



# 2016 Fall Programs

## Community Center Fall Hours

Sunday - Closed

Monday - 6:00 am - 8:00 pm

Tuesday - 6:00 am - 8:00 pm

Wednesday - 6:00 am - 8:00 pm

Thursday - 6:00 am - 8:00 pm

Friday - 6:00 am - 4:30 pm

Saturday - 8:00 am - 3:30 pm *(Starting September 10)*

### *~ Mission Statement ~*

The mission of the Skowhegan Parks & Recreation Department is to provide quality programs, parks, facilities, and a variety of enrichment opportunities with a professional standard of excellence that enhances the quality of life for all citizens and visitors in our community.



## MISSION STATEMENT

*The mission of the Skowhegan Parks & Recreation Department is to provide quality programs, parks, facilities, and a variety of enrichment opportunities with a professional standard of excellence that enhances the quality of life for all citizens and visitors in our community.*

### RECREATION STAFF

Denise LeBlanc  
Director

Stephen McDaniel  
Maintenance Supervisor

Evan Kingsbury  
Staff Assistant

Brent Cook  
Staff Assistant

Mickey Hoyt  
Program Assistant

## REGISTRATION

**PLEASE REGISTER ON TIME, PROGRAMS FILL UP QUICKLY  
PLEASE CHECK INDIVIDUAL PROGRAMS FOR SPECIFIC  
REGISTRATION INFORMATION**

- Unless noted, pre-registration is required for all programs.
- Registration must be done in person and/or signed registrations can be mailed prior to program deadline. Mailed registrations will be accepted once received, depending on availability.
- No phone registrations accepted.
- All fees are required at the time of registration.
- There will be no charge for Skowhegan residents, unless the program is under the direction of a specialized instructor and/or additional program fees apply.
- Residents have priority when program space is limited.
- The cost for leagues, specialized programs, and tournaments will be determined by the director.
- Teams will be selected by the recreation staff or by draft. A child will not necessarily return to the same team or have the same coach each year.
- No team or coach requests.
- Refunds will be given if a program is cancelled by the recreation department or if a child withdraws before the first practice. If withdrawal occurs after the first practice, a refund may be given on a prorated basis.
- All participants and members must abide by all policies and procedures

### ADVISORY BOARD

Colin Quinn

Rod Stevens

Carlene Sirois

Rupert White

Kevin Withee

Carol Jarvais

**The Skowhegan Parks & Recreation department reserves the right to cancel any program due to insufficient registration or any other cause that prevents the presentation of an activity in a safe and acceptable manner. The Skowhegan Parks & Recreation department reserves the right to suspend any child or coach from the program if there are issues that cannot be resolved.**

### SKOWHEGAN COMMUNITY CENTER

39 Poulin Drive (LOCATION)

225 Water Street (MAILING)  
Skowhegan, ME 04976

(207) 474-6901 (P)

(207) 474-6901 (F)

### EMAIL ADDRESS

skowrec@skowhegan.org

### WEBSITE

www.skowhegan.org



*Do you have an idea of a program that you would like to see offered by the Recreation Department?*

*Do you possess a skill or talent that you would like to share with others?*

*Please let us know, we would like to discuss the possibilities with you!*

*Stop by the Community Center or call 474-6901*

THE SKOWHEGAN PARKS & RECREATION DEPARTMENT MANAGES AND MAINTAINS THE FOLLOWING RECREATIONAL SITES.

TRAIL/FACILITY MAPS ARE AVAILABLE AT THE COMMUNITY CENTER.

**Philbrick Nature Trail**

Quiet and pristine, the Philbrick Trail is a remarkably isolated refuge of nature set in the midst of a busy urban center. Philbrick Trail is marked by blue blazes and loops up and around the gorges that slope down to the Kennebec River. Some of these blazes have weathered away, but the wide trail is easy to follow and well maintained. The only trailhead to the Philbrick Nature Trail is located at the end of Joyce Street next to the Pollution Control Department. When entering the Philbrick Trail you will see the Skowhegan River Trail to your right.

