

Basketball Season 22-23

We are wrapping up the basketball season in the coming weeks and it has been a great season so far! Thank you to all the volunteer coaches, offfcials, and parents for their help this season! We took a visit to the Red Claws, had a great Round Robin, and we look forward to the playoffs in March!





Hello,

As March approaches we are looking forward to the spring and summer seasons! We are excited to show you all we have to offer and the fun we will have as we approach the warm weather season! Don't worry, we have our cold weather enthusiast covered too with the Public Ice Rink at 28 North High St. open 7 days a week (weather permitting) and Winter Day hosted by Loon Echo coming right up on March 4th!

Over the next few months we have an Adult Trip to the Red Sox, the 4 Square Championships this Spring, Table Tennis Senior Games in August, and we are looking to host a large outdoor Craft and Vendor Fair on July 3rd. Do not forget to book your calendar for the July 3rd fireworks at dusk! Coming soon we will have details of our first annual Neon Olympics! Check out the flyer in this Newsletter for a preview!

In addition to our special events we have a full schedule of adult programs including Table Tennis, Pickleball, Jumping Janes, Community Karate, Tai Chi, and Daily Walking!

Summer programs are also open for registration! In addition to our traditional summer rec program we are excited to offer our first summer of Sports Academy. There are two sessions for Sports Academy, one week session focuses on Soccer and Basketball and session 2 dives into other field sports. On top of the Sports Academy we also will host our first year of Theater Camp! Theater Camp will be a two week long program with a main focus on acting, set development, behind the scenes, and at the end of the two weeks the group will perform in a show on stage! Space is limited, do not wait to long!

Youth Sports for spring are getting ready to start in the coming weeks. Lacrosse, Baseball, and Softball will all have clinics through March and the season will begin in April and May! Run Club is open for those interested and will be on Wednesdays at 3:30 through most of the spring to the end of school. We are excited to start a new program called Youth Archery. This is a great program for beginners and those interested in learning about archery. There will be an archery open house on March 1st at the Bridgton Town Hall Gym for those interested in trying.

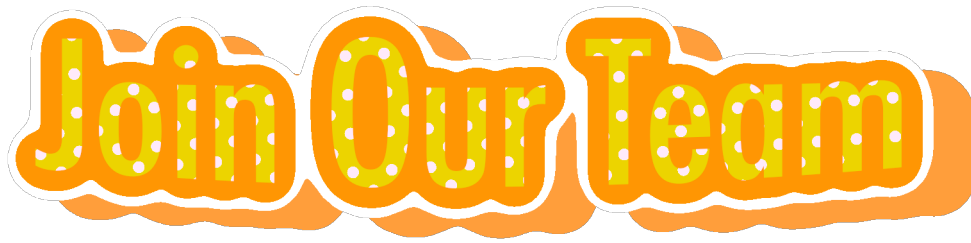
Be sure to visit our website www.bridgtonmaine.org and find the Recreation page. There you will find program info, dates to remember, the Ice Rink hours and Town Hall program schedule. Be sure to like us on Facebook and Follow us on Instagram!

Finally, we would like to welcome Caleb Dunn, Recreation Programmer to our team. Caleb will mostly be found at our Ice Rink, organizing programs, as well as preparing the Ham Complex for daily programs! Welcome Caleb!

We are always looking for volunteers and new programs to offer! Please reach out to us with your ideas!

Thank you,

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



Town of Bridgton – Recreation Department Summer Programs (Seasonal)

The Town of Bridgton, Maine Recreation Department is currently accepting applications for the following summer seasonal positions:

- **Lifeguard (Highland Lake, Woods Pond)** *{Contingent on Approval}*

Applicants must be certified through the American Red Cross Lifeguard/Waterfront certified or become certified before June 15, 2023. Seasonal Full-Time

- **Water Safety Instructors (Swim Lessons)**

Applicants must be certified through the American Red Cross Water Safety Certification program or become certified before June 15, 2023. Seasonal Full-Time

- **Youth Development Professionals (Summer Rec & Teen Summer Rec)**

Applicants must be at least 16 years old and have desire to work with teens and/or elementary children. The program includes Sports Academy, Theater Camp and a traditional theme based weekly day camp. Applicants with background in Theater, Acting, and Arts are in high need.

Seasonal Full-Time

Certification Assistance Available!

Contact Gary Colello, Recreation Director for more information. All applicants should submit application at bridgtonmaine.org and submit to: Gary Colello, Recreation Director 3 Chase St. Suite 1 Bridgton, Maine 04009.

