

Get Up and Go!

A PHYSICAL ACTIVITY
RESOURCE GUIDE
for CUMBERLAND
COUNTY, MAINE





For additional copies of *Get Up and Go!* or for more information, please contact Let's Go! at info@lets-go.org.

Let's Go! is pleased to bring you the 3rd edition of Get Up and Go: A Physical Activity Resource Guide for Cumberland County. Visit the Let's Go website at www.lets-go.org for additional resources.

The purpose of this guide is to help you find the information and resources you need to get moving toward a healthier life. Organized by town and type of activity, we hope this guide will help you discover many of the wonderful places in Cumberland County to meet your exercise goals.

If you live or work in other regions of the state, we urge you to contact one of the Healthy Maine Partnership coalitions for a similar resource guide or to find activities near you. For more information, please visit their website at www.healthymainepartnerships.org or call the Maine Center for Disease Control and Prevention at (207) 287-8016.

This guide is not intended to be a comprehensive listing of all fitness opportunities in the region. There may be additional resources that were inadvertently missed or have opened since the printing of this publication. If you have additional resources to include in the next version of this guide, please contact Let's Go! at info@lets-go.org.

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Introduction

Eating well and being physically active are key to your child's well-being. Eating too much and exercising too little can lead to overweight and related health problems that can follow children into their adult years.

You can take an active role in helping your child—and your whole family—learn healthy eating and physical activity habits.

Children are good learners, and they learn what they see. Choose healthy foods and active pastimes for yourself. Your children will see that they can follow healthy habits that last a lifetime.

A balanced diet and being physically active help children:

- *grow properly*
- *learn and excel in school*
- *build strong bones and muscles*
- *have energy*
- *maintain a healthy weight*
- *avoid weight-related diseases like type 2 diabetes, sleep disorders, and high blood pressure*
- *get plenty of nutrients*
- *feel good about themselves*

Types of Activity

AEROBIC ACTIVITY

Aerobic activities build endurance and keep the heart pumping at a steady but elevated rate for an extended period. Practicing them regularly can enhance cardiac function, boost HDL (the “good”) cholesterol levels, strengthen bones, and lower the risk of heart

attack, high blood pressure, stroke, diabetes, and even some forms of cancer.

Aerobic exercise also trims body fat and can improve one’s sense of well-being. Examples include jogging, swimming, cycling, stair-climbing, and aerobic dancing. As little as one hour a week is helpful, but three to four hours per week are optimal. Because it is so natural and convenient, brisk walking is an excellent and easy way to accomplish aerobic activity.



STRENGTHENING ACTIVITY

Where aerobic exercises focus on endurance, strengthening activities focus on muscle strength. Adding 10 to 20 minutes of modest strength training two or three times a week is important for a balanced exercise program.

Strengthening activity is beneficial for everyone. In fact, strength training becomes even more important as one ages, because after age 30 everyone undergoes a slow process of muscle loss which can be reduced or even reversed by adding strengthening activities to an exercise program. Please note, people at risk for cardiovascular disease should not perform strengthening exercises without checking with a physician.

Any heavy object that can be held in the hand, such as a plastic bottle filled with sand or water, can serve as a weight. Heavy rubber bands or tubing are excellent devices for resistance training; they are inexpensive, come in various tensions, and are safer and more convenient than free weights for exercising all parts of the body.

FLEXIBILITY ACTIVITY

Flexibility training uses stretching exercises to prevent cramps, stiffness, and injuries. It also ensures a wider range of motion (the amount of movement a joint has). Yoga and t'ai chi, which focus on flexibility, balance, and proper breathing, may even lower stress and help to reduce blood pressure. Experts now recommend performing stretching exercises for 10 to 12 minutes at least three times a week.

When stretching, extend the muscle to the point of tension—not pain—and hold for 20 to 60 seconds (beginners may need to start with a 5- to 10-second stretch). Stretching is appropriate for the cooldown period after exercise but not for warming up, because it can injure “cold” muscles.

Is Physical Activity Safe for Me?

