

Brunswick Parks & Recreation

Winter 2022-2023

Brochure



Brunswick
maine



brunswickme.org/parks-recreation | 207.725-6656
recprograms@brunswickme.org
220 Neptune Drive Brunswick, Maine 04011

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Brunswick Parks and Recreation Offices located at:

Brunswick Recreation Center

220 Neptune Drive, Brunswick Maine

Office Hours are Monday - Friday from 8:00am to 4:30pm

(207) 725-6656

A MESSAGE TO OUR COMMUNITY

FROM THE BRUNSWICK PARKS AND RECREATION DEPARTMENT

Welcome to the Brunswick Parks and Recreation Department where we maintain and manage more than 40 parks, facilities and public spaces in our community, and administer approximately 100 recreation programs and events annually.

We are excited to share with the community all the fun and exciting programs we have lined up this Winter! If you stop by the Recreation Center you will see new faces, a new check in desk and system along with our new Fitness Center! Our goal is to provide a variety of programs and events for all ages!

As you browse through this Brochure, please keep in mind that **all our facilities, programs, and policies are subject to change.** Many of the programs listed here are already open for registration, so please give us a call or log onto your WebTrac account for info & updates.

Winter Season brings unwanted GERMS... What to know when visiting our Facilities

- Wash your hands frequently with soap and water, especially after coughing and sneezing. Alcohol-based hand gels are also effective.
- Avoid touching your nose, mouth, and eyes.
- Avoid contact with people who are ill. If you are at high risk for complications, you may want to avoid large crowds.

If you have flu:

Stay home if you are sick. You can leave your home after you have been fever-free for 24 hours without taking any fever-reducing medicine.

Cough or sneeze into a tissue and immediately throw the tissue away.

Although most people can stay home to recover without seeing a healthcare provider, it is possible for healthy people to develop severe illness from flu. Anyone with flu should seek medical attention.

We understand and respect that not everyone will be comfortable participating in programs, and we will continue to work with you to manage refund requests. As always, we encourage participants to check with a medical professional before engaging in any recreation programming.



Cough



Headache



Sore throat



Fever or Chills



Congestion or runny nose



Muscle or body aches

People with flu may also experience fatigue (feeling very tired). Some people may have vomiting and diarrhea, but this is more common in children than adults.

Administrative Office Hours

**Brunswick Parks and Recreation Administrative Offices are open
Monday - Friday from 8:00am - 4:30pm**

The Welcome Center is open by appointment ONLY Monday—Friday from 9:00am-5:00pm



**The Parks and Recreation Department Administrative Offices, Welcome Center,
and Recreation Programming will be closed on the following 2023 Holidays:**

Christmas Day—Monday, December 26th, 2022 (Observed Holiday)

New Year's Day—Monday, January 2nd, 2023 (Observed Holiday)

Martin Luther King, Jr. Day—Monday, January 16th, 2023

Washington's Birthday/President's Day—Monday, February 20th, 2023

Patriot's Day—Monday, April 17th, 2023

Memorial Day—Monday, May 29th, 2023

Juneteenth—Monday, June 19th, 2023

Independence Day—Tuesday, July 4th, 2023

Labor Day—Monday, September 4th, 2023

Indigenous Peoples' Day—Monday, October 9th, 2023

Veterans Day—Friday, November 10th, 2023 (Observed Holiday)

Thanksgiving Day—Thursday, November 23rd, 2023

Thanksgiving Friday—Friday, November 24th, 2023

Recreation Center Hours of Operation



The Fitness Center, Track and Courts will be open anytime the Recreation Center is open, please check the weekly schedule for any changes or updates due to programming and events.

The Brunswick Recreation Center is open:

Sunday—10am-6pm

Monday—6am-8pm

Tuesday—6am-8pm

Wednesday—6am-8pm

Thursday—6am-8pm

Friday—6am-8pm

Saturday—7am-6pm

The Recreation Center will observe the following Holidays and will be closed on:

Christmas Day—Sunday, December 25th, 2022

Memorial Day—Monday, May 29th, 2023

Independence Day—Tuesday, July 4th, 2023

Labor Day—Monday, September 4th, 2023

ONLINE REGISTRATION

New Brunswick Parks & Recreation Families Who Have Never Registered for a Program

If you have never signed up for a program with us in the past you can create an account by Going to our [WebTrac](#) and selecting the need a new account link. You will then be prompted to start an account. Your account will be active once complete.

Past or Present Parks and Recreation Department Families

If any member of your family's household has registered for a program with us you already have an active household account! If you have never taken advantage of the WebTrac Online Registration platform, however, you do not have login credentials attached to your account yet. Please do not create a new household in order to login! Call us at 207-725-6656 or email recprograms@brunswickme.org and we will assist you with assigning login information to your already existing household account. If you are not sure whether your login credentials have been set up or if you have forgotten your username or password, please reach out to us using the contact information provided above and we will assist you with this as well!

Follow the link or scan the QR Code
<https://www.brunswickme.org/205/Online-Registration>



General Policies

Registration: Registration can occur either in person at the Recreation Department, over the phone, by mail OR online at www.brunswickme.org/parks-recreation

Registration Process: Pre-registration and pre-payment are required for all classes. Programs registrations are accepted in person, mail, online, or over the phone. Payment is expected prior to the start of the first class date.

Payment: Full payment is required at the time of registration for classes.

Residents: Participants who live in Brunswick.

Non-Residents: Participants who do not live in Brunswick must pay 33% more per class registration.

Confirmations: We do not send course confirmations or reminders of enrollment. If you register for a program, you are responsible for knowing class dates, times, and location.

Discounts: Sibling discounts are available for Brunswick Youth Soccer League and for Summer Vacation Camp.

Follow us on Social Media!



“BrunswickParksandRecreation”

Refund Policy: The Brunswick Parks and Recreation Department seeks to provide high quality facilities and program opportunities for leisure time activities for all Brunswick residents. The user fees that are collected through these programs go directly toward the cost of operation. This allows us to keep our rates fair and reasonable while still delivering a high quality product. In many cases, expenses are incurred prior to the start of a program, which is why we have outlined the refund policy below.

- ⇒ If we cancel a program, all fees will be refunded. If a program does not take place due to cancellation by the Parks and Recreation Department, all registration/user fees will be refunded in full.
- ⇒ If you withdraw 2 business days before the first session of a program (excluding weekends and holidays) you will receive a full refund (less a \$5 handling fee). Example: If a program is scheduled to begin on a Wednesday, to receive a full refund (minus the handling fee) you must withdraw before the end of business on Monday. If Monday is a town recognized holiday and our offices are closed then withdrawal must take place before the end of business on the previous Friday.
- ⇒ If you withdraw less than 2 business days prior to the start of or after the first session of a program, you will be refunded 75% of the registration fee (less a \$5 handling fee). Example: If the program is scheduled for Wednesday afternoons, any withdrawals that take place at the start of business on the Tuesday morning before the first session through the close of business on the Tuesday prior to the second session will be eligible for this refund.
- ⇒ If you withdraw on (or after) the day of the second session, no refund will be issued.
- ⇒ For one-day special events you must withdraw no less than 2 business days prior to the start of the program to receive a full refund (less a \$5 handling fee). There will be no refunds issued for requests later than that.
- ⇒ In the event of an extended illness or injury, we will issue a prorated refund after the start of a program. We must receive written notification, along with a physicians note excusing the participant from continuing. All documentation must be received before the last session of the program.
- ⇒ Refund processing takes up to two weeks. We do not provide cash refunds.

Brunswick Recreation Center

Membership

All users of the Recreation Center are required to provide personal identification information upon entering the building, as well as complete a building use waiver. Upon completing membership documentation, users will be given a membership tag that will be scanned at the main entrance of the building each visit.

Access to the Fitness Center is based on enrollment into a Pro Level Membership or by purchasing a Day Pass.

Pro members, as well as Day Pass users will need to scan a membership tag in order to gain access to the Fitness and Cardio spaces. These spaces feature strength & conditioning equipment, a stretching & yoga area, free weight equipment and many cardio machines.

MEMBERSHIP	DETAILS	RESIDENT	NON-RESIDENT
BASIC	Includes access to track and court during open hours (does not include paid programs)	Free	Free
PRO	Includes access to strength and cardio spaces, access to iFit subscription	\$20/Month \$220/Year (1 month Free with Year Pass, \$20 savings)	\$30/Month \$330/Year (1 month Free with Year Pass, \$30 savings)
DAY PASS	PRO level membership for a day	\$5/Day	\$10/Day

\$5 OFF Discount for Active Military, Adults age 65+ and Students
Discounts apply to month/year rates, cannot be combined & must show ID

Discount Pro Resident: \$15 month/\$165 year (1 month free)
Discount Pro Non-Resident: \$25 month/\$275 year (1 month free)

Brunswick Recreation Center

Membership

Basic Membership

Basic Membership to the Recreation Center is free for Residents and Non-Residents of Brunswick. Basic Members have access to the Locker room facilities, the walking track and courts during open hours. Day Passes are available for Basic Members looking to utilize the Fitness and Cardio Spaces on a day-by-day. Paid programming requires a separate fee. Continue reading through our brochure for more information about our paid programming!

Pro Membership

Includes access to Strength and Cardio spaces and access to iFit subscription in addition to the amenities included in the Basic Membership.

Resident Fee: \$20 Per Month / \$220 Per Year

Non-Resident Fee: \$30 Per Month / \$330 Per Year

Day Pass

A day pass provides users with a Pro level membership for the business day.

Resident Fee: \$5 Per Day

Non-Resident Fee: \$10 Per Day

Discounts

The following discounts are available for the Monthly and Year rates:

\$5.00 Off Discounts for Active Military, Adults age 65+ and Students (Must show ID)

Resident Rates with Discount: \$15 month/\$165 year (Pay for 11 months and get the 12th free)

Non-Resident Rates with Discount: \$25 month/\$275 (Pay for 11 months and get the 12th free)

Discounts cannot be combined and are not available for day pass rates.



**Silver Sneakers and Pickleball Discounts
will become available January 1st!**

For more info about Open Gym or the Walking Track Please email recprograms@brunswickme.org

call 725-6656, or visit our website: brunswickme.org/parks-recreation

Brunswick Recreation Center

The Recreation Center features a new, State-of-the-Art Fitness Center, Basketball Courts, Pickleball Courts and an Indoor Track. This building is also home to Parks and Recreation Department Administrative Offices and the Welcome Center.

Amenities

- ◆ Two Basketball Courts that are regularly converted to Indoor Pickleball Courts. Multiple time slots throughout the week are available for individuals or families use the courts. This service is free and we offer some basic equipment to use.
Open Use = Any age use
Family Open Use = Use by families (Adults & Children)
K-12 Open Use = Use for grades K-12
(under 13 requires adult supervision)
High School Use = Use for grades 9-12
Adult Open Use = Adults 18+
- ◆ Lobby with ample seating and storage for outerwear and outdoor shoes
- ◆ Indoor Track: 2 lane, one-way direction, track with Distance of 1/9 of a mile
- ◆ Cardio Fitness Area and Strength and Conditioning Area (Included with Paid Membership Only)
- ◆ Full Locker rooms complete with bathroom facilities and showers
- ◆ Beverage and Snack Vending Machines
- ◆ Informational pamphlets & maps of Brunswick's outdoor spaces
- ◆ Abundant parking for those looking to access Rec Center or area trails
- ◆ Free, Public Wi-Fi access

Reminders

- ◆ No rollerblades, roller-skates, strollers, skateboards, allowed on track
- ◆ Wheeled walking aids, canes and wheelchairs permitted
- ◆ No amplified music played through speakers allowed
- ◆ Use cubbies and hooks in lobby to store personal items or store in locker room
- ◆ Locks are available for your purchase at Main Office
- ◆ The Recreation Department is not responsible for items lost or stolen—Please lock up your valuables!



