

Community Center Feasibility Study

In 2023 the community voted to approve \$100,000 for the Town to conduct a Community Center Feasibility Study.

The Town has created an ad-hoc committee to solicit proposals for the feasibility study and work with firms to carry out the feasibility process. This committee is made of representatives from the Selectboard, Town Managers Office, Parks and Recreation Board, Parks and Recreation Department, Public Schools, Center for Active Living, Planning Department, Youth Sports Community, Budget Committee and the Public Library.

To stay up to date on the feasibility study go to [www.yorkparksandrec.org/
community-center](http://www.yorkparksandrec.org/community-center).

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!

Warning, dates in calendar are closer than they appear!

Nothing hurts a recreation program faster than participants who wait until the last minute to register. Please pay close attention to the registration dates.

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 to receive a refund.

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 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.

Pictures

We use 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.

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.

Scholarship Assistance

With the generous support of York Hospital and York Community Service Association, the York Parks and Recreation Department offers 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.

Town of York

Selectboard

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

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

Office Location:

200 US Route 1, York, Maine
Grant House at Goodrich Park

Town Manager

Peter Joseph

Administration

Peter Murray, Parks & Recreation Director
Ryan Coite, Parks Superintendent
Andy Kaherl, Recreation Coordinator
Robin Kerr, Parks Natural Resource Manager
Nick Darby, Coordinator of Events & Enrichment
Marquis MacGlashing, Sohier Park Gift Shop Manager

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Mike Sullivan Scholarship

The Mike Sullivan Scholarship has been established by the Parks and Recreation Staff, in honor of the first Parks and Recreation Director, Mike Sullivan. The scholarship is awarded annually to a York High School Senior who has shown promise as a

young leader through their commitment to building community. Eligible applicants are York High School Seniors, planning to continue their education, who demonstrate the qualities of good character, leadership, and service. Application information for any YHS Senior wishing to apply, can be found at the York High School Guidance Office.

We are pleased to announce the 2024 recipient, Grace Clayton, who is studying Nursing at Plymouth State University. She would like to be an Emergency Room and Traveling Nurse. Grace is looking forward to spring and will be playing lacrosse for Plymouth! Congratulations Grace, we wish you every success and we know you'll represent yourself, your family, and the Town of York well!



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. In collaboration with 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 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 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

Holiday Lights

We invite you to visit Sohier Park to view the Lighthouse, adorned in Holiday Lights, throughout the season, beginning Saturday, November 30th through February 1st. Lights will be on each evening from dusk until midnight and again the hour before sunrise.

Gift Shop & Restroom Hours of Operation

Restrooms: End of April-Late October (7 days per week)

7:00am – 7:00pm

Gift Shop: May – October (7 days per week)

9:00am – 6:00pm (9:00am-5:00pm fall hours)

Online Giftshop

Ongoing and stocked with one-of-a-kind items, ideal for holiday gift giving.

All proceeds go to the upkeep of Sohier Park and Nubble Light.
www.nubblelightstore.com

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)



To honor each child's individuality, creativity, and intellectual potential through an enriched Montessori educational program





Mount Agamenticus Conservation Region

contains 15,000 acres of conservation land set amidst the largest expanse of coastal forest between Acadia and New Jersey. The area supports the largest assemblage of species at or near the northern limit of their range within the state and contributes significantly to Maine's biological diversity.

The region is known for its rich natural resources including many vernal pools, rare plants, and animals.

Mount Agamenticus (Mount A) is also a favorite destination for sightseers and outdoor enthusiasts, and its popularity continues to grow considerably. With a short trip up Mountain Road visitors are rewarded with miles of well-marked and maintained trails for designated uses such as hiking, biking, all-terrain vehicles, snowshoeing, and Nordic skiing. A scenic summit park offers a universal access trail, lookouts with incredible views, and is a hot spot for viewing the annual raptor migrations.

State, local, and non-profit landowners are working together to protect this land and to balance wildlife and water quality along with sustainable recreation. These landowners make up the Mount Agamenticus Steering Committee and include: the Towns of York and South Berwick, York Water District, Kittery Water District, Maine Department of Inland Fisheries and Wildlife, Great Works Regional Land Trust, and York Land Trust. Together, these partners strive to maintain safe, responsible, and enjoyable public access to Mount A's trail system while conserving the unfragmented forests and biological richness that exists here. Thanks to the continued collaborative conservation efforts of our partners, seasonal work crews, volunteers and donors, Mount A continues to be a natural treasure and an invaluable resource for wildlife, water, and recreation!

Things to Do at Mount A

Spend time exploring the Mount Agamenticus Conservation Region and strengthening connections with the outdoors. Here are some ways to experience Mount A through work and play!

StoryWalk® Year-Round

The StoryWalk® at Mount A includes reading stations placed along the western side of Ring Trail. The featured story is generally seasonal in nature and is swapped out quarterly. Access the Ring

Trail from the main Base parking area on Mountain Road. The story begins after the road crossing and continues along Ring Trail and up Witch Hazel trail to finish at the summit.

Summit Learning Lodge

The Learning Lodge will be open on weekends from 12:00pm-4:00pm through October 13th and closed for the winter and spring. Opening day for the 2025 season is Saturday, May 24th. The Learning Lodge is home to educational displays and hands-on activities as well as our gift shop. Any additional hours will be posted on our website.

Gift Shop

The Mount A gift shop is open during Learning Lodge hours. Stay tuned for holiday season "pop up" hours or contact the Conservation Office to schedule a special time to visit. All purchases made at the gift shop directly support the work at Mount A, from the upkeep of the trails and facilities to our educational outreach efforts in the Learning Lodge and beyond! 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. Contact us with your ideas and thank you for helping us grow!

Groups

All organized groups and parties of ten or more people must fill out the online Group Registration form available at Agamenticus.org under *Planning Your Visit*. The Learning Lodge is available May-October for school & camp group visits, and other pre-scheduled groups for educational programming. We'll work with you directly to customize your visit once we receive your form! We also have guided options for smaller groups (read below). Guided options are dependent on staff availability.

Small Group Guided Program Offerings

(12 person maximum) Available Spring-Fall.

Youth Intro to Hiking & Leave No Trace

This 2-hour program is for beginner and first-time youth hikers (with their grown-ups). Through a variety of fun games and hands-on activities in our summit Learning Lodge, participants will receive an overview of the 7 principles of *Leave No Trace*, learning how to properly *Plan Ahead and Prepare* for a hike. Youth participants will then work together with staff to plan our group's hike. We'll hit the First Hill trails at Mount A, kids in the lead, taking plenty of time to stop along the way! Our hike may range from moderate to difficult. Each session is limited to 12 people; youth participants must be accompanied by at least one adult. Cost: \$10/person



Watershed Model

This 1-hour program includes a Learning Lodge visit. *We all live in a watershed!* Learn about our local watershed and how human actions directly impact water quality. Participants will discover how water travels through a watershed through direct hands-on interaction with a 3-D landscape model. By using everyday kitchen materials to represent chemicals and loose soil, participants can watch how pollutants travel through their community. This program emphasizes pollution prevention with a follow-up demonstration that shows how Mount A is working to reduce erosion and improve watershed health. Minimum 4 / Maximum 12 people for each session. Cost: \$10/person.

Tree ID Hike

Did you know that the Mount Agamenticus region is the most biologically diverse place in the state of Maine? For many species, this area is either in their northern or southern-most range! Join a Mount A staff member for a 1-hour hike along our First Hill Tree Identification loop and learn how to identify some of the unique tree species that live here. Minimum 4 / Maximum 12 people for each session. Cost: \$10/person. *This hike is also available as a self-guided loop.* You can find more information about the route and trail difficulty, as well as a PDF guide to download, on our website, under *Trails and Activities*: <http://agamenticus.org/planning-your-visit/trails>.

All small group offerings can be modified for physical accessibility! Please let us know when you fill out your form.

Attend Guided Programs

Halloween in Nature with the Center for Wildlife

Thursday, October 24th, 5:30pm-7:00pm date subject to change

Ever wonder what those bumps, howls, hoots and screeches in the night are? Come find out with the Center for Wildlife and Mt. Agamenticus! Be sure to wear your Halloween costumes for pictures with Center for Wildlife animal ambassadors. We will meet at the

summit of Mt. A for an educational program featuring Center for Wildlife ambassador animals and then grab our flashlights for a twilight hike. We will call for owls and listen for other animals that go bump in the night! Registration required. All proceeds from our joint programs with the Center for Wildlife help fund the work of wildlife and environmental conservation conducted by our two organizations!

Spring programs with the Center for Wildlife will be announced over the winter.

Winter Solstice Sunrise Walk

Saturday, December 21st, 6:30am-7:30am

We invite you to welcome the first sunrise of winter at the summit of Mount Agamenticus! We'll bundle up and observe the sleepy shrubland together with a quiet walk or snowshoe of our Big A trail. Hot drinks provided. Limited to 15 participants. A donation of \$5 per person directly supports the work of the Mount Agamenticus Conservation Program.

Access Road gate will open at 6:00am. Plan to meet in front of the summit Lodge.



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John M. Spero, DMD, FAGD
207-363-2406

Special Events

Mt. A Trail Challenge 5K/1 Mile

Saturday, September 21st

See Full Details in Road Race Section

Fall Workdays

Volunteer Community Workdays - Saturdays, 9:00am-12:30pm

Let's work together to take care of Mt. A! Help us wrap up the season with a fall Community Workday! Spring dates will be posted on our website.

September 21st: Mt. A Trail Challenge

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

October 19th: Shrubland Management

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. Chips will be saved for future use as mulch in Mount A's plant beds.

Please bring work gloves, sturdy shoes, water bottles, and snacks. We provide tools and post-workday refreshments. To register for a workday, e-mail bjankowski@yorkmaine.org.

MORE WAYS TO GET INVOLVED

Adopt a Trail

This program is an all-volunteer effort that provides community members and trail users with an opportunity to become involved in conserving and maintaining the many miles of multiple use trails threaded throughout the Mount Agamenticus Conservation Region. Volunteers can help by "adopting" a favorite trail and take responsibility for its upkeep. Adopters assist the Conservation Crew by monitoring, maintaining, and enhancing trails and trailhead facilities. Once trained, Trail Adopters work at their own pace and on their own schedule with a minimum requirement of a trail visit once in the Spring, Summer & Fall.



