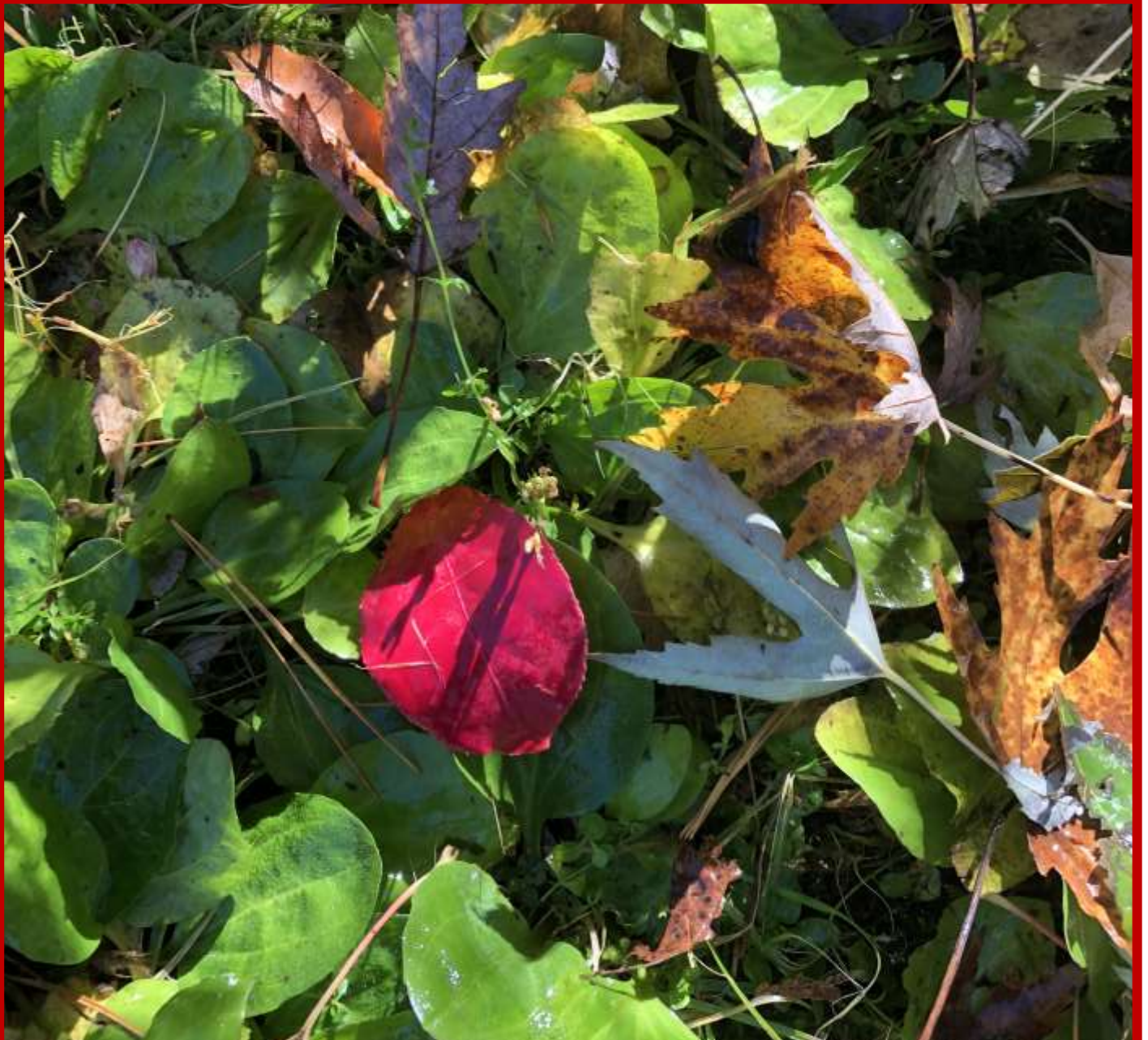


*Falmouth Community Programs  
Fall 2020*



*Activities & Programs for Youth,  
Adults and Seniors*

# Policies/Procedures

## **PLEASE REGISTER EARLY!**

**\*\*Due to the current COVID-19 Pandemic, we have limited youth and adult activities currently available. Senior programming will be very limited until such time when the CDC and Governor's office deem the risk to this population mitigated and that it is safe to fully open Senior Centers. Please feel free to contact our office with any questions or concerns. We appreciate your understanding as all programs require a high level of coordination including facility scheduling, staffing, volunteer recruitment and the purchasing of supplies so early registration is important\*\***

### ***Cancellation Notices***

FCP reserves the right to cancel any program which fails to meet minimum enrollment requirements, so please register early! **Deadlines are generally one week prior to the first class unless otherwise noted.**

### ***Inclement Weather/Free Programs...***

When schools are cancelled due to inclement weather, all programs beginning prior to 4:00pm will be cancelled. Decisions regarding evening programs will be made by 2:00pm. For free programs, you may want to call our office prior to attending as unforeseen cancellations may occur.

