

**Spring
Summer
2020**



Poland Parks & Recreation Dept.
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www.polandrec.com

Our mission here at the Poland Parks & Recreation Department is to provide community members the opportunity to participate in physical, social and leisure activities that will enhance their well-being through recreation. We strive to provide quality recreation programs through the collaborative efforts of volunteers and staff that will enhance the quality of life for all.

YOUTH SPORTS



Poland Baseball

Our baseball program is based on the Cal Ripken League guidelines and is a developmental program for boys ages 7-12 to learn the necessary skills and rules to play the game. The league will consist of teams from Mechanic Falls, Minot, Oxford, Otisfield, South Paris, Bethel, Paris, West Paris and Norway.

Please welcome Eric Wilson as our new Baseball Director.

He can be reached @ 321-9466. Email: eric27wilson@gmail.com

Option #1: \$100 - this fee is for those who do not wish to participate in the tagging fundraiser (includes \$60 reg. + \$40 opt out fee.)

Option#2: \$60 - this lower fee is for those who will be required to participate in the tagging fundraiser.

Assessment Date and Times: **Saturday, March 28 @ Poland Regional High School Gym**

Rookies (Ages 7 & 8, plus 6yr olds who wish to be assessed), must request with office @ 998-4650 - **12pm-1pm**

Minors- (Ages 9 & 10)- **1:15pm-2:15pm**

Majors- (Ages 11 & 12)- **2:30pm-3:30pm**

BABE RUTH BASEBALL (boys ages 13-15)

Babe Ruth Baseball (boys ages 13-15)

Registration Begins: **February 5, 2020**

Deadline: **March 16, 2020**

Cost: **\$100.00** (flat fee in lieu of fundraising)

Season runs: *Mid May through end of June*



YOUTH SPORTS



Intro to T-Ball & T-Ball

Intro to T-Ball: This program is for girls and boys age 4 by April 30, 2020 (no exceptions). This program meets once per week and focuses on skills and drills to prepare for T-Ball.

Players will receive a hat and t-shirt

T-Ball: This is a developmental program for girls and boys age 5 or 6 as of April 30, 2020.

We play in a tri-town league with Minot/Hebron (MHAA) and Mechanic Falls.

Practice is planned one day per week and games are on Saturdays.

INDOOR SOCCER

GRADES: Age 3 thru 8th Grade
(Must be age 3 by February 23rd)

DATES: Sundays, February 23 - March 29 2020
(6 week program)

LOCATION: Poland Community School

COST: \$35.00 per player (Poland residents)
\$45.00 (Non-residents)

T-shirt will be provided



Registration will open: **February 4, 2020**

Deadline: **February 20, 2020**

**OPEN TO POLAND (RESIDENT)
& NON-RESIDENTS**

YOUTH SOFTBALL

Poland Residents Only

Registration Begins: February 5th

Deadline: March 16th

**Please welcome Jeremy Lothrop
as our new Softball Director.**

He can be reached @ 2122011.

Email: lothrop00@gmail.com

Option #1: \$100 - this fee is for those who *do not* wish to participate in the tagging fundraiser (includes \$60 reg. + \$40 opt out fee.)

Option #2 : \$60 - this lower fee is for those who will be required to participate in the tagging fundraiser.

Rookies - Ages: 9 & Under (Grades 2,3 & 4)

Minors - Ages: 10-13 (Grades 4, 5 & 6)

Majors Ages: 12-14 (Grades 7 & 8, talented 5th & 6th)

Senior League Softball: This program goes from late June thru early August. We usually play an 8-12 game schedule with surrounding towns.

Due to participant numbers, most likely we will combine with another town.

This is for girls age 14 thru 19

Birthdate as of December 31, 2019



**Karate Makes Kids Stronger,
Safer and Smarter!**

March 15th-June 7th

Fridays 3:30PM - 4:30PM

Poland Community School Gym

Cost: \$40 per Month + Uniform,
and a healthy snack every week.

