



# parks, recreation & facilities



2024/2025  
FALL/WINTER/SPRING  
*Program Guide*

# YOUTH BASKETBALL LEAGUES

\*New Format\* Kinder Tots, 1st-4th Gallagher, & 5th-6th Caldwell Leagues



## KINDER TOTS LEAGUE

Co-Ed Teams

**AGES:** Kindergarten  
**DATES:** Saturdays  
Jan. 4, 11, 18, 25, 2025

**TIME:**  
Session 1:  
8:00 am - 8:45 am  
Session 2:  
9:00 am - 9:45 am  
(Session 3: \*if needed  
10:00 am - 10:45 am)

**LOCATION:** Rowe Elementary School

**FEE:** \$50



## GALLAGHER LEAGUE

Girls & Boys Divisions

**AGES:** 2 Divisions -  
1st & 2nd Grade  
3rd & 4th Grade

**DATES:** February 8  
through Mar. 29, 2025

**GAMES:** Saturdays  
anytime between  
9 am - 5 pm. TBD

**LOCATION:** TBD  
East End or Riverton  
Elementary School

**FEE:** \$85 Resident  
\$95 Non-Resident



## CALDWELL LEAGUE

Girls & Boys Divisions

**AGES:** 5th & 6th Grade  
**DATES:** Nov. 16, 23,  
Dec. 7, 14, 21, 2024 &  
Jan. 4, 11, 18, 2025

**GAMES:** Saturdays  
anytime between  
9 am - 5 pm. TBD

**LOCATION:** Practices at  
various Portland Elementary  
and Middle Schools.  
Games are TBD at East End &  
Riverton Elementary School

**FEE:** \$90 Resident  
\$100 Non-Resident



**INTERESTED IN VOLUNTEERING AS A COACH?:** [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)  
To register, visit [rec.portlandmaine.gov](http://rec.portlandmaine.gov) or email [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov) for more info.



parks,  
recreation  
& facilities

## WINTER FOOT SKILLS & FUTSAL LEAGUE

with Portland Recreation, PAYSA, and Maine Lightning

### WINTER FOOT SKILLS WEDNESDAYS

@ 5PM, 6PM & 7PM

AGE GROUPS 5-14

JANUARY 5TH -  
MARCH 9TH

8 WEEK PROGRAM  
LOCATION TBD



### COMPETITIVE FUTSAL GAMES

SUNDAYS

TIMES TBD

AGE GROUPS 5-14

JANUARY 5TH -  
MARCH 9TH

8 WEEK PROGRAM  
@ RIVERTON CC  
& ROWE SCHOOL



\$160 - PROGRAM INCLUDES: 1 HOUR FOOTSKILL SESSIONS & 1 GAME PER WEEK

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Online:  
<https://portlandme.myrec.com>

Phone/Fax  
207-808-5400

In Person:  
212 Canco Road, Suite A  
Portland, Maine

Find Us on [Facebook!](#)



Find Us on [Instagram!](#)



# Community Center, Pool, Athletic Facility Rentals and Public Space Permits

Looking for a space to hold your birthday, anniversary, or graduation party? Is your family reunion too large for your home? Do you have a group that meets regularly? Rental options include various size rooms with access to kitchens, gymnasiums, and pools depending on the site. Do you need a space to practice? Why not rent space at your local Community Center? Do you need a field or court? Are you in need of public space for a wedding or an outdoor performance, a block party, etc.? We would be happy to accommodate you. You must be 18 years or older to rent.



**East End Community Center**, 195 North Street  
Brianna Maloney: 773-8222 or [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov)

**Reiche Community Center**, 166 Brackett Street  
Christiana Viney: 874-8873 or [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**Riverton Community Center**, 1600 Forest Avenue  
Jordan O'Donal: 874-8455 or [odonali@portlandmaine.gov](mailto:odonali@portlandmaine.gov)

**Peaks Island Community Center**, Island Avenue  
Diane Ricciotti: 766-2970 or [dianer@portlandmaine.gov](mailto:dianer@portlandmaine.gov)

**Reiche & Kiwanis Community Pool Rentals**  
874-8456 or [aquatics@portlandmaine.gov](mailto:aquatics@portlandmaine.gov)

**Athletic Field Rentals**  
808-5400 or [parks@portlandmaine.gov](mailto:parks@portlandmaine.gov) and  
[recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

**Public Space Permits**  
Rusty Groh: 874-5435 or [rgroh@portlandmaine.gov](mailto:rgroh@portlandmaine.gov)

# Before & After the Bell Program

For Kindergarten Through 5th Grade

We offer before and after-school activities that combine fun and learning, all in a safe, convenient place that you already know – your child's school! The Before & After the Bell Rec Program will engage and stimulate your child and give your child time and space to explore and grow. Our staff has put together a variety of group and individual activities which include recreation, enrichment and community as part of our daily curriculum. We focus on character development, physical fitness, health and wellness, reading and of course, fun! Busy families choose us because their kids are happy. Parents are happy, too, with the safe environment, the convenience of being at your neighborhood school, and the peace of mind that comes with knowing that your child is learning, making friends and having fun. Before and After the Bell Recreation Programs are for residents of Portland attending Portland Public elementary schools at:



**East End** Community Center and School, **Rowe** Elementary School, **Longfellow** Elementary School, **Lyseth** Elementary School, **Ocean Avenue** Elementary School, **Presumpscot** Elementary School, **Reiche** Community Center and School, **Riverton** Community Center and School, **Peaks** Island Elementary School (After the Bell only).

Please reach out to our Recreation Office @ 808-5400 to check availability as some program sites are full and have waitlists.

## Who's Who In Parks, Recreation & Facilities

**Director**  
**Ethan Hipple**  
808-5400  
[ehipple@portlandmaine.gov](mailto:ehipple@portlandmaine.gov)

**Deputy Director**  
**Angela O'Connor, CPRP, CPO**  
808-5439  
[aoc@portlandmaine.gov](mailto:aoc@portlandmaine.gov)

**Recreation Division**  
**Nick Cliche, CPRP**  
808-5443  
Recreation Director  
[nc@portlandmaine.gov](mailto:nc@portlandmaine.gov)

**Ellen Bagley, CPRP, AFO**  
808-5429  
Assistant Recreation Director  
[ebagley@portlandmaine.gov](mailto:ebagley@portlandmaine.gov)

**Raechel Allen**  
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Recreation Supervisor  
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**Ryan French, CPRP**  
808-5454  
Recreation Supervisor  
[rfrench@portlandmaine.gov](mailto:rfrench@portlandmaine.gov)

**Julie Hutchins**  
808-5425  
SAO II  
[jhutchins@portlandmaine.gov](mailto:jhutchins@portlandmaine.gov)

**Aquatic Programs**  
874-8456, 874-8874  
[aquatics@portlandmaine.gov](mailto:aquatics@portlandmaine.gov)

**Inclusion Services**  
**Jane O'Connor**  
808-5400  
Inclusion Supervisor  
[joconor@portlandmaine.gov](mailto:joconor@portlandmaine.gov)

**62+ Programs**  
**Vanessa Junkins**  
808-5445  
62+ Program Leader  
[vjunkins@portlandmaine.gov](mailto:vjunkins@portlandmaine.gov)

**Community Centers**  
**Brianna Maloney**  
773-8222  
Recreation Leader  
East End Community Center  
[bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov)

**Jordan O'Donal**  
874-8455  
Recreation Leader  
Riverton Community Center  
[odonali@portlandmaine.gov](mailto:odonali@portlandmaine.gov)

**Diane Ricciotti**  
766-2970  
Recreation Programmer II  
Peaks Is. Community Center  
[dianer@portlandmaine.gov](mailto:dianer@portlandmaine.gov)

**Christiana Viney**  
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Recreation Programmer II  
Reiche Community Center  
[cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**Riverside Golf Course**  
**Ryan Scott**  
797-3524  
Golf Course Manager  
[rs@portlandmaine.gov](mailto:rs@portlandmaine.gov)

**Parks Division**  
**Alex Marshall**  
808-5442  
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[amarshall@portlandmaine.gov](mailto:amarshall@portlandmaine.gov)

**Jen DeRice, CPRP**  
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Parks Director  
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**Mark Reiland**  
808-5400  
City Arborist  
[rees@portlandmaine.gov](mailto:rees@portlandmaine.gov)

**Liz Collado**  
808-5400  
Supervising Park Ranger  
[ecollado@portlandmaine.gov](mailto:ecollado@portlandmaine.gov)

**Public Assembly  
Facilities Division**  
**Andy Downs**  
808-5424  
Director of Public Assembly  
Facilities  
[andy@portlandmaine.gov](mailto:andy@portlandmaine.gov)

**Clare Norton**  
808-5435  
Booking Coordinator  
[clare@portlandmaine.gov](mailto:clare@portlandmaine.gov)

**Troubh Ice Arena**  
**Jake O'Donal**  
808-5494  
Ice Arena Manager  
[jodonali@portlandmaine.gov](mailto:jodonali@portlandmaine.gov)

**Peter Magadini**  
808-5492  
Ice Arena Facilities Manager

## Letter from the Director

Dear Community Members;

One of my colleagues here in the Parks, Recreation and Facilities Department grew up in England and spent a good part of his career working in the recreation field there. When he came on board here in Portland, we had a conversation about his various jobs in England and I asked him what "Parks and Recreation" departments are typically called in England. Interestingly, he told me that they are often called "Community Development" departments. Similar to an Economic Development Department that strives to develop and grow the Economy, a Community Development Department in England strives to develop and forge bonds throughout the Community.

I found this to be an inspiring perspective on what a Parks, Recreation, and Facilities Department can be. Social research shows us that people who feel connected to those around them lead healthier and happier lives. So many of the challenges in our current society — from anxiety, to depression, to loneliness, and addiction often boil down to one common denominator: lack of meaningful connection with others. The staff of our Department serve to create places and programs where people can come together to connect through the outdoors, through recreational programs, and through cultural experiences. The programs offered by this Department are just one small way that you can become connected with those around you—whether it is a youth sports program, an outdoor education program, adult drop-in sports, all ages swim lessons, or our very popular 62+ Senior Adult trips program. We hope you browse through this brochure to find a program that interests you or a loved one, and that together we can continue to develop our community into a place where everybody feels welcome and connected.

Sincerely,  
**Ethan Hipple**

# YOUTH PROGRAMS



## Kiddie Crafters — Preschool Crafty Tales

Looking for something new to do with your little one in a safe and welcoming environment? Want to make new friends? Join us at Reiche Community Center for this fun and engaging preschool program! Each week recreation staff will instruct a new craft and book reading. *Participants must be accompanied by an adult at all times.*

**Dates:** Tuesdays, 4-Week Program  
Session 1: October 1, 8, 15, 22, 2024  
Session 2: November 5, 12, 19, 26, 2024  
Session 3: February 4, 11, 25 & March 4, 2025  
Session 4: March 18, 25, April 1, 8, 2025

**Times:** 10:00 am – 11:30 am

**Ages:** 2-5 years old

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Recreation Staff  
*\*Participants must be accompanied by an adult at all times.*

**Fee:** Portland Resident \$40.00  
Non-resident: \$50.00

**Min/Max:** 10/15

**Deadline:** One week before program start date.

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

## Preschool Playtime

Looking for something new to do with your little one in a safe and welcoming environment? Join us at Reiche Community Center for this active, fun and engaging preschool program! We will provide a variety of equipment and materials such as gym mats, foam climbers, toys, and a DIY craft station with materials and a project guide. A perfect setting to meet new friends and get the kids moving! *Participants must be accompanied by an adult at all times.*

**Dates:** Thursdays, 4-Week Program  
Session 1: October 31, November 7, 14, 21, 2024  
Session 2: January 9, 16, 23, 30, 2025  
Session 3: February 27, March 6, 13, 20, 2025  
Session 4: April 3, 10, 17, May 1, 2025

**Times:** 10:00 am – 11:30 am

**Ages:** 0-4 years old

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Recreation Staff  
*\*Participants must be accompanied by an adult at all times.*

**Fee:** Portland Resident \$40.00  
Non-resident: \$50.00

**Min/Max:** 8/12

**Deadline:** One week before program start date.

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

## “Tiny Tykes” Youth Soccer Program

Challenger Sports’ innovative preschool program is the beginning to a lifelong soccer passion! TinyTykes offers age-appropriate modules for Cubs (2- 3 years) and Lions (4-5 years). Programs encourage confidence in young players and begin a well-rounded pathway to future skill development. All players will receive a uniform and a ball on the first session of the season.

**Dates:** Sundays  
September 15, 22, 29, October 6, 2024

**Times:** Cubs: 1:00 pm - 1:45 pm  
Lions: 2:00 pm - 2:45 pm

**Ages:** Cubs: 2-3 years old  
Lions: 4-5 years old

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Challenger Sports Soccer Coaches

**What should I bring?** Comfortable clothing, sneakers, and a water bottle

**Fee:** Portland Resident \$110.00  
Non-resident: \$120.00

**Min/Max:** 6/25

**Deadline:** Friday, September 13, 2024

**Fee Waiver Eligible:** No

**FMI:** Brianne Maloney, Recreation Leader: [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov) or [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)



# YOUTH PROGRAMS

## Little Shin Kickers Soccer at Riverton — Spring 2025

Come join us in this instructional soccer program for your preschooler! We will teach your little one the basics of soccer, including kicking, passing, and dribbling. Parents, this is a great opportunity to introduce your little kicker to the game of soccer! Staff will instruct on skills and then adults will assist their children. An adult must accompany children during the program time.

**Dates:** Saturdays  
April 5, 12, 19, 26, 2025

**Times:** Session 1: 9:00 am - 10:00 am  
Session 2: 10:30 am - 11:30 am

**Ages:** 4-5 years old

**Location:** Riverton Community Center  
1600 Forest Ave, Portland

**Instructor:** Recreation Staff

**What should I bring?** Comfortable clothing, sneakers, and a water bottle

**Fee:** Portland Resident \$40.00  
Non-resident: \$50.00

**Deadline:** One week before program start date.

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)

## Little Sluggers T-Ball at Riverton — Spring 2025

Parents, this is a great opportunity to play with your child and introduce them to the joy and fun of t-ball! This program focuses on the FUNdamentals of t-ball for both the adult and child. Staff will instruct on skills and then adults will assist their children.

