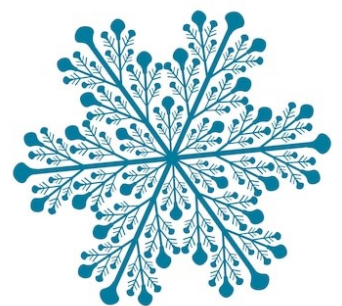
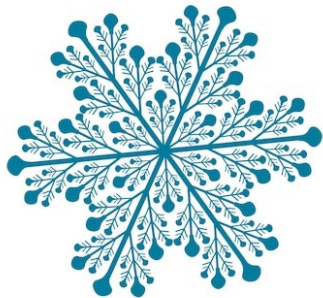


Falmouth Community Programs Youth Programs & Activities



*Winter/Spring
2023~2024*

Policies/Procedures

IF YOU SNOOZE, WE ALL LOSE...PLEASE REGISTER EARLY!

Many of our programs are adversely affected every year due to participants waiting until the last minute to register. There is a point when a program must be cancelled or modified because of low enrollment. All programs require a high level of coordination which include facility scheduling, staffing, volunteer recruitment and the purchasing of supplies. You will notice many of our programs have registration deadlines. If there is room available after a deadline has passed, late registrations will be accepted with a late fee and if it is a youth program, your child may not be guaranteed a t-shirt, hat, ball, etc. We thank you in advance for your cooperation.

Cancellation Notices

FCP reserves the right to cancel any program which fails to meet the 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, please call 699-5302 or visit our website at: www.falmouthme.org for Community Programs News and Announcements. You may also check Facebook and Instagram for programming notices, updates and cancellations.

Refunds...

If **FCP** cancels/changes a course, we will refund or credit 100% of class fees. **On-line 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 \$10.00. 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.

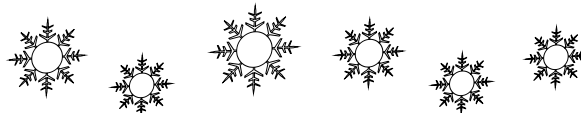


Youth Pick-Up Policy

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. All concerns will be reviewed on an individual basis.



Parks & Community Programs Staff

Lucky D'Ascanio, Director
 Matt Gilbert, Assistant Director
 Jeff Mason, Parks Supervisor
 Kate Harris, Recreation Coordinator
 Ashlee Quirion, Recreation Program Asst.
 Beth Benson, Administrative/Programming Asst.
 Kim Doyon, Senior Programs & Services Coord.
 Caleb Hemphill, Property Steward/Trails Mgr.
 Sam Hazelton, Parks Assistant
 Nathan Weeks, Parks Assistant

PACPAC Advisory Committee

Scott Simmonds, Chairperson
 Janet Lane Dye, Vice-Chairperson
 Robert Carter
 Melanie Collins
 Doug Zlatin
 Denise Martin
 Vacant

*The Parks & Community Programs Advisory Committee generally meets once a month and meetings are open to the public.
 Please call 699-5302 for more information.



*We are on Facebook and Instagram!
"Friend Us" or "Follow Us" to find up-to-date
program news, cancellation information and
more.*

Registration Information

Please register early by registering on-line via our website, dropping off forms in person or mailing them to: FCP, 190 Middle Road, Falmouth, Maine 04105-2005.

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 at the FCP office. You may also download forms from our website:

www.falmouthme.org/parks-and-community-programs

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 on a sliding fee scale. Please apply early!

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

Non-residents may register on December 20.



Non-refundable on-line convenience fee: 2.75%

<https://www.falmouthme.org/parks-and-community-programs>

Visit our on-line registration system and register for programs anytime and anywhere. Using your e-mail address, we will send you regular updates about exciting new activities and programs so you won't miss a date. Set-up your private account today so that you are ready when registration opens.

Forgot Your Password?

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

Falmouth Community Programs, 190 Middle Road, Falmouth, Maine 04105 www.falmouthme.org

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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 programs and activities can be found on *Facebook*, in *The Forecaster* and on our website :

www.falmouthme.org/parks-and-community-programs

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

Early Release Days

Fun with Miss Alice Pre-K & K

Join Miss Alice on FES Early Release Days for an afternoon of fun, age-appropriate activities. We will move our bodies to silly music and movement songs, play cooperative, interactive games, create beautiful and original art projects and listen to engaging picture book stories. Looking forward to seeing you soon for an afternoon of FUN.

Leader: Alice Outslay

Time: 12:05-3:00pm

Session 1: 41318.3A Wednesday, Jan. 10

Session 3: 41318.3C Wednesday, March 13

Session 5: 41318.3E Wednesday, April 24

Location: FES, Music Rm.

Fee: \$29 per session

Session 2: 41318.3B Wednesday, Feb. 7

Session 4: 41318.3D Wednesday, March 27

Session 6: 41318.3F Wednesday, May 15

High Touch/High Tech, Gr. K-3

Join us for an afternoon full of hands-on science. Investigate the natural wonders of our world as we visit extreme scenes from the desert to the sea. Have fun as we learn about deserts and see how animals and plants adapt to these harsh climates. Explore the amazing survival of animals in the rainforest, in Antarctica, deep in the ocean and more.

