



## I. Introduction

The Resource Directory is a searchable database located on the *Let's Go!* website to help residents in the twelve *Let's Go!* communities locate physical activity and nutrition resources available for children, youth and families in their area. Although *Let's Go!* encourages outdoor activities, physical activity resources are defined as those that provide an opportunity for movement or exercise and may not include all outdoor activities.

Hundreds of resources such as fitness facilities, walking/running trails, skating rinks, public swimming pools and much more are included in the directory. For each resource, information including address, phone number, web and/or email address, hours of operation, associated fees, handicap accessibility, eligibility, type of activities and a brief description are provided. The Resource Directory is an important and driving part of the *Let's Go!* website to assist community members in their physical activity and healthy eating goals.

The twelve communities of *Let's Go!* include: Cape Elizabeth, Cumberland, Falmouth, Freeport, Gorham, North Yarmouth, Portland, Scarborough, South Portland, Westbrook, Windham and Yarmouth.

## II. Resource Criteria

### A. Inclusion

All resources included within the *Let's Go!* Resource Directory must meet all inclusion criteria, unless otherwise approved by the *Let's Go!* Project Manager.

#### Type of Resource

Listed below are the types of resources currently provided in the Resource Directory. Inclusion of resources are **not** limited by type, others may be included if inclusion criteria is met.

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|-----------------------------------|---|
| 1. Aerobic/Dance Studios          | 12. Cooking Facilities                            |
| 2. Aquatics                       | 13. Disc Golf                                     |
| 3. Archery                        | 14. Equestrian                                    |
| 4. Badminton Courts               | 15. Farmer's Markets                              |
| 5. Basketball Courts              | 16. Fencing                                       |
| 6. Beaches                        | 17. Fitness Facilities                            |
| 7. Biking                         | 18. Golf Courses/Driving<br>Ranges/Miniature Golf |
| 8. Bowling                        | 19. Gymnastics Studios                            |
| 9. Boxing Clubs                   | 20. Handball Courts                               |
| 10. Community Gardens             | 21. Hockey/Ice Skating Rinks                      |
| 11. Community/ Recreation Centers |   |



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|----------------------------------|-------------------------------|
| 22. Indoor Sport Facilities      | 33. Sailing                   |
| 23. Martial Art Studios          | 34. Skate Parks/Rollerblading |
| 24. Nutrition Facilities         | 35. Sledding Hills            |
| 25. Paintball                    | 36. Tennis Courts             |
| 26. Parks/Playgrounds/Open Space | 37. Tracks                    |
| 27. Playing Fields               | 38. Trails                    |
| 28. Pools                        | 39. Volleyball Courts         |
| 29. Racquetball Courts           | 40. Wrestling Facilities      |
| 30. Rock Climbing                | 41. YMCA's                    |
| 31. Rowing/Canoeing/Kayaking     | 42. Yoga/Pilate Studios       |
| 32. Running/Walking              | 43. Youth Sport Leagues*      |

\*Youth Sport Leagues include those that do not conduct try-outs for selection purposes. Premier, all-star, etc. teams shall not be included

#### Inclusion Criteria

All resources must meet all four inclusion criteria, unless otherwise approved to be included.

1. Publicly Accessible
2. Physical Activity and/or Nutrition focus
3. Participation by families, youth or children'
4. Physical location must be within the twelve *Let's Go!* communities, unless otherwise approved.
  - a) Cape Elizabeth
  - b) Cumberland
  - c) Falmouth
  - d) Freeport
  - e) Gorham
  - f) North Yarmouth
  - g) Portland
  - h) Scarborough
  - i) South Portland
  - j) Westbrook
  - k) Windham
  - l) Yarmouth