer State Park which will include Wildlife Loop where you see many wildlife animals, plus MUCH more. Enroute, we will be planning an everyday stop which will include the Made in the USA Store, which all proceeds go directly to our Veterans, the Botanical Gardens in Des Moines, IA plus much more. So watch your April Scoop for more information and an Itinerary of this great historical sight. Due to the length of this trip, seats are going to be limited, so please make your reservation now. Trip insurance will be available at a minimal cost. A deposit (refundable up to 45 days) of \$75 is due now unless other arrangements have been made. Remaining balance is due by May 30th. Rooms are limited so sign up early. Cost: Members: \$1220/pp dbl Non-Members: \$1350/pp dbl: Members: \$1683/pp single Non-Members: \$1813/pp single Call (207) 363-1036 for further information.

MACKINAC ISLAND

September 11th – 17th

We are currently working on a trip to Mackinac Island. We will be staying in northern Michigan. We will visit Saul Sainte Marie and enjoy a cruise through the Coe Locks. We will enjoy a ferry ride to Mackinac Island where our mode of transportation will be by horse and carriage, as it is the only transportation allowed on the island. We will tour quaint Mackinaw City and see the Old Mackinac Island Point Lighthouse which dates back to 1892. We will visit Colonial

Michilimackinac – a 1700's era village. We will also enjoy Michigan's "Little Bavaria" in Frankenmuth, MI plus much more! Reservations are limited so make yours starting June 2nd . A deposit (refundable up to 45 days) of \$50 is due by July . Remaining balance is due by July 8th. Cost Members: \$630/pp dbl Non-Members: \$710/pp dbl. Cost includes transportation, admissions, accommodations, 10 meals, gratuity, and special cocktail pricing. Call (207) 363-1036 .

LANCASTER, PA

Including Philadelphia and Gettysburg

October 10th – 14th

We are currently working on trip to Lancaster, PA this fall. Included in this trip will be tour of Lancaster including Amish Country. We will visit the Sight and Sound Millennium Theatre and see the NEW musical, "Samson." In this trip is included is a visit to Gettysburg National Park where you will experience the amazing Cyclorama attraction. Come and cruise with us as we head to Philadelphia and board the Spirit the Philadelphia for dining , dancing, and great sight seeing. After the cruise enjoy a tour of the Liberty Bell as well as Independence Hall plus much more. Watch your Scoop for more information regarding this great trip. Reservations are limited so make your reservation starting July 6th. A deposit (refundable up to 45 days) of \$75 is due by August 3rd . Remaining balance is due by September 1st. Cost Members: \$549/ pp dbl Non-Members: \$589/pp dbl. Cost includes transportation, admissions, accommodations, 9 meals, gratuity, and special cocktail pricing. Call (207) 363-1036 .



MINI BUS DAY TRIPS

Friendly reminder! In order to provide such great prices for these trips, we do have to follow strict minimum and maximum enrollment numbers along with firm payment deadlines.

If you reserve a seat for one of our bus excursions, your reservation will be held only until the final payment date (unless other arrangements have been made). In the event the trip does not meet the minimum number and the trip has to be cancelled you will receive a full refund. After the final payment deadline date, participant cancellations are not refundable.

As a courtesy, we are now offering the availability for you to be picked up at the Baldwin Center and also at Yorkshire Common. Please watch your Scoop for pick up times at these locations for the various trips. Just a friendly reminder, please remember to still call the Senior Center (207)363-1036 and reserve your seat/ticket.



Stay Connected with York Parks and Recreation through our monthly E-newsletter, Social Media and the Web!

Yorks Illustrated Monthly: Be sure to check our website each month for the most up to date issue of our newsletter, this is where we will post important information and new programs.

Web: www.yorkparksandrec.org

Facebook: www.facebook.com/yorkmaine

Twitter: www.twitter.com/yorkrecreation

Instagram: @yorkparksandrec



THE FOLLOWING DAY TRIPS ARE IN THE PLANNING STAGES:

Pickity Place

Lexington/Concord

Saugus Iron Works

Dedham/Quincy History Tour

Newburyport, MA – Yankee Homecoming

Craft Fair – July/Aug 2016

Cape Cod

Portland, ME

Coastal Maine Botanical Gardens, Boothbay, ME

Fryeburg Fair (Senior Day) – Oct. 2016

The Big E Expo – Fall 2016

Hobo Train/Lake Winnepesaukee Boat Cruise – Fall 2016

Kringle Candle Company

Shopping in Kennebunkport

Shopping at Perkins Cove

Shopping in Kennebunkport

Shopping at Wrentham Mall

Shopping at Frugal Fannies

Check the Scoop! Or contact the Senior Center 207-363-1036 for details and itineraries.

EVITA – Maine State Music Theatre**Thursday, July 7th**

Plan to join us as we visit the Maine State Music Theatre and see the musical performance of *Evita*, Argentina's controversial First Lady is the subject of this dynamic musical masterpiece. As an illegitimate fifteen year old, Eva escaped her dirt-poor existence for the bright lights of Buenos Aires. Driven by ambition and blessed with charisma, she was a starlet at twenty-two, the President's mistress at twenty-four, First Lady at twenty-seven, and dead at thirty-three. Eva "saint to the working class, reviled by the aristocracy and mistrusted by the military" was destined to leave a fascinating political legacy unique in the 20th century. Told through a compelling score that fuses haunting chorales with exuberant Latin, pop and jazz influences, *EVITA* creates an arresting theatrical portrait as complex as the First Lady herself. After the performance we will enjoy dinner, on your own, at a local establishment (TBA). Seating is limited so reserve your seat now. Seats are limited so make your reservation starting May 3rd as long as space permits. Payment is due by June 17th unless other arrangement are made. Please note after June 17th, reservations are non-refundable. Resident/Member Cost: TBA: Resident/Non Member Cost: TBA: Non Resident/Non Member Cost (TBA) includes transportation, & show.

MAMMA MIA**Maine State Music Theatre****Thursday, August 18th**

Plan to join us as we visit the Maine State Music Theatre and see the musical performance of "Mamma Mia" It is a story of a mother, a daughter and 3 possible dads. And one trip down the aisle you'll never forget! This tale full of sun and fun unfolds on a Greek island paradise when, on the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years before. The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship. After the performance we will enjoy dinner, on your own, at a local establishment (TBA). Seating is limited so reserve your seat starting June 2nd as long as space permits. Payment is due by July 22nd unless other arrangement are made. Please note after July 22nd reservations are non-refundable. Resident/Member Cost: TBA: Resident/Non Member Cost: TBA: Non Resident/Non Member Cost: TBA (includes transportation, & show)

FOREVER MOTOWN**Venus DiMilo – Swansea, MA****Thursday, September 22nd**

Are you a favorite of Motown Music? If so, mark your calendars and plan to join us for a dinner show at the Venus DiMilo. Before the show enjoy a dinner with your choice of Chicken Parmesean or Baked Schrod. After dinner enjoy a tribute to the Motown Favorites such as the Spinners, Marvin Gaye, Gladys Knight and the Pips, The Supremes, Smokey Robinson, The Four Tops, The Temptations, plus many more. This show will be a high energy, non stop trip down memory lane. Some of the performers as well as the costumes are directly from the Broadway hit show " Motown." Seats are limited so be sure to make your reservation starting July 6th. Resident/Member Cost: TBA: Resident/Non Member Cost: TBA: Non Resident/Non Member Cost (TBA) includes transportation, dinner & show.

JIMMY LEHOUX BAND**New England Goes Country****The Flying Monkey & Common Man Inn****Wednesday, October 19th**

Are you a Country Music Fan? If you are mark your calendars and join us for a day of Country Music. Before the show enjoy a buffet dinner featuring Pot Roast, Lasagna, salads, desserts etc. at the Common Man Inn. After dinner enjoy the country music of Jimmy Lehoux. Jimmy held the title of NH Male Vocalist of the Year. He has been the opening act for Kenney Chesney, Charlie Daniels, Keith Urban, Oak Ridge Boys, Leanne Rimes, and more. He has sung many times at Gillette Stadium and Boston's Fenway Park. His voice is described as listening to George Strait and Randy Travis. Seats are limited so make your reservation starting August 2nd as long as space permits. Resident/Member Cost: TBA: Resident/Non Member Cost TBA Non Resident/Non Member Cost: TBA includes transportation, dinner, gratuity & show.

OGUNQUIT PLAYHOUSE

Day trips are being planned to the following shows to the Ogunquit Playhouse:

June 3rd – Let It Be

June 29th – Anything Goes

August 4th – The Hunchback of Notre Dame

August 31st – Priscilla, Queen of the Dessert

September 29th – Seven Brides for Seven Brothers

October 27th – Million Dollar Quartet



ADULT PROGRAMS

BABY BOOMER BEGINNER WEEK - LONG GOLF CLINICS

Monday – Friday, May 9th – 13th, June 6th – 10th, and October 3rd – 7th

It is true that any motor skill improves most rapidly if you practice EVERY day. With that in mind, we have partnered with Cape Neddick Country Club to offer our Baby Boomers this opportunity to learn, practice and play more golf. This is the perfect clinic for anyone who wants to spend a full week fine tuning your skills in preparation for a golf-filled summer or fall. Don't have clubs and not sure if you want to make the investment just yet....no problem, they have clubs available to borrow for both righties and lefties. Director of Golf, Dustin Hunter and his staff will focus on the core fundamentals of the swing, grip, stance, posture, alignment, chipping and putting, and will offer specified individual instruction to participants as needed. In our opinion, the best part of the clinic will be the on-course skills training scheduled for the Friday session; this is your opportunity to take what you've learned from the putting green and driving range to the course, to play with and learn from the staff. The week-long clinic will be held Monday – Friday (three sessions) from 4:30pm – 5:30pm and will cost \$125.00. The clinic will include all instruction, daily reinforcement, on course skills training, a voucher for one free round of golf including cart (some restrictions may apply), and reduced "guest of member" rates to play at CNCC the remainder of the season. Space is limited and registration at the Parks and Recreation office is required.

REGISTRATION: Ongoing until full

STARTS: May 9th, June 6th and October 3rd

ENDS: May 13th, June 10th, and October 7th

COST: \$125.00

INCLUDES: One free round of golf including cart (an \$85.00 value), clubs (if needed) and course time

LOCATION: Cape Neddick Country Club

DAYS: Monday - Friday

TIMES: 4:30pm - 5:30pm

NEW! BABY BOOMER INTERMEDIATE/ADVANCED WEEK - LONG GOLF CLINICS

Monday – Friday, May 9th – 13th, June 6th – 10th, and October 3rd – 7th

Our Baby Boomer Beginner Clinics have become so popular that

we have students who are ready to take it to the next level. This Intermediate/Advanced class is designed for anyone who has participated in the beginner class or who has a pretty good handle on their game but could benefit from some fine-tuning. Director of Golf, Dustin Hunter and his staff will focus on improving the core fundamentals of the swing, grip, stance, posture, alignment, chipping and putting, and will offer specified individual instruction to participants as needed. In our opinion, the best part of the clinic will be the on course skills training scheduled for the Friday session; this is your opportunity to take what you've learned from the putting green and driving range to the course, to play with and learn from the staff. The week-long clinic will be held Monday – Friday (three sessions) from 3:00pm – 4:00pm and will cost \$125.00. The clinic will include all instruction, daily reinforcement, on course skills training, a voucher for one free round of golf including cart (some restrictions may apply), and reduced "guest of member" rates to play at CNCC the remainder of the season. Space is limited and registration at the Parks and Recreation office is required.

REGISTRATION: Ongoing until full

STARTS: May 9th, June 6th and October 3rd

ENDS: May 13th, June 10th, and October 7th

COST: \$125.00

INCLUDES: One free round of golf including cart (an \$85.00 value), clubs (if needed) and course time

LOCATION: Cape Neddick Country Club

DAYS: Monday – Friday

TIMES: 3:00pm – 4:00pm

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BABY BOOMER KAYAKING

Recreational Kayaking is said to be the “perfect sport for the not so sporty”; you do not need to be a skilled athlete to be a kayaker. It’s an ideal activity for young or old, fit or not. Men and women can be athletic equals in a recreational kayak. It’s easy to learn (most get the knack in just a few minutes), requires almost no coordination and not much muscle, and is exhilarating and completely relaxing...all at the same time! Kayaking is fun exercise! Lots of baby boomers walk for exercise but what most lack is upper body strength and walking doesn’t provide that. The usual cure is weight and strength training at the gym, but for most that is not very fun. Kayaking gives you a good upper body work out with varying intensity levels as controlled by you. You can burn calories by paddling at a quick pace or unwind with a few easy strokes every now and then. Kayaking also offers a unique outdoor experience... you are gliding across the water at eye level with nature! There is nothing to be intimidated by, our qualified staff will provide you with an introduction to kayaking and a safety session that will have you benefiting from, and loving this sport in no time. This program will meet on Tuesday or Thursday afternoons from 1:00pm - 2:00pm at Strawberry Island on Rte. 103. The first of four sessions will begin on Tuesday, July 5th and will run through July 28th. Due to the number of kayaks available, class size is limited. We encourage any interested paddlers to register early.

REGISTRATION: Ongoing until full
 STARTS: July 5th or July 7th
 ENDS: July 26th or July 28th
 COST: \$50.00
 LOCATION: Strawberry Island, off Rte. 103
 DAYS: Tuesdays or Thursdays
 TIMES: 1:00pm – 2:00pm
 WHAT TO BRING: Comfortable clothes, shoes/sandals that can get wet, life jacket

BABY BOOMER TENNIS

Adult Beginner/Advanced Beginner

Tuesday Evenings

This class is for those who have not played before, who are just getting started, or those who have some experience but are a little “rusty”. You will learn all the basics of the game including: strokes, rules, scoring, footwork and tennis etiquette. Classes will include ball feeding drills, live-ball hitting with other classmates, and personal stroke instruction.

By the end of the class, you will have learned the grips and basic stroke of the forehand, backhand, serve, volley, and overhead shots. You will also be introduced to effective ways to practice as well as fundamental singles and doubles positioning and play.

INSTRUCTOR: Ted Welch, former York High School Athletic Director and Tennis Coach

REGISTRATION: June 1st – June 17th

STARTS: June 21st

ENDS: July 12th

COST: \$45.00 Resident / \$55.00 Non-resident

LOCATION: York High School Tennis Courts – by the YHS track

DAYS: Tuesday

TIMES: 5:00pm - 6:00pm

BASKETBALL

Men’s Over 30 Basketball

Men’s Over 30 Basketball will continue throughout the summer as pick-up games with teams chosen nightly. This program is ongoing and will run every Wednesday evening at 8:00pm at York High School through August 3rd. We also offer pick up on Sunday evenings as well, at the York Middle School, so be looking for more information on our website

at www.yorkparksandrec.org. During the winter months this program moves to Coastal Ridge Elementary School on Wednesday evenings, be sure to check our website for dates.

STARTS: Ongoing throughout the year

COST: \$4.00 per player per night

LOCATION: York High School Gym and York Middle School Gym (CRES gym in the winter)

DAYS: Wednesday / Sunday

TIMES: 8:00pm – 10:00pm



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NEW! ADULT CO-ED FLAG FOOTBALL

New this spring we will be offering an opportunity for adults to get together on Sunday mornings for some friendly flag football competition. Players of any skill level are welcome to join. Our emphasis will be on fun, friendly competition. This will be a drop-in style format and teams will be determined daily. The Parks and Recreation Department will provide the flags, a lined field to play on, and one game official. So gather your friends, dust off your cleats and join us for some spring football.

REGISTRATION: Drop-in
STARTS: April 17th
ENDS: Ongoing
COST: \$5.00 daily drop-in
LOCATION: Bog Road Fields
DAYS: Sundays
TIMES: 9:00am



IN A FLASH - FLASHMOB!

All Ages!

Have you ever wanted to be in a Flash-mob? Have you ever wanted to surprise and shock people out of the blue with a spectacular performance? Now is your chance! You do not have to be a dancer! This experience involves all the fun and spontaneity that is making this type of performance a worldwide craze! There will be two rehearsals held to learn the dance or you can just learn it at home via You Tube! The performance is on Saturday, August 13th (place to be announced).

INSTRUCTOR: George Hosker-Bouley
REGISTRATION: Ongoing until July 27th
STARTS: Practice on July 27th & August 12th
ENDS: With performance on August 13th
COST: \$5.00 Registration Fee
LOCATION: Practice at York High School – Performance – It's a secret.....
DAYS: Wednesday, July 27th / Friday, August 12th / Performance on August 13th
TIMES: 6:00pm
LIMIT: Unlimited

ADULT FITNESS

BOOTCAMP

BootCamp is a total-body, weight loss focused conditioning program designed to improve your muscular strength, power, muscular and cardiovascular endurance, agility, coordination, speed, flexibility, and balance. This program is designed to give challenging workouts to all participants at all ability levels. This program will help develop strength, endurance, self-confidence, and emotional security. Life begins when you start that next big adventure.

Samantha Stephens, "Sam" started her competitive athletic career in the 80's as a Junior Hunter rider competing in numerous Horse Shows all over the North East. Her love for fitness began when her riding coach said she needed to be stronger..so there began her journey for weight lifting and running. In 1990 she was married and moved to Bermuda where she raised a family and was teaching group exercise classes and coaching runners and triathletes for more than 20 years. A nine time marathon finisher, numerous ½ marathon finishes, Hill climb bike road racer (including a podium finish at Mt. Washington), and ½ ironman competitor. You could say she loves to compete and train hard. Sam relocated back to her roots on the North Shore of Massachusetts in 2012 where she worked for BnS Fitness in Salem, MA as a bootcamp instructor and Triathlete coach. Moving to Wells, Maine in September of 2014 she found that she wanted to bring her love and knowledge of fitness to the Southern Maine area. Whether you are a mom who wants to lose that last 10lbs, train for the Seacoast Road Race series, your first 5K or Sprint Triathlon, or if you are a seasoned competitive athlete that wants to achieve the next level in your performance ... She Can Help!

REGISTRATION: Ongoing
STARTS: July 1st (no class on July 4th) or August 1st
ENDS: July 29th or August 26th
COST: \$64.00 Resident / \$74.00 Non-Resident
2 classes per week
\$84.00 Resident / \$94.00 Non-Resident
3 classes per week
LOCATION: Bog Road Athletic Complex
DAYS: Monday, Wednesday and Friday
TIMES: 7:00am – 8:00am

COUCH TO YORK DAYS 5K

Whether you are a runner or not, it's NEVER too late to start. Today is the day to turn your life around, one step at a time. This beginner running program will give you the guidance, motivation and structure to get off your couch, get outside with your running sneakers and begin creating the new life and body you never thought imaginable. This 12 week, low-moderate level program is open to men and women looking to achieve some amazing goals while crossing the finish lines of road races, including our own York Days 5K. Registration fee includes training manual, coaching consultation, ONE coached run workout per week and entry fee for York Days 5K.

INSTRUCTOR: Sam Stephens (See Bio. in Boot Camp)

REGISTRATION: Ongoing (even if you miss the start date, it's not too late to join)

STARTS: May 11th

ENDS: July 24th (12 week program)

COST: \$135.00 Resident / \$145.00 Non-Resident
12 weeks

LOCATION: Bog Road Recreation Complex

DAYS: Wednesday

TIME: 6:00pm – 7:00pm



H.I.I.T

Join us for some HIIT; High Intensity Interval Training on the beach! This program is designed to give you a full body workout at each class! Get your beach body on the beach! Bring water and a Towel! Amanda has been training a variety of health and fitness classes for 9 years. Her passion is to help people reach their fitness goals and improve their quality of life. This will be her 4th year coaching on the beach and first year specifically teaching HIIT. Certifications include Personal Training, Zumba, First Aid and CPR.

INSTRUCTOR: Amanda Gunter

REGISTRATION: Ongoing

STARTS: June 28th

ENDS: August 18th

COST: \$75.00 Resident / \$85.00 Non-resident
\$8.00 Adult drop-in, \$5.00 Youth drop-in with Adult

LOCATION: Long Sands Beach in front of the Bath House

DAYS: Tuesday, Thursday and Saturday

TIME: 7:30am - 8:30am

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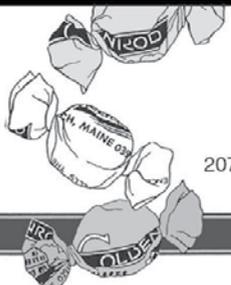


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NORDIC FITNESS WALKING

(Long Sands Beach):

Burn 40% more calories than walking in less time and try our new pogo compression pole technology!

4 WEEK SESSION: With the beautiful warmer weather here, wouldn't it be nice to get outside and burn extra calories while enjoying a smart physical outdoor activity with maximum health benefits?

Nordic Walking is easy to learn and best of all it combines fun with convenience. Nordic Walking is like fitness walking with specialized walking poles. Our starter clinic is perfect for all ages and abilities. We encourage you to join us whether you are already an active walker or if you are just getting back to walking after surgery or as you struggle with balance concerns. Now is the perfect time to discover what Finland fitness buffs have known for years. Nordic Walking burn up to 40% more calories, increases upper body strength, improves balance, and reduces stress on your hips, knees and spine. Our classes will meet on Long Sands Beach in front of the Bath House and will begin with information on the history of Nordic Walking, pole fitting, and then we will head out on our first Nordic Walk. Each walking session will explore a new walking location decided upon by our group. This is a wonderful and safe way to experience new walking paths together such as the Rachel Carson Wildlife Refuge, Laudholm Farm, Steedman Woods/Wiggly Bridge, and Vaughn Woods.

POLES: Our classes will enable you to use and take home a variety of demo poles including Nordic Walking poles, Nordic Trekking poles, as well as the newest Pogo/Compression poles. Poles will need to be returned to the instructor at the end of the 4 week session and you are also welcome to use your own poles.



