

SKOWHEGAN PARKS & RECREATION DEPARTMENT



Winter Programs 2016-2017



The Skowhegan Parks & Recreation Department mission 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.

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39 Poulin Drive (physical)

225 Water Street (mailing)

Skowhegan, ME 04976

Recreation Staff

Denise LeBlanc, Director

Stephen McDaniel, Maintenance Supervisor

Brent Cook Staff Assistant

Evan Kingsbury Staff Assistant

Mickey Hoyt, Program Assistant

Advisory Board

Colin Quinn

Rod Stevens

Carlene Sirois

Rupert White

Kevin Withee

The Skowhegan Community Center is a proud affiliate of the following groups: and more.....

MRPA - Maine Recreation & Park Association

NRPA - National Recreation & Park Association

NEPA - New England Park Association

NNEPRC - Northern New England Parks & Recreation

USTA - United States Tennis Association

USTF - United States Track & Field

ASA - Amateur Softball Association

Cal Ripken/Babe Ruth - Baseball

America Legion - Baseball

NYSCA—National Youth Sport Coaches Association

Maine Trail Finder

Healthy Maine Partnership-Maine CDC/ACEW

MMA-Maine Municipal Association

NESTMA-New England Sports Turf Managers Association

Maine Outdoor Coalition, Maine Great Outdoor Weekend

MAHPERD-Maine Association for Health, Education, Recreation & Dance

www.skowhegan.org

skowrec@skowhegan.org

207-474-6901

**FIND US ON
FACEBOOK!**



SKOWHEGAN PARKS & RECREATION

PROMOTING HEALTH & WELLNESS

In an effort to promote health, wellness, and a better quality of life for its citizens and visitors, the town of Skowhegan and the Parks & Recreation Department have designated all facilities as tobacco-free zones.

The Town of Skowhegan Selectmen approved and adopted the resolution to promote health and wellness at their May 28, 2002 meeting. The initiative was a collaborative effort between the Parks & Recreation Department, Healthy Maine Partnership, Somerset Heart Health, and the Town of Skowhegan. The environment in which we live plays a critical role in supporting healthy behaviors. Young people who observe adults using tobacco at recreational facilities are more likely to perceive tobacco as a normal part of adult life. Tobacco use is inconsistent with the goals of recreation; to promote healthy, active, family recreation. Second-hand smoke contains toxins, is a cancer-causing agent, and is a known contributor to heart disease.

Our goal at the Parks & Recreation Department is to promote no smoking at our facilities, to eliminate exposure to second-hand smoke, and to reduce cigarette litter.

FREQUENTLY ASKED QUESTIONS

How will I know when my program starts?

Program start dates and times are listed below each program title. Unless otherwise noted, you will **NOT** receive a phone call or postcard with this information.

What types of payment do you accept?

We accept personal check and cash. At this time, credit/debit cards are **not** accepted.

Why do I need to provide an email and cell phone number?

We ask that you provide at least one of these so that we can quickly and accurately get in contact with you if there is a cancellation or a change with the program you have signed up for. If your contact information changes during a season, please let us know as soon as possible so that you are receiving the most up-to-date information.

How will I know if a program is cancelled due to poor weather?

In the case of inclement weather, the Recreation Department will make a decision and post all cancellations to their Facebook page as soon as possible on the day of a program. Coaches of individual teams are responsible for contacting players to let them know of any cancellations.

REGISTRATION INFORMATION

REGISTRATION POLICY

Please register on time as programs fill up quickly.

Please check individual programs for specific registration information.

- Unless noted, preregistration is required for all programs.
- Registration must be done in person or can be mailed prior to program deadline.
- Mailed registrations will be accepted once received, depending on availability.
- All fees are required at time of registration.
- There is no fee for Skowhegan residents, unless program is under direction of a specialized Instructor or additional program fees apply.
- Residents have priority when space is limited.
- The cost for leagues, specialized programs, and tournaments will be determined by director.
- There are 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.
- Refunds, unless specifically noted, are not given for bus trips, tickets or specialized programs.
- All participants must abide by all policies and procedures.

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 department also reserves the right to suspend any child or coach from a program if there are issues that cannot be resolved.

The Skowhegan Parks & Recreation Department issues 3 seasonal brochures.

Spring/Summer - Fall - Winter

In addition to the brochures, additional programs, special events, school vacation programs and additional program information are added on our facebook page and are distributed via school flyers.

