Maine Bicentennial Challenge

Maine turns 200 years old as a State in 2020 and we didn’t want this milestone to pass without a fun, active challenge to commemorate it! What better way to celebrate 200 years, than with 200 miles?! Complete the Maine Bicentennial Challenge by registering for $15 and walk, run or cycle 200 miles between August 1st and December 31st. Participants who register before October 1st will receive a free, limited edition Bicentennial shirt!

Registration is opening soon, so keep your eyes open and don’t miss out on this fun challenge! [https://runsignup.com/Race/ME/York/MaineBicentennialChallenge](https://runsignup.com/Race/ME/York/MaineBicentennialChallenge)

Virtual York Days 5k


Registration is $25 (plus fees), with race proceeds going towards youth programming in York!

“...a sign of respect for other people in your community when you go out and wear a face covering. It’s you acknowledging that there’s a chance that you might have covid19 and that you might transmit it to somebody even though you feel fine. And to me it’s a sign of respect to other people.”

-Dr. Shah on the importance of face masks
**Rec by the River** (Small Group Summer Camp)

Grades K-3 is FULL for the rest of the Summer. **However; we are trying to secure staff for additional sessions and times.**

There are a few spots left in Grades 4-8.

Why stay home when can spend some time with your friends and our AWESOME Camp Directors right here at the Grant House. Join Nick and Parker for Rec. by the River. Time will be filled with activities ranging from socially distanced outdoor sports and water games, arts, crafts, and trail hikes. Get ready for Body Bingo, Human Battleship, Speedway Relay, Riverbank, and an all time favorite, Dodgeball. The team has come up with some creative arts and crafts that include making giant bubbles, building a kite, making fluffy slime, creating fake snow, and of course

Grades 4-8 will not follow a theme but will be filled with lots of fun activities.

**Residents ONLY**

Due to Covid-19 and social distancing camp will be limited to 12 campers.

To give many kids in the community an opportunity to participate parents can register their child for either Monday & Wednesdays ONLY or Tuesday & Thursdays ONLY. Registration for all 4 days is not permitted.

Rec by the River will follow safety guidelines that are designed to reduce the risk of community spread of Covid-19. These include, but may not be limited to, one-way drive through drop-off and pick-up, frequent handwashing, no sharing of supplies, facility sanitation between camps, masks when social distancing cannot be achieved. Our detailed camp protocols are available on our website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org) and they will be emailed to all who register prior to their first day of camp.

There are Grades 4-8 spots available for the remaining weeks (weeks 3-7).
Science all Around US - Ages 1-6
Burst your science bubble as we stretch our science sphere of knowledge all the way to outer space! Begin with self-exploration and how unique you really are! Learn all about our furry friends & animals in nature! Make a splash as we take a dive into H2O. Go global as we explore the layers of the earth. Then take a ride on the electromagnetic spectrum all the way to the stars! This camp will keep you spinning with wonder all week long!
High Touch High Tech Virtual Camps will include a kit for your week of camp. Kits may be picked up on Friday, July 17th, at the York Parks and Recreation Department.

Registration ends on Thursday, July 16th at noon, prior to camp. This will allow time to prepare a kit for all participants.
INSTRUCTOR: High Touch High Tech of Maine (Science Made Fun Maine)
REGISTRATION: Ongoing until July 16th at noon
STARTS: July 20th
ENDS: July 24th
COST: $110.00
LOCATION: All classes are delivered live in our virtual classroom
DAYS: Monday-Friday
TIMES: 10:00am-11:00am

LEGO® Camp Virtual Style! - Ages: 5yrs to 12yrs
We will be trying a LEGO® Camp virtually this year! Camp will run for 2 weeks. We will have 3 Google hangout meetings, for those who want to join. The first will be on the first Monday of camp, to meet and talk about what we will do, and then we will “hangout” on both Fridays, to share what was made over the week, and to encourage each other to be creative. During the 2 weeks of camp, we will release 2 challenges daily (Monday-Friday), using Google Classroom. We will video these, so kids can watch what the challenges are. Then, the kids can load up their creations to share on our own Google Classroom. We will offer support to anyone who needs some help. Kids will be able to share videos and pictures to the Classroom. The Classroom will only be accessible to those who join LEGO® Camp. Participants will receive a special gift at the end of the program.