RECREATION CENTER RULES

1. Participants must be over the age of 14. Participants under the age of 16 must be accompanied by an adult.
2. Participants must report all injuries to BRC staff. In emergency, dial 911 before reporting to staff.
3. Show respect for the equipment, facility, and towards others.
4. Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.
5. No horseplay or loud offensive language will be tolerated.
6. Please report any damaged or broken equipment to BRC staff immediately.
7. Use a spotter when lifting heavy weights and please do not drop or throw the weights.
8. Keep hands and loose clothes away from weight stacks, cables, and pulleys.
9. Limit use of cardio machines to 30 minutes when others are waiting.
10. Proper attire is required at all times.
11. Do not take pictures or videos of others without consent.
12. Please use headphones when listening to music
13. Please clean up after yourself and wipe off equipment with provided materials after use.
14. Track use is limited to walking and running only. No vehicles with wheels. Please use non-marking shoes on courts and track.
15. Consult your physician prior to engaging in physical activity

Strength Room

The Strength Room features the strength & conditioning equipment listed below:

Matrix Ultra Dependent Arm Curl	Matrix MG Vertical Bench Press
Matrix Ultra Back Extension	Matrix Aura Lat Pulldown
Matrix Ultra Converging Chest Press	Matrix MG-PL62 Smith Machine
Matrix Ultra Diverging Lat Pulldown	Magnum VKR w/Chin
Matrix Ultra Leg Extension	Matrix Aura 5-Stack Multi-Station
Matrix Ultra Leg Press	Matrix Aura 4-stack Multi-Station
Matrix Ultra Rear Delt / Pec Fly	Matrix Aura - Adjustable Cable Crossover
Matrix Ultra Diverging Seated Row	Matrix Aura Seated Row
Matrix Ultra Converging Shoulder Press	Matrix Aura - Triceps Pressdown
Matrix Ultra Triceps Press	Magnum Full Power Rack
Matrix Ultra Hip Adductor	Connexus Stability Step
Matrix MG Lat Pulldown	Kettlebells, Slamballs, Strength Bands, Resistant Tubes, Free Weights, Tri Plyo Box, and Sled with moveable parts
Matrix MG Seated Row	



Cardio Area

Our Cardio Area includes a stretching and yoga area and the cardio machines listed below:

Stretching and Yoga Area

4 Rowing Machines

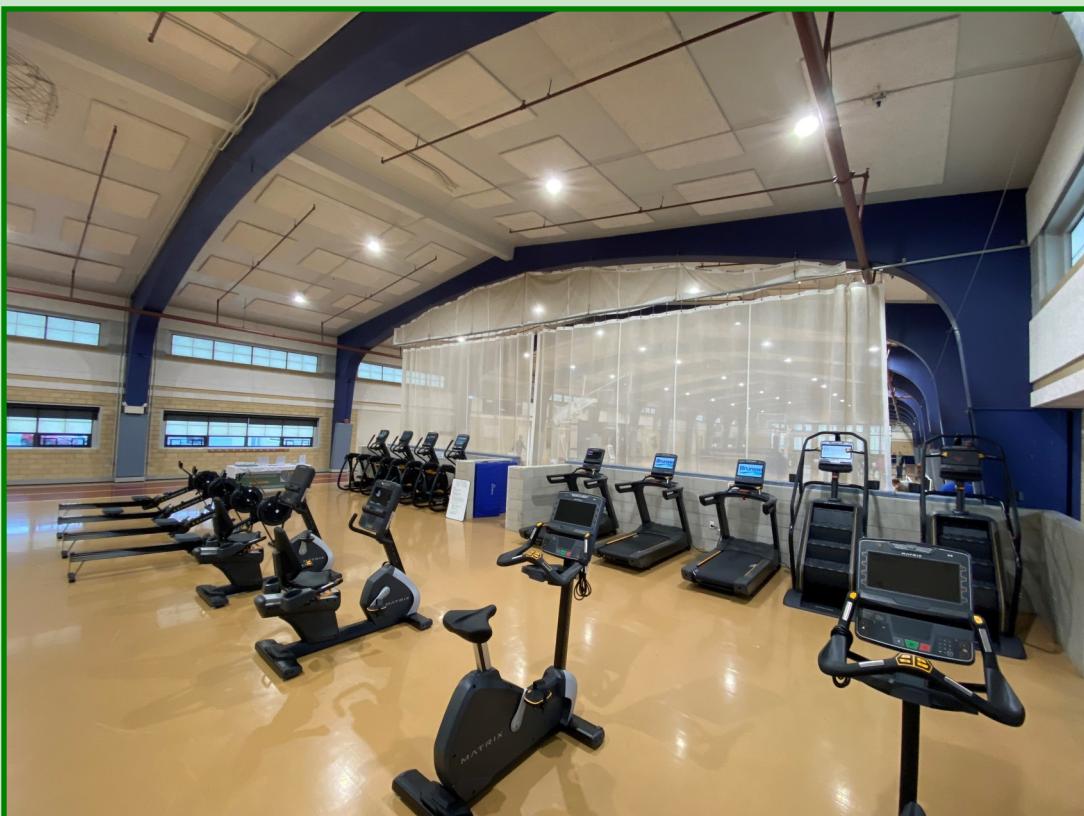
2 Performance ClimbMills with Touch Console

3 Performance Treadmills with Touch Console

4 Performance Ascent Trainers with Touch Console

2 Performance Recumbent Cycle with LED Console

2 Performance Upright Cycle with LED Console



For more info about our Fitness Equipment and Offerings,
Please email Health and Fitness Director, Priscilla Trimble at ptrimble@brunswickme.org

Health & Fitness Classes

BRUNSWICK FITNESS CENTER

XII

**KICKSTART
YOUR NEW YEAR
2023**

**Check out our
Fitness Center!**

**RECEIVE 1 FREE DAY PASS IN
JANUARY TO TRY OUT OUR
EQUIPMENT**

Brunswick Recreation Center- 220 Neptune Dr, Brunswick ME 04011

ptrimble@brunswickme.org | www.brunswickme.org/parks-recreation | 207-725-6656

Health & Fitness Classes

Machines 101

Join us as we tour our newly installed Fitness Center! We will go over the basics of machines, fundamentals of body techniques, and fitness goals. This drop-in program is tailored for those who are looking for an introduction to weight lifting, machines, or fitness in general. This program is designed as a one-time, drop-in style program so registration is NOT required. After completing this class, you should have the tools you need, to implement the machine workouts on your own. This is a drop-in program. No registration is required.

Ages: Ages 14+

Dates: Saturdays, January 14 – April 29 (No Class: Jan 21, Feb 18, and April 1)

Time: 9am-10am

Location: Weight Room

Fee: Free, must be a PRO Member or Purchase a Day Pass to participate

Instructor: Priscilla Trimble, Health & Fitness Director

Coordinator: Priscilla Trimble, ptrimble@brunswickme.org



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Health & Fitness Classes

The Foundation

Kickstart your weekend with a rush of adrenaline in this fitness boot camp style training workout. This weekly workout will challenge you, keep you active, and give you tools to improve your long-term fitness. Check our website and social media for program changes and updates. Pre-registration is required and early highly encouraged!

Ages: Adults 18+

Dates:

Foundation Session 1

Dates: Mondays, February 6, 13, 20, 27

Foundation Session 2

Dates: Mondays, March 6, 13, 20, 27

Foundation Session 3

Dates: Mondays, April 3, 10, 17, 24

Time: 6-7pm

Location: Weight Room

Fee: \$45 Residents

\$60 Non-Residents

Instructor: Jimmy Franklin

Coordinator: Priscilla Trimble,

ptrimble@brunswickme.org

Minimum of 4 participants is necessary to offer class

Foundation and Fitness for Student Athlete Participants MUST have either a PRO Membership or Day Pass to Participate. Passes are sold separately from the class prices listed.

Fitness for Student Athletes

Calling all student athletes! Whether you are in between sports or just want to stay fit, this class is for you! Join us as we develop muscular strength and endurance through dynamic weight training. Fall in love with fitness all over again as we learn about the importance of cross training for your sport, discover new tools that you can implement into your fitness routine, and reach new health goals.

Pre-registration is required and early highly encouraged!

Ages: Age 12-22

Dates:

Fitness for Student Athletes Session 1

Dates: Fridays, February 3, 10, 17, 24

Fitness for Student Athletes Session 2

Dates: Fridays, March 3, 10, 24, 31

Fitness for Student Athletes Session 3

Dates: Fridays, April 7, 14, 21, 28

Time: 6-8pm

Location: Weight Room

Fee: \$60 Residents

\$80 Non-Residents

Instructor: Jimmy Franklin

Coordinator: Priscilla Trimble,

ptrimble@brunswickme.org

Minimum of 4 participants is necessary to offer class

Health & Fitness Classes

Guided X-Country Ski Nature Meditation

Join us in nature's winter wonderland as cross-country ski through the magic of winter! This will be a guided nature meditation. During this guided ski tour, we will ski on local trails and stop along the way to take in the beautiful landmarks and wonders. Discover the benefits of outdoor exercise and mindfulness as we take on the winter. Pre-registration is required and early highly encouraged! This program is dependent upon trail conditions.

Ages: Adults 18+

Dates:

Guided X-Country Nature Meditation Session 1

Saturdays, January 28

Fee: \$10 Residents

\$13 Non-Residents

Guided X-Country Nature Meditation Session 2

Saturdays, February 11 & 25

Fee: \$20 Residents

\$27 Non-Residents

Guided X-Country Nature Meditation Session 3

Saturdays, March 11 & 25

Fee: \$20 Residents

\$27 Non-Residents

Time: 11am-12pm

Location: Kate Furbish Preserve

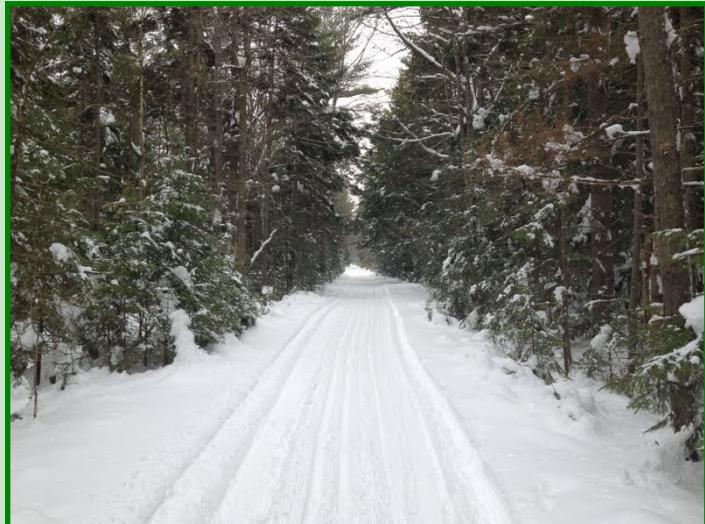
Fee: \$20 Residents

\$27 Non-Residents

Instructor: Priscilla Trimble, Health & Fitness Director

Coordinator: Priscilla Trimble, ptrimble@brunswickme.org

Minimum of 4 participants is necessary to offer class



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Health & Fitness Classes

Sunset Salutation

Join us for this gentle yoga flow class that is designed for individuals of all fitness levels (beginner or otherwise). During this evening session, we will go through a progression of yoga movements that will be sure to end your day well! Check our website and social media for program changes and updates. Sessions are offered in 4-week class bundles. Pre-registration is required and early highly encouraged!

Ages: Adults 18+

Dates:

Sunset Salutation Session 1
Thursdays, January 19 & 26

Fee: \$23 Residents
\$30 Non-Residents

Sunset Salutation Session 2
Thursdays, February 2, 9, 16, 23

Fee: \$45 Residents
\$60 Non-Residents

Sunset Salutation Session 3
Thursdays, March 2, 9, 16, 23, 30
Fee: \$56 Residents
\$75 Non-Residents

Sunset Salutation Session 4
Thursdays, April 6, 13, 20, 27
Fee: \$45 Residents
\$60 Non-Residents

Time: 6-7pm

Location: Court 2

Instructor: Nikki Yanok

Coordinator: Priscilla Trimble,
ptrimble@brunswickme.org

Minimum of 4 participants is to offer class

Mindful Morning Meditation

Join us for a time of early morning stretching, meditation, and gentle body weight movements. Learn about the importance of mindfulness as you start your day! Check our website and social media for program changes and updates. Pre-registration is required and early highly encouraged!

Ages: Adults 18+

Dates:

Mindful Morning Meditation Session 1
Tuesdays, January 24, 31

Fee: \$15 Residents
\$20 Non-Residents

Mindful Morning Meditation Session 2
Tuesdays, February 7, 14, 21, 28

Time: 7-8am

Location: Cardio Area

Fee: \$30 Residents
\$40 Non-Residents

Instructor: Priscilla Trimble, Health & Fitness Director

Coordinator: Priscilla Trimble, ptrimble@brunswickme.org

Stretch & Strengthen

This class is perfect for those who are looking to increase their strength, regain mobility, and stay active. This class is designed for individuals 65+. During these sessions we will use lightweight dumbbells and bodyweight exercises to tone and activate the muscles. These classes are a fun, upbeat way to stay active in a group setting. Sessions are offered in 4-week class bundles. Pre-registration is required and early highly encouraged!

Ages: Adults 65+

Dates:

Stretch & Strengthen Session 1
Wednesdays, February 1, 8, 15, 22

Stretch & Strengthen Session 2
Wednesdays, March 1, 8, 15, 22

Time: 4-5pm

Location: Court 2

Fee: \$30 Residents
\$40 Non-Residents

Instructor: Jimmy Franklin

Coordinator: Priscilla Trimble, ptrimble@brunswickme.org

Minimum of 4 participants is necessary to offer class

Health & Fitness Classes

Pilates and Playtime

Come workout with your little ones! We will meet for a fun time of gentle Pilates and bodyweight fitness, playtime with your little ones, and connection with other caretakers. Learn about the importance of mindfulness as you start your day! This program is designed for caretakers and their children ages 0-3. Check our website and social media for program changes and updates. Sessions are offered in 4-week class bundles. Pre-registration is required and early highly encouraged!

Ages: Adults 18+ and Children ages 0-3

Dates: Thursdays, February 2, 9, 16, 23

Time: 9am-10am

Location: Cardio Area

Fee: \$20 Residents

\$27 Non-Resident

Instructor: Priscilla Trimble, Health & Fitness Director

Coordinator: Priscilla Trimble,

ptrimble@brunswickme.org



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Muddy Boots

Explore the intricacies of the natural world with your little one! During this program we will go on child led hikes through the forest trails to find natural hidden gems, learn about seasonal environmental changes, and notice the creatures that live in the local habitats right in our backyard! This program is designed for preschool aged children and their caretakers. Please dress according to the weather. Check our website and social media for program changes and updates Sessions are offered in 4-week class bundles. Pre-registration is required and early highly encouraged!

