

YARMOUTH COMMUNITY SERVICES

**Fall 2019 & Winter 2020/Spring 2020
Adult, Youth & Family Activity Guide
Your Parks & Recreation Home**

**NEW! Fitness
Pi-Yo, FitUp
H.E.L.I.**

**Gift Certificates
Available**

**Look for this
symbol for
program fee
discounts.**



**Online Registration begins:
AUGUST 30th
Walk-in & Phone-in Registration begins:
SEPTEMBER 4th**

Picture Courtesy of: Kathryn Douglas Photography

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Mission Statement

The mission of Yarmouth Community Services is to provide and maintain responsive leisure and educational opportunities, facilities and services that enhance and improve the quality of life for Yarmouth residents and guests.

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Creating community through people, parks & programs.

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Yarmouth Community Services Staff

Karyn MacNeill, Director
Mike Caron, Assistant Director
Bob Priest, Recreation Coordinator
Maryanne Strand, Program Administrator
Lori Madden, Office Admin/Program Admin.
Maureen Brosnan, Community Resource Specialist
Erik Donohoe, Parks Specialist
Zac Wiest, Parks Superintendent

Youth Program Guide

Month	Program	Pre-K (2-4)	K	1 (6)	2	3	4	5 (10)	6	7	8 (13)	9+
September	Royal River Ramblers											
	Youth/Pee Wee Field Hockey											
	NFL Flag Football											
	Pee Wee Tennis											
	Fitness Fun (YES & ROWE)											
	YES Game on Girls											
	Zumba Kids/Teen											
	Lego Sports Fun!											
	Art in the Afternoon											
October	Movie Making											
	Youth Hapkido											
	Pumpkin Run & Harvest Festival											
	Red Cross Babysitting Class											
	Fitness Fun (YES & ROWE)											
	YES Game on Girls											
November	Mad Science - Brixology											
	Youth Hapkido											
	Basketball Bootcamp											
December	Fitness Fun (YES & ROWE)											
	Art in the Afternoon											
	Nerf Friends											
	Carol Sing & Tree Lighting											
January	Walk with Santa											
	YES Game on Girls											
	Youth Hapkido											
	Youth Basketball											
	Intro. To Beginner Hockey											
	GPS Soccer Clinic											
	Fitness Fun (YES & ROWE)											
	YES Game on Girls											
	Mad Science - Secret Agent Lab											
	Zumba Kids/Teen											
	Lego Winter Fun!											
February	Art in the Afternoon											
	Youth Hapkido											
	Shawnee Peak Skiing											
	Indoor Sticklets Lax											
	Nordic Skiing Instruction											
	Valentine Dance											
March	Intro. To Beginner Hockey											
	GPS Soccer Clinic											
	School Vacation Camp											
	Fitness Fun (YES & ROWE)											
	YES Game on Girls											
	Art in the Afternoon											
April	Fitness Fun (YES & ROWE)											
	YES Zumba											
	Youth Hapkido											
	Nerf Moms vs. Sons											
	Easter Egg Hunt											
	School Vacation Camp											
	Red Cross Babysitting Class											
	YES Game on Girls											
	Mad Science - Energize It											
	ROWE Zumba/Teen Zumba											
May	Art in the Afternoon											
	Youth Hapkido											
	Half Pint Hoops											
	Tee Ball/Instructional League											
	Travel Lacrosse											
	Royal River Ramblers											
May	GPS Soccer Clinic											
	Fitness Fun (YES & ROWE)											
	YES Game on Girls											
	Sticklets Lax											
	Tee Wee Baseball											

For Your Information

Address: 200 Main Street
Yarmouth, ME 04096
Office Location: 200 Main Street - REAR building
Website: www.yarmouthcommunityservices.org

Telephone: (207) 846-2406
Email: YCSadmin@yarmouth.me.us
Office Hours: Mondays through Fridays
8:30 am - 4:30 pm

How and When to Register

Yarmouth residents may register on-line beginning at 8:30 am on August 30th. On-line registration is available 24 hours a day, 7 days a week. ****Please note that additional charges may apply for online registrations and some programs may not offer online registration.****

Resident walk-in and phone registration begins September 4th during office hours 8:30 am - 4:30 pm. Non-resident registration begins September 10th. For program planning purposes, **please register for classes and programs no later than 48 hours/2 business days prior to the first class meeting to avoid a \$10 late registration fee.**

Remember, nothing cancels a program quicker than waiting until the last minute to register!

Many classes and programs have limited enrollments and quickly fill. If you find the class is full at the time that you register, please ask to be placed on a waitlist. We would be happy to help you.

Registration is accepted in many convenient ways: on-line, in-person, by mail or by phone. Telephone registrations are accepted using VISA, MasterCard and Discover only. **Additional charges apply for online registrations.** Sorry, but at this time we do not accept FAX registrations.

Fees and Confirmation

The **program fees** are stated at the end of each course or program description. **Non-residents** must add \$3 per registrant and **senior citizens**, 60 and older, may deduct 10% off the stated registration fee; both apply unless otherwise noted. Adult trip pricing reflects senior discount.

Lab fees are payable directly to the instructor for materials purchased by the instructor for the students' use.

Fee waivers and **Payment Plans** are available for some programs. These services are for Yarmouth residents only. Additional information is provided on page 4.

In order to receive email, registration receipts and confirmations, **please ensure that we have your correct, up-to-date email address on file.**

Questions?

Call: Yarmouth Community Services at 846-2406
Click: www.yarmouthcommunityservices.org
Visit: 200 Main Street, behind Town Hall
Email: YCSadmin@yarmouth.me.us
Check us out and like us on Facebook:
www.facebook.com/yarmouth.communityservices

Changes and Cancellations

We cancel or make changes to courses only when absolutely necessary. We will notify all registered participants by phone, text, or email of any changes whenever possible. YCS reserves the right to cancel or consolidate any program that does not meet minimum participant registration numbers. For program planning purposes, please register for classes and programs no later than 48 hours/2 business days prior to the first class meeting to avoid a \$10 late registration fee.

The YCS office is closed & programs are NOT held on the following dates: Sept. 2nd, Oct. 14th, Nov. 11th, Nov. 28-29th, Dec. 25th, Jan. 1st, Jan. 20th, Feb. 17th, and May 25th unless noted otherwise.

Program cancellations determined after-hours will be announced by email, text, or on Facebook page and at www.yarmouthcommunityservices.org

To receive immediate changes to any of your enrolled programs, please provide us with your cell phone number and name of your cell carrier (e.g. AT&T, Verizon, etc). This service is free and convenient and helps get information directly to you!

For Your Information

Course Instructors Wanted

Yarmouth Community Services is always seeking instructors for new courses. If you have an idea for an interesting course you wish to teach for youth or adults, please complete the online course proposal form at www.YarmouthCommunityServices.org.

The deadline for Spring - Summer 2020 course proposals is February 1st, 2020. Course proposal forms can be completed on our web-site:

www.yarmouthcommunityservices.org

Volunteer Coaches Needed!

Please help us continue our tradition of quality sports programming by volunteering to be a soccer, XC ski, basketball, baseball, lacrosse or running coach. Training and certification is available. Give us a call at 846-2406 to get started. Thanks for your interest and support!

Facility Scheduling

Yarmouth Community Services handles the scheduling of facilities including all school buildings, the East Main Street Community House, athletic fields, parks, and open spaces. Avoid conflicts with school events, sports, meetings and community events and schedule your events early! We are happy to help.

To request use of a facility or field, contact Maryanne Strand in the YCS office. **Requests must be made at least two weeks prior to the proposed event date for proper processing.** Please note that school related activities and Yarmouth Community Services programs have priority for facility use.

Fee Waivers

The Town Council adopted a fee waiver program to help Yarmouth citizens who need financial assistance with YCS program participation fees.

Documentation is required for approval. Sorry, some programs may not be eligible for any fee waivers. We hope that you take full advantage of the fee waiver program and that you will enjoy participation in Yarmouth Community Services' programs. Please contact YCS for guidelines and details.

Payment Plans

Please contact us for further information. Payment plans are available for **Yarmouth residents only**.

How do I get a Refund?

- Full refunds are given when a program you register for is cancelled or rescheduled. **Online convenience fees are NON-REFUNDABLE.**
- If you withdraw 5 business days before the first class (excluding weekends and holidays), you will receive a refund or credit less a \$5 processing fee.
- If you withdraw 2 - 4 business days before the first class, you will receive a 50% refund or credit less a \$5 processing fee. We must be notified immediately should you decide to withdraw.
- If you withdraw less than 2 business days before the first class, no refund or credit will be provided.
- There are times that fees and supplies must be purchased in advance by an instructor/contractor. When this happens, there are times when NO fees may be refunded.
- Refund processing takes up to two weeks.
- We do not provide cash refunds.

Special Needs

In order to ensure complete participation in our programs, please inform us of any specific requirements or accommodations that need to be provided.



Visit our website and like us on Facebook.

www.facebook.com/yarmouthcommunityservices

Registration website:
www.YarmouthCommunityServices.org
and
www.YarmouthCommunityServices.com

Outdoor Parks & Recreation Areas

After Work Open Space Workgroups

YCS will be organizing a series of after work volunteer workgroups. It's a great way to get outside, exercise, meet likeminded people in the community, and give back to Yarmouth's open spaces. We'll be working towards opening up the new trail system at the Riverfront Woods Preserve, building boardwalks on the West Side Trail extension, maintaining trails on our open spaces, and removing invasives in our parks. Check in with Yarmouth Parks & Lands' Facebook Page or email our Parks Specialist, Erik Donohoe at: edonohoe@yarmouth.me.us



Check out the Open Space Guide at
www.yarmouthcommunityservices.org

Yarmouth Open Space Guide

**NO DOGS
allowed at
Sandy Point Beach
from April 1st
through
October 31st**

HUNTING REMINDER

Hunting restricted by permission only
and to May, October & November.

Please register at
Yarmouth Town Hall, 200 Main Street
Shotgun only hunting in Yarmouth.

Great ME Outdoor Weekend: Sept 13 - 22

FREE Canoe Days at the Royal River!

As part of Great Maine Outdoor Weekend, Yarmouth Community Services is offering free use of the Town-owned canoes to residents to kick off Yarmouth's participation in this annual Fall event.

Yarmouth Community services keeps 4 canoes for the public to sign out and rent. The use of the boats will be free! Call to reserve your 2 hour time slot now. Paddles and PFDs are provided. Kids PFDs (50lbs+) are limited; kids are required to wear a life jacket anytime they are in a boat. Wear weather appropriate clothing and provide your own sun and bug protection.

Date: Thursday, September 19th & Friday, September 20th

Time: 10:00am - 4:00pm; last boat is launched at 2:00pm.

Location: Yarmouth History Center's Royal River launch. Please park at Royal River Park, across the street.



West Side Trail is FREE Everyday!

As part of Yarmouth's growing network of trails—West Side Trail would love for you to make some footprints or tire tracks on their paths. Of course, we always ask that you "Leave No Trace" and be aware of trail conditions...

the trails are only as good as its users.

If you haven't enjoyed lunch at one of the overlooks, birdwatching on Cousins Island or a challenging mountain bike ride from the Tyler Technologies parking lot—you've missed out!