After business hours, call 699-5302 or visit our website at: [www.falmouthme.org](http://www.falmouthme.org) for Community Programs News and Announcements. Or please check Facebook for programming updates and cancellations.

### ***Refunds...***

If **FCP** cancels/changes a course, we will refund or credit 100% of class fees. *Online convenience fees are NON-REFUNDABLE.*

**\*\*A processing fee ranging from \$5.00-\$10.00 will be charged for each course from which **you** withdraw no less than five full business days prior to the start of the program unless otherwise noted. After this time, you may receive a 50% refund if a replacement can be found (waiting list has priority), the withdrawal does not affect course minimum enrollment, there is unlimited enrollment or the set date of withdrawal has not passed.**

We reserve the right to credit your account for all refunds under \$20.00. If requesting a check for a larger refund, please allow a minimum of two weeks for processing.

**\*WE DO NOT GIVE REFUNDS AFTER THE START OF THE SECOND CLASS DUE TO PAYMENTS ALREADY MADE TO INSTRUCTORS\***

### ***Pick-Up Policy***

FCP requires staff to remain with youth program participants until they are released to a parent or guardian. Please meet your child at the designated pick-up time. A \$10.00 late fee will be charged for each ten-minute increment that your child has to remain with us past the designated pick-up time.

### ***Course Guidelines***

Course guidelines are designed to be appropriate for the enjoyment and safety of all participants. If an emergency/circumstance arises, or if you are dissatisfied with any program, please contact our office as soon as possible. Concerns will be reviewed on an individual basis.

Our Adult Enrichment classes are reserved for individuals 18 years of age and older who are not currently enrolled in high school, unless otherwise indicated.

### ***Parks & Community Programs Staff***

Lucky D'Ascanio, Director  
 Matt Gilbert, Assistant Director  
 Jeff Mason, Parks Supervisor  
 Sam Hazelton, Parks Assistant  
 Kate Harris, Recreation Coordinator  
 Ashlee Quirion, Programming Assistant  
 Kim Doyon, Senior Services Coordinator  
 Denise Macaronas, Sr. Programs Coordinator  
 Lisa LaBrie, Administrative/Programming Asst.  
 Amanda Stearns, Open Space Manager  
 Don Coulombe, Custodian

### ***Parks & Community Programs Advisory Committee***

Karen Jones, Chairperson  
 Janet Lane-Dye, Vice-Chairperson  
 Melissa Price  
 Melanie Collins  
 John Lane  
 2 Vacant Positions

\*The Advisory Committee generally meets once a month and meetings are open to the public.  
 For FMI contact the FCP office 699-5302

# Contact/Registration Information



*“Like us” on Facebook!  
to find up-to-date program news,  
cancellation information and more.*

## Registration Information

Please register early preferably online via our website or by phone (207) 699-5302. You may also mail or drop off forms to: FCP, 190 Middle Road, Falmouth, Maine 04105-2005.

Currently, we accept cash, checks, Visa, MasterCard, American Express and Discover. Please make checks payable to “Town of Falmouth”. Registration forms can be found in this brochure and in the FCP office. You may also download forms from our website:

[www.falmouthme.org](http://www.falmouthme.org)

Unless we notify you, please assume that you are enrolled in your choice of programs.

**We send e-mail receipt confirmations only.**

**A limited number of partial and full Scholarships are available for many youth programs using a sliding fee scale. Please apply early!**

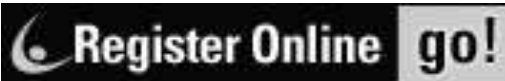
**Seniors**, age 60 and over, receive a 25% discount off course fees unless otherwise stated.

**Non-residents** can register on September 3rd.

### FCP Office Hours

Monday-Thursday 8am-5pm

Friday 8am-12pm



Non-refundable online convenience fee:  
6.2% or minimum \$2.00

[www.falmouthme.org](http://www.falmouthme.org)

Visit our online registration system where you can register for programs anytime and anywhere. By adding your e-mail address, we can send you regular updates about exciting new activities and programs – you won’t miss a date! Set-up your private account today so that you are ready when registration opens!