Join the Friends of Mount A

The Friends of Mount Agamenticus, a non-profit volunteer group, are seeking engaged community members to help plan and advocate for the Mt. Agamenticus Conservation Program. Friends contribute by helping with the Summit View newsletter, special events, fundraising, and assist program staff in Learning Lodge activities.

To sign up for a program or workday, donate, or to learn more about the Mount Agamenticus Conservation Program please visit our website: www.agamenticus.org.

You can also connect with us on Facebook: @MountAgamenticus and Instagram: @mtagamenticus or contact the Conservation Office at (207) 361-1102.

Save the Date! Big A 50K

Saturday, May 3rd, 2025

Check website for updates, as date may be subject to change.

Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. Full write up in Road Race Section of this catalog.

The Center For Active Living

The Center for Active Living is located at 36 Main Street in York Beach and operated by the Town of York Parks and Recreation Department. The Center's staff is dedicated to providing individuals in our community 50+, 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 in operation 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's office and at the York Parks and Recreation office, as well as being posted on the York Parks and Recreation website. In order to receive the monthly newsletter and periodical emails, you need to register on a yearly basis. Registration for 2025-2026 begins in May 2025 and continues year-round. To register, call the Center, 207-363-1036, or stop by during regular business hours.

Most programs are open to all area residents with priority given to York Residents. There is an annual Non-Resident User Fee of \$25 (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. Registration for York Residents will be the last Wednesday of the month for the following month, from 9:00am-11:00am, and is restricted to walk-in registration only. Doors to the center will open at 8:30am. Sign-in, pick up a registration form, and have a cup of coffee or tea and a treat while you wait your turn. No registration will be taken prior to 9:00am. From 11:00am-3:30pm walk-in registration, phone and online registrations are available. The last Thursday of the month and thereafter registration is open to Non-Residents and York Residents.

Programs and activities change from month to month. Programs vary from a few times a week to once a season or year. Some programs are one time while other programs are done in a series or are on-going throughout the year or season. Please see *The Scoop* monthly for specific programs and details. We tend to



program according to the following areas:

- Board and Card Games
- Creative Arts
- Education/Health
- Exercise and Wellness
- Lunch Program
- Nature and Outdoor Recreation
- Special Events
- Sport
- Trips
- Other Programs

We always welcome program ideas from participants and potential participants. It is our goal to accommodate everyone 50+ years of age who would like to participate. If you need an accommodation, please let us know and we will do our best to provide. Programs are subject to minimum and maximum participation numbers. Please, register early to avoid disappointment of a cancellation or waitlist. Additionally, if you are a York resident, scholarship opportunities are available.

Please see *The Scoop* each month for pricing and registration information or call the Center office at 207-363-1036.

BOARD AND CARD GAMES

All card and board games are drop-in, self-directed programs. There is no registration for any of these programs, with the exception of Bridge and Mahjong Lessons. 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 game of your choosing, based on space availability. Please note that days and times are subject to change, consider checking with the Center or *The Scoop* to confirm.

Bridge

Tuesdays, 1:00pm; Lessons: Thursdays, 1:00pm

Cribbage

Tuesdays & Thursdays, 10:00am-noon

Dominoes / Mexican Train

Mondays & Wednesdays, 1:00pm-close

Hand and Foot

Tuesdays, 1:00pm-close

Mahjong - Chinese/Taiwan

Thursdays, 1:00pm-close

Mahjong - Lessons

Thursdays, 1:00pm-close

Mahjong - American

Fridays, 1:00pm-close

Poker

Mondays Noon-close
Wednesdays 1:00pm-close

Scrabble

Mondays, 1:00pm-close

Wii Bowling and other Wii Games

Contact the Center for times and days

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All inquiries are welcome.
Please call us at 207.361.7311.

www.Hearttoheartagelesslove.org

CREATIVE ARTS PROGRAMS

Craft Programs

Each month you will find one or two craft programs offered at the Center. These classes are taught by volunteer instructors and are seasonally themed.

Crafters Gathering

Tuesdays, 1:00pm-3:30pm

Free Drop-In, No Registration Necessary

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.

EDUCATION & HEALTH PROGRAMS

Each month we provide 1-2 education programs covering a variety of topics including community agencies, elder law, local history, nature, cooking and wellness. Most education programs are free, have limited number of spaces, and require advanced registration. Check *The Scoop* monthly, for up-to-date education program information.

TECH HELP

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. Check *The Scoop* under Education for upcoming days and times or give the Center a call.



CAL Punch Cards

CAL Punch Cards may be used for Punch Card required programming such as Shake It Up, Line Dancing, and Balance & Fun Workouts.

5 Punches - \$25.00 / 8 Punches - \$40.00

EXERCISE AND WELLNESS PROGRAMS

Exercise with Jonna

Instructor: Jonna Dijkstra, ACE certified personal trainer and Senior Fitness Consultant

Throughout the year, Jonna will be providing different exercise programs: Balance/Fun and Workouts. This program works on keeping your body strong, mind sharp and is individualized to meet your specific needs! Being fit is an excellent means of maintaining your independence as you age. Jonna's programs are year-round.

Balance and Fun Workouts

Tuesdays 10:00am-11:00am

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. Classes meet year-round twice a week for 4 weeks.



Exercise by Video

Mondays & Wednesday 9:00am-9:45am and Fridays 8:30am-9:15am

Drop-In Program

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

Line Dancing

Instructor: Diane Anderson

Wednesdays 10:00am-11:00am and/or Fridays 9:30am-10:30am

This is a fun exercise class that teaches the basics of line dancing. 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.

Shake It Up

Instructor: Rhonda DiCarlo

Tuesdays 9:00am-10:00am and/or 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. There is no dance experience or skills necessary to "shake it up". Class will begin with a warm-up and end with a cool down. We will also 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.

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. Cost: Free.



LUNCH PROGRAM

Basic Information

Meals are homemade on premises by our Chef, Sean Carey.

Lunch is available Tuesday through Friday - Tuesday, Thursday, and Friday are dine-in only; (Deliveries and pick-ups are available for those that meet the requirements below). Wednesday you may select dine-in or pick-up.

Limited number of pick-ups and deliveries are available Tuesday-Friday for individuals who, due to medical/health or mobility conditions, are unable to dine-in at the Center. If you want to be considered for pick-up or delivery, please contact CAL Staff at 207-363-1036.

For Dine-In: Please arrive by 11:30am, sign-in at the reception desk, and set-up your eating space (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).

For Pick-up on Wednesdays: Please arrive after 12:20pm for lunch pick-up on Wednesdays. We ask that you park your car and enter the building. Check in with the front desk volunteer to request your preordered lunch.

Reservations are required. Please make your reservation no later than the Friday prior to the week you desire a meal. If reservations have reached capacity, feel free to call back at a later time to see if anyone has cancelled and if there is a meal available.

Cost: \$5.00 per meal per individual except when we're offering a special meal, which may be a higher cost.

Meal cancellation or no show: If you need to cancel a meal, please contact the center at least two days in advance in order to obtain a refund. For dine-in meals, if you are not here before noon, your meal may be given away. For pick-up meals, if you are going to be later than 12:45pm please call to let us know so we save your meal.

Café

Mondays–Fridays, 9:00am–11:00am

Dining Room

Start your day by coming to the Center for coffee/tea/hot cocoa and home-made muffins and other treats for free! This is a great way to meet other people. No reservation needed, just stop by and enjoy the treats and experience by yourself or with others. Cost: Free.

Muffins

Muffins are available Tuesday through Friday; see calendar for muffin of the day.

Pre-orders are required: Please place your order no later than the Friday prior to the week you desire the muffins.

Pick-Up: Muffins may be picked up from 10:00am-3:30pm.

Cost: 5 muffins for \$2.50; 10 muffins for \$5.00

NATURE AND OUTDOOR PROGRAMS

Throughout the year, we offer a variety of nature and outdoor programs that are a combination of education and activity. Programs are conducted at the Center, Mt. Agamenticus, Highland Farms, Fuller Forest and other nature areas in the Greater York area. Below are a few of the programs planned for this winter and spring. Some programs are free while other programs have a fee. All programs except for ice skating require advanced registration so we can plan accordingly.

Nature Walks

Throughout the year, we invite older adults to partake in nature walks at Mt. Agamenticus (Mt. A.) or other natural areas in York with different focuses (e.g., seasonal changes, bird watching). This is a great opportunity to enjoy the outdoors with other people and learn a bit about our natural environment. Some of the walks will be on the Mt. A universal access trail, which has benches and is a hard gravel surface, enabling most people to participate. Other walks will be more strenuous.

Outdoor Games

Spring

Come try your hand at shuffleboard, horseshoes, corn hole, ladder ball, or other lawn games. There will be opportunities for drop-in as well as organized sessions. Cost: Free.

OTHER PROGRAMS

AARP Tax Aide

February – April

This is a program of the AARP Foundation that provides free filing of state and federal tax returns by trained volunteers. To participate in this program, you must make an appointment. The Center for Active Living will begin taking appointments in mid-January. Keep your eyes on *The Scoop* in January for details. Cost: Free.



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Book Club with Lisa MacGlashing

Join Lisa each month. Gain a new love for reading and make new friends. Books are provided by York Public Library, which you pick-up and return to the Center for Active Living. We are able to obtain books in regular print, large print, and audio versions so everyone can participate. Cost: Free but advanced registration required. Each month's reading will be announced in *The Scoop*. Cost: Free.

Bingo For Fun

Fridays, 1:00pm-3:00pm (monthly)

We play for candy bars with special Bingo themed prizes once each month. Consider joining us for lunch before BINGO. Cost: Free






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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 privately with you to discuss any concerns or needs you have, or 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, if possible. To make an appointment, contact 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.

CAL's Coffee House Vinyl Café

We have a new turntable and we're ready to listen to our vintage records! Bring in your favorites to share with the group and we may end up having a spontaneous dance party while we reminisce. With our new turntable we can accommodate both 45's and LP's

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

Conversational French

Parlez vous francais?

Join Christine Yanco and our new Conversational French group to

get a French refresher or get started learning a new language. Maybe you have an upcoming trip planned and need to learn a few simple phrases to help with communication in a French-speaking country. All levels welcome.

Drumming Class

Drumming Circle with Patsy Onatah. Bring your own drum/small percussion if you have it. Patsy brings extras to share if you don't have one.

Sing Along Songs 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.

Movie Mondays

1:00pm-3:00pm

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

SPECIAL EVENTS

Keep an eye on *The Scoop* and York Parks and Recreation website for upcoming special events to include activities and live entertainment!

