MARCH

Mud Season Basketball

This six week program is for students grades 5-8 that are looking to improve their game of basketball through individual evaluations and player oriented goals. Are you looking for some help and/or direction for your game? Are you looking to renew your confidence and skill preparation? Are you looking to identify goals? This developmental program is for you. The program will be geared toward individual and team concepts. Fridays and Saturdays will focus on skill prep, including but not limited to, shooting, position specific skills, defense, rebounding, boxing out, ball handling and footwork. Sundays will be the day you can put all of your hard work to the test by playing games that will reinforce the learned skills. The program will run three days a week for an hour each session and will be limited to 12 participants per hour. We’ll add as many hours as needed to accommodate all those interested in developing their skills.

Indoor Lacrosse

Gear up for spring....We will be offering a K-2 and 3 -8 boys and girls lacrosse program on Thursdays at the York Sports Center. The kindergarten – 2nd grade program is co-ed. Grades 3 – 8 boys and girls programs will meet separately.

The goal of the program is to have our players leave as better skilled, more confident athletes. We will help to develop a player’s all-around game, while allowing each athlete time to focus on different player positions. We will work to improve their general lax IQ, emphasizing strategy, techniques, and teamwork. This understanding of the game of lacrosse will be taught through drills and intra-camp scrimmages.

Boys & Girls K – 2 need only provide their own stick if possible (we will have some on hand). Girls grades 3-8 will need to bring goggles, mouth guard, gloves and stick.

Boys grades 3 – 8 will need to bring a helmet, arm and shoulder pads, athletic supporter, stick, glove and mouth guard.

Indoor Soccer

This spring we’re taking it to the gym! Join us for indoor gym soccer at York Middle School. Our "goal" (pun intended) will be on FUN! We’ll be focusing on the skills of confidence, dexterity, coordination, endurance, positioning and rules. This program is designed for children ages 3 - 10 and will be offered on Saturdays, beginning March 12th.

Spring Lacrosse

K-2 Co-ed is a very basic program for beginners and will be held Saturday mornings.

Boys and Girls Grades 2-4 is a Saturday morning program with additional weekday practices.

Boys and Girls Grades 5-8 is a committed travel program.

www.yorkparksandrec.org
York Parks and Recreation Department

REMINDERS

Beginning May 1st, 2016 the Skateboard Park at YHS will be closed to allow for the storage of construction equipment as part of the Community Auditorium Project.

Spring Theater Production with George Hosker-Bouley coming soon. Please be on the lookout. Details were not available at time of print.

Still time to volunteer at Charlie Brown Tourney. We need your help! Please contact Lynzi or call the office at your earliest convenience. lpacitti@yorkmaine.org
Karate

The Parks and Recreation Department will be offering karate classes for children ages 5 and up. Martial arts training for kids will show marked improvement in confidence, mutual respect, self-esteem, academics, coordination and concentration. Seacoast Martial Arts combines traditional and modern teaching methods making this program motivational and fun. These classes will be offered Monday and Wednesday evenings at the York Middle School PE Room. New session begins every 8 weeks.

Jacki’s Dance

It’s never too early to sign up and commit to a fitness program!! Fitness leader, Jacki Sorensen created her nationally recognized program of "serious fitness fun" over 30 years ago. This class appeals to women who want the benefits of regular exercise but also want to be motivated to stick with a program. The program combines the fun of dancing with the health benefits of a balanced workout. Each hour consists of stretching, strengthening, and easy to follow aerobic dance moves. Everyone participates at his or her own level. You get a great workout without ever knowing it!!! Classes will be offered Monday and Wednesday mornings from 8:00am – 9:00am, beginning March 28th, or Tuesday and Thursday evenings from 5:15pm – 6:15pm, beginning, March 29th, at the York Beach Fire Department. If you have any question as to whether this class is right for you, please feel free to try a class on us. We're sure you'll decide to join us.

Hammerhead Wrestling Systems

Seeks to provide instruction in all areas of amateur folk style & freestyle wrestling, to prepare athletes for success in the sport of wrestling. This is to be achieved through a proprietary instructional and belt-level system. Much like the martial arts, Hammerhead Wrestling recognizes and ranks skill attainment and progression with award belts similar to those made popular in MMA and the UFC. Open to wrestlers Grades 1 - 12; this program is being held in conjunction with the York Parks and Recreation Department. Each session is open to all area wrestlers regardless of town of residence. Take advantage of our NEW Full Year Options which includes all sessions for Youth and Middle School/High School Divisions (see pricing and dates below). Check out www.hammerheadwrestling.com for more details or call Bryan Thompson at 207-337-3959.