There's something for everyone: Hike. Bike. Run. Walk. Everyday.

Like us on Facebook at Yarmouth West Side Trail to get the most up-to-date info on work days, closings, sightings, and special events.



Mary Webber, Parks & Lands Member
MaryWebber612@gmail.com



Erik Donohoe, YCS Parks Specialist
edonohoe@yarmouth.me.us



Karyn MacNeill, YCS Director
kmacneill@yarmouth.me.us

For 2020, YCS is leading some great projects!
Get involved! Reach out to the project's contact as listed above.

Adults Out & About

Ride the Cog Railway up Mount Washington

Join us for a scenic train ride to the summit of Mount Washington, the highest peak in the Northeast. We will be riding on the world's first mountain-climbing Cog Railway train! Located in scenic Bretton Woods, New Hampshire, a trip on the Mount Washington Cog Railway is a great way to experience the White Mountains. Ride on a coach bus from Yarmouth to the base of Mount Washington and then hop aboard a biodiesel train until we reach the top. We will have one hour to experience the summit and then head back down the mountain. Please bring a bag lunch for the bus ride as we will only be making a quick stop to stretch our legs and hit the restrooms on our journey over to Mount Washington. We will be stopping in North Conway for dinner on the way home. Dinner is at your own cost. Dress for colder weather at the summit & wear comfortable clothes with layers.

Date: Wednesday, September 18

Time: 10:30am – 9:30pm

Location: Coach bus from Northeast Charter will pick-up at the Exit 15 Park & Ride in Yarmouth

Fee: \$99 (Includes bus transportation & train ride. Dinner is on your own)



Breakfast at Becky's Diner

Join us for breakfast at this popular spot in the heart of the waterfront. Becky's is one of the top ten iconic diners in Maine. We will order off the menu, savoring special breakfast treats such as lobster omelets, blueberry pancakes or grilled muffins. Becky will join us to share stories of this famous diner. Cost of lunch is on your own.

Note: You must be able to walk up and down the stairs as we will meet on the second floor.

Date: Friday, September 13

Time: 8:30 - 10:30am

Location: Bus will pick-up from Exit 15 Park & Ride in Yarmouth

Fee: \$10



Ricker Hill Orchards in Turner

Ever wondered how apple cider was made? Come explore Ricker Hill Orchards in Turner, ME for a tour of the packing and apple cider making facility. We will also have the chance to pick some apples and have fresh apple cider donuts. Before we head to the orchard, we will stop for lunch at DaVinci's Eatery in Lewiston. Cost of lunch is on your own.

Date: Tuesday, October 1

Time: 11:00am - 5:00pm

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth

Fee: \$15



Bowdoin Museum of Art with Lunch

Join us for a visit to the popular Bowdoin College Museum of Art in Brunswick. A docent will lead us on a brief guided tour and you will have an opportunity to explore the varied exhibits on your own. From there, we'll bus over to the Frontier Cafe for lunch. This restaurant on the river is making waves with its acclaimed food and laid-back atmosphere. *(Lunch is on your own)*

Date: Friday, October 18

Time: 9:30am - return following lunch

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth

Fee: \$15



Out to Lunch at SMCC

Enjoy the epicurean delights and spectacular views of Casco Bay when dining at Southern Maine Community College's culinary arts dining room. Choose delectable luncheon appetizers, entrees and desserts prepared and served by the culinary arts students. Sign up early so you don't miss out on this popular trip!

Date: Friday, November 1

Time: 11:00am - 2:00pm

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth

Fee: \$28



Adults Out & About

Magic of Christmas

Get into the holiday spirit with this traditional favorite Christmas concert featuring the Portland Symphony Orchestra, the Portland Community Chorus and special guest artists. Don't miss the fabulous show and beloved tradition of Maine's finest holiday extravaganza! Celebrate the traditions, story and spirit of the season - and experience the Magic for yourself! The price includes ticket for admission & transportation to Merrill Auditorium.

Date: Thursday, December 12

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth



Time: 1:15pm - 5:00pm

Fee: \$39

Portland Museum of Art with lunch at Dimillo's

The Portland Museum of Art is the oldest and largest public art museum in the state of Maine. Come explore what they have to offer and enjoy the new art pieces in our self-guided tour. After we explore the museum, we will head to lunch at Dimillo's Restaurant. The cost of lunch is on your own.

Date: Wednesday, January 15th

Location: Bus will pick-up at Exit 15 Park & Ride in Yarmouth

Time: 10:00am – 2:00pm

Fee: \$23



Join us for Two Shows at the USM Planetarium!

A Chronicle of a Journey to Earth

Imagine that you are a traveler from the depths of interstellar space. As you approach our solar system, what will you find? Long before you reach the Sun, you traverse the Oort cloud, the deep freeze at the outermost reaches. You pass by the gas giants and their families of moons and rings. Finally, you reach the inner solar system and the rocky worlds of Mars, Earth, Venus and Mercury. From the cold frontier inhabited by the dwarf planets of the outer solar system to the warmth of the Sun, any self-respecting traveler would ultimately be drawn to Earth, to explore and understand how this planet alone has come to be an ideal haven for life. Discover seasonal climate changes, and witness wondrous visions from the surface of this unique world – Moon phases and eclipses.

Magic of the Otherworld

Journey through the Otherworld – a magical place born from the mythology of many cultures. It's a place of legends, where mythical creatures once existed in harmony among the mountains, islands, spring and forests. Today, we experience the Otherworld through our imaginations and perhaps in our dreams. Sit back and enjoy the virtual landscapes accompanied by the beautiful harp music of Christine Hogl.

After the shows at the Planetarium, we will stop for lunch. Lunch is on your own.

Date: Friday, January 31st

Time: 9:15 am – 2:00 pm

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth

Fee: \$18



Portland Stage Show: Almost Maine

What better way to celebrate the bicentennial of our state than with a play that put us on the map? Offering charming vignettes about love, and life in Maine, this beloved play broke box office records. It went onto critical acclaim, and delighted audiences across the globe after its premiere at Portland Stage in 2004. This celebratory production will feature John Cariani.

Date: Thursday, February 6



Time: 1:15pm - Return following the show

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth

Fee: \$39

Adults Out & About

Wilbur's Chocolate Factory Tour

Join us on this sweet trip to Wilbur's of Maine Chocolate Confections. We are visiting just in time for you to purchase your Valentine's Day treats. We will be touring their facility where we will get to try lots of samples and actually help make your own treat. After we have finished up at Wilbur's we will have lunch in Freeport. Lunch is on your own.

Date: Friday, February 7

Time: 10:30 - 2:00pm

Location: Bus will pick-up from Exit 15 Park & Ride in Yarmouth

Fee: \$15



Cryptozoology Museum

Cryptozoology is the study of hidden or unknown animals, and we will be visiting the world's only cryptozoology museum in Portland! The museum has a wide range of exhibitions from rare, one-of-a-kind scientific, zoological specimens to popular cultural homages to the relevant anthropological and psychological acknowledgements of the sightings and folk traditions to be found within hominology and cryptozoology. As part of their scientific and educational mission, the museum preserves items ranging from native art to contemporary souvenirs. The museum encourages visitors to ask why an item is in an exhibit if they don't understand. We will be stopping for lunch after visiting the museum. Lunch is on your own.

Date: Friday, March 6

Time: 9:30am - 2:00pm

Location: Bus will pick-up from Exit 15 Park & Ride in Yarmouth

Fee: \$15



Visit the Ice Castles in North Woodstock, NH

Ice Castles are built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more. Join us on a coach bus from Yarmouth to New Hampshire to see these beautiful castles made of ice. We will be stopping for dinner on the way – cost of dinner is on your own. Date and time for this trip is TBA. Trip will run one weekday during the week of February 10-14. Call to put your name on an interest list for this trip!

Date: TBA - Week of February 10 - 14

Time: TBA

Location: Bus will pick-up from Exit 15 Park & Ride in Yarmouth

Fee: TBA



Portland Stage Show: Native Gardens

This brilliant new comedy turns well-intentioned neighbors into feuding enemies when a rising Chilean attorney, and his pregnant American wife, purchase a home next to a well-established DC couple, and their prized English garden. Cultures and gardens clash over a fence line that spirals into an all-out border dispute, exposing notions of race, taste, class and privilege.

Date: Thursday, March 19

Time: 1:15pm - Return following the show

Location: Bus will pick-up from the Exit 15 Park & Ride in Yarmouth

Fee: \$39



Escape Room with Lunch at Portland Pie

Join us as we head to the Escape Room in Brunswick for a fun and exciting mystery to solve. We will work as a group to try and "escape" the room by following a series of clues. Can we solve the riddle within the hour? Help us find out! Afterwards, lunch is included at Portland Pie. Doors to the rooms are not locked, you will be able to leave the room if you would like to.

FMI visit: www.escaperoombrunswick.com

Date: Friday, March 13

Time: 10:30am - 2:00pm

Location: Bus will pick-up from Exit 15 Park & Ride in Yarmouth

Fee: \$30



Adult Health & Well-Being

Men's Hoop Group - Basketball

Stay in shape and revisit your youth in this lively basketball program for men of all ages. Younger and older players can connect for some informal-yet-competitive court action. Appropriate age and ability "pick up" teams will be formed each day/evening. *High school players need parental permission (completed YCS youth registration form) or parent in attendance, in order to participate. Adults will need to register and complete a health waiver form.*

Dates: Sept. 3, 2019 - June 28, 2020

Location: *HMS Gym


Days: Tuesday & Thursday ~ *8:00 - 9:30 pm

Saturday ~ *6:30 - 8:30 am

Sunday ~ *8:30 - 10:00 am

Ages: High School and Adult

Annual Fee: \$50

Please note: Time & location are due to weather, school schedules, or  subject to change other conflicts. Please register to ensure your name is on our list for notifications.

Tuesday & Thursday may change to 8:30pm start time during youth basketball season.

Hapkido for Self-Defense

Learn Hapkido, the Korean art of self-defense, in a fun, friendly, non-competitive environment. Students will learn how to off-balance a bigger opponent, redirect the energy of an aggressor and use the body as a dynamic weapon. **For a free trial class, call Sheryl at 831-1885.**

Instructor: Sheryl Glidden

Days: Monday & Thursday (5 weeks)

Time: 6:30 - 7:30 pm

Location: Rowe, gym

Fee: \$78

Session #	Dates	Skip
Session #1	9/16 - 10/17	
Session #2	10/21 - 11/21	
Session #3	11/25 - 12/26	11/28
Session #4	12/30 - 1/30	
Session #5	2/3 - 3/12	2/17 & 2/20
Session #6	3/16 - 4/16	
Session #7	4/27 - 5/28	5/25
Session #8	6/1 - 7/2	



Introduction to Mah Jongg

What is simple yet complex? Relaxing but intriguing? Competitive but sociable and so much fun? The answer is Mah Jongg, the fascinating game that came to American shores from far away China. Here is your chance to learn the basics and get you started - a 6 week class for novices and advanced beginners.

Instructor: Patti Bicknell

Dates: Tuesdays, September 17 - October 29 (Skip October 15)

Time: 6:30 - 8:00pm

Location: Community House

Fee: Suggested Donation of \$10 - must register with YCS



Asian Fusion Seafood

Join Stonewall Kitchen Cooking School's Chris Toy for a hands on evening of fresh Maine Seafood, Asian Style! Thai lobster wonton soup, shrimp egg rolls with sweet and spicy duck sauce, and iron roasted fish fillet with homemade hoisin sauce over smoked rice.