Instructor, Andrea Gould, York Middle School math teacher for the past 20 years, loves math and science, and bringing them together in creative, educational ways.

Registration: Ongoing
Starts: July 13th, or July 27th
Ends: July 24th, or August 7th
Cost: $50.00
Location: Virtual
Days: Monday-Friday, for 2 weeks
Times: Zoom Invitation
Seacoast United's Summer Skills Camps are aimed at improving an individual's soccer technical skill development. Created for Ages 7-14, the focus of this program is to enhance a player's confidence while in possession of the ball. Using both feet and multiple surfaces of the foot, we encourage players to experiment with all turns, tricks and skills, whereas, to develop their technical confidence with the ball. Players will work on receiving the ball with different parts of their feet. All camps will be non-contact camps for 2020 and will focus on individual development, in small groups.

Protocol for camp will run through waiver, health screening, social distancing, hand sanitizing, 9:1 ratio coach to kids.

Registration: Ongoing
Starts: August 10th
Ends: August 14th
Cost: $50.00 - Includes T-Shirt
Location: Bog Road Field
Days: Monday-Friday
Times: Ages 7-10: 9:00am-10:15am (Maximum participants 36)
Ages 11-14: 10:45am-12:00pm (Maximum participants 36)

YOUTH TENNIS LESSONS
Ages 7-12
Instructor: Ted Welch
Are you ready to take your game to the next level? We are excited to announce the return of youth tennis lessons. We have put protocols in place to ensure the safety of players and staff. Our lessons give kids an opportunity to build fundamentals, develop and refine their strokes and prepare for competitive play. Instructor Ted Welch will help players master the complexities of the sport and spend more time perfecting technique. Our lessons take place in relaxed, fun atmosphere for all.

INSTRUCTOR: Ted Welch
Tuesday/Thursday
Start Date: July 21st
End Date: August 6th (3 Weeks)
All on Court 1 @ York High School

Ages 7-8
8:00am-9:15am

Ages 9-10
9:30am-10:45am

Ages 11-12
11:00am-12:15pm

Max 6 Players per lesson
 Resident: $90
Non-Resident: $95

Tennis Protocols:
Players must wear a mask when they arrive and keep it on until the lesson starts. Each player is responsible for bringing and having their own hand sanitizer with them.

Please do not arrive earlier than 7 minutes before your schedule lesson. Be sure to bring your racquet and plenty of water. After your lesson is complete you will be asked to put your mask back on before you leave the courts. Please social distance (6ft) as best you can. When you get home be sure to sanitize any and all equipment you used during your lesson.
ADULT PICKLEBALL LESSONS FOR BEGINNERS

Never played the game of pickleball before? Played a few times but need help understanding the game. Our Beginner/Novice Lessons might be just what you’re looking for. Lessons will cover rules, basic skills, strategies, and give new players an opportunity to play and learn.

Please wear a mask upon arrival. Once the lesson begins you will be able to take your mask off. Each player must bring their own hand sanitizer, water bottle, and racquet. Be sure to sanitize your equipment after your lesson. Your mask must go back on as you are leaving the court. Please do your part in keeping everyone safe.

If you do not feel well, please notify us and do not come to your lesson.

Instructor: Jim White
Location: Court 3 – York High School
Tuesdays – 8:00am-10:00am
July 21st – August 11th
$80.00

MORE PICKLEBALL CLICK HERE
YOGA AT THE BEACH, Short Sands Beach

Our class includes yoga postures (asanas) encompassing full body stretching, flexibility and balance movements. This class is designed for all ages and is of benefit to deconditioned participants as well as to athletes. It can be a class to get you back in contact with your body or alleviate soreness and tightness from your athletic/sports pursuits or routine activities. No experience is necessary.

This will not be a boring, “Am I done yet??” class. Try it, you will like it!

