

Town of York

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Registration Information and Program Policies

Please pay close attention to the deadline dates as you review the programs! Each program session is considered a new class. All individuals must register for any sessions in which they wish to participate. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.

You may register online at www.yorkparksandrec.org or by calling the office. Office hours are between 8:30am and 4:30pm, Monday through Friday.

Online Registration Helpful Hints:

- When you are registering your child for a program and online registration will not allow you to select your child's name because they are ineligible by grade, you need to manually update their grade in your account. Ages automatically update but not grades. Try this:
  - Click on "Account" in the upper left-hand corner.
  - Click on the "Edit" button next to your child's name.
  - Select their current grade from the drop-down menu. Click "Save."
- If you forgot your Parks and Recreation account password, please do not create a new account. Instead:
  - Click on the "Login" button in the upper left-hand corner.
  - Click on the "Forgot Password" link.
  - Enter your email address and a new password will be emailed to you (Please note that you may change your password once you are logged in by clicking on "Account")
- Can't find the program you are looking for?
  - Visit www.yorkparksandrec.org and select the "Register Now" box in the main heading, a list of all current programs will appear.
  - Or go to the "Programs" drop down menu on the left.

Are you still having problems with online registration? If so, please call the office during normal business hours and we would be happy to assist you!

Refunds

We do not send or call with confirmations for our programs. Consider yourself or your children enrolled in the program of your choice when you complete your registration and payment. Your online registration receipt will show your program details.

We will notify you if the class has been filled, canceled, or changed. The York Parks and Recreation Department reserves the right to cancel or consolidate any program that does not meet minimum registration numbers.

If you need to withdraw from a program, you must notify us no less than one week prior to the first day of the program to receive a refund.

We do not issue refunds after the start of a program!

If the Parks and Recreation Department cancels the program, you will receive a full refund.

We would like all program participants to be advised that the York School Department has priority over all school facilities. This, on occasion, may cause recreation programs to be canceled. We will make every effort to avoid this, however, should it occur, we will do our best to notify program participants in advance. All canceled programs will be rescheduled if possible.

Non-residents are subject to an adjustment of fees.

All persons participating in Parks and Recreation Department sponsored programs and activities do so at their own risk and without recourse to the Town of York, its agents, officers, or employees.

Behavior & Conduct Policy

All participants in York Parks and Recreation Department programs are expected to behave in a respectful manner. We will not tolerate any hitting, name calling, foul language, destruction of property or any other behavior deemed inappropriate by the staff. In accordance with the severity and frequency of behavior, the Parks and Recreation Department reserves the right to dismiss participants from the program. No refund will be given.

WARNING

Dates in calendar are closer than they appear! Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates. www.yorkparksandrec.org.

Sportsmanship

The York Parks and Recreation Department sets high standards for good sportsmanship! We encourage fans, coaches and players to enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

ADA

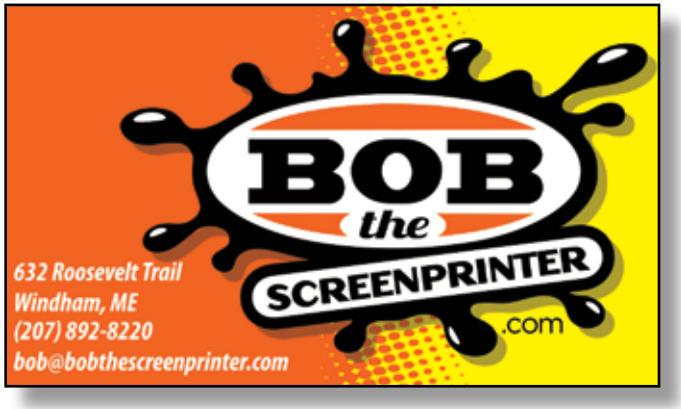
If you have a disability or injury and need additional accommodation to participate in any of our programs, please contact our office.

Pictures

We use pictures of adults and children who participate in our programs to be printed in our publications or posted on social media. Please notify us if you do not wish to have your picture published or posted.

Parking

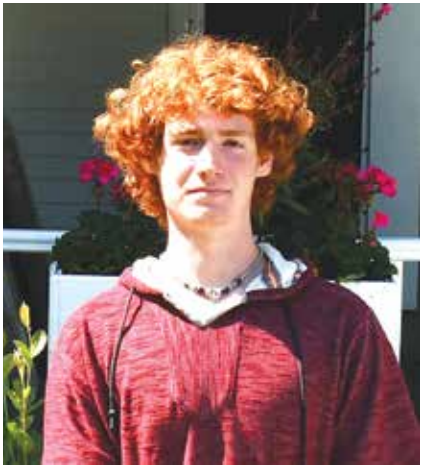
Parks and Recreation Department program participants are not exempt from Town of York parking regulations. When participating in our programs please pay close attention to permit and/or other meter requirements.





Scholarship Assistance

With the generous support of York Hospital, Optima Dermatology, and York Community Service Association, the York Parks and Recreation Department offers a scholarship program for children in need. These scholarships are available to serve our core programs and do not include special events. Families needing assistance should pick up a scholarship application at the Parks and Recreation office. Proof of residency is required at the time of application. All requests are confidential. No child in our community is ever turned away from participating in our core programs. Scholarship needs have increased in recent years. If you would like to help support our Scholarship efforts by contributing, please contact the office at 207-363-1040.



Mike Sullivan Scholarship

The Mike Sullivan Scholarship was established by the Parks and Recreation Staff, in honor of retired Parks and Recreation Director, Mike Sullivan. The scholarship is awarded annually to a York High School Senior who has shown promise as a young leader through their commitment to building community.

Eligible applicants are York High School Seniors, planning to continue their education, who demonstrate the qualities of good character, leadership, and service. Application information for any YHS Senior wishing to apply, can be found at the York High School Guidance Office.

We are pleased to announce the 2026 recipient, Callin Noonan, who is attending Bowdoin College. He is a surfer, a runner, and a volunteer at the Old York Historical Society. Congratulations Callin, we wish you every success and we know you'll represent yourself, your family, and the Town of York well!

Nubble Light / Sohier Park

Our community is proud to be home to one of the country's most iconic lighthouse parks. The Cape Neddick "Nubble" Lighthouse is not only one of Maine's most photographed landmarks, but also one of the state's premier tourist destinations, welcoming visitors from around the world each year.

NUBBLE LIGHT

As a treasured symbol of the Town of York, Sohier Park and Nubble Light play a vital role in preserving Maine's rich maritime heritage and the character of our coastal community. They serve as a place where residents and visitors alike can experience the natural beauty of our shoreline while appreciating the history and significance of this beloved landmark. Protecting and maintaining this historic site is essential to ensuring it can be enjoyed and appreciated for generations to come.

Under the guidance of the Sohier Park Committee, the Town of York Parks and Recreation Department oversees the daily maintenance and operation of the park. This work is made possible through the dedication of more than 40 volunteers and staff members who help keep Sohier Park and Nubble Light looking their best throughout the season.

The Welcome Center Gift Shop, located within the park, plays an important role in supporting these efforts. Every purchase directly benefits the preservation and upkeep of Sohier Park and Nubble Light. The Gift Shop is open daily from May 1 through mid-October, and we invite you to stop by, browse our unique selection of gifts, and help support one of York's most treasured landmarks.



The Nubble Lighthouse is always looking for new, passionate ambassadors for the season. You'd help take photos, answer questions, and meet people from all over the world! Volunteer for a few hours per a week, or more. If you are interested in becoming a Nubble Light ambassador or a gift shop volunteer, please reach out to Brian Ross at ross.brian.other@gmail.com.

Holiday Lights

We invite you to visit Sohier Park to view the Lighthouse, adorned in Holiday Lights, throughout the season, beginning Saturday, November 28th through February 1st. Lights will be on each evening from dusk until midnight and again the hour before sunrise.

Gift Shop & Restroom Hours of Operation

Restrooms: End of April-Late October (7 days per week)
7:00am-7:00pm
Gift Shop: May-Mid-October (7 days per week)
9:00am-7:00pm
Hours may be subject to change.

Online Giftshop

If you can't visit in person, check out our online store: www.nubblelightstore.com

Ongoing and stocked with one-of-a-kind items, ideal for holiday gift giving.

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

Nubble Raffles and Donations

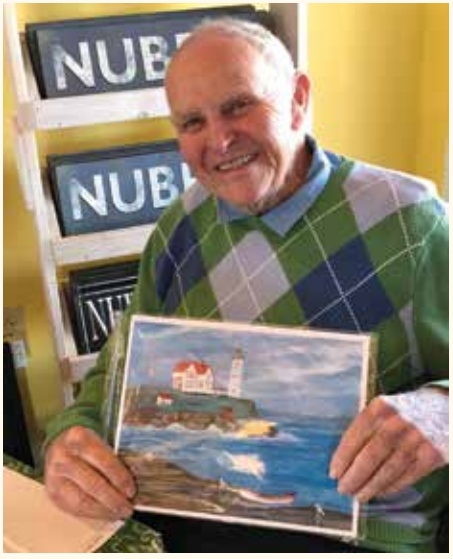
Visit the Nubble raffle tickets are available for $10.00 each. Tickets are sold 1,000 at a time and one lucky winner will be picked from each set of 1,000 tickets sold. Winners, and up to 5 friends, will enjoy 4 hours on the island with a complimentary lunch. We will work with you on a date that fits your schedule and that of our lightkeeper. All proceeds benefit the lighthouse, park, and gift shop.

Tickets must be purchased in person at either our Gift Shop (open from early May until mid-October) or at the Parks and Recreation office, year-round.

Donations may always be made at the Gift Shop or by sending a check to: Nubble Light, 186 York Street, York, ME 03909.

Nubble Light Auction

Do you want to support the Nubble Lighthouse and Sohier Park? Have you always wanted to visit the Nubble Lighthouse? **Coming Soon!** Parks and Recreation and the Sohier Park Committee will be running our first auction in support of these beloved landmarks. Follow us on Facebook, Instagram and at www.yorkparksandrec.org for auction dates. The auction is tentatively scheduled for September 2026.



In Memory of Bill Thomson

Bill Thomson was a historian, artist, and longtime volunteer at the Nubble. He spent his time giving voice to stories of the Nubble Lighthouse and the Maine coast through his many books and his time at Sohier Park. Many of our visitors got to know him as the guy who puts your name on the boat in the painting. He was generous with his spirit and his knowledge, welcoming visitors to the gift shop and answering all questions about the Nubble. For generations of visitors he came to represent the Nubble Lighthouse and what is special about it. For the Nubble community he was a light. He will be missed but remembered often for the positive impact he had on all who knew him.

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The Mount Agamenticus Conservation Region

encompasses more than 15,000 acres of protected land within the largest remaining stretch of coastal forest between Acadia National Park and New Jersey. This remarkable landscape is one of Maine's most biologically significant natural areas, providing habitat for an exceptional diversity of plants and wildlife, including many species found near the northern edge of their range. Vernal pools, rare plants, and unique wildlife make Mount Agamenticus an important place for conservation and ecological stewardship.

Known affectionately as "Mount A," the region is also one of Southern Maine's premier outdoor destinations. Visitors can explore miles of well-marked, carefully maintained trails designed for a variety of year-round activities on designated routes including hiking, mountain biking, all-terrain vehicle riding, snowshoeing, and Nordic skiing. A scenic summit park features sweeping views, an accessible trail, and one of the best locations in the region to observe the spectacular annual migration of raptors.

Protecting this extraordinary landscape is a collaborative effort. State agencies, municipalities, land trusts, and water districts work together through the Mount Agamenticus Steering Committee to conserve forests, protect wildlife habitat and water resources, and provide sustainable recreational opportunities. Committee members include the Towns of York and South Berwick, York Water District, Kittery Water District, Maine Department of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust.

Together, with the support of dedicated staff, seasonal crews, volunteers, donors, and community partners, we are ensuring that Mount Agamenticus remains a place where people can enjoy the outdoors while preserving the forests, wildlife, and natural resources that make this landscape so special for generations to come.

Discover. Reconnect. Protect.

Join a volunteer workday, attend a guided program, or become a Friend of Mount A and help care for this extraordinary landscape—for yourself, your community, and the wildlife that calls it home. Spend time exploring the Mount Agamenticus Conservation Region and strengthening connections with the outdoors. Here are some ways to experience Mount A through work and play!

StoryWalk® Year-Round

The StoryWalk® at Mount A includes reading stations placed along



the western side of Ring Trail. The featured story is generally seasonal in nature and is swapped out quarterly. Access the Ring Trail from the main Base parking area on Mountain Road. The story begins after the road crossing and continues along Ring Trail and up Witch Hazel trail to finish at the summit.