Date: Tuesday, October 15

Time: 6:00 - 8:00pm

Location: HMS, Life Skills Room

Fee: \$35

Adult Health & Well-Being

Adult Zumba

Achieve your fitness goals and get the body you want with Zumba, a Latin inspired cardio dance fitness class using easy-to-follow moves that burn fat and sculpt the body. All fitness levels are welcome, no experience necessary. Exercise should be fun - so ditch the workout and join the party!

Instructor: Jill Brown

Time: 5:30 – 6:30pm

Location: Rowe School, Gym



Tuesday Classes: Adults			
Session	Dates	Skip	Fee
Fall	9/10 - 11/12	10/15	\$95
Winter	1/7 - 3/31	1/21, 2/18	\$117
Spring	4/7 - 6/23	4/21, 5/12, 5/19	\$95

Wisdom for a Woman's Wardrobe

Have a closet full of clothes and yet feel like you have nothing to wear? Wake up and multiple outfits later you are still tossing clothes on the floor frustrated nothing looks quite "right"? This class is for you. Join in for an inspiring, comical morning session dedicated to discussing how to create the perfect wardrobe for you. We will focus on organizational steps detailing how to create a closet full of clothes that fit, flatter and make you feel fabulous. You will leave with a solid plan of action!

Please take good stock of what you have in your closet prior to coming to class and bring a pen, notepad and your favorite article of clothing and/or shoes.

Instructor: Abbi Baldwin

Day: Saturday

Time: 10:00 - 11:00am

Location: Community House

Fee: FREE! Please register in advance.

Session	Date
Session 1	9/21
Session 2	1/11
Session 3	3/14

Board Games

Join us at the Yarmouth Community House for a morning of fun games! Please bring your favorite board game to play with others. Mah Jongg sets will be available to use at the Community House.

Coordinator: Patti Bicknell

Times: 9:30 - 11:00am

Fee: FREE! Please register in advance.

Dates: Mondays, September 16 - TBA

(Program will not meet on holidays)

Location: Community House

Yarmouth Community Chorus

The Yarmouth Community Chorus meets in the afternoon for rehearsal and performance at area nursing homes, assisted living, and community venues. Join a fun group of musicians performing a wide variety of songs including pop, rock, country, Broadway, and old classics. Music keeps you happy and healthy!



Stay tuned for more information!

We are looking for
a Chorus director!

Adult Health & Well-Being

PiYo

Sweat, stretch, and strengthen! One of the hottest fitness formats today, PiYo combines the muscle-sculpting, core-firming benefits of Pilates with strength and flexibility of yoga. Set to latest music, this low-impact workout will burn fat, define your entire body, and improve balance. Designed for men and women of all ages and fitness levels. Yoga mat required.

Instructor: Tanya Sheehan
Dates: Mondays, September 23 - November 25
(Skip 10/14 & 11/4)
Time: 5:30pm - 6:30pm
Location: YES, Gym
Fee: \$79

Drop-in Pickleball

Come drop-in for some pickleball action, get some great exercise and have some fun! All levels and abilities are welcome. Some paddles will be provided, but if you have your own, you should bring it with you.

Coordinator: Art Bell
Dates: Sundays, November 3 - April 26
Time: 4:00pm - 6:00pm
Location: Rowe, Gym
Fee: \$3



FitUP HELI: High Energy - Low Impact Fitness!

This high energy, low impact class will get you in the best shape of your life! This 60 minute class incorporates intervals of low impact aerobics and upper body, lower body and core exercises using weights. This class will increase your muscle endurance, strength, flexibility, and cardiorespiratory endurance. Anyone is welcome! Must bring your own weights and floor mat.

Instructor: Judy Katzel
Days: Mondays, Wednesdays & Fridays
Time: 6:00 - 7:00am
Location: Rowe School, Gym

Session #	Dates	Skip	Fee
Session #1	9/16 - 10/25		\$112
Session #2	10/28 - 12/13	11/29	\$125

Exploring Movement with Donna Guilmain

These gentle to moderate fitness classes combine the elements of stretching and strengthening the muscles, increasing balance, and breathing more fully. The focus will also be on joint mobilization, core engagement and working at your own level of flexibility. Exercises are done seated (on the floor and/or a chair), standing, and lying down. Class ends with a short relaxation. Dress comfortably, bring a mat, and enjoy.

Instructor: Donna Guilmain
Day: Wednesdays
Time: 10:00 - 11:15 am
Location: Community House

Session #	Dates	Skip	Weeks	Fee
Session #1	9/25 - 10/30		6	\$66
Session #2	11/6 - 12/18	11/27	6	\$66
Session #3	Dates to be determined in early October			
Session #4	Dates to be determined in early October			

Beginner Ballroom Dancing

The objective is for all to enjoy ballroom dancing and to continue dancing after this course. We will learn and practice the basics of at least five dances - east coast swing, rumba, waltz, foxtrot and American tango. At the end of the course we will have a graduation where dancers will receive certificates of achievement.

Instructor: Jack Wibby
Dates: September 24 - December 10
Location: HMS, Cafeteria

Day: Tuesdays
Time: 6:00pm - 8:00pm
Fee: \$30 for a couple, \$20 for an individual

Practical Skills

Community CPR

This class is for the general public (healthcare professionals should take Basic Life Support). This class covers infant, child and adult CPR and AED. FMI email eberner@cumberlandmaine.com or call Deputy Bernier at (207) 829-5421.

Instructor: Cumberland Fire Department
Day: Saturday
Time: 8:00am - 12:00pm
Location: West Cumberland Fire Station
Fee: \$65

<u>2019 Dates</u>	<u>2020 Dates</u>
9/14	1/11
10/12	2/8
11/9	3/14
12/14	4/11

Basic Life Support (BLS) for Healthcare Professionals

This class is for healthcare professionals only. The general public should sign up for community CPR. This class covers infant, child and adult CPR and AED. FMI email: eberner@cumberlandmaine.com or call Deputy Bernier at 829-5421.

Instructor: Cumberland Fire Dept.
Day: Saturday
Time: 8:00am - 12:00pm
Location: West Cumberland Fire Station
Fee: \$65

<u>2019 Dates</u>	<u>2020 Dates</u>
9/7	1/4
10/5	2/1
11/2	3/7
12/7	4/4

Heartsaver First Aid Training

This 4-hour class covers medical and traumatic emergencies to learn what to do until EMS arrives. FMI email eberner@cumberlandmaine.com or call Deputy Bernier at (207) 829-5421.

Instructor: Cumberland Fire Dept.
Dates: Saturday, September 21st OR Saturday, January 18th
Time: 8:00am - 12:00pm
Location: West Cumberland Fire Station
Fee: \$65

Coastal Piloting and Navigation

This course provides information, experience and substantial practice in the knowledge and skills required for safe coastal navigation without the use of electronics or GPS. Upon completion, students will be able to navigate safely in reduced visibility through the use of nautical charts and other navigation tools. Fundamentals of the purpose, use and application of GPS, Radar, VHF radio, depth and speed indicators, etc. are included. This course is appropriate for those just beginning and those with intermediate coastal experience. Participants practice and reinforce their skills with exercises, problems and applicable theory culminating in a final exam and practicum. Required tools and materials include a current Casco Bay Chart (#13290), parallel rules or protractor and nautical dividers. Students will also want to bring a hand held calculator and #2 pencils with erasers. We strongly recommended that you wait until after the first class to purchase the listed items so that you may view examples of tools that are least expensive & easiest to use. It is also recommended to obtain or borrow a copy of Chapman's *Seamanship And Small Boat Handling*, or find a used edition (which will more than suffice) for significantly less at sites such as Amazon or Barnes & Noble.

Instructor: Phillips H. Sargent
Time: 6:00 - 9:00 pm
Fee: \$113

Dates: Thursdays, February 27 - April 2
Location: YHS, Room 102

Creative Options

Art of Watercolor

The art of watercolor painting is a fun and exciting way to express your inner creativity. We'll explore this versatile medium through a variety of projects like landscapes, seascapes, birds, animals, and florals. Along the way we'll discover how to choose colors and create compositions from reference photographs. There will be demonstrations and plenty of time for practice and individual guidance. No experience is necessary, all levels are welcome.

Instructor: Kelli McNichols

Dates: Fridays, September 20 - October 25 (Skip Friday, October 18)

Time: 10:00am - 12:00pm

Location: Community House

Fee: \$75

Joy of Watercolor

In this fun and relaxing class you will discover the joy of painting with watercolors. We will explore popular subjects like trees, skies, landscapes, animals, birds, and florals. Learn from demonstrations then apply the techniques to your own paintings. Each week we'll explore something new! There will be plenty of time for individual guidance and all levels are welcome.

Instructor: Kelli McNichols

Days: Fridays

Time: 10:00am - 12:00pm

Location: Community House

Fee: \$75

Session #	Dates
Session #1	1/17 - 2/14
Session #2	3/6 - 4/3
Session #3	5/1 - 5/29

Knitters' Knook

Enjoy the opportunity to share stitches and ideas with other knitters. Come ready to give advice, get advice or simply knit in a social, friendly atmosphere. **Participants are responsible for bringing their own supplies.**

Coordinator: Mary Thorp

Day: Tuesdays

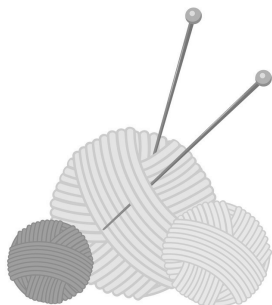
Time: 6:30 - 8:00 pm

Location: Bartlett Circle, Community Room

Fee: \$10



Session #	Dates
Session #1	9/3 - 10/22
Session #2	10/29 - 12/17
Session #3	1/7 - 2/25
Session #4	3/3 - 4/28
Session #5	5/5 - 6/30



Town of Yarmouth & SMAA

Understanding Cognitive Loss: Basics for Family Caregivers

Are you helping a friend or family member? Are you concerned about their memory? This free two hour class will include basic information about cognitive changes and dementia. We will discuss some helpful strategies to communicate with someone with cognitive loss.

Date: Tuesday, September 17th
Time: 3:00 - 5:00pm
Location: Town Hall, Community Room
Fee: Free!

Registration is required. Please call Southern Maine Agency on Aging's Family Caregiver Program at 207-396-6541 to reserve your space.

Welcome to Medicare Seminar

Our Welcome to Medicare Seminar offer participants valuable information presented in plain and understandable language. This free seminar will cover all of the important basics you need to know as well as options that may be useful as you make your enrollment decisions.

Date: Wednesday, October 9th
Time: 4:00 - 6:00pm
Location: Town Hall, Community Room
Fee: Free!

Registration is required. Please call Southern Maine Agency on Aging 207-396-6500 to reserve your space.

Healthy Steps for Older Adults

Do you worry about your balance or falling? This workshop helps you understand your fall risk and how to stay active. Activities include a personalized balance screening, falls prevention basics, and an exercise program. Generously sponsored by the Town of Yarmouth with resource booklet and free lunch included!

