

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 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>*A Doctor’s note is required for utilization of any equipment by youth under age 14.</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