BRIDGTON REC

PLAY, LEARN, GROW



Lessons Available For Babies To Seniors And All Ages InBetween! We DO accept non-residents!



**BRIDGTON
PUBLIC ICE RINK**

Public **ICE SKATING**

**FREE ICE SKATE RENTALS,
FOOD & DRINKS FOR SALE
DAILY MOVIE IN THE WARMING ROOM**



OPEN FOR SEASON



28 NORTH HIGH ST BRIDGTON, ME 04009

VISIT [HTTPS://BRIDGTONMAINE.ORG/BRIDGTON-RECREATION/](https://bridgtonmaine.org/bridgton-recreation/)
TO SEE OUR HOURS CHECK OUR LIVE UP TO
DATE CALENDAR.

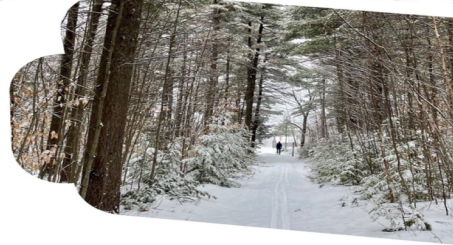




WINTER FUN DAY

SATURDAY, MARCH 4
SNOW DATE: MARCH 5

**TRY XC SKIING & SNOWSHOEING!
ADAPTIVE & NON-ADAPTIVE GEAR
AVAILABLE.**



MARCH 4

**10:00am -
2:00pm**

FREE!

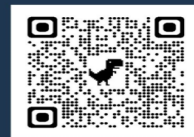
Activities

- ✓ XC Skiing & free lessons!
- ✓ Snowshoeing
- ✓ Adaptive Gear
- ✓ Sledding
- ✓ Hot Cocoa

Narramissic Farm & Peabody-Fitch Woods

46 Narramissic Rd
South Bridgton, ME
04009

Register Here:



More Information lelt.org 207-647-4352 laurie@lelt.org



We want to hear from you!

*The Town of Bridgton is developing an open space plan.
This plan will guide the future of public access to the Town's
natural resources and recreation areas.*

Join us for a public workshop:

Monday, February 27
5:30 - 7:00pm
Bridgton Town Office
Downstairs Meeting Room

Learn more:

<https://bit.ly/BridgtonOpenSpace>





B BRIDGTON RECREATION

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

Take Me Out To The Ball Game Adult Trip



VS



SUNDAY, JULY 23RD 2023

FENWAY PARK

NEW YORK METS VS BOSTON RED SOX

\$100

BUS DEPART / GAME TIME TBD

PER PERSON

REGISTER NOW!

PAYMENT PLANS AVAILABLE

BRIDGTON RECREATION

NEON OLYMPICS

UNDER THE GLOW OF BLACK LIGHTS &
LIGHT UP EQUIPMENT

EVENTS INCLUDE:

DODGE BALL 4 SQUARE

3 V 3 BASKETBALL NERF BATTLE ROYAL

FLOOR HOCKEY AND MORE....

ADULT - TEEN - CHILD
DIVISIONS

APRIL 17th through April 22nd

DETAILS FOR REGISTRATION COMING SOON



BRIDGTON RECREATION



JULY 3RD

CRAFT & VENDOR FAIR

8AM TO 3PM

@ STEVENS BROOK ELEMENTARY SCHOOL

**VENDORS NEEDED
\$25.00 PER SPACE + ONE ITEM
FOR OUR RAFFLE
REGISTER @
BRIDGTONMAINE.ORG**

FIREWORKS

@ DUSK

WE WANT TO REACH 100+ VENDORS

ZUMBA WITH ALLISON!

JOIN NOW



SUNDAYS 9AM-10AM



4 SQUARE

WORLD
CHAMPIONSHIPS

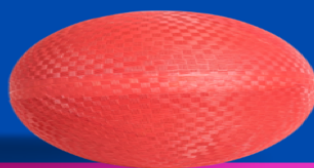
SPRING

2023

BRIDGTON

TOWN

HALL



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/>



RECREATION

Town Ice Rink



DEPUTY DIRECTOR OF RECREATION - *Leslie Hayes*

For Building Programs and Schedule

MONDAY, WEDNESDAY, FRIDAY JUMPING JANES EXERCISE

**LOW IMPACT TOTAL BODY WORKOUT!
9:00AM - 10:00AM**

**TOWN HALL GYM
26 NORTH HIGH ST
BRIDGTON, ME 04009**

Exercise At Own Risk, Always Check With Your Physician Before Beginning A New Exercise Routine