Date: Tuesday, November 19th
Location: Town Hall, Community Room

Time: 9:00am - 2:00pm
Fee: Free!

Registration is required. Please call Southern Maine Agency on Aging's Agewell Program 207-396-6578 to reserve your space.



Maureen Brosnan LMSW is a Community Resource Specialist from Southern Maine Agency On Aging and can provide Yarmouth residents with a variety of support options. Some areas of support include: Application Assistance, Benefit Screening / Financial Issues, Caregiver Support Resources, Diet/ Nutrition Programs, Falls Prevention Options, Housing Options, In-Home Support Services, Legal Resources, Meals on Wheels, Mental Health Resources, Physical Activity, Social and Volunteer Opportunities & More!

Maureen is available to assist by phone, walk in or by appointment at Merrill Memorial Library Tutoring Room on Tuesdays and Thursdays from 11:00 - 3:00pm. Call or email Maureen at #207-835-9866 or MBrosnan@yarmouth.me.us



Special Events

PUMPKIN FUN RUN & HARVEST FESTIVAL

**Saturday
October 26th,
2019
10am - 1pm**



ROYAL RIVER PARK

10:00 am Costume Contest

Fun Run Participants are encouraged to show up in their Halloween costume. Costumes will be judged at 10:00 am. Prizes will be awarded to the best costumes.

10:15 am - Fun Run Course Walk-through (optional)

1/2 Mile Kids Pumpkin Fun Run

1-Mile Kids Pumpkin Fun Run

*Heats will be managed according to participant numbers

FUN RUN REGISTRATION FEES: \$10 per runner

Register at:

**Yarmouth Community Services
200 Main Street, Yarmouth, ME 04096
(207) 846-2406 or on-line at
www.yarmouthcommunityservices.com**



MAKE-&TAKE SCARECROW EVENT

This activity is FREE and available for all to participate! Bring a set of clothes (pajamas, overalls, boots, jackets, etc.) to dress your scarecrows and take them home for your own autumn yard decoration! We supply the hay, frames, twine, & fabric for the head.

Yarmouth Rotary Club and Furniture Friends will be on hand to harvest your gently-used household furniture.

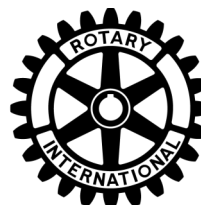
FMI: www.furniturefriends.org



These events sponsored by:



Rotary



Holiday Happenings - December 2019

JOIN US FOR THE... 39th Annual

Carol Sing & Tree Lighting

**Including: Santa's Arrival @ 5:00pm, Cookies & Cocoa,
Lighting the Christmas Tree, Visits with Santa from 6-7pm!**

Saturday, December 7, 2019

at the Yarmouth Town Hall and Memorial Green

5:00 - 6:00 pm

Music and Carols with the YHS Band and Chamber Choir.

Sponsored by the Yarmouth Lions Club, Yarmouth Rotary,
Yarmouth Fire-Rescue, and Yarmouth Parks, Recreation &
Community Services Department.

Donation boxes available for the Yarmouth Food Pantry and
the Hat & Mitten Drive. Please consider bringing items for our
friends and neighbors.

Guest appearances by SANTA,
SANTA's Elves & Steamer!

FMI: Yarmouth Community Services, on Facebook,
www.YarmouthCommunityServices.org or 846-2406

*If you have a HMS or YHS student interested in being an Elf...Santa could always use
some extra help handing out candy canes and helping with the event! Let us know!*



West Side Trail 9th Annual Walk with Santa

Each year Santa makes time for Yarmouth Trails' families
for just one stop during this busy season and he hopes you
can join him for some fresh air, a cookie, and cocoa! Dress
appropriately for weather, as this event is snow or shine!

Tuesday, December 24, 2019 - 10:00am

Due to trail conditions, the event may be cancelled.
Please check the West Side Trail Facebook page.

Many thanks to our sponsor of this event:
Tyler Technologies

**Meet at the upper Tyler Technologies Parking Lot
for a 10 am guided walk with Santa.
This event is FREE! (Cookies always accepted.)**



Special Events



30th Annual Valentine's Dance

Attention Gals – take out your *special male role model* for an evening of life-long memories with music, dancing and refreshments. This is a chance for the girls to dress up and go all out! Don't forget the camera and Northeast DJs will provide the tunes!

Date: Sunday, February 9th, 2020

Time: 1:00 - 3:00 pm

Ages: Girls of all ages!

Location: HMS, cafeteria

Fee: \$30 per pair in advance;
\$40 per pair at the door



33rd Annual Easter Egg Hunt

Wear your boots and join us for this fun favorite, sponsored by Yarmouth Community Services and the Village Improvement Society. Children hunt for plastic, toy-filled eggs in the Royal River Park (weather permitting). **The hunt features two separate hunt areas: one for ages 4 and under and the other for ages 5 - 7. Bring your favorite Easter basket. Inclement weather arrangements will be announced on-line and Facebook. This is a FREE event. No registration required. Find us on-line or on Facebook for updates on programs, weather cancellations, or delays.**

Date: Saturday, April 11, 2020

Location: Yarmouth Elementary School, Playground

Time: 10:00 am

Ages: 2 - 7

32nd Annual Yarmouth by Starlight Scavenger Hunt

This infamous competitive treasure hunt has become an annual spring-time ritual with many Yarmouth folks. Adult teams traveling in automobiles go from one clue site to another, competing only against the challenge of the course within a specific time limit. The hunt will take place at night; flashlights will be required and old clothes, shoes or boots are strongly recommended! Clues may be word puzzles, pictorial anagrams, complicated map readings or telephone book entries. The first challenge will be to find out where the next clue is hidden; the second challenge will be to go to the next clue site and find the next clue. Specific rules and guidelines will be issued at the start of the hunt. Refreshments will be provided at the end of the hunt. **This has become one of our most popular annual events - SIGN UP PROMPTLY! Please Note: Due to the popularity of this program each person may register no more than one vehicle.**

Hunt Masters: Timi Carter & Mary Thorp

Date: Friday, March 20, 2020

Ages: Adults only

Fee: \$45 per vehicle with up to 4 people; \$15 for each additional person in vehicle (NFW)

Sorry, no senior discount available. Adults (18+) only please.

Time: Arrive at Rowe School by 7:00pm

Location: begins & ends at the Rowe School gym

Max: 22 cars

We are looking for Hunt Masters in training...are you the next one!?!

Employment Opportunities

YCS Before & After School Child Care Staff

The Before & After School Child Care Staff is responsible for assisting in the programming and supervision of the before & after school care program at Yarmouth Elementary School during the school year. Staff help implement a program of activities for approximately 60 children in grades K-5, ensuring each child's safety while providing entertainment, physical activities and learning experiences. Staff will work closely with Yarmouth Community Services and the Yarmouth School District to ensure that all areas of the job responsibilities reflect the mission of Yarmouth Community Services. Qualified candidates should have some child care supervision experience.

- **Work Hours: Monday - Friday 7:00 - 8:30 am and 3:30 – 5:45 pm**
- **Program Location: Yarmouth Elementary School & Harrison Middle School**
- **Rate of Pay: \$12 - 15/hour based on experience**

Youth Referees

YCS is currently seeking positive and energetic people to officiate youth games. Games are typically played on the weekends in the community. Individuals must be able to work independently, communicate and enforce sport rules.

Rate of Pay: \$15/game

Town Gardener

Yarmouth Community Services seeks a motivated and passionate Town Gardener to assist with the maintenance, planning, and planting of the various Town of Yarmouth garden beds and planters. This seasonal, part-time position is integral to the growth, development, aesthetics, and care of the various Town of Yarmouth garden spaces.

Please send a letter of interest, resume, and names of two references to:

Yarmouth Community Services
Attn: Karyn MacNeill
200 Main Street, REAR
Yarmouth, ME 04096

Or by Email to: kmacneill@yarmouth.me.us

Summer Camp Counselors

YCS is currently seeking positive and energetic people to lead and facilitate activities and experiences that are age-appropriate for youth participants in the 2020 day camp program. Application deadline is April 1st, 2020

Rate of Pay: \$12-13/hour

Lunch Crunch Lead Counselors

Lunch Crunch is looking for responsible and energetic people for planning a variety of activities, arts & crafts, social interactions, and fun. Lead counselors are responsible for providing a safe, fun environment for the children in the program.

Rate of Pay: \$165/week

Volunteer Opportunities

YCAN Shovel Brigade

Help those in need during a snowstorm by shoveling their driveway or walkways.

FMI Contact: YCAN (207) 838-2261

YCAN Rides Program

Take residents to medical appointments, grocery store and more!

FMI Contact: YCAN (207) 838-2261

Friendly Visitor Program

Visit with an elderly resident in his or her home on a regular basis, providing companionship and friendship.

FMI Contact: Maureen Brosnan (207) 835-9866

Handy Helper Program

Volunteer to assist people with light household maintenance duties.

FMI Contact: Maureen Brosnan (207) 835-9866

Phone Pal Program

Provide homebound elders with companionship by regularly calling on the phone in an effort to decrease feelings of isolation and loneliness.

FMI Contact: Maureen Brosnan (207) 835-9866

Ask about the following YCS Special Events

Valentine Dance, Easter Egg Hunt, Harvest Festival, Carol Sing and Tree Lighting & More!

FMI Contact: YCS (207) 846-2406

Youth Sports Volunteer Coaches Needed

Soccer, Basketball, Baseball, Lacrosse, Running (paid) & Cross Country Skiing (paid)

FMI Contact: Bob Priest at YCS (207) 846-2406

Lunch Crunch

At Lunch Crunch, we provide free breakfast and lunch as well as three hours of supervised activities to children. We are looking for high school volunteers to run games, activities, arts & crafts and more! Volunteers will assist with preparing breakfast and lunch for campers as well as implementing games & activities. Interested volunteers must contact us prior to the beginning of the program in order to be added to the schedule.

High school volunteers will receive community service hours for their time volunteered.

FMI Contact: Lori Madden or Bob Priest (207) 846-2406

Counselor in Training

Learn to be a camp counselor while earning community service hours and valuable work experience in this intensive program for students entering grades 9 and up. Skills in leadership, communication, and general camp counseling are the focus of this program. CIT's receive training similar to the counselor staff training that all current employees go through.

Applications through the YCS website will be accepted March 1– April 30th, 2020.

FMI Contact: Mike Caron at YCS (207) 846-2406

**Community service hours through YCS programs are for high school graduation requirements only.
All non-graduation requirement hours must be pre-approved through the YCS office before volunteering.**

Youth Sports & Recreation

Saturday Morning Pee Wee Field Hockey **(Grades K & 1)**

Yarmouth Pee Wee Field Hockey is an opportunity for kids entering grades K-1 to learn the skills involved in playing field hockey. Coaches and players of the 2018 & 2019 YHS field hockey program lead a variety of drills to teach game skills while focusing on having fun! **Shin guards, sticks and mouth guards are required.**

Instructor: YHS Varsity Coaches & Players
Date: Saturdays, September 7 - October 12
Time: 10:30am - 11:30 am
Grades: K - 1
Location: YHS, turf
Fee: \$60


Royal River Ramblers

Children ages 6 - 12 who enjoy running will thrive in this program which includes warm-ups, stretches and lots of games. This program emphasizes running technique, healthy nutrition and personal goal setting. Practices are held on Mondays and Fridays. **Cross country running meets with other community teams are on Wednesdays. Volunteer assistant coaches needed!**

Instructor: Bob Priest
Days: Mondays, Wednesdays & Fridays
Time: 3:30 - 4:30 pm (Mondays & Fridays)
3:30 pm - 5:30 pm (Wednesdays - Meets)
Ages: 6 - 12
Location: Meet at Rowe School

*Practice & home meets @ Royal River Park.
Away meets are at local area towns.*

Register for text alerts—as rain typically cancels us!