Late Night at The Center

Come and hang out with friends at The Center for cards, games, puzzles, crafts, or just to socialize. Some late nights will include potlucks. Sign up at The Center.

Entertainment

Tired of those winter blues? Join us for music, magicians, shows, movies, and themed events. Entertainment free; lunch: \$5.00 unless special meal, which may be more.

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Jingle Holiday Fair

Friday & Saturday, November 22nd-23rd – 9:00am-3:00pm
Another great tradition! Available will be Maine-made items, holiday baskets, crafts, food, and fun. Please contact the Fair Committee at CAL for information or volunteer opportunities.

Holiday Party Hosted by the CAL Social Committee

December 2024

We will be hosting a holiday party with great food, festive games, and seasonal music. There will be raffles, a Yankee swap, a sing-along, and themed bingo. Santa will also make an appearance.

Winter Vacation Camp

January 2025

Back by popular demand. We will be offering camp Monday-Friday, from 8:00am to 12:00pm. Camp includes local trips, tours, and exploration of the area. Activities such as crafts, movies, games, will abound. Snacks and lunch are served daily. Come have fun with your CAL Counselors and make friends and memories.

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. Cost: \$14.00 (bowling and bowling shoes) plus any food or beverage you choose to purchase. Consult The Scoop for each month's date.

Bowling League

Fall 2024/Winter 2025

Join us once a month. Days and dates to be determined. Please see Art Jacobs at CAL to sign-up.

Introduction to Pickleball

Spring 2025

If you've always wanted to learn how to play pickleball or feel that you need to practice your skills before you're up for a full game, then 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

Spring 2025

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 need equipment contact Art Jacobs. Cost: Free.



TRIPS

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. Typically, we offer 2-4 trips a month. Trips will be listed in *The Scoop* and require early registration as we often need to purchase tickets in advance.

Some trips offered:

Restaurants - Monthly for Breakfast, Lunch and Dinner
 Museums
 Sporting Events
 Concerts
 Seasonal Destinations
 Theatre
 Tours
 Shopping

Extended Travel Trips

We will be partnering with Diamond Tours and Collette Tours to offer trips for your pleasure.



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BOSTON POST CANE

Under the direction of the Board of Selectmen, the Senior Citizen Advisory Board, on a yearly/or determined basis, will identify and honor the recipient of the Boston Post Cane.

The Boston Post Cane was established as a New England tradition that began in 1909. The Boston Post Cane was created by the Boston Post Newspaper as a feature for towns to identify and honor their oldest resident, in a bid to increase readership. York was one of approximately 700 towns to receive a cane, made of ebony and topped with a 14-karat gold knob engraved with the town's name. Enclosed in a glass case, York's cane will be on permanent display at the York Public Library and the honorees will be given a framed certificate to commemorate the day they were named as the cane's recipient.

The Senior Citizen Advisory Board is seeking the community's help in identifying the oldest resident of the Town of York for this honor, through a nomination process. The nominee must live, or have lived, in the Town of York for at least 1 year, prior to being eligible. Final determination is conducted on a case-by-case basis and any other extenuating circumstances. All honorees identified in the community will be honored during a yearly event. The committee will be accepting submissions for new recipients of this honor, throughout the year.

To nominate a resident to be considered for this honor, please submit a completed nomination form. Forms may be found on the town's website, www.yorkmaine.org. If preferred, hard copy nomination forms can be made available by contacting Senior Citizen Advisory Board Chair, Deborah Meyers, djmeyers6666@yahoo.com or by calling Diana at the Town Manager's Office, 207-363-1000.



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Non-Profit Community Partners



Parks and Recreation is excited to partner with Yorkwise to increase teen programming for the York community. YORKWISE is a non-profit, community-based organization dedicated to promoting drug and alcohol prevention and education for York's youth and families.

Through a generous sponsorship, Parks and Recreation is hiring a dedicated Teen Program Coordinator that will lead this new initiative. Go to www.yorkparksandrec.org/teen-programs for more information.



We have a **MAJOR** update!

Your favorite four-legged member of the York Police Department is growing up right before our eyes! Major the Comfort Dog is turning 1!

Standing in at 30 inches tall, 36 inches long and 70 pounds, Major definitely isn't the size of a puppy anymore but he is still stealing and healing hearts everyday!

Major helps victims through the aftermath of abuse, trauma, crisis, violence, and loss. He also helps 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 with his handler, Officer Mike Taddei. You never know where you might run into the pair!

Follow along on Instagram and TikTok @majorthecomfortdog to see what Major is up to on a regular basis!




@majorthecomfortdog

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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



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Opening: Sep 13 / 5-7pm

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OCTOBER FEST POETRY SLAM

November & December
SMALL WORKS EXHIBIT
Opening: Nov 8 / 5-7pm

Nov 22 / 5-7pm
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December 18
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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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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

Adult Year-Round Programs

Punch Card System

Punch Cards are available for:

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.

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

Basketball - Adult Open Gym

The York Parks and Recreation Department offers an opportunity for adults to gather on Tuesday evenings for pickup basketball.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 /
Full Season Pass: \$200.00

LOCATION: York Middle School

DAYS: Tuesdays

TIME: 8:00pm (Time subject to change during school
basketball season.)

Volleyball - Adult Co-Ed

Sundays & Wednesdays

This program is designed to meet the needs of the beginner, intermediate, or advanced volleyball player. All are welcome to join in the fun. Teams will be chosen each session. Pick-up games will be played at the York Middle School, play emphasizes fun with a competitive edge. Players must be 18 years of age and older to participate.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 /
Full Season Pass: \$200.00

LOCATION: York Middle School Gym

DAY/TIME: Sundays All Levels – 8:00am-10:30am

Wednesdays Intermediate/
Advanced - 7:00pm-9:00pm

Schedule subject to change during the

Winter Sports Season



Family



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Fax: (855) 654-3271

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Christopher Sarno, M.D.

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Matthew Chouinard, PA-C

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Indoor Pickleball - Adult

Indoor Pickleball at York Middle School Sunday evenings and, starting October 3rd, on Thursday evenings, too!

Pickleball is growing and if you haven't tried it, you should! If you are a beginner, don't feel intimidated as pickleball can be played by all levels of players at the same time. Each session is staffed and will have equipment available for your use, however those who have become hooked have preferred to purchase their own paddles.

REGISTRATION: Drop In with Punch Card

PUNCH CARD: 5 Punch: \$20.00 / 20 Punch: \$80.00 / Full Season Pass: \$200.00

LOCATION: York Middle School Gymnasium

SCHEDULE: Sundays: 6:00pm-9:00pm - Open Play on Courts 1 & 2, Beginner Lessons on Court 3
Thursdays: 7:00pm-9:00pm - Open Play - Starts October 3rd

Unified Pickup Basketball - All Ages

Pickup night for individuals who are neurodivergent or have intellectual disabilities. Participants practice dribbling, passing, and shooting every week before scrimmaging. It's a multi-aged, multi-skilled group focused on inclusion, acceptance, and most importantly, having FUN! We especially welcome those who have or are currently playing Unified Basketball. We are dedicated to promoting social inclusion through shared sports training and competition experiences.

REGISTRATION: Drop In

COST: FREE

LOCATION: York Middle School Gymnasium

DAY: Mondays

TIME: 6:30pm-8:00pm (subject to change during Middle School Basketball Season)

Adult Indoor Soccer Coming This Fall!

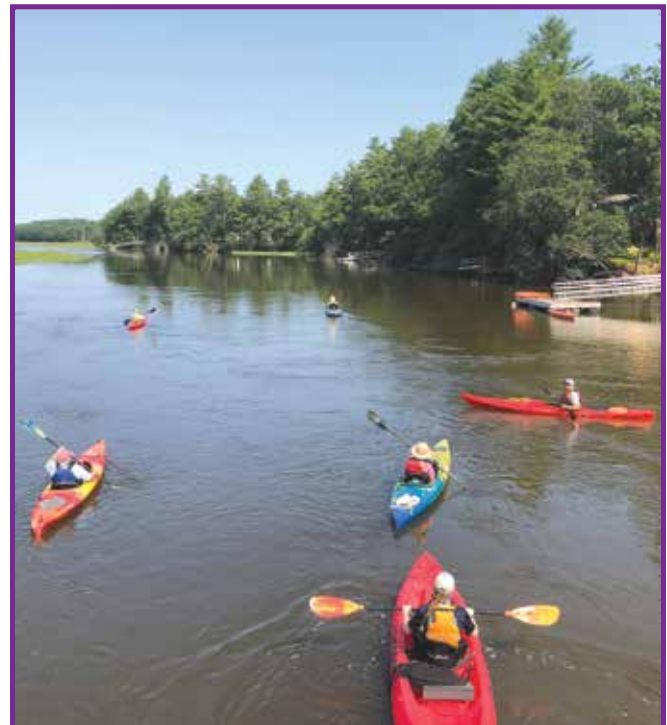
Visit our website, www.yorkparksandrec.org in September for more information.

Jacki's Dance Aerobic Program - Fall

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 whether this class is right for you, please try a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing

STARTS: September 9th



Kayak Programs

The York Parks & Recreation department received a grant from the York River Stewardship Committee to provide free kayaking excursions on the York River. Basic kayak instruction will be provided along with information about the ecology of the river. Our goals are to help paddlers experience and understand the importance of preserving and caring for the river. Trips will be starting in August and run through October. Dates and times are to be determined and can be found at www.yorkparksandrec.org/kayak-programs.

ENDS: November 21st

COST: \$105.00 Resident / \$115.00 Non-Resident
\$155.00 for both, morning, and evening sessions
\$10.00 Senior Discount

LOCATION: York Beach Fire Department

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



Adult Winter Programs

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 whether this class is right for you, please try a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing
 STARTS: January 6th
 ENDS: March 13th
 COST: \$105.00 Resident / \$115.00 Non-Resident
 \$155.00 for both, morning, and evening sessions
 \$10.00 Senior Discount

LOCATION: York Beach Fire Department
 DAYS/TIMES: Morning Session: Mon/Wed: 8:00am–9:00am
 Evening Session: Tues/Thurs: 5:15pm–6:15pm

Pickleball - Indoors at the Kittery Community Center

During the winter months Kittery Community Center offers indoor staff facilitated sessions and pickup sessions for all levels. Contact Kittery Community Center at (207) 439-3800 or visit their website at www.kitterycommunitycenter.org for more information and scheduling.

