

Yorks Illustrated

Summer 2024

TOWN OF YORK
PARKS & RECREATION



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Photography
Art Club

Dance
with Rhonda

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Message From The Director



As I reflect on my first year as Parks and Recreation Director, I am humbled to be part of such a great community. Everywhere I turn, there are people helping people and making York a better place to live. I want to thank everyone who has welcomed me and helped Parks and Recreation serve the community. Between our great sponsors and donations, we were able to give over \$30,000 worth of scholarships in 2023 and not only are we pledging to do the same in 2024, but we are lowering our program fees by an average of 15% to make accessing a healthy lifestyle even more affordable. Things to look for in the spring and summer are a revamped summer camp, high quality enrichment programs and expanded

outreach and educational programs at Mt. Agamenticus. If you are 50+, check out the great offerings at the Center for Active Living. The Center is run by a great collaboration of staff and volunteers who are passionate about building community and having fun. Thank you for your support and I hope you are as excited for spring and summer as we are!

A handwritten signature in black ink, appearing to read "Peter J. Murray". The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Peter Murray
Director of Parks & Recreation

Message from Parks and Recreation Board

This past season we welcomed Peter Murray as our new director of Parks and Recreation. He is ably leading us on to continue the excellent programs and offerings found in this year's -YORKS ILLUSTRATED- while developing new programs and (potentially) new fields and buildings for the future.

The vastly improved parking and restroom facilities on Mt Agamenticus have opened and have been very well received. While we have fielded some complaints concerning the established parking fees, the fact that they are based on the existing model of the beach stickers and parking meters at the beaches seems an appropriate way to control access, overuse and some additional funds for maintenance.

The Center for Active Living "CAL" has seen some changes and additions both to staff and programs and is proceeding smoothly. The Town of York, the Police and Fire Departments, the Sohier Park Committee and Parks & Recreation worked cooperatively addressing concerns about safety, pedestrian and traffic congestion at the Nubble Light/Sohier Park area during certain special events. Some of the results were changes to a more rolling Lighting-of-the-Nubble, as well as cooperation with York businesses to make the Long Sands area a destination, including the fireworks during the Festival of Lights celebration. A special thank you and appreciation to The Anchorage for their participation and support.

The Feasibility Committee for a Community Center has been selected and is beginning its work. The need and desire for a

Community Center has already been determined by a study committee and vote of the citizens. Public input will be solicited, and public announcements made. Stay tuned to local news stories, press releases, social media posts and the selectboard agenda.

With other town officials, committees, and open public forums, Parks & Recreation continues to work with the Greenway Sub-Committee of the Planning Board in developing plans and zoning for establishment of what had previously been called the "Green Enterprise Zone" along either side of the new Short Sands Road and extending from Short Sands Beach to Route 1. Exact boundaries will be determined as part of the process. If you know and have been involved in "the process" please continue to do so. If you are reading it here for the first time, I encourage you to search for YORK BEACH GREENWAY DISTRICT on the town's website and get involved.

York voters approved the development of ordinances for the various town-owned properties in use as parks, fields and public spaces. The PRB continues its work developing these ordinances. The Mt. Agamenticus Park draft is in the hands of the selectboard for revision and approval prior to going to the citizens for a vote. 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

Selectboard

Todd Frederick, Chair
Robert Palmer, Vice Chair
Michael Estes
Marilyn McLaughlin
Marla Johnson

Town Manager

Peter Joseph

Parks and Recreation Board

Mike Modern, Chair
James Kelly
Brenda Knapp
Bill Olsen, Jr.
Thomas Rose

Parks & Recreation

Office Location: 200 US Route 1,
York, Maine
Grant House at Goodrich Park
Mailing Address: 186 York Street,
York, ME 03909
Telephone: (207) 363-1040

Email: parks-rec@yorkmaine.org

Fax: (207) 351-2967

Website: www.yorkparksandrec.org

Facebook: www.facebook.com/yorkmaine

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

Parks & Recreation Administration

Peter Murray, Parks & Recreation Director
Ryan Coite, Parks Superintendent
Robin Kerr, Parks Natural Resource
Manager
Andy Kaherl, Recreation Coordinator
Marquis MacGlashing, Sohier Park Gift
Shop Manager
Nick Darby, Coordinator of
Events & Enrichment
Naomi Densmore, Mount Agamenticus
Outreach and Education Coordinator
Ben Jankowski, Conservation Stewardship
Coordinator
Janice Callaghan, Administrative Assistant
Melissa Nickerson, Business Manager
Jeffrey Patten, Beach Operations Manager

Center for Active Living Staff

Kim Tilton, Coordinator
Art Jacobs, Program Coordinator
Becky Osgood, Administrative Assistant
Sean Carey, Chef
Syd Wakefield, Kitchen Aide
Obie Murphy, Custodian

Senior Citizens Advisory Board

Debbie Meyers, Chair
Greg Fyfe, Vice Chair
Liz Maziarz, Secretary
Carolyn Anderson
Maxine Brown
David Charles McQuade
Elizabeth Englehart

Sohier Park Committee

Brenda Knapp, Chair
Brian Ross, Secretary
Tony Knox
Diane Ross
Susan Moran
Barry Leibovitz, Alternate
Kim Tourigny, Alternate

Registration Information and Program Policies

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 in which they wish to participate. 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 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 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, 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 accommodation 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.

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 needs have increased. If you would like to help support our Scholarship efforts by contributing, please contact the office at 207-363-1040.

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.

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.

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P.O. Box 83, York Beach, ME 03910

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 22nd and runs through September 2nd. Guards will be on duty every day between 9:00am and 4:30pm, and will be stationed at Long Sands, Short Sands and Harbor Beach.

The restroom facilities at Long Sands, Harbor Beach, and Short Sands will be open daily from mid-April through October 20th.

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.

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
- 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

Shade Structures:

Shade structures to include tents, canopies, and umbrellas, and other similar structures are regulated on all public beaches from June 15th through Labor Day and shall meet the following standards:

1. Shade structures exceeding 7 feet wide, 7 feet deep, or 7 feet tall are prohibited.
2. Shade structures shall be safely anchored and secured to the ground.
3. Shade structures shall not be set up prior to 9:00am. Shade structures set up prior to 9:00AM are subject to removal.
4. Shade structures shall not be used to reserve space on a beach. Any shade structure that is left unattended for greater than 1.5 hours shall be considered as reserving space and will be subject to removal.
5. "Easy-up" canopies of any size are prohibited. Easy-up canopy is defined as any shade structure having metal corner poles that rigidly attached to a metal perimeter frame. The definition of easy-up canopy is not intended to include structures with metal corner poles that are flexibly attached to the shade structure using fabric, rope, cord, or other flexible material.

Dogs on the Beach:

May 20th through September 20th

No dogs on the beach from 8:00am-6:00pm

Dogs on the beach must be leashed between 6:00pm and sunrise.

Dogs may be unleashed between sunrise and 8:00am if under the voice control of the responsible party. (Owners must carry leashes)

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.



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 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

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 a 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

Nubble Raffles and Donations

We will, once again, be running the "Visit the Nubble" Raffle. Tickets are available for \$10.00 each. 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! From May through the end of October, tickets can be purchased at the gift shop. From November through April, tickets can be purchased by visiting the York Parks & Rec office or by mail.

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 decorated in holiday lights every evening between Friday, July 26th and Sunday, August 4th.



Find us on Social Media and the Web

Online Store: www.NubbleLightStore.com
Website: www.NubbleLight.org
Facebook: www.facebook.com/capeneddick
Instagram: [@NubbleLighthouse](https://www.instagram.com/NubbleLighthouse)

Employee Spotlight



Art

Art Jacobs has been the Program Coordinator at the Center for Active Living for the past 2 years. He brings an enthusiastic energy to the Center and is willing to go the extra mile to make sure everyone is having a great time! In the recreation field for over 30 years, he spent many of those years at the

Rochester Recreation Department, in New Hampshire. Art says he loves working at CAL, and all the folks he encounters in the course of a day, from members to coworkers. He and his wife Michelle have 2 lovely daughters, Aubrey and Hannah. He loves spending time with family and friends, enjoys hunting, fishing, coaching and camping, and his favorite place to vacation is Disney World in Florida!

Nick

Nick Darby is well known in the community for his work with kids and adults in all aspects of programming at the Parks & Rec Department. He's been with the department since he was a teenager and recently has been named Coordinator of Events and Enrichment.



A York native, he has a passion for his hometown and the people, especially the kids, who live here. When he's not coaching basketball or organizing a community event, he is an avid fisherman and enjoys playing basketball among many other interests.