Most healthy adults can increase their physical activity without a medical exam. However, if you can answer yes to any of the following questions, please call your healthcare provider before increasing your physical activity.

- Has your doctor ever restricted you or told you not to engage in exercise or physical activities?
- Are you extremely breathless after only mild activity?
- Do you take medications for high blood pressure or a heart problem?
- Do you have a medical condition that might need special attention if you increase your current activity level, such as diabetes or back problems?
- Are you middle-aged or older, physically inactive, and planning a fairly vigorous exercise program?

Benefits of Physical Activity



- Feel better
- Look better
- Lose weight
- Have more energy
- Have greater stamina
- Improve overall health
- Reduce chance of injury
- Live longer

Regular physical activity can also help prevent many diseases and help people already living with conditions, such as:

- Cardiovascular disease
- High blood pressure
- High cholesterol
- Diabetes
- Osteoarthritis
- Osteoporosis
- Back problems
- Depression

Avoiding Injuries

The following are some things you can do to make sure you are exercising safely:

- Start slowly. Build up your activities and your level of effort gradually. Doing too much, too soon, can hurt you, especially if you have been inactive.
- Use appropriate safety equipment, such as helmets, knee and elbow pads, and eye protection, to keep you from getting hurt.

- Be sure to drink plenty of water when you are doing endurance activities that make you sweat. Many older people tend to be low on fluid much of the time, even when not exercising.



- When you bend forward, bend from the hips, not the waist. If you keep your back straight, you're probably bending correctly. If you let your back "hump" anywhere, you're probably bending from the waist, which is the wrong way.
- Make sure your muscles are warmed up before you stretch, or you could hurt them. For example, you can do a little easy biking, or walking and light arm pumping first.
- None of your activities should hurt or make you feel really tired. You might feel some soreness, a slight discomfort, or a bit weary, but you should not feel pain... in fact, in many ways, physical activity and exercise will probably make you feel better.

What Lies Ahead

This guide is designed to help you find a fitness facility or activity to suit your needs. The resources are separated by town, and then by area of interest. Not every town will have facilities in each category. The categories are:

Community Services

Community services include organizations such as adult education and recreation programs. These facilities usually offer a variety of activities to suit people of all fitness levels.

Fitness Clubs/Personal Trainers

This category is where you will find a membership gym with all types of equipment, and personal trainers who will work with you on an individual level.

On Your Own

This category includes all of the natural wonders in Cumberland County. There are walking paths, parks, and beaches open for all types of outdoor activities.

Other Interests

In this section you will find all sorts of facilities, such as golf courses, riding farms, and yoga centers. There are a variety of activities for people of all ages.

Free resources are marked with an asterisk (*).

Statewide Resources

BICYCLE COALITION OF MAINE

www.bikemaine.org

A comprehensive website available for people to find bicycle trails in their local communities. The primary focus of these trail listings is non-auto-traffic roads, trails, and paths open for bicycle use. A select number of on-road routes (the 25 MDOT-designated bike touring loops and the interim, on-road East Coast Greenway Route) are listed because they were especially selected by local bicyclists, utilize scenic, low-traffic roads and have detailed route descriptions. There are limitless, on-road bicycling opportunities in Maine.

HEALTHY MAINE PARTNERSHIPS

www.healthymainepartnerships.org

Healthy Maine Partnerships is an initiative that was established to link aspects of the five Maine CDC (formerly Maine Bureau of Health) programs:

- Partnership For a Tobacco-Free Maine (PTM),
- Maine Cardiovascular Health Program (MCVHP),
- Physical Activity and Nutrition Program,
- Community Health Program, and
- The Maine CDC Coordinated School Health Programs in collaboration with the Department of Education's Coordinated School Health Programs.

The website includes linkages to the Healthy Maine Walks website in addition to providing a Home Fitness Kit.

Healthy Maine Partnerships are working together to improve the health of our service area by promoting healthy, active ways of life. This joint effort makes it easier for people living and working in our service areas to eat healthy, be physically active, and live their lives tobacco-free.

Healthy Portland and *Healthy Casco Bay* are programs of the Eastern Cumberland County Healthy Coalition, Public Health Division, Health and Human Services Department, City of Portland.