Season	Dates	Fee	
Fall	9/20 - 10/21	\$55	
Spring	5/1 - 6/8	\$55	

Youth Field Hockey League (Grades 2-6)

This youth field hockey league teaches the fundamentals of field hockey such as: offense, defense, sportsmanship and fun through various drills, game play and scrimmages. During the program players progress to learn basic defense, team offense and positioning on the field. Practices are on Wednesdays after school and Clinics and Drills are skill-based on Saturday mornings. Opportunity to scrimmage and play in local tournaments during weekends. **Shin guards, sticks, eye protection and mouth guards are required. Volunteer coaches are needed.**

League Coordinator: YHS Varsity Coaches & Players (Saturdays), Danielle Lane (Wednesdays)
Dates: September 7 - October 12
Days, Times & Location: Wednesdays (3:30pm - 4:45 pm) - Winslow Football Field
Saturdays (10:30am - 11:30 am) - YHS, Turf
Grades: 2 - 6
Fee: \$110

Introduction to Beginner Hockey

Looking for a welcoming introduction to youth hockey for your child? This affordable program will get them on the ice and teach introductory skills. Kids will also have the opportunity to meet and learn from members of the YHS hockey team. **Minimum equipment required: Skates, helmet with cage, elbow pads and shin pads.** New or used equipment can be purchased at Play it Again Sports in Portland. Mention the Yarmouth Learn to Play Hockey program to receive specially priced equipment.

Instructor: David St. Pierre
Day: Saturdays (4 weeks)
Time: 9:00 am - 10:00 am
Grades: K - 4
Location: Blake Skating Pond, Yarmouth
Inclement Weather Location: Casco Bay Arena, Falmouth
Fee: \$35



Session #	Dates
Session 1	1/4 - 1/25
Session 2	2/1 - 2/22

Youth Sports & Recreation

2019 Middle School Football Registration

Yarmouth Football Association (YFA) has teamed up with Yarmouth Community Services to handle middle school football registration for 2019. All players are welcome and are placed on age-appropriate teams which practice during the week and participate in games on the weekends in Yarmouth or nearby towns. All equipment is included except for cleats and mouth guards.

For more information, please visit www.yarmouthfootball.com

Grade	Fee
7	\$100
8	\$100

NFL Flag Football

NFL Flag Football for grades K-6. Play in NFL-sanctioned league with NFL Flag jerseys against teams from Cumberland to Saco. One weekday practice and one weekend game per week. This league plays 5 vs. 5 and is fun, fast, and exciting. Go to www.yarmouthfootball.org for more info. Register for this program with Yarmouth Community Services. Leagues are K-1, 2-3, 4-5, and 6th grade.

Dates: Begins in early September

Location: Winslow Fields

Grades: K - 6

Fee: \$50

Fall Pee Wee Tennis

This program is for the youngest up-and-coming tennis stars. It will be an hour of fun-filled activities on the Rowe School courts. Learn the basics of tennis, developing the eye-hand coordination through games kids love to play. **Students will be picked up by the instructor at the end of the school day at the front office. Participants must bring their own tennis racquet, snack and water bottle.**

Instructor: Jill Thomas



Session #	Dates	Day	Grades	Time	Location	Min/Max	Fee
Session #2	9/9 - 9/30	Mon.	K - 1	3:30 - 4:45	Rowe, Tennis Courts	4/16	\$110
Session #1	9/10 - 10/1	Tues.	2 - 3	3:30 - 5:00	YES, Tennis Courts	4/8	\$120

GPS Soccer Clinics

GPS Juniors (Ages 3-6): The GPS Juniors curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face.

GPS Skills 11 (Ages 7-10): The GPS Skills 11 program will focus on 1v1 attacking moves taken from some of the best players in the world. The program will focus on ball mastery and encourage our players to be confident in trying to execute a variety of 1v1 moves in both non-pressure, 1v1 situations and small sided games.

Instructor: Global Premier Soccer Staff

Day: Saturdays

Session 1: January 11 - February 15

Session 2: February 29 - April 4

Location: Rowe, Gym

Session 3: May 2 - June 13 (Skip 5/23)

Location: Winslow Field

Fee: \$75

Session	Ages	Time
1	3 - 6	3:00 - 4:00pm
1	7 - 10	4:00 - 5:00pm
2	3 - 6	3:00 - 4:00pm
2	7 - 10	4:00 - 5:00pm
3	3 - 6	3:00 - 4:00pm
3	7 - 10	4:00 - 5:00pm

Please no cleats on the gym floor.

Youth Enrichment

Board Game Afternoons

Join Mr. Abbott as we explore the amazing world of board games. Use your logical thinking skills, teamwork, and subterfuge as we play games with dice, tiles, cards, and more. Gaming is a great way to build relationships, work on communication, and enjoy an afternoon with old and new friends. A snack will be provided. **Grades 2-4:** Learn new games. **Grades 5-8:** A fun place to hangout and play old favorites.

Instructor: Todd Abbott
Time: 3:30pm - 5:00pm
Location: YES, Room 101

Dates: Tuesdays, January 7 - February 4
Grades: 2 - 8
Fee: \$78

Outdoor Strategy Games

Summer is just around the corner, and it's time to get outside and play. Join Mr. Abbott as we learn how to play classic and newer outdoor games from around the world. Bocce, which traces its roots to ancient Rome via modern Italy; croquet, from 19th-century England; and kubb, a Viking-inspired game from Sweden. We'll start with these, and see where we end up! In case of inclement weather, indoor gaming options will be available. A snack will be provided to all participants.

Instructor: Todd Abbott
Time: 3:30pm - 5:00pm
Location: YES, Garden & Room 101

Dates: Tuesdays, April 21 - May 19
Grades: 2 - 4
Fee: \$78

School Vacation Camps

YCS School Vacation Week Camps!!!

Ready, set, let's play! Enjoy four days of non-stop fun during our February and April School Vacation Camps. Coach Hagerty offers fun-filled mornings playing sports and active games, such as basketball, soccer, wiffle-ball, kick-ball, tag and more. After lunch, campers travel to nearby locations for action-packed field trips and are chaperoned by YCS Staff. **Participants must bring a snack, water bottle and lunch each day.** A change of clothes and winter-play gear are recommended.

FEBRUARY SCHOOL VACATION - Feb. 18 - 21

Full Day (9 am - 5pm)
Morning Only (9 am - Noon)
Afternoon Only (Noon - 5 pm)

APRIL SCHOOL VACATION - April 21 - 24

Full Day (9 am - 5 pm)
Morning Only (9 am - Noon)
Afternoon Only (Noon - 5 pm)

Instructors: Mornings: Mike Hagerty
Afternoons: YCS Staff

Days: Tuesday - Friday (**4 days, no program on 2/17, 4/20**)

Grades: 1 - 6

Location: HMS, gym

Fee: \$150 Full Day

\$60 Morning ONLY

\$100 Afternoon ONLY



Trip Schedule

Tuesday: Joker's
Wednesday: Happy Wheels
Thursday: Movies
Friday: Urban Air

Teen Time

Driver Education with Bartley's Driving School

This 3 week driver education course, licensed by the State of Maine, includes 30 hours of classroom time and 10 hours of driving time. Students must be at least 15 years of age or older at the start of the class. For more information visit **www.BartleysDrivingSchool.net**.

Instructor: Bartley's Driving School staff
Start Date: **see schedule to the right**
Days: Monday, Wednesday, Friday (3 weeks)
Time: 5:30 pm - 8:30 pm
Location: YHS, room 109
Fee: \$490

Session	Start Date
1	9/4
2	10/30
3	12/2
4	2/26
5	4/29
6	6/17

Must register with Bartley's Driving School either on-line or by phone at 657-5010.

American Red Cross Babysitting

This course helps children 11-15 years old gain skills and knowledge needed to safely care for younger children. The training helps them to learn skills such as first aid, rescue breathing, bottle feeding, changing diapers and how to hold infants. This course also addresses the skills needed to communicate well with parents and will advise appropriate ways to seek babysitting jobs. **Please bring snacks, lunch & a drink to class.**

Instructor: Megan Shean
Time: 9:00 am - 4:00 pm
Ages: 11 - 15
Location: Town Hall, Community Room
Fee: \$80, **includes the required handbook**

Session #	Date
Session #1	Saturday, October 19th
Session #2	Saturday, April 4th



Teen Zumba

Achieve your fitness goals and get healthy with Zumba, a Latin inspired cardio dance fitness class using easy-to-follow moves. All fitness levels are welcome, no experience necessary. Exercise should be fun - so ditch the workout and join the party! **Teens only!**

Instructor: Jill Brown
Day: Thursdays
Time: 5:30 - 6:30pm
Ages: 13 - 18
Location: Rowe School, Gym

Session	Dates	Skip	Fee
Fall	9/12 - 11/14	10/31 & 9/26	\$106
Winter	1/9 - 4/2	2/20	\$160
Spring	4/9 - 6/25	4/23	\$145



Youth Enrichment

Brixology & Engineering

The Mad Science BRIXOLOGY Program sets the foundation for our next generation of makers! This program is unlike any Bricks program your child has ever done! Kids learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO® bricks. They learn about aerospace engineering while assembling a space station. They explore mechanical engineering as they build boats and vehicles. That's not all, from carnival rides to drawing machines, mechanical animals to truss bridges, your future engineer will build upon their creativity to solve real-world design challenges, while developing their problem-solving and team-building skills. Let the tinkering begin!

Secret Agent Lab

Look out 007! Secret Agent Lab is in session! Students will learn about forensics, evidence gathering and analysis, while building their skills of recall and observation. These gumshoes will develop the tools of the trade to sniff out forgeries and counterfeits. This is the perfect class for students who are seeking to learn how investigative science relates to their world. Students will become spies in training and learn that detectives are really just scientists in disguise!

Energize It

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

Instructor: Mad Science Staff
Time: 3:50 - 4:50 pm
Location: YES, Art Room

Day: Wednesdays
Grades: K - 4
Please bring a daily snack!

Program	Dates	Skip Dates	Fee (NFW)
Brixology	10/2 - 11/20 (8 Weeks)		\$122
Secret Agent Lab	1/22 - 3/18 (8 Weeks)	2/19	\$122
Energize It	4/8 - 6/3 (8 Weeks)	4/22	\$122

Jr. Naturalists

Join a Maine Audubon educator for 6 jam-packed weeks of nature exploration and naturalist skill-building. Students will work to develop skills such as tree identification, observation, birding by ear, and more, all while forming connections and relationships with the natural world. Each session will focus on a different topic or theme in nature study, designed to build understanding as the program progresses. At the end of the sessions, participants will have grown an important set of skills key to living with, and protecting, wildlife habitat in here Maine.

