

July 2016

York's Illustrated



**Still Taking Registration
for Several Programs...
Don't Miss Out,
Sign up Today!**

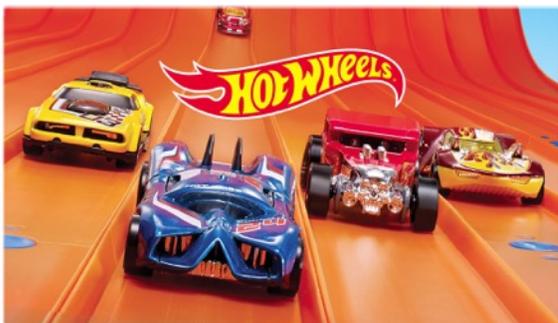
ENRICHMENT

Maker Camp Mini Roller Coaster – Ages 5-8

You're never too young to learn how to build a roller coaster! Build your engineering skills as you collaborate with campmates to create marble or golf ball runs. If you can dream it, you can make it! We'll use found objects, cardboard, tubes, and plenty of masking tape to send marbles or golf balls on the ride of their life. Challenge yourself to come up with the most exciting marble run possible! On Friday after class, we'll welcome families to bring a lunch and visit our Marble Run Museum where they can put our creations to the test. *The Creation Station at Village Elementary School is a MakerSpace that exists to provide hands-on experiences where young minds, educators, and community members are inspired to wonder, explore, problem solve, collaborate, invent, and build.

Wicked Cool Med School Ages 6-10

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



Free To Be Me – Theater Ages 6 and up

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

Rocket Science – Ages 5-9

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

Cheering Camp- Ages 6-11

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

Hot Wheels, Rev Your Engines - Ages 5-8

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

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

Dinosaur Mania – Ages 4-7

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

GIRLS WILDCAT HOOP CAMP -

Each session of this Wildcat Hoop Camp will be designed for the specific age group and will include fundamentals and skills. The intent of the camp is to keep players on the right track in learning the game. Players will be challenged by age appropriate drills and games designed to improve their skills while still keeping the game of basketball a fun activity.

LITTLE WILDCAT HOOP CAMP -

This fun-filled week of basketball is geared toward our youngest hoopsters, those entering kindergarten – 2nd grade. The main emphasis will be on FUN! Through games and activities, children have the opportunity to learn shooting skills along with the fundamentals of dribbling and passing. Hoops will be lowered to build young player confidence.

OCEAN SIDE HOOP CAMP -

Ocean Side Camp will provide a go –go – go, fun, pressure free learning environment while teaching fundamentals along with game decision making situations. The program will improve individual skills through small group and team activities. The daily schedule will build confidence and self-esteem in all players regardless of their current abilities.

YOUTH SOCCER LEAGUES

Lil' Tikes Summer Soccer

Mites Summer Soccer

Bantam Summer Soccer

Games will be limited to 45 minutes and age appropriate skills and drills will be included, however, the main emphasis of this program will be to offer tons of fun for you and your child. Volunteer Coaches are the backbone of our programs. Your support is highly appreciated!!

WILDCAT FIELD HOCKEY CAMP

This field hockey camp is for girls in grades 3, 4 and 5 looking to learn the basics of the sport of field hockey. This is an introductory camp where the girls will learn fundamental techniques, tactics and general rules of the game. Campers will spend time working on skills as well as participating in game play during each day of camp.

KAYAK CAMPS

The Parks and Recreation Department will be offering weeklong kayak camps for children ages 10 and up. Our staff will instruct the children on the basics of kayaking as well as safety procedures. The open top design of our boats makes the program safe and enjoyable for children and at the same time provides the opportunity to develop basic kayaking skills.



SURFING

Ride the Five Surf Camp

Surfing Ages 6-9

Surfing Ages 10 and up

Learn to surf with the Liquid Dreams surf team.

MAXIMUS CAMPS

Drone Camp

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

RC Race Camp

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

SWIMMING LESSONS

The Seacoast Family YMCA in Portsmouth will be offering swim lessons to the community of York. This program will be offered as a six-week program on Wednesdays, beginning July 6th and will run through August 10th.

ART W ALLI

Join Artist Alli Jutras for a one week Art camp that will help develop young artists through a focus on the daily exploration of different mediums and artists.

FIT TO WRITE

If the experts are right, then training your brain for creativity can be enhanced by physical exercise, especially if it's outside in the natural environment.