His positive attitude and enthusiasm are contagious and his willingness to do whatever is asked of him is outstanding! We feel very fortunate to have him as a member of the P&R team. Be sure to give a shout to Nick when you see him around town this summer, he'll be the tall red head surrounded by adoring kids.

Mount Agamenticus Conservation Program



Mount Agamenticus is the most outstanding natural feature in York; physically, ecologically, and recreationally. It prominently sits at 692' high just miles from the coast and above Second and Third Hills. It is the featured landmark within the greater Mount Agamenticus

Conservation Region and includes numerous wetlands, vernal pools, ponds, and rugged, rocky terrain that make up the largest contiguous block of undeveloped coastal forests in the northeastern United States.

Mount A is the epicenter for conservation in southern Maine. The uplands and wetlands provide an oasis of biological diversity and are home to rare exemplary plants, animals and natural communities that only occur in this portion of the state. With its high concentration of vernal pools, it supports breeding and feeding grounds for state listed turtle species not found elsewhere in Maine.

This monadnock is also a popular destination for people of all ages and abilities who enjoy hiking, biking, birdwatching, picnicking, and incredible scenic views. Each year, an estimated 50,000 people visit the unique summit park and explore miles of well-marked and maintained trails.

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 and Kittery Water Districts, Maine Department of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust. Together, these partners strive to provide safe and sustainable recreational experiences for a diverse range of trail users while practicing sound stewardship to protect and enhance the natural and cultural resources that exist here.

Recent Upgrades

The Mount Agamenticus Parking and Public Restroom project, in collaboration with the York Water District and approved by York voters in 2020, has been completed and we are excited to welcome the public back at full capacity! The parking project included 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 included the construction of seasonal composting toilet facilities located at both the summit and base. 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.

Admission Fee

A new fee system has been implemented for access to Town of York owned and leased lands at Mount A. Increased use, costs for managing impacts 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 admission 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.

York Residents: Vehicles with a valid York Parking Permit Sticker are exempt from the Mount A admission fee.

A season pass will be available for anyone who would like to pre-purchase online or at the mountain.

More updates will be coming out soon to include when and where seasonal passes can be purchased. Thank you for your support and understanding! For more information on the 2024 Fee Structure, please visit Agamenticus.org

Upcoming Programs, Events and Workdays

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 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 or reach out via our contact form. We'll be ready for school groups indoors starting mid-May and will continue to schedule through the end of October!

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 Conservation Program, 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

First Day of Spring Sunrise Walk

Tuesday, March 19th 7:00am-8:00am

Welcome spring's first sunrise at the summit of Mount Agamenticus with a peaceful walk around the Big A Trail. Hot drinks provided. Limited to 15 participants. Registration required. A donation of \$5 per person directly supports the work of the Mount Agamenticus Conservation Program.

Lodge Sneak Peak and Drop-in Seed Bomb Workshop

Saturday and Sunday May 18th & 19th 12:00pm-2:00pm

Stop by the summit Lodge to explore the exhibits, browse the gift shop and craft wildflower seed bombs to help support our pollinators!



No registration required. Free to the public, donations welcome for seed bomb activity.

Guided First Hill Hike and Nature Journal

Saturday, June 29th 9:00am-11:30am

Join us for a hike from the Base to the Summit along the Ring Trail. Once at the summit, we'll take some time to reflect in our nature journals. Limited to 15 participants.

Registration required. A donation of \$5 per person directly supports the work of the Mount Agamenticus Conservation Program. Bring your own journal! Journals also available for purchase.

Trail Mix Mingle and Guided First Hill Hike

Saturday, August 31st 9:00am-11:30am

Celebrate National Trail Mix Day at Mount A! We'll meet at the summit for a quick game to introduce Leave No Trace principles, and then create our own trail mix concoctions before hitting the trails of First Hill! Limited to 15 participants.

Registration required. A donation of \$5 per person directly supports the work of the Mount Agamenticus Conservation Program.

Keep an eye on agamenticus.org for additional program announcements including drop-in opportunities throughout the field season or email ndensmore@yorkmaine.org for more information.

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 engage with the beautiful habitat we share with them and our diverse wild kin here in the Mount A region. Unless otherwise noted below, programs will start at the summit of Mount A, then we'll take to the surrounding habitat and trails of the First Hill area. Full details will be announced as the date for each individual program approaches. Registration is required at thecenterforwildlife.org/events. Mark your calendars:

April 25th, Thursday 5:30pm-7:00pm

Vernal Pool Exploration

June 27th, Thursday 5:30pm-7:00pm

Nature's Nightshift

August 10th, Saturday 10:00am-11:30am

Bug Brigade!

September 28th, Saturday 10:00am-11:30am

Eyes Like a Hawk

October 24th, Thursday 5:30pm-7:00pm

Halloween in Nature

The StoryWalk® at Mount A

The StoryWalk® program combines the benefits of physical activity, time outdoors, and literacy by taking children's books and posting them, in pieces, along a recreational path or hiking trail. Our story at Mount A is posted along the western side of Ring Trail. The featured story is generally seasonal in nature and is swapped-out quarterly.

Location: Access the Ring Trail from the main Base parking area on Mountain Road. Cross the access road to follow the western side of Ring, then Witch Hazel trail to finish at the summit.

Difficulty/Distance: The trail is somewhat steep in places but comfortable at easy stroll pace with stops at the reading stations. Terrain varies from gentle slope on dirt trail to rocky sections with short climbs or descents. Distance is 1.3 miles. Allow 1 ½ hours for younger children. For good hikers just stopping to read, time can be reduced to about half an hour.

The StoryWalk® Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Kellogg-Hubbard Library. StoryWalk® is a registered service mark owned by Ms. Ferguson.

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!

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Check out agamenticus.org for all scheduled events,
opportunities to get involved, and more!

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, Boardwalk Construction, Invasive Plant Removal, and assisting with Trail Races. 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 12:00pm, 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! To register for a Community Workday please e-mail: bjankowski@yorkmaine.org

Earth Day Trail Clean-up

April 20th: In Honor of Earth Day, volunteers will divide and conquer to remove trash, and restore trails and roadways from the effects of winter. Work will involve cleaning out debris from drainages, raking gravel, removal of downed branches, and placing strategic organic matter to help keep trails single track.

The Big A 50k Trail Race

Saturday May 4th: Volunteers are needed throughout the day to assist with this 31-mile (50k) race. To keep this impressive event safe and successful, Mount A needs help with parking, setup/breakdown, staffing the grill and general race support. Volunteer opportunities are available anytime throughout this ten-hour event.

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National Trails Day

June 1st: Celebrate National Trails Day by helping to build a boardwalk, while learning about the Adopt-A-Trail program, at Mt. A! 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 1.5 miles total. Work will include demolition, moving heavy planking, and installing new decking. No experience necessary!

Invasive Species Management

June 13th: The focus of the day is invasive plant education and hands-on removal of buckthorn in a sensitive wetland habitat. Volunteers will hand-pull and use tools to uproot small and large plants.

5K / 1 Mile Trail Challenge

September 21st: Featuring both a 5K and a 1-mile loop, the Trail Challenge is all about promoting personal health and Accessible Recreation. Mount A is looking for volunteers to help with setup/breakdown, trail marshalling, water tables and general race support.

Shrubland Management

October 19th: 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 the Snowshoe Hare and American Woodcock, 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, and stacking, for wood chipping.

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, prune brush, collect litter, and more. Participants contribute at their own level, and on their own schedule, with a minimum requirement of one visit each season. Tools and annual training provided!

To register for a Community Workday or learn more about Adopt-a-Trail, please e-mail: bjankowski@yorkmaine.org

Become a Learning Lodge Docent or Summit Park Ambassador Learning Lodge Docent

Seasonal volunteers are needed for our 2024 Lodge season to greet weekend visitors, answer questions, recommend trail routes, possibly assist with scheduled groups, and help to explain our current work and conservation goals. Docents will work directly with the Outreach and Education Coordinator. Minimum commitment of two, 2-4-hour weekend shifts each month, May-October.

Park and Trail Ambassador: This is a high visibility position with the primary responsibility of education and informing visitors about Town ordinances, regulations, policies, and general information when they arrive and while exploring the trail system. Ambassadors will have a friendly and welcoming personality that encourages compliance of guidelines and parking capacity. During peak use, Ambassadors may assist in gate operations when parking is full and offer directions to alternate locations. Must be patient, professional, and adaptable.

Please e-mail ndensmore@yorkmaine.org if you're interested in either of the two positions above!

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!