**Dates:** Saturdays  
April 5, 12, 19, 26, 2025

**Times:** Session 1: 12:00 pm – 1:00 pm  
Session 2: 1:30 pm - 2:30 pm

**Ages:** 4-5 years old

**Location:** Riverton Community Center  
1600 Forest Ave, Portland

**Instructor:** Recreation Staff

**What should I bring?** Comfortable clothing, sneakers, T-Ball glove and a water bottle

**Fee:** Portland Resident \$40.00  
Non-resident: \$50.00

**Min/Max:** 6/20

**Deadline:** One week before program start date.

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)

## Learn-2-Lax

Come join us in this instructional lacrosse program with Back Bay Lacrosse as we partner with Portland Recreation! We will focus on the basics of lacrosse through fun games! Parents, this is a great opportunity to introduce your child to the great sport of lacrosse. Some drills include Hungry Hungry Hippo, Sharks & Minnows and Obstacle course.

**Dates:** Saturdays  
September 21, 28, 2024  
October 5, 12, 2024  
(October 19 Rain Date)

**Times:** Session 1: 9:00 am - 10:00 am  
Session 2: 10:00 am - 11:00 am

**Ages:** Session 1: K & 1st Grade.  
Session 2: 2nd & 3rd Grade

**Location:** Payson Park Multi-Purpose Field, Portland

**Instructor:** Chris Costa, Dave Beriau & Phil Cawley

**What should I bring?** Comfortable clothing, cleats or sneakers, and a water bottle. *Lacrosse equipment is provided.*

**Fee:** Portland Resident \$15.00  
Non-resident: \$25.00

**Min/Max:** 10/40

**Deadline:** One week before program start date

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or email [dave.beriau@gmail.com](mailto:dave.beriau@gmail.com)



# YOUTH PROGRAMS

NEW!

## Mixed Media Art Class

Join local artist Kelley Dillon for this intermediate level art class with an emphasis on collage art, print making and pattern mixed media!

**Dates:** Mondays, 4-week program  
September 9, 16, 23, 30, 2024

**Time:** 6:00 pm - 7:00 pm

**Ages:** Grades 2-5

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Kelley Dillon

**What should I bring?** Bring a smock or clothes that can get messy.

**Fee:** Portland Resident \$80.00  
Non-resident: \$90.00

**Min/Max:** 5/8

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

NEW!

## Halloween Art Class

Join local artist Kelley Dillon for this Halloween-themed exploratory art class featuring painting, drawing and 3D art!

**Dates:** Mondays, 3-week program  
October 7, 21, 28, 2024

**Time:** 6:00 pm - 7:00 pm

**Ages:** Grades 2-5

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Kelley Dillon

**What should I bring?** Bring a smock or shirt to paint in.

**Fee:** Portland Resident \$70.00  
Non-resident: \$80.00

**Min/Max:** 5/8

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

NEW!

## Holiday Card Workshop

Join local artist Kelley Dillon for this holiday-themed exploratory art class featuring homemade gift wrap and cards!

**Dates:** Saturdays, 1-day workshop  
December 7, 2024  
December 14, 2024

**Time:** 10:00 am - 12:00 pm

**Ages:** Grades 2-5

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Kelley Dillon

**What should I bring?** Bring a smock or shirt to paint in.

**Fee:** Portland Resident \$35.00  
Non-resident: \$45.00

**Min/Max:** 6/10

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

NEW!

## Messy Art

The goal of this program is to create art and experiment with different modes (painting, clay, collage, etc.). It focuses on messy art techniques, so things like fingerpainting, shaving cream painting, slime, tie dye coffee filters, clay, etc. It's very hands-on and is focused on letting the students create what they want. They don't need to stick to one theme or idea – I give them the means of creating art and suggest some ideas but they can go from there and make what they want.

**Dates:** Wednesdays  
September 18, 25, 2024  
October 2, 9, 2024

**Time:** 6:00 pm - 7:00 pm

**Ages:** 5-11 years old

**Location:** East End Community School - Community Room  
195 North Street, Portland

**Instructor:** Lindsay Larsen

**Fee:** Portland Resident \$45.00  
Non-resident: \$55.00

**Min/Max:** 5/15

**Deadline:** Friday, September 13, 2024

**Fee Waiver Eligible:** No

**FMI:** Brianne Maloney, Recreation Leader: [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov) or [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

NEW!

## Crafting with Kids!

Calling all creators! Join us at Reiche Community Center for this new arts and crafts program. In each session we will create seasonal projects that participants will take home at the end of each class. Get your craft on and register today!

**Dates:** Fall / Winter / Spring Sessions -  
3 Classes Each - Tuesdays  
October 8, 15, 22, 2024  
December 3, 10, 17, 2024  
May 6, 13, 20, 2025

**Times:** 6:00 pm - 7:00 pm

**Ages:** Grades K-5

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Recreation Staff

**Fee:** Portland Resident \$45.00  
Non-resident: \$55.00

**Min/Max:** 8/16

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

NEW!

## Crafting with Kids! — Air Dry Clay

Join us for this NEW art and craft program at Reiche Community Center. In this program participants will create air dry clay masterpieces that will go home at the end of the session.

**Dates:** 4 Sessions, 2 Classes Each  
Tuesdays September 17, 24, 2024  
Thursdays December 5, 12, 2024  
Thursdays February 6, 13, 2025  
Thursdays April 10, 17, 2025

**Times:** 6:00 pm - 7:30 pm

**Ages:** 6-13 years old

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Recreation Staff

**Fee:** Portland Resident \$45.00  
Non-resident: \$55.00

**Min/Max:** 10/15

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** Yes

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)



**CV's Cooking with Kids!**

parks, recreation & facilities

**Sushi Edition! \*NEW\***

**Ages:** Grades 2-5  
**Date:** 2 sessions, 1 class each — Thursdays  
November 14, 2024 / January 23, 2025  
**Time:** 6:00 pm - 7:00 pm  
**Location:** Reiche Community Center  
**Fee:** \$35 Resident/ \$45 Non Resident (per session)

**Pasta Making Edition!**

**Ages:** Grades 2-5  
**Date:** 2 sessions, 2 class each — Tuesdays  
February 4th & 11th, 2025  
April 8th, 15th, 2025  
**Time:** 6:00 pm - 7:00 pm  
**Location:** Reiche Community Center  
**Fee:** \$50 Resident/ \$60 Non Resident (per session)

**To Register visit:** [portlandme.myrec.com](http://portlandme.myrec.com)



# YOUTH PROGRAMS

## Rhythmic Gymnastics

Join our Rhythmic Gymnastics classes and learn the beauty and skill of this exciting sport. Our experienced coach teaches fundamental techniques, coordination and flexibility with various apparatuses including hoops, balls, and ribbons. We aim to inspire a new generation of gymnasts to work on their balance, flexibility, and body control while developing their confidence and self esteem. Any skill level is welcome and encouraged to register.

**Dates:** Saturdays, 4-Week Program  
October 5, 12, 19, 26, 2024  
November 2, 9, 16, 23, 2024  
*\*additional classes in the new year!  
Dates TBA.*

**Times:** Saturdays  
Session 1: 10:15 am - 11:30 am  
Session 2: 12:15 pm - 1:30 pm

**Ages:** 5-12 years old

**Location:** Reiche Community Center  
166 Brackett Street, Portland

**Instructor:** Maine Rhythmic  
Gymnastics, Asya Vinokur

**What should I bring?** Please wear comfortable clothing.

**Fee:** Portland Resident \$120.00  
Non-resident: \$130.00

**Min/Max:** 10/15

**Deadline:** Day program begins (per instructor's request)

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

## 5th & 6th Grade Caldwell REC Basketball League

This league offers children of all abilities an opportunity to play recreation basketball within the City while teaching the concept of basketball in a non-competitive atmosphere, with an emphasis on skill development and teamwork. Practices begin November 4 and games begin November 16, 2024 running until January 17, 2025. Game schedules will consist of a Boys Division, and Girls Division. Any children wishing to participate on a Co-Ed team can register for the Co-ed team designation. Any Co-ed teams will participate in the Boys Division games and must make up a full amount of participants for a team (minimum 10 and maximum 12).

We will be doing a full eight-week game schedule playing standard 5 vs. 5 format. The league focuses on the following goals:

- To teach all participants the fundamentals of basketball.
- To provide a fun environment that will help children grow emotionally, socially, and physically.
- To provide a positive experience for all participants.

**Practices:** Practices are in the afternoon or early evening at Lyseth, Ocean Ave, Rowe Elementary, East End, Reiche, or Riverton Community Center once a week. Practices will begin during the week of November 4, 2024 (after the Coaches meeting with Parks and Recreation you will be notified by your team's coach about the first practice). The last week of practices January 13, 2025.

**Games:** Games will be played Saturdays between 9:00 am and 5:00 pm at the East End Community Center, Amanda Rowe Elementary, and Riverton Community Center. There will be 8 games with game dates including: 11/16, 11/23, 12/7, 12/14, 12/21/24, 1/4/25, 1/11/25, and 1/18/25.

**Ages:** Grades 5-6

**Fee:** Portland Resident: \$90  
Non-resident: \$100 (must attend a Portland school to enroll)

**Deadline:** Friday October, 25 2024

**Fee Waiver Eligible:** Yes

**Mandatory Coaches Meeting:**  
January 22, 2025 @ 6:00 pm in the Riverton Community Center  
Community Room, 1600 Forest Ave

## 5th & 6th Grade Caldwell 2-Week Basketball Mini Clinic

Take one part open gym, two parts skill building, three parts fun plus a dash of competition, mix them together and you get our two-week Caldwell mini basketball clinic! We will get your child ready and excited for the upcoming Caldwell season by reviewing some of the basics of the game while building skills and confidence in a fun environment. From beginners to veterans, our two-week clinic has something for everyone. We keep things fast-paced and fun to prepare them to be an active member of a team when the season starts.

**Dates:** Saturdays  
October 26 & November 2, 2024

**Time:** 9:00 am - 10:00 am

**Ages:** Grades 5-6

**Location:** Riverton Community Center  
1600 Forest Ave, Portland

**Fee:** \$30.00

**Min/Max:** 10/50



# YOUTH PROGRAMS

## 1st - 4th Grade REC Gallagher Basketball League

This basketball league teaches the concept of basketball and helps gain confidence in a non-competitive atmosphere, with an emphasis on skill development and teamwork. This league consists of two divisions, a Boys Division, and Girls Division at each level (1st/2nd and 3rd/4th). Any children wishing to participate on a Co-Ed team can register for the Co-ed team designation. Any Co-ed teams will participate in the Boys Division games and must make up a full amount of participants for a team (minimum 10 and maximum 12).

During the games in the 1st/2nd grade division, coaches are on the floor to help referee and build skill in live game action. Games at the 2nd/3rd grade level will be played with referees on the floor, but without coaches on the floor. No score is kept in either division. Fun is encouraged throughout the entire season!

**Practices:** Practices are in the afternoon or early evening at Lyseth, Ocean Ave, Rowe Elementary, East End or Riverton Community Center once a week. Practices will begin during the week of January 27, 2025 (after the Coaches meeting with Parks and Recreation you will be notified by your team's coach about the first practice).

**Games:** Games will be played Saturdays between 9:00 am and 5:00 pm at the East End Community Center, Amanda Rowe Elementary, and Riverton Community Center. There will be 7 games with no games scheduled during February school vacation. The first games will be Saturday, February 8, 2025 and will run thru March 29, 2025 (No games 2/22/25)

**Ages:** Grades 1-4

**Fee:** Portland Resident: \$85  
Non-resident: \$95 (must attend a Portland school to enroll)

**Deadline:** Friday January 17, 2025

**Fee Waiver Eligible:** Yes

**Mandatory Coaches Meeting:**  
January 22, 2025 @ 6:00 pm in the Riverton Community Center  
Community Room, 1600 Forest Ave

## 1st - 4th Grade Gallagher 2-week Basketball Mini Clinic

These mini basketball clinics will get your child ready and excited for the upcoming Gallagher Season by teaching them the basics of the game while building skills and confidence in a fun environment. From true beginners to more experienced players, our two-week clinics have something for everyone. We keep "Kid to Coach" ratios low to ensure your child gets the support they need to truly build their game and prepare them to be an active member of a team when the season starts. Don't wait until the first practice to start getting ready for Gallagher Basketball, sign up now and get that jump start on your season!

**Dates:** Saturdays, January 25 & February 1, 2025

**Times:** 8:00 am - 9:00 am 1st/2nd Grades  
9:00 am - 10:00 am 3rd/4th Grades

**Ages:** Grades 1-4

**Fee:** \$30.00

**Min/Max:** 10/50

## Kinder Tots Basketball

This four week blended program is a great introduction for your Kindergarten child. The program will get your child excited about the game of basketball by teaching them the basics of the game while building skills and confidence in a fun environment. From true beginners to more experienced players, our Kinder Tots program has all you need. Teams will meet once per week in a combination of practice/clinic and a short scrimmage on Saturdays.

**Dates:** Saturdays  
January 4, 11, 18, 25, 2025

**Times:** Session 1: 8:00 am - 8:45 am  
Session 2: 9:00 am - 9:45 am  
Session 3: 10:00 am - 10:45 am (only offered if first two sessions are full)

**Ages:** Children currently enrolled in Kindergarten only

**Location:** Amanda Rowe Elementary School, 23 Orono Rd, Portland

**Fee:** \$50.00

**Min/Max:** 24/48

**Coaches Needed!**  
Volunteer coaches are needed to support REC Basketball League programs every Saturday. To volunteer, contact **Brianne Maloney:** [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov)

# YOUTH PROGRAMS



## Portland Rec/Ole Port Travel Basketball League

Portland Recreation and the Ole Port Travel Basketball program have partnered together in 2024-2025 to offer a competitive addition to Portland Recreation's standard Recreation Basketball Leagues. Ole Port Basketball launched for the 2023-2024 Southern Maine Hoops League season to give Portland kids an option to compete in a competitive Travel Basketball league against other towns. It is intended to complement, not compete with, the existing Portland Rec basketball leagues. It is open to all kids in grades 4-8 who live or attend school in Portland, Maine. **Participants MUST try out and be selected to participate in this league as space is limited in each level.** Rosters will be limited to a max of 10 players. There may be multiple teams at some grade levels if numbers allow. Teams will play in the SMHL Travel League, with the season running from mid-November through mid-February. Games are on weekends in Portland and Saco. Teams will practice once a week in Portland. If offered a spot on a team, the registration cost of \$275 will be due in full to confirm the spot. The fee covers league registration, gym rental, insurance, and uniform. Scholarships are available for players in need. Ole Port Basketball is a volunteer-run organization and will oversee operations of the teams, recruitment of coaches, and scheduling. Portland Rec will additionally assist in operations, recruitment, facility use, and other structural components.

