

# Parks and Recreation Fall 2024 Programming



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## Follow us on Social Media!



**BrunswickParksandRec**

# General Policies

**Registration:** Registration can occur either in person at the Recreation Center, 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 Camp.

**Refund Policy:** Brunswick Parks and Recreation seeks to provide high quality facilities and program opportunities for leisure time activities for all Brunswick residents. The user fees collected through these programs go directly toward the cost of operation. This allows us to keep our rates fair 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 Parks and Rec, 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.

# Cell Phone Policy

- ⇒ Patrons are allowed to use cell phones for music and fitness-oriented apps while wearing headphones or earbuds.
- ⇒ We ask Patrons to NOT use technology to photograph or videotape anywhere in the Fitness Center.
- ⇒ In addition, we DO NOT PERMIT conversational phone use, facetime, or any other video conversations in the Fitness Center.
- ⇒ Please refrain from scrolling through social media, texting, or taking selfies in between sets while others are waiting to use equipment in Fitness Center.

# Fall Youth Sports Programming



## Soccer

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

**\$65**

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)**

**\$75**

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)**

**\$85**

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)**

**\$90**

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**

# Fall Youth Sports Programming



## Soccer

The Brunswick Parks and 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 2024 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 4, 2024

**First Week of Practices:** Week of September 9 (Divisions 2-8)

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

**First Game:** Saturday September 14 between 8:00am and 1:00pm

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

**Picture Day:** September 28 (schedule TBA)

**Last Day of Games:** Saturday, October 26

**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 and balanced. Unfortunately, we cannot accommodate requests to change teams.*

**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT  
BRUNSWICKME.GOV/PARKS-RECREATION**

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

## 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 can't make a session, please have another guardian, older sibling, other relative, or friend work with your child on the field. If you have two children in the program, it's 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:** Tuesday and Thursday, September 10-26

**Time:** From 4:00pm-4:45pm OR 5:00pm-5:45pm

**Location:** Harriet Beecher Stowe School Field

**Fee:** \$70 Residents / \$90 Non-Residents

**Instructor:** TBD

**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 7 — October 5

### 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!



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# Thanks to our Sponsors

January – August 2024

Many of our events and programs rely on financial support from community members and organizations. These contributions keep participation fees low so more children can experience the benefits of youth programming! Please consider making a contribution towards one of our teams, programs or events. It's a unique way to advertise your business or organization and it will have a positive impact on our community! Contact us for more info: 207-725-6656 or [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)

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## SPONSORSHIP FORM

Sponsor Name: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### SPONSORSHIP TIERS

Please indicate which program you would like to sponsor.

#### **Tier 1 - \$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 and 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
- 1st and 2nd Grade "Kids on the Court" Basketball
- Winter Indoor Track
- No Preference

Sponsorship includes an ad in one of our seasonal program brochures, social media "shout out," and seasonal acknowledgement on our website.

#### **Tier 2 - \$250 per 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
- 3rd and 4th Grade Boys Basketball
- 3rd and 4th Grade Girls Basketball
- 5th and 6th Grade Coed Basketball
- 7th and 8th Grade Coed Basketball
- High School Coed Basketball

Sponsorship includes all of Tier 1 plus one Youth Sports Team (soccer or basketball only) named after the sponsor.

#### **Tier 3 - \$500 per selection**

- Summer Day Camp
- Mid-Winter Classic

Sponsorship includes all of Tier 1 plus sponsor name on programming shirts for summer day camp and the mid-winter classic.

#### **Tier 4 - \$1000 per selection**

- Valentine Ball
- Bike Rodeo
- Halloween

Sponsorship includes all of Tier 1 plus mention in program flyers, logo mention on website, and sponsor poster visibility at individual events.

Total Sponsorship Amount \$ \_\_\_\_\_ Please bill us \_\_\_\_\_

Tier 2 Sponsorship Only List the name(s) and grade(s) for any children participating in team sport.

Child's Name and Grade: \_\_\_\_\_

Please return sponsorship form to Brunswick Parks and Recreation with check payable to 'Town of Brunswick' or email the completed form to [wmackey@brunswickme.org](mailto:wmackey@brunswickme.org)

# Youth Sports Programming

## Youth Hip Hop Dance (2 Sessions)

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 and develop their own talents in relation to the talents of others. Dancers will display their learned skills and talents for family and friends on the final day of the program! **Please note**—This program meets directly after school in the HBS Gym. 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 and will drop your child off, please indicate that during registration!

**Grades:** 2-5 as of Fall 2024

**Dates Session 1:** Mondays, Sept. 9 — Oct. 21 (No class Oct 14)

**Dates Session 2:** Mondays, Oct 28 — Dec 9 (No class Nov 11)

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

**Location:** Harriet Beecher Stowe Gym

**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!

## Tiny, Tappy Toes-Tap and Ballet for 4-6 Year Olds (2 Sessions)

Learn the basic techniques of tap, ballet and creative movement steps in this fun combo class with instructor Kate Andreu. Dance teaches self confidence, balance, and coordination. Additionally, it keeps a child's mind and body working together. Ballet and tap shoes are recommended but not required. A pair of flexible shoes and a pair of dress shoes (hard sole) are also appropriate. Please send your dancer in comfortable, flexible clothes (no jeans) and sneakers. Dancers will display their learned skills and talents for family and friends on the final day of the program!