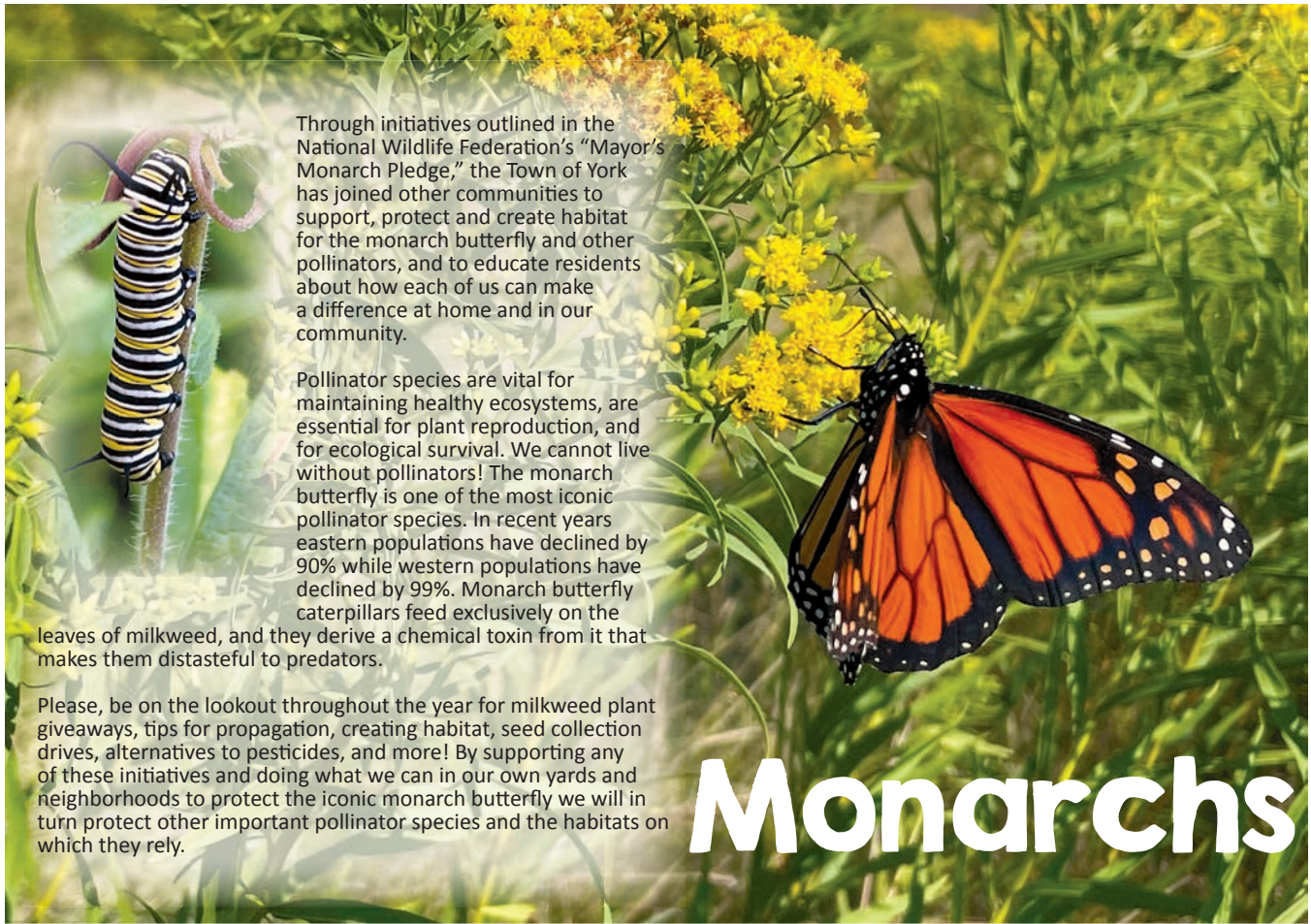
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Through initiatives outlined in the National Wildlife Federation's "Mayor's Monarch Pledge," the Town of York has joined other communities to support, protect and create habitat for the monarch butterfly and other pollinators, and to educate residents 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.

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Center for Active Living

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 monthly 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/). To receive the monthly newsletter and periodic emails, you must register on an annual basis. Registration for 2024-2025 will begin in May 2024. 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 and \$10 for a second person in the household (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, please check the syllabus attached to programs for level of walking difficulty. To register for programs, including meals, call the Center for Active Living 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**
- Bus Trips**
- Creative Arts**
- Education**
- Exercise and Wellness**
- Lunch Program**
- Nature and Outdoor Recreation**
- Special Events**
- Sport**
- Other Programs**

We welcome programming ideas from participants and potential participants. 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.

BOARD AND CARD GAMES

Most board and card games are drop-in, self-directed programs, no registration necessary and no cost to participate. 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

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game of your choosing, based on the 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

Thursdays, 1:15pm-4:00pm

Bridge

Tuesdays, 1:00pm

Bridge Lessons

Thursdays, 1:15pm - Registration Required

Cribbage

Tuesdays and Thursdays, 10:00am-12:00pm

Dominoes/Mexican Train

Wednesdays, 1:00pm-4:00pm

Hand and Foot

Tuesdays, 1:00pm-4:00pm

Mahjong American/Taiwan

Thursdays, 1:00pm-4:00pm

Mahjong American/Taiwan Lessons

Thursdays, 1:00pm - Registration Required

Mahjong American (Advanced Players Only)

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-4:00pm

CREATIVE ARTS PROGRAMS

Instructed Craft Classes

Each month the center offers a variety of instructed craft classes taught by staff, volunteers and craft professionals. These are group classes with a variety of skills and techniques to try out. Recent classes include Watercolor Painting, Wooden Gnomes, Frosty Candles Jars and Zentangle. We're always looking for new ideas to introduce to our enthusiastic crafters.

Crafters Gathering

Tuesdays, 1:00pm-3:30pm

Do you knit, crochet, or do other needlework? Love to scrapbook? Maybe you 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.

Drop-In Program – Free of Charge

EXERCISE AND WELLNESS PROGRAMS

Balance and Fun Workouts

Tuesdays/Thursdays, 10:00am-11:00am

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: \$20.00 (4 sessions) or \$5.00 per session as a drop-in participant

Exercise by Video

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

Fridays, 8:30am-9:15am

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

Drop-In Program – Free of Charge

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: \$20.00 (4 sessions) or \$5.00 per session as a drop-in participant

Shake It Up

Instructor: Rhonda DiCarlo

Tuesdays, 9:00am-10:00am / 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 \$5.00 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.

EDUCATION PROGRAMS

Each month we provide education programs covering a variety of topics including community agencies, elder law, local history, nature, travel, hobbies, and wellness. All education programs are free, have limited number of spaces, and require advanced registration. Check The Scoop monthly, 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 Spring/Summer 2024 include:

AARP Driver Safety Course - May/June

We offer the Driver Safety Course twice a year in the winter and early spring at the center. Learn up-to-date driving laws and other pertinent information. You may be eligible for a discount on insurance after taking this class. Check with your insurance company to see if you qualify.

Tech Help-Monthly

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 an appointment.

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 with you privately. Come in to discuss concerns or needs that you have 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 through the Center for Active Living (207-363-1036) 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.

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, Sean, 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 breakfast items for free! This is a great way to meet people and socialize. No reservation needed, just stop by, and enjoy the treats!



Special Meals

Annual Summer Cookout

July

Join us here at CAL in July for Burgers and Hotdogs and all the fixings for a summer celebration. We'll get the grill out and enjoy outdoor dining with our friends.

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 has become a favorite tradition! The YPD will be grilling steak and chicken and serving your meal. Sean, 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.

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NATURE AND OUTDOOR PROGRAMS

Kayaking with Northeast Passage

Summer

We have 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 a PFD, Northeast Passage will provide you with one.

Nature Walks at Mt. Agamenticus with Naomi, Mt. A. Outreach & 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.

CAL Hiking Club

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

Entertainment Spring/Summer

Throughout the year, we offer special events that may include themed dances, pot-luck dinners, magic shows, and live musical entertainment. Keep an eye on The Scoop and York Parks and Recreation website for upcoming special events.

CAL's Annual Spring Tag Sale

Friday, May 17th and Saturday, May 18th

A perfect time to browse for seasonal items for your summer home or cottage. Always stocked with plenty of home goods, furniture, glassware, seasonal decorations,

and more. Don't miss this giant Tag Sale to kick off the busy summer season!

Ice Cream Social-June

Ice cream socials are always popular, no matter what time of year or what age you are! Sharing ice cream with friends is the perfect warm weather activity and they always draw a crowd at CAL.

Late Night at the Center

4th 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.

Summer Drive-In Movies

Do you like the old-fashioned drive-in? Join us for a movie, snacks under the stars. These will be held monthly from June to September. We'll have an assortment of family friendly movies for everyone's viewing pleasure.

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. Sub-committees are forming and there's room for everyone that wants to be involved.