DON’T FORGET YOUR WATER, HANDSANITIZER, MAT AND/OR LARGE BEACH TOWEL. WE WILL USE YOGA BLOCKS TO ENHANCE YOUR PRACTICE. PLEASE BRING THOSE ITEMS. I AM PROVIDING LOANERS THAT YOU CAN TAKE SANITIZED FROM ME AND YOU MAY RETURN AT END OF SESSION IN SAME CONDITION. ANY ITEM THAT WILL ASSIST YOU IN HAVING A COMFORTABLE SESSION. (BLANKET, PILLOW, SUNSCREEN ETC) PLEASE NOTE THAT NONE OF THESE ITEMS MAY BE SHARED.

Instructor: Andy Ferragamo
REGISTRATION: Ongoing through July 5th (NO DROP INS, MUST PRE-REGISTER)
August 3rd - August 28th
$120.00 Resident / $130.00 Non-resident
Short Sands Beach
7:00am-8:00am
Monday, Wednesday and Friday

Beach Barre on Long Sands

Beach Barre at 7:30am on Long Sands! Did you sit on the couch for too long? Yeah, we did, too. Don't worry, join us for Barre on Long Sands and we will tone everything back up! The best part of this workout is that it is for everyone! No high impact, plenty of burn! Bring your facemask to wear when you arrive and continue to wear it until the work out begins and participants spread out following social distancing recommendations. Wearing a mask during the workout is not recommended.

Two, 5-week sessions are available. Classes will meet twice a week for each session. Participants MUST PRE-REGISTER, NO DROP-INS

Please, bring your own folding chair to use as a stabilizer, yoga mat, light hand weights, ankle weights, and, if you have them, yoga strap, towel, and water.

INSTRUCTOR: Amanda Gunter
REGISTRATION: Ongoing
July 23rd - August 27th
$120.00 Resident/ $130.00 Non-Resident
Long Sands Beach in front of the Bath House
Tuesday and Thursday
7:30am-8:30am

HIIT - High Intensity Interval Training at Long Sands Beach

HIIT the beach at 7:30am! High Intensity Interval Training (HIIT) will get you in shape after spending months in quarantine! This class will always meet at the bathhouse but will use the length of the beach for its workout. With plenty of space, social distancing will be available. Please, bring your facemask to wear when you arrive, and continue to wear it until the work out begins and participants spread out following social distancing recommendations. Wearing a mask during the workout is not recommended.

Two, 5-week sessions are available. Classes will meet twice a week for each session. Participants MUST PRE-REGISTER, NO DROP-INS

Please, bring your own yoga mat, hand weights, towel, and water.

INSTRUCTOR: Amanda Gunter
July 27th - August 26th
$120.00 Resident/ $130.00 Non-Resident
Long Sands Beach in front of the Bath House
Monday and Wednesday
7:30am-8:30am
YOGA AT THE BEACH, Short Sands Beach

Our class includes yoga postures (asanas) encompassing full body stretching, flexibility and balance movements. This class is designed for all ages and is of benefit to deconditioned participants as well as to athletes. It can be a class to get you back in contact with your body or alleviate soreness and tightness from your athletic/sports pursuits or routine activities. No experience is necessary.

This will not be a boring, “Am I done yet??” class. Try it, you will like it!

DON’T FORGET YOUR WATER, HANDSANITIZER, MAT AND/OR LARGE BEACH TOWEL. WE WILL USE YOGA BLOCKS TO ENHANCE YOUR PRACTICE. PLEASE BRING THOSE ITEMS. I AM PROVIDING LOANERS THAT YOU CAN TAKE SANITIZED FROM ME AND YOU MAY RETURN AT END OF SESSION IN SAME CONDITION. ANY ITEM THAT WILL ASSIST YOU IN HAVING A COMFORTABLE SESSION. (BLANKET, PILLOW, SUNSCREEN ETC) PLEASE NOTE THAT NONE OF THESE ITEMS MAY BE SHARED.

