

# Town of York

## Select Board

Michael Estes  
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Website [www.yorkparksandrec.org](http://www.yorkparksandrec.org)

## Office Location:

200 US Route 1, York, Maine  
Grant House at Goodrich Park

## Town Manager

Peter Joseph

## Administration

Peter Murray, Parks & Recreation Director  
Ryan Coite, Parks Foreman  
Andy Kaherl, Recreation Coordinator  
Robin Kerr, Mt. Agamenticus Conservation Coordinator  
Janice Callaghan, Administrative Assistant  
Nick Darby, Special Events Coordinator  
Pam Lombardi, Youth Enrichment Coordinator  
Marquis MacGlashing,  
Sohier Park Gift Shop Manager  
Jeffrey Patten, Beach Operations Manager

## Center for Active Living Staff

Jo-Ellen Ross, Facility Coordinator  
Art Jacobs, Program Coordinator  
Nancy Garfield, Chef

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Carol Plaisted, Alternate

# Message From The Director



“ You’re only here for a short visit.

Don’t hurry.

Don’t worry.

And be sure to smell the flowers along the way. ”

– Walter C. Hagen

Since starting my new position as the Director of Parks & Recreation I have been amazed at all the natural wonders there are to explore right in our community. There is no better time to explore these areas than in the spring to feel renewed. In my short time here, I have visited York Land Trust properties such as Highland Farms, walked Long Sands Beach, driven Shore Road to Perkins Cove, hiked to Orris Falls, paddled on Scituate Pond, walked through Steedman Woods and eaten my lunch overlooking the York River. We are so fortunate to live in such a beautiful place and I encourage you to find somewhere new to explore in your backyard.

Peter Murray, Director  
York Parks and Recreation Department



The past year will be remembered as a year of significant changes in Town of York government. A new police chief was appointed, welcome Owen Davis.

Following the Departure of Town Manager Steve Burns, with whom the Parks and Recreation Board worked successfully during his many years at the helm, the Town was able to lure Peter Joseph from Freeport to be the new Town Manager, beginning officially on April 10th.

More germane to the Parks and Recreation Department, Peter Murray was recently hired as successor to Robin Cogger. Peter is only the third Parks and Recreation Director for the Town of York, following the many years of service of both Michael Sullivan and Robin Cogger. Peter's experience in both public and private settings make him an excellent match to work with the variety of programs he will oversee. He comes to York after 18 years of directing Campus Recreation at University of Massachusetts Lowell. Peter is very familiar with the Town of York, frequently recreating on the trails of Mt Agamenticus with his wife and children.

Peter has already met with the board. We welcome him and look forward to working with him as a new chapter in Parks and Recreation begins.

As you review this new issue of YORKS ILLUSTRATED you will note the continuation of many of our successful programs

of the past as well as new and different offerings in sports, recreation, and health at all levels - youth through adults as well as the Center for Active Living (CAL) programs.

At Mt. Agamenticus the construction of new parking areas and restroom facilities are well underway, and we look forward to these improvements as well as a return to full access to the Summit, its various trail networks and the Learning Lodge.

The Board continues its work to identify and develop a general use and management plan for each of the town owned properties identified in the Parks Ordinance. The PRB will review each of the properties contained in the Ordinance. As these are developed, they will be reviewed by the Select Board and addressed with at least one public hearing prior to acceptance.

I and the other Board members encourage you to review closely the offerings in this edition of YORKS ILLUSTRATED and take full advantage of the diverse selection you encounter here.

Michael G. Modern, Chair  
Parks and Recreation Board  
Town of York, Maine

The Parks and Recreation Board  
Jim Crawford  
Jim Kelly  
Brenda Knapp  
Tom Trafton

# Registration Information and Program Policies

All programs that are listed as “ongoing” can be registered for now. Please pay close attention to the deadline dates as you review the programs! Each program session is considered a new class. All individuals must register for any sessions they wish to participate in. Please remember that you are not automatically registered into additional sessions until your registration is complete, including payment.

You may register online at [www.yorkparksandrec.org](http://www.yorkparksandrec.org) or by calling the office. Office hours are between 8:30am and 4:30pm, Monday through Friday.

## Online Registration Helpful Hints:

- When you are registering your child for a program and online registration will not allow you to select your child’s name because they are ineligible by grade, you need to manually update their grade in your account. Ages automatically update, but not grades. Try this:
  - Click on “Account” in the upper left-hand corner.
  - Click on the “Edit” button next to your child’s name.
  - Select their current grade from the drop-down menu. Click “Save.”
- If you forgot your Parks and Recreation account password, please do not create a new account. Instead:
  - Click on the “Login” button in the upper left-hand corner.
  - Click on the “Forgot Password” link.
  - Enter your email address and a new password will be emailed to you (Please note that you may change your password once you are logged in by clicking on “Account”)
- Can’t find the program you are looking for?
  - Visit [www.yorkparksandrec.org](http://www.yorkparksandrec.org) and select the “Register Now” tab, a list of all current programs will appear.
  - Or go to the “Programs” drop down menu and choose “Register Now” for the programming list.
  - Type in the program or keyword that you are looking for and click the “Search Filter” button. This should bring up all programs that pertain to your search.
- Are you still having problems with online registration? If so, please call the office during normal business hours and we would be happy to assist you!

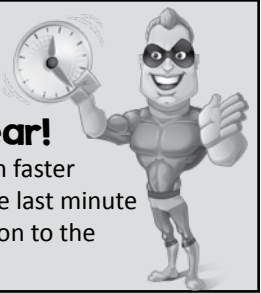
## Refunds

We do not send or call with confirmations for our programs. Consider yourself or your children enrolled in the program of your choice when you complete your registration and payment. Your online registration receipt will show your program details.

We will notify you if the class has been filled, canceled,

**WARNING...**  
**dates in calendar are**  
**closer than they appear!**

Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates.



or changed. The York Parks and Recreation Department reserves the right to cancel or consolidate any program that does not meet minimum registration numbers.

If you need to withdraw from a program, you must notify us no less than one week prior to the first day of the program. You will receive a full refund if we are notified at least one week in advance of the program start date.

## We do not issue refunds after the start of a program!

If the Parks and Recreation Department cancels the program, you will receive a full refund.

We would like all program participants to be advised that the York School Department has priority over all school facilities. This, on occasion, may cause recreation programs to be canceled. We will make every effort to avoid this, however, should it occur, we will do our best to notify program participants in advance. All canceled programs will be rescheduled if possible.

Non-residents are subject to an adjustment of fees.

All persons participating in Parks and Recreation Department sponsored programs and activities do so at their own risk and without recourse to the Town of York, its agents, officers, or employees.

## Behavior & Conduct Policy

All participants in York Parks and Recreation Department programs are expected to behave in a proper and respectful manner. We will not tolerate any hitting, name calling, foul language, destruction of property or any other behavior deemed inappropriate by the staff. In accordance with the severity and frequency of behavior, the Parks and Recreation Department reserves the right to dismiss participants from the program. No refund will be given.

## Sportsmanship

The York Parks and Recreation Department sets high standards for good sportsmanship! We encourage fans, coaches and players to enthusiastically support their team, recognize the outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

## ADA

If you have a disability or injury and need additional accommodations to participate in any of our programs, please contact our office. It is recommended that request for accommodation be made prior to two weeks before a program start date to ensure that we can do our best to provide reasonable accommodation.

## Pictures

We randomly choose pictures of adults and children who participate in our programs to be printed in our publications or posted on social media. Please notify us if you do not wish to have your picture published or posted.

## Parking

Parks and Recreation Department program participants are not exempt from Town of York parking regulations. When participating in our programs please pay close attention to permit and/or other meter requirements.



## Scholarship Assistance

Stonewall Kitchen and York Community Service Association, in conjunction with the York Parks and Recreation Department and York Hospital, offer a scholarship program for children in need. These scholarships are available to serve our core programs and do not include special events. Families needing assistance should pick up a scholarship application at the Parks and Recreation office. Proof of residency is required at the time of application. All requests are confidential. No child in our community is ever turned away from participating in our core programs; however, in recent years our scholarship program has tripled. If you would like to help support our Scholarship efforts by making a contribution, please contact the office at 363-1040.

## The Mike Sullivan Scholarship

This scholarship is awarded, annually, to a York High School Senior who has shown promise as a young leader through their commitment to building community. For more information contact the Parks and Recreation Office. Be on the lookout in our Fall brochure when we announce this year's recipient.

## Yorks Illustrated - Summer 2023

# Parks, Beaches and Athletic Fields

## Parks, Beaches and Athletic Fields

The Parks and Recreation Department is responsible for the operations and maintenance of public buildings and grounds, parks, cemeteries, beaches, recreation facilities and school and municipal athletic fields. York has an expansive parks system that extends from the summit park and conservation lands at Mount Agamenticus to the iconic Nubble Lighthouse. A bustling tourist community during the summer months, our beaches are visited by thousands of visitors each year, and we work hard to maintain a safe and pristine natural environment.

Consisting of mostly seasonal staff, our employees are highly visible during the summer months. Our parks crews, custodians and lifeguards are all here to serve the public and set high standards for the care of our parks and beaches. Likewise, we encourage you to treat our public properties with the respect they deserve. The health and well-being of these natural resources is of utmost importance and our goal is to protect them for generations to come.

## Beach Information

Our lifeguard program begins on June 24th and runs through September 4th. Guards will be on duty every day between 9:00am and 4:30pm, and will be stationed at Long Sands, Short Sands and Harbor Beaches.

The restroom facilities at Long Sands and Harbor Beach will be open daily from mid-April through October 16th. Short Sands restrooms will be open from mid-April through Columbus Day.

Resident parking stickers are available in the Clerk's office at the York Town Hall. Stickers are \$40.00 each and \$20.00 each for seniors (cash or check). They are effective from May 15th through October 15th and are good for York Harbor Beach, Long Sands Beach, Cape Neddick Beach, York Beach Ball Field and the Wiggly Bridge.

The Town of York participates in the Maine Healthy Beaches Program. This is part of a larger statewide effort to insure healthy, informed opportunities for swimming and other recreational water activities along the coast of Maine. Our beaches are tested weekly at various locations in order to provide a standardized quality-assured monitoring and notification system. For more information about York's beaches, you may call the Parks and Recreation office or visit the Maine Healthy Beaches web site at [www.mainehealthybeaches.org](http://www.mainehealthybeaches.org).



## Beach Umbrellas and Canopies

Beach umbrellas shall not be greater than 8 feet in diameter radiating from a central pole and be no higher than 7.5 feet high. Canopies or Sport-brellas shall be no greater than 5 feet in height, 7 feet wide and 5 feet deep and without grounding wires that extend beyond the perimeter of the device.

Umbrellas, Canopies and Sport-brellas shall not be setup prior to 9:00am. If set up prior to 9:00am they will be subject to removal. These devices left unattended for more than 1.5 hours will be subject to removal.

Please enjoy our beaches, and when you leave, may you only leave your footprints behind. York Beaches are Carry In/Carry Out. Please, help to keep our beaches and community healthy, clean, and safe.

## Surfing

- Surfing is prohibited at all public beaches from June 14th to and including Labor Day between the hours of 9:00am and 5:00pm except as provided for below.

At Long Sands Beach from June 14th to and including Labor Day between the hours of 9:00am and 5:00pm surfing is permitted within the mixed-use zone subject to the following conditions.

- (A) A surf leash will be properly always engaged when the surfboard is in the water.
  - (B) Surfers shall maintain a minimum distance of 35' from any swimmer.
  - (C) Surfing is prohibited within the Safe Swim Zone.
- Surfing at Short Sands Beach is always prohibited and is controlled by the Ellis Short Sands Park Ordinances.

## How can you help us?

- Help us keep our beaches clean by minimizing the amount of trash you produce and always picking up after your pets. York has adopted the Carry In Carry Out policy. There are no trash receptacles, all trash must be taken with you, including pet waste. Please, help keep our community clean, and do your part.
- When visiting one of our parks, fields or beaches you can help us by picking up a piece of litter when you leave.
- Coaches and teams can help us by making sure all trash, water bottles and clothing is picked up before you leave our athletic fields. Put goals and benches back to their intended areas. Recognize wear areas in the turf! Rotate drills so the same area is not being used constantly. Please don't practice or play on a field that has standing water, the damage it causes will take months to heal.



**PLEASE OBEY ALL  
BEACH ORDINANCES PROHIBITING:**

- Alcoholic beverages
- Dogs are prohibited on the beach from 8:00am-6:00pm
- Dogs on the beach must be leashed from 6:00pm-6:00am
- Dogs must be leashed or under voice control from 6:00am-8:00am
- Playing baseball, football, golf or horseshoes
- Leaving trash, garbage or waste on the beach
- Building fires
- Removal of sand or rocks
- Motor vehicles, horses or ponies
- Bicycles
- Dressing or undressing on the beach or in cars
- Easy-up or pop-up tents, referring to any structure with 4 corner poles and is greater than 4 feet wide by 4 feet long.

## Family



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**Brett Rankin, M.D.**

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**Taraneh Azar, M.D.**

**John Stallman, PA-C, PhD, MS**

**Lisa Tessier, Au.D.**

**Elizabeth Brown, Au.D.**

**Michele McCarthy, Au.D.**

**Melissa Graziani, Au.D.**



## Nubble Light Gift Shop and Restrooms

### HOURS OF OPERATION:

#### Restrooms:

End of April-Late October (7 days per week)  
7:00am-7:00pm

#### Gift Shop:

First of May-Mid October (7 days per week)  
9:00am-7:00pm

Please note that hours may be subject to change.

## Nubble Light/Sohier Park

Our community is home to one of the most beautiful lighthouse parks in the country. The Cape Neddick "Nubble" Lighthouse is a top tourist attraction in Maine. The preservation and upkeep of this historic landmark is extremely important and is largely dependent on community volunteers. Under the watchful eye of the Sohier Park Committee, the Parks and Recreation Department is responsible for maintenance and operations at the Park. Proceeds from the gift shop go directly to the upkeep of Sohier Park and Nubble Light. The gift shop is located inside the Welcome Center at



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Facebook: [www.facebook.com/yorkmaine](https://www.facebook.com/yorkmaine)  
Instagram: [@yorkparksandrec](https://www.instagram.com/yorkparksandrec)

the park. A team of more than 40 devoted volunteers help keep the park and island looking it's best. The Gift Shop is open daily from the first of May through mid-October. Please come by and visit us.

If you can't visit in person, check out our online store: [www.nubblelightstore.com](http://www.nubblelightstore.com)

The Nubble Lighthouse is always looking for new, passionate ambassadors for the season. You'd help take photos, answer questions, and meet people from all over the world! Volunteer for a few hours per week, or more. If you are interested in becoming a Nubble Light ambassador or a gift shop volunteer, please reach out to Brian Ross at [blross@live.com](mailto:blross@live.com)

## Nubble Raffles and Donations

We will, once again, be running the "Visit the Nubble" Raffle. Tickets are available for \$10.00 each, at the Grant House and Gift Shop. Tickets are sold 1,000 at a time and one lucky winner will be picked from each set of 1,000 tickets sold. Winners, and up to four friends, will enjoy four hours on the island with complimentary lunch. We will work with you on a date that fits your schedule and that of our lightkeeper. All proceeds benefit the lighthouse, park, and gift shop. Tickets on sale year round!

Donations can always be made at the Gift Shop, from our website, or by sending a check to:

Nubble Light  
186 York Street  
York, ME 03909

## Christmas in July

Come celebrate Christmas in July at the Nubble! Enjoy seeing the lighthouse holiday lights every evening between Friday, July 28th and Sunday, August 6th. There will be a Toy Drive on Friday, July 28th, inside the gift shop. Please, consider dropping off an unwrapped toy or purchase a toy at our gift shop for donation!

# Employee Spotlight



## Marquis MacGlashing

You may recognize Marquis from the clerk's office at town hall, or as a girls' basketball, volleyball or softball coach. She has been an Adventure Camp counselor, as well as an administrative assistant in the Parks & Rec office. She has now taken on the role of

Shop Manager. There's nothing this woman can't do! We're delighted to have her around. She's always willing to help with a bright smile and a warm spirit.

Marquis attended Colby-Sawyer College and studied Athletic Training. She has a passion for basketball and can often be found heading south to a Celtics game. She enjoys paddleboarding, refinishing furniture and spending time with friends and family.