RADIO CONTROL CAMP





York Parks and Recreation Department Presents . . .
THE THIRTY-THIRD ANNUAL



AMIDON FAMILY DENTISTRY

YORK DAYS

York Days Road Race 5K



ROADRACE

Date: Sunday, July 24, 2016
Time: 8:00 a.m.
Location: York High School, York, ME
Course: 5K Certified by the Athletics Congress
Entry Fee: \$25 mail-in registration/\$27 online (includes all fees) or \$30 Race Day, space permitting
Info: Registration opens at 6:30 a.m. on race day and closes at 7:45 a.m.
 Race starts at 8:00 a.m.
 Limited to 1,200 runners
T-shirts to anyone
Registered by July 1st
FREE! 12 & Under Fun Run immediately following

PRE-REGISTRATION DEADLINE IS JULY 21st

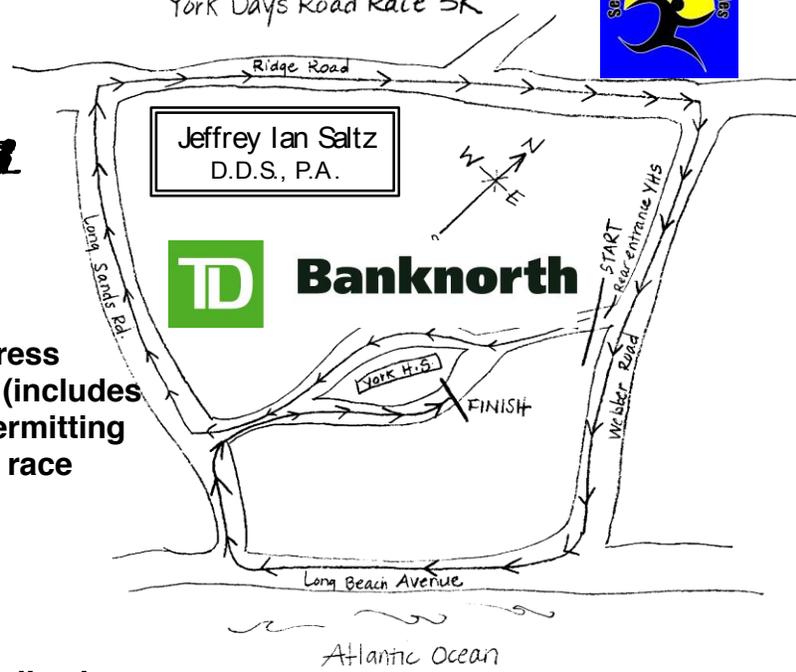
ANYONE WANTING TO REGISTER AFTER THAT MUST REGISTER ON RACE DAY.

DIRECTIONS TO YORK HIGH SCHOOL – 1 Robert Stevens Dr., York, ME 03909

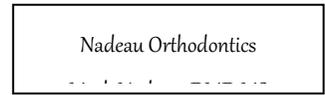
From I-95: take the York Exit, bear right at the lights onto Rte. 1. Travel to the top of a hill and take a left at the lights onto Rte 1A. Travel one mile to the monument And bear left. Travel six-tenths of a mile and turn right onto Long Sands Road. York High School is seven-tenths of a mile on the left.

Cash prize to overall male and female. First, 2nd & 3rd place prizes to division winners. Race includes water, mile markers, professional chip timing, police and ambulance.

PROCEEDS BENEFIT YORK PARKS & RECREATION YOUTH PROGRAMS



NO DOGS PLEASE for their safety and ours



Road Race Division

	12 & Under	13 - 17	18 - 29	30 - 39	40 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 79	80 & Up	Walking	Race Walking	Wheelchair
MEN	0	0	0	0	0	0	0	0	0	0	0	0	0	0
WOMEN	0	0	0	0	0	0	0	0	0	0	0	0	0	0

(Fun Run registration not required)

Tee Shirt Size

0 S 0 M 0 L 0 XL

Make checks payable to:
York Parks and Recreation

Mail application to:
York Parks & Recreation Department
186 York St., York, ME 03909

For information on applications,
call the York Parks & Recreation
Department at 363-1040 Mon – Fri
8:30 a.m. to 4:30 p.m.

"YORK DAY ROAD RACE" REGISTRATION FORM

Please Print Clearly

Name: _____
 Address: _____
 Town: _____ State: _____ Zip: _____
 Sex: _____ Age: _____ Telephone: _____
 Email Address: _____

WAIVER *must be signed

In signing this entry, I for myself, my heirs, executors and administrators, release the manager of the race, all sponsors and promoters, the Town of York, for any and all liability in case of death or injury received during participation in this race. In the case of a minor, this entry must be signed by a parent or guardian of entrant.

Signature _____

Parent/Guardian _____

Visit our **WEBSITE** www.yorkparksandrec.org for online registration

