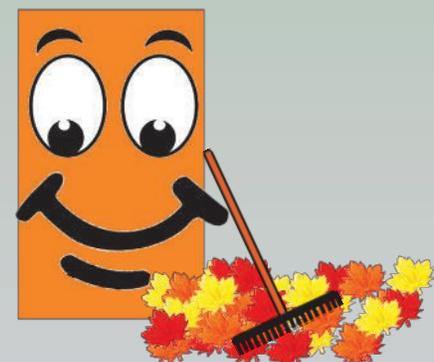


# ANNUAL PROGRAM GUIDE



**Your guide to everything you love and some things you don't know you love yet!**

# LEWISTON RECREATION DIVISION IMPORTANT INFORMATION

Welcome to the new format for our Program Guide. We will be publishing this on an annual basis to let you know of all the amazing programs that are coming each year. Make sure you keep your eyes on the website and social media pages for all the specific dates, times and pricing. Lewiston Recreation will also continue to send out monthly email newsletters with upcoming programs highlighted, including full dates and pricing. Please use this new expanded Program Guide to plan for all your fun throughout the year!

## WHERE ARE WE:

Lewiston Recreation is located in the historic Lewiston Memorial Armory, 65 Central Ave., Lewiston, ME 04240

## BUSINESS HOURS:

8:00am - 4:30pm (Monday - Friday)

## HOLIDAY CLOSURES:

*New Year's Day, Martin Luther King Day, Presidents Day, Patriots Day, Memorial Day, Independence Day, Labor Day, Indigenous Peoples Day, Veterans Day, Thanksgiving Day & Day After Thanksgiving, Christmas*

## STAFF

Jason Hanken - Recreation Superintendent  
jhanken@lewistonmaine.gov

Joseph Crocker - Program Coordinator  
jcrocker@lewistonmaine.gov

Cheryl Morin - Senior Principal Clerk  
cmorin@lewistonmaine.gov

## GENERAL PROGRAM POLICY

Our refund policies vary by program or event. Please read activity specific newsletters for complete details. **\$10.00 Administration fee is charged on all refunds.** We reserve the right to: Reschedule, postpone or cancel activities, programs; change locations; or make other changes as required or necessary. All prices and programs are subject to change. **Advance registration is required for all programs A late fee of \$15 will be assessed if registered less than 2 weeks prior to the start of a program. Please see website for Late Registration Policy .**

## WEATHER

Many Lewiston Recreation activities are held in outdoor settings. In general, these activities are held rain or shine. Please plan accordingly and be prepared for anticipated conditions. Cancellation notices are posted to the website, Facebook page and sent to participants through email.

## PHOTOGRAPHS

The Lewiston Recreation Division reserves the right to use photos taken of visitors while they are at LRD facilities or LRD-related events for publicity purposes.

Visit [www.lewistonrecreation.com](http://www.lewistonrecreation.com) or LewistonRec on Facebook, Twitter & Instagram for updates.

To sign up for one of our programs please click the Online Registration button on our website. Once in our Registration Software you will need to create or log in to your account. After you have an account you can sign up wherever you have internet access for all our recreation programming. Also in your account you can check game schedules, practice schedules, see upcoming events that your family has registered for, or even book a facility rental at one of our meeting spaces or fields!



Check our website - [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for up to date registration details as we get closer to the start of each program. Announcements will go out on Facebook and through our monthly email newsletters.

**[www.lewistonrecreation.com](http://www.lewistonrecreation.com) 207-513-3005**

# LEWISTON SPARKS

## TUMBLING CLINIC!!

Cost: \$35

Want to build your tumbling skills during the off season? Join sparks tumbling clinic with coach Lakota!



## STUNT TEAM!!

Cost: \$50



Stunt is a new and growing sport that focuses on the technical and athletic components of cheer, including partner stunts, pyramids, group jumps and tumbling. Athletes learn skill-focused routines, then perform the routines in head to head competition against other teams.



**Rec Readers** is a group of “tweens” who love to read!

This group is made up of 10– 12 year olds who want to get more out of their reading experiences.