We know she'll bring her enthusiasm to everything Sohier Park. She's looking forward to a great summer up at the Nubble!

## Ben Jankowski

Ben arrived at Mount Agamenticus in 2020 after many years supervising Parks and, later, Public Works in New Castle, NH. Concurrently, Ben served as full-time faculty at Green Mountain College in Vermont for six years. Ben's passions are bioregional awareness (what's important in our collective backyard?), outdoor recreation, sailing, history and arts. At Mount A, Ben is responsible for trails, grounds, and facilities throughout the 4,400-acre management area. Additionally, Ben supervises the seasonal conservation staff and coordinates a dedicated volunteer network. The Mount A region is a critical natural resource, and Ben is thrilled to help steward conservation efforts.

In his free time Ben can be found working on his old house, circa 1808 and on the National Register of Historic Places, with his wife and dog or sailing. A Boston native, Ben spent the majority of his childhood in New Castle and remembers his first trip to Mount A with his kindergarten teacher, Lynn Zacharias (Zach's Farm). We're so happy to have Ben on our team, and if you see him out on the trails be sure to say hello!



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HALL OF FAME





## Mount Agamenticus

Mount Agamenticus has become a well-known community resource, and popular destination. It is where people of all ages and abilities come to enjoy the views, explore trails of varying difficulty and length and to connect with nature and appreciate a vast near wilderness experience. Each year, an estimated 50,000

people enjoy a unique summit park with breathtaking scenery and views of the Atlantic seacoast, distant mountains, and inland ponds along with a large network of well-marked and maintained trails.

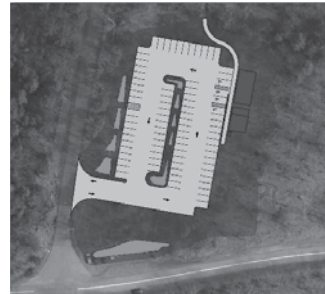
Mount A is also an important resource for wildlife habitat and clean water. The three-hilled area is home to vernal pool species, rare plants and animals and is the heart of five watersheds that provide drinking water for southern York County residents. State, local and non-profit landowners work together to protect and cooperatively manage this land. These landowners make up the Mount Agamenticus Steering Committee and include: The Towns of York and South Berwick, The York Water District, Maine Department of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust. Together, these partners strive to maintain safe, responsible, and enjoyable public access to Mount A's trail system while conserving the unfragmented forests and biological richness that exists here.

### Recent Accomplishments

Every year, on-the-ground stewardship and environmental outreach work identified in the Public Access and Trail Plan is carried out as part of the Conservation Program. Program staff and volunteers have worked together to remediate trails, improve trail signage, and to enhance visitor understanding, experiences, and safety. In 2022 Mount A benefited from over one hundred people contributing 701 hours of volunteer time.

Noteworthy accomplishments include a comprehensive 15-mile trail assessment using GIS technology to collect data and quantify future projects, invasive plant survey and removal on 20 acres of land, replacement of three boardwalks totaling 110 linear feet, summit barn exterior painting and repairs, 5 acres of shrubland habitat management, trail sign updates with 19 new signs, closure of .73 miles of unsanctioned trails, and reconditioning of the Big A Trail with 20 tons of compacted stone dust.

In addition, public outreach and environmental education continue to help visitors understand the unique resources located here and the importance of responsible low-impact recreation as they set out to explore the area. The summit Learning Lodge was made available to 35 visiting school groups and camps starting in April, and it was opened to the public every weekend from Memorial Day Weekend to Indigenous People's Day. Staff led 16 public programs, including monthly partner programs with the Center for Wildlife and guided walks for York's Center for Active Living and hosted special events such as the Imagine a Day Without Water school event, the annual Big A 50K, Trail Challenge and the second Plein Air Paint Out.



Mount A Base Parking




Mount A Summit Parking

### Parking & Restroom Upgrades

The Mount Agamenticus Parking and Public Restroom project, in collaboration with the York Water District and approved by York voters in 2020, began this fall and is anticipated to continue through June 2023. Road, parking, and some trail closures remain in effect during this time.

The parking project includes the construction and expansion of both the summit and base parking lots in addition to a satellite lot along the summit access road. This will greatly improve public safety, congestion, and the flow of traffic. The public restroom upgrades include the construction of composting toilet facilities located at both the summit and base. These will replace the



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portable facilities that were in use at these locations. Composting toilets were selected due to the limited water supply and flow impacting water capacity for a flush system at the summit and comes with added environmental benefits.

During construction visitors can expect the Mount Agamenticus Road (road to summit) to remain closed to all public access, including pedestrian and bicycle traffic. Limited parking in designated areas will be available at the base and visitors will be temporarily redirected around construction to a trailhead nearby.

These parking lot and restroom upgrades have been designed for safer off-street parking, improved traffic flow, and much improved restroom facilities. We are excited to welcome all back at full capacity once this project is completed!

Information about these projects, planning documents, maps and more can be viewed on the Mount A website at: [agamenticus.org](http://agamenticus.org).



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## Use Fee

A new fee system will be implemented for access to Town of York owned and leased lands at Mount A starting June 1st. Increased use, costs and expanded infrastructure improvements necessitate the need for increased operational support. A fully funded Conservation Program is imperative to the protection of the Town's and partner investments while meeting the public's needs and expectations. Revenue from this access fee will support the important work of balancing the management of sustainable passive recreation with the protection of habitats and water quality and help keep Mount A an important resource for wildlife and people.

### Fee Structure:

York Permit Pass Holder- no additional fee

Hourly rate - \$2

Non-Resident Seasonal Use Pass - \$100 per vehicle per year

\$70 for South Berwick Residents

Groups/Larger Vehicle Day Use - must pre-register in advance

### Effective:

May through November

Monday-Sunday (7 days a week)

During gate open periods (6:00am until sunset)

### Process:

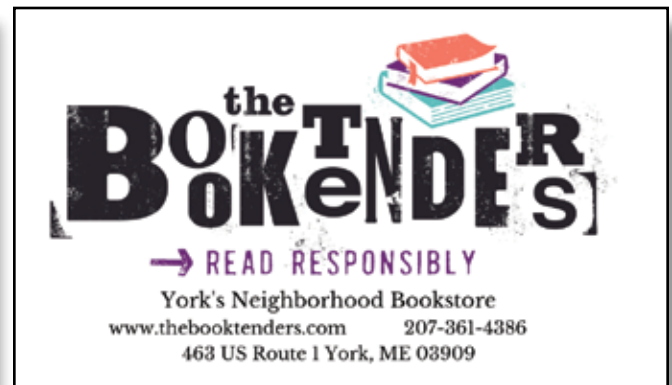
The Pango App (same application used at York's beaches) can be downloaded in advance or onsite. Parking spaces will be numbered at the summit, base and satellite lots. You will need the parking space number and license plate for the app.

Non-Resident Seasonal Passes may be purchased at the York Parks and Recreation Department, Goodrich Park, 200 US Route 1, York.



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## Upcoming Programs, Events and Workdays

As we look ahead with parking lot and restroom upgrades, we are excited to continue the valuable work that ensures Mount A will continue to be a safe place to form a connection to the outdoors. The following provides information on the many guided, self-guided and volunteer opportunities available at Mount A this year. We hope you have an opportunity to safely explore Mount A, experience it for yourself, and make your own memorable nature connections!

## Visit the Summit Learning Lodge and Gift Shop

**Lodge:** The summit Learning Lodge will be open to the public on most Saturdays and Sundays from 12:00pm-4:00pm from Memorial Day weekend to Indigenous Peoples Day. The Lodge is also available during the week for scheduled group visits and guided programming. To learn more about the educational options available, fill out our Group Registration form located at [agamenticus.org](http://agamenticus.org) or reach out via our contact form. We'll be ready for school groups indoors starting in June and will continue to schedule through the end of October! The Lodge is not currently available for events or functions.

**A note about groups:** All organized groups or groups with ten or more people visiting Mount Agamenticus must fill out our Group Registration form prior to their visit. This form allows us to determine applicable fees as well as better track the activities that take place at Mount A and help ensure careful stewardship of the land. Furthermore, we will be better able to assist groups in planning their visit, verify that there are adequate staff and facilities and ensure there are no conflicts with other groups or activities.

**Gift Shop:** The Gift Shop will be open during Lodge hours, most Saturdays and Sundays, 12:00pm-4:00pm, starting Memorial Day weekend to Indigenous Peoples Day. In addition to locally designed and printed Mount A logo gear, we're also happy to support local artists as well as carry products made by companies that promote sustainable and environmentally friendly practices. All purchases made at the gift shop directly support the work we do here at Mount A, from the upkeep of the trails and facilities to our educational outreach efforts in the Learning Lodge and beyond. Thank you for helping us grow!

## Attend a Guided Program

This season, visitors can join us twice a month starting in July for drop-in guided walks and hikes! Programs will depart from outside the summit Learning Lodge at 10:00am and

will last between 1 and 2 hours; terrain and difficulty will vary, but all walks will take place on First Hill trails. Routes will be announced on our website and social media channels a week prior to program date. Donations from program participants support our outreach and education efforts and are greatly appreciated.

### Drop-in Program Dates:

July 8th & 16th  
August 6th & 20th  
September 3rd and 24th  
October 8th and 28th

Keep an eye on [Agamenticus.org](http://Agamenticus.org) for additional program announcements!

## Programs with the Center for Wildlife

Join us for a program with our neighbors at the Center for Wildlife and learn about the many facets of conservation work! You'll meet some of the Center's Animal Ambassadors and have a chance to explore the beautiful habitat we share with them and our diverse wild kin here in the Mount A region. Programs will start at the summit of Mount A, then we'll explore the surrounding habitat and trails of the First Hill area. Full details for each of the programs below will be announced. Registration is required at [thecenterforwildlife.org/events](http://thecenterforwildlife.org/events). Mark your calendars!

April 29th - 4:00pm-6:00pm  
Wetland Hike  
June 24th - 6:00pm-8:00pm  
Nature's Nightshift  
August 19th - 10:00am-12:00pm  
Habitat Exploration and Tree ID Hike  
September 23rd - 10:00am-12:00pm  
Eyes Like a Hawk  
October 21st - 4:00pm-6:00pm  
Halloween in Nature



**Wayside Trailer Park**

P.O. Box 83  
York Beach, ME 03910  
Tel. (207) 363-3846



## Special Events

### Mt. A Trail Challenge 5K/1 Mile – HYBRID

Virtually from Friday, September 8th through Friday, September 15th  
Live on Saturday, September 16th  
See Full Details in Road Race Section

### Give Back and Help Make a Difference!

More than 50,000 individuals, families, summer camps, and school groups come to the mountain each year to enjoy the summit and trails for picnicking, hawk watching, hiking, trail running, mountain biking, Nordic skiing, snowshoeing and other uses. Seasonal trail crews and volunteers work hard to maintain the area's extensive recreational trail system that is open for public use, however, there is still much more to do!

## Join Us on a Community Work Day

Want to help steward an incredible natural resource? Community Work Days are open to the public, and hosted monthly, each with a specific hands-on focus. Projects include: Shrubland Habitat Management, Native Plant Bed Rehabilitation, Trash Cleanups, Basic Trail Maintenance

Workshop, Boardwalk Construction, Invasive Plant Removal, and assisting with the Trail Challenge Race. Without the help of dedicated volunteers, we would not be able to manage the Mount Agamenticus Conservation Region's habitats and many miles of trail. Community Work Days are generally held on Saturdays, from 9:00am to 12:30pm, with light refreshments afterward. We provide the necessary tools and supplies, sunblock, and bug spray for each event. Just bring sturdy shoes, gloves, a water bottle, and some energy!

**Earth Day Clean-up**, April 22nd: In Honor of Earth Day, volunteers will divide and conquer to remove trash/debris along trails and roadways. This year's clearing effort will focus on retrieving garbage at the bottom of "hedgehog cliff" on Mountain Road.

**Spring Trail Maintenance**, May 20th: Volunteer work will involve hiking and restoring trails from the effects of winter. Tasks include clearing out leaf matter from drainages, fluffing, and removal of blown down trees/branches in the trail corridor.

**Adopt-a-Trail Day**, June 3rd: Celebrate National Trails Day by adopting a trail! Mt. A is looking for volunteers to help maintain trails through our Adopt-a-Trail program, where participants take responsibility for regular maintenance of a specific trail. Training is provided for all Adopters, both new and experienced, to ensure duties are performed in a safe and effective manner consistent with management objectives. Interested volunteers will choose a preferred trail for adoption, commit for at least one year, and attend the Trail Maintenance workshop.

**Invasive Species Management**, July 15th: The focus of the day is invasive plant education and hands-on removal, in a sensitive wetland habitat. Volunteers will use tools to uproot smaller plants and handsaws for larger ones.



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# TOGETHER

MANY HANDS MAKE LIGHT WORK!

**Boardwalk Construction**, August 5th: Volunteers will learn hands-on dimensional lumber construction techniques to replace a 40ft multi-use boardwalk. Boardwalks and bridges prevent wet feet, protect trails from erosion, and provide essential search and rescue access. Project location will involve hiking up to 3 miles total. Work will include demolition, moving heavy planking, and installing new decking. Construction area is frequently wet and buggy, so please dress accordingly!

**5K / 1 Mile Trail Challenge**, September 16th: Featuring both a 5K and a 1-mile loop, the Trail Challenge is all about promoting Accessible Recreation. Mount A is looking for volunteers to help with setup/breakdown, trail marshalling, water tables and general race support.

**Shrubland Management**, October 14th: The focus of the day will be to maintain management of the 15-acre shrubland habitat atop Mount A. Early successional forest in New England is decreasing and certain species, such as snowshoe hair, need this habitat to thrive. Specific sections of the summit are cut on a five-year rotation. Volunteer work will involve hauling brush to various locations for wood chipping. Chips will be saved for future use as mulch in Mount A's plant beds.

Limited spaces are available. Advanced registration required. For more information and to sign up, e-mail: [bjankowski@yorkmaine.org](mailto:bjankowski@yorkmaine.org).



## Adopt-a-Trail

The Mount Agamenticus Conservation Region depends upon volunteers to help maintain 15 miles of popular trails. The Adopt-a-Trail program allows volunteers to take responsibility for stewardship of a specific trail. Adopters report issues, clear drainages, trim brush, collect litter, and more. Participants contribute at their own level, and on their own schedule, with a minimum requirement of two trail working days a year. Tools and annual training provided!

## Become a Learning Lodge & Summit Park Docent

Seasonal volunteers are needed to greet weekend visitors as they explore the summit, answer questions, recommend trail routes, assist with scheduled groups, and help to explain our current work and conservation goals. Please contact us for more information and apply today!


## More Opportunities to Help

- Looking for a volunteer opportunity for your group or organization? Consider adopting a summit plant bed and helping us care for our native plants!
- Join the Friends of Mount A and attend monthly meetings to plan and advocate for the Mount Agamenticus Conservation Program
- Donations and monetary contributions are also always welcome and greatly appreciated!

Check out the Mount A Website for all scheduled events, opportunities to get involved, and more at: [www.agamenticus.org](http://www.agamenticus.org)







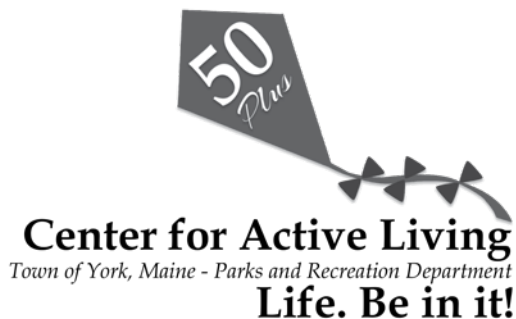
Through initiatives outlined in the National Wildlife Federation's "Mayor's Monarch Pledge," the Town of York has joined other communities to support, protect and create habitat for the monarch butterfly and other pollinators, and to educate residents about how each of us can make a difference at home and in our community.

Pollinator species are vital for maintaining healthy ecosystems, are essential for plant reproduction, and for ecological survival. We cannot live without pollinators! The monarch butterfly is one of the most iconic pollinator species. In recent years eastern populations have declined by 90% while western populations have declined by 99%. Monarch butterfly caterpillars feed exclusively on the leaves of milkweed, and they derive a chemical toxin from it that makes them distasteful to predators.