The *Healthy Lakes Region* and the *Healthy Rivers Region* are programs of the Communities Promoting Health Coalition of the People's Region Opportunity Program (PROP).

- Healthy Casco Bay: serving the towns of Freeport, Gray, Cumberland, Falmouth, North Yarmouth, Pownal, New Gloucester, Long Island, Chebeague, and Yarmouth; www.healthycascobay.org.
- Healthy Lakes Region: serving the towns of Cape Elizabeth, Gorham, Scarborough, South Portland, and Westbrook.
- Healthy Portland: serving the City of Portland; www.healthyportland.org
- Healthy Rivers Region: serving the towns of Baldwin, Bridgton, Casco, Harrison, Naples, Raymond, Sebago, Standish, and Windham.

HEALTHY MAINE WALKS

www.healthymainewalks.org

Healthy Maine Walks is sponsored by a coalition of trails, health agencies and organizations working together to build a healthier Maine. These groups have joined forces to promote healthier lifestyles, and they have made it easier for Mainers to find and use walking routes in communities all across the state. Healthy Maine Walks provides a central location for towns and local groups to register walks and includes descriptions of registered paths for those interested in locating places to walk. To learn more about places to walk in your community or to obtain more information, log on to the Healthy Maine Walks website.

LET'S GO!

www.letsgo.org

Let's Go! is a community-based initiative to promote healthy lifestyle choices for children, youth, and families in 12 Greater Portland communities. Our goal is to increase physical activity and healthy eating of children and youth ages 18 and under.

MAINE BUREAU OF PARKS & LANDS

www.state.me.us/doc/parks

A great searchable website that allows users to locate trails on state land.

MAINE OUTDOOR ADVENTURE CLUB

www.moac.org

An all-volunteer-member organization. Members organize and lead all trips and activities from beginner to expert. These outdoor activities can be peaceful, relaxing, and at the same time, a challenging day of hiking, kayaking, or skiing. From the extremes of winter camping and ice/rock climbing to the strenuous hike, mountain bike ride, ocean paddle, or river kayak, to the gentle sail, walk, or snowshoe, MOAC has something to offer everyone.

WINTERKIDS

www.winterkids.org

WinterKids is a nonprofit organization committed to helping children develop lifelong habits of health, education, and physical fitness through outdoor, winter activity. We have seven exciting programs to help us accomplish this goal.

Local Resources

Bridgton

Community Services

BRIDGTON COMMUNITY CENTER

www.bridgtoncommunitycenter.org

15 Depot Street, Bridgton, ME 04009 • (207) 647-3116

Year-round. Provides various programs for seniors in the Lakes Region area.

BRIDGTON RECREATION DEPARTMENT

www.bridgtonmaine.org/rec/rec_info.html

3 Chase Street, Suite 1, Bridgton, ME 04009 • (207) 647-8786

Year-round. Offers numerous activities, including baseball, softball, soccer, basketball, volleyball, teen adventure, ice skating, and ice hockey.

MSAD #6 | ADULT AND COMMUNITY SERVICES

15 Skillins Circle Bridgton, ME 04009 • (207) 647-5054

Year-round. Recreational activities include snowmobiling, fishing, hiking, and more!

Fitness Clubs/Personal Trainers

LAKE REGION FITNESS

23 New Colonial Drive, Bridgton, ME 04009 • (207) 595-0302

Year-round. 24-hr.-access facility. Offers Nautilus, strength training, cardio room, and free weights.

On Your Own

FIVE FIELDS FARM

www.fivefieldsski.com

Route 107, South Bridgton, ME 04009 • (207) 647-2425

Open 9:00 a.m. to dusk. Call ahead during winter months. A 70-acre apple orchard and hiking trails convert to a beautiful place for cross-country skiing and snowshoeing on groomed trails in the winter.

LOON ECHO LAND TRUST

www.loonecholandtrust.org

1 Chase Street, Bridgton, ME 04009 • (207) 647-4352

Year-round. More than 3,200 acres of beautiful Maine wilderness have been protected for the public to enjoy through hikes, skiing, walks, and biking.

