

MOXIE

RAIN OR SHINE!

LISBON HIGH SCHOOL ~ Rt. 196 Lisbon Falls, Maine

21st Annual 5K



7:30 a.m. 5K Start
Saturday, July 9

Photo By Deb Wagner

Moxie Car Show

Gates Open at 8:00 am
Sunday, July 10

www.moxiefestival.com

Lisbon Parks & Recreation



Program and Resource Guide

May 2016 to April 2017

www.lisbonme.org/rec

(207) 353-2289

Directory

Parks and Recreation Department
MTM Community Center, 18 School Street, Lisbon Falls

Mark Stevens - Director *Jamey Martin - Assistant Director*
Aline Strout - Seniors Coordinator *Cherie Garnett - Office/Gardens*
Mark Jones ~ Park Maintenance

Office Hours: 8:30 - 11:30 & 12:30 - 4:30
 Monday through Friday

Office: (207) 353-2289 Fax: (207) 353-2749

Email: lisrec@lisbonme.org Website: www.lisbonme.org/rec

REGISTRATION BEGINS IMMEDIATELY FOR
SUMMER AND FALL PROGRAMS

ONLINE REGISTRATION IS PREFERRED
www.lisbonme.org/rec

If you have participated in the past, you have an account, please do not create another one. If not, we can get you started. Call or come into the office for more information.

REGISTRATIONS are accepted on a first come, first serve basis with preference given to Lisbon residents. Participants must be of age requested by the start of the program and should list their grade for the upcoming year. *Sorry, no phone registrations taken.*

Index

Page 3.....Beaver Park	Page 10.....Summer Activities
Page 4.....Facilities	Page 11.....Summer Activities
Page 5.....Health & Fitness	Page 12.....Fall Activities
Page 6.....Community Information	Page 13..... Fall Sports
Page 7.....Summer Day Camps	Page 14.....Winter/Spring Programs
Page 8.....Summer Sport Camps	Page 15.....Seniors' Programs
Page 9.....Summer Sport Camps	Page 16.....Moxie 5K & Car Show



Sunshine Hill Seniors

The SSH Seniors Programs are designed to keep our retired population social and active. A monthly calendar of events is available at the MTM Center or online @ www.lisbonme.org/rec
 Aline Strout, Seniors Coordinator.....353-0646

Meals

Friday Meals - There is a meal every Friday, lunch one week and breakfast the next.

Lunches, served at noon, are homemade on the premises. Drinks and desserts are included.

Breakfasts are served from 7:30-9 a.m. and are cooked to order.

Suggested donation: \$4 per meal

Trips

- May - Amish Country, May 9-13
 Botanical Gardens, May 31
- June - Boston Red Sox
 Joshua Chamberlain Museum
- July - Burnt Island Lighthouse
- August - Whale Watch Trip
- September - Pigeon Forge Trip, Sept 10-18
 Train Ride, HOBO Turkey Dinner
- October - Fryeburg Fair
- December - Magic of Christmas
Trips subject to change

This is a small sample of the outings. Call the office at 353-0646 for more information or visit our website at:

www.lisbonme.org/rec

Fitness

- Silver & Gold Aerobics - This is a class geared toward the senior population which combines several styles of stretching, balance and strength building.

September through June:

- Pickleball! It's the newest fitness workout. Bring a friend and try it Monday to Wednesday 9:00 a.m.-12:00 p.m. in the MTM gym.
- Line Dancing - This beginner class will learn the popular dances and have lots of fun too! Thursday 11:30-12:30.
- Yoga classes
 Tuesdays—Gentle 6:15 p.m.—7:15 p.m.
 and Yin 7:30 p.m.—8:30 p.m.

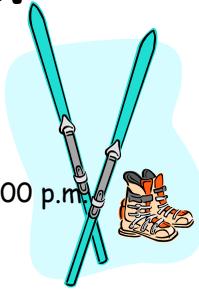
Games

Cribbage tournaments are every Monday from 9:00 a.m. to 12:00 p.m. All levels of play are welcome. No membership is required. Coffee and snacks are available. There is a pool table available for use as well.