Please, be on the lookout throughout the year for milkweed plant giveaways, tips for propagation, creating habitat, seed collection drives, alternatives to pesticides, and more! By supporting any of these initiatives and doing what we can in our own yards and neighborhoods to protect the iconic monarch butterfly we will in turn protect other important pollinator species and the habitats on which they rely.




# MONARCHS



The Center for Active Living is located at 36 Main Street in York Beach and is operated by the Town of York Parks and Recreation Department. The Center's staff is dedicated to providing individuals in our community, age 50 and over, with opportunities to socialize, learn, recreate, and be well, through participation in activities and programs that are designed to enrich the mind, body, and soul. The Center is open Monday-Friday, 9:00am-4:00pm, except holidays and between Christmas Eve and New Year's Day.

The Center publishes a newsletter and program guide, The Scoop. If you would like to receive a copy of The Scoop in the mail, please call the Center for Active Living office and sign-up to be on the mailing list. The Scoop is available for pick-up at the Center and at the York Parks and Recreation office, as well as being posted on the York Parks and Recreation website ([www.yorkparksandrec.org/center-for-active-living/senior-programs/](http://www.yorkparksandrec.org/center-for-active-living/senior-programs/)). To receive the newsletter and periodic emails, you must register on an annual basis. Registration for 2023-2024 will begin in May



**ATTENTION YORK VETERANS!**

York's Committee for Veterans' Affairs wants to know how we can help, but we need to know who you are! Currently there is no database of veterans who live in York. Please assist the committee by contacting any one of the members via our link at <https://www.yorkmaine.org/442/Committee-for-Veterans-Affairs>.

**Our goal: No vet left behind!**

2023. Please, call the Center, 207-363-1036, or stop by Monday-Friday, 9:00am-4:00pm.

Most programs are open to all area residents with priority given to York Residents. A few programs, however, are reserved for York Residents only. There is an annual Non-Resident User Fee of \$25 (year goes from July 1st-June 30th). Many programs, including meals, require pre-registration. Some programs are free while other programs have a fee. Program fees are payable at the time of registration. A few programs require a certain level of physical functioning (e.g., Pop-up programs with Jonna require that you can comfortably walk a mile). To register for programs, including meals, call the Center at 207-363-1036, or stop by. You may also register for most programs, but not meals, online via the York Parks and Recreation website.

Programs and activities may vary from month to month. Please check The Scoop for specific programs and details. We program according to the following areas:

- Board and Card Games
- Lunch Program
- Bus Trips
- Nature and Outdoor Recreation
- Creative Arts
- Special Events
- Education
- Sport
- Exercise and Wellness
- Other Programs

We welcome programming ideas from community members. It is our goal to accommodate everyone 50+ years of age who would like to participate. If you have a special need, please let us know and we will do our best to accommodate you. Programs are subject to minimum and maximum participation numbers based on several factors. Please, register early to avoid disappointment of a cancellation or waitlist. Additionally, if you are a York resident, scholarship opportunities are available.

For pricing and registration information for the following programs, please contact the Center office at 207-363-1036.

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*Founded by Jud Knox*

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**[www.Hearttoheartagelesslove.org](http://www.Hearttoheartagelesslove.org)**

## Board and Card Games

Most board and card games are drop-in, self-directed programs, no registration necessary and no cost to participate. Bridge Lessons and Mahjong Lessons, do require registration. Players of all levels are welcome to participate. In addition to the programs and the times listed below, you are welcome to come in with friends or meet them here during our regular hours to play a board or card game of your choosing, based on space available. Please note that days and times are subject to change, consider checking with the Center or The Scoop to confirm.

- Backgammon, Checkers, Chess: Tuesdays and Thursdays, 1:15pm-4:00pm
- Bridge: Tuesdays, 1:15pm
- Bridge Lessons: Thursdays, 1:15pm  
Registration Required
- Cribbage: Tuesdays and Thursdays, 9:00am-11:00am
- Dominoes / Mexican Train: Wednesdays, 1:00pm-4:00pm
- Hand and Foot: Tuesdays, 1:00pm-4:00pm
- Mahjong Chinese/Taiwan: Thursdays, 1:00pm-4:00pm
- Mahjong Chinese/Taiwan Lessons: Thursdays, 1:15pm  
Registration Required
- Mahjong American: Fridays, 1:00pm-4:00pm
- Poker: Mondays, 12:00pm-4:00pm & Wednesdays, 1:15pm-4:00pm
- Scrabble: Mondays, 1:00pm-4:00pm
- Wii Bowling and other Wii Games: Thursdays, 1:15pm-3:45pm

## Creative Arts Programs

### Craft Programs

Each month you will find one or two craft programs offered at the Center. This spring look for needle punch embroidery, jewelry trees and custom name tags. This summer be on the lookout for shell shadow boxes and drift wood key/jewelry hangers.

### Crafters Gathering

**Tuesdays, 1:00pm-3:30pm**

**Drop-In - No Registration Needed - Cost: Free**

Do you knit, crochet, or do other needlework? Love to scrapbook? Maybe you will make cards or jewelry? Are you tired of crafting at home alone? Whatever you enjoy doing, you are invited to pack it up and bring it to the Center on Tuesday afternoons for a gathering of similar minded, craft-loving adults. This is also an opportunity to socialize, share ideas, and learn a new craft from an experienced crafter.

## Exercise and Wellness Programs

### Exercise with Jonna

**Instructor: Jonna Dijkstra, ACE Certified Personal Trainer, and Senior Fitness Consultant**

Throughout the year, Jonna will provide different exercise programs: Workouts, Balance Fun, Brain Games, Chair Exercise and

Winter Walking/Snowshoeing. All programs work on keeping your body strong and your mind sharp and are individualized to meet your specific needs! Being fit is an excellent means to maintaining your independence as you age. Each program has its own fee.

### Brain Games & Movement

**Thursdays, 10:00am-10:45am**

Combining thinking and moving is a terrific way to improve your cognitive skills. This class will focus on body and mind connection. Jonna will be introducing fun games to keep your mind sharp with the bonus of helping with fall prevention. We will use various equipment, chairs, and your body. Prerequisite: Must be able to walk independently without a device. Weather permitting, program will be outdoors.

Cost \$32 for 4 sessions

### Balance and Fun Workouts

**Tuesdays, 10:00am-10:45am**

Would you like to have better balance but don't know where to start? Join Jonna for a fun program designed to keep you strong so you can perform your daily tasks independently and with proper form. She will introduce you to a series of gentle workouts that help improve balance and posture and strengthen joints. Balance and strength go hand-in-hand. Typically, class meets year-round once a week for 4 weeks and is held outdoors, weather permitting.

Cost \$32 for 4 sessions

### Chair Exercise

**Tuesdays, 11:00am-11:45am**

This program is geared towards providing a fun cardio, strengthening, and flexibility exercise program for individuals who either are unable to exercise standing or prefer to exercise from a sitting position. This is a great way to get a good workout, gain cognitively as well as physically, and have fun without the risk of falling.

Cost \$32 for 4 sessions

### Exercise by Video

**Mondays & Wednesdays, 9:00am-9:45am**

**Fridays 10:45am-11:30am**

**Drop-In Program – Free of Charge**

Join in a self-directed, video-led program. Come ready to move with others and the video. Appropriate dress and footwear recommended.

### Line Dancing

**Instructor: Diane Anderson**

**Wednesdays, 10:00am-11:00am and/or Fridays, 9:30am-10:30am**

You may select to participate one day or two days per week.

Please bring your own water bottle and wear flexible clothing and supportive shoes.

Cost: 4 sessions, once a week, \$12.00 or 8 sessions, twice a week, \$24.00







### Drop-in Pickleball

#### Summer - Mondays, 8:30am-10:30am

Come put your newly learned skills to the test and play pick-up games with your friends and family here at the Center. Please bring your own equipment. We will provide the nets. If you do not have your own equipment, let Art know and he will provide you with the equipment from the center.

Cost: Free

### Trips/Excursions

#### Bus Trips ("Rolling out of York")

Come join us for a day/night out on the center's bus and leave the driving to us. We provide a variety of trips throughout the year. We typically do 2-4 trips a month. Trips will be listed in The Scoop. Trips do require early registration, as we typically need to purchase tickets. Here is a sampling of the trips offered:

- Restaurants each month for Breakfast and Dinner (Lunch coming soon)
- Museums
- Sporting Events
- Concerts
- Seasonal Destinations
- Theatre
- Tours
- Shopping
- Casinos

#### Bus Trips

May - Fuller Gardens

June - Casco Bay Mailboat Run Cruise

July - Winnepesaukee Scenic Railroad/Meredith NH

July - Portland Seadogs Baseball Game

August - New Hampshire Fisher Cats Baseball Game

### Other Programs

#### Book Club

Every month a different title will be read and discussed. Books will be available on loan from the York Public Library, and will be picked up from and returned to the Center. Books are available in regular or large print, as well as audio versions.

Cost: Free but advanced registration required. Check The Scoop or give us a call to learn what our next read will be.



#### In Your Own Backyard – New!

We will be visiting local businesses to learn about what they do, how they do it and why they do it. This is a great way to connect, learn and network with the people that are working in the community.

#### Sing-Alongs with Art

Join Art at the Center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to hits of all decades.

#### Bingo for Fun

Every Other Friday, 1:00pm-3:00pm

We play for candy bars and special Bingo themes. If you would like to enjoy dine-in lunch before BINGO, be sure to register for lunch by Friday the week before. The sooner the better, to avoid being on the waitlist for lunch.

Bingo Cost: Free

Lunch Cost: \$5.00

#### Peace of Mind

Twice a month, Janie Sweeney, Family Service Manager for the York Community Service Association (YCSA) is available at the Center to meet privately with you to discuss any concerns or needs you have, or about aging in place for yourself or a family member/significant other. Janie can help you with immediate needs such as grocery shopping, food pantry, financial assistance for home repairs, emergency funds for utilities and medical expenses as well as provide case management and planning for the future. Please make an appointment in advance, if possible. To make an appointment, contact Jo at the Center for Active Living (207-363-1036 or jross@yorkmaine.org) or call Janie at YCSA, 207-363-5504, ext. 2. If you are unable to make an appointment during the time Janie is at the Center, please call and we will try to make other arrangements for you to meet with Janie. See The Scoop each month or call the Center, to find out Janie's schedule for the month. All meetings are confidential.

## WARNING... dates in calendar are closer than they appear!

Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates.

**Shake it Up****Instructor: Rhonda DiCarlo****Tuesdays 8:30am-9:30am / Thursdays 9:00am-10:00am**

Shake it Up is an exercise class in disguise! The class consists of age-appropriate workout moves with a strong focus on dancing. No dance experience or skills necessary to “shake it up.” Class will begin with a warm-up and end with a cool down and include strategic stretching in different dance routines. The workout portion is broken down with different songs, each with a different dance routine. The routines are easy to follow for all FITNESS LEVELS with an upbeat mixture of American, Latin, and international music. If you can “shake it up” and like fun music, this is the class for you!

Cost: \$20.00 (4 sessions) or \$7.00 per session as a drop-in participant

**Tai Chi****Fridays, 1:00pm-2:00pm****Self-Directed, Drop-In Program**

This is an ancient Chinese exercise that is beneficial for balance, memory, and meditation. There is no instructor for this program, but experienced participants are ready to guide less experienced participants. Often the group does the program in conjunction with a video. Wear comfortable clothing.

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**Education Programs**

Each month we provide education programs covering a variety of topics including community agencies, elder law, local history, nature, and wellness. All education programs are free, have limited number of spaces, and require advanced registration. Check The Scoop, for up-to-date education program information.

All education programs are conducted at the Center for Active Living, 36 Main St., York. Some of the education programs scheduled for the winter 2022-2023 include:

**AARP Driver Safety Course - May/June****Tech Help**

If you need help with your smart phone, tablet, laptop, or other device, or want to learn how to use Zoom, we have volunteers ready and willing to assist you. Give the Center a call to arrange a face-to-face, phone, or Zoom appointment.

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**Meal Programs****Lunch Program**

We provide lunch four days a week (Tuesday thru Friday) for a donation of \$5.00 per meal. All meals will be dine-in meals. We will be offering delivery/take-out of meals for those individuals who qualify for them. Please contact the Center for instructions. Periodically, we offer special meals that may have a higher price. All meals come with dessert. When ordering your meal, please

indicate if you would prefer a sugar-free dessert. Our in-house chef, works to provide the very best in both the variety and quality of meals. Monthly menus may be found in The Scoop or on the Parks and Recreation website under Center for Active Living/Programs. Contact the Center to make your reservation. 207-363-1036

**Café****Mondays-Fridays, 9:00am-11:00am**

Start your day off by coming to the Dining Room at the Center for coffee, tea, hot cocoa, home-made muffins, and other goodies for free! This is a great way to meet people and socialize. No reservation needed, just stop by, and enjoy the treats!

**Restaurant Dining at Home - York Residents Only****Wednesdays, typically twice monthly**

If you are looking for a restaurant meal but don't want to go out, then this program is for you. The Center for Active Living has partnered with a few local restaurants to provide a limited choice menu for delivery. By calling the Center, you may order for yourself, your family, and/or invite others to your home to dine together. Volunteers will deliver your meal in a contact-free manner. To order call the Center for Active Living, 207-363-1036, by the deadline date and time. When ordering, you will need to pay by credit/debit card. On the set date, a volunteer will deliver your meal to your home between 5:00pm and 5:40pm. There is no delivery charge; you only pay the cost of your meal(s) and, if you choose, a gratuity to the restaurant.

Participating restaurants include The Fat Tomato Grill, The York River Landing, and the American Legion Burger Night. See The Scoop or contact the Center for upcoming dates, restaurants, menus, and deadlines for ordering.

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**Special Meals****Lobster Bake****August**

In keeping with tradition, the St. Aspinquid Masonic Lodge of York will offer their annual summer lobster bake for the Center on a Friday in August. The Masons will cook the lobsters and the CAL Chef, will provide all the extras to complete the meal. Details, including cost and registration deadline date, will be in the July Scoop.

**Steakout – Presented by York Police Department (YPD)****September**

This event has become a favorite tradition! The YPD will be grilling steak and chicken and serving your meal. The CAL Chef will provide the extras to complete the meal. Watch The Scoop in August and September for details, including cost and registration deadline date.

## Nature and Outdoor Programs

### Kayaking with Northeast Passage

#### Summer

We have, again, partnered with Northeast Passage, a program of the University of New Hampshire, College of Health & Human Services, Department of Recreation Management and Policy, to provide paddling experience. Northeast Passage will provide all the needed equipment and expert instruction. The program is designed for older adults of all paddling and physical functioning abilities. Everyone is required to wear a PFD (personal floatation device/lifejacket). If you don't have one, Northeast Passage will provide you with one.

### Nature Walks at Mt. Agamenticus with Naomi, Mt. A. Education Coordinator

#### Spring/Summer

Throughout the year, we invite older adults to take part in nature walks at Mt. Agamenticus. These walks will focus on the seasonal surroundings at Mt. A. This is a great opportunity to enjoy the outdoors with other people and learn a bit about our natural environment. For the most part, the walks are on the universal access trail, which has benches and is a hard surface.

### Outdoor Games

Come try your hand at Shuffleboard, Horseshoes, Corn Hole and Ladder Ball. At times, other lawn games will also be available. There will be opportunities for drop-in as well as organized sessions.

### Hiking Club – New!

#### Late Spring/Summer

If you're feeling adventurous and love being outside, the hiking club is for you! We will be doing monthly hikes that will range in difficulty, so all may enjoy. Participants will provide their own transportation to hike locations. The season will end with a special hike and transportation provided by the Center.

## Special Events

Occasionally, we offer special events that may include activities and live entertainment. Keep an eye on The Scoop and York Parks and Recreation website for upcoming special events.

### Spring Fling-May

### Ice Cream Social-June

### Late Night at the Center

#### Last Tuesday of the Month, schedule subject to change

Come and hang out with friends after dinner at the center. We will have the center open for cards, games, puzzles, crafts, outdoor games or just to socialize.

### Dinner and Entertainment

#### Spring/Summer

Join us for dinner at the Center. Before dinner we will provide entertainment such as music, magicians, shows, movies, and themed events.

Dinner Cost is \$5. There is no charge for entertainment.