Ages: Adults 18+ and Children

Dates:

Muddy Boots Session 1

Thursdays, March 2, 9, 16, 23, 30

Fee: \$25 Residents

\$33 Non-Resident

Muddy Boots Session 2

Thursdays, April 6, 13, 20, 27

Fee: \$20 Residents

\$27 Non-Resident

Time: 9am-11am

Location: Brunswick Landing Trails, exact location

will be announced prior to the start of the program

Guide: Priscilla Trimble, Health & Fitness Director

Coordinator: Priscilla Trimble,

ptrimble@brunswickme.org

Minimum of 4 participants is necessary to offer class

Health & Fitness Classes

One-on-One Personal Training

This program is designed for a one-time session to meet with Coach Ida. This program does not have a set date and time as it will be based off coach and participant availability. Sign up for either a 1 hour session, 2 hours (split between two dates) or 3 hours (split between three dates).

Once you register, you will be contacted within 24 hours to schedule your session. All personal training session purchases include a one-month pro-membership at time of purchase to encourage long-term sustainable fitness. All sessions must be used within 30 days.

First hour session is \$75, additional sessions are \$60 more per session.

Personal Training with Ida 1 Hour

Dates: Based off of client and trainer's availability

Time: 1-hour

Fee: \$75 (includes 30-day PRO membership)

Personal Training with Ida 2 Hours (\$15 saving)

Dates: Based off of client and trainer's availability

Time: 2-hours

Fee: \$135 (includes 30-day PRO membership)

Personal Training with Ida 3 Hours (\$30 saving)

Dates: Based off of client and trainer's availability

Time: 3-hours

Fee: \$195 (includes 30-day PRO membership)

Location: Weight Room

Instructor: Ida Messerman

Coordinator: Priscilla Trimble,

ptrimble@brunswickme.org

Already a Pro Member?

Email or Call Health and Fitness

Director, Priscilla Trimble to

receive a pro-rated price.



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Health & Fitness Classes

Small Group Personal Training

Jimmy's personal training style is perfect for those who are looking for peer accountability and consistent training with a buddy or two. Grab your fitness friends and sign up for group style personal training sessions. These training sessions do not have a set date and time allowing you to find a time that works for your group. Sign up for either a 1-hour session, 2-hours (split between two dates) or 3-hours (split between three dates).

Once you register, you will be contacted within 24 hours to schedule your session. All personal training session purchases include a one-month pro-membership at time of purchase to encourage long-term sustainable fitness. All sessions must be used within 30 days.

Group Training with Jimmy 1 Hour

Dates: Based off of client and trainer's availability

Time: 1-hour session

Fee: \$35 per person

Group Training with Jimmy 2 Hours

Dates: Based off of client and trainer's availability

Time: 2-hour session

Fee: \$55 per person

Group Training with Jimmy 3 Hours

Dates: Based off of client and trainer's availability

Time: 3-hour session

Fee: \$75 per person

Location: Weight Room

Instructor: Jimmy Franklin

Coordinator: Priscilla Trimble, ptrimble@brunswickme.org

Minimum of 3 people/ Max 5.

Already a Pro Member?

Email or Call Health and Fitness Director, Priscilla Trimble to receive a pro-rated price.



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Adult Sports & Leagues

We are excited to continue the Adult Intramural Sports League at the Brunswick Landing for a 2nd season! This Recreational league is non-competitive and are designed for the average adult to come have fun while exercising! Gather some of your friends or make some new friends & re-live the fun you used to have as a kid!

Adult Dodgeball League

Adult Dodgeball League, a very popular sports offering featured as part of the Landing's Adult Intramural Sports League returns for late fall/early winter! The Brunswick Parks and Recreation Department is proud to be collaborating with Wild Oats Bakery and Flight Deck Brewery to provide this exciting and fun opportunity for adults!

Dodgeball meets on Tuesdays at the Brunswick Recreation Center and game times begin at either 6pm or 7pm. The league fee is \$200 per team. If you are having a company sponsor your team, reach out to us in order to get your team registered and an invoice can be sent to the team sponsor. Individuals not affiliated with a team and teams interested in playing are encouraged to contact the Brunswick Parks & Rec at 725-6656.

League Details

- There can be a maximum of 12 teams and a Minimum 6 teams competing in the league.
- Game start times are 6pm and 7pm and there is a 50 min time limit per game.
- There must be a minimum of 8 adults per roster (teams must be gender diverse)
- Teams will compete 5v5
- Game nights will consist of a best of 3 game series and there will be Double Headers for a total of 6 games to be played each night
- Games are played until all players for the opposing team are eliminated or time limit of 50 minutes has been reached
- Standings will be kept and each session will conclude with a 1-day playoff to determine a champion.

League Rules

- Players must be 18 years of age and graduated from High School
- The Facility and parking lot are Alcohol, tobacco, drug free zones
- This is a recreational league for the average adult, violence or aggressive competition behavior will not be tolerated
- Teams are encouraged to attend the post play social over at Flight Deck Brewery where League Members will receive special discounts!

Ages: Adults 18 and older

Dates: Tuesdays, March 21 – April 25, 2023

Time: 6pm or 7pm

Location: Brunswick Recreation Center

Fee: \$200

Coordinator: David Coffill, dcoffill@brunswickme.org

**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG**

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220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm



WINTER 2022 DODGEBALL CHAMPIONS—
THE MOUTHY BALLERS

Adult Sports & Leagues

Adult Over 35 Adult Basketball League

We have been offering an Adult Basketball League for over 25 years! The season will consist of an 8 game regular season games followed by a seeded, double elimination tournament and the League uses High School IAABO officials. Sign-ups are open for teams and individuals to play in the Over 35 Basketball League. If enough individuals not affiliated with a team (Don't need) sign-up then a "house" team will be created. Age determination is based upon a players age on their birthday as of their birthday in 2023.

Ages: Adults 35 and older

Dates: Sundays and Some Weekdays beginning January 8th (Exact Schedule TBD)

Time: Sunday Games at 2:30pm, 3:30pm, 4:30pm

Weekday games at 6pm & 7pm

Location: Brunswick Recreation Center

Fee: \$825 Per Team // \$125 Per Individual

Coordinator: David Coffill, dcoffill@brunswickme.org

Pick Up Basketball

Is your life too busy to join a sports league, but you still enjoy getting out to play sports? Would you like to get some exercise and enjoy a little competition, but not have to commit to a long season? Consider attending our Pick-Up Adult Basketball offerings indoors at the Recreation Center!

Adult Pick-up Basketball is open to men and women 18 years or older and is informal, not team based. Teams are made on the fly and games are any version the group decides on (3v3, half court, full court, pressing, slow down, 5v5 etc.), no officials so call your own fouls.

Day(s) and Times:

Monday, Wednesday, Friday From 11:30am-2pm

Tuesday, Thursday From 6-8pm

Saturday, Sunday From 4-6pm

Location: Brunswick Rec Center, Court 1

Please note the schedule is subject to change, for up-to-date weekly gym schedule please call or visit www.brunswickme.org/parks-recreation



Additional Sports

Have another sport that you would like to see

Offered and is not listed above?

Please contact us at 207-725-6656.

ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Adult Sports & Leagues

Pick-up Pickleball

Pickleball is the fastest growing sport in the United States, as all ages have started to pick up a paddle and learn more about this fun and active sport. Pickleball is a fun and exciting (and addictive) racquet sport, which differs from tennis by utilizing a court less than half the size of a tennis court. It is primarily played as a doubles sport which means each person only has to cover about ten feet of court side-to-side. The rules are few and simple and the game utilizes an underhand serve, perforated plastic ball and "no-smash zone," seven feet in front of the net which allows for an easy-to-learn sport with a slower finesse-style of play.

A Pickleball court has the same dimensions as a badminton court (44 by 20 feet) with a net that is two inches lower than a tennis net. The sport is played with wooden or composite paddles that are about twice the size of a ping pong paddle and a perforated plastic ball similar to a whiffle ball.

This indoor program offers 2 courts for a drop-in style play and allows adults to play many times throughout the week. This indoor program allows adults to come down and play a game that is best described as human ping pong! This program is welcoming new players all the time, be sure to come down and check it out!

Equipment

We have a selection of paddles and pickleballs for players to use during the session.

Day(s) and Times: (Subject to Change)

Monday-Friday from 8:30am – 2:30 pm

Monday/Wednesday/Friday from 5:30pm-8pm

Sunday 1pm-4pm

Location: Brunswick Recreation Center Gymnasium

Fee: \$2 Brunswick resident, \$3 Non-Brunswick resident (10-Punch Passes Available)

Please note the schedule is subject to change, for up-to-date weekly gym schedule please call or visit www.brunswickme.org/parks-recreation



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Adult Sports & Leagues

Pickleball Lessons

Introduction to Pickleball Class

Have you heard about this sport with the funny name of Pickleball and wonder what it is all about? Join our instructor Theresa for an Introductory Lesson that will show you the basics of Pickleball and explain how to play. No previous experience necessary. Open to adults only.

Age: Adults over 18

Day(s) and Times:

Every other Tuesday Beginning December 27th

Tuesdays, 12/27, 1/10, 1/24, 2/7, 2/21, 3/7, 3/21

Every other Thursday Beginning January 5th

Thursdays 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30

Time: Tuesday, 4:30pm – 6:30pm

Thursday, 1pm-2:30pm

Location: Recreation Center Gym

Fee: \$10 Brunswick Residents

\$13 Non-Residents

Instructor: Theressa Houtman

Coordinator: Aaron Cropley, acropley@brunswickme.org

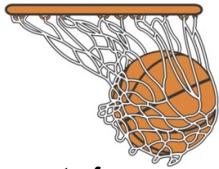
Equipment

We have a selection of paddles and pickleballs for players to use during the session.

Limited to 8 players. A minimum of 4 participants is necessary in order to hold the class.



Youth Sports Programming



Youth Basketball for Grades 3-8

Experience the fun and excitement of playing basketball! Youth basketball emphasizes the development of fundamental basketball skills and positive youth sports values such as teamwork, respect and sportsmanship. The program consists of one 1 hour week night practice and one Saturday game each week. Equal playing time is one of the goals of the program.

Your child is expected to participate in a Scrimmage/evaluation night at Brunswick Rec Center Gym on the date listed below. Players will be placed in groups and scrimmage in order for Recreation staff to assess the experience and skill level of players as they attempt to form balanced teams. Participation is important for the creation of fair and evenly balanced teams!

Please indicate during registration if there is a potential conflict in your family's schedule that needs to be considered for team placement! Teams are put together based on careful evaluations to make them fair & balanced. Unfortunately, we cannot accommodate requests to change teams—once a player is placed on a team, there will be NO changes allowed. It is also impossible for us to accommodate placement requests other than those from siblings.

Registration: Registrations must be processed by Friday, November 11th

Scrimmage Evaluation Nights Brunswick Rec Center Gym:

3rd/4th Grade- November 16th	Scrimmage times: 3rd/4th Girls -5:30-6:15pm	3rd/4th Boys- 6:30-7:15pm
5th/6th Grade- November 17th	Scrimmage times: 5th/6th Girls -5:30-6:15pm	5th/6th Boys- 6:30-7:15pm
7th/8th Grade- November 18th	Scrimmage time: 6-7pm	

Coaches Meeting: Tuesday, November 22nd at 5:30pm

Team Placement: You will be notified by Wednesday, November 23rd

First Week of Practices: Week of November 28th

Practice and Game Schedules: Will be provided by coaches

First Game: Saturday, December 3rd (No games Dec. 24 & 31. Games will be played through Saturday, Feb. 4th)

Basketball League for Grades 3/4

\$65 Brunswick Residents/ \$86 Non-Residents

Children in Grades 3-4 will play in separate gendered divisions and will have one 1 hour weekday practice and one Saturday game. Players will receive a reversible Jersey prior to the first day of games.

Basketball League for Grades 5/6

\$80 Brunswick Residents/ \$106 Non-Residents

Children in Grades 5-6 will play in separate gendered divisions and will have one 1 hour weekday practice and one Saturday game. Players will receive a reversible Jersey prior to the first day of games. If there are insufficient numbers to support two leagues, we will combine to form a coed league in order to give everyone an opportunity to play!

Basketball League for Grades 7/8

\$80 Brunswick Residents/ \$106 Non-Residents

Children in Grades 7-8 will be placed on combined teams and will have one 1 hour weekday practice and one Saturday game. Players will receive a reversible Jersey prior to the first day of games.

Coordinator: Aaron Cropley, acropley@brunswickme.org and David Coffill, dcoffill@brunswickme.org

Youth Sports Programming



Youth Travel Basketball

The Brunswick Parks & Recreation Department will enter a 5th grade boys and a 5th grade girls team, along with a separate 6th grade boys and a 6th grade girls team in the Maine Summit Basketball League. These travel teams are limited to Brunswick Residents and students of Brunswick Public Schools only. All games will be played on either Saturdays or Sundays beginning in and will conclude in March following the Parks and Recreation Department's Youth Basketball Tournaments. Playoffs will take place in late February with championships the following weeks. One or two practices per week will be scheduled weeknights at the Recreation Center and/or the Harriet Beecher Stowe School. Player flexibility is required for this league!

The cost to participate in the league is \$125 for players who are selected. There is no fee for try-outs, but it is mandatory for players to attend the tryouts if they wish to play! Try-out dates and times are listed below.

Transportation to and from games will be the responsibility of parents. Parents willing to car-pool must provide the Parks and Recreation Department with a copy of their driver's license, vehicle registration, and proof of insurance.

Uniforms will be assigned to registered players prior to the first game. Players who have not registered and paid are not eligible to play, and will not be assigned a uniform until they do so.

