

WISCASSET PARKS & RECREATION PROGRAM BROCHURE

Winter 2017 - Spring 2018

*Registration
now open!*

Winter/Spring Hours of Operation
Through May 25, 2018

Mon- Fri 5am- 8pm
Saturday 8am- 4pm
Sunday 1pm - 5pm

📍 242 Gardiner Rd, Wiscasset 04578

✉ info@wiscassetrec.com

🌐 www.wiscassetrec.com

fb wiscassetparksandrecreation

📞 207-882-8230



Building a stronger community for generations.

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You'll find these icons throughout the program guide. Please feel free to download a free QR Reader app to your smartphone app store to utilize this convenient technology. When scanned by your smartphone, these icons will take you directly to the website for more information on our programs.



From the Director, Lisa Thompson

Dear Friends:

December 2017

Winter, for many, can be looked at as the least favorite of the Maine seasons. It's cold, there's lots of snow and ice, we need to layer up and sometimes we feel kind of cooped up! However, winter can also be a time for family, celebrating the holidays, spending more time together and getting outside to enjoy the snow and the crisp air that the season brings.

No Winter Blues

I get this a lot throughout my career: "You must like the Winter, things probably slow down for you quite a bit!" The answer to that is "Absolutely not!" While everyone thinks that the summer is our busiest season actually it is the winter where we are the busiest. Summer finds us concentrating on many outdoor programs and activities and keeping it "outside", while winter we bring the fun indoors as well as outdoors- between youth sports, travel teams, swim teams and lessons, family events and don't forget the outdoor activities winter has to offer—snow shoeing, skiing, snowmobiling, snow angels, snow forts, ice skating ... the list goes on. Maine is a great place to enjoy what winter has to offer. We will be providing the community with plenty of opportunities to "get outside" this winter. We will be hosting our Annual Winterfest the weekend of February 2-3, 2018 and have a lot of great outside and inside activities for all to enjoy! It should be a very busy and fun family weekend and I encourage you and your family to take part in what we will be offering. Schedules will be out in Mid-January.

Spring Awakening

This spring we are adding some new events and changing up some older, traditional events that we hope you will enjoy. Look for our first annual "Mid Coast Vintage Bazaar" the weekend of April 7-8. On April 21, we will be hosting our annual 4-miler, and hope that we see a large turnout for this event. In addition, we will be offering some Red Sox Trips in the Spring and Summer, so watch our Facebook page and email alerts on this as we know these trips sell out fast!

20 Years and Counting!

The BIG news for 2018 is that we will be celebrating 20 years at the Community Center! We opened our doors on February 14, 1998. It is hard to believe that 20 years have passed. We will be celebrating this milestone with many events, contests and activities. Watch for updates on our website and Facebook page.

Enjoy your winter,



Lisa Thompson
Director, Wiscasset Parks and Recreation



Membership Information

Type	Annual Membership Paid in Full		Monthly Automatic Withdrawal & Flex Payment 3 - Month Minimum		Single Month Paid in Full	
	CP	Standard	CP	Standard	CP	Standard
	Family	\$444.00	\$576.00	\$42.00	\$53.00	\$77.00
Adult	\$300.00	\$432.00	\$30.00	\$41.00	\$51.00	\$77.00
Young Adult (18-25)	\$204.00	\$300.00	\$22.00	\$30.00	\$36.00	\$54.00
Senior Citizen	\$204.00	\$300.00	\$22.00	\$30.00	\$36.00	\$54.00
Senior Couple	\$312.00	\$452.00	\$31.00	\$43.00	\$54.00	\$86.00
Youth	\$144.00	\$204.00	\$17.00	\$22.00	\$27.00	\$41.00

Individuals using the WCC are required to pay a membership fee or day use fee.

Type	CP	Standard
Family	\$14.00	\$18.00
Adult	\$6.00	\$8.00
Youth	\$3.00	\$5.00

*Community Partner (CP): Resident of a Partner Community (Wiscasset, Westport Island & Alna). If you would like to learn how to make your community a partner of the WPRD/WCC, please inquire at the guest services desk.

**The privilege of having automatic monthly bank withdrawals allows members to cancel their membership with a 30 day written notice after your membership has been in effect for 3 months.

Membership Categories

Family: One adult or couple, dependent parents, youth and full-time college students living in the same household

Adult: 26 years and older

Young Adult: 18 – 25 Years old.

Senior Citizen: 60 years and older.

Senior Couple: One or both 60 years and older.

Youth: Full-time high school student or 17 years or under.

Payment Options

Monthly auto withdrawals with a Debit or Credit Card (minimum 3-month)

* Full payments can be made by cash, check or credit card. (Visa, Mastercard or Discover)*

Cancellation Policy

A written cancellation notice is required one month prior to your next payment withdrawal.

All paid-in-full memberships are non-refundable and non-transferable.

Fees

A \$30.00 return fee will be assessed for all returned checks and bank withdrawals.

