

# Yorks Illustrated

JANUARY 2016



## STAWMS BREWIN'

TOWN OF YORK  
PARKS & RECREATION





# RESOLUTIONS



## **PILATES**

Whether you are a young athlete training for a specific sport or an older adult trying to stay strong to maintain a healthy fitness level, you will benefit from this workshop. Mats and props are provided. No special footwear required as pilates is done either barefoot or with socks. Deb Hovde Seacoast for 25 years to a variety of populations. She now teaches out of her studio, "The Fitness Studio at Chases Pond" on, B.S., has been teaching exercise and fitness in the Chases Pond Rd. York, ME. She can be contacted by phone at (207) 361-7114 or email [dhovde@maine.rr.com](mailto:dhovde@maine.rr.com) with any questions.

**SkinnyLegs** utilizes purely your own body weight as resistance training to strengthen, define, tighten, lift, firm and sculpt feminine arms (light weights are incorporated), legs, abs and bums. It has been proven that with repetitive exercise focusing on the larger muscles (ie. the treadmill, running, biking...) your larger muscles will do what they are meant to do, become larger and stronger. SkinnyLegs women's only classes will contract your deep, smaller secondary muscles, keeping them guessing through weekly changing exercises and therefore working to create a long, lean physique. The cardio portion incorporates calorie torching dance cardio which enhances your results, your endurance and flexibility. \$5.00 Drop ins Mondays and Wednesdays 6:45pm at YMS.

## **ZUMBA:**

Ditch the workout, join the party! Stay fit all winter with ZUMBA! This Latin inspired dance fitness class will keep you looking your best this summer. Anyone can participate if they are looking to burn calories, stay in shape, or just have fun! Thursday evenings and Saturday Mornings. [More Info...](#)

## **PICKLEBALL:**

We were excited to bring Pickleball to York this summer and are equally enthusiastic about collaborating with Kittery Recreation for Indoor Fall/Winter Pickleball! If you haven't tried it, you should, it's a lot of fun. Pickleball can be played by all level of players at the same time, so you should not feel intimidated if you are a beginner. Each session will be facilitated by recreation staff and equipment is available for your use, however those who have become hooked have preferred purchasing their own paddles. [More Info...](#)



## **Jacki's Dance Aerobic Programs**

*Everyone participates at his or her own level. You get a great workout without ever knowing it!!! Classes will be offered Monday and Wednesday mornings from 8:00am – 9:00am, beginning January 4th, or Tuesday and Thursday evenings from 5:15pm – 6:15pm, beginning January 5th, at the York Beach Fire Department. If you have any question as to whether this class is right for you, please feel free to try a class on us. We're sure you'll decide to join us.*

# FESTIVAL OF LIGHTS THANK YOU'S



Thank you again to a long list of people who help kick off the Festival of Lights and its many activities and programs. Lee Tree lights the entire village at no cost and we cant thank the family enough. Thanks to Tom Fox and Bruce Phoenix who have an in with Santa. Thanks to all of the Village Businesses, Chamber, Festival of Lights Committee, Cast and Crew of A Christmas Carol, York Police and all of the Parade Floats. Congrats Walter Woods for being crowned Citizen of the Year and Thank You to the citizens of York for coming out and helping with all that you do. Thank You!

## Karate:

The Parks and Recreation Department will be offering karate classes for children ages 5 and up. Martial arts training for kids will show marked improvement in confidence, mutual respect, self-esteem, academics, coordination and concentration. Seacoast Martial Arts combines traditional and modern teaching methods making this program motivational and fun. These classes will be offered Monday and Wednesday evenings at the York Middle School PE Room. New session begins every 8 weeks.

## Swimming

Through the generosity of the Anchorage Inn on Long Sands Beach in York, we are again able to offer swimming lessons this fall and winter. Thank you!! These Red Cross Certified swimming lessons will be geared toward Parent-tot and levels 1, 2, 3, 4 and stroke enhancement swimmers. Classes are held once a week, for an 8-week session on Monday, Tuesday or Wednesday afternoons for 45 minutes. These classes are limited and fill quickly, so don't hesitate to register. Please have your child ready to swim when you arrive. There is a small changing room for use after the class. **Registration January 13th at 8:30am SHARP.**

## Baby Bunch

Attention moms of infants!! Are you looking for something to do with your little ones during these dark, cold winter months without having to travel very far? Please join us for Baby Bunch Our School Nursery School at Landmark Hill (Rte. 1 in Kittery just over the York line) for a mommy and baby playgroup! Geared towards newborns through new crawlers, this beginners playgroup will include stories, songs, new toys to play with, and a chance for moms to meet other new moms. There will be plenty of time for us to talk, share ideas, and have a group discussion based on a question of the day. Hope to see you there!

