

# Brunswick Parks & Recreation

## Fall 2023

### Brochure



**Brunswick**  
maine

Updated: 9.13.23



[brunswickme.org/parks-recreation](http://brunswickme.org/parks-recreation) | 207.725-6656  
[recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)  
220 Neptune Drive Brunswick, Maine 04011

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# 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 Fall! 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.

## Parks and Recreation Is Essential

Our Friends at the National Recreation and Parks Association advocate & collect data across the United States to help showcase why Parks and Recreation is Essential!

Parks and recreation and the professionals who make it happen are essential. Here are five statements with supporting research that showcase the fundamental role of parks and recreation:

- Parks and recreation promotes health and wellness.
- Parks and recreation's programming and education activities are critical to childhood development.
- Parks and recreation drives economic opportunity.
- Parks and recreation is everywhere, uniting people and strengthening communities.
- Parks and recreation is essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change.



NATIONAL RECREATION  
AND PARK ASSOCIATION

# 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 Holidays:**

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 (Only Administrative Offices closed)

Thanksgiving Day—Thursday, November 23rd, 2023

Thanksgiving Friday—Friday, November 24th, 2023

Christmas Day— Monday, December 25th, 2023

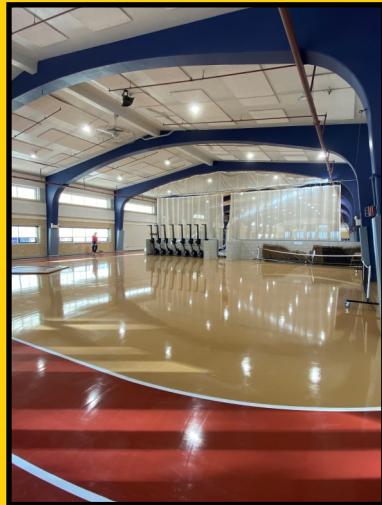
New Year's Day—Monday, January 1st, 2024

Martin Luther King, Jr. Day—Monday, January 15th, 2024

Washington's Birthday/President's Day—Monday, February 19th, 2024

Patriot's Day—Monday, April 15th, 2024

# 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-4pm (10am-6pm starting 9/10)

Monday—6am-8pm

Tuesday—6am-8pm

Wednesday—6am-8pm

Thursday—6am-8pm

Friday—6am-8pm

Saturday—7am-3pm (7am-6pm starting 9/9)

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

Memorial Day—Monday, May 29th, 2023

Independence Day—Tuesday, July 4th, 2023

Labor Day—Monday, September 4th, 2023

Thanksgiving Day—Thursday, November 23rd, 2023

Christmas Day—Monday, December 25th, 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](mailto: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](http://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 full access to Strength and Cardio spaces and equipment 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



### **SilverSneakers Pro Membership**

SilverSneakers comes automatically with qualifying Medicare health insurance plans. Eligible Medicare beneficiaries 65 years of age and older just need to get a SilverSneakers membership card to show at participating fitness locations. Contact your health insurance plan to find out if SilverSneakers is covered, or visit the SilverSneakers website to check your eligibility online. If you're eligible, then you can fill out the SilverSneakers form online to get and print your membership ID card to bring to the Brunswick Rec Center! SilverSneakers members have access to all amenities provided to Pro Members!

### **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

### **Fitness Class Punch Pass**

### **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)

For more info about Open Gym or the Walking Track Please email [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)

call 725-6656, or visit our website: [brunswickme.org/parks-recreation](http://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 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. Please do not leave personal items lying around. Use provided locker area.
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. Use clean non-marking gym shoes on courts, track, and exercise spaces.
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 Climbills with Touch Console

5 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

1 Ski Erg

1 Hand Bike



For more info about our Fitness Equipment and Offerings,  
Please email Health and Fitness Director, Priscilla Trimble at [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

# Health & Fitness Classes

## Machines 101

Join us as we tour the spaces in our beautifully renovated Fitness Center. We will take a tour of both our Cardio area and our weight room. Get step by step instructions on how to use your preferred machine or fitness equipment. Get your questions answered! Discuss the benefits of certain exercises and fitness program plans. We can also go over membership pricing and details, equipment questions, and future programming. No cost. This is a drop-in program. No registration is required.

**Ages:** Ages 12+

**Fall Dates:** Thursdays, September 7 & 21, October 5 & 19, November 2 & 16

**Time:** 5:00pm-6:00 pm

**Location:** Meet in the Lobby

**Fee:** Free

**Coordinator:** Priscilla Trimble, [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT [BRUNSWICKME.ORG](http://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

## CORE Movements

Get strong! During this quick thirty-minute class we will work on the fundamental movement patterns of the core. We will develop a strong foundation of the core muscles to improve your stability, improve your movement patterns, and give you strength in the rest of your workouts. During these sessions we will use bodyweight exercises to tone and activate the muscles. Check our website for program changes and updates. No cost. This is a drop-in program. No registration is required.

**Ages:** All

**Dates:** Tuesdays, from September-November

**Time:** 9:00am-9:30 am

**Location:** Brunswick Recreation Center, Court 1

**Fee:** Free

**Instructor:** Priscilla Trimble

**Coordinator:** Priscilla Trimble, [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

*Minimum of 2 participants is necessary to offer class. If this has not been 24-hours prior to the program, it will be cancelled.*

# Health & Fitness Classes



## Mighty MAMAS

JOIN A TEAM OF LIKEMINDED MAMAS WHO WILL EMPOWER YOU TO REACH YOUR HEALTH AND FITNESS GOALS. THIS WEEKLY MEETUP INCLUDES GROUP CARDIO & STRENGTH WORKOUTS, WALKS & HIKES, AND QUARTERLY EVENTS. NO COST TO PARTICIPATE. JOIN THE MIGHTY MAMAS FACEBOOK PAGE TO STAY UP TO DATE ON ALL INFORMATION.

### WHEN

Tuesdays.  
4-5pm

### WHERE

LOCATION  
WILL  
CHANGE

207.725.6656  
[ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)  
[brunswickme.org/parks-recreation](http://brunswickme.org/parks-recreation)

**Brunswick**  
maine

# Health & Fitness Classes

## Mighty Mamas Fitness Group

See what the excitement is all about! Join a team of likeminded mamas who will empower you to reach your health and fitness goals. We meet to improve our fitness, relate about all things parenting, and have a ton of fun! This weekly meetup includes group cardio & strength workouts, walks & hikes, and quarterly events. No cost to participate. Children are welcome to join in for workouts and meetups. Use of strollers or carriers are recommended when appropriate. To find out more join the Mighty Mamas Facebook group or find us on Brunswick's Parks and Recreation website.