Summit Learning Lodge

The Learning Lodge is open on weekends from 12:00pm-4:00pm through October 18th, 2026, and closed through winter and spring. Opening day for the 2027 season will be Saturday, May 29th. The Learning Lodge is home to educational displays and hands-on activities as well as our gift shop. Any additional hours will be posted on our website.

Gift Shop

The Mount A gift shop is open during Learning Lodge hours. Stay tuned for holiday season "pop up" hours or contact the Conservation Office to schedule a special time to visit. All purchases made at the gift shop directly support the work at Mount A, from the upkeep of the trails and facilities to our educational outreach efforts in the Learning Lodge and beyond! In addition to locally designed and printed Mount A logo gear, we're also happy to support local artists as well as carry products made by companies that promote sustainable and environmentally friendly practices. Contact us with your ideas and thank you for helping us grow!

Groups

All organized groups and parties of ten or more people must fill out the online Group Registration form available at agamenticus.org under "Planning Your Visit." The Learning Lodge is available from May through October for school & camp group visits, and other pre-scheduled groups for educational programming. We'll work with you directly to customize your visit once we receive your form! Guided programming options are dependent on group size and staff availability.

Attend Guided Programs!

Mount Agamenticus to Highland Farm Preserve Hike

Sunday, November 15th - 9:00am- 2:00pm

Mount Agamenticus to the York River is a critical Maine natural area and home to a great diversity of plants and animals. To learn what makes this landscape so special, the public is invited on a free guided hike from the summit of Mt. Agamenticus to Highland Farm Preserve. York Land Trust has partnered with the Mount Agamenticus Conservation Program, York Water District, and Kittery Water District to offer this outing!

There is no minimum age requirement for this excursion, but prior hiking experience is highly recommended. This moderately difficult trek will be approximately five miles and cover a variety of terrain, including both uphill and downhill sections. Hikers should bring at least 2 liters of water, snacks, and lunch. Dress in layers and for protection from weather and insects. Hiking poles are recommended but not required. No dogs, please. Registration will be available through the York Land Trust.

We will meet at 9:00am at the Highland Farm Preserve parking lot. We will then shuttle to Mount A, and begin our hike from there. We expect to reach our cars at or before 2:00pm.

Supermoon Hike

Monday, November 23rd - 6:00pm-8:00pm
(Rain Date: November 24th)

Join us for a nighttime hike to the summit of First Hill ahead of the November supermoon's peak illumination. We will meet at the Base parking lot and hike west along Ring Trail to arrive at the Summit via Witch Hazel Trail. After enjoying tea or hot cocoa at the summit, we'll return via Witch Hazel and then continue east on Ring Trail back down to the parking area. If trail condition hinders the return hike, we will walk the summit road. Headlamps required; we have some spares. There is no minimum age requirement, but prior hiking experience is highly recommended. Moderate difficulty. Terrain varies from gentle slopes on dirt trails to rocky sections with short climbs or descents. Full distance is just over 2 miles.

$10 per person. Registration will be available at agamenticus.org.

Winter Solstice Sunrise Walk

Monday, December 21st - 6:30am-7:30am

We invite you to welcome the first sunrise of winter at the summit of Mount Agamenticus. We'll bundle up and observe the sleepy shrubland together with a quiet walk or snowshoe of our Big A trail. If you'd like, light a candle to close out the season and set an intention for a restful winter. Hot drinks provided. Limited to 15 participants.

$10 per person. Registration will be available at agamenticus.org.

Access Road gate will open at 6:00am. Plan to meet in front of the Summit Lodge.

Spring Equinox Sunrise Walk

Saturday, March 20th - 6:30m - 7:30am

Greet the new season at the summit of Mount Agamenticus with a peaceful walk of the Big A Trail and optional journaling practice. Hot drinks provided. Limited to 15 participants.

$10 per person. Registration available at agamenticus.org.

Access Road gate will open at 6:00am. Plan to meet in front of the Summit Lodge.

Volunteer Community Workdays

On Saturdays, 9:00am-12:00pm

Let's work together to take care of Mt. A! Help us wrap up the season with a Fall Community Workday! Spring dates will be posted on our website.

October 17th: Shrubland Management

The focus of the day will be to maintain management of the 15-acre shrubland habitat atop Mount A. Early successional forest in New England is decreasing and certain species, like migratory songbirds and the American Woodcock, need this habitat to thrive. Specific sections of the summit are cut on a five-year rotation. Volunteer work will involve hauling brush to various locations and stacking for wood chipping. Chips will be saved for future use as mulch in Mount A's plant beds.

Please bring work gloves, sturdy shoes, water bottles, and snacks. We provide tools and post-workday refreshments. To register for a workday, e-mail bjankowski@yorkmaine.org.

VOLUNTEERS NEEDED!

10th Annual Mount A Trail Challenge 5K/1 Mile

We'd love your help before or during the event.
Join our volunteer team and be part of this special community tradition. We could use help with setting up/breaking down, trail marshalling, water tables, and general race support.
For questions or to sign up please email rkerr@yorkmaine.org





More Ways to Get Involved

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 responsibility for its upkeep. Adopters assist the Conservation Crew by monitoring, maintaining, and enhancing trails and trailhead facilities. Once trained, Trail Adopters work at their own pace and on their own schedule with a minimum requirement of a trail visit once in the Spring, Summer & Fall.

Join the Friends of Mount A

The Friends of Mount Agamenticus, a non-profit volunteer group, are seeking engaged community members to help plan and advocate for the Mt. Agamenticus Conservation Program. Friends contribute by helping with the Summit View newsletter, special events, fundraising, and assist program staff in Learning Lodge activities.

To sign up for a program or workday, donate, or to learn more about the Mount Agamenticus Conservation Program please visit our website: www.agamenticus.org.
You can also connect with us on Facebook: @MountAgamenticus and Instagram: @mtagamenticus or contact the Conservation Office at (207) 361-1102.

Save the Date! Big A 50K Saturday, May 1st, 2027

Check website for updates, as date may be subject to change. Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. Full write up in Road Race Section of this catalog.

Center For Active Living

The Center for Active Living is located at 36 Main Street in York Beach and is operated 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, learn, recreate, and be well, through participation in activities and programs that are designed to enrich the mind, body, and soul. The Center is open Monday-Friday, 9:00am-4:00pm, except holidays.

The Center publishes The Scoop, a monthly newsletter and program guide. The Scoop is available for pick-up at the following locations: Center for Active Living, York Parks and Recreation office, York Town Hall, York Public Library, York Housing at Long Sands, Norma's Restaurant, Village Laundry, and the York Chamber of Commerce. You can also view it on the York Parks and Recreation website (www.yorkparksandrec.org/center-for-active-living/senior-programs/). To receive the monthly newsletter and periodic emails, you must register on an annual basis. Registration for 2026-2027 will begin in May 2026. Please, call the Center, 207-363-1036, or stop by Monday-Friday, 9:00am-4:00pm.

Most programs are open to all area residents with priority given to York Residents. A few programs, however, are reserved for York Residents only. There is an annual Non-Resident User Fee of $25 (year begins on July 1st and ends June 30th). Many programs, including meals, require pre-registration. Some programs are free while other programs have a fee. Program fees are payable at the time of registration. A few programs require a certain level of physical functioning, please check the syllabus attached to programs for level of walking difficulty. To register for programs, including meals, call the Center for Active Living at 207-363-1036, or stop by. Programs and activities may vary from month to month. Please check The Scoop for specific programs and details. We program according to the following areas:

- Board and Card Games
- Bus Trips
- Creative Arts
- Education
- Exercise and Wellness
- Lunch Program
- Nature and Outdoor Recreation
- Special Events
- Sport & Leisure
- Other Programs & Meetings



We welcome programming ideas from participants and potential participants. It is our goal to accommodate everyone 50+ years of age who would like to participate. If you have a special need, please let us know and we will do our best to accommodate you. Programs are subject to minimum and maximum participation numbers based on several factors. Please, register early to avoid disappointment with a cancellation or waitlist. Additionally, if you are a York resident, scholarship opportunities are available.

Please see The Scoop each month for pricing and registration information or call the Center office at 207-363-1036.



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BOARD & CARD GAMES

Most board and card games are drop-in, self-directed programs, no registration necessary and no cost to participate. Players of all levels are welcome. In addition to the programs and the times listed below, you are welcome to come in with friends or meet them here during our regular hours to play a board or card game of your choosing, based on the space available. Please note that days and times are subject to change, consider checking with the Center or The Scoop to confirm.

Bridge
Tuesdays & Thursdays, 1:00pm-4:00pm
Cribbage
Tuesdays & Thursdays, 10:00am-12:00pm
Dominoes/Mexican Train
Wednesdays, 1:00pm-4:00pm
Hand and Foot
Tuesdays, 1:00pm-4:00pm
Mahjong American/Taiwan
Thursdays & Fridays, 1:00pm-4:00pm
Mahjong Lessons by Appointment
Mondays & Thursdays, 1:00pm
Poker
Mondays, Wednesdays, Fridays 12:00pm-4:00pm

CREATIVE ARTS PROGRAMS

Instructed Craft Classes

Each month the center offers a variety of instructed craft classes taught by staff, volunteers and craft professionals. These are group classes with a variety of skills and techniques to try out. We're always looking for new ideas to introduce to our enthusiastic crafters.

Crafters Gathering

Tuesdays, 1:00pm-3:30pm
Do you knit, crochet, or do other needlework? Love to scrapbook? Maybe you make cards or jewelry. Are you tired of crafting at home alone? Whatever you enjoy doing, you are invited to pack it up and bring it to the Center on Tuesday afternoons for a gathering of similar minded, craft-loving adults. This is also an opportunity to socialize, share ideas, and learn a new craft from an experienced crafter.
Drop-In Program – Free of Charge

EXERCISE AND WELLNESS PROGRAMS

First class is always FREE!
Check out the class to make sure it is what you were looking for. Registration is done at the Center for Active Living - payment by check or credit/debit card.

Punch cards may be purchased for 5 or 8 classes at a time and used for any of the 4 classes:
Balance Fun & Workouts, Line Dancing, Shake it Up, and/or **Chair Yoga** - $5.00 per class.
Purchase the $25 Card for 5 classes or the $40 Card for 8 classes.

ALL INSTRUCTOR-LED CLASSES REQUIRE A PUNCH CARD. PLEASE PURCHASE YOUR PUNCH CARDS AT CAL BEFORE ATTENDING CLASS.

Balance and Fun Workouts

Instructor: Jonna Dijkstra, ACE Certified Personal Trainer, and Senior Fitness Consultant
Tuesdays & Thursdays, 10:00am-11:00am
Jonna Dijkstra, offers exercise programs designed to promote health and wellness. Jonna offers modifications during the program to match your ability. We use hand weights and bodyweight exercises to get you moving and connecting with your body. During class Jonna offers tips and suggestions about balance, nutrition and lifestyle changes to maintain better health. All abilities are welcome!





Chair Yoga

Instructor: Maria Lovo/Trina Moskal/Nancy Landay
Mondays, 8:45am-9:45am
Chair Yoga is a safe and effective way for older adults to improve overall health by building strength, balance and flexibility, through low impact movements and stretching.

Exercise by Video

Mondays - 10:00am-10:45am
Wednesdays & Fridays - 9:00am-9:45am
Join in a self-directed, video-led program. Come ready to move with others and follow along with the video. Appropriate dress and footwear are recommended. Drop-In Program – Free of Charge

Jacki's Dance Aerobic Program

Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy to follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes a balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about whether this class is right for you, please try a class on us. We're sure you will want to join in!

Fall Schedule: September 14th-December 3rd

REGISTRATION:	Fall Series Starts August 28th (Check with CAL for Winter Series in November)
LOCATION:	York Beach Fire Department
DAYS/TIMES:	Morning Session: Mon/Wed: 8:00am–9:00am Evening Session: Tues/Thurs: 5:15pm–6:15pm
COST:	$100.00 or $150.00 for both morning and evening sessions (Non-Residents pay an annual CAL membership fee of $25 upon registration)



Line Dancing

Instructor: Diane Anderson
Wednesdays, 10:00am-11:00am and/or Fridays, 9:30am-10:30am
Diane Anderson teaches a choreographed routine with a repeated sequence of steps. A low impact, fun exercise for the mind as well as the body. Dances to popular music include waltz, fox trot, jitterbug, mambo, and rumba. All easy movements to work our muscles, joints, balance and memory. No partner necessary!

Shake It Up

Instructor: Rhonda DiCarlo
Tuesdays, 9:00am-10:00am / Thursdays 9:00am-10:00am
'Shake It Up' is a lively and active dance class disguised as an exercise class! This fun-filled class, instructed by Rhonda DiCarlo is full of workout moves with a strong focus on dancing. Class begins with a warmup and ends with a cool down, with strategic stretching in different dance routines. The routines are easy to follow for all fitness levels, with an upbeat mixture of American, Latin and International music.