Other Interests

SHAWNEE PEAK

www.shawneepeak.com

119 Mountain Road, Bridgton, ME 04009 • (207) 647-8444

Open mid-December to late March. This spectacular Maine mountain has many day and night trails, a freestyle terrain park, and half pipes for skiers and snowboarders of all ability levels.

Brunswick

Community Services

BRUNSWICK PARKS AND RECREATION

www.brunswickme.org/parkrec

30 Federal Street, Brunswick, ME 04011 • (207) 725-6656

Year-round. Offers numerous physical fitness activities, including soccer, softball, baseball, gymnastics, and skating.

Fitness Clubs/Personal Trainers

BETTER U FITNESS/WILL POWER

www.willsmithsbetteru.com

108 Farley Road, Brunswick, ME 04011 • (207) 721-9215

Year-round. Offers personal training for rehabilitation, weight loss, and strength training.

CURVES FOR WOMEN

www.curves.com

275 Bath Road, Brunswick, ME 04011 • (207) 725-1800

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

PLANET FITNESS

www.planetfitness.com

31 Gurnet Road, Brunswick, ME 04011 • (207) 725-2944

Year-round. A wide variety of equipment, personal training, and friendly staff makes this a “judgment-free,” fun place to work out.

On Your Own

*ANDROSCOGGIN RIVER BIKE PATH

Water Street • Contact: Brunswick Parks and Recreation, 30 Federal Street
Brunswick, ME 04011 • (207) 725-6656
Year-round. A straight-line route approximately 2.5 miles long.



COFFIN POND RECREATION AREA

www.brunswickme.org/parkrec

River Road • Contact: Brunswick Parks and Recreation, 30 Federal Street,
Brunswick, ME 04011 • (207) 725-6656
Seasonal. Open daily in-season for swimming.

Other Interests

MAINE PINES RACQUET & FITNESS

www.maine.pines.com

120 Harpswell Road, Brunswick, ME 04011 • (207) 729-8433

Year-round. Six indoor tennis courts and one outdoor, a racquetball/wallyball/squash court, and the area's largest aerobics studio.

Cape Elizabeth

Community Services

CAPE ELIZABETH COMMUNITY SERVICES

www.cape.k12.me.us

343 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 799-2868

Year-round. Provides a versatile community education program offering cultural, recreational, and social enrichment opportunities.

*CAPE ELIZABETH HIGH SCHOOL

www.cape.k12.me.us

345 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 799-3309

Year-round. Open seasonally. Offers six hard-surface courts for tennis and a playground.

Fitness Clubs/Personal Trainers

JUNGLE GYM: CHILDREN'S FITNESS CENTER

www.mainejunglegym.com

333 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 767-8289

Year-round. Offers families with young children an innovative fitness center with highly qualified staff to stimulate and exercise children from newborn to age 7.

On Your Own

*CAPE ELIZABETH LAND TRUST

www.capelandtrust.org

PO Box 265 CCB, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. Enjoy a quiet retreat, hiking, biking, bird-watching, fishing, and discovering wildlife within this special protected place.

*CAPE ELIZABETH MIDDLE SCHOOL PLAYGROUND

www.cape.k12.me.us

14 Scott Dyer Road, Cape Elizabeth, ME 04107 • (207) 799-8176

Year-round. Come and enjoy a great day of fun.

CRESCENT BEACH STATE PARK

7 Tower Drive (State Route 77), Cape Elizabeth, ME 04107 • (207) 799-5871

Seasonal. Open Memorial Day to Columbus Day and a fabulous place to spend a hot, sunny day.

*CROSS HILL TRAILS

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. This woody 2.3-mile trail has both moderate and steep slopes with a bridge crossing over the wetlands. Entrances at Wells Road and Cross Hill Road.

*DYER-HUTCHINSON FARM

www.capelandtrust.org

Sawyer Road • Contact: Cape Elizabeth Land Trust, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. The .8-mile trail through wooded and wetland areas is popular with local mountain bike riders. Walkers should stay on the white-blazed trail. Entrance on Sawyer Road off Fickett Street.