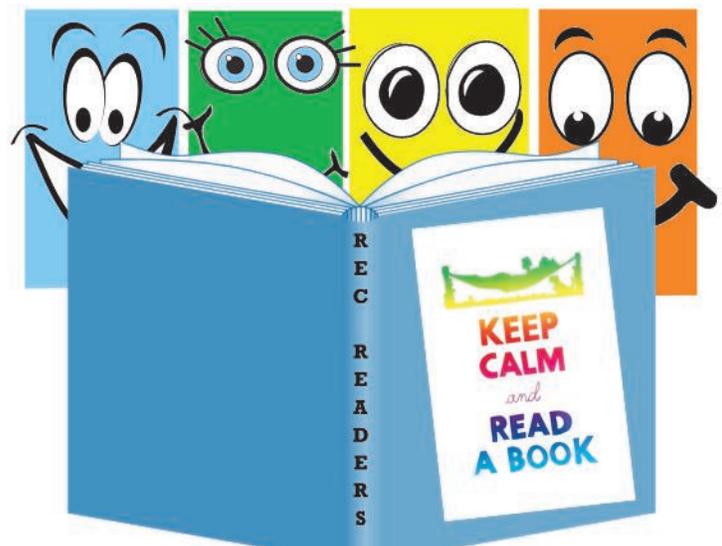
**Rec Readers** meets once a month to discuss the chosen book, and make a craft item, or do an activity that relates to the book. We spend a good deal of time talking about authors and listening to book reviews to make our next reading choices.

**Rec Readers** is limited to 10 members, and most of the parents read along with us! If you or your “tween” is into literature, consider joining **Rec Readers!**

**AGE:** 10-12

**WHERE:** Lewiston Armory

**WHEN:** September thru May





## LEGO ROBOTICS

Lego Robotics looks to give an opportunity to kids who aren't into sports but are into building anything with their imagination. There are two different groups:

**Junior Engineers (Grades 1 - 3)**

**Senior Engineers (Grades 4 - 8)**

Each team receives a kit and an adult volunteer coach.

Juniors have a more simple kit and receive Lego pieces to build different objects and structures from the guide given. Then they will learn to work on the programming aspect. For example, they could build a car and could program the Lego car to make a sound like a car engine starting.

For our Senior group, they use a more complex kit with the help of a guide for the coach. Senior Engineers will be doing lots of building and programming, such as making a vehicle move forward, backwards, sideways, etc. The group will also decide what competitions to compete in and begin building the robot for competition(s).

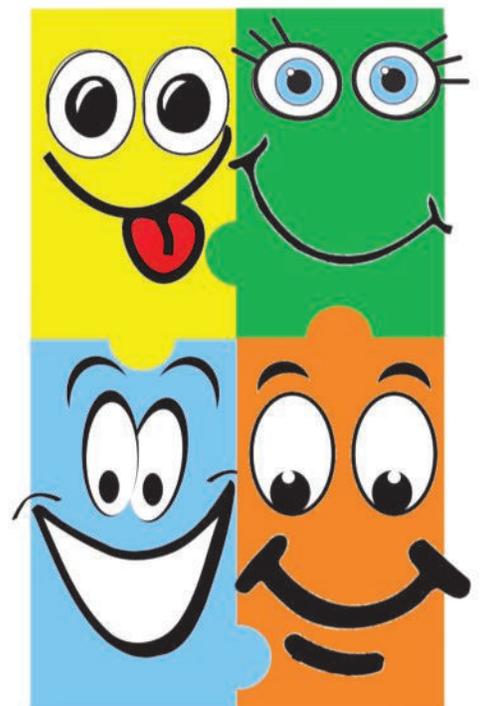
Both Junior and Senior teams will compete in Saco, ME at the end of program season to show off what they have learned.

## KIN-GINEERS

Kin-Gineers is for our young engineers, age 4 thru 6. We want to prepare them for our Lego Robotics program. With the Kin-Gineers program, the kids work with Lego pieces and use their imagination to build anything that comes to mind. Each week brings a new theme or challenge for the kids to work on building. Themes can be anything from building your own futuristic vehicle, a pyramid or a rocket ship. When it comes to challenges, kids could be asked to make their tallest tower with the tower having a width requirement or they could be challenged to make a structure that can hold a certain amount of weight without breaking.