SKOWHEGAN TRAILS

SKOWHEGAN RIVER TRAIL DEBE PARK & RIVER'S EDGE BIKE PARK

Rebuilt in July of 2011, The Skowhegan River Trail/DeBe Park and River's Edge Bike 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, is designed for any fitness level and has the ability to provide a full-body workout. The trailhead of the River Trail is located on Mt. Pleasant Avenue. Those seeking a longer hike should consider starting downtown by crossing the walking bridge and then continuing onto the adjoining Philbrick Trail.

PHILBRICK NATURE TRAIL

The Philbrick Trail is marked by blue blazes and loops up and around the gorges that slope down to the Kennebec River. Some of the blazes have weathered away, but the trail is easy to follow and is well maintained. The trailhead is located at the end of Joyce Street next to the Pollution Control Plant. When entering the trail, you will see the Skowhegan River Trail to your right.

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 trail. The loop closest to Heselton Street is ADA-compliant, lined with crushed gravel. Parking and access are available from both Heselton Street and from Memorial Field at the end of East Maple Street.



Visit www.mainetrailfinder.com for hiking, biking, paddling, and x-country ski trails throughout our beautiful state of Maine!

PLAYGROUNDS & PARKS

COMMUNITY CENTER PLAYGROUND

This playground is for ages 12 & under and is our 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.



MEMORIAL FIELD 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.

AMANDA BERRY PLAY PLACE

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

CANOE PORTAGES

Island Avenue
Mill Street
DeBe Park

OTHER FACILITIES

Skate Park - Poulin Drive
Outdoor Basketball Courts - Poulin Drive
Tennis Courts - East Maple Street
Ice Rink @ Fairgrounds - Beech Street Entrance

COMMON AREAS

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

MULTI USE BALL FIELDS

Community Center Youth Football Field Complex
Carl Wright Baseball Complex
Bucky Quinn Field - South Factory Street
Pat Quinn & Memorial Fields - East Maple Street



USER FEES

YOUTH RESIDENTS

Free year-round access includes:

Open Gym - Game Room - Exercise Room (ages 14 & up) - Use of Locker Rooms

Youth Programs (not requiring specialized fees)



ADULT RESIDENTS

Free year-round access includes:

Open Gym - Exercise Room - Use of Locker Rooms - Game Room

Adult Programs (not requiring specialized fees)

LOCKER RENTALS

6-Months: \$15.00

1 Year: \$25.00

NON RESIDENT YOUTH

1 Year: \$95.00 * 6 Months: \$50.00 * Per Program: \$20.00

Open Gym - Game Room - Exercise Room (ages 14 & up)

Use of Locker Rooms and Lockers

NON RESIDENT ADULT

1 Year: \$135.00 * 6 Months: \$70.00 * Per Program: \$35.00

Open Gym, Exercise Room, Game Room

Stretch n Tone, Select Exercise Programs

Use of Locker Rooms and Lockers

RENTAL INFORMATION

REVENUE PRODUCING EVENTS

	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
Gym	\$175.00	\$225.00	\$50.00
Ice Rink	\$150.00	\$150.00	\$50.00

NON REVENUE PRODUCING EVENTS

	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
Gym	\$100.00	\$150.00	\$50.00
Ice Rink	\$125.00	\$125.00	\$50.00

Looking to hold a party, meeting or family function?

We would be happy to accommodate you!

You must be 18 or older to rent facilities. A deposit is required at time of reservation. Additional staff fees will apply if rentals are during non-operational hours. For more information, availability, and facility rental guidelines, please contact the Community Center at 474-6901 or skowrec@skowhegan.org

SKOWHEGAN COMMUNITY CENTER YOUTH MEMBERSHIP

Fees:

No Fee for Skowhegan Residents
 Non-Resident (6 months): \$50.00
 Non-Resident (1 year): \$95.00

Membership includes year round access for open gym, exercise and weight rooms, select exercise programs, game room, and the use of the locker rooms and showers.