No fees will be charged until team selections are determined. Participants that are selected, have the option to participate in both the Travel and Recreation League for their age level. Participants that are not selected have the option to play in the Portland Rec league to continue their interest in Basketball and build further skills. This league participates in the Southern Maine Hoops League.

**Assessment Dates:** Girls 4th-8th: Tuesday, October 1, 2024  
Boys 4th-8th: Wednesday, October 2, 2024

**Time:** 5:30-8:30 pm

**Ages:** Grades 4-8

**Assessment Location:** Riverton Community Center Gym, 1600 Forest Avenue, Portland

**Practices:** (1) one hour practice per week minimum.

**Fee:** Portland Resident \$275.00  
Non-resident: \$285.00 (must attend a Portland school to enroll)

**Deadline to Register for Assessments:** Monday, September 30, 2024

**Fee Waiver Eligible:** Yes, limited scholarships available

**FMI:** Website link: [www.oleportbasketball.com](http://www.oleportbasketball.com)



## Winter Foot Skills and Futsal League

Portland Parks and Recreation, PAYSA, and Maine Lightning have joined forces to expand our Futsal footprint in Portland. This program offers a blend of foot skills sessions and weekend futsal game play. This program is for ages 5-14 and provides a program to better your soccer skills throughout the winter at an affordable price. Weekly foot skills clinics will take place at various Portland Recreation facilities and coached by local and professional coaches. Weekend game play will take place at the Amanda C. Rowe School and Riverton Community Center. An emphasis is placed on skill development and touches through game play.

**Dates:** January 5- March 9, 2025  
(No program during February Break. 2/16 & 2/19/25)

**Foot Skills:** Wednesday evenings at 5:00 pm, 6:00 pm, and 7:00 pm based on age groups

**Games:** Sundays between 9:00 am-1:00 pm based on division

**Ages:** 5-14 years old

**Fee:** \$160 (T-shirt given to all participants). Price includes 8 weeks of foot skills and 8 weeks of scrimmage and game play. We will have a one week of additional programming as an introduction on January 5, with full League play beginning on January 12, 2025  
Non-resident: \$95 (must attend a Portland school to enroll)

**Deadline:** Friday December 20, 2024

**Fee Waiver Eligible:** Yes

### Coaches Needed!

Volunteer coaches are needed to support REC Basketball League programs every Saturday. To volunteer, contact **Brianne Maloney**: [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov)

# YOUTH PROGRAMS

## Youth Ultimate Frisbee League

The goal of Portland Ultimate is to introduce young people to the sport of ultimate frisbee and to foster a good "spirit of the game". Practices include the basics of catching and throwing a frisbee, drills, and lots of time spent scrimmaging as a way of learning the game. Since the sport is self-officiated, practices will also include a rule-of-the-day. Drills and scrimmages will be broken into groups. At the middle school level, all genders play together. Some weeks, Portland Ultimate will play other middle school teams from Greater Portland towns but we will also do "in-house" games. Games will be played within age groups.

The league focuses on the following goals:

- To teach all participants the fundamentals of Ultimate Frisbee.
- To provide a fun environment that will help children grow emotionally, socially, and physically.
- To provide a positive experience for all participants.

**Schedule:** Portland Ultimate will begin in late April as soon as the fields are dry.

**Ages:** Grades 5-8

**Location:** Practices/Games will take place at Deering High School Grass Soccer Field

**Fee:** Portland Resident: \$85  
Non-resident: \$95

**Min/Max:** 50/100

**Deadline:** Saturday April 19, 2025

**Fee Waiver Eligible:** Yes

**FMI:** Contact Recreation: 808-5443 or e-mail [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

## Teen Gym Drop-in at Riverton

Are you between 13 and 17 years old and looking for a place to play a little basketball? Maybe some indoor soccer? Just want to shoot around or hang out with friends and throw a football? Come by yourself or bring some friends and check out Teen Gym at Riverton every Friday evening where you can have some fun in a safe, friendly, indoor environment. No drama please!

**Dates:** Fridays November 1, 2024 – April 25, 2025

**Times:** 6:30 pm - 8:30 pm

**Ages:** Up to 17 years old

**Location:** Riverton Community Center Gym  
1600 Forest Avenue, Portland

**What should I bring?** Please bring comfortable clothing, sneakers, a water bottle and a willingness to have a good time!

**Fee:** Portland Resident \$2.00  
Non-resident: \$4.00

**Min/Max:** 6/20

**Deadline:** Drop-in

**FMI:** Call Jordan O'Donal at 874-8455 or email [odonaj@portlandmaine.gov](mailto:odonaj@portlandmaine.gov)





parks,  
recreation  
& facilities

**Free  
Entry  
18+**

# Craft Night

3rd  
Tuesday  
of the  
month  
5pm-7pm  
September  
2024-March  
2025

You bring your own craft  
(knitting, embroidery,  
drawing, watercolor,  
mending etc.) Nothing too  
messy. Art supplies will  
not be provided. Come  
alone or bring a friend.  
All welcome.

212 Canco Rd, Suite A  
Portland, Maine 04103



# FAMILY PROGRAMS

**NEW!** **Community Night  
at Reiche**

Looking for a festive, family activity? Join us at Reiche Community Center for family fun. We have workshops for every season! In the fall participants will paint pumpkins, in the winter we will build and decorate gingerbread house masterpieces, and lastly build and design bird houses in the spring! Plus we will have additional crafts and hot chocolate, cider or refreshment stations at each workshop.

**Dates:**

Pumpkin Painting Workshop  
Friday, October 18, 2024  
Friday, October 25, 2024

Gingerbread Workshop  
Friday, December 13, 2024  
Friday, December 20, 2024

BirdHouse Workshop  
Friday, May 9, 2025  
Friday, May 23, 2025

**Times:** 6:00 pm - 8:00 pm

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Fee** (per person):  
Portland Resident \$15.00  
Non-resident: \$25.00

**Min/Max:** 10/20

**Deadline:** One week prior to start of  
each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email  
[cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**NEW!** **Family Open Gym  
at East End**

Come and join us on Sunday after-  
noons for both free and structured  
play. We will have basketballs, soccer  
balls, hula-hoops, and much more  
available for use. We can also lower  
the basketball hoops for our smaller  
players. This is a perfect opportunity  
to come and flex your physical muscles  
- join your teenager to shoot hoops,  
come with your toddler to throw a ball,  
or just drop in and play! (Please no hard  
balls or bats.)

**Dates:** Sundays, September 8, 2024 -  
June 8, 2025

**Times:** 12:30 pm - 2:30 pm

**Ages:** 1-18 with Guardian

**Location:** East End Community  
School Gym, 195 North St., Portland

**What should I bring?** Indoor shoes,  
comfortable clothes, water.

**Fee** (per person):  
Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 6/25

**Deadline:** None

**Fee Waiver Eligible:** No

**FMI:** Brianne Maloney, Recreation  
Leader:  
[bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov) or  
[recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

**NEW!** **Family Open Gym  
at Reiche**

Join us for this new, non-instructional,  
family open gym program. A great  
opportunity for kids and parents or  
guardians to come together and enjoy  
active playtime in a safe, welcoming  
environment. We will provide a variety  
of equipment such as basketballs, soc-  
cer balls, gym mats, and more! We can  
divide the gym in half to have younger  
kids on one side and older kids on the  
other. Parents can stand by and super-  
vise or join in on the fun!

**Dates:** Sundays, November 2024 -  
April 2025

**Times:** 10:00 am - 12:00 pm

**Ages:** 1-18 with Guardian

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Recreation staff present  
*\*Non instructional program\**

**What should I bring?** Gym shoes  
and comfortable clothing.

**Fee** (per person):  
Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 1/20

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email  
[cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)





# BAKING PROGRAMS

## Baking with Kids — Cookie Decorating Edition!

Does your child love to bake, or have they always wanted to learn to bake? If so, consider signing them up for this 2 week program devoted to teaching the art of cookie decorating! Participants will cut out cookies, decorate with multiple consistencies of royal icing, and learn piping techniques.

**Dates:** 2 Sessions, 2 Classes Each  
Mondays February 3, 10, 2025  
Mondays March 17, 24, 2025

**Times:** 6:00 pm - 7:00 pm

**Ages:** Grades 1-5

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Christiana Viney

**Fee:** Portland Resident \$45.00  
Non-resident: \$55.00

**Min/Max:** 10/15

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**NEW!**

## Baking with Kids — Pie Workshop Edition!

In this workshop participants will create and customize their own festive, and unique “take and bake” apple pies!

**Dates:** 2 Sessions, 1 Class Each  
Monday, November 4, 2024  
Monday, November 18, 2024

**Times:** 6:00 pm - 7:30 pm

**Ages:** Grades 1-5

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Christiana Viney

**Fee:** Portland Resident \$30.00  
Non-resident: \$40.00

**Min/Max:** 10/15

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

# COOKING PROGRAMS

## Cooking with Kids — Pasta Edition!

Does your child love to cook? In this class kids will make fresh, homemade pasta, learn recipes, basic techniques and make a variety of pasta shapes!

**Dates:** 2 Sessions, 2 Classes Each  
Tuesdays February 4, 11, 2025  
Tuesdays April 8, 15, 2025

**Times:** 6:00 pm - 7:00 pm

**Ages:** Grades 2-5

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Christiana Viney

**Fee:** Portland Resident \$50.00  
Non-resident: \$60.00

**Min/Max:** 8/15

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**NEW!**

## Cooking with Kids — Sushi Edition!

Does your child love to cook? In this class kids will make fresh, homemade sushi rolls! Learn the technique of filling and rolling sushi.

**Dates:** 2 Sessions, 1 Class Each  
Thursday, November 14, 2024  
Thursday, January 23, 2025

**Times:** 6:00 pm - 7:00 pm

**Ages:** Grades 2-5

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Christiana Viney

**Fee:** Portland Resident \$35.00  
Non-resident: \$45.00

**Min/Max:** 8/15

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**NEW!**

## Baking with Kids — Hot Chocolate Bomb Workshop!

In this workshop participants will learn how to make trendy, delicious hot chocolate bombs using sphere silicone molds, melted chocolate, coco, marshmallows and toppings!

**Dates:** 2 Sessions, 1 Class Each  
Monday, January 13, 2025  
Monday, January 27, 2025

**Times:** 6:00 pm - 7:00 pm

**Ages:** Grades 1-5

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Christiana Viney

**Fee:** Portland Resident \$25.00  
Non-resident: \$35.00

**Min/Max:** 10/15

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

**NEW!**

## Cake Decorating with Kids — Themed Workshops

Does your child love to decorate cakes? If so, consider signing them up for this new program! In each class we will create customized cake masterpieces all while learning tips and techniques to cake decorating. Each class will be themed and include a cute, trendy and fun cake design that participants will take home at the end of the class.

**Dates:**  
*Spooky Cake Workshop:* Thursday October 24th, 2024  
*Llama Cake Workshop:* Thursday November 21st, 2024  
*Reindeer Cake Workshop:* Thursday December 19th, 2024  
*Heart Cake Workshop:* Thursday February 13th, 2025  
*Cow Cake Workshop:* Thursday April 17th, 2025  
*Unicorn Cake Workshop:* Thursday May 22nd, 2025

**Times:** 6:00 pm - 7:30 pm

**Ages:** 7-13 year olds

**Location:** Reiche Community Center  
166 Bracket Street, Portland

**Instructor:** Christiana Viney

**Fee:** Portland Resident \$45.00  
Non-resident: \$55.00

**Min/Max:** 10

**Deadline:** One week prior to start of each session.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)



CV's **BAKING WITH KIDS!**  
Let's have fun learning the ART of Baking!



### CAKE DECORATING!

**Dates:** 1 class per workshop

- Spooky cake workshop - October 24th, 2024
- Llama cake workshop - November 21st, 2024
- Reindeer cake workshop - December 19th, 2024
- Heart cake workshop - February 13th, 2025
- Cow cake workshop - April 17th, 2025
- Unicorn cake workshop - May 22, 2025

**Time:** 6:00 pm - 7:30 pm  
**Ages:** 7 - 13  
**Location:** Reiche Community Center  
166 Bracket St, Portland 04102  
**Fee:** \$45 Resident / \$55 Non Resident (per workshop)

### COOKIE DECORATING!

**Dates:** 2 sessions - 2 classes each - Mondays  
February 3rd, 10th, 2025  
March 17th, 24th, 2025  
**Time:** 6:00 pm - 7:00 pm  
**Ages:** Grades 1-5  
**Location:** Reiche Community Center  
**Fee:** \$45 Resident / \$55 Non Resident (per session)

### HOT CHOCOLATE BOMBS!

**Dates:** 2 sessions - 1 class each - Mondays  
January 13th, 27th, 2025  
**Time:** 6:00 pm - 7:00 pm  
**Ages:** Grades 1-5  
**Location:** Reiche Community Center  
**Fee:** \$25 Resident / \$35 Non Resident (per session)

### PIE WORKSHOP!

**Dates:** 2 sessions - 1 class each - Mondays  
November 4th, 18th, 2024  
**Time:** 6:00 pm - 7:30 pm  
**Ages:** Grades 1-5  
**Location:** Reiche Community Center  
**Fee:** \$30 Resident / \$40 Non Resident (per session)

**To Register visit: [portlandme.myrec.com](http://portlandme.myrec.com) FMI: [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)**

# NATURE PROGRAMS



## Sebago to Sea

Sebago to Sea is a great way to get out and explore Portland's watershed this fall! Each week we will adventure out to a different spot along the Presumpscot River Watershed — starting at Sebago Lake and making our way down to Mackworth Island. Join Naturalist Noah and Recreation Programmer Julia to learn about the importance of healthy watersheds, stream ecology, stormwater, and tidepools — all while having fun in nature!