WINTER/SPRING

Lost Valley Ski/Board Lessons

Who: Lisbon students 2nd through 8th grades
 When: Mondays — January 2 - February 6
 Cost: Lessons: (1 hour) \$140.00 - Includes lift ticket from 4:00 p.m. to 8:00 p.m.
 Rentals: add \$80.00
 Ticket only: \$90.00
 Transportation provided by the Parks and Recreation Department



D.A.R.E./Rec. Ski Trips

Each year there are 5 ski trips scheduled between December and March to Sugarloaf, Mt Abram, Shawnee Peak and others. Tickets and rentals are very reasonable. Usually lessons are available. Free ticket winners are drawn at Sugg Middle School several times a year. A bus is provided on a first come first serve basis, or families may drive themselves.

Swimming

Swim lessons are offered over two six-week sessions during the winter and spring. The first session is after February vacation and the second one will follow. Children may ride a bus from LCS to the YWCA in Lewiston for lessons with Y-certified instructors. After the half hour lesson, there is a half hour free swim. \$60.00

Basketball Clinics for K-1

Skills & Drills is formatted in stations for children to learn basic ball handling. This is a six-week program beginning in January, that will include some scrimmaging. Call for more details!

Basketball

Pee Wee & Youth BB Leagues

These programs begin in November running through February vacation. It begins with a skills assessment and drafting of teams, practices throughout the week and games on Saturdays at LCS. We also hold a Hot Shot contest and winners of the age groups compete in the regional competition. Grades 2nd through 6th \$35.00

Register by November 4, 2016

Open Gym Adult Basketball - Pickup games all winter long, Mondays and Wednesdays at LCS. Please call the Parks & Recreation office for more information, 353-2289.

Beaver Park

Yearly Pass \$20, Non-Residents \$30

Available online at www.lisbonme.org/rec,
 the Lisbon Town Hall, or Parks & Recreation Department

Beaver Park is a family friendly, 330-acre wooded park located off Cotton Rd. It has several swimming areas, picnic tables, and a 7-acre multi-purpose field. Take a walk with your family or dog on the miles of trails available or complete the fitness course with exercise stations at 3 different locations. You can fish from the stocked ponds (limit two per person), and in the winter use your snowshoes or cross country skis.

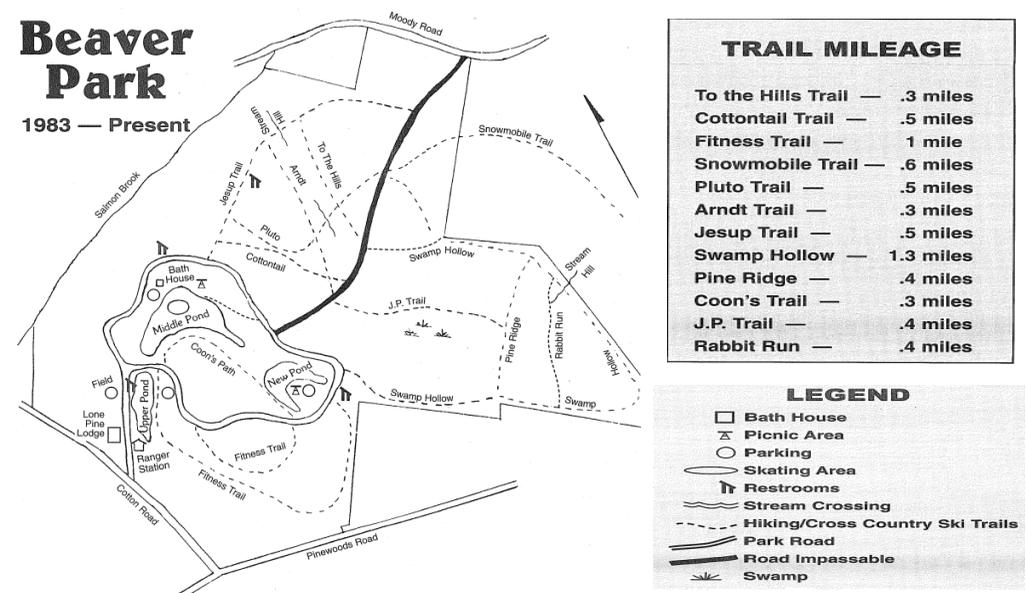
All residents and non-residents are invited to enjoy the natural beauty that abounds in the park where a wealth of nature's beauty and solitude are offered.