Grades: Grades 5th and 6th

Try-outs: October 25th and 26th

Boys—Tuesday, October 25th at Harriet Beecher Stowe School

Grade 5- 5-6:15pm

Grade 6- 6:15pm-7:30pm

Girls—Wednesday, October 26th at Harriet Beecher Stowe School

Grade 5- 5- 6:15pm

Grade 6- 6:15pm-7:30pm

Practice and Game Schedules: Will be provided by coaches

First Game: Week of November 16th

Location:

Fee: \$125 for players who are selected

Coordinator: David Coffill, dcoffill@brunswickme.org



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG

Or stop by our office located at
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Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Sports Programming



Elks Hoop Shoot

The Brunswick Parks and Recreation Department & Topsham Parks & Recreation Department, in conjunction with the Brunswick Lodge B.P.O., Elks No. 2043, will be holding the annual subordinate lodge level of the Elks National "Hoop Shoot" Free Throw Contest.

The Contest is open to youth, ages 8-13 and the contestant's age group will be determined by their age as of April 1, 2023. The different age categories for the competition are 8 – 9, 10 – 11, and 12 – 13. Only children who live in Brunswick, Topsham, SAD 75 communities, Lisbon and Freeport are eligible. A participant can enter only one subordinate lodge contest. There is no registration fee, but you must pre-register!

Each contestant will shoot 25 foul shots from age appropriate foul lines to 10-foot high baskets. Girl's divisions will use an intermediate size basketball. Boys will use regulation size basketballs. Winners in each age group will qualify for advancement to the District Contests, against winners from other subordinate lodges of Elks, scheduled for a later date. Contestants continuing to win will advance to State, Regional and National Contests.

Ages: 8-13 As of April 1 2023

Date: Wednesday, December 28th, 2022

Time: 12:30pm– 2:30pm

Location: Brunswick Recreation Center, 220 Neptune Drive, at the Brunswick Landing

Fee: Free (Pre-registration required)

Instructor: Brunswick Parks and Recreation Department Staff

Coordinator: David Coffill, dcoffill@brunswickme.org



Kids on the Court Instructional Basketball League

Kids on the Court will be offered as a skills and drills program that features **6** Sessions of practice and proper instruction in Basketball "FUN"amentals! Coaches and volunteers will guide children through skills work with an emphasis on dribbling, passing and shooting. Children will also be working towards scrimmaging in small groups as well!

Grades: Grades 1 and 2

Dates: Saturdays, December 10th– February 4th

No program on December 24th or December 31st

Time: 8:30am-9:30am OR 9:30am-10:30am

Location: Harriet Beecher Stowe School Gymnasium

Fee: \$55 Residents (*Limited to Brunswick Residents Only*)

Instructor: BHS Varsity Basketball Coach, Ben Clark,

with the assistance of BHS basketball players

and adult volunteers.

Coordinator: Aaron Cropley,

acropley@brunswickme.org and

David Coffill, dcoffill@brunswickme.org

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Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Sports Programming

Fundamental Basketball

We are excited to offer Grade K FUNDamental basketball once again this year! This co-ed program will focus on teaching players the introductory skills of basketball. Using skills, drills and small sided games, players will work on learning dribbling, passing, shooting, defense, body awareness and movement. Time will also be spent explaining the game of basketball. This promises to be a fun and exciting program and will include a FUNDamental T-shirt!



Grades: Grades K

Dates: TBA

Time: TBA

Location: Harriet Beecher Stowe School Gymnasium

Fee: \$60 Residents / \$80 Non-Residents

Instructor: TBA

Coordinator: Aaron Cropley, acropley@brunswickme.org and David Coffill, dcoffill@brunswickme.org

Start Smart Basketball

Start Smart® Basketball is an instructional program that prepares children ages 3 to 5 for enjoyable basketball experiences. Children, alongside an adult, will work together with the assistance of an instructor to learn the basics of dribbling, ball handling, shooting, passing, catching, running and agility.

Children will learn how to have fun while developing physical coordination and making small, but recognizable and thus encouraging, improvements. Adults will learn how to teach complex skills in creative and interesting ways using instructional and encouraging verbal cues, equipment and drills. Each skill is broken down into simple steps and participants practice the different steps in a cumulative fashion over the course of the six weeks.

Ages: Ages 3-5 as of the start of the program

Dates: Parent Meeting-Wednesday, February 1, 5:30pm Brunswick Recreation Center

Classes-February 6, 8, 13, 15, 27, March 1.

Time: Two Sessions- 4:00pm-4:45pm, 5:00pm-5:45pm

Location: Brunswick Recreation Center

Fee: \$60 Residents / \$80 Non-Residents

Instructor: Julia Broadbent

Coordinator: Aaron Cropley, acropley@brunswickme.org



These programs are typically Late Winter/
Early Spring Programs

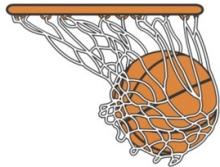
Check back for more info!

ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG

Or stop by our office located at
220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Sports Programming



Midwinter Classic 7th and 8th Grade Basketball Tournament

We are excited to announce the return of the historic **41st Annual Mid-Winter Classic Boys Basketball Tournament & 21st Annual Mid-Winter Classic Girls Basketball Tournament**. This tournament is considered by many as one of the top basketball tournaments in Maine! The Midwinter Classic is also a qualifier event for New England States Basketball Championship being held on March 17-19, 2023 in Providence – Tiverton, RI!

The tournament will be held at Harriet Beecher Stowe School, during February school vacation week, February 20–24, 2023. Games will be played during the morning, afternoon, and evening. Championship Games are scheduled to be played Friday February 24th unless changed by the Tournament Director. If needed, the scheduled make-up date for an inclement weather cancellation will be Saturday, February 25th.

We encourage you to return the pre-registration form and Tournament Entry fee of \$200 as soon as possible to ensure your teams spot in the tournament. **The entry deadline is Friday, February 3rd 2023**, or until 16 team entries are received per division. The registration fee and copy of your team's regular season schedule must accompany your entry form. Please visit <https://www.brunswickme.org/200/Mid-Winter-Classic> to register online or to download the physical registration form!

March Youth Tournaments for 5th and 6th Basketball

Annually, during the month of March, the Brunswick Parks and Recreation Department holds Youth Basketball Tournaments which are considered by many as some of the top basketball tournaments in Maine! We take great pride in providing a tournament that is fun, competitive and well organized. The tournaments are held at the Brunswick Recreation Center, 220 Neptune Drive, Brunswick Landing and are single elimination but guarantee each team plays two games. Entry fee for all tournaments is \$190 per team.

The dates for these tournament are as follows:

3rd and 4th Grade Boys and Girls : March 3rd -5th

5th and 6th Grade Boys : March 10th-12th

5th and 6th Grade Girls : March 17th-19th

The tournaments will be single elimination plus a consolation game, unless a team receives a first round bye. These tournaments are not intended for Regional AAU type teams but instead are intended for teams that participate in Parks and Recreation, YMCA, or Youth Basketball Association programs, teams that gather individuals from a common town or school district, or teams that are organized as a school team or have participated as a school team in the current season. (*Eligibility is at the final discretion of the Brunswick Parks & Recreation Department. Contact us if you have a question regarding eligibility.*)

If you have any questions about any of our Youth Tournaments, please feel free to contact us at 725-6656 or email Dcoffill@brunswickme.org. More information about these tournaments can be found at our website.

Registration for March Tournaments will open in January 2023!

Youth Sports Programming

Indoor Track Running Club

Emphasis will be placed on developing and improving technique and performance in running, jumping and throwing events. Children are encouraged to participate in different events according to their age, interest and ability. The Club will be led by Micaela Ashby. Adult and student volunteers are also welcome and needed to assist track staff during practices! We will host one “Fun” Track meet at the Recreation Center on Sunday, February 5th. (USATF membership is not required for this program)

Ages: Ages 5-15

Dates: Mondays and Wednesdays, January 9th-February 1st

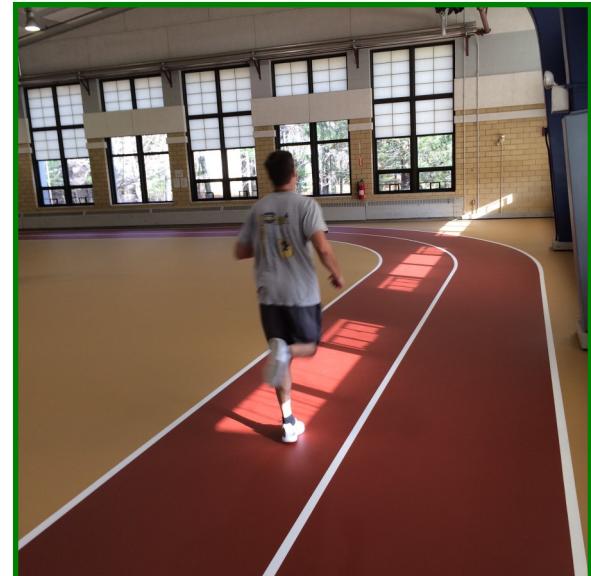
Time: Ages 5-9: 5pm-6pm; Ages 10-15: 6pm-7pm

Location: Brunswick Recreation Center Track

Fee: \$75 Residents / \$100 Non-Residents

Instructor: Micaela Ashby

Coordinator: Aaron Cropley, acropley@brunswickme.org



Community Swim at Bowdoin College

Is your New Year's Resolution to get fit? Do you need an activity to keep busy when it's cold and the snow is piled up? Come warm up and get some exercise with our open swim program! This program includes 1-Hour sessions of open swim or lap swimming over the course of 9 weeks. Certified lifeguards will be on duty throughout this program to keep everyone safe. Participants must abide by Bowdoin College Pool Rules and Regulations. *Please note—Medical insurance is required to participate in this program.*

Ages: Ages 4 and Up

Dates: Sundays, January 8th– March 26th

(No Session on Feb. 12th, March 5th & 19th)

Time: 1:30pm-2:30pm

Location: At Greason Pool, Farley Field House, Bowdoin College

Fee:

Brunswick Residents: \$38 per person (entire season)

\$75 per family (entire season)

Non-Residents: \$51 per person (entire season)

\$100 per family (entire season)

Coordinator: Aaron Cropley,

acropley@brunswickme.org



**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG**

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Sports Programming



Learn to Ski or Snowboard

The Brunswick Parks and Recreation Department, in conjunction with Lost Valley, is offering Ski and Snowboard Lessons, rentals and lift tickets (valid 3pm-8pm on lesson days) at our group rate for the 2023 program season.

Before Registering please [click here](#) to carefully review the [Ski and Snowboard Levels of Ability](#) to ensure placement in the appropriate lesson group. The Level of ability that you select will determine which group the student will be placed in.

Registration is limited to Brunswick residents only and must be submitted by December 15th directly through the Lost Valley website: lostvalleyski.com/brunswick-recreation

For information about cancellations, please check lostvalleyski.com/cancellations

RENTAL EQUIPMENT: On Wednesday, December 21st, at 6:00pm Representatives from Lost Valley Ski School will be at the Recreation Center, to accurately fit equipment for participants who are renting equipment. Those unable to attend will have to travel to Lost Valley on their own time to be fitted with their rental equipment or might miss lesson time the first day of lessons.

Ages: Ages 7 and Up As of December 1, 2022

Lesson Dates: Wednesday, January 4th-February 8th

Time: From 5:45pm-7pm

Location: Lost Valley Ski & Snowboard Area, 200 Lost Valley Road, Auburn, Maine 04210

Fee: Package rates are as follows—

Lesson & Lift Ticket: \$189 (No Rental)

6 Week Equipment Rental: \$120 (Lesson Fee Not Included)

Lift Ticket Only: \$144 (No lesson or Rental)

Instructor: Lost Valley Ski & Snowboard School

Coordinator: Aaron Cropley, acropley@brunswickme.org

Transportation to Lost Valley Not Provided. Participants are responsible for providing their own transportation.



Youth Sports Programming

Winter Explorers Club

Winter Explorers Club will feature a different, weekly activity on the property surrounding Brunswick Junior High School. Youth will be outside exploring the woods & trails, practicing map & compass skills, snowshoeing, sledding, tracking animal prints, predicting the weather, and learning about the trees. Special requests for outdoor activities are also welcome! The program will meet immediately after school at BJHS.

Required equipment: Warm clothes, winter boots, a hat and gloves. Participants should also come with an open mind, plenty of curiosity and a desire for adventure!

This program will be led by Alicia Heyburn, Executive Director of Teens to Trails with student co-leaders from Brunswick High School. Teens to Trails works to build meaningful relationships between students, caring adults and the natural world while sharing fun outdoor experiences!