**If you have already set up an account and have forgotten your password, please call and we can reset it for you.**

## Table of Contents

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**\*\*Due to the current COVID-19 Pandemic, we have limited youth and adult activities currently running. Senior programming will be very limited until such time when the CDC and Governor’s office deem the risk to this population is mitigated and it is deemed safe to fully open Senior Centers. Please feel free to contact our office with any questions or concerns.\*\***

### FCP Notes...



We reserve the right to revise dates, times and/or prices due to changes that occur after publication. Thank you for your cooperation!

The Town of Falmouth will try to make reasonable accommodations for alternative access and participation when events or meetings are scheduled on religious observances.

If you have a disability or injury and need additional accommodations to participate in any of our programs, please contact our office 699-5302.

Changes, additions and updates for FCP activities can be found on Facebook and on our website at the following address:

[www.falmouthme.org/parks-and-community-programs](http://www.falmouthme.org/parks-and-community-programs)

We reserve the right to use any photos and/or videos of programming in future brochures and/or advertisements.

# Important Info

We are excited to welcome everyone back for another Fall filled with FUN! Although things may look a little different we are making every effort to make it as “normal” and EXCITING as in years past. We are asking everyone to help us out by following the guidelines below to assure that we keep participants and staff safe and illness free.

- ◆ Participants experiencing symptoms of illness(COVID related and other)***MUST*** stay home. (Per the CDC, symptoms of COVID-19 include: cough or sore throat, fever, shortness of breath, loss of taste or smell)
- ◆ **All participants will be required to adhere to social distancing recommendations (6 feet apart) before, during, and after activities. If social distance requirements are not followed, participants will be expected to wear a facial covering.**
- ◆ Participants must adhere to self-screening protocol (including temperature checks) prior to arriving at Mason-Motz and all other program locations. Participants with a fever (100° or greater) or other Covid-19 symptoms will be sent home/declined entry.
- ◆ Participants will avoid physical contact with others including high-fives and close group gatherings.
- ◆ Participants will not be allowed to share water bottles, or anything of a personal nature.
- ◆ Participants will ensure all personal items are taken home after each program. Lost & Found items not labeled will be discarded immediately. Please label EVERYTHING!

## Best Practices

### For Staff

- ⇒ Staff/Program Leaders will wear face coverings at all times when social distancing is not possible.
- ⇒ Staff/Program Leaders will practice and encourage hand washing visits upon arrival/sanitizer when soap/water are not readily available.
- ⇒ Staff/Program Leaders will provide and follow directional signage to encourage the separation of all entrances and exits.
- ⇒ All equipment and materials will be cleaned and sanitized multiple times throughout the day.
- ⇒ Staff/Program Leaders will demonstrate that participants can be safe and still have FUN!

## Confirmed Cases

### Positive Case Protocol

- ⇒ Staff will immediately isolate any individual who develops symptoms during programs.
- ⇒ Adult participants will be sent home immediately if they exhibit COVID symptoms upon arrival
- ⇒ For youth participants, parents will be contacted to pick-up their child immediately
- ⇒ Falmouth EMA will be notified as soon as possible of any suspected exposure and will work with FEMA and Maine CDC to facilitate effective contact tracing/notifications if a participant or staff member tests positive.
- ⇒ Participants that are sent home with Covid-19 symptoms must obtain a medical note from their doctor prior to returning to any FCP program.

# Tourists in Our Own Backyard

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These day trips are designed for adults of all ages. Enjoy being a tourist in your own backyard. All trips depart from the Plummer Lot (Lunt Road). Return times are approximate. All discounts included in the fee.

Transportation is in a 15-passenger van or mini-bus.

**MAXIMUM OF 7 PARTICIPANTS—FACE COVERINGS MUST BE WORN DURING BUS TRIPS.**

## Randall Orchard Standish

Enjoy a variety of apples (either pick your own or already picked), fresh cider pressed on-site and homemade donuts. Get farm fresh produce at their farm stand. We will make a lunch stop (on your own) after our visit.

Date: Friday, September 25

Time: 10:30am-2:00pm

Fee: \$7

Session: 11126.2A



## Bakery Hopping

Need some bread or sweets for Thanksgiving Day? Join us on our annual bakery-hopping trip to pick up just what you need. We will end our "hopping" at the European Bakery/Tea Room.