Leader: High Touch/High Tech Staff

Time: 12:00-3:00pm

Session 1: 41317.3A Wednesday, Jan. 10

Session 3: 41317.3C Wednesday, March 13

Session 5: 41317.3E Wednesday, April 24



Location: FES, Rm. B219

Fee: \$39 per session

Session 2: 41317.3B Wednesday, Feb. 7

Session 4: 41317.3D Wednesday, March 27

Session 6: 41317.3F Wednesday, May 15

Happy Wheels Rollerskating Gr. K-5

Happy Wheels is open just for us. Cost includes bus transportation, admission, and choice of traditional roller-skates or roller blades. Children are welcome to bring their own skates or blades, but please wipe the wheels down. Snack bar and video games are not included in fee.

Leader: FCP/Happy Wheels Staff

Time: 12:00-3:10pm

Session 1: 41310.3A Wednesday, Jan. 10

Session 3: 41310.3C Wednesday, March 13

Session 5: 41310.3E Wednesday, April 24



Depart/Return: FES

Fee: \$19 per session

Session 2: 41310.3B Wednesday, Feb. 7

Session 4: 41310.3D Wednesday, March 27

Session 6: 41310.3F Wednesday, May 15

Musical Theatre Workshop Gr. K-5

Join us on Early Release Days for afternoon's filled with the joys of acting, singing, and dancing. We will play theater games, learn a Broadway song, and then add the choreography. Each session will focus on a different Broadway show, ranging from "The Lion King" to "Mary Poppins". No previous experience required.

Instructor: Barry Brinker

Time: 12:05-3:00pm

Session 1: 41314.3A Wednesday, Jan 10

Session 3: 41314.3C Wednesday, March 13

Session 5: 41314.3E Wednesday, May 15

Location: FES, Multipurpose Gym

Fee: \$29 per session

Session 2: 41314.2B Wednesday, Feb. 7

Session 4: 41314.3D Wednesday, April 24

Outdoor Fun with the Falmouth Land Trust Gr. 3-5

Join FLT staff for hands-on outdoor activities for girls and boys in grades 3-5. Sessions will focus on tree identification, animal tracks, nature journaling, and much more. Participants will meet in the outdoor classrooms and woods around FES. Be sure to bring clothes to be outside in lots of different weather.

Leader: FLT staff

Time: 12:00-3:00pm

Session 1: 41313.3A Wednesday, March 27

Session 3: 41313.3C Wednesday, May 15



Location: FES

Fee: \$45 per session

Session 2: 41313.3B Wednesday, April 24



No School & Vacation FUN!



5

Have you ever wondered what your kids are going to do when you need to work and it is a No School Day? Not to worry, FCP is here to help you out. You can select specific days or the entire week. Drop off anytime between 7:30-9:00am and let your kids enjoy a fun-filled day. Most days we will be back on site at Mason-Motz by 3:30pm with the latest pick-up at 5:30pm. Min: 12 Max: 26

February Vacation

Tuesday, February 20	Session: 42021.3A	Field Trip: Swim/Skate/Sled	Cost: \$74
Wednesday, February 21	Session: 42021.3B	Field Trip: Happy Wheels	Cost: \$74
Thursday, February 22	Session: 42021.3C	Field Trip: Snow Tubing	Cost: \$74
Friday, February 23	Session: 42021.3D	Field Trip: Movie Theatre	Cost: \$74

No School Days

Friday, March 8	Session: 41032.3A	Field Trip: Urban Air	Cost: \$74
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April Vacation

Friday, April 12	Session: 42022.3A	Field Trip: Pineland Farms	Cost: \$74
Tuesday, April 16	Session: 42022.3B	Field Trip: Swim/Coastal Exploring	Cost: \$74
Wednesday, April 17	Session: 42022.3C	Field Trip: Happy Wheels	Cost: \$74
Thursday, April 18	Session: 42022.3D	Field Trip: Bowling	Cost: \$74
Friday, April 19	Session: 42022.3E	Field Trip: Movie Theatre	Cost: \$74

Tiny Tots Programs

Learning with Yaya, Spanish for Kids

Ages 1-5

This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while encouraging parental/caregiver involvement in the learning process. Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology from Columbia University. **Please Note: Parent/Caregiver must accompany their child during class.**

Instructor: Yael Herszkopf Mayer M.S CCC-SLP

Location: Mason-Motz Activity Center, Rm.5

Fee per session: \$75

Session 1

Dates: Wednesday, January 3 - February 7

Morning Session: 41617.3A

Time: 9:30-10:15am

Afternoon Session: 41617.3B

Time: 2:00-2:45pm



Session 2

Dates: Wednesday, February 28 - April 3

Morning Session: 41617.3C

Time: 9:30-10:15am

Afternoon Session: 41617.3D

Time: 2:00-2:45pm

Tiny Tumblers

Ages 2-4

Learn basic tumbling and gymnastics skills while exploring athletic movement in this dynamic class. Children will develop tools to build strength, coordination, agility, and balance in an exciting and social atmosphere. They will also engage in fitness activities and games, and practice classroom skills such as direction-following and group cooperation. **Please Note: Parent/guardian collaboration is required on the gym floor throughout the class.**

Instructor: Laura Chadha

Location: Mason-Motz Gym

Dates: Friday, January 12-February 16

Time: 11:00-11:50am

Fee: \$79

Session: 41619.3A



After School Enrichment

Domino Challenge

Gr. K-2

Discover how to use creativity and design, as well as problem solving skills to create, plan, and build epic domino chain reactions. Working in small teams, each week students will be presented new challenges and will build and set off their domino construction.