Energize It! - K-4

Energize your mind with Mad Science as we explore the many facets of energy and motion! Reach for your potential…and kinetic energy as you experiment with gadgets, cars, and catapults. Get Loco with Newton as you learn his three Law’s of Motion. Conduct hair raising experiments with an Electrostatic Generator. Hop on board the chemistry express for a high-speed science experiment with split-second reactions that go like mad! Are you ready for some sparks in this animated romp into energy? Put your seat belt on…this program is so energizing, even gravity won't keep you down!

Zentangle - Grades 1-4

Drawing is exciting and fun when you Zentangle! Creativity comes alive with this 1-day class. If you get excited about art and can draw a circle or a line, you can Zentangle - no special skills are required. Zentangle is a surprise that unfolds before your very eyes! You'll have fun drawing crazy, abstract 'masterpieces' that you can create anytime, anywhere! A kit is included with all the materials needed for both days.
Me and My Dog - Vacation Camp
Ages 8-14. There is more to loving a dog than hugging it. Enrich the bond between kids and their dogs at this fun filled summer camp set in the countryside of York at “It’s a Dog’s World.” One on one, children can learn to handle their dogs with confidence using “Positive Reinforcement” training. In this course they will work with their dogs to train for good manners and tricks. Games, grooming, proper canine care and the sport of agility will also be introduced. Mutual respect and responsible dog ownership will be emphasized. All dogs must be pre-qualified for temperament by “It’s a Dog’s World” staff. Please call 207-363-0099 before you register with the Parks and Recreation Office to conduct a pre-qualifying phone interview.

Art with Alli Grades 1-4
We are excited to be adding this new Art class to our line-up of programs. Join Artist Alli Jutras for a 6 week Art class that will help develop young artists through a focus on the weekly exploration of different mediums and artists. Some projects may include, but are not limited to, drawing, collaging, and painting. Ali has extensive art training under her belt. She is a graduate of York High School and most recently attended Clark University majoring in Art History. She is a Board Member of the York Art Association and is happy to have brought her talents and love of Art Study to the Maine College of Art this semester.

Charlie Brown Memorial Basketball Classic Schedules and Information.
We still need volunteers and donations! Please call the office for more information. 207-363-1040

MOUNT AGAMENTICUS
Check out all the great things happening at Mount Agamenticus. Spring Time Surprises Event coming soon, lots of recreational opportunities, the new Summit View, webcam and more!

www.agamenticus.org

YORK SR. CENTER
Visit the York Senior online, Facebook and in person. View the Senior Scoop online or give us a call to get involved. York Senior Center

NUBBLE LIGHT
Nubble News: Brand new online web store and webcams on the island. Visit our Online Gift Shop. Also check out our live streaming HD cameras on the Island.
JOIN US!

SPRING TIME SURPRISES

SPACE IS LIMITED AND RESERVATIONS ARE REQUIRED. PLEASE CALL THE OFFICE OR SIGNUP FROM OUR WEBSITE TODAY.

1:00-1:30PM
Trail Treasure Search Orientation and Send Off

2:00-2:30PM
Aggie Egg Hunt at the Summit

2:00-2:30PM
Photos w/Easter Bunny on Lodge Deck

2:30-3:45PM
Center for Wildlife Nesting Program

3:00-3:30PM
Photos w/Easter Bunny on Summit Deck

3:45-4:00PM
Final Prizes and Egg Drop Off

What: Family Fun Activities atop Mount A.
When: Sunday March 20th 2016
Where: Mount Agamenticus
Time: 1:00pm - 4:00pm
Other: Joining us for Spring Time Surprises atop Mount A. A Trail Treasure Search, Aggie Egg Hunt, Photos with the Easter Bunny and so much more.

207-363-1040  www.yorkparksandrec.org
FIRST ANNUAL PROM AND 8TH GRADE FINALE “SHOP & SWAP” EVENT.

Introducing the first annual prom and 8th grade finale “Shop & Swap” Event. Donation dresses can be dropped off at York Insurance Agency at 484 US Route 1 in York 8:00am - 4:00pm Monday thru Friday. All dresses will be available to “Shop & Swap” on Saturday March 12th, 10:00am - 2:00pm at First Parish Church Hall. Proceeds will benefit Yorkwise and First Parish Mission Trip.
Comedy Basketball Show

Wednesday, March 9
York High School
6:00pm
Doors open at 5:30pm

The York Dream Team
vs

Fun for the whole family

Dream Team players from VES, CRES, YMS, YHS
York Police, Town Officials and more.

Students $6 / Adults $9 / Family $30

Proceeds benefit local Scholarships presented by York Rotary
Officer Charles E. Brown was a nine-year veteran of the York Police Department when he died suddenly of a heart attack. He was 37 years of age at the time of his passing.

Charlie was known for his love of the youth in our community and was involved in promoting youth athletics with the Parks and Recreation Department. Officer Brown left behind his mother Helen Brown and two children, Kimberly and Michael, among a long list of people who loved him throughout our community.