## Kindergym

Your child will love it, and so will you! We are looking for all children who are walking, through age 3, to bring their parents along to our Kindergym program! This is an opportunity for the parent and child to engage in activities geared toward coordination, mobility, and large motor skill development together. It will also be a great social atmosphere for children and parents alike! It will prove to be a wonderful bonding time for you and your child. We will take a short summer vacation and will resume Kindergym on Monday, September 21st. We look forward to seeing you then.

## Father Daughter Dance NEW!

Girls aged 4-12 accompanied by her father or another significant male figure. Thursday February 11th at YMS Cafe 5:00-6:30pm. Call for details!



# YOUTH ENRICHMENT

## Sensational Science

Ages K -4

What do optical illusions, slime, solving mysteries, and taste buds have in common? Use your common senses and we will figure it out in this series of Sensational Science! Test your brain with tricky mirrors, see if you have good taste and smell with the scratch and match experiment, and begin to glow as you probe the properties of light and explore some unusual applications! Delve into aspects of detective science as you experiment with fingerprint analysis and use the Fingerprint Finder to place and identify UV prints. Be sure to use your observation skills because we will try to trick your senses through sleight of hand, misdirection, and hidden compartments. Not to worry, we will then undo the mystery of magic by explaining it with science right before you ooze into a gooey hour of sliming around. This series of programs is guaranteed to make your senses run wild! January 27-March 9. \$90.00 at VES on Wednesdays. [More Info...](#)

## SAFE SITTER [More Info...](#)

Must be 11 or older

This course is taught by a nurse and is intended to improve your child's care skills needed for babysitting. Your child will be very prepared to start their babysitting career. Each student completing the course will receive a certificate that verifies this training for caring of small infants and toddlers. The Safe Sitter course has a great deal of information presented in a short period of time. It is important you are available for all classes. There will also be a paper that must be signed by both parent and camper. Please contact the Recreation Department for details. There is a limit, so sign-up early. \$120.00 Sunday classes throughout January

## White Pines / Nature Club

Grades 1 - 4

Go further... Go deeper... Our all, outdoor Nature Club takes us adventuring through the woods and waters behind Coastal. We'll be exploring, playing games, investigating natural mysteries and strengthening our understanding and connections with nature. Nature Club is an all-outdoor, program (even if it's an indoor recess day) - please send your child in clothes & footwear that can get filthy, and well prepared for that day's weather. January 4-March 21 Mondays at CRES 3:00-4:45pm \$100.00 [More Info...](#)

# SKI

## [Shawnee Peak "Ski...riffic" Program](#)

The York Parks and Recreation Department will be offering this program to all Middle School students and High School Students beginning in January. Shawnee Peak is the longest running ski area in Maine and offers the most night skiing in New England. Snowmaking is a constant and the freestyle terrain Park is huge with the double "C" box, rainbow rail slide, straight rail, jumps and hits of all sizes. Wow, what a blast. We will be heading to Shawnee Peak in the comfort of a coach bus from the Middle School and the York High School on the following dates at 2:15pm.

Friday, January 8th  
Friday, January 15th  
Friday, January 22nd  
Friday, January 29th

Pre-registration is mandatory and will be taken on a first come first serve basis. A parent or guardian must fill out release forms in advance. Space is limited (the deadline for each trip is the Monday before the next ski date). Rentals are available at an additional charge. If you are interested in chaperoning, please call the office and speak to Robin at 363-1040. Parent chaperones ski free!

\*\*\*If a trip is cancelled we will do our best to make it up, however, please remember you must re-register for the trip. We will not automatically transfer your registration \*\*\*



## Want to Build a Snowman? Snowman Building Contest

January 1st - February 14th, 2016 - Back by popular demand! Embrace the season and have some fun in the snow this winter. All are invited to enter our Snowman building contest. The rules are simple: build your masterpiece, take a photo of it with the person/people who built or with an identifying York Landmark in the background and post it to the Parks and Recreation Department's facebook page with the entrant(s) full name and using hashtag: #yorkmaine. Prizes will be awarded for the photos with the most "likes". Contest will begin January 1st and run through the Great Maine Outdoor Weekend on February 14th. [More Info...](#)



# OPEN GYM FOR THE COLLEGE CREW

**Drop-In, Pick-Up Basketball for college students - Call us after January 2nd for more possible dates!**

Are you home from college and looking to play some hoop? Join us during the school vacation week for drop-in, pick-up hoop at York Middle School. This program will be overseen by Parks and Recreation Department Staff and is open to anyone aged 18 and over.

