Summer is almost here and we have lots planned for all ages. You should have received your new 2019 Summer Brochure, if not we have plenty in the office. Below is a few reminders for some upcoming camps and programs, its only the tip of the iceberg. Enjoy these warm days and get outside and play.

SAFE SITTER SUMMER CAMP – 2019 – Ages MUST BE 11 & Up
This course is taught by a nurse, and is intended to improve your child’s care skills needed for babysitting. July 11th, 9am-3pm.

TENNIS FOR TEENS Ages 13-15
Our Junior Tennis clinic is for young athletes who wish to improve their tennis game, work hard, meet other players their age, and have a lot of fun

Mindfulness & Leadership Practices for Peak Performance (MLP3) Grades 9-12
Provided by Lani Silverides, Mindful Performance LLC. This program includes leadership and mental skills training for achieving peak performance and creating high performance cultures. July 22-24 9am-12pm.

Kayaking Great Bay, Newington, NH - 8 years and older
Explore the bay with SEVEN RIVERS PADDLING and learn some of the history of the location as well as the natural wildlife of the area. July 10th, 9am-3pm.

Hammerhead Wrestling – Summer Lift & Conditioning - Ages 12-18
The Hammerhead Wrestling Club will once again be offering a weightlifting and conditioning program this summer. The program will run Tuesdays and Thursdays, 5:30pm-7:00pm at YHS.

SUP For Beginners
Learn the ins and outs of Stand-Up Paddleboarding with certified instructor, Katie Johnson of KOAN Wellness. Beginning with an overview of equipment, you’ll gain the confidence to paddle around the harbor safely and effectively. June 15th, Julky 13th or August 10th, 8am-10am.

SUP Yoga for Beginners - Yoga on Stand Up Paddleboard
This 2-hour workshop will provide the guidance and technique to comfortably move on the water with certified instructor, Katie Johnson of KOAN Wellness. Learn basics of equipment, safety, water rules, paddling and SUP Yoga. June 16th, July 14th or August 11th, times vary.

Spirit Squad Summer Cheer Camp – 2019 – All ages are welcome
This 2-hour Spirit Squad is available to anyone interested in sideline cheering, or just wants to have fun for the week! July 15th - 19th, 9am-2pm

Check out all of the Youth Enrichment Offerings on Pg 45 of the Summer Brochure
WETLAND WALK INFO:

The Mount A region has the highest concentration of vernal pools in the state and is home to three threatened and endangered species. Join Mount Agamenticus staff and the Center for Wildlife with live turtle ambassadors to learn about seasonal life cycles, critical habitats, and the difference between facultative and obligate species. Then we’ll take a hike to nearby vernal pools, ephemeral streams, and wetlands.

When: Saturday, June 8th, 10:00am-12:00pm
Where: The Mount Agamenticus Summit Lodge
Fee: Your donation of $7/person makes this program possible.
Info/Registration: Reservations required. To register, email fellow@thecenterforwildlife.org.

SUMMER STORYWALK

The Story Walk program combines the benefits of physical activity, time outdoors, and literacy by taking children’s books and posting them, in pieces, along a recreational path or hiking trail.

The Story Walk at Mount A includes 24 stations along the Ring Trail. The featured story is generally seasonal in nature and is swapped-out quarterly. Starting mid-June, follow along to “What Makes an Opossum Tick?” by local author Lyn Smith.

Location: Our story starts at the lowest parking lot on the Ring Trail, continues on the west side of Ring, and up the Witch Hazel trail to finish on the summit.

Difficulty/Distance: The trail is somewhat steep in places but comfortable at easy stroll pace with stops at the reading stations. Terrain varies from gentle slope on dirt trail to rocky sections with short climbs or descents. Distance is 1.3 miles. Allow 1 ½ hours for younger children. For good hikers just stopping to read, time can be reduced to about half an hour.
BOATING & WATER SAFETY DAY

Saturday July 13th, 2019 10am – 2pm
Long Sands Beach, York Beach Maine

Free parking at York High School  Free shuttle to and from event

Live demos  Exhibitors

Giveaways  Raffles

Fun activities  Live water rescues

Sponsored by:
The Chris Connors Fund
A special project of the York Fire Department ~ York Water Rescue

For more information go to www.TheChrisConnorsFund.com
COMMUNITY SUMMER YARD SALE

JUNE 29TH
8AM - 2PM
AT THE YORK BEACH BALL FIELD
RAIN DATE: SATURDAY JULY 6TH

TURN YOUR CLUTTER INTO CASH!
COME SELL OR SHOP

For more information or to register for a vendor spot call us (207) 363-1040
RESERVE YOUR SPOT BY JUNE 14TH
FREE PUBLIC ENTRY

FREE FAMILY FUN

~ FRIDAY, JULY 5TH ~
~ FRIDAY, JULY 26TH ~
~ FRIDAY, AUGUST 23RD ~

FAMILY MOVIE NIGHTS
SUMMER 2019

All Movies Are Shown Behind The Long Sands Beach Bath House & Begin at 8pm
Movies Will Be Announced In The End of June

Brought to you by:
PARKS & RECREATION
York Rotary in conjunction with York Parks & Recreation Department presents...

The 40th Annual

**Four on the 4th**

Thursday, July 4th

Race starts at 8am at YHS

4 Miler, USATF Certified

Free 1 Mile Kids Fun Run! *No Registration Required

**Individual Pre-Registration:** $27*

**Group Pre-Registration (up to 5):** $100*

**Race Day Registration:** $30*

*Online fees apply & race day registration if space permits

Pre-Registration ends Monday, July 1st

Visit our website for registration information

[www.yorkparksandrec.org](http://www.yorkparksandrec.org)

Limited to

1200

Participants

Costume Contest

T-shirts to first 200 that register!

CASH PRIZES

No dogs please, for their safety and ours.
2019 York Days

**York Days 5K**
At YHS On 7/28, Begins at 8am

**MAGICIAN NORIMAN NG**
At YHS Community Auditorium
On 7/31 at 10am

**CO-ED SOFTBALL TOURNAMENT**
On 8/3

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**NUBBLE JULY LIGHTING**
Sohier Park
On 7/28 from 7pm-9pm

**Fireworks**
From Short Sands
On 8/4 Starting at 9pm

**Family Movie Night**
Long Sands Beach
On 7/26, Begins at 8pm

For complete event details, visit our website

**WWW.YORKPARKSANDREC.ORG**
York High School, 1 Robert Stevens Drive in YORK. 8AM-3PM. Rain date: July 1
Show car gate opens @ 6AM; check-in from 7-10AM; public gate open at 8AM.
19 categories — enter by category online or at the gate.
$10 entry fee per show car w/ 1 passenger; $5 general admission; FREE under 12.

Benefits York High School Athletic Boosters