Tai Chi

Thursdays, 10:00am-11:00am
Drop-In Program
This is an ancient Chinese exercise that is beneficial for balance, memory, and meditation. The class is volunteer instructed and sometimes the group does the program in conjunction with a video. Wear comfortable clothes. Drop-In Program – Free of Charge

EDUCATION PROGRAMS

Each month we provide education programs covering a variety of topics including community agencies, elder law, local history, nature, travel, hobbies, and wellness. All education programs are free, have limited number of spaces, and require advanced registration. Check The Scoop monthly, for up-to-date education program information.
All education programs are conducted at the Center for Active Living, 36 Main St., York.

AARP Driver Safety Course - November/June

We offer the Driver Safety Course twice a year in the winter and early spring at the Center. Learn up-to-date driving laws and other pertinent information. You may be eligible for a discount on insurance after taking this class. Check with your insurance company to see if you qualify.

AARP CARFIT Course - November/June

AARP Volunteers will work one-on-one with each registered participant to go over a 12-point checklist of important individual vehicle settings. CARFIT is a new program that covers safety factors and comfort points so that you are better equipped to be a safe driver. 15-Minute appointment spot per participant.




FAMILY FEUD





Tech Help-Monthly

If you need help with your smart phone, tablet, laptop, or other device, or want to learn how to use Zoom, we have volunteers ready and willing to assist you. Call the Center to reserve your spot.

Peace of Mind

Once a month, Janie Sweeney, Family Service Manager for the York Community Service Association (YCSA) is available at the Center to meet with you privately. Come in to discuss concerns or needs that you have about aging in place for yourself or a family member/ significant other. Janie can help you with immediate needs such as grocery shopping, food pantry, financial assistance for home repairs, emergency funds for utilities and medical expenses as well as providing case management and planning for the future. **Please make an appointment in advance through the Center for Active Living (207-363-1036) or call Janie at YCSA, 207-363-5504, ext. 2.** If you are unable to make an appointment during the time Janie is at the Center, please call and we will try to make other arrangements for you to meet with Janie. See The Scoop each month or call the Center, to find out Janie's schedule for the month. All meetings are confidential.

MEAL PROGRAMS

Basic Information

Meals are homemade on-site by our Chef, Sean Carey.
Lunch is available Tuesday through Friday.
Limited number of pick-ups and deliveries are available Tuesday-Friday for individuals who, due to medical/health or mobility conditions, are unable to dine-in at the Center.

For Dine-In: Please arrive by 11:30am.
For Pick-up Tuesday-Friday: Please arrive after 12:20pm for lunch pick-up. We ask that you park your car and enter the building. Check in with the front desk volunteer to request your preordered lunch pick-up.



Reservations are required. Please make your reservation no later than the Friday prior to the week you desire a meal. If reservations have reached capacity, feel free to call back at a later time to see if anyone has cancelled and if there is a meal available.

Cost: $7.00 per meal per individual except when we're offering a special meal, which may be higher (e.g., lobster roll meal).

Meal cancellation or no show: If you need to cancel a meal, please contact the center at least two days in advance to obtain a credit. For dine-in meals, if you are not here before noon, your meal may be given away. For pick-up meals, if you are going to be later than 12:45pm please call to let us know so we save your meal.

Café

Monday-Friday, 9:00am-11:00am
Start your day off by coming to the Dining Room at the Center for coffee, tea, hot cocoa, homemade muffins, and other breakfast items for free! This is a great way to meet people and socialize. No reservation needed, just stop by, and enjoy the treats!

Muffins

Muffins are available Tuesday through Friday; see calendar for muffin of the day
Pre-orders are required: Please place your order no later than the Friday prior to the week you desire the muffins.
Pick-Up: Muffins may be picked up between 10:00am-3:30pm.
Cost: 5 muffins for $2.50; 10 muffins for $5.00

NATURE AND OUTDOOR PROGRAMS

Nature Walks at Mount Agamenticus and Education Classes with Naomi, Mount A Education Coordinator

Fall/Winter
Throughout the year, we invite older adults to take part in nature walks at Mt. Agamenticus. These walks will focus on the seasonal surroundings at Mount A. This is a great opportunity to enjoy the outdoors with other people and learn a bit about our natural environment. For the most part, the walks are on the universal access trail, which has benches and is a hard surface.

White Pine Programs

In collaboration with White Pine and their staff we offer monthly programs year-round. The programs range from Tree ID, Fire Starting, Bird Watching, Poetry in Nature to Orienteering, Hiking, Plant ID and Nature Hikes/Walks.

SPECIAL EVENTS

Entertainment Fall/Winter

Throughout the year, we offer special events that may include themed dances, pot-luck dinners, magic shows, and live musical entertainment. Keep an eye on The Scoop and York Parks and Recreation website for upcoming special events.

Festival of Frights

Friday, October 23rd – 4:00pm-7:00pm

CAL loves being part of the Festival of Frights event with York Parks & Recreation! The event will consist of a Halloween costume parade that begins at Short Sands basketball courts at 4:30pm and finishes at the Center for Active Living, 36 Main Street. Following the parade portion of the event there will be a "Trunk or Treat" for all participants to get some candy and treats and a "Spooky Walk" through the Center for Active Living. Get those costumes ready and join us for a night of fun.

CAL's Annual Holiday Craft Fair

Friday & Saturday, November 20th & 21st - 9:00am-3:00pm

One of CAL's most popular and well-attended annual events. The Holiday Craft Fair has something for everyone with their extensive variety of offerings including Made in Maine crafts and gifts, Attic Treasures, Jewelry, Raffle Baskets, Home Baked Goods, Holiday Décor and the Luncheon Café. Don't miss this opportunity to get a jump on holiday shopping and to visit with old and new friends!

Holiday Party Hosted by the CAL Social Committee

December 2026

CAL hosts a holiday party with great food, festive games, and seasonal music. There will be raffles, a Yankee swap, a sing-along, and themed bingo. Santa will also make an appearance.

Late Night at the Center - Fall/Winter

Late Night is a great opportunity to come to CAL and hang out with friends to play cards, board games and Wii bowling or work on puzzles and crafts. Come and socialize over a light supper of pizza or sandwiches during the evening or eat before you join in for game time.

Social Club/Fair Monthly Meetings

Come one, come all. We will talk about new program ideas, activities, and plan special events for the Center. We welcome your input and fresh ideas. Sub committees are forming and there's room for everyone that wants to be involved.

CAL Game Shows

Each month the CAL staff designs a special Game Show event for members. CAL members join in the fun as the audience and contestants, winning small prizes and partaking in the zany antics of each show.

Winter Vacation Camp

January 2027

Back by popular demand. We will be offering camp Monday-Friday, from 8:00am-12:00pm. Camp includes local trips, tours, and exploration of the area. Activities such as crafts, movies, games, will abound. Snacks and lunch are served daily. Come have fun with your CAL Counselors and make friends and memories.

SPORT

Candlepin Bowling

Monthly, 2:00pm-4:00pm at Bowl-A-Rama in Portsmouth, NH

Transportation is on your own. Join in once a month for a fun afternoon of bowling. Cost: $14.00 (bowling and bowling shoes) plus any food or beverage you choose to purchase. Consult The Scoop for each month's date.





TRIPS & EXCURSIONS

TRIP REGISTRATION POLICIES
& PROCEDURES FOR THE LOTTERY SYSTEM

Sign up for trips by adding your name to the TRIP CLIPBOARDS located at the front desk at CAL, 7-10 days prior to registration day. Be sure to add your name and your travel buddy's name (York resident) on the same line so that we know you want to be together on your chosen trips. Trip Clipboards will be available until the Friday before registration week. This will allow ample time to draw names using the Lottery System and to let you know which trips you are signed up for. A new drawing will take place for each trip using this procedure, mixing up the order of registrants and giving everyone a fair chance to participate. This new method of signing up will only pertain to our bus trips. Special events and other programs will continue to be on the monthly registration form.

- You may register for yourself and your spouse, and/or travel buddy (York resident) and payment is required at time of registration.
- When a trip reaches the limited number of participants, we will initiate a waitlist. We will contact you if we have an opening, at which time you will have the option of joining the trip and full payment will be required to secure your spot.
- If CAL needs to cancel a trip (due to weather, etc.) and we are unable to reschedule, you'll receive a User Credit for the full amount.
- If you need to cancel a trip you will receive a User Credit if we are able to fill your spot. There will be no credit issued if the spot is not filled.
- Our bus does not have restroom facilities. We plan a rest stop on longer trips whenever possible.
- Trip reminder calls are made 1-2 days in advance of trip to confirm times. Please be on time so that we can keep on schedule.

Here is a sampling of the trips offered:

- Restaurants each month for Breakfast, Lunch and Dinner
- Museums
- Sporting Events
- Concerts
- Seasonal Destinations
- Theatre
- Tours
- Shopping
- Casinos

Guided Bus Tours

We not only schedule day trips, but we also offer extended trips. We are currently working with Diamond Tours, Collette Tours and The Best of Times Travel. Check with our staff for details or The Scoop for more information on upcoming extended trips.

ROCHE
LOCKSMITH
SERVICES
11 Main Street • P.O. Box 1091
York Beach, ME
(207) 363-4492
Wells, ME: (207) 646-9500
Fax: (207) 363-8410

AGAMENTICUS
PLUMBING
SERVICE • REMODELS • NEW CONSTRUCTION
207-216-3333

Moody's
CO-WORKER OWNED
ESOP
www.moodyscollision.com
Phone: (207) 363-7961
Fax: (207) 363-6076
336 US Route 1
York, Maine 03909
A Collision Repair Company

OTHER PROGRAMS

AARP Tax Aide

February – April

This is a program of the AARP Foundation that provides free filing of state and federal tax returns by trained volunteers. To participate in this program, you must make an appointment. The Center for Active Living will begin taking appointments in mid-January. Keep your eyes on The Scoop in January for details. Cost: Free.

CAL's Book Club

Each month a different title will be read and discussed. Books will be available on loan from the York Public Library and will be picked up from and returned to the Center. Books are available in regular or large print. Cost is free but advanced registration required. Check The Scoop or give us a call to learn what our next read will be.

Sing-Alongs with Art

Join Art Jacobs at the Center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to hits of all decades. We provide a printed songbook so that you can sing along to all the tunes.

Bingo For Fun

Every Other Friday, 1:00pm-3:00pm

We play for candy bars with special Bingo themed prizes once each month. Consider joining us for lunch before BINGO. Cost: Free (Lunch cost $7.00)

Movie Mondays

Join other movie enthusiasts for our monthly Monday Movie Day. The Center provides the theater and snacks for your viewing pleasure.

CAL Gals Club

Ladies of CAL provide a safe and non-judgmental environment to promote friendship and camaraderie while sharing information and reducing isolation. We'll engage in meaningful conversations while addressing concerns related to aging and life's challenges, offering tools and resources to better understand our journey. We'll add in some enrichment/social activities too!

CAL's Karaoke

If you love to sing this is the program for you! We have all the equipment you just need to bring your voice and your stage persona to CAL's Karaoke Day. Come and sing your heart out! Check the Scoop for dates and times monthly.

Ukulele Group

All levels welcome! Shea Ellis from Mountain Road Music joins us twice a month for guided instruction and on other Thursdays the group practices on their own at home or at CAL. Bring your own ukulele to class or borrow one from the York Library with your library card. We'll provide music sheets and encouragement! Cost: $10.00 per month.



CAL's Adventure Club

The perfect club for active and agile older adults looking for adventure! Enjoy hiking, snow tubing, ax throwing and more!



Haircuts with Susan

Haircuts and other trims (eyebrows and beards) are offered by Susan once a month on the 4th Thursday. Pay Susan directly ($15) by cash or check at the time of service. Call or drop-in to check on availability at the front desk.

Taddei Talks

Join Officer Mike Taddei and YPD's comfort dog Major each month for open discussions spanning a variety of topics. Officer Mike often invites guest speakers from local agencies to provide information that is relative to older adults in our community.

Blood Pressure & Glucose Screening

The York Beach Fire Department offers a FREE Blood Pressure and Glucose Clinic once a month at the Center. This is a drop-in clinic with no appointments necessary. Usually, the second Monday of the month from 2:00pm-2:30pm. Check the monthly calendar or call the center to check if the clinic will take place.

Foot Clinic with Cornerstone VNA of Rochester

A Registered Footcare Nurse provides expert nail clipping while examining feet to keep ahead of any health issues that may be brewing. This service is offered every other month on select Mondays from 9:00am-11:00am. You can make an appointment by calling CAL or drop in at the Front Desk at CAL to make your appointment. Please bring your own lotion and towel to your appointment.