## REC-TECH



COME SEE HOW IT WORKS

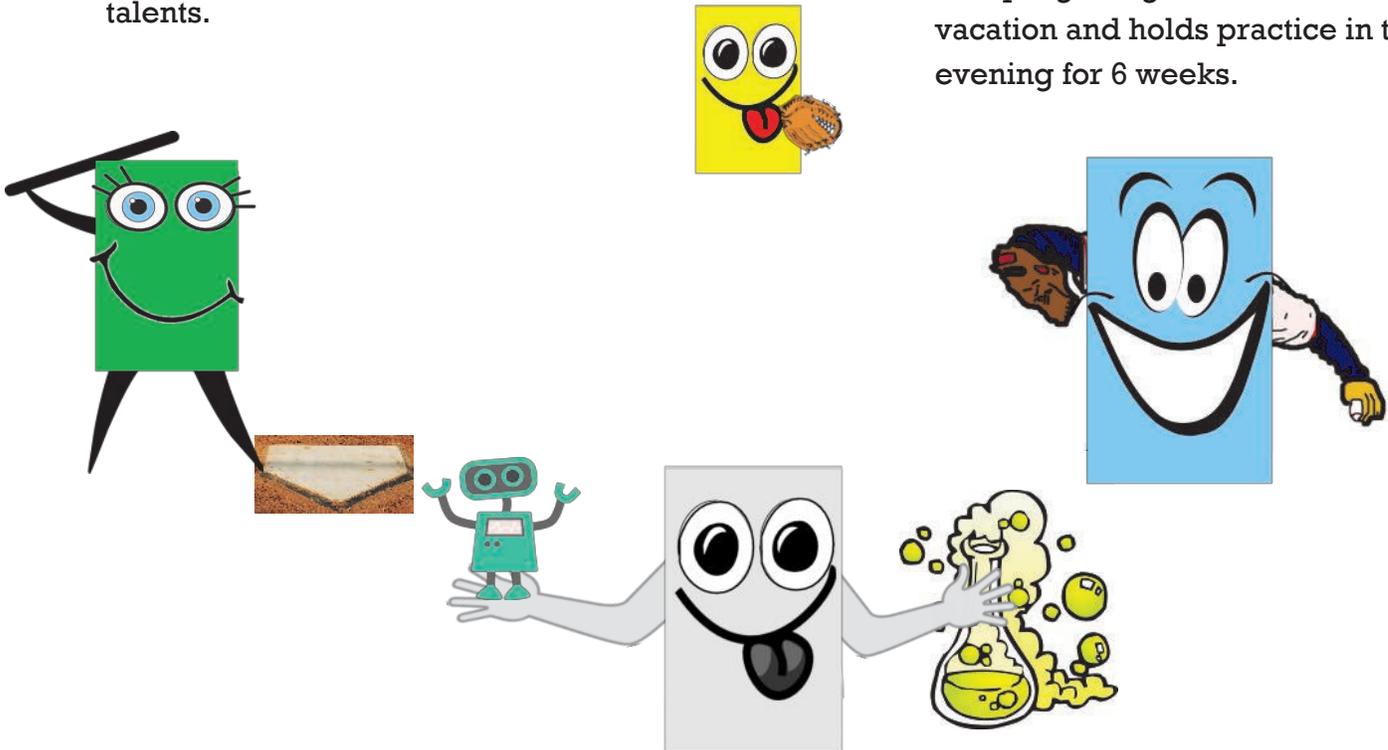
## SPRING TRACK

### T-BALL

Get your little slugger introduced to baseball and softball with our T-Ball program. Lewy and the team of REC-Tangles will teach catching, hitting, throwing and running. This introduction to the sport is filled with games and activities to make learning fun. We will have two sessions - Indoor and Outdoor. Indoor T-Ball will focus on skill building while the Outdoor T-Ball will include modified games to hone those talents.

Who's ready to get back out on the track after a long winter? We've got your tune up scheduled and planned out. Join Lewiston Rec and Lewiston High School Track athletes for a introductory lesson on all things track. We'll cover running, jumping, throwing and running!

This program gets started after April vacation and holds practice in the evening for 6 weeks.



### MAD SCIENCE VACATION CAMP

Don't know what to do with your kids during February Vacation? Lewiston Recreation holds Mad Science Vacation camp for ages 6 - 12. Junior Scientists spend their days learning through interactive demonstrations, hands-on activities and games. Limited camp size ensures a great experience for everyone!

Creating take home projects, using the skills they've learned, your child will be ready to return to school with a renewed interest in science!

This camp session is a great holiday or birthday gift idea!



Check our website - [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for up to date registration details as we get closer to the start of each program. Announcements will go out on Facebook and through our monthly email newsletters.

**[www.lewistonrecreation.com](http://www.lewistonrecreation.com) 207-513-3005**

## YOUTH LACROSSE

The Lacrosse program is a travel and game based activity. The Lewiston Recreation teams will play games against teams from Auburn, Sabattus, Bath and many others. They will learn the fundamentals of this very exciting sport.

There is travel involved with the Lacrosse Program, and the Division does not provide transportation to or from practices and/or games.

### DIVISIONS:

- 3rd & 4th Grade Girl's Lacrosse
- 3rd & 4th Grade Boy's Lacrosse
- 5th & 6th Grade Girl's Lacrosse
- 5th & 6th Grade Boy's Lacrosse
- 7th & 8th Grade Girl's Lacrosse



### COST:

Grades 3 & 4 - \$80 Resident (\$100 Non-resident) Grades 5 - 8 - \$95 Resident (\$115 Non-resident)

**Look for our Early Registration Discount on [www.lewistonrecreation.com](http://www.lewistonrecreation.com)!**

**WHEN:** Spring Season



Check our website - [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for up to date registration details as we get closer to the start of each program. Announcements will go out on Facebook and through our monthly email newsletters.