York Parks & Recreation Punch Cards are NOT valid at the Kittery Community Center.

Adult Spring Programs

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 whether this class is right for you, please try a class on us. We're sure you will want to join in!

REGISTRATION: Ongoing
 STARTS: April 7th
 ENDS: June 12th
 COST: \$105.00 Resident / \$115.00 Non-Resident
 \$155.00 for both, morning, and evening sessions
 \$10.00 Senior Discount

LOCATION: York Beach Fire Department
 DAYS/TIMES: Morning Session: Mon/Wed: 8:00am–9:00am or Evening Session: Tues/Thurs: 5:15pm–6:15pm

Pickleball Outdoors - Spring 2025

When Mother Nature allows, we'll be returning to York High School for spring/summer Pickleball action. Be on the lookout for details in our monthly e-newsletters or give us a call to be added to our pickleball direct e-mail list.

Yoga On York - Beach Yoga & Mt. A Yoga

Returning to our line-up of programs in May 2025!
 Be on the lookout for details and start date.

Youth Programs

Programs listed by season

FALL

Field Hockey

Grades 4-6

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.

HEAD COACH: Keri Stoorza

REGISTRATION: Ongoing

STARTS: September 17th

ENDS: October 15th

COST: \$55.00 Resident / \$65.00 Non-Resident

LOCATION: Coastal Ridge Elementary School

DAY: Tuesdays

TIME: 3:30pm-5:00pm

Strong Girls Program by SG United Foundation - Fall

Grades 2-4

SG United Foundation is a 501© (3) nonprofit organization whose mission is to empower girls to be strong, confident, and resilient. Through physical activity, sports, mindfulness, and positive education curriculum, this after school program teaches girls how to develop their strong bodies and tap into their kind hearts and unstoppable minds. This program will be led by YHS student Chloe Whitbread and other volunteers!

Please send your child with a snack, sneakers, and a water bottle.

REGISTRATION: Ongoing until full

STARTS: October 21st (No meeting on November 11th – Veteran's Day)

ENDS: November 25th

COST: \$95.00 York Residents Only

LOCATION: Coastal Ridge Elementary

DAY: Mondays

TIME: 3:00pm-4:00pm



Please don't hesitate to volunteer to coach!

You don't have to be in the coaches' hall of fame to help coach any of our leagues. In every situation, the Parks and Recreation Department provides leadership on the field or on the court, with a program director who runs the league and refs the games. Your job, in most situations, is to make sure every child has equal playing time and to ensure that the kids are having fun...so please think about it. Our programs are only as good as the volunteers who help us.

Thank you!



FUNdamental Basketball Camp

Boys and Girls Grades 3-8

Join us on November 16th as we shake off the rust, poor shooting, and dribbling habits, and get back into playing shape. This all-day basketball camp is open to boys and girls, grades 3-8 and will prep players for the upcoming basketball season. Sneakers required; shorts recommended. Please be sure to bring plenty of water, snacks, and lunch.

REGISTRATION: Ongoing until November 1st or until full (Register by November 1st and receive a camp t-shirt)

DAY/DATE: Saturday, November 16th

COST: \$55.00 Resident / \$65.00 Non-Resident

LOCATION: York Middle School

TIMES: 9:00am-3:00pm

Basketball - Travel Tryouts

Boys and Girls, Grades 5-6

5th/6th Travel teams will practice twice a week, have a 12-14 game schedule in the Southern Maine Hoops League, and play in a tournament or two, to finish the season. All league games will be played primarily on Saturdays and/or Sundays in the Saco, Maine area. In order to be considered for a team, players must attend the mandatory tryout. Those who do not attend tryouts and fail to notify our department of the reason why they cannot attend within 48 hours of the scheduled tryout will not be eligible. Tryout registration is FREE but required. Please keep in mind travel basketball is more competitive than our recreation league and there will be an added commitment of time and travel from November-March. We encourage you to discuss this within your family to determine if this program is for you. Tryouts are closed; parents will be asked to leave the gym before tryouts begin.

Must attend York Schools or be a York Resident to be eligible.

REGISTRATION: Ongoing until November 8th

DAY/DATE: Saturday, November 9th
COST: Tryouts are FREE (\$250 if chosen for a team; includes warm-up shirt)

LOCATION: York Middle School

TIMES: Boys Tryout: 9:00am-11:00am
Girls Tryout: 11:00am-1:00pm

Basketball - Travel Tryouts

Boys and Girls, Grades 3-4

This 3rd & 4th grade travel basketball program is an extension of our recreation league. **Only those who participate in our 3rd & 4th grade recreation league will be eligible to tryout.** In order to be considered for a team, players must attend the mandatory tryout. Those who do not attend tryouts and fail to notify our department of the reason why they cannot attend within 48 hours of the scheduled tryout will not be eligible. Tryout registration is FREE but required. Please keep in mind travel basketball is more competitive than our recreation league and there will be an added commitment of time and travel from November-March. We encourage you to discuss this within your family to determine if this program is for you. Grades 3 & 4 travel teams will practice one day a week (two practices if gym availability allows), have an 8-10 game schedule and play in 2 tournaments to finish the season. Games will be played on either Saturdays or Sundays. An emphasis will be placed on skill development, court awareness, equal playing time & FUN! Tryouts are closed; parents will be asked to leave the gym before tryouts begin.

Must attend York Schools or be a York Resident to be eligible.

REGISTRATION: Ongoing until November 22nd

DAY/DATE: Saturday, November 23rd

COST: Tryouts are FREE (\$225.00 if chosen for a team; includes warm-up shirt)

LOCATION: York Middle School

TIMES: Boys Tryout: 9:00am-11:00am
Girls Tryout: 11:00am-1:00pm



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Swimming Lessons at the Anchorage Inn

Ages 5 and Up

Thanks to the generosity of the Anchorage Inn on Long Sands Beach in York for providing an opportunity for swim lessons. These "Learn-to Swim" classes are taught by Paul Slovenski, a certified, knowledgeable, and caring instructor who can help swimmers at every level feel comfortable in the water and progress to the next level. Our swimming classes are tailored to the needs of each child, so they can progress at a comfortable pace. Classes are held once a week, on Monday, Tuesday, or Wednesday afternoon. These classes are limited to (7) swimmers per class and fill quickly, so don't hesitate to register. Please have your child ready to swim when you arrive. There is a small changing room for use after the class. To ensure maximum safety at all times, parents are asked to stay during swimming lessons, this not only helps increase the child's comfort level in water but can help parents understand the process and practice skills with their children between classes. **Children who cannot stand flat footed in the shallow end of the pool are not eligible to register. The shallow end is 4 feet deep.**

Level 1 - Beginner (Guppy)

Level 1 is for children learning to float, adjust to the deep end and

rudimentary strokes.

Level 2 - Advanced Beginner (Manta Ray)

Level 2 is for kids who are able to move along in the water some, but with just a dog paddle or an elementary backstroke, and can swim, somewhat, under water, but not yet proficient at exchanging air without touching the bottom to breathe.

Levels 3 & 4 - Intermediate/Advanced (Shark)

Levels 3 & 4 are for those with a strong backstroke, sidestroke, and breaststroke.

Mondays

3:10pm-3:45pm – Intermediate/Advanced (Shark)

3:50pm-4:25pm – Beginner (Guppy)

4:30pm-5:05pm – Advanced Beginner (Manta Ray)

5:10pm-5:45pm – Advanced Beginner (Manta Ray)

Tuesdays

3:10pm-3:45pm – Intermediate/Advanced (Shark)

3:50pm-4:25pm – Beginner (Guppy)

4:30pm-5:05pm – Advanced Beginner (Manta Ray)

5:10pm-5:45pm – Advanced Beginner (Manta Ray)

Wednesdays

3:10pm-3:45pm – Intermediate/Advanced (Shark)

3:50pm-4:25pm – Beginner (Guppy)

4:30pm-5:05pm – Advanced Beginner (Manta Ray)

5:10pm-5:45pm – Advanced Beginner (Manta Ray)

REGISTRATION: York Residents begins Monday, September 30th
Non-Residents Monday, October 7th

STARTS: October 21st

ENDS: December 18th (No classes the week of
November 11th and November 25th)

COST: \$65.00 Resident / \$75.00 Non-Resident

LOCATION: Anchorage Inn, Long Beach Avenue

DAYS: Monday, Tuesday or Wednesday

TIMES: See schedule above



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Wrestling - Hammerhead Wrestling Club 2024-2025

Grades 1-8

Advanced Wrestlers: Grades 5-8

For Southern Maine, Based in York! The Hammerhead Wrestling Club seeks to provide basic instruction and advanced training in folkstyle wrestling & in the Olympic styles of wrestling (freestyle and Greco-Roman). Wrestling basic skills (hand fighting, balance, agility, and footspeed) prepare athletes for success in any sport. The club uses a proprietary instructional and belt-level system, focused on skill attainment, academic success, respect, and perseverance. We seek to reinforce and support these themes into area middle school and high school wrestling programs. Club members are encouraged to compete when ready; competition is fostered through a detailed matrix of skill-appropriate competition events, including local beginner tournaments, and culminating in regional, national, and international championships for motivated individuals.

Check out www.hammerheadwrestling.com for more details or call Bryan Thompson at 207-337-3959.

"The Hammerhead Wrestling Club is mindfully developing wrestlers to achieve at the highest level and has created a curriculum and belt system that will motivate, inspire, and challenge all athletes. I strongly recommend the Hammerhead Wrestling Club to any wrestler looking to reach their goals." - Braumon Creighton, 2x NCAA National Champion

REGISTRATION: Ongoing

STARTS: Tuesday, November 26th (No practice during school holiday break)

ENDS: Thursday, February 13th

COST: \$120.00 Resident / \$130.00 Non-Resident

LOCATION: York High School Wrestling Room

DAYS: Beginner: Tuesdays & Thursdays

Advanced: Tuesdays, Wednesdays & Thursdays

TIME: 6:00pm-7:30pm



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WINTER

Lil' Ballers Basketball

Ages 3 & 4 - Parent Involvement

We use a variety of fun games to develop balance, movement, and basketball skills as well as listening to instructions in this 4-week program. Participants will use a size 3 basketball and shoot on 8-foot hoops to slowly introduce them to competitive play. Parents will be encouraged to participate with their child to make this fun for the whole family. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until January 20th

STARTS: February 8th (no basketball on February 22nd)

ENDS: March 8th (make-up date, if necessary, March 15th)

COST: \$45.00 Resident / \$55.00 Non-Resident

LOCATION: Coastal Ridge Elementary School

DAY: Saturdays

TIME: 8:00am-12:00pm (Each session will be 45 minutes)

Basketball - Kindergarten and 1st Grade

Our 6-week Kindergarten and 1st grade basketball program is designed to introduce young players to the game of basketball. This program will allow the children to learn the basic skills in a fun, relaxed atmosphere. Volunteer Parent Coaches are needed for this program, please consider helping. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until November 25th

STARTS: December 14th (No basketball December 28th)

ENDS: January 25th (make-up date, if necessary, February 1st)

COST: \$55.00 Resident / \$65.00 Non-Resident

LOCATION: Village Elementary School

DAY: Saturdays

TIME: One-hour sessions between 8:00am-1:00pm



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NOTE:

Please be advised that all programs have a sign-up deadline to allow us the time to organize teams and league schedules. Sign up early, as registrations will only be accepted, after the deadline date, if space permits.