"Remember When" Summer Camp

Monday-Thursday, 8:00am-1:00pm

Who says you can't turn back time? The Center for Active Living can! Let us take you back to your younger years at camp. 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. 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 in August. See The Scoop for more details.

CAL Game Shows

Each month the CAL staff designs a special Game Show event for members. Previous shows include Wheel of Fortune, \$10,000 Pyramid, and Holiday Treasure Hunt. CAL members join in the fun as the audience and contestants, winning small prizes and partaking in the zany antics of each show.

SPORTS

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 with Michael Vassey

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: Free.

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

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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 need to purchase tickets ahead of time. Here is a sampling of the trips offered:

- ◆ Restaurants each month for Breakfast, Lunch and Dinner
- ◆ Museums
- ◆ Sporting Events
- ◆ Concerts
- ◆ Seasonal Destinations
- ◆ Theatre
- ◆ Tours
- ◆ Shopping
- ◆ Casinos

Guided Bus Tours

We not only schedule day trips, but we also offer extended trips. We are currently working with Diamond Tours for our shorter trips of 3-5 days for Spring of 2024 and Collette Tours for our longer trips of 6-9 days for Fall of 2024. Check with our staff for details or The Scoop for more information on upcoming extended trips.



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OTHER PROGRAMS

Book Club with Lisa

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.

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 - Coming this Spring

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 Jacobs at the Center for an afternoon of dancing, singing, and good old-fashioned fun. We will be singing along to hits of all decades. We provide a printed songbook so that you can sing along to all the tunes.

Bingo for Fun

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

We play Bingo 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

Movie Mondays

1:00pm-3:00pm

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

CAL Gals Club

Ladies of CAL provide a safe and non-judgmental environment to promote friendship and camaraderie while sharing information and reducing isolation. We'll engage in meaningful conversations while addressing concerns related to aging and life's challenges, offering tools and resources to better understand our journey. We'll add in some enrichment/social activities too! Check The Scoop for the meeting schedule.

IMPROV IOI

Improv Games are acting exercises that require participants to react in real time instead of following a script. The purpose of these activities is to help individuals practice quick-thinking skills, communication, and hone your acting ability. The group meets one Monday afternoon each month.

Adult Programs

York High School Tennis/Pickleball Courts

Court 1 (court closest to parking lot) at York High School is for Tennis use ONLY. All other courts at York High School will be mixed-use courts for Pickleball and Tennis. Parks & Recreation Pickleball programming will be scheduled on the upper courts, (closest to the York High School Track). Tennis programming will be scheduled on the lower courts (courts 1 & 2). 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 themselves.

Punch Card System

Punch Cards may be used for any punch card required Parks & Recreation programming such as Volleyball, Pickleball, or Adult Basketball.

5-Punch: \$20.00

20-Punch: \$80.00

Full Season Pass: \$200.00

Season Pass is good for 1 year of unlimited use.

5 and 20 Punch cards have no expiration date.



Basketball

Adult Over 30 Basketball

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

STARTS: Ongoing - Summer schedule goes into effect June 16th

COST: Punch Card: \$20.00 for 5 / \$80.00 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

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 participants to enjoy their progress in a comfortable environment. Athletic shoes and golf attire are encouraged. Clubs can be made available. Old Marsh Country Club offers many classes for all age groups and abilities. Detailed information will be available by April 1st.

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 15 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 3rd - June 28th

Session 2: July 15th - August 9th

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

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, stop by for a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing

DATES: April 8th-June 13th

COST: \$100.00 Resident / \$110.00 Non-Resident
\$150.00 for both, morning and afternoon programs

\$10.00 Senior Discount

LOCATION: York Beach Fire Department

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

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 24th

ENDS: TBA, based on weather

PUNCH CARD: \$20.00 for 5 / \$80.00 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
Wednesdays: 5:30pm-8:00pm - Intermediate & Up
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, June 9th. Have fun!

STARTS: June 9th

ENDS: Late fall

COST: FREE

LOCATION: Bog Road Upper Field

DAYS: Sundays

TIME: 9:00am-12:00pm

Volleyball - Adult Co-Ed

Sundays and Wednesdays

Teams will be chosen each session. Pickup 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. Wednesdays are limited to 30 players per night. Schedule subject to change due to York Middle School sports schedule.

STARTS: Ongoing

COST: Punch Card: \$20.00 for 5 / \$80.00 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-11:00am
Wednesdays: Intermediate/Advanced
Previous Experience Necessary.
Limited to 30 players.
7:15pm-9:15pm



Age, Family Friendly, Community Yoga at Goodrich Park

All Ages

Join Maria Lovo for a morning of fun and playful yoga for the whole family! She'll focus on strengthening growing bodies and focusing busy minds. Each class will include breathing, stretching, pose practice, and engaging activities that are enjoyable for those of all ages. She'll feature adaptive exercises and sensory stimulation making this class accessible to every ability and experience level. 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 6th

ENDS: September 14th

COST: \$10.00 Per-Person or \$20.00 for Family of 3 or More – Price is Per Class

LOCATION: Goodrich Park , 200 US Rte 1

DAY: Saturdays

TIME: 9:00am-10:00am

Unlimited Outdoor Gentle Yoga with A Welcome Haven

Our adult 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, July 1st

ENDS: Friday, September 27th

COST: \$185.00

LOCATION: Moulton Park

DAYS: Monday, Tuesday, Thursday, and Friday

TIME: 9:00am-10:00am



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 are issued if a program is cancelled.

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 for pricing information and to register

STARTS: May 26th

ENDS: September 8th

DATES: May 26th, June 9th & 23rd, July 7th & 21st, August 4th, 11th, 18th, & 25th, September 1st, 2nd, & 8th

LOCATION: Harbor Beach

DAY: Sundays

TIME: 7:00am-8:00am

Sunset Class – 7:00pm-8:00pm – June 21st, July 5th, August 23rd ONLY

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.



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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 for pricing information and to register

STARTS: June 2nd
 ENDS: July 28th
 DATES: June 2nd, June 16th, June 30th, July 14th, July 28th
 LOCATION: Mt. Agamenticus summit (by the overlook, by the picnic table)
 DAY: Sundays
 TIME: 7:00am-8:00am (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 – Must Pre-Register

DATES: July 11th – August 29th

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

LOCATION: Short Sands Beach

DAYS: Thursdays

TIME: 7:00am-8:00am

ZUMBA with Marianela at Long Sands Beach

Join the "ZUMBA® with Marianela" frenzy and enjoy a fun and effective workout. Dance, burn calories, and reap multiple benefits for your body and mind. 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. She has won several awards as a fitness instructor and has been featured in numerous television, radio, and newspaper stories. Celebrate life, doing Zumba with Marianela at Long Sands Beach by digging our toes in the sand as we unleash our hips, smile, and dance!! All ages are welcome! Bring the whole family and make it a beach day. Rain or shine. Register at www.yorkparksandrec.org. Please meet 1 hour prior to each class in front of the Bathhouse.

REGISTRATION: Must Pre-Register

DAYS/DATES: Sunday June 9th - 4:00pm

Sunday July 7th - 4:00pm

Sunday August 4th - 4:00pm

Sunday September 1st - 3:00pm

COST: \$20.00 per class

LOCATION: Long Sands Beach – In front of the Bathhouse

REMINDER!

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

Family



35 Walker Street, Suite 200
Kittery, ME 03904

14 Manchester Square, Suite 210
Portsmouth, NH 03801

Phone: (207) 475-0100

Fax: (855) 654-3271

www.familyentllc.com

Brett Rankin, M.D.

Christopher Sarno, M.D.

Taraneh Azar, M.D.

Matthew Chouinard, PA-C

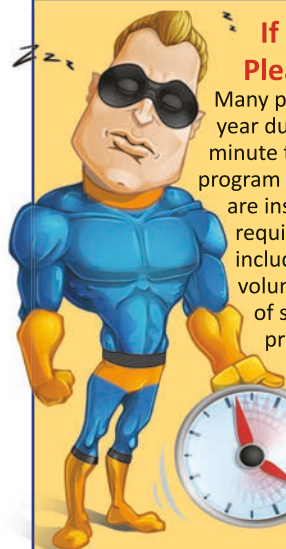
Tyler Hayes, PA-C

Lisa Tessier, Au.D.

Elizabeth Brown, Au.D.

Michele McCarthy, Au.D.

Melissa Graziani, Au.D



If You Snooze, We Lose ... Please Register Early!!!

Many programs are adversely affected every year due to participants waiting until the last minute to register. There is a point when a program must be cancelled or modified if there are insufficient registrations. All programs require a high level of coordination which includes facility scheduling, staffing, volunteer recruitment, and the purchasing of supplies. You will notice many of our programs have registration deadlines.