**Age:** 4-6 as of Sept. 9

**Dates Session 1:** Mondays, Sept 9—Oct 21 (No class Oct 14)

**Dates Session 2:** Mondays, Oct 28—Dec 9 (No class Nov 11)

**Time:** 5:15pm-6:00pm

**Location:** Harriet Beecher Stowe School Cafeteria

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

**Instructor:** Kate Andreu

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

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Office Hours: Mon - Fri from 8:00am to 4:30pm

# Youth Sports Programming

## Little Striders-Grade K Running Introduction

This program is specifically designed as a FUN, positive introduction to running. Becca will work with the kids to introduce them in a safe, fun environment so they can begin to experience the joy of running. Sessions will be limited to a half hour to help keep kids engaged and wanting to run. Emphasis will be placed on an appropriate low-volume, low-intensity training schedule. The goal is for kids to have a great time, not run a fast time.

**Grades:** Grades K as of Fall 2024

**Dates:** Mondays - September 9—30

**Time:** 5:00pm-5:30pm

**Location:** Harriett Beecher Stowe School

**Fee:** \$60 Brunswick Residents \$90 Non-Residents

**Instructor:** Becca Fisk

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

## Cross Country Running Club

Children will learn the fun and satisfaction of running through weekly practices! Additionally, there will also be scheduled “Fun Runs” on Wednesdays, as well as a championship meet at the end of the season. During “Fun Runs” children will run with kids 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 runners are responsible for their own transportation.

**Grades:** Grades 1-5 as of Fall 2024

**Dates:** Mondays and Wednesdays, Monday, September 16 to Saturday, October 20 (Championship Meet)

**Time:** 5:30pm-6:30pm

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

**Fee:** \$65 Brunswick Residents Only

**Instructor:** Becca Fisk

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

**Interested in helping out any of our programs? 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

## FUNdamentals of 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 and stick control, passing and receiving, and fun games/scrimmages. Parents/guardians are requested to stay at the field during each practice. Equipment is available to borrow — thanks to a grant from Harrow Sports and USA Field Hockey.

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

**Ages:** Grades K-2 as of Fall of 2024

**Enrollment:** Max of 15

**Dates:** Tuesdays, September 10-October 8

**Time:** 4:30pm – 5:30pm

**Location:** Harriet Beecher Stowe School Field

**Fee:** \$70 Residents / \$93 Non-Residents

**Instructors:** Sadie Robertson and Ally Feltis

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



## Youth Field Hockey Clinics

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 and stick control, passing and receiving, and fun games/scrimmages. Participants will receive a program t-shirt. Equipment is available to borrow — thanks to a grant from Harrow Sports and USA Field Hockey.

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

**Grades:** 3-6 as of Fall 2024

**Enrollment:** Max of 24

**Dates:** Fridays, September 6 – October 25

**Time:** 4:00pm– 5:00pm

**Location:** Brunswick Junior High School

**Fee:** \$70 Residents / \$93 Non-Residents

**Instructors:** 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 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! Games occur on Saturdays and/or Sundays (Schedule TBD). This schedule will include both home and away games. Parents/guardians must arrange transportation to and from all games.

Practices are held on Tuesdays at HBS and at the Brunswick Junior High on Fridays. Jr. High.

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

**Grades:** 3-6 as of Fall 2024

**Enrollment:** Grades 3 and 4, Max 10 kids

Grades 5 and 6, Max 10 kids

**Dates:** Tuesdays and Fridays, September 6—October 25

**Time:** Friday Practices from 4:00pm-6:00pm; Tuesday

Practices from 3:30pm-4:15pm

**Location:** Fridays at Brunswick Junior High School;

Tuesdays at Harriet Beecher Stowe School

**Fee:** \$115 Residents / \$152 Non-Residents

**Instructors:** Sadie Robertson and Ally Feltis

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



## Youth Wrestling Clinic

Ever wanted to try out wrestling? Looking to hone your wrestling skills? Come join us for six evening clinics in November. Any ability is welcome. Bring your wrestling gear if you have some. Emphasis will be placed on safety, rules, learning, strategy, and fun! All abilities and experience levels are welcomed. Each wrestler will be matched with a child of similar weight.

**Kids will be split into two age groups: Ages 5-9**

**Ages:** Ages 5-9 as of November 1, 2024

**Dates:** Tuesdays and Thursdays Nov 5—Nov 26

**Time:** 5:30pm –6:30pm

**Location:** Brunswick Recreation Center

**Fee:** \$51 Residents/ \$68 Non-Residents

**Instructor:** Jeff Dolley, Richard Chipman

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



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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 8

### Scrimmage Evaluation Nights Brunswick Rec Center Gym:

3rd/4th Grade November 12	Scrimmage times: 3rd/4th Girls 5:30-6:15pm	3rd/4th Boys 6:30-7:15pm
5th/6th Grade November 13	Scrimmage times: 5th/6th Girls 5:30-6:15pm	5th/6th Boys 6:30-7:15pm
7th/8th Grade November 14	Scrimmage time: 6-7pm	