**Skowhegan River Trail/DeBe Park & River's Edge Bike Park**

Rebuilt in July of 2011, the Skowhegan River Trail/Debe Park is now a paved ADA-Compliant stroll through the woods overlooking the scenic Kennebec River Gorge. Outdoor fitness equipment stations and benches have been installed, enhancing the trail. The equipment is designed for any level and has the ability to provide a total body workout. The Skowhegan River Trail head is located on Mt. Pleasant Ave. Those seeking a longer hike should consider starting downtown by crossing the walking bridge and then continuing onto the adjoining Philbrick Trail.

**Heselton Street Nature Trail**

Forming three distinct loops, the Heselton Street Nature Trail winds its way through a white pine forest. Typical of many of the woods in the area, the loamy sand soil covered with pine needles provides a cushioned walk up and down the ravines. Bridges and stairs have been added, which help traverse the steeper and wetter sections of the trails. The loop closest to the Heselton Street Trail is ADA-Compliant, lined with crushed gravel. Parking and access are available from both Heselton Street and from the Memorial Fields at the end of East Maple Street.

**Community Center Playground**

Located at the Skowhegan Community Center. This playground is for ages 12 & under and is the largest town playground. It is a gated area for friends and families with young children to enjoy. It was rebuilt in 2006 with the support of New Balance.

**Amanda Berry Play Place**

Located on South Factory Street, adjacent to the Bucky Quinn Field. This playground was rebuilt in 2004.

**Commons/Park Areas**

- Island Avenue Commons
- North Avenue/Jewett St. Triangle
- Witten Brook Park Area
- Madison Ave./E. Madison Rd Triangle
- Gorge River View Area
- Main Street Park
- Skowhegan Indian
- Water Street/High Street Triangle
- Arnold Exhibition Park-Island Avenue
- Route 2/West Front Street Triangle
- Dudley Corner School House

**Memorial Field Complex & Playground**

Located in the Memorial Field Complex and can be accessed from East Maple Street or the Army National Guard parking lot. This playground was rebuilt in 2009.

**Multi-Use Ball Fields**

- Community Center
- Youth Football Field
- Multi-Use Fields
- Carl Wright Baseball Complex
- Bucky Quinn Field-S. Factory St.
- Pat Quinn Field-E. Maple Street
- Memorial Field-E. Maple Street

**Other Facilities**

- Community Center-Poulin Drive
- Multi-Purpose Park-Poulin Drive
- Skate Park-Poulin Drive
- Outdoor Basketball Courts-Poulin Drive
- Tennis Courts-E. Maple St
- Fairgrounds Ice Rink-Beech Street

**Canoe Portages**

- Island Avenue
- Mill Street
- Debe Park

## SKOWHEGAN RESIDENTS

### Youth Programs:

Free year round access for Open Gym, Exercise Room (ages 14 & up), Game Room and After School Programs, Use of Locker Rooms and Showers.

### Adult Programs:

Free year round access for: Open Gym, Exercise Room, Game Room, Stretch & Tone and Use of Locker Rooms and Showers.

Fees will apply for specialized programs for all residents and will vary according to the program.

## NON RESIDENTS

### Youth Programs:

\$20.00 In addition to individual program fees, if applicable.

### Adult Programs:

\$35.00 In addition to individual program fees, if applicable.



Yearly Non-Resident Fees	6-Months	1-Year	Fee Includes
Youth	\$50.00	\$95.00	Open gym, Exercise Room (Ages 14 & up), Select Exercise programs, Game Room, After School Program, Locker Rooms & Showers
Adult	\$70.00	\$135.00	Open Gym, Exercise Room, Game Room, Select Exercise Programs, Locker Rooms, Showers, Stretch & Tone
Locker	\$15.00	\$25.00	6-months or 1-year personal locker use with lock.