Grades: Grades 6-8 as of the start of the program

Dates: Wednesdays, January 11-February 15th

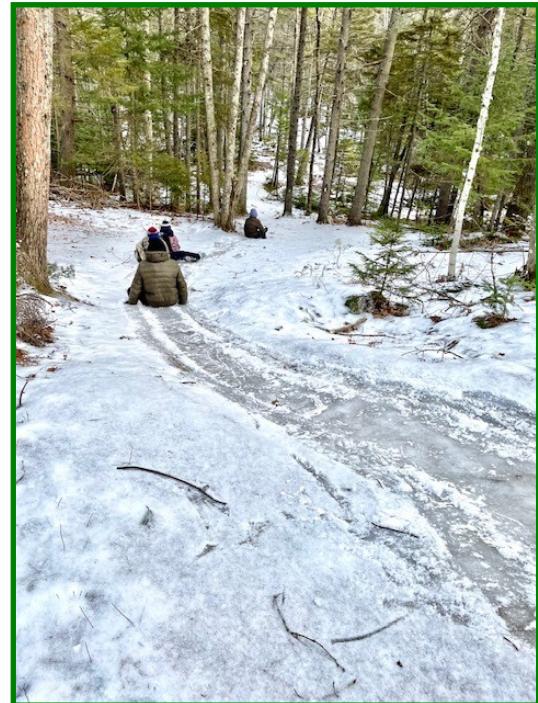
Time: 2:15-4:15pm

Location: Brunswick Jr High School

Fee: \$35 Residents / \$47 Non-Residents

Instructor: Alicia Heyburn, Executive Director of Teens to Trails

Coordinator: Aaron Cropley, acropley@brunswickme.org



Cross Country Ski Lessons

This program focuses on teaching the fundamentals of Nordic Skiing, both classic and freestyle, in an atmosphere that is fun! Practices will typically include a warm-up, instruction & skills practice, a skills game and a closing meeting/evaluation. Emphasis will be on enjoying the outdoors in winter through an invigorating activity and building a solid base for skiing of any sort.

The course will be held on trails at the Mere Creek Golf Course & Kate Furbish West Trails. Parking for lessons will be at the Town of Brunswick parking lot just before the Mere Creek Golf Clubhouse when entering Merriconeag Road from Harpswell Rd (Route 123).

Ages: Ages 8-12 as of the start of the program

Dates: Tuesdays and Thursdays, January 10th– February 16th

Time: 4-5pm

Location: Mere Creek Golf Course & Kate Furbish West Trails

Fee: \$57 Residents / \$76 Non-Residents

Instructor: Holly Greene and Carmon Dee

Coordinator: Aaron Cropley, acropley@brunswickme.org



Youth Sports Programming

Top Rockers Youth Hip Hop Dance

Kids will get up and MOVE to their favorite tunes in this program where they'll learn trending hip-hop choreography and technique, while developing their understanding of rhythm, body awareness, and self-expression! This fun and energizing dance club offers the values, practices, and experiences that can deeply enrich an individual's life in a positive way! It also offers students the opportunity to invent as much as they inherit and will give students the opportunity to develop their own talents in relation to the talents of others. Each session will also include an opportunity for dancers to display their learned skills and talents for family and friends on the final day of the program!

Please note—Where this program meets directly after school in the HBS Gymnasium, the Rec Department will provide supervision in the gym for children coming directly from HBS so that children can unwind until the program begins. If you don't wish to utilize this service & will drop your child off, please indicate that during registration!

Grades: 2-5

Dates: Mondays, January 9th– February 27th
(No Class 1/16 or 2/20)

Time: 3:45-4:45pm

Location: Harriet Beecher Stowe School

Fee: \$90 Residents / \$120 Non-Residents

Instructor: Kate Andreu

Coordinator: Aaron Cropley,
acropley@brunswickme.org

About the Instructor

Classes will be taught by Instructor Kate Andreu. Kate has been in the performing arts industry for more than 20 years working on numerous performance and production projects all over the state. She is a USM alumnus with a BS in social work and minor in dance. She choreographed for Dance USM 5 years in a row and has been asked back by Professor Maria Tzianabos to guest teach in the USM dance program. She is a former dance studio owner and currently works as a professional choreographer and consultant. She has successfully designed and implemented dance enrichment programs, master classes and workshops in Portland, Freeport, and greater Midcoast areas. Kate is a well-known performing arts professional with an energy level to match. She looks forward to engaging with her students and helping them find a love of dance and performance!



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BRUNSWICKME.ORG

Or stop by our office located at
220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Sports Programming

Youth Golf Instruction

Learn to play Golf the fun way with former Mt. Ararat Varsity Golf Coach and two-time Maine Coach of the year, Gerry Caron! Coach Gerry has been a golf instructor in the local area and has been involved with the Brunswick Parks & Recreation Department for many years. He has experience and an extensive teaching background with youth, teens, and adults. His positive style offers a fun experience in learning the game of golf. Youth golf programs are limited to 12 participants.



Indoor Early Bird Golf

Participants will receive instruction on Grip Stance and Full Swing Techniques as well as chipping, putting and pitching instruction throughout the duration of this 4-week program. This program includes contests with the opportunity for prizes! Your own golf clubs are recommended, but some clubs are available to use for the program if needed. (Please provide advanced notice)

Ages: Ages 8-16

Dates: March 7th– March 28th

Time: Tuesdays, from 5-5:45pm

Location: Harriet Beecher Stowe School

Fee: \$65 Residents / \$86 Non-Residents

Instructor: Gerry Caron, Former Bowdoin College & Former Mt Ararat Varsity Golf Coach

Coordinator: Aaron Cropley, acropley@brunswickme.org

April Vacation Golf for Kids

This one-day program for youth is a great opportunity for children to learn the game of Golf or to practice their existing skills! Children will receive chipping, putting and pitching instruction and this program includes contests with the opportunity for prizes! Your own golf clubs are recommended, but some clubs are available to use for the program if needed. (Please provide advanced notice)



This program is held at the Brunswick Golf Club, a premier golf course and outstanding teaching facility that includes a driving range, chipping area, pitching area, putting green, and sand play.

Ages: Ages 8-16

Dates: Thursday, April 20th

Time: 1-2:30pm

Location: Brunswick Golf Club* *(Program will be held at a location TBD if there are poor weather conditions.)*

Fee: \$26 Residents / \$35 Non-Residents

Instructor: Gerry Caron, Former Bowdoin College & Former Mt Ararat Varsity Golf Coach

Coordinator: Aaron Cropley, acropley@brunswickme.org

Youth Enrichment Programming

Mad Science Mad Lab Medley

Join us in discovering the many ways science helps us explore our world! "Mad Lab Medley" is full of exciting sampler "courses" aimed at meeting the varied interests and imaginations of today's young minds! Unravel the mystery of chemistry by watching crystals form in a water glass. Experiment with hovercrafts, foaming concoctions, and Technicolor Blenders. Grab your ticket to the stars with your own pocket sky map. Walk in the shoes of detectives and examine fingerprints, mystery powders, and ink samples. Learn about how different animals adapt to their environments, and get bug-eyed with Insect-A-Vision take-homes sure to challenge your perspective. From telescope to microscope and everything in between, this class will leave you inspired by the wonders of science!

Please note—Where these programs meet directly after school, the Rec Department will provide supervision for children coming directly from school until the program begins. If you don't wish to utilize this service & will drop your child off, please indicate that during registration!

Grades: Grades K-5 in Fall 2022

Dates: Tuesdays, January 10th– March 7th (No Class 2/21)

Time: 3:50-4:50pm

Location: Harriet Beecher Stowe School

Fee: \$117 Residents / \$156 Non-Residents

Instructor: Mad Science Instructors

Coordinator: Aaron Cropley, acropley@brunswickme.org



OR

Grades: Grades K-5 in Fall 2022

Dates: Wednesdays, January 11th– March 8th (No Class 2/22)

Time: 3:50-4:50pm

Location: Kate Furbish Elementary School

Fee: \$117 Residents / \$156 Non-Residents

*KFS afterschool program requires program permission slip required for participation**

Instructor: Mad Science Instructors

Coordinator: Aaron Cropley, acropley@brunswickme.org



**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG**

Or stop by our office located at
220 Neptune Drive, Brunswick Maine
Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Enrichment Programming

Brick by Brick LEGO—3 in 1, 3X the FUN

Join us for this class where we will build 3 different Lego creations each week! Test your driving skills as you take the sleek Blue Racer out for a spin! Weave through traffic cones at high speeds to see who can cross the finish line first! Then rebuild it into a snow plow AND a dune buggy. Each week our builds will include the option to rebuild into other Lego creations. Weekly builds may include a parrot, fighter jet or a pug complete with fire hydrant! Classes begin with a short lesson related to the build of the week. Once the weekly build is completed, students will enjoy free building time with a huge tub of Lego bricks!

Grades: Grades K-4 in Fall 2022

Dates: Thursdays, March 2nd-April 13th (No Class 3/16 due to early release)

Time: 3:45-4:45pm

Location: Harriet Beecher Stowe School

Fee: \$90 Residents / \$120 Non-Residents

Instructor: Brick By Brick Instructor

Coordinator: Aaron Cropley, acropley@brunswickme.org

Please note—Where these programs meet directly after school, the Rec Department will provide supervision for children coming directly from HBS until the program begins. If you don't wish to utilize this service & will drop your child off, please indicate that during registration!



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG

Or stop by our office located at
220 Neptune Drive, Brunswick Maine
Office Hours: Monday - Friday from 8:00am to 4:30pm



Events



Valentine Ice Skating at Lishness Rink

Saturday, February 4th

From 10:30-11:30am

For children up to age 14 & their families

FEE: \$5 Per Brunswick Resident

\$7 Per Non-Resident

Celebrate Valentine's Day with the Parks and Rec Department at Lishness Rink for a skating party!

Music will be playing & we will have a treat bag for all the kids who attend!

Pre-Registration is required—Scan the QR Code below to register online!

Directions to Lishness Ice Skating Rink:

Lishness Rink is located at the beginning of Pine Tree Drive on Jordan Ave. Parking is below the Rink.

Valentine Skating is dependent upon good skating conditions.

Lishness Rink will be closed to the public during the event.

Hockey sticks and hockey play will not be allowed
during Valentine Skating.



Events



Valentine Ball

Saturday, February 11, 2023

From 5pm-7pm

For Adults and Children in Grades 1-6

♥ Brunswick Residents:

Adults —\$35 Per person

Children—\$5 Per person

♥ Non-Residents:

Adults—\$47 Per person

Children—\$7 Per person

The Brunswick Parks and Recreation Department cordially invites you to a special Valentine Ball to be held on Saturday, the 11th of February, at the Harriet Beecher Stowe School gymnasium. There will be music, dancing, refreshments, and entertainment for everyone. So let's DANCE—Join others from Brunswick and the surrounding area for a fabulous Valentine's Day Dance experience! Dress in red, white or pink for this special occasion!

Tickets are on sale now for the Valentine Ball and will be sold on a first come, first served basis. Pre-registration for this event is required and early registration is highly encouraged! Scan the QR Code below to register online:



Registrations are also available by phone or in-person
at the Brunswick Recreation Center
220 Neptune Drive, Brunswick Landing

Office Hours are Monday - Friday, 8am- 4:30pm

Youth Child Care

February and April School Vacation Camp

Vacation Camp is an enrichment program that will consist of games, sports, arts & crafts, theme days and special events. We will provide a safe, fun, nurturing environment for your child to enjoy their School Vacations. Our caring and enthusiastic Summer Vacation Camp staff will be running the camp. They are experienced in working with kids of all ages and are certified in first aid & CPR. Children will primarily remain at the camp location as bus trips will be dependent upon availability of transportation. More information about themed days and special events will be sent to participants prior to the start of camp!

Campers will need to bring 2 snacks, lunch, and drinks with them each day. Children are encouraged to wear appropriate footwear and clothing for sports and craft activities. Children should also dress appropriately for the weather, as we will go outdoors if weather and conditions permit!

Grades: Grades K-6

Dates:

Tuesday– Friday, February 21st-24th

Tuesday– Friday, April 18th– 21st

Time: 8am-5pm

Location: TBA

Fee: \$165 Brunswick Residents

\$220 Non-Residents

Instructor: Brunswick Parks and Recreation Department Staff

Coordinator: Sabrina Best, sbest@brunswickme.org



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG

Or stop by our office located at
220 Neptune Drive, Brunswick Maine
Office Hours: Monday - Friday from 8:00am to 4:30pm

Youth Child Care

Summer Day Camp

Our Summer Day camp is offered to Grades 1-8 and groups are organized based off grades entering Fall of 2023. Children will engage in a variety of activities including arts and crafts, sports and field games, in addition to weekly field trips and camp visitors!

Summer Camp Highlights include First Aid/CPR/AED trained and certified staff, Low Camper to Staff Ratios, Daily Activities and Craft Projects, Themed weeks, Special event days, Use of School facilities for rainy days & breaks from weather, Bus trips and swimming days*

*Field Trips and swimming days are dependent upon availability of bus transportation

Children are encouraged to wear sneakers and dress appropriately for sports and craft activities. Children should also dress appropriately and plan for different weather conditions and different activity types all within the same day!

Grades: Grades 1-8

Dates: Tuesday, June 20th-Thursday, August 10th 2023

Session I: June 20 - July 14 (No Program June 19 or July 4)

Session II: July 17 - August 10

Time: Active Programming 9am-4pm, Extended Care from 7:30am-5:30pm

Locations: TBA

Fee: TBA

Instructor: Brunswick Parks and Recreation Department Staff

Coordinator: Aaron Cropley, acropley@brunswickme.org

**SAVE THE DATE FOR 2023 SUMMER DAY CAMP REGISTRATION—
PRICES, LOCATIONS, REGISTRATION AND SCHOLARSHIP INFO
WILL BE ANNOUNCED BY FEBRUARY 1ST!**

ONLINE PROGRAM REGISTRATION IS AVAILABLE AT
BRUNSWICKME.ORG

Or stop by our office located at
220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Daycare

Brunswick Parks and Recreation Department Day Care

The Brunswick Parks and Recreation Department has established a WAITLIST for those who are looking for more information about our upcoming Daycare Program once it becomes available.