**Ages:** Mamas

**Dates:** Tuesdays from September-November

**Time:** 4:00pm-5:00pm

**Location:** Location Changes

**Fee:** Free

**Coordinator:** Priscilla Trimble, [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

## Personal Training Assessment

This 30 minute session is designed to be a one-time session to meet with one of our Fitness Director/ personal trainer. During this session you will have a quick personal fitness assessment which will inform your personalized fitness plan. This is designed to be a quick assessment for the purpose of identifying areas that need to be worked on. For close personal instruction during your workouts, sign up for our hour long personal training sessions. This program does not have a set date and time as it will be based off coach and participant availability.

**Once you register, you will be contacted shortly after by your coach to schedule your session. All sessions must be used within 30 days.**

Personal Training Assessment

**Dates:** Based off of client and trainer's availability

**Time:** 30 minutes

**Fee:** \$30

**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT [BRUNSWICKME.ORG](http://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

## One-on-One Personal Training

This program is designed for a one-time session to meet with one of our AMAZING Personal Trainers. 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). If you would like to sign up for more than 1 hour in a month, please register for the given section option (it will automatically add in your reduced rate).

**Once you register, you will be contacted shortly after by your coach to schedule your session. All sessions must be used within 30 days.**

### 1-1 Personal Training 1 Hour

**Dates:** Based off of client and trainer's availability

**Time:** 1-hour

**Fee:** \$55

### 1-1 Personal Training 2 Hours (\$10 saving)

**Dates:** Based off of client and trainer's availability

**Time:** 2-hours

**Fee:** \$100

### Personal Training 3 Hours (\$20 saving)

**Dates:** Based off of client and trainer's availability

**Time:** 3-hours

**Fee:** \$145

**Location:** Weight Room

**Coordinator:** Priscilla Trimble,

[ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

All individuals registering for personal training must have a PRO membership



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

# Health & Fitness Classes

## Small Group Personal Training

Group personal training 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). Please notice the correcting sections for your desired number of hours.

Once you register, you will be contacted shortly by your coach to schedule your session. All sessions must be used within 30 days.

### Group Training 1 Hour

**Dates:** Based off of client and trainer's availability

**Time:** 1-hour session

**Fee:** \$35 per person

All individuals registering for personal training must have a PRO membership.

### Group Training 2 Hours

**Dates:** Based off of client and trainer's availability

**Time:** 2-hour session

**Fee:** \$55 per person

### Group Training 3 Hours

**Dates:** Based off of client and trainer's availability

**Time:** 3-hour session

**Fee:** \$75 per person

**Location:** Weight Room

**Coordinator:** Priscilla Trimble, [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

Minimum of 3 people/ Max 5.



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# Adult Sports & Leagues

## Men's Over 35 Adult Basketball League

The League is open to teams but if individuals are interested in playing and are not affiliated with a team they should contact the Parks and Recreation Department at 207-725-6656. The league fees are \$550 with user fees of \$18 for residents of Brunswick and \$24 for non-residents.

Coordinator: David Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)



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WINTER 2023 DODGEBALL CHAMPIONS—  
THE MOUTHY BALLERS

# Adult Sports & Leagues

## 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 6:00pm-8:00pm

Saturday 12:30pm-3:00pm

Sunday 4:00pm-6:00pm

**Location:** Brunswick Rec Center, Court 1 or Court 2

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

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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

The Brunswick Parks and Recreation Department is excited to continue a recently added program offering, Adult Intramural Sports League at the Brunswick Landing. 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 and re-live the fun you used to have as a kid!

## Adult Kickball League

Adult Kickball League meets on Mondays and Wednesdays at SMCC Field with game times starting at either 5:45pm or 7pm. The league fee is \$300 per team which includes regular season games, standings, playoffs, equipment, and site supervisor. If you are having a company sponsor your team, reach out to us 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 will be 4-8 teams in the league—team entries will be accepted until the league is filled
- There must be a minimum of 12 adults per roster and teams must be gender diverse with at least 4 men and 4 women on each team
- Teams will compete 10v10
- Each team will play a seven game schedule
- 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

**Ages:** Adults 18 and older

**Dates:** Mondays and Wednesdays, October 2nd– November 1st

**Time:** 5:45pm or 7:00pm

**Location:** SMCC Field

**Fee:** \$300

**Coordinator:** David Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)

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220 Neptune Drive, Brunswick Maine

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

# Adult Sports & Leagues

## Adult Dodgeball League

Adult Dodgeball League, a very popular sports offering featured as part of the Landing's Adult Intramural Sports League returns this fall. 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:** October 17- November 14

**Time:** 6:00pm or 7:00pm

**Location:** Brunswick Recreation Center

**Fee:** \$200

**Coordinator:** David Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)



# 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 – 1:00pm

Monday/Wednesday/Friday from 5:30pm-8:00pm

Saturday from 9:00-12:30pm

Sunday from 1:00-4:00pm

**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](http://www.brunswickme.org/parks-recreation)



**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT [BRUNSWICKME.ORG](http://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

## Introductory Pickleball Lessons

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 From 4:30pm-6:00pm

Tuesdays— 9/5, 9/19, 10/3, 10/17, 11/14, 11/28, 12/12

\*No Lesson 10/31 and 12/26

Every other Thursday From 1:00-2:30pm

Thursdays— 9/14, 9/28, 10/12, 10/26, 11/9, 12/7, 12/21

\*No Lesson 11/23

**Time:** Tuesday, 4:30pm – 6:30pm

Thursday, 1:00pm-2:30pm

**Location:** Recreation Center Gym

**Fee:** \$10 Brunswick Residents

\$13 Non-Residents

**Instructor:** Theressa Houtman

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto: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.



# Adult Sports & Leagues

## Intermediate Pickleball Lessons- Improvers Shots & Strategy

This program is intended for those who have the fundamentals of Pickleball already down and are looking to bring themselves to the next level! Improve your Doubles play and strategy to win more games and improve your level of play. Our primary objective is to help you understand what strategies will take your pickleball game to a higher level. Then, you'll be able to play Pickleball almost anywhere on any court.

**Ages:** 18 years or older

**Dates:** Mondays, November 13th-December 4th

**Time:** 11:00am-12:00pm

**Location:** Brunswick Recreation Center, Court 2

**Fee:** \$100 Residents / \$133 Non-Residents

**Instructor:** Dave Cousins

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)

**About your Instructor:** Dave Cousins is a combined PTR, USPTA, and IFF (International Federation of Pickleball) Certified Professional with many years of teaching experience in Southern Maine. He loves working with both juniors and adults, whether just starting out or playing at competitive levels. Dave's belief is that racket sports have a place for EVERYONE, of any age, ability, or skill set. He strives to help people discover (or re-discover) their passion for racket sports and along the way, take their game to new heights.

### 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.



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# Adult Sports & Leagues

## Intermediate Pickleball Lessons– Improvers Skills & Drills

This program is intended for those who have the fundamentals of Pickleball already down and are looking to bring themselves to the next level! REPS! REPS! REPS! Come work on your serves, returns, volleys and the third shot drop! This class will be more repetition of strokes to improve your form. A great opportunity to practice and solidify your game for competitive play.