*Looking to hold a party, meeting, family function, or practice?*

Non-Revenue Producing Event			
	4 Hours or Less	4-8 Hours	Rate per hour after 8 Hours
Conference Room	\$75.00	\$100.00	\$50.00
Kitchen	\$75.00	\$100.00	\$50.00
Gymnasium	\$100.00	\$150.00	\$50.00
Ice Rink Facility	\$125.00	\$125.00	\$50.00
Revenue Producing Event			
	4 Hours or Less	4-8 Hours	Rate per hour after 8 Hours
Conference Room	\$100.00	\$150.00	\$50.00
Kitchen	\$100.00	\$150.00	\$50.00
Gymnasium	\$175.00	\$225.00	\$50.00
Ice Rink Facility	\$150.00	\$150.00	\$50.00

*We would be happy to accommodate you!  
For information, availability, and facility rental guidelines, please contact the Community Center at 474-6901 or check our website at [www.skowhegan.org](http://www.skowhegan.org).*

\*Must be 18 & over to rent facilities



\*Staff fees will apply when rentals are during non-operational hours at the Community Center or Ice Rink Facility.

# YOUTH PROGRAMS

## SKOWHEGAN COMMUNITY CENTER MEMBERSHIP

Skowhegan Community Center Membership includes year round access for Open Gym, Exercise/Weight Room, After School Programs, Game Room and use of the Locker Rooms & Showers.

### Youth Fees:

No fee for Skowhegan Residents  
\$50.00 Six Month Non-Resident  
\$95.00 One Year Non-Resident

### OPEN GYM

Under 18

Monday, Wednesday & Friday  
2:00 - 4:00 pm

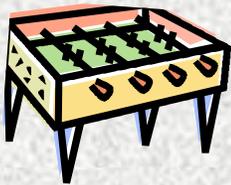
All participants must be registered and a change of clean sneakers is mandatory. Check at front desk for additional times.

### EXERCISE ROOM

Ages 14-17

Monday through Friday 2:00 pm-4:30 pm  
Year Round.

All participants must be registered and a change of clean sneakers is mandatory.



### GAME ROOM

Open whenever the Community Center is open to enjoy a game of ping pong, foosball, air hockey or just hang out with friends.



### MULTIPURPOSE PARK

Come enjoy the multipurpose park at the Skowhegan Community Center.

The park offers two basketball courts and skate park.

Bring your basketballs, skateboards or in-line skates and protective gear to have some fun. We also have a community playground available for children under 12 years of age. The multipurpose park and playground close at dusk each evening.

All participants are to abide by all facility rules.

# TACKLE FOOTBALL

Registrations accepted now until equipment issue date or until rosters are full for all tackle football programs.

Please make a note of your child's start date and time when registering.

You will not receive a postcard or a phone call with this information.

Please check our website or Facebook for additional program information, updates, cancellations and program start dates.

Fees: \$25.00 Skowhegan Residents.

\$45.00 Non-Residents

For youths entering Grade 7

August - November

Game times and locations, home and away will vary.

Practice times will be scheduled by the coach.

**Equipment will be issued August 15**

Players last name beginning A-M @ 5:00 pm

Players last name beginning N-Z @ 5:30 pm



For youths entering Grades 5 & 6

August - November

Game times and locations, home and away will vary.

Practice times will be scheduled by the coach.

**Equipment will be issued August 16**

6th graders @ 5:00 pm

5th graders @ 6:00 pm

Team placement will be at the Community Center for all players.

August 17 @ 5:30 pm

For youths entering Grades 2 - 4

August - October

2nd graders must have a minimum of 1 year flag football experience.

Game times and locations, home and away will vary.

Practice times will be scheduled by the coach.

**Equipment will be issued August 18**

4th graders @ 5:00 pm,

2nd & 3rd graders @ 6:00 pm.

Team placement will be at the Community Center for all players.

August 22 @ 5:30 pm



# FOOTBALL CHEERING

Grades 2 - 8



Get ready to CHEER! This program is for youths who are interested in learning cheers, chants, jumps and routines. Cheering squads will be formed depending on number of registrations. Squads will cheer for the Recreation Football program throughout the fall football season.