### Movie Mondays

#### Spring Only – 1:00pm-3:00pm

Get out of the house and join us at the Center for a movie and popcorn.

### Lunch and Learn

Join us for lunch and then learn about something new. Sessions will be on varying topics. Please check The Scoop for more details.

### Social Club Monthly Meetings

Come one, come all. We will talk about new program ideas, activities, and plan special events for the Center. We welcome your input and fresh ideas. Spring/Summer ideas include a Sock Hop and Around the World themes. Sub-committees are forming and there's room for everyone that wants to be involved.

### “Remember When” Summer Camp 1956 – New!

#### Summer - Monday-Thursday, 8:00am-12:00pm

Who says you can't turn back time. The Center for Active Living can. Let us take you back to the summer of 1956. Camp will be held at the Center with activities spread out around York. We will listen to music, play games, watch movies, and make crafts all from 1956. We will also do local trips each morning that will include hikes, swimming, the library, nature walks, playground, and ice cream. The Center will provide snacks and lunch each day. This program will only run for 1 week during the summer. See The Scoop for more details.

## Sport

### Candlepin Bowling

#### Monthly, 2:00pm-4:00pm at Bowl-A-Rama in Portsmouth, NH

Transportation is on your own.

Join in once a month for a fun afternoon of bowling. Consult The Scoop for each month's date. You will need to register and pay by the Monday prior to the date you desire to bowl for reservation purposes. Cost: \$14.00 (bowling and bowling shoes) plus any food or beverage you choose to purchase.

### Introduction to Pickleball

#### May/June – Mondays, 8:30am-10:30am

If you've always wanted to learn how to play pickleball or feel that you need to practice your skills, this program is for you. We have 2 outdoor courts in our parking lot and provide the necessary equipment and instruction. The goal is fun and learning, in a recreational, non-competitive atmosphere.

Cost: \$24.00 per series of 3 lessons.





# Adult Programs

## NEW ▲ NEW ▲ NEW

Effective April 16th Drop-in Programs will move to a punch card system. Punch card cost and information is available in drop-in program write-ups.

### Basketball

#### Adult Over 30 Basketball

Adult Over 30 Basketball will return this summer as pick-up games with teams chosen nightly. This program is ongoing throughout the year.

**STARTS:** Ongoing. Summer schedule goes into effect June 4th  
**COST:** Punch Card: \$25.00 for 5  
 \$90.00 for 20  
 \$200.00 for season pass - Good for 1 year from date of purchase.  
**LOCATION:** York Middle School Gym  
**DAYS:** Summer: Thursday & Sunday  
 Winter: Tuesday, Thursday, Sunday  
**TIME:** 8:00pm-10:00pm

### York High School Tennis/Pickleball Courts

All courts at York High School will be mixed use courts for Pickleball and Tennis. Parks & Recreation programming will be scheduled on courts 1, 2, & 3. Please be aware that public use of the courts is on a first come first serve basis. We encourage everyone to kindly share court time and practice good sportsmanship so everyone can enjoy!

### Golf Lessons at Old Marsh Country Club

Adults will learn the fundamentals of golf. Instructors will teach about the equipment, rules, and basics of a golf swing. Old Marsh allows students to enjoy their progress in a comfortable environment. This program is four, 1-hour classes. Athletic shoes and golf attire are encouraged. Clubs can be made available.

Old Marsh Country Club encourages our local community to learn and experience the game of golf. We offer many classes for all age groups and abilities. Our world class golf club, practice area and radar technology allows us to perform high end instruction in a comfortable atmosphere. The experienced instructional team at Old Marsh Country Club is ready to help YOU.

**REGISTRATION:** Ongoing  
**DATES:** Session 1: May 15th-June 12th (No class May 29th)  
 Session 2: June 26th-July 24th (No class July 3rd)  
 Session 3: July 31st-August 21st  
**COST:** \$149.00  
**LOCATION:** Old Marsh Country Club  
 445 Country Club Rd, Wells, Maine  
**DAY:** Mondays  
**TIMES:** 6:00pm-7:00pm



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**HIIT - High Intensity Interval Training  
at Long Sands Beach**

Join us on the beach at 6:00am for some High Intensity Interval Training (HIIT)! This program is designed to give you a full body workout at each class! Get your beach body on the beach! Amanda has been training in a variety of health and fitness classes for 14 years. Her passion is to help people reach their fitness goals and improve their quality of life. Class will meet at the bathhouse but will use the length of the beach for its workout. Two, 4-week sessions are available. Classes will meet three times a week. Please bring your own yoga mat, hand weights, towel, and water.

INSTRUCTOR: Amanda Gunter

REGISTRATION: Ongoing

DATES: Session 1: June 5th-June 30th  
Session 2: July 17th-August 11th

COST: \$90.00 Resident/ \$100.00 Non-Resident  
\$15 Drop-in Fee

LOCATION: Long Sands Beach in front of the Bathhouse

DAYS: Mondays, Wednesdays, and Fridays

TIME: 6:00am-7:00am

**Jacki's Dance Aerobic Program**

Jacki Sorensen's Aerobic Dance is a nationally recognized program of "Serious Fitness Fun" that has stood the test of time. Created for the non-dancer, participants are motivated by a variety of music and fun easy to follow choreography. Each hour-long class begins with a warm-up and a strength training segment followed by the creative aerobic dance routines. A cool down completes the balanced and effective workout. Everyone feels comfortable participating at their own level. If you have any questions about deciding if this class is right for you, please try a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing

DATES: Spring: March 27th- June 20th (no classes  
April 27th-May 12th)

Fall: September 11th-November 28th  
COST: \$100.00 Resident / \$110.00 Non-Resident  
\$150.00 for both, morning, and evening  
programs

\$10.00 Senior Discount

LOCATION: York Beach Fire Department

DAYS/TIMES: Morning Session: Mon/Wed: 8:00am-9:00am or  
Evening Session: Tues/Thurs: 5:15pm-6:15pm

**Reminder!**

Parks and Recreation Department program participants are not exempt from following Town of York ordinances governing beach parking regulations.



**Pickleball**

We are excited that Pickleball is growing and if you haven't tried it, you should. Pickleball can be played by all levels of players at the same time, so you should not feel intimidated if you are a beginner. We offer both staffed sessions, as well as pick-up options. Each session will have equipment available for your use, however those who have become hooked have preferred to purchase their own paddles.

REGISTRATION: Drop in, no pre-registration needed

STARTS: June 19th

ENDS: TBA, based on weather

PUNCH CARD: \$25.00 for 5 / \$90.00 for 20  
\$200.00 for season pass

Good for 1 year from date of purchase.

LOCATION: York High School Courts

SCHEDULE: Mondays: 3:00pm-5:00pm  
Beginner/Novice Levels & Beginner Lessons

Tuesdays: 8:00am-11:00am

Open Play All Levels, 3 Courts

Tuesdays: 8:00am-11:00am

Intermediate/Advanced, 3 Courts

Wednesdays: 5:30pm-8:00pm

Intermediate/Advanced, 3 Courts

Wednesdays: 5:30pm-8:00pm – Open Play, 3 Courts

Thursdays: 8:00am-11:00am – Open Play All Levels

Fridays: 8:00am-11:00am – Open Play All Levels

## Soccer Games - Co-Ed Pick Up (18 & up)

The Parks and Recreation Department will be reserving the Bog Road soccer field on Sunday mornings from 9:00am to 12:00pm. This is an informal program that is free and open to both men and women. This program has been extremely successful from the start, and we expect it to be just as popular this year. There is no registration fee or pre-registration requirement. Simply go to the field and enjoy a couple of hours of informal scrimmaging. The program will start on Sunday, May 7th. Have fun!

STARTS: May 7th  
ENDS: Late fall  
COST: FREE  
LOCATION: Bog Road Upper Field  
DAYS: Sundays  
TIME: 9:00am-12:00pm

## Softball

**Adult Drop-In Softball is coming this summer!**

Look for details on our website.

## Volleyball - Adult Co-Ed

**Sundays and Wednesdays**

Teams will be chosen each session. Pick-up games will be played at the York Middle School. Play emphasizes fun with a competitive edge. Players must be 18 years of age or older to participate. Schedule subject to change due to York Middle School sports schedule.

REGISTRATION: Ongoing

COST: Punch Card: \$25.00 for 5 / \$90.00 for 20  
\$200.00 for season pass - Good for 1 year from date of purchase.

LOCATION: York Middle School Gym  
DAYS/TIME: Sundays - Open Volleyball for All Ability Levels  
8:00am-10:30am  
Wednesdays: Intermediate/Advanced - Previous Experience Necessary  
7:15pm-9:15pm



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## Unlimited Outdoor Gentle Yoga with A Welcome Haven

**Ages 16 & up**

Our meditative, gentle yoga classes will move at a steady pace, slowly cycling through a series of stretches, breath practices and poses. Though one can expect a few standing poses, as well as balance exercises, we'll spend most of the class on our mats. While the intensity may be lower, the focus and commitment are high. This class is appropriate for all levels and ages of practitioners. Please bring a yoga mat, water, and wear loose-fitting clothing to allow for easy movement.

INSTRUCTOR: Maria Lovo 500 RYT

REGISTRATION: Ongoing

STARTS: Monday, June 12th

ENDS: Friday, September 8th

COST: \$165.00

LOCATION: Moulton Park

DAYS: Monday, Tuesday, Thursday, and Friday

TIME: 9:00am-10:00am

## Yoga on York Beach Yoga - Harbor Beach

Aaaahhhh Summer on the Seacoast of Maine!!!! Come enjoy an athletic, all levels vinyasa yoga class with Yoga On York on Maine's beautiful Harbor Beach. This class is both vigorous and calming. Breathing deeply, moving mindfully.... the soothing sounds of the ocean waves, the poignant smells of salt air, the gentle morning sun (or not), the occasional nibble of a gnat (or not), the sounds of nature, and the visit from a random dog while you are in down dog all make this beach yoga bliss. At Yoga On York's Beach Yoga classes you will be clearly guided with verbal queues to bring your attention to healthy body alignment. Various options of the poses are instructed to accommodate all levels of experience. Time to mindfully stretch and strengthen your body, moving to the flow of your deep breathing and the sound of the ocean does wonders for health and wellness! You should be able to get up & down from the ground with ease to attend this class.

REGISTRATION: Visit [YogaonYork.com](http://YogaonYork.com) for pricing information and to register

STARTS: June 4th

ENDS: September 3rd

DATES: June 4th, 18th, & 25th / July 2nd, 16th, & 23rd / August 6th & 20th / September 3rd

LOCATION: Harbor Beach



DAY: Sundays

TIME: 7:00am-8:00am

Already a member at Yoga on York? You can use your class card for any of the Sunday beach classes.

Rain cancellations, for those who register for the session, can be made up at any Yoga on York studio yoga class that week.



**BEACH REGULATION  
REMINDER**

THE YORK POLICE DEPARTMENT  
AND THE YORK PARKS AND  
RECREATION DEPARTMENT HOPE  
YOU HAVE A SAFE AND ENJOYABLE  
SUMMER AND WOULD LIKE TO  
REMIND YOU OF THE BEACH  
REGULATIONS REGARDING  
ALCOHOLIC BEVERAGES ON THE  
BEACH:

NO PERSON SHALL HAVE IN THEIR  
POSSESSION ANY CONTAINER OF  
ALCOHOLIC BEVERAGE, ON THE  
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**THANK YOU FOR YOUR  
COOPERATION!**




**JACKIE WILLIAMS PHOTOGRAPHY**

[www.JackieWilliamsPhotography.com](http://www.JackieWilliamsPhotography.com)

anicatl6@aol.com ~ 207-251-2203  
York, Maine

## Yoga on York Mt. A Yoga - Mt. Agamenticus

Come enjoy an athletic, all levels vinyasa yoga class with Yoga on York on the top of Mount Agamenticus. Mount Agamenticus is known for its unique trail system and rich natural resources. State, local, and non-profit landowners are working together to balance protection of these lands for wildlife habitat and water quality while providing opportunities for safe and sustainable recreation. At Yoga on York's Mount Agamenticus classes you will be clearly guided with verbal queues to bring your attention to healthy body alignment. Various options of the poses are instructed to accommodate all levels of experience. Time to mindfully stretch and strengthen your body, moving to the flow of your deep breathing and the sound of nature and beautiful views for health and wellness! You should be able to get up & down from the ground with ease to attend this class.

REGISTRATION: Visit [YogaonYork.com](http://YogaonYork.com) for pricing information and to register

STARTS: May 28th

ENDS: September 10th

DATES: May 28th, June 11th, July 9th, July 30th, August 13th, August 27th, September 10th

LOCATION: Mt. Agamenticus summit (by the overlook, by the picnic table)

DAY: Sundays

TIME: 7:30am-8:30am (7:00am if you'd like to hike to the top before class)

Are you up early and ready to get the day going? Join Yoga on York Staff at 7:00am and hike (Blueberry Bluff) to the summit for yoga class.

Already a member at Yoga on York? You can use your class card for any of the Sunday beach classes.

Rain cancellations, for those who register for the session, can be made up at any Yoga on York studio yoga class that week.

## Yoga at 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!

Please bring water, a mat and/or large beach towel. We will use yoga blocks and yoga straps (which are provided) to enhance your practice.

INSTRUCTOR: Andy Ferragamo

REGISTRATION: Ongoing through July 10th

DATES: July 11th – August 17th

COST: \$125 Resident / \$145 Non-Resident  
\$15.00 per day drop-in fee – check only!

LOCATION: Short Sands Beach

DAYS: Tuesdays & Thursdays

TIME: 7:00am-8:00am

## ZUMBA with Marianela at Long Sands Beach

Join Marianela for ZUMBA at Long Sands Beach this summer.

Marianela Ramirez is from Bucaramanga, Colombia and has loved dance since the age of 4. Her life changed forever when she discovered ZUMBA and was trained as a ZUMBA instructor and inspired by its founder and her mentor Beto Perez, in May 2006. Marianela's motto is "Si Se Puede" (Yes You Can). She has won several awards as a fitness instructor and has been featured in numerous television, radio, and newspaper stories. All ages are welcome. Rain or shine.

REGISTRATION: On Site 1 Hour Prior to Start Time

SCHEDULE: Saturday, May 20th - 6:00pm

Sunday, June 18th - 6:00pm

Sunday, July 16th - 5:00pm


Sunday, Aug. 6th - 9:30am

Sunday, Aug. 13th - 5:30pm

Sunday, Sep. 10th - 3:30pm

COST: \$15 per class

LOCATION: Long Sands Beach Bathhouse



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# Youth Programs

## Athletic & Sports Camps, Leagues, and Other Programs, Too...

We are happy to offer a wide variety of camps, leagues, and ongoing programs. There's sure to be something to keep everyone active this summer. Please note that camps are listed alphabetically by category.

### Refund Policy:

We do not issue refunds after the start of a program! Full refund issued, only, if we are notified, at least, one week prior to the start date of any program. Full refunds issued if a program is cancelled.

### Summer Adventure Camps

Our Adventure Camps are designed for Monday-Friday, all day, all week fun! Build new friendships, explore your creativity, and develop skills, all while having a BLAST!

There will be 8 weeks of camp, June 26th-August 18th.

Camp hours are 7:30am-5:30pm. Registration is by the week only, no daily registrations.

No camp on July 4th.

Junior Adventure Camp is for ages 5-8.  
Outdoor Adventure Camp is for ages 9-14.  
Registration for JAC and OAC is on a first come, first serve basis.

All 8 weeks of camp are open for registration. Full payment is due at the time of registration.

You must register by 4:00pm on the Thursday prior to the week of camp you wish to register for.

If you would benefit from a scholarship in order to attend camp, please contact our office to apply.

Thank you to our sponsors who make the scholarship program possible.

### Junior Adventure Camp

#### Ages 5-8

Junior Adventure Camp will meet at Village Elementary School, beginning, Monday, June 26th and ending Friday, August 18th. JAC offers a variety of activities such as arts and crafts, sports, and games. If you're looking for a week of fun, JAC is the place for you! Field trips are included in the weekly camp rate. Be on the look-out in early June for counselor bios and camp information.

REGISTRATION: Ongoing

Weekly registration ends at 4:00pm the Thursday prior to each week of camp.