**Ages:** 18 years or older

**Dates:** Mondays, November 13th-December 4th

**Time:** 12:00pm-1:00pm

**Location:** Brunswick Recreation Center, Court 2

**Fee:** \$100 Residents / \$133 Non-Residents

**Instructor:** Dave Cousins

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)

**About your Instructor:** Dave Cousins is a combined PTR, USPTA, and IFP (International Federation of Pickleball) Certified Professional with many years of teaching experience in Southern Maine. He loves working with both juniors and adults, whether just starting out or playing at competitive levels. Dave's belief is that racket sports have a place for EVERYONE, of any age, ability, or skill set. He strives to help people discover (or re-discover) their passion for racket sports and along the way, take their game to new heights.

### 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.



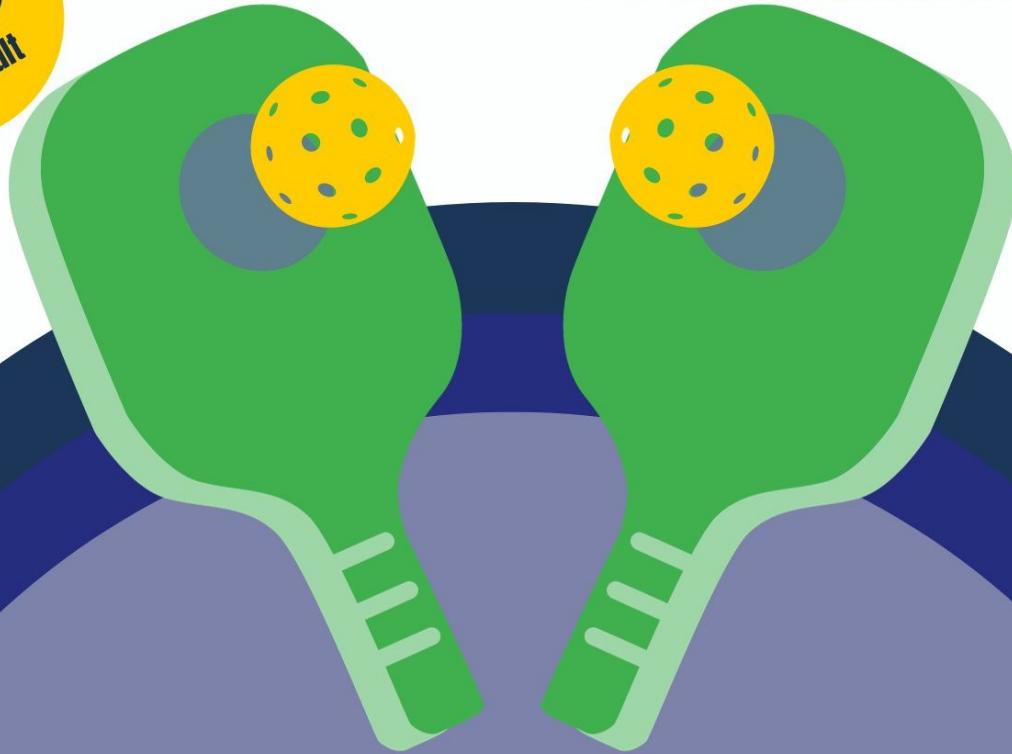
## Adult Sports & Leagues

# Blind Draw Round Robin **Pickleball** Tournament

**\$15**  
Per Adult



SCAN TO  
REGISTER  
ONLINE!



**Friday, October 27th**  
**Beginning at 5:30pm**

**Located at the Brunswick Recreation Center**



- \*Each entry receives a free tournament gift bag
- \*5 Match Guarantee
- \*Top team in each division moves to playoffs
- \*Adults 18 years or older only

For More Information visit [brunswickme.org/parks-recreation](http://brunswickme.org/parks-recreation),  
Call 207-725-6656 or Email [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)

# Adult Sports & Leagues

## Blind Draw Round Robin Pickleball Tournament

**Friday, October 27th**

**Beginning at 5:30pm**

**Located at the Brunswick Recreation Center**

**Fee: \$15 per person**

The Brunswick Parks and Recreation Department is excited to announce its first-ever Pickleball Tournament! This tournament is offered as a fun, yet competitive event where everybody will play with and against somebody random! Round Robin Blind Draw Tournaments will be held monthly through December of 2023 and all proceeds will go towards Brunswick Parks and Recreation Department Pickleball Programming!

### Tournament Details

There can be up to 16 teams or 32 players in the tournament—team entries will be accepted in-person, by phone, or online until the tournament is filled. *Pre-registration is required*

Teams are guaranteed 5 matches

There will be 4 divisions and the top team in each division moves on to the playoff

One Game Match will be played, and each game will be played to 15 with wins by 2 points

All other rules will be governed by USA Pickleball

Open to Adults 18 years or older

### Tournament Prizes

Each entry receives a free tournament giftbag

Prizes awarded to top 4 teams

1<sup>st</sup> place team wins a 6-punch Pickleball Punchcard (one per team member)

2<sup>nd</sup> place team wins a 4-punch Pickleball Punchcard (one per team member)

3<sup>rd</sup> and 4<sup>th</sup> place team wins a 2-punch Pickleball Punchcard (one per team member)

For more information visit <https://www.brunswickme.org/722/Pickleball-Tournaments>

# Youth Sports Programming



The Brunswick Parks & Recreation Department will be offering the Brunswick Youth Soccer League (BYSL), this fall. This Soccer Program is designed for youth entering grades K – 8 in 2023 that reside in Brunswick. BYSL is one of the most popular and well-established youth programs in Brunswick. Our goals are to teach soccer skills in an environment that fosters player growth, encourages fun, and develops self-esteem for every player. Over the course of 7 weeks your child will enjoy improving their skills in a community-based program, playing with and against friends, neighbors, and classmates, and with a balanced and healthy level of competition.

**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.**

## League Info

**Grades:** Grades K-8

**Team Placement:** You will be notified by September 5th, 2023

**First Week of Practices:** Week of September 11th (Divisions 2-8)

**Practice and Game Schedules:** Will be provided by coaches

**First Game:** Saturday September 16th between 8:00am & 1:00pm

**Locations:** Lishness Field, Harriet Beecher Stowe School, Shulman & Edwards Fields (you will be notified)

**Picture Day:** September 30th (schedule TBA)

**Last Day of Games:** Saturday, October 28

**Coordinator:** Dave Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)

*Please indicate during registration if there is a potential conflict in your family's schedule that needs to be considered for team placement and practices! Teams are put together based on careful evaluations to make them fair & balanced. Unfortunately, we cannot accommodate requests to change teams.*

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# Youth Sports Programming



## **‘Kids on the Pitch’ for Grades K & 1 (Combined Division for K & 1 Boys and Girls)**

**\$60**

Children in Kindergarten and 1st grade will participate in BYSL’s “Kids on the Pitch” fundamental program that focuses on learning the basics of soccer thru stations and drills followed by fun scrimmages. This program will meet on Saturday’s (no weekday practices) and players will be placed on a coed team with a coach. Participants will receive a team shirt with registration!