Benefits of Walking 20 Minutes a Day

- ✓ Strengthens muscles
- ✓ Controls cholesterol levels
- ✓ Regulates blood pressure
- ✓ Reduces stress
- ✓ Delays aging
- ✓ Boosts immunity
- ✓ Improves heart health
- ✓ Burns fat

Walk With Us @ The Bridgton Town Hall Gym Monday Through Friday 7:30 to 9AM

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

SUPPORT, FRIENDSHIP, BETTER HEALTH

TAI CHI

TUESDAYS & THURSDAYS
10:00AM TO 11:15AM
Additional Beginner Instruction @
9:30 Tuesdays Only

BRIDGTON TOWN HALL GYM
26 NORTH HIGH ST
BRIDGTON, ME 04009

26 North High St. Bridgton, ME 04009

Old Town Hall Gym



DIRECTOR OF RECREATION - *Gary Colletto*
Visit <https://bridgtonmaine.org/bridgton-recreation/>

BRIDGTON



RECREATION

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

Town Ice Rink



DEPUTY DIRECTOR OF RECREATION - *Leslie Hayes*
For Building Programs and Schedule

COMMUNITY KARATE

SELF DEFENSE * BALANCE *
COORDINATION * STRENGTH * SELF
CONFIDENCE * DISCIPLINE * FOCUS *
BETTER HEALTH * RESILIENT
CHARACTER

SATURDAYS

BRIDGTON TOWN HALL GYM
SESSION DATES

WINTER 2/4, 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1 – \$40 PER PERSON

SPRING 4/8, 4/15, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27 – \$40 PER PERSON

CHILDREN & ADULTS WELCOME

REGISTER @ [BRIDGTONMAINE.ORG/BRIDGTON-RECREATION](https://bridgtonmaine.org/bridgton-recreation)

26 North High St. Bridgton, ME 04009

Old Town Hall Gym



DIRECTOR OF RECREATION - *Gary Colletto*
Visit <https://bridgtonmaine.org/bridgton-recreation/>

BRIDGTON



RECREATION

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

Town Ice Rink



DEPUTY DIRECTOR OF RECREATION - *Leslie Hayes*
For Building Programs and Schedule

BRIDGTON TOWN HALL GYM PICKLEBALL WEEKLY - TIMES VARY

VISIT

BRIDGTONMAINE.ORG/BRIDGTON-RECREATION/
FOR MORE DETAILS



26 North High St. Bridgton, ME 04009 Call or Text 207-647-1126, 207-595-9022 rec@bridgtonmaine.org

Old Town Hall Gym	BRIDGTON	Town Ice Rink
DIRECTOR OF RECREATION - Gary Collette Visit https://bridgtonmaine.org/bridgton-recreation/		DEPUTY DIRECTOR OF RECREATION - Leslie Hayes For Building Programs and Schedule

BRIDGTON RECREATION

PING PONG

FREE TO PUBLIC

☀ SUNDAYS ☀

1:00PM TO 4:00PM

BRIDGTON TOWN HALL GYM
26 NORTH HIGH ST
BRIDGTON, ME 04009

BRIDGTON
B
RECREATION



Self-Defense Workshop

Mindset. Defensive Tactics. Fun.

March 14 & 21

6:00 - 7:30 pm

Bridgton Town Gym

In this 3-hour workshop you will learn skills to protect yourself, with lots of physical practice!



To Register or FMI Visit
StrongerSaferSmarter.Me

100% Proceeds to Benefit



Tucker's House

Where Women Can Heal

Recommended Donation
\$15 per person

Brought to YOU by



Call: (207) 627-7170 RenshiLisa@gmail.com Text: (207) 240-7163



CELEBRATE YOUR BIRTHDAY WITH BRIDGTON REC



BOOK YOUR NEXT BIRTHDAY PARTY WITH US!

IT DOESN'T MATTER YOUR AGE, CELEBRATE YOUR BIRTHDAY WITH US AT THE BRIDGTON TOWN HALL GYM AND PUBLIC ICE RINK! LET US GET YOUR CAKE, SET UP ALL THE ACTIVITIES, PASS OUT THE PARTY FAVORS, AND WE WILL EVEN DECORATE TOO!

CHOOSE A THEME:

SPORTS, CLASSIC PE, ARTS & CRAFTS, ICE SKATING (WINTER), WATER SLIDE (SUMMER), LEGOS, NERF WARZ, BOARD GAMES, TRIVIA, OPEN GYM, AND TODDLER PLAY!