STARTS: Monday, June 26th  
(No camp July 4th)

ENDS: Friday, August 18th

COST: Per Week: \$285.00 Resident  
\$300 Non-Residents  
Includes before care (7:30am-9:00am) and after care (4:00pm-5:30pm), all activities, and field trips.

LOCATION: Village Elementary School  
DAYS: Monday-Friday,

full week registration only  
TIME: 7:30am-5:30pm



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207-420-7652

1021 US Rt. 1 York, ME

Outdoor Adventure Camp

Ages 9-14

Outdoor Adventure Camp will meet at York Middle School, beginning, Monday, June 26th and ending Friday, August 18th. OAC offers a variety of activities such as arts and crafts, sports, and games. If you’re looking for a week of fun, OAC is the place for you! Field trips are included in the weekly camp rate. Be on the look-out in early June for counselor bios and camp information.

REGISTRATION: Ongoing  
Weekly registration ends at 4:00pm the Thursday prior to each week of camp.

STARTS: Monday, June 26th (No camp July 4th)

ENDS: Friday, August 18th

COST: Per Week: \$285.00 Resident  
\$300 Non-Residents  
Includes before care (7:30am-9:00am) and after care (4:00pm-5:30pm), all activities, and field trips.

LOCATION: York Middle School

DAYS: Monday-Friday, full week registration only

TIME: 7:30am-5:30pm

Rec by the River

Ages 3 ½ & 4

Rec by the River is designed for our youngest campers. This is a great opportunity to introduce the little ones to a camp experience, meet new friends and build relationships. Time will be spent doing activities such as outdoor sports, games, arts & crafts, trail hikes and story walks. Rec by the River will be held at the Grant House at Goodrich Park. The camp will be filled with outdoor activities, but we will use the barn for some small group indoor projects. Campers must be potty trained. **Deadline for registration is 4pm the Thursday prior to camp.**

REGISTRATION: Ongoing

DATE: Week 1: July 10th-July 14th  
Week 2: July 17th-July 21st  
Week 3: July 24th-July 28th  
Week 4: July 31st-August 4th

COST: Per Week: \$135.00 Resident  
\$150.00 Non-Resident

LOCATION: Grant House at Goodrich Park, 200 US Rte. 1

DAYS: Monday-Friday

TIME: 9:00am-12:00pm

Basketball - Little Wildcat Hoop Camp

Kindergarten-2nd Grade

This fun-filled week of basketball is geared toward our youngest hoopsters. The emphasis will be on FUN!! Through games and activities, campers will learn proper shooting technique and shooting skills, along with the fundamentals of dribbling and passing. Hoops will be lowered to build confidence. Camp

Director and Certified Board Official, Seth Cole is no stranger to youth basketball as he has been coaching Lil Ballers and K-1 Basketball for several years.

Please be sure to send your camper with comfortable clothes and sneakers, a re-fillable water bottle, and sunscreen (please apply before arrival).

REGISTRATION: Ongoing until full

STARTS: July 24th

ENDS: July 28th

COST: \$60.00 Resident / \$70.00 Non-Resident

LOCATION: Coastal Ridge Elementary – Outdoor Courts

DAYS: Monday-Friday

TIME: 9:00am-11:00am

Basketball - Oceanside Hoop Camp

Children Entering 5th-8th Grade

Oceanside Hoop Camp provides 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. We are committed to improving skills and enjoyment of the game. Join us in developing into a better basketball player with coaches who love to teach. Campers should bring a willingness to have fun, plenty of water, sunscreen, sneakers, and lunch. Returning Camp Directors, Lani Silversides and Sam Leal (2023 North Atlantic Conference Coach of the Year) bring with them years of personal experience and instructional basketball knowledge. Lani and Sam will be accompanied by former and current high school stars along with high school and middle school coaches. The entire Oceanside coaching team loves the game of basketball, and they are all enthusiastic about helping you develop your game.

- Camp Features:
- Every camper will receive a reversible camp jersey at check-in
  - Team and individual awards will be presented throughout the week
  - Team games
  - Olympic Games Day
  - Age and ability grouping
  - Baskets that can be lowered for youngest basketball players if necessary
  - Funk fun dress up day
  - New/exciting fundamental teaching stations
  - Fun free throw and shooting competitions
  - Tournament games with balanced teams

REGISTRATION: Ongoing until June 30th, or until full

STARTS: July 10th

ENDS: July 13th

COST: \$125.00 Resident / \$135.00 Non-Resident

LOCATION: York High School Gymnasium

DAYS: Monday-Thursday

TIME: 8:30am-12:30pm

## Basketball-Swish Summer Basketball League

**Grades 4th-9th (Grade your child is entering in the fall)**

The league runs from June 20th – August 9th on Tuesday & Wednesday evenings from 5:30pm to 6:45pm. The league will be split up into two divisions: 4th-6th grade and 7th-9th grade. The 4th-6th grade division will have their games on Tuesdays and the 7th-9th grade division will have their games on Wednesdays. These will be competitive games but having fun is priority #1. Rosters will be created by the York Parks & Recreation Department. While our basketball camps and winter leagues emphasize instruction, skill-building and fundamentals, the goal of Summer Swish is to give kids an opportunity to put what they've learned, in those settings, to practice through game play. We do understand that players may not be able to make every game. A reversible game jersey will be provided to all players. Please bring a water bottle with plenty of water, and sunscreen (please apply before arrival).

REGISTRATION: Ongoing until June 9th

STARTS: June 20th

ENDS: August 9th

COST: \$75.00 Resident / \$85.00 Non-Resident

LOCATION: York Middle School

DAYS: Grades 4-6 - Tuesdays

Grades 7-9 - Wednesdays

TIME: 5:30pm-6:45pm

## Basketball-Wildcat Camp with York High School Coaches & Players

**Grades 3rd-9th**

Join York High School Boys Basketball coaches Jerry Hill, Jon Jimenez, and Luke Mackey, along with other coaches and York High School players, for a week of development guaranteed to take your game to the next level. Jerry Hill is currently the York High School Boys Head Basketball Coach and a Social Studies teacher. He coached for 31 years in New Jersey before moving to Maine. He has coached many Division I, II and III players over the course of his coaching career. Jerry played Division III basketball at Ramapo College of New Jersey. All aspects of the game will be covered, jam-packed into a week of serious fun!

Camp Features:

- Camp T-Shirt
- Instruction in all phases of the game
- Game Competition
- Individual Skills Test Documentation
- Foul Shooting Competition
- 3-Point Competition

REGISTRATION: Ongoing through June 9th, or until full

STARTS: June 28th

ENDS: June 30th

COST: \$100.00 Resident / \$110.00 Non-Resident

LOCATION: York High School

DAYS: Wednesday-Friday

TIME: 9:00am-12:00pm

## CrossFit Harpoon - Pre-Teens Youth Camp

**Ages 8-12**

The CrossFit Harpoon Youth program is a great way for kids to do physical activity in a fun and engaging format. Our goals for the Youth Program are far reaching as well as immediately focused: We teach them sound points-of-performance in athletic movements that have universal application as well as how to develop motor recruitment pathways, ensuring safe and efficient movement now as well as into the future. Our classes also provide an opportunity to hone life skills, such as persevering, working hard, acknowledging personal responsibility, accepting feedback, working with others, following rules, and exhibiting etiquette.

REGISTRATION: Ongoing until full

STARTS: August 7th

ENDS: August 11th

COST: \$150.00

LOCATION: CrossFit Harpoon, 1090 US Rte. 1, York

DAYS: Monday-Friday

TIME: 10:00am-1:00pm



**Wildcat Field Hockey Camp  
with Coach Barb Marois**

**Grades 6th-9th**

We are very lucky to have Barb Marois, coach of the 2014, 2015 & 2016 State Champion York High School Varsity team, current York Field Hockey Head Coach, and 1996 captain of the US Olympic Field Hockey Team, leading this weeklong field hockey camp. Camp will provide an opportunity for players to learn basic and advanced skills to prepare for your own school season. Please bring a stick, shin guards, mouth guard, goggles, water bottle, and a ready to go attitude. Camp t-shirt included.

REGISTRATION: Ongoing

STARTS: July 17th

ENDS: July 21st

COST: \$90.00 Resident / \$100.00 Non-Resident

LOCATION: York High School

DAYS: Monday-Friday

TIME: 9:00am-12:00pm

**Golf - Youth Golf Program**

**Ages 11-17**

This 2-hour class is made for students ages 11-17 with prior golf experience. The beginning of each class is instructional with emphasis on rules, course management, club selection, and all aspects of the swing. Every class ends with on-course experience. Athletic shoes and golf attire is encouraged. Golf clubs are required and will not be supplied.

Old Marsh Country Club encourages our local community to learn and experience the game of golf. We offer many classes for all age groups and abilities. Our world class golf club, practice area and radar technology allow us to perform high end instruction in a comfortable atmosphere. The experienced instructional team at Old Marsh Country Club is ready to help YOU.

REGISTRATION: Ongoing

DATES: Session 1: May 15th-June 12th (No class May 29th)  
Session 2: June 19th-July 17th (No class on July 3rd)  
Session 3: July 31st-August 21st

COST: \$279.00

LOCATION: Old Marsh Country Club  
445 Country Club Rd, Wells, Maine

DAY: Mondays

TIME: 3:00pm-5:00pm

**Golf - Junior Golf Program**

**Ages 8-11**

This class is designed for juniors ages 8-11 to learn the fundamentals of golf. Students will learn about equipment, short game, full swing, rules, and etiquette. Radar technology is utilized to elevate the instruction and experience. All sessions consist of 4

one-hour classes. Athletic shoes and golf attire is encouraged. Golf clubs are required and will not be supplied.

Old Marsh Country Club encourages our local community to learn and experience the game of golf. We offer many classes for all age groups and abilities. Our world class golf club, practice area and radar technology allow us to perform high end instruction in a comfortable atmosphere. The experienced instructional team at Old Marsh Country Club is ready to help YOU.

REGISTRATION: Ongoing

DATES: Session 1: May 14th-June 11th (No class May 28th)  
Session 2: June 18th-July 16th  
(No class on July 2nd)

Session 3: July 30th-August 20th

COST: \$149.00

LOCATION: Old Marsh Country Club  
445 Country Club Rd, Wells, Maine

DAY: Sundays

TIMES: 8:00am-9:00am

**Horse & Farm Camp**

**Ages 5-12**

Enjoy educational and fun days at a horse farm! Campers will learn about horses, goats, chickens, honeybees, and gardening. They will be taught about safety and responsibility around farm animals and will go in depth, learning all about horses and horse care. Campers will also participate in light farm chores including grooming horses, collecting eggs from the chickens, and feeding the farm animals. Campers will enjoy adventurous nature walks with our friendly herd of Nigerian Dwarf goats and have pony rides with our lesson horses. Camp wouldn't be complete without STEAM activities, arts & crafts, sprinkler fun and water games!

Campers should bring long pants with boots and shorts with sneakers. They should also bring lunch, snacks, drinks, sunscreen & bug spray. Bathing suits and beach towels are optional for the water games. Certified riding helmets will be provided when campers take pony rides.

Horse & Farm Camp is run by Erin Sheffer who is the owner of Mahogany Bay Farm and the Director of Riding & Educational Programs at the farm. She is a Certified K-12 Comprehensive Business Education Teacher and has taught STEAM, Computer and Business classes alongside managing her very popular riding lesson program. Learn more at [www.MahoganyBayFarmLLC.com](http://www.MahoganyBayFarmLLC.com)

REGISTRATION: Ongoing

SESSIONS: Session 1: June 26th-June 28th  
Session 2: July 10th-July 12th  
Session 3: July 24th-July 26th  
Session 4: August 7th-August 9th

COST: \$295.00 per session, per camper  
(max of 8 per session)

LOCATION: Mahogany Bay Farm



44 Major McIntire Road York, ME 03909  
 DAYS: Monday-Wednesday  
 TIME: 9:00am-2:00pm

## Lifeguard Camp

### Ages 11-14

The York Beach Ocean Rescue Junior Lifeguard Program is a week-long program for aspiring lifeguards, taught by our USLA Certified Lifeguard staff, that provides instruction in first-aid, CPR, ocean safety, rescue techniques, rescue equipment, jet ski and water rescue boat training and on the job training experiences. Instruction, supervision, and activities are managed by experienced certified lifeguards and educators. Swimmers, ages 11-14, who can swim a minimum of 25 yards unassisted, are welcome. Additional activities include interpretive and educational presentations from members of the local community. For example, presentations and hands on experiences with the York Rescue Water Emergency Tactical Team will be a part of this program.

**SAFETY FIRST!** The York Beach Ocean Rescue Junior Lifeguard Program offers step-by-step skill development with a safety-first motto. We take pride in offering a variety of challenging activities in a fun atmosphere designed for young people who want to be safe at the beach and learn about what it takes to be a member of the York Beach Ocean Rescue Lifeguard service. Camaraderie, respect, building self-esteem, physical conditioning and good clean fun are all important aspects of this exciting and engaging program.

REGISTRATION: Ongoing until July 14th, or until full

STARTS: July 17th

ENDS: July 21st

COST: \$125.00 Resident / \$135.00 Non-Resident

LOCATION: Long Sands Bathhouse

DAYS: Monday-Friday

TIMES: 9:00am-12:00pm

REQUIREMENT: Swimmers, ages 11-14, who can swim a minimum of 25 yards unassisted

## Marine Science Camp

### Grades K-8th (Must be 5 years old by start date)

Award winning Marine Science Camp focuses on the preservation of the marine ecosystem through active, hands-on learning. The curriculum includes Sharks, Moon Jellies, Shipwrecks, Sea Otters, Polar Bears, Marine Reptiles and much more. Data collection will be submitted to our Citizen Science project, campers will be helping ongoing research! Learn about water quality, seining and environmental awareness in an outdoor environment. T-shirt included in cost.

Campers must bring the following:

Water shoes with a closed back, like old sneakers!

Walking shoes for non-aquatic activities (flip flops, sandals etc.)

Swimsuit for sampling

Sun Protection - Hat, Rash Guard over swimsuit, etc. as well as plenty of sunscreen!!

Towel

Drinking Water (at least two reusable bottles are recommended)

Lunch and Snacks - Peanut and tree-nut free food items are preferred. Reusable containers are preferred.

A sense of wonder!

REGISTRATION: Ongoing until full

DATES: Session 1: July 10th-14th

Session 2: August 7th-11th

COST: \$395.00

LOCATION: Long Sands Beach

Drop off and pick up at Long Sands Bathhouse

DAYS: Monday-Friday

TIME: 9:00am-2:00pm

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## Sailing IOI - An Introduction to Seamanship

**Ages 8-10 and 11-13**

We are pleased to partner with the Agamenticus Yacht Club to offer this unique introduction to Seamanship. In this 2-day mini-camp, participants will be introduced to the basics of sailing; knot-tying, points of sail, wind & tides, parts of the boat, and more. The first day of the camp will be spent preparing to set sail on day 2, aboard one of the Club's J-22 Sail Boats. If sailing is something that you've always wanted to try, this is the opportunity for you! No boating or sailing background is necessary. This camp is run by AYC's knowledgeable staff. All campers will be provided a list of items to bring, including appropriate clothing and footwear, prior to the camp start date. Space is limited, please register early. Please Note: The 2nd Saturday times may vary, slightly, to allow ample time for sailing. A makeup session will be offered if cancellation due to inclement weather occurs.

**INSTRUCTOR:** Agamenticus Yacht Club Staff

**REGISTRATION:** Ongoing until full (maximum class size: 5)

**DAYS/DATES:** Saturday, June 24th and Saturday, July 1st  
(Rain Date July 8th)

**COST:** \$65.00

**LOCATION:** Agamenticus Yacht Club, York Harbor

**TIMES:** Ages 8-10: 10:00am-12:00pm

Ages 11-13: 1:00pm-3:00pm

## Soccer - Seacoast United Grassroots Camp

**Ages 3-5 with Parent Participation**

Seacoast United Grassroots Camp is a unique opportunity for young children to get involved in the game of soccer. In each class, the main objective is to teach while having fun. The overall theme is for children to relate having fun with playing soccer and to develop the necessary skills to be a competitive player in the future. The program offers a unique learning experience for all involved. Each age group is appropriately challenged with specifically designed developmental games and activities.

