

GET OUTSIDE, ENJOY THE PARKS & BEACHES



Swim, Hike, Kayak, Fish, ATV, Play Ball, BBQ



Register Now

@ bridgtonmaine.org



**Pre-K
Kindergarten
1st through 6th Grade**

**DEADLINE
August 19
Season Start
August 29**

Coaches Needed All Levels

B BRIDGTON RECREATION

Gary Colello, Director of Recreation 207-647-1126 rec@bridgtonmaine.org

BRIDGTON REC

BEFORE AND AFTER SCHOOL CARE



PLAY, LEARN, GROW, TOGETHER

Before and After School Enrichment Program Registration is Open!
\$110 Per Month Every Day We Are Open Through The School Year!
Or we have a daily rate for drop in (if space allows)
Register Now @ bridgtonmaine.org



Stevens Brook Elementary School
RUN CLUB
Sponsored By Bridgton Recreation



TUESDAYS'S AFTER SCHOOL

3:15 - 4:15 PM. K-5TH GRADE

STARTING SEPT. 11

REGISTER @ WWW.BRIDGTONMAINE.ORG

FREE PROGRAM

WE ARE IN NEED OF VOLUNTEERS!



ABOUT TEAM LONG RUN!

We've built Team Long Run on a few ideas... In the words of one of our former athletes, running helps a kid "discover their own worth and capability." Running is one of the few remaining activities available to kids that unfailingly reward consistency and sacrifice. Please re-read that last sentence and consider how important that is today. Running has always been a refiner's fire; the hotter it burns, the purer the gold. Running is healthy and natural. Given proper guidance and time, anyone can enjoy life-quality benefits from running... especially kids. Improved concentration, time-management, confidence, fitness, sleep, nutrition, and pure grit are just a few of the rewards a runner earns, and should happily expect. Running provides a fool-proof opportunity to set goals and honestly assess progress.





NEW! YOUTH CROSS COUNTRY TEAM



NEW TO THE COURSE? FOLLOW US AND WE WILL SHOW YOU THE WAY!

Starting this fall join the Towns of Bridgton, Casco, Naples, and Sebago Recreation Departments as we start our first year of Youth Cross Country! This program is designed for 3rd through 5th grade to have fun with running but also help develop self confidence, and learn important lessons on working towards goals.

With the help of Chuck Wilcoxon of Team Long Run and his years of experience and knowledge as a cross country / track and field coach along with volunteers from each Town this program is sure to be a great first season. Athletes will get a uniform top, registration fee is \$25. Sign Up Now In Your Town! Practice is once a week and starts soon!

Our team will compete once a week against other Towns like Poland and Raymond. Details on days and times are still being worked out and information will be available soon! There will be various distances an athlete will be able to chose from all under 2 miles.

ALL LAKE REGION 3RD THROUGH 5TH GRADE

****Register Now With Your Town****

TUESDAYS 5PM PRACTICE LOCATION TBD
STARTING AUGUST 30TH



BRIDGTON REC

BEFORE AND AFTER SCHOOL CARE



After School Karate

BUSHIDO KARATE DOJO

Stronger. Safer. Smarter. Together.

WE BELIEVE...

Karate practice makes your body **STRONGER**.

Feeling **SAFER** is your right.

Practicing martial arts makes you
SMARTER for your life.

Training **TOGETHER** with friends
and family is time well spent.

Session Dates:

September 8 - December 1

December 8 - March 9

March 16 - June 8

General Public Registration: \$120.00 12 Weeks

Thursday's 3:30 @ Bridgton Town Hall

Register @ bridgtonmaine.org



26 North High St. Bridgton, ME 04009

BRIDGTON

Call or Text 207-647-1126, 207-595-9022 rec@bridgtonmaine.org

Old Town Hall Gym



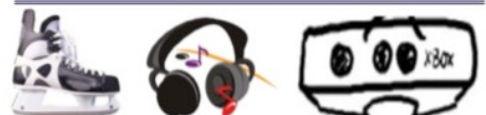
DIRECTOR OF RECREATION - *Gary Colello*

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

B

RECREATION

Town Ice Rink



RECREATION PROGRAMMER - *Leslie Hayes*

For Building Programs and Schedule

Lake Region Youth Football

Registration is Open

Programs for Boys & Girls from
Bridgton, Casco, Naples, and
Sebago



3rd - 6th Grade

Tackle leagues against other towns. All Coaches are certified by USA Football in safe Heads Up tackling. \$75.

1st - 2nd Grade

Our Sunday flag football program allows players the chance to try multiple fall sports if they wish. \$35

**Scholarships Available: Contact Brian at
naplesrec@townofnaples.org**



Registration Now Open

www.townofnaples.org/recreation

Lake Region Field Hockey

Casco Recreation is offering field hockey for all Lake Region 1st thru 6th graders.

Join Coach Pauline Webb and her staff and learn the fundamentals of the game.