Date: Tuesday, Nov. 24

Time: 10:00am-2:00pm

Fee: \$7

Session: 31037.2A



## Lobster Shack Cape Elizabeth

Our Fall tradition continues with lunch at the Lobster Shack where we will enjoy scenic views at this popular eatery. The menu includes a wide variety of fish as well as non-lobster items and homemade desserts. This program will go rain or shine.

Date: Tuesday, October 6

Time: 10:45am-1:30pm

Fee: \$7

Session: 31015.2A



## "Mystery" Dinner and Holiday Lights

Join us for our annual trip for an early dinner at a "mystery" location and enjoy good food with new and old friends. After dinner sit back and get into the holiday spirit as we ride through residential neighborhoods and delight in the holiday lights.

Date: Tuesday, December 15

Time: 3:15-7:30pm

Fee: \$7

Session: 31020.2A



# Community Wellness & Safety

## Cooking 101

Looking for some new ideas for dinner? Have you bought an Instant Pot and afraid to use it? Come check out some one night topics to give the family menu an influx of new recipes and ideas.

Instructor: Stacey Stolman, FunChefs

Time: 7:00-8:30pm

Location: Presumpscot Room, Mason-Motz

Fee: \$38 per class



Session 1: 11246.2A

Instant Pot 101

Date: Tuesday, September 22

Session 2: 11246.2B

Taco Tuesday

Tuesday, October 20

Min: 6 Max 12 per class

Session 3: 11246.3B

Entertaining Ideas

Wednesday, November 4

## ATV Safety Class

Participation in the ATV education course will teach you how to properly operate and maintain an ATV. We will cover the laws, personal safety, use of maps, and rider's responsibilities pertaining to the environment, landowners, and ethics. You must be in attendance for the entire class and pass the final exam to receive your certificate. Sponsored by and certificates provided by Maine Department of Inland Fisheries and Wildlife. **Please note:** Persons 10-16 years of age must complete this course in order to legally operate an ATV. All Students 16 years and younger must be accompanied by a parent or guardian. All Students 17 years and younger must have parental consent to attend the class. This is done by signing the registration card at the start of class. All discounts included in fee.

Instructor: Dave White

Date: Saturday, October 3

Fee: \$5

Min: 6 Max: 12

Location: Mason-Motz Activity Center

Time: 9:00am-4:00pm

Session: 11522.2A

# Adult Wellness & Fitness

## ***Walk Safely (and stay out of the rain!)***

Get into a good walking routine by coming to the Mason-Motz Activity Center to walk at your own pace in comfort. Open during our regular business hours, you can walk the hallways and in the gym (when available). Be sure to sign-in and out at the office and pick up your walking tag. Please no street shoes in the gym. **\*FACE COVERINGS MUST BE WORN and the number of walkers at one time may be limited.**

*Days/Time: Mondays-Thursdays 8:00am-4:00pm*

### ***Adult Tennis—Mornings Beginners & Beyond***

No matter your skill level, we have a place for you. This program will cover fundamentals of tennis and also fine tune your existing game. All sessions include instruction, drills and match play. Players will be grouped based on ability.

*Instructor: St. Peter's Grand Slam Tennis Staff  
Location: Huston Park Tennis Courts, Winn Rd.*

*Date: Thursdays, September 10-October 1*

*Time: 9:00-10:00am*

*Fee: \$72*

*Session: 11310.2A*

*Max: 18*



### ***Adult Tennis—Evenings***

No matter your skill level, we have a place for you. This program will cover fundamentals of tennis and also fine tune your existing game. All sessions include instruction, drills and match play. Players will be grouped based on ability.

*Instructor: St. Peter's Grand Slam Tennis Staff*

*Location: FMS, Tri-Courts*

*Fee: \$72*

*Max: 18*

#### ***Evening Tennis—Beginners & Beyond***

*Date: Mondays, September 7-28*

*Time: 6:00-7:00pm*

*Session: 11310.2B*

#### ***Evening Tennis—Intermediate & Advanced***

*Date: Mondays, September 7-28*

*Time: 7:00-8:00pm*

*Sessions 11310.2C*

### ***Exploring Movement with Donna Guilmain***

These gentle to moderate fitness classes combine the elements of stretching and strengthening muscles, increasing balance and breathing more fully. The focus will also be on joint mobilization, core engagement and working at your own level of flexibility. Exercises are done seated (on the floor and/or chair), standing and lying down. Class ends with a short relaxation. Dress comfortably, bring a mat and light blanket and enjoy.