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## KIDDIESTICKS LACROSSE

Welcome to the Instructional Kiddiesticks Lacrosse Program. Our goal is to help youth learn the fundamentals of this very exciting sport. In order to give youth a well-rounded experience, we will include proper techniques of Lacrosse basics, definitions of positions, drills and skills, basic ground rules of the game, etc...

### SESSIONS:

- Pre-K & Kindergarten (Must be 4 years old before start of program)
- Boy's 1st-2nd Grade (Helmet & Gloves Required)
- Girl's 1st-2nd Grade

**COST:** \$60, \$40-Lewiston Resident Discount

**WHEN:** Spring Season



# LEWISTON ARTISAN & CRAFT FAIR

Lewiston Armory  
65 Central Ave., Lewiston



1st Saturday in April  
10:00 AM - 3:00 PM

Local Crafters & Vendors

Silent Auction

FREE ADMISSION & PARKING

Presented by the Lewiston Recreation Division  
For more information: (207) 513-3005

Register online @  
[www.lewistonrecreation.com](http://www.lewistonrecreation.com)





CITY OF LEWISTON  
RECREATION



# SUMMER TENNIS

Rally, serve, and swing with Lewiston Recreation Youth Tennis Program! If you have never played or are an experienced player we have the right program for you. We have a progression level model that will place players in the right skill level so they will always find success on the court.



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**[www.lewistonrecreation.com](http://www.lewistonrecreation.com)    207-513-3005**



## SIGN UP NOW!

Combining the most popular elements of British Soccer, TetraBrazil and a new International curriculum

**CHALLENGER SPORTS.COM**



**FREE  
GIFTS &  
PERSONAL  
SKILLS APP!**

### CHALLENGER SPORTS SOCCER CAMP

**AGES:** 3-14 (3 divisions)

**WHEN:** Camp takes place in August

## SUMMER TRACK

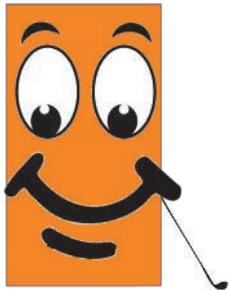
The Summer Track and Field participants are offered training and implementation in the fundamentals of Track and Field. Events your child can choose from, depending on age, are hurdles, pole vault, the long, triple and high jumps, shot-put, discus, race walk and all running and relay races. Participants are encouraged to try any event they find interesting. They can test their new found skills in competition with other teams such as; Auburn, Brunswick, Topsham & Poland at weekly Track & Field meets.

**AGES:** 6 - 14

## GOLF LESSONS

Apple Valley Golf Course, located at 316 Pinewoods Road in Lewiston will be hosting a summer golf instructional program. Each week, the group meets and the class is divided into smaller groups by age and ability. Lessons are given for the first hour then after a small lunch/snack break students hit the course to play supervised/coached golf. Lunch & Snacks are available for purchase in the clubhouse or students can bring their own.

**AGE:** All School Ages



Camp Smiles provides an exciting, fun-filled, and safe environment where children are encouraged to express their creativity through special activities and develop good sportsmanship by participating in cooperative groups and games.

Every day, campers participate in a wide range of fun, self-esteem building activities. From finger-painting and necklace making in Arts & Crafts, to capture the flag and kickball at the nearby Lewiston Athletic Park, campers learn team building skills, and have fun! Camp Smiles offers all of its campers **free breakfast and lunch** served by the Lewiston School Nutrition Department, private swim time at Kennedy Park, hiking, and weekly field trips throughout the State of Maine. Field trips offer campers the opportunity to visit places like DEW Animal Kingdom and Sanctuary, explore Dundee Park, learn about Maine's beautiful land and animals at Thorncrag Nature Sanctuary, and enjoy Splashtown Water Park, among other trips.

**PAYMENT PLANS AVAILABLE. CALL OR STOP BY THE OFFICE TO SET ONE UP.**

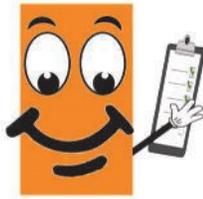
***ALL FIELD TRIP COSTS ARE INCLUDED IN THE FEES***

## KENNEDY PARK POOL HOURS & INFORMATION

Supervised summer aquatic programs are held at Kennedy Park off Park Street (located across from the Lewiston Police Department).

**Operating hours:**

Check [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for current operating hours!



Check our website - [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for up to date registration details as we get closer to the start of each program. Announcements will go out on Facebook and through our monthly email newsletters.