Instructor: Kirsten Hackett, FES Art Teacher

Dates: Thursdays, January 4-February 1

Fee: \$84



Location: FES, Rm. B109

Time: 3:15-4:15pm

Session: 41027.3A

Afterschool PE

Gr. 1-3

Physical activity is a necessary part of daily life for children of all ages. This class will focus on physical activity, games, and fun. Please pack an extra snack, water bottle and weather appropriated clothes as we will be burning lots of calories whether we are inside or heading outside to capture that fresh air.

Instructor: Jen Doe, FES PE Teacher

Time: 3:15-4:15pm

Session 1: 41010.3A

*Date: Thursdays, January 4-February 8
(No class 1/11)*



Location: FES, Multipurpose Gym

Fee: \$64

Session 2: 41010.3B

Date: Thursdays, March 7-April 4

Lego® Brick by Brick: Arctic Expedition

Gr. K-3

Join us for this fabulously fun session where we fend off polar bears and brave blizzards to save the Arctic Ice Cap. Weekly builds may include a polar bear, an Arctic Flyer and an ugly angler fish. Class begins with a short lesson specific to the theme and once complete, students can free build with a huge assortment of Lego bricks.

Instructor: Brick by Brick Staff

Location: FES, Room B219

Dates: Thursdays, January 4-February 8

Time: 3:15-4:15pm

Fee: \$104

Session: 41050.3A

Folk Dancing

Gr. 1-3

Join Mrs. T for fun and easy-to-learn folk dances. This community-building activity requires no prior experience, just a love of music and movement.

Instructor: Carlena Trombley

Location: FES, Rm. C110

Dates: Fridays, January 5-February 9

Time: 3:15-4:15pm

Fee: \$49

Session: 41067.3A



Earthscapades

Gr. K-2

From the creepy crawlies that live on the surface to the beautiful gems buried way deep in the Earth, this program will journey through the magnificent marvels of Earth and the features that make it so unique. We will examine these and so many other questions through hands-on, fun, science activities.

Instructor: HighTouch/HighTech Staff

Dates: Mondays, January 8-February 12

(No class January 15)

Session: 41059.3A

Location: FES, Rm. B210

Time: 3:15-4:15pm

Fee: \$100

Magical Music

Gr. K-2

Come join us as we celebrate the ways people enjoy music. Every week we will be doing something new such as making music, dancing to it, and singing. We will try out some instruments, learn a line dance, have a dance party, learn some songs, and more.

Instructor: Lydia Story, FES Teacher

Time: 3:15-4:15pm

Session 1: 41065.3A

Dates: Mondays, January 8-February 12

(No class January 15)



Location: FES, Rm C101

Fee: \$59

Session 2: 41065.3B

Dates: Mondays, March 4-April 1

After School Enrichment

7

Pixel Art

Gr. 3-5

Pixel art is an art form creating images using small blocks or pixels. Students will use Perler Beads to create their own pixel art. Perler Beads are small plastic beads that can be arranged on a pegboard and then heated with an iron to melt together forming squares or pixels of various colors. Students can choose to make a magnet, keychain, or a wall decoration out of the pixel art they create.

Instructor: Jeff Poole, FES Art Teacher

Location: FES, Rm. B210

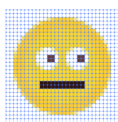
Dates: Monday, January 8-February 12

(No class January 15)

Time: 3:15-4:15pm

Fee: \$110

Session: 41060.3A



Kids Knit

Gr. 3-5

Learn basic knitting stitches and make a project. Students will learn how to cast on, knit and cast off. Yarn and needles will be provided and students will go home with a scarf and needles to keep them knitting.

Instructor: Susie Guerra, FES Teacher

Location: FES, Rm. C103

Dates: Tuesdays, January 9-February 13

Time: 3:15-4:15pm

Fee: \$84

Session: 41063.3A



Coding for Beginners

Gr. 3-5

Computer programming plays an enormous role in how we live our lives daily. We will explore a variety of coding software applications and teach the fundamental skills of coding and take a look at the purpose behind coding and hear stories of how programmers use coding to find solutions to problems and make the world a better place.

Instructor: Billy Corcoran, FES Tech Teacher

Dates: Tuesdays, January 9 -February 6

Fee: \$56



Location: FES, Rm. C212

Time: 3:15-4:15pm

Session: 41057.3A

Musical Theatre

Gr. 3-5

Learn to sing and dance in this fun and energetic class. This high energy class builds strength, encourages creativity, and improves self esteem. Children will perform songs and dances from popular Broadway shows. No previous experience is required.

