



# Yorks Illustrated

July 2017

SAY HELLO TO  
*Summer*

**Four** on the **4th** Road Race is Coming Right up!

# JUNE AND JULY



## Soccer

Youth and Adult

Join us this summer for lots of soccer opportunities.

**Youth Leagues:** Lil Tikes, Mites and Bantams evening league.

**Camps:** Seacoast United skills and drills camps ages 3-5, 4-6 and 6-14.

**Adult:** CO-ED Pickup Soccer Sundays 9-12 at Bog Rd. Cost is FREE, just drop in.

[More Info...](#)



## Tennis

Youth and Adult

As always we have lots of Tennis programs offered for the Summer 2017 season.

**Youth:** Little Tennis ages 4-6, Tennis for Juniors ages 10-12 and 13-15, Quick Start Tennis ages 7-9.

**Adult:** Baby Boomer Tennis Beginner and Advanced sessions for ages 50+, Tennis or Pickleball Online Scheduling

[More Info...](#)



## Zumba

Youth

Come dance, jump, wiggle and giggle with all of the other kids. Zumba for kids is a 30 minute jam session of fun for all. Don't miss out on this great opportunity to meet new friends and burn some energy. Amanda has been training a variety of health and fitness classes for over 9 years. Her passion is to help people reach their fitness goals and improve their quality of life. [More info...](#)



## HS Basketball

Boys grades 8-12

Randy Small the HS boys varsity coach and his staff will be coordinating this summer basketball program for students entering 8th Grade through outgoing senior. We will do skills and drills for 45 minutes of each night, followed by scrimmages. Year round York residents only please.

[More info...](#)



## Golf

Youth and Adult

Join us at the local clubs for lots of Golf options this summer.

**Youth:** Golf Camp at Cape Neddick ages 6-8 and 9-13, Golf Camp at the Ledges ages 8-15.

**Adult:** Baby Boomer Golf Intermediate and Advanced Day long Golf Clinics, Baby Boomer Golf for Beginners.

[More info...](#)



## Basketball

Girls grades 3-8

Calling all FUTURE HOOPS STARS!

Campers will be challenged by age appropriate drills and games designed to improve their skills while still focusing on the fun of the game. York High Schools Varsity Coach Steve Freeman will direct this program along with his support staff. This camp is one week for three hrs a day.

[More Info...](#)



## Jr Lifeguard

Youth Ages 10-14

The York Beach Ocean Rescue Junior Lifeguard Program is a week long program for aspiring lifeguards, taught by our Lifeguard staff. They provide instruction in first aid, CPR, ocean safety, rescue techniques, rescue equipment and on the job training experiences. Safety always comes first!

[More Info...](#)



## Ultimate Frisbee

Youth Ages 7-12

Join Mr. Fabulous AKA: local ultimate frisbee enthusiast Steve Chmelinicki for a week of ultimate frisbee. We will start with FUNDamentals and quickly progress to scrimmages and end with epic contest between dark and light. BRAND NEW! You will learn the rules, spirit of the game, how to throw far, as well as advanced throws and techniques.

[More info...](#)

# DAY CAMPS!

Starting Wednesday June 28th!

[Click Here to meet your counselors and FMI](#)



## Horse Back Riding

Youth All Ages

Welcome to Surf Point Stables! Come experience the joy of horses with us. Campers will ride daily. In a structured lesson as well as have the opportunity to play games on horseback. Daily activities will be based around learning the basics of horse and stable care including grooming, tacking and untacking, bandaging, braiding, breeds, lunging, first aid, bathing and much more. [More Info...](#)



## Cheering

Youth Ages 6-11

These camps offer hands on experience for ages 6-11 who are interested in the sport of cheering. Solid warm up of stretching, physical fitness, such as push ups, crunches and learning the basic techniques that will enable them to gain the knowledge off cheering and will allow team and group bonding to help build cheering skills.

[More Info...](#)



## Yoga Play

Youth Grades K-3

Have a blast this summer at Yoga play camp! Children will learn to listen to their bodies/ selves through yoga. They will learn stress management techniques, improve self-confidence, and enhance their power of concentration. We will do this through individual Yoga Poses, partner and group poses, exciting games, songs, creative imagery, movement, arts and crafts and so much more.