<p style="text-align: center;">EXERCISE ROOM</p> <p style="text-align: center;">*Ages 14+</p> <p style="text-align: center;">Monday–Friday 2:00-4:30 pm</p> <p>All participants must be registered prior to using exercise room. A clean change of sneakers is required.</p> <p><i>Outside of these hours, youths must be accompanied by a parent or legal guardian at all times.</i></p> <p>*A Doctor’s note is required for utilization of any equipment by youth under age 14.</p>	<p style="text-align: center;">OPEN GYM</p> <p style="text-align: center;">Ages 17 & under</p> <p style="text-align: center;">Monday, Wednesday, Friday 2:30-4:00 pm</p> <p>All participants must be registered prior to playing. A clean change of sneakers is required.</p>
	<p style="text-align: center;">GAME ROOM</p> <p>Open whenever the Community Center is open. Come enjoy ping pong, foosball, air hockey,</p>

<p>HORSEBACK RIDING LESSONS</p> <p style="text-align: center;">Ages 4-17</p> <p style="text-align: center;">Tuesdays, 5:30-6:30 pm</p> <p>English riding lessons will be held inside at Pendragon Farm in Cornville. Everyone must wear long pants and boots or shoes with a hard heel that covers the entire foot in order to participate. Riding helmets will be provided or you may bring your own. Space is limited to 6 per class.</p>		
<p>Fee per 4 week session: Skowhegan Residents: \$50.00 Non-Residents: \$70.00</p>	<p>Fee per 6 week session: Skowhegan Residents: \$80.00 Non-Residents: \$100.00</p>	
<p>Session 1 : November 29 - December 20 4-week session</p>	<p>Session 2: January 3 - February 7 6-week session</p>	<p>Session 3: February 14 - March 21 6-week session</p>



BASKETBALL



RECREATION LEAGUE BASKETBALL **GRADES 2-4 & 5-6 Boys Teams & Girls Teams** **December - March**

Practice and Game Days & Times will vary.
Coaches will notify participants of start date and time.

Games will be played at the Community Center and surrounding towns. Players are responsible for their own transportation. All who register will be placed on a team and play in every game. All participants must have a clean change of sneakers.

Registrations accepted now until December 3

No Fee for Skowhegan Residents

Non-Residents: \$20.00

GRADES 7 & 8 CO-ED BASKETBALL

Practice and Game Days & Times will vary.
Coaches will notify participants of start date and time.

Games will be played at the Community Center and out of town. Players are responsible for their own transportation. All who register will be placed on a team and play in every game. All participants must have a clean change of sneakers.

Must have a minimum of 10 participants registered for program to start.

Registrations accepted now until November 12 or until rosters are full.

No Fee for Skowhegan Residents

Non-Residents: \$20.00

COACHES WANTED

Basketball coaches needed for the upcoming seasons. Applicants should have a basic knowledge of the rules, positioning, and be open to new ideas. Previous coaching experience is not necessary. Game and practice times vary.

COACHES CERTIFICATION MEETING

Wednesday, November 16 @ 6:00 pm

This is an informational and certification meeting is for anyone interested in coaching any sport for the Skowhegan Parks & Recreation Department

Interested persons should apply ASAP at the Community Center.

For more information, call 474-6901





“Mommy, Daddy & Me”

START SMART BASKETBALL

Girls & Boys Ages 3-4

Mondays 5:00-5:45 pm or 5:45-6:30 pm

Session #1 - November 14- December 12

Session #2 - March 6 - April 3

All children must be accompanied by a participating adult. A clean change of sneakers is required for all participants. Registrations accepted now until November 12 for session #1 or until rosters are full.

No fee for Skowhegan Residents

Non-Residents: \$20.00

KINDERGARTEN & 1st GRADE BASKETBALL

Boys & Girls

Tuesdays 5:00-5:45 pm or 5:45-6:30 pm

Session #1 - November 15 - December 13

Session #2 - March 7 - April 4



Learn the basics of dribbling, passing and shooting. A clean change of sneakers is required for all participants. Registrations accepted now until November 12 or until rosters are full.

No Fee for Skowhegan Residents

Non-Residents: \$20.00

GIRL'S BASKETBALL CLINIC

Saturdays

January 7 - February 4

Grades 5-8 - 9:00-10:30 am

Grades 1-4 - 10:30 am-12:30 pm

All participants must be registered prior to participating and have a clean change of sneakers.

No fee for Skowhegan Residents

**Non-Residents: \$20.00
or registered for basketball**

BOY'S BASKETBALL CLINIC

Saturdays

December 17

January 7 & 21

Grades 5-8 - 9:00-10:30 am

Grades 1-4 - 10:30 am-12:30 pm

All participants must be registered prior to participating and have a clean change of sneakers.