**REGISTRATION:** Ongoing through August 1st

**STARTS:** August 7th

**ENDS:** August 11th

**COST:** \$90.00 (T-shirt & soccer ball included)

**LOCATION:** Bog Road Fields

**DAYS:** Monday-Friday

**TIME:** 9:00am-9:45am

## Please Register On Time

Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates.

## Soccer - Seacoast United Half Day Camp

**Ages 6-14**

Seacoast United Half Day Camp program is a fantastic way for your child to be introduced to SUSC's fun developmental approach to the game. Our professional, dedicated, full-time coaching staff will offer sessions full of fun technical challenges and game play. This allows players to develop a love for the game while developing important skills. Seacoast United's Summer Skills Half Day Soccer Camp appropriately challenges in a fun learning environment. This program will focus on individual skills which are crucial to all players' confidence with the ball. These classes will also incorporate their skill work into scrimmage play allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success.

**REGISTRATION:** Ongoing through August 1st

**STARTS:** August 7th

**ENDS:** August 11th

**COST:** \$165.00 (T-shirt & soccer ball included)

**LOCATION:** Bog Road Fields

**DAYS:** Monday-Friday

**TIME:** 9:00am-12:00pm

## Soccer - York High School Wildcat Soccer Camp

**Grades 2nd-8th**

*Champions are built in the offseason*

This one-week camp for children

grades 2nd-8th, aims to get each player to

their own personal next level. Dribbling, passing, defending, and shooting skills, along with team concepts, will be introduced by current York boys and girls high school soccer players under the supervision of current York Boys Varsity Coach, former Clemson Tiger, Julie Johnson and current York Girls Varsity Coach, Nick Hanlon. Players will leave camp with tools that, with enough practice, can take them to the next level! Players will be divided by grade level at camp.

**REGISTRATION:** Ongoing

**STARTS:** July 24th

**ENDS:** July 28th

**COST:** \$80.00 Resident  
\$90.00 Non-Resident  
(T-shirt included)

**LOCATION:** York High School

**DAYS:** Monday-Friday

**TIME:** 10:00am-12:00pm



## Street (Ball) Hockey League

### Grades 3rd-6th

Street (Ball) Hockey is a form of ice hockey, except it is played on dry ground and in sneakers. Anyone can play because knowing how to ice skate is not a requirement! Participants will have the opportunity to put a stick in their hands and then learn the basics of the game without the challenges of on-ice concerns. The program will begin with learning the fundamentals and progress to weekly games. Sticks provided. T-Shirt included.

REGISTRATION: Ongoing

STARTS: June 26th - No class July 3rd

ENDS: July 31st (make-up date, if necessary, August 7th)

COST: \$65.00 Residents / \$75.00 Non-Residents

LOCATION: Bog Rd. Upper Parking Lot

DAY: Mondays

TIME: 4:30pm-5:30pm

## Strong Girls - Multi-Sport Summer Camp

### Grades K-6th

Strong Girls United is a 501©(3) nonprofit organization whose mission is to empower girls to be strong, confident, and resilient through sports, mentorship, and mental health programming. This 3-day summer camp will feature multiple sports (track, soccer, volleyball, basketball, and more!) each day alongside team building, girls' empowerment, and mental skills activities and crafts. Once your Strong Girl is registered, please visit the following to enter additional information: <https://sgunitedfoundation.org/participant-registration>

Please send your child with a snack, sneakers, athletic clothes, and a water bottle

REGISTRATION: Ongoing until full

STARTS: July 5th

ENDS: July 7th

COST: \$95.00

LOCATION: York High School Track

DAYS: Wednesday-Friday

TIME: 9:00am-12:00pm

## Strong Girls Beach Sports Camp

### Grades 3rd-6th

NEW THIS SUMMER!! It's a Strong Girls Beach Sports Camp! We will explore other ways to be active and play sports in the sand. Beach volleyball, beach volleyball 4-square, CrossFit, dance, relays, hurdles, track and field, paddleball, spikeball, and more! As always, we'll include some team building, girls' empowerment, and mental skills activities too.

Once your Strong Girl is registered, please visit the following to enter additional information: <https://sgunitedfoundation.org/participant-registration>

Please send your child in a bathing suit with shirts and

t-shirt, snack, sunscreen, sneakers, towel, and a water bottle.

REGISTRATION: Ongoing

STARTS: July 31st

ENDS: August 2nd (rain date August 3rd)

COST: \$95.00

LOCATION: York Harbor Beach

DAYS: Monday-Wednesday

TIME: 4:00pm-6:00pm

## Surf Camp - Ride the Five!

### Ages 8-15

Liquid Dreams is offering "Ride the 5" surf camp, once again, for kids ages 8 to 15! This camp is designed to teach all 5 wave and watercraft activities LDS has to offer: surfing, boogie boarding, skim boarding, stand up paddling, and body surfing... all in 5 days!

Each day, the Ride the 5 camp begins at 10:00am at our Long Sands location in York, where students will be equipped with wetsuits and surfboards for a 1-2-hour morning surf lesson. Following the lesson, the students will break for lunch, and maybe a sandcastle or two. After lunch, students will learn another water activity that best fits the conditions that day. Ride the 5 camp will break at 3:00pm every day, with student pickup at 3:15pm. Students should bring lunch, bathing suit, towel, and sunscreen. If you own your own board or wetsuit, feel free to bring it to class.

REGISTRATION: Ongoing or until full

DATES: Week 1: June 26th-June 30th

Week 2: August 21st- August 25th

COST: \$435.00 - This is a \$60.00 savings

LOCATION: Liquid Dreams – Long Sands Beach

Students meet at Liquid Dreams

DAYS: Monday-Friday

TIME: 10:00am-3:15pm

Any student that takes a class with Liquid Dreams Surf Shop can receive a 10% discount on wetsuits and all accessories, plus \$50.00 off the purchase of a board.

## Surfing Camp

### Ages 6-9

Learn to surf with the Liquid Dreams surf team. Your instructor will guide you through the fundamentals of surfing. They will cover paddling, wave selection, how to stand and how to ride the waves. Surfing etiquette, ocean awareness, and beach safety will also be discussed. Classes will be offered mornings from 8:00am-9:00am in the surfing area at Long Sands Beach. Please be sure to arrive by 7:45am. All equipment and supplies will be provided by Liquid Dreams surf shop, however, if you own your own board or wetsuit feel free to bring it to class.

REGISTRATION: Ongoing or until full

DATES: Week 1: June 26th-June 30th

Week 2: July 10th-July 14th

Week 3: August 14th-August 18th



**COST:** \$99.00  
**LOCATION:** Surfing area at Long Sands Beach  
 Students meet at Liquid Dreams  
**DAYS:** Monday, Wednesday & Friday  
**TIME:** 8:00am-9:00am (Please arrive by 7:45am)

## Surfing Camp

### Ages 10 and Up

Learn to surf with the Liquid Dreams surf team. Your instructor will guide you through the fundamentals of surfing. They will cover paddling, wave selection, how to stand and how to ride the waves. Surfing etiquette, ocean awareness, and beach safety will also be discussed. Classes will be evenings from 5:30pm-7:00pm in the surfing area at Long Sands Beach. Please be sure to arrive by 4:45pm. All equipment and supplies will be provided by Liquid Dreams Surf Shop, however, if you own your own board, feel free to bring it to class. You have a choice of 3 different weeks, but classes are limited, so be sure to sign up for one of them now!

**REGISTRATION:** Ongoing or until full  
**DATES:** Week 1: June 26th-June 30th  
 Week 2: July 10th-July 14th  
 Week 3: August 14th-August 18th  
**COST:** \$180.00  
**LOCATION:** Surfing area at Long Sands Beach  
 Students meet at Liquid Dreams  
**DAYS:** Monday, Wednesday & Friday  
**TIME:** 5:00pm-7:00pm

## Tennis Lessons will return!

Please, check our website for details about Youth Tennis Programming.

## Track & Field

### Ages 6-14

The York Parks and Recreation Track & Field Program is designed specifically to introduce the sport at the recreation level. This is an instructional program where participants will learn about correct stretching and conditioning exercises to avoid injury, as well as running, sprinting, shot put, and relays. Coaches Lucy Kocov and Greta Yauch will combine technical development and fundamental techniques with safety and an emphasis on FUN!

**REGISTRATION:** Ongoing  
**STARTS:** June 27th  
**ENDS:** August 3rd  
**COST:** \$70.00 Resident / \$80.00 Non-Resident  
**LOCATION:** York High School Track  
**DAYS:** Tuesdays and Thursdays  
**TIMES:** Ages 6-9 from 8:30am-9:45am  
 Ages 10-14 from 10:00am-11:15am

## Kids Outdoor Yoga

### Ages 8-12

Our meditative, gentle yoga class provides a non-competitive environment for preteens to explore more complex poses and asana as well breathing exercises, movement games, mindfulness activities, and relaxation techniques. Classes often revolve around a philosophical theme and may include discussion or mindful journaling. Please bring a yoga mat, water, and wear loose-fitting clothing to allow for easy movement.

**INSTRUCTOR:** Maria Lovo 500 RYT  
**REGISTRATION:** Ongoing  
**STARTS:** July 3rd and August 7th  
**ENDS:** July 31st and August 28th  
**COST:** \$50.00 Per Month  
**LOCATION:** Moulton Park  
**DAY:** Mondays  
**TIME:** 10:30am-11:30am

## Yoga - Namaste with Nicole - Children's Yoga & Mindfulness at Moulton Park

### Grades 2nd-4th

Begin your Wednesday mornings this summer refreshed and relaxed with yoga, meditation, fun games, and dance. Nicole, a certified yoga instructor for adults and children, and CRES educator will be teaching your children healthy and fun ways to explore and nourish our bodies, minds, and hearts! Please bring a yoga mat or beach towel and a water bottle.

**REGISTRATION:** Ongoing until full (max of 20 participants)  
**DATES:** Session 1: July 5th-July 26th  
 Session 2: August 2nd-August 23rd  
**COST:** \$50.00 per session  
**LOCATION:** Moulton Park  
**DAYS:** Wednesdays  
**TIME:** 10:00am-11:00am

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**Art Camp - Let's Create!****Ages 5-6**

Ready, set, create! In Art Camp artists will use a variety of art materials to create masterpieces. We will explore 2D and 3D materials and use paint, printmaking, sculpture, and mixed-media techniques. An important part of being an artist is finding inspiration in the world around you, so artists will have time to be playful and enjoy being in a creative environment together. Artists will take home their artwork when they finish it. This camp is for everyone who loves art! A morning or afternoon session is offered.

Please bring, snacks and plenty to drink.

INSTRUCTOR: Alexis Kochka - VES Art Teacher

REGISTRATION: Ongoing

STARTS: July 17th

ENDS: July 21st

COST: \$115.00 Resident

\$125.00 Non-Resident

LOCATION: Village Elementary School Art Room

DAYS: Monday-Friday

TIME: Morning Session: 10:00am-11:30am

Afternoon Session: 12:00pm-1:30pm

**Cooking with Ms Ellen - Pizza Making****Ages 6 and up**

In this one-night class, kids will learn the proper way to roll and toss pizza dough, topping a pizza, as well as explore fun combinations. Come join Ms. Ellen for a fun night of pizza making. Each student will bring home their own pizza to share!

Please note: This camp uses dairy products.

INSTRUCTOR: Ellen Michniewicz, Chef Extraordinaire

REGISTRATION: Ongoing

DAYS/DATES: Session 1: Monday, July 10th

Session 2: Monday, August 7th

COST: \$90.00 Resident

\$100.00 Non-Resident

LOCATION: York Middle School Home Ec Room

TIME: 5:30pm-7:30pm

**The Classic Homemade Cupcake****Ages 7 and up**

Calling all cupcake lovers!!!! Perfect for beginners, this one-night class will bring the baker out in you!! We will learn to make homemade cupcakes and frosting from scratch. The best part is you will bring some home to share with your family, they will love

you for it! Kitchen safety, proper food handling, presentation and cleanup will also be part of the learning experience.

Please note: This camp uses dairy products.

Please bring in a large container with a cover to bring home goodies for your family to share!!

INSTRUCTOR: Ellen Michniewicz, Chef Extraordinaire

REGISTRATION: Ongoing

DAYS/DATES: Session 1: Monday, July 31st

Session 2: Monday, August 14th

COST: \$90.00 Resident / \$100.00 Non-Resident

LOCATION: York Middle School Home Ec Room

TIME: 5:30pm-7:30pm

**Get Ready for 5th Grade****Students Entering Grade 5 at York Middle School in 2023**

Everything you will ever need to know about coming to 5th grade!!!! Are you a little nervous about entering York Middle School? This camp will help! We will tour and explore the building so we can find our way around, spend some time in different classrooms, talk about what we will be learning and studying in Grade 5, go over some study and organization tips, play some games, and ... everyone's favorite...practice opening lockers!! Enter fifth grade feeling relaxed and ready. Come join Mr. Geranis and have a blast learning everything you always wanted to know about 5th grade!!!!

INSTRUCTOR: Andy Geranis, 5th Grade Teacher at York Middle School

REGISTRATION: Ongoing

STARTS: August 14th

ENDS: August 15th

COST: \$65.00

LOCATION: York Middle School

DAYS: Monday & Tuesday

TIME: 9:00am-12:00pm

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## LEGO® Camp

**Ages 5-12**

LEGO® camp has returned to a more interactive version between campers. Campers will have access to Motorized Mechanisms (Mindstorms and WeDo) as well as a large amount of traditional LEGO® to use their creativity to build. There will be a few sets, but most building will be from camper's imagination. We will have a daily challenge to inspire creativity. Halfway through each day we will take a break and go outside to play and eat a snack, weather permitting. Don't miss out, sign up early! Sign up for multiple sessions, there's always a new, creative thing to build!! Sign up for multiple sessions, there's always a new, creative thing to build! Bring a snack and drinks.

Instructor: Andrea Gould, York Middle School math teacher for many years. She loves math and science and bringing them together in creative, educational ways.

REGISTRATION: Ongoing

DATES: Session 1: July 17th-July 21st  
Session 2: July 24th-July 28th  
Session 3: August 7th-August 11th

COST: \$110.00 Resident / \$120.00 Non-Resident

LOCATION: York Middle School Library

DAYS: Monday-Friday

TIMES: 9:00am-12:00pm

## Mad Science - Makers of the Future Camp

**Grades 1st-6th**

Come one, come ALL young minds, and hop on the MAKER train! Our minds are made for MAKE-ing and this cutting-edge camp is guaranteed to inspire the emerging inventor, designer, artist, engineer, and tinkerer. STEAM thinking gets activated through hands-on exploration with intelligent robots, stop-motion animation, game design, and app-enabled building blocks that teach innovation. Children engage with the inventor's cycle by snapping together electronic building blocks to create various

gizmos and gadgets. Discover the FUN-damentals of programming with three intelligent robots that have big personalities. Build mechanical devices to solve problems and invent an app-enabled smart car. We move from the past to the present of game design, leading an animated character on an adventure using coding blocks. Look back at early animation and then move to the present using green screens to create animation shorts. MAKE and take-home an electric wiggle bot, circuit creature, moving picture device, mechanical grabber, and so much more. This camp shows every child that the future is theirs for the MAKE-ing!

Please bring, lunch, snacks, and plenty to drink.

INSTRUCTOR: Mad Science Instructor

REGISTRATION: Ongoing

STARTS: July 31st

ENDS: August 4th

COST: \$350.00 Resident / \$360.00 Non-Resident

LOCATION: York Middle School - Art Room

DAYS: Monday-Friday

TIME: 9:00am-3:00pm

## Programs with the Center for Wildlife

**Saturdays**

See full program details in the Mt. A section of this catalog!

## Puppet Making!

**Ages 8 & up**

From sock puppets to shadow puppets, puppetry has been used in theatre around the world! Get your creative juices flowing in this hands-on workshop where you'll explore making a variety of puppets and learn how to use puppets to bring your ideas to the stage.

Students are encouraged to bring found objects or recycled materials to use in their final piece.

Please bring lunch, snacks and plenty to drink.

INSTRUCTOR: Sarah Shanahan, Actress

REGISTRATION: Ongoing

DAY/DATE: Monday, July 10th

COST: \$110.00 Resident / \$120.00 Non-Resident

LOCATION: York Community Auditorium

TIME: 9:00am-2:00pm

## Safe Sitter Summer Camp

**MUST BE 11 and up**

This course is taught by a nurse and is intended to improve your child's care skills needed for babysitting. Founded in 1980, Safe Sitter® is the only national nonprofit training program exclusively devoted to preparing young teens to be safe in unsupervised settings, whether babysitting, sibling sitting or home alone.