WCC memberships include:

Use of indoor pool, gymnasium, fitness room and regular fitness classes. Please see pool, gymnasium and fitness class schedules. You will receive lower fees on programs such as swim lessons, specialty classes, sports leagues, bus trips etc. Also included is one free fitness orientation with our personal trainer. You may hire him per hour if you wish after the first free consultation. Locker rentals are available to our members as well.



Check-In Procedure

All members ages 12 and older are required to check in at the front desk upon arriving. All members will be issued a membership card, which should be scanned into the computer upon entering the building. Any card that is lost or stolen must be replaced for a \$5 fee.

Locker Rentals

A limited number of full and half size lockers are available for annual members to rent on an annual basis. You must provide your own lock and keep the inside of the locker clean. We currently have lockers available for annual members. Should they be sold out, we will establish a waiting list.

During our annual shutdown week in August, it is required that all locks be removed and items cleaned out from your rented locker. Remaining lockers are available for daily use. Personal locks may be used. Locks and contents must be removed at the end of the day. Locks left on overnight will be cut off and contents removed. The WCC is not responsible for lost or stolen items.

Locker Rental Rates

Full Locker- \$40 thru Aug 31, 2018
Half Locker- \$25 thru Aug 31, 2018

Code of Conduct

WCC patrons are expected to conduct themselves in a manner appropriate for a public facility. In consideration of other patrons, please use appropriate language at all times. Fighting, harassment, inappropriate attire and other negative behaviors have no place in our community center. Individuals whose conduct is unfit and offensive will be dismissed from the facility. The WCC and the outdoor grounds are a smoke-free facility.

2017-18 Early and Full Day Closures

Thanksgiving Day (Nov 23)
Christmas Eve (Dec 24)
Christmas Day (Dec 25)
New Years Eve (Dec 31)
New Years' Day (Jan 1, 2018)
Easter (April 1)
Memorial Day Weekend (May 26,27,28)
Independence Day (July 4)
Labor Day Weekend (Sept 1,2,3)

WCC strives to keep pool closures to a minimum. However, for the health and safety of everyone, we take aggressive steps to ensure the quality of our water. To meet this high standard, we do experience 24-hour closures from time to time. How you can help us keep closures to a minimum:

- Use the restroom before entering the pool. Have your child use the restroom (even if they say they don't need to).
- If your child has been sick recently or has given you any indication of an approaching illness, do not use the pool.
- Children not potty trained or recently trained must wear a swim diaper

When an incident occurs, we make every attempt to reach all the program participants affected.

WISCASSET PARKS & RECREATION STAFF

Lisa Thompson, Director
lthompson@wiscassetrec.com

Joan Bickford, Membership Coordinator
jbickford@wiscassetrec.com

Robert MacDonald, Facilities/Operations Director
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Duane Goud, Recreation Programmer
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Perry Sproul, Lead Custodian
Rob Doody, Custodian

Danielle Clement, Afterschool Adventures Director
dclement@wiscassetrec.com

COOPER-DIPERRI SCHOLARSHIP FUND

In memory of Mr. Douglas K. Cooper & Dr. Charles J. DiPerri

The Cooper-DiPerri Scholarship fund was established in 2000 to provide low income families, seniors and youth access to all of the programs offered at Wiscasset Community Center, so they can enjoy a physical, mental and emotionally healthy lifestyle.

Douglas K. Cooper, a resident of Wiscasset from 1962 to 2000, was a procurement engineer at Bath Iron Works. He was a dear friend and advocate for the center who took great pride in this community and especially the Community Center, where he spent a great deal of time. He was actively involved in the Wiscasset School Board and the Budget Committee. He and his wife, Ginny raised five children: Ida, Laura, Jocelyn, Olivia & Kenniston. He would be delighted to know he will provide someone the opportunity to enjoy the Community Center as much as he did.

Dr. Charles J. DiPerri, an Osteopathy/Family Practitioner, was a resident of Wiscasset from 1933 to 1994. He was a member of the Wiscasset School Board, served as Chairman, a Board

of Director member of the Wiscasset Academy, a member of the Wiscasset Fire Society and the Lincoln Lodge #3. He raised three children: Lee, Lynn, and Charles. Although his death preceded the construction of the center, his family continues to support, in his memory, the role the Community Center plays.

The administrators of the Fund include:
Chairman: Sheila Sawyer
Vice Chairman: Vickie Hersom
Louann Pontau, Bob Bickford,
Andrea Main, Nancy Wyman

If you know a family, senior or youth that needs financial assistance please speak with Director Lisa Thompson to nominate someone in need.

Donations are also greatly appreciated and tax deductible. To donate to the fund, please make payable to:

Cooper-DiPerri Fund
242 Gardiner Road
Wiscasset, ME 04578

WINTER 2017 PROGRAM REGISTRATION INFO

Set up your account today!

Our online web-based registration system makes it easy to register for all of your favorite programs. Scan the code to the right ---->

Or visit www.wiscassetrec.com click on "New Account". Follow the steps and you will be ready to register within minutes.