Practice will be held twice a week at Lake Region High School starting the week of September 12th. Playdates will be on Sundays.



FMI contact Beth Latsey at
blatsey@cascomaine.org or call 627-4187
register at:

<https://campscui.active.com/orgs/TownofCasco>

Cost: \$40.00

Free Play Games Crafts

Playgroup



Bridgton Town Hall Monday and Friday's 10:00 AM - 11:30 AM

B BRIDGTON
RECREATION

Gary Colello, Director of Recreation 207-647-1126 rec@bridgtonmaine.org

FREE PARTICIPATION
All Welcome!
DONATION ACCEPTED
(Benefit Recreation Programs)

Starts 9/12/22

Daily Walking @ Town Hall
8AM to 9AM

Starting August 22nd

Jumping Janes

Senior Exercise

Monday, Wednesday, Friday

9:00AM - 10:00AM



REGISTER AT
MAINESENIORGAMES.ORG

TABLE TENNIS

TOURNAMENT
AGE 45+

SUNDAY, AUGUST 14, 2022 • 10AM

OLD BRIDGTON TOWN HALL



**FMI call Jo Dill at 286-4893 or email:
maineseniorgames2020@gmail.com**

**This is a qualifying year for the 2023
National Senior Games in Pittsburg**



PRESENTING SPONSOR:



MARTIN'S POINT[®]
HEALTH CARE



**National
Senior Games
Association**

Drops Ins Welcome & Encouraged
Recommended For All Ages
Free Program (Recommended Donation)



PICKLEBALL

Returns To Town Hall August 22

26 North High St. Bridgton, ME 04009

BRIDGTON

Call or Text 207-647-1126, 207-595-9022 rec@bridgtonmaine.org

Old Town Hall Gym



Town Ice Rink



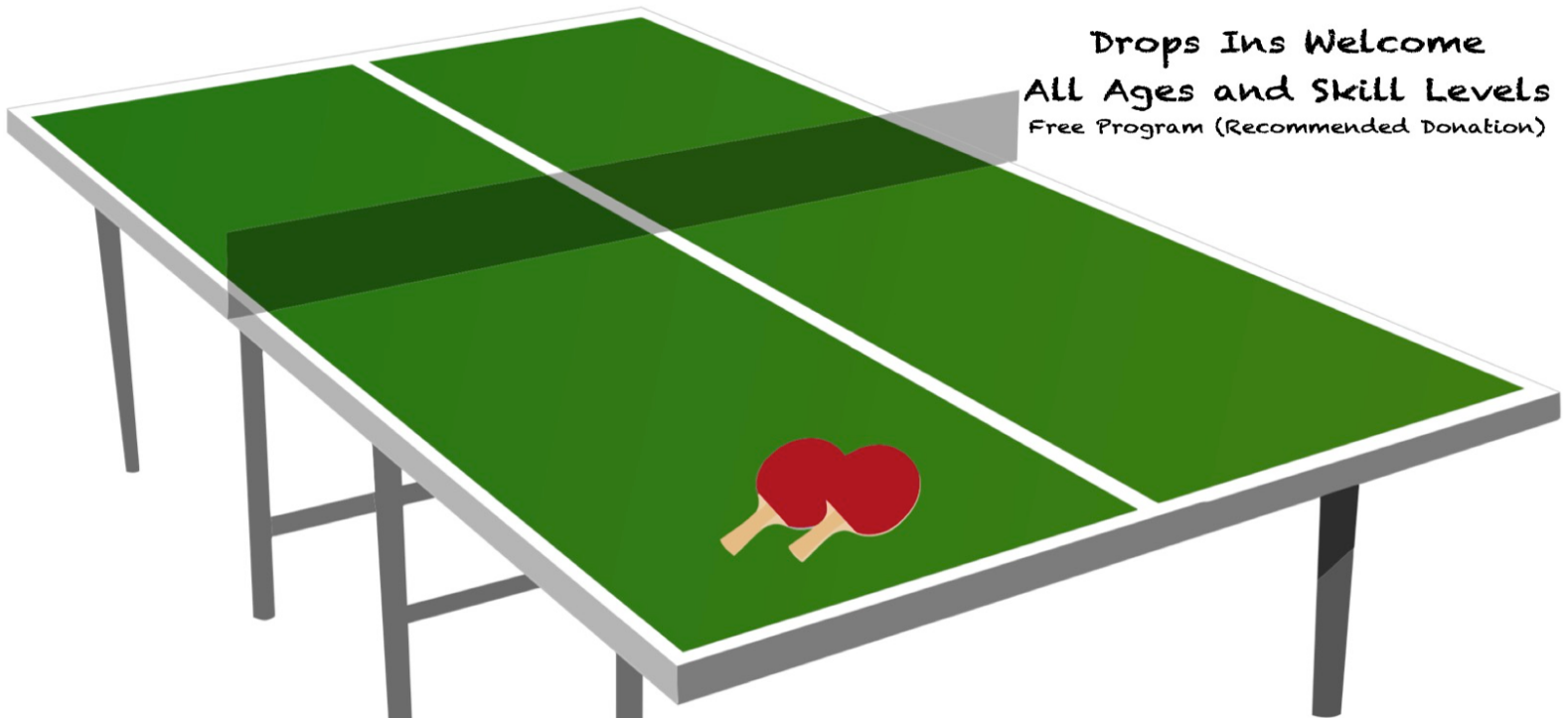
DIRECTOR OF RECREATION - *Gary Colello*

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DEPUTY DIRECTOR OF RECREATION - *Leslie Hayes*