BIO: Lauren DeLong is the owner of York Nordic and a certified Nordic Walking instructor. York Nordic has collaborated with York Hospital's Living Well Center through grants and research with breast cancer survivors showing incredible results in how Nordic Walking can decrease risk to fall. She has designed and manufactured her own poles which will be provided for use during the clinic. www.YorkNordic.com is a great resource on the history of Nordic Walking, the scientific research behind the benefits, as well as helpful tips on proper form. She is excited to share her passion for this sport with others.

REGISTRATION: Ongoing until May 27th

STARTS: June 6th

ENDS: June 27th

COST: \$40.00 Resident / \$50.00 Non-resident

LOCATION: Long Sands Beach – in front of the bath house
across from Liquid Dreams Surf Shop

DAYS: Mondays

TIMES: 8:30am – 9:30am

PILATES

In this 4 week session, be prepared to learn a series of conditioning exercises that will enhance your well-being.

First developed by Joseph Pilates, come join Deb Hovde, certified Stott Pilates Instructor, as she will first introduce Stott's 5 Basic Principles, the foundation for the exercises. Then using small props she will teach you the exercises with preps and modifications so that it will be appropriate for many different levels and body types.

Benefits include improved body awareness which leads to better posture, improved core strength, improved overall strength w/o increase in bulk, enhanced balance, coordination and flexibility. Whether you are a young athlete training for a specific sport or an older adult, looking to improve your overall fitness level, you can certainly benefit from this workshop.

Mats and props are provided. No special footwear required as Pilates is done either barefoot or with socks.

Deb Hovde, B.S., has been teaching exercise and fitness in the Seacoast for 25 years to a variety of populations. She now teaches out of her studio, "The Fitness Studio at Chases Pond" on Chases Pond Road, in York, Maine. She can be contacted by phone at 207-361-7114 or email dhovde@maine.rr.com with any questions.

REGISTRATION: Ongoing until June 23rd

STARTS: June 23rd

ENDS: July 14th

COST: \$100.00 Resident / \$110.00 Non-resident

LOCATION: The Fitness Studio at Chases Pond

DAYS: Thursday

TIMES: 11:00am – 12:00pm

SKINNYLEGS

Ladies, If your goal is to become the best version of you, with really feminine lines, then SkinnyLegs is for you! SkinnyLegs works your entire body to sculpt long and lean arms, legs, glutes and abs through a series of exercises with benefits taken from the ballet and pilates world. The dance cardio portion incorporates calorie torching dance cardio which enhances your results, your endurance and flexibility. In the SkinnyLegs classes you will notice the contraction of your deep, smaller, secondary muscles. You will be keeping your muscles guessing through weekly changing exercises. You'll be working to create a long, lean physique. SkinnyLegs utilizes purely your own body weight as resistance training to strengthen, define, tighten, lift, firm and sculpt arms (light weights are incorporated), legs, abs and buns.

REGISTRATION: Ongoing

DATES: Session I – May 2nd – June 29th

Session II – July 6th – September 5th

COST: \$80.00 Resident / \$90.00 Non-resident

\$10.00 Senior Discount

\$5.00 per person drop-in

LOCATION: York Middle School Team Room

DAYS: Monday and Wednesday

TIMES: 6:45pm – 7:45pm

WOMEN'S STRENGTH TRAINING CIRCUIT CLASS

Improve your strength, stamina, balance and flexibility in this 1-hour workout. You will use a variety of exercises and equipment to tone muscles, decrease body fat and increase coordination in a challenging, fun and supportive environment. This program works with a punch card. You get 12 punches on your card that you can use in a 14 week period.

REGISTRATION: Ongoing until June 19th

STARTS: June 25th

ENDS: September 10th (12 week program)

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: Fitness Options, 180 Woodbridge Rd., York, ME

DAYS: Saturdays

TIME: 8:00am – 9:00am

YOGA ON THE BEACH

Yoga is for everyone! No prior experience needed. Participants of all ages, shapes and abilities can reap the benefits of yoga.

You will learn to focus on the breath and develop the ability to attach breath to your movements or postures. Instructor emphasizes safe body alignment (especially of the spine) in each posture (asana). Options will be given to assist you in honoring your body

and your specific challenges and strengths.

Join us at the beach (lawn) in this judgement free zone where you will have the opportunity to increase physical strength and flexibility, nurture your body and elevate your spirit! Please bring a yoga mat. Andy Ferragamo M.Ed. Her graduate work focus: health education and physiology. 200 Hour RYT (registered yoga teacher) Certified fitness instructor and personal trainer for 25 years and past gym owner.

** Bring your own mat

**Andy does have some yoga straps and blocks to share however if you have your own, please bring them along.

REGISTRATION: Ongoing until June 26th

STARTS: June 29th

ENDS: August 22nd

COST: \$95.00 Resident / \$105.00 Non-resident

LOCATION: Short Sands Beach

TIME: 7:00am – 8:00am

DAYS: Monday, Wednesday, Friday

\$10.00 per day drop in fee – cash only!

Try it ...You'll like it!

YOGA - BEGINNER'S YOGA

This is a 4-week series designed for beginners or those wanting a refresher on the basics.

All ability levels welcomed. Come to learn, build, and grow! Easy and simple instructing will guide you through basic asanas and learning new poses every week. Even if you have never touched a yoga mat, by the end of this program you will be empowered to continue your practice and your journey in yoga. You will be individually assisted and cued through every class to gain a unique knowledge of specific poses. A safe and non-judgmental space awaits you in this class. Instructor Taylor Vallee has been practicing yoga since she was a little girl and fell in love with it for its nature of strength and empowerment. She is a registered yoga instructor through FitTour fitness and teaches a donation-based community studio in Boston as well as Simmons College where she is studying for a B.S. in Nutrition, Health and Wellness. She is experienced with all abilities and body-types and strives to create a comfortable, safe, and open place for everyone to practice yoga.

REGISTRATION: Ongoing until June 6th or drop-in

STARTS: June 7th

ENDS: June 30th

COST: \$85.00 Resident / \$95.00 Non-resident

\$10 per day drop in fee

DAYS: Tuesday/Thursday

TIMES: 5:00pm – 5:45pm

LOCATION: York Middle School Team Room

POWER YOGA

This is a 6-week class building into intermediate level yoga designed to advance your practice through increasing strength and flexibility. All abilities welcomed, some experience in yoga or other physical activity suggested. Power driven sequences will bring a new level of challenge to your typical yoga class. Incorporating new postures and sequences every week to ensure to build new strength to dive deeper and stronger into poses you may not have been able to achieve before. Combining a fast-paced series of asanas and breath sequences is sure to build up some heat and break a serious sweat. Instructor Taylor Vallee has been practicing yoga since she was a little girl and fell in love with it for its nature of strength and empowerment. She is a registered yoga instructor through FitTour fitness and teaches a donation-based community studio in Boston as well as Simmons College where she is studying for a B.S. in Nutrition, Health and Wellness. She is experienced with all abilities and body-types and strives to create a comfortable, safe, and, open place for everyone to practice yoga.

REGISTRATION: Ongoing until July 1st or drop in

STARTS: July 5th

ENDS: August 11th

COST: Full Program - \$115.00 Resident /

\$125.00 Non-resident

Half Program (6 class pass) - \$ 60.00 Resident /

\$ 70.00 Non-resident

\$10.00 per day drop in fee

DAYS: Tuesday/Thursday

TIMES: 5:00pm – 6:15pm

LOCATION: York Middle School Team Room

CLUB YOGI

A summer long class that meets once a week, beginners welcomed!

Having trouble kicking up into a headstand? Think you need to open your shoulders more through class? Want to get a new mat but want some recommendations? Your local yogi community will be here to help you with just that. Yoga is a journey that we are all on together, so let's work together to build our practices in an atmosphere of acceptance, encouragement, and compassion. This "club" is in place in hopes of creating a community of yogis to learn and grow together. Drop ins are welcome, but regular attendance is encouraged. Join other students of all levels for time to practice and share knowledge. One-hour of regular vinyasa-flow class will be followed by time to mingle, ask questions, share stories, etc. and healthy snacks will be provided! Cultivating a great energy of friendship, respect, and love, club yogi is the to grow and thrive with your fellow yogis!

Instructor Taylor Vallee has been practicing yoga since she was a little girl and fell in love with it for its nature of strength and empowerment. She is a registered yoga instructor through FitTour fitness and teaches a donation-based community studio in Boston as well as Simmons College where she is studying for a B.S. in Nutrition, Health and Wellness. She is experienced with all abilities and body-types and strives to create a comfortable, safe, and, open place for everyone to practice yoga.

REGISTRATION: Ongoing until July 1st or drop in

STARTS: July 3rd

ENDS: August 21st

COST: 12 class punch card \$105.00 Resident

\$115.00 Non-resident

6 class punch card \$60.00 Resident

\$70.00 Non-resident

\$10.00 per day drop in fee

DAYS: Sunday

TIMES: 3:00pm – 4:30pm

LOCATION: York Middle School Team Room

WHAT'S SUP?!

Will you let another summer fly by still curious about Stand Up Paddle boarding? (SUP) Of course not!

Join an individual or 2 participant, 90 minute session. (Board included) In under an hour you will be standing up and paddling. This is a great way to explore the beauty of Maine's water ways, while getting a great workout.

Studies indicate that those who paddle on a regular basis build core strength, more defined muscles overall and develop better balance and improved body alignment.

Andy's class incorporates water safety, overview of your board, basic paddle techniques and a motivational coaching approach that will assure your success!

Call or email Andy to set up a session convenient to your schedule: 508-877-0047 or andyferra13@gmail.com.

Andy Ferragamo M.Ed. Her graduate work focus: health education and physiology. 200 Hour RYT(registered yoga instructor) has been a surfer and paddler for many years, outrigger canoe racer in HI for 3 months each year!





ZUMBA! FAMILY-STYLE ON THE BEACH

Ditch the workout, join the party! Stay fit all summer with ZUMBA on the beach! This Latin inspired dance fitness class will keep you looking your best this summer. Anyone can participate if they are looking to burn calories, stay in shape, or just have fun! Bonus! Full session registration includes t-shirt.

INSTRUCTOR: Amanda Gunter
REGISTRATION: Ongoing until July 25th or on a drop in basis
STARTS: June 27th (No class July 2nd or 4th)
ENDS: August 20th
COST: \$85.00 Resident / \$95.00 Non-resident,
 Full session registration includes t-shirt
 \$8.00 Adult drop-in
 \$5.00 Youth drop-in with Adult
LOCATION: Long Sands Beach in front of the Bath House
DAYS: Mondays, Wednesdays, and Saturdays
TIMES: 6:00pm – 7:00pm – Monday and Wednesday
 8:30am – 9:30am – Saturday

Can't commit to the full session, try a drop-in class for \$8.00 per adult /\$5.00 per youngster accompanied by an adult.

Yorks Illustrated | Summer 2016

GOLF CAPE NEDDICK COUNTRY CLUB

Adult Clinics – 4 week program – Two sessions available

Cape Neddick Country Club is proud to partner with the York Parks & Recreation Department to offer an Adult Golf Developmental Clinic for 2016. The clinics will be held Saturday evenings from 4:00pm – 5:00pm in June and Saturday mornings from 8:00am – 9:00am in July. This Clinic Program is designed by Dustin Hunter, Director of Golf at Cape Neddick Country Club, to teach adults the core fundamentals of the golf swing, proper course etiquette and the rules of the game. This Clinic Program will teach you all core fundamentals of the game, working from the green back to the tee box, and help prepare you for playing on any golf course. Don't have clubs and not sure if you want to make the investment just yet? No problem, they have clubs available to borrow for both righties and lefties.

But wait there's more! All participants will receive one free round of golf including cart (an \$85.00 value).

And.....Extra, Extra! Participation in the golf clinics will get you reduced guest of member rates on the golf course!

REGISTRATION: Ongoing
STARTS: June 4th or July 9th
ENDS: June 25th or July 30th
COST: \$100.00 Resident / \$110.00 Non-resident
LOCATION: Cape Neddick Country Club
DAYS: Saturdays
TIMES: 4:00pm – 5:00pm in June
 8:00am – 9:00am in July

THE LEDGES GOLF CLUB

Adult Lessons – 5 week program

The Ledges Golf Club is pleased to offer its popular Adult Beginner Golf Instruction Program for the 2016 summer season. This program taught by PGA Professionals is designed to introduce the basic fundamentals of the game of golf to adults. All areas of the golf game will be addressed with the goal of familiarizing participants with putting, chipping, full swing fundamentals along with golf course etiquette. Clubs can be provided to those without their own equipment.

Space Is Limited – so sign up early!

REGISTRATION: Ongoing
STARTS: June 11th
ENDS: July 16th (No class on July 2nd)
COST: \$65.00 Resident / \$75.00 Non-resident
LOCATION: The Ledges Golf Club
DAYS: Saturdays
TIMES: 4:00pm to 5:00pm

Contact Dan Limauro at dan.limauro@ledgesgolf.com with questions

ADULT KAYAKING

Our recreational kayaks allow us to offer an instructional program incorporating paddling and fitness in an outdoor adventure you are sure to love! Don't be intimidated if you've never kayaked before! Our qualified staff will provide an introduction to kayaking and safety talk the first day of the program that will be all you need to get the benefit of the sport. This program will meet on Tuesday/ Thursday mornings at Strawberry Island on Route 103. These Tuesday and Thursday morning classes will be 1-hour classes and are open to all level of kayakers. The class runs from 8:00am – 9:00am. The program will run two times per week, for 4 weeks beginning the week of July 5th. What better way to start off your day than an early morning kayak paddle? See you there!

REGISTRATION: June 1st until full

STARTS: July 5th or July 7th

ENDS: July 26th or July 28th

COST: \$100.00 Resident / \$110.00 Non-resident

LOCATION: Strawberry Island / York Harbor, Route 103

DAYS: Tuesday and Thursday

TIMES: 8:00am – 9:00am

WHAT TO BRING: Life jacket, shoes that can get wet



PICKLEBALL

If you are not playing Pickleball yet, you are missing out! What is the fastest growing sport in the country right now? You guessed it... PICKLEBALL! Pickleball is a racquet sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net. The sport shares features of other racquet sports, the dimensions and layout of a Badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball was invented in the mid-1960s as a children's backyard pastime but has quickly become popular among adults as a fun game for players of all skill levels. Currently, the sport of pickleball is exploding in popularity. The number of places to play has nearly doubled since 2010. There are now well over 2,000 locations on the USAPA's Places to Play map. The spread of the sport is attributed to its popularity within community centers, PE classes, YMCA facilities and retirement communities. The sport continues to grow worldwide as well with many new international clubs forming and national governing bodies now established in Canada and India. We are excited that Pickleball has taken off in York. Please dress appropriately in exercise clothes and sneakers. All other equipment will be provided for you to use and try.

REGISTRATION: Drop-in

STARTS: Wednesdays, June 1st; Mondays, June 6th and Fridays, June 17th

ENDS: Late fall, weather dependent

COST: \$3.00 per day, drop-in fee

LOCATION: York High School Courts (by the large parking lot)

DAYS: Monday, Wednesday and Friday

TIMES: 3:00pm – 5:00pm Mondays, 5:00pm – 7:00pm Wednesdays, 8:00am – 10:00am Fridays

SOCCER GAMES – CO-ED, PICK UP

The Parks and Recreation Department will be reserving the Bog Road soccer field on Sunday mornings from 9:00am to 12:00pm. This is an informal program that is free and open to both men and women. This program has been extremely successful from its first year, and we expect it to be just as popular this year. There is no registration fee or pre-registration requirement. Simply go to the field and enjoy a couple of hours of informal scrimmaging. The program will start on Sunday, April 17th. Have fun!

STARTS: April 17th
 ENDS: When the snow flies
 COST: FREE
 LOCATION: Bog Road Soccer Field
 DAYS: Sundays
 TIMES: 9:00am – 12:00pm

SOFTBALL LEAGUE – CO-ED

Dig out those bats and balls and spend the season at the Softball field. Each team will have a maximum of 15 players, three of which must be female. ASA rules will govern all play. Prizes will be awarded to the 1st, 2nd, and 3rd place teams. So get your teams together and we'll see you in June.

REGISTRATION: Ongoing – June 1st
 STARTS/ENDS: Mid-June
 COST: \$75.00 per team
 LOCATION: York High School Softball Field and
 Village Elementary School Softball Field
 DAYS: Mondays and Wednesdays
 TIMES: 5:30pm and 7:00pm



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TENNIS OR PICKLEBALL

Scheduling On Line

Beginning June 20th, the Parks and Recreation Department will be offering an online court scheduling program for use by the community. This will allow you to schedule court time over the web 24/7 with no software downloads needed. All you need is an internet connection. Program runs from 6/20 – 9/30 annually. No more illegible paper schedules.

This program will provide efficient, controlled access to the real time court schedulers. It will provide a complete computerized log of all court, school, and town activity. Players get to see the court schedule visually, and then, a simple point-and-click and the booking can be made. Online viewing makes it so much easier to coordinate a convenient time with your playing partner(s) – no more playing phone tag with everyone. Making it easier for you to book, means you get to play more tennis!

Rules:

- Permit holders are allowed to hold no more than one permit for play in any given day. Schedules are available on a 7 day schedule.
- Permit holders are limited to two (2) per household, each at the \$20.00 permit fee.
- Permits must be reserved in advance and the current day's permits will be closed at 12:01 am.
- Any abuse of the system, we reserve the right to cancel your membership.
- We reserve the right to change the policies of the program.
- We reserve the right to limit the number of permit holders per year.
- Reservations are available for 1 ½ hour time slots.
- Residents may use the tennis courts without permits on a space-available basis, without charge.
- Players must yield to a permit holder.
- Use of tennis courts for profit is not allowed.
- All courts are subject to closure for renovations or repairs at any time.
- Proof of residency required. If you are not listed in town census please provide copy of electric bill.
- Must have actually dated permit in hand to use courts, application only is not valid.
- Only one application will be approved per household or email address.
- York Residents only.

Be on the lookout for complete information, and how to register for this online scheduler at our website, www.yorkparksandrec.org. Please Note Courts are not available during High School Practices, Matches, P.E. Classes, or Town Tennis and Pickle Ball Lessons.

TENNIS LADDER – ADULT

Have you ever wanted to play tennis but couldn't find anyone to play with? Do you always end up playing against the same person, over and over again? Would you like to play against a variety of opponents throughout the summer? Would you like to schedule matches at the convenience of both you and your opponents? The Parks and Recreation Department will be providing the service of organizing an adult tennis ladder. Players will contact each other to arrange playing times and will be responsible for scheduling their own court time. The High School courts by the track are available for ladder play. The ladder will run from Monday, June 27th throughout the summer. Participants must be 16 years and older.

*NOTE – an email address is required. If you do not have an email address, simply come in and pick up your roster at our office on June 24th.

REGISTRATION: Ongoing until June 24th

STARTS: June 27th

ENDS: August 26th

COST: FREE

LOCATION: York High School Courts

DAYS: Monday - Friday

TIMES: Self-Schedule

TENNIS – ADULT BEGINNER/ ADVANCED BEGINNER

Tuesday Evenings

This class is for those who have not played before, who are just getting started, or those who have some experience but are a little "rusty". You will learn all the basics of the game including: strokes, rules, scoring, footwork and tennis etiquette. Classes will include ball feeding drills, live-ball hitting with other classmates, and personal stroke instruction.

By the end of the class, you will have learned the grips and basic stroke of the forehand, backhand, serve, volley, and overhead shots. You will also be introduced to effective ways to practice as well as fundamental singles and doubles positioning and play

INSTRUCTOR: Ted Welch, former York High School Athletic Director and Tennis Coach

REGISTRATION: June 1st – June 17th

STARTS: June 21st

ENDS: July 12th

COST: \$45.00 Resident / \$55.00 Non-resident

LOCATION: York High School Tennis Courts – by the YHS track

DAYS: Tuesday

TIMES: 5:00pm - 6:00pm

If You Snooze, We Lose ... Please Register Early!!!

Many programs are adversely affected every year due to participants waiting until the last minute to register. There is a point when a program must be cancelled or modified if there are insufficient registrations. All programs require a high level of coordination which includes facility scheduling, staffing, volunteer recruitment, and the purchasing of supplies. You will notice many of our programs have registration deadlines. If there is room after a deadline, late registrations will be accepted with a late fee and if it is a youth program your child may not be guaranteed a t-shirt, hat, ball, etc.

We appreciate your cooperation.

GOT GEAR? EQUIPMENT SWAP PROGRAM

Join the York Parks and Recreation Community Equipment Swap Page on Facebook! Feel free to advertise/ post items you are looking to swap, donate or sell (on your own terms). Too often we find out after the fact that people have thrown away gently used gear when people in our community are looking for just that item. Hopefully this helps you clean out your closets or, on the receiving end, helps you get equipment for kids just starting or soon to grow out of expensive new equipment. We do not monitor deals, money transactions etc. This is simply a group to post where you can post your items or request items. For items being exchanged you are welcome to use the Grant House as a drop off and pick up location, which will prove helpful as we're open from 8:30am – 4:30pm Monday - Friday. Items must be picked up within 48 hours at the office as we have very limited storage space.

YOUTH & TEEN PROGRAMS



BASKETBALL – BOY'S HIGH SCHOOL BASKETBALL LEAGUE

Entering 8th grade through outgoing seniors

Randy Small, the York boys' varsity coach and his staff, will be coordinating this summer basketball program for students entering 8th grade through the outgoing senior. We will do skills and drills for the first 45 minutes of each night, followed by scrimmage. This program will begin Thursday, June 23rd, and will end on Thursday, July 28th. This program is being offered to year round York residents only.