If you are interested in coaching, please complete the Volunteer Coach Form on our website, www.yorkparksandrec.org.

Basketball - 2nd Grade Co-Ed

This 7-week program is designed to teach 2nd graders fundamental concepts of basketball. This program focuses on technique via clinics and scrimmages, helping players gradually increase their ability to do and understand a skill that will help them play basketball. Volunteer parent coaches may be needed for this program, please consider helping if you can. Sneakers required; shorts recommended.

REGISTRATION: Ongoing until November 25th
 STARTS: December 14th (No basketball December 28th)
 ENDS: February 1st (Make-up date, if necessary, February 8th)
 COST: \$60.00 Resident / \$70.00 Non-Resident
 LOCATION: Coastal Ridge Elementary
 DAY: Saturdays
 TIME: One-hour sessions, mornings between 8:00am-12:00pm

Basketball - Boys and Girls Grades 3-4

Our 3rd & 4th grade league will take place at Coastal Ridge Elementary School, Village Elementary School, and York Middle School beginning the week of November 18th. This league will focus on the development of individual skills, technical progression, and teamwork. Weeknight team practices will be one hour long and will be led by a volunteer coach. Team placement, and practice times will be communicated once your child is placed on a team and rosters are finalized. Games will be played on Saturdays between 8:00am-2:00pm. The first round of the playoffs will begin March 1st. Sneakers required; shorts recommended. There will be no practices December 23rd through January 3rd and February 17th through February 21st.

REGISTRATION: Ongoing until November 15th
 STARTS: Practices start the week of December 2nd - Games begin December 14th
 ENDS: March 8th (No games December 28th or February 22nd)
 COST: \$75.00 Resident / \$85.00 Non-Resident
 LOCATION: Practices at Coastal Ridge Elementary or Village Elementary
 Games at York Middle School
 DAYS/TIMES: Practice 1 weekday evening
 Games on Saturdays between 8:00am-2:00pm

Basketball - Boys and Girls Grades 5-6

Our 5th and 6th grade league will take place at Coastal Ridge Elementary and York Middle School and games and practices will begin the week of December 2nd. This league will focus on the development of individual skills, technical progression, and teamwork. Weeknight team practices will be 1 hour and will be led by a volunteer coach. Team placement and practice times will be communicated once your child is placed on a team and rosters are finalized. Games will be played on Saturdays between 2:00pm-7:00pm. The first round of the playoffs will begin on March 1st. Sneakers required; shorts recommended. There will be no practices December 23rd through January 3rd and February 17th through February 21st.

REGISTRATION: Ongoing until November 15th
 STARTS: Practices start the week of December 2nd - Games begin December 14th
 ENDS: March 8th (No games December 28th, January 4th, or February 22nd)
 COST: \$75.00 Resident / \$85.00 Non-Resident
 LOCATION: Practices at Coastal Ridge Elementary
 Games at York Middle School
 DAYS/TIMES: Practice 1 weekday evening
 Games on Saturdays between 2:00pm-7:00pm

We Appreciate Early Registration!

Early registration helps prevent program cancellations and helps us to coordinate facility scheduling, staffing, and supply purchases. If minimum participant requirements are not met in a timely manner, programs may be cancelled. Late registrations are not guaranteed a t-shirt or other program supplies. Please help keep programs running by registering soon! Thank you.

Indoor Soccer

Ages 3-4 & Ages 5-7

Join us for indoor gym soccer at York Middle School. Our "goal" (pun intended) will be FUN! We'll be focusing on the skills of confidence, dexterity, coordination, endurance, positioning and rules. This program is designed for children ages 3-7 and will be offered on Saturdays, beginning March 15th. Sneakers required; shin guards recommended.

REGISTRATION: Ongoing through February 28th

STARTS: March 15th

ENDS: April 19th

COST: \$45.00 Resident / \$55.00 Non-Resident

LOCATION: York Middle School

DAY: Saturday

TIME: TBD – Based on # of teams

Swimming Lessons at the Anchorage Inn

Ages 5 and up

Thanks to the generosity of the Anchorage Inn on Long Sands Beach in York for providing an opportunity for swim lessons. These "Learn-to Swim" classes are taught by Paul Slovenski, a certified, knowledgeable, and caring instructor who can help swimmers at every level feel comfortable in the water and progress to the next level.

Our swimming classes are tailored to the needs of each child, so they can progress at a comfortable pace. Classes are held once a week, on Monday, Tuesday, or Wednesday afternoon. These classes are limited to (7) swimmers per class and fill quickly, so don't hesitate to register. Please have your child ready to swim when you arrive. There is a small changing room for use after the class. To ensure maximum safety at all times, parents are asked to stay during swimming lessons, this not only helps increase the child's comfort level in water but can help parents understand the process and practice skills with their children between classes. **Children who cannot stand flat footed in the shallow end of the pool are not eligible to register. The shallow end is 4 feet deep.**

Level 1 - Beginner (Guppy)

Level 1 is for children learning to float, adjust to the deep end and rudimentary strokes.

Level 2 - Advanced Beginner (Manta Ray)

Level 2 is for kids who are able to move along in the water some, but with just a dog paddle or an elementary backstroke, and can swim, somewhat, under water, but not yet proficient at exchanging air without touching the bottom to breathe.

Levels 3 & 4 - Intermediate/Advanced (Shark)

Levels 3 & 4 are for those with a strong backstroke, sidestroke, and breaststroke.

Mondays

3:10pm-3:45pm – Intermediate/Advanced (Shark)

3:50pm-4:25pm – Beginner (Guppy)

4:30pm-5:05pm – Advanced Beginner (Manta Ray)

5:10pm-5:45pm – Advanced Beginner (Manta Ray)

Tuesdays

3:10pm-3:45pm – Intermediate/Advanced (Shark)

3:50pm-4:25pm – Beginner (Guppy)

4:30pm-5:05pm – Advanced Beginner (Manta Ray)

5:10pm-5:45pm – Advanced Beginner (Manta Ray)

Wednesdays

3:10pm-3:45pm – Intermediate/Advanced (Shark)

3:50pm-4:25pm – Beginner (Guppy)

4:30pm-5:05pm – Advanced Beginner (Manta Ray)

5:10pm-5:45pm – Advanced Beginner (Manta Ray)

REGISTRATION: York Residents begins Monday, December 9th
Non-Residents Monday, December 16th

STARTS: January 6th

ENDS: March 5th (No classes the week of January 20th or the week of February 17th)

COST: \$65.00 Resident / \$75.00 Non-resident

LOCATION: Anchorage Inn, Long Beach Avenue

DAYS: Monday, Tuesday or Wednesday

TIMES: See schedule above

SPRING

Lil' Sluggers Baseball

Ages 3 & 4

Lil' Sluggers is designed to prepare boys & girls ages 3 & 4 for their journey into organized team play. Our goal is to help our young athletes improve and continue to develop social and physical skills in a fun, relaxed atmosphere. Lil' Sluggers will help build confidence, reinforce team play, and foster a love for the game. Having FUN, building confidence, learning baseball, in that order. Parents are encouraged to participate with their children for some family fun. Baseball glove, sneakers or cleats required. All other equipment is provided.

REGISTRATION: Ongoing until April 17th

STARTS: May 3rd

ENDS: May 31st (No Lil Sluggers on May 24th – Memorial Day Weekend)

COST: \$45.00 Residents / \$55.00 Non-Residents

LOCATION: Bog Rd. Baseball Field

DAY: Saturdays

TIME: Mornings

T-Ball

Ages 5 & 6

This is an instructional league designed to help develop physical and social skills while learning the fundamentals of baseball. Volunteer Parent Coaches are needed for this program, please consider helping. Each team will play one game a week on either a Tuesday, Wednesday, or Thursday. Baseball glove, sneakers or cleats required. All other equipment is provided.

REGISTRATION: Ongoing until April 10th

STARTS: Begins Week of April 28th

ENDS: Ends Week of June 2nd

COST: \$55.00 Residents / \$65.00 Non-Residents

LOCATION: Bog Rd. Baseball Field

DAYS: Tuesday, Wednesday, or Thursday

TIME: 5:30pm or 6:30pm

Baseball and Softball with York Little League

Boys and Girls Ages 7 & Up

Come join York Little League!

York Little League (YLL) is committed to creating a fun, instructional and safe environment where children can enjoy the game of baseball or softball. They strive to provide a culture that encourages participation and makes each child feel like an important part of the team. All participants, players, coaches, umpires, parents, and fans are required to practice healthy, sportsmanlike behavior. By offering positive experience and friendly competition, they expect the players to learn life lessons that will extend well beyond the playing field.

Baseball Eligibility: Children must be 7 on or before 8/31/25 to be

eligible to play.

Softball Eligibility: Girls must be 7 by 12/31/24.

Mini Minors Softball Eligibility: Girls may be 6 if 7 by June 1, 2025, to qualify.

**BE ON THE LOOKOUT FOR REGISTRATION INFORMATION
STARTING IN JANUARY AT WWW.YORKLITTLELEAGUE.NET**

Lacrosse

1st & 2nd Grade Boys & Girls

This is an instructional, developmental program that introduces the basics of the game. No previous experience is necessary. York High School lacrosse players along with volunteer coaches will teach fundamentals, introduce game concepts, and provide instruction in a fun, non-competitive, enthusiastic environment. There may be an in-house scrimmage or two to end the season. T-shirt included. The only equipment necessary at this level of play is a mouth guard, and a lacrosse stick. Softer developmental lacrosse balls will be used for this program.