Practices start the end of August and are scheduled by the coaches.

Game dates, times and locations will vary depending on grade.

Non-Refundable Equipment Fees:

\$25.00 Skowhegan Residents.

\$45.00 Non-Residents

Registration deadline is August 19 or until rosters are full.

## KUNG-FU

Ages 7 & up

Tuesdays & Thursdays

**Session starts September 20**

**1 adult must be present for the start of the session.**

Students will learn the basic methods of kung-fu, focus, patience and teamwork.

and will be under the direction of Sifu Glenn Broadley.

Space is limited.

Fee: \$20.00 Non-Residents

No fee for Skowhegan Residents

**Beginners**  
5:00 - 6:00 pm

**Intermediate**  
6:00 - 7:00 pm

## GOLF TEAM

Grades 4-8

Times for practices and matches will vary. Coaches will contact players with practice times. Participants must provide their own equipment and transportation. Program is limited to the first 12 players that register.

\$25.00 Skowhegan Residents

\$45.00 Non-Resident



## FLAG FOOTBALL

For youths entering Grades K - 2

September 6 - 29

An instructional program to the game of football. Participants will learn rules, offensive and defensive positioning, and sportsmanship. Practice & games will be on the Community Center Football Field.

Tuesdays and/or Thursdays at 5:00 pm

Fee: \$20.00 Non-Resident No fee for Skowhegan Residents

Registration deadline is August 29 or until rosters are full.



# SOCCER

Registrations accepted now until August 29  
or until rosters are full for all soccer programs.

Please make a note of your child's start date and time when registering.  
You will not receive a postcard or a phone call with this information.

Please check our website or Facebook for additional program information,  
updates, cancellations and program start dates.

Fee: \$20.00 Non-Resident  
No fee for Skowhegan Residents

**Volunteer coaches needed. Pick up an application today.**



## START SMART SOCCER

Ages 3 & 4

An instructional program to learn the  
basic fundamentals of soccer while having fun!  
Shin guards are mandatory, mouth pieces are  
optional. Program will be held at the  
Community Center.

September 10 - October 8

Please choose a time slot at time of registration.

Saturdays: 9:00-10:00 am,

10:00-11:00 am or 11:00 am-Noon

In case of rain on Sept. 10 program will be held inside.

## KINDERGARTEN - GRADE 1

Learn the basic fundamentals in practice  
and in scrimmage play. Shin guards and  
mouthpieces are mandatory. Program will  
be held at the Community Center.

September 7 - October 8

Wednesdays 5:15-6:15 pm &

Saturdays: 9:00-10:00 am,

10:00-11:00 am or 11:00 am-Noon

Please choose a time slot at time of registration.

## GRADES 2 & 3

For new & experienced players. Learn and  
extend your knowledge about the game of  
soccer. Shin guards & mouthpieces are  
mandatory. All home games and practices  
will take place at Bucky Quinn Field on  
South Factory Street.

Mid September - October

Coaches will contact all players with  
start date and time.

## GRADES 4 - 6

For new and experienced players.  
Shin guards & mouthpieces  
are mandatory.  
Game times & locations will vary.  
All home games and practices will take  
place at Memorial Field on  
East Maple Street.

Mid September - October

Coaches will contact all players with  
start date and time.



Registrations accepted now until August 29 or until rosters are full for all field hockey programs. Please make a note of your child's start date and time when registering. You will not receive a postcard or a phone call with this information. Please check our website or Facebook for additional program information, updates, cancellations and program start dates.

Fee: \$20.00 Non-Resident  
No fee for Skowhegan Residents

*Grades K - 2*

**September 11 - October 2**

**4:00 - 6:00 pm**

An instructional program to learn stick skills and the basic fundamentals of field hockey while having fun. Program will be held on Sundays at the Skowhegan High School Field. Shin guards and mouthpieces are mandatory. Eye protection is recommended.