[www.lewistonrecreation.com](http://www.lewistonrecreation.com) 207-513-3005

# Leadership Camp

LEADERS IN TRAINING WILL GAIN SUPERVISED WORK EXPERIENCE IN LEWISTON RECREATION ACTIVITIES, CAMPS, ART, THEATER, ATHLETICS, AND MANY OTHER EVENTS THAT GO ON IN THE COMMUNITY.



WE WANT YOU! AN ACTIVE I DON'T WANT TO SIT AT HOME ALL SUMMER TYPE.



WITH OUR STAFF YOU WILL LEARN HOW TO BE A CAMP COUNSELOR, LEAD SPORTS ACTIVITIES, VOLUNTEER, ENRICHMENT SKILLS AND OF COURSE HAVE SUMMER FUN!

**COST: \$450 FOR 8-WEEKS**  
**PROGRAM DAYS: MONDAY-THURSDAY**  
**PROGRAM TIME: 8:30AM-4:30PM**  
**DATE RANGE: JUNE 24TH-AUGUST 16TH**  
**AGE: 7TH-9TH GRADE**

## BLUE DEVILS HOOPS CAMP

**WHEN: MONDAYS THROUGH THURSDAY**  
**STARTS AFTER SCHOOL ENDS IN JUNE**  
**TIME: K-4TH 3:30AM-10:30AM, 5TH-8TH 10:30AM-12:00PM**  
**WHERE: LEWISTON MEMORIAL ARMORY, 65 CENTRAL AVE**



The Blue Devil Hoops staff is excited to be bringing the Summer Hoops program under the leadership of Lewiston Recreation for the Summer. The core values of Character, Integrity, Leadership and Sportsmanship will be on display throughout our four week program. Each day participants will work on ball handling, passing, shooting, cutting, footwork and defense. Games against other area teams will allow our players to put those skills on display in a competitive environment.



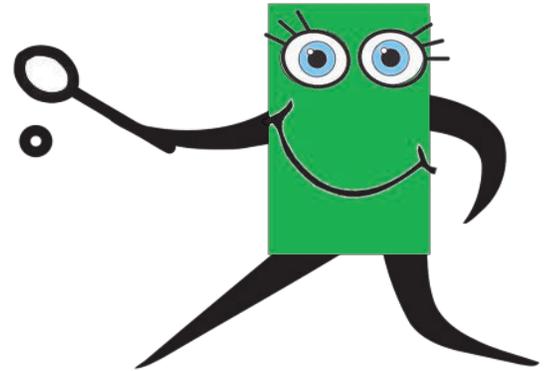
CITY OF LEWISTON RECREATION

## PICKLEBALL

Pickleball is traditionally played on a badminton- sized court with special paddles, made of wood. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities.

**COST:** \$2 drop in Lewiston/Auburn Resident

\$3 drop in Non-Resident



## 2 LOCATIONS

### INDOORS

**WHEN:** Mondays/Wednesdays/Fridays  
(Excluding Holidays)

Until Mid-June, 9:00 am - 12:00 pm

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

### OUTDOORS

**WHEN:** Tuesdays & Thursdays

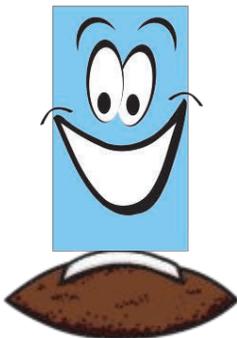
Mid-June - August, 8:30 am - 12:30 pm

**WHERE:** Franklin Pasture Tennis Courts  
Lewiston High School, 156 East Ave., Lewiston

## ADULT KICKBALL

Adult kickball league is a great way to get out of the house or relax after work having fun playing a classic sport. It's a good way for you to play and exercise with your friends as you come together to make a team or socialize with new friends you make . You can sign up as an individual to form a team with others or sign up as a team with your friends.

Team sizes are recommended to be between 12-15 people.



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**[www.lewistonrecreation.com](http://www.lewistonrecreation.com) 207-513-3005**



FREE!

# SUMMER FUN & FILMS

MIDWEEK MOVIE NIGHTS  
with the Lewiston Police



**FREE ACTIVITIES START AT 6:00PM**  
**ALL MOVIES START AT DUSK**



Check our website - [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for up to date registration details as we get closer to the start of each program. Announcements will go out on Facebook and through our monthly email newsletters.