REGISTRATION: Ongoing until April 18th

STARTS: May 3rd (No lacrosse May 24th – Memorial Day Weekend)

ENDS: June 7th (Makeup, if necessary, June 14th)

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

LOCATION: Bog Rd. Recreation Complex

DAY: Saturdays

TIME: Morning – TBD

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Spring Run Club

Grades K-1 & Grades 2-5

Run Club is designed to promote physical activity and gives boys and girls grades 2-5 the opportunity to experience running in a fun, friendly and safe environment. Participants will learn how to build endurance, running techniques/form, and nutrition. Dates and times to be determined. Please check website for details.

Strong Girls - Program by SG United Foundation - Spring

Grades 2-4

SG United Foundation is a 501© (3) nonprofit organization whose mission is to empower girls to be strong, confident, and resilient. Through physical activity, sports, mindfulness, and positive education curriculum, this after school program teaches girls how to develop their strong bodies and tap into their kind hearts and unstoppable minds. This program will be led by YHS student Chloe Whitbread and other volunteers!

Please send your child with a snack, sneakers, and a water bottle.

REGISTRATION: Ongoing until full

STARTS: April 7th

ENDS: May 12th (No Strong Girls April 21st – Patriot's Day)

COST: \$95.00 York Residents Only

LOCATION: Coastal Ridge Elementary

DAY: Mondays

TIME: 3:00pm-4:00pm

Wrestling - Hammerhead Program Spring 2025

Grades 3-12 – Boys & Girls

Olympic Styles – Freestyle/Greco Roman

Did you watch the Paris Olympics this summer? The US Olympic wrestling team is one of the top teams in the world!! The Hammerhead Wrestling Club will once again be offering a travel team based in Maine. Focused on the Olympic styles of wrestling, freestyle and Greco-Roman, the club will offer sessions to boys and girls, grades 3-12, and USA Wrestling senior level athletes (post-grads). You must have a USA Wrestling card to compete... The club will attend and compete at the Maine State Freestyle Championships, the Massachusetts State Championships, the USA Wrestling Northeast Regionals, the national championships in Fargo, ND, and other tournaments. We encourage experienced wrestlers to give freestyle and Greco a try! Both styles enhance the folk style (middle school/high school/collegiate) style of wrestling, and college coaches know this! Any questions, please call Bryan Thompson, club director, at 207-337-3959 or email info@hammerheadwrestling.com

REGISTRATION: Ongoing

STARTS: Tuesday, March 11th
 ENDS: Thursday, May 22nd
 COST: \$150.00 Resident / \$160.00 Non-Resident
 LOCATION: York High School Wrestling Room
 DAYS: Tuesdays & Thursdays
 TIME: 6:00pm-7:30pm

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Day Camps!

February Vacation Week Camp

Grades K-6

School vacation means more time for adventure and play! Join us for February Vacation Camp at York Middle School Tuesday-Friday, during February 18th - 21st. We've secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports, and a field trip. All campers should come to camp prepared to play inside and outside!

Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack 2 snacks, lunch, water bottle, snow gear (hats, gloves, snow pants, jackets) sleds, extra set of dry clothes, sneakers, and comfortable indoor play clothes. Field trip and camp T-shirt included.

REGISTRATION: Ongoing until February 7th, or until full
 STARTS: Tuesday, February 18th
 ENDS: Friday, February 21st
 COST: Resident \$165.00 / Non-Resident \$175.00
 LOCATION: York Middle School
 DAYS: Tuesday-Friday
 TIME: 8:00am-5:00pm
 DROP OFF: 8:00am-9:00am
 PICK UP: 4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly. If you plan to attend, please register early!

April Vacation Week Camp

Grades K-6

Looking for something to do during April Vacation? We've secured some of your favorite summer day camp counselors and they are excited to facilitate a week of fun, fun, fun! Camp will consist of a combination of seasonal outdoor activities, crafts, indoor games, sports, and a field trip. All campers should come to camp prepared to play inside and outside! Only week-long registrations will be accepted. There will be strict minimum and maximum participation requirements, and registration in advance is required. All campers should pack 2 snacks, lunch, water bottle, outside play gear appropriate for the April weather conditions, extra set of dry clothes, sneakers, and comfortable indoor play clothes. Field trip and camp T-shirt included.

REGISTRATION: Ongoing until April 11th, or until full
 STARTS: Tuesday, April 22nd
 ENDS: Friday, April 25th
 COST: Resident \$165.00 / Non-Resident \$175.00
 LOCATION: York Middle School
 DAYS: Tuesday-Friday
 TIME: 8:00am-5:00pm
 DROP OFF: 8:00am-9:00am
 PICK UP: 4:00pm-5:00pm

Please note, weekday vacation camps fill up quickly. If you plan to attend, please register early!



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Enrichment Programs

Programs are listed alphabetically, by name.

Art Club at Village Elementary

Grades K-1

Let's create! Art Club artists will use a variety of art supplies to create original works of art. We will explore 2D and 3D materials, as well as artistic processes and techniques. The nature of this art club will be "Open Studio" style, where artists choose materials to create their own unique vision. Art Club is available to enrolled kindergarteners and first grade students at Village Elementary who love art and want to spend more time in the art studio creating. Bring a snack and a creative spirit!

INSTRUCTOR: Alexis Kochka

REGISTRATION: Ongoing

SESSIONS: *Fall:* September 30th -December 9th
(No Club October 14th or November 11th)
Winter: January 6th-March 17th
(No Club January 20th or February 17th)
Spring: March 31st-June 9th (No Club April 21st or May 26th)

COST: \$120.00 Resident / \$130.00 Non-Resident

LOCATION: Village Elementary Art Room

DAY: Mondays

TIME: 2:45pm-4:00pm

Game Club 2024 (Formerly Yu-Gi-Oh Club)

All Ages – Families welcome!

Join us for an exciting and fun-filled experience at the Game Club, where we gather to play board games and card games and enjoy a good time with friends! We'll provide a selection of board games, but feel free to bring your favorites to share with the group. Whether you're a fan of classic board games or new ones, there's something for everyone.

Card game enthusiasts are also welcome! Bring your decks for Pokémon, Yu-Gi-Oh, Magic: The Gathering, Star Wars Unlimited, or any other card games you love. If you're looking for a match or just want to hang out and play, come on down! This club is very welcoming and is always happy for newcomers!

REGISTRATION: Ongoing

STARTS: October 2nd

ENDS: December 18th

COST: \$50 per family for all 6 sessions!

LOCATION: Center for Active Living, 36 Main Street, York ME

DAY: 1st and 3rd Wednesday of each month:

October 2nd & 16th
November 6th & 20th
December 4th & 18th
TIME: 4:30pm-7:00pm

Hot Wheels Garage

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. For 5-weeks, we will build a variety of tracks, talk about the car models, and create life-like destinations such as gravel pits, gas stations and shopping plazas. We will 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.

REGISTRATION: Ongoing until full, space is limited.

STARTS: February 24th (no meeting on March 17th)

ENDS: March 31st

COST: \$45.00 Resident / \$55.00 Non-Resident

LOCATION: Center for Active Living – 36 Main St., York

DAY: Mondays

TIME: 4:30pm-5:30pm




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MAD SCIENCE OF MAINE

We are pleased to, again, partner with Mad Science of Maine to bring the following science-based enrichment program to children in grades K-4.

Mad Science - Crazy Chemworks!

Grades K-4

Polymers are everywhere! From ooze to bubbles, gum to goo, squeeze and stretch your mind around the science of slime. You will have polymers bouncing, jumping, and pulled to new heights during the Slime Games! Build a bond with glue and become attached to science! Identify chemical change clues, recognize physical and chemical reactions, and mix up ingredients for WOW results! Perform instantaneous experiments and have a blast! Join us as we shift the states of matter!

There will be no busing from VES or CRES! Parents must provide transportation to and from the program.

INSTRUCTOR: Mad Science Instructor
REGISTRATION: Ongoing
STARTS: October 17th (No program 10/31 or 11/28)
ENDS: December 19th
COST: \$175.00 Resident / \$180.00 Non-Resident
LOCATION: YMS Cafeteria
DAY: Thursdays
TIME: 3:30pm-4:30pm

Mad Science - STEM Odyssey!

Grades K-4

Children will explore the fascinating concepts of heat and heat transfer through engaging demonstrations using tools like heat guns and thawing blocks, showcasing the role of temperature-sensitive equipment in our everyday lives.

The class also covers the basic physical principles of magnetism, where children will use compasses to understand how humans benefit from the Earth's magnetic force. Nutrition and fitness are key components, emphasizing the essential elements of a healthy diet and lifestyle.

Through captivating demonstrations and activities, children will be introduced to the concepts of refraction, the science of optics, and the biology of sight. *There will be no busing from VES or CRES! Parents must provide transportation to and from the program.*

INSTRUCTOR: Mad Science Instructor
REGISTRATION: Ongoing
STARTS: January 23rd (No program 2/20)

ENDS: March 20th
COST: \$175.00 Resident / \$180.00 Non-Resident
LOCATION: YMS Cafeteria
DAY: Thursdays
TIME: 3:30pm-4:30pm

Mad Science - Fantastic Forces!

Grades K-4

Explore fantastic forces like inertia, gravity, and centripetal force by launching race cars, spinning bike wheels, and hurling ping-pong balls with rubber band-powered catapults. Delve into the principles of tension and compression, experimenting to discover the strongest shapes. Build an earthquake-proof structure using toothpicks and marshmallows and test its resilience under simulated seismic activity. Investigate the properties of air resistance by designing and testing parachutes and learn about the science behind everyday machines by creating simple levers and pulleys.

There will be no busing from VES or CRES! Parents must provide transportation to and from the program.

INSTRUCTOR: Mad Science Instructor
REGISTRATION: Ongoing
STARTS: April 10th (No program 4/24)
ENDS: June 5th
COST: \$175.00 Resident / \$180.00 Non-Resident
LOCATION: YMS Cafeteria
DAY: Thursdays
TIME: 3:30pm-4:30pm

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Details at the front of this brochure under the Mount Agamenticus Conservation Program. Check our website for updates!

Halloween in Nature with the Center for Wildlife

Winter Solstice Sunrise Walk

Mt. A Trail Challenge 5K/1 Mile – Full Details in Road Race Section

Volunteer Community Workdays Saturdays, 9:00am-12:30pm

Safe Sitter

Must be 11 and up

This course 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.