## **Soccer League for Grades 2-3 (Separate Divisions for 2-3 Boys & 2-3 Girls)**

**\$70**

Children in Grades 2-3 will be placed on separate teams with a coach and have one weekday practice and one Saturday game. Participants will receive a team shirt & NEW THIS YEAR: a soccer ball with registration! (Balls will be handed out at the end of the season) Players are required to provide their own shin guards and socks. A mouth piece is optional and cleats are not needed at this age.

## **Soccer League for Grades 4-5 (Separate Divisions for 4-5 Boys & 4-5 Girls)**

**\$75**

Children in Grades 4-5 will be placed on separate teams with a coach and have one weekday practice and one Saturday game. This division will get 2 Extra Weeknight Games under the Lights! Participants will receive a team shirt & NEW THIS YEAR: a soccer ball with registration! (Balls will be handed out at the end of the season) Players are required to provide their own shin guards and socks. A mouth piece is optional and cleats are encouraged but not required at this age.

## **Soccer League for Grades 6-7-8 (Combined Division for 6-8 Boys and Girls)**

**\$80**

Children in Grades 6-8 will be placed on combined teams with a coach and have one weekday practice and one Saturday game. This division will get 2 extra weeknight games under the Lights! Participants will receive a team Jersey & NEW THIS YEAR: a soccer ball with registration! (Balls will be handed out at the end of the season) Players are required to provide their own shin guards and socks. A mouth piece is encouraged and cleats are strongly recommended at this age.

**\$5 sibling discount available for each additional sibling registered\***

**\*Sibling Discount Not Available Via Online Registration**

# Youth Sports Programming

## Start Smart Soccer

This is an instructional program that prepares children ages 3 to 5 for enjoyable soccer experiences! Children will work alongside their guardian and with the assistance of an instructor to learn the basics of soccer. Each skill is broken down into simple steps so guardians have a framework to teach and so children can have fun while developing skills and making improvements! One on one attention means each skill is tailored specifically to your child's needs and progress.

Adults must be ready to play! Regular sneakers for you and your child are all you need. No other "equipment" is required on your part and each child will receive a soccer participant manual.

If you cannot make a session, please have another guardian, older sibling, other relative, or friend to work with your child on the field. If you have two children in the program it is best to have two adults or a "helper" to work with each individual child as the program is designed for one-on-one interactions. Other siblings and children who are not in the program should not be present.

**About your instructor:** Julia Broadbent, an experienced Parks and Recreation Department employee and a long-time Start Smart coordinator, will instruct the course.

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

**Dates:** Saturdays, September 9th-October 14th

**Time:** From 1:00pm-1:45pm OR 2:00pm-2:45pm

**Location:** Harriet Beecher Stowe School Field

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

**Instructor:** Julia Broadbent

**Coordinator:** David Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)



# Youth Sports Programming

## Special Olympics Maine Developmental Soccer Program

This is a soccer program for youth who experience disabilities of physical, social, communicative, and/or cognitive challenges! Children participating in the program will be supported by a parent or guardian familiar with the child (at least 18 years old) and will work together with the assistance of an instructor and other volunteers to learn the basics of soccer.

Each skill is broken down into simple steps so kids and adults have a framework to teach and learn. Youth will make individualized improvements, but will also have opportunities to bring their physical and social individualized improvements together, working as a team and building relationships, all while having fun! One on one attention means each class is tailored specifically to your child's needs and progress. Regular sneakers are acceptable for this program and each child will receive a t-shirt and a soccer ball!

### About your instructor:

Haley Bernier has been working with children with disabilities since 2007. She is a State of Maine certified special education teacher, and holds a Behavioral Health Professional Certification. Haley is passionate about providing opportunities for athletes of all abilities.

**Grades:** Grades K-8 as of the start of the program

**Dates:** Saturdays, September 9th-October 7th

### Time:

Grades K-5 from 1:00pm-1:45pm

Grades 6-8 from 2:00pm-2:45pm

**Location:** Harriet Beecher Stowe School Field

**Fee:** FREE

**Instructor:** Haley Bernier

**Coordinator:** David Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)

The Brunswick Parks & Recreation Department is proud to partner with Special Olympics Maine to offer this program at no charge to participants!



**Special Olympics**  
Maine

ONLINE PROGRAM REGISTRATION IS AVAILABLE AT  
[BRUNSWICKME.ORG](http://BRUNSWICKME.ORG)

Or stop by our office located at  
220 Neptune Drive, Brunswick Maine  
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# Youth Sports Programming

## 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 as of Fall 2023

**Dates:** Mondays, November 13th– December 18th

**Time:** 4:00pm-5:00pm

**Location:** Harriet Beecher Stowe School

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

**Instructor:** Kate Andreu

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto: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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# Youth Sports Programming

## Cross Country Running Club

The Parks and Recreation Department will be offering a Youth Cross-Country Running program on Mondays and Wednesdays starting September 11th! This program is designed to introduce children to the fun and satisfaction of running through regular practices and “Fun Runs”. Regular practices will be held at Harriet Beecher Stowe Field.

Starting on September 20th “Fun Runs” will be held on Wednesdays. During “Fun Runs” children will run with youngsters their own age in gendered divisions. 1st and 2nd graders will run a half-mile; 3rd and 4th graders will run three quarters of a mile; 5th graders will run one mile. A Championship running meet will also be held on Saturday, October 14th, in Cumberland.

We are excited to welcome Becca Fisk as our coach this fall! Becca ran competitively in high school and at Lyndon State College. She is excited to bring her enthusiasm for running and her enjoyment of coaching children to the program.

During “Fun Runs” children will run with youngsters in their own age divisions:

1st and 2nd graders will run a half-mile

3rd and 4th graders will run three quarters of a mile

5th graders will run one mile

\*Please note—Transportation is not provided to weekly fun runs or to the championship running event and runner are responsible for their own transportation.

**Grades:** Grades 1-5 as of Fall 2023

**Dates:** Mondays and Wednesdays, September 11th– October 14th

**Time:** 5:00pm-6:00pm

**Location:** Harriet Beecher Stowe School Field and Various Locations in Southern Midcoast Maine

**Fee:** \$60 Brunswick Residents Only

**Instructor:** Becca Fisk

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)

**Interested in helping out? Adult and student volunteers are also needed to assist paid staff. Interested individuals should reach out to the Recreation Department to learn more! We hope you will join us in making this a great program!**

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# Youth Sports Programming

## Cross Country Trail Biking

Participants will learn about Bike Inspection & Fitting, Bike Safety Education, Riding Awareness & Vision, Balance & Body Position, Braking & Stopping, Shifting & Cadence, Terrain Awareness, and an Introduction to Obstacles. This Program is suitable for Beginner, Novice, Intermediate or Advanced Riders aged 8-14 as of the start of the program. Beginner riders need to be comfortable riding a two wheel bike without training wheels and confidently be able to use hand brakes. This program will meet weekly at various locations including the Brunswick Town Commons, Topsham Trails, and Neptune Woods.