- Saturday, 12/26 – 3:00pm -5:00pm
- Monday, 12/28 – 3:00pm – 5:00pm
- Tuesday, 12/29 – 3:00pm-5:00pm
- Wednesday, 12/30 – 3:00pm -5:00pm
- Thursday, 12/31 – 3:00pm – 5:00pm
- Friday, 1/1 – 3:00pm – 5:00pm
- Saturday, 2/2 – 3:00pm – 5:00pm



## HOT SHOT COMPETITION

The York Parks and Recreation Department, the MRPA and the Maine Red Claws are inviting you to participate in their continued partnership for this year's HOT SHOT COMPETITION, which is a free basketball skills competition for youth ages 9-15 years of age. On January 31<sup>st</sup> we will be hosting the local Hot Shot competition at York High School. Don't miss out on this opportunity to represent your town and your basketball skills at the regional and maybe even the state level. Hot Shot involves shooting from five (5) "hot spots" marked on one end of the basketball court. The competition tests each contestant's speed, shooting, dribbling and rebounding ability.



There are six categories for the competition. The participant's age as of March 31<sup>st</sup> of the competition year will determine which category that they compete in. There is a 9-10, 11-12 and 13-15 division for both boys and girls. The winner of each category will go to Portland on Friday, February 19<sup>th</sup> to compete in the regionals and a chance to compete at States. The State Competition will be held on Sunday, March 13 at the Portland Expo in Portland, ME. All state participants will receive one FREE ticket to the Maine Red Claws game for that afternoon.

Please sign up at [www.yorkparksandrec.org](http://www.yorkparksandrec.org) or call us at 363-1040 for more information. We will need volunteers for this event so if you would like to volunteer please email or call Lynzi Pacitti at [lpacitti@yorkmaine.org](mailto:lpacitti@yorkmaine.org).


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|-------------------------------|------------------------------|
| Girls:                        | Boys:                        |
| 1. 9-10 year olds: 9am-10am   | 1. 9-10 year olds: 10am-11am |
| 2. 11-12 year olds: 11am-12pm | 2. 11-12 year olds: 12pm-1pm |
| 3. 13-15 year olds: 1pm-2pm   | 3. 13-15 year olds: 2pm-3pm  |

## Hoops for a Cure Foul Shooting

January 24th, 9:00am to 2:00pm at York High School. "Shooting with the Stars": Shannon Todd, Chloe Smedley, Spencer Cribby, Trevor La Bonte and many more Varsity players. More information coming soon!



# YORK HIGH SCHOOL HOOPS FOR A CURE

BENEFITING  YORK HOSPITAL



# JANUARY 18

York vs. Marshwood — all day starting @ 11am

York High School Gym

Fundraiser to benefit **Living Well With Cancer Fund** at York Hospital

**Mark your calendars now**...and plan to join us for **Hoops for a Cure!** Where **100% of all funds** raised will help support cancer patients receiving treatment at York Hospital – from the time of diagnosis, through treatment and recovery. The support of The Living Well With Cancer Fund, and the team of cancer caregivers at York Hospital will help soften the journey of those in our own community who are facing cancer now.

All gifts to York Hospital will help support those diagnosed and undergoing treatment for cancer with programs that focus on well-being, health and quality of life.

- **Emergency Assistance** – gas or grocery gift cards for those struggling financially during cancer treatment
- **Exercise and Physical Rehabilitation** – Yoga, dance classes and therapy programs
- **Nutritional Guidance** – by a certified York Hospital nutritionist
- **Pre-Operative Classes** – what to expect before and after surgery
- **Massage Therapy** – dedicated to cancer patients by those trained in post-operative cancer massage
- **Creativity Programs** – art, music and writing workshops
- **Emotional Support** – for cancer survivors and their families

This event is brought to you by The York High School Athletic Boosters – a volunteer group of parents & community members working year-long to support York's student athletes. The Boosters work to promote the benefits of high school athletics, while fundraising to subsidize team needs and coaches requests not available through the Athletic Department budget. FMI on Hoops for a Cure, please contact Karen Cribby at [ksmarti@maine.rr.com](mailto:ksmarti@maine.rr.com) or 207.451.8031.



## **York Little League Online Registration For the 2016 Season**

**Be on the lookout the first week of January for online registration to open. There is a discount for those who register before FEBRUARY 1<sup>ST</sup> .....**  
**\$5 off for early registration discount**  
**\$5 off for registering multiple children**

**Registration can be found at  
[www.yorklittleleague.net](http://www.yorklittleleague.net)**

### **Important Dates for Your Calendar:**

**Clinics with YHS Baseball Team: Dates TBD (beginning of March)**

**Try-Outs: March 13<sup>th</sup> and 20<sup>th</sup> (location TBD)**

**Opening Day: April 30<sup>th</sup>**

**Home Run Derby: June 10<sup>th</sup>**

**Championship Saturday: June 11<sup>th</sup>**

**\*\* All dates subject to change due to weather \*\***