PICK YOUR SIZE CAKE OR CUPCAKES, HOW MANY PARTY FAVOR BAGS, ICE CREAM, PIZZA AND BUILD YOUR OWN PLAN!

REGISTER ONLINE @ BRIDGTONMAINE.ORG

COST:

TWO HOUR TIME SLOT:

\$190.00 1-20 PARTICIPATING PARTY GUESTS + EXTRAS
\$240.00 21-40 PARTICIPATING PARTY GUESTS + EXTRAS



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





BRIDGTON YOUTH ARCHERY

① THE BRIDGTON TOWN HALL GYM



WENDES D A Y S 3:30PM TO 4:30PM

\$45
3 WEEK SESSIONS

OPEN RANGE 4:30-5PM
FOR PARTICIPANTS

AGES 10-17

REGISTER @
www.bridgtonmaine.org/bridgton-recreation

FREQUENTLY ASKED QUESTIONS ON ARCHERY VISIT:
PMOPCARCHERY.ORG/FAQ/

THE PMOPC ARCHERY CLUB'S INSTRUCTION IS DESIGNED TO TRAIN AND ENCOURAGE ARCHERS TO PARTICIPATE IN TARGET ARCHERY WITH THE OPPORTUNITY TO COMPETE IN LOCAL, REGIONAL AND NATIONAL TOURNAMENTS. ONCE THE BASICS OF THE 10 STEPS OF SHOOTING ARE PRACTICED, ARCHERY BECOMES A MENTAL CHALLENGE. ARCHERY TEACHES MENTAL DISCIPLINE AND RESPONSIBILITY, AND HELPS A CHILD DEVELOP CONFIDENCE AND A SENSE OF ACCOMPLISHMENT. PMOPC ARCHERY IS FOCUSED ON SAFETY, FUN AND FRIENDSHIP.

**OPEN HOUSE MARCH 1ST 3:30 TO 4:30
@ TOWN HALL GYM**

BRIDGTON REC TODDLER PLAYGROUP



Every Monday and Friday
10:00AM to 11:30AM

FREE

Bridgton Old Town Hall Gym
Donations Welcome
Be Sure To Check The Town Hall Calendar For Cancelations

BRIDGTON RECREATION
Garg Golella, Director of Recreation 207-647-1126 rec@bridgtonmaine.org

SPONSORED BY BRIDGTON RECREATION



LAKE REGION BOYS & GIRLS YOUTH LACROSSE



REGISTER BY 3/31/23

Season Begins Late-March,
Practice Twice A Week

Saturday Games begin in Late April

Away Game Portland Area, Gray, Windham etc.

Scholarships and Loaner Equipment Available

VOLUNTEER COACHES NEEDED



REGISTER NOW @ BRIDGTONMAINE.ORG

OPEN TO ALL LAKE REGION K-6TH GRADE

SPONSORED BY TEAM LONG RUN

BRIDGTON REC RUN CLUB

SPRING '23

WEDNESDAY'S
3:30-4:30

AGES 5-12
MAY 3RD - JUNE 14

WWW.BRIDGTONMAINE.ORG/BRIDGTON-RECREATION

BRIDGTON
B
RECREATION



Bridgton Rec Summer Day Camp



Kindergarten - 5th Grade

6/20/23 to 8/18/23

Monday through Friday

6th Grade - 9th Grade

6/20/23 to 8/8/23

Tuesday Wednesday Thursday

Early Care 6AM - 8AM *Extra Cost

Day Camp 8AM - 5PM

After Care 5PM - 6PM *Extra Cost

NO CAMP 6/19, 7/3, 7/4

rec@bridgtonmaine.org 207-647-1126

Includes Breakfast, Lunch, Swim Lessons, Enrichment Trips, Arts & Crafts, PE Games and more!

Lessons Available For Babies To Seniors And All Ages InBetween! We DO accept non-residents!

Register NOW

Bridgton Recreation
SUMMER SWIM LESSONS
JUNE 26TH - AUGUST 11TH

MONDAY/WEDNESDAY CLASSES
TUESDAY/THURSDAY CLASSES

HIGHLAND LAKE BEACH
WOODS POND BEACH

American Red Cross
Learn-to-Swim

**BABY & ME
PRE-SCHOOL
LEVEL 1-5
ADULT**

Register @ bridgtonmaine.org/bridgton-recreation/

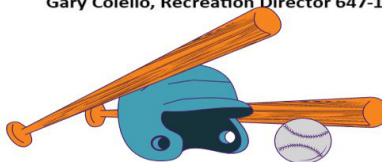
BRIDGTON RECREATION
Gary Colella, Director of Recreation 207-647-1126 rec@bridgtonmaine.org

BRIDGTON
B
RECREATION

Register Now! Open to up to 6 years old!!