Instructor: Barry Brinker

Dates: Tuesdays, January 9-March 19

(No class February 20)

Session: 41033.3A

Location: FES, Multipurpose Gym

Time: 3:15-4:30pm

Fee: \$151



Connect Kids

Gr. 1-5

Connect Kids, LLC is a creative and innovative social emotional curriculum for grades 1-12 that helps kids learn how to best connect with themselves and each other. Through a multi-week curriculum that builds on itself, kids will further develop their skills in compassion and empathy. We use our leadership behavioral methodology to build a cohesive space where kids feel safe and heard. Each week there is a grounding theme with an associated Connect Kids behavior that teaches kids how to positively connect with the evolving world around them. Kids will enjoy fun and meaningful group work, write in journals and come away each week with a strong sense of hope and connection with themselves, their peers and the world around them.

Instructors: Amy Pandya & Jill Stevenson

Time: 3:15-4:30pm

Winter Session

Grades 1-3: 41064.3A

Dates: Thursdays, January 11-February 15

Grades 4 & 5: 41064.3B

Dates: Tuesdays, January 9-February 13

Location: FES Music Room C112

Fee: \$159

Spring Session

Grades 1-3: 41064.3C

Dates: Thursdays, March 7-April 25

Grades 4 & 5: 41064.3D

Dates: Tuesdays, March 5-April 23

(no classes April 2 & 4)

More After School Enrichment

A Little of This & Some of That

Gr. K-2

Spend your afternoons discovering and exploring games, crafts, creation station, play dough, art projects, and more. There will be something fun for everyone. Bring a snack and be ready to explore.

Instructor: Amy Story, FES Teacher

Dates: Tuesdays, January 16 - February 27

(No class February 20)

Session: 41058.3A

Location: FES, Rm. C102

Time: 3:15-4:15pm

Fee: \$69

Dungeons & Dragons

Gr. 3-5

Immerse yourself in a world of epic adventures and mythical quests with our Dungeons and Dragons group. This course offers a creative and collaborative space where participants can develop storytelling, strategic thinking, and teamwork skills. Whether you're a seasoned dungeon master or a novice adventurer, join us to explore fantastical realms, engage in epic battles, and forge unforgettable tales of heroism. Unleash your imagination and embark on a journey where the only limit is your creativity.

Leader: Richard Bulman

Time: 3:15-4:30pm

Session 1: 41066.3A

Dates: Wed., Jan 17-Feb 28

(No class 2/7 & 2/21)



Location: FES, Rm. B219

Fee: \$48

Session 2: 41066.3B

Dates: Wed., March 20-May 8

(No class 3/27 4/17, 4/24)

NASA w/Mad Science

Gr. K-4

NASA and Mad Science collaborate to educate the next generation. Children will go on a voyage of discovery into space with unique hands-on activities and amazing demonstrations. Explore the sun and stars, space technology, rocket science, the atmosphere, planets and moons, supernovas and more.

Instructor: Mad Science Staff

Dates: Wednesdays, January 17 - March 20

(No class February 7 & 21 and March 13)

Session: 41013.3A



Location: FES, Rm. B109

Time: 3:15-4:15pm

Fee: \$123

In the Kitchen: Fun Chefs Cooking Academy

Gr. 1-5

Each week participants prepare delicious recipes and create a journal/cookbook to keep and bring home to show off their new skills. Participants will discover the art of cooking with lessons in nutrition, sanitation, geography, and culinary math. This class takes place at the Mason-Motz Activity Center. There is no bus transportation available.

Instructor: Stacey Stolman, Fun Chefs

Location: Presumpscot Room, Mason-Motz

Dates: Mondays, February 26-April 1

Time: 4:00-5:00pm

Fee: \$144

Session: 41053.2A

Lego® Brick by Brick: Jungle Excursion

Gr. K-3

Join us for this fabulously fun session where we grab a machete and forge a path through the jungle. Weekly builds may include a monkey, a jeep and a toucan. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks.

Instructor: Brick by Brick Staff

Location: FES, Rm. B219

Dates: Thursdays, February 29 - April 4

Time: 3:15-4:15pm

Fee: \$104

Session: 41050.3B



Unique Approaches to Art Making

Gr. 3-5

Students will experiment with new and unique approaches to art making. What happens when we combine glue with paint? Can I paint a tree using a straw instead of a brush? Could I paint our solar system using a spray bottle? Answers to these questions and more await. Please wear clothing that is okay to get messy or bring a smock.

Instructor: Jeff Poole, FES Art Teacher

Dates: Tuesdays, March 5-April 2

Session: 41060.3B

Location: FES, Rm. B210

Time: 3:15-4:30pm

Fee: \$110

More After School Enrichment

9

Engineering Antics Gr. 3-5

Are you ready to become an engineer and learn all about Newton's Laws of Motion? Students will build machines, soaring rockets, rollercoasters, bridges and more and create their own invention.

Instructor: High Touch/High Tech Staff

Location: FES, Rm. B219

Dates: Mondays, March 4 - April 8

Time: 3:15-4:15pm

Fee: \$118

Session: 41059.3B



Video/Movie Making Gr. 3-5

Lights...camera...ACTION! The devices in our pockets place a production studio at our fingertips and technology has quickly become the medium of this generation. Build off the video production skills learned in the technology curriculum, open to beginners and experienced video creators. We will learn about technical skills (holding the camera, composing shots, editing, etc.) and the basics of the process of video creation.