Cost is $35.00 Payable in cash or check made out to Cornerstone VNA

CAL's Vintage & Vinyl Café

Bring your vintage items and vinyl records to share with this nostalgic group. Join in the fun of jack"remembering when" with music and vintage items that CAL members grew up with. We listen to everything from jazz to rock 'n roll and anything in between. Be ready for a spontaneous dance party mixed with a lot of reminiscing! Check the monthly activity calendar for the next date for the Vinyl Café.

Exploring with Art Travel Adventures - Fall/Winter

Join Art Jacobs for a day of adventure exploring a variety of small New England towns. Learn about history and culture and explore thrift shops, galleries and have lunch at a local watering hole.

Seacoast Wheelers - Fall/Spring/Summer

Sign up and feel the freedom & joy of riding a bike around the beach with the WHEELERS.
Everyone is invited to sign up and take a ride on the outdoor adapted bicycle!



Town Manager, Peter Joseph presents to Carollyn Anderson

BOSTON POST CANE

Under the direction of the Board of Selectmen, the Senior Citizen Advisory Board, on a yearly/or determined basis, will identify and honor the recipient of the Boston Post Cane.

The Boston Post Cane was established as a New England tradition that began in 1909. The Boston Post Cane was created by the Boston Post Newspaper as a feature for towns to identify and honor their oldest resident, in a bid to increase readership. York was one of approximately 700 towns to receive a cane, made of ebony and topped with a 14-karat gold knob engraved with the town's name. Enclosed in a glass case, York's cane will be on permanent display at the York Public Library and the honorees will be given a framed certificate to commemorate the day they were named as the cane's recipient.

The Senior Citizen Advisory Board is seeking the community's help in identifying the oldest resident of the Town of York for this honor, through a nomination process. The nominee must live, or have lived, in the Town of York for at least 1 year, prior to being eligible. Final determination is conducted on a case-by-case basis and any other extenuating circumstances. All honorees identified in the community will be honored during a yearly event. The committee will be accepting submissions for new recipients of this honor, throughout the year.

To nominate a resident to be considered for this honor, please submit a completed nomination form. Forms may be found on the town's website, www.yorkmaine.org. If preferred, hard copy nomination forms can be made available by contacting Senior Citizen Advisory Board Chair, Deborah Meyers, djmeyers6666@yahoo.com or by calling Diana at the Town Manager's Office, 207-363-1000.

Non-Profit Community Partners



BRIXHAM MONTESSORI FRIENDS SCHOOL

NEASC ACCREDITED

AMERICAN MONTESSORI SOCIETY
Accredited Member School

To honor each child's individuality, creativity, and intellectual potential through an enriched Montessori educational program.

18 BRICKYARD COURT
YORK, MAINE
Established in 2000

Celebrating 40 years of conservation success!

CONSERVE
CARE
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EIGHT PUBLIC PRESERVES

COMMUNITY EVENTS

NATURE-BASED PROGRAMS

LAND PROTECTION AND STEWARDSHIP

VOLUNTEERING

207-363-7400
yorklandtrust.org

YORK LAND TRUST



VISIT OUR NATURE CENTER & CAMPUS



OPEN 10AM - 4PM | THURSDAY - SUNDAY

Our Nature Center & Ambassador Village are open for self-guided visits or private tours! Visit our live animals, explore our forest trails, & connect with the natural world!

Located at 375 Mountain Rd. (½ mile from Mount A)
~ Learn more: www.TheCenterForWildlife.org ~

68 YEARS OF COMMUNITY CREATIVITY

YORK ART ASSOCIATION

Fall 2026
New Beginnings

Celebrating The Arts in our newly renovated and rejuventated space

Our future is bright thanks to the many individuals, businesses and granting agencies that made the renovation of our building possible

YORK ART
yorkart.org

394 York Steet / York Harbor / Maine

Family Service Program and General Assistance for The Town of York
Janie Sweeney, Manager
jsweeney@ycsame.org
Hours: 9:00AM – 5:00PM, Monday – Friday
207-363-5504

Food Services
Maureen Monsen, Manager
mmonsen@ycsame.org
The Market
Hours: 10:00AM– 1:00PM, Wednesday & Thursday

Donation Hours: Wednesday & Thursday
8:00AM – 11:00AM, or by appointment
207-363-5504

Community Suppers
First Parish Church
1st & 4th Tuesday evenings, 4:00PM – 5:30PM

For More Information Please Contact:
Michelle Surdoval, Executive Director
msurdoval@ycsame.org
207-363-5504

YCSA neighbors helping neighbors
YORK COMMUNITY SERVICE ASSOCIATION
a non-profit supporting our community

WE ARE KEEPING IT LOCAL!!

"Thank you for helping us help our neighbors."

Together, we are making a difference.

YCSA is a 501c3 serving the needs of low income York residents

YSCA Mission
To partner with York residents who are in need of support, services, and referrals during a difficult time in their lives with the help of our staff, volunteers and our community.

YCSA Thrift Store
Helps provide funds to support our Family Services and Food Services Program

Thrift Store
Donald Martin, Manager
dmartin@ycsame.org
Thrift Store Hours:
10:00AM – 5:00PM, Monday – Saturday
12:00PM – 5:00PM, Sunday
Donations accepted during business hours.
207-363-5504

YCSA Ride
Coming Soon

www.ycsame.org

Mailing: PO Box 189, York, ME 03909
Physical Location: 855 US Route 1, York 03909

BASEBALL **YORK** SOFTBALL

LITTLE LEAGUE

Opportunities to play in Fall, Winter, Spring & Summer

T-Ball, AA, AAA, Majors & Babe Ruth



From Clinics to Learning Leagues to All-Stars,
our goal is to foster a love of baseball and softball,
while building community.
We'd love for you to join the York Little League Family!

To learn more and register for current opportunities:
yorklittleleague.net

2025 11U & 12U BASEBALL DISTRICT 4 CHAMPIONS

Get Your 2026 Wildcat Card
& SAVE 10% ALL YEAR AT THESE LOCAL BUSINESSES

100% of proceeds support teen alcohol and drug abuse prevention

Anthony's Food Shop · Wild Willy's Burgers · Woody's Brick Oven Pizza · Green Leaves · Waves · Bagel Basket · fat Tomato Grill · The Rough · The Booktenders · Ruby's · Norma's Restaurant · A Welcome Haven · Rick's Blue Jay Cafe York, Maine · Cape Neddick Lobster Pound · Bamboo Garden · Thai For You · Goldberg Transportation

BUY YOUR $20 CARD AT

- York High School
- York Middle School
- York Town Hall
- The Booktenders
- Norma's
- Yummies
- Cuts on 1
- Lost and Found Antiques
- Center for Active Living

YORK WISE



Time of Wonder

Early Learning Center

Nurturing hearts & minds

exceptional early education, year round

Timeofwonder.org | 207.994.4990
407 York Street, York Harbor Maine



YORK HOUSING
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YORK, MAINE 03909
207-363-8444

WAITLISTS ARE OPEN FOR 62+ & WORKFORCE COMMUNTIES

SCAN THE QR CODE FOR DETAILS!

York Education Foundation raises funds to award grants for innovative and challenging programs in the York Public Schools.

We strive to enhance and broaden community support for public education.

YEF YORK EDUCATION FOUNDATION

yorkeducationfoundation

York Education Foundation

YORKEDUCATIONFOUNDATION.ORG

Adult Year-Round Programs

Punch Card System

Punch Cards are available for: 5-Punch - $20.00/20-Punch - $80.00/ Full Season Pass - $200.00
Season Pass is good for 1 year of unlimited use.
5 and 20 Punch cards have no expiration date.

Punch Cards may be used for any punch card required Parks & Recreation programming such as Volleyball, Pickleball, and Adult Basketball.

Pick-Up Basketball - Adult

Whether you're looking to get active, improve your skills, or just have some fun with friends, our **Adult Pickup Basketball Program** is the perfect way to hit the court. Open to players of all skill levels, this program is about enjoying the game in a relaxed, friendly environment while getting a good workout. No commitments, no pressure, just hoops and good times.

REGISTRATION:	Drop In with Punch Card
PUNCH CARD:	5 Punch: $20.00 / 20 Punch: $80.00 / Full Season Pass: $200.00
AGES:	18+
STARTS:	Ongoing
LOCATION:	York Middle School Gymnasium
DAY:	Tuesdays & Thursdays
TIME:	8:00pm-10:00pm **Schedule subject to change during the Winter Sports Season**

Volleyball - Adult - All Levels

Our **Adult Volleyball Program for all levels** is the perfect place to get started! Whether you've never played before or are looking to refresh your skills, this fun, supportive, and low-pressure environment is for you. There's no commitment, no pressure, just a great time on the court!

REGISTRATION:	Drop In with Punch Card
PUNCH CARD:	5 Punch: $20.00 / 20 Punch: $80.00 / Full Season Pass: $200.00
AGES:	18+
STARTS:	Ongoing
LOCATION:	York Middle School Gymnasium
DAY:	Sundays
TIME:	8:00am-10:30am **Schedule subject to change during the Winter Sports Season**

Volleyball - Adult - Intermediate/Advanced

Our Adult Volleyball Program for Intermediate & Advanced Players is designed for those who have experience on the court and are looking for competitive play, skill development, and intense fun. Whether you're looking to sharpen your technique, play with more experienced athletes, or be a part of more competitive games, this program is the perfect place for you.

REGISTRATION:	Drop In with Punch Card
PUNCH CARD:	5 Punch: $20.00 / 20 Punch: $80.00 / Full Season Pass: $200.00
AGES:	18+
STARTS:	Ongoing
LOCATION:	York Middle School Gymnasium
DAY:	Wednesdays
TIME:	7:00pm-9:00pm **Schedule subject to change during the School Winter Sports Season**





Indoor Pickleball - Adult

Indoor Pickleball at York Middle School Sunday evenings! Pickleball is growing and if you haven't tried it, you should! If you are a beginner, don't feel intimidated as pickleball can be played by all levels of players at the same time. Each session is staffed and will have equipment available for your use; however, those who have become hooked have preferred to purchase their own paddles.

REGISTRATION: Drop In with Punch Card
PUNCH CARD: 5 Punch: $20.00 / 20 Punch: $80.00 / Full Season Pass: $200.00
AGES: 18+
STARTS: Ongoing
LOCATION: York Middle School Gymnasium
DAY: Sundays
TIME: 4:00pm-6:00pm - Beginner Lessons
6:00pm-8:00pm - Open Play









Teen Programs - The Action
sponsored by Yorkwise

The York Surf Club

Grades 9-12

The YSC is open to high school-aged students who are residents of York. New and experienced surfers are welcome to join and spread the stoke. Participation is free and funding is available to equip 10 surfers with a wetsuit, booties, gloves, surfboard, and a YSC t-shirt. Surfers who already have all or some of the surf gear are encouraged to join, as well. The YSC will provide additional equipment as funding allows.

Fall session is from September to November and will resume in May.

REGISTRATION: Ongoing
STARTS: September 14th
ENDS: November 9th
COST: Free
LOCATION: Long Sands Beach
DAY: Mondays
TIME: 2:20pm

Middle School Ski & Board Club at Gunstock

Grades 7-8

The Action is once again sponsoring the York Middle School Ski Club. Come ride with us at Gunstock Mountain on 6 Wednesday evenings in January–March. The Parks & Recreation van will pick up after school and return to York at 9:00pm. Ski and snowboard rental equipment is available as part of the ski club program.

Limited space available, so sign up early!

REGISTRATION: Open
STARTS: January
ENDS: March
COST: $150 for 6 trips, including transportation and equipment rental
LOCATION: Gunstock Mountain, Gilford, NH
DAY: Wednesdays
TIME: Van Leaves York Middle School at 2:00pm and will return at 9:00pm

Mount Chocorua Hiking Trip

Grades 9-12

Mount Chocorua is a 3490-foot rocky peak in New Hampshire's White Mountains known for its 360-degree summit views, steep rock scrambles, and stunning reflections from nearby Chocorua Lake. This is a challenging 8-mile hike that may take up to 6 hours to complete and may be difficult for some.

REGISTRATION: Ongoing
DAY/DATE: Saturday, October 3rd
COST: $5 per person – includes transportation
LOCATION: Pick up and Drop off at the Grant House, 200 US Rte 1
TIME: Bus leaves promptly at 8:00am and will return at approximately 6:00pm












FOOTBALL

Youth Programs

Programs listed by season

Please don't hesitate to volunteer to coach! You don't have to be in the coaches' hall of fame to help coach any of our leagues. In every situation, the Parks and Recreation Department provides leadership on the field or on the court, with a program director who runs the league and refs the games. Your job, in most situations, is to make sure every child has equal playing time and to ensure that the kids are having fun…so please think about it. Our programs are only as good as the volunteers who help us. Thank you!

