

WINTER ACTIVITIES GUIDE

CELEBRATE

WINTER

WITH THE BREWER PARKS & RECREATION DEPARTMENT



Brewer
Parks & Recreation

WELCOME

The Brewer Parks and Recreation Department strives to offer quality recreational programming and exceptional parks and facilities to enhance the quality of life for the citizens and visitors to our community. We're committed to an inclusion approach to recreation. Contact us if you would like to discuss accommodations to assist you in participating in our programs.



REGISTERING IS EASY!

STEP 1: Create an account at brewerrec.com

STEP 2: Choose a program!



IN-PERSON



ONLINE



PHONE-IN

IN-PERSON REGISTRATION:

Offered at our main office located at 318 Wilson Street in Brewer from 8:00 a.m. - 4:30 p.m. Cash, checks, credit, and debit cards accepted.

ONLINE REGISTRATIONS:

Register online at www.brewerrec.com, 24 hours a day. Credit and debit cards accepted.

PHONE-IN REGISTRATIONS:

Registrations can be made by calling our main office at (207) 989 - 5199 between 8:00 a.m. - 4:30 p.m. Credit and debit cards accepted.

Refunds: Any program fee will be refunded in full with withdrawal from the class prior to the first meeting. Refunds after the first meeting will be done on a prorated basis. Any person dismissed from a program may not be entitled to a refund.

Basketball Programs and Leagues (All basketball programs and Leagues are played at the Community Center)

PRE-K BASKETBALL

Thursdays, January 5, 12, 19, and 26, 2023

Time: 4:30 - 5:15 p.m.

Brewer Resident: \$30.00 **Non-Resident:** \$35.00

Players ages 4 and 5, (not yet in kindergarten), will learn primary basketball skills, teamwork, and sportsmanship while playing a variety of fun basketball focused games.

GRADES K/1 BASKETBALL

Thursdays, Dec. 8, 2022 - Jan. 26, 2023

Time: 5:30 - 6:15 p.m.

Brewer Resident: \$40.00 **Non-Resident:** \$45.00

Players in grades K/1 will practice the basic skills of basketball; dribbling, passing, defense, and shooting through a variety of fun games and drills each week.

GRADES 2/3 BASKETBALL

Wednesdays, Dec. 7, 2022 - Jan. 25, 2023

Time: 5:30 - 6:30 p.m.

Brewer Resident: \$50.00 **Non-Resident:** \$55.00

Grade 2/3 players continue to focus on dribbling, passing, defense, and shooting with strategies of games play being taught through hands on drills, skills, and game play.

Want the best seat in the house?

See Basketball Coordinator Alison Doble about keeping the book or running the clock for your child's games! Volunteer Coaches and Officials are always welcome!

JR REC & SR REC BASKETBALL LEAGUES

(Grades 4/5 and 6-8)

Brewer Resident: \$60.00 **Non-Resident:** \$65.00

Our basketball leagues for grades 4/5 and 6-8 are for players of all skill levels. Players in both leagues will have practice on Mondays with games on Friday night and/or Saturday morning, (schedules will be provided).

Grades 4 -5: Practices Mondays, 5:15 - 6:15 p.m.
Games Fridays, 5:15 p.m. or 6:30 p.m.

Grades 6 - 8: Practices Mondays, 6:15 - 7:15 p.m.
Games Saturdays, 8:30 a.m. or 9:45 a.m.

First Practices: Mon., Nov. 28th at the times listed above. Players will be assigned to teams and schedules will be handed out.

Cheering (at the Community Center, Brewer Auditorium)

BLIZZARD CHEER! Grades K - 5

Thursdays, Dec. 8, 15, 2 Jan. 5, 12, & 19 Fridays TBA

Time: Thursdays, 5:00 - 6:00 p.m. Fridays, TBA

Brewer Resident: \$50.00 **Non-Resident:** \$55.00

Blizzard Cheer! introduces the basics of team cheerleading taught through jumps, motions, and cheers over the duration of the session. The team will be performing at half time of the Brewer Rec basketball games on Friday evenings, (Friday game schedule to be provided).