If there is room after a deadline, late registrations will be accepted with a late fee and if it is a youth program your child may not be guaranteed a t-shirt, hat, ball, etc. We appreciate your cooperation.



Glenn Farrell

207-363-8053



Non-Profit Community Partners

York Education Foundation raises funds to award grants for innovative and challenging programs in the York Public Schools

We strive to enhance and broaden community support for public education

 [yorkeducationfoundation](https://www.instagram.com/yorkeducationfoundation)

 [York Education Foundation](https://www.facebook.com/YorkEducationFoundation)



[YORKEDUCATIONFOUNDATION.ORG](https://www.yorkeducationfoundation.org)



Meet Major, the newest four-legged addition to the York Police Department! Major's job here is very simple: to help people! Here are just a few examples of the impacts Major has on our community as our official Comfort Dog:

- Major will help victims through the aftermath of abuse, trauma, crisis, violence, and loss.
- Major will also help his fellow officers and first responders process and cope with critical incidents.
- Major engages with our community by being around our schools, hospital, small businesses, and all over town.

Major lives with and works his handler, Officer Mike Taddei. He is currently in training, but anyone who has met Major will tell you he is already a pro! From the moment he started as a puppy, Major has been comfortable in new environments and loves meeting new people.

Follow along on Instagram [@majorthecomfortdog](https://www.instagram.com/majorthecomfortdog) and tiktok [@majortheyorkcomfortdog](https://www.tiktok.com/@majortheyorkcomfortdog) to see what Major is up to on a regular basis!



Enjoy the outdoors with YLT!



www.yorklandtrust.org 207-363-7400

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SATURDAY AUGUST 31st 6:00pm - 10:00pm
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THANK YOU TO THE WOODS FAMILY FOR 20 AMAZING YEARS! YCSA & YORK PARKS & RECREATION ARE EXCITED TO CARRY ON THE TRADITION. SEE A FULL WRITE-UP IN THE SPECIAL EVENTS SECTION. RAFFLE ITEMS NEEDED, PLEASE CALL YORK PARKS & RECREATION FMI. 207-363-1040.



PARKS RECREATION 

GRAYSTONE BUILDERS

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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making a difference.**

YCSA is a 501c3 serving the needs of
low income York residents

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

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 are issued if a program is cancelled.

Summer Camps!

Our 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!

- 8 weeks of camp, June 24th-August 16th.
- Camp hours are 7:30am-5:30pm
- Before Care: 7:30am-9:00am (included in weekly cost)
- After Care: 4:00pm-5:30pm (included in the weekly cost)
- Registration is by the week only, no daily registrations.
- No camp July 4th or July 5th
- Camp Funshine (formerly JAC) is for ages 5-8.
- Camp Coastline (formerly OAC) is for ages 9-14.
- Registration for Camp is on a first come, first serve basis.
- ALL Camp paperwork must be completed and returned before the camper can begin camp.
- 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.

Yorks Illustrated - Summer 2024

Camp Funshine

Ages 5-8

Camp Funshine will meet at Village Elementary School, beginning Monday, June 24th and ending Friday, August 16th. This camp offers a variety of activities such as arts and crafts, sports, and games. If you're looking for a week of fun, this is the place for you! Field trips are included in the weekly camp rate. Be on the look-out in early June for the Week 1 Newsletter.

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

STARTS: Monday, June 24th (No camp July 4th or July 5th)

ENDS: Friday, August 16th

COST: Per Week: \$250.00 Resident / \$275.00 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

Camp Coastline

Ages 9-14

Camp Odyssey will meet at York Middle School, beginning Monday, June 24th and ending Friday, August 16th. This camp offers a variety of activities such as arts and crafts, sports, and games. If you're looking for a week of fun, this is the place for you! Field trips are included in the weekly camp rate. Be on the look-out in early June for the Week 1 Newsletter.

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

STARTS: Monday, June 24th (No camp July 4th or July 5th)

ENDS: Friday, August 16th

COST: Per Week: \$250.00 Resident / \$275.00 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 and first-time campers. This is a great opportunity for little ones to discover new things, experience what camp is like, meet new friends and build relationships. Time will be spent doing activities such as outdoor sports, games, arts & crafts, trail walks, playground time. Campers must be potty trained. Be on the look-out in June for the Week 1 Newsletter. **Deadline for registration is 4:00pm the Thursday prior to camp.**

REGISTRATION: Ongoing

DATE: Week 1: July 8th-July 12th
Week 2: July 15th-July 19th
Week 3: July 22nd-July 26th
Week 4: July 29th-August 2nd
Week 5: August 5th-August 9th

COST: Per Week: \$125.00 Resident / \$140.00 Non-Resident

LOCATION: Goodrich Park, 200 US Rte. 1

DAYS: Monday-Friday

TIME: 9:00am-12:00pm



www.yorkswildkingdom.com

Opening May 25, 2024

PO Box 1139
York Beach, Maine 03910

Tel: (207) 363-4911 - Fax: (207) 363-4299
e-mail: ykingdom@aol.com

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). Register by July 8th and receive a camp T-shirt.

REGISTRATION: Ongoing

STARTS: July 22nd

ENDS: July 26th

COST: \$55.00 Resident / \$65.00 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

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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
- 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 21st, or until full

STARTS: July 1st

ENDS: July 3rd

COST: \$105.00 Resident / \$115.00 Non-Resident

LOCATION: York High School Gymnasium

DAYS: Monday-Wednesday

TIME: 9:00am-2:00pm

Basketball Camp by College Basketball Coach, Phil Alibrandi

Co-Ed – Ages 7-15

York, ME native and Head Men's Basketball Coach at Curry College, Phil Alibrandi offers an engaging basketball camp for boys and girls aged 7-15. The camp is designed to help young athletes improve their basketball skills, including drills and exercises that target fundamental skills such as dribbling, passing, shooting, and defense. The camp also emphasizes teamwork, sportsmanship, and leadership, providing campers with a well-rounded basketball education. Coach Alibrandi and his team of experienced coaches and players create a supportive environment where young athletes can learn and grow both on and off the court. Overall, this basketball camp is a fantastic opportunity for young athletes to develop their skills and passion for the game in a FUN and inclusive setting. This camp is for players of all skill levels!

REGISTRATION: Ongoing

STARTS: July 29th

ENDS: August 2nd

COST: \$250.00 Resident / \$260.00 Non-Resident

LOCATION: York High School

DAYS: Monday-Friday

TIME: 9:00am-2:30pm (doors open at 8:30am)



Basketball-Swish Summer Basketball League Grades 4th-9th (Grade your child is entering in the fall)

Swish Summer League has become a summer favorite for basketball players of all ages. The league runs from June 25th – August 7th on Tuesday & Wednesday evenings. 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. Please register for the grade level entering school in the Fall.

REGISTRATION: Ongoing until June 10th

STARTS: June 25th

ENDS: August 7th

COST: \$70.00 Resident / \$80.00 Non-Resident

LOCATION: York Middle School

DAYS: Grades 4-6 - Tuesdays

Grades 7-9 - Wednesdays

TIME: Evenings (depends on # of teams)

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 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 10th

STARTS: June 24th

ENDS: June 28th

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

LOCATION: York High School

DAYS: Monday-Friday

TIME: 9:00am-12:00pm

Wildcat Field Hockey Camp with Coach Barb Marois

Grades 5-8

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. Register by July 1st and receive a camp T-shirt.

REGISTRATION: Ongoing

STARTS: July 15th

ENDS: July 19th

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

LOCATION: York High School

DAYS: Monday-Friday

TIME: 9:00am-12:00pm



Golf - Youth & Junior Lessons at Old Marsh Country Club

Ages 8-17

Youth and Junior Golf Lessons are back for Summer 2024! Detailed information was not available at the time of print.

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

REGISTRATION: Ongoing

SESSIONS: Session 1: June 24th-June 26th
Session 2: July 8th-July 10th
Session 3: July 15th-July 17th
Session 4: July 29th-July 31st
Session 5: August 5th-August 7th

COST: \$295.00 per session, per camper
(max of 10 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 Accredited Lifeguard staff, that provides instruction in First-Aid, CPR, open water safety, rescue techniques, rescue equipment, and Jet Ski rescue training along with other on the job training experiences as well. Our instruction, supervision, and activities are managed by experienced certified lifeguards and certified educators. Swimmers,

ages 11-14 who can swim a minimum of 25 yards unassisted in open water, are welcome to join 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 full

STARTS: July 15th

ENDS: July 19th

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 in open water.