SCAN FOR
NEW ACCOUNT



Registration Procedures

Pre-registration & pre-payment is required for all classes and programs unless otherwise specified. Mail registrations are accepted only after the first day of registration, and if space is available. We do accept phone registration with use of MasterCard or VISA

Confirmations

We do not send confirmation or reminders; if you register for a program and don't receive a call from us, you have been accepted into the class. Payment is due in full at the time of registration, unless otherwise specified. Persons with past due balances will not be allowed to enroll in programs until balance is paid in full.

Cancellations/Closures

We may cancel programs or change the schedule of a program due to lack of enrollment. Please register early to ensure your spot!

Program cancellations & facility closures due to inclement weather will be announced in the following locations:

- TV stations WCSH6, WGME13, WMTW8
- WPRD Facebook page
- Our website www.wiscassetrec.com
- Sign up for email & text alerts through your family account on our website



FACILITY RENTALS

Our facilities are available to rent for your next party, meeting, or event. Contact Robert MacDonald, Facilities & Operations Manager.



SCAN FOR INFO:



POOL

\$100/ hr Member, CP or Non-Profit rate
\$150/ hr Standard Rate

Includes 1 lifeguard for up to 20 persons in the pool at 1 time.

21-50 persons (+\$25 for extra lifeguard)

51-75 persons (+\$50 for 2 extra guards)

76-100 persons (+\$75 for 2 extra guards)

1/2 FUNCTION ROOM

\$35/ hr Member, CP or Non-Profit rate
\$60/ hr Standard Rate
(Up to 40 People)

FUNCTION ROOM

\$50/ hr Member, CP or Non-Profit rate
\$75/ hr Standard rate
(40-96 People)

CATERED FUNCTIONS

Inquire with Director

FITNESS ROOM

\$75/ hr Member, CP or Non-Profit rate
\$100/ hr Standard rate

CONCESSION AREA

Inquire with Director

GYMNASIUM

\$50/ hr Member, CP or Non-Profit rate
\$75/ hr Standard Rate

ENTIRE FACILITY

\$350/ hr Member, CP or Non-Profit rate
\$500/ hr Standard rate
(Includes four Lifeguards)

PERSONAL TRAINING WITH CEDRIC MAGUIRE

Join our personal trainer, Cedric, for one-on-one training. He specializes in proper form, strength training techniques, and creates realistic exercise programming specialized to his clients abilities and needs. He works with all levels, and can readily modify exercises. His exercise mantra is 'breathe, avoid injury, and have fun!'



FITNESS PROGRAMS

All of these fitness programs are
FREE FOR MEMBERS!

FITNESS PASSES!

Non-Members can buy a 6-class fitness pass for \$60 (save \$30!) Fitness passes allow you to join any of these classes at a lower rate.

Mix 30 with Lorna Weber

Tues/Fri 5:30 - 6:30am

This class combines exercises from across the spectrum, mixing cardio and strength training, light weights and interval training to round out a great 30 minutes of exercise. You can join Lorna for the first or second 30 minutes, but if you want to challenge yourself go to the first and second class!

Yoga with Tamara Dolloff

Mon/Wed/Fri 7:45 - 9am

This yoga class is "for real people". Yoga will re-align and detoxify the body and develop inner and outer strength. At the end of the class, you will feel energized, grounded, and refreshed. Strengthening and lengthening muscle groups are one great way to relieve stress and daily aches and pains.

Zumba Gold with Barbara Johnson

Fri 10-11am

Zumba is a Latin inspired dance fitness class that incorporates Latin and International music and dance moves. It's a dynamic, exciting, exhilarating and effective fitness system! No previous dance experience necessary. Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults.

Flex Fit with Cedric Maguire

Mon/Wed/Fri 6:30-8pm

Join Cedric for fifteen minute blocks of moderately skillful exercises, performed at various stations or as a group. Warm-ups, stretches, and flexibility exercises will be incorporated and then move into cardio, resistance training and bodyweight exercise.

Waterworks with Lori or Jaja

M/T/W/Th/Fri 8:30-9:30am

This class is set to music and focuses on all parts of the body to tone muscles, increase flexibility, stimulate circulation and improve conditioning. Five major components: warm-up, specialty exercises, run exercises, barbell & noodle work and cool down. We use the water's natural resistance, buoyancy and therapeutic qualities to provide a fun aerobic workout.

Core Concepts with Cedric Maguire

Tues/Thurs 5:30 - 6:30pm

Strengthen your core, increase functional and mobile strength for everyday activities, as well as improve performance. This class uses kettle bells, medicine balls, dumbbells and a series of body weight exercises to build strength and endurance.

Power with Cedric Maguire

Thurs 6:30-7:30pm

This class is based more on strength and physical power, building your body and taking it to the next level.