[More info...](#)

# SUMMER PROGRAMS START NEXT WEEK!

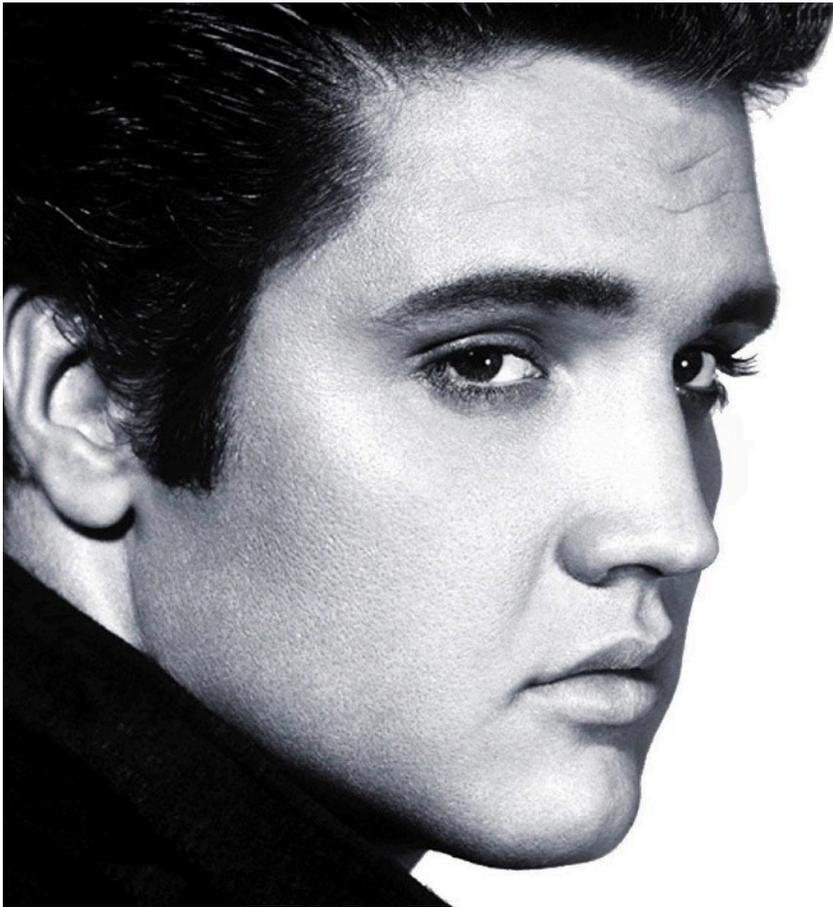
# ENRICHMENT REMINDERS



Arts and Crafts  
Beach Bum Theater  
Flying Fish Finger Play  
Pencil Play



Princess Camp  
Prehistoric  
Rainforest Adventure  
Summit Camp  
Young Hacks



*Check out the Ellis Park Concert Series Lineup Here.*

**York Beach, Maine  
July 26 @ 7:00pm**

**August Reminders!**

Volleyball Camp Grades 3-6 and 7-12, Spirit Squad, Jewelry for Kids

# An evening of dinner theater at it's finest!

## \*\*\* York Underbelly AT FOSTERS

**George Hosker-Bouley** is Silas Deane, the Double Agent. A renowned seacoast talent, George is the former artistic and executive director of the Prescott Park Arts Festival, an award-winning playwright, and creator of the Portsmouth Underbelly Tours.

**Sarah Shanahan** is Olive Madbury, the bowdy and scandalous tavern wench. Sarah is known for her broad portrayals of women on both sides of the fence and is the winner and multiple nominee for Best Actress in a Musical for the Spotlight on the Arts Awards.

Check out Silas and Olive on their website at: [underbellyports.net](http://underbellyports.net)



## Thursdays in July & August

Enjoy a Foster's authentic New England Lobster with all the fixings, while you learn about York's grittier and most scandalous history through the lens of costumed characters in this raucous interactive musical stand up performance.

**Schedule:** 6pm Doors / Bar  
6:30pm Lobsterbake - 7pm Performance

**Tickets:** \$39.99 Show & Dinner (17 and Up)

### Lobsterbake Menu

New England Clam Chowder  
Maine Lobster with Hot Drawn Butter  
Sweet Corn on the Cob  
Roasted Red Bliss Potatoes & Onions  
Rolls & Butter

MAINE  
TRADITION

**FOSTER'S**  
CLAMBAKES & CATERING

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Call today to reserve your seats! 207-363-3255