*Grades 3 - 6*

A chance to learn the basics and improve your skills in game situations. Games are usually Sunday afternoon. There will be both home and away games. Eye protection, shin guards and mouthpieces are mandatory.

**Practices will be scheduled by the coaches starting in September**

END OF SUMMER FIELD HOCKEY

*Grades 6 - 8*

**August 22-26**

**8:00-11:30 am**

A chance to get ready for the fall season. Program will be held at the Skowhegan High School Field. Shin guards, mouthpieces and eye protection are mandatory. Non resident fee waived if registered for 4-6 recreation field hockey.

Fee: \$20.00 Non-Resident  
(if not registered for summer or fall programs)

No fee for Skowhegan Residents

# HORSEBACK RIDING LESSONS



Ages 7-17

A great experience for beginners and experienced children who want to learn the techniques of English riding. Everyone must wear long pants and boots or shoes with a hard heel which must cover the entire foot in order to participate. Riding helmets will be provided.

## Session 1

6 week session

Tuesdays 5:30-6:30 pm

August 30 through October 4

\$80.00 Skowhegan Residents

\$100.00 Non-Resident

## Session 2

6 week session

Tuesdays 5:30-6:30 pm

October 11 through November 15

\$80.00 Skowhegan Residents

\$100.00 Non-Resident

# MCS AFTER SCHOOL ADVENTURE PROGRAM

Grades 4&5

**Tuesday & Thursday 2:30-4:00pm**

**September 20 - October 20**

Go wild with us! Register today and experience lots of fun challenges, adventures and physical activities. Hiking, rock wall climbing, games, and arts & crafts are some of the activities you can look forward to. You can join anytime!

**Program will be held at the  
Margaret Chase Smith School.**

**All Participants must register at the Community Center.**



Non-Residents: \$20.00 Skowhegan Residents: No Fee

Registration is now until full. Space is limited.



# PILATES WITH PETRA

Ages 13-17

**Wednesdays**

Pilates works both the body and the mind. It is invigorating as well as relaxing. The instructions are precise on how to engage deep abdominal muscles in all movements to build healthier, longer and stronger spine and posture.

**Beginner Class - 5:00-6:00 pm  
Intermediate Class - 6:00-7:00 pm**

**Session 1 - September 14 - October 19**

**Session 2 - October 26 - November 16**

**Session 3 - November 30 - December 21**

Fee: \$20.00 Non-Residents (or included in yearly membership)  
No fee for Skowhegan Residents



# Basketball

## CENTRAL MAINE BASKETBALL LEAGUE

**3 Individual Boys Teams Grades 4, 5 & 6**

**3 Individual Girls Teams Grades 4, 5 & 6**

We are accepting registrations for the Central Maine League. (Travel Team)  
It is recommended that players have previous basketball experience to play on a Central Maine League team. All who register will be placed on a team and will play in each game. Games will be played at the Community Center and teams will also travel to other towns. Coaches will contact players with practice times. Players are responsible for their own transportation to all games.

All players who register are expected to play in and are automatically registered for our recreation league.

**Skowhegan Residents: \$15.00      Non-Residents: \$35.00**

Registration accepted now until November 1 or until rosters are full for the Central Maine League **only**.



Once again we will travel to Fryeburg, home to Maine's Blue Ribbon Classic, the state's largest fair. Enjoy the exhibits, daily stage shows, livestock shows and much more. Trip will take place rain or shine.

Space is limited.

**Tuesday, October 4, 2016**

Bus departs from Community Center at 6:30 am

Bus returns at approximately 7:30 pm

*Non-refundable trip fees:*

Residents: \$15.00

Non-Residents: \$25.00

Fee includes: senior citizen admission to the fair, transportation, parking and convenient gate drop off and pick up. Seniors must bring proof of age.

Participants age 64 & under must pay their own \$10.00 admission to the fair.