REGISTRATION: Ongoing through June 23rd

STARTS: June 23rd

ENDS: July 28th

COST: \$40.00 Resident – year round residents only

LOCATION: York High School

DAYS: Tuesday and Thursday

TIMES: 5:30pm



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OCEAN SIDE HOOP CAMP BOYS AND GIRLS BASKETBALL

Entering 4th grade through 8th grade

Ocean Side Camp will provide a go –go – go, fun, pressure free learning environment while teaching fundamentals along with game decision making situations. The program will improve individual skills through small group and team activities. The daily schedule will build confidence and self-esteem in all players regardless of their current abilities. We are committed to improving skills and enjoyment of the game. Join us in developing into a better basketball player with coaches who love to teach.

Camp Features:

- Every camper will receive a reversible camp jersey at check-in
- Team and individual awards will be presented throughout the week and at closing ceremonies
- Team games
- Olympic Games Day
- Age and ability grouping
- Baskets that can be lowered for youngest basketball players if necessary
- Funk fun dress up day
- New/exciting fundamental teaching stations
- Fun free throw and shooting competitions
- Tournament games with balanced teams

Camp Directors:

Lani Silversides: A 2001 graduate of York High School in York, Maine, Silversides is the second all-time basketball scoring leader (male or female) with 1,413 points and holds school records with 1,111 rebounds and 299 blocks. A four-time member of the Western Maine Conference All-Star basketball team, she was also an all-state goalie in soccer and a state hurdles champion. In her senior year, she was named First Team All-Maine in basketball and Portland Press Herald Female Athlete of the Year. In November of 2012, Silversides was inducted into the York High School athlete hall of fame in the second induction class (the first induction class included her father, Wayne Boardman).

A 2005 graduate of the University of Vermont, Silversides finished her career ranking among the all-time leaders in 10 different categories. She graduated ranked 11th among the all-time leading scorers with 1,227 points and is one of seven players in school history to score over 1,000 points, grab 500 rebounds and hand out 200 assists. She currently ranks among the top-10 in free throw

percentage, blocks, 3-point field goals made, and games played. As a senior, she earned America East All-Conference Second Team honors and was named to the America East All-Championship squad. Silversides was also named the team MVP in her final season of 2004-05. Coach Silversides has most recently been named to the 2013 New England Basketball Hall of Fame.

Sam Leal: A 2010 graduate of York High School, Leal was a three-year varsity basketball player following a transfer from Berwick Academy. At BA, Leal led the varsity team in both points and assists. Following the transfer back to York, Leal was a two-year captain and a member of the Western Maine All-Conference Team as a senior. Leal went on to attend University of Maine at Farmington where he played four years of basketball and was a 2-year captain of the team. In his junior year he helped lead UMF to 21 wins, it's most in school history, and a North Atlantic Conference Championship. His senior year he led the team in assists and into the NAC tournament championship falling short to eventual champion Husson University. Following a season coaching at the University of Southern Maine, Leal now teaches Math at Greely High School and is coach to the New England Colonials team traveling to Germany and Austria in April.

Staff: Current High School stars as well as High School and Middle School coaches that love the game and are enthusiastic about teaching it.

REGISTRATION: June 1st, ongoing through July 6th or full

STARTS: July 11th

ENDS: July 15th

TIMES: 8:30am – 1:30pm

DAYS: Monday – Friday

COST: \$95.00 Resident / \$105.00 Non-resident

LOCATION: York High School

SUMMER SWISH EVENING SUMMER BASKETBALL LEAGUE

Friends of York Basketball (FOYB), in conjunction with the non-profit Coaching Our Youth, and York Parks and Recreation Department, is pleased to announce the 4th Annual "Summer Swish" evening basketball league. This co-ed summer league will run from June 27th thru July 28th, on Tuesday, Wednesday and Thursday evenings, from 5:30pm to 9:30pm. Area boys and girls who are incoming 3rd graders thru 9th graders are eligible to play. A draft system will be implemented to generate age and skill appropriate teams. This is a competitive league where the focus is on fun! While our basketball camps and winter leagues emphasize instruction, skill-building and fundamentals, the goal of Summer Swish is to give kids an opportunity to put what they've learned in those settings to practice through game play. We do take into account that players may not be able to make all games.

The final week will be championship week with a Final Four bracket

type playoffs. All games will be played at the lighted outdoor court behind Shore-Built Construction, located on Woodbridge Road in York. The league will be overseen by Parks and Recreation staff and teams will be coached by area high school and college players. A reversible game jersey will be provided to all players. To promote the life skills learned thru the game of basketball the FOYB will incorporate guest speakers into evening fun. Parents can drop off or bring a lawn chair and watch old school summer league basketball.

FIRST WEEK ONLY! Games will be played on Monday, Tuesday and Wednesday. Notification will be sent to all registered participants with detailed information regarding first week schedules. This year's team draft will take place on Thursday, June 30th. Players will be notified of their teams before July 5th when league games will begin.

Help Wanted! This program runs on Volunteer Power! We are currently seeking volunteer coaches who are in high school or college who would like to "give back" in a fun, exciting atmosphere. We promise, you will make a difference! Interested volunteer coaches should submit their names to the York Parks and Recreation Department.

SPECIAL THANKS! To Bob and Sue LeClair from Shore-Built Construction for the use of their outdoor, lighted court! We appreciate their commitment to community programming.

REGISTRATION: Ongoing through June 24th

STARTS: June 27th

ENDS: July 28th

COST: \$50.00 Resident / \$60.00 Non-resident
(Family Cap of \$100.00)

LOCATION: Shore-Built Construction Company,
54 Woodbridge Road

DAYS: Tuesday, Wednesday, Thursday

TIMES: 5:30pm – 9:30pm

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LITTLE WILDCAT HOOP CAMP

Boys and Girls Kindergarten – 2nd Grade

This fun-filled week of basketball is geared toward our youngest hoopsters, those entering kindergarten – 2nd grade. The main emphasis will be on FUN! Through games and activities, children have the opportunity to learn shooting skills along with the fundamentals of dribbling and passing. Hoops will be lowered to build young player confidence. Camp Director Seth Cole is no stranger to the K-2 community, he has just completed his fourth successful year as our winter Kindergarten and First Together Director. Seth will be accompanied again this year by Luke Mackey who is the YHS Unified team coach, YMS boys coach and Parks and Recreation 3rd & 4th grade league Co-Director and Madigan Cogger, a guard on this year's YHS State Championship Team. Campers will meet each morning at 9:00am in the CRES gymnasium and will work until 11:00am. Please be sure to send your camper with plenty of water and wear sunscreen as we will be using indoor and outdoor courts. All campers will receive a reversible camp jersey.

REGISTRATION: June 3rd through July 1st

STARTS: July 18th

ENDS: July 22nd

COST: \$45.00 Resident/ \$55.00 Non-resident

LOCATION: Coastal Ridge Elementary School Gymnasium & outdoor court

DAYS: Monday – Friday

TIMES: 9:00am – 11:00am

GIRLS WILDCAT HOOP CAMP

Grades 3 – 5 and Grades 6 – 8

Each session of this Wildcat Hoop Camp will be designed for the specific age group and will include fundamentals and skills. The intent of the camp is to keep players on the right track in learning the game. Players will be challenged by age appropriate drills and games designed to improve their skills while still keeping the game of basketball a fun activity. The support staff is made up of former and present high school (including members of this year's YHS State Championship Team) and current college players who went through much of the same routines when they were younger, giving credibility to the activities.

Our staff loves what they do and the players will quickly pick up on that enthusiasm. Progressions and games will also be a part of the camp atmosphere along with daily prizes and t-shirts. Campers will meet for three hours each day at the York High School gymnasium.

Campers should come prepared to work hard and have fun, please bring a healthy snack and drinks.

REGISTRATION: June 1st through July 18th or until full

STARTS: July 25th

ENDS: July 29th

Yorks Illustrated | Summer 2016

COST: \$85.00 Resident/ \$95.00 Non-resident

LOCATION: York High School Gymnasium

DAYS: Monday – Friday

TIMES: 9:00am – 12:00pm for Grades 3 – 5
1:00pm – 3:00pm for Grades 6 – 8

BOYS NEXT LEVEL WILDCAT HOOP CAMP

Grades 3 – 6 and Grades 7 - 12

Advance your game to the next level! Each session of this Next Level Wildcat Hoop Camp will have an age specific emphasis on customized player development. Participants can expect to improve foundational footwork and skills with rep work and see increased self confidence. Camp will have an encouraging environment dedicated to working hard and having fun through creative team and individual competitions. Campers will be given ideas on how to work on your game outside of camp, alone or with a friend. Campers will be asked to bring a healthy snack and drinks

Camp Director Rick Brault, former collegiate player and patched official, is a player development specialist with 35+ years teaching, lecturing and running camps. Coach Brault spent 19 years at the helm of the YHS boys program and is currently the Assistant Coach at Philips Exeter Academy having helped lead the team to New England Championships in 2013 and 2014. Coach Brault also has International coaching experience working with the New England Colonials.

REGISTRATION: June 1st through June 20th or until full

CAMP DATES: Grades 7 – 10 – June 27th – July 1st

Grades 3 – 6 – July 5th July 9th

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: York High School Gym

DAYS: Monday – Friday or Tuesday – Saturday

TIMES: 9:00am – 12:00pm

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DAY CAMPS – PLAY EVERY DAY!

We offer a variety of wonderful day camps that should cater to just about everyone's needs...take time to read through our offerings.

Learn About Us: We will be hosting an open house again this year so that parents of our campers have the opportunity to meet our day camp staff as well as a couple of our veteran campers. You will have the chance to ask questions and discuss the upcoming summer.

- The Junior Adventure Camp will meet at the Village Elementary School gym on Thursday, June 23rd at 5:30pm.
- The Outdoor Adventure Camp will meet on Thursday, June 23rd at 6:30pm at the Middle School gym.

We hope you can make it!

Important Note: With the demand for day camp services our field trip signups will be on a first come, first serve basis again this year.

JUNIOR ADVENTURE CAMP

Ages 3 ½ to 8

Junior Adventure Camp will meet at the Village Elementary School in the cafeteria, beginning Monday, June 27th and ending Friday, August 26th. Junior Adventure Camp offers many varied activities such as arts and crafts, sports, games and field trips. Don't miss the fun and excitement!

NEW THIS YEAR! TWO CAMPS IN ONE! Ages 3 ½ – 5 and Ages 6 – 8. While some activities and events will be conducted as one large group, we will be making every effort to split into two age groups this year, especially for age appropriate field trips, art projects and games.

Once again, drop off is between 7:30am and 9:00am and pick up is from 4:30pm to 5:30pm. Our department will provide all transportation to and from any field trips. Daily and weekly signups will be accepted, however, please note that a one-week notice is required and the initial application fee applies for these participants. This application fee must be paid before your first day of camp.

*MAIL IN REGISTRATION FOR INITIAL \$35.00 APPLICATION FEE ONLY.

REGISTRATION: Ongoing

STARTS: June 27th (Pending final end of school schedule)

ENDS: August 26th

COST: \$35.00 family application fee
 \$105.00 per week or \$30.00 per day resident
 \$110.00 per week or \$35.00 per day non-resident
 Field trip costs are additional – we try to keep them at a reasonable rate each week.

LOCATION: Village Elementary School

Please Note: This is a peanut free school!

DAYS: Monday – Friday

TIMES: 7:30am – 5:30pm

OUTDOOR ADVENTURE CAMP

Ages 9 - 14

The York Outdoor Adventure program is designed to challenge youth, ages 9 – 14 years, with exciting adventure-based activities. Although the main emphasis of this program is on outdoor adventure, other challenges will be met through arts and crafts, sports, games, and group projects. A special highlight of this program will be the use of York's natural resources. Field trips and special events may take place at such locations as Mt. Agamenticus, area beaches, and several other locations within the town that are available for our use. York Outdoor Adventure Camp will run for 9 weeks, beginning Monday, June 27th and ending Friday, August 26th with varying themes each week. York Middle School will serve as the program's home base. Children may be dropped off between 7:30am and 9:00am and pick-up is from 4:30pm to 5:30pm daily. Our department will provide all transportation to and from any field trips. Daily and weekly sign-ups will be accepted, however, please note that a one-week notice is required and the initial application fee applies for these participants. This application fee must be paid before your first day of camp. *MAIL IN REGISTRATION FOR INITIAL \$35.00 APPLICATION FEE ONLY.

REGISTRATION: Ongoing

STARTS: June 27th (Pending final end of school schedule)

ENDS: August 26th

COST: \$35.00 per family application fee
 \$105.00 per week or \$30.00 per day resident
 \$110.00 per week or \$35.00 per day non-resident
 Field trip costs are additional – we try to keep them at a reasonable rate each week.

LOCATION: York Middle School

DAYS: Monday – Friday

TIMES: 7:30am – 5:30pm



NEW! CAMP COMPASS

Grades 6 – 12

Camp Compass will help students get their summer started off in the right direction!

A summer day camp experience committed to providing an opportunity for those who may have challenges with social skills, communication skills, and attention. Camp Compass is a chance to make connections with others through a variety of activities provided in a supportive, safe and encouraging environment.

Camp Compass will be directed by experienced professionals who work in the field of special education and believe each child has unique abilities. Campers will have the opportunity to enjoy a positive environment while making new friends and having fun! All participants must be independent in activities of daily living and have the desire to participate in group activities. Campers will plan and prepare a daily snack. One field trip will be taken during the week. Campers should bring a lunch, water bottle, and sneakers each day. Karen Tufts, Director of Camp Compass, holds a Master's Degree in Communication Disorders and has enjoyed working for the past 17 years with students in Wells, York, Kennebunk, Marshwood, and Noble. She has numerous hours of additional training in social cognition and executive function.

Questions? Please email Karen directly at ktufts@maine.rr.com

REGISTRATION: Ongoing through June 24th or until full
STARTS: June 27th
ENDS: July 1st
COST: \$195 (Includes daily snack and field trip)
LOCATION: York Schools (Specific school TBD)
DAYS: Monday – Friday
TIME: 9:00am – 1:00pm
 (early drop off can be arranged if needed)

"ANOTHER" WILDCAT FIELD HOCKEY CAMP

Grades 3, 4 and 5

This field hockey camp is for girls in grades 3, 4 and 5 looking to learn the basics of the sport of field hockey. This is an introductory camp where the girls will learn fundamental techniques, tactics and general rules of the game. Campers will spend time working on skills as well as participating in game play during each day of camp. Girls will need shin guards, a mouth guard, goggles, a stick and cleats or turf shoes.

Campers should also make sure they have a water bottle, sunscreen and a pair of indoor sneakers in case we need to go inside due to inclement weather. Instructor: Barb Marois, Varsity Field Hockey Coach

REGISTRATION: Ongoing until July 11th
STARTS: July 18th
ENDS: July 22nd
COST: \$60.00 Resident / \$70.00 Non-resident
LOCATION: York High School
DAYS: Monday – Friday
TIMES: 9:00am – 11:00am

WILDCAT FIELD HOCKEY CAMP

Grades 6 – 9

This is a chance for all students to join us in a week-long field hockey camp to be held at York High School from July 18th– July 22nd. We are very lucky to have Barb Marois, coach of the 2014 & 2015 State Champion York High School Varsity team, and 1996 captain of the US Olympic Field Hockey Team, directing this program for young athletes entering 6th grade - 9th grades. Barb's lists of accomplishments are too extensive to list, but suffice it to say that this is a golden opportunity for your player to learn from the best. Camp will meet from 12:00pm - 3:00pm, Monday through Friday and will provide an opportunity for players to learn basic and advanced skills to prepare for your own school season. Shin guards, mouth guards and goggles are a must. If you have your own favorite stick, please feel free to bring it, or we can supply one for you. We will have all other necessary equipment available.

REGISTRATION: Ongoing until July 11th
STARTS: July 18th
ENDS: July 22nd
COST: \$90.00 Resident / \$100.00 Non-resident
LOCATION: York High School
DAYS: Monday – Friday
TIMES: 12:00pm – 3:00pm



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NFL FLAG FOOTBALL

Boys and Girls ages 6 -15

Boys and Girls, ages 6-15 (age as of 8/1/16), have the opportunity to participate in our exciting new NFL flag football program this summer. NFL Flag Football gives children the chance to be part of a team, make new friends, and have fun in an activity which encourages teamwork, respect for others, and fair play. The program will kick off on June 5th with a player evaluation which will aid in the development of balanced teams. Practice dates will be scheduled for mid-June. This will be a chance for coaches and players to get together, get to know each other and work on some game planning. Games will be played on weekdays starting the week of June 13th and ending on July 29th. There will be 10 games total for each team. All participants must register on or before June 5th. Registrations can be done online at our website or in our office between 8:30 and 4:30 Monday through Friday. Payment must be made at the time of registrations. Late registrations are subject to not having jerseys. The number of teams will be determined once registration deadline has been reached. We need volunteer coaches for this program, your child will be placed on your team if you volunteer to coach. Games will be played at the Middle School and at Bog Road two days a week, in the evening.

Divisions:

Division A – Ages 6 – 8 years old

Division B – Ages 9 – 12 years old

Division C – Ages 13 – 15 years old

REGISTRATION: Ongoing through June 5th

STARTS: Week of June 13th – evaluation day June 5th

ENDS: July 29th

COST: \$55.00 per player

LOCATION: York Middle School and Bog Road

DAYS: Weekdays TBD

TIMES: Evening

JUNIOR GOLF CAMP AT CAPE NEDDICK

Ages 6 to 8 Years

Junior Camp Clinics – Two sessions to choose from - We have golf clubs available for all students!

Cape Neddick Country Club is proud to partner with the York Parks & Recreation Department to offer Junior Golf Clinics for 2016.

The clinics will be held Monday – Fridays from 4:00pm – 4:30pm.

This Developmental Clinic Program is designed by Dustin Hunter, Director of Golf at Cape Neddick Country Club, to teach kids the core fundamentals of the golf swing, proper course etiquette and the most important rules of the game. Within this Clinic Program the kids will learn everything from how to hold the club to how to play on the course. Also, the kids will be able to put what they have learned in the program to the test during the last clinic. During the last Clinic session the kids will be brought onto the course to play 3-holes and learn the proper golf course etiquette.

Camp Program will include:

- Grip, Stance, Posture and Alignment, Instruction to the Swing
- Full Swing with Irons, Fairway Woods and Driver
- Chipping and Putting
- Last day includes on course skills training

REGISTRATION: June 1st – June 26th

STARTS: July 18th or August 12th

ENDS: July 22nd or July 17th

COST: \$35.00 Resident / \$45.00 Non-resident

LOCATION: Cape Neddick Country Club

DAYS: Monday – Friday

TIMES: 4:00pm – 4:30pm - Last session includes course skills training and etiquette and may last beyond the 4:30pm end time.



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JUNIOR GOLF CAMP AT CAPE NEDDICK

Ages 9 – 13 Years

Junior Camp Clinics – Two sessions to choose from - We have golf clubs available for all students!

Cape Neddick Country Club is proud to partner with the York Parks & Recreation Department to offer Junior Golf Camps for 2016.

The camps will meet Monday – Fridays in July or August. This Developmental Program is designed by Dustin Hunter, Director of Golf at Cape Neddick Country Club, to teach kids the core fundamentals of the golf swing, proper course etiquette and the most important rules of the game. Within this Clinic Program the kids will learn everything from how to hold the club to how to play on the course. During the last Clinic session the kids will be on the course and will learn proper golf course skills and etiquette.

Clinic Program will include:

- Grip, Stance, Posture and Alignment, Instruction to the Swing
- Full Swing with Irons, Fairway Woods and Driver
- Chipping and Putting
- Last day includes on course skills training

Choose one camp or both camps!

REGISTRATION: June 1st – June 26th

STARTS: July 18th or August 8th

ENDS: July 22nd or August 12th

COST: \$55.00 Resident / \$65.00 Non-resident

LOCATION: Cape Neddick Country Club

DAYS: Monday – Friday

TIMES: 5:00pm – 6:00pm

Last session includes course skills training and etiquette and may last beyond the 6:30 end time.

CHEERING CAMP

Ages 6 – 11 Years

This cheering program offers hands on experience for ages 6 years to 11 years olds, who are interested in the sport of cheering. They will be introduced to basic skills and motions. The camp will consist of a solid warm-up of stretching, physical fitness, such as push-ups, crunches, and learning the basic techniques that will enable them to gain the knowledge for Cheering and will allow team/group bonding to help build in the skills of cheerleading. Coach Simone would work in a circuit station where children work in groups on certain activities and getting one on one attention with each athlete.

**Simone is a tumbling and cheerleading instructor. She loves the sport as well as forming young athletes, no matter what age or level they are at! Simone has done All Star Cheerleading and Football/Basketball Cheerleading too. Simone is currently cheerleading



in Massachusetts on All Girl team, where they travel all over the country, and compete at the biggest cheerleading competitions in the world. She coaches at Maine Stars in Eliot, Maine. Simone cares about all kids, and wants all to succeed in there own way!

INSTRUCTOR: Simone Lewis

REGISTRATION: Ongoing until July 7th

STARTS: July 11th

ENDS: July 15th

COST: \$105.00 resident / \$115.00 non-resident

LOCATION: TBD

DAYS: Monday – Friday

TIMES: 9:00am – 2:00pm

SPIRIT SQUAD

A JUNIOR CHEERLEADING PROGRAM for Middle School Students

Side line cheering is back by popular demand!

We are pleased to announce the return of the York Junior Cheerleading Program! This program will be open to all Middle School students who would like to spread cheer and spirit on the sidelines of the York Youth Football games this fall. We will begin at an introductory level, focusing on learning cheers, chants, and promoting teambuilding and school spirit. Ideally, as the program grows, so too will the technical levels, including tumbling and advanced stunts. There will be an informational meeting for all interested participants on Thursday, August 4th at 5:30pm at the Parks and Recreation Office.