**Dates:** Sundays, September 29, October 6, 13, 20, 2024

**Times:** 10:00 am - 1:00 pm

**Ages:** 8-12 years old

**Location:** Meet at the Riverside Golf Course, 1st floor Conference Room - 1158 Riverside St., Portland

**Instructor:** Julia Tamlyn and Noah Querido

**What should I bring?** An extra layer, hiking boots or sneakers that can get dirty, a full water bottle, a snack, and a backpack.

**Fee:** Portland Resident \$60.00  
Non-resident: \$70.00

**Min/Max:** 8/13

**Deadline:** Wednesday, September 25, 2024

**Fee Waiver Eligible:** Yes, limited spots available

**FMI:** City Naturalist: 207-808-5436, or email [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)



## Critter Crawls Nature Walks

Critter Crawls Nature Walks are a way for young children and their grown-ups to learn in nature. During a walk, children can borrow a small backpack full of tools for exploring. Recreation Programmer Julia will guide a small group through a series of nature-based activities, like scavenger hunts, fairy house building, or a story and craft. Critter Crawls is a great way for your child to spend time outside with curiosity, wonder, and joy!

**Dates:** Tuesdays, October 1, 8, 15, 22, 2024

**Times:** 10:00 am - 11:00 am

**Ages:** 2-5 years old **with an accompanying adult**

**Location:** Mayor Baxter Woods, Portland

**Instructor:** Julia Tamlyn

**What should I bring?** Dress for the weather! Have an extra layer. Plan for rain! Arrive with footwear that can walk through wet grass or along a muddy trail. Bring your curiosity and get ready to explore with your child!

**Fee:** Portland Resident \$50.00  
Non-resident: \$60.00

**Min/Max:** 6/10

**Deadline:** Wednesday, September 25, 2024

**Fee Waiver Eligible:** Yes

**FMI:** Email Julia Tamlyn: [juliatamlyn@portlandmaine.gov](mailto:juliatamlyn@portlandmaine.gov)



## Time for Pines! — Junior Naturalist Program

Maine isn't called the Pine Tree State for nothing! In the wintertime, we are surrounded by many spectacular species of evergreens and conifers that stay green all year round. Join the City Naturalist to learn: which animals depend on pine trees for their food and shelter, how you can use evergreen trees for outdoor survival skills like fire making and shelter building, how to make cool arts and crafts from pine trees, and even how to brew a tasty, vitamin C-rich tea from our own state tree!

**Dates:** Sundays, January 5, 12, 19, 26, 2025

**Times:** 10:30 am - 1:00 pm

**Ages:** 8-12 years old

**Location:** Meet at Talbot Community Center, 1600 Forest Avenue, Portland

**Instructors:** Noah Querido and Julia Tamlyn

**What should I bring?** Waterproof winter boots, warm layered clothing, hat, gloves, a full water bottle, a snack, and a backpack.

**Fee:** Portland Resident \$70.00  
Non-resident: \$80.00

**Min/Max:** 8/13

**Deadline:** Friday, January 3, 2025

**Fee Waiver Eligible:** Yes

**FMI:** Naturalist Noah Querido: [nquerido@portlandmaine.gov](mailto:nquerido@portlandmaine.gov)

# NATURE PROGRAMS



## Migration Mayhem — Junior Naturalist Program

Portland is incredibly lucky to be right in the middle of a migration path that millions of birds use to migrate back north for warmer months. Join our City Naturalist and Recreation Programmer Julia this May as we: learn to use binoculars, explore different kinds of habitats that birds love, visit the Maine Audubon center, make paper airplanes to better understand bird flight, and more!

**Dates:** Sundays, May 4, 11, 18, June 1, 2025 (No program May 25, 2025)

**Times:** 9:30 am - 12:30 pm

**Ages:** 8-12 years old

**Location:** Meet at Riverton Community Center, 1600 Forest Ave, Portland

**Instructors:** Noah Querido and Julia Tamlyn

**What should I bring?** Sturdy closed-toe shoes (sneakers or hiking boots), warm layered clothing, a rain jacket or poncho, a full water bottle, a snack, and a backpack.

**Fee:** Portland Resident \$70.00  
Non-resident: \$80.00

**Min/Max:** 8/13

**Deadline:** Friday May 2, 2025.

**Fee Waiver Eligible:** Yes

**FMI:** Naturalist Noah Querido: [nquerido@portlandmaine.gov](mailto:nquerido@portlandmaine.gov)

## Winter Naturalists Camp — Junior Naturalist Program

Does your child have nothing planned for February break and loves the outdoors? Have them join the city Naturalist Noah and Recreation Programmer Julia for the Junior Naturalist Winter Camp! Kids will take a bus to explore the beauty of the greater Portland area and learn about local plant/wildlife ecology, Leave No Trace, local food sources, and winter survival. They will also have a trip to Bradbury Mountain State Park to learn about invasive pests.

**Dates:** February 18 to February 21, 2025

**Times:** 9:00 am - 4:00 pm

**Ages:** 6-11 years old

**Location:** Meet at Talbot Community Center, 1600 Forest Avenue, Portland

**Instructors:** Noah Querido and Julia Tamlyn

**What should I bring?** Winter hiking shoes, warm layered clothing, hat, gloves, spare clothing, water bottle, snacks/lunch, and a backpack.

**Fee:** Portland Resident \$240.00 (Residents only)

**Min/Max:** 13/28

**Deadline:** Friday, February 14, 2025

**Fee Waiver Eligible:** Yes, limited spots available

**FMI:** Naturalist Noah Querido: [nquerido@portlandmaine.gov](mailto:nquerido@portlandmaine.gov)



# ARCHERY PROGRAMS

## Youth Introduction to Archery

We are excited to continue offering Youth Archery this year. This program is a great introduction to the sport of archery. Our goal is to create a safe, fun and learning environment for archers ages 10-17 years old. Instructors from the Maine School of Archery will teach range safety and proper shooting mechanics. Archers will also learn about mental focus, self confidence and physical fitness.

**Dates:** Mondays, 4-week sessions  
Session 1: September 16, 23, 30, October 7, 2024  
Wednesdays, 4-week sessions  
Session 2: January 8, 15, 22, 29, 2025  
Session 3: May 7, 14, 21, 28, 2025

**Time:** 5:00 pm - 6:00 pm

**Ages:** 10-17 years old

**Location:** Reiche Community Center 166 Brackett Street, Portland

**Instructor:** Maine School of Archery Instructor

### What should I bring?

Students will need to wear athletic clothing and sneakers (required). Optional: water bottle, arm guard, finger tab.

**Fee:** Portland Resident \$100.00 Non-resident: \$110.00

**Min/Max:** 6/16

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

## **NEW!** Family Fun Archery Program

Join us for this new family style archery program! Family Fun Archery is a great introduction to the sport of archery while making memories with your child, nephew, niece, little brother, sister etc. Maine School of Archery instructors will teach proper shooting mechanics and range safety. Our goal is to create a safe, fun environment for archers of all ages.

**Dates:** Saturdays, 4-week sessions  
November 2, 9, 16, 23, 2024  
January 11, 18, 25, February 1, 2025  
March 1, 8, 15, 22, 2025  
May 3, 10, 17, 24, 2025

**Times:** 9:00 am - 10:00 am

**Ages:** 10 and up

**Location:** Reiche Community Center 166 Brackett Street, Portland

**Instructor:** Maine School of Archery Instructor

### What should I bring?

Students will need to wear athletic clothing and sneakers (required). Optional: water bottle, arm guard, finger tab.

**Fee:** Portland Resident \$100.00 Non-resident: \$110.00 (Prices include both parent and child)

**Min/Max:** 6/16

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

## **NEW!** Junior Olympic Archery Development Program

Junior Olympic Archery Development (JOAD) is a USA Archery program that helps archers to enjoy the sports recreationally or progress to the excitement of competition. The program consists of a series of classes taught by a Maine School of Archery instructor.

JOAD offers archers the opportunity to learn range safety and proper shooting technique in an environment that fosters focus and increased self-confidence. JOAD is open to all youth ages 10-17 years old and is designed to grow with each individual archer. As the young archer develops, they will learn more advanced techniques and earn achievement awards.

**Dates:** Wednesdays, 8-week sessions  
Session 1: October 2, 9, 16, 23, 30, November 6, 13, 20, 2024  
Session 2: March 5, 12, 19, 26, April 2, 9, 16, 23, 2025

**Time:** 5:00 pm - 6:00 pm

**Ages:** 10-17 years old

**Location:** Reiche Community Center 166 Brackett Street, Portland

**Instructor:** Maine School of Archery Instructor

### What should I bring?

Students will need to wear athletic clothing and sneakers (required). Optional: water bottle, arm guard, finger tab.

**Fee:** Portland Resident \$160.00 Non-resident: \$170.00

**Min/Max:** 6/16

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

# ARCHERY PROGRAMS

## Adult Introduction to Archery

We are excited to continue offering Adult Archery this year. This program is a great introduction to the sport of archery, emphasizing range safety and proper shooting mechanics. Come join us for the popular and fun program and learn mental focus, self confidence and physical fitness.

**Dates:** Mondays, 4-week sessions  
Session 1: September 16, 23, 30, October 7, 2024  
Wednesdays, 4-week sessions  
Session 2: January 8, 15, 22, 29, 2025  
Session 3: May 7, 14, 21, 28, 2025

**Time:** 6:30 pm - 7:30 pm

**Ages:** 18+ years old

**Location:** Reiche Community Center 166 Brackett Street, Portland

**Instructor:** Maine School of Archery Instructor

**What should I bring?** Students will need to wear athletic clothing and sneakers (required). Optional: water bottle, arm guard, finger tab.

**Fee:** Portland Resident \$100.00 / Non-resident: \$110.00

**Min/Max:** 6/16

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)

## **NEW!** Adult Archery Program (AAP)

The Adult Archery Program is a USA Archery program that allows adults to learn proper shooting technique, achieve awards based on score, and pursue competition if they wish. The program consists of a series of classes taught by a Maine School of Archery instructor or coach. The Adult Archery Program is a logical "next step" for adult archers pursuing this lifetime sport.

**Dates:** Wednesdays, 8-week sessions  
Session 1: October 2, 9, 16, 23, 30, 2024, November 6, 13, 20, 2024  
Session 2: March 5, 12, 19, 26, 2024, April 2, 9, 16, 23, 2025

**Time:** 6:30 pm - 7:30 pm

**Ages:** 18+ years old

**Location:** Reiche Community Center 166 Brackett Street, Portland

**Instructor:** Maine School of Archery Instructor

### What should I bring?

Students will need to wear athletic clothing and sneakers (required). Optional: water bottle, arm guard, finger tab.

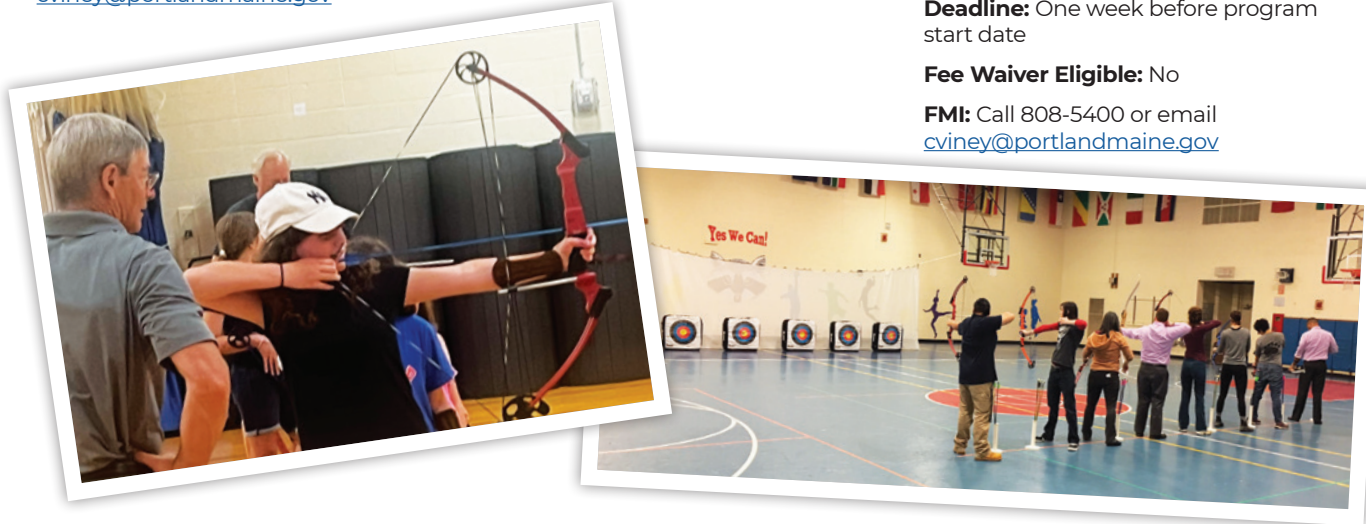
**Fee:** Portland Resident \$200.00 / Non-resident: \$210.00

**Min/Max:** 6/16

**Deadline:** One week before program start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or email [cviney@portlandmaine.gov](mailto:cviney@portlandmaine.gov)



**YOUTH ARCHERY**

YOUTH INTRODUCTION TO ARCHERY

**Dates:** Mondays (4-week sessions)  
(Session 1) September 16, 23, 30, October 7, 2024  
Wednesdays (4-week sessions)  
(Session 2) January 8, 15, 22, 29, 2025  
(Session 3) May 7, 14, 21, 28, 2025  
**Time:** 5:00 pm - 6:00 pm  
**Ages:** 10-17  
**Location:** Reiche Community Center  
**Fee:** \$100 Resident / \$110.00 Non-resident  
**Instructed by** Maine School of Archery Coaches

**JUNIOR OLYMPIC ARCHERY DEVELOPMENT PROGRAM (JOAD) 'NEW'**

**Dates:** Wednesdays 8 Week Program  
(Session 1) October 2, 9, 16, 23, 30, November 6, 13 & 20, 2024  
(Session 2) March 5, 12, 19, 26 April 2, 9, 16, & 23, 2025  
**Time:** 5:00-6:00 pm  
**Ages:** 10 - 17  
**Location:** Reiche Community Center  
**Fee:** \$160 Resident / \$170 Non-Resident  
**Instructed by** Maine School of Archery Coaches