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. Your child will be very prepared to start their babysitting career. 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. Please bring a snack and drink.

Please sign up early, as we need to order books ahead of time and don't want you to miss out!!!!

INSTRUCTOR: Melissa Nickerson

REGISTRATION: Ongoing

DAY & DATE: Tuesday, February 18th

COST: \$125.00 Resident / \$135.00 Non-Resident
Cost includes a \$40.00 book fee

LOCATION: YMS Wildcat Room

TIME: 9:00am-3:00pm



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The Yorks Art Company

We are looking forward to an exciting first year of performing arts opportunities. We are currently working with our talented staff to build new programs for all ages. Check back often for new programs. Stay up to date by subscribing to our newsletter the York Arts Company Spotlight.

We are always looking for new ideas. If you are harboring a secret or not so secret talent that you would like to share, please reach out to Megan Milburn at mmilburn@yorkmaine.org.

ACTING

Festive Follies

Grades 3-6

Join us for a fun and engaging weekly workshop where kids will come together to prepare for special performances on Veterans Day and during the holiday season! Through this program, children will learn various aspects of performance arts, including singing, acting, and stage presence. Participants will not only develop their talents but also build teamwork and confidence. Let's make these holiday events memorable with heartfelt performances honoring our veterans and celebrating the festive season. All skill levels are welcome!

| | |
|---------------|---|
| INSTRUCTOR: | Megan Milburn |
| REGISTRATION: | Ongoing until September 15th |
| STARTS: | September 16th |
| ENDS: | December 13th |
| COST: | \$250.00 |
| LOCATION: | York Community Auditorium |
| DAY: | Rehearsals on Mondays |
| TIME: | 3:30pm-4:30pm |
| PERFORMANCES: | Festival of Frights, October 25th Veteran's Day, November 11th Polar Express, December 5th & 6th Festival of Lights, December 7th Parks & Rec Variety Show, December 13th |

CURTAIN CALLERS

Dance 101

Introductory level class focused on the basics of dance while moving to your favorite songs. Performance opportunities may be provided for various town events. Themes will vary.

Gymnastics

Instructor: Karen Wharton

Karen was a competitive gymnast on the club USAG Level, and was a member of the Plymouth MA high school gymnastics team. Along with coaching, after graduating from UNH she got into Ashtanga Yoga and was a kids ski instructor in Lake Tahoe. Check the York parks and rec website for information.

Musical Theater

Instructor: Katie Sarno, 4th grade Teacher at CRES & Actor / Performer

Technical classes will introduce beginners to the basics of singing. Masterclasses- after completing the technical class continue your musical theater journey perfecting your favorite songs! Classes for youth and adults will be offered.

Karaoke

Join us in the fall for karaoke. Sit back, relax and have some fun belting out your favorite tunes. Rotating locations. More information will be available on our site. Businesses who would like to host can reach out to Megan Milburn at mmilburn@yorkmaine.org.

Improv Theater

Grades 3-4

Do you like creating something out of nothing? Do you like to play? Can you be spontaneous and think on your feet? Do you enjoy working as part of a team? The York Arts Club is looking for you! Come get those creative juices flowing in this drama club focusing on the art of improvisational theater.

During this 6-week session, we will be learning the basics of improv. We will learn how to work together, being creative on the spot, and build foundations in character development and physical expression. Students will be able to let their creativity flourish in this dramatic environment without having to rely on a script!

| | |
|---------------|---------------------------|
| INSTRUCTOR: | Megan Milburn |
| REGISTRATION: | Ongoing until January 1st |
| STARTS: | January 6th |
| ENDS: | February 10th |
| COST: | \$125.00 |
| LOCATION: | York Community Auditorium |
| DAY: | Mondays |
| TIME: | 3:30pm-4:30pm |

Theater Boot Camp

Grade 3-6

The York Arts Club performers, the Curtain Callers, is looking for kids who want to get those creative juices flowing in this Drama Boot Camp focusing on the basics of theater. During this 6-week session, we will be learning the basics of stage direction, speaking, singing, acting, and blocking. Students will learn how to project their voices, think quickly, work as part of a team while building their confidence.

REGISTRATION: Ongoing until Feb 21st

STARTS: February 24th

ENDS: March 31st

COST: \$125.00

LOCATION: York Community Auditorium

DAY: Mondays

TIME: 3:30pm-4:30pm

Memorial Day Performance

Grades 3-6

Join us for a meaningful and inspiring weekly workshop where kids will come together to prepare for a special Memorial Day performance! This program will focus on teaching children the arts of singing, acting, and stage presence, while instilling a sense of respect and honor for those who have served our country. Participants will develop their talents, teamwork, and confidence as they work towards a heartfelt tribute. All skill levels are welcome!

REGISTRATION: Ongoing until April 1st

STARTS: April 7th

ENDS: May 26th

COST: \$125.00

LOCATION: York Community Auditorium

DAY: Mondays

TIME: 3:30pm-4:30pm

Performance at the Memorial Day Parade
May 26th

ART & WRITING

Design A YAK

All Ages

The York Arts Company needs your help in designing a YAK as our mascot. Show off your art skills by designing a YAK for the Y.A.C. One design will be made into our official mascot.

Since Yaks are herd animals, it is only right for all other designs to be featured in the YAC Spotlight!!

Submitted Yaks will join the YAK PACK- each new edition of the Spotlight will feature a new member of the pack. Submissions are

due by the end of the day on October 1st to be the official YAK for the year. Submissions will still be taken year-round to join the YAK pack. Please bring submissions to the Parks & Recreation office at The Grant House, 200 US RT1, York Maine.

Digital submissions may be sent to Megan Milburn at mmilburn@yorkmaine.org.

Honoring Veterans Day

Since before the beginning of the United States of America, brave men and women have answered the call to defend our great nation. Veterans Day is when we honor those in our military who paid the ultimate sacrifice. We are the home of the free because of the brave.

The York Arts Company (YAC) is looking for students to share the significance of celebrating Veterans Day. Winners will be chosen from each school, YHS, YMS, CRES and VES.

Submissions will be on display at the American Legion in the Meadowbrook Plaza on Rt 1.

All submissions are due by Friday, November 1st. Please bring submissions to the Parks & Recreation office at The Grant House, 200 US RT1, York Maine.

Digital submissions may be sent to Megan Milburn at mmilburn@yorkmaine.org.

There are some ideas listed below, but you are not limited to these:

- Pretend you are having a conversation with someone who died `fighting for our country. What would you say to them?
`What would you ask them?
- Create a patriotic poem that celebrates or honors the colors red, `white, and blue.
- Write a heartfelt letter to a fallen soldier buried in an anonymous `grave.



WILLIAMS REALTY PARTNERS

1000 US Route 1, York, ME 03909

OFFICE: 207.351.8188 | BROKERAGE: 603.610.8500

Info@WilliamsRealtyPartners.com



www.WilliamsRealtyPartners.com



Community Special Events

Events are listed in chronological order.

Festival of Frights Parade with "Trunk or Treat"

Friday, October 25th

The York Parks & Recreation Department, with special help from the York Police Department and Center for Active Living, is pleased to host this Halloween event to be held October 25th at Short Sands. The event will consist of a Halloween costume parade that begins at Short Sands basketball courts at 4:30pm and finishes at the Center for Active Living, 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 the Center for Active Living, 36 Main St. "Trunk or Treat" immediately following parade

DAY: Friday, October 25th (Rain date October 29th)

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

Join the Committee for Veteran Affairs for the Annual Veterans Breakfast! Held on Monday, November 11th from 6:00am-12:00pm at Norma's Restaurant. 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!


Nubble Holiday Lights

Saturday, November 30th – February 1st

Visit Sohler Park to see the Nubble Lighthouse dressed in its

holiday best. The lights will be on daily from 4:00pm to midnight from Saturday, November 30th through February 1st. Lights may be out prior due to storm damage; we will do our best to keep them on as long as we can.

Thank you to our amazing Lightkeeper Matt!



Norma's
Restaurant

529 US Route One, Ice Pond Mall
York, Maine 03909
207 / 363-3233

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Village

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2024 FESTIVAL OF LIGHTS CELEBRATION

Saturday, November 30th – 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. We hope that you'll plan to attend and enjoy one or all the following events: The Polar Express, visits with Santa Claus, Lighting of the Village, Festival of Lights Parade, Ornament Painting with Firefly Pottery, Community Holiday Concert featuring the Seacoast Wind Ensemble and lots more...

Please be on the lookout for detailed festival flyers, complete with event locations and times, to be distributed throughout the community as we get closer to the event.

The Festival of Lights is so successful, in large part, to the countless number of volunteers who help with the numerous events and programs that take place throughout the celebration.

The following Festival of Lights Activities / Events are sponsored by York Parks and Recreation Department:

NEW! - Lighting of the Anchorage!

Saturday, November 30th

Join us for the 2nd Annual Lighting of the Anchorage Inn in York, Maine, a new tradition that marks the beginning of the holiday season! Witness the beautiful illumination of the Anchorage as thousands of twinkling lights transform it into a winter wonderland. Enjoy festive music, hot cocoa, and new this year, the ice bar at the Anchorage for a festive beverage! Stop by to meet Santa Claus, who will be there to spread holiday cheer and take photos with children. The event will culminate with a fireworks display at dusk! Don't miss this enchanting event that brings holiday cheer to the heart of York as friends and families gather to celebrate the magic of the holidays!

Thank you to the Anchorage Inn for hosting Santa Claus for us!

LOCATION: Anchorage Inn at York Beach
DAY: Saturday, November 30th
TIME: 4:30pm-7:30pm

The Polar Express

December 5th and 6th

Presented with the Williams Realty Partners of Keller Williams Coastal Realty and Woody's Pizza!

'Twas the night before the Parade...and The Polar Express is coming to town!

Add this staple to your holiday celebrations by joining us in your pajamas for this Polar Express Event. Your evening begins with a "trolley express" ride through scenic York Beach. We'll venture to the Nubble Lighthouse to view its spectacular Christmas Lights. The backdrop of the lighted Nubble is the perfect spot for the telling of the classic Chris Van Allsburg story THE POLAR EXPRESS. Upon our return, we invite you to join us in the warm and cozy Woody's Brick Oven Pizza for some of Santa's favorites, hot chocolate and cookies. We might even be lucky enough to have a visitor join us (hint: he'll be dressed in red!). This is an evening your family won't want to miss; maybe you'll even be chosen to receive the first gift of Christmas!