Extra, Extra!!! Mark your calendars....

Sundays in June, July and August are "Family Golf" nights from 3:00pm to 6:00pm. Cape Neddick sets up their 6-hole course called "Little Neddick" for kids and their parents to come out and play. For only \$10 a person you can play "Little Neddick" and choose a meal off of our Kids Family Golf Menu. We also have plenty of junior and adult clubs available if you do not have your own!

For details check www.capeneddickgolf.com

*Tee times highly recommended and will be accepted up to one week in advance.

JUNIOR GOLF AT THE LEDGES GOLF CLUB

Ages 8 – 15

The Ledges Golf Club is pleased to offer Junior Golf instruction once again for the 2016 summer. This program taught by PGA Professionals will focus on key fundamentals of the golf swing with the goal of introducing all aspects of the golf game to participants through hands on instruction, games, contests and golf course experience. The three day clinic will teach on-course etiquette, putting, chipping, and full swing fundamentals. The goal is for each participant to have fun while gaining the experience necessary to play a round of golf. Space Is Limited – so sign up early! Three summer programs will be offered for 8 – 15 year old junior golfers.

- July 11th – 13th
- July 25th – 27th
- August 1st – August 3rd

REGISTRATION: June 1st until one-week before program begins

STARTS: Schedule above

ENDS: Schedule above

COST: \$60.00 Resident / \$70.00 Non-resident

LOCATION: The Ledges Golf Course

DAYS: Monday through Wednesday

TIME: 1:00pm – 3:00pm each day

Contact Dan Limauro (dan.limauro@ledgesgolf.com) with questions

Check it Out!

Kids – Grab your parents any day after 4:00pm and play 9 holes of golf at The Ledges for just \$1.00 for you.

Your parents also play for the price of the cart rental which is \$17.00!

Time to put what you've learned to play!

PGA JUNIOR LEAGUE GOLF AT THE LEDGES

(PGA JLG) for boys and girls 13 and under. This league features team-vs-team scramble format in a structured league setting where the emphasis is on the fun, recreation, and sportsmanship of the game. For players at any skill level and where every participant gets the chance to play; join our team today. For more information and to register for this program contact dan.limauro@ledgesgolf.com



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KAYAK CAMPS

Ages 10 and up

The Parks and Recreation Department will be offering weeklong kayak camps for children ages 10 and up. Our staff will instruct the children on the basics of kayaking as well as safety procedures. The open top design of our boats makes the program safe and enjoyable for children and at the same time provides the opportunity to develop basic kayaking skills. Each session will include 15 hours of instruction and touring and will be offered as a concentrated one-week camp. All camps are offered during the morning hours from 9:30am – 12:30pm, Monday through Friday. Participants will meet the first day of camp at Strawberry Island off of Route 103 in York Harbor. NOTE: This program is limited.

CAMP DATES: Week #1 June 27th – July 1st
 Week #2 July 4th – July 8th
 Week #3 July 11th – July 15th
 Week #4 July 18th – July 22nd
 Week #5 July 25th – July 29th
 Week #6 August 1st – August 5th
 Week #7 August 8th – August 12th
 Week #8 August 15th – August 19th

REGISTRATION: June 1st – Ongoing

STARTS: Weekly

ENDS: Weekly

COST: \$125.00 Resident / \$135.00 Non-resident

LOCATION: Strawberry Island, off Route 103 in York Harbor

DAYS: Monday – Friday

TIMES: 9:30am – 12:30pm

MAHOGANY BAY FARM

Mahogany Bay Farm's summer horse camps provide children and young teens an enriching learning experience filled with fun, friends, and wonderful horses and ponies! No matter what your child's riding experience may be, they will be able to develop their riding and horsemanship skills in a safe and supportive setting. Daily riding lessons, educational demonstrations, and lots of hands-on horse activities create confidence, responsibility, and teamwork in all of our young equestrians.

PONY CAMP

Ages 5 – 8

Pony camp is a half-day camp designed for our youngest horse enthusiasts of any riding level between the ages of 5-8. Safety around horses, grooming, daily riding lessons and horse care will teach these young riders safety, confidence, and responsibility around their equine friends. In addition, they will participate in horse games, activities, and arts & crafts that focus on horse colors and markings, breeds, tack cleaning, pony care, and stable management. The week concludes with a riding demonstration for parents and an ice cream social.

JUNIOR EQUESTRIAN CAMP

Ages 9 – 15

This horse camp is designed for junior equestrians between the ages of 9 – 15 of any riding level who wish to learn to ride or improve their skills on the flat and over fences. Each day is structured around daily riding lessons and learning about all aspects of horse care and stable management. Additional educational opportunities are provided through mini-clinics, horse related activities, and arts & crafts that focus on horse anatomy and conformation, lunging, natural horsemanship, feed and nutrition, equine first aid, and managing a horse barn. The week concludes with a riding demonstration for parents and an ice cream social.

All campers should bring a lunch, snacks, beverages and sunscreen. They should wear a boot with a heel, long pants or riding breeches for riding, and shorts for non-riding activities. Certified riding helmets will be provided to all.

Meet Your Riding Instructor

Erin McQuade, M.Ed has had a lifelong passion for horses! She has over 15 years of riding, training, and teaching experience. Erin spent her youth riding young and green horses, mostly off-the-track Thoroughbreds, and having fun competing at horse shows in the hunter and equitation divisions. Her first trail ride was on the beautiful trails of Mt. Agamenticus through the York Parks & Recreation Department Summer Horse Camp when she was a little

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girl! While receiving her Bachelor's degree in Business and her Master's degree in Education, she worked for several hunter/jumper, dressage, and eventing barns doing everything from mucking stalls to training horses to teaching. She also volunteered at a 24 hour emergency equine veterinarian clinic to solidify her education in horse care and stable management. Erin is a firm believer in lifelong learning and continues her riding and training education by attending clinics, workshops, and seminars with top trainers such as Olympian show jumper, Anne Kursinski and Grand Prix dressage rider, Deb Dean-Smith. Erin strives for a relaxed family atmosphere where lessons are focused on achieving the students individual goals and needs while learning proper horsemanship. Whether your interest lies in riding for pleasure, competing at horse shows, or somewhere in between, Erin creates personalized riding and training programs to suit every horse and rider. She is qualified, experienced, and knowledgeable and loves explaining riding theory, the how and why of riding, to her students!

REGISTRATION: Ongoing until one week before the camp begins
STARTS: July 11th, July 25th or August 1st
ENDS: July 15th, July 29th, or August 5th
DATES: Junior Equestrian Camp Session – July 11th – 15th
 Pony Camp – July 25th – 29th
 Junior Equestrian Camp Session II – August 1st-5th
 Pony Camp – \$150 Resident/ \$160 Non-resident
COST: Junior Equestrian Camp \$300 Resident
 \$310 Non-resident
 Sign up for both Junior Equestrian Camps and Save!
 \$550 Resident/ \$560 Non-resident
LOCATION: Mahogany Bay Farm, 89 Beech Ridge Road, York
DAYS: Monday – Friday
TIMES: Pony Camp 9:00am – 12:00pm
 Junior Equestrian Camp 9:00am – 3:00pm



SURF POINT STABLES

Come experience the joy of horses with us here at Surf Point Stables! Campers will ride daily in a structured lesson as well as have the opportunity to play games on horseback.

Daily activities will be based around learning the basics of horse and stable care including grooming, tacking and un-tacking, bandaging, braiding, breeds, lunging, first aid, bathing and much more. Campers will also do horse related crafts during the week. In the event of inclement weather, Surf Point campers will work and ride in the indoor arena. A fun horse show will take place at the end of each camp week for the campers to show off what they have learned over the course of the week! Qualified Surf Point Stables Instructors will oversee and teach all camps.

Campers should bring daily a water bottle, lunch and snack, sunscreen, bug spray. Long pants are needed for riding, but campers can change into shorts for other activities. Closed toed shoes with a heel are needed.

Surf Point will supply certified helmets but campers are welcome to bring their own.

NEW THIS YEAR! Child care available after 2:00pm for any child enrolled in camp. There will be an additional fee for after camp care, please contact Surf Point Stables directly for detailed information regarding after camp care 207-361-7149.

REGISTRATION: Ongoing until one week before program begins
STARTS: July 11th, July 18th, August 8th, or August 15th
ENDS: July 15th, July 22nd, August 12th, or August 19th
COST: \$310.00 Resident / \$320.00 Non-resident
LOCATION: Surf Point Stables – Surf Point Road, York
DAYS: Monday – Friday
TIMES: 9:00am – 2:00pm

York Parks and Recreation Department 363-1040



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SHAOLIN KENPO KARATE FOR CHILDREN

The Parks and Recreation Department will be offering karate classes for children ages 5 and up. Martial arts training for kids will show marked improvement in confidence, mutual respect, self-esteem, academics, coordination and concentration. Seacoast Martial Arts combines traditional and modern teaching methods making this program motivational and fun. These classes will be offered Monday and Wednesday evenings at the York Middle School PE Room, beginning Monday,

July 11th and will run for 8 weeks through Wednesday, August 31st

Pee Wee and Beginner

White Belt – Orange 5:00pm – 5:45pm

Intermediate

Purple Belt – Blue 5:45pm – 6:30pm

Advanced

Blue Stripe and up 6:45pm – 7:45pm

REGISTRATION: Ongoing every eight weeks

STARTS: July 11th – Dates for Karate are anticipated with no cancellations – Please check online to confirm dates

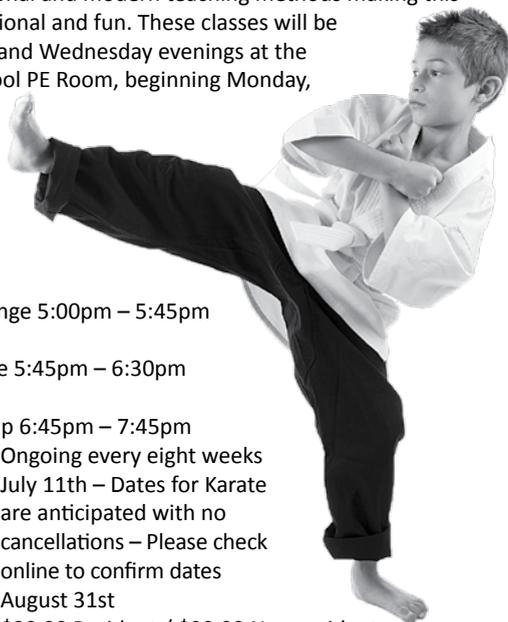
ENDS: August 31st

COST: \$80.00 Resident / \$90.00 Non-resident

LOCATION: York Middle School Multi-purpose Room

DAYS: Mondays and Wednesdays

TIMES: See schedule above



SEACOAST UNITED LIL' KICKERS SOCCER CAMP

3 & 4 Year Olds with Parent Participation

Our specialized local & international coaches utilize fun games, fun challenges, plenty of touches on the ball and lots of imagination! Our program incorporates lots of balance & coordination exercises with and without the soccer ball to begin each player down the right athletic path. Since parent participation is required, we use lots of teamwork and soccer related terms to promote sportsmanship & quality of play. Come and join us for a fun, fantastic program!

REGISTRATION: Ongoing through June 24th

STARTS: June 27th

ENDS: July 1st

COST: \$70.00 Resident / \$80.00 Non-Resident
(Includes Nike ball and camp t-shirt)

LOCATION: York High School

DAYS: Monday – Friday

TIMES: 11:00am – 11:45am

SEACOAST UNITED SKILLS & SCRIMMAGE SOCCER CAMP

4-6 Year Olds

Our 90 minute Skills & Scrimmage program is perfect for any young player that isn't quite ready for a full 3 hour program. Our fantastic coaches utilize our most popular fun games & exercises to teach the basic skills & techniques needed to play. Lots of touches on the ball, use of imagination and scrimmage based exercises keep players moving & engaged. They'll have an amazing week preparing them for a successful fall program in their own town.

REGISTRATION: Ongoing through June 24th

STARTS: June 27th

ENDS: July 1st

COST: \$90.00 Resident / \$100.00 Non-Resident (Includes Nike ball and camp t-shirt)

LOCATION: York High School

DAYS: Monday – Friday

TIMES: 9:00am – 10:30am

SEACOAST UNITED HALF-DAY SOCCER CAMP

6-12 Year Olds

Our 3 hour per-day program is perfect for any recreational or travel player. Our local and international coaches utilize fun games, challenging exercises and small sided play to ensure each player has an amazing time while learning the game. Each day has its own theme & break time activity adding to the clinic experience.

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Players always look forward to playing in their very own world cup tournament during the week with each country earning points by showing great teamwork, sportsmanship, team spirit and quality of play. It is a winner for each player!

REGISTRATION: Ongoing through June 24th
 STARTS: June 27th
 ENDS: July 1st
 COST: \$120.00 Resident / \$130.00 Non-Resident (Includes Nike ball and camp t-shirt)
 LOCATION: York High School
 DAYS: Monday – Friday
 TIMES: 9:00am – 12:00pm

SOCCER LEAGUES

We highly “rec”-o-mend this program.

Our goal for the summer league is to give players an opportunity to play, develop skills, and learn through experience. The opportunity is yours; to train and play in a fun environment with your peers, and to receive quality instruction from our directors.

Our soccer program will run 2 nights a week for 4 weeks again this year. We hope this will allow you to fit in both soccer and vacation time and make learning and playing the game more consistent, fun and exciting.

The Recreation Department is looking for coaches and volunteers for the 2016 season! Parents or interested persons should contact the Recreation Office prior to June 24th. We encourage your community support. Your efforts will be greatly appreciated by many and you will find the experience very rewarding!

Requests for transportation can be made up until the deadline only. Absolutely no requests can be honored after the deadline date.



Great Beginnings
 Nursery School, LLC
 Jessica Regis
 Owner/Teacher
 24A Axholme Rd
 York, Maine 03909
 207-363-1313
 jregis@maine.rr.com

'LIL TIKES SOCCER

Ages 3 and 4

This 4-week junior league program will be offered as a basic introduction to the game of soccer. Age-appropriate skills and drills will be included; however the main emphasis of this program will be to offer tons of fun for your child and you!!

Games will begin the week of July 4th (no games on the 4th). The regular season will end July 29th. All games will be held on weeknights between 5:30pm and 8:00pm, twice a week for 4 weeks
 REGISTRATION: Ongoing – June 20th

STARTS: July 5th
 ENDS: July 29th
 COST: \$45.00 Resident / \$55.00 Non-resident
 LOCATION: Village Elementary School
 DAYS: Monday – Friday
 TIMES: Between 5:30pm and 8:00pm

MITES

Ages 5 and 6 or Kindergarten and 1st grade

This 4-week league is designed for boys and girls ages 5 & 6 years, or entering kindergarten or first grades in the fall. Age-appropriate skills and drills will be included; however the main emphasis of this program will be to offer tons of fun for your child and you!!

Games will begin the week of July 4th (no games on the 4th) All games will be held weeknights between 5:30pm and 8:00pm. The regular season will end July 29th.

REGISTRATION: Ongoing – June 20th
 STARTS: July 5th
 ENDS: July 29th
 COST: \$45.00 Resident / \$55.00 Non-resident
 LOCATION: Village Elementary School
 DAYS: Monday – Friday
 TIMES: Between 5:30pm and 8:00pm



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BANTAM

Grades 2 or 3 in the fall

This division is for boys and girls entering grades 2 or 3 next fall. Games will begin the week of July 4th (no games on the 4th). All games will be held weeknights between 5:30pm and 8:00 pm. The regular season will end July 29th.

REGISTRATION: Ongoing - June 20th

STARTS: July 5th

ENDS: July 29th

COST: \$45.00 Resident / \$55.00 Non-resident

LOCATION: Village Elementary School

DAYS: Monday - Friday

TIMES: Between 5:30pm and 8:00pm

FALL SOCCER WITH YORK SOCCER CLUB

yorksoccerclub.com York Soccer Club offers two programs to accommodate the different age levels of our players:

Early Development Soccer (K-3rd grades): Mid-September – Late October. This program is for our entering Kindergarten through 3rd grade players. The focus of this program is on the early development of basic soccer skills (dribbling, kicking, shooting, etc.)

Travel Soccer (U10-U14): August – Early November- For our older players—those entering grade 4th through 8th grade. This program continues to develop basic skills and includes weekday practices and weekend games with other area soccer clubs.

Please Note! Evaluations will take place at the beginning of June and all those interested in joining Travel Soccer must attend. For more information or to register for evaluations please visit the York Soccer Club website at www.yorksoccerclub.com.

Why do we have to register so early for programs that don't start until August/September? We are required by Soccer Maine to report in mid -June the number of teams and players we anticipate for the coming fall season. In order to do that, we must get players registered and evaluated (only travel players). In addition, knowing how many players we will have for the coming season helps us better plan and prepare our volunteer coaches.



RIDE THE FIVE SURF CAMP

Ages 8 – 15

Liquid Dreams is offering "Ride the 5" surf camp for the 6th summer in a row for kids ages 8 to 15! We had a great time with this camp last summer, and we're STOKED to offer it again this year! This camp is designed to teach all 5 wave and watercraft activities LDS has to offer: surfing, boogie boarding, skim boarding, stand up paddling, and body surfing... all in 5 days!

Each day, the Ride the 5 camp will begin at 10:00 am at our Long Sands location in York, where students will be equipped with wetsuits and surfboards for a 1 - 2 hour morning surf lesson. Following the lesson, the students will break for lunch, and maybe a sandcastle or two... After lunch, students will learn another of the water activities that best fit the conditions that day. Ride the 5 camp will break at 3:00pm every day, with student pickup at 3:15pm. Students should bring a pack lunch, bathing suit, towel, and sunscreen.

REGISTRATION: June 1st – July 15th, space permitting

DATES: Week #1 - July 25th – July 29th

Week # 2 - August 8th - August 12th

COST: \$395.00 (This is a \$100.00 discount for these 2 weeks only-through parks and recreation!)

LOCATION: Liquid Dreams - Long Sands Beach
Students meet in front of the Long Sands Bathhouse

DAYS: Monday - Friday

TIMES: 10:00am – 3:15pm

Any student that takes a class with Liquid Dreams Surf Shop can receive a 10% discount on wetsuits and all accessories plus \$50.00 off the purchase of a board.



SURFING

Ages 6 to 9 – WOW! How cool is this?!

Learn to surf with the Liquid Dreams surf team. Your instructor will guide you through the fundamentals of surfing. They will cover paddling, wave selection, how to stand and how to ride the waves. Surfing etiquette, ocean awareness, and beach safety will also be discussed. Classes will be offered mornings from 8:00am – 9:00am in the surfing area at Long Sands Beach. All equipment and supplies will be provided by liquid dreams surf shop, however, if you own your own board feel free to bring it to class.

REGISTRATION: June 1st until full

CAMP DATES: Week #1 June 27th – July 1st
Week #2 July 11th – July 15th
Week #3 July 18th – July 22nd
Week #4 July 25th– July 29th
Week #5 August 1st – August 5th

COST: \$90.00

LOCATION: Surfing area at Long Sands Beach
Students meet in front of the Long Sands Bathhouse

DAYS: Monday, Wednesday & Friday

TIMES: 8:00am – 9:00am

SURFING

Ages 10 and up

Learn to surf with the Liquid Dreams surf team. Your instructor will guide you through the fundamentals of surfing. They will cover paddling, wave selection, how to stand and how to ride the waves. Surfing etiquette, ocean awareness, and beach safety will also be discussed. Classes will be given on evenings from 5:30pm – 7:00pm in the surfing area at Long Sands Beach. All equipment and supplies will be provided by Liquid Dreams Surf Shop, however, if you own your own board, feel free to bring it to class. You have a choice of 5 different weeks, but classes are limited, so be sure to sign up for one of them now!

REGISTRATION: June 3rd until full

CAMP DATES: Week #1 June 27th – July 1st
Week #2 July 11th – July 15th
Week #3 July 18th – July 22nd
Week #4 July 25th– July 29th
Week #5 August 1st – August 5th

COST: \$135.00

LOCATION: Surfing area at Long Sands Beach
Students meet in front of the Long Sands Bathhouse

DAYS: Monday, Wednesday & Friday

TIMES: 5:30pm – 7:00pm

SWIMMING LESSONS

at the Seacoast Family YMCA

Ages 5 – 12

The Seacoast Family YMCA in Portsmouth will be offering swim lessons to the community of York. This program will be offered as a six-week program on Wednesdays, beginning July 6th and will run through August 10th. Each group of up to 30 to 50 students will be bused to the 'Y' in Portsmouth once a week for a 30 minute swim lesson followed by a 30 minute free swim. Four to five instructors will evaluate the students the first week and thereafter students will be broken down into groups for appropriate level swim instruction. Volunteers will accompany all students. Students should arrive ready to swim and can change after class in the available locker rooms. We will offer this program for 5 -12 year olds.

This program is open to the day camp children as well as to the community at large. A bus will pick up and drop off at Village Elementary School and York Middle School on Wednesdays, approximately 45 minutes before class time. Our bus must transport all students participating in this program. Private transportation for this program is not allowed as we must arrive and leave as a group. Volunteers are needed to ride on the bus with the children. Please let us know if you are interested. It's free swimming for you...and great exercise to boot. Please consider it. Volunteers make all the difference in the world to our programs and we truly thank you so much!!!!

REGISTRATION: Ongoing until July 1st

STARTS: July 6th

ENDS: August 10th

COST: \$90.00 Resident / \$95.00 Non-resident

LOCATION: Seacoast YMCA

DAYS: Wednesdays

TIMES: Class begins at 2:30pm – bus leaves the school at approximately 1:45pm



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TACKLE FOOTBALL YORK YOUTH FOOTBALL

Grades 3 – 8

Come join the York Youth Football team! The goal of the York Youth Football (YYF) program for grades 3 through 8 is to provide pre-high school aged York youth with a positive and safe experience in the game of football. YYF's objectives are that participants have fun, learn the values of team sports and discipline, and learn the fundamentals of the game of football in a coaching environment where safety comes first!

