

26 North High St. Bridgton, ME 04009

BRIDGTON

Call or Text 207-647-1126 rec@bridgtonmaine.org

Old Town Hall Gym



Town Ice Rink



DIRECTOR OF RECREATION - *Gary Colello*

RECREATION

RECREATION PROGRAMMER - *Tyler Breton*

Visit <https://bridgtonmaine.org/bridgton-recreation/>

For Building Programs and Schedule



PICKLEBALL

Jumping James Exercise

OPEN GYM



ZUMBA

With Allison *Extra Fee



Table Tennis



FUTSAL



TAI CHI MAINE



WALKING



OPEN TO THE PUBLIC - Donations Accepted



Town Hall Programs

Please Change into A Different Pair of Sneakers – Your Donation Is Most Appreciated – 13 And Younger Must Be Supervised At All Times

- **Jumping Janes Exercise**
 - Regular Exercise is so important to live a long healthy life that is why this group focuses on basic exercises geared for beginners, seniors, and that person “just getting back into it”.

- **Tai Chi Maine**
 - **Set Practice**
 - This class offers open practice sessions where students who have already learned the 108 moves of the Tai Chi Form of Master Moy Lin-Shin can get additional help and practice. Students determine which of the moves to concentrate on during a given session. You will have an opportunity to improve each move in order to derive maximum relaxation and health benefits. The class will do at least one complete set of the 108 moves at each practice session. Even if you are new to Tai Chi Maine, or a new graduate of the Beginner Class, you will feel comfortable with this group and will have many people in the class to help you
 - **Beginner Class**
 - This class offers beginner's instruction on each of the 108 moves of the Tai Chi Form of Master Moy Lin-Shin, and Qigong breathing techniques. You are welcome and will feel comfortable in joining the class at any point. In addition to the encouragement and support of your fellow students; guides and corners are available to help you at each step along the way
 - **Practice**
 - Everyone can practice moves and get extra help with any move they wish. As always, experienced guides will be there to help. All experienced folks are encouraged to attend the practice to get to know our beginning students and to practice an refine their own moves

- **Table Tennis**
 - Welcomes anyone! The group includes everyone from beginners to USATT rated players. There is no membership. Just show up with tennis shoes and interest and we will supply the tables, paddles, balls at no cost.

- **Pickleball**
 - For All Ages, A paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. A fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Played as doubles or singles.

- **Toddler Playgroup**
 - Our play group has it all! Come join us and use our bounce house jungle gym, cars, playdough, oversized dominos, scooters, art projects, and more! Open to all of our youngest friends!

- **Walking**
 - Living in Maine can be tough to walk outdoors. Walk with us in the Town Hall and stay active and moving when the weather is not so great outside!

- **Zumba with Allison**
 - Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness. Come join Allison and start each week off right! *Extra Fee

- **Futsal**
 - Futsal is an exciting, fast-paced small sided soccer game that is played across the world and is officially recognized by both FIFA and UEFA. This program is open to 5th through 8th grade with ability to expand with interest.

Calendar Link

https://calendar.google.com/calendar/embed?src=31ipgcsphnbrogai8h7vh9ch20%40group.calendar.google.com&ctz=America%2FNew_York

Town Website

<https://bridgtonmaine.org/bridgton-recreation/>