Instructor: Andy Ferragamo
REGISTRATION: Ongoing through July 5th (NO DROP INS, MUST PRE-REGISTER)
STARTS: July 6th or August 3rd
ENDS: July 31st or August 28th
COST: $120.00 Resident / $130.00 Non-resident
LOCATION: Short Sands Beach
TIME: 7:00am-8:00am
DAYS: Monday, Wednesday and Friday

Center for Active Living
Town of York, Maine - Parks and Recreation Department
Life. Be in it!

The Center for Active Living building remains closed to the public, but check out this month’s SCOOP for outside, in-person, exercise and arts & crafts opportunities, to-go lunch menu, lawn games, parking lot bingo and more.

Link to the scoop
I was born and raised in Dover NH, graduated from St Thomas Aquinas in 1975, and from UNH in 1979 with a degree in Human Development/Early childhood Education. I taught in a Preschool for 1 year, then followed my wanderlust to Colorado ski country, where I spent a couple of winters working at Copper Mountain ski area in Summit County. I had worked restaurant jobs through college, but working there put me under some fabulous women cooks who taught us all how to make hearty ski lodge food (my chili recipe comes from there), and it also gave me the chance to learn to ski, (which spoiled me for icy NH snow when I returned!)

Back home, I spent a couple of years as department head of needlecraft at Windsor Button Shop in the local mall, then worked as a cook for Stillings dining hall at UNH for a couple more, where I received some formal training in culinary arts. I had wanted to move to Portland, ME, where I saw nightlife and culture happening, so in my mid 20s I went up and worked for USM, then found a great job at Brighton Medical Center supervising in the Nutrition department, where I stayed until I married and moved to York. While in Portland, I also was certified by the state in Food Service Management after taking a yearlong course at Southern Maine Community college. After moving to York, I worked at Portsmouth Hospital temporarily until I found another supervisory job at Southern Maine Medical Center in Biddeford, where I spent 4 years, leaving when they eliminated my position. I spent several years working part time while also raising our daughter and helping my husband in our store at York Beach, until I saw the job at the Senior Center open up. I’ve been in the position since January of 2001.

If anyone asks what I love about my job, it is always that the job has a service aspect to it. We become so important to the folks who come in to the Center. The meals that I cook mean everything to people who are lonely or just can’t cook for themselves anymore, so the work is very gratifying. We get to know our folks like a family. I have loved running my own kitchen. There is an aspect of taking chaos and making it orderly and workable that makes it “not boring”! I don’t know if I could spend all my time sitting in an office…but then again, I’ve literally never tried it! During the time I have worked here, my daughter went from a 6 year old kindergartener to a 25 year old accountant, so time has truly passed by.

I am an avid reader, a part time musician(although not this year!) and a crafter, who also is addicted to watching way too many cooking videos on You Tube.
My name is Emma Parrotta and I am this year’s honored York High School graduate receiving the Mike Sullivan Memorial Scholarship. I graduated York High School in the top decile of my class and maintained memberships in the Nation Honors Society as well as the Language Honor Society. I played volleyball with the school and with an outside club and tennis with the school. I volunteered my time every Wednesday to York Hospital as a Junior volunteer, in the winter I helped run the middle school volleyball program, and every summer I attended a week long service trip with First Parish Church. I will be attending the University of Maine in Orono this fall as a nursing major. After I earn a nursing degree, I plan to further my education and become either a Nurse Practitioner or a Physician Assistant.

I want to become a nurse because the daily work is extremely exhilarating and active. My grandmother is a woman who became a nurse in a time when it wasn’t common for women to be as successful as she became. But she worked as hard as she could and she would tell me the most amazing stories. She said that she would never change anything about her career choices because she absolutely loved it. I would also be a great fit like her because we both love to learn new techniques and ways to be better everyday.

My grandmother told me one story of a scared little boy who was sent to the emergency room because he went on a fishing trip with his dad and got a fishing hook stuck in his hand. It was a difficult case because the barbs were preventing it from easily releasing. She said that he looked so scared and panicked, and she was too because she had never had to do something like this before. But she couldn’t let him see her insecurity, so she was very calm and cool. She talked him through the entire process. In the end, the boy got his hand back, hook free, and my grandmother got the satisfaction of helping a little boy go back to living a normal life and do the things he loved to do.