Country Heat Live! with Lorna Weber

A Beach Body fitness program. Country Heat Live! is a country music based mixture of dance moves and fitness all in one. Enjoy this low impact, high energy dance set up to burn calories and tone your body.

SENIOR & ADULT PROGRAMS

WISCASSET SENIOR CENTER

The Wiscasset Senior Center is available to those 50 and older, who want to be part of a community group for fun and fellowship. The group meets on the 1st and 3rd Wednesday each month for dinner and conversation. All meals take place in the Senior Center of the Wiscasset Community Center.

Cost: \$15 per household, resident of Wiscasset, Alna & Westport
\$17 per household all other towns



SILVER SNEAKERS IS HERE!

If you are 65 years old or older, be sure to ask about our new partnership with the Silver Sneakers program! Many Medicare Supplement insurance policies include the Silver Sneakers benefit, which gives you access to our facility at no cost to you. Just ask at the front desk.

SEW & CHAT

Bring your materials for knitting, crocheting or quilting and join other seniors for a creative morning of sewing and chatting. Instruction is available in a relaxed setting. All types of textiles are welcome from embroidery, crochet and knitting, quilting, and more! Bring what you have and gather with others who also love to create! Coffee and tea are available.

Days: M/F Jan 5 - Apr 28

Times: 9am- 12pm

Cost: Free

CRIBBAGE

Join other seniors at the Senior Center for fun and games! Each group plays 7 rounds. Arrive 15 min early for set up.

Days/Times:

Tuesdays, Jan 2 - Apr 24, 9:30 am

Thursdays, Jan 4 - Apr 26, 6 pm

Cost: Free

PICKLEBALL

Pickleball is a racquet sport that combines the elements of badminton, tennis and ping pong. Pickleball was created with one thing in mind: FUN. It was designed to be easy to learn and play for all ages. Included with membership!

Days: M/W/F

Times: 7:30-10am

Cost: Free members; \$3 non-mem



COFFEE & CONVERSATION

Join WCC staff & perhaps other town staff & officials for a monthly get together about what's going on in the Recreation Department or other town happenings. We will have coffee, tea and some treats to enjoy, as well as your company! Meet in the WCC lobby.

Days/Times:

4th Weds each month, 10-11 am

Cost: Free

GETTING THE MOST OUT OF YOUR iPhone & iPad

Bring your Iphone, Ipad or both to these one-hour sessions to learn the basics of these wonderful devices, how to set the "Settings" to meet your needs, take and send pictures and send them to your friends, and get around in "apps" like Facebook. We'll also learn how to find good free and paid apps and how to download them. Each 90 minute workshop starts with teaching new participants how to connect to the Community Center's free wi-fi internet and do's and don'ts for other "Wi-Fi" connection sources. Sign up for one, two, three or even all 5 classes!

Iphone/Ipad - Overview & Basics – Jan 10th, 10- 11:30 am

This workshop goes over basic getting around on your Iphone/Ipad. Did you know you can use your Iphone as a flashlight? We will go over setting up new contacts, using Facetime, and getting familiar with the pre-installed "apps" on your device.

Taking/Sending Pictures & Video with Iphone/Ipad – Jan 17, 10- 11:30 am

In this workshop, we will take pictures of each other and ourselves and learn how to send them to another workshop participant by text, by email or by Facebook. We will review how to put a contact into your phone.

Setting up Settings To Work For You – January 24th, 10- 11:30 am

That little gray gear icon on your Iphone/IPad has a whole lot of options that you can adjust and things you can use with your Iphone/Ipad. Find out how to change sounds, determine what apps can access wireless vs data (and when you would want to change that), and a whole lot of other settings you can make work for you.

Your Apple ID, Icloud, & Apps – February 7th, 10- 11:30 am

Whether you have an Iphone, Ipad, or both, you have at least one Apple ID and an Icloud to back up the information on your device. Learn device storage vs. Icloud storage and what to do when one is full. This workshop could also be called "part 1 of using apps" as we will go over finding your AppleID in your App Store.

Downloading Free and Paid Apps – February 14th, 10- 11:30 am

It is recommended that participants in this session also have done the February 7th workshop. For this workshop, each participant will need to know their Apple ID password. We go over finding apps that you want to download, how to add an Itunes gift card, and review adjusting settings for new apps.

Cost: Each class is \$15 for members/ \$20 for non-members, and \$60 when you sign up for all 5 classes! (\$65 for Non-members)
Min 4/ Max 6 per class

Instructor: Marita Fairfield, owner of PowerUp Business Solutions, LLC

Kindness ROCKS



Are you familiar with the 'Kindness Rocks" Project?
It is an act of kindness that's taking off around our country, & Wiscasset
Maine can be a great big part of it!

Join us for our first Family Kindness Rocks event! The Kindness Rock Project is simply this; Find a few rocks and paint an uplifting message on them. Then leave them in a place where someone can find them. The person who finds them will take a picture of the rock and post it onto social media tagging the rock owner with the hashtag or username page that will be on the rock.