Instructor: Billy Corcoran, FES Teacher

Location: FES, Rm. C212

Dates: Tuesdays, March 5 - April 2

Time: 3:15-4:15pm

Fee: \$86

Session: 41057.3B



SPARK! Wilderness Girls Club Gr. 1-5

Come join this nature-based group for girls and experience workshops aimed to SPARK! curiosity and comfort in the natural world. Students will gain a sense of adventure and exploration skills and become responsible stewards of Falmouth's wild places. Participants will meet in the outdoor classrooms and woods around FES.

Instructor: Rae-a Moughty, Registered Maine Guide

Time: 3:15-4:45pm

Session 1: 41062.3A

Tuesdays, March 5 - April 2



Location: FES Grounds

Fee: \$112

Session 2: 41062.3B

Tuesdays, April 30 - May 28

Introduction to Weaving Gr. 1-4

Learning to weave is the best way to practice calm focus with feel-good creativity. In this class we will learn the basic beginner techniques of weaving on a loom. This is a fun, engaging activity that your kids won't want to put down. We will make a small wall hanging, pom poms, and learn how to weave on rain-bow looms.

Instructor: Kirsten Hackett, FES Art Teacher

Dates: Thursdays, March 7 - April 4

Fee: \$91

Location: FES, Art Rm. B109

Time: 3:15-4:15pm

Session: 41027.3B

Yoga for Kids Gr. K-2

Yoga comes to life in this fun, energetic, and creative class. Explore yoga poses, breathing exercises, and imaginative story telling. The class promotes body awareness, motor coordination, flexibility, and positive thinking. No previous experience is required.

Instructor: Barry Brinker

Dates: Tuesdays, April 9-May 28

(No class April 16)

Session: 41042.3A



Location: FES, Gym

Time: 3:15-4:30pm

Fee: \$105

Innovation-Nation with Mad Science Gr. K-4

Students learn foundational science and find out how STEM is at work in the world around them. They learn about the animal kingdom, both on land and under the sea. They make mixtures and explore the science of motion and energy. They also discover the technology that powers our modern world.

Instructor: Mad Science Staff

Dates: Wed., April 3-June 5 (No class April 17 & 24 and May 15)

Fee: \$123

Location: FES, Rm. B109

Time: 3:15-4:15pm

Session: 41013.3B



Middle School Programs

Art in the Afternoon

It is time to extend the fun; explore, create and imagine. Discover clay sculpting, painting and drawing. Dream up something new and let's create some art. Please bring or wear clothes that can get dirty.

Instructor: Meg Lovett, FMS Art Teacher

Dates: Thursdays, March 7 - April 4

Fee: \$110



Location: FMS, Mrs. Lovett's Art Room

Time: 2:30-3:45pm

Session: 41539.3A

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, first aid, child care, amusement of children and more. Upon completion, participants will receive American Red Cross certification.

Full attendance mandatory in order to receive your certificate of completion.

Instructor: Kate Harris, FCP Staff

Dates: Tuesday & Wednesday, February 6 & 7

Fee: \$98

Location: Mason-Motz Activity Center

Time: Tues. 3:00-5:30pm, Wed. 12:00-5:00pm

Session: 41512.2A



Martial Arts



Taekwondo for Kids w/Falmouth Martial Arts

Ages 3 & Up

FMA Taekwondo for Kids teaches traditional Taekwondo which enhances character development skills such as respect, integrity, courtesy, self-confidence, self-esteem and friendship which develop naturally through the FMA training process. Whether the goal for your child is to attain better grades in school, gain self-control, improve fitness or engage in competition, Falmouth Martial Arts is ready to help your child achieve success. No classes during February and April vacation weeks.

Instructor: FMA Staff

Location: Mason-Motz Activity Center

Ages 3-5 Fee: \$180

Session 1 - Mon./Wed. Ages 3-5

Dates: Mon. & Wed., January 3 - February 28

Time: 5:00-5:30pm

Session: 41142.3A

Session 1 - Tues./Thurs. Ages 3-5

Dates: Tues. & Thurs., January 2 - February 29

Time: 5:00-5:30pm

Session: 41142.3B

Session 2 - Mon./Wed. Ages 3-5

Dates: Mon. & Wed., March 4 - May 1

Time: 5:00-5:30pm

Session: 41142.3C

Session 2 - Tues./Thurs. Ages 3-5

Dates: Tues. & Thurs., March 5 - May 2

Time: 5:00-5:30pm

Session: 41142.3D

Ages 6-8 Fee: \$180

Session 1 - Mon./Wed. Ages 6-8

Dates: Mon. & Wed., January 3 - February 28

Time: 5:30-6:00pm

Session: 41134.3A

Session 1-Tues./Thurs. Ages 6-8

Dates: Tues. & Thurs., January 2 - February 29

Time: 5:30-6:00 pm

Session: 41134.3B

Session 2 - Mon./Wed. Ages 6-8

Dates: Mon. & Wed., March 4 - May 1

Time: 5:30-6:00pm

Session: 41134.3C

Session 2 - Tues./Thurs. Ages 6-8

Dates: Tues. & Thurs., March 5 - May 2

Time: 5:30-6:00 pm

Session: 41134.3D

Ages 9 & Up Fee: \$200

Session 1 - Mon./Wed. Ages 9 & Up

Dates: Mon. & Wed., January 3 - February 28

Time: 6:00-6:45pm

Session: 41136.3A

Session 1 - Tues./Thurs. Ages 9 & Up

Dates: Tues. & Thurs., January 2 - February 29

Time: 6:00-6:45pm

Session: 41136.3B

Session 2 - Mon./Wed. Ages 9 & Up

Dates: Mon. & Wed., March 4 - May 1

Time: 6:00-6:45pm

Session: 41136.3C

Session 2 - Tues./Thurs. Ages 9 & Up

Dates: Tues. & Thurs., March 5 - May 2

Time: 6:00-6:45pm

Session: 41136.3D

WINTER/SPRING 2023/24 BROCHURE REGISTRATION FORM

*PARTICIPANT First Name:

*Last Name:

*Address:

Falmouth, ME 04105

*Day/Cell Phone:

Non-resident Town/Zip:

*Night Phone:

School: FES FMS

Grade September 2023

M/F

Age Now

*Birthdate:

Shirt Size

SPECIAL NEEDS OR CONCERNS:

*E-mail:

*EMERGENCY CONTACT:

*PHONE:

The undersigned hereby releases and holds harmless the Town of Falmouth, Falmouth Community Programs (FCP) and its agents and employees from and against any and all suits, actions and damage arising out of, connected with, or resulting from participation in this program/event sponsored by Falmouth Community Programs. The undersigned further authorizes anyone working for FCP to call for medical care for any participant if, in the opinion of the program supervisor, medical attention is needed. In addition, FCP is given permission to use your or your child's photograph in any FCP promotional material such as brochures, flyers or videos.

*Participant/Parent Signature:

PRINT Name:

*Birthdate:



STOP! Have you checked out our on-line registration option? Go to www.falmouthme.org

***Denotes required information for ALL participants**
Parents please make sure you have signed this form.
We cannot process the registration without a signature.

Course Name	Session Code	Fee

Payment can be made by check made out to the TOWN OF FALMOUTH or by credit card. If paying by credit card, please fill out the following information:

Card #

Exp Mo/Yr

Card Security Code

Signature of Card Holder

X

For Office Use Only:
Reg Input:

C & Ch Log:

Amt:

Check No:

WINTER/SPRING 2023/24 BROCHURE REGISTRATION FORM

*PARTICIPANT First Name: _____ *Last Name: _____

*Address: _____ Falmouth, ME 04105 *Day/Cell Phone: _____

Non-resident Town/Zip: _____ *Night Phone: _____

School: FES FMS Grade September 2023 M/F Age Now _____ *Birthdate: _____ Shirt Size _____

SPECIAL NEEDS OR CONCERNS: _____ *E-mail: _____

***EMERGENCY CONTACT:** _____ *PHONE: _____

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X _____

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C & Ch Log:

Amt:

Check No:

Grades 6-8 Volleyball Clinic

The Volleyball Clinic is geared toward players who understand the basics and can grasp more advanced drills and concepts. The goal is to remain fresh with current skills and improve new ones. Please bring your own volleyball, knee pads, water bottle and clean, dry, sneakers are a must. *Two parent volunteers are required for each session. No experience necessary.

Coach: Seth Warner, FMS Volleyball Coach *

Dates: Sundays, January 7-February 11

Fee: \$90

Session: 41542.3A

Location: FMS, Large and Small Gym

Time: 5:30-7:00pm

Min: 12 **Max:** 24



Archery Ages 8 & up

Come check out the great 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 to all participants. All discounts included in fee.

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

Fee: \$108

Winter Monday Session: 41111.3A

Dates: Mondays, January 8 - February 12

Time: 7:00-8:00pm

Location: Lakeside Archery*

Max: 8 **6 classes**

Spring Monday Session: 41111.3B

Dates: Mondays, February 26 - April 1

Time: 7:00-8:00pm

Winter Friday Session: 41111.3C

Dates: Fridays, January 5 - February 9

Time: 6:00-7:00pm



Spring Friday Session: 41111.3D

Dates: Fridays, March 1 - April 5

Time: 6:00-7:00pm

***Lakeside Archery is located at 55 Cumberland Road in North Yarmouth; about 10 minutes from Falmouth. Follow Route 9 (also Main Street in Cumberland) and the facility is 1/4 mile past Greeley Road on the right. There is a large sign.**

Little Tykes 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! Please bring your own racquet. **Min:** 6 **Max:** 12

Instructor: BPO Tennis Staff

Date: Saturdays, January 6 - 27

Fee: \$105



Location: Foreside Fitness & Tennis (Rte.1)

Time: 1:00-2:00pm

Session: 41611.3A

Parents/Caregiver must accompany their children for all Little Tikes Programs.

Participants must wear sneakers to play tennis.

Seacoast United - Winter Soccer School

Ages 8-12

The Winter Soccer School is a first step on the ladder of Seacoast United club's soccer development pyramid. The school focuses on age specific programs which target certain skills. The programs are designed to expose new players to the fun and excitement of soccer using age appropriate curriculum. Each week focuses on a new theme, creating a fun and safe environment to help develop gross motor skills and improve cognitive learning and growing the love for the game.