YYF offers three divisions of play for York's Youth by grade level: Mites, grades 3 & 4; Pee Wees, grades 5 & 6; Juniors, grades 7 & 8. YYF is part of the Southern Maine Youth Football League, so all games are played locally and in surrounding southern Maine communities. YYF provides a Ridell helmet, shoulder pads, leg and tail bone pads, practice jersey and pants, game jersey and pants, socks, mouth guard and a 2016 YYF participant t-shirt. Participants must supply cleats and athletic supporter with a cup.

REGISTRATION: www.yorkyouthfootball.com - Online May 1st through July 31, 2016

STARTS: All divisions start August 1, 2016 and the season runs through the end of October

COST: \$140 (includes all equipment and a t-shirt)

LOCATION: Bog Road Field

DAYS: 3 practices a week & 1 weekend game
Actual practice and game dates/ times TBD



PICKLEBALL

It's not just your grandparent's sport!

Ages 10 – 14

If you are not playing Pickleball yet, you are missing out! What is the fastest growing sport in the country right now?

You guessed it... PICKLEBALL! Pickleball is a racquet sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball over a net. The sport shares features of other racquet sports, the dimensions and layout of a Badminton court, and a net and rules similar to tennis, with a few modifications.

Pickleball was invented in the mid-1960s as a children's backyard pastime but has quickly become popular among all ages as a fun game for players of all skill levels. Currently, the sport of pickleball

is exploding in popularity. The number of places to play has nearly doubled since 2010. There are now well over 2,000 locations on the USAPA's Places to Play map. The spread of the sport is attributed to its popularity within community centers, PE classes, YMCA facilities and housing communities. The sport continues to grow worldwide as well with many new international clubs forming and national governing bodies now established in Canada and India. We are excited that Pickleball has arrived in York. Please dress appropriately in exercise clothes and sneakers. All other equipment will be provided for you to use and try.

REGISTRATION: June 1st – July 1st

STARTS: July 1st

ENDS: July 22nd

COST: \$40.00

LOCATION: York High School Courts (by the large parking lot)

DAYS: Friday

TIMES: 10:00am – 11:00am

PICKLEBALL YOUTH CLINIC FREE!

Ages 10 – 14

Thinking that you might like to try pickleball but not sure what it's all about? Why not plan to join us for this free clinic. We'll have all the equipment you'll need, so plan to stop by and see what all the fuss is about, it's fun!

REGISTRATION: Not necessary, but appreciated so that we can plan accordingly

STARTS: June 24th

ENDS: June 24th

COST: Free

LOCATION: York High School Courts (by the large parking lot)

DAY: Friday

TIME: 10:00am

Family



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York Hospital in Kittery
Kittery, ME 03904

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Brett S. Rankin, M.D.
Christopher Sarno, M.D.
Victoria Simpson, PA-C
Lisa Tessier, Au.D.

TENNIS

OUR KIDS TENNIS PROGRAMS...IT'S ALL ABOUT FUN!

Ted Welch is a retired Athletic Director and former Tennis Coach at York High School. Ted spent many enjoyable summers teaching tennis for the York Parks and Recreation Department, and with much enthusiasm joins us again year. We're thrilled to have him on the courts and we know that you will be too.

Having fun is the #1 goal in all of our Kid's Tennis Programs. Yes, you will improve your tennis game by working on the fundamentals, forehand, backhand, volley and serve, however, even more important will be the fun you have learning the game of tennis.

Don't miss out! Sign up your tennis player for one of our fun filled summer sessions. Your child will thank you...

LITTLE TENNIS

Ages 4 to 5 Years

Little Tennis is the nation's tennis equivalent to Little League Baseball, soccer or basketball. It is intended to "Bring everyone together" who loves the game of tennis. It also is designed to be totally inclusive and supportive of all other children's programs. Little Tennis is an extremely powerful toolbox for those who wish to play tennis. It not only helps children learn the game but also their parents and grandparents. It includes a structured program of lessons and play designed to move children ages 3 - 10 quickly through the transitional stages of graduated equipment to full-court tennis.

INSTRUCTOR: Ted Welch

REGISTRATION: June 1st until full

CAMP DATES: Session I: Wednesday, June 22nd – Friday, July 15th
Session II: Monday, July 18th – Thursday, August 11th

COST: \$65.00 Resident / \$75.00 Non-resident

LOCATION: York High School Tennis Courts - by the YHS track

DAYS: Monday & Wednesday or

Tuesday & Thursday

TIMES: 8:15am – 9:00am

QUICK START TENNIS

Ages 6, 7 and 8 Years

Quick Start Tennis play format takes a new and better approach to introducing kids to the game. Balls are lower in compression; they bounce less and don't move as fast so they are easier to hit. This allows kids time to get to the ball and helps them develop optimal swing patterns. Racquets are sized for small hands, and the courts are smaller and easier to cover. All that equals more fun and less frustration! Full sized courts can be reconfigured to accommodate up to six 36-foot courts, so instead of waiting in line, kids can spend their time playing. The benefits are immediate. Within an hour kids are rallying, having fun

and psyched for more. They're playing real tennis and having real fun.

INSTRUCTOR: Ted Welch

REGISTRATION: June 1st until full

CAMP DATES: Session I: Wednesday, June 22nd – Friday, July 15th
Session II: Monday, July 18th – Thursday, August 11th

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: York High School Tennis Courts – by the YHS track

DAYS: Monday & Wednesday or Tuesday & Thursday

TIMES: 9:00am – 10:00am

TENNIS FOR JUNIORS

Ages 9, 10 and 11 Years

Our Junior Tennis clinic is for young athletes who wish to improve their tennis game, work hard, make new friends and have a lot of fun. Our goal is to give these players the opportunity to hit many balls, improve their technique, and be challenged by some of the better players in their peer group.

INSTRUCTOR: Ted Welch

REGISTRATION: June 1st until full

CAMP DATES: Session I: Wednesday, June 22nd – Friday, July 15th
Session II: Monday, July 18th – Thursday, August 11th

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: York High School Tennis Courts – by the YHS track

DAYS: Monday & Wednesday or

Tuesday & Thursday

TIMES: 10:00am - 11:00pm





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TENNIS FOR JUNIORS

Ages 12, 13 and 14 Years

Our Junior Tennis clinic is for young athletes who wish to improve their tennis game, work hard, meet other players their age, and have a lot of fun. Our goal is to give these players the opportunity to hit many balls, improve their technique, and be challenged by some of the better players in their peer group.

INSTRUCTOR: Ted Welch

REGISTRATION: June 1st until full

CAMP DATES: Session I: Wednesday, June 22nd – Friday, July 15th
Session II: Monday, July 18th – Thursday, August 11th

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: York High School Tennis Courts – by the YHS track

DAYS: Monday & Wednesday or
Tuesday & Thursday

TIMES: 11:00pm – 12:00pm

TRACK & FIELD

Ages 5 and 6

Instructor: Lani Silversides – See Bio. in Oceanside Hoop Camp

This program is geared to introducing your child to track and field in a fun and informative program. It is run on Thursday mornings from 9:00am - 10:00am, beginning June 30th and running through July 28th. All you need are sneakers and energy!

REGISTRATION: Ongoing until June 19th

STARTS: June 30th

ENDS: July 28th

COST: \$40.00 Resident / \$50.00 Non-resident

LOCATION: York High School Track

DAYS: Thursdays

TIMES: 9:00am – 10:00am

TRACK & FIELD

Ages 7 to 14

This program is both instructional and fun! It's a wonderful opportunity for children to experience track and field events as a team, in practice and to compete in weekly meets against other track clubs, all of whom are members of the Athletics Congress. This program will begin Monday, June 27th, in order to get 3 practices in before the first meet on Thursday, June 30th, and will run until approximately July 28th. Thereafter practice sessions will be held on Tuesdays and Wednesdays. Ages 7 – 10 years will meet from 8:30am – 10:00am, and ages 11 – 14 will meet from 10:00am – 11:30am at the York High School track facility. Meets will begin at 2:00pm on Thursdays and the departure times will vary, depending on the destination. All children 7 – 14 years are eligible to participate. The



State meet is scheduled for August 13th this year.

A copy of your child's birth certificate is required this year along with the USTAF registration form. Please bring this into the office or to the first day of practice. This is a mandatory requirement by USTAF to verify ages. This does not apply to our 5 and 6 year old program.

NEW THIS YEAR! Coach, Parent and Participant Meet & Greet - Monday, June 27th at 10:00am at the York High School Track. All families are encouraged to attend, we will be sharing valuable information about the program and you will have the opportunity to complete the necessary paperwork on the spot.

TRACK & FIELD AGE GROUPS:

Mites: Ages 7 & 8

Bantam: Ages 9 & 10

Midget: Ages 11 & 12

Youth: Ages 13 & 14

Divisions will be determined by the child's birthday in 2016.

Please note: There will be an additional \$8.00 charge on meet days to cover the cost of transportation. Children who qualify for States will be required to pay an additional fee.

REGISTRATION: Ongoing until June 16th

STARTS: June 27th, Monday this first week only

ENDS: August 4th, Qualifying meet

State Meet Saturday, August 13th

COST: \$130.00 which includes USTAF fee resident
\$140.00 non-resident

LOCATION: York High School Track

DAYS: Practices on Tuesdays and
Wednesdays, Meets on Thursdays

TIMES: 7 – 10yrs 8:30am – 10:00am,
11 – 14yrs 10:00am – 11:30am,
Meets are at 2:00pm



VOLLEYBALL CAMPS

Kindergarten – High School

The York Parks and Recreation Department is excited to help develop and prepare young players through volleyball camps this summer! We have teamed up with Push Volleyball to offer kids of all ages the opportunity to learn how to play this rapidly growing sport. The Push Volleyball vision is to offer kids of all ages the opportunity to learn and grow to love the sport of volleyball.

For beginner players in grades K – 5, Push Volleyball will use light-weight training volleyballs and an adjustable net system and smaller court size, to introduce the basic concepts of ball control (passing), hitting, setting, and serving all the while focusing on self-awareness and self-control.

For beginner to intermediate players in grades 6 – 8 and High School, Push Volleyball will focus and expand on the above mentioned concepts as well as introduce the concepts of serve-ceive, team play, and defense.

It is Push Volleyball's philosophy that The Game Teaches the Game!! All of the concepts at all levels will be introduced within the structure of game play.

For more information about Push Volleyball please visit their website at www.pushvolleyball.com

K – 2: 9:00am – 10:00am

Grades 3 – 5: 10:15am – 11:15am

Grades 6 – 8: 11:30am – 1:00pm

High School: 1:15pm – 3:15pm

REGISTRATION: Ongoing until July 20th

STARTS: August 8th

ENDS: August 11th

COST: K – 5 \$65.00 Resident / \$75.00 Non-resident

6 – 8 \$75.00 Resident / \$85.00 Non-resident

High School – \$80.00 Resident

\$90.00 Non-resident

LOCATION: YHS gym

DAYS: Monday – Thursday

TIMES: Schedule above



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YOUTH FITNESS

HEALTH AND FITNESS PROGRAM

Boys and Girls Ages 11 – 14

Develop strength, body awareness and confidence in this 1 ½ hr class at Fitness Options.

For all abilities, the athlete or less active 11– 14yr old boy or girl. This is the age to head in an effective and safe exercise direction.

Learn proper ways to work on muscle growth, nutrition and fitness habits for a lifetime, in an air conditioned environment, under the direction of a Certified Strength and Conditioning Trainer. Your trainer for this program will be Greg Hatheway, B.S. Clinical Exercise Science, Ithaca College, NSCA Certified Strength and Conditioning Specialist, Strength and Conditioning Coach for the Portland Pirates and Junior Pirates. Greg has been a personal trainer/strength coach for a vast majority of clients ranging from age 8 – 80 with the widest variety of goals imaginable. He has had success working with athletes in the UFC, NFL NHL and AHL as well as weekend warriors trying to stay active and fit for household chores. His true passion is connecting with clients and helping them adapt fitness and nutritional strategies to improve their overall wellbeing and quality of life. Greg resides in South Berwick with his wife Hannah and two sons Bowden and Carter. He loves spending time with his family and anything active.

REGISTRATION: Ongoing through July 8th, or until full

STARTS: July 12th

ENDS: August 18th

COST: \$95.00

LOCATION: Fitness Options Studio, Woodbridge Road

DAYS: Tuesday and Thursday

TIME: 3:30pm – 5:00pm

STRENGTH AND CONDITIONING

FOR MIDDLE SCHOOL AND HIGH SCHOOL

Ages 11 – 14 OR 15 – 18

Teaches Footwork, Agility and Speed Training. This program, designed to motivate children at an early age making fitness fun while simultaneously improving and refining gross motor skills. This program will benefit young athletes and non—athletes by teaching them to enjoy the day-to-day challenges of training without feeling intimidated, ultimately resulting in a lifetime of physical fitness. Children will learn and have the opportunity to participate in the following training: core work, medicine ball exercises, plyometric training: box jumps, speed and agility drills, nutrition flexibility education, fun games and much more!!!

Samantha Stephens, "Sam" started her competitive athletic career in the 80's as a Junior Hunter rider competing in numerous Horse

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Shows all over the North East. Her love for fitness began when her riding coach said she needed to be stronger..so there began her journey for weight lifting and running. In 1990 she was married and moved to Bermuda where she raised a family and was teaching group exercise classes and coaching runners and triathletes for more than 20 years. A nine time marathon finisher, numerous ½ marathon finishes, Hill climb bike road racer (including a podium finish at Mt. Washington), and ½ ironman competitor. You could say she loves to compete and train hard. Sam relocated back to her roots on the North Shore of Massachusetts in 2012 where she worked for BnS Fitness in Salem, MA as a bootcamp instructor and Triathlete coach. Moving to Wells, Maine in September of 2014 she found that she wanted to bring her love and knowledge of fitness to the Southern Maine area.

REGISTRATION: Ongoing

STARTS: Start of each month; June, July, and August

ENDS: End of each month; June, July, and August

COST: \$130.00 per month

LOCATION: TBA

DAYS: Monday and Wednesday

TIMES: 4:00pm – 5:00pm – Middle School

5:00pm – 6:00pm – High School



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Thurs 11:30am – 9:00 pm

Fri & Sat 11:30 am – 10:00 pm

YOUTH YOGA

Boys and Girls Ages 8 – 14

Did you know Yoga translates to the union of mind, body and breath? And that not being able to touch your toes is NOT an indication that one shouldn't practice yoga? Have you ever heard about the many benefits of which yoga and meditation have to offer? Why not introduce yourself to it NOW? Boys and Girls ages 8-14 will gain many positive life-long skills during one of our 4 week sessions. Participants will maintain flexibility and strengthen their growing bodies while having fun on their mat, learn to feel instead of think, concentration will be enhanced, self-esteem will increase, a present moment awareness practice will surface, cultivation of a peaceful state of mind will build to better manage stress, creativity will be sparked and body awareness will heighten. The things one learns and practices now, will only serve as the building blocks for the best possible future that lies ahead.

This hour yoga class will begin with a grounding meditation to build stillness and mental silence, to get into the "zone" of presence and tranquility. Breath work will also be introduced here which is a crucial component to a yoga practice. For Ex: inhale for a 4 count, exhale for a 4 count. (Go ahead, give it a try!) We will then gently warm up the body with some safe body movements to increase the range of motion. The Flow through yoga poses will build some heat and bravery! This Yoga is called Vinyasa Yoga, linking breath to movement to practice presence. After balance, strength, flexibility and body awareness have been explored, class will be closed off the same way it began; physical stillness close to the earth to better observe your state of feeling, mind and breath. After class participants will feel happy, content, grounded, balanced and focused. Don't have a yoga mat? NO PROBLEM! Grab a beach towel, bring your water bottle and wear comfortable clothes that you can move in. Trust me, this is the BEST way to start the day!

REGISTRATION: Ongoing

STARTS: July 7th or August 4th
 ENDS: July 28th or August 25th
 COST: \$40.00 per session, Resident
 \$50.00 per session, Non-resident
 \$12.00 drop-in rate per class
 LOCATION: York Middle School – class will take place outside when weather permits
 DAYS: Thursday
 TIME: 8:15am – 9:15am
 Be on the lookout for our after school Yoga offerings this fall

ZUMBA FOR KIDS

Summer and Fall Sessions

Ages 3 – 12

Come dance, jump, wiggle and giggle on the beach with all the other kids! Zumba for kids is a 30 minute jam session of fun for all! Don't miss out on this great opportunity to meet new friends and burn some energy! Amanda has been training a variety of health and fitness classes for 9 years. Her passion is to help people reach their fitness goals and improve their quality of life. This will be her 4th year coaching on the beach and first year specifically teaching HIIT. Certifications include Personal Training, Zumba, First Aid and CPR.
 REGISTRATION: Ongoing until June 24th (Summer) or September 2nd (Fall) or drop-in

STARTS: June 26th or September 11th
 ENDS: August 21th or October 16th
 COST: \$30.00 Resident / \$40.00 Non-resident
 LOCATION: Long Sands Beach in Front of the Bathhouse – Summer session
 TBA – Fall session
 DAYS: Sundays
 TIMES: 5:30pm – 6:00pm
 We also offer a drop in fee of \$5.00 per class – Join us!



Camp Wiggle

A summer camp open to all participants & abilities. Camp Wiggle is based on a therapeutic model provided by occupational, physical & speech therapists.

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 * Handwriting Skills * Sport Fitness * Reading Skills

Who: Pre K – 4th Grade
 When: July and August camps available
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 Price: Prices vary based on camp

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YOUTH ENRICHMENT

ALL ABOARD THE SS YORK CRUISE SHIP

Ages 4 – 8

Set sail this summer on the SS York Cruise Ship to new and exciting ports of call! At each port, participate in exciting excursion adventures and collect souvenirs along the way. Passengers will quickly turn into cruise directors in training, learning everything about life onboard from how to practice safety drills, make towel art and design fruit bouquets making and learning some fun cruise dances! As your passports fill up, work on creating a dream cruise experience and talent show for parents to experience on the last day.

INSTRUCTOR: Jana Medina
REGISTRATION: June 1st until full
STARTS: July 18th
ENDS: July 22nd
COST: Resident \$85.00 / Non-resident \$95.00
LOCATION: Village Elementary School
DAYS: Monday - Friday
TIMES: 9:00am – 11:00am

ART WITH ALI

Grades 1- 4

We are excited to be adding this new Art class to our line-up of programs. Join Artist Alli Jutras for a one week Art camp that will help develop young artists through a focus on the daily exploration of different mediums and artists. Some projects may include, but are not limited to, drawing, collaging, and painting. Alli has extensive art training under her belt. She is a graduate of York High School and most recently attended Clark University majoring in Art History. She is a Board Member of the York Art Association and is happy to have brought her talents and love of Art Study to the Maine College of Art this semester.

INSTRUCTOR: Alli Jutras
REGISTRATION: June 1st – July 8th
STARTS: July 18th
ENDS: July 22nd
COST: \$60.00 per person
LOCATION: Village Elementary School art room
DAY: Monday - Friday
TIMES: 9:00am – 10:30am



BIKE RODEO at Coastal Ridge Elementary School

Grades K – 4

On June 2nd at 5:30, the Town Bicycle and Pedestrian Committee, in collaboration with the Parks and Recreation Department, York Police, Coastal Ridge and Village Elementary Schools, and the Bicycle Coalition of Maine will host a Bicycle Rodeo for children in kindergarten through fourth grade. There is no cost nor preregistration to participate in the rodeo.

Bicycle ABC (Air, Brake, Chain) safety checks will be conducted. Riders will learn to properly wear their helmets. Helmets will be provided to riders, if needed. A riding course will be set up for riders to learn and practice safety skills including understanding road signs, using hand signals, yielding to pedestrians.

For additional information contact David McCarthy - bikepedyork@gmail.com



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BEACH BUM THEATER

Ages 4 – 7

Back by popular demand - You won't want to miss this...

The sun is up, the beach is quiet, and the stage is set for anything to happen. Will the circus come and entertain the beach combers? Will the fish and sea mammals begin to tell their stories? Will there be a concert on the beach with performers of all kinds? Will the families come and have exciting things happen to entertain the audience? You are the writers, producers and actors of this show. No experience required, only a great imagination and a desire to act and pretend. There will be a performance of the show at the end of our time together! Come and join the fun and the experience!

****Susan Frank is a music teacher at York Middle School**

INSTRUCTOR: Susan Frank
REGISTRATION: June 1st – August 4th
STARTS: August 8th
ENDS: August 12th
COST: \$75.00 Resident/ \$85.00 Non-resident
LOCATION: York Middle School
DAYS: Monday - Friday
TIMES: 10:00am – 12:00pm

BROADWAY AND BEYOND...

Ages 6 and up

Have you ever wanted to learn more Broadway songs? Do you know where the Broadway experience came from? Do you enjoy the stories that are all about Broadway shows? Do you want to know how to sing correctly and share your talents with others? Do you want to know what it would be like to audition for a community or a Broadway show? If any of these questions inspire you, then this is the camp for you! We will begin with warm-ups and vocal technique that will teach you how to use your voice correctly and to project your voice out into a large theater. We will practice many Broadway songs, we will learn the plots to some and the messages for others, and at the end of the week we will perform for all our family and friends. We will surely have some invited guests who will also perform for the students and teach them good technique and exciting performance programming. No experience is necessary however, if you have specific songs you want to work on, bring them along!