Youth - FALL

Fall Field Hockey

Grades 3-6

This program offers beginners the chance to learn field hockey fundamentals, while giving experienced players an opportunity to refine their skills and participate in friendly scrimmages in the Southern Maine Recreational Field Hockey League. Practices will focus on learning the rules, improving ball and stick handling, passing and receiving, and understanding field positioning. All participants will receive a York Field Hockey Team T-shirt.
Equipment Needed: Stick, Goggles, Shin Guards, and Mouth Guard

REGISTRATION: Ongoing
STARTS: September 1st
ENDS: October 22nd
COST: $95.00 Resident / $105.00 Non-Resident
LOCATION: TBD
DAYS: Tuesdays & Thursdays
TIME: 4:00pm-5:30pm

Lil Kickers

Ages 3-4 with 100% Parent Involvement!

This non-contact, skills-based program is a fun, 4-week introduction to soccer for children ages 3-4, with 100% parent participation. The focus is on fun through engaging games and activities that build movement, concentration, and basic footwork while parents and children play together.

REGISTRATION: Ongoing until August 28th
STARTS: September 12th
ENDS: October 3rd
COST: $60.00 Resident / $70.00 Non-Resident
LOCATION: TBD
DAY: Saturdays
TIME: 45-minute sessions between 8:00am-1:00pm

7 on 7 Flag Football League

Grades 1-7

Join Coach Andy for Outdoor 7 on 7 Flag Football. This fun, non-contact program focuses on learning the game and friendly competition. Balanced teams will compete weekly in a welcoming environment. Schedule may vary based on the number of teams. Participants must wear sneakers and their provided team shirt. Shorts or athletic pants without pockets are recommended.

REGISTRATION: Ongoing until August 14th
STARTS: September 1st
ENDS: October 8th
COST: $71.50 Resident / $76.50 Non-Resident
LOCATION: Outfield of Bog Rd. Baseball Field
DAY: Grades 1 & 2 – Tuesdays
Grades 3 & 4 – Wednesdays
Grades 5-7 – Thursdays
TIMES: 4:30pm-5:30pm





FUNdamental Basketball Camp

Boys and Girls Grades 3-6

Join us for an exciting, skill-focused basketball camp designed for boys and girls entering grades 3 through 6. Whether your child is new to the game or looking to improve their skills, this camp provides a fun and supportive environment to build confidence, develop fundamental basketball skills, and foster a love for the game. Campers will participate in competitive drills, scrimmages, and skill-based contests designed to keep them engaged, challenged, and motivated throughout the day. Sneakers are required; shorts are recommended. Please bring plenty of water, snacks, and lunch.

REGISTRATION:	Ongoing until November 5th or until full
DAY/DATE:	Wednesday, November 11th
COST:	$75.00 Resident / $85.00 Non-Resident (camp t-shirt included)
LOCATION:	York Middle School
TIMES:	9:30am-1:30pm

Basketball - Travel Tryouts

Boys and Girls, Grades 3-4 & Grades 5-6

Travel teams will practice three days per week, play a 12-14 game schedule in The Maine Basketball League (TMBL), and conclude the season by participating in one or two tournaments. League games are typically played on Saturdays and/or Sundays throughout the Southern Maine area.

Tryout Information

- Tryout registration is **FREE**, but registration is required.
- Players **must attend both tryout dates** to be considered for a team.
- If a player is unable to attend a tryout, the Recreation Department must be notified **within 48 hours of the scheduled tryout** with the reason for the absence. Players who do not attend and do not provide notification within this timeframe will not be eligible for team selection.
- Tryouts are **closed to spectators**. Parents will be asked to leave the gym before tryouts begin.

Commitment

Travel basketball is more competitive than our recreation league and requires a significant commitment of both time and travel. The season runs from early November through mid-March, with practices held up to three times per week and games primarily scheduled on weekends. In addition, players will participate in up to four tournaments throughout the season. Families are encouraged to carefully consider this level of commitment before registering to ensure the program is the right fit for both the player and their family.



Eligibility

Must attend York schools or be a York resident and attend both tryout dates

REGISTRATION:	Ongoing until Friday, October 2nd
COST:	Tryouts are FREE $315.00 if chosen for a team includes personalized jersey and one tournament entry fee
LOCATION:	York Middle School
SCHEDULE:	October 9th & October 12th – Times TBD



Swimming Lessons at the Anchorage Inn

Ages 5 and Up

We extend our sincere thanks to the Anchorage Inn on Long Sands Beach in York for their generosity in providing us the opportunity to offer swimming lessons. Classes are taught by Nikki Hill, a lifelong York resident and the owner and lead instructor of her own swimming school, which she has successfully operated for more than 13 years. With a passion for teaching and a lifelong love of the water, Nikki creates a positive learning environment for every swimmer and her dedication to water safety, skill development, and fostering a love of swimming has helped countless children grow into confident, capable swimmers.

Swim classes are held once a week on Monday, Tuesday, or Wednesday afternoons. Class sizes are limited, and spots fill quickly, so we encourage you to register as soon as possible. Please have your child dressed and ready to swim upon arrival. A small changing room is available for use after class. For the safety and comfort of all participants, parents or guardians are required to remain on-site during swimming lessons. Staying during class not only helps children feel more comfortable and confident in the water but also allows parents to better understand the skills being taught and reinforce them through practice between lessons.

Please bring goggles!

Children who cannot stand flat footed in the shallow end of the pool are not eligible to register. The pool is 3 feet at the shallow end.

Level 1 – Beginner - Must be able to:
Safely enter and exit the water
Blow bubbles and open eyes underwater
Glide and float on front and back
Recover to a standing position from a front or back glide
Perform combined arm and leg actions

Level 2 - Advanced Beginner - Must be able to:
Submerge head and roll over from front to back and back to front
Float independently for a short duration
Tread water using arm and leg motions
Swim on the front and back using combined strokes

Levels 3 & 4 - Stroke Development/Improvement
Must be able to:
Jump into deep water
Bob with the head fully submerged
Perform rotary (side) breathing
Swim front crawl and backstroke for short distances
Perform butterfly and breaststroke kicks
Swim front crawl for longer distances (e.g. 25 yards)
Swim the entire front crawl stroke with more coordination
Tread water using different kicks
Perform compact and stride entries
Retrieve an object from underwater

Mondays
3:30pm-4:05pm – Level 1 – Beginner
4:10pm-4:45pm – Level 1 – Beginner
4:50pm-5:25pm – Level 2 - Advanced Beginner
5:30pm-6:05pm – Level 2 - Advanced Beginner

Tuesdays
3:30pm-4:05pm – Level 2 - Advanced Beginner
4:10pm-4:45pm – Level 2 - Advanced Beginner
4:50pm-5:25pm – Level 1 – Beginner
5:30pm-6:05pm – Level 2 - Advanced Beginner

Wednesdays
3:30pm-4:05pm – Level 2 - Advanced Beginner
4:10pm-4:45pm – Level 1 – Beginner
4:50pm-5:25pm – Level 2 - Advanced Beginner
5:30pm-6:05pm – Level 3/4 - Stroke Development/Improvement

FALL SESSION:

REGISTRATION:	York Residents begins Monday, October 5th Non-Residents: Tuesday, October 13th
STARTS:	October 19th
ENDS:	December 9th
COST:	$88.00 Resident / $98.00 Non-Resident
LOCATION:	Anchorage Inn, Long Beach Avenue
DAYS:	Monday, Tuesday or Wednesday
TIMES:	See schedule above

Classes will be held on Wednesday, October 21st Early Release Day and Wednesday, November 11th, Veteran's Day

WINTER SESSION:

REGISTRATION:	York Residents begins Monday, December 14th Non-Residents: Monday, December 21st
STARTS:	January 11th
ENDS:	March 17th
COST:	$88.00 Resident / $98.00 Non-Resident
LOCATION:	Anchorage Inn, Long Beach Avenue
DAYS:	Monday, Tuesday or Wednesday
TIMES:	See schedule above

Classes will be held on January 13th, Early Release Day and on Monday, January 18th, MLK Day
No Classes: February 8th-10th, February 15th-17th, or February 22nd-24th

❄❄❄ Youth - WINTER

Lil' Ballers Basketball

Ages 3 & 4 (Co-Ed) – Parent Involvement

This 4-week program uses a variety of fun games and activities to help young players develop balance, movement, listening skills, and foundational basketball skills in a positive and encouraging environment. Participants will use a size 3 basketball and shoot on 8-foot hoops to help gradually introduce them to the game and prepare them for future competitive play. Parents are encouraged to participate alongside their child to create a fun and memorable experience for the whole family. Sneakers are required; shorts are recommended.

REGISTRATION: Ongoing until January 14th
DATES: January 30th, February 6th, February 27th, and March 6th
COST: $60.00 Resident / $70.00 Non-Resident (t-shirt included)
LOCATION: Village Elementary School
DAY: Saturdays
TIME: 8:00am-1:00pm (Each session is 45 minutes)

Basketball

Kindergarten and 1st Grade

Our 6-week Kindergarten & 1st Grade Basketball Program is designed to introduce young players to the fundamentals of basketball in a fun, supportive, and relaxed environment. Participants will learn basic basketball skills, develop confidence, and begin to understand the fundamentals of the game through age-appropriate activities and instruction. Volunteer parent coaches are needed for this program. If you are interested in helping, please consider volunteering and being part of your child's basketball experience. Sneakers are required; shorts are recommended.

REGISTRATION: Ongoing until November 19th
STARTS: December 5th – No Program December 26th or January 2nd
ENDS: January 23rd
COST: $65.00 Resident / $75.00 Non-Resident (team t-shirt included)
LOCATION: Village Elementary School
DAY: Saturdays
TIME: 8:00am-1:00pm (Each game is one hour)

NOTE: Please be advised that all programs have a sign-up deadline to allow us the time to organize teams and league schedules. Sign up early, as registrations will only be accepted after the deadline date, if space permits. If you are interested in coaching, please complete the Volunteer Coach Form on our website, www.yorkparksandrec.org.

Basketball

2nd Grade

This 7-week program is designed to introduce 2nd graders to the fundamental skills and concepts of basketball. Through a combination of skill clinics and scrimmages, players will develop their technique, build confidence, and improve their understanding of the game. Participants will gradually progress through age-appropriate drills and activities focused on developing essential basketball skills that will help them become more comfortable and successful on the court. Volunteer parent coaches may be needed for this program. If you are interested in helping, please consider volunteering and being part of your child's basketball experience. Sneakers are required; shorts are recommended.

REGISTRATION: Ongoing until November 19th
STARTS: December 5th - No Program December 26th or January 2nd
ENDS: January 30th
COST: $70.00 Resident / $80.00 Non-Resident (team t-shirt included)
LOCATION: Coastal Ridge Elementary
DAY: Saturdays
TIME: 8:00am-1:00pm (Each game is one hour)

Basketball

Boys and Girls Grades 3-4

Our 3rd & 4th Grade League will take place at Coastal Ridge Elementary School, Village Elementary School, and York Middle School and will begin the week of November 16th. This league focuses on developing individual skills, technical progression, and teamwork in a fun and supportive environment. Team practices will be one hour long and led by a volunteer coach. Team placements and practice schedules will be communicated once your child has been assigned to a team and rosters have been finalized. Games will be played on Saturdays between 8:00am and 2:00pm. Sneakers are required; shorts are recommended. There will be no practices during Thanksgiving Break or Holiday Break. Interested in coaching? Please complete the Volunteer Coach Form on our website at www.yorkparksandrec.org.

REGISTRATION: Ongoing until November 6th
STARTS: Practices start the week of November 16th (No games/practice Thanksgiving or Holiday breaks)
League Games begin December 5th
Playoffs begin Saturday, January 30th
ENDS: Championship Games – February 6th
COST: $110.00 Resident / $120.00 Non-Resident (team t-shirt included)
LOCATION: Practices at Coastal Ridge Elementary or Village Elementary School
Games played at York Middle School
DAYS/TIMES: Practice Once a Week (Weekday Evening)
Games on Saturdays between 8:00am-2:00pm

Basketball

Boys and Girls Grades 5-6

Our 5th & 6th Grade League will take place at Coastal Ridge Elementary School and York Middle School and will begin the week of November 16th. This league focuses on the development of individual skills, technical progression, and teamwork in a fun and supportive environment. Team practices will be one hour long and led by a volunteer coach. Team placements and practice schedules will be communicated once your child has been assigned to a team and rosters have been finalized. Games will be played on Saturdays between 2:00pm and 7:00pm.