Instructor: Seacoast United Staff

Dates: Saturdays, February 10 - March 16

Fee: \$92

Location: Mason-Motz Gym

Min: 6 **Max:** 15

Winter Soccer School Ages 8 & 9

Time: 9:00-10:00am

Session: 41143.3C



Winter Soccer School Ages 10 -12

Time: 10:00-11:00am

Session: 41143.3D

More Youth Sports

Advanced Basketball Clinic

Gr. 4 & 5

The Advanced Basketball Clinic is geared toward players who understand the basics and can grasp more advanced drills and concepts. The goal is to develop basketball IQ and improve skills. Sessions will include ball handling, passing, shooting, and defensive drills along with competitive 3 vs. 3 games. Please bring a basketball and a water bottle with your name on it.

Coach: Mike, O'Neil, FCP Staff

Dates: Fridays, March 1-April 5

Fee: \$78

Session: 41130.3A

Location: FES Gym

Time: 3:30-4:30pm

Min: 12 Max: 20



Challenger Soccer Skills and Drills

Ages 3-10

The Challenger Soccer Program promotes proper soccer development for kids of all ages. There are two different age appropriate programs targeted for kids ages 3-10. Each week focuses on a new theme, creating a fun and safe environment to help develop gross motor skills and improve cognitive learning and growing the love for the game.

Instructor: Challenger Soccer Staff

Dates: Sundays, March 3-April 7

Fee: \$92

Location: Mason-Motz Gym

Min: 8 Max: 12

6 classes



Tiny Tykes Cubs (Ages 3-4)

Tiny Tykes Lions (Ages 5-6)

Mighty Tykes Junior (Ages 7-8)

Mighty Tykes Senior (Ages 9-10)

Time: 12:00-1:00pm

Time: 1:00-2:00pm

Time: 2:00-3:00pm

Time: 3:00-4:00pm

Session: 41818.3E

Session: 41818.3F

Session: 41818.3G

Session: 41818.3H

Smart Start Basketball

Ages 4-6

Smart Start Basketball is a developmentally appropriate basketball program for young children who have never played or have little experience playing basketball. The program teaches children using fun and developmentally age-appropriate equipment while preparing them for traditional basketball without the threat of competition or the fear of failure.

Instructor: FCP Staff

Dates: Thursdays, March 7-March 28

Fee: \$54



Location: Mason-Motz Gym

Time: 4:30-5:30pm

Session: 41128.3A

Lacrosse Clinic All levels

Boys & Girls Gr. 3-5

A program geared toward players, both boys and girls, who understand the basics and can grasp drills and essential concepts and is intended to teach basic catching, throwing, and cradling skills. Creative teaching and coaching round out the schedule offering fun drills to improve skills. Bring your stick and goggles if you have them. Goggles and sticks may be provided if necessary.

Coach: David Barton, FHS Boys Lacrosse Coach

Location: FHS, Artificial Turf

Dates: Sundays, March 24-April 28

Time: 9:00-10:00am

Fee: \$63

Session: 41139.3A

Min: 14 Max: 20



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 sport of gymnastics by using the tumbling mats, bars, balance beam, vault the trampoline. Students will be taught 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 that IT'S FUN! Transportation is not included. **No refunds after February 29.**

Instructor: Maine Academy of Gymnastics Staff

Location: Maine Academy of Gymnastics,

20 Terminal St., Westbrook

Dates: Sundays, March 24-May 5

(No class March 31)

Time: 4:00-5:15pm

Fee: \$202

Session: 41121.3B

Min: 20 Max: 30



Little Wings Introductory Lacrosse

Gr. K & 1

This is an introductory program used to teach basic catching, throwing, and cradling skills in lacrosse. Creative teaching techniques and modified equipment are used to maintain a safe, non-threatening, fun environment. No equipment is necessary. Sticks, goggles and soft lacrosse balls will be provided.

Instructor: MaineIax Lacrosse Staff

Dates: Mondays, April 22 - June 3

(No class May 27)

Location: Falmouth Community Park, Front Field

Time: 6:00-7:00pm

Fee: \$66



Boy's Little Wings
Session: 41123.3A

Girl's Little Wings
Session: 41123.3B

Falmouth Striders

Gr. 1-5

This running program for youngsters is similar to cross-country running, but without the difficult terrain. The group typically practices on Monday afternoons with meets in the Coastal Running League held on Wednesdays (**All-League meet is on a weekend day**). Skills and sportsmanship are taught with an emphasis on fun. A schedule of the meets will be forwarded to participants after the first practice. Meets are held at approximately 4:15pm in neighboring communities. **THERE IS NO BUS TRANSPORTATION.** Meet volunteers are needed. There will be a mandatory parent meeting on April 29 after practice for all those who did not participate in the Spring or Fall 2023 season. **No refunds after March 22.**

Coaches: Alice Outslay & Lydia Farmer

Dates: Mon. & Wed., April 22 - June 3

(No practice May 27)

Location: Falmouth Community Park*

Practice Time: 4:30-5:30pm*

Fee: \$92 (shirt is additional \$15)

Gr. 1 & 2

Max: 25

Session: 41118.3A



Gr. 3 & 4

Max: 25

Session: 41118.3B

Gr. 5

Max: 10

Session: 41118.3C

*Please note the time and location for practices.