No fee for Skowhegan Residents

**Non-Residents: \$20.00
or registered for basketball**

MIGHTY MINI MOVERS

Ages 5 & Under

**Fridays 10:00 - 11:00 am
January 6 -27**

We will let your child, paint, color and create, wiggle, giggle, play and learn.
All participants must be registered and have a clean change of sneakers.
Program will take place at the Community Center.

Registration deadline is January 4

*No fee for Skowhegan Residents
Non-Residents: \$20.00*

CHEERING COMPETITION TEAM

Grades K-5

**Parent & Participant Meeting
Thursday, November 10 @ 6:00 pm
@ Skowhegan Community Center**

Registrations accepted now until November 21 or until rosters are full.
Participants will learn a routine that consists of cheer, jumps, tumble,
stunts and pyramids for competition.

Divisions may be made depending on number of registrations.

Skowhegan Residents: \$25.00

Non-Residents: \$45.00

WOMEN'S SELF DEFENSE

Ages 7 & up

Under 14 must have a parent present

Saturday, January 14 9:00 am - 12:00

Participants will learn methods to avoid becoming the victim of an assault and how to defend yourself should an assault take place. This will include basic techniques designed to repel an attacker, get out of a hold and subdue or incapacitate an attacker even if they are bigger than you. This will be a very "hands on" class so wear comfortable clothing, bring a change of cloths and come prepared for a physical work out as you learn these methods.
Instructed by Sifu Glenn Broadley

BEGINNERS KUNG FU

Ages 7 & up

Tuesdays & Thursdays

Session starts January 10 @ 5:00 pm

Participants must have a parent present for the first session. Students will learn the basic methods of kung-fu, focus, patience and teamwork.
This program is under the direction of Sifu Glenn Broadley.

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

PILATES WITH PETRA

Ages 13 & up

Wednesdays

Beginner Pilates- 5:00 - 6:00 pm

Intermediate Pilates- 6:00 - 7:00 pm

Certified Pilates Instructor Petra Prokopova

Pilates is a mindful movement coaching for the whole body. We create balanced bodies and relaxed minds. It is a lot about core, the stable center brace of the body, where all movement should start from. We will train all core muscles: diaphragm, spinal and back, upper and lower abs, pelvis and hips, glutes, and upper thighs.

Must have a minimum of 3 students per class.

Session #1 - 4weeks

November 30 - December 21

Skowhegan Residents: \$35.00

Non-Residents: \$55.00

(or \$35.00 with non resident membership)

Session #2 - 7 weeks

January 4 - February 15

Skowhegan Residents: \$45.00

Non-Residents: \$65.00

(or \$45.00 with non resident membership)

Session #3 - 7 weeks

March 1 - April 12

Skowhegan Residents: \$45.00

Non-Residents: \$65.00

(or \$45.00 with non resident membership)

WRESTLING

Grades Pre K-8

January - March

The coach will notify participants of a start date & time. Meets are at various locations around the state. Practices will be held at Skowhegan Area High School. Participants are responsible for their own transportation.

Fees:

Skowhegan Residents: \$25.00

Non-Residents: \$45.00



INDOOR FIELD HOCKEY

Grades 3-8

Tuesdays, November 15 & 29 and December 6

Grades 3-5

4:15-5:30 pm

Grades 6-8

3:00-4:15 pm

This program is under the direction of Brandi Merry. Sticks must have a thick sock or other padding to protect floor. Shin guards eye protection and mouth pieces are mandatory. A clean change of sneakers is required for all participants.

No fee for Skowhegan Residents

Non-Residents: \$20.00



Girls & Boys

Ages 9-15

Boys - Monday, January 23 @ 5:30 pm

Girls - Monday, January 30 @ 5:30 pm

The Skowhegan Parks & Recreation Department in conjunction with the Maine Recreation & Park Association (MRPA) will host the "Annual Hot Shot Competition" at the Skowhegan Community Center. This basketball skills competition is open to boys and girls of all abilities.

Players will shoot from 5 Hot Spots on the court testing their speed, dribbling, shooting and rebounding.

Registrations are being accepted at the Skowhegan Community Center. Please bring a copy of your birth certificate at the time of registration.

There is No Fee for this competition.