The patients that nurses get to treat teach them new things everyday. Each patient is a new problem waiting to be solved. And when that problem is solved, that patient will be healthy again and get to do the things that they love in their own lives. That’s the reason I want to be in this profession. I know I can help improve the lives of everyday people from all different walks of life. I want to help people through things that they are worried will impact their lives and limit the activities they love to do. I want to see the relief on their faces when they realize they are going to be alright.
HELLO RIDERS!

We hope this finds you well! After much discussion these last few months and with a heavy heart that we have decided to cancel our York Seacoast Velo Kids Summer Series. Our greatest concern is the health and well-being of our community, our riders and our volunteers. With that being our foremost concern we felt we must forego this summer’s ride series.

Even though we may not be able to see you in person we are working diligently on another platform in order to stay in touch and share our rides and our smiles. PLEASE stay tuned for an update very soon.

We hope you are finding new challenges and new areas to explore on your bike(s). That is what we look forward to seeing and hearing about this summer.

All the best,
Sarah, Nat, & Pete
York Velo Kids

The York Parks & Recreation is a proud supporter of the York Velo Kids and we look forward to working with them again in the summer of 2021!
Thank You Sponsors!
The York Parks and Recreation Department would like to thank all of you for your continued support throughout the years.

Abbott Bros., Inc. 207-363-3762
Amidon Family Dentistry 207-363-5242
Anchorage Inn 207-363-5112
Anthony’s Food Shop 207-363-2322
Atlantic Dental Association 207-363-2406
Bob the Screenprinter 207-892-8220
Brixham Montessori Friends School 207-351-2700
Bullshirt, LLC 207-363-9363
Camp Eaton 207-363-3424
Clark & Howell, LLC 207-363-5208
Coastal Fitness 207-438-0888
Coastal Landscaping & Garden Ctr 207-363-6202
Estes Oil Burner Service, Inc. 207-363-4172
Family Ear, Nose & Throat, LLC 207-351-3525
Fox’s Lobster House 207-363-2643
Graphiti 207-363-7999
Graystone Builders, Inc. 207-363-6085
Hale’s Landscaping, Inc. 207-361-2800
It’s a Dog’s World 207-363-0099
Kennebunk Savings Bank 207-985-4903
Key Ford 207-363-2483
Leeward Landing Thrift Store 207-361-4085
Libby’s Oceanside Camp 207-363-4171
Lobster Cove 207-351-1100
Lunchbox Louie’s 207-351-8643
Moody’s Collision 207-363-7961
Moonlight Graphics 207-363-2273
Norma’s Restaurant 207-363-3233
Rebekah Turner, Esthetician 207-475-2552
Rhodes Plumbing and Heating 207-439-0334
Rick’s Restaurant 207-606-0556
Roche Locksmith 207-363-4492
Shoreline Construction 207-363-2972
SoMe Brewery 207-351-8162
Stephen Carr Property Services 207-451-0156
Stones Throw 207-361-3116
Stonewall Kitchen 207-351-2712
Tapley Insurance Agency, Inc. 207-363-7894
The Central Bean & Bakery 207-606-0744
The Goldenrod 207-363-2621
The York River Landing 207-351-8430
Union Bluff Hotel 207-363-1333
VFW Post 6977 Boardman-Ellis 207-363-9827
Village Laundry 207-363-1986
Village Scoop Ice Cream 207-363-0100
Wayside Trailer Park 207-363-3846
When Pigs Fly 207-439-3114
Williams Realty Partners 207-351-8188
YFI Custom Homes 207-363-8053
York Bark & Play 207-361-4758
York Community Service Association 207-363-5504
York Golf and Tennis Club 207-363-0130
York Harbor Marine Service 207-363-3602
York Hospital 207-363-4321
York House of Pizza 207-363-6171
York Maine Rotary Club 207-361-4552
York Police Department 207-363-4444
York Trolley Company LLC 207-363-9600
York’s Wild Kingdom 207-363-4911