PLAY IT COOL



Dodgeball (Our dodgeball leagues take place at the Community Center gymnasium)

JR. REC DODGEBALL LEAGUE

Grades 3 - 5 Thursdays
March 2 - 23 Games: 5:00 - 5:45 p.m. or 6:00 - 6:45 p.m.
RES: \$30.00 NONRES: \$35.00

Grades 3 - 5 dodgeball enthusiasts of all abilities can play their favorite sport in an organized league format. Alison Doble will ensure an exciting, positive, and safe atmosphere for everyone with four league matches followed by a playoff on the last Thursday. The action can't be beat!

Youth Karate (at the Community Center, KEH Community Rm)

YOUTH KARATE

Ages 8 - 12 Thursdays, 5:00 - 6:00 p.m.
Monthly: RES: \$35.00 NONRES: \$40.00

Participants learn the skills and etiquette of the Goju Karate Do style. Along with fitness, this class will further develop a student's self confidence, self control, and respect. The class focuses on the use of karate as a way of life, not a sport. This class is taught by long time instructor Gary West. Space is limited. Contact Gary at gawestacct@msn.com for openings or more information.

Adult Recreation (must be at least 18 years old and out of high school) (Adult programs take place at the Community Center)

ADULT AEROBICS

Tuesdays and Thursdays
5:30 - 6:30 p.m.
Monthly: RES: \$15.00 NONRES: \$20.00

This energized workout incorporates aerobics, weights, and conditioning to give you the workout you deserve. Participants should bring an exercise mat. This class is taught by long time instructors Claudia Ricker and Rick Cannar. Join the class anytime! You'll be glad you did!

POUND FITNESS

Wednesday Evenings
5:45 - 6:45 p.m.
Monthly: RES: \$25.00 NONRES: \$27.00

Don't just listen to the music, **BECOME THE MUSIC!** Get your **CARDIO** and **STRENGTH** training all in one exciting workout. **POUND®** is designed for all fitness levels and provides an exhilarating atmosphere to **LET LOOSE, TONE UP and ROCK OUT!** Betsy Migliore leads this awesome class. Try something new!



Adult Open Gym VOLLEYBALL

Tuesday Evenings 6:30 - 8:30 p.m.
Dec. 6, 2022 - Feb. 1, 2023

\$2.00 pay as you play

ADULT KARATE

Tuesdays
6:30 - 8:30 p.m.
Monthly: RES: \$35.00 NONRES: \$45.00

Participants learn the skills and etiquette of the Goju Karate Do style. Along with fitness, this class will further develop a student's self confidence, self control, and respect. The class focuses on the use of karate as a way of life, not a sport. This class is taught by long time instructor Gary West.

SENIOR FITNESS

Monday, Wednesday and Fridays
9:00 - 10:00 a.m.
Pay as you go: \$2.00 per class
Classes begin October 3, 2022

Come join the fun! This class focuses on strength, flexibility, balance, and cardiovascular fitness with an emphasis on advancing at your own pace.

Along with physical benefits this class provides participants the opportunity to socialize and develop long lasting friendships.

Adult Open Gym PICKLEBALL

Tuesday and Thursdays Noon - 2:00 p.m.
Dec. 6, 2022 - Feb. 7, 2023

\$2.00 pay as you play

SR. REC DODGEBALL LEAGUE

Grades 6 - 8 Thursdays
March 30 - April 20 Games: 5:00 - 6:00 or 6:00 - 7:00 p.m.
RES: \$40.00 NONRES: \$45.00

Dodgeball fanatics in grades 6 - 8 can continue playing the exciting game of dodgeball in an organized league format. Alison Doble will work with teams on developing both offensive and defensive strategies. The league will consist of four matches followed by a playoff Thursday. Space is limited. Don't miss out on the action!



PRESCHOOL FUN TIME

Wednesdays 10:00 - 11:30 a.m.