SCHOOL VACATION ACTIVITIES

**Informational flyers will become available for
December & February School Vacations.**



Skowhegan Parks & Recreation Department

Invites you to a

“Friendship Dance”

Girls & Boys Grades 1-5

Join us for a special and fun evening of music, dancing, and
FUN with friends!

Date: Friday, February 10

Time: 6:00-7:30 pm

Location: Skowhegan Community Center

Tickets: \$5.00 per Person

Music by a DJ and refreshments will be served.



SPECIAL EVENTS

WINTER CARNIVAL

SUNDAY, FEBRUARY 26

12:00pm-2:30pm

at the Skowhegan Community Center

*Children's Games * Paper Airplane Flying * Snowshoeing

*Cookie Decorating * Pie Eating Contest * And Much More...!

GREAT MAINE OUTDOOR WEEKEND

Saturday, February 4 12:00 - 2:00 pm

Join the Skowhegan Parks & Recreation Department at the Ice Rink located at the Skowhegan Fairgrounds, Beech Street entrance to celebrate Great Maine Outdoor Weekend.

Events will include ice skating, snowshoeing, broomball and more.

This is a free family event.

2017 Ice Rink Programs

The Ice Rink and its facilities are operated and maintained by the Skowhegan Parks & Recreation Department. If you have questions or concerns regarding this facility please call the Community Center at 474-6901.

We look forward to providing you with a memorable winter experience!

OPEN JANUARY 2 ...Before or After WEATHER PERMITTING!!



Open Skate Times

Starting January 2

Monday: 4:00-6:00 pm

Tuesday: 4:00-6:00 pm

Wednesday 4:00-6:00 pm

Thursday: 4:00-6:00 pm

Friday: 4:00-7:00pm

Saturday: 12:00-5:00pm

Sunday: 12:00-5:00pm

Open to the public, free of charge!

*****Please bring your own skates.***

We do not have any available**

All Fees are Non-Refundable.

Registrations accepted at the Community Center.

Rink may be closed on days of inclement weather and/or poor ice conditions.

Please call 474-6901 for more information

Adult Ice Hockey -18 & Over ONLY!

Starting January 3

All participants **MUST** register prior to going on the ice.

Full equipment is required to play.

Tuesday & Thursday 6:15 - 8:15 pm

Sunday 5:15 - 7:15 pm

No fee for Skowhegan Residents

Non-Residents: \$35.00

FAMILY STICK & PUCK

Open time for all to have fun playing pick-up games with no contact. Full gear is required. Participants under age 13 must have an adult present. All participants must register at the Community Center prior to going on the ice.

Saturdays 10:30-11:30 am

Starting, January 7

No fee for Skowhegan Residents

Ages 17 & under Non-Residents: \$20.00

Ages 18 & older Non Residents: \$35.00 or registered for adult hockey

ICE RINK RENTAL

Did you know you can rent the Ice Rink. The ice is all yours for the coolest party in town.
Call today.

VOLUNTEERS

Volunteers wanted for Learn to Skate & Instructional Hockey programs

Call 474-6901 for more info.

THE RINK IS LOCATED AT THE FAIRGROUNDS THROUGH THE BEECH STREET ENTRANCE ONLY.
RINK SUPERVISOR ON DUTY AT ALL TIMES

SKOWHEGAN COMMUNITY CENTER ADULT MEMBERSHIP



Fees:

No fee for Skowhegan Residents

Non-Resident (6 months): \$70.00 Non-Resident (1 year): \$135.00

Membership includes year round access for open gym, walking program, Stretch & Tone Aerobics, select exercise programs, exercise and weight rooms, game room, and the use of the locker rooms and showers.

OPEN GYM

Ages 18 & Over

Monday, Wednesday, Friday

12:00-2:00pm

Wednesday Night

6:30 - 8:00 pm (December-March)

All participants must be registered prior to using exercise room. A clean change of sneakers is required.

WALKING FOR FITNESS & FUN

Monday-Saturday

6:00-10:00am year-round

All participants must be registered prior to using exercise room. A clean change of sneakers is required.

EXERCISE ROOM

Monday-Saturday

Open year round during operational hours

All participants must be registered prior to using exercise room. A clean change of sneakers is required.

GAME ROOM

Open whenever the Community Center is open. Come enjoy ping pong, foosball, air hockey, Wii, board games, or just hang with friends!