*FORT WILLIAMS PARK

www.capeelizabeth.com

1000 Shore Road, Cape Elizabeth, ME 04107 • (207) 799-2661

Year-round. Enjoy the playing fields, tennis courts, playground, beach, and walks in the summer as well as cross-country skiing, sledding, and ice skating in the winter.

*GREAT POND TRAIL

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. The .7-mile walking trail leads to a body of fresh water that is locally populated by canoeists, ice skaters, and skiers. Access available at the Kettle Cove Dairy and Fenway Road.

*GULL CREST TRAIL

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. The .8-mile trail features boardwalks across wet areas that connect the trail to the Town Center trail. Access through Spurwink Avenue.

*HIGHLANDS TRAIL

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. The 1-mile trail runs adjacent to the wetlands. The trail includes ponds, gentle inclines, and may be accessed at Pine Ridge Road or Two Lights Road.

*HOBSTONE WOODS

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. The .75-mile trail offers beautiful views of dense forest, streams, and old stone walls. Access at Hobstone Drive and Merrimac Place.

*POND COVE ELEMENTARY SCHOOL PLAYGROUND

www.cape.k12.me.us

12 Scott Dyer Road, Cape Elizabeth, ME 04107 • (207) 799-7339

Year-round. Enjoy a day of fun for all ages.

*ROBINSON WOODS

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. A 1.4-mile-loop trail offers a glimpse into what Cape Elizabeth looked like when it was first settled. Access points at Shore Road, Dyer Pond Road, and Rock Crest Drive.

*RUNAWAY FARM TRAIL

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. This 19-acre property contains the .4-mile trail that winds through forested wetlands. Access at Spurwink Avenue, parking available at Spurwink Church cemetery.

*STONEGATE TRAIL

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. The 1.5-mile trail is great for hiking, cross-country skiing, and bird watching. Access at several locations, including Fort Williams Park and Dyer Pond Road.

*TOWN CENTER TRAIL

www.capelandtrust.org

Contact: Cape Elizabeth Land Trust, 330 Ocean House Road,
Cape Elizabeth, ME 04107 • (207) 767-6054

Year-round. This .8-mile trail through open fields and oak groves connects to the town-owned Gull Crest trail system. Access available through Spurwink Avenue.

TWO LIGHTS STATE PARK

www.state.me.us/doc/parks

7 Tower Drive (State Route 77), Cape Elizabeth, ME 04107 • (207) 799-5871

Year-round, from dawn to dusk. The 41-acre park offers great walking paths and views of Casco Bay.

Other Interests

DONALD L. RICHARDS POOL

www.cape.k12.me.us/sHigh.html

345 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 799-3184

Year-round. This 25-yard pool is available to community members for laps and open swims.

PURPOODOCK CLUB

www.purpoodock.com

300 Spurwink Avenue, Cape Elizabeth, ME 04107 • (207) 799-2273

Year-round. 18-hole private golf course.

WALNUT HILL STABLES

39 Ocean House Road, Cape Elizabeth, ME 04107 • (207) 799-0937

Seasonal. Ever tried horseback riding? Enjoy a great day of fun and exercise!

Casco

Community Services

CASCO RECREATION DEPARTMENT

PO Box 60, 635 Meadow Road, Casco, ME 04015 • (207) 627-4187

Year-round. Events include youth activity programs, such as soccer and swimming, basketball, and fun trips for seniors!

Fitness Clubs/Personal Trainers

BUSHIDO KARATE DOJO & FITNESS CENTER

www.bkdfitness.com

PO Box 565, 966 Meadow Road, Casco, ME 04015 • (207) 627-7170

Year-round. Featuring a full gym with exercise equipment, personal training, and classes in karate, tai chi, Pilates, dance, and yoga.

Other Interests

CAROUSEL HORSE FARM

www.maine-horse-vacation.com

69 Leach Hill Road, Casco, ME 04015 • (207) 627-4471

Seasonal. Offering beginner and intermediate trail rides. Enjoy views of Mt. Washington and hitch up your horse after the ride to enjoy some old-fashioned ice cream!

