

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)