\$5 discount on monthly fee for each additional household family member..

To register visit bkdfitness.com

FMI - Email bkdfitness@gmail.com

SPORTS RECYCLING

We accept sports equipment in good condition and offer equipment out to Poland Rec participants at no cost.
Cleats, Snowboard Boots, Ice Skates, Shin Guards, Cheering Sneakers, Gloves and more!

This is a first-come, first serve basis.

CLASSES

Tumbling

Begins: April 6th until May 25th

Residents = \$40

Non-Residents = \$45

Deadline: Until classes are full

Min. 6, Max of 10 per class.

Location: Poland Town Hall

Instructor: Kayla Hodgkins



Note: Intermediate & Advanced tumbling classes are open to Tri-Town Knights Cheerleaders that participated in this past years program and plans to participate in next winters program.

Classes Available on Mondays & Tuesdays

Go to www.PolandRec.com to see a complete listing of class times



Certified Instructor: Becki Leighton

When: Saturdays from 8:00am-9:00am

Cost: \$5, pay instructor

Where: Poland Town Hall

Ages: 12-Adult

Take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party.

Art Club



DATES: March 5, 2020 to April 16, 2020

TIME: Thursday's 3:30pm - 5:30pm

GRADES: 1-6, exceptions with instructor approval

LOCATION: The Art Room at Poland Community School

COST: \$95 (All 7 Sessions) Residents & Non-Residents

Registration Deadline: February 28th

Or until class is full

Yoga with Martha Stone

Martha is a certified yoga instructor who has the ability to modify poses for different levels of fitness and experience. She has taught yoga to children and adults in public schools, adult education, recreation programs and yoga studios

Cost: \$10 per class

Location: Poland Town Hall

Beginner/Chair Yoga

Wednesdays from 10:30am-11:30am

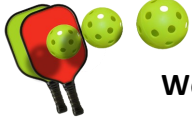
Saturday YOGA Class

Saturdays from 9:00am-10:15am



Bring a yoga mat if you have one. Some mats are available for loan. Wear comfortable clothing that allows you to move and stretch.

ADULT SPORTS



Poland Pickle Ball

Welcoming all levels of players!

When: Sundays 9:00am-Noon

Where: Poland Community School Gym

Cost: \$2 per player



Mechanic Falls Adult Softball

Open to residents of any town!

Mechanic Falls recreation committee is the contact for the adult softball league. Anyone interested in the league can contact their committee by mechanicfallsrec@yahoo.com

CAMP CONNER

Poland Summer Recreation at Camp Conner!

WHAT IS CAMP CONNER?

Poland Summer Recreation at Camp Connor is now in its 3rd year! Camp Connor is a day camp with approximately 12 acres of land, including a beach front, large field, wooded area, picnic area, playground, peninsula, and buildings. We also have access to our neighbor's Camp Tall Pines basketball court and beachfront for launching our kayaks and canoes. Camp Connor is located off of route 26, address: 70 Connor Lane. (Connor Lane is a dirt road, that provides access to Camp Tall Pines, Poland Spring Campground and a few residents)

WHO DO WE SERVE?

Boys and girls going into grades 1-8 in the fall of 2020.

Campers can attend one-week, multiple weeks, or the entire summer if you so choose!

CAMP FEES:

Poland Residents-\$170/week-1st child; \$150/week-2nd child; \$130/3rd child or more

Non-residents-\$190/week-1st child; \$170/week-2nd child; \$150/3rd child or more

A \$20 deposit is required for each week , per child

CAMP DATES: June 22 thru August 21 (9 weeks)

CAMP TIMES: 7:00am - 5:30pm

CAMP DIRECTOR: Amanda Olmstead

To Register: Go to www.PolandRec.com



Campership Program (POLAND RESIDENTS ONLY)

Thanks to the generous contributions of some Poland residents and businesses, we are continuing our scholarship program for **Poland children** to attend Camp Connor this summer at a significantly reduced rate. Any Poland resident going into 1st thru 8th grade can apply if they are eligible for "free" lunch through their school.