Marine Science Camp

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

Attention, young marine science enthusiasts! Join us at New Logic Marine Science at Long Sands Beach, for an exhilarating journey into the ocean world! Focused on marine science conservation, this acclaimed camp immerses participants in the mysteries of Beluga whales, the science of Bioacoustics, and the fascinating realm of Sharks, Alligators, Crocodiles, and much more. Our interactive curriculum breathes life into marine science, underscoring the significance of ecosystem preservation. Dive into our Citizen Science project, contribute to ongoing research, and revel in the immersive outdoor learning environment with hands on and feet wet activities. Campers please 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 (max of 17 per session)

DATES: Session 1: July 15th-19th

Session 2: August 5th-9th

COST: \$400.00 Per Week

LOCATION: Long Sands Beach – drop off and pick up at
Long Sands Bathhouse

DAYS: Monday-Friday

TIME: 9:00am-2:00pm

Sailing 101 - 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 with 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 22nd and Saturday, June 29th

COST: \$70.00 Resident / \$80.00 Non-Resident

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. 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 until August 1st

STARTS: August 5th

ENDS: August 9th

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

LOCATION: Bog Road Fields

DAYS: Monday-Friday

TIME: 9:00am-9:45am



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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 until August 1st

STARTS: August 5th

ENDS: August 9th

COST: \$180.00 (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. Register by July 4th and receive a camp t-shirt.

REGISTRATION: Ongoing until July 18th

STARTS: July 22nd

ENDS: July 26th

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

LOCATION: York High School

DAYS: Monday-Friday

TIME: 10:00am-12:00pm

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: June 24th-June 28th

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.

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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 in the morning 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: Session 1: July 15th, 17th, and 19th
Session 2: August 12th, 14th, and 16th

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 in the 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: Session 1: July 15th, 17th, and 19th
Session 2: August 12th, 14th, and 16th

COST: \$180.00

LOCATION: Surfing area at Long Sands Beach - students meet at Liquid Dreams

DAYS: Monday, Wednesday & Friday

TIME: 5:00pm-7:00pm

Summer Tennis Lessons ARE BACK!!

We are thrilled to announce the return of summer tennis lessons with our new instructor, Madigan Murphy. Madigan, a former York Wildcat, and current member of the Salve Regina University Tennis Team will be offering lessons for ages 7-15. Detailed information was not available at the time of print but will be available online by mid-March.

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 will combine technical development and fundamental techniques with safety and an emphasis on FUN!

REGISTRATION: Ongoing

STARTS: June 25th

ENDS: August 1st

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





Age, Family Friendly, Community Yoga at Goodrich Park

All Ages

Join Maria Lovo for a morning of fun and playful yoga for the whole family! She'll focus on strengthening growing bodies and focusing busy minds. Each class will include breathing, stretching, pose practice, and engaging activities that are enjoyable for those of all ages. She'll feature adaptive exercises and sensory stimulation making this class accessible to every ability and experience level. 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 6th

ENDS: September 14th

COST: \$10.00 Per-Person or \$20.00 for Family of 3 or More – Price is Per Class

LOCATION: Goodrich Park, 200 US Rte 1

DAY: Saturdays

TIME: 9:00am-10:00am

Youth Outdoor Yoga

Grades 5-8

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 much-needed relaxation techniques. Students learn techniques for concentrating, reducing stress, and connecting to their bodies in a loving way, while still being playful and fun. 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. Register for grade entering in the fall.

INSTRUCTOR: Maria Lovo 500 RYT

REGISTRATION: Ongoing

STARTS: June 25th

ENDS: August 20th

COST: \$80.00 Resident / \$90.00 Non-Resident

LOCATION: Moulton Park

DAY: Tuesdays

TIME: 10:00am-11:00am

Connect with us on Social Media and the Web

Website: www.yorkparksandrec.org

Facebook: www.facebook.com/yorkmaine

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

Teen Outdoor Yoga

Grades 9-12

Our meditative, gentle yoga class provides a non-competitive environment for teens to explore more complex poses and asana as well breathing exercises, movement games, mindfulness activities, and much-needed relaxation techniques. Students learn techniques for concentrating, reducing stress, and connecting to their bodies in a loving way, while still being playful and fun. 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. Register for grade entering in the fall.

INSTRUCTOR: Maria Lovo 500 RYT

REGISTRATION: Ongoing

STARTS: June 28th

ENDS: August 23rd

COST: \$80.00 Resident / \$90.00 Non-Resident

LOCATION: Moulton Park

DAY: Fridays

TIME: 10:00am-11:00am

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.

Contacts for Other Organizations

Agamenticus Yacht Club:

Email: info@aycsail.org

Website: www.aycsail.org

York Little League:

Email: info@yorklitleleague.net

Website: www.yorklitleleague.net

York Youth Football:

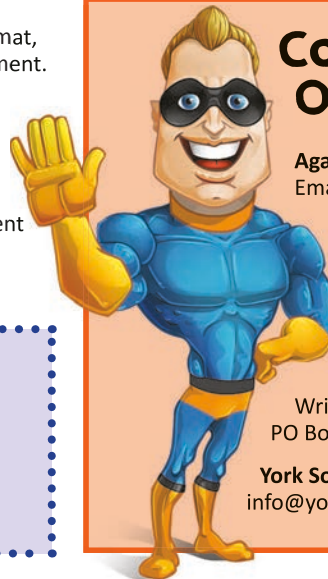
Website: www.yorkyouthfootball.com

Written Correspondence:

PO Box 411, York, Maine 03909

York Soccer Club:

info@yorksoccerclub.com



Enrichment Programs

Something For Everyone

Art Camp - Lets Create!

Incoming Grades 1 and 2

Ready, set, create! Art Camp artists will use a variety of materials to create masterpieces. We will explore 2D and 3D materials, 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 finished pieces. This camp is for everyone who loves art! Please bring snacks and plenty to drink.

INSTRUCTOR: Alexis Kochka - VES Art Teacher

REGISTRATION: Ongoing

STARTS: July 15th

ENDS: July 19th

COST: \$115.00 Resident / \$125.00 Non-Resident

LOCATION: Village Elementary School Art Room

DAYS: Monday-Friday

TIME: 9:00am-12:00pm

Beginner Guitar Lessons

Ages 8-12

Unlock the magic of music with Beginner Guitar Lessons! Whether you're picking up a guitar for the first time or looking to enhance your skills, this 6-week journey is designed for you. Led by our expert instructor, you'll explore the basics of music theory, learn essential chords, and strum your way to success. The grand finale? A special recital where you can showcase your newfound talents to family and friends. Embrace the joy of playing the guitar and let the melodies begin! Each participant must provide their own guitar. No idea what to get? Pat will help you pick the best beginner guitar for you!

INSTRUCTOR: Patrick Weston

REGISTRATION: Ongoing

STARTS: July 8th

ENDS: August 12th

COST: \$200.00 Resident

\$210.00 Non-Resident (Includes workbook)

LOCATION: Grant House Barn - 200 US RT1 in York

DAY: Mondays

TIME: 4:00pm-5:00pm

Beginner Guitar Lessons

Ages 13-17

Unlock the magic of music with Beginner Guitar Lessons! Whether you're picking up a guitar for the first time or looking to enhance your skills, this 6-week journey is designed for you. Led by our expert instructor, you'll explore the basics of music theory, learn essential chords, and strum your way to success. The grand finale? A special recital where you can showcase your newfound talents to family and friends. Embrace the joy of playing the guitar and let the melodies begin! Each participant must provide their own guitar. No idea what to get? Pat will help you pick the best beginner guitar for you!

INSTRUCTOR: Patrick Weston

REGISTRATION: Ongoing

STARTS: July 8th

ENDS: August 12th

COST: \$200.00 Resident

\$210.00 Non-Resident (Includes workbook)

LOCATION: Grant House Barn - 200 US RT1 in York

DAY: Mondays

TIME: 5:30pm-6:30pm

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Dance with Rhonda!

Ages 10+

Get ready to groove! Introducing Dance with Rhonda! An exhilarating experience for all dance enthusiasts, regardless of skill level, age, athletic ability. Join us in embracing the joy of movement, improving fitness, and relishing the vibrant energy of various music genres. Whether you're a seasoned dancer or just looking to have fun and stay active, this is your chance to dance through the summer and live a healthier, happier life. Let's move and groove together!

REGISTRATION: Ongoing

STARTS: July 10th

ENDS: August 14th

COST: \$50.00 Resident / \$60.00 Non-Resident

LOCATION: TBD - Instructor will reach out prior to 1st class

DAY: Wednesdays

TIME: 10:00am-11:00am

Get Ready for 5th Grade

Students Entering Grade 5 at York Middle School in 2024

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, and play some games! Enter fifth grade feeling relaxed and ready. Come join Ms. Dussault and have a blast learning everything you always wanted to know about 5th grade!