STRETCH & TONE

Tuesday & Thursday

9:00-9:45am

Classes instructed by Joanne Preble

No fee for Skowhegan Residents
Non-Resident: \$35.00
or included in yearly membership.

All participants must be registered prior to using exercise room. A clean change of sneakers is required.



BINGO

Thursdays

Year Round

9:30-10:30 am



We will be playing Bingo for fun and small prizes. There is no fee for this program. Participants are asked to bring something for the prize table. Prizes may include baked goods, homemade items or a store bought goodie.

All participants must register prior to playing.



ADULT PROGRAMS

FAMILY OPEN GYM

Sundays

November 6 - December 18

12:00 - 1:30 pm

Bring the family and shoot around.
All participants must be registered prior to playing.
A clean change of sneakers is required.

No fee for Skowhegan Resident

Non-Resident Youth: \$20.00

Non-Resident Adult: \$35.00

or included in yearly membership.

PUCK UP FLOOR HOCKEY

Sundays

November 6 - December 18

2:30 - 3:30 pm

Get ready for the upcoming season or just play to
get some exercise and have some fun.
All participants must be registered prior to playing.
A clean change of sneakers is required.

No fee for Skowhegan Residents

Non-Resident: \$35.00

or included in yearly membership.

PICKLEBALL & SHORT COURT TENNIS

Sundays

November 6 - December 18

1:30 - 2:30 pm

Equipment is also available to use during the week
when the gym is not being used for other programs.
All participants must be registered prior to playing.
A clean change of sneakers is required.

No fee for Skowhegan Residents

Non-Resident: \$35.00

or included in yearly membership.

FAMILY VOLLEYBALL

Sundays

November 6 - December 18

3:30 - 4:30 pm

Get together with family and friends and play a
game of volleyball. No spiking allowed.
All participants must be registered prior to playing.
A clean change of sneakers is required.

No fee for Skowhegan Resident

Non-Resident Youth: \$20.00

Non-Resident Adult: \$35.00

or included in yearly membership.

HORSEBACK RIDING LESSONS

Tuesdays, 5:30-6:30 pm

English riding lessons will be held inside at Pendragon Farm in Cornville. Everyone must wear long pants and boots or shoes with a hard heel that covers the entire foot in order to participate. Riding helmets will be provided or you may bring your own. Space is limited to 6 per class.

Fee per 4-week session:

Skowhegan Residents: \$50.00

Non-Residents: \$85.00

Fee per 6-week session:

Skowhegan Residents: \$80.00

Non-Residents: \$115.00

Session 1 :
November 29 - December 20
4-week session

Session 2:
January 3 - February 7
6-week session

Session 3:
February 14 - March 21
6-week session



OXFORD CASINO TRIP

"Wicked Good Fun!"

Thursday, February 2

Bus Departs from Community Center at 7:30 am Bus returns approximately 4:00pm

Non Refundable Fees: Skowhegan Residents: \$20.00 Non Residents: \$30.00

Price includes: Bus Transportation and \$10.00 Game Voucher

Thursday is Buffet Day. Earn a free buffet per casino policy.

Must have a minimum of 20 people 2 weeks prior trip date. Space is limited. Must be 21 or older and have a valid photo ID. Oxford Casino is a full service casino with state of the art slot machines and table and video games. There is also the Oxford Grill, an excellent sit-down restaurant featuring many unique dishes. Guests must become members of Oxford Rewards to participate. Membership is free and can be obtained at the casino's guest services upon arrival. If you are already an Oxford Rewards member and bring a new friend to sign up you get \$10. in free slot play and your friend has a chance to win free slot play.

MYSTERY LUNCH (& Shopping) TRIP

Ages 55 & Up

Wednesday, December 7



Bus Departs from Community Center at 10:30 am Bus returns approximately 3:30 pm

Non Refundable Fees: Skowhegan Residents: \$5.00 Non Residents: \$8.00

Enjoy lunch and then spend a little time shopping. Participants are responsible for their own lunch cost. Space is limited.

BEGINNERS KUNG FU

Ages 7 & up

Tuesdays & Thursdays

Session starts January 10 @ 5:00 pm

Students will learn the basic methods of kung-fu, focus, patience and teamwork and will be under the direction of Sifu Glenn Broadley.