Fishing Derby ~ May 14, 2016

Registration begins at 8:30 a.m. and fishing begins at 9:00. Register early online!

Beaver Park

1983 — Present



Facilities

Lisbon Trail System

The Lisbon Trail System consists of the Ricker Farm Trail, the Paper Mill Trail and the new Androscoggin River Trail for a total of four miles of bicycle and pedestrian trails. These trails can be accessed at either end or in the middle via Lisbon Community School or Miller Park.



The paved trails will take you by farm land, the Sabattus River, and the Androscoggin River. The northern segment travels along open terrain, edging fields before heading into a densely-wooded segment along the Sabattus River. Miller Park, located at the middle of the trail, offers a boat launch, picnic facilities and a portable toilet. The southern portion is lightly-wooded and borders the Androscoggin River which offers scenic views and bird watching. Benches and dog waste stations are available along the trail.

For more information about the trails, contact the Parks and Recreation office.

Pinewoods Fields

The Pinewoods Sports Complex, featuring two ball fields, is located off of Pinewoods Road, just past Beaver Park. Call the Parks and Recreation Department for reservations.

Tennis Courts



Tennis courts are available from dawn to dusk behind Lisbon High School for recreational play. Also lined for Pickleball play.

Ice Rink

An outdoor ice rink is available for public skating until 10 p.m. behind Lisbon High School. The facility is contingent upon suitable weather conditions for the making of natural ice.

Fall Sports

Registration begins May 1

Tackle Football · 7th - 8th Grade.....\$75.00

There is a home and away schedule. Practices will begin in mid-August. Daily practices are expected to prepare participants for a more competitive environment. Games are played on Wednesdays. Physicals are required.

Youth Football · 5th - 6th Grade.....\$65.00

Home and away games are played on Saturdays. Practice will begin in mid-August for this seven-week program in which children learn the basics of the game. Physicals are recommended.

Pee-Wee Football · 3rd - 4th Grade.....\$65.00

Home and away games are played on Saturdays. Practice will begin in mid-August for this seven-week program in which children learn the basics of the game. Physicals are recommended.

Flag Football · 1st - 2nd Grade.....\$30.00

Home and away games are played on Saturdays. Practice will begin after Labor Day for this program in which children learn the basics of the game. Physicals are recommended.

Field Hockey · 6th - 8th Grade.....\$65.00

A home and away schedule is a part of this program. Practices begin after Labor Day. Daily practices are expected to prepare participants for a more competitive environment. Physicals are required.

Youth Soccer League · Co-ed · K - 6th Grade.....\$35.00

A seven-week program in which the skills of soccer and having fun are emphasized. Competition is a low priority. Sneakers and shin guards are required. Physicals and mouth pieces are recommended. Each participant will receive a game t-shirt. Games are on Saturdays at Lisbon High School. Practice may begin the week of August 17.

Registration deadline for soccer is AUGUST 12th!

Soccer players in grades 3-6 will be evaluated on August 20th to determine teams.