Coaching is provided by: Jeremy Chapman and Jeremy Whitney. Staff is knowledgeable and enthusiastic about teaching kids of all skill levels about Cross Country Trail Biking. They will help riders develop a positive attitude about themselves and others, as well as developing skill and comfort on their bike in different trail conditions.

### Required Equipment

Helmet, Bike, Water Bottle, Closed toed shoes, Comfortable clothing

The program will start with a Parent/Guardian & Rider meeting on Tuesday, September 26th at 5:00pm at the Brunswick Town Commons. A Bike & Helmet Safety check will also be done at this meeting. Fitting for helmets and bikes will be done for those needing to use a bike for the program. Parents/guardians are welcome and encouraged (but not mandatory) to ride along with the group.

**Ages:** 8-14 as of the start of the program

**Dates:** Tuesdays and Thursdays, September 26th-November 2nd

**Time:** 5:00pm– 6:15pm

**Location:** Brunswick Town Commons,

Neptune Woods Trails and Topsham Trails

**Fee:** \$80 Residents / \$106 Non-Residents

**Instructor:** Jeremy Chapman

**Coordinator:** Priscilla Trimble, [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org)

*Please let us know in advance if you do not have a bike.*

*We have a limited number of bikes available, but cannot guarantee that the available bikes will fit all riders.*



# Youth Sports Programming

## Fledgling Fundamental Field Hockey

This exciting program is designed to introduce and teach the wonderful game of field hockey. The program is a can't-miss for any field hockey enthusiast or child who would like to try out a new sport! Players focus on the basic rules of field hockey, proper grips, ball & stick control, passing & receiving, and fun games/scrimmages.

Practices will be held on Tuesdays from 4:45-5:45pm at the Harriet Beecher Stowe Field. Guardians are requested to stay at the field during each session.

This program is instructed by Sadie Robertson and Ally Feltis. Equipment is available to borrow- thanks to a grant from Harrow Sports & USA Field Hockey.

**Please bring:** stick, mouth guard, shin guards, water bottle, & sneakers

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

**Dates:** Tuesdays, September 12th-October 3rd

**Time:** 5:00pm– 6:00pm

**Location:** Harriet Beecher Stowe School Field

**Fee:** \$55 Residents / \$73 Non-Residents

**Instructor:** Sadie Robertson and Ally Feltis

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)



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# Youth Sports Programming

## Youth Field Hockey

This thrilling program is designed to introduce and teach the wonderful game of field hockey! The program is a can't-miss for any field hockey enthusiast or child who would like to try out a new sport! Players focus on the basic rules of field hockey, proper grips, ball & stick control, passing & receiving, and fun games/scrimmages.

This program is instructed by Sadie Robertson and Ally Feltis. Participants will receive a program t-shirt. Equipment is available to borrow- thanks to a grant from Harrow Sports & USA Field Hockey.

**Please bring:** stick, mouth guard, shin guards, water bottle, & sneakers

**Grades:** 3-6 as of Fall 2023

**Dates:** Fridays, September 8th– October 27th

**Time:** 4:00pm– 5:00pm

**Location:** Brunswick Junior High School

**Fee:** \$55 Residents / \$73 Non-Residents

**Instructor:** Sadie Robertson and Ally Feltis

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)



# Youth Sports Programming

## Youth Field Hockey Travel Team

This program is an exciting opportunity for youth field hockey players looking to join a local team and bring their skills to game competitions! The team is coached by Sadie Robertson and Ally Feltis. Games occur on Saturdays or Sundays (Schedule TBD). This schedule will include both home and away games. Guardians must arrange transportation to and from all games.

Practices are held in conjunction with the Youth Field Hockey Program at Brunswick Junior High on Fridays. Practices will also be held on Tuesdays at HBS. Separate registration in the Youth Field Hockey program is mandatory for grades 3-6; Jr. High field hockey players (6<sup>th</sup> graders on the BJHS team) do not need to register separately for the Youth Field Hockey program to participate but do need to register to participate in the travel team.

**Please bring:** water bottle, shin guards, mouth guard, cleats, & stick. (Goggles are available to borrow)

**Grades:** 3-6 as of Fall 2023

**Dates:** Tuesdays and Fridays, September 8th-October 27th

**Time:**

Friday Practices from 5-5:45pm

Tuesday Practices from 3:30-4:30pm

**Location:**

Fridays at Brunswick Junior High School

Tuesdays at Harriet Beecher Stowe School

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

**Instructor:** Sadie Robertson and Ally Feltis

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)



*\*Registration in Youth Field Hockey Clinic Required for 3-6<sup>th</sup> graders who are not on Jr. High Team*

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# 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!

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

**Scrimmage Evaluation Nights Brunswick Rec Center Gym:**

3rd/4th Grade- November 14th	Scrimmage times: 3rd/4th Girls -5:30-6:15pm	3rd/4th Boys- 6:30-7:15pm
5th/6th Grade- November 15th	Scrimmage times: 5th/6th Girls -5:30-6:15pm	5th/6th Boys- 6:30-7:15pm
7th/8th Grade- November 16th	Scrimmage time: 6-7pm	

**Coaches Meeting:** Wednesday, November 22nd at 5:30pm, Brunswick Recreation Center

**Team Placement:** You will be notified starting Friday, November 24th by the team coaches

**First Week of Practices:** Week of November 27th

**Practice and Game Schedules:** Will be provided by coaches after November 24th

**First Game:** Saturday, December 2nd(No games Dec. 23 & 30. Games will be played through Saturday, Jan. 27th)

### Basketball League for Grades 3/4

\$75 Brunswick Residents/ \$100 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

\$90 Brunswick Residents/ \$120 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!

*TEAMS IN THIS LEAGUE WILL COMPETE AGAINST REC TEAMS FROM BATH AND FREEPORT —  
Games will be played at the Brunswick Recreation Center, Freeport Middle School, Durham Central School and Woolwich Central School*

### Basketball League for Grades 7/8

\$90 Brunswick Residents/ \$120 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.

*Please indicate during registration if there is a potential conflict in your family's schedule that needs to be considered for team placement and practices! Teams are put together based on careful evaluations to make them fair & balanced. Unfortunately, we cannot accommodate requests to change teams.*

**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

## 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 Southern Maine Hoops 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 \$150 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 24th and 25th

**Boys**—Tuesday, October 24th at Harriet Beecher Stowe School

Grade 5- 5:00-6:15pm

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

**Girls**—Wednesday, October 25th at Harriet Beecher Stowe School

Grade 5- 5:00-6:15pm

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

**Practice and Game Schedules:** Will be provided by coaches

**First Game:** Week of November 16th

**Location:**

**Fee:** \$150 for players who are selected

**Coordinator:** David Coffill, [dcoffill@brunswickme.org](mailto:dcoffill@brunswickme.org)



# Youth Enrichment Programming

## Brick-by-Brick LEGO

Brick By Brick is invested in stimulating the curiosity and imagination of children by providing fun, engaging and collaborative programming. Our selected Lego projects and accompanying lessons bring abstract concepts to life through tangible, hands-on activities. Building and playing with Lego bricks help children develop cognitive skills and learn concepts like size and shape, quantity, order and pattern. Structural building with Legos stimulates critical thinking and encourages creative problem solving.