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

WOMEN'S SELF DEFENSE

Saturday, January 14 9:00 am - 12:00

Participants will learn methods to avoid becoming the victim of an assault and how to defend yourself should an assault take place. This will include basic techniques designed to repel an attacker, get out of a hold and subdue or incapacitate an attacker even if they are bigger than you. This will be a very "hands on" class so wear comfortable clothing, bring a change of cloths and come prepared for a physical work out as you learn these methods.

Instructed by Sifu Glenn Broadley

There is no fee for this class.





2017

CO-ED FLOOR HOCKEY

Ages 17 & Over

\$80 Per Team



**Checks Payable To: Town of Skowhegan
Once Season Starts, All League Fees Are Non-Refundable**

**Fee Includes: Regular Season Games Starting January 8 @ 5:00 pm
Double Elimination Playoffs - Championship T-Shirts - Team Name on Trophy**

Minimum 4 Teams

Maximum 10 Teams

Registration Deadline: Wednesday, December 21, 2016

We Need Referees For This Activity!

**If You Know Hockey & Are Interested In Being A Paid or Volunteer Referee For This League.
Please Stop By The Community Center And Fill Out An Application.**

PILATES WITH PETRA

Wednesdays

Introduction to Pilates- 5:00 - 6:00 pm

Beginner Pilates- 6:00 - 7:00 pm

Certified Pilates Instructor Petra Prokopova

Pilates is a mindful movement coaching for the whole body. We create balanced bodies and relaxed minds. It is a lot about core, the stable center brace of the body, where all movement should start from. We will train all core muscles: diaphragm, spinal and back, upper and lower abs, pelvis and hips, glutes, and upper thighs.

Must have a minimum of 3 students per class.

Session #1 - 4weeks

November 30 - December 21

Skowhegan Residents: \$35.00

Non-Residents: \$70.00

(or \$35.00 with non resident membership)

Session #2 - 7 weeks

January 4 - February 15

Skowhegan Residents: \$45.00

Non-Residents: \$80.00

(or \$45.00 with non resident membership)

Session #3 - 7 weeks

March 1 - April 12

Skowhegan Residents: \$45.00

Non-Residents: \$80.00

(or \$45.00 with non resident membership)

COMMUNITY THANKSGIVING DINNER

Thursday, November 24, 2016

11:00 am-12:00 pm



*Reservations for
Transportation or
Home Delivery
(5 mile radius) must
be made prior to
Friday, November 18*

Call 474-6901

~All food is generously donated by individuals, groups & area businesses~

On Thanksgiving, we will be offering a free meal complete with all of the trimmings. This is more than just a free dinner; it is a day of community warmth and sharing. A day where our community comes together to share respect and support for each other.



COMMUNITY HAPPENINGS

- November 24 Community Thanksgiving Dinner @ Community Center, for home delivery call 474-6901
- December 2 Holiday Stroll Parade, for more information call 612-2571
- December 2&3 Downtown Holiday Stroll, for more information call 612-2571
- December 7 Mystery Lunch Trip for more information call 474-6901
- January 23 MRPA Hot Shot Competition Boys Division @ Skowhegan Community Center
- January 30 MRPA Hot Shot Competition Girls Division @ Skowhegan Community Center
- February 2 Oxford Casino Trip for more information call 474-6901
- February 4 Great Maine Outdoor Weekend Event for more information call 474-6901
- February 10 Friendship Dance Grades 1-5 @ Skowhegan Community Center
- February 26 Winter Carnival @ Skowhegan Community Center

visit www.skowhegan.org for more information and other area events!



Annual Holiday Stroll

December 2 and 3 in Downtown Skowhegan

Holiday Stroll 2016 is a two-day event that has been a tradition in Skowhegan for 24 years. It starts with a holiday parade through downtown Friday evening and continues Saturday morning -afternoon with lots of free activities and treats throughout and near downtown, including pictures with Santa!

visit www.mainstreetskowhegan.org for a list of activities!

Or call 612-2571





COMMUNITY CENTER WINTER HOURS



November—March

Sunday: 12:00 - 5:00 pm

Monday: 6:00 am - 8:30 pm

Tuesday: 6:00 am - 8:30 pm

Wednesday: 6:00 am - 8:30 pm

Thursday: 6:00 am - 8:30 pm

Friday: 6:00 am - 4:30 pm

Saturday: 8:00 am - 3:30 pm