Instructor: Maine Audubon Staff
Dates: Thursdays, September 19 - October 24
Grades 2 - 4
Fee: \$100

Time: 3:45 - 5:30pm
Location: Royal River Park
(Meet at Rowe School Playground)

Youth Enrichment

Zumba Kids at YES

ZUMBA KIDS is a great opportunity to introduce children to different styles of dance and a variety of culturally diverse music from around the world. Dance is a fantastic form of exercise and a perfect way to release pent up energy at the end of a school day in a supportive environment. **Participants should bring sneakers and a water bottle daily.**

Instructor: Jill Brown
Time: 3:30 - 4:30 pm
Location: YES, gym

Day: Mondays
Grades: 2-4

	Dates	Skip	Fee
Fall	9/9 - 11/4	10/14	\$138
Winter	1/6 - 3/16	1/20, 2/17	\$155
Spring	3/30 - 6/8	4/20, 5/11	\$155

Lego Sports Fun!

Join us for this 8 week session as we build the players and equipment of some fun athletic activities. Our weekly Lego builds will include a baseball player, fisherman, race car and a jet ski. Classes begin with a short lesson specific to the theme, followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Instructor: Tracy Carrier
Dates: Mondays, September 30 - December 2
(Skip 10/14 & 11/11)
Time: 3:45 - 4:45 pm
Grades: K - 4
Location: YES, Art Room
Fee: \$115

Zumba Kids at ROWE

ZUMBA KIDS is a great opportunity to introduce children to different styles of dance and a variety of culturally diverse music from around the world. Dance is a fantastic form of exercise and a perfect way to release pent up energy at the end of a school day in a supportive environment. **Participants should bring sneakers and a water bottle daily.** There will be a performance during the last class for friends and family to attend.

Instructor: Jill Brown
Time: 3:30 - 4:30 pm
Location: ROWE, gym

Day: Wednesdays
Grades: K - 1
Fee: \$155

	Dates	Skip
Fall	9/11 - 11/6	
Winter	1/8 - 3/18	1/22, 2/19
Spring	4/1 - 6/10	4/22, 5/13

Lego Winter Fun!

Join us for this 8 week session where we build things associated with winter! Our weekly Lego builds will include a hockey player, polar bear, snow plow and an igloo! Classes begin with a short lesson specific to the theme, followed by students creating their own build of the week. Once their individual project is completed to their liking, students can free build with a huge assortment of Lego bricks!

Instructor: Tracy Carrier
Dates: Mondays, January 27 - March 23 (Skip 2/17)
Time: 3:45 - 4:45 pm
Grades: K - 4
Location: YES, Art Room
Fee: \$115

NERF Games

Battle against your friends in a friendly game of NERF Games! Participants will engage in a variety of fun NERF challenges and battles. So come hang with your friends, release some energy and go to battle! Sunday, March 31st will be a Mom & Son challenge! **Participants must provide their own NERF blasters, NERF darts, and required protective eyewear. Pre-registration is required and space is limited so sign up early!**

Instructors: YCS Staff
Day: Saturday
Location: HMS, Gym
Grades: 2 - 6
Fee: \$10 per person

Session	Dates	Time
NERF Friends	11/2	1:00 - 2:30pm
NERF Moms & Sons	3/28	1:00 - 2:30pm

Protective eyewear is required for entry. Participants provide their own blasters and darts.

Youth Creative Outlets

Art in the Afternoon 2D

This is our 16th year of Art in the Afternoon! Explore art in 2D through several types of media. Children will build confidence & character through self expression; students will learn about color, value, design & composition through age appropriate activities. Every session is different! Come see what's new! Please bring a snack, water & your imagination! Smocks will be provided.

Dates: Thursdays, September 26 - November 14

Fee: \$105

Art in the Afternoon - Mini Session!

In this mini-session, students can expect to create a few projects based on winter & the holiday season. We will experiment with different kinds of media & focus on how to express mood throughout texture & color. This laid-back session is a great introduction to what Art in the Afternoon is all about!

Dates: Thursdays, November 21 - December 19 (Skip 11/28)

Fee: \$65

Art in the Afternoon - Winter Extension

The Winter Extension of 'Art in the Afternoon' explores many types of media, with a focus on fiber arts & various 3D concepts. Students will work on weaving, batik, & other textile projects while learning about shape, line, color, & texture.

Dates: Thursdays, January 9 - February 13

Fee: \$85

Art in the Afternoon - 3D

Explore Art in 3D through several types of media. This class is paper mache heavy, but also focusses on hand-built ceramics, kinetic sculpture, & more! Students will learn about artists, styles, movements, & techniques while creating their own one-of-a-kind works!

Dates: Thursdays, February 27 - April 16

Fee: \$105

Art in the Afternoon - Spring Extension

The spring extension of 'Art in the Afternoon' is an exploration of modern & contemporary art. It focuses on abstract painting, form, & the art in our everyday lives. Projects include painting on canvas, environmental/outside art, illustration, & even performance art.

Dates: Thursdays, April 30 - June 4

Instructor: Donna Marie Flanders

Grades: K - 4

Fee: \$85

Time: 3:45 - 5:15 pm

Location: YES, Art Room

Movie Making!

Over 7 weeks students will work together to write, act and star in an original short films. Films will accomplished in live action style filmmaking. Participants will design their film's setting, create an original character and write a screenplay as a team. Students will take on leadership roles as actors, directors, camera operators and editors. In post-production students will use iMovie editing software to polish their work, score their movie with a musical soundtrack, add sound effects and create titles and credits. The course will culminate with a film screening in true Hollywood style!

Instructor: Kate Nicoll & Laura Cowie

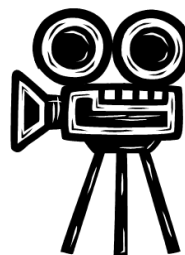
Dates: Thursdays, September 26 - November 7

Time: 3:30pm - 4:45pm

Grades: 2 - 4

Location: YES, Room # TBD

Fee: \$120



Youth Enrichment

Logical Thinking and Programming for Elementary Students

This is for any 2nd, 3rd and 4th graders who are interested in learning the basics of logical thinking and programming. We will use Lego WeDO robotics kits, and programs including Stykx, Scratch and others that can be done on iPads or laptops. Students will develop simple programs and basic ideas of interactions between commands and consequences.

Instructor: Todd Abbott
Dates: Wednesdays, January 8 - February 4
Time: 3:30pm - 5:00pm
Grades: 2 - 4
Location: YES, Room 101
Fee: \$78

Girls Who Code

This course is designed to introduce 2nd - 4th grade girls to the basics of coding and programming. We will use Lego WeDO robotics kits, and programs including Stykx, Scratch, Scratch Jr. Hopscotch and Kodable. Students will develop simple programs and basic ideas of commands, parameters and algorithms.

Instructor: Todd Abbott
Dates: Wednesdays, April 22 - May 20
Time: 3:30 - 5:00pm
Grades: 2 - 4
Location: YES, Room 101
Fee: \$78

Youth Hapkido

Hapkido: Beginner through Yellow Belt

Hapkido is the Korean art of self defense. Students ages 5 and up will learn the techniques and gain the skills required to advance to yellow belt and beyond. With a blend of beginner martial arts and personal safety awareness, this curriculum builds confidence, coordination and focus. This Hapkido program is now in its 24th year with YCS, and is taught by Master Sheryl Glidden, 6th degree Hapkido black belt, tested and certified at the Jungki Kwan in Dague City, South Korea.

Instructor: Sheryl Glidden
Day: Tuesdays
Time: 3:45 - 5:00 pm
Ages: 5 and up
Location: Rowe, gym
Fee: \$85

Session#	Dates	Skip
Session #1	9/17 - 10/15	
Session #2	10/22 - 11/19	
Session #3	12/3 - 1/14	12/24 & 12/31
Session #4	1/21 - 2/25	2/18
Session #5	3/3 - 3/31	
Session #6	4/7 - 5/12	4/21
May 19, 2020 - Rank Test and Celebration!		

Hapkido: Green Belt - Junior Black Belt

This course is for students who have already achieved a minimum of green belt rank. *Hapkido* requirements for advancing to blue belt and above will be taught in conjunction with beginning requirements for *Kuhapdo*, Korean sword art.

Instructor: Sheryl Glidden
Day: Wednesdays
Time: 3:45 - 5:00 pm
Level: Green Belt and above
Location: YES, gym
Fee: \$85

Session #	Dates	Skip
Session #1	9/18 - 10/16	
Session #2	10/23 - 11/20	
Session #3	12/4 - 1/15	12/25 & 1/1
Session #4	1/22 - 2/26	2/19
Session #5	3/4 - 4/1	
Session #6	4/8 - 5/13	4/22
May 19, 2020 - Rank Test and Celebration!		

Youth Fun & Fitness

YES Fitness Fun

Children will have a lot of fun enjoying this opportunity for exercise and fitness. Get involved in an afternoon filled with structured games and activities that will enhance all areas of physical fitness.

YES Game on Girls

Game On Girls is designed to promote a healthy attitude towards playing games and having fun! Come be competitive, creative, and confident moving and grooving!

Instructor: Meg Pachuta Time: 3:20 pm - 4:45 pm Grades: 2 - 4 Location: YES, gym

Program	Dates	Day	Fee	Min/Max	Skip
Fitness Fun #1	9/17 - 10/15	Tuesdays	\$65	10/24	
Fitness Fun #2	10/22 - 11/19	Tuesdays	\$65	10/24	
Fitness Fun #3	11/26 - 1/7	Tuesdays	\$65	10/24	
Fitness Fun #4	1/14 - 2/11	Tuesdays	\$65	10/24	
Fitness Fun #5	2/25 - 3/24	Tuesdays	\$65	10/24	
Fitness Fun #6	3/31 - 5/5	Tuesdays	\$65	10/24	4/21
Fitness Fun #7	5/12 - 6/2	Tuesdays	\$52	10/24	
Game on Girls #1	9/19 - 10/17	Thursdays	\$65	10/24	
Game on Girls #2	10/24 - 11/21	Thursdays	\$65	10/24	
Game on Girls #3	12/5 - 1/9	Thursdays	\$52	10/24	12/12
Game on Girls #4	1/16 - 2/13	Thursdays	\$65	10/24	
Game on Girls #5	2/27 - 3/26	Thursdays	\$65	10/24	
Game on Girls #6	4/2 - 5/7	Thursdays	\$65	10/24	4/23
Game on Girls #7	5/14 - 6/4	Thursdays	\$52	10/24	

Rowe Fitness Fun

Join the Rowe physical education teacher, Mr. Lipman, for some after school fun and exercise. Having physical education class once a week is just not enough. Get involved in an afternoon filled with structured games and activities that will enhance all areas of your child's physical fitness. Enjoy familiar favorite games and learn some new ones too!

