



Recreation Director - Scott Segal

**1231 Maine Street
Poland, ME 04274
(207) 998-4650
www.PolandRec.com**

Recreation Coordinator - Vanessa Harlow

Youth Sports

SPRING

- Intro to Tee Ball
- Tee Ball
- Baseball
- Softball
- Field Hockey
- Soccer

FALL

- Cross Country
- Field Hockey
- Sideline Cheering
- Soccer
- Flag & Tackle Football

WINTER

- Basketball
- Competition Cheering

Classes

- Art
- Lost Valley Ski
- Tumbling
- Yoga
- Zumba

Adult Sports

- Pickleball

Rentals

- Town Hall
- Tables & Chairs
- Ice Skates
- Snowshoes

Services & Activities

- Sports Recycling
- Poland Seniors Club (55yo +)
- Community Service
- Mechanic Falls Skate Park
- Seasonal Job Opportunities
- Easter Egg Hunt
- Discount Tickets
- Beaches
- Trails
- Ball Fields
- Storybook Trail
- Before & After School Childcare
- CIT Programming
- Halloween Haunted Maze
- Christmas in Poland
- Community Ice Skating Rink
- Winter Wonderland Ball
- Spirit Invitational Cheer Competition

Summer Camps

- Camp Connor
- Cheering
- Field Hockey
- Football
- Soccer

Scholarships

- Bobby Brown
- Campership
- Camp North Star
- Jessica Pelletier