**TO REGISTER VISIT:** [portlandme.myrec.com](http://portlandme.myrec.com)

SAFETY - MENTAL FOCUS - SELF CONTROL  
PHYSICAL FITNESS

**ADULT ARCHERY**

ADULT INTRODUCTION TO ARCHERY

**Dates:** Mondays (4-week sessions)  
(Session 1) September 16, 23, 30, October 7, 2024  
Wednesdays (4-week sessions)  
(Session 2) January 8, 15, 22, 29, 2025  
(Session 3) May 7, 14, 21, 28, 2025  
**Time:** 6:30 pm - 7:30 pm  
**Ages:** 18+  
**Location:** Reiche Community Center  
**Fee:** \$100 Resident / \$110.00 Non-resident

**ADULT ARCHERY PROGRAM (AAP) 'NEW'**

**Dates:** Wednesdays 8 Week Program  
(Session 1) October 2, 9, 16, 23, 30 November 6, 13 & 20, 2024  
(Session 2) March 5, 12, 19, 26 April 2, 9, 16, & 23, 2025  
**Time:** 6:30-7:30 pm  
**Ages:** 18+  
**Location:** Reiche Community Center  
**Fee:** \$200 Resident / \$210 Non-Resident

# ADULT PROGRAMS

## Adult Pickleball Beginners 2024-25

For those who have never played pickleball or have limited familiarity with the rules. Nationally certified instructor Dave Cousins has designed a special series of classes where you will:

- Learn the fundamental rules of the game
- Progress at a comfortable pace
- Enjoy fun drills and play games

Each session is limited to 16 players to ensure that you receive the maximum amount of instruction, skill development, and playtime. Bring your pickleball paddle or we also have paddles to use during the clinic and for sale. *Registration is required.*

**Dates:** Thursdays

**Fall:**  
Session 1: October 3, 10, 17, 24, 2024  
Session 2: November 7, 14, 21, 2024

**Winter:**  
Session 3: December 5, 12, 19, 26, 2024  
Session 4: January 2, 9, 16, 23, 2025

**Spring:**  
Session 5: February 6, 13, 20, 27, 2025  
Session 6: March 6, 13, 20, 27, 2025

**Time:** 6:00 pm – 7:00 pm

**Ages:** 18+ years old

**Location:** Riverton Community Center Gym, 1600 Forest Ave, Portland

**Instructor:** Liz Winfeld / Dave Cousins

**What should I bring?** Court shoes, comfortable clothing, water bottle, paddle if you have one

**Fee:** \$100/4-week session  
November: \$75/Session (3 weeks)

**Min/Max:** 4/16

**Deadline:** One week prior to session start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or contact Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)

## Adult Pickleball Improvers Course 2024-25

Work on your Pickleball skills with Coach Dave and Coach Liz! This program is intended for those who have already completed our Beginner Lessons, or those who have the fundamentals of Pickleball already down and are looking to bring themselves to the next level. This class is designed for USAPA rated 2.5-3.0 players. Each session is limited to 16 players to ensure participants have sufficient court time and 1-on-1 attention. *Registration is required.*

**Dates:** Thursdays

**Fall:**  
Session 1: October 3, 10, 17, 24, 2024  
Session 2: November 7, 14, 21, 2024

**Winter:**  
Session 3: December 5, 12, 19, 26, 2024  
Session 4: January 2, 9, 16, 23, 2025

**Spring:**  
Session 5: February 6, 13, 20, 27, 2025  
Session 6: March 6, 13, 20, 27, 2025

**Time:** 7:00 pm – 8:00 pm

**Ages:** 18+ years old

**Location:** Riverton Community Center Gym, 1600 Forest Ave, Portland

**Instructor:** Liz Winfeld / Dave Cousins

**What should I bring?** Court shoes, comfortable clothing, water bottle, paddle if you have one

**Fee:** \$100/4-week session  
November: \$75/Session (3 weeks)

**Min/Max:** 4/16

**Deadline:** One week prior to session start date

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or contact Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)

## Adult Pickleball Drop-in at Riverton

Join us for some fun times playing Pickleball. This fun, tennis-like sport, has been gaining in popularity over the past several years and we are excited to offer this program to the Riverton community! Everyone will get the opportunity to play and all skill levels are welcome.

**Dates:** Sundays  
September 29, 2024 - April 27, 2025

**Time:** 2:00 pm – 4:00 pm

**Ages:** 18+ years old (please bring ID)

**Location:** Riverton Community Center Gym, 1600 Forest Ave, Portland

**Instructor:** Recreation Staff

**What should I bring?** Gym shoes and comfortable clothing

**Fee:** Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 8/24

**Deadline:** Drop-in

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or contact Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)



# ADULT PROGRAMS

## Adult Indoor Soccer Drop-in at Riverton

Come get some exercise playing pick-up soccer. This open drop-in soccer program is a well-attended, and well loved, by the community. We welcome players of all skill levels so come on down!

**Dates:** Mondays, October 28, 2024 to April 28, 2025

**Time:** 8:30 pm - 10:30 pm

**Ages:** 18+ years old (please bring ID)

**Location:** Riverton Community Center Gym, 1600 Forest Ave, Portland

**Instructor:** Recreation Staff

**What should I bring?** Gym shoes and comfortable clothing.

**Fee:** Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 6/21 (strict maximum, no spectators)

**Deadline:** Drop-in

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or contact Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)

## Adult Basketball Drop-in at Riverton

Come play some exciting pick-up basketball games at the Riverton Community Center gym! Get in shape and have fun playing the great sport of basketball.

**Dates:** Tuesdays, October 29, 2024 to April 29, 2025

**Time:** 8:30 pm – 10:30 pm

**Ages:** 18+ years old (please bring ID)

**Location:** Riverton Community Center Gym, 1600 Forest Ave, Portland

**Instructor:** Recreation Staff

**What should I bring?** Gym shoes and comfortable clothing.

**Fee:** Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 6/21 (strict maximum, no spectators)

**Deadline:** Drop-in.

**Fee Waiver Eligible:** No

**FMI:** Call 808-5400 or contact Jordan O'Donal at 874-8455 or email [odonalj@portlandmaine.gov](mailto:odonalj@portlandmaine.gov)

## Adult Basketball Drop-in at East End

All levels are welcome to join our Drop in Basketball program. Our Gym is equipped with two hoops. We invite you to come meet new people and stay active!

**Dates:** Sundays, September 8, 2024 to June 8, 2025

**Time:** 10:00 am – 12:00 pm

**Ages:** 18+ years old

**Location:** East End Community School Gym, 195 North St., Portland

**Instructor:** Recreation Staff

**What should I bring?** Indoor Shoes, comfortable clothes, water

**Fee:** Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 6/25

**Deadline:** None

**Fee Waiver Eligible:** No

**FMI:** Brianne Maloney, Recreation Leader  
[omaloney@portlandmaine.gov](mailto:omaloney@portlandmaine.gov) or [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

**COMMUNITY NIGHT @ REICHE!**

Looking for a festive, family activity? Join us at Reiche Community Center for family fun every season this school year! We have workshops for every season! In the fall participants will paint pumpkins, in the winter we will build and decorate gingerbread house masterpieces, and lastly build and design bird houses in the spring! Plus we will have additional crafts and hot chocolate, cider or refreshment stations at each workshop.

**DATES**

Friday October 18th, 2024 - Pumpkin Painting Workshop  
Friday October 25th, 2024 - Pumpkin Painting Workshop  
Friday December 13th, 2024 - Gingerbread Workshop  
Friday December 20, 2024 - Gingerbread Workshop  
Friday May 9th, 2025 - Bird House Workshop  
Friday May 23rd, 2025 - Bird House Workshop

**TIME**  
6:00-8:00 PM

**LOCATION**  
REICHE COMMUNITY CENTER  
166 Brackett Street, Portland ME, 04102

**FEE**  
\$15.00 RESIDENT / \$25.00 NON RESIDENT  
(PER PERSON / PER WORKSHOP)

To Register visit: [portlandme.myrec.com](http://portlandme.myrec.com) FMI: [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

# ADULT PROGRAMS

## Adult Volleyball Drop-in at East End

All levels are welcome to join our Drop in volleyball program. We will set up two nets in our gym. Great way to meet new people and stay active!

**Dates:** Wednesdays, September 11, 2024 to June 11, 2025

**Time:** 6:30 pm – 8:30 pm

**Ages:** 18+ years old

**Location:** East End Community Center Gym, 195 North St., Portland

**What should I bring?** Indoor Shoes, comfortable clothes, water

**Fee:** Portland Resident \$5.00  
Non-resident: \$10.00

**Min/Max:** 6/none

**FMI:** Brianne Maloney, Recreation Leader [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov) or [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

## **NEW!** Adult Table Tennis Drop-in at East End

All levels are welcome to join our Drop in Table Tennis program. We have 4-5 tables going at once. Great way to meet new people and try something new!

**Dates:** Mondays, September 9, 2024 to June 9, 2025  
*\*No classes on 11/11, 1/20, 2/17, 5/26.\**

**Time:** 6:00 pm – 8:30 pm

**Ages:** 18+ years old

**Location:** East End Community School Cafeteria, 195 North St., Portland

**What should I bring?** Paddle, we have some available.

**Fee:** Portland Resident \$5.00/session  
Non-resident: \$10.00/session

**Min/Max:** 2/none

**Deadline:** Drop-in

**Fee Waiver Eligible:** No

**FMI:** Brianne Maloney, Recreation Leader [bmaloney@portlandmaine.gov](mailto:bmaloney@portlandmaine.gov) or [recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)

## **NEW!** Craft Night

Come join us for a drop-in craft night once a month. You bring your own craft (knitting, embroidery, drawing, watercolor, mending etc.) Nothing too messy. Art supplies will not be provided. This is a great opportunity to get out of the house and socialize with other crafty spirits during the colder darker months. Come alone or bring a friend or friends. All are welcome.

**Dates:** Every 3rd Tuesday of the month  
September 17, October 15, November 19, December 17, 2024  
January 21, February 18, March 18, 2025

**Time:** 5:00 pm - 7:00 pm

**Ages:** 18+ years old

**Location:** 212 Canco Rd. Suite A, Portland

**Instructor:** Jessica Teesdale

**What should I bring?** BYO craft project.

**Fee:** Free

**Min/Max:** None

**Deadline:** Drop-in

**FMI:** Jessica Teesdale - 207-808-5428  
[recreation@portlandmaine.gov](mailto:recreation@portlandmaine.gov)



Photo by Inkiipow on Unsplash

# ADULT PROGRAMS

## Zumba® — Exercise in Disguise!

Zumba® is a full-body cardio workout that combines dance and fitness in a way that is so fun, that you won't realize you are working out until you are drenched in sweat and smiling ear to ear. Zumba uses modern pop, funk, and Latin. The format is easy to follow and as much fun for the total beginner as the super experienced. No equipment is needed, only sneakers or dance shoes.

**Dates:** Mondays and Saturdays  
September 9, 2024 through June 16, 2025

**Times:** Mondays 5:30 pm  
Saturdays 9:00 am

**Ages:** 10-99 years old

**Location:** Riverton Community Center Gym, 1600 Forest Ave, Portland  
Great stage to see the instructor, and low lights for a party atmosphere.

**Instructor:** Susan Sinnett

**What should I bring?** Please bring workout shoes to change into to keep the floors clean. Water bottles can be filled at water bottle station in the room.

**Fee:** Seniors: \$10.00 per class  
Adults: \$12.00 per class  
Students: \$5.00 per class

**Deadline:** No deadline, come dance anytime

**FMI:** Contact Susan Sinnett [susan\\_sinnett@yahoo.com](mailto:susan_sinnett@yahoo.com) or cell 207-650-7863

## Jazzercise® at Riverton

A group fitness class for all levels led by certified instructors. Our classes incorporate dance cardio with strength training to sculpt and tone your muscles in the ultimate full-body workout. Whether you are looking for physical results or a way to relieve stress and FEEL your best, our instructors will guide you every step of the way in this fun and effective workout!

**Dates:** Visit our website for current schedule:  
[jazzercise.com/studio/me/portland-riverton-community-center](http://jazzercise.com/studio/me/portland-riverton-community-center)

**Ages:** 18+ years old

**Location:** Riverton Community Center Cafetorium, 1600 Forest Ave, Portland

**What should I bring?** Indoor sneakers, comfortable/supportive for movement in all directions. Wear clothing that is breathable and allows for movement. A filled water bottle. (A variety of hand weights and mats are available to borrow, you may also choose to bring your own).

**Fee:** \$15 drop-in (visit our website to purchase & reserve a spot in class!)

**Fee Waiver Eligible:** No

**FMI:** 715-781-0352 or [greaterportlandjazzercise@gmail.com](mailto:greaterportlandjazzercise@gmail.com)



# SENIOR PROGRAMS

**62+ Club:**  
Activities &  
Programming

The 62+ Senior Program is an activity group where seniors can get together and socialize while enjoying a variety of different activities, offered 10-15 times per month, year-round! This program is a great way to explore the area and make new friends while staying active. Activities include local fairs, theater trips, concerts, museum visits, shopping trips, bowling, local walking trails, themed luncheons, guest sporting events, holiday parties, arts

and crafts, boat rides, and much more. Participants are able to drive to most of our activities or we can pick up residents right at home with one of our mini buses. Registrations for activities take place bimonthly. If you have any questions, or would like to be added to our monthly mailing list, please contact us at the Recreation office via email at [vjunkins@portlandmaine.gov](mailto:vjunkins@portlandmaine.gov) or call us at 808-5400. Please be sure to include your full name, your email address (if you have one), your telephone number and your mailing address.



# RIVERSIDE GOLF COURSE

1158 Riverside Street | (207) 797-3524 | riversidegolfcourseme.com

Located on the outskirts of Portland, Riverside Golf Course offers three courses. The 18-hole north course, the 9-hole south course, and 3-hole practice facility. The municipality-owned golf course provides a challenging but forgiving layout that gives an experienced golfer or beginner golfer an enjoyable round on either course. For more information, visit our website.