# SKOWHEGAN RECREATION DEPARTMENT "2016 RIVERFEST EVENTS"



## "MOONLIGHT MADNESS BED RACES"



Thursday, August 4

7:00 pm Water Street

\*Team of 5 \* \*FREE\* \*Ages 14 & Up\* \*Concession\* \*Rockwall\*

Registration accepted now at the Skowhegan Community and under our tent at Moonlight until 6:30pm

## GLOWSTICK RIVER RUN ARE YOU READY TO GLOW?

Friday, August 5

8:30pm-10:00 pm

Kennebec River Rt. 2 Boat Landing \* 8pm Check-In \* \$5.00 Registration Fee

Be creative and light your kayak and/or canoe up with glow sticks, lights, decorations, etc..

\*Registration forms and river run rules available at the Skowhegan Community Center\*

## FAMILY FUN DAY

Saturday, August 6

9:00 am-3:00 pm Municipal Parking Lot

\*CLIMBING WALL\* \*CONCESSION\* \*RIVERFEST T-SHIRTS\* \*RAFT RIDE REGISTRATION\* \*RIVER ROCK PAINTING\* \*ACTIVITIES & GAMES\*  
\*WATERMELON EATING CONTEST\* AND MORE.....



## Kennebec River Raft Rides

With Moxie Outdoor Adventures

Saturday, August 6

10:00 am, 11:30 am, 1:00 pm & 2:30 pm \*FREE\* Ages 5 & Up

Registrations accepted Saturday, August 6th starting at 9:00 am

at the Skowhegan Recreation tent near the climbing wall on a first come first serve basis until full.



Like us on  
facebook 

**MOXIE**  
OUTDOOR ADVENTURES

Skowhegan Parks & Recreation Department and Lake George Regional Park

# Skowhegan Fall Fest 2016

*"Celebrating Great Maine Outdoor Weekend"*

*A great way to enjoy the outdoors with family & friends while experiencing what our great state and community has to offer!*

**SUNDAY, SEPTEMBER 18**

**1:00-3:00 pm**

**Lake George Regional Park  
West Side**

**FREE EVENT - ALL AGES WELCOME**



Nature Scavenger Hunt  
Rock Climbing Wall  
Swimming

Pie Eating Contest  
Healthy Snack  
Kayak & Canoeing

\*Bring your own or we will have limited kayak & canoes available to share



**Lake George**  
Regional Park

For more information please contact the  
Skowhegan Recreation Department  
474-6901



# HALLOWEEN



## HAUNTED HOUSE

### FRIDAY, OCTOBER 28

6:30 - 8:30 pm

Skowhegan Community Center

Be careful as you make your way through the halls and rooms of the community center, you don't know what might be around the next corner.

No registration is required.

Admission \$3.00 per person

\*\*Not recommended for small children\*\*

# ADULT PROGRAMS

## SKOWHEGAN COMMUNITY CENTER MEMBERSHIP

Skowhegan Community Center Membership includes year round access for Open Gym, Exercise/Weight Room, Game Room and use of the Locker Rooms & Showers.

### Adult Fees:

No fee for Skowhegan Residents  
\$70.00 Six Month Non-Resident  
\$135.00 One Year Non-Resident

### OPEN GYM

An open time to play basketball.  
All participants must be registered prior to playing.  
A clean change of sneakers is required.  
Mondays, Wednesdays & Fridays  
Noon-2:00 pm  
Wednesdays 6:00 pm-7:45 pm  
Times are subject to change.

### WALKING FOR FITNESS & FUN

“Start your day off right!”  
All participants must be registered prior to walking.  
A clean change of sneakers is required.  
Monday through Friday  
Year Round  
6:00 am-10:00 am  
Fee: \$35.00 Non-Residents  
*(or included in yearly membership)*

### GAME ROOM

Open whenever the Community Center is open to enjoy a game of ping pong, foosball, cards, or board game.  
Open to all free of charge.  
The room is occasionally occupied by a facility rental or special event.