Note: Poland home school families can apply as well, with the understanding that financial info. would need to be provided to verify need.

Campership will be awarded to families starting March 1st. We will consider a maximum campership of \$120.00 off per week of camp, for up to 6 weeks. The overall community need and available funding will determine how many weeks we can actually provide.

SCHOLARSHIPS



Tri-Town Knights Cheering Scholarship

In memory of Jessica Pelletier, the Poland Recreation Tri-Town Knights Cheering Program will offer a \$200.00 Scholarship annually, to a PRHS graduating Senior who has participated in Cheerleading throughout High school and has dedicated time to helping the Tri-Town Knights Cheerleading Program, through coaching or other means of community service.

DEADLINE: May 15, 2020

Bobby Brown Scholarship

The Poland Parks and Recreation Department will offer a \$200.00 scholarship, in Bobby Brown's name, annually, to a PRHS graduating senior student athlete, who has participated in a least one sport throughout their 4 year high school career, and has dedicated time to helping his/her community through coaching or other means of community service.

DEADLINE: May 15, 2020

Camp North Star Scholarship

Application Deadline: April 24, 2020

Open to residents of Poland, Minot & Mechanic Falls

Regular Camp Pricing:

- **2nd-5th Graders** = \$3,275 (2wks) or \$3,950 (3wks)
- **6th-11th Graders** = \$4,145 (2wks) or \$4,895 (3wks)

If you receive a scholarship, the only costs will be...

A **\$200** fee will be due within 2 week of accepting scholarship,

in addition the camp will require campers to purchase Camp North star clothing items averaging **\$100**



POLAND TRAILS

Poland Trail Meetings

When: 3rd Tuesday of every month @ 6:30pm

Where: Conference Room Ricker Library

Trail Committee Board Members

President: Alan Audet

Advisor: Fred Huntress

Secretary: Patty McGillvary

Treasurer: Scott Segal

Trail Coordinator: Mark Prindall



SERVICES & ACTIVITIES

Poland Seniors

This is a group of Poland adults (ages 55+...although age is just a number) who get together to go on trips and/or participate in a variety of activities.

Members meet on the second Saturday of every month at 10:00am annually.

Member Annual Dues: \$10

(Membership supports the club, which provides special discounts on trips and activities)

You are not required to be a member in order to attend trips or be involved in activities if you pay the regular price.

Meets September - June

RENTALS



- Tables & Chairs -

For Poland residents and town employees, we offer table and chair rentals

Tables = \$3 each

Chairs = \$1 each

- Town Hall Rentals -

Are you looking for a space to hold a party, anniversary, wedding reception....?

Give us a call to find out availability and more

Volunteers / Community Service:

The Poland Parks & Recreation Department is always searching for Adults and high school students to help with our programs. We offer an opportunity for High School students to complete community service hours as junior coaches, referee's or helping recreation staff with projects. Please call ahead of time to schedule community service hours.

SAVE THE DATE!

Heritage Day

June 20th



TO REGISTER FOR POLAND PARKS & RECREATION PROGRAMS:

To register for a program, go to www.polandrec.com, access your account, set-up an account or contact our office and we can setup an account for you.

Office Hours: Monday-Friday 9:00am-4:00pm, Saturdays by appointment only.

Please make sure to register on time or earlier, if at all possible, in order to make sure we have enough coaches, equipment, uniforms, etc...Anyone that registers late risks being put on a wait list. Once our teams have been made, we limit the number per team in some programs to ensure the best opportunities for instruction/learning, and to make sure players receive as much participation as possible.

Registration Fees: We ask that all program fees be paid in advance of the first practice/class. If you need financial assistance, please contact our office FMI. We can set up payment plans for some of our programs and we also have other steps you can take to make sure you and your children do not miss out on the many activities we provide!