*Instructor: Donna Guilmain*

*Time: 10:00-11:15am*

*Min: 8 Max 20*

*Session 1: 11314.2A*

*Tuesdays, September 29-November 17*

*Location: Mason-Motz Gym*

*Fee: \$96*

*Session 2: 11315.2A*

*Thursdays, October 1-November 19*



### ***Moving Meditation ~ T'ai Chi Chih***

A moving meditation, with nineteen movements/poses done with softness and continuity. Clinical studies supporting the many and varied mental and physical benefits of regular practice of T'ai Chi Chih are numerous. Fun to do and doable just about anywhere: standing, seated, inside, outside, young and old. Wear comfortable clothing and come with an open mind and learn about this non-aggressive, healing practice. All discounts included in the fee.

*Instructor: Sara Leonard*

*Time: 9:30-10:30am*

*Session 1: 11138.2A*

*Date: Mon & Wed, October 5-November 9*

*(No class October 12)*

*Location: Mason-Motz Gym*

*Fee: \$118*

*Session 2: 11138.2B*

*Date: Mon & Wed., November 16-December 16*

*Min: 6 Max: 12*



We miss you all and can't wait to see you again! Keep an eye on your email, we will be sending a survey to see when you will feel comfortable to return to programs such as Cribbage, Mahjong, Painting, Travelogues and more.







# Afterschool Enrichment

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## **Yoga for Kids** **Gr. 2-5**

Yoga comes to life in this fun, energetic, and creative class. Explore yoga poses, breathing exercises, and imaginative story telling in a class that promotes body awareness, motor coordination, flexibility, and positive thinking. Face covering will be worn unless appropriate social distanced.

*Instructor: Barry Brinker*

*Date: Mondays, September 14-October 19*

*Fee: \$65*

*Max of 12 participants*

*Location: Mason-Motz Rm 7*

*Time: 3:30-4:30 pm*

*Session: 41042.2A*



## **Fun Chefs Cooking Academy** **Gr. 1-5**

Fun Chefs Cooking Academy is now in Falmouth! Each week participants will prepare delicious recipes and create a journal/cookbook to keep and bring home to show off their new skills. Participants will learn the art of cooking along with lessons in nutrition, sanitation, geography, and culinary math. Face coverings will be worn unless appropriate social distanced.

*Instructor: Stacey Stolman, owner FunChefs*

*Time: 4:00-5:00pm*

*Session 1: 41053.2A*

*Date: Tuesday, September 15-October 6*

*Max of 12 participants*

*Location: Mason-Motz Activity Center*

*Fee: \$89*

*Session 2: 41053.2B*

*Date: October 13-November 3*



## **Natural Wonders** **Gr. K-2**

Investigate the natural wonders of our world as we visit extreme scenes from the desert to the sea. Get buggy and explore insects, birds, predators and prey! Don't get blown away by the weather when we experience some strong air and meteorology madness! Face coverings will be required to be worn for the entire class per instructor request.

*Instructor: Genia Sluke, Science Made Fun*

*Date: Thursday, September 24-October 29*

*Fee: \$105*

*Max of 12 participants*

*Location: Mason-Motz Activity Center*

*Time: 3:45-4:45 pm*

*Session: 41059.2A*

## **Musical Theatre** **Gr. K-2**

Explore the wonderful world of Broadway in this fun and lively class! Students will learn songs and dances from popular shows. This high energy class strengthens coordination, encourages creativity, and improves self esteem. No previous experience is required. Face covering will be worn unless appropriate social distanced.

*Instructor: Barry Brinker*

*Date: Mondays, October 26-December 14*

*Fee: \$80*

*Max of 12 participants*

*Location: Mason-Motz Activity Center*

*Time: 3:30-4:30 pm*

*Session: 41033.2A*



# Middle School Enrichment

## **Babysitting Course** **Ages 11-14**

Participants age 11 and older will learn about the responsibilities of babysitting while obtaining all safety requirements. Topics include security, fire safety, emergency procedures and first aid, child care, amusement of children and more. Upon completion, participants will receive American Red Cross certification. Please bring a bag lunch and snacks. **Full attendance mandatory.**

*Instructor: Megan Shean*

*Time: 9:00am-4:00pm*

**Session 1: 41512.2B**

*Date: Saturday, September 19*

*Min: 8 Max: 14*

*Location: Mason-Motz Activity Center*

*Fee: \$78*

**Session 2: 41512.2A**

*Date: Saturday, October 3*



# Martial Arts

## **Falmouth Martial Arts, Ages 3 & Up**

This martial arts program imparts traditional Taekwondo which enhances character development skills such as respect, integrity, courtesy, self-confidence, self-esteem and friendship. Whether the goal for your child is to achieve better grades in school, gain self-control, improve confidence, increase fitness or engage in competition, Falmouth Martial Arts is ready to help your child be successful! Uniforms are included for first time FMA students.