## Winter Recreation

Riverside Golf Course (North), built in 1932, is a 30-hole facility located on 200 acres on the outskirts of Portland. During the off season, Riverside provides a great winter layout for cross-country ski trails, two outdoor ice skating rinks, snowshoeing, fat tire biking and many hills for sledding. Riverside is a great destination for a leisurely workout or outdoor activities with the whole family.

## Skiing

Riverside Golf Course grooms cross-country ski trails throughout our three golf courses. For easy access to our trails there are two starting points: one at the Riverside South Course clubhouse, and one at the Riverside North Course located by the maintenance building at the end of the parking lot. There are two groomed ski trails side by side in hopes for better trail conditions. One trail will be strictly for cross country skiing only, no other activities and no skiing with dogs. The second trail will be for all other activities including skiing with dogs. We have signs posted at the trail entrances and throughout the trails for directional and reminders for which trail to use. Our trail measures about 6k, groomed for both classic and skate skiing with great scenery and wildlife to see. Whether it's for the experienced or beginner skier, the trails are great for both. The trails are open to the public seven days a week, 24 hours a day. Please stay out of roped off areas.

## Ice Rink

Riverside offers two outdoor ice rinks with fresh ice made in the morning as needed for an enjoyable experience. The ice rinks are located on the North Course and are accessible using the access road by the maintenance building at the end of the parking lot. One of the rinks is lit nightly to accommodate skating at night. The ice rinks are open to the public seven days a week, 24 hours a day.

## Snowshoeing

Snowshoeing is available throughout the golf course and is open to the public seven days a week, 24 hours a day. The groomed skate trails are used to make your experience more enjoyable. We ask that you stay off the groomed classic tracks and out of roped off areas.

## Sledding

Sledding is available throughout the golf course and open to the public seven days a week, 24 hours a day. Please stay out of roped off areas.

## Dogs on Golf Course

Are allowed on-leash only.



## The Club @ Riverside

For more information about the new restaurant, please visit their website:

<https://www.facebook.com/theclubatriverside/>



# AQUATICS

## MUNICIPAL POOL SCHEDULE

September 9, 2024 – June 13, 2025

### Harold Paulson Pool / Riverton Community Center

1600 Forest Avenue, Portland / 874-8456

**The Riverton Pool Remains Closed for the Forseeable Future.**

### Hap Frank Pool / Reiche Community Center

166 Brackett Street, Portland / 874-8874

**(Pool entrance off of Clark St. – limited off-street parking by entrance)**

#### ADULT LAP SWIMS

Monday – Friday:  
6:00 am –8:00 am  
11:30 am –1:00 pm

Saturday:  
6:00 am –7:00 am

#### AEROBICS

Monday – Friday:  
8:00 am –9:00 am

#### MASTERS SWIM

Tuesday & Thursday:  
7:00 pm – 8:00 pm

Saturday:  
7:00 am –8:00 am

#### OPEN SWIM

Saturday:  
2:00 pm –4:00 pm

**Times are subject to change. Please call or visit our website for updated schedules.**

**No refunds will be given due to weather cancellations. Please plan accordingly.**

### Daily Drop-In Fees for All Pools\*

Age Group	Resident	Non-Resident
Child & Teen 0–17 years	\$2.00	\$5.00
Adult 18–61 years	\$5.50	\$6.50
Senior 62+ years	\$4.00	\$5.00
Aerobic Adult	\$5.75	\$6.50
Aerobic Senior	\$4.50	\$5.50
Master's Workout	\$7.00	\$8.00

**\*Cash-only drop-ins accepted at all facilities. For credit card payments, pre-registration is required online.**

For punch card fees and options, please refer to our Adult Aquatics Registration Form.

To pre-register for a drop-in program or purchase a punch pass online, please visit:

<https://portlandme.myrec.com/info/default.aspx>



### Holiday Closures

Monday, September 2, 2024 (Labor Day)

Monday, October 14, 2024 (Indigenous People's Day)

Monday, November 11, 2024 (Veteran's Day)

Thursday, November 28 – Sunday, December 1, 2024 (Thanksgiving weekend)

Tuesday, December 24 –Wednesday, December 25, 2024 (Christmas Eve & Christmas Day)

Tuesday, December 31, 2024 –Wednesday, January 1, 2025 (New Year's Eve & New Year's Day)

Monday, January 20, 2025 (Martin Luther King Jr. Day)

Monday, February 17, 2025 (President's Day)

Monday, April 21, 2025 (Patriot's Day)

Saturday, May 24 – Monday, May 26, 2025 (Memorial Day weekend)

# AQUATICS

## Youth Swim Lessons — Reiche Pool

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Par/Child (A)		5:15 pm		10:00 am, 4:30 pm		9:30, 10:15 am
Par/Child (B)		6:00 pm		10:00 am, 4:30 pm		9:30, 11:00 am
Beg. Preschool	9:15 am, 5:30 pm	4:30, 5:15, 6:00 pm	5:30 pm	9:15 am, 4:30 pm, 5:15 pm		10:15, 11:00 am
Int. Preschool	9:15 am	4:30, 5:15, 6:00 pm	5:30 pm	9:15 am, 4:30 pm, 5:15 pm, 6:00 pm		10:15, 11:00 am
Adv. Preschool		5:15 pm				
Level 1	5:30 pm		5:30 pm	5:15 pm		9:30, 11:00, 11:45 am
Level 2	5:30 pm		5:30 pm	5:15 pm		9:30, 10:15, 11:45 am
Level 3	6:15 pm		6:15 pm	6:00 pm		8:30, 11:45 am
Level 4	6:15 pm		6:15 pm	6:00 pm		8:30 am
Level 5	6:15 pm		6:15 pm	6:00 pm		8:30 am
Level 6						8:30 am

## Adult Swim Lessons — Reiche Pool

Class Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult: Beginner	7:15 pm					
Adult: Intermediate			7:15 pm			

### Pool Rules

- **Any child who is less than 4 feet tall and under 7 years of age must be escorted by an adult into the pool area; accompanied in the pool tank by one adult to one child ratio at all times and kept within an arm's reach on the pool deck and in the water.**
- A thorough, cleansing shower is required of all swimmers before entering the pool tank.
- Food, drink, and glass containers are prohibited from the pool area. Only water is allowed.
- **DROP-IN:** We encourage patrons to register for programs ahead of time through our MyRec registration system. **Due to staffing limitations, patrons may be turned away depending on program attendance and pool capacity.**
- **BATHING CAPS** are required for all with chin-length hair, regardless of age or gender. Caps will be available for sale at the pool.
- No street shoes are allowed on the pool deck. Please bring flip flops.
- **NO PERSONAL FLOATATION DEVICES OR TOYS ARE ALLOWED DURING OPEN SWIMS.**
- Any individual with an infectious or communicable disease is prohibited from using the pool. Any individual with a medical or physical condition that could result in a life-threatening situation to themselves or others, while using the pool, is required to inform the lifeguards of the condition prior to entering the pool.
- Any group of ten (10) or more individuals wishing to use the pool must make rental arrangements with the Aquatics Division Supervisor. Individual groups of nine (9) or less must request permission 24 hours in advance.

# AQUATICS

## Swim Lesson Dates and Fees

Session Dates	30-Minute Classes Parent/Child, Beginner/ Intermediate/Advanced Preschool, Levels 1-2 (one day per week)		45-Minute Classes Levels 3-6, Adult (one day per week)		No Class Dates
	Resident	Non-Res	Resident	Non-Res	
<b>Fall Session One</b> (September 9 – October 26, 2024) <i>Registration opens August 26, 2024 (residents) and September 3, 2024 (non-residents).</i>					October 14, 2024 <b>Indigenous Peoples' Day</b>
Tue, Wed, Thu, Sat – 7 classes	\$60.00	\$70.00	\$70.00	\$80.00	
Mon – 6 classes	\$50.00	\$60.00	\$60.00	\$70.00	
<b>Fall Session Two</b> (October 28 – December 14, 2024) <i>Registration opens October 14, 2024 (residents) and October 21, 2024 (non-residents).</i>					October 31, 2024 <b>Halloween</b>
Tue, Wed – 7 classes	\$60.00	\$70.00	\$70.00	\$80.00	November 11, 2024 <b>Veterans Day</b>
Mon, Sat – 6 classes	\$50.00	\$60.00	\$60.00	\$70.00	November 28-30, 2024 <b>Thanksgiving Break</b>
Thu – 5 classes	\$40.00	\$50.00	\$50.00	\$60.00	
<b>Winter Session</b> (January 6 – February 15, 2025) <i>Registration opens December 23, 2024 (residents) and December 30, 2024 (non-residents).</i>					January 20, 2025 <b>Martin Luther King Day</b>
Tues, Wed, Thurs, Sat – 6 classes	\$50.00	\$60.00	\$60.00	\$70.00	
Mon – 5 classes	\$40.00	\$50.00	\$50.00	\$60.00	
<b>Spring Session One</b> (February 24 – April 12, 2025) <i>Registration opens February 10, 2025 (residents) and February 17, 2025 (non-residents).</i>					None
Mon, Tue, Wed, Thu, Sat – 7 classes	\$60.00	\$70.00	\$70.00	\$80.00	
<b>Spring Session Two</b> (April 14 – June 7, 2025) <i>Registration opens March 31, 2025 (residents) and April 7, 2025 (non-residents).</i>					April 21 -26, 2025 <b>April Break</b>
Tues, Wed, Thurs – 7 classes	\$60.00	\$70.00	\$70.00	\$80.00	May 24 - 26, 2025 <b>Memorial Day Weekend</b>
Mon, Sat – 6 classes	\$50.00	\$60.00	\$60.00	\$70.00	

### How To Register:

**Online:** <https://portlandme.myrec.com>

#### In Person:

**Portland Parks, Recreation & Facilities Department**  
212 Canco Rd, Suite A  
Portland, ME 04103



An occasional absence will not affect a child's progress. Missed classes can not be made up.

Minimum enrollment for all swim lessons is 4 participants. Classes not meeting minimum may be cancelled or combined by staff.

Lesson location, times and dates are subject to change. Please check with the Aquatic Office at 874-8456 or visit our website at:

<https://www.portlandmaine.gov/537/Aquatics>

Weather Cancellation hotline: 756-8130

Email: [aquatics@portlandmaine.gov](mailto:aquatics@portlandmaine.gov)

# PEAKS ISLAND

Portland Parks, Recreation & Facilities Department sponsors many on-island activities for residents of all ages on Peaks Island including the After the Bell School Program. In addition to the information below, a monthly schedule of activities can be found in the island publication, "The Peaks Island STAR" and on island community bulletin boards.

## Peaks Island Community Center

The Peaks Island Community Center is available to rent and schedule for a variety of events including birthday parties, corporate functions, training and education programs, retirement parties and even small weddings. If you would like to reserve the Community Center, please contact us at 207-766-2970. *Rental requests must be made at least two weeks in advance.*



## TENNIS AT THE PARKS

Start. Learn. Play. Tennis for All.

This adult program is for brand-new, beginner, or returning novice players 18 and over. Led by a USTA-approved coach, we focus on FUN and learning the basics. Get great exercise while developing the skills to serve, rally, and play tennis. All players in their first session receive a free tennis racket!



# INCLUSION & ADAPTED SERVICES PROGRAM

The Inclusion and Adapted Services program provides professional community-based therapeutic swimming and recreational opportunities for children and adults with disabilities. The program is committed to providing quality services to participants with varying abilities in the least restrictive environment.

The mission of the Adapted Aquatics program is focused on promoting independent skill acquisition and inclusion within the recreation department programs and community settings. Programs are designed by

qualified professionals and paraprofessionals who hold certifications in Water Safety Instruction, Lifeguarding, First Aid, CPR and AED training.

Besides offering development of swimming skills for an individual, participation in the Adapted Aquatics Program supports an increased self-awareness of personal safety in and around the pool, while providing opportunities for social interaction. Gaining the skills to know how to swim is an enriching and fun experience for our participants!



### Dates

Saturday  
Sept. 7–Oct. 12  
8:00–9:30 am



### Location

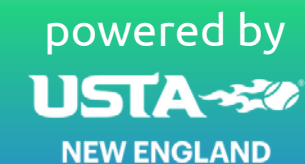
Lyman Moore  
Middle School  
Tennis Courts  
  
171 Auburn Street,  
Portland, ME



### Cost

\$95.00  
Portland  
Resident

[Click to Register Today!](#)





# ADAPTED AQUATICS

## Swim Sessions and Costs 2024–2025

	Session Dates	Resident: Private	Non-Resident: Private	Resident: Semi-Private	Non-Res: Semi-Private	No Class Dates
SESSION 1 9/9/2024-10/25/2024	Monday (5 classes)	\$150.00	\$175.00	\$112.50 per participant (\$22.50 per class)	\$125.00 per participant (\$25.00 per class)	October 14, 2024 <b>Indigenous Peoples' Day</b>
	Tuesday, Wednesday, Thursday (6 classes)	\$180.00	\$210.00	\$135.00 per participant (\$22.50 per class)	\$150.00 per participant (\$25.00 per class)	October 2, 3, 4, 7, 8, 2024 <b>No Classes</b>
SESSION 2 10/28/2024-11/12/2024	Monday, Tuesday, Thursday, Friday (6 classes)	\$180.00	\$210.00	\$135.00 per participant (\$22.50 per class)	\$150.00 per participant (\$25.00 per class)	November 5, 2024 <b>Election Day</b> November 11, 2024 <b>Veterans Day</b>
	Wednesday (7 classes)	\$210.00	\$245.00	\$157.50 per participant (\$22.50 per class)	\$175.00 per participant (\$25.00 per class)	November 28-29, 2024 <b>Thanksgiving Break</b>
SESSION 3 1/6/2025-2/14/2025	Monday (5 classes)	\$180.00	\$210.00	\$135.00 per participant (\$22.50 per class)	\$150.00 per participant (\$25.00 per class)	January 20, 2025 <b>Martin Luther King Day</b>
	Tuesday, Wednesday, Thursday, Friday (7 classes)	\$210.00	\$245.00	\$157.50 per participant (\$22.50 per class)	\$175.00 per participant (\$25.00 per class)	February 17-21, 2025 <b>February Break</b>
SESSION 4 2/24/2025-4/11/2025	Monday, Tuesday, Wednesday, Thursday, Friday (7 classes)	\$210.00	\$245.00	\$157.50 per participant (\$22.50 per class)	\$175.00 per participant (\$25.00 per class)	<b>No Holidays</b>
SESSION 5 4/14/2025-6/6/2025	Monday (6 classes)	\$180.00	\$210.00	\$135.00 per participant (\$22.50 per class)	\$150.00 per participant (\$25.00 per class)	April 21 -25, 2025 <b>April Break</b>
	Tuesday, Wednesday, Thursday, Friday (7 classes)	\$210.00	\$245.00	\$157.50 per participant (\$22.50 per class)	\$175.00 per participant (\$25.00 per class)	May 26, 2025 <b>Memorial Day</b>
SUMMER SESSION TBD	TBD	TBD	TBD	TBD	TBD	July 4, 2025 <b>Independence Day</b>

\*All program dates and times are subject to change.