**Coaches Meeting:** Wednesday, November 20 at 5:30pm, Brunswick Recreation Center

**Team Placement:** You will be notified starting Friday, November 22 by the team coaches

**First Week of Practices:** Week of December 2

**Practice and Game Schedules:** Will be provided by coaches during practices the week of December 2

**First Game:** Saturday, December 7 (No games Dec. 28) Games will be played through Saturday, Jan. 25

### Basketball League for Grades 3/4

\$80 Brunswick Residents/ \$106 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

\$95 Brunswick Residents/ \$125 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

\$95 Brunswick Residents/ \$125 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 and balanced. Unfortunately, we cannot accommodate requests to change teams.*

**ONLINE PROGRAM REGISTRATION IS AVAILABLE AT [BRUNSWICKME.GOV/PARKS-RECREATION](http://BRUNSWICKME.GOV/PARKS-RECREATION)**

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 and 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 November 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 for weeknights at the Recreation Center and/or the Harriet Beecher Stowe Gym. **Players need to be flexible about schedule and locations!** Transportation to and from games will be the responsibility of parents. Parents willing to carpool 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.

### Try-outs Grades 5 and 6

**Boys**—Tuesday, October 22, Harriet Beecher Stowe School Gym

Grade 5- 5:00-6:15pm

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

**Girls**—Wednesday, October 23, Harriet Beecher Stowe School Gym

Grade 5- 5:00-6:15pm

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

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

**Practice Locations:** Rec Center/HBS Gym

**First Game:** Week of November 16 (subject to change)

**Fee:** \$200 for players selected, try-outs are free and must be attended

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



## Kids on the Court

Kids on the Court will be offered as a skills and drills program that features six sessions of practice and proper instruction in basketball FUNDamentals! Coaches and volunteers will guide children through skills work with an emphasis on dribbling, passing, and shooting. Children will also be working towards scrimmaging in small groups as well!

**Ages:** For Brunswick Youth in Grades 1 and 2

**Days:** Saturdays from December 14, 2024 to January 25, 2025 (No Session on 12/28)

**Location:** Harriet Beecher Stowe School Gym

**Choice of Two 1-hour Sessions:** 8:30am **OR** 9:30am

**Fee:** \$75 Brunswick Residents (Limited to Brunswick Residents Only)

**Coaches:** Adam Caron and Ryan Soucie, with the assistance of varsity high school basketball players and adult volunteers.

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

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656. To view our refund policy, see our current program offerings or register online, visit us online at [www.brunswickme.gov/parks-recreation](http://www.brunswickme.gov/parks-recreation)

# Youth Enrichment Programming

## Afterschool Club

The Brunswick Parks and Recreation Department is excited to offer our Afterschool Club for grades 3-5 at Harriet Beecher Stowe School. This program will run during the school year and offer various afterschool games and activities, including: homework help, STEM projects, gym games, arts and crafts, and playground time!

**Ages:** Children in grades 3-5 attending HBS

**Days:** Monday to Friday (Single Days or Part-Time Care **not available**)

**Dates:** September 9, 2024 to June 16, 2025

**Time:** 3:00 (end of day dismissal) - 5:00pm

**Early Release Day** 12:15pm - 5:00pm

**Location:** HBS Gym

**Price per Month:** Varies with number of days the program runs each month. \$15/day for each day the program is held.

Registration and payments are due at the beginning of each month.

\*The Afterschool Club will not run on Snow Days, No School days, vacation weeks and holidays. There is no charge for days that the Afterschool Club is not in session. Register now for the upcoming school year.

## Mad Science Crazy Chemworks

In this program, children make gooey slime, experiment with different reactions and learn to use the tools that chemists use. Polymers and catalysts are only two of the fascinating concepts young scientists explore in this thrilling trip through the chemistry lab! At the end of every class, they take home an educational toy that extends the learning experience!

**Grades:** Grades K-5 in Fall 2024

**Dates:** Thursdays, September 26—November 21 (No Class on 10/31)

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

**Location:** Harriet Beecher Stowe School

**Fee:** \$185 Residents / \$246 Non-Residents

**OR**

**Grades:** Grades K-5 in Fall 2024

**Dates:** Tuesdays, September 24—November 19\* (No Class on 11/5)

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

**Location:** Kate Furbish Elementary School \*KFS afterschool program permission slip required for participation

**Fee:** \$185 Residents / \$246 Non-Residents

**Instructor for both sessions:** Mad Science of Maine

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



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# Youth Enrichment Programming

## Brick by Brick LEGO Oceanic Fun

Join us for this fabulously fun 6-week session where we build the creatures who live in and toys we play with on the water. Weekly builds may include a lively lobster, a scary shark and a jet ski. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!!