*Instructor: FMA Staff*

*Location: Mason-Motz Activity Center*

*Fee: \$170*

**Session 1 - Little Ninjas Mon/Wed Ages 3-6**

*Date: Mon. & Wed., September 9-October 28*

*Time: 5:00-5:30pm*

*Session: 41142.2A*

**Session 1 - Little Ninjas Tues/Thurs Ages 3-6**

*Date: Tues. & Thurs., September 8-October 29*

*Time: 5:00-5:30pm*

*Session: 41142.2B*

**Session 1 - Beginner Mon/Wed Ages 6-14**

*Date: Mon. & Wed., September 9-October 28*

*Time: 5:30-6:00pm*

*Session: 41134.2A*

**Session 1 - Beginner Tues/Thurs Ages 6-14**

*Date: Tues. & Thurs., September 8-October 29*

*Time: 5:30-6:00pm*

*Session: 41134.2B*

**Session 1 - Advanced\***

*Date: Mon-Thurs., September 8-October 29*

*Time: 6:00-6:45pm*

*Fee: \$190\**

*Session: 41136.2A*

**Session 2 - Little Ninjas Mon/Wed Ages 3-6**

*Date: Mon. & Wed., November 2-December 16*

*Time: 5:00-5:30pm*

*Session: 41142.2C*

**Session 2 - Little Ninjas Ages 3-6**

*Date: Tues. & Thurs., November 3-December 17*

*Time: 5:00-5:30pm*

*Session 41142.2D*

**Session 2 - Beginner Mon/Wed Ages 6-14**

*Date: Mon. & Wed., November 2-December 16*

*Time: 5:30-6:00pm*

*Session: 41134.2C*

**Session 2 - Beginner Tues/Thurs Ages 6-14**

*Date: Tues. & Thurs., November 3-December 17*

*Time: 5:30-6:00pm*

*Session: 41134.2D*

**Session 2 - Advanced\***

*Date: Mon-Thurs., November 3-December 17*

*Time: 6:00-6:45pm*

*Fee: \$190\**

*Session: 41136.2B*



## Falmouth StickStars Youth Field Hockey Skills Clinic, Gr. 1 - 8

This game, played by both males and females, is a popular sport at the high school, college, and club level. The focus will be on skill development, sportsmanship, basic rules and FUN. Participants will be grouped by grade and will learn how to shoot, pass and SCORE! Equipment including goggles (ASTM 2017 certified or better), stick, mouth guard and shin pads are required and not provided. Equipment can be purchased at local sporting goods stores or online.

*Coach: Robin Haley, FHS Field Hockey Coach*

*Date: Sundays, September 13-October 11*

*Fee: \$80*

*Max: 50*



*Location: Community Park, First Field 1A*

*Time: 10:30am-12:00pm*

*Session: 41120.2A*

**A stick size chart has been provided to help you when purchasing your field hockey stick. Sizes are measured by the height of the player. Follow the chart to calculate stick size.**

Stick Size	Players Height
28"	3'10"-3'11"
30"	4'0"- 4'3"
32"	4'4"-4'6"
34"	4'7"-5'0"
35"	5'1"-5'3"
36"	5'4"-5'6"

## Maine Academy of Gymnastics Ages 6-11

Pack your gym bag, we are headed to Maine Academy of Gymnastics. Students will be introduced to the Olympic sport of gymnastics by using the tumbling mats, bars, balance beam, vault as well as trampoline. Students will be taught about the fundamentals of strength and flexibility in every class. Gymnastics is a great way to become more physically fit and agile. The best part is ...IT'S FUN!

*Instructor: Maine Academy of Gymnastics Staff*

*Date: Sundays, October 18-November 22*

*Fee: \$133*

*Location: Maine Academy of Gymnastics*

*Time: 2:30-3:30pm*

*Min: 7 Max: 14*

**Ages 6-8  
Session: 41121.2A**



**Ages 9-11  
Session : 41121.2B**

## Falmouth Community Programs MS Team Tennis Gr. 6-8

FCP is pleased to again offer a competitive tennis program. Teams will be developed amongst the Falmouth kids that register. Exciting practice formats, fitness, and competitive matches will be the focus of this program. Three to five person teams will be developed to create the best overall competition.