Nov. 16, 2022 - April 12, 2023

Preschool Fun Time is an open gym time for preschoolers to enjoy active play during the winter months. A variety of balls, mats, hula hoops, and fun gym equipment will be available along with plenty of running space! *No charge.*

ADAPTIVE YOGA

Thursdays
9:30 - 10:30 a.m.
Monthly: RES: \$15.00 NONRES: \$18.00

Certified Kripalu Yoga Instructor Bunny Barclay leads folks with M.S. and other physical challenges through exercises to improve strength, flexibility, balance, and to increase the mind's ability to focus and relax through self awareness. Bunny will also teach postures, guided relaxation, and meditation.

Contact our main office for openings.

TAIJIFIT®

Thursdays
9:30 - 10:30 a.m.
Monthly: RES: \$15.00 NONRES: \$18.00

The TaijiFit method of teaching focuses on instilling the art of Tai Chi through "flow". Focusing purely on the experience of flow, participants engage in a moving meditation while also exercising the body. There is no responsibility to learn, memorize or have any prior knowledge of Tai Chi. There are no critiques, corrections, or criticism, so participants can focus on themselves. Tai Chi's slow, continuous movements are appropriate for all ages and fitness levels, and thanks to the TaijiFit teaching method, are easily accessible to all. Tai Chi can be done standing or seated.

BREAKFAST WITH SANTA

Wed, Dec. 14th 10:00 - 11:30 a.m.

**Preschoolers ages 3, 4 and 5
(not yet in kindergarten)**

**Crafts, snacks, stories and
time to visit with Santa!**

RES: \$5.00 NON-RES: \$8.00

Pre-registration required.

SUNDAY OPEN GYM BASKETBALL

December 11, 2022 - January 29, 2023

Noon - 1:30 p.m. - Family Time

1:30 - 3:00 p.m. - Grades K - 4

3:00 - 4:30 p.m. - Middle and High School

(No Open Gym December 25th or January 1st!)

**BREWER REC
FAMILY SKATE**



AT THE PENOBSCOT ICE ARENA

TUESDAY, DECEMBER 27th 11:50 a.m. - 1:50 p.m.

Brewer Res: Free Non-Resident: \$5.00

PRE-REGISTRATION REQUIRED at brewerrec.com

Space is limited.

OUTSIDE WINTER RECREATION

Ice Skating at Doyle Field (no stick and puck)

Stick and Puck at Caldwell Rink

Sliding, Snowshoeing, X-Country Skiing on Doyle Field

INSIDE WINTER RECREATION

**Walking 6:30 - 9:00 a.m. Mondays - Fridays
at Community Center (free)**

Golf Net \$2.00/half hour call 989-5199 for a tee time

**SAVVY SITTERS
BABYSITTING CLASS**

Jan. 23 - 26, 2023 2:30 - 4:30 p.m.

RES: \$35.00 NON-RES: \$45.00

Learn skills that will make you the most requested babysitter on the block! Students will learn to care for infants through school age children. Skills will include; safety, first aid, age appropriate games and projects, organization, and responsibility.

BCS students can take the bus from the school to the Brewer Rec for this class. Parents should call the school's main office to request a bus pass.



Daughter Dance

Friday, February 10, 2022 6:30 - 8:30 p.m.

Girls in grades Kindergarten through 6

**RES: \$26.00 per couple (\$13.00 per additional guest)
NONRES: \$36.00 per couple (\$18.00 per additional guest)**

Girls are invited to spend an evening of dancing, music, and memories with their special guest.

Doors open at 4:30 p.m. for early bird photos with
Monty Rand Photography.



Reservations available Monday, January 9, 2023

(In person reservations or phone in)

Watch for our Spring Flyers...

Egg Hunts: **Flashlight Egg Hunt** ages 5 - 9, Friday, April 7, 2023

Little Peeps ages 3 and 4, Saturday, April 8, 2023

Baseball: **Mighty Munchkins** (Ages 4 & 5 not yet in kindergarten)
Mondays & Wednesdays, Starting April 25th, 5:00-6:00 p.m.

Little Sluggers (Grades K & 1)
Mondays & Wednesdays, April 25th, 6:00 - 7:00 p.m.

Volleyball: **Adult Spring Volleyball League**
Monday - Wednesdays, 6:00 - 9:00 p.m.

Yard Sale: **Spring Children's Yard Sale**, Rent a table or shop!
Saturday, April 1, 2023