**Ages:** Grades K-5 in Fall 2024

(minimum of 10 and a maximum of 20 kids)

**Dates:** Wednesdays, September 18-October 30 (No class on October 2)

**Time:** 3:45-4:45pm

**Location:** Harriet Beecher Stowe School

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

**Instructor:** Brick By Brick Instructor

**Coordinator:** Aaron Cropley, [acropley@brunswickme.org](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 and will drop your child off, please indicate that during registration!*

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# Outdoor Recreation

## Little Adventurers Club

Explore the intricacies of the natural world with your little one! During this nature enrichment program, we will go on learn about a different outdoor education related topic each time, we have a quick story time, then we will go on a child-led exploration for items related to our program topic! Learn about seasonal environmental changes and discover the creatures that live in the local habitats right in our backyard! This program is designed for preschool aged children and their caretakers. Please dress according to the weather. Sessions are offered by individual dates. Registration is required as drop-ins are not guaranteed.

**Dates:** Saturday, September 21, October 19, and November 16

**Time:** 10:00am-12:00pm

**Location:** Kate Furbish West Trailhead

**Ages:** designed for kids 2-5 and their parents (siblings are welcome)

**Cost:** Free

**Recommended Equipment:** Water Bottle, Bug Spray, Rain Jacket, Backpack, Hiking shoes, and Snacks

## Outdoor Explorers, Fall 1

Ready for some outdoor fun? Outdoor Explorers is all about letting kids take charge of their adventures! Each week, we'll dive into the woods, streams, and trails around Brunswick Junior High School, exploring whatever sparks our interest. From mastering maps and compasses to tracking animal footprints, watching the clouds roll by, and letting our imaginations run free, there's no shortage of opportunities to play. The explorations begin right after school at BJHS, with a second session beginning with the winter sports season.

What to bring? Just some weather-ready clothes and boots (which we can provide), plus curiosity, kindness, and a thirst for adventure! This program is organized by Teens to Trails, a Brunswick-based organization working statewide to get students outside, and is led by students from BHS and Bowdoin College.

**Dates:** Tuesdays, Sept. 24– Oct. 29

**Time:** Right after school

**Location:** Brunswick Junior High School

**Grades:** 6-8

**Cost:** \$35 Brunswick Resident/\$47 Non-Resident

**Recommended Equipment:** weather-ready clothes and boots (which we can provide)

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# Health and Fitness

## 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. Registration is required.

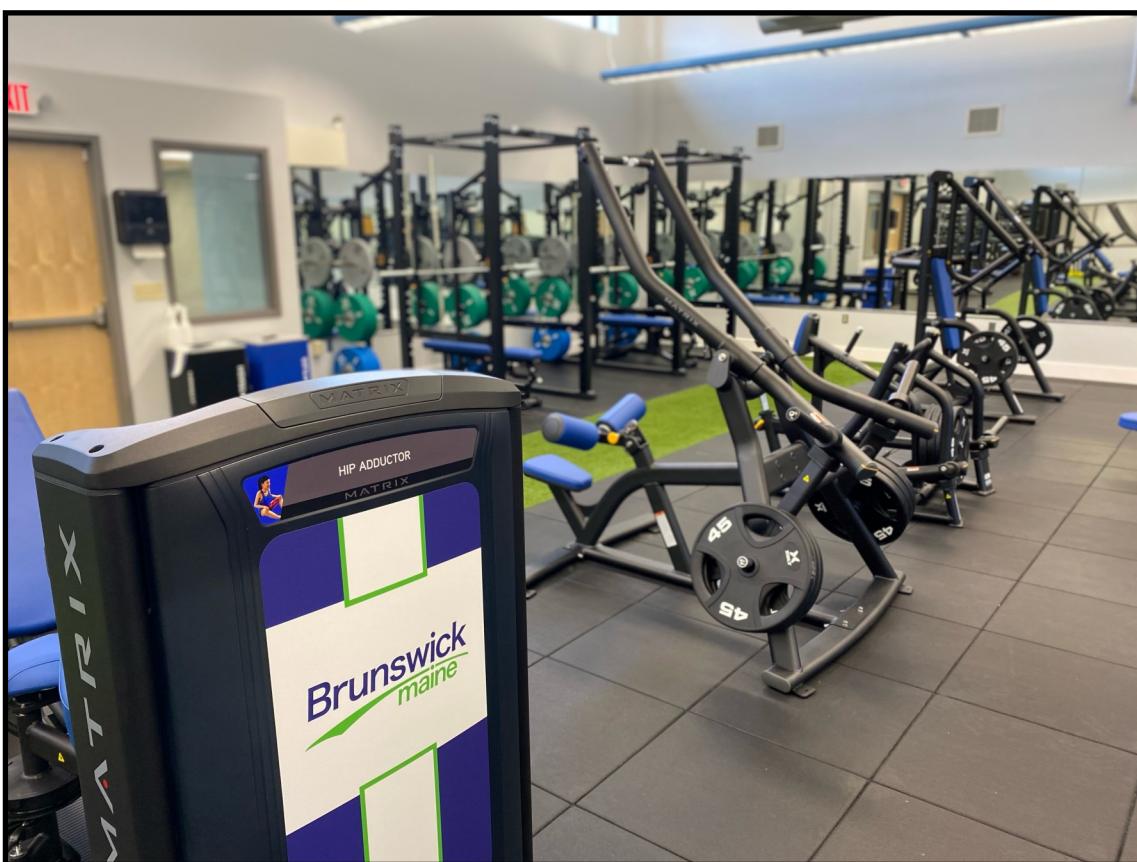
**Fall Dates:** September 11, 18, 25 (future dates check Civic Rec, our online registration)