*Location: FMS, Tri-Courts*

*Date: Mon., Wed., & Thurs.\*; Sept. 9-Oct. 1*

*Time: 2:30-3:45pm\* \*Thursday is a match day from 2:30-4:30pm.*

*Fee: \$125*

*Session: 41513.2A*

*Min: 12 Max: 24*



### Program Weather Cancellation Information



For cancellations, please visit [www.falmouthme.org](http://www.falmouthme.org), Community Programs home page under Falmouth Community News. A decision will be made 1/2 hour prior to each practice/session start time.

Also, please check your email regularly for updates and "like us" on Facebook for program updates.

You may also call our office at 699-5302.

# More Youth Sports

## **Archery** **Ages 8 and up**

Come check out the indoor training facility at Lakeside Archery. Participants ages 8-18, and adults who have an interest in archery, are encouraged to enroll in this class. This is an activity that is great for parents and children. Participants with skill levels from basic to advanced will be taught shooting form and equipment safety in a hands-on environment. You may bring your own bow, or bows will be made available for all participants.

*Instructor: Steve Dunsmoor, N.A.A. Certified Level 4 Coach*

*Location: Lakeside Archery, Route 9, North Yarmouth (Just over the Cumberland line)\**

*Time: 7:00-8:00pm*

*Max: 8*

**Session 1: 41111.2A**

*Date: Mondays, September 14-October 26*

*(No class October 12)*

*Fee: \$108*

*6 classes*

**Session 2: 41111.2B**

*Date: Mondays, November 2-December 7*



**\*Lakeside Archery is in North Yarmouth approximately 10 minutes from Falmouth. Follow Route 9 out of Falmouth (also Main Street in Cumberland). The facility is 1/4 mile past Greely Road on the right. Look for their large sign. Directions are also available at: [www.lakesidearchery.com](http://www.lakesidearchery.com)**

## **Specialized Advanced Archery** **Ages 10 and up**

Participants ages 10-18, and adults who have significant experience in archery, are encouraged to enroll in this class. The focus will be on expanding your archery abilities beyond the basic and intermediate level. This is an activity that is great for parents and children. Small class size (maximum of 4) will allow for more individualized attention. You may bring your own bow, or bows will be made available for all participants.

*Instructor: Steve Dunsmoor, N.A.A. Certified Level 4 Coach*

*Location: Lakeside Archery, Route 9, North Yarmouth (Just over the Cumberland line)\**

*Time: 6:00-7:00pm*

*Max: 4*

**Session: 41111.2C**

*Date: Fridays, September 18-October 23*

*Fee: \$216*

*6 classes*

**Session 2: 41111.2D**

*Date: Fridays, November 6-December 11*

## **Little Tikes Tennis** **Ages 4-7**

Come experience the joy of tennis: throwing, running, jumping, catching, swinging and hitting. Children will learn the fundamentals of this lifetime sport in a safe and enjoyable way. Equipment is scaled down to be size and age appropriate. Players use modified equipment (nets, racquets, and balls) while the emphasis is on having FUN!

*Instructor: St. Peter's Grand Slam Tennis Staff*

*Date: Tuesdays, September 8-September 29*

*Fee: \$60*

*4 classes*



*Location: FMS, Tri-Courts*

*Time: 3:30-4:15pm*

*Session: 41611.2A*

*Min: 6*

*Max: 18*

**Parents/Caregiver must accompany their children for all Little Tikes Programs. Participants must wear sneakers to play tennis! Transportation is not provided for this program!**

## **Junior Development Tennis; ALL LEVELS** **Ages 8-12**

Continue to develop your tennis talent or start from scratch. This is a great opportunity for newcomers to develop basic, lifelong skills and for veterans to tune up their game. This program will emphasize stroke development and overall enjoyment of this great lifelong sport. Please bring your own racket.

*Instructor: St. Peter's Grand Slam Tennis Staff*

*Date: Tuesdays, September 8-September 29*

*Fee: \$60*

*Max: 18*

*Location: FMS, Tri-Courts*

*Time: 4:15-5:00pm*

*Session: 41110.2B*

**All participants must wear sneakers to play tennis!  
Transportation is not provided for this program!**



# Youth Basketball /Coaching Clinic 13

## **Basketball Skills Clinic Boys and Girls Gr. 4 -6**

The Basketball Skills Clinic is geared towards individual skill development. The goal is to improve your basketball IQ and improve skills. Sessions will include basic basketball skill development of ball handling, passing, and shooting while maintaining current safety standards and protocols. Players will need to bring their own basketballs, labelled water bottle, and appropriate basketball attire. Please bring two appropriately sized basketballs.