Join the community to help spread kindness in our world, and perhaps when someone needs it most. Materials provided! Please bring rocks if you have them, but we will provide some as well. All ages welcome, children 10 and under must be accompanied by an adult guardian.

Date: Friday, March 23, 6-8pm
Cost: \$3.00 per person at the door
Concessions available for purchase.



FAMILY EVENTS

Monthly Teen Dances

Dances for grades 6-9 will be held the 3rd Friday of each month! Students from all area schools are invited. Participants must sign in and are expected to have good behavior. Full concessions are available, including pizza! Music provided by our guest WCC DJ's!

Dates: Jan 19, Feb 16, Mar 16, Apr 27

Time: 7-9:30pm

Cost: \$6 per person



Family Trivia Night

Friday, Feb 2, 6-8:00pm

Kick-off Winterfest weekend with a fun family game night! Teams or individuals use Smartphones or tablets as answering devices. We award points for fastest teams and do buzz-in style rounds as well. Bring your own devices, or use ours. Rounds consist of Music, Multiple Choice, First letter, number and buzz-in styles. Prizes awarded for various categories and of course the winning team! Concessions available. Minimum 30/ Maximum 100. Space limited, pre-register for this event. Children 10 and under must be accompanied by an adult, kids 4 and under FREE.

Cost: \$3 pp or \$10 per family of 4+

Saturday Movie Nights

Another way to ward off the winter blues is to bring your family to Movie Night! Once a month, cozy up for movies on the BIG screen in our gym. Popcorn and other concessions will be available for sale. Bring chairs, blankets and other comforts to get comfy!

Dates: Saturdays

January 6- The Peanuts Movie

February 3- Despicable Me 3

March 3 – Beauty & the Beast (2017)

Time: 6- 8pm Movie starts at 6 pm.

Doors open at 5:30pm

Cost: \$2- children 4 and under free

Location: WCC Gym

4-Miler & Kids Fun Run

Saturday, April 21st, 2018 11am-3pm

Great family fun day! Please join Wiscasset Parks and Recreation for our annual spring road race (previously the FitClass 4-Miler). This year featuring a Kids Fun Run too! Save the date, more info coming soon.

Location: WCC

Cost: TBD



YOUTH BASKETBALL

Our co-ed youth basketball program encourages age appropriate skill development, promotes a positive playing experience, and good sportsmanship. Minor & Junior teams will have some scheduled games with surrounding towns, as well as weeknight practices.

Pee Wee (5 years old as of Sep 1, 2017 and/or in K)

Mites (1st & 2nd Grade)

Minors (3rd & 4th Grade)

Juniors (5th & 6th Grade)

Location: WCC, Wiscasset School Dept. and surrounding area gyms. Games will be weekday evenings and Saturdays in Dec & Jan.

Cost: Member/CP on or before Nov. 25: \$30 (Pee Wee \$20)
 after Nov. 25th: \$40 (Pee Wee \$30)
 Standard rate on or before Nov. 25th: \$40 (Pee Wee \$30)
 after Nov. 25th: \$50 (Pee Wee \$40)

Program Coordinator, Duane Goud



TRAVEL TEAM BASKETBALL

Players must first enroll in our Coed Youth Recreational Basketball program. The travel basketball season will start earlier (end of Nov or beginning of Dec) with some practices and a few scrimmages but will not get into full swing until the end of January and continue into the month of March. Travel teams will practice weekly and compete in scrimmages and local weekend tournaments throughout the months of February & March. If tryouts are warranted and your child is not selected, you will be issued an account credit or refund. Limited enrollment – 12 members per team. *Volunteer Coaches, Referees, Timers & Team Parents are needed in all divisions!*

Program coordinator: Duane Goud - dgoud@wiscassetrec.com

Divisions: 3/4 Girls, 3/4 Boys, 5/6 Girls & 5/6 Boys Travel Team

Location: Wiscasset Community Center (WCC), Wiscasset Elementary School (WES), Wiscasset Middle High School (WMHS) & area towns (Tournaments & Scrimmages).

Cost: \$80 plus registration in our coed youth basketball program. Fee includes a reversible jersey and entry fees into at least 2 local tournaments.

SCAN FOR PROGRAM INFO:



SPRING RUNNING CLUB

The youth running club is a fun and healthy way to enjoy a team atmosphere while developing a passion for running. Runners will compete in "Fun Run Meets" held in area communities on Wednesday afternoons throughout May with a league championship in June. Meets will take place in Cumberland, Harpswell, Brunswick, Pownal, and/or Wiscasset. If 15+ athletes are participating, there will be a team bus to and from each meet, leaving at 3pm from the WCC. Otherwise parents can drive/carpool. Minimum 20, Max 50 athletes. Coach: Charlie Basset; Program coordinator: Duane Goud