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

**Location:** Meet in the Lobby

**Fee:** Free

**Coordinator:** Laurie Grinnan, [lgrinnan@brunswickme.org](mailto:lgrinnan@brunswickme.org)



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# Strength Room

The Strength Room features the strength and 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

2 Schwinn Air Bikes with LED Console

1 Hand Bike

1 Ski Erg



For more info about our Fitness Equipment and Offerings,

Please email Fitness and Facility Coordinator, Laurie Grinnan at [lgrinnan@brunswickme.org](mailto:lgrinnan@brunswickme.org)

# Health and Fitness

## Fitness Assessment

Wondering where to start on your fitness journey? Consider getting a 30-minute fitness assessment done, which will equip you with all the tools to start your journey! This session is designed to be a one-time session to meet with our Health and Fitness Director or one of our personal trainers. During this session you will have a holistic fitness assessment which will inform your personalized fitness plan. This is designed to be an assessment of your posture, muscular imbalances, balance, health history, and lifestyle history for the purpose of identifying health and fitness goals and priorities. During your session, we will review your health history and lifestyle questionnaires (that will be completed before the session), discuss your health and wellness goals, and perform any static or dynamic assessments necessary for your level of fitness! Taken together, this will inform a holistic view of what fitness and lifestyle goals and exercises to recommend. At the end of your session, you will receive, the results of your static and dynamic muscular assessments.

Our Health and Fitness Director will create your personalized fitness plan along with supporting health recommendations to help you meet your goals! This fitness plan will be sent out to you in the next 1-2 business days. If you are wondering if a fitness assessment is right for you, reach out to us!

Personal Training of any kind does not have a set date and time as it will be based off coach and participant availability.

Contact Health and Fitness Director, Priscilla Trimble, [ptrimble@brunswickme.org](mailto:ptrimble@brunswickme.org) to schedule your session or with any questions.

Once you register, you will be contacted shortly after by your coach to schedule your session.

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

**Time:** 30 minutes

**Fee:** \$30



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# Health and Fitness

## Movement and Mobility

Let's get active! Train for the best quality of life with this movement and mobility class. During the first thirty minutes of this meetup, we will spend walking or jogging at our own pace or with a buddy. We will spend the last thirty minutes of class engaging in full body mobility and strengthening exercises that will be sure to improve your range of motion, increase your postural stability, and decrease your aches and pains. This program will meet up at the entrance of Androscoggin Bike Path (Near Water St. Boat Launch). Yoga mats are available upon request. All ages. **Registration is required.**

**Dates:** Tuesdays, September 3, 10, 17, 24; October 1, 8, 15, 22, 29; November 5, 12, 19, 26

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

**Location:** Androscoggin Bike Path

**Cost:** Free

*Instructor: Priscilla Trimble, Health and Fitness Director*

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

## Core Strength

Core is the foundation of most of our muscle movements! The quality of our core strength impacts posture, spinal health, and muscular development. Join this quick 30-minute, low intensity workout focusing on the fundamental movement patterns of the core to improve posture and decrease chronic pain. This class incorporates stretching, strengthening, and postural stability exercises. All ages. **Registration is required.**

**Dates:** Thursdays, September 5, 12, 19, 26; October 3, 10, 17, 24

**Time:** 8:00am-8:30am

**Location:** Lower Mall by the Gazebo

**Cost:** Free

*Instructor: TBD*

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

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# Health and Fitness

## 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:** Laurie Grinnan

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

## 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 on client and trainer's availability

**Time:** 1-hour session

**Fee:** \$35 per person

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:** Laurie Grinnan

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

**Minimum of 3 people/ Max 5.**

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

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# Fitness Center Rules

1. Participants must be at least 14 years old and accompanied by an adult at all times if under the age of 16.
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

# Adult Sports and 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 is scheduled to begin on Sunday, December 8. More information TBD.

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

## Pick-Up Basketball

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

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

### Days and Times:

Monday, Wednesday, Friday from 11:00am-2pm

Tuesday, Thursday from 5:30pm-8:00pm

Saturday from 12:00pm-3:00pm

No Sundays scheduled currently, but times will be announced once we switch to our fall schedule.

**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.gov/parks-recreation](http://www.brunswickme.gov/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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# Adult Sports and 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 Edwards 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 and 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 7 – November 4

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

**Location:** Edwards Field

**Fee:** \$300

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

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# Adult Sports and Leagues

## Adult Dodgeball League (2 Sessions)

Adult Dodgeball League, a very popular sport 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 Harriet Beecher Stowe Gym (session 1) and Brunswick Rec Center (session 2). 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 and Rec at 725-6656.

### League Details

- There can be a maximum of 12 teams and a minimum 6 teams competing in the league
- 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 Session 1:** Sept 10 - Oct 15 (HBS Gym)

**Dates Session 2:** Nov 12 - Dec 17 (Rec Center)

**Time:** 6:00pm—8:00pm

**Locations:** HBS Gym/Brunswick Recreation Center

**Fee:** \$200

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



# Adult Sports and Leagues

## Pick-up Pickleball

Pickleball is the fastest growing sport in the U.S., as all ages have started to pick up a paddle and learn more about this fun, exciting and addictive racquet sport. It differs from tennis by utilizing a court less than half the size and 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, allowing 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!