# ADAPTED AQUATICS

## Days and Times for School Year 2024–2025

Monday	Tuesday	Wednesday	Thursday	Friday
3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM	1:10 - 1:40 PM 1:50 - 2:20 PM 2:30 - 3:00 PM 3:10 - 3:40 PM 3:50 - 4:20 PM	3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM	1:10 - 1:40 PM 1:50 - 2:20 PM 2:30 - 3:00 PM 3:10 - 3:40 PM 3:50 - 4:20 PM	3:40 - 4:10 PM 4:20 - 4:50 PM 5:00 - 5:30 PM 5:40 - 6:10 PM 6:15 - 6:45 PM 6:50 - 7:20 PM

All Adapted Aquatics programs will be conducted at the Reiche Pool and Community Center.

### How to Register

Registration can be made online; in person; or through the mail. When using mail, please send payment and completed registration form to:

**Parks, Recreation and Facilities Management Department**  
c/o Inclusion and Adapted Services  
212 Canco Road, Suite A  
Portland Maine 04103.

Please make checks payable to: **City of Portland**

Website: [www.portlandmaine.gov](http://www.portlandmaine.gov)

### For More Information about Adapted Aquatics programs

Or to receive an intake packet for our programs, please call the **Recreation Inclusion Supervisor at 207-808-5437.**

#### Contact Information:

**City of Portland**  
Parks, Recreation and Facilities Management  
Inclusion/Adapted Services Program  
212 Canco Road, Suite A  
Portland, Maine 04103

**Main Office:** 207-808-5400

**Recreation Inclusion Supervisor:** 207-808-5437



# TENNIS IN THE PARKS

Start. Learn. Play. Tennis for All.

This program is for brand-new or beginner youth tennis players. Led by a USTA-approved coach, we focus on FUN and learning the basics. We use age-appropriate equipment, court sizes, and activities that makes learning and play easy. Plus, all players in their first session receive a free tennis racket & ball!



## Grades 1-2



Saturday  
Sept. 7–Oct. 12  
9:30–10:30 am



Lyman Moore Middle  
School Tennis Courts



\$85.00  
Portland Resident

## Grades 3-5

Saturday  
Sept. 7–Oct. 12  
10:30–11:30 pm

Lyman Moore Middle  
School Tennis Courts

\$85.00  
Portland Resident

**Click to register today!**

Wilson

powered by

USTA NEW ENGLAND



# Crafting with Kids! <sup>\*NEW\*</sup>

**\*CALLING ALL CREATORS – GET YOUR CRAFT ON AND REGISTER TODAY!\***

**Dates:** Fall / Winter / Spring Sessions – 3 Classes Each Session

Tuesdays October 8th, 15th, 22nd, 2024  
Tuesdays December 3rd, 10th, 17th 2024  
Tuesdays May 6th, 13th, 20th, 2025

**Time:** 6:00–7:00pm  
**Ages:** Grades K–5  
**Location:** Reiche Community Center  
**Fee:** \$45 Resident / \$55 Non Resident Per Session

## AIR DRY CLAY CLASSES!

**Date:** 4 Sessions with 2 Classes Each Session

Tuesdays September 17th, 24th, 2024  
Thursdays December 5th, 12th, 2024  
Thursdays February 6th, 13th, 2025  
Thursdays April 10th, 17th, 2025

**Time:** 6:00–7:30 pm  
**Ages:** Grades 2–7  
**Location:** Reiche Community Center  
**Instructor:** Recreation Staff  
**Fee:** \$45 Resident / \$55 Non Resident per session



225 Park Avenue | 207-774-8553 | Email: [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov)  
<https://www.portlandmaine.gov/528/William-B-Troubh-Ice-Arena>

Troubh Ice Arena (TIA) is an indoor skating facility that opened in 1985, equipped with an NHL regulation-size ice surface, five locker rooms and seating for over 650 spectators. Programs at the arena run year-round. TIA is proud to offer public skating sessions, skating lessons and adult and youth hockey. Our programs provide skating opportunities for all to enjoy at one of Portland's finest recreational facilities. Troubh Ice Arena will help you find the right fit. Our staff is dedicated to providing great service to make sure that you have fun! Check out our programs below. Troubh Ice Arena is ADA compliant.

### Private Ice Rentals

Troubh Ice Arena ice-time is available at an affordable hourly rental rate to accommodate such activities as hockey games, practices, clinics, tournaments and figure skating events. Ice can be reserved on a one-time-only, weekly, bi-weekly, monthly, or daily basis? Whether booking ice for a group of friends, a team practice, or a tournament, don't wait, call our office today to reserve your ice time.

**Rental Fees Include:** Ice Time, Rental Skates\* & Nets

*\*Figure and hockey rental skates are available in a wide variety of sizes from tot size 8 – adult size 13 (half sizes are not available.)*

**FMI:** [jdonal@portlandmaine.gov](mailto:jdonal@portlandmaine.gov) / 207-808-5494

### Private Ice Rentals — Summer Camps / Recreation Groups / School Groups

Is your summer camp or recreation group looking for a **FUN** and **AFFORDABLE** activity for your participants to attend? Look no further! Besides never having to worry about the weather, skating is a great way to get moving while having a blast! You will have use of a private room and you are welcome to bring your own refreshments, or you can order out and have them delivered. Private rentals include ice time and rental skates. Skates are available in a wide variety of sizes from tot size 8 – adult size 13 (half sizes are not available.)

To inquire about ice availability and rental rates, including non-profit rental rates, please contact our office. This is a very popular venue, and dates fill quickly. It's not too early to start planning so call us today to schedule your next group outing!!

**Fee:** Please contact our office.

*If you would like to request a skating instructor(s) for your group, one may be available for an additional fee.*

**FMI:** [jdonal@portlandmaine.gov](mailto:jdonal@portlandmaine.gov) / 207-808-5494

### Parties & Special Occasions — Private Ice Rental

Consider hosting your next special event here at TIA. From birthdays, anniversaries, family reunions, graduations, corporate outings, or end-of-year celebrations, just to name a few, you never have to worry about the weather and it's great fun for all ages. It is also very affordable, and our party package will ensure each guest leaves with a smile on their face. A private room is reserved for you one-half hour before and after your scheduled reservation, where you and your guests can celebrate. Both figure and hockey rental skates are available in a wide variety of sizes from tot size 8 – adult size 13 (half sizes are not available.) You are welcome to bring your own decorations and refreshments, or you can order out and have them delivered. This is a very popular venue, and dates fill quickly. It's not too early to start planning so call us today to schedule your next celebration!!

**Private Ice Rental Fees Include:** Private Room, Rental Skates & Nets

**Fee:** Please contact our office.

*If you would like to request a skating instructor(s) for your group, one may be available for an additional fee.*

**FMI:** [pmagadini@portlandmaine.gov](mailto:pmagadini@portlandmaine.gov) or 207-808-5492



# TROUBH ICE ARENA

<https://www.portlandmaine.gov/528/William-B-Troubh-Ice-Arena>

### Birthday Party & Group Rental — Public Skate Rental

Did you know you could schedule a birthday party or group rental during public skate sessions here at the rink? They are not only popular but also very budget friendly. You never have to worry about the weather and it's great fun for all ages. Both figure and hockey rental skates are included and come available in a wide variety of sizes from tot size 8 – adult size 13 (half sizes are not available.) A private locker is reserved for you one-half hour before and after your scheduled reservation, where you and your guests can celebrate. You are welcome to bring your own decorations and refreshments, or you can order out and have them delivered. This is a very popular venue, and dates fill quickly.

### Birthday Party & Group Rental Public Skate Rental

**Fees Include:** Guests, Rental Skates, Private Locker Room (one-half hour before and after your scheduled reservation)

**Rental Fee:** \$105 Up to 10 Guests / \$175 Up to 20 Guests / \$200 Up to 30 Guests

**FMI:** [pmagadini@portlandmaine.gov](mailto:pmagadini@portlandmaine.gov) or 207-808-5492

### Public Skate

We offer year-round public skating sessions so dust off those old skates in the basement, or rent a pair of ours. During those hot summer months, there's no better way to beat the heat!

**Fee:** \$6.00/skater and \$4.00/skate rental

**FMI:** [pmagadini@portlandmaine.gov](mailto:pmagadini@portlandmaine.gov) or 207-808-5492

### ISI (Ice Sports Industry) Group Skating Lessons for Tots to Adults



Sharpen your skills and join us! Group lessons are offered year-round. Our instructors are experienced professionals or qualified amateur ice skaters. Lesson instruction enables students to pursue

interests in figure skating, recreational skating or speed-skating. Our program welcomes all ages from 4 years old to adults and from beginners to advanced levels. Each weekly session generally consists of a 25-minute lesson and a 25-minute practice (exception: tots ages 4 & 5 are taught in a 30-minute format). ISI skating levels are strictly adhered to and skaters are constantly evaluated and tested at appropriate intervals. Rental skates are included with group lessons at no additional fee. For each level attained, students receive a certificate.

**FMI:** [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov) / 207-808-5491

### ISI (Ice Sports Industry) Group Hockey Skills for Youth & Adult (6 years old and older)

Over time, TIA has developed a highly acclaimed hockey skating skills program that is customized for the needs of all hockey skaters. The emphasis in our classes is on core strength, speed, agility, form, flow and power production. Students are carefully divided by age group and matching motor skills. Instructors identify areas needing definition and improvement, and customize every class to the needs of participants. Emphasis on stride development, turning skills, crossovers both directions and advanced backward skating technique ensures that the student will bring stronger skating to his or her game. We welcome those who want to enjoy a game of pond hockey on a cold winter day as well as those whose aspirations may include a spot on the roster of an NHL team!

**FMI:** [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov) / 207-808-5491

### Private Lessons

Private lessons are available to all skaters, from beginner to advanced levels. Available times and rates for private lessons are determined with the assistance of the professional coach of your choice. To schedule a private lesson(s), please contact coaches directly. We suggest you email all coaches to determine who would be the best fit for you and/or your family member. Coaches determine their own rates. *Troubh Ice Arena does not favor one coach over another.*

- Maryann Carroll [carrollmaryann@hotmail.com](mailto:carrollmaryann@hotmail.com)
- Amy Dultz [afigureskater@gmail.com](mailto:afigureskater@gmail.com)
- Ann Hanson [hansonanni132@hotmail.com](mailto:hansonanni132@hotmail.com)
- Lynda Hathaway [lynda.hathaway@icloud.com](mailto:lynda.hathaway@icloud.com)
- Monica Malcomson [mlmalcomson@gmail.com](mailto:mlmalcomson@gmail.com)
- Carol Nelson [cpichettel@maine.rr.com](mailto:cpichettel@maine.rr.com)
- Erica Rand [rednailsblackskates@gmail.com](mailto:rednailsblackskates@gmail.com)
- Morgan Sewall [morgansewall@gmail.com](mailto:morgansewall@gmail.com)
- Veronica Tarr [tarrv7640@gmail.com](mailto:tarrv7640@gmail.com)
- Heather Wright [khwright03@gmail.com](mailto:khwright03@gmail.com)

**FMI:** [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov) / 207-808-5491



# TROUBH ICE ARENA

## Adult (18+ years old) Pick-up Hockey & Stick and Puck Sessions

We offer year-round Adult Co-Ed Pick-up Hockey & Stick and Puck Sessions. Stay fit while having fun and drop by for a friendly game of pick-up hockey. For those of you who may not have the time to join a league, this is a great way to keep your skills in “check”...pun intended! Games are unsupervised. Nets, pucks, and cones are provided by TIA. Goalies skate for free! Stick and Puck Sessions are usually available on Monday’s and consist of open ice for skaters to work on various skills and aspects of their game. During these sessions pick up games are not allowed.

### Program Protocols:

- Minimum Age Requirement: 18
- During game-play slap-shots are **strongly discouraged**. *Players are allowed to practice slap shots when there aren't enough players for a game.*
- Light passing and bumping is allowed.
- Helmets and lower padding at a minimum are **REQUIRED**.

**Fees:** \$8.00/Session: This is a **“walk-in and pay upon arrival”** program. *Goalies skate for free on pickup hockey ice.*

**FMI:** [pmagadini@portlandmaine.gov](mailto:pmagadini@portlandmaine.gov) or 207-808-5492

## Freestyle (FS) Ice

TIA offers year-round open freestyle sessions. Most sessions are 50 minutes long. Freestyle and dance skaters are welcome, as are their coaches. Freestyle ice is a great time to practice your skating skills or schedule a private lesson and offer a great opportunity to practice what you are learning in group lessons, or get ready for an upcoming test or competition! **When not in a private lesson, to qualify to skate on freestyle ice, skaters must be \*ISI Gamma/\*USFS Basic Level 6 or higher.** Online registration is mandatory for all freestyle ice and specialty classes. *Lower level skaters, who schedule a private lesson, must be 6+ years old and accompanied by their coach AT ALL TIMES. (There is no charge for coaches teaching private lessons.)*

**Fees:** \$15.00/skater

**Thursday Special Sessions (times may vary):** \$8.00/skater

**FMI:** [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov) / 207-828-5491

## Skate Sharpening

Sharpening is available anytime the arena is open, and generally takes 15 minutes or less. We offer sharpening services for all levels of skaters including advanced-level figure skaters. In addition to sharpening services offered, we also sell basic supplies such as hockey tape, mouth guards, and skate laces. Wait while your skates are being sharpened or you can drop them off and pick them up at your convenience!