Striders shirts are available for \$15.00 in the FCP office. You must purchase a shirt if you do not already have one. Please indicate your shirt size on the registration form. Sizes are Youth S-L and Adult S-L.



Coaching Clinics



Coaching Clinic - NYSCA Certification

Baseball-8 & under, Baseball-9 & up & Softball-All Levels

Coaches, this basic clinic is for you! Clinics will cover the fundamentals of the game, instruction ideas, tips for working with your team, and safety. If you have already been NYSCA certified in another sport, you need only attend the first hour and a half.

Leader: Matt Gilbert, NYSCA Chapter Director

Time: 5:30-9:00pm

Location: Mason-Motz Activity Center

Fee: FREE!*

Baseball Ages 8 & under

Date: Thursday, March 14

Session: 11010.3A

Softball-All Levels

Date: Thursday, March 21

Session: 11010.3B

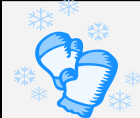
Baseball Ages 9 & up

Date: Thursday, March 28

Session: 11010.3C

*Coaches for Falmouth Little League are free, coaches outside of Falmouth are \$20 per certification.

Inclement Weather Reminder



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 and posted on Facebook, Instagram and our website www.falmouthme.org under Community Programs /News & Announcements.



Ski Programs

Thursday Nights at Pleasant Mountain Gr. 4 & 5

Join us Thursday afternoons as we hit the slopes for six weeks of skiing and snowboarding fun. Cost includes motor coach transportation and supervision. Lessons are not required but strongly encouraged as it is a great way to learn the terrain of the mountain. Participants who do not sign up for lessons will participate in a ski test on the first night and if they do not pass, will be required to participate in lessons. Pleasant Mountain has a **MANDATORY HELMET** policy for all skiers and riders. Min: 20 Max: 45
A \$10 processing fee will be applied to ALL ski program withdrawals. No refunds after January 3rd.

Leader: FCP Staff

Depart/Return: FES/FHS

Dates: Thursdays, January 11-February 15

Time: 3:15-8:15pm

Make-up date is February 29.

41770.3E: Lift Only

41770.3F: Lift w/Ski Rental

41770.3G: Lift w/Snowboard Rental

41770.3A: Lift w/Ski Lessons

41770.3B: Lift w/Snowboard Lessons

41770.3C: Lift w/Ski Lessons & Rental

41770.3D: Lift w/Snowboard Lessons & Rental

41770.3T: Transportation Only (**must have Pleasant Mtn season or night pass**) \$249



\$378

\$546

\$546

\$528

\$528

\$686

\$686



VOLUNTEERS NEEDED! PLEASE HELP

You do not have to know how to ski or board to help out. In order to run a successful and safe program, we rely on parent volunteers to assist on the bus and at the mountain. **Please note:** We have reduced the size of both school programs due to the lack of chaperones. Please consider volunteering to allow additional participants the opportunity to get outside and ski or snowboard. Thank you!

Thursday Nights at Pleasant Mountain Gr. 6-12

Join us this winter on Thursdays as we hit the slopes for six weeks of skiing and snowboarding fun. Cost includes motor coach transportation and supervision. **IMPORTANT:** Pleasant Mountain has a **MANDATORY HELMET** policy for all skiers and riders. Min: 20 Max: 45

A \$10 processing fee will be applied to ALL ski program withdrawals. No refunds after January 3rd.

Leader: FCP Staff

Depart/Return: FMS/FHS

Dates: Thursdays, January 11-February 15

Time: 2:30-8:15pm

Make-up date is February 29

41710.3E: Lift Only

41710.3F: Lift w/Ski Rental

41710.3G: Lift w/Snowboard Rental

41710.3T: Transportation Only (**must have Pleasant Mtn season or night pass**) \$249

* Due to a change in mountain scheduling ski and board lessons are no longer available for our MS group. If you are considering lessons you will need to set-up a private or semi private lesson directly with the mountain.*



\$378

\$546

\$546



Mandatory Ski Program Orientations

In an effort to provide the safest possible snow sports programs, FCP requires that **ALL** participants **AND** a parent/guardian attend an orientation meeting. **Participants who do not fulfill these requirements will be removed from the program and issued a refund.**

Elementary Program Orientation (Gr. 4 & 5)

Date: Tuesday, December 19

Time: 5:00-6:00pm

Location: FES Cafeteria



Middle School Program Orientation (Gr. 6-12)

Date: Tuesday, December 19

Time: 6:30-7:30pm

Location: FES Cafeteria—**note location change!**

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

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**Enjoy public ice skating at
Family Ice Center
all winter long!**

For a schedule of times and rates please visit:
www.familyice.org

Remember Falmouth residents skate outside at
Lee Twombly Pond for *FREE!*

CASCO BAY ARENA

***FREE* Falmouth Resident Stick & Puck**
Monday-Friday 2:00-3:00pm

(with the exception of holidays)

Sunday 7:50-8:50pm (Adults Only-age 19+)

*Casco Bay Arena requires all participants
under the age of 18 to wear a helmet with face
mask when participating in open stick
and puck ice time.*

Vacation Weeks & Holidays

"Try Hockey for Free"

**Monday-Friday
2:00-3:00pm**