*Coach: John Carter, FCP Staff*

*Date: Thursdays, September 24-October 29*

*Fee: \$72*

*Session: 41130.2A*



*Location: Mason-Motz, Gym*

*Time: 4:00-5:00pm*

*Min: 12 Max: 18*

## **Gr. K-4 Boys and Girls Instructional Basketball Clinic with YES Basketball**

FCP basketball is excited to announce that we are once again partnering with YES Basketball. YES is an independent basketball training organization with coaches who have played and coached basketball at all levels. YES Coaches will deliver important skill building sessions and proper coaching techniques to help your son or daughter improve their basketball skills **No refunds after November 15. A \$25 late registration fee will be applied to all registrations take after November 15,**

*Instructors: YES Basketball Staff*

*Dates: Saturdays, December 5-January 23*

*No class December 26 & January 2)*

*Grade K: 41122.2A*

*Grade 1: 41122.2B*

*Grade 2: 41122.2C*

*Grade 3&4: 41122.2D*

*Time: 8:00-8:45am*

*Time: 9:00-9:50am*

*Time: 10:05-11:00am*

*Time: 11:10am-12:05pm*

*Fee: \$90*

*Fee: \$90*

*Fee: \$90*

*Fee: \$90*

*Location: Mason-Motz Gym*

*Max: 20 per session*



## **Gr.5-6 Boys & Girls Instructional Basketball Clinics**

Boys & Girls in Grades 5 & 6 will be placed according to skill level and work on skills and drills within their **own grade and gender grouping**. YES Coaches will deliver important skill building sessions and proper coaching techniques to help your son or daughter improve their basketball skills **No refunds after November 15. A \$25 late registration fee will be applied to all registrations take after November 15,**

*Instructors: YES Basketball Staff*

*Fee: \$100*

*Max: 20*

### **Girls Grades 5-6**

*Coach: YES Basketball Staff*

*Practice Location: Mason-Motz, Gym*

*Practice Dates: Mondays, November 30-January 18*

*Practice Time: 6:00-6:55pm*

*Session: 41122.2F*

*Game Location: Mason-Motz, Gym*

*Game Dates: Saturdays, Dec. 5-Jan. 23*

*Game Time: 12:20-1:20pm*

### **Boys Grades 5-6**

*Coach: YES Basketball Staff*

*Practice Location: Mason-Motz, Gym*

*Practice Dates: Mondays, November 30-January 18*

*Practice Time: 7:00-7:55pm*

*Session: 41122.2G*

*Game Location: Mason-Motz, Gym*

*Game Dates: Saturdays, Dec. 5-Jan. 23*

*Game Time: 1:30-2:30pm*

**(No practice or games on December 26, 28, and January 2)**



**Falmouth Community Programs**  
**190 Middle Road**  
**Falmouth, Maine 04105**  
**(207) 699-5302**

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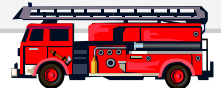
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**Fire Prevention Week. October 4-10**

*"Serve Up Fire Safety in the Kitchen"*

Public information can be found on the National Fire Protection Associations website <https://www.nfpa.org/fpw>. There are lots of educational videos, cooking checklists, games and other excellent tools! Check it out!



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**Falmouth Harvest Community Supper**

Celebrate Falmouth at this year's **VIRTUAL** Community Supper! Faith communities in Falmouth will host the **13th** Annual Community Supper—but **VIRTUALLY!** Please join our Falmouth community safely from your home and eat a meal while enjoying a locally produced show on public access cable TV and the Town's website. More details to follow.



**Thursday, October 22 5:30-6:30pm**

**Your house, Falmouth**

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**34th Annual Falmouth Community Tree Lighting**

Join us for a celebration of holiday spirit at the 34th Annual Holiday Tree Lighting. Due to COVID restrictions at this time, a take home craft packet, and treat bag will be available as well as a "socially distant" visit with Santa!

In the spirit of the holiday, please bring a canned good to donate to the Falmouth Food Pantry.  
**Thursday, December 3 5:30-6:30pm Village Park (behind Walmart)**