Waitlist Opens for Residents: Tuesday, December 13th at 9am

Waitlist Opens for Non-Residents Friday, December 23rd at 9am.

Waitlist Deposit: \$5 Residents/\$10 Non-Residents

Those on the waitlist will be emailed details of the program once confirmed, including staff, space, ages, pricing, days and times etc. Additionally, waitlist families will be given FIRST opportunity to tour the facility, meet the staff and register.

DETAILS (subject to change)

- **Anticipated Opening Date:** Opening in 2023, exact date is pending completion of State of Maine Childcare Licensing process
- **Location:** Brunswick Recreation Center 220 Neptune Drive, Brunswick, ME
- **Age:** Accepting Children age 6 weeks - 3.5 years old
- **Days:** Monday - Friday from 7:00am - 5:30pm (meals not included)
- **Priority will be given to those looking for Full Time Care,** Part time will be offered based off available spots.
- **Infants: 6 weeks -12 months** Starting at \$345 per week (Increased fee for Non-Res)
- **Toddlers: 1 - 3.5 Years Old** Starting at \$305 per week (Increased fee for Non-Res)

State Subsidy & Sibling Discounts will be announced in January 2023

HOW TO JOIN

Online: <https://www.brunswickme.org/205/Online-Registration>

In Person: 220 Neptune Drive, Brunswick, ME 04011

Over the Phone: 207-725-6656

Email: recprograms@brunswickme.org

For more information please visit our website: <https://www.brunswickme.org/191/Parks-Recreation>

ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Daycare

Day Care Employment Positions

Brunswick Parks and Recreation Department



NOW HIRING

DAYCARE DIRECTOR

STARTING RATE \$21-\$24

40 HOURS A WEEK,
FULL TIME PLUS FULL BENEFIT PACKAGE

FMI: recprograms@brunswickme.org
or 207-725-6656
www.brunswickme.org/Jobs



Brunswick Parks and Recreation



NOW HIRING

DAYCARE TEACHER

STARTING RATE \$16.50-\$20

FULL TIME: 40 HOURS/WEEK PLUS BENEFIT PACKAGE
PART TIME: 5-20 HOURS/WEEK

FMI: recprograms@brunswickme.org
or 207-725-6656
www.brunswickme.org/Jobs



Employment applications are required from all applicants and are available, along with the job description, at the Human Resources Office, 85 Union Street, Brunswick, or at www.brunswickme.org. Applications will be reviewed as received and the position will remain open until a suitable candidate is found.

Applications can be submitted to:

Jody Durisko, Human Resources Manager,

85 Union Street Brunswick, Maine 04011

or emailed to jdurisko@brunswickme.org

We are an Equal Opportunity Employer. The Town of Brunswick considers applicants for all positions without regard to race, color, religion, creed, sex (including pregnancy), national origin, age, physical or mental disabilities, sexual orientation, gender identity, gender expression, genetic information, or any other basis protected by federal, state, and/or local law.

ONLINE PROGRAM REGISTRATION IS AVAILABLE AT BRUNSWICKME.ORG

Or stop by our office located at

220 Neptune Drive, Brunswick Maine

Office Hours: Monday - Friday from 8:00am to 4:30pm

Parks and Recreation Department Facilities

Here you will find information for the parks and facilities available in the Town of Brunswick. For more information on any facility, contact the Parks and Recreation Department at 207-725-6656 during business hours.

You may also download the complete Parks and Recreation A to Z listing (PDF) from our website for more detailed descriptions.

Athletic Fields

Bicycle Path Field–Soccer

Crimmins Field–Soccer, Football, Lacrosse

Edwards Field–Baseball/Softball, Basketball, Soccer

Lishness Park–Baseball/Softball, Soccer

Shulman Park–Soccer, Lacrosse

Stowe Field–Football, Soccer

Wildwood Field–Soccer

Community Gardens

Senior Garden

Tree Nursery



Dog Parks

Merrymeeting Dog Park

Ice Rinks

Coffin Pond Ice Skating Rink

Lishness Hockey Rink

Mall Ice Skating Rink

Indoor Facilities & Gymnasiums

Recreation Center

Stowe Gymnasium

Dennis Wilson serves as the Town's Parks and Facility Manager and Licensed Town Arborist.

Please contact him with questions or concerns regarding tree or facilities.

Phone: 725-4207

Email: dwilson@brunswickme.org

Parks and Recreation Department Facilities

Here you will find information for the parks and facilities available in the Town of Brunswick. For more information on any facility, contact the Parks and Recreation Department at 207-725-6656 during business hours.

You may also download the complete Parks and Recreation A to Z listing (PDF) from our website for more detailed descriptions.

Playgrounds

Coffin Pond Recreation Area

Edwards Field

Hambleton Avenue Playground

Longfellow Playground

Nathaniel Davis Park

Trails

Androscoggin River Bicycle Path

Bay Bridge Landing Wetland Park

Coffin's Ice Pond

Coffin Pond Recreation Area

Cox Pinnacle

Greater Commons

Lishness Park

Maquoit Bay Conservation Land

Pejepscot Dam Recreation Area

Sawyer Park

Town Commons

For more information about a particular park,

including directions and trail maps,

please call 725-6656 or visit

<https://www.brunswickme.org/206/Parks-Facilities>

Parks & Natural Areas

250th Anniversary Park

Androscoggin River Bicycle Path

Bay Bridge Landing Wetland Park

Captain William A. Fitzgerald U.S.N.
Recreation and Conservation Area

Chamberlain Avenue Esplanade

Coffin Pond Recreation Area

Coffin's Ice Pond

Cox Pinnacle

Great Island Chain

Greater Commons

Kate Furbish Preserve

Lamb Park

Lower Mall

Maine Street Station Park

Maquoit Bay Conservation Land

Mill Street Canoe Portage

Nathaniel Davis Park

Pejepscot Dam Recreation Area

Pinette's Landing

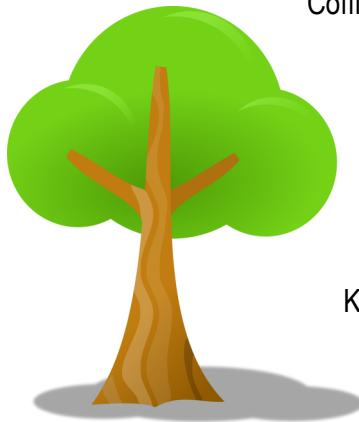
Sawyer Park

Spring and McKeen Lot

Swinging Bridge Park

Town Commons

Upper Mall



Winter Activities—Cross Country Ski Trails

The Brunswick Parks & Recreation Department maintains three locations for Cross Country Skiing.

This page will provide you with facility information. For more information, including grooming and trail conditions, please visit <https://www.brunswickme.org/463/Winter-Activities>

Kate Furbish Preserve

This 591-acre parcel was conveyed to the Town of Brunswick by the U.S. Navy. It is the largest of the town's open space properties and it includes a system of shared use trails for all season use. During the winter, the Parks and Recreation department grooms cross country ski trails for non- motorized recreation.

The preserve stretches from the southern end of the Brunswick Executive Airport runways to Harpswell Sound and also borders the Mere Creek Golf Course and Prince's Point Road.

Guidelines:

- Please be respectful while enjoying the Kate Furbish Preserve
- Use these trails at your own risk; they are not patrolled
- Keep off the greens and tees on the golf course
- Snowshoe's/walkers, please stay off the groomed portion of the trails
- Leashed dogs are welcome; please keep them off groomed portion of trails and clean up after them
- Please carry out all trash
- Thank you for your cooperation!

Kate Furbish Preserve East

Parking is available beyond the gate and near the bunkers on Ordnance Road

Hours of operation: One hour before dawn to one half hour after dusk

Kate Furbish Preserve West

Parking is available in the Town of Brunswick Parking Lot near the trailhead on Merriconeag Road

Hours of operation: One hour before dawn to one half hour after dusk

For more information about a particular facility, including hours of operation or conditions,

please call 725-6656 or visit <https://www.brunswickme.org/206/Parks-Facilities>

Winter Activities—Ice Skating Rinks

The Parks & Recreation Department maintains three ice skating locations where we create and maintain ice.

For up to date information about Rink conditions, visit <https://www.brunswickme.org/463/Winter-Activities>

Coffin Pond Ice Skating Rink

Coffin Pond Recreation Ice Rink offers winter ice skating when conditions are suitable for ice skating. Coffin Pond Recreation Area is located on River Road, approx. $\frac{3}{4}$ mile from Route One (Pleasant Street), across from the Brunswick Golf Club.

Hours of operation: Open until 8pm in the winter when ice skating is open. Closed when conditions are not suitable for making ice skating.

Amenities available:

- Parking
- Ice skating in parking lot area in winter; lighted until 8pm when conditions are suitable for skating.

Lishness Ice Skating Rink

Lishness Rink is a seasonal hockey rink. This is a public skating facility, the maintenance of which is contingent upon suitable weather conditions for the making of natural ice. Lishness Park is located on Pine Tree Road next to the Brunswick Sewer District facility. (Take Jordan Avenue to Riverview Drive; Pine Tree Road is an immediate right from Riverview Drive).

Hours of operation: Dawn to dusk

Amenities available:

- Parking
- Privy located near concession stand.
- Lighted hockey rink surfaced with natural ice when conditions permit.

Mall Ice Skating Rink

This is a public skating facility located in one of Brunswick's most visible parks. The Mall Ice Skating Rink is located on the Lowe Mall on Maine Street in the center of downtown. The maintenance of this rink is contingent upon suitable weather conditions for the making of natural ice.

Hours of operation: 6 am to 12 midnight from September 26th to May 31st

Amenities available:

- Parking along east and west sides of park
- 25 park benches
- Lighted ice skating area in open lawn area, when conditions permit natural ice in the winter.

Restrictions:

Ice hockey play is not permitted at this rink during the following hours: Monday-Friday, 3-6 pm; Saturday-Sunday, 10-5pm

Midcoast Athletic & Recreation Complex (MARC)

Creating a state-of-the-art regional hub for wellness, sports, and play at Brunswick Landing

The Midcoast Athletic & Recreation Complex (MARC) is a redevelopment of the vacant 10-acre parcel adjacent to the Brunswick Recreation Center. Per the Town's agreement with the US Navy, this land must be used for recreation purposes. Our goal is to turn this empty lot into a recreational sports and athletic complex that serves persons of all ages and abilities from across the region. Construction of the MARC will be divided into phases.

Phase 1 of the project will include:

- One Multi-purpose Synthetic Turf Field
- One Multi-purpose Natural Grass Field
- Eight Pickleball Courts
- Two Basketball Courts
- Two Tennis Courts
- Two Playgrounds (ages 2-5)
- One Skatepark
- Passive Elements: Outer Fitness Loop, Inner Walking Paths, Entry Plaza, Bus Drop-off, Food Truck Parking, Bike Racks Benches, & Landscaping
- Utilities, Storage, and Ticket Booth

Visit <https://www.marcproject.org/>

or

Scan the QR Code for more info!



Future phases of the project will include:

- Aquatics facility
- Multi-purpose Ice Skating Rink
- Playground (ages 5-12)
- Restroom & Concessions



Midcoast Athletic & Recreation Complex (MARC)



Community Support

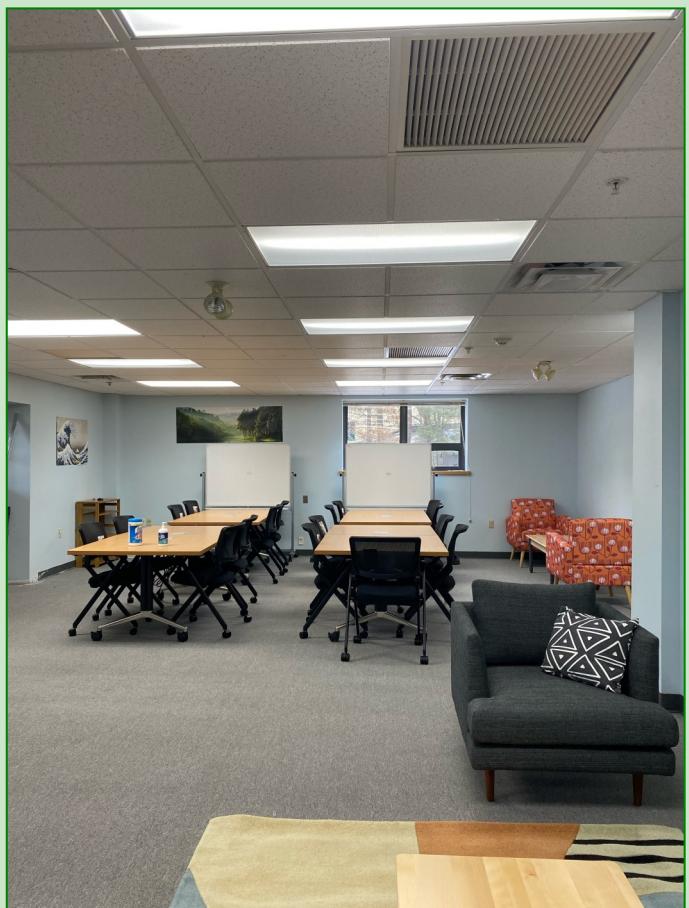
Community support for the MARC is clear. When the Town of Brunswick surveyed residents, 70% said the MARC is "Very Important". In addition to the survey, the Town held focus groups, constituent stakeholder meetings, and a public forum. Support for the MARC cuts across all demographic categories and voting districts. You can view the community engagement results by going to www.marcproject.org



Welcome Center

Community Room at the Welcome Center

The Welcome Center serves as a centralized resource for immigrants arriving in Brunswick. It provides a space for individuals accessing legal, workforce, and English language learning services and provides a hub for socializing, internet use, and childcare, among other resources. The Welcome Center is located in the back of the Brunswick Recreation Center at the Brunswick Landing. The entrance and parking lot can be found off Venture Ave.