Play is a natural practice for children and is accessible long before language skills develop. Children learn about and process life through play; creating and building with Lego bricks assist in that exploration. Children have a natural desire to investigate and discover; play encourages further inquiry. PLUS, IT'S JUST FUN!

**Grades:** Grades K-5 in Fall 2023

**Dates:** TBD

**Time:** TBD

**Location:** TBD

**Fee:** TBD

**Instructor:** Brick-by-Brick LEGO Staff

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)

*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!*



ONLINE PROGRAM REGISTRATION IS AVAILABLE AT  
[BRUNSWICKME.ORG](http://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

## Mad Science Energize It!

Hop on board the Mad Science express for a high-speed, hands-on science experience guaranteed to energize your mind! Explore the many facets of energy, forces, motion, potions, and yes...slime! Reach for your potential and ramp up your thinking about kinetic energy as you experiment with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel mysteries of magic using science. Slide down the colorful pH scale and make liquids bubble, fizz, and pop. Learn the physics of optical illusions and build your very own periscope. Ooze into a gooey hour of sliming around as you discover the slimy properties of your favorite polymer. Act out hot molecule movements and discover some unusual applications of glow-in-the dark technology. Explore forces by making centrifuges, spinning gyroscopes, and building your own center of gravity game to take home. This program is so energizing, even gravity can't keep you down! Put your seat belt on...these energetic classes are going to make you have a blast!

**Grades:** Grades K-5 in Fall 2023

**Dates:** Tuesdays, October 10th-December 19th\*

*No Class on 10/31, 11/7, and 11/21*

**Time:** 3:50pm-4:50pm

**Location:** Harriet Beecher Stowe School

**Fee:** \$123 Residents / \$164 Non-Residents

**Instructor:** Mad Science of Maine Staff

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)

**or**

**Grades:** Grades K-5 in Fall 2023

**Dates:** Thursdays, October 12th-December 14th\*

*No Class on 11/9, and 11/23*

**Time:** 3:50pm-4:50pm

**Location:** Kate Furbish Elementary School

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

**Fee:** \$123 Residents / \$164 Non-Residents

**Instructor:** Mad Science of Maine

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](mailto:acropley@brunswickme.org)



*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!*



**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT  
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Or stop by our office located at  
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Office Hours: Monday - Friday from 8:00am to 4:30pm

# Community BBQ



Brunswick  
DOWNTOWN ASSOCIATION

Brunswick Downtown Association  
Presents

COMMUNITY  
BBQ  
SATURDAY  
SEPT 9

SATURDAY  
SEPT 9

Brunswick Town Mall

10 - 11 am

Remembrance Ceremony  
with American Legion Post 20

11:30 - 2:00  
BBQ & TRIBUTE  
to First Responders

FREE!

Burgers, hotdogs, chips.  
While Supplies Last.  
No seating provided.  
Bring a lawn chair or blanket.

LIVE MUSIC by the BLUES BUZZARDS

Plus, THE VOLUNTEERS JAZZ BAND

CORN HOLE & GAMES 🔥 BOUNCE HOUSE  
CHILDREN'S ACTIVITIES 🔥 & MORE!

Event Sponsors:

*Ray Labbe & Sons*



Mid Coast-Parkview Health  
MaineHealth



MARTIN'S POINT  
HEALTH CARE



Walmart

Northeast  
BANK

FMI: BRUNSWICKDOWNTOWN.ORG



# Block Party

2023  
BRUNSWICK LANDING

# Bloc PARTY

TO BENEFIT:

**THE MARC**

MIDCOAST ATHLETIC & RECREATION COMPLEX



FOOD TRUCKS | LIVE MUSIC | GAMES

**SATURDAY, SEPTEMBER 9**

**5 - 9 PM | FAMILY FRIENDLY**

HOSTED BY:

**FLIGHT DECK**  
*Brewing*

**WILD OATS**  
café | bakery | deli

# Halloween Pumpkin Decorating

BRUNSWICK PARKS AND RECREATION DEPARTMENT



## HALLOWEEN PUMPKIN DECORATING AND PIZZA PARTY!

**SATURDAY,  
OCTOBER 21st  
10AM OR 11AM  
SESSION**

LOCATED ON THE MALL  
FOR YOUTH OF ALL AGES

**\$10 PER RESIDENT CHILD  
\$13 PER NON-RESIDENT CHILD**

REGISTER YOUR FAMILY ONLINE AT [BRUNSWICKME.ORG](http://BRUNSWICKME.ORG), CALL 725-6656 TO REGISTER OVER THE PHONE OR VISIT US AT 220 NEPTUNE DRIVE TO REGISTER IN PERSON!

# Halloween Window Painting

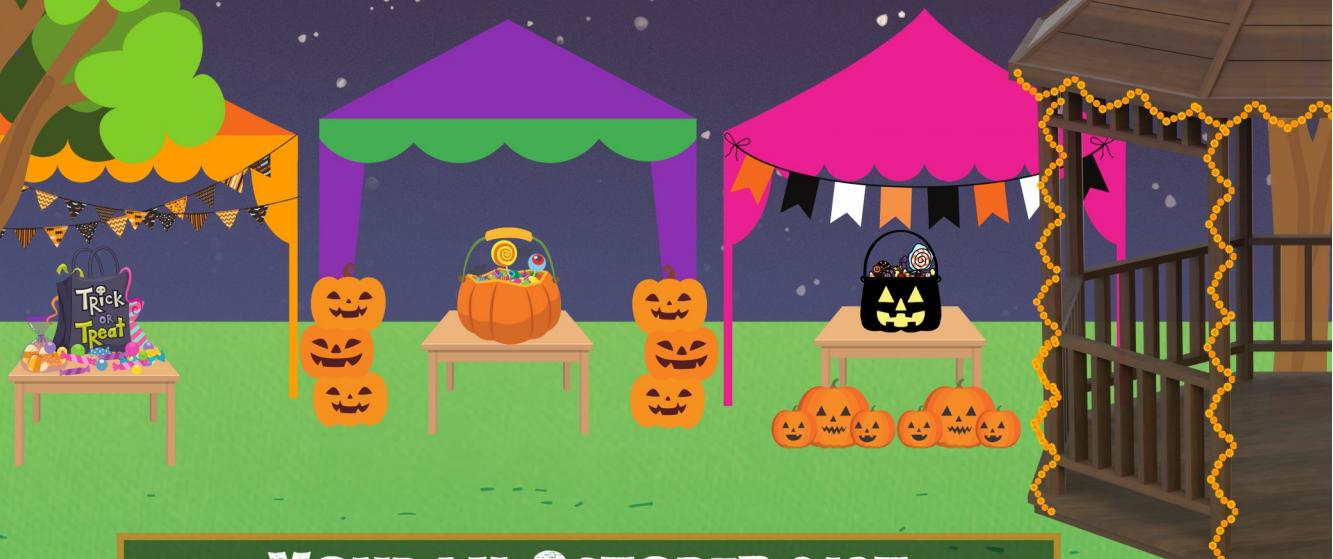


For more information call 725-6656 or  
visit [brunswickme.org/parks-recreation](http://brunswickme.org/parks-recreation)