LIFEBREATH INSTITUTE

<http://lifebreath.bkdfitness.com>

P.O. Box 565, 966 Meadow Road, Casco, ME 04015 • (207) 627-7170

Year-round. Relieve stress, maintain better circulation and sleep, and enhance your physical performance.

POINT SEBAGO RESORT

www.pointsebago.com

261 Point Sebago Road, Route 302 Casco, ME 04015 • (207) 655-3821

Seasonal. Soak up some sun on the beach or play a game of golf at their 18-hole championship golf course.

Cumberland

Community Services

CUMBERLAND-NORTH YARMOUTH COMMUNITY EDUCATION AND RECREATION DEPARTMENT

www.cumberlandmaine.com

290 Tuttle Road, Cumberland, ME 04021 • (207) 829-2208

Year-round. Offers classes and camps for all ages, including aquatics, dance, golf, and farmer's markets.

GREELY HIGH SCHOOL POOL

303 Main Street, Cumberland, ME 04021 • (207) 829-4809

Year-round. A 25-yard pool is available to the community.

*TUTTLE TOWN PLAYGROUND

www.cumberlandmaine.com

Tuttle Road, Cumberland, ME 04021 • (207) 829-2208

Year-round. This wonderful playground is open both during and after school hours.

On Your Own

*ATHERTON HILL MOUNTAIN BIKING TRAIL

Goose Pond Road, Cumberland, ME 04021

Seasonal. The mountain bike trail on Atherton Hill is specified for advanced bikers. The loop trail is 9 miles long with steep hills.

*BRUCE HILL TRAIL

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road, Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The 76-acre land holds two 1-mile-long trails for hiking, walking, skiing, and picnicking and is home to a variety of wildlife. Access through Henry Road in North Yarmouth.



*CHANDLERS COVE

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The 8-acre land is located at the south end of Chebeague Island and consists of a sandy beach, great for walking, swimming, and sunbathing. Access at South Road.

*CUMBERLAND TOWN FOREST

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The self-guided nature trail consists of a 1.5-mile loop trail on 75 acres of community forest. Access behind Cumberland Town Hall and Drowne Road School.

*DEER POINT PRESERVE

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The 1.5-mile trail is along the southwestern tip of Chebeague Island along uneven terrain with outstanding views of Casco Bay. Access at South Road.

*HOMESTEAD PROPERTY

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The .75-mile wood chip-covered trail is great for taking children through quiet woods to look for signs of wildlife. Access at Homestead Lane off Valley Road.

*IDLEWOOD

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The 1-mile-round-trip trail is great for cross-country skiing, walking, and snowmobiling. Access at Range Road.

*PAYSON PROPERTY

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The 104-acre heavily wooded parcel includes 1 mile of shore frontage on Casco Bay at Broad Cove, which is ideal for an easy walk. Access at Route 88.

*ROCK RIDGE RESERVE

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The entire 1.1-mile-loop trail passes through a heavily wooded terrain filled with diverse trees and wildlife. Access at Rock Ridge Run off Harris Road.

*TWIN BROOK RECREATION AREA

www.cumberlandmaine.com

Contact: Chairman, Conservation Commission, 290 Tuttle Road,
Cumberland Center, ME 04021 • (207) 829-2208

Year-round. The 240-acre area offers trails and playing fields used for walking, running, cross-country skiing, and athletic events. Located at Tuttle Road, .5 mile south of the Town Hall.

Other Interests

GOLF LEARNING CENTER AND PRACTICE PARK

www.cumberlandgolfcenter.com

147 Bruce Hill Road, Cumberland, ME 04021 • (207) 829-9116

Seasonal. Lessons, clinics, state-of-the-art video studio, and a fantastic place to work on your skills.

VAL HALLA GOLF, RECREATION & BANQUET CENTER

www.valhallagolf.com

290 Tuttle Road, Cumberland, ME 04021 • (207) 829-2225

Seasonal. The golf and recreation center offers an 18-hole course, cart rentals, a practice range, a banquet center, and four lighted tennis courts.