The Community Room is staffed by Benedita Kakhuba, courtesy of the Immigrant Resource Center of Maine.

It is open by appointment only from 9am-5pm Monday thru Friday.

You may contact Benedita by calling 207-530-3634 or by emailing benedita@ircofmaine.org

Welcome Center (Translation)

Community Room at the Welcome Center

O Welcome Center serve como um recurso centralizado para os imigrantes que chegam a Brunswick. Proporciona um espaço para pessoas que accedem a serviços de habitação, legal, força de trabalho e aprendizagem de língua inglesa e fornece um centro de socialização, uso da internet, programação pós-escolar, entre outros recursos. O Welcome Center está localizado no Centro Recreativo brunswick, utilizando a entrada e estacionamento do Venture Ave.

Em parceria com o Centro de Recursos Imigrantes do Maine, o Welcome Center é com a equipa de Benedita Kakhuba e está aberto apenas por marcação das 9h às 17h de segunda-feira a sexta-feira. Você pode contactar Benedita ligando para 207-530-3634 ou enviando um e-mail benedita@ircfmaine.org

Le Welcome Center sert de ressource centralisée pour les immigrants qui arrivent à Brunswick. Il offre un espace pour les personnes qui accèdent à des services de logement, juridiques, de main-d'œuvre et d'apprentissage de l'anglais et fournit un centre de socialisation, d'utilisation d'Internet, de programmes parascolaires, entre autres ressources. Welcome Center est situé dans le centre de loisirs Brunswick, en utilisant l'entrée et le parking de Venture Ave.

En partenariat avec le Maine Immigrant Resource Center, le Welcome Center est avec l'équipe de Benedita Kakhuba et n'est ouvert que sur rendez-vous de 9h00 à 17h00 du lundi au vendredi. Vous pouvez contacter Benedita en appelant le 207-530-3634 ou en envoyant un courriel benedita@ircfmaine.org

El Welcome Center sirve como un recurso centralizado para los inmigrantes que llegan a Brunswick. Proporciona un espacio para que las personas accedan a servicios de vivienda, legales, de fuerza laboral y de aprendizaje del idioma inglés y proporciona un centro para socializar, usar Internet, programación después de la escuela, entre otros recursos. El Welcome Center está ubicado en el Centro de Recreación de Brunswick utilizando la entrada y el estacionamiento de Venture Ave.

En asociación con el Centro de Recursos para Inmigrantes de Maine, el Welcome Center está gestionado por el equipo de Benedita Kakhuba y está abierto con cita previa solo de 9 a.m. a 5 p.m. de lunes a viernes. Puede comunicarse con Benedita llamando al 207-530-3634 o enviando un correo electrónico a benedita@ircfmaine.org



Welcome Center

English Language Learning Opportunities

Merrymeeting Adult Education offers a variety of options for those who want to learn to speak, read, listen to, and write English. Beginning, Intermediate and Advanced classes are offered as well as an American English Accent class which will help the student learn the correct pronunciation, syllable structure, and timing and flow of spoken American English.

These classes are an opportunity to learn the basics of English, including conversation and grammar. Students will learn sentence structure, spelling, reading comprehension, and writing. Classes are held in-person and online. Individuals are encouraged to progress at their own pace. Books and materials are included. Students should have an audio- and video-enabled device and reliable internet, if possible, if meeting with an instructor remotely.

Intro to English

Tuesday/Thursday, January 10 to March 30 in person FREE

Time: 12:45pm-2:00pm

Location: Welcome Center

Instructor: Kelli Park

If you are interested in learning more about the English Language Learners program, please contact Paul Elisha, Academic Counselor, for more information at elishap@link75.org

Portuguese:

O Merrymeeting Adult Education oferece uma variedade de opções para quem quer aprender a falar, ler, ouvir e escrever em inglês. São oferecidas aulas para iniciantes, intermediários e avançados, bem como uma aula de sotaque do inglês americano, que ajudará o aluno a aprender a pronúncia correta, a estrutura silábica, o tempo e o fluxo do inglês americano falado.

Essas aulas são uma oportunidade de aprender o básico do inglês, incluindo conversação e gramática. Os alunos aprenderão a estrutura das frases, a ortografia, a compreensão da leitura e a escrita. As aulas são presenciais e online. Os indivíduos são encorajados a progredir em seu próprio ritmo. Livros e materiais estão incluídos. Os alunos devem ter um dispositivo habilitado para áudio e vídeo e internet confiável, se possível, se encontrarem um instrutor remotamente.

Introdução a Inglês: 12:45-14:00

Quartas/Quintas, 10 de Janeiro a 30 de Março

Pessoalmente no Welcome Center

GRATUITAMENTE

Instrutor: Kelli Park

NOTA: O serviço de babá está disponível durante esta aula para crianças de 1 a 4 anos.

Se você estiver interessado em aprender mais sobre o programa English Language Learners, entre em contato com Paul Elisha, Conselheiro Acadêmico, para obter mais informações em elishap@link75.org

Welcome Center (Translation)

Spanish:

Merrymeeting Adult Education ofrece una variedad de opciones para aquellos que quieren aprender a hablar, leer, escuchar y escribir en inglés. Se ofrecen clases para principiantes, intermedios y avanzados, así como una clase de acento de inglés estadounidense que ayudará al estudiante a aprender la pronunciación correcta, la estructura de las sílabas y el ritmo y flujo del inglés estadounidense hablado.

Estas clases son una oportunidad para aprender los conceptos básicos del inglés, incluida la conversación y la gramática. Los estudiantes aprenderán la estructura de las oraciones, la ortografía, la comprensión de lectura y la escritura. Las clases son presenciales y online. Se alienta a las personas a progresar a su propio ritmo. Libros y materiales están incluidos. Los estudiantes deben tener un dispositivo habilitado para audio y video e Internet confiable, si es posible, si se reúnen con un instructor de forma remota.

Introducción al inglés: 12:45 am - 14:00

Martes/jueves, del 10 de enero al 30 de marzo

Presencial en el Welcome Center

GRATIS

Instructora: Kelli Park

NOTA: El cuidado de niños está disponible durante esta clase para niños de 1 a 4 años.

Si está interesado en obtener más información sobre el programa de estudiantes del idioma inglés, comuníquese con Paul Elisha, consejero académico, para obtener más información en elishap@link75.org

French:

Merrymeeting Adult Education offre une variété d'options pour ceux qui veulent apprendre à parler, lire, écouter et écrire l'anglais. Des cours de niveau débutant, intermédiaire et avancé sont proposés ainsi qu'un cours d'accent d'anglais américain qui aidera l'étudiant à apprendre la prononciation correcte, la structure des syllabes, ainsi que le rythme et le flux de l'anglais américain parlé.

Ces cours sont l'occasion d'apprendre les bases de l'anglais, notamment la conversation et la grammaire. Les élèves apprendront la structure des phrases, l'orthographe, la compréhension de la lecture et l'écriture. Les cours ont lieu en personne et en ligne. Les individus sont encouragés à progresser à leur propre rythme. Les livres et le matériel sont inclus. Les étudiants doivent disposer d'un appareil audio et vidéo et d'une connexion Internet fiable, si possible, s'ils rencontrent un instructeur à distance.

Introduction à l'anglais: 12h45 - 14h00

Les mardis/jeudis, du 10 janvier au 30 mars

Présentiel au Welcome Center

Gratuite

Instructeur: Kelli Park

REMARQUE : Un service de garde est disponible pendant ce cours pour les enfants de 1 à 4 ans.

Si vous souhaitez en savoir plus sur le programme English Language Learners, veuillez contacter Paul Elisha, conseiller académique, pour plus d'informations à elishap@link75.org

Welcome Center

English Language Learning Opportunities

Midcoast Literacy offers One-on-one tutoring in speaking, reading, & writing for adult English Language Learners. Our volunteer tutors work with adult, non-native English Language Learners who want help pursuing goals such as:

- Preparing for the driver education test
- Preparing for the citizenship test
- Reading their children's papers from school
- Preparing to get a job or improving job skills
- Getting ready to take adult education courses

The Sessions

The tutoring sessions are designed by each tutor to specifically address the individual goals, needs, abilities, learning style, and personal interests of each student. The tutor plans the sessions to include materials, activities, and exercises that relate directly to the learner's individual reasons for seeking tutoring.

Conversation Café

Midcoast Literacy offers a once-a-month Conversation Café at the Welcome Center tailored for those needing to practice speaking English in a fun, laid back environment. Coffee, Tea and snacks are provided, and children are welcome to join and participate!

If you are interested in learning more about Midcoast Literacy's One-on-One English learning sessions or The Conversation Café, please contact 207-443-6384 or admin@midocastlit.org.

Portuguese:

A Midcoast Literacy oferece aulas particulares de fala, leitura e escrita para alunos adultos de inglês. Nossos tutores voluntários trabalham com alunos adultos não nativos da língua inglesa que desejam ajudar a atingir objetivos como:

- Preparação para o teste de educação do motorista
- Preparação para o teste de cidadania
- Lendo os trabalhos de seus filhos na escola
- Preparar-se para conseguir um emprego ou melhorar as habilidades profissionais
- Preparando-se para fazer cursos de educação para adultos

As sessões

As sessões de tutoria são projetadas por cada tutor para abordar especificamente os objetivos individuais, necessidades, habilidades, estilo de aprendizagem e interesses pessoais de cada aluno. O tutor planeja as sessões para incluir materiais, atividades e exercícios que se relacionem diretamente com as razões individuais do aluno para procurar tutoria.

Conversa Café

A Midcoast Literacy oferece um Conversation Café uma vez por mês no Welcome Center, feito sob medida para aqueles que precisam praticar o inglês em um ambiente divertido e descontraído. Café, chá e lanches são fornecidos, e as crianças são bem-vindas para participar!

Se você estiver interessado em aprender mais sobre as sessões individuais de aprendizado de inglês da Midcoast Literacy ou The Conversation Café, entre em contato com 207-443-6384 ou admin@midocastlit.org.

Welcome Center (Translation)

Spanish:

Midcoast Literacy ofrece tutoría individual en hablar, leer y escribir para adultos que aprenden inglés. Nuestros tutores voluntarios trabajan con estudiantes de inglés no nativos adultos que desean ayuda para alcanzar objetivos como:

- Preparación para el examen de educación vial
- Preparación para el examen de ciudadanía
- Leer los trabajos escolares de sus hijos
- Prepararse para conseguir un trabajo o mejorar las habilidades laborales
- Preparándose para tomar cursos de educación para adultos

Las sesiones

Las sesiones de tutoría están diseñadas por cada tutor para abordar específicamente las metas, necesidades, habilidades, estilo de aprendizaje e intereses personales de cada estudiante. El tutor planifica las sesiones para incluir materiales, actividades y ejercicios que se relacionen directamente con las razones individuales del alumno para buscar tutoría.

café de conversación

Midcoast Literacy ofrece un café de conversación una vez al mes en el Centro de Bienvenida diseñado para aquellos que necesitan practicar hablar inglés en un ambiente divertido y relajado. ¡Se proporciona café, té y refrigerios, y los niños pueden unirse y participar!

Si está interesado en obtener más información sobre las sesiones de aprendizaje de inglés uno a uno de Midcoast Literacy o The Conversation Café, comuníquese con 207-443-6384 o admin@midocastlit.org.

French:

Midcoast Literacy propose des cours particuliers d'expression orale, de lecture et d'écriture pour les apprenants adultes de la langue anglaise. Nos tuteurs bénévoles travaillent avec des apprenants adultes non natifs de l'anglais qui souhaitent obtenir de l'aide pour atteindre des objectifs tels que :

- Préparation à l'examen de conduite
- Préparation à l'examen de citoyenneté
- Lire les journaux de leurs enfants à l'école
- Se préparer à trouver un emploi ou améliorer ses compétences professionnelles
- Se préparer à suivre des cours d'éducation des adultes

Les sessions

Les séances de tutorat sont conçues par chaque tuteur pour répondre spécifiquement aux objectifs individuels, aux besoins, aux capacités, au style d'apprentissage et aux intérêts personnels de chaque élève. Le tuteur planifie les sessions pour inclure du matériel, des activités et des exercices qui se rapportent directement aux raisons individuelles de l'apprenant pour demander du tutorat.

Café-conversation

Midcoast Literacy propose un café de conversation une fois par mois au centre d'accueil, conçu pour ceux qui ont besoin de pratiquer l'anglais dans un environnement amusant et décontracté. Du café, du thé et des collations sont fournis, et les enfants sont invités à se joindre et à participer!

Si vous souhaitez en savoir plus sur les sessions d'apprentissage en anglais individuelles de Midcoast Literacy ou sur The Conversation Café, veuillez contacter le 207-443-6384 ou admin@midocastlit.org.

Afterschool ArtVan Program



Brunswick Coastal Rotary



Drop-in Food & Art Program in The Welcome Center at The Brunswick Rec Center



Afterschool Snacks & Crafts with ArtVan

Join ArtVan and Brunswick Parks and Recreation for a weekly, drop-in style, art-making program for all ages, three community potlucks, and a final youth art show! This program is open to all Youth in Brunswick and surrounding communities.