# Annual Halloween Parade

# ANNUAL HALLOWEEN PARADE AND TENT OR TREAT

LOCATED ON THE MALL



**MONDAY, OCTOBER 31ST**

**PARADE BEGINS AT 4:30PM**

**TENT OR TREAT WILL IMMEDIATELY FOLLOW PARADE**



For More Information call 725-6656, email [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)  
or visit [brunswickme.org/park-recreation](http://brunswickme.org/park-recreation)

# Virtual Halloween Costume Contest

BRUNSWICK PARKS AND RECREATION

DEPARTMENT

# HALLOWEEN COSTUME CONTEST OCTOBER 31ST

3-8PM

SLIP INTO YOUR SCARIEST, FUNNIEST, MOST  
OUTRAGEOUS COSTUME AND JOIN IN THE  
BRUNSWICK PARKS & RECREATION DEPARTMENT'S  
VIRTUAL HALLOWEEN COSTUME CONTEST!

We will be awarding a prize from Frosty's Donuts to one winner in each of  
the following age categories:

Toddler, Preschool, Kindergarten, 1st Grade, 2nd Grade, 3rd Grade, 4th  
Grade, 5th Grade, 6th Grade, Family, and Pet(s)

Post your picture using #Brunswickmeparksandrec or send your picture to  
[recprograms@brunswickme.org](mailto:recprograms@brunswickme.org). Don't forget to include the name of the costume,  
the name of the person/animal/family in the picture, and the category you are  
competing in so we can correctly identify you and that's all there is to it!

Winners will be announced Wednesday, November 1st!

# Ski & Skate Sale

Brunswick Parks and Recreation Department

# 56TH ANNUAL EAST COASTAL SKI & SKATE SALE

**Sunday, November 5th  
from 1-4pm**

**At the Brunswick  
Recreation Center  
220 Neptune Drive,  
Brunswick Landing**



Interested in selling items or  
learning more about the sale?  
Scan the QR Code!

Questions? Contact us at 725-6656 or email  
[recprograms@brunswickme.org](mailto:recprograms@brunswickme.org). All proceeds support  
Brunswick Parks and Recreation Department Programs

**Brunswick**  
maine

# Ski & Skate Sale

This very popular sale will again offer hundreds skis, skates, boots, and recreation equipment for sale at rock-bottom prices. Vendors will be selling new items at blowout prices and there will be used items available for purchase.

This is also a great opportunity to sell out-grown winter equipment and pick up better equipment at the sale!

**Visa, MasterCard & Discover cards will be accepted at this sale\***

\*A 2.5% fee will be added to credit card payments

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**Interested in selling winter equipment this year? Here is some information to help you prepare for selling used items at the Ski and Skate Sale!**

## **BEFORE THE SALE:**

### **WHAT TO BRING IN FOR EQUIPMENT**

We will accept skis, ski boots, poles, bindings, ice skates, cross country gear, sleds, snow shoes, hockey equipment, boot trees, ski carriers, and just about any kind of recreational equipment & clothing you might want to bring in. For quickest sale: Bring your equipment in good condition, (For example: skates polished & sharpened, items cleaned and dust/dirt removed, etc.).

### **WHERE TO BRING YOUR ITEMS**

Items will be brought to the Brunswick Recreation Center at Brunswick Landing, 220 Neptune Drive, Brunswick.

### **WHEN TO DROP OFF YOUR EQUIPMENT**

You may drop off your items Saturday, November 4th from 9am to 4pm (You'll receive a ticket stub for each item put into the sale - you must present these ticket stubs on the pick-up dates to receive your money or unsold equipment)

## **AFTER THE SALE:**

### **PICKING UP MONEY AND/OR UNSOLD EQUIPMENT**

Any unsold equipment or money from equipment sales can be will be: Friday, November 17th from 12pm to 7:30pm and Saturday, November 18th from 9am to 3pm. Please present the ticket stub that you received when turning in your equipment to receive your payment or unsold equipment. We ask that you please pick up your unsold equipment promptly. **Any equipment left after the collection period will be donated\***

### **SALES DONATION TO THE RECREATION DEPARTMENT**

A 20% donation on all items sold will be deducted and all profits from the sale will go towards the costs associated with the operation of Youth Recreation Activities and Programs.

# Child Care

## Brunswick Parks and Recreation Department Child Care

The Brunswick Parks and Recreation Department has established a WAITLIST for those who are looking for a Child Care Program for their young children ages 6 weeks to 4 years old. **Waitlist Deposit \$25**

### Child Care Rates

Age	Resident Day	Resident Week	Non-Resident Day	Non-Resident Week
Infant 6 weeks—12 months	\$64	\$320	\$66	\$330
Toddler 12—30 months	\$59	\$295	\$61	\$305
Preschool 30—60 months	\$59	\$295	\$61	\$305

### DETAILS (subject to change)

- **Location:** Brunswick Recreation Center 220 Neptune Drive, Brunswick, ME
- **Age:** Accepting Children age 6 weeks - 4 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 \$320 per week (Increased fee for Non-Res)
- **Toddlers: 1 - 4 Years Old** Starting at \$295 per week (Increased fee for Non-Res)



### 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](mailto:recprograms@brunswickme.org)

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

# Child Care



**Brunswick Parks and Recreation**

**NOW HIRING**

**PART TIME  
CHILD CARE TEACHER &  
FLOATER POSITIONS**

**STARTING RATE \$16.50-\$18**  
**5-20 HOURS/WEEK**

WORKING WITH YOUNG CHILDREN AGES 6 WEEKS TO 4 YEARS OLD

**SHIFTS COULD RANGE WITHIN THESE HOURS**  
OPENING SHIFT: 6:30AM-10:00AM  
CLOSING SHIFTS: 2:00PM-6:00PM

FMI: [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)  
or 207-725-6656  
[www.brunswickme.org/Jobs](http://www.brunswickme.org/Jobs)

**Brunswick**  
maine



## Child Care Employment Positions

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](http://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](mailto: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](http://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](mailto: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.