Dates: Early April through Mid-June Practices: M/W 5:30 - 6:45 pm

Meets are Wednesdays - Depart 3 pm, Walk-thru 4 pm, Start 4:15 pm

Location: Wiscasset Community Center

Cost: Member/CP \$40, Non-member \$50



KARATE

A goal oriented, year round sport that literally conforms to all physical levels and abilities. Learn self-defense, build confidence, increase flexibility, improve self-discipline and get a great workout. Classes are taught by Sensei Fairfield a dedicated 2nd degree black belt and long-time member of the Tao Karate Club. Sensei Fairfield is assisted by his four children all of whom are black belts. This is a true family program! Maximum: 40

Location: WCC Senior Center/Gym

Date: Starting January

Times: Tuesdays or Combo Tuesdays & Friday

Cost: Tuesdays - Members \$42.00 Standard \$72.00
Combo \$72.00 Standard \$132.00

Tuesday Classes:

*Little Ninja (4-9yr beginners) 4:30-5:30 pm

*Tao Karate (8yrs- Adults) 5:30-6:30 pm

Combo Mon/Fri Classes:

*Little Ninjas and Tao Karate
(Fridays) 5:30-6:30 pm

YOUTH BASEBALL

Children age 4 through 6th grade will develop their skills, and grow as individuals and teammates. The T-Ball & Farm Divisions are co-ed programs.

Girls Softball and Boys Baseball programs will be offered in the 4th – 6th grade divisions if there are enough registrations. Our 4th – 6th Grade teams will have some scheduled games with surrounding towns. *Volunteer Coaches, Referees, Timers & Team Parents are needed in all divisions!*

Divisions:

- T-Ball • Farm / Minor • Junior (5th & 6th Grade) •

Dates: Games will be weekday evenings & Saturday mornings through the spring.

Location: WMHS Lower Softball Field, WES Baseball Field, Sherman Park, Rec Field (Playground) & other surrounding towns (TBD) Cost: TBD

Mandatory Coaches meeting prior to season - time, place & date TBD

Program Coordinator: Duane Goud, dgoud@wiscassetrec.com

THANK YOU TO OUR COACHES!

The Wiscasset Parks & Recreation Department would like to thank all of you for taking the time out of your busy schedule to volunteer. Our recreational sport programs like Youth Soccer, Fall Run Club, Cheerleading & Youth Basketball continue to grow because of people like you taking on this challenge. The challenge working children can become overwhelming and sometimes frustrating, but is also extremely rewarding. Showing and teaching our youth how to have fun, work hard, and be a team player will be of great value as they continue to play sports. As our children grow and move on they need that structure and support from friends, parents and people like you. Thank you for creating a support network that continues to grow.

Jay Reith	Chris Cossette	Russell Marr
Charlie Bassett	Amanda Plummer	Travis Lincoln
Dave Cleaveland	Chris Main	Kim Dodge
Glen Powers	Seth Farrington	Ben Clark
Kristen Travers	Jeff Gilliam	Sam Bryant
Kelly Bassett	Josh Shirey	Rob Murphy
Shawna Roy	Travis Benner	Sarah Joyce
Heidi Thiboutot	Jen McKane	John & Jessey Marshall

All of our WMHS student athletes!

AFTER SCHOOL ADVENTURES



After School Adventures is our after school program for kids in grades K-6. Kids get free, healthy snacks courtesy of CACFP. Our program focuses on allowing guided free time for kids to unwind after a busy school day. We have choices for your child where they can select activities like arts and crafts, indoor and outdoor sports and study time. We encourage kids to explore new interests and build friendships in a safe, nurturing environment. High school students from local schools are employed as counselors. Keeping low counselor to child ratios help us to provide security and safety, which are paramount with our program.

- Dates:** Sept 5 - June 2018
- Time:** 2:45pm - 5:30pm
- Location:** WCC
- Cost:** See website

SCAN FOR PROGRAM INFO:



VACATION CAMPS

We will be offering Vacation Camp during both February and April vacation weeks. Vacation camps are 4-day camps for grades K-6. The week will consist of indoor and outdoor activities, field trips, crafts theme days and swimming at the WCC pool. A complete schedule for each camp will be available 3-4 weeks prior to each camp. Min 20 per camp/ Max 50 per camp.

February Vacation Camp- Tuesday, February 19- Friday, February 23, 2018
Cost: Member/CP \$125 Non-member \$145 (includes lunch each day)

April Vacation Camp- Tuesday, April 16- Friday, April 20, 2018
Cost: Member/CP \$125 Non-member \$145 (includes lunch each day)

Time: 7:30 am- 5:30 pm each day

What to bring: Bathing suit and towel, sneakers for the gym, a refillable water bottle, warm clothes for outdoor play. *Financial assistance available, inquire at the front desk.*



DAY CAMP FOR NO-SCHOOL DAYS

We will be offering two "Full Day Camp" Days for children in grades K-6 on days when there is no school in the Wiscasset Schools. Day Camp days are just like camp—except all in one day... gym and quiet games, a field trip or special guest, swimming in the pool and crafts. A detailed schedule will be sent to the schools approximately 2-3 weeks before the program. Children should wear sneakers and dress for play, pack a bathing suit and towel and bring a healthy lunch and snacks and a refillable water bottle. Minimum 20/ Maximum 50 per day.