Fall Activities

Before and After School Recreation Programs

Before School

After School

- Grades K-5th.....\$12/week or \$3/day drop off
- Grades K-6th...\$40/week or \$10/day drop off
- 7:00 a.m. to 7:45 a.m. • Lisbon Community School
- 3:00 p.m. to 5:30 p.m. • MTM Center

Before School takes place in the cafetorium and the gym.
Children must be walked in to the staff.

After School children take the bus to MTM.
They have gym/playground time and arts and crafts.

Be sure to get the parent guide for these programs at the office or online.
Registration must be renewed for returning participants.

Hunter Safety Courses

Several types of courses will be offered:

- September and October: crossbow safety, archery education and hunter safety for deer hunting
- Spring: hunter safety

Courses are taught by certified instructors and participants will have a state certificate upon successful completion of a course. Please call the Parks and Recreation office for specifics on the course you want.

D.A.R.E./Rec. Event

Halloween event for middle and high school students.

Look for more information in October.



Health and Fitness

Lisbon Recreation Fitness Center.....\$15/month

Become a member and you can work out in our cardio and weight lifting rooms. Registration and orientation are required. We offer a Senior Citizen Discount, folks 60 and above are \$10/month.

Line Dancing.....\$3/class

A beginner class for folks of any age who want to have fun, socialize and learn line dances like the Arizona Freeze, Cowboy Boogie, Boot Scootin' Boogie and others. Taught by instructor Rina Cloutier. Wear comfortable clothing and athletic footwear. Held on Thursdays from 11:30-12:30, September through June.

Zumba.....1 day per week, \$35; 2 days per week \$50; drop-in \$5

Zumba is a Latin-inspired dance fitness class. It consists of fast and slow rhythms that tone and sculpt the body. Together it creates a dynamic and exciting fitness system! Taught by Zumba Certified Instructor Tonia Ross, classes are in eight-week sessions, Mondays and Wednesdays, from 6-7 p.m. in the MTM Center gymnasium. Sessions run from September through June.

Yoga.....\$50

Both gentle and moderate classes are offered. Gentle is slower paced and focuses on breathing, stretch and balance. Gentle classes are Tuesdays 6:15-7:15 p.m. Yin Yoga focuses on seated postures for longer periods of time to stimulate connective tissue. It is offered Tuesdays 7:30-8:30 p.m., all levels welcome. Classes are eight-weeks long and are available from September to June at the MTM Center. Please bring yoga mat, blanket and water bottle. Class is led by Tonia Keating, Certified Pranakriya Yoga Teacher.

Silver and Gold Aerobics.....\$35

This is a gentle aerobic class geared toward senior exercisers. It includes the use of hand weights, bands and tubes. It is an hour of fun for the mind and body. This class runs September through June, in six-week sessions every Tuesday and Thursday from 8:30-9:30 a.m. taught by instructor Linn Morin.

MTM Community Center

Lisbon Historical Society, Al & Dot Smith, Curators, 207-402-9138

Hours; Thursdays 1 - 4 p.m. ~ Monthly meetings: second Wednesdays, 7 p.m.

www.lisbonmainehistory.org

lisbonhistsoc@gmail.com

Seniors Plus meals

Wednesdays at 11:30 a.m.

Call the Parks & Rec. Dept. for menu at 353-2289 or call Seniors Plus at 795-4010

Kenney's Karate Jiu Jitsu 353-9343 Mondays & Thursdays \$65/month



Children, 5-8 4:30-5:10 p.m. Age 13 to Adults 6:05-7:30 p.m.
Children 9-12 5:15-6:00 p.m.

Kenny's Karate Jiu Jitsu is a family oriented school, focused on self-defense and fitness where students learn at their own pace. Our lineage can be traced back to the Okinawan Masters and development of the first Karate. If you or your family have ever wanted to do Karate, our Dojo is the place for you.

L.A.C.O., Food Pantry & Clothing Bank

www.lacopantry.org

Hours: Wed. 6 - 8 p.m., Thurs. 10 a.m. - Noon, Sat. 8 - 10 a.m.

