Falmouth Parks & Community Programs

Offering residents of all ages quality cultural, educational, and fitness activities, including outdoor adventure, field trips, and indoor programming to meet the recreational interests and needs of our growing community.

- Youth and adult athletic programs such as, basketball, soccer, lacrosse, field hockey, track, xc running, tennis, pickleball, volleyball, skiing, and archery
- After-school enrichment programs and a variety of summer camps at affordable rates offering options in the arts & sciences, nature-themed, outdoor adventures, and athletics
- Adult enrichment programs and group travel excursions providing unique experiences such as international trips, learning to play the ukulele, basket weaving, or painting
- Senior programs and services providing social, wellness, and recreation opportunities in the Presumpscot Room at Mason-Motz with activities including mahjong, cribbage, lunch & learns, laughter yoga, arts & crafts, and more
- Fitness and wellness programs for all ages and abilities including yoga, martial arts, aerobics, meditation, self-defense, tai chi, dance, guided nature walks, pickleball, and more
- Active older adult offerings such as trips to gardens, museums, restaurants, shopping experiences, theaters, overnight excursions as well as programs including safe indoor walking, travelogues, and summer concert series

FMI, PLEASE VISIT: WWW.FALMOUTHME.ORG/PARKS-AND-COMMUNITY-PROGRAMS
Or call 699-5302 to be added to our mailing list