Please take a moment to complete the Community Center Needs Assessment Survey.

TAKE SURVEY

SWIM REGISTRATION
SEPTEMBER 21st
TRAVEL BASKETBALL REGISTRATION DEADLINE OCT 12
YOUTH

* SWIMMING REGISTRATION SEPTEMBER 21 @ 8:30am *

TRAVEL BASKETBALL GRADES 5-6
MUST BE REGISTERED BY OCTOBER 12. FREE TO TRYOUT.
TRYOUTS OCT 18 & 19. PLEASE MARK CALENDARS. FMI

VOLUNTEER COACHES WANTED. PLEASE CALL TO SCHEDULE AN INTERVIEW
363-1040 or Robin Cogger - rcogger@yorkmaine.org

HAMMERHEAD
Grades 2-12 will enjoy Hammerhead Wrestling Club.
Starts in October. FMI

KINDERGYM
Toddlers to Age 3.
Kindergym Starts September 18th.
FMI

LIL TIKES SOCCER
Ages 3-4 Soccer this Fall. Sept 9 to Oct 7. Saturdays at CRES. FMI

FIELD HOCKEY
Grades 3-6. Starts Sept 11 on Mondays. FMI

SPIRIT SQUAD
Grades K-8 For Fall Sports. FMI

KARATE
New session starting September 18th. FMI

WWW.YORKPARKSANDREC.ORG

SEPT 2017
NORDIC FITNESS WALKING

Starts September 12th and Ends October 3rd. Tuesdays 8:30 - 9:30am at the Long Sands Bath House. FMI

PICKLE BALL

If you're not playing pickle ball yet...you're missing out. Starts Sept 8th. Indoors, outdoors, beginners or advanced. Monday, Wednesday and Fridays. FMI

BABY BOOMER GOLF CLINICS

We have once again partnered with Cape Neddick Country Club to offer Baby Boomers this opportunity to learn, practice and play more golf. This is the perfect clinic for anyone who wants to spend some time, each week, fine tuning your skills in preparation for a golf-filled summer or fall. Fall session starts September 6th and Ends October 4th. Wednesdays from 9:00 - 10:00am. FMI
Registration

Player

York Hospital
www.yorkhospital.com
email: info@yorkhospital.com
phone: 207-351-2385
15 Hospital Dr. York, Maine 03909
Fundraising Office

For Healthy Aging
The Hancock Family Fund
York Golf & Tennis Club
1:30 pm
September 24, 2017

Hospital's Geriatrics Medicine Center
VR Partnership with Mass General Medical Appointments
Transplantation Service
HR

Medications

Neighborhood Hospital
Neighborhood

Home
Home Delivery

Medicare Info
Medicare Info

Workshops
Workshops

Strength and
Balance Programs

Each player will enjoy:
Play one of the best golf tournaments in the Seacoast and keep the rewards!
Play on the best golf course of the Memorial Golf Tournament.
29th Annual Hancock Memorial
September 24, 2017 at the York Golf Clubs, Pomfret, Maine.
Proceeds to benefit The Hancock Family Fund for Healthy Aging.
**Contact & Payment Information**

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<th>Payment Summary</th>
<th>Quantity</th>
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**Payment Options**

- Credit Card
- Check
- Cash

**Name**

**Address**

**Phone**

**Email**

**Handicap**

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**Rules:**

1. The tournament is limited to 132 players.
2. Please note this tournament sells out quickly.
3. foursomes may use each player's drive ball position.
4. all foursomes play all holes from best handicap.

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**Reserve Your Spot**
First Annual

Mount A
5K/1Mi Trails Challenge!

Run It, Walk It, Hike It, Just COMPLETE IT!
September 16 | 5K-10am / 1Mile-10:30am
Online Registration Deadline is Sept. 14th
yorkparksandrec.org

Mount A 5k/1mi Trails Challenge
SEPTEMBER 16th

This is an event encouraging all health levels to enjoy the outdoors, Mount A trails, and to meet their own personal goals. Our new Big A Universal Access trail can accommodate all capabilities, while adjoining trails offer even greater challenges. Prizes include t-shirts, sweat shirts and water bottles. Race amenities include water, fruit and Mount A trail mix. Consider bringing your own picnic lunch to enjoy at the summit after the awards. Parking is limited. First 40 to register will receive premium parking passes. First 100 are guaranteed into event (may have to shuttle). All are guaranteed to Get Fit!

For more information about the Mount A Trail Challenge please visit www.yorkparksandrec.org or call 207-363-1040.