Co-Directors, Jim Duly 353-6002 Carol Day 353-8019

Lisbon Crazy Kwilters gather Mondays & Fridays 9 a.m. - 1 p.m. in Room 11

Anyone interested may drop by and visit.

Community

Lisbon Junior Athletic League, LJAL Baseball and Softball, ages 5-15

Tony Austin, President, 740-0705

www.LJAL.org

Men's Two Hand Touch Football ~ Pat Maloy 576-3775

Games on Sundays.....September through October

Roy's Driving Academy, Driver Education (monthly).....784-6245

Velocity Cheering, Dani Cloutier velocitycheer@outlook.com



Competition Cheering at its finest! Last year's teams won several awards and were regarded as one of the best programs in the state by many. Please email Velocity Cheer for more information.

Summer

MOVIES IN THE PARK (MTM)

Movies for the whole family to enjoy at no cost. Bring a lawn chair or a blanket and enjoy an evening with family and friends. Concessions will be available. This year movies will be shown on Fridays with a rain date on Saturday.

Schedule for 2016

July 22 Open Season, Scared Silly
Rain Date July 23

August 5 The Good Dinosaur
Rain Date August 6

August 19 Minions
Rain Date August 20

September 9 Star Wars, The Force Awakens
Rain Date September 10



Theater Camp!

August 15 - 20

Our first ever drama camp!



Children's Stage Adventures from New Hampshire will bring everything needed for this production! It will end with 2 performances on Friday. There are 50 spots available, for K - 12 grade, no experience necessary!

Camp times are 9:00 a.m. - 1:30 p.m.

Cost is \$55 - includes camp t-shirt and 2 tickets to the performance.

If you wish to include extended hours, 8:00—9:00 and 1:30 to 5:00 p.m., add \$40 for a total of \$105.



Funtown/Splashtown Combo Passes.....\$28.00

Combination discount tickets available at the office. Available end of May.

Swim Lessons YWCA.....\$50.00

Mondays • July 11 - August 8 • 2 p.m. - 3 p.m. • Grades K - 8

Five weeks of instruction at the YWCA for beginners to intermediate levels, combined with free swim to practice newly learned skills. Transportation provided from all summer day camps.

D.A.R.E./Rec Summer Events

Bike Rodeo • Wednesday July 20th 10 a.m. - 2 p.m. • Grades K-8 Free

The Lisbon Police Dept. and the Lisbon Parks & Recreation staff will conduct an obstacle course and a slow race. All bikes will be registered by the Police Department. Each participant's name will be placed in a drawing to win free bikes that will be drawn the same day! Lunch will be served. Location: Lisbon Community School

Funtown U.S.A.....\$10.00

August 4th Departs at 2 p.m. - Returns at 10:15 p.m.

Grades 6 - 12 • Families welcome!

This is the best value of the summer! You may ride the bus or drive yourself and meet us at Funtown to receive your bracelet.

Those under 12 must be accompanied by an adult.

Bus space is limited to 50. We need a total count ahead of time!

Sign Up Early!

Summer Day Camps

June 27 - August 12

Monday ~ Friday 8:00 a.m. - 5:00 p.m.

All Camps: Seven Weeks - \$300 + weekly trip fees
(\$25 discount for additional sibling)

New Hours!

CRICKET DAY CAMP

Grades K - 1st

Lisbon Community School

TREKKER DAY CAMP

Grades 2nd - 4th*

Lisbon Community School

PLAYGROUND CAMP

Grades 4th* - 8th

MTM Community Center

*Parents of 4th graders may choose Trekker or Playground Camp.

At our summer camps kids become a community. They learn how to be more independent and how to contribute to their group while they engage in social and physical activities. They will enjoy structured recreational activities, such as action packed games, arts and crafts, skits, tournaments, outside play, and quiet play.