****Please bring a snack and drinks.**

INSTRUCTOR: Susan Frank
REGISTRATION: June 1st – July 21st
STARTS: July 25th
ENDS: July 29th
COST: \$85.00 Resident / \$95.00 Non-resident
LOCATION: York Middle School
DAYS: Monday - Friday
TIMES: 1:00pm – 3:00pm

CHEERLEADING CAMP – please refer to write-up in the youth camp section of this brochure

CUPCAKES

Ages 7 – 12

Who doesn't love a deliciously sweet and beautifully decorated cupcake? We will have fun baking cupcakes and decorating them! What could be better than that? Besides eating them, and don't worry you will bring some home for your family to enjoy too!!!

****Materials included**

INSTRUCTOR: Jen Clark-Owner of Gracie Mae's Goodies
REGISTRATION: June 1st - July 15th
STARTS: July 19th
ENDS: July 20th
COST: \$80.00 Resident / \$90.00 Non-resident
LOCATION: York Middle School – Home Ec Room
DAYS: Tuesday and Wednesday
TIMES: 9:00am – 11:00am



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DINOSAUR MANIA

Ages 4 – 7

This program is for boys 4-7. Required: a few plastic dinosaurs to bring with you. Required, a love of dinosaurs. In this new whimsical program we will be learning some new facts about dinosaurs, singing songs about dinosaurs, creating and acting out stories with our dinosaurs, and reading dinosaur books. We will make dinosaurs out of recycled materials, and draw dinosaur pictures. At the end of the week, we will eat dinosaur snacks and have a dinosaur cake.

*Bring snacks and drinks everyday

INSTRUCTOR: Susan Frank

REGISTRATION: Ongoing until July 6th - Registration starts May

STARTS: July 11th

ENDS: July 15th

COST: Resident \$80.00 / \$90.00 Non-resident

LOCATION: York Middle School

DAYS: Monday - Friday

TIMES: 1:00pm – 3:00pm

DIY - CRAFTS

Ages 8 – 12

Do you love making things? Do you have a creative side? Then this camp is for you!! We will spend three days having fun creating projects that make the summer a great time to release the artist in you! We will make Terra Cotta Candy Machines, Tie Dye Fun, Mason Jar Crafts, and Wind Chimes, these are just some of the things we might explore! Campers will create lots of cool stuff using fun art materials.

**Materials included – except, please bring a new white t-shirt, and a pillow case or something else that is new and white, to the first class.

**Please bring lunch, snack and drinks, every day.

INSTRUCTOR: Kaitlyn Mulqueen – Teacher at VES

REGISTRATION: June 1st – July 28th

STARTS: August 1st

ENDS: August 5th

COST: \$95.00 Resident / \$115.00 Non-resident

LOCATION: VES Art Room

DAYS: Monday - Friday

TIMES: 10:00am - 1:00pm



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CONTACT:

FAMILY SERVICES

Kate Ford, Manager

kford@ycsame.org 207-363-5504

45 Woodbridge Rd., York, ME

FOOD PANTRY

Maureen Monsen, Manager

mmonsens@ycsame.org 207-351-1928

38 Woodbridge Rd., York, ME

THRIFT STORE

Donald Martin, Manager

dmartin@ycsame.org 207-363-2510

1320 US Route 1, York, ME

DRONE CAMP

Ages 9 – 14

Join Maximus Hobby Shop for an intro program to the world of drones! In this 3 day program you will be exposed to the wide variety of things that can be done with radio control quadcopters. The main focus of the program will be assembling a 200 size quadcopter that you will then learn to fly!

In between building and flying your quadcopter, we will learn about the many other types of quadcopters that are in the world of R/C. We will fly 350 & 500 size GPS enabled quadcopters with live feed HD video cameras. We will also fly FPV (First Person View) Nano quadcopters around our indoor facility. FPV uses high tech "goggles" that have mini video screens in them giving you the impression of being in the "pilots seat". Once you have assembled your quadcopters, you will get the opportunity to fly around our indoor obstacle course and see just how accomplished you can become with your piloting skills. Campers will get to take home the quadcopter they assembled, \$150 Value!

*Campers will be provided all necessary equipment to participate in all R/C activities.

*This is a complex, hands-on camp. Campers will have close contact with counselors, but should have an aptitude for detailed assembly, such as an interest in modeling and/or mechanical things.

*Campers should bring their own drink, lunch & snack for breaks.

INSTRUCTOR: Maximus Hobby Shop
REGISTRATION: Ongoing until July 20th
STARTS: July 26th
ENDS: July 28th
COST: \$400.00
LOCATION: 647 US Route One, Meadowbrook Plaza, York, ME
DAYS: Tuesday - Thursday
TIMES: 10:00am – 3:00pm

EXPLORING PHOTOGRAPHY!

Ages 7 – 11

Join us for a three day photography exploration extravaganza! Students will learn about the history of photography to present day possibilities. We will explore the historical process of creating cyanotypes on the first morning. Students will have the opportunity to explore a variety of both film and digital cameras. Including film cameras such as a large format camera, medium-format, 35mm, lomophotography camera and a vintage spy camera! As for digital cameras, you will have the opportunity to learn about and use, point and shoot cameras and a variety of professional digital cameras.

Every young photographer will leave the photography extravaganza with a CD of their digital images and a 5x7 portfolio of their favorite photographs.

Please feel free to contact Jenna with any questions at jlrochelle@yorkschoools.org.

INSTRUCTOR: Jenna Larochelle – Art teacher at VES
REGISTRATION: June 1st – July 1st
STARTS: July 5th
ENDS: July 8th
COST: \$85.00 resident / \$95.00non-resident
LOCATION: Village Elementary School
DAYS: Tuesday - Friday
TIMES: 9:00am – 11:00am



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FIT TO WRITE

Ages 7 – 12

If the experts are right, then training your brain for creativity can be enhanced by physical exercise, especially if it's outside in the natural environment. The best part: the physical component doesn't have to be strenuous—a simple walk can do the trick! Please join us for a week-long creative writing camp that emphasizes fun, fitness, and the written word. Campers will jump-start their story engines through “warm-up” exercises of light physical activity and writing prompts, followed by a long walk, active games, and an arts and crafts project. After lunch, we'll polish the morning's writing or share stories. Daily themes may include the creation of real or imagined characters on our “getting to know you” day, a walk through Steedman Woods to inspire a mysterious story or wildlife poem, making us laugh with your own comic strip, or challenging your taste buds in an experiment with food writing! On the final day, we'll meet at the base of Mt. Agamenticus for a hike to the summit, a picnic, and an informal reading of work for parents and friends. Campers should complete the week with a new perspective on creativity, a healthy attitude towards the outdoors, and a folder of their own writing.

Please note: Although this program is open to all levels of creative and athletic ability, each camper should be prepared for physical exercise every day. Sneakers are a must! Campers should dress appropriately for outside activities. Bring plenty of water, a healthy snack and lunch, and sunscreen. A notebook, folder, and writing utensil will be provided for each camper. A more detailed description of the week's activities will be forwarded to each registered participant prior to the camp's start date.

Instructors: Candace Jaffe has been a youth-oriented athletic coach for twenty-five years and is currently the head coach for the York High School Girls Cross Country team. She holds an MFA in Creative Writing and has facilitated Wordplay, a five-year creative writing club, at YHS.

Kaitlin Mulqueen is currently a kindergarten teacher at Village Elementary School. She spent the last ten summers as a counselor and director of York Parks and Recreation's Outdoor Adventure Camp. She holds a Master of Arts in Teaching with a literacy concentration.

REGISTRATION: June 1st – July 5th

STARTS: July 11th

ENDS: July 15th

COST: \$90.00 Resident / \$100.00 Non-Resident

LOCATION: Village Elementary School

DAYS: Monday – Friday

TIMES: 9:00am to 2:00pm

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FLASHMOB! IN A FLASH!

Ages – All

Have you ever wanted to be in a Flash-mob? Have you ever wanted to surprise and shock people out of the blue with a spectacular performance? Now is your chance! You do not have to be a dancer! This experience involves all the fun and spontaneity that is making this new type of performance a worldwide craze! There will be two rehearsals held to learn the dance or you can just learn it at home via You Tube! The performance is on Saturday, August 13th, (place and time to be announced)

INSTRUCTOR: George Hosker-Bouley

REGISTRATION: June 1st – July 27th

STARTS: Practice on July 27th & August 12th

ENDS: August 13th

COST: \$5.00 Registration Fee

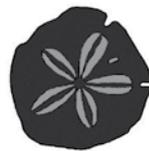
LOCATION: Practice at York High School Gym – Performance – It's a secret.....

DAYS: Wednesday, July 27th / Friday, August 12th

Performance on August 13th

TIMES: 6:00pm – Practices at YHS

Time of Performance to be announced.



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York, ME 03909

Deb@yorkinsure.com

FREE TO BE ME!

Ages 6 and up

This one-week intensive performing class will focus on the skills of dance, acting and improv while promoting a story that highlights individuality. Everyone can be a face in the crowd but it takes a special type of person to go against the tide. Sometimes being right isn't the popular thing to do and our story will follow the challenges and the triumphs of sticking to your goals! Improvisation, movement, team building, public speaking and gaming will be used to create a one-of-a-kind performance piece on the stage of Prescott Park.

No flip-flops! Performance on Friday, July 15th, Location TBA.

George Hosker-Bouley, Jr. currently teaches theater for younger students in three states. George has won 17 Spotlight on the Arts Awards locally and currently holds the key to the city of Portsmouth. Hosker runs the Underbelly Tour of Portsmouth as well as Carpe Diem Inc. His performances are standing room only affairs, which blend theater, history and music.

****Bring snacks, lunch and drinks**

INSTRUCTOR: George Hosker-Bouley, Jr.

REGISTRATION: June 1st – July 6th

STARTS: July 11th

ENDS: July 15th

COST: \$160.00 Resident / \$170.00 Non-resident

LOCATION: York High School Chorus Room

DAYS: Monday – Friday

TIME: 9:00am – 3:00pm

FUNNY THING HAPPENED.....

Ages 6 and up

This one-week intensive class explores the art of comedy using stand-up, sight gags and some of the worst jokes ever told on a stage! This is the fifth installment of exploring the questions of what is funny; how to tell a joke; creating a funny story out of an ordinary situation; gags, slight-of-hand and more. This week long exploration will culminate in an original production involving music, dance and more. Improvisation, movement, team building, public speaking and gaming will be used to create this one-of-a-kind never-seen-before performance. **No flip-flops!**

*Performance at the end of the week, location to be announced.

George Hosker-Bouley, Jr. currently teaches theater for younger students in three states. George has won 17 Spotlight on the Arts Awards locally and currently holds the key to the city of Portsmouth. Hosker runs the Underbelly Tour of Portsmouth as well as Carpe Diem Inc. His performances are standing room only affairs, which blend theater, history and music.

****Bring snacks, lunch and drinks**

Instructor: George Hosker-Bouley, Jr.

Registration: June 1st – August 1st

Starts: August 8th

Ends: August 12th

Cost: \$160.00 Resident / \$170.00 Non-resident

Location: York High School Chorus Room

Days: Monday – Friday

Times: 9:00am – 3:00pm

GET READY FOR KINDERGARTEN

**Ages: Children entering Kindergarten in York in September
Back By Popular Demand...**

Come meet your future PE teacher and one of the many Kindergarten teachers! During this program kids will get a glimpse of VES. Through games and activities kids will learn some of the things they can look forward to during their first year at VES. Games in the gym, outside and even in the classroom!

*****Bring snack and drink**

INSTRUCTOR: Andy Gray – PE Teacher at VES and

Kaitlyn Mulqueen – Kindergarten Teacher at VES

REGISTRATION: June 1st – August 12th

STARTS: August 16th

ENDS: August 18th

COST: \$50.00

LOCATION: Village Elementary

DAYS: Tuesday, Wednesday and Thursday

TIMES: 8:30am – 10:30am

GET READY FOR 5TH GRADE

**AGES: For student's entering Grade 5
at York Middle School in September**

Are you a little nervous about entering York Middle School? This camp will help! We will tour and explore the building so we can find our way around, spend some time in different classrooms, talk about what we will be learning and studying in Grade 5, go over some study and organization tips, play some games, and ... everyone's favorite...practice opening lockers!! Enter fifth grade feeling relaxed and ready. Come join Mr. G and have a blast learning everything you always wanted to know about 5th grade!!!!

INSTRUCTOR: Andy Geranis – 5th Grade Teacher
at York Middle School

REGISTRATION: June 1st – August 10th

STARTS: August 15th

ENDS: August 16th

COST: \$50.00

LOCATION: York Middle School

DAYS: Monday and Tuesday

TIMES: 9:00am – 12:00pm

HOT WHEELS... REV YOUR ENGINES!

Ages 5 – 8

Loop-de-loop, go faster, and wheelies...

Hot Wheels...They have been keeping kids entertained for nearly 50 years. In this fun filled camp we will create floor race tracks, Hot Wheel garages to house your cars and cardboard jumps. We will even be painting with wheels, drawing with cars and making candy race cars. Join us for some speedy fun!

INSTRUCTOR: Linnea Clary

REGISTRATION: June 1st – July 30th

STARTS: July 5th

ENDS: July 8th

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: VES

DAYS: Tuesday – Friday

TIMES: 1:00pm – 3:00pm

JUNIOR FASHION CAMPS

IT'S BACK! TIME TO GET YOUR FASHION JAM ON!

One week or two weeks, you pick...

Attention all fashionistas and crafty kids alike. Want to learn how to make your own fashionable garments and accessories. If you are ready to express your funky fashion sense, then these two camps are for you! Learn sewing basics and how to use a sewing machine, how to use a pattern and how to embellish. In just one week you can bring out your inner fashionista!! And don't worry, the more creative you are, the better! If you already have sewing experience, great, join us too! If you are only able to come for one week and simply must create a complete outfit, we can probably help you get a dress made. All levels welcome! This year we will try something different and let you choose the pattern before camp. Please contact the York Parks and Recreation office for complete list of ideas and supplies needed before camp starts.

Week #1: 7/25-7/29 – Tops

Week #2: 8/1-8/5 – Pants or Skirt

It would be Fashionably Fabulous if you are able to bring your own sewing machine, or borrow one and bring it to camp to use. Camps will conclude with a runway show to highlight your creations.

**Please contact York Parks and Recreation Department for supply list.

***Please bring snacks and plenty to drink.

INSTRUCTOR: Susan Hirsch – Seamstress

REGISTRATION: June 1st – July 21st

STARTS: Week #1 – July 25th / Week #2 – August 1st

ENDS: Week #1 – July 29th / Week #2 – August 5th

COST: \$95.00 Resident / \$105.00 Non-resident

LOCATION: York High School Home Ec Room

DAYS: Monday – Friday

TIMES: 9:30am – 12:30pm



LEGO® CAMP

Ages 6 to 12

LEGO® Camps provide quality enrichment learning and activities for campers ages 6 -12. Campers will learn STEM concepts (science, technology, engineering and math)

while playing with LEGO® bricks and education kits. Campers will be divided into two groups of 6 of similar age ranges. One group will work in pairs and explore age appropriate LEGO® Education themes such as Simple Machines, Motorized Mechanisms, Pneumatics, Renewable Energy, Space Exploration, WeDo Robotics and Mindstorms NXT Robotics while the other group spends time in the free build area. After about an hour the groups will take a break and have a snack, then the groups will switch roles in the free build and LEGO® Education areas. Kits do not go home with campers. Each camper will be given a LEGO® Club magazine upon completion of a 5 day camp!

***Bring a snack and drinks

Instructor: Michelle York

Michelle is a 7th grade math teacher at York Middle School and is passionate about teaching. Michelle lives in York with her two daughters and still loves to play and learn with LEGO® bricks.

Registration: June 1st until full

Starts: June 27th, July 11th

Ends: July 1st, July 15th,

Cost: \$90.00/\$100.00 non-resident

Location: York Middle School

Days: Monday – Friday

Times: 9:00am – 12:00pm

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MAKER CAMP MINI ROLLER COASTER

Ages 5 to 8

You're never too young to learn how to build a roller coaster! Build your engineering skills as you collaborate with campmates to create marble or golf ball runs. If you can dream it, you can make it! We'll use found objects, cardboard, tubes, and plenty of masking tape to send marbles or golf balls on the ride of their life. Challenge yourself to come up with the most exciting marble run possible! On Friday after class, we'll welcome families to bring a lunch and visit our Marble Run Museum where they can put our creations to the test.

*The Creation Station at Village Elementary School is a MakerSpace that exists to provide hands-on experiences where young minds, educators, and community members are inspired to wonder, explore, problem solve, collaborate, invent, and build.

*Please bring snacks and drinks

INSTRUCTOR: Annette Stone (Elementary Tech Coach at VES and CRES)

REGISTRATION: June 1st – July 14th

STARTS: July 18th

ENDS: July 22nd

COST: \$95.00 Resident / \$105.00 Non-resident

LOCATION: The Creation Station at VES

DAYS: Monday – Friday

TIMES: 9:00am – 12:00pm

ME AND MY DOG – KIDS CAMP LEVEL 1

Ages 8 - 14

There is more to loving a dog than hugging it. Enrich the bond between kids and their dogs at this fun filled summer camp set in the countryside of York at "It's a Dog's World." One on one, children can learn to handle their dogs with confidence using "Positive Reinforcement" training. In this course they will work with their dogs to train for good manners and tricks. Games, grooming, proper canine care and the sport of agility will also be introduced. Mutual respect and responsible dog ownership will be emphasized. All dogs must be pre-qualified for temperament by "It's a Dog's World" staff. Please call 207-363-0099 before you register with the Parks and Recreation Office to conduct a pre-qualifying phone interview. Spaces are registered by 1 child per dog.

REGISTRATION: June 1st – July 6th

STARTS: July 11th

ENDS: July 15th

COST: \$80.00 Resident / \$90.00 Non-resident

LOCATION: Off Birch Hill Road / 3 White Birch Lane

DAYS: Monday - Friday

TIMES: 9:00am – 11:00pm

ME AND MY DOG – SPORTS!

Ages 10 –14 unless the child has completed our first level

Kids and their dogs continue bonding and relationship building and they learn about the canine sport of Rally, Agility and Scent Work. In Rally, kids and dogs team up to navigate a course of numbered stations indicating a variety of manners tasks to perform such as sits, downs, halts, and turns. Kids and dogs enjoy this sport because they work close together as they clap, whistle and even sing to their dogs to encourage them through the course.

Agility is a sport that builds skills in handling dogs over and through a course of obstacles of ramps, tunnels, jumps and weave poles in a low pressure positive environment. This is a great way for dogs and kids to gain confidence and bond.

Scent work is a hot new sport that will teach kids to set up training scenarios and direct their dog to use dog's natural ability of scenting to search for toys or treats. Scent work will burn your dog's mental and physical energy, can be done anywhere, and requires no special equipment.

Canine communication, canine care, and positive reinforcement training will also be covered. Mutual respect and responsible dog ownership will be emphasized throughout the camp program. Spaces are registered by 1 child per dog.

Please call 207-363-0099 before you register with the Parks and Recreation Office to conduct a pre-qualifying phone interview.

REGISTRATION: June 1st – July 13th

STARTS: July 18th

ENDS: A July 22nd

COST: \$80.00 Resident / \$90.00 Non-resident

LOCATION: Off Birch Hill Road / 3 White Birch Lane

DAYS: Monday - Friday

TIMES: 9:00am – 11:00pm

Village



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PIANO CAMP

Ages 6 and up

NO Experience needed....

Have you ever wanted to play a piece on the piano, or accompany your family during celebrations? Here is your chance to learn the basics of piano and practice for a few hours a day so you can perform some pieces and jump start your piano study. Take advantage of this great opportunity to learn how to use both hands on the piano, how to read treble and bass clef, how to count half, quarter, and whole notes, and even compose a melody if you are so inspired! We will also perform a song or two for our family and friends at the end of the week! Come join us in the Piano Lab at YMS.

INSTRUCTOR: Susan Frank

REGISTRATION: June 1st – August 4th

STARTS: August 8th

ENDS: August 12th

COST: \$75.00 Resident / \$ 85.00 Non-resident

LOCATION: York Middle School

DAYS: Monday - Friday

TIMES: 1:00pm – 3:00pm

PRETTY THINGS – JEWELRY FOR KIDS

Ages 5 - 8

Baubles, Baubles and more Baubles...

Join us for a fun filled camp full of creative jewelry making. We will be using many interesting items, to make handmade pieces you will want to give to friends or keep for yourself. Some of the creations will be; washer necklaces, button bracelets, animal necklaces and even some edible pieces. On the last day of camp we will model all are finished jewelry.

INSTRUCTOR: Linnea Clary

REGISTRATION: June 1st – July 25th

STARTS: August 2nd

ENDS: August 5th

COST: \$85.00 Resident / \$95.00 Non-resident

LOCATION: Village Elementary School

DAYS: Tuesday - Friday

TIMES: 1:00pm – 3:00pm

PRINCESS ACADEMY

Ages 4 - 7

Tiaras and Tutus, Castles and Crafts, and a Tea Party is the delight of every little Princess. Each princess in this fun camp participates in daily creative movement with an emphasis on poise, grace and technique. They experience the royal treatment through dramatic play acting using props, tiaras, crowns and costumes and during art sessions they create beautiful princess treasures, such as tiaras, wands and more! The camp concludes with a “Happily Ever After Yorks Illustrated | Summer 2016

Tea Party” for all the princesses. Bring your own princess dress, and anything else that you need to make you feel like a Princess!

**Susan Frank is a music teacher at York Middle School

**Includes material fee

INSTRUCTOR: Susan Frank

REGISTRATION: June 1st – July 5th

STARTS: July 11th

ENDS: July 15th

COST: \$85.00 Resident/ \$95.00 Non-resident

LOCATION: York Middle School

DAYS: Monday- Friday

TIMES: 10:00am – 12:00pm

RADIO CONTROL RACE CAMP

Ages 9 - 14

Campers will get to build and race a hobby-grade R/C truck!