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***LEWISTON & AUBURN RECREATION DEPARTMENTS PRESENT:***

# ***WEDNESDAYS***

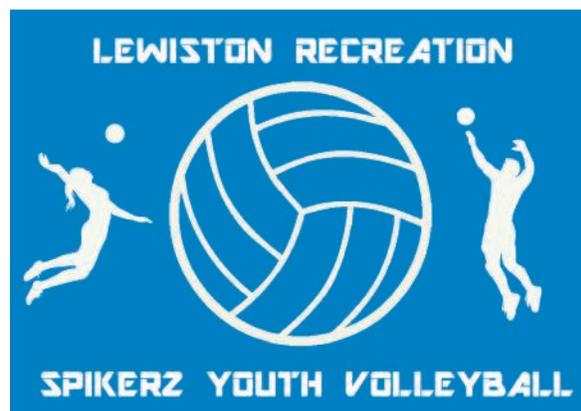
## ***in the Park***

**ALL PERFORMANCES AT 10:00 A.M.**  
**SHARP RAIN OR SHINE!**

Rain location: Lewiston Armory, 65 Central Avenue. Lewiston

## **SPIKERZ YOUTH VOLLEYBALL**

We aim to provide kids from age 7 thru 18 an opportunity to learn a new sport or grow their existing skills. Spikerz Youth Volleyball, which is run in the Spring and Fall, is led by an adult volunteer coach(s) to teach participants everything they need know about the sport.



We teamed up with the Bates College Volleyball players in the Winter, to host volleyball clinics for all kids, both new and veterans of the sport. Throughout the season, the children have an opportunity to play a game. More importantly, our last day consists of a parent play day. Children and parents play a real volleyball game and show off what they have learned.

## **YOUTH SOCCER**

**Mini-KICKERS (Ages 3 to 4):** Mini-Kickers is for the beginner soccer player who is learning the basic fundamentals of dribbling, passing, and teamwork!

**LITTLE KICKERS (Ages 5 to 6):** Little Kickers is for the player who has some soccer experience and is looking to learn more about passing, dribbling, and actual game play!

### **U-8, U-10, & U-13 SOCCER**

Join us as we take our soccer skills to the next level. This Soccer program will involve a practice with a volunteer coach during the week and games on Saturdays.



**KICK IT WITH LEWISTON  
RECREATION FALL  
SOCCER**



**Lewiston Recreation has Five Divisions of Soccer to choose  
from this Fall!**

## Intro. To Field Hockey

This is a six week "Introduction to Field Hockey" Program. It is a clinic style format where the fundamentals of Field Hockey are introduced and practiced.

**AGE:** 6-9  
(Must be 6 years old by start of program)

**COST:** \$40

**WHEN:** Early September thru Mid-October

**Equipment needed:** Cleats, mouth guards and approved eye gear. Sticks, shin guards & balls will be supplied by the Recreation Division.



## Junior Field Hockey

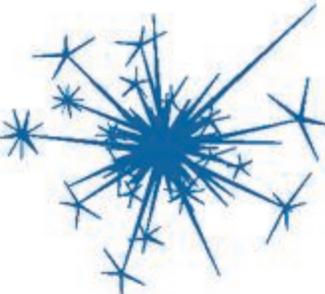
Junior Field Hockey is the next level for learning the sport! More emphasis will be placed on learning the rules and advanced skills needed to grow in the sport. Games or scrimmages with other Rec. Departments in the area will be part of the program.

**AGE:** 9-12  
(Must be 9 years old by start of program)

**COST:** \$50

**WHEN:** Early September thru Mid-October

**Equipment needed:** Cleats, mouth guards and approved eye gear. Sticks, shin guards & balls will be supplied by the Recreation Division.



# LEWISTON SPARKS COMPETITION CHEERING



Lewiston Recreation is proud to present Lewiston Sparks Competition Cheering for the Winter Season! Join Coach Lakota as she teaches you what it takes to be a cheerleader at any level. Whether you are a beginner or veteran cheerleader you will learn tumbling, stunts, and a routine that will be performed at cheering competitions. Come join Lewiston Sparks Cheering!



Check our website - [www.lewistonrecreation.com](http://www.lewistonrecreation.com) for up to date registration details as we get closer to the start of each program. Announcements will go out on Facebook and through our monthly email newsletters.

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# HALLOWEEN CELEBRATION

## OCTOBER



Games, prizes, face painting, music, and much much more!!

### Trunk or Treat in the parking lot

We will have car trunks decorated for kids to go car to car to get candy. Come enjoy this version of trick-or-treating in our parking lot. Contact the Recreation Division today to sign your trunk up.