The Safe Sitter® curriculum is designed exclusively for young teens in grades 6-8, and covers the following areas: safety skills, child

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care skills, first aid & rescue skills, and life & business skills. Safe Sitter® courses are instructor-led and interactive, with hands-on demonstrations and skills practice using soft-bodied dolls and medical manikins. Your child will be very prepared to start their babysitting career. Each student completing the course will receive a certificate that verifies this training for caring of small infants and toddlers. The Safe Sitter course has a great deal of information presented in a short period of time. It is important you are available for the whole class.

Please sign-up early, as we need to order books ahead of time and don't want you to miss out!!!!

Please bring lunch, snacks and plenty to drink.

Instructor, Samantha Pannier has been teaching Safe Sitter since 2005.

REGISTRATION: Ongoing until July 22nd

DATE/DAY: Monday, August 7th

COST: \$130.00 Resident / \$140.00 Non-Resident  
Cost includes a \$40.00 book fee

LOCATION: York Middle School - Home Ec Room

TIME: 9:00am-3:00pm

## Step Up to CRES

### Incoming 2nd graders in 2023

Are you a student who just finished first grade at VES? If so, you'll be coming to CRES next year! It's an exciting time to meet new friends, gain new teachers, get to know a new principal, and have a whole new world of experiences!

But you may be a bit nervous...How will I find my way around? What are the teachers like? What will we learn? How do things work in the cafeteria? Will I have fun?

If you have any of those questions, this camp is for you! We will tour the school, meet any staff members who are around, discuss what we will learn in 2nd grade, spend time on the playground (including walking or running some laps around our track), sing songs, play games, and more! There are so many amazing things that make CRES unique...from "Wake up and Read" to the "Mile Run" program, Friday assemblies, live student-broadcasts, Kids Cabinet, Civil Rights Team, and so much more! There may be former 2nd graders with us for some of the time to explain what CRES is like and answer some of your questions in "kid-language"! This fun introduction to CRES is sure to make your start to 2nd grade more relaxing and enjoyable. What are you waiting for? Sign up for "Step Up to CRES!"

Please bring a snack, lunch, and drink.

INSTRUCTOR: Sarajane St. John

REGISTRATION: Ongoing

DAY/DATE: Monday, August 14th

COST: \$65.00

LOCATION: Coastal Ridge Elementary

TIME: 9:00am-1:00pm

## Theater Improv!

### Ages 8-12

This super fun, day-long theatre workshop, will focus on improvisation skills! Through games, skits, and group storytelling you'll learn how to use your imagination, brush up your comedy skills, and work together to create scenes.

Please bring lunch, snacks and plenty to drink.

INSTRUCTOR: Sarah Shanahan, Actress

REGISTRATION: Ongoing

DAY/DATE: Monday, July 17th

COST: \$100.00 Resident / \$110.00 Non-Resident

LOCATION: York Community Auditorium

TIME: 9:00am-2:00pm

## Theater - Play in a Day!!!

### Ages 8-12

Come laugh, dance, and come to your feet! Practice some silly skits and create a play in this super fun, day-long theatre workshop.

Through games, skits, and group storytelling you'll learn how to use your imagination and brush up on your theater skills.

Please bring lunch, snacks and plenty to drink.

INSTRUCTOR: George Hosker-Bouley

REGISTRATION: Ongoing

DAY/DATE: Wednesday, July 19th

COST: \$100.00 Resident / \$110.00 Non-Resident

LOCATION: York Community Auditorium

TIME: 9:00am-2:00pm

## Once Upon a Theater Camp

### Ages 7-9

A beginner level theater camp for kids who love to perform and imagine! Explore your favorite fairy tale characters and what they might be up to after the "happily-ever-after." We will be outside playing exciting theater games and having fun and inside learning cool theater techniques like projecting your voice in front of an audience and pretending to be someone totally different! At the end of the camp, we'll have a showcase for parents and friends!

Instructor Olivia Coughlin recently graduated with her MFA in Theater for Young Audiences from the University of Hawaii, Mānoa. She has been performing theater for over 15 years and grew up participating in theater camps through York Parks and Rec. Wear clothing you would feel comfortable moving around in and sneakers. Bring a water bottle and a small snack.

REGISTRATION: Ongoing

STARTS: July 10th

ENDS: July 14th

COST: \$130.00 Resident / \$140.00 Non-Resident

LOCATION: York Community Auditorium

DAYS: Monday- Friday

TIME: 9:00am-12:00pm

## Wild Wonders with Ms.G

**Ages 5-6 and Ages 7-8**

Come spend some time outside in nature...creating, observing, crafting and so much more. Each day we will have a new challenge using natural materials. This camp is all about building and making as well as learning about the nature around us, right in our own Maine woods.

Please bring, snacks and plenty to drink

Please dress appropriately for the weather and safe footwear (no flip flops). We will be inside in inclement weather.

INSTRUCTOR: Candra Glen

REGISTRATION: Ongoing

STARTS: July 5th

ENDS: July 7th

COST: \$125.00 Resident / \$135.00 Non-Resident

LOCATION: Natures Classroom at Village Elementary

DAYS: Wednesday-Friday

TIME: Ages 5-6: 8:30am-11:00am

Ages 7-8: 12:30pm-3:00pm



## Cover Contest!

Send us your photos! We are urging those participating or attending any and all York Parks & Recreation programs and events to take photos! Please send us your best (high resolution) pictures to use on our social media and catalog publications. One lucky winner will have their photo used on the cover of next summer's Yorks Illustrated Catalog!!

You can send entries to [ndarby@yorkmaine.org](mailto:ndarby@yorkmaine.org) or tag us on Facebook at Town of York Maine Parks and Recreation Department and use the hashtag #YORKSILLUSTRATED.

Be sure to include the artists name and where the photo was taken!

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# Youth Programs For Fall

## “A Christmas Carol” Theatre Production

It is never too early to think about the holidays! Planning for this year’s production of Dicken’s “A Christmas Carol” is in full swing. Join Father Christmas, Tiny Tim, Bob Cratchit and all the ghosts for a fanciful good time filled with songs and dance. Be on the lookout for registration to open in mid-September with rehearsals to begin in early November.

## Basketball

Our youth basketball program involves over 300 children (grades Pre-K-6th), volunteer coaches and officials in a fun-filled instructional setting during the winter months. Our basketball programs, at all levels, are designed to emphasize individual skill development through fun-filled, healthy competition, and hard work. This includes skills, drills, and games.

Be on the lookout this fall for more detailed information regarding registration deadline dates and program start dates.



## Travel Basketball

Please, watch for details, updates, and tryout information in our e-newsletters, website, and social media. 5th & 6th Grade teams will once again participate in the Maine Event Basketball League at the XL

Sports Center in Saco, Maine. Third and Fourth Grade Teams will not be affiliated with any league but will play teams in the Southern Maine region.

3rd & 4th Grade Eligibility: Must participate in Rec. Basketball League, live in York and/or be a student in the York School System.  
5th & 6th Grade Eligibility: Must live in York or be a student in the York School System.

## Football This Fall With York Youth Football

### Grades 3rd-8th

Come and join the York Youth Football team! The goal of the York Youth Football (YYF) program for grades 3 through 8 is to provide pre-high school aged York youth with a positive and safe experience in the game of football. YYF’s objectives are that participants have fun, learn the values of team sports and discipline, and learn the fundamentals of the game of football in a coaching environment where safety comes first! Contact York Youth Football for information or to sign-up. [www.yorkyouthfootball.com](http://www.yorkyouthfootball.com)



## Hot Wheels Garage - Fall 2023

### Ages 5-8

Playing with cars is FUN! And it’s beneficial for child development. Playing with toy cars provides an opportunity for the development of social skills and aids in emotional and physical development. During this 5-week session, we will build a variety of tracks, create life-like destinations, and create scenarios such as racing, crashing, oil changes, and more. Some structure will be provided, but participant imagination will be the “driving” force in this program. Participants are invited to bring their favorite Matchbox/ Hot Wheels cars & trucks, but there will also be plenty of cars and props available to share. We hope you will plan to join Recreation Coordinator, Andy Kaherl (a real-life race car driver) for this fun-filled creative play program. Each participant will receive a Hot Wheels car on the first day.

REGISTRATION: Ongoing until full, space is limited.

STARTS: September 12th

ENDS: October 10th

COST: \$55.00 Resident / \$65.00 Non-Resident

LOCATION: Goodrich Park Barn, 200 US Route 1

DAYS: Tuesdays

TIME: 4:00pm-5:15pm

## Run Club - Fall 2023

### Grades K-5th

One of our most popular programs, Run Club returns this fall. Run Club is designed to promote physical activity and gives boys and girls grades K-5 the opportunity to experience running in a fun, friendly and safe environment. Participants will learn how to build endurance, running techniques/form, and nutrition. It’s time to get moving! We are still coordinating dates and times for fall “Run Club,” so stay tuned.

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## Soccer Lil Tikes - Fall 2023

### Ages 3-4 with 100% Parent Involvement!

This is a non-contact skills-based program. This 4-week 100% parent involvement program, for children ages 3 and 4, will be offered as a basic introduction to the game of soccer. The main emphasis of this program will be to offer tons of fun for you and your child. This will be achieved through fun games and activities that involve movement, concentration, and footwork between parent and child.

REGISTRATION: Ongoing

STARTS: September 9th

ENDS: September 30th

(Makeup October 14th, if necessary)

COST: \$60.00 Residents / \$70.00 Non-Residents

LOCATION: Coastal Ridge Elementary School

DAYS: Saturdays

TIME: 45-minute sessions between 8:00am-12:30pm.

Schedule depends # of registrations

## Soccer This Fall with York Soccer Club

York Soccer Club offers two programs to accommodate the different age levels of our players:

**Early Development Soccer** - K-2nd Grade - Saturdays, Mid-September-Late October. The focus of this program is on the early development of basic soccer skills (dribbling, kicking, shooting, etc.)

**Travel Soccer (U9-U14)** Grades 3rd-8th - August-Early November

This program continues to develop basic skills and includes weekday practices and weekend games with other area soccer clubs.

For more information or to register please visit the York Soccer Club website at [www.yorksoccerclub.com](http://www.yorksoccerclub.com)

## Swimming Lessons at the Anchorage Inn

Through the generosity of the Anchorage Inn on Long Sands Beach in York, we are offering swimming lessons this fall and winter. These Red Cross Certified swimming lessons will be geared toward Parent-Tot and levels 1, 2, 3, 4 and Stroke Enhancement Swimmers. Due to the popularity of this program and limited spaces available, a lottery system will be in place. Winners will be chosen at random and those not selected will go on a waitlist. Additional lottery and program information will be available in early September and classes will begin in October.

## Yu-Gi-Oh Club - Fall 2023

### Grades 4th-9th

It's time to DUEL! Bring your Yu-Gi-Oh deck to the Grant House Barn and let the battle begin. Yu-Gi-Oh Club provides a place where players of the game can meet and hang out. All skill levels welcome. Do not hesitate to ask for help getting started.

REGISTRATION: Ongoing until full, space is limited

STARTS: September 12th

ENDS: October 17th

COST: \$60.00 Residents / \$70.00 Non-Residents

LOCATION: Grant House Conference Room, 200 US Route 1

DAYS: Tuesdays

TIME: 4:30pm-6:00pm

## 7 on 7 Flag Football League

### Grades 3rd-4th (Co-Ed)

Join Coach Andy and Coach Nick for Outdoor 7 on 7 Flag Football. Like touch football, flag football was designed to minimize injuries that playing tackle football can bring. This program's emphasis is on fun and friendly competition, as well as an opportunity for kids to practice the "skill" portions of the game. Depending upon numbers, we will look to create balanced Flag Football teams, which will compete each week. The atmosphere is welcoming and friendly, as is the play. The first two weeks participants will learn the rules, how to play 7 on 7, and skills to help them be successful. Please note schedules may vary depending on the number of teams we have. Sneakers and team t-shirt must be worn each week (t-shirt provided). We encourage participants to wear shorts or athletic pants without pockets.

REGISTRATION: Ongoing until August 18th

STARTS: September 6th

ENDS: October 18th

COST: \$65.00 Resident / \$75.00 Non-Resident

LOCATION: Outfield of Bog Rd. Baseball Field

DAY: Wednesdays

TIMES: 4:30pm-5:30pm and/or 5:30pm-6:30pm  
(depends on # of teams)

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#### Family Service Program and General Assistance for The Town of York

**Janie Sweeney, Manager**

jsweeney@ycsame.org

Hours 9:00am-2:00pm, Monday - Friday  
207-363-5504

#### Food Pantry

**Maureen Monsen, Manager**

mmonsen@ycsame.org

Food Pantry Hours: Wednesday-Thursday  
11:00am - 3:00pm  
Please call for appointment

Donation Hours: Wednesday - Thursday  
8:00am - 11:00am or by appointment  
207-363-5504

#### For More Information

**Please Contact:**

**Michelle Surdoval, Executive Director**

msurdoval@ycsame.org

207-363-5504

PO Box 180, York, ME 03909  
855 US Route 1, York, ME 03909



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#### YCSA Mission:

To partner with York residents who are in need of support, services, and referrals during a difficult times in their lives with the help of our staff, volunteers and our community.

#### YCSA Thrift Store

**Helps provide funds to support our Family Service and Food Pantry Programs.**

#### Thrift Store

**Donald Martin, Manager**

dmartin@ycsame.org

Thrift Store Hours: Tuesday - Saturday

10:00am - 5:00pm

Donations by appointment

207-363-5504

**Amber Harrison,  
Housing Innovation Manager  
Local Health Officer**

aharrison@ycsame.org

Office: 207-363-5504 ext. 5

Cell: 207-351-6517

PO Box 180, York, ME 03909  
855 US Route 1, York, ME 03909

# 2023 Road Races, Walks and Challenge Events

## Something for everyone!

Our road races and challenges can be a great way to get the whole family moving! We encourage runners and walkers alike to join us for one or all our scheduled events this season. For more information or to register for any event in our line-up please visit our website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org), click the Events tab, then choose Road Races in the drop-down menu. Whether you're looking for a slower, more leisurely walk, or striving to reach a personal best, we have an event for you.

## York Hospital 5K Road Race

**Saturday, June 3rd**

Enjoy this early summer run through scenic York Village and York Harbor. For more information or to register contact York Hospital's Community Relations Office at (207) 351-2385 or email [info@yorkhospital.com](mailto:info@yorkhospital.com). Day of Race registration begins at 7:00am and race start time is 8:30am.

REGISTRATION: York Hospital's Community Relations Office  
(207) 351-2385 or email:  
[info@yorkhospital.com](mailto:info@yorkhospital.com)  
Race Day Registration:  
7:00am-8:15am

COST: \$10.00 pre-reg. 13 and under  
\$25.00 pre-reg. 14 and up  
\$50.00 pre-reg. family fee  
(each family member must fill out form, up to 5 total registrants)

LOCATION: Start/End: York Hospital,  
15 Hospital Drive

TIME: 8:30am Start



## Annual Four on the 4th Race

**Tuesday, July 4th**

Sponsored by the York Rotary Club, this USATF certified 4-mile course has become one of the most popular races in the seacoast area. Registration opens on Wednesday, March 1st, 2023 on the RunSignup website. The race is limited to 1,200 participants so register early! Those who register by June 1st, or the first 500 to register (whichever comes first) will be guaranteed a free race shirt in their requested size. Beyond June 1st, or after the first 500 registrants, shirts will be given upon availability.

**NO DAY OF REGISTRATION AVAILABLE! All registrations must be completed by June 30th at 8:00pm!**

This is the 44th Annual Four on the 4th and we hope you join us!

REGISTER AT: <https://runsignup.com/Race/ME/York/YorkMEFouronthe4th>

This race is proud to be a member of the Seacoast Road Race Series and third in the series of races. Online registration information is available on our website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org). Please note mail-in registration is not available. For more information on the Seacoast Road Race Series visit [www.proportsmouth.org/seacoastseries.cfm](http://www.proportsmouth.org/seacoastseries.cfm)



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## Annual York Days 5K: Miles for Smiles Road Race

Sunday, July 30th

The Parks and Recreation Department will once again sponsor the York Days 5K Road Race. Free T-shirts will be given to anyone registered by June 23rd. Kick off the week-long York Days Celebration with our scenic race. Proceeds from this race benefit York Parks & Recreation Department Youth Programs.