Day 1: Build and learn about the internal components of a Hobby Grade R/C Truck such as electric motors, shocks, differentials, bearings and more. During assembly we will investigate chassis tuning and modification, tire compounds and treads, gear ratios, wheel alignment and basic electrical theory.

Day 2: Will consist of custom painting the truck bodies and an introduction to driving technique, race lines and track etiquette.

Day 3: We will warm up on the track with some basic driving techniques and final tuning followed by wheel-to-wheel competitive racing on our 10,000 square foot indoor track!

Campers will take home the truck they build along with the custom body they painted, a \$199 value!

*Campers will be provided all necessary equipment to participate in all R/C activities.

*This is a complex, hands-on camp. Campers will have close contact with counselors, but should have an aptitude for detailed assembly, such as an interest in modeling and/or mechanical things.

*Campers should bring their own drink, lunch & snack for breaks.

*Camp sessions must have a minimum of 6 registrants to run. If a session does not meet the minimum needed, registrants will have the option to move to a different session. There are a total of 6 session to choose from.

INSTRUCTOR: Maximus Hobby Shop

REGISTRATION: Ongoing until one week before camp date or full July 5th/July 12th/July 19th/Aug. 2nd/Aug. 9th/Aug.16th

ENDS: July 7th/July 14th/July 21st/Aug. 4th/Aug. 11th/Aug. 18th

COST: \$400.00

LOCATION: 647 US Route One, Meadowbrook Plaza, York ME

DAYS: Tuesday - Thursday

TIMES: 10:00am – 3:00pm

RUBE GOLDBERG TO THE RESCUE!

Ages 5 – 8

Ever wish you had a special machine to solve a problem like feed your hamster, water a plant, or ... (insert your wish here)? Well now is your chance to solve your problem! The solution is in YOUR hands! Campers will glean from the methods of Rube Goldberg as they design a simple gadget to tackle real-life problems, but do it in a fantastically complicated and creative way. On Friday after class, campers will invite families to bring a lunch and attend a curated tour of the contraptions.

*The Creation Station at Village Elementary School is a Maker Space that exists to provide hands-on experiences where young minds, educators, and community members are inspired to wonder, explore, problem solve, collaborate, invent, and build.

*Please bring snacks and drinks

INSTRUCTOR: Annette Stone (Elementary Tech Coach at VES and CRES)

REGISTRATION: June 1st - July 28th

STARTS: August 1st

ENDS: August 5th

COST: \$95.00 resident / \$105.00 non-resident

LOCATION: The Creation Station at VES

DAYS: Monday - Friday

TIMES: 9:00am – 12:00pm

SAFE SITTER SUMMER CAMP

Ages – Must be 11 and older

This course is taught by a nurse and is intended to improve your child's care skills needed for babysitting. Your child will be very prepared to start their babysitting career. Each student completing the course will receive a certificate that verifies this training for caring of small infants and toddlers. The Safe Sitter course has a great deal of information presented in a short period of time. It is important you are available for all classes.

** Price includes a \$35.00 book fee.

**Please bring lunch, snacks and plenty to drink.

INSTRUCTOR: Samantha Pannier

REGISTRATION: June 1st – July 21st

STARTS: August 4th

ENDS: August 5th

COST: \$120.00 resident / \$130.00 non-resident

LOCATION: York Middle School

DAYS: Thursday - Friday

TIMES: 9:00am – 3:00pm

SCIENCE WITH WICKED COOL FOR KIDS

Wicked Cool For Kids enrichment offerings is bringing wicked cool science to York Parks and Recreation Youth Enrichment Summer Program. Empower your children with science literacy and an unforgettable hands-on experience. Wicked Cool For Kids science and technology programs align with Next Generation Science Standards and promote a fun, experiential learning environment! Special! Book two of our Wicked Cool For Kids camps on the same day, one morning and one afternoon, for a full day of science camp and receive \$10.00 off the total registration fee. Bonus! Supervised lunch for those registered for a full day!

LEGO® ENGINEERING

Ages 6 – 10

We've expanded our LEGO Engineering program to include STEM-based challenges and free building – two things kids love. We will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Design a spinning eggbeater or create a car to carry LEGO bricks uphill. Kids will love rising to the LEGO challenge.

INSTRUCTOR: Wicked Cool Kids

REGISTRATION: June 1st

STARTS: July 25th/ August 1st / August 8th

ENDS: July 29th/ August 5th / August 12th

COST: \$210.00 Resident / \$220.00 Non-resident

LOCATION: York Middle School Art Room

DAYS: Monday – Friday

TIMES: July 25th, 9:00am – 12:00pm

August 1st, 1:00pm – 4:00pm

August 8th, 9:00am – 12:00pm

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ROCKET SCIENCE

Ages 5 – 9

Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, water rockets and rockets that blast off via chemical reaction! As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting).

***Please bring snacks and drinks.

INSTRUCTOR: Wicked Cool Kids

REGISTRATION: June 1st – July 5th

STARTS: July 11th

ENDS: July 15th

COST: \$210.00 Resident / \$220.00 Non-resident

LOCATION: York Middle School

DAYS: Monday – Friday

TIMES: 9:00am – 12:00pm

SUPERHERO PHYSICS

Ages 5 – 9

New! What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. We'll investigate how Spiderman (and real spiders) can walk up walls and examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality. Super science fun!

***Please bring snacks and drinks.

INSTRUCTOR: Wicked Cool Kids

REGISTRATION: Ongoing until full

STARTS: August 1st

ENDS: August 5th

COST: \$210.00 Resident
\$220.00 Non-resident

LOCATION: York Middle School
Art Room

DAYS: Monday – Friday

TIMES: 9:00am – 12:00pm



WICKED COOL MED SCHOOL

Ages 6– 10

New! Is there a doctor in the house? Future doctors will follow the progress of their own "patient" all week as we journey into the inner workings of the human body. Keep medical charts and become anatomy specialists while learning the body systems. We'll create model organs like big bones, moving joints, and working lungs for our patient. In this class, we will learn to use a stethoscope, how to take vital signs, and how to incorporate healthy habits into our lives to keep in tip top shape! This camp will engage kids in challenging activities in a fun atmosphere.

***Please bring lunch, snacks and drinks.

INSTRUCTOR: Wicked Cool Kids

REGISTRATION: Ongoing until full

STARTS: July 18th

ENDS: July 22nd

COST: \$310.00 Resident / \$320.00 Non-resident

LOCATION: York Middle School Art Room

DAYS: Monday – Friday

TIMES: 9:00am – 4:00pm



WICKED GROSS SCIENCE

Ages 5 – 10

New! Gross Science is not for the easily queasy! The gross yet fascinating things in life may hide many science secrets, like what's hidden in a diaper. Kid chemists can discover acids and bases and make putrid

potions that bubble and burp. We will create alien lime, dissect owl puke and grow gross bacteria. Slither with snakes and slimy worms and find out what's behind that smell — ewwww! Wicked Gross Science is guaranteed to be grossly amusing.

***Please bring snacks and drinks.

INSTRUCTOR: Wicked Cool Kids

REGISTRATION: Ongoing until full

STARTS: July 25th

ENDS: July 29th

COST: \$210.00 Resident / \$220.00 Non-resident

LOCATION: York Middle School Art Room

DAYS: Monday – Friday

TIMES: 1:00pm – 4:00pm



SO YOU THINK YOU CAN MOVE?

Ages 4 and up

When you hear music do your feet start tapping, arms start flapping and head start bobbing? Join our "So You Think You Can Move" team. Combine what you learn with your own creative ideas. This is a wonderful opportunity for young children to move creatively to music, to find out how to dance to a beat, to learn to do the twist, the pony, the macarena and the salsa. Each lesson will begin with a warm up, stretching, and moving to music in different ways, and expressing emotion and spirit through movement. Each lesson will also include a new easy dance that children can pick up and practice during the time we have together. Boys and girls are welcome. At the end of the week children will share their creative and beautiful dances with a performance for the family and friends.

*Bring snacks and drinks everyday

INSTRUCTOR: Susan Frank

REGISTRATION: June 1st – July 21st

STARTS: July 25th

ENDS: July 29th

COST: \$75.00 Resident / \$85.00 Non-resident

LOCATION: York Middle School

DAYS: Monday – Friday

TIMES: 10:00am – 12:00pm

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STEP UP TO CRES

Ages: For students who just finished 2nd grade at VES

Are you a student who just finished 2nd grade at VES? If so, you'll be coming to CRES next year! It's an exciting time to meet new friends, gain new teachers, get to know a new principal, and have a whole new world of experiences! But you may be a bit nervous... How will I find my way around? What are the teachers like? What will we learn? How do things work in the cafeteria? Will I have fun?

If you have any of those questions, this camp is for you! We will tour the school, meet any staff members who are around, discuss what we will learn in 3rd grade, spend time on the playground (including walking or running some laps around our track), play some games, and more! There are so many amazing things that make CRES unique... From "Wake up and Read" to the "Mile Run" program, Friday assemblies, live student-broadcasts, Kids Cabinet, Civil Rights Team, and so much more! I may even have former 3rd graders with us for some of the time to explain what CRES is like and answer some of your questions in "kid-language"! This fun introduction to CRES is sure to make your start to 3rd grade more relaxing and enjoyable. What are you waiting for? Sign up for "Step Up to CRES!"

**Bring a snack and drink everyday

INSTRUCTOR: Sarajane St. John

REGISTRATION: June 1st – August 12th

STARTS: August 15th

ENDS: August 16th

COST: \$50.00 resident

LOCATION: Coastal Ridge Elementary

DAYS: Monday and Tuesday

TIMES: 9:00am – 12:00pm

SUMMER SNUGGLE BLANKET

Ages 5 – 10

Join in the fun of making your very own fleece blanket, perfect for anytime of the year! In this class we will learn how to lay out, cut and tie our very own cozy blankets. Joanne Reeve has been teaching knitting and crocheting to children and enjoys arts and crafts of all kinds.

SUPPLIES: 4 yards of fleece – please bring 2 yards of 2 different types of fleece (for example, 2 yards of a solid color and 2 yards of a print).

*Please bring a snack and drink

INSTRUCTOR: Joanne Reeve

REGISTRATION: June 1st – August 4th

STARTS: August 8th

ENDS: August 11th

COST: \$75.00 Resident / \$85.00 Non-resident, plus supplies

LOCATION: Village Elementary School

DAYS: Monday – Thursday

TIMES: 9:00am – 11:30am

York Parks and Recreation Department 363-1040

SUMMIT CAMP

Discovery, Natural Science, Arts & Crafts

The Mount A Summit Camp is for kids aged 7 through 12 with a strong interest in exploring natural science and creative expression. Summit Camp will begin this summer at the Learning Lodge with Mrs. Johnson – from the Kids' Corner – as the discovery guide. It's a 3-morning session, held 9:00am until 12:00pm, Tuesday, Wednesday and Thursday. Six sessions are offered beginning Tuesdays, June 28th – Tuesday, August 2nd.

Each camp session will focus on a different species of animal, plant, or environmental topic. We will be out on the summit trails on daily explorations to foster observation, inquiry, and sensory receptivity. We will research our discoveries with field guides, books, and internet. It is the bio-diversity and ecological richness of Mount A that is our inspiration for creative expression and academic endeavors. Campers will expand their discoveries and education with topic-related arts & crafts and outdoor games. At least 3 sessions include visits by animal ambassadors.

SESSION I – June 28th– 30th – “Bird Sleuth”* – Basic Birding for Kids; Bring binoculars if you have them.

SESSION II – July 5th– 7th – Stealth Predators – Raptors! They fly high, long and fast. We'll look closely at feathers, flight & ID.

SESSION III – July 12th – 14th – Mt. A's 4-legged Denizens: From Black Bears to Little Brown Bats – who doesn't love amazing mammals?

SESSION IV – July 19th – 21st – Our Family of Trees – Sometimes magical, sometimes mythical, always our partners. How they work, inspire, and provide.

SESSION V – July 26th – 28th – BUGS! – Insects & Arachnids: Flying Insects, Spiders, Bees, Beetles, Bugs, Ants and Worms – got a favorite?

SESSION VI – August 2nd – 4th – Slow & Steady – Mt Aggie's Resident, Endangered and Rare Turtles.

*Bird Sleuth is a Cornell Lab of Ornithology Program.
www.birdsleuth.org

WHAT TO WEAR/BRING:

Please have your child wear comfortable clothing (layers work well) and footwear geared towards hiking and playing outdoors in varied terrain and most weather conditions including light rain.

Please provide your child with a solid breakfast before arriving – we have a short snack time. They should also have a water bottle, healthy snack, sunburn and insect protection. For arts & crafts bring a smock or old shirt if you have one.

Please remember that the entire conservation area is managed by strict Carry In/Carry Out policy - pack it in, pack it out

REGISTRATION: June 1st through one week prior to camp start date

or until full

DATES: See dates above
 COST: \$100.00 per week, Resident
 \$110.00 per week, Non-resident
 LOCATION: Mt. Agamenticus Learning Lodge
 DAYS: Tuesday – Thursday
 TIMES: 9:00am – 12:00pm

ZENTANGLE DRAWING IS FUN!

Ages 7 – 9

Drawing is exciting and fun when you Zentangle! Creativity comes alive with this 2-day camp. If you get excited about art and can draw a circle or a line, you can Zentangle - no special skills are required. Zentangle is a surprise that unfolds before your very eyes! You'll have fun drawing crazy, abstract 'masterpieces' that you can create anytime, anywhere! A kit is included with all the materials needed for both days.

Joyce Amend is an artist/instructor residing on the Maine seacoast in York. She studied studio art at Wesleyan University, CT, where she earned her Master's Degree in Visual Art. She is the recipient of various grants awarded by the Connecticut Commission on the Arts, the State of Connecticut and the Hartford Education Foundation. She is a state certified art instructor in Maine and is currently engaged in presenting Zentangle Drawing Workshops for adults and children throughout the seacoast. She is also known for creating fine-craft works that have been exhibited in Portland, Ogunquit, Kennebunkport and York ME.

*Includes Kit in price

*Bring snacks and drinks everyday

INSTRUCTOR: Joyce Amend
 REGISTRATION: June 1st – July 13th
 STARTS: July 21st
 ENDS: July 21st
 COST: \$35.00 Resident / \$45.00 Non-resident
 LOCATION: VES Art Room
 DAYS: Thursday
 TIMES: 3:30pm – 5:00pm

The "NUBBLE"



LIBBY'S OCEANSIDE CAMP

(Directly On Ocean)

Norm Davidson, CPO

P.O. Box 40
 725 York Street (US Route 1A)
 York Harbor, ME 03911
 (207) 363-4171

Norm Davidson
 Family Owned
 Since 1923

HAPPENINGS

REDUCED PRICE TICKETS FOR AREA AMUSEMENTS

Available for purchase at the Parks and Recreation Office
200 US Rte. 1 South | Grant House | York, Maine | 207-363-1040



Funtown / Splashtown Combo Passes

These are ONE DAY passes and provide access to both Funtown AND Splashtown and all rides /slides. Passes are for anyone 48 inches and taller. Price is \$28.00 for a savings of \$9.00

Back by Popular Demand! Splashtown ONLY passes are a good option for that person that wants to wander around Funtown/Splashtown and not go on any rides but wants to cool off at the water park. Price is \$22.00 for a savings of \$5.00



Water Country

Water Country passes are ONE DAY passes for all slides and pools and are good for one person 48 inches or taller. Price is \$33.00 for a savings of \$7.00

Aquaboggan

This one day pass is good for all slides and pools only. Price is \$15.00 for a savings of \$5.00



New This Year! York's Wild Kingdom



This combo pass will be good for ONE DAY and includes all rides and zoo. Go-karts or animal rides are not included. Price is \$14.00 for a \$8.25 savings for adults and a \$3.25 savings for ages 4-12.

SPECIAL EVENTS

SOFTBALL TOURNAMENT YORK DAYS CO-ED

Dig out those bats and balls and spend the weekend at the York High School Softball field. This will be a double elimination tournament limited to 8 teams. Each team will have a maximum of 15 players, four of which must be female. ASA rules will govern all play. Trophies will be awarded to the 1st, 2nd, and 3rd place teams. So get your teams together and we'll see you Saturday, July 23rd.

REGISTRATION: Ongoing – July 10th

STARTS/ENDS: July 23rd

COST: \$150.00 per team

LOCATION: York High School Softball Field and
Village Elementary School Softball Field

DAYS: Saturday

TIMES: Games will begin at 8:00am

2016 ROAD RACES AND CHALLENGE EVENTS

Get out of the Rat Race and into a "Rec" Race!

Road Races can be a great way to get the whole family moving...we encourage runners and walkers alike to join us for one or all of our scheduled races this season. Each race offers its own unique flair, there's a course for everyone! For more information or to register for any of the races in this line-up please visit our website at www.yorkparksandrec.org.

York Hospital 5K Road & Cross Country Race

Enjoy this early summer, June 4th, run through scenic York Village and York Harbor. For more information or to register contact York Hospital's Fundraising Office at 351-2228 or www.yorkhospital5k.com

ANNUAL FOUR ON THE 4TH

Sponsored by the York Rotary Club, the USATF certified four-mile, chip timed, course has become one of the most popular races in the seacoast area. The scenic York beaches are surely an attraction along with free T-shirts to anyone registered before June 4th. The 4th of July is traditionally a family day and the "Four on the 4th" road race offers a festive family atmosphere to running families and spectators. Refreshments will be available following the race. Check-in and registration will open at the starting line at 6:00am at the York High School, Long Sands Road. The gun will fire at 8:00am. There will be a \$100 cash prize awarded to each of the overall male and female winners. Prizes also awarded to first, second and third place division winners. A Fun Run will immediately follow this run.

Applications or online registration is available at our website at www.yorkparksandrec.org

York Parks and Recreation Department 363-1040

Amidon
Family Dentistry LLC.

F. Neil Amidon D.M.D.
207-363-5242

775 US Route 1
Old Post Suites, Suite #1
York, Maine 03909

ANNUAL AMIDON FAMILY DENTISTRY YORK DAYS 5K ROAD RACE

The Parks and Recreation Department will once again sponsor this 5K York Days Road Race to be held Sunday, July 24th at 8:00am at York High School, Long Sands Road, York, ME. The race offers mile markers, water, professional chip timing, prizes, raffles, police and ambulance. Free T-shirts will be given to anyone registered by July 1st. This race will be immediately followed by a fun run. Kick off the week-long York Days Celebration with this scenic race. Proceeds from this race benefit York Parks and Recreation Department Youth Programs. This race is one of 8 races in this year's Seacoast Road Race Series. For more information on the series visit www.proportsmouth.org/seacoastseries.cfm Applications or online registration is available at our website at www.yorkparksandrec.org

COUCH TO YORK DAYS 5K

Whether you are a runner or not, it's NEVER too late to start. Today is the day to turn your life around, one step at a time. This beginner running program will give you the guidance, motivation and structure to get off your couch, get outside with your running sneakers and begin creating the new life and body you never thought imaginable. This 12 week, low-moderate level program is open to men and women looking to achieve some amazing goals while crossing the finish lines of road races, including our own York Days 5K. Registration fee includes training manual, coaching consultation, ONE coached run workout per week and entry fee for York Days 5K.

INSTRUCTOR: Sam Stephens (See Bio. in Bog Road Boot Camp)

REGISTRATION: Ongoing (even if you miss the start date, it's not too late to join)

STARTS: Wednesday, May 11th

ENDS: Sunday, July 24th (12 week program)

COST: \$135.00 Resident / \$145.00 Non-Resident

LOCATION: Bog Road Recreation Complex

DAYS: Wednesday

TIME: 6:00pm - 7:00pm

ANNUAL TURKEY TROT

The York Rotary Club has scheduled the Annual Turkey Trot for Saturday, November 26th at Village Elementary School. The Trot is a scenic 5K road race through York Village and York Harbor. The race offers mile markers, water, police traffic control, on course ambulance and professional timing. T-shirts will be given to the first 150 registrants. Race to benefit York Food Pantry, non-perishable donations accepted. Applications or online registration is available at our website at www.yorkparksandrec.org

WINTER BEAST

Saturday, February 4th, 2017

York Rotary Club's Inaugural, Mid-Winter Fundraising Event A Tough Mudder in Concept! But Freezing! Put on your best Sasquatch (Bigfoot – optional) and enter! There will be spectator participation along the course. Think of it as a gauntlet! The Winter Beast is a "Tough Mudder" type event (York Rotary Style), a brutal course to incorporate the York High School Cross Country course and Long Sands Beach. A Pentathlon of sorts.

Winter Beast course features multiple obstacles, sponsored by and/or constructed by participating local businesses, each offering varying degrees of challenges, all of which are effected by February weather. Cross Country running – through obstacle course, Long Jump – over mud pits, Ice / Snow obstacle climbing, Multiple age and skill levels – children's course, Team events, Snow sculpture contests (if snow), **Fun for the entire family!** For more information, to register, donate and for updates, Contact York Rotary Club: www.yorkmerotary.org

YORK BEACH CONCERT SERIES

SPONSORED BY ELLIS PARK

The Ellis Park Concert Series will once again take place at the gazebo most evenings, this summer. A complete schedule of concerts, including the York Days line-up, will be available on both the Town's and the Parks and Recreation Department's website at www.yorkparksandrec.org.

All performances are 7:00pm – 9:00pm unless noted otherwise.

Stay Connected with York Parks and Recreation through our monthly E-newsletter, Social Media and the Web!

Yorks Illustrated Monthly: Be sure to check our website each month for the most up to date issue of our newsletter, this is where we will post important information and new programs.