**AGE:** Up to 6th Grade

**COST:** FREE

**WHEN:** Saturday in October 12:00 pm - 2:00 pm

**WHERE:** Lewiston Recreation Division (Armory)  
65 Central Ave., Lewiston

**TRUNKS  
NEEDED**

Join Us For  
**Trunk  
or  
Treat**





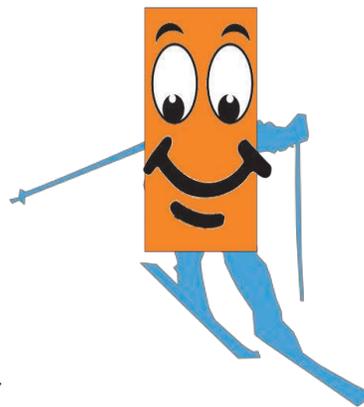
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**www.lewistonrecreation.com 207-513-3005**

## FUTSAL SOCCER

Futsal soccer is for athletes looking to continue playing soccer after the Fall season. This soccer is played indoors on the gym floor, but with different FUTSAL balls. The difference is these soccer balls don't bounce as much. Participants will learn the feeling of playing soccer with heavier ball. Led by an adult volunteer coach, participants will learn about futsal soccer and see the difference from outdoor to indoor if any have played soccer before.

Futsal is for all soccer athletes whether they have played before or are brand new to soccer. Our volunteer coach will teach them everything from passing to shooting to footwork, as they expand their knowledge.



## SKI/SNOWBOARDING LESSONS

We've partnered with our friends across the river at Lost Valley to make winter more FUN! This 6 week Ski or Snowboard lesson program

will teach you the basic skills to enjoy cruising down the mountains. Each week the mountain will be yours until 8pm after your lesson to try out those new skills. Adults are encouraged to join in on the fun and ski/snowboard with their children.

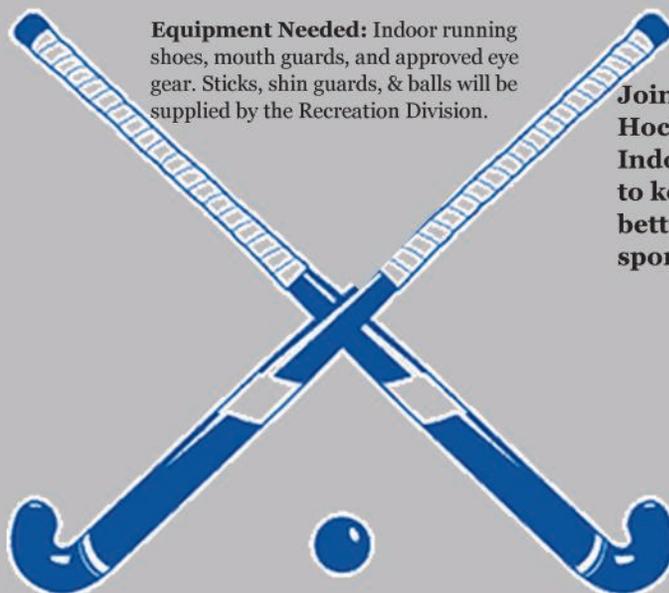


# Indoor Field Hockey



CITY OF LEWISTON  
RECREATION

**Equipment Needed:** Indoor running shoes, mouth guards, and approved eye gear. Sticks, shin guards, & balls will be supplied by the Recreation Division.



**Join Coach C and the High School Field Hockey team this Winter for Indoor Field Hockey! This will be a way to keep playing your favorite sport and better your skills or even pick up a new sport and try out Field Hockey**

**2 Divisions:**

- K-4th Grade: 6 weeks February thru April
- 5-8th Grade: 8 weeks February thru April

## RECREATION LEAGUE BASKETBALL

Want to experience basketball with your friends? Fun while learning FUNdamentals is our goal for Recreation League Basketball.

### DIVISIONS:

- Coed Division (Grades 1 & 2)
- Boys & Girls Divisions (Grades 3 & 4)
- Boys & Girls Divisions (Grades 5 & 6)
- Coed Division (Grades 7 & 8)

**Look for our EARLY REGISTRATION DISCOUNT \$10 OFF!**

### ADDITIONAL INFO:

- Practices are dependent on Volunteer Coaches availability Monday through Fridays
- Game days are Saturdays
- Special Requests. We try to honor as many requests for practice times and coaches as possible. Please list requests upon registering for the season.

### INCLUDED WITH YOUR REGISTRATION:

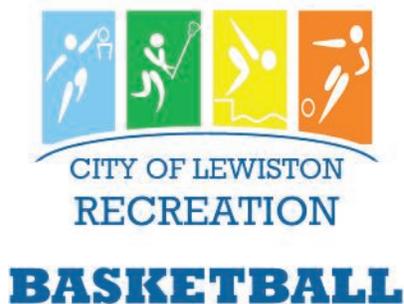
- Skills & Drills Clinics
- 3 on 3 Basketball

### PLAYER EVALUATIONS:

- Evaluations are for 3rd grade to 8th grade divisions and help make even strengthened teams.
- No cuts in the Recreation League!