INSTRUCTOR: Laci Dussault, Teacher at York Middle School

REGISTRATION: Ongoing

STARTS: August 12th

ENDS: August 13th

COST: \$40.00

LOCATION: York Middle School

DAYS: Monday & Tuesday

TIME: 8:00am-11:00am

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 campers' 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!

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 22nd-July 26th

Session 2: July 29th-August 2nd

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

LOCATION: York Middle School Library

DAYS: Monday-Friday

TIMES: 9:00am-12:00pm





Mad Science - Junior Engineer's Lab

Grades 1st-6th

Put on your hard hat for this exciting week of Engineering Science! We will span the fields of Aerospace, Electrical, Structural & Mechanical Engineering. Explore the role that wind and the movement of air plays on simple flying devices, delve into Newton's Laws of Motion, create and test self-supporting structures and use your construction skills by assembling and controlling fun machines like pulleys, levers, hydraulic lifts, and robots! Put your skills to the test by building balloon racer cars, hovercrafts, cube puzzles, a hand crank flag waver, suspension bridges, rockets, and other mechanical devices. Come join us to learn how engineering helps us understand the way the world works!

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

INSTRUCTOR: Mad Science Instructor

REGISTRATION: Ongoing

STARTS: August 5th

ENDS: August 9th

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

LOCATION: York Middle School - Art Room

DAYS: Monday-Friday

TIME: 9:00am-3:00pm

Yorks Illustrated - Summer 2024

Photography from Beginner to Advanced With Seacoast Photography School

Ages 15 and Up

Researched and developed from over five years of teaching hundreds of adult and teenage learners, Seacoast Photography School has created a program of continuous improvement, from fundamental camera basics to advanced post-processing techniques. Although the classes are held online, hands-on practice sessions are done by the participants every week. All beginner and intermediate photographers are welcome to an interactive 6-week journey to embark on the path to Photographic Mastery! Our comprehensive program covers Camera Basics, Lighting, Composition, Exposure, Lenses, Post-Processing, and Online Presence. Secure your spot now and join us on this transformative photographic journey. Live sessions are scheduled in six consecutive Monday nights from 6:00pm-8:00pm beginning April 1st through May 6th.

INSTRUCTOR: David Mazur of Seacoast Photography School

REGISTRATION: Ongoing

STARTS: April 1st

ENDS: May 6th

COST: \$500.00 Resident / \$510.00 Non-Resident

LOCATION: Online lessons

DAY: Mondays

TIME: 6:00pm-8:00pm

Earth Day Conservation and Nature Photography Workshop With Seacoast Photography School

All Ages

Are you a nature enthusiast eager to capture the wonders of the natural world using your camera or smartphone? Conservation and Nature Photography are considered one of the most effective ways to educate and raise awareness of our environment and create action initiatives. Join us on Earth Day for a Conservation and Nature Photography Workshop. Beginners and intermediate photographers will learn the techniques of capturing nature through the lens. This

1-day workshop, takes place atop the serene surroundings of Mount Agamenticus. We'll begin in the Learning Lodge with essential instruction on focus, lighting, and composition and then, weather permitting, we'll venture outdoors to put what you've learned into practice.



REGISTRATION: Ongoing

DATE: April 26th

COST: \$95.00 Resident

\$105.00 Non-Resident

LOCATION: Mt Agamenticus

Summit

DAY: Friday

TIME: 1:00pm-4:00pm

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

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

Details not available at time of printing. Please check our website for date, time, location and cost.

Step Up To CRES

Incoming 2nd Graders in 2024

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 is CRES like? 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, spend time on the playground, go for a short hike in the "CRES Woods," sing songs and play games! There are so many amazing things that make CRES unique...from "Wake up and Read" to the "Mile Run" program, fun assemblies, Kids Cabinet, Civil Rights Team, and so much more!

This fun introduction to Coastal Ridge Elementary 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 and comfortable clothing to hike and play in!

INSTRUCTOR: Sarajane St. John
REGISTRATION: Ongoing
STARTS: August 12th
ENDS: August 12th
COST: \$40.00
LOCATION: Coastal Ridge Elementary
DAY: Monday
TIME: 9:00am-12:00pm

Theater Improv!

Ages 18-120+

Improv group will meet once a week to 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. Never done improv before? Come learn about the very fundamentals of comedy and improv in a relaxed fun environment.

INSTRUCTOR: Patrick Weston
REGISTRATION: Ongoing
STARTS: July 8th
ENDS: August 12th
COST: \$50.00 Resident / \$60.00 Non-Resident
LOCATION: The Grant House – 200 US Rt 1 in York
DAY: Mondays
TIME: 7:00pm-8:00pm



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Saturdays

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

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: April 1st

DATES: TBD – Mid August

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



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Youth Programs For Fall

Basketball

Our youth basketball program involves nearly 400 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. Look for In-House League information on our website, www.yorkparksandrec.org.

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 Southern Maine Hoops League in Saco, Maine. 3rd & 4th 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 our In-House League, be a York resident, and/or be a student in the York School System.

5th & 6th Grade Eligibility: Must be a York resident and/or be a student in the York School System.

Field Hockey

Grades 4-6

Field Hockey Field Hockey is BACK! The goal of this program is to create a fun and inviting learning experience for all. Each session will emphasize the basic skills, rules, and positioning used in field hockey. Although this is a clinic style program there may be some intra-squad scrimmages and scrimmages with other communities


(depending on numbers). These scrimmages would be low key and would be played as a part of the learning process. Equipment Needed: Shin guards, mouth guards, sticks, and goggles. Program details will be available in late July.

Football 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



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OPEN ALL YEAR ROUND!

7 on 7 Flag Football League - Fall 2024

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 to learn the game. We will create balanced teams to compete each week. The atmosphere is welcoming and friendly, as is the play. Please note schedules may vary depending on the number of teams. Sneakers and a team shirt must be worn each week (t-shirt provided). We encourage participants to wear sneakers and shorts or athletic pants without pockets.

REGISTRATION: Ongoing until August 19th
 COST: \$65.00 Resident / \$75.00 Non-Resident
 LOCATION: Outfield of Bog Rd. Baseball Field
 TIME: Evenings (depends on # of teams)

Grades 1 & 2 (Co-Ed)

STARTS: September 3rd
 ENDS: October 15th
 DAY: Tuesdays

Grades 3 & 4 (Co-Ed)

STARTS: September 4th
 ENDS: October 16th
 DAY: Wednesdays

Grades 5 & 6 (Co-Ed)

STARTS: September 5th
 ENDS: October 17th
 DAY: Thursdays



Hot Wheels Garage - Fall 2024

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 9th
 ENDS: October 7th
 COST: \$50.00 Resident / \$60.00 Non-Resident
 LOCATION: Goodrich Park Barn, 200 US Route 1
 DAY: Mondays
 TIME: 4:00pm-5:15pm

Soccer - Lil Kickers - Fall 2024

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 until August 30th
 STARTS: September 7th
 ENDS: September 28th
 COST: \$55.00 Resident / \$65.00 Non-Resident
 LOCATION: Coastal Ridge Elementary School
 DAY: 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

Yorks Illustrated - Summer 2024

Yu-Gi-Oh Club - Fall 2024

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 9th

ENDS: October 7th

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

LOCATION: Grant House Conference Room, 200 US Route1

DAY: Mondays

TIME: 4:30pm-6:00pm

2024 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. Whether you're looking for a slower, more leisurely walk, or striving to reach your personal best, we have an event for you.



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York Hospital 5K Road Race

Saturday, June 1st

Enjoy this early summer run through scenic York Village and York Harbor. For more information or to register go to <https://runsignup.com/Race/ME/York/YorkHospital5K> or contact York Hospital's Community Relations Office at (207) 351-2385 or email info@yorkhospital.com. Day of Race registration begins at 7:00am and race start time is 8:30am.

REGISTRATION: Online at: <https://runsignup.com/Race/ME/York/YorkHospital5K>

York Hospital's Community Relations Office
(207) 351-2385

or email: info@yorkhospital.com

Race Day Registration: 7:00am-8:15am

COST: \$10.00 pre-reg. 13 yrs. and under

\$25.00 pre-reg. 14 yrs. 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

Thursday, 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 Friday, March 1st, 2024 on the RunSignUp website. The race is limited to 1,000 participants so register early! The first 500 to register will be guaranteed a free race shirt in their requested size. 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 45th Annual Four on the 4th and we hope you join us!

REGISTER AT: [https://runsignup.com/Race/ME/York/](https://runsignup.com/Race/ME/York/YorkMEFouronthe4th)

[YorkMEFouronthe4th](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. Please note mail-in registration is not available. For more information on the Seacoast Road Race Series visit www.proportsmouth.org/seacoastseries.cfm



Annual York Days 5k

Sunday, July 28th

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 or the first 500 registered. 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 26th at 8:00pm!