Instructor: Zach Lipman

Day: Thursdays

Time: 3:30 pm - 4:45 pm

Grades: K - 1

Location: Rowe, gym

Session #	Dates	Skip	Fee
Session #1	9/12 - 10/10	9/26	\$52
Session #2	10/17 - 11/14		\$65
Session #3	11/21 - 1/2	11/28 12/26	\$65
Session #4	1/9 - 2/6		\$65
Session #5	2/13 - 3/19	2/20	\$65
Session #6	3/26 - 4/30	4/23	\$65
Session #7	5/7 - 6/4		\$65

Due to the popularity of the Rowe and YES Fitness Fun programs we are implementing a lottery system for the opportunity to participate in the Fitness Fun sessions. Please log on to www.yarmouthcommunityservices.com and register your child for each of the "Fitness Fun Lottery" sessions that your child is interested in. All the names of those registered will be put in a lottery and randomly selected. Those students selected will be notified and given the opportunity to register.

Session	Pull Date	Pay by Date *
Session 1	9/6	9/9
Session 2	10/1	10/10
Session 3	10/1	10/10
Session 4	1/2	1/7
Session 5	1/2	1/7
Session 6	3/20	3/23
Session 7	3/20	3/23

*All Fitness Fun Lottery sessions will remain open until the drawing date.

*All sessions must be paid by noon on dates listed above. If unpaid by noon on pay by date, you will be automatically removed from the session.

Youth Skiing

Shawnee Peak—Tuesday Trips

Join us Tuesdays from January 9th through February 13th as we hit the slopes for skiing under the lights at Shawnee Peak. A Custom Coach Bus will pick students up immediately following YHS & HMS dismissals.

Options include: Transportation Only: \$174
 Lift & Transportation: \$336
 Lift, Rental & Transportation: \$456
 ***Registration Deadline: December 2nd**

Dates: Tuesdays, Jan. 14 - Feb. 25
 Skip 2/18
Grades: 5 - 12
Depart: HMS at 2:50pm sharp
Depart: YHS 3:00pm sharp
Return: 8:15pm to HMS front door

Want Lessons? Sign up for 1, 3, or 6...it's your choice.
 \$20 for week 1 only, \$60 for weeks 1-3, \$120 for weeks 1-6.

****Must call to register****

Youth Nordic Ski Instruction

Learn how to Nordic ski this winter - both classic and freestyle techniques for recreation skiing and future ski teams. Each participant will need at least one pair of Nordic poles and ski boots. **Please note, waxable skis can be adapted for skating, which is not the case for waxless skis with fish-scale bottoms. Volunteers needed. Please contact YCS at 846-2406 to assist this program.**

Instructor: TBA
Dates: January - March 2020
Time: 3:45 pm - 4:45 pm
Location: Winslow field

Days: Two weekday practices
Grades: 3 - 6
Fee: \$85

**Coach Needed -
Paid Position**



Youth Nordic Ski Equipment Rentals

Ski with us or ski on your own...rent this top notch equipment at a great value and you won't have to keep up with your growing student's sizes each year! Offered as a partnership with Outdoor Sport Institute and YCS, equipment is used throughout the season from approximately the end of December through the middle -to-the-end of March.

Registration Deadline is December 2nd

Important date:
Please stop by the YCS office with your student to be measured BEFORE Wednesday, November 27.

Grades: 1 - 8
Fee: \$80 for the season includes boots, poles, and skis.

Snowshoe Rentals

YCS has Snowshoes available to rent throughout the winter months. Kids and adult sizes are available! Stop by the YCS office to rent your pair today.

Price: \$5/day



**Snowshoes must be picked-up during normal business hours:
8:30am - 4:30pm Mon. - Fri.**



Youth Basketball

Grade K - Coed

Rich Smith returns to run this popular Saturday morning program designed to introduce the game of basketball to children in kindergarten and first grade. Emphasis is placed on skill development and learning the concept of team play while having fun!

Instructor: Rich Smith

Dates: Saturdays, Dec. 14 - Jan. 25 (**skip 12/28**)

Time: 8:00 - 9:00 am

Grades: Kindergarten

Location: HMS, gym

Fee: \$50



Grades 1 & 2 - Boys & Girls

Gear up for winter basketball with a Saturday morning hoop clinic (**see schedule below**). Following the clinics, players will be placed on teams that meet on Saturday mornings to participate in additional skill development clinics with coaches. Some scrimmage play will be offered, however emphasis is on skills, drills and learning the game.

In the event that we are unable to form gender specific teams, co-ed teams will be created.

Dates: Saturdays, Dec. 14 - Feb. 8 (**skip 12/28**)

Times: Practices and games are usually
between 9:00 am - 1:00 pm

Grades: 1 - 2

Location: YES, gym

Fee: \$60



Grades 3 & 4 - Boys & Girls

Get a jump start on basketball with this YCS hoop clinic, focusing on skill development. Following the clinic, players will be divided into teams by gender and grade. Games begin in early December and end in February. Times and locations will vary; schedules will be distributed by the coaches. Games will be played on 9-foot baskets. **Teams will have 1 weeknight practice per week.**

Dates: Saturdays, Dec. 14 - Feb. 8 (**skip 12/28**)

Time: Games are usually between 8 am - 1 pm

Grades: 3 - 4

Location: Rowe, Gym & Freeport Gyms

Fee: \$60



Volunteer Coaches & Referees Needed Training is available!

Note to Parents: The YCS youth basketball program is designed to meet the needs of all basketball players in grades K - 4. In order to provide adequate sports programming for Yarmouth youth we need the help of parent volunteers. Please help us continue our tradition of quality sports programming and give us a call at 846-2406 to volunteer. Thank you for your interest and support.

Please notify us of your interest by November 1.

Coaching Clinic information will be forwarded to all interested coaches.



Grades 1- 4 Basketball Clinic Saturday, December 7, 2019

Clinic Level:

Boys grades 1 & 2

Girls grades 1 & 2

Girls grades 3 & 4

Boys grades 3 & 4

Clinic Schedule:

8:00-9:00 am @ HMS

9:00-10:00 am @ HMS

10:00-11:00 am @ HMS

11:00am-12pm @ HMS

All clinics conducted by Rich Smith.

Grade	Deadline
Kindergarten - Coed	Nov. 29
Grade 1 - Girls	Nov. 1
Grade 2 - Girls	Nov. 1
Grade 3 - Girls	Nov. 1
Grade 4 - Girls	Nov. 1
Grade 1 - Boys	Nov. 1
Grade 2 - Boys	Nov. 1
Grade 3 - Boys	Nov. 1
Grade 4 - Boys	Nov. 1

Youth Basketball

5th & 6th Grade Boys & Girls Travel

Basketball League

5th and 6th grade basketball players will be entered in a local travel league involving teams from nearby towns. If we have enough players for multiple teams in the same grade, we will divide them into balanced teams. Practices will begin in early November. Teams will practice two nights during the week and have games on Saturday and/or Sunday. Although this is a competitive league, player development and good sportsmanship is stressed.

Instructors: Volunteer Coaches

Fee: \$115

Location: HMS

Evaluation Day/Time:  TBA (If needed)

Practice/Game Schedule: TBA

7th and 8th Grade Travel Basketball

League

7th and 8th grade basketball players will be entered in a local travel league involving teams from nearby towns. If we have enough players for multiple teams in the same grade, we will divide them into balanced teams. Teams will practice two nights during the week and have games on Saturday and/or Sunday. The 7th and 8th grade travel season will be opposite of the school basketball league. The girls' season will be November to December and the boys' season January to February. Though this is a competitive league, player development and good sportsmanship is stressed.

Instructors: Volunteer Coaches

Fee: \$115

Location: HMS

Evaluation Day/

Practice/Game



Time: TBA (If needed)
Schedule: TBA

**7th & 8th Grade Girls
Travel League
begins in January 2020.**

Co-Ed Middle School Bootcamp Basketball

Get a jumpstart on the upcoming basketball season with four "Basketball Bootcamp" session run in the fall by YHS Boys Varsity Coach, Jonas Allen. These 90 minute sessions are intense, fast paced, and designed to assist young players transition from fall sports into their travel and/or middle school basketball seasons. We will compete, have fun, and helping players build the fundamentals and intensity they need to thrive on the court.

Instructor: Jonas Allen

Time: 5th & 6th grade 4:00 - 5:30pm

7th & 8th grade 5:30 - 7:00pm

Dates: Sundays, October 6 - 27

Location: HMS, Gym

Fee: \$25 per session or \$85 for all 4 sessions

Half Pint Hoops

This program is designed to introduce children to basketball, the fun way. Children will learn rules, keywords and how to play the game, as well as participate in skill developing games throughout the session. **A parent must be present at all times and will participate in the class.**

Instructor: TBD

Time: 5:00 - 5:45 pm

Location: Rowe, gym

Dates: Mondays, April 6 - May 4 (**no class 4/20**)

Ages: 3 - 6

Fee: \$50

Youth Baseball

Co-Ed Tee Wee Baseball

Tee Wee Baseball is a coed program for 4 year olds which involves hitting a soft ball from a tee. Players are informally taught the basics of baseball by YCS staffers and volunteers, with emphasis on generating enthusiasm about the game of baseball in a safe and fun environment. ***Participants must be 4 years old by May 8th, 2020. Space is limited; sign up early! Parent participation is encouraged!***

Instructor: Mike Caron & Bob Priest
Time: 4:00 - 4:45 pm
Location: Royal River Park

Dates: Thursdays, May 7 – 28
Age: 4
Fee: \$40



Tee Ball

This coed program for children ages 5 and 6 provides play in simulated games with help from parent coaches while hitting a soft baseball from a tee and learning the basic rules of baseball. Children are encouraged to have fun while learning the team concept. ***Registration deadline is March 30th. Players must be 5 years old by April 27th, 2020.***

Coaches: **Volunteer coaches needed!**

Dates: April 27- June 3 (skip 5/29)

* Game Days: Wednesdays at 5:30 pm

* Practice Days: Mon. b/w 5:15-7:00 pm

Ages: 5 - 6

Location: YHS Field Hockey Fd, near YHS Tennis

Fee: \$50

***Subject to change**



Instructional League

Children ages 7 and 8, play with a soft baseball pitched by coaches in this coed instructional league. Emphasis is placed on teaching skills and introducing the rules of baseball, where sportsmanship and fun are stressed, rather than winning. ***Registration deadline is March 27th. Players must be 7 years old by April 28th, 2020 or 6 yr old players with 1-yr experience of YCS Tee-Ball may play YCS Instructional League.***

Coaches: **Volunteer coaches needed!**

Dates: April 28- June 13

* Game Days: Saturday - 5:00 or 6:00 pm

* Practice Days: Tues. or Thurs. b/w 5:00 - 7:00 pm

Ages: 6 - 8

Location: YHS Field Hockey & North Road

Fee: \$50

***Subject to change**



Volunteer Coaches Needed!

In order to provide adequate and affordable sports programming for Yarmouth youth, we need the help of volunteer parent coaches. Please help us continue our tradition of quality sports programming and give us a call at 846-2406 if you are available and interested in being a volunteer baseball, basketball, lacrosse or running coach. Thank you for your interest and support! Please notify us of your interest to help with a team by April 1st or there is a possibility that leagues/sports could be eliminated or limited.