Sneakers are required; shorts are recommended. There will be no practices during Thanksgiving Break or Holiday Break. (No games December 26th or January 2nd)

Interested in coaching? Please complete the Volunteer Coach Form on our website at www.yorkparksandrec.org.

REGISTRATION:	Ongoing until November 6th
STARTS:	Practices start the week of November 16th (No games/practice Thanksgiving or Holiday breaks) League Games begin December 5th Playoffs begin Saturday, January 30th
ENDS:	Championship Games – February 6th
COST:	$110.00 Resident / $120.00 Non-Resident (team t-shirt included)
LOCATION:	Practices at Coastal Ridge Elementary or Village Elementary School Games played at York Middle School
DAYS/TIMES:	Practice Once a Week (Weekday Evening) Games on Saturdays between 2:00pm-7:00pm

Indoor Soccer

Ages 3-4

Our Indoor Soccer Program for players ages 3 & 4 is designed to introduce young athletes to the basics of soccer in a fun, safe, and energetic environment. Through simple, age-appropriate drills and activities, children will develop coordination, balance, and social skills while building confidence and a love for the game. Participants will begin learning essential soccer skills while practicing how to play, share, listen, and be part of a team. This is a 100% parent participation program, providing an opportunity for families to learn and have fun together. Sneakers are required; shin guards are recommended.

REGISTRATION:	Ongoing until February 12th
STARTS:	March 13th
ENDS:	April 3rd
COST:	$65.00 Resident / $75.00 Non-Resident (team t-shirt included)
LOCATION:	York Middle School
DAY:	Saturdays
TIME:	Afternoons - Based on number of teams

Indoor Soccer

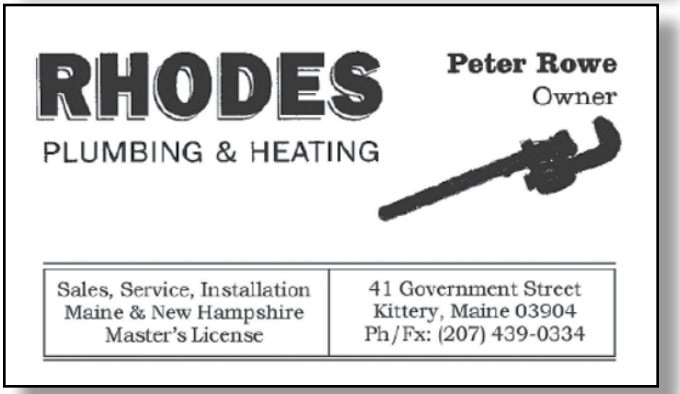
Ages 5-7

Whether your child is a beginner or has some soccer experience, this program is designed to help players build their skills, confidence, and love for the game while having plenty of fun. Our focus is on creating a positive, energetic, and supportive environment where every child can enjoy learning and playing soccer. During the first couple weeks, players will focus on developing fundamental skills such as dribbling, passing, shooting, and ball control. As the program progresses, weekly scrimmages will be introduced to help players learn positioning, teamwork, and game strategy.

Sneakers and shin guards are required.

REGISTRATION:	Ongoing until February 12th
START:	March 13th
END:	April 3rd
COST:	$65.00 Resident / $75.00 Non-Resident (team t-shirt included)
LOCATION:	York Middle School
DAY:	Saturdays
TIME:	Mornings – Based on number of teams





Youth - Spring

Lil' Sluggers Baseball

Ages 3 & 4

Lil' Sluggers is designed to introduce boys and girls ages 3 & 4 to the fundamentals of baseball while preparing them for future organized team play. Our goal is to help young athletes develop social and physical skills in a fun, relaxed, and supportive environment. Through engaging activities and games, Lil' Sluggers will help build confidence, encourage teamwork, and foster a lifelong love for the game. Our priorities are simple: having FUN, building confidence, and learning baseball, in that order. Parents are encouraged to participate alongside their children for a fun and memorable family experience. A baseball glove and sneakers or cleats are required. All other equipment will be provided.

REGISTRATION:	Ongoing until April 15th
STARTS:	May 1st
ENDS:	May 22nd (Makeup date June 5th, if necessary)
COST:	$65.00 Residents / $75.00 Non-Residents (t-shirt and hat included)
LOCATION:	Bog Rd. Baseball Field
DAY:	Saturdays
TIME:	Mornings

York/Kittery Lacrosse (YKL)

Grades 1-2 - Boys and Girls

Our 1st & 2nd Grade Lacrosse Program is a great introduction to the game for young players looking to learn, grow, and have fun on the field. This program is designed to help players build confidence, develop fundamental skills, and discover a love for lacrosse in a positive and encouraging environment. Players will learn the basics of the game, including throwing, catching, cradling, ground balls, shooting, positioning, and teamwork. Practices will focus on proper technique, understanding the rules, building good habits, and developing the skills needed to become confident lacrosse players. Through fun drills, team activities, and game experiences, athletes will learn the value of teamwork, sportsmanship, and perseverance while making new friends and enjoying the excitement of the sport.

The official game schedule is organized by the Seacoast Area Youth Lacrosse League (SAYLL) and is typically released in mid-March. Most games will be played on Saturdays and/or Sundays, with the possibility of occasional weekday matchups throughout the season. Join us for a season of learning, laughter, teamwork, and a fun introduction to the game!

Equipment Required

Girls: Goggles, mouth guard, and a stick

Boys: Helmet, gloves, elbow pads, shoulder pads, mouthguard, and a stick. Athletic supporter recommended.

REGISTRATION:	Ongoing until March 5th
STARTS:	Week of April 5th (Field Conditions Permitting) Games begin in Early April
ENDS:	Early June (No games Memorial Day Weekend)
COST:	$135.00 for York & Kittery Residents/ $145.00 Non-Resident (uniform included)
LOCATION:	Practices & Home Games Played in York & Kittery
DAYS/TIMES:	TBD by Seacoast Area Youth Lacrosse League (SAYLL)





York/Kittery Lacrosse (YKL)

Grades 3-4 - Boys and Girls

Our 3rd & 4th Grade Lacrosse Program is the perfect opportunity for young athletes to continue building their skills while developing a deeper understanding of the game. Designed for players ready to take the next step, this program combines skill development, teamwork, and game experience in a fun and supportive environment. Players will continue to strengthen their lacrosse fundamentals, including passing, catching, cradling, ground balls, shooting, positioning, and defensive techniques. Practices will focus on improving individual skills while introducing team concepts, game strategies, and the importance of communication on the field. Throughout the season, athletes will compete, challenge themselves, and grow alongside their teammates. Coaches will emphasize confidence, sportsmanship, and a positive team culture while helping each player reach their full potential.

The official game schedule is organized by the Seacoast Area Youth Lacrosse League (SAYLL) and is typically released in mid-March. Most games will be played on Saturdays and/or Sundays, with the possibility of occasional weekday matchups throughout the season. Come be part of a season filled with learning, teamwork, competition, and a love for the game!

Equipment Required

Girls: Goggles, mouth guard, and a stick
Boys: Helmet, gloves, elbow pads, shoulder pads, mouthguard, and a stick. Athletic supporter recommended.

REGISTRATION:	Ongoing until March 5th
STARTS:	Week of April 5th (Field Conditions Permitting) Games begin in Early April
ENDS:	Early June (No games Memorial Day Weekend)
COST:	$135.00 for York & Kittery Residents/ $145.00 Non-Resident (uniform included)
LOCATION:	Practices & Home Games Played in York & Kittery
DAYS/TIMES:	TBD by Seacoast Area Youth Lacrosse League (SAYLL)

York/Kittery Lacrosse (YKL)

Grades 5-6 - Boys and Girls

Take your lacrosse skills to the next level with our 5th & 6th Grade Lacrosse Program! Designed for players ready to continue developing their game in a competitive and supportive environment, this program focuses on skill advancement, teamwork, and game strategy. Players will build on their lacrosse fundamentals while developing advanced skills in passing, catching, cradling, shooting, defensive positioning, and team concepts. Practices will emphasize strong technique, smart decision-making, communication, and confidence on the field. Coaches are committed to creating a positive environment where players are challenged, encouraged, and supported throughout the season.

The official game schedule is organized by the Maine Youth Lacrosse League (MEYL) and is typically released in mid-April. Most games will be played on Saturdays and/or Sundays, with the possibility of occasional weekday matchups throughout the season. Join us for a season of competition, growth, teamwork, and a continued love for the game of lacrosse!

Equipment Required

Girls: Goggles, mouth guard, and a stick
Boys: Helmet, gloves, elbow pads, shoulder pads, mouthguard, and a stick. Athletic supporter recommended.

REGISTRATION:	Ongoing until March 5th
STARTS:	Week of April 5th (Field Conditions Permitting) Games begin in late April
ENDS:	June 13th (No games Memorial Day Weekend)
COST:	$135.00 for York & Kittery Residents/ $145.00 Non-Resident (uniform included)
LOCATION:	Practices & Home Games Played in York & Kittery
DAYS/TIMES:	TBD by the Maine Youth Lacrosse League (MEYL)

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Vacation Camps

February Vacation Week Camp

Ages 5-12

School vacation means more time for adventure and play! Join us for February Vacation Camp at York Middle School during the school break. We've secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports, and a field trip. All campers should come to camp prepared to play inside and outside! Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack two snacks, lunch, water bottle, snow gear (hats, gloves, snow pants, jackets), sleds, extra set of dry clothes, sneakers, and comfortable indoor play clothes. Field trips are included in the cost.

REGISTRATION:	Ongoing until February 11th
STARTS:	Tuesday, February 16th
ENDS:	Friday, February 19th
COST:	Resident $215.00 / Non-Resident $225.00
LOCATION:	York Middle School
DAYS:	Tuesday-Friday
TIME:	8:00am-5:00pm
DROP OFF:	8:00am-9:00am
PICK UP:	4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly and limited space is available. If you plan to attend, please register early!

April Vacation Tripsters Camp

Ages 5-12

Get ready for an amazing week of fun during our April Vacation Tripster Camp! Each day brings a new and exciting field trip filled with laughter, friends, and unforgettable experiences. Campers will enjoy an action-packed week of visits to theme parks, attractions, and other fun-filled destinations where they can enjoy rides, explore new places, and make memories with friends. With something new to look forward to every day, campers will spend their vacation having fun, staying active, and creating lasting memories! Our awesome staff creates a safe and positive environment where campers can relax, have fun, and enjoy a break from the school routine. With a week full of outings, activities, and unforgettable experiences, April Vacation Tripsters Camp is the perfect way to make the most of school break!

Join us for a week of exciting trips, great times, and nonstop fun at Tripster Camp!

REGISTRATION:	Ongoing until April 9th – Registration is PER DAY!
STARTS:	Tuesday, April 20th
ENDS:	Friday, April 23rd
COST PER DAY:	Resident $120.00 / Non-Resident $130.00
LOCATION:	York Middle School
DAYS:	Tuesday-Friday
TIME:	8:00am-5:00pm
DROP OFF:	8:00am-9:00am
PICK UP:	4:00pm-5:00pm

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Enrichment Programs

Programs are listed alphabetically, by name.

Art Club at Village Elementary

Grades K-1

Let's create! Art Club artists will use a variety of art supplies to create original works of art. We will explore 2D and 3D materials, as well as artistic processes and techniques. The nature of this art club will be "Open Studio" style, where artists choose materials to create their own unique vision. Art Club is available to enrolled kindergartners and first grade students at Village Elementary who love art and want to spend more time in the art studio creating. Bring a snack and a creative spirit!

INSTRUCTOR: Alexis Kochka
REGISTRATION: Ongoing
SESSIONS: Fall: September 28th-December 7th
(No Club October 12th)
Winter: January 4th-March 22nd
(No Club January 18th or February 15th)
Spring: March 29th-June 14th
(No Club April 19th or May 31st)
COST: $175.00 Resident / $185.00 Non-Resident
LOCATION: Village Elementary Art Room
DAY: Mondays
TIME: 2:45pm-4:00pm

Curtain Callers: Audition & Performance Technique

Grades 3-7

Join the Curtain Callers this fall for a drama filled season of fun. We will be focusing on Audition and Performance techniques. Students will enjoy a wide range of creative activities where they will learn various acting techniques, build confidence and practice self-expression. Students will focus on different skills and participate in different exercises that meet them where they are. Come let loose and find your voice!

INSTRUCTOR: Megan Milburn
REGISTRATION: Ongoing
STARTS: October 5th
ENDS: October 26th
COST: $125.00
LOCATION: York Community Auditorium
DAY: Mondays
TIME: 3:30pm-5:00pm

Curtain Callers Production: Seussical Jr.