**Sharpening Hours:** Daily hours will vary. (Closed on Saturdays from May – Labor Day)

**Fees: Hockey Skates:** \$8.00 / **Figure Skates:** \$8.00

**FMI:** [pmagadini@portlandmaine.gov](mailto:pmagadini@portlandmaine.gov) / 207-808-5492

## Gift Certificates

Gift certificates, including group lessons, freestyle, public skate, pick-up hockey & skate sharpening are available in any denomination, and can be used for any in-house program offered at the arena.

**FMI:** [vla@portlandmaine.gov](mailto:vla@portlandmaine.gov) 207-808-5491

## Advertising Opportunities at William B. Trough Ice Arena

Trough Ice Arena welcomes over 200,000 people through our doors each year. Our building is booked year round. What better opportunity to display your business ad/message to all your potential customers while also supporting one of the city’s most popular recreational venues. There are several advertising options available to choose from. Contact our office so you can get started today!

**FMI:** [jodonal@portlandmaine.gov](mailto:jodonal@portlandmaine.gov) / 207-808-5494

## Pine Tree Curling Club (PTCC) Learn to Curl & Curling League

Trough Ice Arena is proud to host the PTCC’s “Learn to Curl” sessions. The recognized Olympic sport of Curling is an easy-to-learn sport for people of all ages and athletic abilities so bring your family & friends along! Not only is curling fun, but it’s also a very social sport and a great way to ensure a good time will be had by all! Learn-to-curl sessions are very popular! **PTCC’s League** regular season runs from September through March right here at Trough Ice Arena.

# TROUBH ICE ARENA

## The Portland Hockey Trust (PHT)

Each spring and fall, the Portland Hockey Trust provides an opportunity for all Portland youth in **Grades 3 – 5** to experience the sport of hockey. The PHT also promotes the physical, emotional and social well-being of the youth in Portland by providing opportunities to play hockey regardless of ability to pay. Skates and hockey gear are provided, but if you have your own, please feel free to bring them. **This is a FREE program for Portland residents only.**

**FMI:** [portlandhockeytrust@gmail.com](mailto:portlandhockeytrust@gmail.com) / [portlandhockeytrust.com](http://portlandhockeytrust.com)

## Local Youth & Adult Leagues

CBHA (Casco Bay Hockey Association) • 5 – 18 Years Old: [www.cascobayhockey.com](http://www.cascobayhockey.com)

PACE (Portland & Cape Elizabeth) Middle School Hockey • Grades 6 – 8: [www.pmsnhockey.com](http://www.pmsnhockey.com)

Morning Hockey Club • 18 Years Old and Older **FMI:** Rink Manager Jake O’Donal - [jodonal@portlandmaine.gov](mailto:jodonal@portlandmaine.gov)

Greater Portland Women’s Hockey (GPWHL) League • 18 Years Old and Older **FMI:** Anne Beaney / [gpwh2@gmail.com](mailto:gpwh2@gmail.com)

Chickadee Hockey League (CHL) • 18 Years Old and Older: <https://www.chlmaine.com/home>

*For more information about the following local leagues, please contact them directly.*

## High School Hockey Game Schedules

Trough Ice Arena is proud to host four area high school hockey programs. Portland/Deering, Cheverus, South Portland, and Cape Elizabeth High School all call TIA home during the winter months. Varsity high school games, for both boys and girls, are played on Thursday and Saturday evenings throughout the November to February winter season. *For an up-to-date game schedule, please contact your local high school or visit their online website below.*

Portland/Deering High School: [portlandhs.rschooteams.com/page/2920/mn](http://portlandhs.rschooteams.com/page/2920/mn)

Cape Elizabeth High School: [www.mpaschedules.org/public/genie/1142/school/1967/](http://www.mpaschedules.org/public/genie/1142/school/1967/)

Cheverus High School: [www.mpaschedules.org/public/genie/1142/school/17/](http://www.mpaschedules.org/public/genie/1142/school/17/)

South Portland High School: [southportland.rschooteams.com/page/2977](http://southportland.rschooteams.com/page/2977)



# PAYSA YOUTH SOCCER

The PAYSA recreational program is open to all ages 4 to 11, regardless of skill. At the younger levels, children play all positions as they learn the basics of the game. Teams will be formed following the closing of registration, based on registered players and available coach volunteers. If you are interested in coaching or helping the program in any capacity, please contact PAYSA. PAYSA has a financial assistance program that provides financial support to any family that cannot afford the registration fee. Our mission is to provide access to all. Please first apply for assistance using our online form and wait for our decision (usually within 1-3 days). <https://www.paysasoccer.com/programs/recreational/>



# PORTLAND NORDIC

Portland Nordic has partnered with the City of Portland for 20 years to provide free groomed x-c ski trails at Riverside Golf Course. Portland Nordic programming includes the local Bill Koch Youth Ski League, Middle School Nordic Team, and special events for adults and families during the winter months. Learn more and sign up for email updates at [www.portlandnordic.org](http://www.portlandnordic.org).



## POLICIES AND PROCEDURES

You may mail your signed registration form with payment to: Portland Recreation Office, 212 Canco Road Suite A, Portland, Maine 04103 or fax to (207) 808-5400. Mail-in registrations with payment may be sent at any time on or after the posted registration date. Registrations cannot be processed at schools or community centers unless otherwise specified. **Registrations cannot be processed if incomplete or without payment.** Registrations received after the specified deadline are subject to late fees. There is a \$25.00 charge for returned checks, or any bank transaction with insufficient funds which incurs a cost to the Department.

**An individual must meet age requirements of the program by the start date of the program.** Walk-in registrations are welcome at our 212 Canco Rd office. You may also register online for many of our aquatic, ice skating and recreation programs by visiting <https://portlandme.myrec.com/>. Registrations are processed on a first-come, first-served PAID basis. Please be sure to fill out the registration form completely, including all children participating in programs and the RELEASE OF WAIVER agreements. **Only credit card registrations may be done via fax,** to 808-5400.

Register early as programs have a minimum and maximum enrollment requirement. If the minimum requirement is not reached after the registration deadline, the program will be canceled and you will be notified. If we are required to cancel a class or program, either a program credit or full refund will be granted. Individual programs may be canceled or postponed due to unfavorable weather conditions. We reserve the right to postpone, reschedule or cancel programs, change locations, substitute staff or make other changes as necessary. Childcare is not provided during adult programs. For program cancellations, please call our **Recreation Information/Cancellation Hotline 756-8130 or visit us on Facebook or Instagram.**

Portland residents have first priority in all classes and activities up to three weeks before the start of the program. Proof of residency is required when registering for programs. Residency priority means that the individual resides in Portland, Maine. Those individuals owning property in Portland and not living here do not qualify for residency status when registering for programs. We require an additional non-resident fee for programs, unless otherwise specified. Not all programs are eligible for non residents.

The City of Portland provides a fee waiver program. Limited fee waivers are available for Portland residents who have applied and qualified for the fee waiver program. All requests will be held in confidence and are considered on a household and yearly income basis. Proof of residency is required when applying for fee waivers. Fee waivers are granted on a first come, first served basis, per program. When a program has filled, we maintain waiting lists in the event that a space opens. There is no fee to be added to our waiting list. If a space does become available, fees would be collected at that time. Fee waivers only apply to certain youth programs run by the Recreation Department.

**A full refund will be given for withdrawal from a program two weeks prior to the start date. An 80% refund will be given for withdrawal from a program one week prior to the start date. A 70% refund will be made for withdrawal from a program after the first week of class, but prior to the second week of class. No refunds will be given after the second week of class of a program start date unless accompanied by a written medical note.**

## PARTICIPATION OF INDIVIDUALS WITH DISABILITIES

The City of Portland Parks, Recreation and Facilities Department (the Department) is committed to providing interested participants equal opportunities in and access to its recreation programs. The Department, as part of its mission, provides inclusive programming in an open and welcoming atmosphere. Qualified individuals with a physical or mental disability are encouraged to request reasonable accommodations to allow them to participate in public programs and services provided by the Department. The Department will make reasonable accommodations for qualified individuals with a disability, so long as the accommodation does not fundamentally alter the nature of the program, pose a direct threat to others, or otherwise impose an undue burden on the City. Qualified individuals with a disability seeking an accommodation in order to participate in Department programs will be asked to complete a questionnaire in order to determine appropriate accommodations.

## NON-DISCRIMINATION POLICY

Portland Recreation provides its services, programs and activities to all children and families without regard to race or color, sex, physical or mental disability, religion, ancestry or national origin. Children with special needs as a result of physical or mental disability will be reasonably accommodated, as long as such accommodation does not fundamentally alter the nature of the service, program or activity or result in an undue burden.

**Portland Recreation & Aquatic Program Registration Form**

Recreation Division  
 City of Portland,  
 ME 212 Canco Rd, Suite A  
 Portland, Maine 04103  
 207-808-5400  
 recreation@portlandmaine.gov



Participant's Name: \_\_\_\_\_  Male  Female  Non-Binary  
 Address: \_\_\_\_\_ DOB: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
 T-Shirt Size (please check one):    YS     YM     YL     S     M     L     XL

Participant's Name: \_\_\_\_\_  Male  Female  Non-Binary  
 Address: \_\_\_\_\_ DOB: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
 T-Shirt Size (please check one):    YS     YM     YL     S     M     L     XL

Program Name: \_\_\_\_\_ Program Level: \_\_\_\_\_ Start Date: \_\_\_\_\_  
 Session: \_\_\_\_\_ Day(s) of Week: \_\_\_\_\_ Time: \_\_\_\_\_

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Qualified individuals with a physical or mental disability are encouraged to request reasonable accommodations to allow them to participate in public programs and services provided by the Department. The Department will make reasonable accommodations for qualified individuals with a disability, so long as the accommodation does not fundamentally alter the nature of the program, pose a direct threat to others, or otherwise impose an undue burden on the City.

Qualified individuals with a disability seeking an accommodation in order to participate in Department programs will be asked to complete a questionnaire in order to determine appropriate accommodations.

**NO** or  **YES** My child \_\_\_\_\_ needs a modification because of a disability to enjoy this program.

(If YES, please request and complete the Inclusion Request Form to help us plan for your child's needs. Inclusion Intake Forms can be found at the office on 212 Canco Road in Portland or by emailing [joconor@portlandmaine.gov](mailto:joconor@portlandmaine.gov))

Parent/Guardian(s) (if applicable) \_\_\_\_\_  
 Address: \_\_\_\_\_ DOB: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Email: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
 Male  Female  Non-Binary

Emergency Contact: \_\_\_\_\_ Relationship \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**RELEASE ASSUMPTION OF AGREEMENT, AGREEMENT TO INDEMNIFY AND HOLD HARMLESS SIGNATURE:**

"I am aware that learning or participating in the above activity can be an activity involving risk of injury, including serious injury. I fully understand that the City of Portland, its agents, officers and employees accept no responsibility and will not be liable for any injury, harm or damage to participant's property occurring during or arising out of participation out of said program. To the fullest extent permitted by law, I do hereby agree to assume all risk of injury, harm or damage to participant's person or property (including but not limited to participant's property caused by negligence of the City of Portland, its agents, officers or employees) arising during or in connection with said program, and I do hereby release and agree to indemnify and hold harmless the City of Portland, its agents, officers and employees from any and all liability, actions, damages and claims of any kind and nature whatsoever (including but not limited to participant's property caused by negligence of the City of Portland, its agents, officers or employees) for injury harm or damage to participant's property that may arise or occur during or in connection with said programs. I also agree to abide by any and all rules, regulations, and policies of the above activity."

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**MEDICAL RELEASE:**

Please list any allergies, medical conditions, physical limitations and/or restrictions the participant(s) may have:

\_\_\_\_\_  
 "I give my permission for emergency medical treatment to be given to participant in case a consulting adult cannot be reached by phone."

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PHOTOGRAPH RELEASE:**

"The Recreation Division may take pictures or videos of participants at our programs, activities or special events. Please be aware that the picture may appear in future promotional materials, including our brochure."

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Parks, Recreation & Facilities Newsletter**

Once a month, we send out valuable information regarding all the exciting things that take place within the Department.

Would you like to receive our monthly newsletter? (please circle one) No: Yes:

**Payment:** City of Portland Parks, Recreation & Facilities offers the convenience of accepting MasterCard, Discover, American Express and Visa credit cards. The payment processing company charges a \$3 minimum service charge fee for a charge up to \$114 and 2.65% thereafter to cardholders who use this service.

PLEASE MAKE CHECKS PAYABLE TO "CITY OF PORTLAND"

**Credit/Debit Card (Visa, Mastercard, Amex and Discover)**

Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV \_\_\_\_  
 Name on Card \_\_\_\_\_ Phone \_\_\_\_\_  
 Address for Card \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Please check which waiver level you were approved for  
 Full     Level A (90% covered)     Level B (50% covered)

Amount Due: \$ \_\_\_\_\_  
 Optional Scholarship \$ \_\_\_\_\_  
 Donation (\$5.00) \$ \_\_\_\_\_  
 Total Amount Due: \$ \_\_\_\_\_

Thank you for using Portland Recreation & Aquatic Programs!

**For office Use Only:**

Date	_____	Visa/MC Amount	_____
Check#	_____	Fee Waiver Level	_____



Portland Recreation  
212 Canco Road, Suite A  
Portland, Maine 04103

Residential Postal Customer

## Translation Requests

### **FRENCH**

Pour obtenir une traduction de cette brochure, veuillez appeler le 207-808-5400.

### **PORTUGUESE**

Para uma tradução deste folheto, ligue para 207-808-5400.

### **SPANISH**

Para obtener una traducción de este folleto, llame al 207-808-5400.

### **SOMALI**

Si aad u hesho tujirumaadda buug-yarahan, fadlan wac 207-808-5400.

### **ARABIC**

لاصتال ى عري ، بىتائل انه فءءءائل 5400-808-207  
litarjamat hadha alikutayib. ,Yurjaa al itisal be 207-808-5400

### **LINGALLA**

Mpo na kobongola mwa buku oyo, benga na nimeru 207-808-5400.

### **VIETNAMESE**

Đề có bản dịch tài liệu này, vui lòng gọi 207-808-5400.

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