Friday, March 23 7:30 am- 5:30 pm Cost: Member \$35, Non-mem \$50
Friday, April 13 7:30 am- 5:30 pm Cost: Member \$35, Non-mem \$50
Financial assistance available, inquire at the front desk.

AQUATIC PROGRAMS

Waterworks

Join our certified instructors for an upbeat 1-hour water aerobics class! Set to music, this class features 5 stages: warm-up, free exercise, run exercise, wall or equipment skills, cool down. The skill sets will tone and firm your muscles, increase your flexibility and range of motion, stimulate your circulation and coordination. Vigorous movements help strengthen the lungs, along with making use of skills similar to those used in dance, gymnastics, calisthenics, yoga and swimming.

Days: Monday – Friday

Time: 8:30-9:30 am

Cost: Members Free
Non-members / \$15 per class

Instructors: Lori LaPointe, Jaja Martin, Nori McLeod, Rachel Hanley

Evening Water EX

A class for adults with varying swimming abilities. The exercises use water resistance for all parts of the body that will tone and firm your muscles, increase your flexibility and range of motion, stimulate your circulation and work on your coordination.

Days/Time: Mondays 6-7 pm

Cost: Members free

Non-members / \$15 per class

Instructors: Nori McLeod, Rachel Hanley

Friday Fun Splash

This class introduces kids age 3-6 to beginner skills as they build a love for swimming in a fun environment. Swimmers will learn how to get their face wet, go under water, float back and front, through games. Caregivers can sit pool side and watch their little swimmers learn and play.

Days: Fridays for 8 weeks

Time: 9:30-10:15 am

Cost: Members / \$37
Non-members / \$54

Instructors: Lori LaPointe, Jaja Martin, Nori McLeod

Stand-Up Paddle Boarding Course

Intro to paddle boarding (SUP), an exciting skill to allow you to explore Maine's waterways. No prior experience needed. Learn about the board, proper paddle grip, posture and mount/dismount. You'll learn balance and strokes that help you move swiftly and maneuver effectively. Games will get you more comfortable using the board in a fun setting. Approx 1.5 hours with free paddle after. Boards and lifejackets are provided

Days/Time: TBD

Cost: Members free, non-members \$30



SWIM LESSONS

Red Cross Swim Lessons

The American Red Cross swim program teaches young swimmers water safety and swimming techniques in a positive aquatic environment. Participants learn water safety in a logical progression. In the five levels, participants build on their basic skills to learn various propulsive movements on the front, back and side. As the levels increase, participants refine the different strokes and build endurance.

SCAN FOR PROGRAM INFO:



Adult Swim Lessons

From the very beginner to the seasoned competitive athlete, all skill levels are welcomed. This class is for you if you want to learn more about floating front/back, breath control, stroke instruction for all four competitive strokes, diving, turns and drills to help with technique. Are you a beginner, or a triathlete wanting to improve your swimming leg of competition? Our Certified Water Safety Instructor can help you gain that edge!

Days / Times:		
• Tues	3:30-4:15PM	Levels 1, 2, 3
• Tues	4:15-5PM	Levels 3+, 4, 5
• Thurs	3:30-4:15PM	Levels 2 / 3-
• Thurs	4:15-5PM	Levels 3+ / 4
• Sat	8:15-9AM	Levels 4+, 5, 6
• Sat	9-9:45AM	Levels 3, 4-
• Sat	9:45-10:30AM	Levels 1, 2
Session 1: January - Feb		
Session 2: Mar - April		
Cost: Members: \$37		
Non-Members: \$54		

Days: Fridays for 8 weeks
Time: 8-8:30 am
Cost: Members Free
 Non-Members \$50

Private Lessons

Private swim lessons are offered at WCC in a variety of ways. Private (one-on-one), Semi Private (two-on-one) and Semi-Private Groups (3-4 swimmers per one instructor). With more individualized attention, a swim student progresses much more quickly. Days/times Mon- Sat; TBD

Cost:

Private	Members \$180
	Non-mem \$300
Semi-Private	Members \$108/ea
	Non-mem \$168/ea
Semi-Private Group	Members \$72/ea
	Non-mem \$90/ea

Parent/Toddler Swim Lessons

This specially designed 8-week program is for caregivers and their infants/toddlers (ages 6 months to 4 years.) Young swimmers will learn to get comfortable with the water through songs, games and play. Parents will be introduced to the proper holds, and a creative approach to various aquatic skills. An adult must accompany each child.