**WHERE:** Lewiston Memorial Armory  
65 Central Ave., Lewiston.

**If you are interested in volunteering as a coach please contact Joe at [jcrocker@lewistonmaine.gov](mailto:jcrocker@lewistonmaine.gov).**



## TRAVEL BASKETBALL LEAGUE

### DIVISIONS:

- Girl's 5th & 6th Grade
- Boy's 5th & 6th Grade

*Payment will be applied if child makes the Travel Basketball Roster*

**WHEN:** Games are Saturdays or Sundays depending on Travel Schedule, from November - February.

### PLAYER EVALUATIONS - Pre-REGISTRATION REQUIRED:

Monday, October 23rd

- Girls 5/6 Grade Evaluations, 5:15pm-6:15pm
- Boys 5/6 Grade Evaluations, 6:30pm-7:30pm

### ADDITIONAL INFO:

Travel Basketball will play in the Cape League and will be a more competitive experience than Recreation League Basketball. Each player will receive a jersey that needs to be turned back in at the end of the season.

**WHERE:** Lewiston Memorial Armory  
65 Central Ave., Lewiston.

## PRE-K & KINDER BASKETBALL

Our Lewiston High School Blue Devil's Basketball Teams will be teaching you what skills you need to have fun playing basketball!

**AGE:** 3-6



# CINEMA WITH SANTA



Come join us in the Lewiston Memorial Armory for a showing of a holiday classic. Santa will be stopping by for pictures, our friends at the Lewiston Library will have an activity, there'll be cookies to decorate, and we'll have hot, hot, hot, hot chocolate. Dress in your pajamas and bring your blankets to get cozy and enjoy the movie!

**DECEMBER**

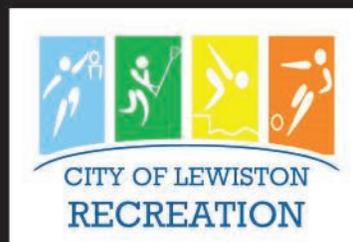
**Doors open at 5:30 pm Movie Starts at 6:00 pm**

**65 Central Ave., Lewiston**

**\$2/child, \$5 max per family**

**THANKS TO OUR PARTNERS FOR HELPING TO PUT THIS EVENT ON:**

PHOTO FINISH  
LEWISTON POLICE DEPARTMENT



THE ITALIAN BAKERY  
LEWISTON PUBLIC LIBRARY

## ADULT VOLLEYBALL

Adult volleyball consists of five leagues: Women's, Men's, Coed-A, Coed-B, and Coed-C. The Men's and Women's leagues play on Monday evenings. The Coed-A league plays on Thursday evenings and is the highest level league through the Lewiston Recreation.

Coed-B and C leagues play on Wednesday evenings. Coed B is a more competitive league for experienced volleyball players, who aren't quite ready for Coed-A competitiveness. The C league is the lowest league which is for newcomers or people who are fairly new to the sport. C is a good place to work on your skills, until ready to move up to the B league. All leagues end their seasons with playoffs to determine a champion for the season.



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**[www.lewistonrecreation.com](http://www.lewistonrecreation.com) 207-513-3005**

## LEWISTON SENIOR CITIZENS

Membership in the Lewiston Senior Citizens is open to all residents in Lewiston and surrounding communities who are adults age 50 and over.

The cost is only \$10 per year and includes a monthly newsletter.

*Activities include everything from cards to BINGO and much more to come!*

Many volunteers are needed and welcomed.

### Contact

Lewiston Senior Citizens Office  
Lewiston Memorial Armory  
65 Central Ave.  
Lewiston, ME 04240  
Phone: (207) 513-3059

### Hours

Monday - Thursday (Closed on Fridays & Holidays)  
8:00 am - 12 pm

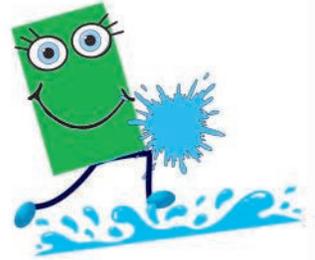


1/10  
Mile



DASH

Just a  
lil' bit



SPLASH

1/4  
Mile



RIDE

LEWY'S  
TINY  
TRI

## **Saturday in August**

Kennedy Park, Park Street, Lewiston

Open to all athletes **6 and under**

*Check-in 9-10AM*

*Event from 9:30-11AM, with groups starting every 5 minutes*

**\$10** if preregister, \$15 day of race

*Includes medal and a shirt for all who preregister*

This extremely modified triathlon course will take your child on a 1/4 mile bike ride, followed by a 1/10 mile dash through the playground and then finish with a splash through the Kennedy Park Splash Pad.