QUICKBALL 6U

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



WHAT MAKES QUICKBALL SUCH A SUCCESSFUL PROGRAM IS ITS INCLUSIVENESS AND ACTION-PACKED GAME STRUCTURE. IT TEACHES AND STRENGTHENS BASEBALL/SOFTBALL SKILLS BY OFFERING MULTIPLE HITTING, FIELDING AND THROWING CHANCES FOR ALL PLAYERS DURING EACH GAME. INNOVATIVE CONCEPTS SUCH AS TIMED TEAM AT BATS, RAPID BATTER ROTATION AND TWO-WAY SCORING KEEP GAMES MOVING AND GET EVERY- ONE INVOLVED - CRITICAL ELEMENTS IN GRABBING THE ATTENTION OF TODAY'S KIDS.

DIFFERENCES FROM TEE BALL:

**PLAYER ACTIVITY IS WIDESPREAD AND CONSTANT
GAMES MOVE FAST AND INVOLVE UP TO 50 BALLS**

BASE RUNNING RULES ARE PROGRESSIVE. EACH BATTER RUNS OUT A SINGLE, DOUBLE, TRIPLE AND HOME RUN IN EACH GAME.

FIELDING GOALS ARE SIMPLE, DIRECT AND AGE APPROPRIATE. FIELDERS LEARN THE VALUE OF GETTING OUTS. PLAYERS RECEIVE TANGIBLE REWARDS FOR THEIR EFFORTS IN ALL PHASES OF THE GAME, INCLUDING RUNNING, THROWING, CATCHING AND HITTING.

TEAMWORK IS EMPHASIZED AT ALL TIMES, REWARDING TEAMS IN THE FIELD AND AT BAT.

**PLAYERS SCORE POINTS IN ONE OF THREE WAYS —WITH A BASE HIT, BY COMPLETING A BASE RUNNING ASSIGNMENT OR BY FIELDING A BALL AND THROWING IT TO THE PROPER BASE
ANYONE CAN SCORE, REGARDLESS OF SKILL LEVEL.**

GUARANTEED ACTION AT EACH BASE DURING EVERY GAME.

RULES DICTATE THAT PLAYERS ROTATE FIELDING POSITIONS. EVERY PLAYER IS INVOLVED IN A RELAY DURING EACH GAME.

LETS BEGIN YOUR SPORTS JOURNEY & HAVE FUN!

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



★★★★★
**REGISTER
NOW**

★★★★★
**CLINICS MARCH
SEASON START APRIL
GAMES MAY - JUNE
EXTRA PLAY JULY**

BRIDGTON

REGISTRATION OPEN - COACHES NEEDED

BASEBALL UP TO 12U / 6TH GRADE

SOFTBALL UP TO 14U / 8TH GRADE

TRI-COUNTY BASEBALL UP TO 13U-15U FOR 7TH/8TH GRADE

WWW.BRIDGTONMAINE.ORG

DEADLINE 3/31/23

REC@BRIDGTONMAINE.ORG

GET THE RIGHT UNIFORM SIZE / HAT REGISTER NOW

SESSION 1
7/31/23 - 8/4/23
BASKETBALL
SOCCER

BRIDGTON RECREATION **SPORTS** **ACADEMY**

SESSION 2
8/7/23 - 8/11/23
ALL SPORTS

Join Us This Summer For 2 Sessions of SPORTS!

Learn and practice skills of Basketball and Soccer in Session 1 and in Session 2 we will dive into Football, Lacrosse, Hockey, Rugby, Volleyball and more! Participants in both sessions will learn basic sports nutrition and exercises, team leadership, specific sports skills and have a ton of too!

3rd through 8th Grade

8:00AM to 4:00PM

Location: Town of Bridgton Ham Complex 40 Brag Way

Includes Breakfast, Lunch, Swimming, T-Shirt, Water Bottle

\$135 Resident \$150 Non-Resident Per Session



BRIDGTON REC **THEATER CAMP** **July 17-28, 2023**



Join us as we team up with local actors and actresses, and dive into the theater world and learn about acting, props, costumes, set construction, and more!

8:00AM - 4:00PM @ SBES

Resident \$270 Non-Resident \$300

July 28th Performance

Includes Breakfast, Lunch!