**NO DAY OF REGISTRATION AVAILABLE! All registrations must be completed by July 27th at 8pm!**

REGISTER AT: <https://runsignup.com/Race/ME/York/YorkDays5K>  
This race is proud to be a member of the Seacoast Road Race Series and fourth in the race series. Online registration information is available on our website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org), note that mail-in registration is not available. For more information on the Seacoast Road Race Series visit [www.proportsmouth.org/seacoastseries.cfm](http://www.proportsmouth.org/seacoastseries.cfm)



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York, Maine

[yorkrotary@gmail.com](mailto:yorkrotary@gmail.com)  
[yorkmerotary.org](http://yorkmerotary.org)



## Mt. A Trail Challenge 5K/1 Mile - HYBRID

Virtually from Friday, September 8th - Friday, September 15th  
**Live on Saturday, September 16th**

This is an event for all health levels to enjoy the outdoors and meet your own fitness goals. Our Big A Universal Access trail can accommodate all capabilities, while adjoining trails offer even greater challenges. Join us and establish your own personal record! This race is timed by the York Track & Field Program, traditional stop-watch style! Race amenities include post-race water and snacks. Consider bringing your own picnic lunch to enjoy at the summit after the raffle. Parking is limited. The first 50 to register will receive premium summit parking passes. Those registered by August 12th will receive a free race shirt. Rather than finisher awards, all runners are eligible for our raffle prizes! **Unlike in years past, there is NO race day registration available.** This and other modifications are put in place to ensure the safety of our staff, volunteers, participants, and spectators.

REGISTRATION: Available online at <https://runsignup.com/Race/ME/York/MtATrailChallenge>  
Ongoing through September 12th

Bib Pick-Up will be on race day starting at 8:00am.

There will be no race day or mail-in registration.

COST: \$20.00 per individual, for either the 5K or 1 Mile

LOCATION: Mount Agamenticus Summit

DATE: Saturday, September 16th

TIMES: 5K starts at 9:00am / 1 Mile starts at 9:30am

Stay tuned for information about an after party! Volunteers are needed to help make this event a success. More information and the course map will be available at [www.agamenticus.org](http://www.agamenticus.org) and [www.yorkparksandrec.org](http://www.yorkparksandrec.org)

## Contacts for Other Organizations

### Agamenticus Yacht Club:

Email: [info@aycsail.org](mailto:info@aycsail.org)

Website: [www.aycsail.org](http://www.aycsail.org)

### Ice Hockey

Email: [ymsboyshockey@gmail.com](mailto:ymsboyshockey@gmail.com) (boys)

Email: [yhsgirlsicehockey@gmail.com](mailto:yhsgirlsicehockey@gmail.com) (girls)

### York Little League:

Email: [info@yorklittleleague.net](mailto:info@yorklittleleague.net)

Website: [www.yorklittleleague.net](http://www.yorklittleleague.net)

### York Youth Football:

Website: [www.yorkyouthfootball.com](http://www.yorkyouthfootball.com)

Written Correspondence: PO Box 411, York, Maine 03909

### York Soccer Club:

[info@yorksoccerclub.com](mailto:info@yorksoccerclub.com)



# Special Events

Listed Chronologically

## Memorial Day Parade

**Monday, May 29th at 9:00am**

Join the York community for the annual Memorial Day Parade, which runs from St. Christopher's Church to the First Parish Cemetery. Parade begins at 9:00am, ceremony to follow at First Parish Cemetery.

## Old York Garden Club Annual Plant Sale

**Saturday, June 3rd - 9:00am-12:00pm**

**Rain or Shine**

Join the Old York Garden Club for their Annual Plant Sale at Grant House, 200 US Route 1 in York on Saturday, June 3rd. The sale hours are 9:00am-12:00pm! The sale will feature hundreds of herbaceous perennials, pollinator plants, grasses and shrubs selected from Garden Club member's borders to thrive in yours. There will be experienced gardeners on hand to answer questions and help you locate the perfect plant. Pollinator habitat plants available! Cash only raffle for a chance to win a 3-foot native *Quercus bicolor* (swamp white oak). Credit cards accepted for plant purchases! Proceeds from sale support the OYGC scholarship fund and Town of York civic beautification plantings.

## Annual Four on the 4th Road Race

**Tuesday, July 4th**

See details in Race Section of this catalog.

## July Fireworks

Sponsored by Ellis Park Trustees at Short Sands on Tuesday, July 4th at 9:30pm.

## Long Sands Movie Night

Thanks to the generous sponsorship by York's Tapley Insurance, the movie this summer is free to attend.

Join the Parks & Recreation Department for Long Sands Movie Night, in front of the Long Sands Bathhouse. Please note that the movie is open to the public, so arriving early to secure your viewing space is encouraged.

**Friday, July 28th at 8:00pm\*: The Croods: A New Age**

(\*Start time subject to darkness)

## York Days 2023 & Future Dates

Every year York Days runs from the last Friday in July through the following Sunday. That means York Days will be held the following dates:

2023 York Days: July 28th-August 6th

2024 York Days: July 26th-August 4th

2025 York Days: July 25th-August 3rd

2026 York Days: July 31st-August 9th

## Christmas in July: Lighting of the Nubble

**Friday, July 28th-Sunday, August 6th**

Throughout York Days, our summer residents and vacationers will have a chance to see the Nubble as it appears each year during the holiday season! A spectacular view from Sohier Park features the keeper's house and tower entirely outlined in white lights. For park details and updates, visit [www.nubblelight.org](http://www.nubblelight.org).

## Lighting of the Nubble Toy Drive

**Friday, July 28th**

There will be a Toy Drive on Friday, July 28th. Please, consider bringing any unopened toy to the Nubble Gift Shop to help those in need! Toys are available for purchase at the gift shop, as well!

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## Annual York Days 5K: Miles for Smiles Road Race

Sunday, July 30th

See details in Race Section of this catalog.

## National Night Out

Tuesday, August 1st - 5:00pm-8:00pm

Join the York Police and York Fire Departments at the Bog Road Athletic Fields Complex on the first Tuesday in August, from 5:00pm-8:00pm. National Night Out is an annual community building campaign that promotes police/community partnerships and neighborhood camaraderie. The York Police and York Fire Departments will hold their second National Night Out for the citizens of York, complete with free food, free ice cream, games, bouncy house, emergency vehicles to explore, giveaways for kids and more! This event is free for the York community and no registration required.

## York Days Craft Fair

Saturday and Sunday, August 5th & 6th - 10:00am

The York Days Craft Fair will be held at the York Beach Ball Field on Saturday, August 5th from 10:00am to 5:00pm and Sunday, August 6th from 10:00am to 4:00pm. We would like to welcome both artisans and shoppers to participate in the display of crafts and family activities. Food, photography, sand art, pottery, crafts, jewelry, paintings, and clothing are just a few of the attractions. Visit our website for vendor information and applications: [www.yorkparksandrec.org](http://www.yorkparksandrec.org)

## York Days Fireworks

Sunday, August 6th - 9:00pm

Sponsored by the York Beach Fire Department to celebrate the end of York Days, at Short Sands Beach, 9:00pm.



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## Annual Nubble Light Challenge

Saturday, August 12th - 8:00am

A 2.4-mile swim from Long Sands Beach to Short Sands Beach - swimming past the Nubble Lighthouse to support the Michael Phelps Foundation. MPF provide a learn-to-swim, healthy living, and goal-setting curriculum for children of all ages. Pre-registration and qualification are required. To observe and support the amazing participants, spectators can see swimmers departing from Long Sands Beach (at the Bathhouse) beginning at 8:00am, at Sohler Park, as they swim through the gut at Nubble Lighthouse, and the finish at Short Sands Beach. For more information visit: [www.NubbleLightChallenge.org](http://www.NubbleLightChallenge.org)

## York Village Fire Department Annual Parade & Muster

Saturday, August 19th - 12:00pm

Join the York Village Fire Department for its 107th Annual Field Day. The parade begins at 12:00pm, starting on Lower Woodbridge and finishes at the York Public Library. The muster follows at Moulton Park, located in York Harbor. Join them to view fire trucks and firefighter competitions, plus there will be food and games for kids.

## Beach Bonfire Benefit

Saturday, September 2nd - 6:00pm-10:00pm

The Beach Bonfire Benefit was started in 2001 after the tragic events on September 11th. Local business owners and residents, Walter and Jennifer Woods of Graystone Builders of Maine, felt the need to rally the community to raise funds for the NYFD. The excitement and success of the bonfire inspired and motivated the Woods family to create an annual tradition for the residents and visitors of York Beach. Since its inception, over 20 years ago, the bonfire has raised over \$100,000 for local charities and foundations. Graystone Builders of Maine has passed the torch, and York Community Service Association will carry on this end of summer community tradition. The Beach Bonfire Benefit offers live entertainment and delicious concessions, enticing raffles, a food drive benefiting the York Food Pantry and of course, the town's largest bonfire! The bonfire and grills will be ignited at 6:00pm and continue until 10:00pm, or when the food runs out! This event wouldn't be possible without the generous support of Graystone Builders of Maine and the Woods Family, the event's chief sponsor. Thank you for getting this event started Graystone Builders of Maine, we're de-lighted to be involved!



## ELLIS PARK SUMMER CONCERT SERIES

Sponsored by Ellis Park  
6:30pm-8:30pm

The Ellis Park Concert Series will take place at the gazebo most evenings, this summer. A complete schedule of concerts, including the York

Days line-up, will be available on both the Town's and the Parks and Recreation Department's website at [www.yorkparksandrec.org](http://www.yorkparksandrec.org).

### July

- 1 New Magnolia Band
- 2 Portsmouth Symphony Brass Quintet
- 6 Johnny Bubar
- 7 Seacoast Wind Ensemble
- 8 Jerry T Band
- 9 Brian Walker
- 13 Miraj
- 14 ELVIS
- 15 Rich DeSoto
- 16 Soul Salad
- 20 Eastern Sound Band
- 21 Truth About Daises
- 22 After Hours Band
- 23 Dover Community Band
- 27 Mark Marquis Band
- 28 All Together Now (Beatles Music)
- 29 Merrimac Valley Concert Band
- 30 Amherst Brass Quintet

### August

- 3 World Famous Grassholes
- 4 Bel Airs
- 5 Amherst Town Band
- 6 60's Invasion - Fireworks
- 10 ELVIS
- 11 Big Picture Band
- 12 The Visitors
- 13 Key Elements
- 17 Delta Knights
- 18 Fugitive
- 19 Morlocks
- 20 Knock on Wood
- 24 Paul & Mark Marquis
- 25 Compaq Big Band
- 26 Windham Swing Band
- 27 Fred Dame Jr.
- 31 Stone Broke

### September

- 1 Cool Beans
- 2 Chris Desmond

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# Coming This Fall & Early Winter

More event information will be available in the 2023 fall and winter brochure

## Fall Vendor Fair

**Saturday, October 21st**

Enjoy the crisp fall air and get a jump on holiday shopping. This fair will feature 20+ vendors, from fine art to carpentry, jewelry and more! This is a free event. A small concession area will be open.

DAY/DATE: Saturday, October 21st

COST: FREE Admission

LOCATION: York High School, Enter through Auditorium doors

TIME: 9:00am-2:00pm

Vendors of homemade goods only, no consultants or product representatives. Interested vendors should contact Nick Darby at [ndarby@yorkmaine.org](mailto:ndarby@yorkmaine.org).

## Festival of Frights Parade with "Trunk or Treat"

**Friday, October 27th**

A past favorite returns! The York Parks & Recreation Department, with special help from the York Police Department, is pleased to, once again, host this Halloween event to be held October 27th. The event will consist of a Halloween costume parade that begins at York Middle School at 4:30pm and finishes at Village Elementary School. If you'd like to be in the parade, please line up at York Middle School no later than 4:15pm. Following the parade portion of the event there will be a "Trunk or Treat" for all participants to get some candy and treats at Village Elementary School. Get those costumes ready and join us for a night of fun!

REGISTRATION: Drop In

COST: FREE

LOCATION: Parade starts at York Middle School and ends at Village Elementary "Trunk or Treat" immediately following parade.

DAY: Friday, October 27th

TIME: Parade line starts to form at 4:15pm

Parade leaves for Village Elementary 4:30pm



Trick or Treat night is Monday evening, October 30th, in York... the night before Halloween!

## Village



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## Annual Veterans Breakfast

**Friday, November 11th**

Free special for Veterans, generously sponsored by the York Committee for Veteran Affairs. All others may purchase any meal of their choosing. This event started and continues to thrive off the generosity of our community and sponsors! Thank you, to all veterans, for your service!

---

## Nubble Holiday Lights

**Saturday, November 25th–February 1st**

Visit Sohler Park to see the Nubble Lighthouse dressed in its holiday best. Lights will be on nightly from 4:00pm to midnight. More information on an event coming in the Fall/Winter brochure.

---

## 2023 Festival of Lights Celebration

**Thursday, November 30th – Sunday, December 10th**

The Festival of Lights is held annually at the beginning of December to give thanks to the community for making York the delightful place it is and to celebrate the warmth and tradition of the season.

---

**The following Festival of Lights Activities / Events are sponsored by York Parks and Recreation Department:**

---

## The Polar Express

**November 30th and December 1st**

Presented with the Williams Realty Partners of Keller Williams Coastal Realty

‘Twas the night before the Parade...and The Polar Express is coming to town!

Add this staple to your holiday celebrations by joining us, in your pajamas for this Polar Express Event.

---

## Festival of Lights Breakfast with Santa

**Saturday, December 2nd**

Start your weekend off by enjoying breakfast nibbles with Santa. Children have the opportunity to write a letter and mail their wish list to Santa. (If you happen to write your letter at home before you come, please include your name and address.) He has promised us that with the help of his elves, he'll return the correspondence. You are welcome to take your own personal photos with Santa.

---

## Festival of Lights Parade

**Saturday, December 2nd**

Join us in celebrating York's Holiday Season with the Festival of Lights Parade. Applications will be available on October 1st, at the York Parks & Recreation Office and on our website:

yorkparksandrec.org. All are welcome!!! We would like to encourage the businesses in York to get involved in this community parade. What a great way to advertise your business and at the same time join in the spirit of the holidays and be involved in your community...a friendly competitive spirit could put a "Best Business" banner on your float this year! Other honors include Best Musical, Best Lights, Best Children's and Most Traditional.

---

## Ornament Painting

**Sunday, December 3rd**

Back by popular demand!

What a great opportunity to make some beautiful ornaments for your own tree or for gift-giving. Lots of ornament shapes to pick from. After being painted, your ornaments will be kiln fired and ready for pick up at the Parks and Recreation Office in about one week.

---

## Winter Community Concert

**Sunday, December 10th**

The Festival of Lights finale! Join us in the York Community Auditorium at York High School for a festive community concert!

---

## Wreaths Across America

**Date TBD**

View and cheer for the Wreaths Across America convoy, from the Parks & Recreation Department's front lawn. Ample parking and a safe viewing spot for the annual tour from northern Maine to Arlington National Cemetery. The convoy typically passes through York mid-morning, but exact timing will be advertised mid to late November.

Any changes or updates will be posted on our social media pages, as they become available.

---

## Sweetheart Dance

**February Date TBD**

Girls aged 4-12 accompanied by their father or any significant adult figure of her choosing

This is our 8th Annual Sweetheart Ball! We are hosting a special night for dads and their daughters. Come treat your daughter to a festive evening of dress up and dancing.

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## For the Love of Student Art Showcase

**Date TBD**

We are thrilled to have the opportunity to share student art with the community at this showcase held at the York Art Association. Special thanks to the wonderful art teachers from the York Schools for making student art available for this show and to the York Art Association for their generous hospitality.

# Thank You Sponsors!

We are grateful for the continued and loyal support of our sponsors! On behalf of Team Parks and Recreation and the entire community THANK YOU! With your help, you have given us the latitude to print a quality brochure that you can be proud to advertise in. Additionally, the money raised each year helps to support the programs within this brochure. We encourage the community to support these local businesses and organizations with their patronage.

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