For Building Programs and Schedule



Drops Ins Welcome
All Ages and Skill Levels
Free Program (Recommended Donation)

Table Tennis
Sundays 1PM to 4PM
Bridgton Town Hall



Join us in sharing the life force, or energy (Chi) benefits of practicing the ancient Chinese art of Tai Chi. Led by those with long-term Tai Chi experience, friends join together to support and help each other in learning a sequence of 108 Tai Chi Moves. The movements emphasize a straight spine, proper breathing and a natural range of motions. Classes are FREE!



Checkout Our Online
Calendar For Programs

@bridgtonmaine.org/recreation-department

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|---|------------|---|
| 26 North High St. Bridgton, ME 04009 | BRIDGTON | Call or Text 207-647-1126 rec@bridgtonmaine.org |
| Old Town Hall Gym | B | Town Ice Rink |
| | | |
| DIRECTOR OF RECREATION - Gary Coello | RECREATION | RECREATION PROGRAMMER - Leslie Hayes |
| Visit https://bridgtonmaine.org/bridgton-recreation/ | | For Building Programs and Schedule |



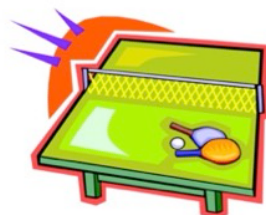
Jumping
Janes Senior
Exercise



Toddler Playgroup



TAI CHI
MAINE



OPEN TO THE PUBLIC - Donations Accepted



OCT 21, 22, 28, 29
5:00PM - 9:00PM

Survive In
Haunted Walk
ZOMBIE LASER TAG

REC DEPT
FUNDRAISER



**ZOMBIE
RESPONSE
TEAM**

PLAY207
GAMES & MORE

B BRIDGTON
RECREATION
Gary Colella, Director of Recreation 207-647-1126 rec@bridgtonmaine.org

Volunteer As A Zombie!

B BRIDGTON RECREATION Community

Gary Colello, Director of Recreation 207-647-1126 rec@bridgtonmaine.org



Karate Traditional Okinawan



SELF DEFENSE
BALANCE
COORDINATION
STRENGTH
SELF-CONFIDENCE
DISCIPLINE
FOCUS



IMPROVED HAND EYE COORDINATION
RESILIENT CHARACTER
IMPROVED PHYSICAL FITNESS
ASSIST IN WEIGHT LOSS

FAMILY CLASS / 5+

11:00AM - 12:00PM

Saturdays

TEEN/ADULT

12:15PM - 1:15PM

COST: \$20 PER MONTH PER STUDENT
\$50 PER MONTH FOR FAMILY (3 OR MORE)
REGISTER @ BRIDGTONMAINE.ORG/BRIDGTON-RECREATION/

QUESTIONS? CONTACT

TINA HOLLAND

KOSTANTINAHOLLAND@YAHOO.COM OR 631-455-5120

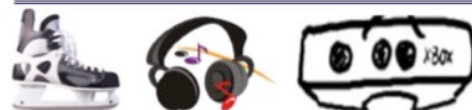
Old Town Hall Gym



Town Ice Rink



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For Building Programs and Schedule

Youth Athletics

- Soccer
- Basketball
- Baseball
- Softball
- Lacrosse
- Cross Country
- Learn To Skate
- Learn To Play - Ice Hockey
- Open Gym
- Skating

Community Programs

- After School Karate
- Run Club
- Toddler Playgroup
- Walking
- Swim Lessons

Enrichment Programs

- Before and After School Care
- Summer Rec Elementary
- Summer Rec Teens
- After School STEM
- Enrichment Trips

Community Events

- Festival of Lights & Parade
- Independence Day Fireworks
- Zerbini Family Circus
- Haunted Walk - Halloween

Adult Programs

- Zumba
- Zumba Gold
- Pickleball
- Table Tennis / Ping Pong
- Tai Chi
- Karate
- Jumping Janes Senior Fitness

Adult/ Community Trips

- Red Sox
- Cabbage Island Clam Bake
- Magic of Christmas
- Disney On Ice
- Fall Foliage
- Fryeburg Fair



BRIDGTON REC

BEFORE AND AFTER SCHOOL CARE