**Location:** Brunswick Recreation Center Gymnasium

**Fee:** \$2 Brunswick resident, \$3 Non-Brunswick resident

(10-Punch Passes Available, \$20 Brunswick resident, \$30 Non-Brunswick resident, discount for Pro Members )

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

Please note the schedule is subject to change. For up-to-date weekly gym schedule, please visit

[www.brunswickme.gov/657/Schedules](http://www.brunswickme.gov/657/Schedules)

## Introductory Indoor Pickleball Lessons

Have you heard about Pickleball and wondered what it was 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:**

Tuesdays 4:30pm-6:00pm

August 13, 27; Sept. 10, 23; Oct. 8, 22

Thursdays 1:00-2:30pm

August 8, 22; Sept. 5, 19; Oct. 3, 17

**Location:** Recreation Center Gym

**Fee:** \$10 Brunswick Residents

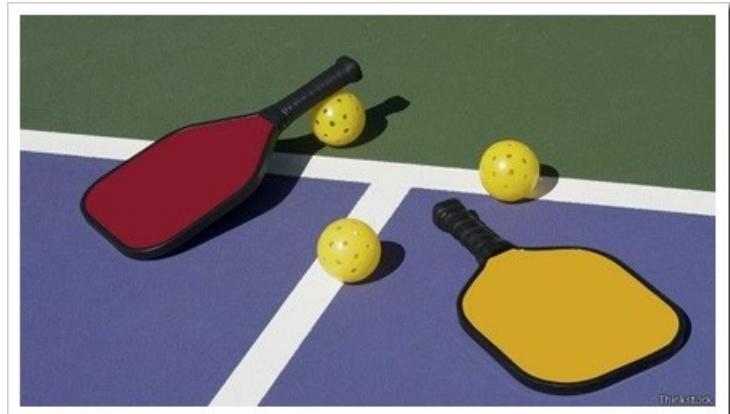
\$13 Non-Residents

**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 players is necessary in order to hold the class.



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# **Adult Sports and Leagues**

# **Round Robin**

# **Pickleball Tournament**

**Friday, October 25, Nov. 29, and Dec. 27**

**Beginning at 5:30pm**

**Located Indoors at the Brunswick Recreation Center**

**Fee: \$30 per doubles team**

The Round Robin Pickleball Tournament is a fun, yet competitive event where everybody will play with and against somebody random! Round Robin Tournaments will be held monthly through December of 2024 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 11 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)

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

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

# 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.gov/277/Boards-Committees](http://www.brunswickme.gov/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.





Brunswick  
DOWNTOWN ASSOCIATION

Brunswick Downtown Association  
Presents

# COMMUNITY BBQ

SATURDAY

SEPT 14

**SATURDAY**  
**SEPT 14**

Brunswick Town Mall

**10-11am**

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 Cobblestones**

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

**FMI: BRUNSWICKDOWNTOWN.ORG**

# Community in the Parks

in Collaboration with Brunswick Parks & Recreation



PRESENTS  
**MOVIES**  
*in the*  
**PARK**

at The MARC (Midcoast Athletic & Rec Complex)

# Free Family Fun

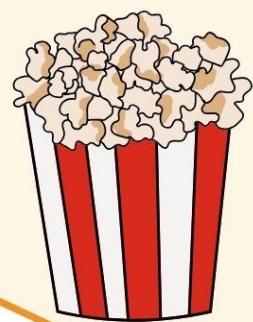
Entrance at Brunswick's Parks & Rec Building - Free Parking

## SEPTEMBER 21 - BARBIE (2023)

*FREE Treat & Parks & Rec Games @ 6pm*

 [@moviesintheparkbrunswick](https://www.facebook.com/moviesintheparkbrunswick) - Picnicking Movie Concessions & Preshow by Parks & Rec

Rain Date on Sunday, September 22 - Movie starts at Dusk (1hr after preshow time above)



# HALLOWEEN PUMPKIN DECORATING & POPCORN PARTY!



**SATURDAY,  
OCTOBER 19  
10AM OR 11AM  
SESSION**

- **LOCATED ON THE MALL FOR YOUTH OF ALL AGES**
- **\$10 PER RESIDENT CHILD**
- **\$13 PER NON-RESIDENT CHILD**
- **(Rain location will be the Brunswick Rec Center)**
- Register online at [www.brunswickme.gov/parks-recreation](http://www.brunswickme.gov/parks-recreation) or give us a call at 207-725-6656 or email us at [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)



Brunswick Parks and Recreation

# FAMILY HALLOWEEN WINDOW PAINTING ON MAINE STREET



SUNDAY, OCTOBER 20

FROM 11AM-4PM

\$20/resident \$27/non-resident

**SKETCHES MUST BE PRE-APPROVED**

**DURING REGISTRATION**

**PAINT AND BRUSHES ARE PROVIDED**

Register as a family online at [www.brunswickme.gov/parks-recreation](http://www.brunswickme.gov/parks-recreation) or  
give us a call at 207-725-6656 or email us at [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)

