

Fort Fairfield Recreation and Parks Happenings

10-26-15

Girls Pee Wee and Youth Basketball-Pee Wee Basketball for girls in grades 1-3 will start on Saturday, November 21 with practice at the Community Center from 12-1:15pm. The girls in grade 1-3 will also practice on Tuesday, November 24 from 6-7pm; Saturday, November 28 from 12-1:15pm; and Tuesday, December 1 from 6-7pm. Teams will be assembled during this practice period and games will begin on Saturday, December 5. Youth Basketball for girls in grades 4-6 will start on Saturday, November 21 with practice at the Community Center from 10:30-11:45am. The girls in grades 4-6 will also meet for practice on Wednesday, November 25 from 6-7pm; Saturday, November 28 from 10:30-11:45am; and Wednesday, December 2 from 6-7pm. Teams will be assembled during this practice period with games beginning on Saturday, December 5 and continuing through early February.

Boys Pee Wee and Youth Basketball-Pee Wee Basketball for boys in grades 1-3 will start on Saturday, November 21 with practice at the Community Center from 1:30-2:45pm. These boys will also practice on Tuesday, November 24 from 7-8pm, Saturday, November 28 from 1:30-2:45pm and Tuesday, December 1 from 7-8pm. Teams will be assembled during this practice period and games will begin on Saturday, December 5. Youth Basketball for boys in grades 4-6 will start on Saturday, November 21 with practice from 9-10:15am at the Community Center. Practice will continue on Wednesday, November 25 from 7-8pm; Saturday, November 28 from 9-10:30am; and Wednesday, December 2 from 7-8pm. Teams will be assembled during this practice period and games will begin on Saturday, December 5 and continue through early February.

Zumba Fitness-Zumba fitness class is held at the Fort Fairfield Elementary School gymnasium on Monday and Wednesday evenings from 6-7pm. Certified instructor Cara Van Nieuw Amerongen will lead the program which will consist of Cardio Dance/Zumba, Cardio Kick Boxing, Interval Training, and light Strength Training. The cost is \$6 for walk-ins, \$50 for 10 classes, and \$40 for 10 classes if you are a high school or college student. For more information you can go to Facebook page "Get Fit with Cara" or contact the parks and recreation department at 472-3882.

Co-ed Volleyball-Co-ed volleyball for ages 16 and over is held at the Fort Fairfield Community Center on Sunday evenings from 6-8pm through the end of April 2016. The program is informal with teams being selected each night from all those in attendance. There is no charge to participate.

Indoor Walking/Exercise-The community center gymnasium is open to the public for walking/exercise Monday through Friday from 6:00am-12:00 noon (except holidays). The hours are subject to change and will be posted accordingly. There is no charge to use the facility for this activity.

Adult Basketball-The community center is open for adult basketball on Monday and Thursday evenings from 6:30-8:30pm starting on Monday, October 26. Play is informal with teams being selected each night from all those in attendance. The cost is \$2 each night. If there is sufficient interest amongst all players, we will organize a league and have scheduled play for each team.

Open Gymnasium-The community center is open for after school free play basketball Monday through Friday from 2:45-5:00pm; Friday and Saturday evenings from 6:00-8:30pm; and Saturday and Sunday afternoons from 12:00-4:00pm. All participants are reminded that street sneakers and shoes are not allowed on the gym floor. These hours are subject to change once the school and recreation basketball seasons begin in November.

Please Return Uniforms-A reminder to all that the parks and recreation department is still missing several uniforms that have not yet been returned by participants from programs and activities held this past year. If you have any uniforms that belong to the parks and recreation department, please return them to the Fort Fairfield Town Office or the recreation and parks department office at the community center. In order for us to continue providing youth activities at little or no cost to the children of Fort Fairfield, we rely on these uniforms being returned in a timely manner after each sports season. Thank You!