SPACE IS VERY LIMITED FOR THIS EVENT AND REGISTRATION IS A MUST!

DUE TO SPACE RESTRICTIONS, YORK RESIDENTS ONLY PLEASE!

Special thanks to Williams Realty Partners for generously allowing us to use their trolley, Homer, as our polar express, and Joshua's Book of Dreams for donating a hardcopy of THE POLAR EXPRESS to be read and raffled at each session of this event, and to Woody's Brick Oven Pizza for their hospitality.

REGISTRATION: Ongoing

COST: \$25.00 per person

LOCATION: Pick-up is in the parking lot by York's Wild Kingdom, directly across from the York Beach Fire Department on Railroad Ave.

DATES: Thursday, December 5th

Friday, December 6th

TIMES: Varied 45-minute sessions

Ornament Painting with Firefly Pottery

Check our website for more information.

Festival of Lights Parade

Saturday, December 7th

Join us in celebrating York's Holiday Season with the Festival of Lights Parade. The parade starts promptly at 4:30pm on Saturday, December 7th. Applications are available at the York Parks & Recreation Office and on our website: yorkparksandrec.org. All are welcome!!! We would like to encourage the businesses in York to get involved in this community parade. What a great way to advertise your business and at the same time join in the spirit of the holidays and be involved in your community...a friendly competitive spirit could put a "Best Business" banner on your float this year! Other honors include Best Use of Music, Best Lights, Best Children's Float and Most Magical.

Thank you to York Police Department for their support of this event which would be impossible without them!



FREE Winter Community Concert

Sunday, December 15th

The Festival of Lights finale! Join us in the York Community Auditorium at York High School for a festive community concert! The Seacoast Wind Ensemble will be performing many holiday favorites to delight audiences. The York Arts Company will be accepting donations at the door to support theatrical and musical programming in York.

REGISTRATION: No registration necessary

COST: FREE (Donations for Youth Programming accepted at door)

LOCATION: Community Auditorium at York High School

DAY: Sunday, December 15th

TIME: 3:00pm-4:00pm, Doors open at 2:30pm

Wreaths Across America

Monday, December 9th

View and cheer for the Wreaths Across America convoy, from the Parks & Recreation Department's front lawn. Ample parking and a safe viewing spot for the annual tour from northern Maine to Arlington National Cemetery. The convoy typically passes through York mid-morning, but exact timing will be advertised mid to late November. Stay up to date on our Facebook page!

Any changes or updates will be posted on our social media pages, as they become available.

Want to Build a Snowman? Snowman Building Contest

December 20th – February 28th

We are hoping that there will be plenty of snow this winter and that you and your family will embrace the season and have some fun in the snow! All are invited to enter our Snowman building contest. The rules are simple: build your masterpiece, take a photo of it with the person/people who built it or with an identifying York Landmark in the background and post it to the Parks and Recreation Department's Facebook page with the entrant(s) full name and using hashtag: #YorkParksAndRec. Prizes will be awarded for the photos with the most "likes". The contest will begin before the New Year and run through the end of February.

Sweetheart Ball

Thursday, February 6th, 2025

Kids aged 4-12 accompanied by an adult of their choosing.

This is our 9th Annual Sweetheart Ball! Come treat your child to a festive evening of dressing up and dancing. A photo area will be set up, complete with fun accessories. This semi-formal event will include family friendly music, dancing, and light refreshments. Space is limited and pre-registration is a must for this event, we suggest registering early as we anticipate a sellout again this year! **A huge thank you to the Union Bluff Meeting House for hosting,**

again, this year!

REGISTRATION: Ongoing

DATE: Thursday, February 6th

COST: \$30 per couple / \$10 each extra guest

LOCATION: The Meeting House at the Union Bluff

TIME: 5:00pm-6:30pm

For the Love of Student Art Showcase

February 14th-March 1st, 2025

Opening Reception Thursday, February 13th, 5:00pm-7:00pm

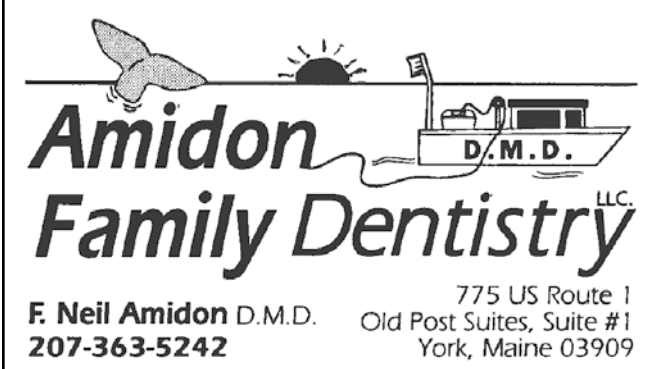
We are thrilled to have the opportunity to share student art with the community at this showcase held at the York Art Association. Special thanks to the wonderful art teachers from the York Schools for making student art available for this show and to the York Art Association for their generous hospitality. This showcase will be held February 14th-March 1st, with an opening reception on Thursday, February 13th from 5:00pm-7:00pm. Artwork will be displayed until March 1st and available to view Friday through Sunday from 11:00am-5:00pm.

Be on the lookout for other artistic happenings at YAA from late February to early March!

Springtime Surprises!

In April

We hope that families will plan to join us for this fun-filled morning. We'll be sure to have all our favorite springtime activities including an egg hunt, visit with the Easter Bunny, prizes, games, goodies and more. Come dressed for the weather as this is an outdoor event and don't forget to bring your own basket or bag. Registration in advance will be a must! This is a free family event, but registration is required due to popularity! The exact date of this event is weather dependent. Please check our website for details!



Amidon Family Dentistry LLC.

F. Neil Amidon D.M.D.
207-363-5242

775 US Route 1
Old Post Suites, Suite #1
York, Maine 03909

Road Races & Challenges

Mt A Trail Challenge - 5k / 1 Mile

Saturday, September 21st

We're excited to have you join us at the summit of Mount Agamenticus for the annual Mt. A Trail Challenge! Run, hike, roll or stroll through either our 1-Mile or 5K course. This challenge is timed the good ol' fashioned way with stop watches, thanks to our local York High School Cross Country Team. There are no traditional age category prizes, but there will be a raffle for all participants!

As always, all funds raised go right back into Mount A conservation & education efforts. Thank you for your continued support!

If you have any questions regarding trails, please contact Naomi at ndensmore@yorkmaine.org

If you have any questions regarding registration, please contact Nick at ndarby@yorkmaine.org

REGISTRATION: Online at Run Signup: <https://runsignup.com/Race/ME/York/MtATrailChallenge>

COST: \$20.00 per individual, for either the 5K or 1-Mile

LOCATION: Start/Finish: Mount Agamenticus Summit

EVENT DATE: Saturday, September 21st, 2024

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

Big A 50K

Saturday, May 3rd, 2025

Join us for a day of stamina and fantastic views, all to benefit the Mount Agamenticus Conservation Region. This is not a traditional event, no loud music at check-in, race bibs, or an award ceremony here! Event timing is done by volunteers and registration is free. Participant donations are appreciated and necessary to sustain this event & support conservation efforts! This event is truly run by volunteers, from the aid stations to post-event BBQ. The course is composed of three 10.35-mile loops starting at the summit of Mount Agamenticus (Big A) and climbing back up the Big A and going over Second Hill and Third Hill and back

up the Big A. There are opportunities to cross the finish line at approximately 10 miles and 13 miles (or any multiple of them up to 31 miles/50K). The terrain is mostly single track with some dirt roads and ATV-type trails. Footing is technical with plenty of rocks, roots, and elevation changes. Trail running shoes are recommended. The full 50K has approximately 5,787 of elevation gain.

Come for the challenge and return for the community.

REGISTRATION: Online at Run Signup: <https://runsignup.com/Race/ME/York/BigA50K>

COST: Donations in lieu of registration fee

LOCATION: Start/Finish: Mount Agamenticus Summit

EVENT DATE: Saturday, May 3rd, 2025

York Hospital 5k Road Race

June 2025

Enjoy this early summer run through scenic York Village and York Harbor. For more information or to register visit www.yorkhospital.com 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.

York Rotary Club Four on the 4th

Friday, July 4th, 2025

Registration for this race will open on February 1st. This is the third race in the Seacoast Road Race Series. Online registration will be available on RunSignUp for \$40 per person plus fees. Kids aged 16 and under get 50% off! People aged 65+ will receive \$5 off at checkout.

York Days 5K

Sunday, July 27th, 2025

Participate in this race, to benefit community programming in York. This road race is part of the popular Seacoast Road Race Series. Registration for this race will open on February 1st. Online registration will be available on RunSignUp for \$40 per person plus fees. Kids aged 16 and under get 50% off! People aged 65+ will receive \$5 off at checkout.



A SPECIAL THANK YOU

A special THANK YOU to those who helped make our summer events and races a success
 Amidon Family Dentistry | The Anchorage Inn | Sun & Surf Restaurant | The Integrity Agency



Thank You Sponsors!

The York Parks and Recreation Department would like to thank all of our sponsors. The printing, publishing and mailing of this brochure would not be possible without them. They have given us the latitude to print a quality brochure that they can be proud to advertise in. The money raised each year helps to support the programs within this brochure. We encourage the community to support these businesses with their patronage!

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Amidon Family Dentistry
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Anchor Real Estate
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Anchorage Inn
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Anthony's Food Shop
207-363-2322

Atlantic Dental Associates
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Bob the Screenprinter
207-892-8220

Brennan & Rogers, PLLC
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Brixham Montessori Friends School
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Bullshirt, LLC
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Camp Eaton
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The Central Restaurant & Bar
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The Integrity Agency
207-337-8340

The York River Landing
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Village Laundry
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Wayside Trailer Park
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207-439-3114

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York Art Association
yorkartassociation.org

York Community Service Association
207-363-5504

York Education Foundation
Yorkeducationfoundation.org

York Harbor Inn
207-363-5119

York Hospital
207-363-4321

York Housing
207-363-8444

York Lawn & Garden
207-363-4607

York Police Department
207-363-4444

York Ready for Climate Action
617-545-5275

York Rotary Club
yorkrotary@gmail.com

York's Wild Kingdom
207-363-4911

Yorkwise
info@yorkwise.org

York Youth Football
yorkyouthfootball.org