Dates: Mondays January 9 – May 22 (no class 1/16, 2/20, 4/17)

Time: 4:15-5:30pm

Cost: FREE (no registration is required; this is a drop-in program)

Age: Grades K-12

Location: Welcome Center

Coordinator: ArtVan Staff

Afterschool ArtVan Program (Translation)

Portuguese:

Lanches e artesanato depois da escola com ArtVan

Junte-se a ArtVan e Brunswick Parks and Recreation para um programa semanal de criação de arte para todas as idades, três potlucks comunitários e um último show de arte para jovens! Este programa está aberto a todos os jovens em Brunswick e comunidades vizinhas.

ArtVan

Datas: segundas-feiras, de 9 de janeiro a 22 de maio (sem aula 16/01, 20/02, 17/04)

Horário: 16h15 às 17h30

Custo: GRATUITO (não é necessário registro; este é um programa drop-in)

Idade: séries K-12

Local: Welcome Center

Coordenador: Equipe ArtVan

French:

Collations et artisanat après l'école avec ArtVan

Rejoignez ArtVan et Brunswick Parks and Recreation pour un programme hebdomadaire de création artistique de style libre pour tous les âges, trois repas-partage communautaires et une dernière exposition d'art pour les jeunes! Ce programme est ouvert à tous les jeunes de Brunswick et des communautés environnantes.

Art Van

Dates : Du Lundi le 9 janvier au 22 mai (pas de cours 1/16, 2/20, 4/17)

Heure : 16h15-17h30

Coût : GRATUIT (aucune inscription n'est requise ; il s'agit d'un programme sans rendez-vous)

Âge : de la maternelle à la 12e année

Emplacement : Welcome Center

Coordonnateur : Personnel d'ArtVan

Spanish:

Meriendas y manualidades después de la escuela con ArtVan

¡Únase a ArtVan y Brunswick Parks and Recreation para un programa semanal de creación de arte para todas las edades, tres comidas compartidas comunitarias y un espectáculo de arte juvenil final! Este programa está abierto a todos los jóvenes de Brunswick y las comunidades circundantes.

ArtVan

Fechas: Lunes 9 de enero – 22 de mayo (sin clase 16/1, 20/2, 17/4)

Hora: 16:15-17:30

Costo: GRATIS (no es necesario registrarse; este es un programa sin cita previa)

Edad: Grados K-12

Ubicación: Centro de Bienvenida

Coordinador: Personal de ArtVan

Get Involved!

The Brunswick Parks and Recreation Department Recreation Commission consists of five (5) members who are appointed by the Town Council and the Recreation Commission meets on the third Wednesday of the month at 7:00pm. The Recreation Commission has the following general powers and duties:

- The Recreation Commission shall review programs and formulate policies related to public recreation in the Town of Brunswick, including the coordination of its programs with those of other municipal departments.
- It shall be the overall responsibility of the Recreation Commission to promote, enhance and protect recreational opportunities in Brunswick in order to maintain and further develop the quality of life and objectives set forth in the Comprehensive Plan of the Town of Brunswick.
- The Recreation Commission shall be responsible to set forth policies and procedures for all programs operated and administered by the Brunswick Parks and Recreation Department.
- The Recreation Commission shall be responsible for the supervision of all recreational activities conducted by the department on all property owned by or under the control of the town, or on property not owned or under the control of the town.
- The Commission shall communicate with other recreational user groups to coordinate assistance, training, and use of facilities to collectively support extended recreational activities within the Town of Brunswick.
- The Recreation Commission shall develop an appropriate plan of maintenance based on an annual budget and CIP projections for the proper maintenance of the Recreation Department building(s) and for any other recreational structures or facilities placed under its jurisdiction by the Town Council.
- The Recreation Commission will assist in the development of an annual budget.

If the Recreation Commission does not spark your interest, considering one of the other 20+ Boards and Committees on which citizens may serve. More information can be found at our Website:

www.brunswickme.org/277/Boards-Committees

There may be other special committees not listed. Please contact the Town Clerk's office at 207-725-6658 for more information.



KATE FURBISH PRESERVE PROJECT UPDATE

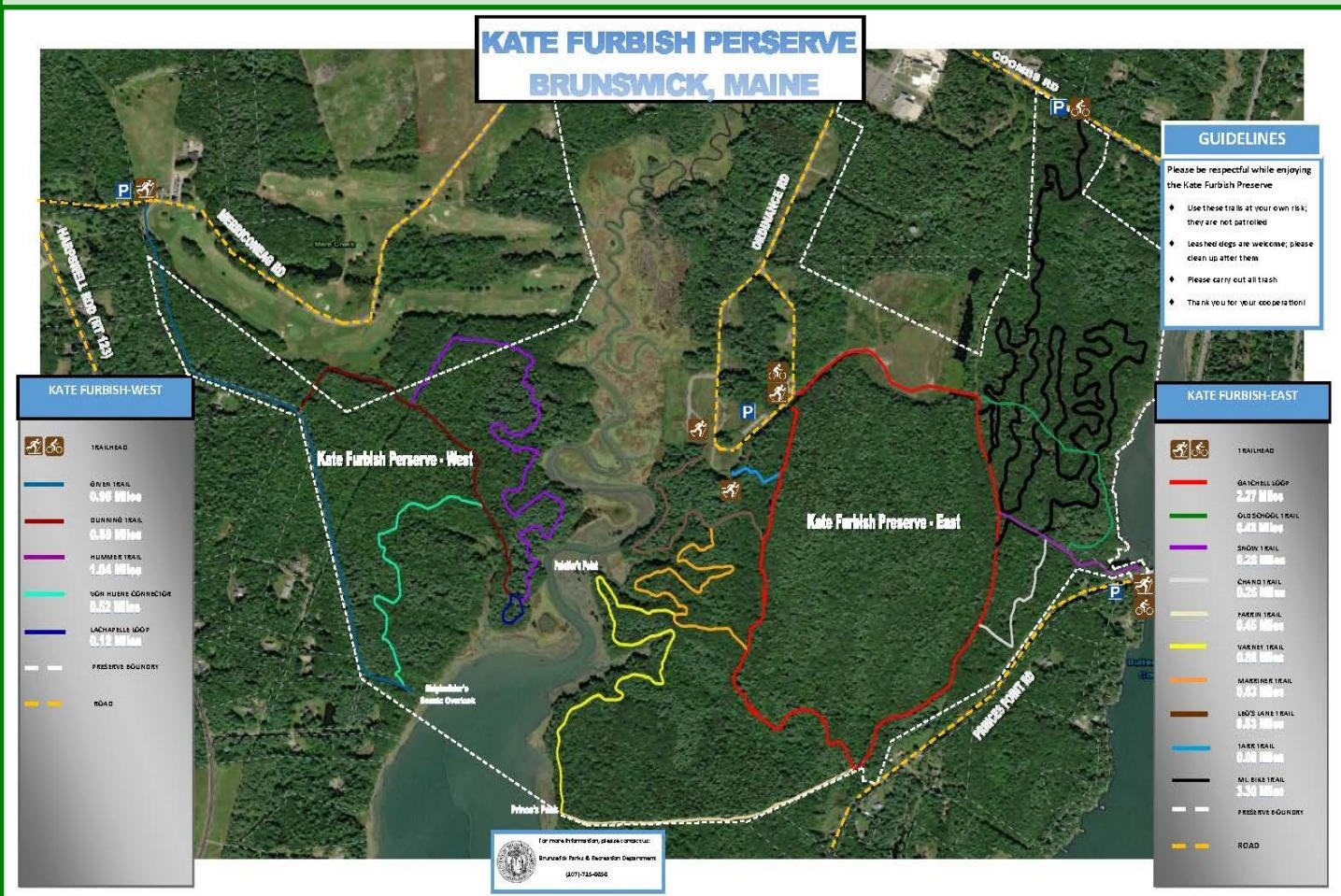
The Brunswick Parks and Recreation Department is excited to announce the completion of a new trail section at Kate Furbish Preserve. This brings the total amount of trails available to the public up to 12 plus miles, including 3.3 miles of new Single-Track Mountain Bike trail.

The Kate Furbish Preserve offers two non-contiguous sections of trail named Furbish East and Furbish West. The Parks and Recreation Department recently added a new paved parking space in 2022 on property it owns adjacent to the Mere Creek Golf Course Clubhouse. The new lot provides for more immediate access to the Kate Furbish Preserve West trails and the larger Brunswick Landing interim perimeter trail. Staff are in the process of installing informational kiosks at trail entrances that will be located at:

Coombs Road a mountain bike trail entrance, Prince's Point Road a multi-use trail entrance, and Ordnance Road a multi-use trail entrance (located near the former military bunkers)

Check the Parks and Recreation website in 2023 for updates on trail signage, information kiosks and a Ribbon Cutting Ceremony.

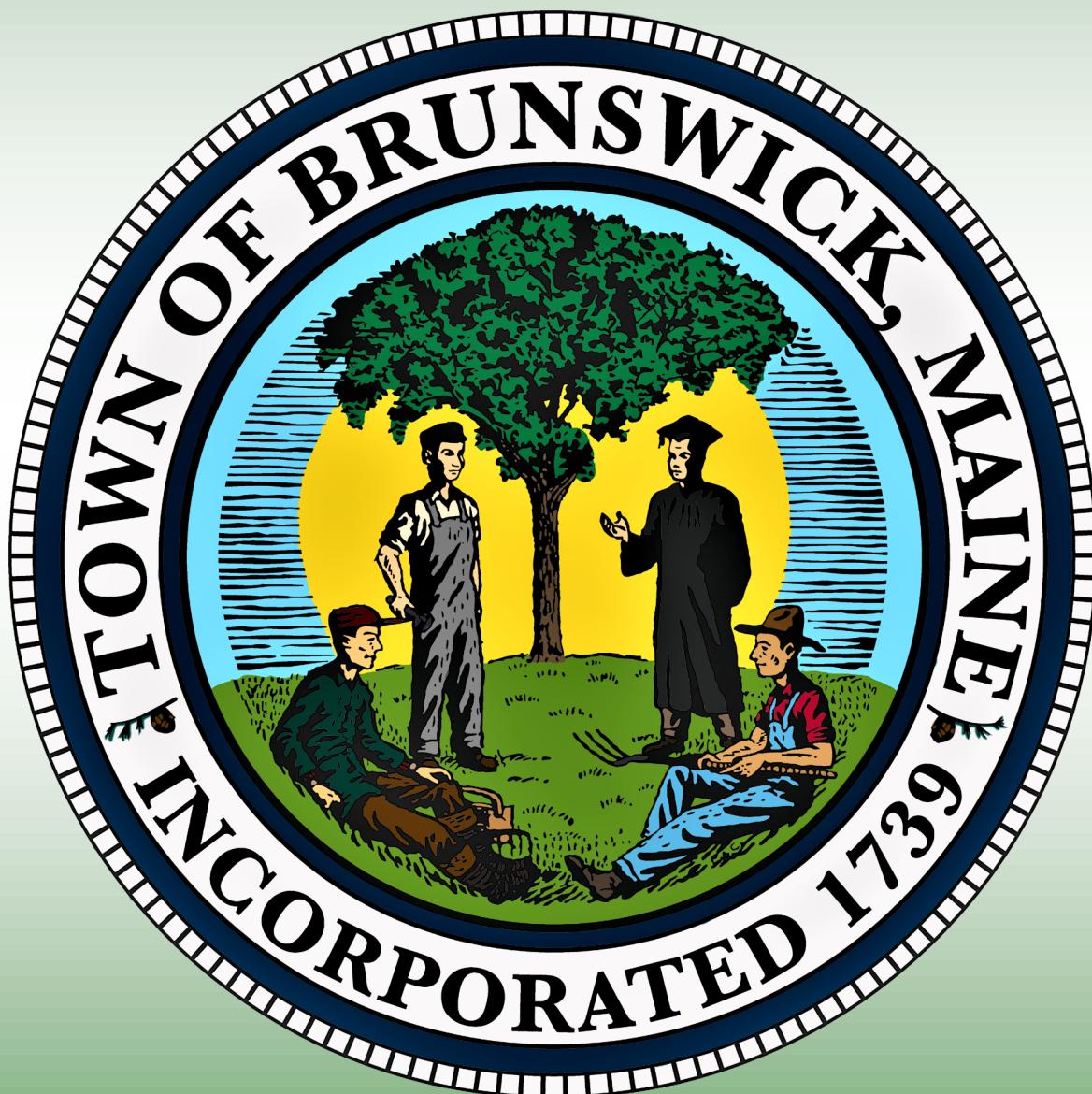
Since 2017 Parks and Recreation maintenance staff has worked with in collaboration with the Six Rivers Chapter of the Northeast Mountain Bike Association (NEMBA) and its members Kristin Jhamb, Paul Burns, Reggie Lebel, Alex Long and Jaret Reblin, to develop the 3.3-mile single track Mountain Bike trail system which includes extensive bog and stream bridging through wetlands and is environmentally friendly, fun and sustainable to complete the final length of the Kate Furbish trail system just in time for Winter Activities.



Brunswick Parks & Recreation

Winter 2023

Program Brochure



brunswickme.org/parks-recreation | 207.725-6656
recprograms@brunswickme.org
220 Neptune Drive Brunswick, Maine 04011