Grades: 2-6

Seussical JR Whirls Into Our Season!
Oh, the stories we'll tell and the places we'll go,
Where Horton hears WHO's and bright clovers glow.
Where Cats tip their hats with a mischievous grin,
And the Jungle of Nool pulls the whole crowd right in.
This year our stage bursts with color and cheer,
As Seussical JR arrives with a Seuss-tastic premiere.
Mark your calendars, February 4–6 is the date,
A whirlwind of wonder you simply can't wait.
Auditions this fall, don't miss your chance.
Keep an eye out for updates and join the Seuss dance!

If you would like to donate your time, talent or treasure to our production please reach out to Megan Milburn: mmilburn@yorkmaine.org

DIRECTOR: Megan Milburn
AUDITIONS: October 28th, Callbacks on October 29th
AUDITIONS ARE FREE
REHEARSALS: November 2nd-February 6th
DAYS: Monday, Tuesday and Thursdays (more days per week as show approaches)
COST: $285.00
LOCATION: York Community Auditorium
November and December Rehearsals
Various Locations
PERFORMANCES: February 4th-6th 2027

Dungeons & Dragons: 30-Hour Campaign over 10 weeks

Ages 12 and Up

Join us for Dungeons & Dragons! Take part in a game of heroic fantasy where your choices (and the luck of the dice) determine the path the story takes. Learn more about collaborative storytelling and creative improvisation that makes role-playing games so special, whether you're an experienced adventurer or you've never rolled a twenty-sided dice before. We have room for all at our party!

INSTRUCTOR: Thom "The Table Top Guy" Freitag!
REGISTRATION: Ongoing
SESSIONS: Session 1: September 10th-November 12th
Session 2: January 7th- March 11th
Session 3: April 1st-June 3rd
COST: $250.00 Per Player
LOCATION: Center for Active Living – 36 Main Street in York
DAYS: Thursdays
TIME: 5:30pm-8:30pm

Gymnastics

Grades 1-4

Join our Gymnastics & Yoga class! This dynamic program combines the mindfulness and flexibility of yoga with the strength and agility of gymnastics. Participants will learn fundamental gymnastics skills like balance and coordination, along with yoga poses that promote self-awareness and relaxation. The class includes fun games and challenges in a safe environment, making it perfect for all abilities. Encourage your child to embrace their physical potential, make new friends, and cultivate a healthy lifestyle! Each session will conclude with a short showcase, allowing participants to share their progress with family and friends.

REGISTRATION: Ongoing
SESSIONS: Session 1: October 2nd–November 20th
Session 2: January 8th–February 26th
Session 3: March 19th–May 7th
COST: $175.00
LOCATION: Strong Girls United Hub – 13 Church Street, York, Maine
DAY: Fridays
TIME: 3:45pm-4:45pm

Gymnastics

Grades 5-6

Join our Gymnastics & Yoga class! This dynamic program combines the mindfulness and flexibility of yoga with the strength and agility of gymnastics. Participants will learn fundamental gymnastics skills like balance and coordination, along with yoga poses that promote self-awareness and relaxation. The class includes fun games and challenges in a safe environment, making it perfect for all abilities. Encourage your child to embrace their physical potential, make new friends, and cultivate a healthy lifestyle! Each session will conclude with a short showcase, allowing participants to share their progress with family and friends.

REGISTRATION: Ongoing
SESSIONS: Session 1: October 2nd – November 20th
Session 2: January 8th – February 26th
Session 3: March 19th – May 7th
COST: $175.00
LOCATION: Strong Girls United Hub – 13 Church Street, York, Maine
DAY: Fridays
TIME: 2:15pm-3:15pm

REMINDER

Dates in calendar are closer than they appear!
Please pay close attention to the registration dates.
www.yorkparksandrec.org.

Hot Wheels Garage

Ages 5-8

During this 5-week session, participants will build a variety of tracks, create realistic destinations, and design imaginative scenarios including racing, crashes, pit stops, oil changes, and more. While some structure will be provided, participant imagination will be the "driving" force behind this creative play experience. Participants are welcome to bring their favorite Matchbox or Hot Wheels cars and trucks, but plenty of cars and props will also be available to share. Join Recreation Coordinator Andy Kaherl, a real-life race car driver, for a fun-filled program where creativity and play take the wheel!

Each participant will receive a Hot Wheels car on the first day of the program.

REGISTRATION: Ongoing until full, space is limited.
STARTS: February 22nd (No meeting on March 15th)
ENDS: March 29th
COST: $60.00 Resident / $70.00 Non-Resident
LOCATION: Center for Active Living, 36 Main St.
DAY: Mondays
TIME: 4:00pm-5:00pm

Safe Sitter

Must be 11 and up

This course is intended to improve your child's care skills needed for babysitting. Founded in 1980, Safe Sitter® is the only national nonprofit training program exclusively devoted to preparing young teens to be safe in unsupervised settings, whether babysitting, sibling sitting or home alone.

The Safe Sitter® curriculum is designed exclusively for young teens in grades 6-8, and covers the following areas: safety skills, childcare skills, first aid & rescue skills, and life & business skills. Safe Sitter® courses are instructor-led and interactive, with hands-on demonstrations and skills practice using soft-bodied dolls and medical manikins. 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 for small infants and toddlers. Please bring a snack, lunch and drink.

INSTRUCTOR: Melissa Nickerson
REGISTRATION: Ongoing
SESSIONS: Session 1: Tuesday, November 3rd
Session 2: Wednesday, February 17th
Session 3: Friday, April 23rd
COST: $150.00 Resident / $160.00 Non-Resident
Cost includes a $40.00 book fee
LOCATION: Grant House, 200 US Rte 1
TIME: 9:00am-3:00pm

Spring Musical Stagecraft Club!

Grades 4-9

Ever wondered how a play's world goes from a blank stage to absolute magic? Come help us build the sets, craft the props, and create the spectacular scenery that will make this year's spring musical unforgettable! Whether you're a master builder or have never picked up a paintbrush in your life, all skill levels are welcome, no prior experience needed! Makers, thinkers, tinkerers, and creative minds of all kinds are invited to jump in and get hands-on.
Safety First: To keep everyone safe while building, students must wear: Closed-toe shoes (no sandals or flip-flops)
Clothes you don't mind getting messy (paint happens!)
Safety goggles

INSTRUCTOR:	Erika Luby
REGISTRATION:	Open
STARTS:	January 5th, 2027
ENDS:	February 4th, 2027
COST:	$200.00
LOCATION:	York Community Auditorium
DAY:	Tuesdays & Thursdays
TIME:	3:30pm-6:00pm

Extra Bonus Opportunity!

Do you love the experience of theater but prefer not to be in the spotlight? Club members are also invited to join the official Stage Crew Team to run the show backstage live during performances! Grab your safety goggles, put on your old sneakers, and come build something amazing with us. See you on set!

Winter Wildcats! Cheer Competition Team with York Youth Cheer

Grades 4-7

York Parks and Recreation is proud to expand our cheerleading program with York Youth Cheerleading - Introducing the YYC Winter Wildcats! Our Winter Wildcats cheer program is perfect for athletes (4th-7th grade) ready to bring both spirit and skill to the mat in a competitive setting. This team combines high energy performance with focused training, helping athletes to grow in technique and strength. This program is more rigorous and time intensive than Fall Cheer with YYC, with a stronger emphasis on team commitment, skill progression and competition readiness. Team tryouts will be held in September.

Previous cheerleading experience is helpful but not required! Please note, all athletes that participate in tryouts will not be guaranteed a spot on the team. The coaches will evaluate based on skills performed.

REGISTRATION:	Open for Tryouts Tryouts require the ability to do a Forward Roll, a Cartwheel or Round Off and additional tumbling skills are a bonus!
TRYOUTS:	Tuesday, Sept. 15th 7:30pm-8:30pm (Learn a small routine) Thursday, Sept. 17th 7:30pm-8:30pm (Performance and evaluation)
STARTS:	December 8th, 2026
ENDS:	April 3rd, 2027 (subject to change based on final comp date)
COST:	$200 per athlete if chosen for the team
LOCATION:	York Bible Church Gym, 61 York Street
SCHEDULE:	Practices: Tuesdays, Thursdays & Fridays 6:00pm-7:30pm Competition Dates: • January 24th – Lisbon • February 13th - TBD • February 27th - Bath • March 13th – South Portland • March 27th - Scarborough • April 3rd - Auburn



Mt. Agamenticus Guided Programs and Adventures 2026-2027

Details at the front of this brochure under the Mount Agamenticus Conservation Program.
Check our website for updates!
Mount Agamenticus to Highland Farm Preserve Hike - November 15th
Supermoon Hike - November 23rd
Winter Solstice Sunrise Walk - December 21st
Spring Equinox Sunrise Walk - March 20th
Volunteer Community Workdays Saturdays, 9:00am-12:00pm
VOLUNTEERS NEEDED!
10th Annual Mount A Trail Challenge 5K/1 Mile









Community Special Events

Events are listed in chronological order.

Festival of Frights Parade with "Trunk or Treat"

Friday, October 23rd

The York Parks & Recreation Department, with special help from the York Police Department and the Center for Active Living, is pleased to host this Halloween event to be held October 23rd at Short Sands. The event will consist of a Halloween costume parade that begins at Short Sands basketball courts at 4:30pm and finishes at the Center for Active Living, 36 Main Street. If you'd like to be in the parade, please line up at Short Sands Basketball Courts no later than 4:15pm. Following the parade portion of the event there will be a "Trunk or Treat" for all participants to get some candy and treats at the Center for Active Living. Get those costumes ready and join us for a night of fun!

REGISTRATION:	Drop In
COST:	FREE
LOCATION:	Parade starts at Short Sands Basketball Courts and ends at the Center for Active Living, 36 Main St. "Trunk or Treat" immediately following parade
DAY:	Friday, October 23rd (Rain date October 24th)
TIME:	Parade line starts to form at 4:15pm Parade leaves for the Center for Active Living at 4:30pm

Annual Veterans Breakfast

Wednesday, November 11th

Join the Committee for Veteran Affairs for the Annual Veterans Breakfast! It will be held on Wednesday, November 11th from 6:00am to closing at Norma's Restaurant. Free special for Veterans, generously sponsored by the York Committee for Veteran Affairs. All others may purchase any meal of their choosing. This event started and continues to thrive off the generosity of our community and sponsors!

Thank you, to all veterans, for your service!

2026 FESTIVAL OF LIGHTS CELEBRATION

Saturday, November 28th – Saturday, December 12th

The Festival of Lights is held annually at the beginning of December to give thanks to the community for making York the delightful place it is and to celebrate the warmth and tradition of the season. We hope that you'll plan to attend and enjoy one or all the following events: The Polar Express, visits with Santa Claus, Lighting of the Village, Festival of Lights Parade, and our Gingerbread House Contest.

Please be on the lookout for detailed festival flyers, complete with event locations and times, to be distributed throughout the community as we get closer to the event.

The following Festival of Lights Activities / Events are sponsored by or partnered with the York Parks and Recreation Department:

Nubble Holiday Lights

Saturday, November 28th–February 1st

Visit Sohier Park to see the Nubble Lighthouse dressed in its holiday best. The lights will be on daily from 4:00pm to midnight from Saturday, November 28th through February 1st. Lights may be out prior due to storm damage; we will do our best to keep them on as long as we can in the Maine winter.

Thank you to our amazing Lightkeeper, Matt!







The Lighting of the Village!

November 27th, 28th, 29th – Until the job is finished!

York Parks and Recreation is thrilled to announce the annual Lighting of the Village, brought to life by the incredible team at Lee Tree! On the weekend following Thanksgiving, while many enjoy their holiday downtime, the dedicated crew from Lee Tree donates their time to transform our village into a dazzling winter wonderland. A special shout-out to Mike Lee, whose 30 years of commitment have made this tradition a cornerstone of our community's holiday spirit. We're equally grateful to his son, Mitchell, who will carry this cherished tradition forward, ensuring our village and town sparkle with festive beauty.

Want to show your appreciation? The Lee Tree team, including their hardworking K9 companions, would love some sweet treats as a thank-you for their efforts. Drop by the village during the lighting to share your gratitude and spread some holiday cheer!
From all of us at York Parks and Recreation, a heartfelt THANK YOU to Lee Tree for making our community shine bright!

NICK'S
STEAKHOUSE
YORK | MAINE
369 US ROUTE 1
207-606-8900

Lighting of the Anchorage!