Day camps take weekly trips to various locations such as: Funtown/Splashtown USA, Aquaboggan, Range Pond and Sebago Lake State Park. Trips may vary per camp to accommodate the age groups. Each participant will receive a special camp t-shirt to wear on all trips for easy identification. There will be an additional cost for all trips. Registrations and payments for all trips must be turned in prior to trip day at the camp site.

A lunch/snack program is available and is provided by The Mid Coast Hunger Prevention Program (MCHPP).

Children are encouraged to wear sneakers and dress appropriately for the weather.

Parent Guides are available at the Parks & Recreation Office
and online at www.lisbonme.org/rec

SUMMER SPORT CAMPS

All participants will receive a camp t-shirt

Track & Field • Co-ed.....\$75.00



Mondays, Tuesdays & Thursdays ~ June 20 - August 6
(last week is for State participants only)

Ages 5-15 Practices: Mon/Tues 9:00 a.m. - 10:30 a.m. Meets: Thursdays

Lisbon High School Track

This program is designed for all skills and abilities. Running, sprinting, high jumping, relays, and throwing are just a few of the fun events in which children can test their skills and compete against other teams. Transportation to and from meets will be provided.

Coach: Jenniffer Perron

Basketball Camp • Co-ed.....\$30.00



Dates: Monday - Thursday ~ July 25 - 28, August 1 - 4

Grades K - 3rd 5:30 p.m. - 6:30 p.m.
Grades 4th - 6th 6:30 p.m. - 8:00 p.m.



Lisbon High School Gymnasium

This camp will prepare participants to be the best they can be. Skills, drills and basketball strategies will be the primary focus for this two week camp.

Coach: Julie Collins

Cheering Camp.....\$30.00



June 20 - July 1, No Camp on Thursdays

K - 5th 4:00 p.m. - 5:30 p.m.



Sugg Middle School Gymnasium

Participants will learn popular chants as well as skills such as jumping and dance.

Coach: Nicole Adams

Horse Camp.....EACH SESSION.....\$250.00



July 11-15, BEGINNER ~ July 25-29, BEGINNER

7 Years and up • 9 a.m. - 2 p.m.
Safe Haven Farm, Shiloh Road, Durham

Kick up some fun with horses. Hair, hay and lots of neighs. Grooming, feeding and basic horse care. It's not all work and not all play, there's lots of riding during the day!



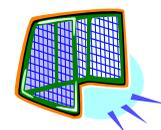
Instructor: Jennifer Novaria

Soccer Camp • Co-ed.....\$30.00

Monday - Friday ~ August 1 - August 12

Grades K - 2nd 8:30 a.m. - 9:30 a.m. Grades 3rd - 6th 9:30 a.m. - 10:30 a.m.

Lisbon High School Soccer Field



Learn all the skills you need to have fun playing soccer. Have a ball and get a jump on the fall soccer season!



Coach: David Novaria

Football Camp.....\$30.00

Monday - Friday ~ July 25 - July 29

Grades 9th - 12th 2:00 p.m. - 4:00 p.m. Grades 3rd - 8th 5:30 p.m. - 7:30 p.m.

Coach: Dick Mynahan Coach: Dan Leeman

Lisbon High School Football Field



One of the most popular sport camps we offer. Participants will practice skills and at the same time condition to prepare for the upcoming fall season.



Field Hockey Camp.....\$30.00



Monday - Thursday ~ July 18 - 21

Grades K - 8th 3:00 p.m. - 5:00 p.m.

Lisbon High School Field Hockey Field

New skills, game strategy, and field positioning will be a part of this fun and exciting summer camp!

Coach: Julie Petrie

Little Styx.....\$20.00

Mondays ~ June 20 to July 25 (no camp July 4)

Grades K - 8th 5 - 6 p.m.

Lisbon High School Field Hockey Field



Progression of field hockey skills over the course of the summer. This camp will focus on basics of the game, sticks skills, positioning, and game strategies.

Coach: Julie Petrie