### STRETCH & TONE AEROBICS

Looking for a great way to start your day?  
Join the low impact aerobics classes instructed by Joey Preble. All participants must be registered prior to participating.  
Tuesday & Thursday  
9:00-9:45 am  
Fee: \$35.00 Non-Residents  
*(or included in yearly membership)*

### EXERCISE ROOM

Come & get fit on a variety of equipment including treadmills, ellipticals, bikes and universal weight system. There are also mats for stretching, jump ropes and exercise balls.  
All participants must be registered. A clean change of sneakers is required.  
Open year round during operational hours.



# ADULT PROGRAMS

## KUNG-FU

**Tuesdays & Thursdays**

**7:00-8:00 pm**

Students will learn the basic methods of kung-fu, focus, patience and teamwork. Session starts September 20 and will be instructed by Sifu Glenn Broadley.

Space is limited.

Fee: \$35.00 Non-Residents  
No fee for Skowhegan Residents



## RIVERS EDGE BIKE PARK

The Bike Park is located next to the Skowhegan River Trail off Mt Pleasant Avenue. Features include hills, berms, wooden ramps and teeter-totters. Helmets are required and other safety gear is recommended. The park is open to everyone during daylight hours.

## SKOWHEGAN RIVER TRAIL

Stroll through the woods overlooking the scenic Kennebec River Gorge. Outdoor fitness equipment stations and benches have been installed, enhancing the trail. The equipment is designed for any level and has the ability to provide a total body workout. The Skowhegan River Trail head is located on Mt. Pleasant Ave.

## MULTIPURPOSE PARK

Come enjoy the multipurpose park at the Skowhegan Community Center.

The park offers two basketball courts and skate park.

Bring your basketballs, skateboards and protective gear to have some fun. We also have a community playground available for children under 12 years of age. The multipurpose park and playground close at dusk each evening.

All participants are to abide by all facility rules.

## COACHES WANTED

Needed for the upcoming season, coaches for our soccer, field hockey and flag football. Applicants should have basic knowledge of the rules, positioning, and be open to new ideas. Previous coaching experience is not necessary, coaching videos and manuals are available for new coaches to use.

Game and practice days and times vary.

Interested persons should apply ASAP at the Community Center.

For more info call 474-6901.

# ADULT PROGRAMS



## HORSEBACK RIDING LESSONS

*Ages 18 & Up*

A great experience for beginners and the experienced who want to learn the techniques of English riding. Everyone must wear long pants and boots or shoes with a hard heel which must cover the entire foot in order to participate.

Riding helmets will be provided or you may bring your own.

### Session 1

6 week session

Tuesdays 5:30-6:30 pm

August 30 through October 4

\$80.00 Skowhegan Residents

\$115.00 Non-Resident

### Session 2

6 week session

Tuesdays 5:30-6:30 pm

October 11 through November 15

\$80.00 Skowhegan Residents

\$115.00 Non-Resident

## PICKLEBALL

**Tuesdays**

**10:00-11:00 am & 6:00-7:30 pm**

**Starting August 2**

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis on the gymnasium floor. All equipment is provided for you, just show up and play.

Come try this up and coming sport. A clean change of sneakers is required.

All participants must be registered prior to participating.

Fee: \$35.00 Non-Residents *(or included in yearly membership)*

No fee for Skowhegan Residents

## MORNING BINGO

*Ages 18 & up*

**Thursdays 9:30-10:30 am**

We will be playing bingo for fun and small prizes. There is no fee for this program, however, participants must bring something to put on the prize table. Prizes may include baked goods, homemade items or a store bought goodie.

All participants must be registered prior to playing.

# ADULT PROGRAMS

## PILATES WITH PETRA

Ages 18 & Up

Wednesdays

**Beginner Class - 5:00-6:00 pm**

**Intermediate Class - 6:00-7:00 pm**

Pilates works both the body and the mind. It is invigorating as well as relaxing. The instructions are precise on how to engage deep abdominal muscles in all movements to build healthier, longer and stronger spine and posture. Pilates also teaches the most complete series of exercises for strengthening of the hip joints. We won't forget a muscle to work on and will build strength, flexibility, bigger range of motion and endurance with no extra strain on joints.