Saturday, November 28th

Join us for the 4th Annual Lighting of the Anchorage Inn in York, Maine, a tradition that marks the beginning of the holiday season! Witness the beautiful illumination of the Anchorage as thousands of twinkling lights transform it into a winter wonderland. Enjoy festive music, hot cocoa, and the fan favorite ice bar at the Anchorage for a festive beverage! Stop by to meet Santa Claus, who will be there to spread holiday cheer and take photos with children. The event will culminate with a fireworks display at dusk! Don't miss this enchanting event that brings holiday cheer to the heart of York as friends and families gather to celebrate the magic of the holidays!
Thank you to the Anchorage Inn and the Ramsey family for hosting Santa Claus!

LOCATION:	Anchorage Inn at York Beach
DAY:	Saturday, November 28th
TIME:	4:00pm-7:30pm

The Polar Express

December 3rd and 4th
Presented with the Williams Realty Partners of Keller Williams Coastal Realty and Woody's Pizza!

'Twas the night before the Parade…and The Polar Express is coming to town!
Add this staple to your holiday celebrations by joining us in your pajamas for this Polar Express Event. Your evening begins with a "trolley express" ride through scenic York Beach. We'll venture to the Nubble Lighthouse to view its spectacular Christmas Lights. The backdrop of the Lighted Nubble is the perfect spot for the telling of the classic Chris Van Allsburg story THE POLAR EXPRESS. Upon our return, we invite you to join us in the warm and cozy Woody's Brick Oven Pizza for some of Santa's favorites, hot chocolate and cookies. We might even be lucky enough to have a visitor join us (hint: he'll be dressed in red!). This is an evening your family won't want to miss; maybe you'll even be chosen to receive the first gift of Christmas!

SPACE IS VERY LIMITED FOR THIS EVENT AND REGISTRATION IS A MUST! DUE TO SPACE RESTRICTIONS, YORK RESIDENTS ONLY PLEASE!

Special thanks to Williams Realty Partners for generously allowing us to use their trolley, Homer, as our polar express, and to Woody's Brick Oven Pizza for their hospitality and amazing cookies!

REGISTRATION:	Ongoing
COST:	$25.00 per person
LOCATION:	Pick-up is in the parking lot by York's Wild Kingdom, directly across from the York Beach Fire Department on Railroad Ave.
DATES:	Thursday, December 3rd Friday, December 4th
TIMES:	Varied 45-minute sessions





Festival of Lights Parade

Saturday, December 5th (Rain date December 6th)

Join us in celebrating York's Holiday Season with the Festival of Lights Parade. The parade starts promptly at 4:30pm on Saturday, December 5th. Applications are available at the York Parks & Recreation Office and on our website: yorkparksandrec.org. All are welcome!!! We would like to encourage the businesses in York to get involved in this community parade. What a great way to advertise your business and at the same time join in the spirit of the holidays and be involved in your community…a friendly competitive spirit could put a Best Business banner on your float this year! Other honors include Best Use of Music, Best Lights, Best Children's Float and Most Magical.

Thank you to York Police Department for their support of this event which would be impossible without them!

Wreaths Across America

Monday, December 7th

View and cheer for the Wreaths Across America convoy, from the Parks & Recreation Department's front lawn. Ample parking and a safe viewing spot for the annual tour from northern Maine to Arlington National Cemetery. The convoy typically passes through York mid-morning, but exact timing will be advertised mid to late November. Stay up to date on our Facebook page!

Any changes or updates will be posted on our social media pages, as they become available.

FIND US ON SOCIAL MEDIA AND THE WEB

Website: www.yorkparksandrec.org/nubble-light-house
Facebook: www.facebook.com/capeneddick
Instagram: @NubbleLighthouse

Winter Community Concert Seacoast Wind Ensemble

Saturday, December 12th

The Festival of Lights finale! Join us in the York Community Auditorium at York High School for a festive community concert! The Seacoast Wind Ensemble will be performing many holiday favorites to delight audiences.

REGISTRATION:	Open – Tickets on sale at our website
COST:	$5.00
LOCATION:	Community Auditorium at York High School
DAY:	Saturday, December 12th
TIME:	7:00pm-8:30pm, Doors open at 6:30pm

Sweetheart Ball

Thursday, February 4th, 2027

Kids aged 4-12 accompanied by an adult of their choosing. Come treat your child to the Annual Sweetheart Ball, a festive evening of dressing up and dancing. A photo area will be set up, complete with fun accessories. This semi-formal event will include family-friendly music, dancing, and light refreshments. Space is limited and pre-registration is a must for this event, we suggest registering early as we anticipate a sell out again this year!

A huge thank you to the Union Bluff Meeting House for hosting, again, this year!

REGISTRATION:	Ongoing
DATE:	Thursday, February 4th
COST:	$30 per couple / $10 each extra guest
LOCATION:	The Meeting House at the Union Bluff
TIME:	5:00pm-6:30pm

Road Races & Challenges



10th Annual Mount A Trail Challenge 5K / 1 Mile

Saturday, September 19th, 2026

Celebrate 10 years of the Mount Agamenticus Trail Challenge! Run, walk, roll or stroll through either our 1-Mile or 5K course. Whether you're racing for a personal best or simply enjoying a day on the trails, this community event welcomes participants of all ages, abilities, and fitness levels. This year's event celebrates the newly renovated Big A Access Trail, making it better than ever for people of all abilities to experience the mountain. Participants looking for a greater challenge can explore adjoining trails along the 5K course. Our race is timed the classic way—with stopwatches—thanks to the York High School Cross Country & Track & Field Program. Instead of traditional age-group awards, every participant is entered into our post-race raffle for a chance to win great prizes.

This fun, family-friendly event is made possible by the Friends of Mount Agamenticus and our dedicated volunteers. Every dollar raised supports conservation, trail stewardship, and environmental education at Mount Agamenticus.

VOLUNTEERS NEEDED! We'd love your help before or during the event. Join our volunteer team and be part of this special community tradition. We could use help with setting up/breaking down, trail marshalling, water tables, and general race support. For questions or to sign up please email rkerr@yorkmaine.org

If you have any questions regarding trails, please contact Naomi at ndensmore@yorkmaine.org
If you have any questions regarding registration, please contact Nick at ndarby@yorkmaine.org

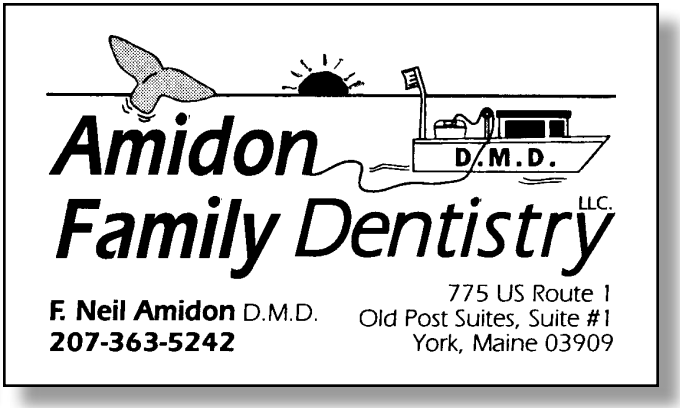
REGISTRATION:	Online at Run Signup: https://runsignup.com/Race/ME/York/MtATrailChallenge
COST:	$20.00 per individual, for either the 5K or 1-Mile
LOCATION:	Start/Finish: Mount Agamenticus Summit
EVENT DATE:	Saturday, September 19th, 2026
TIMES:	5K begins at 9:00am / 1-Mile starts at 9:20am

Big A 50K

Saturday, May 1st, 2027

Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. This is not a traditional event, no loud music at check-in, race bibs, or an award ceremony here! Event timing is done by volunteers and registration is free. Participant donations are appreciated and necessary to sustain this





event & support conservation efforts! This event is truly run by volunteers, from the aid stations to post-event BBQ. The course is composed of three 10.35-mile loops starting at the summit of Mount Agamenticus (Big A) and climbing back up the Big A and going over Second Hill and Third Hill and back up the Big A. There are opportunities to cross the finish line at approximately 10 miles and 13 miles (or any multiple of them up to 31 miles/50K). The terrain is mostly single track with some dirt roads and ATV-type trails. Footing is technical with plenty of rocks, roots, and elevation changes. Trail running shoes are recommended. The full 50K has approximately 5.787 of elevation gain.
Come for the challenge and return for the community.



REGISTRATION: Online at Run Signup: https://runsignup.com/Race/ME/York/BigA50K
COST: Donations in lieu of registration fee
LOCATION: Start/Finish: Mount Agamenticus Summit
EVENT DATE: Saturday, May 1st, 2027

York Hospital 5k Road Race

June 2027

Enjoy this early summer run through scenic York Village and York Harbor. For more information or to register visit www.yorkhospital.com or contact York Hospital's Community Relations Office at (207) 351-2385 or email info@yorkhospital.com. Day of Race registration begins at 7:00am and race start time is 8:30am.

York Rotary Club Four on the 4th

Sunday, July 4th, 2027

Registration for this race will open on February 1st. This is the third race in the Seacoast Road Race Series. Online registration will be available on RunSignUp for $40 per person plus fees. Kids aged 16 and under get 50% off! People aged 65+ will receive $5 off at checkout.

York Days 5K

Sunday, August 1st, 2027

Participate in this race, to benefit community programming in York. This road race is part of the popular Seacoast Road Race Series. Registration for this race will open on February 1st. Online registration will be available on RunSignUp for $40 per person plus fees. Kids aged 16 and under get 50% off! People aged 65+ will receive $5 off at checkout.

Farewell Scotty!

This year marks the end of an era with the retirement of Parks Crew Groundskeeper, Scott Atherton. He has been a quiet yet vital part of the Parks & Recreation team for 34 years. Best known for maintaining the high school athletic fields, he has been involved in snow removal, painting, lining pickleball courts, and anything else that has been asked of him.

Word around town is that Scotty was one of the best 2nd basemen to play in the York Men's Softball League, back in the day. It was in his softball days that he met Mike Sullivan, the Parks & Recreation Department's director, at the time. Mike brought Scotty on board and so began his illustrious career.

Scott is a traditionalist, and some may say a bit of a Luddite, never having owned a cell phone or a laptop. When the Parks & Recreation Department ran the annual Charlie Brown Basketball tournaments, with 65 teams and 100 or more games, Scotty was the Bracket Wizard. He is a man of many talents who does it all without the convenience of AI, or anything digital. He is a genuine, kind, and humble man, whom colleagues have described as hardworking, reliable, friendly, and always willing to help.

In his retirement look for Scotty traveling to Hilton Head or the American Southwest. We bid a fond farewell to our friend and co-worker, and we will miss him around here.

Thank you, Scotty, we wish you all the best.



Thank You Sponsors!

Thank you to our sponsors! Their generous support allows us to print a quality brochure and helps support the programing available to the community. We encourage everyone to support these local businesses and organizations with their patronage.

Abbott Bros., Inc.
207-363-3762

Agamenticus Plumbing
207-216-3333

Amidon Family Dentistry
207-363-5242

Anchor Real Estate
207-361-5007

Anchorage Inn
207-363-5112

Atlantic Dental Associates
207-363-2406

Bob the Screenprinter
207-892-8220

Brixham Montessori Friends School
207-351-2700

Bullshirt, LLC
207-363-9363

Camp Eaton
207-363-3424

Carey & Giampa
207-363-4000

Center for Wildlife
207-361-1400

Creare
Crearewebsites.com

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

Fox's Lobster House
207-363-2643

Graystone Builders, Inc.
207-363-6085

It's A Dog's World
207-363-0099

Kennebunk Savings Bank
800-339-6573

Lee Tree
207-752-2094

Libby's Oceanside Camp
207-363-4171

MG General Construction
207-606-0033

Moody's Collision
207-363-7961

Nick's Steakhouse
207-606-8900

Norma's Restaurant
207-363-3233

Optima Dermatology & Medical Aesthetics
207-305-1959

Rhodes Plumbing & Heating
207-439-0334

Roche Locksmith
207-363-4492

Salty Endurance Events
saltyracesinfo@gmail.com

Shoreline Construction
207-363-2972

Southern Maine Lobster Company
207-420-7652

Stage Neck Inn
207-363-3850

Team Syrene, Inc.
207-475-8626

The Bar Next Door
207-606-0744

The Central Restaurant & Bar
207-351-8363

The York River Landing
207-351-8430

Time of Wonder
207-994-4990

Union Bluff
207-363-1333

Village Laundry
207-363-1986

Wayside Trailer Park
207-363-3846

Williams Realty Partners
207-351-8188

York Art Association
yorkartassociation.com

York Community Service Association
207-363-5504

York Education Foundation
Yorkeducationfoundation.org

York Harbor Marine Service
207-363-3602

York High School Athletic Boosters
Yorkathleticboosters.org

York Hospital
207-363-4321

York Housing
207-363-8444

York Land Trust
207-363-7400

York Little League
Yorklittleleague.net

York's Wild Kingdom
207-363-4911

Yorkwise
info@yorkwise.org