Youth Lacrosse

Indoor Sticklets Lacrosse

This is a time to practice and learn the game of Lacrosse through basic skills and drills and "team" play. Players will practice throwing, catching, cradling, shooting and dodging. These are all aspects of lacrosse needed to play a game. Players will also be introduced to team offence and team defense through small sided scrimmages. Participants will meet coaches afterschool at the entrance to the Rowe school gym. **Please bring a water bottle and sneakers. Protective eye wear is required. Sticks will be provided by YCS, and returned at the end of each class.**

Instructors: Jill Thomas
Time: 3:30pm - 5:00pm
Fee: \$92

Dates: Mondays, January 6 - February 10 (Skip 1/20)
Location: Rowe School, Gym
Grades: K - 1

Team Sticklets

Learn the game of lacrosse and basic skills through team play. Players will learn how to hold the stick, throw, catch, cradle, shoot and dodge. During the program players will progress to basic defense, team offense and scrimmages. Program will be coached by Yarmouth High School Coaches. **Participants must provide their own protective eyewear. Please inform YCS at registration if you need to borrow a stick.**

Instructors: YHS Varsity Lacrosse Coaches & Team
Time: 8:00 - 9:00 am
Fee: \$75 (includes reversible shirt)
**Save \$10 if you already have the reversible shirt*

Dates: Saturdays, May 2 - 23
Location: YHS, Turf Field
Grades: K - 2

Boys/Girls Travel Lacrosse Team

Emphasis will be on individual skill development with an introduction to game concepts in this youth lacrosse program. All players are welcome and will be placed on gender and age appropriate teams which will practice two times a week and participate in games and tournaments on the weekends. The program begins in late April and will conclude in June. **Players need to provide their own equipment. Boys need shoulder pads, arm pads, helmet, gloves, mouth piece and stick. Girls need mouth guard, eye guard and stick.**

Grades: 3 - 6
Fee: *\$120 (LFW) (includes reversible shirt)
**Save \$10 if you already have the reversible shirt*
Sorry, no on-line registrations for this program.

**Registration Deadline
is February 28th**



Yarmouth Community Garden



Enjoy a meal with your neighbors and support the
Yarmouth Community Garden

17th Annual Harvest Dinner & Silent Auction

Wednesday, October 16th, 2019 at Yarmouth High School Cafeteria

Dinner served 5:00 pm to 7:00 pm

Tickets available at the door.

Adults: \$10. Children under 12: \$5.

Good food with kid-friendly activities, silent auction, & raffle

On the menu:

Pasta with tomato primavera or homemade pesto, meatballs, green salad, local artisan bread, homemade apple crisp with local apples, vanilla ice cream and beverages.

Dinner proceeds fund the community garden, which provides organic produce to the Yarmouth Community Food Pantry, Meals on Wheels, Yarmouth senior housing, and the Lunch Crunch program for children.

Come grow with us in 2020!

- 10' x 10' sunny organic garden plots for rent: \$40 per plot.
- Plots include fencing, tools, water, compost, gardening advice.
- Plot sign up begins January 1st. Annual Spring Orientation in April 2020, Date TBD.
- Renters volunteer in the community garden where we grow organic vegetables for distribution to local food programs.
- Summer Explorers camp and children's activities
- Community members are welcome to tour the gardens and volunteer at any time.

Yarmouth Community Garden is located on East Main Street at the Frank Knight Forest.

Find out more at our new website:
www.yarmouthcommunitygarden.org

Yarmouth Historical Society

YARMOUTH HISTORY CENTER



= FALL LECTURE SERIES



Tuesday, September 17, 7:00 pm

WPA Post Office Murals in Maine ~ Sarah Jane Wallace, Independent Art Historian



Monday, October 21, 7:00 pm

Archaeology of Casco Bay ~ Arthur Spiess, Senior Archaeologist, Maine Historic Preservation Commission



Tuesday, November 19, 7:00 pm

Topics in Cumberland County History ~ Winners of The Wellcome Prize for High School Student Historians (Contest information and \$1,000 prize details at: <https://www.yarmouthmehistory.org>)



Yarmouth History Center & Stonewall Gallery, 118 East Elm Street
Hours: Tuesday—Saturday 10:00am to 5:00pm yarmouthmehistory.org
The lecture series is sponsored by the Leon and Lisa Gorman Fund.

We Want Your Feedback

Coming soon! Look on our website for surveys regarding the Bark Park & YCS programs.

www.yarmouthcommunityservices.org



If you have a program idea please submit a course proposal for our summer activity guide. Deadline to submit: **February 1st, 2020**. We would love to hear from you!

www.yarmouthcommunityservices.org/employment-opportunities

Looking to get involved with YCS?
Join a group to plan for YCS's 40th Birthday!



Community Bulletin Board

Loan Closet

Yarmouth Health Council loans free of charge health aides such as wheel chairs, commodes, beds, walkers, crutches and more.

We are always looking for high quality equipment that you no longer need. Donations are tax-deductible and your help to our neighbors in need is greatly appreciated.

To request or donate:
Please call YCS at 846-2406.

Yarmouth's Village Improvement Society

The Village Improvement Society was organized in 1911 *"to protect and improve the natural advantages and the pleasing appearance of Yarmouth, to excite and foster an interest and love of our town and to promote the prosperity...the happiness and well-being of the residents and to enter into and engage in any work that will aim to accomplish this end."* All are welcome to attend meetings and seminars. For more information, please visit us at www.yarmouthvis.org or contact Linda Grant at lsgrant866@aol.com.

Pay as you Throw

In April, Town Council voted to adopt a pay as you throw (PAYT) program, which is expected to start in 2020. Under the new system, residents must buy a special bag for trash—recycling remains free. This affects residents who dispose of trash at the Transfer Station and residents who use curbside collection. Bag fees have not yet been determined. To learn more, go to: yarmouth.me.us/payt

SPONSOR OUR SUMMER ARTS SERIES

In 2019, the Yarmouth Community Services Summer Arts Series continued the tradition of hosting 2 movie nights, a month filled with daytime youth performances, and family-friendly evening performances.

Join Village Improvement Society, Pat's Pizza, Estabrook's, Clayton's Café & Bakery, Yarmouth Chamber of Commerce, Taymil Partners, and North Yarmouth Academy as one of our sponsors! Your business logo will make our next Spring/Summer activity guide that reaches all Yarmouth households. Sponsorship deadline is February 1st. Additional information is available by calling 846-2406 or by email at:

kmacneill@yarmouth.me.us



Do you need help finding resources to support your family?

The YCAN "Resource Guide" describes a number of regional resources that can offer help. You may obtain a copy from:

- the YCAN web site (listed below)
- Yarmouth Town Hall (200 Main St.)
- Merrill Memorial Library (215 Main St.)
- your school's main office, or social worker:

Yarmouth Elementary & Rowe: Mrs. Gross

Harrison Middle: Mrs. Parr

Yarmouth High: Ms. Tripp

If you would like to assist YCAN in supporting our neighbors in need, we welcome your time, talent, and/or treasure.

Telephone: 207-838-2261

Email: ycan@YarmouthCAN.org

Website: YarmouthCAN.org

Yarmouth Cares About Neighbors (YCAN)

Connecting Yarmouth residents in need with resources that can help

Maine's Fastest Mile

Sponsored by the Rotary Club of Yarmouth

Challenge yourself to this 1 mile race!

No experience needed.

Saturday, December 7, 2019

Race options available at:
www.YarmouthMERotary.org

FMI: Race Director, David Wilson
YarmouthRotaryME@gmail.com
(207) 229-2773

Community Bulletin Board

Town of Yarmouth Household Hazardous Waste Collection Day

Saturday, September 14th

8:00 am - 1:00 pm

North Road Fire Station

Yarmouth Residents Only

Town of Yarmouth Medication Collection Day

Saturday, October 26th 10am - 2pm

Collection box always available in the

Yarmouth Police Dept. Lobby

For More Information Please call #846-3333

Free Disposal Week at the Transfer Station

The Town will be holding a Free Disposal Week at the Transfer Station and Recycling Center **beginning on Saturday, September 7 - Sunday, September 15th (Closed on 9/10 & 9/11)**

There will be no fees for the items listed below during this week to Residents. There will be a fee for tires and 20 lb. propane cylinders, a reduced rate of \$2.00 each. Commercial truck tires (20" and up) along with equipment tires will be \$10.00 each. Tires and propane cylinders can be paid for by punch card. No cash will be accepted at the facility. *TV's, Computers, Monitors, Keyboards, Mouse, CPU's, Laptops, Printers, Scanners and UPS's* will be accepted during this time.

Don't Forget to VOTE!

November 5, 2019

Polls open 7:00 am - 8:00 pm

AMVETS Hall, 148 North Road



Check out
www.yarmouth.me.us
for Election and
Voter Registration
information.

Yarmouth Fire Rescue Annual Open House

Wednesday, October 9th 4-7pm

North Road Fire Station

YARMOUTH FIRE-RESCUE

**NEEDS LOCAL
VOLUNTEERS NOW!**

Provide service to your community; learn valuable skills that could save a loved one or neighbor; meet other civic minded members of our town; and challenge yourself. **BECOME A VOLUNTEER FIRE-FIGHTER OR EMS PROVIDER! Call YFR 846-2410.**



Dog Licenses

Available October 15th - January 31st only.

http://www10.informe.org/dog_license/closed.html

Registration is required for all dogs 6 months & up. A rabies certificate and proof of spaying or neutering must be presented when applying for license.

All dog licenses expire Dec. 31st of each year.

Renewal of licenses for 2020 begins on 10/15/19

On-line Services for Residents

Autos, driver's licenses and IDs can be renewed on line. Vanity license plates; ATV and snowmobile registrations; hunting and fishing Licenses; and dog licensing can also be completed on line. Go to **www.yarmouth.me.us** to find links to various agencies that offer online license renewals.

**ATV/Snowmobile Registrations,
Boat Registration Renewals, Burning Permits,
Dog Licenses, Hunting & Fishing Licenses and
Motor Vehicle Renewals.**

Yarmouth Aging in Place Planning Committee

Join interested Yarmouth residents as we meet and carry out ideas to support seniors who wish to remain in their homes & in our community.

Contact Leigh Kirchner, AIP Project Manager
leighmk2050@gmail.com
(207) 712-7244

Yarmouth Community Services
200 Main Street
Yarmouth, ME 04096

U.S. Postage
Paid
Permit No. 5
Yarmouth, ME 04096
ECR-WSS

Postal Patron
Yarmouth, ME 04096

It's All Inside! Save the Date!

- ♦ **Harvest Festival & Pumpkin Run**
Saturday, October 26th - Royal River Park
- ♦ **Yarmouth Fire & Rescue Open House**
Wednesday, October 9th
- ♦ **17th Community Garden Harvest**
Dinner - Wednesday, October 16th
- ♦ **Town Voting - November 5th**
- ♦ **39th Annual Community Carol Sing & Tree Lighting**, December 7th, 5pm
Town Hall Memorial Green
- ♦ **9th Annual SANTA WALK!**
Tuesday, December 24th
- ♦ **30th Annual Valentine Dance**
Sunday, February 9th
- ♦ **32nd Annual Scavenger Hunt**
Friday, March 20th
- ♦ **33rd Annual Easter Egg Hunt**
Saturday, April 11th
- ♦ **Look for YCS's 40th Birthday Celebration coming next summer!**



*Creating community through
people, parks and programs.*

RESIDENT On-line Registration begins 8:30am on August 30th

RESIDENT walk-in, phone & mail registration begins September 4th

NON-RESIDENT registration begins September 10th