

Brewer Parks & Recreation WINTER ACTIVITIES GUIDE



**DOES WINTER MAKE YOU WANT TO HIDE?
GO OUTSIDE TO SKATE AND SLIDE!**

**IF YOU REALLY HATE THE COLD
WE HAVE FUN FOR YOUNG AND OLD!**



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.

HOW TO REGISTER:

STEP 1: Create an account at brewerrec.com

STEP 2: Choose a program!



IN-PERSON

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

ONLINE REGISTRATIONS:

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



PHONE-IN

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.

Brewer Parks and Recreation Department
318 Wilson Street Brewer, ME (207) 989 - 5199
www.brewerrec.com

**Excluding Afterschool Program and Summer Rec Camps*

OPEN GYM SCHEDULE

BASKETBALL *(no charge)*

Sunday Open Gym Basketball

December 10, 2023 - February 25, 2024*

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

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

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

**No open gym basketball December 24th or 31st.*

ADULT PICKLEBALL *(\$3.00 pay as you play)*

Tuesdays/Thursdays, Noon - 2:00 p.m.

October 3 - December 21, 2023

Sundays, 8:30 - 11:30 a.m.

Dec. 3, 10, 17 2023, Jan. 7 - 28, 2024

ADULT VOLLEYBALL *(\$3.00 pay as you play)*

Tuesdays, 6:30 - 8:30 p.m.

December 5, 2023 - February 27, 2024

Adult open gym participants must be at least 18 years of age and out of high school.

WINTER OUTDOOR FUN

ICE SKATING:

Doyle Field (no stick and puck) Public skate only

Caldwell Rink (stick & puck) by *Penobscot Ice Arena*

SLIDING/ SNOW SHOEING/ CROSS COUNTRY SKIING:

Doyle Field Hill *Behind the Ferris Community Center*

Conditions permitting

WINTER INDOOR FUN

WALKING *(18.5 laps in our gym = 1 mile)*

Monday - Friday 6:30 - 9:30 a.m.

(No walking on days when the Brewer School Department closes school).

GOLF NET RENTAL

January - March

Mondays - Fridays, 8:00 a.m. - 2:00 p.m.

\$2.00/half hour

Call 989 - 5199 for a tee time!

BASKETBALL *(at the Community Center Gym)*

PRE-K BASKETBALL

Thursdays, January 4, 11, 18, and 25, 2024

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. 7, 2023 - Jan. 25, 2024

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. 6, 2023 - Jan. 24, 2024

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.

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. 27, 2023 at the times listed above.
Players will be assigned to teams and schedules will be assigned.*

PRESCHOOL FUN TIME

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

November 8, 2023 - April 10, 2024*

Preschool Fun Time is 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.

*No Preschool Fun Time on the following dates:
Nov. 22, Dec. 13, 27, 2023, Feb. 7, 21, 2024

CHEER

BLIZZARD CHEER! Grades K - 5

Thursday practices and Fridays Games 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 side line cheers and will perform at half time of the Brewer Rec basketball games on Friday evenings, (schedule to be provided).

YOUTH KARATE *(at the KEH, Community Room)*

YOUTH KARATE

Ages 8 - 12 Tuesdays, 5:00 - 6:00 p.m.

Per Month: 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.

DODGEBALL *(at the Community Center Gym)*

JR. REC DODGEBALL LEAGUE

Grades 3 - 5 Thursdays , March 7 - 28, 2024

Games: 5:00 - 6:00 p.m. or 6:00 - 7:00 p.m.

RES: \$40.00 **NONRES:** \$45.00

This coed dodgeball league is for players looking for a fun, exciting spring activity. It's a workout that helps players increase agility and improves reaction times. Sometimes it even improves concentration, (but we're not making any promises). This is a four team league with a tournament on the last Thursday.

SR. REC DODGEBALL LEAGUE

Grades 6 - 8 Thursdays, April 4 - 25, 2024

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. Teams will focus 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!

BREAKFAST WITH SANTA

Wednesday, December 13 10:00 - 11:30 a.m.

RES: \$5.00 NONRES: \$8.00

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

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

At the Ferris Community Center

PRE REGISTRATION REQUIRED

**SAVVY SITTERS
BABYSITTING
CLASS**

GRADES 5 - 8

Jan. 29 - Feb. 1, 2024 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. Register early - space is limited!

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



**DAUGHTER
DANCE**

Friday, February 9, 2024 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.

Resident reservations accepted starting

Monday, January 9, 2024

*Non-Resident reservations accepted starting

Monday, January 29, 2024

**Non-residents can get their name on a waiting list starting January 9, 2024.*

(No online reservations. In person only.)

**Brewer Rec
FAMILY SKATE**

At the Penobscot Ice Arena

Wednesday February 21, 2024

11:30 a.m. - 1:30 p.m.

RES: Free **NONRES:** \$5.00

PRE-REGISTRATION IS REQUIRED

Go to brewerrec.com or call
989 - 5199 to register



ADULT PROGRAMS *(must be at least 18 years old and out of high school) at the Community Center*

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!

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.

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.

TAI CHI FOR MIND AND BODY

Tuesdays OR Tuesdays and Thursdays

Nov. 28, 2023 - Jan. 25, 2024*

**No classes Dec. 26, 28, 2023*

11:30 a.m. - 12:30 p.m.

Tues. only **RES:** \$40.00 **NONRES:** \$42.00

Tues. Thurs. **RES:** \$64.00 **NONRES:** \$66.00

Tai Chi for Life is a globally practiced, evidence based program designed by Dr. Lam along with Tai chi and medical specialists to improve overall health and wellness through increased muscle strength, flexibility, balance, stress relief and mindfulness.

Come and enjoy Tai Chi in a relaxed atmosphere with certified instructor Annette Plank.



COMING SPRING 2024

Flashlight Egg Hunt

Little Sluggers Baseball

Summer Camp Sign Up

Little Peeps Egg Hunt

Adult Volleyball Leagues

CIT Applications Available

Mighty Munchkin Baseball

Children's Yard Sale

AND MORE!