Brunswick Parks and Recreation Department

# ANNUAL HALLOWEEN PARADE AND TENT OR TREAT

LOCATED ON THE MALL



Thursday, 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)

# HALLOWEEN VIRTUAL COSTUME CONTEST



**OCTOBER 31ST  
3-8PM**



**SLIP INTO YOUR SCARIEST, FUNNIEST, MOST  
OUTRAGEOUS COSTUME AND JOIN THE FUN!  
WINNERS RECEIVE A PRIZE FROM FROSTY'S DONUTS!  
WINNER ANNOUNCED NOV 1ST**

Age Categories: Toddler, Preschool, Kindergarten, 1st grade, 2nd grade, 3rd grade, 4th grade, 5th grade, 6th grade, Family, & Pet(s)



Post your picture using  
**#Brunswickmeparksandrec**  
or email [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org)

Make sure to include name of the costume, name of family/animal/person in the picture, and the category to complete entry.



**Brunswick Parks and Recreation Department**

# **57TH ANNUAL EASTCOASTAL SKI & SKATE SALE**

**Sunday, November 3**

**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**

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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 and clothing you might want to bring in. For quickest sale: Bring your equipment in good condition. (For example: skates polished and 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 2 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 15 from 2pm to 7:30pm and Saturday, November 16 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.

# Midcoast Athletic & Recreation Complex (MARC)

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

The 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 all ages and abilities from across the region. Construction of the MARC will be divided into phases.

### Completed Phase 1 Tier 1A, grand opening June 2024

- Eight Pickleball Courts
- One Skatepark
- Walking Loop

### Future phases of the project will include:

- Aquatics facility
- Multi-purpose Ice Skating Rink
- Restroom and Concessions

### Other Phase 1 elements yet to be completed include:

- One Multi-purpose Synthetic Turf Field
- One Multi-purpose Natural Grass Field
- Two Basketball Courts
- Two Tennis Courts
- Two Playgrounds (ages 2-5 and 5-12)

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

Scan the QR Code for more info!



# THE MARC PHASE 1 Tier 1A is OPEN



## Midcoast Athletic & Recreation Complex (MARC)



### THE MARC

(Midcoast Athletic and Recreation Complex)

220 Neptune Drive

Brunswick, ME 04011

207.725.6656

[www.marcproject.org](http://www.marcproject.org)

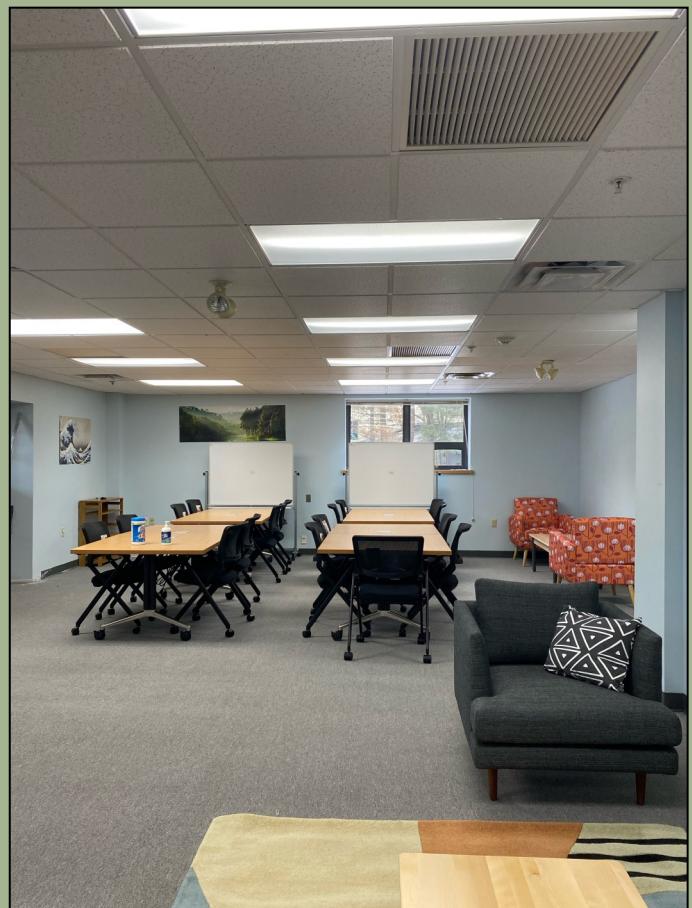


For project updates visit [www.marcproject.org](http://www.marcproject.org). For Skatepark and Pickleball Court schedules and programs visit [www.brunswickme.gov/parksandrecreation](http://www.brunswickme.gov/parksandrecreation)

# 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 Rodrigue Mwenge, courtesy of the Immigrant Resource Center of Maine.

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

You may contact Rodrigue by calling 207-530-3634 or by emailing [rodrigue@ircfmaine.org](mailto:rodrigue@ircfmaine.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 [rodrigue@ircfmaine.org](mailto:rodrigue@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 [rodrigue@ircfmaine.org](mailto:rodrigue@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 [rodrigue@ircfmaine.org](mailto:rodrigue@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@midcoastlit.org](mailto:admin@midcoastlit.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@midcoastlit.org](mailto:admin@midcoastlit.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@midcoastlit.org](mailto:admin@midcoastlit.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@midcoastlit.org](mailto:admin@midcoastlit.org).