Web: www.yorkparksandrec.org

Facebook: www.facebook.com/yorkmaine

Twitter: www.twitter.com/yorkrecreation

Instagram: @yorkparksandrec



YORK DAYS 2016

Friday, July 22nd

Concert: Seacoast Wind Ensemble, 7:00pm at Ellis Park, York Beach

Saturday, July 23rd

York Days Softball Tournament

8:00am York High School and Village Elementary School

Concert TBA

7:00pm at Ellis Park, York Beach

Sunday, July 24th

Amidon Family Dentistry York Days 5K Road Race

8:00am York High School

Christmas in July, Lighting of the Nubble with the Seacoast Wind Ensemble, 8:00pm at Sohler Park
Concert TBA, 7:00pm at Ellis Park, York Beach

Monday, July 25th

New! York Harbor Music & Arts Camp, York Days Week,

Monday – Friday, July 25th– July 29th.

Contact York Art Association for details or to register (207) 364-4049

Concert TBA, 7:00pm at Ellis Park, York Beach

Tuesday, July 26th

Concert TBA, 6:00pm – 7:00pm, Ellis Parks, York Beach

Wednesday, July 27th

Outdoor Movie Night at Beach Ball Field, Time TBA

Concert: Elvis, 7:00pm, Ellis Park, York Beach

**Mark Your Calendar Now
For These
SUPER Events!**



Thursday, July 28th
Concert TBA, 7:00pm, Ellis Park, York Beach
Breast Cancer Walk for Hope Sponsored by York Hospital Breast Cancer Survivors.
Registration at York Beach Ball Park at 5:00pm, walk begins at 6:00pm.
\$15.00 entry fee

Friday, July 29th
Concert TBA, 7:00pm, Ellis Park, York Beach
York Lion's Club Annual Auction under the big tent. 5:00pm preview, 6:00pm auction at York Beach Ball Field

Saturday, July 30th
Craft Fair and Festival at York Beach Ball Field

10:00am – 5:00pm crafts, food, fun & family activities
Concert Chelmsford Community Band Jazz Ensemble
7:00pm, Ellis Park, York Beach

Sunday, July 31st

Craft Fair & Festival at York Beach Ball Field

10:00am – 5:00pm crafts, food, fun and family activities

Concert 60's Invasion Band, 7:00pm, Ellis Park, York Beach

9:00pm Fireworks – Short Sands Park

Sponsored by York Beach Fire Department

YORK PARKS AND RECREATION DEPARTMENT'S YORK DAYS ACTIVITIES 2016

CHRISTMAS IN JULY – Lighting of the Nubble

The Parks and Recreation Department will be sponsoring the 24th Annual Christmas in July celebration on Sunday, July 24th. Our summer residents and vacationers will have a chance to see the Nubble as it appears each year during the Christmas season. A spectacular view from Sohler Park features the keeper's house and tower entirely outlined in white lights. The Seacoast Wind Ensemble, beginning at 8:00pm, will provide entertainment.

YORK DAYS CRAFT FAIR

The York Days Craft Fair will be held Saturday and Sunday, July 30th and 31st from 10:00am to 5:00pm. We would like to welcome both artisans and shoppers to participate in the display of crafts and family activities. Food, face painting, sand art, jumpy houses, pottery, crafts, jewelry, paintings, dried flowers, and clothing are just a few of the attractions. Artisan applications are available at the Parks and Recreation Department.

YORK DAYS CO-ED SOFTBALL TOURNAMENT

Dig out those bats and balls and spend the weekend at the York High School and Village Elementary School softball fields. This will be a double elimination tournament limited to 8 teams. Each team will have a maximum of 15 players, four of which will be female. ASA rules will govern all play. Trophies will be awarded to the 1st, 2nd and 3rd place teams, so get your team together and we'll see you Saturday, July 23rd.

REGISTRATION: June 1st - Ongoing until full

REGISTRATION FEE: \$150.00 per team

Mail-in registration.

MOVIE NIGHT AT THE BALLFIELD

Join us under the stars at the York Beach Ballfield on Wednesday night, July 27th at 8:00pm for a double feature (Movie titles TBA). Grab your blankets & lawn chairs, pack a picnic basket and all the kids for this fun, family friendly community event.

York Parks and Recreation Department 363-1040

COMING THIS FALL

"A CHRISTMAS CAROL"

It is never too early to think about the holidays! Planning for this year's production of Dicken's "A Christmas Carol" is in full swing. Join Father Christmas, Tiny Tim, Bob Cratchit and all the ghosts for a fanciful good time filled with songs and dance. As always, this year's performance is scheduled for the Festival of Lights Weekend, December 5th and 6th. Be on the look-out for registration to open in mid-September with rehearsals to begin in early November.

BASKETBALL

Our youth basketball program involves nearly 500 children, volunteer coaches and officials in a fun-filled instructional setting every Saturday from November through Mid-February. All sessions take place either at Village Elementary School, York Middle School or Coastal Ridge Elementary School between 8:00am and 3:00pm, beginning in November (or December for the K & 1 participants). Games are played every hour on the hour and schedules will be available prior to the start of the season.

Our basketball programs, at all levels, are designed to emphasize individual skill development through fun-filled, healthy competition, and hard work. This includes, skills, drills, and games. Each week's skills and drills will be age appropriate and will serve as the building block for growth and development. Some small-sided (3 on 3) games will be played to promote spacing, extra touches, and an understanding of the game. Each week will be a balance of skills, drills and games play.

The following divisions will be offered:

BASKETBALL – Kindergarten and 1st Together

BASKETBALL LEAGUE – 2nd Grade Students

BASKETBALL LEAGUES – Grades 3 and 4

BASKETBALL LEAGUES – Grades 5 – 9

Be on the lookout this fall for more detailed information regarding each division along with registration deadline dates and program start dates.

REGISTRATION: Ongoing through early November

STARTS: November (grades 2-9) and December (grades k-1)

ENDS: February

COST: Varies, depending on division

DAYS: Saturday and some Sunday skill sessions for older divisions

TIMES: Weekly Rotating Schedule of 1 hour drills and games played between 9:00am and 3:00pm depending on number of teams

TRAVEL BASKETBALL

Boys and Girls in 5th and 6th Grade

Boys' Tryouts

Wednesday, October 19th - 5:00pm – 6:30 pm and Thursday, October 20th - 5:00pm – 6:30pm Location TBA

Girls' Tryouts

Wednesday, October 19th - 6:30pm – 8:00pm and Thursday, October 20th - 6:30pm – 8:00pm Location TBA

PRE-TRY-OUT SHOOT AROUND

Sunday, October 23rd

Anyone planning to try-out for the travel teams is invited to an open gym on Sunday, October 23rd from 5:00pm – 6:30pm at York Middle School. This will be a time for you to shoot around, work on your skills and ask any of our on-hand staff for help with your game.

Tryouts for the girls and boys 5th and 6th grade traveling basketball teams will be October 19th and 20th. Practices for this league will be held twice a week and the game schedule consists of approximately 12 games plus tournament play.

All students in grades 5 & 6 who are interested in playing in this competitive league are encouraged to try out!

Before you make the decision to tryout, please consider the following:

Unlike our Saturday basketball program, the travel teams consist of just 2 girls teams made up of 12 players maximum, and 2 boys' teams made up of 12 players maximum, therefore, please be aware that there will be cuts made. Be sure to talk to your child about this before the tryouts in order to avoid disappointment.

You must make all tryouts in order to be considered for the team. In the event that there are extenuating circumstances that we should know about, communication with our office must be made prior to the first try-out date.

This program will require travel to and from games. We will, once again, be participating in the Cape Elizabeth League. We will do our best to keep the distance to within an hour of York but in some cases the travel may be slightly longer than one hour.

This program is a large commitment of time. Practices and games begin by mid-November and the season runs through March.

If you have any questions about this program before making the decision to have your child tryout, please contact Robin Cogger or Ryan Avery at any time to discuss.

We are looking for several volunteers to help at the tryouts. If you are interested, please contact the office.

IMPORTANT! If you are planning to try-out, you must register to attend the try-outs **NO LATER THAN OCTOBER 14TH.**

REGISTRATION: Registration is required to let us know that your child is trying out – no fee required until after try outs – Registration deadline is October 14th

STARTS: End of October

ENDS: Mid to late March
Approximately 12 games plus tournament play

PRE-TRY-OUT SHOOT AROUND: Sunday, October 23rd (5:00pm YMS)

TRY-OUTS: October 19th and 20th (see times above – location TBA)

COST: \$85.00 due AFTER tryouts

LOCATION: TRYOUTS at York High School, October 19th and 20th Games According to Schedule – Travel Teams

DAYS: Varies according to schedule

TIMES: Varies according to schedule

NEW THIS YEAR! TOURNAMENT TRAVELERS

Boys and Girls in 3rd and 4th grade

We are excited to be able to offer this new program to any 3rd and 4th grade basketball player, enrolled in our 2016/2017 recreation league, who would like an opportunity to play in post-season basketball tournaments. All interested participants will be placed on a team(s) that will travel and participate in up to three post-season local tournaments. An emphasis will be placed on having fun with equitable court time for all players.

Be on the look-out toward the beginning of the recreation league season for more detailed information regarding Tournament Travelers!

BABY BOOMER FALL GOLF CLINIC

SEE DESCRIPTION, DATES AND TIMES UNDER ADULT PROGRAMS.

**Watch For
More Details
In Our Fall Brochure!**



HALLOWEEN WITH YORK PARKS AND RECREATION

**Costume Parade and
Halloween Hop**

Friday, October 28th

We are pleased once again to be planning a fun and frightful Halloween celebration so be sure to mark your calendar This event is funded through business sponsorships and is free to the public. We thank the community for their continued support. Be on the lookout for more detailed information in our fall brochure.

HAMMERHEAD WRESTLING CLUB

For Southern Maine, Based in York!

The Hammerhead Wrestling Club seeks to provide basic instruction and advanced training in folkstyle wrestling & in the Olympic styles of wrestling (freestyle and greco-roman). Wrestling basic skills (hand fighting, balance, agility, foot-speed) prepare athletes for success in any sport. The club uses a proprietary instructional and belt-level system, focused on skill attainment, academic success, respect, and perseverance and seeks to reinforce and support these themes directly into area middle school and high school wrestling programs. Club members are encouraged to compete when ready; competition is fostered through a detailed matrix of skill-appropriate competition events, including local beginner tournaments and culminating in regional, national, and international championships for motivated individuals. Open to wrestlers aged 6 - Adult; this program is held in conjunction with the York Parks and Recreation Department. Be on the lookout to register through the York Parks and Recreation Department in the fall. Each session is open to all area wrestlers regardless of town of residence and runs 8 weeks in the fall, winter, and spring. Check out www.hammerheadwrestling.com for more details or call Bryan Thompson at (207) 337-3959

JACKI'S DANCE AEROBIC PROGRAM

Adults

It's never too early to sign up and commit to a fitness program!! Fitness leader, Jacki Sorensen created her nationally recognized program of "serious fitness fun" over 30 years ago. This class appeals to women who want the benefits of regular exercise but also want to be motivated to stick with a program. The program combines the fun of dancing with the health benefits of a balanced workout. Each hour consists of stretching, strengthening, and easy to follow aerobic dance moves. Everyone participates at his or her own level. You get a great workout without ever knowing it!!! Classes will be offered Monday and Wednesday mornings from 8:00am – 9:00am, beginning September 12th, or Tuesday and Thursday evenings from 5:15pm – 6:15pm., beginning, September 13th, at the York Beach Fire Department. If you have any question as to whether this class is right for you, please feel free to try a class on us. We're sure you'll decide to join us.

REGISTRATION: Ongoing - September 12th

STARTS: Week of September 12th

ENDS: Week of November 14th

COST: \$90.00 Resident / \$100.00 Non-resident
\$10.00 Senior discount / \$130.00 Both programs

LOCATION: York Beach Fire Department

TIMES: 8:00am – 9:00am / 5:15pm – 6:15pm

DAYS: Mon/Wed or Tues/Thurs

KINDERGYM

Toddlers through age 3

Your child will love it, and so will you! We are looking for all children who are walking, through age 3, to bring their parents along to our Kindergym program! This is an opportunity for the parent and child to engage in activities geared toward coordination, mobility, and large motor skill development together. It will also be a great social atmosphere for children and parents alike! It will prove to be a wonderful bonding time for you and your child. We will take a short summer vacation and will resume Kindergym on Thursday, September 19th. We look forward to seeing you then.

REGISTRATION: Pay as you go
 STARTS: September 19th
 ENDS: Ongoing
 COST: \$5.00 per day per child or \$8.00 per family
 LOCATION: Our School Nursery School Activity Room at Landmark Hill, Rte. 1, Kittery
 DAYS: Mondays
 TIMES: 9:30am - 10:15am

SOCCER LEAGUE FOR 'LIL TIKES – FALL

Ages 3 and 4

This program is for children ages 3 and 4. This junior 6 on 6 soccer league will run for 4 weeks and will be offered as a basic introduction to the game of soccer. Games will be limited to 45 minutes and age appropriate skills and drills will be included, however, the main emphasis of this program will be to offer tons of fun for you and your child. Volunteer Coaches are the backbone of our programs. Your support is highly appreciated!!

REGISTRATION: Ongoing through September 9th
 STARTS: September 17th
 ENDS: October 8th
 COST: \$35.00 Resident / \$45.00 Non-resident
 LOCATION: Coastal Ridge Elementary School
 DAYS: Saturdays
 TIMES: Mornings depending on the number of teams

SOCCER CLUB – FALL

See write-up for York Soccer Club listed in youth programs which outlines evaluation dates and program information.

SWIMMING LESSONS AT THE ANCHORAGE INN

REGISTRATION DATE! THURSDAY, SEPTEMBER 29th

Registration can be done on line from the comfort of your home or office, or you can register at the office. No registrations will be taken over the phone the first day of registration.

Yorks Illustrated | Summer 2016

Through the generosity of the Anchorage Inn on Long Sands Beach in York, we are again able to offer swimming lessons this fall and winter. Thank you!! These Red Cross Certified swimming lessons will be geared toward Parent-tot and levels 1, 2, 3, 4 and stroke enhancement swimmers. Classes are held once a week, for an 8-week session on Monday, Tuesday or Wednesday afternoons for 45 minutes. These classes are limited and fill quickly, so don't hesitate to register. Please have your child ready to swim when you arrive. There is a small changing room for use after the class.

Children ages 5 and up are eligible to register for swimming levels. Children under age 5 must take parent-tot swimming lessons. Registrations will be taken at York Parks and Recreation Office, Route 1, Grant House/Goodrich Park, York, ME 03909 or on our website. Resident registrations may be done in person or on line on registration day. Telephone registrations will be accepted the day following registration day. Non-resident registrations will be accepted the following Mondays.

To insure maximum safety at all times, parents are asked to stay during swim lessons, so please plan accordingly.

Fall & Winter Schedule

Monday	3:45 Parent-tot 4:15 Level I & II 5:00 Level III
Tuesday	3:45 Level I & II 4:30 Level III 5:15 Level IV and stroke enhancement
Wednesday	3:45 Level I & II 4:30 Level I & II 5:15 Level IV and stroke enhancement

Fall and Winter Sessions

REGISTRATION: Fall Session Registration begins Thursday, September 29th
 Winter Session Registration begins Thursday, January 5th
 STARTS/ENDS: Fall Session Starts Week of October 17th, 2016
 Fall Session Ends Week of December 5th
 Winter Session Starts Week of January 23rd, 2017
 Winter Session Ends Week of March 20th (No classes February vacation)
 COST: \$50.00 Resident / \$60.00 Non-resident
 LOCATION: Anchorage Inn, Long Beach Avenue
 DAYS: Monday, Tuesday or Wednesday

TACKLE FOOTBALL

See write-up for York Youth Football listed in youth programs which outlines registration dates and program information.

WILDCAT FIELD HOCKEY – FALL

Grades 3 – 6

We will be offering a Monday afternoon field hockey program again this fall for students in the 3rd - 6th grade. This program has become very popular and is limited to 25 players, so don't hesitate in signing up. Along with the Monday clinics, games with surrounding towns will also be offered. Kennebunk, Wells and Saco have teams that we have played in the past and we've had a blast. These games are low key and are played as a part of the learning process. There will be lots of teaching, learning new skills and having a ton of fun. So don't forget... sign up now for this fall program. This program will run for 6 weeks. Shin guards, mouth guards, sticks and goggles are a must.

REGISTRATION: Ongoing – September 2nd

STARTS: September 12th

ENDS: October 17th

COST: \$50.00 Resident / \$55.00 Non-resident

LOCATION: Coastal Ridge Elementary School

DAYS: Mondays

TIMES: 3:00pm - 4:30pm



CITIZEN OF THE YEAR! NOMINATIONS WANTED!

Citizen of the Year Nomination – Sponsored by the Greater York Region Chamber of Commerce and the Festival of Lights Committee. Please help us recognize a deserving citizen who gives their time and talent for the benefit of our community by nominating them for Citizen of the Year. If you have nominated someone in the past - you may re-submit an application – each year many are nominated, but only one person is chosen annually.

The Process:

Selection: Five finalists voted on by Festival of Lights Committee – Final votes by the Chamber of Commerce Board of Directors. All decisions are final.

Criteria:

Volunteer efforts must benefit the town of York, Contributions to the town must be non-job related, Nominee does not have to be a resident of York, Chamber Board of Directors are not eligible. Deadline for nominations is September 6th. Winner will be announced by the Greater York Chamber of Commerce and will be the Grand Marshall at the Festival of Lights parade on Saturday, December 5th. Questions? Call Robin Cogger or Ryan Avery, Festival of Lights, Co-Chairs, at the York Parks and Recreation Department, 207-363-1040 or the Greater York Chamber of Commerce at 363-4422.

Applications can be downloaded on our website at www.yorkparksandrec.org or the Greater York Chamber of Commerce website at www.gatewaymaine.org. Applications will also be available to pick up at the York Town Hall, York Parks and Recreation Office and the Greater York Chamber of Commerce.

York Parks and Recreation Department 363-1040

CONTACTS FOR OTHER ORGANIZATIONS

York Little League:

Email: basehit@yorklitleleague.net

Website: www.yorklitleleague.net

York Youth Hockey:

Written Correspondence:

York Youth Hockey

PO Box 36, York, Maine 03909

Website: www.yorkhockey.com

York Youth Football:

Website: www.yorkyouthfootball.com

Written Correspondence:

PO Box 411, York, Maine 03909

York Soccer Club:

VP of Travel Soccer: Bob Schilling,
schilling@maine.rr.com





THANK YOU SPONSORS!

The York Parks and Recreation Department would like to thank all of you for your continued support throughout the years. The printing, publishing, and mailing of this brochure would not be possible without you, our sponsors. With your help, you have given us the latitude to print a quality brochure that you can be proud to advertise in. Additionally, the money raised each year helps to support the programs within this brochure. We would like to encourage the community to support these businesses with their patronage!

Abbott Bros., Inc.
(207) 363-3762

Agamenticus Plumbing
and Heating
(207) 216-3333

Amidon Family Dentistry
(207) 363-5242

Anchorage Inn
(207) 363-5112

Anthony's Food Shop
(207) 363-2322

Bob the Screenprinter
(207) 892-8220

Bullshirt, LLC
(207) 363-9363

Camp Eaton
(207) 363-3424

Caring Way, Inc.
(207) 363-3767

Clark & Howell, LLC
(207) 363-5208

Coastal Fitness
(207) 438-0888

Coastal Landscaping and
Garden Center
(207) 363-6202

Coastline Electric
(207) 451-8726

Estes Oil Burner Service, Inc.
(207) 363-4172

Family Ear, Nose & Throat, LLC
(207) 351-3525

Fox's Lobster House
(207) 363-2643

Graystone Builders, Inc.
(207) 363-6085

Graphiti
(207) 363-7999

Great Beginnings Nursery School
(207) 363-1313

Green With Envy Landscaping, LLC
(207) 363-8297

Hale's Landscaping, Inc.
(207) 361-2800

Katahdin Inn
(207) 363-1824

Kennebunk Savings Bank
(207) 985-4903

Lee Tree
(207) 363-2306

Leeward Landing Thrift Store
(207) 361-4085

Libby's Oceanside Camp
(207) 363-4171

Lobster Cove
(207) 351-1100

Maine Center for Elder Law, LLC
(207) 467-3301

Maine Lobster Outlet
(207) 363-9899

Mainly Grass Inc.
(207) 363-4724

Maximus Hobby Shop
(207) 351-1520

Norma's Restaurant
(207) 363-3233

Rhodes Plumbing and Heating
(207) 439-0334

Roche Locksmith, Inc.
(207) 363-4492

S&J Collision
(207) 363-7961

Sentry Hill at York Harbor
(207) 363-5116

Shoreline Construction
(207) 363-2972

Starkey Ford
(207) 363-2483

Stephen Carr Property Services
(207) 451-0156

Stonewall Kitchen
(207) 351-2712

The Central Restaurant & Bar
(207) 351-8363

The Goldenrod
(207) 363-2621

UpTime, LLC
(207) 351-1157

VFW Post 6977 Boardman-Ellis
(207) 363-9827

Village Laundry
(207) 363-1986

Village Scoop Ice Cream
(207) 363-0100

Wayside Trailer Park
(207) 363-3846

When Pigs Fly
(207) 439-3114

Wiggle Worms Pediatric PT. LLC
(207) 351-3078

York Community Service
Association
(207) 351-8234

York Harbor Marine Service
(207) 363-3602

York Hospital
(207) 363-4321

York House of Pizza
(207) 363-6171

York Insurance Agency, LLC
(207) 363-5024

York Maine Rotary Club
(207) 361-4552

York Police Department
(207) 363-4444

York Trolley Company LLC
(207) 363-9600

York's Wild Kingdom
(207) 363-4911