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## 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

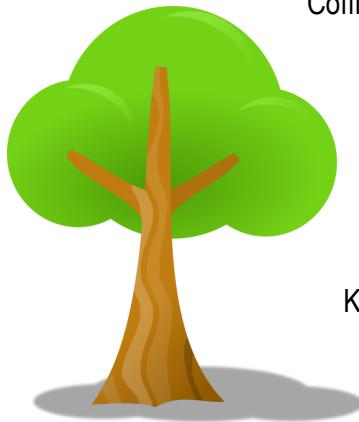
Sawyer Park

Spring and McKeen Lot

Swinging Bridge Park

Town Commons

Upper Mall



# 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](http://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](mailto: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](mailto:benedita@ircfmaine.org)

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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](mailto:benedita@ircfmaine.org)

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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](mailto:benedita@ircfmaine.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](mailto: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](mailto: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](mailto: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](mailto:admin@midocastlit.org).

# 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](http://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.



# SPONSORSHIPS

## WE NEED YOUR HELP!

Many of our events and programs rely on financial support from community members and organizations. These contributions keep participation fees low and with lower fees more children can experience the benefits of youth programming!

Please consider making a contribution towards one of our teams, programs or events. It is a unique way to advertise your business or organization and it will have a positive impact on our community!

### Tier 1 Sponsorship- \$200 Per selection

- Spring Soccer
- Volleyball Club
- Spring Cross Country Running Club
- Kids on the Field Baseball
- Spring Cross Country Trail Biking
- Summer Baseball Camp
- Summer Softball Camp
- Youth Track & Field
- Boys Summer Basketball
- Girls Summer Basketball
- Summer Field Hockey
- Fall Cross Country Trail Biking
- Fall Cross Country Running Club
- Fall Field Hockey
- Field Hockey Travel Team
- Fundamental Basketball for Grade K
- 1<sup>st</sup> & 2<sup>nd</sup> Grade "Kids on the Court" Basketball
- Winter Indoor Track
- No Preference

### Tier 2 Sponsorship- \$250

\$50 per each additional selection

- BYSL Grades K/1 'Kids on the Pitch'
- BYSL Grade 2/3 Girls Division
- BYSL Grade 2/3 Boys Division
- BYSL Grade 4/5 Girls Division
- BYSL Grade 4/5 Boys Division
- BYSL Jr. High Coed Division
- 3<sup>rd</sup> & 4<sup>th</sup> Grade Boys Basketball
- 3<sup>rd</sup> & 4<sup>th</sup> Grade Girls Basketball
- 5<sup>th</sup> & 6<sup>th</sup> Grade Coed Basketball
- 7<sup>th</sup> & 8<sup>th</sup> Grade Coed Basketball
- High School Coed Basketball

### Tier 3 Sponsorship- \$500

- Summer Day Camp
- Mid-Winter Classic

### Tier 4 Sponsorship- \$1000

- Valentine Ball
- Bike Rodeo
- Halloween

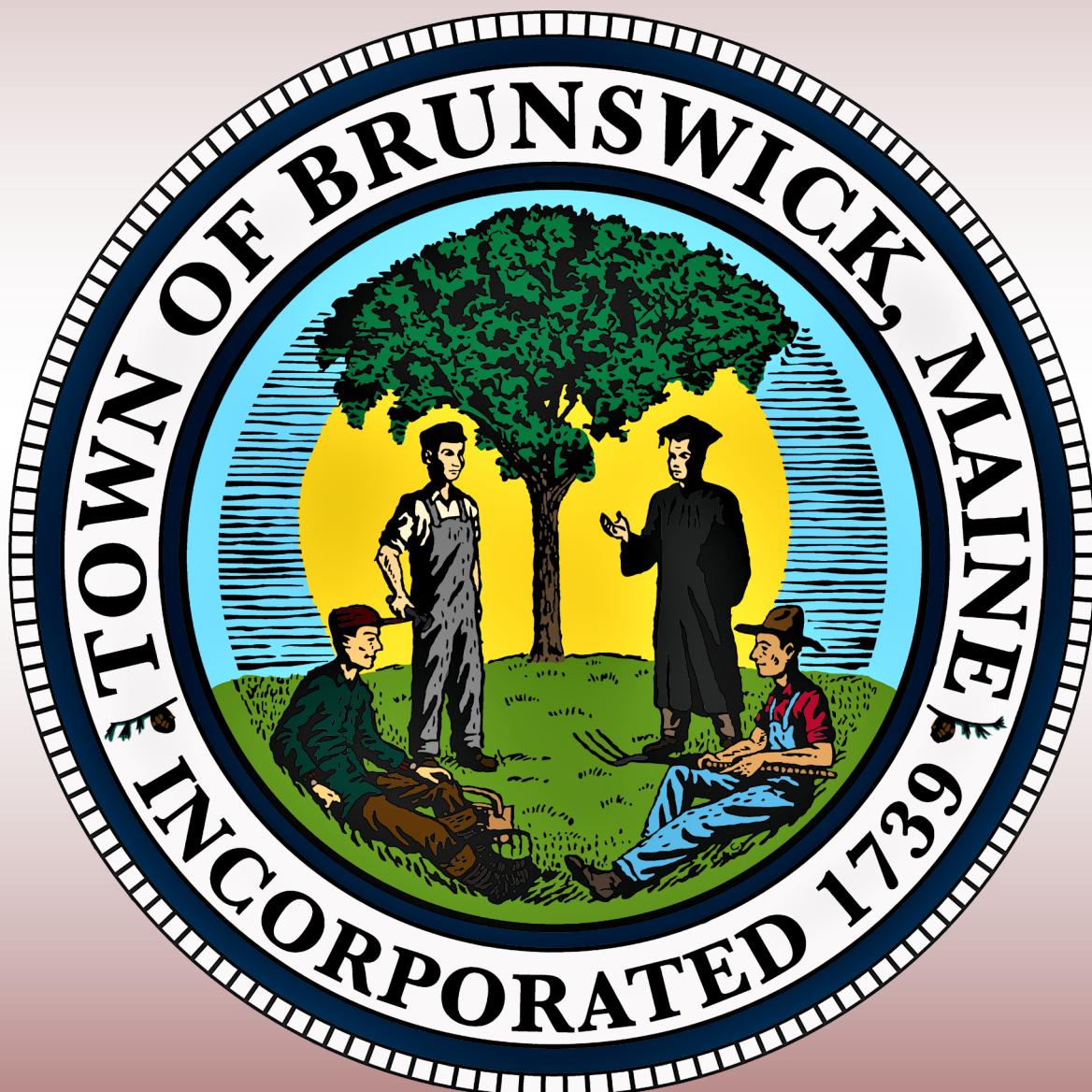
[Click here to view our Current Sponsorship Request](#)

For more information call 725-6656 or email [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)!

# Brunswick Parks & Recreation

## Fall 2023

### Brochure



[brunswickme.org/parks-recreation](http://brunswickme.org/parks-recreation) | 207.725-6656  
[recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)  
220 Neptune Drive Brunswick, Maine 04011