# **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 and conditioning equipment, a stretching and 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

### **Discounts**

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

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

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

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

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

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.gov/parks-recreation](http://brunswickme.gov/parks-recreation)

# Brunswick Recreation Center

The Recreation Center features a Fitness Center, Basketball Courts, Pickleball Courts, and an Indoor Track. This building is also home to the 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 and Children)

K-12 Open Use = Use for grades K-12

(under 13 requires adult supervision)

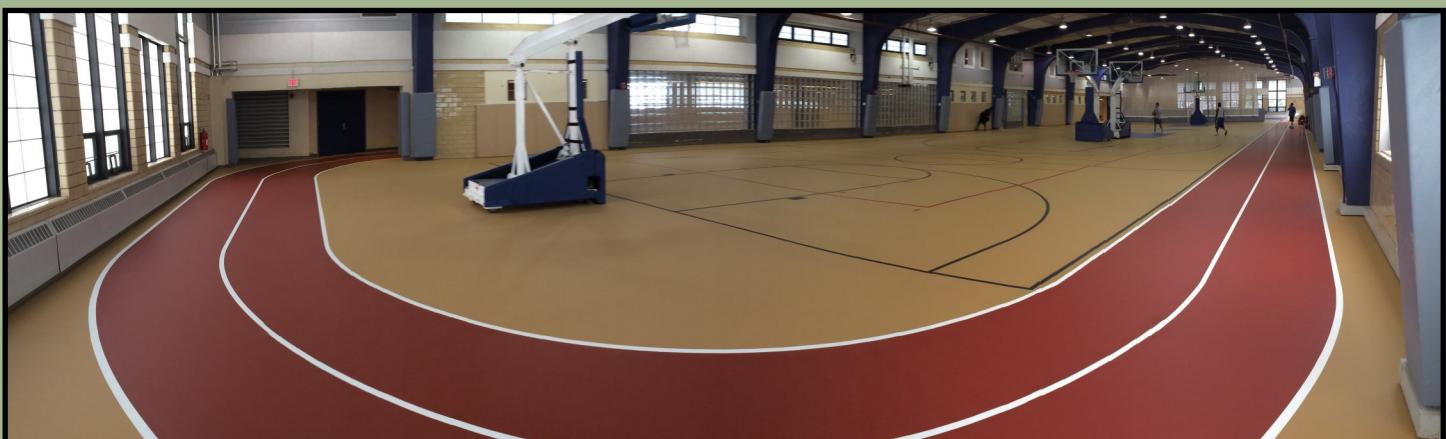
High School Use = Use for grades 9-12

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 and maps of Brunswick's outdoor spaces

## 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!



# **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**

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**Administrative Offices will be CLOSED on the following Holidays:**

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

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

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

Patriot's Day—Monday, April 15, 2024

Memorial Day—Monday, May 27, 2024

Juneteenth—Wednesday, June 19, 2024

Independence Day—Thursday, July 4, 2024

Labor Day—Monday, September 2, 2024

Indigenous Peoples' Day—Monday, October 14, 2024

Veterans Day—Monday, November 11, 2024

Thanksgiving Day—Thursday, November 28, 2024

Christmas Day—Wednesday, December 25, 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—8am-12pm

(starting Sept 8, regular hours will be 8am-4pm)

Monday—6am-8pm

Tuesday—6am-8pm

Wednesday—6am-8pm

Thursday—6am-8pm

Friday—6am-8pm

Saturday—7am-3pm

(starting Sept 7, regular hours will be 7am-6pm)

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

Easter Sunday—Sunday, March 31, 2024

Memorial Day—Monday, May 27, 2024

Independence Day—Thursday, July 4, 2024

Labor Day—Monday, September 2, 2024

Thanksgiving Day—Thursday, November 28, 2024

Christmas Day—Wednesday, December 25, 2024

# BRUNSWICK RECREATION CENTER

## PUBLIC ACCESS INCLUDES...



Locker Rooms,  
Restrooms and  
Showers



Free Wifi



Charging  
Station



Warm Up

The Brunswick Recreation Center is open to the General Public if you:  
Lose power  
Need a place to charge your devices  
Warm up  
Take a shower

These services are available today, for free, during regular open hours.



220 Neptune Drive, Brunswick, ME

(207) 725-6656

[www.brunswickme.gov/parks-recreation](http://www.brunswickme.gov/parks-recreation)

recprograms@brunswickme.org

# Parks and Recreation Department Facilities

Here you will find information for the parks and facilities available in the Town of Brunswick. For more information on any facility, contact the Parks and Recreation Department at 207-725-6656 during business hours. You may also download the complete Parks and Recreation A to Z listing (PDF) from our website for more detailed descriptions at [brunswickme.gov/206/Parks-Facilities](http://brunswickme.gov/206/Parks-Facilities).

## 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 and Gyms

- 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)

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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

## The MARC

Skatepark

Pickleball Courts

Walking Loop

For more information about a particular park,  
including directions and trail maps,  
please call 207-725-6656 or visit

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

## Parks and 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

Merrymeeting Park

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