Days: Tuesday 9:30-10 am
 Saturday 10:30-11am
Cost: Members/ \$34
 Non-members / \$45

WCC UNSINKABLES SWIM TEAM

The W.C.C. Unsinkables is a registered U.S.A. swim team, with meets throughout the season. Head Coach Lori LaPointe is returning for her 19th season! Lori has 30+ years of professional teaching/coaching in swimming, soccer and basketball. Lori was awarded Maine Swim Coach of the Year 2003 and Zone Coach for 2010-14.

Assistant coaches Nori McLeod and Paul Lazarus help bring the team to the next level of competition! Coach Lori's positive encouragement and goal setting for her athletes help build a lifelong love for the sport of swimming.



SCAN
FOR
INFO:



Days: M/W/F

Green Team: 3:30-4:30pm

White Team: 3:30-5pm

Fees:

Green Team / \$239

White Team / \$259

Additional expenses for gear and dues required.



Green Team

Ages 6-11

Team members must be able to perform three of the four strokes, have a basic understanding of using the pace clock and be comfortable in simple structured sets. Emphasis is placed on fine tuning all four strokes, turns and starts, and structured workouts. Swimmers are encouraged to compete in regional swim meets.

White Team

Ages 11-20

The White group is the highest level WCCU offers. The primary focus is to prepare for the more rigorous practices. Swimmers work on technique and efficiency, as well as swim more challenging workout sets. This group is designed for the swimmer who is focused on reaching their highest potential

Unsinkables Spring/Summer Swim Team

M/W/Th 3:30-4:30pm

Starting May 16th

Head Coach Lori LaPointe leads the team in practices with challenging workouts for the highly competitive athlete. For the rookie swimmers the program guides the athlete through fun drills and exciting workouts that increase endurance, flexibility, strength and at the same time builds stroke technique. Fun water games during open swim before practice promises to help promote and develop team spirit. We look forward to seeing you pool side in May! Meets are optional.

Fee: \$118



LIFEGUARD TRAINING COURSES

The American Red Cross Lifeguarding course is available at the WCC several times a year. Participants will learn the required skills to help prevent but also respond to an aquatic emergency. This includes land and water rescue skills plus first aid, CPR and AED.

Students must be at least 15 years of age & able to complete pre-course screening:

- Swim 400 yards continuously using these strokes in the following order:

100 yards front crawl using rhythmic breathing and a stabilizing propellant kick

100 yards breaststroke

200 yards of the combination of front crawl and breaststroke (no time requirement)

- Swim 20 yards using front crawl or breaststroke, surface dive to depth of 8 feet, retrieve a ten pound brick, return to the surface and swim 20 yards back to the starting point with the brick. (note: Candidate must hold 10 pound brick with both hands and must keep their face above the water at all times) Timed test 1:40

- Tread water for 2 minutes without hands. Head must remain out of the water.

Course Length:	Approx. 26 hours
Schedule:	See website for details
Location:	WCC Pool
Cost:	Members \$125, Non-Mem \$150
Date/Time:	TBD
Instructor:	Lori LaPointe



**American
Red Cross**

INDOOR POOL INFORMATION

- Indoor, heated, year-round 6-lane competition pool
- Gradual-entry alcove and water play features.
- Lift and zero-depth entry ramp with handrail
- Staffed with American Red Cross lifeguards
- 4-person hot tub
- Family changing rooms with lockers and showers
- Hours - 5am - 7:30pm Monday- Friday, Sat 8-4, Sun 1-4
- Over 70 hours of swim times available throughout the week



SCAN FOR POOL INFO:



Winterfest

February 2 & 3, 2018

Family Fun for all!
Chili/ Chowder Contest
Outdoor Winter Fun
Pool Activities for the whole family
Family Movie Night
Cooper-DiPerri Spaghetti Supper Fundraiser
Fireworks & So much more!

Look for a full schedule in the Wiscasset Newspaper in January! This event is sponsored by the Wiscasset Parks and Recreation Department with the help of many sponsors! If your business would like to help by becoming a sponsor, please contact Director Lisa Thompson at 882-8230

1st Annual Midcoast Vintage Bazaar

Mark April 7 and 8 on your calendars! The WCC is planning what we hope to be a yearly event for the Vintage/ Repurposed and Antique enthusiast! Our first ever Vintage bazaar will be held in our gym over two days. Come shop, sell and buy! There will be food for sale by local restaurants and food trucks so you can make a day of it! All proceeds benefit our After School Adventures program for kids, and our 4th of July special events.

Saturday, April 7th 10:00am- 4:00pm

Sunday, April 8th 10:00am- 4:00pm

Admission: FREE - donations accepted, and raffle tickets will be given to all who donate.

We have a great lineup of raffle prizes!

If you are a vendor and would like information on a table, please download our Vendor application at wiscassetrec.com or contact Recreation Director Lisa Thompson at lthompson@wiscassetrec.com. Vendors must fit into one of the following categories: Vintage/ Repurposed materials, locally made goods, "Pop up shops" or Antiques. Table cost is \$50 per day or \$75 for both days. This is not a yard sale. Registrations will be taken until space is filled or March 30th, whichever comes first.