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, note that mail-in registration is not available. For more information on the Seacoast Road Race Series visit www.proportsmouth.org/seacoastseries.cfm

Mt. A Trail Challenge 5K/1 Mile

Saturday, September 21st

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. 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 19th

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 21st

TIMES: 5K starts at 9:00am / 1 Mile starts at 9:20am

Volunteers are needed to help make this event a success. More information and the course map will be available at www.agamenticus.org and www.yorkparksandrec.org



460 US Rte 1, Kittery ME 03904

OPEN DAILY

Retail Store Hours
10:00 am to Close

Pizza Hours
11:30am to Close

Special Events Listed Chronologically

Memorial Day Parade

Monday, May 27th 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. The parade begins at 9:00am, ceremony to follow at First Parish Cemetery.

Old York Garden Club Annual Plant Sale

Saturday, June 1st - 9:00am-12:00pm - Rain or Shine

Join the Old York Garden Club for their Annual Plant Sale at the Grant House, 200 US Route 1 in York on Saturday, June 1st. 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. Experienced gardeners will be on hand to answer questions and help you locate the perfect plant. Pollinator habitat plants available! Credit cards accepted for plant purchases. Proceeds from the sale support OYGC undergraduate scholarship giving, Town of York civic beautification plantings, and community-wide outreach efforts.

Annual Four on the 4th Road Race

Thursday, July 4th

See details in Race Section of this catalog.

July Fireworks sponsored by Ellis Park Trustees at Short Sands on Thursday, July 4th at 9:30pm.



York Days 2024 & 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:

2024 York Days: July 26th-August 4th

2025 York Days: July 25th-August 3rd

2026 York Days: July 31st-August 9th

2027 York Days: July 30th-August 8th

York Days Lighting of the Nubble

Friday, July 26th-Sunday, August 4th

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.

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Annual York Days 5K

Sunday, July 28th

See details in Race Section of this catalog.

York Days Craft Fair

Saturday and Sunday, August 3rd & 4th - 9:00am-3:00pm

The York Days Craft Fair will be held at the York Beach Ball Field on Saturday, August 3rd and Sunday, August 4th from 9:00am to 3:00pm. 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

York Days Fireworks

Sunday, August 4th - 9:00pm

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

Annual Nubble Light Challenge

Saturday, August 3rd - 8:30am

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 provides 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 8:30am, at Sohier Park, as they swim through the gut at Nubble Lighthouse, and finish at Short Sands Beach. For more information visit: www.NubbleLightChallenge.org

National Night Out

Tuesday, August 6th - 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 third National Night Out for the citizens of York, complete with free food, 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 Village Fire Department Annual Parade & Muster

Saturday, August 17th - 12:00pm

Join the York Village Fire Department for its 108th Annual Field Day. The parade begins at 12:00pm 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. There will be food and games for kids.

Beach Bonfire Benefit at Long Sands Beach

Saturday, August 31st - 6:00pm-10:00pm

(Tide may cause an earlier end)

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 together the York Parks & Recreation Department and York Community Service Association carry on this end of summer community tradition. The Beach Bonfire Benefit offers live entertainment and delicious concessions, enticing raffles, a food drive benefitting 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 would not 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 delighted to be involved!



Battle At The Beach 2024!

Pickleball Tournament in York, Maine!

Ages 15+

Experience the thrill of Pickleball against the scenic backdrop of York, Maine! It's the BATTLE AT THE BEACH tournament hosted by York Parks and Recreation, York Athletic Boosters, and York Hospital. Just steps away from

the idyllic Long Sands Beach, this event is more than a competition — it's a celebration of community, healthy living, and Pickleball! Tournament proceeds will contribute to the York Community Service Association and York High School Athletic Boosters. Enjoy pickleball, connect with fellow players, and give back to the community.

Catering to all skill levels from beginner to seasoned pros, participants can expect exciting matches and a chance to enjoy the ocean breeze. Register now for a weekend filled with thrilling matches, coastal vibes, and the camaraderie of pickleball.

REGISTRATION: [Online at PickleballBrackets.com](https://www.PickleballBrackets.com)

Search "Battle at the Beach York Maine"

COST: \$70.00

LOCATION: York High School

DATE: September 21st and 22nd



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 of York website and the Parks and Recreation Department website at www.yorkparksandrec.org.

July

- 4 Big Picture Band
- 5 New Magnolia Jazz Band
- 6 Johnny Bubar
- 7 Gerry T Band
- 8 Brian Walker
- 11 Miraj
- 12 ELVIS
- 13 After Hours Band
- 14 Fred Dame Jr.
- 18 Key Elements Band
- 19 All Together Now (Beatles Music)
- 20 Sing Along with Rich
- 21 Dover Community Band
- 25 Cool Beans
- 26 Merrimac Valley Concert Band
- 27 Truth About Daiseys
- 28 Johnny Bubar

August

- 1 World Famous Grassholes
- 2 Seacoast Wind Ensemble
- 3 Amherst Town Band
- 4 60's Invasion
- 8 ELVIS
- 9 Windham Swing Band
- 10 Compaq Big Band
- 11 Mark Marquis Band
- 15 Eastern Sound Band
- 16 Amherst Brass Quintet
- 17 Morlocks
- 18 Fugitive
- 22 North River Music
- 23 Bel Airs
- 24 The Visitors
- 25 Stone Broke
- 29 Knock on Wood
- 30 Paul Marquis
- 31 Chris Desmond



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Coming This Fall & Early Winter..

More event information will be available in the 2024 fall and winter brochure



Festival of Frights Parade with "Trunk or Treat"

Friday, October 25th

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 25th. The event will consist of a Halloween costume parade that begins at Short Sands on the basketball courts at 4:30pm and finishes at the Center for Active Living at 36 Main Street. If you'd like to be in the parade, please line up at Short Sands basketball courts 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 the Center for Active Living. Get those costumes ready and join us for a night of fun!

REGISTRATION: Drop In

COST: FREE

LOCATION: Parade starts at Short Sands Basketball Courts and ends at Center for Active Living
"Trunk or Treat" immediately following parade.

DAY: Friday, October 25th

TIME: Parade line starts to form at 4:15pm
Parade leaves for the Center for Active Living at 4:30pm



Annual Veterans Breakfast

Monday, 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! Location TBD.

Nubble Holiday Lights

Saturday, November 30th–February 1st

Visit Sohier 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.

2024 Festival of Lights Parade

Saturday, December 7th

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.



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

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Camp Supervisor

Mid-May-Late August
40 Hours Per Week

Camp Counselors

Mid-June-Mid-August
40 Hours Per Week

Camp Nurse

Seasonal
30-40 Hours Per Week

Recreation Intern

Mid-May-Late August
Hours Negotiable

Custodians

Late April-Mid-October
40 Hours Per Week

Performing Arts Director

Year-Round
15-20 Hours Per Week

Basketball Officials

Swish Summer League
Late June-Mid-August
4-8 Hours Per Week

Parks Maintenance

Mid-June-Late August
40 Hours Per Week

Cliff Walk Ranger

Mid-June-Late September
32 Hours Per Week

Mt. Agamenticus Park Rangers

Early April-Mid-November
24-40 Hours Per Week

Mt. Agamenticus Volunteer Outreach Internship

8-Week Commitment
July-Mid-October
16 hours Per Week

Gift Shop Clerk

Sohier Park/Nubble Light
Early May-Late October
20-30 Hours Per Week

Lifeguards

Mid-June-Labor Day
Full Time

Applications are available online or at our office
yorkparksandrec.org • 200 US Route One • York, Maine

Thank You Sponsors!

Thank you to our sponsors! Their generous support allows us to print a quality brochure and helps support the programming available to the community. We encourage everyone to support these local businesses and organizations with their patronage.

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207-351-8430

Union Bluff
207-363-1333

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207-363-1986

Village Scoop Ice Cream
207-363-0100

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207-363-3846

When Pigs Fly
207-438-7036

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207-351-8188

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York Community Service Association
207-363-5504

York Education Foundation
yorkeducationfoundation.org

York Harbor Marine Service
207-363-3602

York Hospital
207-363-4321

York Land Trust
207-363-7400

York Maine
Rotary Club
207-396-0871

York Police
Department
207-363-4444

York's Wild Kingdom
207-363-4911

YorkWise
info@yorkwise.org



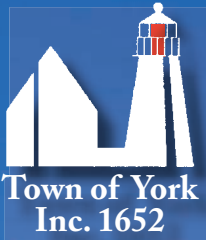
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