**Session 1 - September 14 - October 19**

\$40.00 Skowhegan Residents  
\$75.00 Non-Resident (\$40.00 for members)

**Session 2 - October 26 - November 16**

\$35.00 Skowhegan Residents  
\$70.00 Non-Resident (\$35.00 for members)

**Session 3 - November 30 - December 21**

\$35.00 Skowhegan Residents  
\$70.00 Non-Resident (\$35.00 for members)

## LET'S DO A "MYSTERY LUNCH"

Ages 55 & Up

**Wednesday, September 14**

It's time for you to get out of the house for a day of fun and food. You will be given clues regarding the lunch destination and you will try to figure it out before arriving.  
Space is limited.

**All you pay is your individual lunch cost.**

(Lunch prices start at \$7.00)

**Depart Skowhegan Community Center at 10:45 am**

**Return approximately 2:00 pm**

For additional program information, updates, cancellations  
& program start dates



Check the web  
[www.skowhegan.org](http://www.skowhegan.org)  
Click on recreation

# COMMUNITY NOTICES

## COMMUNITY CALENDAR

August 1-6 - River Fest  
August 2 - Lions Club Chicken BBQ  
August 4 - Moonlight Madness  
August 4 - Bed Races  
August 5 - Lobster Bake  
August 5 - Duffers Golf Classic  
August 5 - Glow Stick River Run  
August 6 - River Fest Saturday: Moxie Raft Rides  
August 6 - Move More Kids Day (474.3621)  
August 6 - Fireworks  
August 11 - 20 - Skowhegan State Fair  
August 11 - 20 - New Balance Tent Sale  
August 27 - New Balance family 5K  
September 3 - Craft Brew Fest  
September 11 - Lake George/SSF Triathlon  
September 14 - Mystery Lunch Trip  
September 18 - Skowhegan Fall Fest  
*Celebrating Great Maine Outdoor Weekend*  
October 4 - Fryeburg Fair Trip  
October 8 - Main Street Skowhegan Gala & Auction  
October 28 - Skowhegan Parks & Recreation Haunted House  
October 28 & 29 - Haunted Hayrides  
November 5 - Lake George Regional Park Dinner & Auction

### Ongoing Summer Events:

Saturdays 9:00 - 1:00pm  
Farmer's Market

Sundays, 5:00 - 6:15pm  
Coburn Park Concert Series

For more information go to:

[www.skowhegan.org](http://www.skowhegan.org)  
[www.mainstreetskowhegan.org](http://www.mainstreetskowhegan.org)  
[www.skowhegan-chamber.com](http://www.skowhegan-chamber.com)



## DMV LICENSE RENEWALS

The State of Maine Department of Motor Vehicles usually comes to the Community Center three (3) times per month for license renewals. The schedule remains the same every month throughout the year (excluding Holidays):

1st Tuesday

2nd Monday

2nd Wednesday

*Dates are subject to change.*

*Any additional questions regarding the license renewal process, including fees and other information, please call the State Offices at 624-9000*

## PROGRAM PHOTOGRAPHS

A photographer is selected by the Recreation Department to take over sole responsibility of team and individual pictures. The photographer is responsible for all communication with players and parents regarding pricing, scheduling, pick up time and place, etc.

Please refer all questions to your photographer as contact information will be provided. We understand that photos are a great way to capture your child in action and we will be sure to provide you with the best possible service!

Thank you for your cooperation!

*Thank you!*

The Parks & Recreation Department and Advisory Board recognizes and appreciates individuals who have volunteered, sponsored, participated, officiated and supported leisure activities and programs throughout the year. Cooperative efforts provide meaningful program opportunities. We are fortunate to have such wonderful resources and will continue to strive to improve the quality of life in our community.