Falmouth

Community Services

FALMOUTH COMMUNITY PROGRAMS

www.town.falmouth.me.us

271 Falmouth Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. Gymnasiums and playgrounds, fields, and other facilities available to the public.

*FALMOUTH HIGH SCHOOL TENNIS COURTS

www.town.falmouth.me.us

74 Woodville Road, Falmouth, ME 04105 • (207) 781-7429

Seasonal. The tennis courts at Falmouth High School include three lighted and two unlighted courts.

FAMILY ICE CENTER

www.familyice.org

20 Hat Trick Drive, Falmouth, ME 04105 • (207) 781-4200

Year-round. The Family Ice Center provides a safe, healthy, family-oriented skating experience with year-round indoor and outdoor public skating for the community.

MAINE SLED HOCKEY

www.mainesledhockey.org

Located at the Family Ice Center, 20 Hat Trick Drive, Falmouth, ME 04105 • (207) 781-4200

Year-round. Sled hockey is the fast, exciting, rough 'n tumble version of ice hockey that allows people with mobility disabilities to compete alongside their non-disabled friends.

MAINE STATE BALLET

www.mainestateballet.org

348 US Route 1, Falmouth, ME 04105 • (207) 781-7672

Year-round. Specializes in tap, ballet, and jazz but also offers acting classes, adaptive movement, and educational outreach programs.

MAINEHEALTH LEARNING RESOURCE CENTER

www.mainehealth.org

5 Bucknam Road, Suite 1A, Falmouth, ME 04105 • (866) 609-5183 or (207) 781-1730

Year-round. Offers health education and information resources to communities, including programs on healthy eating, yoga, t'ai chi, and many other health and wellness programs.

Fitness Clubs/Personal Trainers

CURVES FOR WOMEN

www.curves.com

240 US Route 1, Falmouth, ME 04105 • (207) 781-9007

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

ENERJOY HEALTH FITNESS PROGRAMS

www.enerjoyhealth.com

6 Ridge Lane, Falmouth, ME 04105 • (207) 878-2821

Year-round. A small group/individual studio offering fitness solutions for the young and old, including “yoga-lates,” corporate fitness, and lifestyle coaching.

FITNESS EDGE

417 US Route 1, Falmouth, ME 04105 • (207) 781-7116

Year-round. Work up a sweat—hit the gym!

MY GYM CHILDREN'S FITNESS CENTER

www.my-gym.com

204 US Route 1, Falmouth, ME 04105 • (207) 781-7877

Year-round. My Gym has an extraordinary program and facility designed for children 6 weeks through 13 years to develop physically, cognitively, and emotionally.

NATURAL FITNESS

www.naturalfitnessme.com

6 Fundy Road, Suite 400, Falmouth, ME 04105 • (207) 781-3900

Year-round. Natural Fitness is a one-on-one personal training studio achieving optimal performance for a healthier way of life.

PORTLAND ATHLETIC CLUB

www.portlandathletic.com

196 US Route 1, Falmouth, ME 04105 • (207) 781-2671

Year-round. Maine's first indoor tennis club, features six courts as well as a multi-purpose gymnasium complete with free weights and machines, personal training, and a variety of classes, such as strength training, spinning, and racquetball.

On Your Own

*ESTHER O'BRIEN NATURE TRAIL

www.town.falmouth.me.us

Lunt Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. This moderately difficult hiking and exercise trail winds behind Lunt and Plummer-Motz Schools. A 12-stage Vita Exercise Course is located at regular intervals with equipment for stretching and strengthening activities.

*FALMOUTH COMMUNITY PARK

www.town.falmouth.me.us

Winn Road • Contact: Parks & Public Works, 101 Woods Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. The park includes an active farm, open fields, multipurpose fields, running fields, two ball fields, and three miles of trails for cross-country skiing, hiking, walking, and jogging.

*FALMOUTH NATURE PRESERVE

www.trails.org

176 Foreside Road • Contact: Portland Trails, 305 Commercial Street, Portland, ME 04105 • (207) 775-2411

Year-round. Five well-marked dirt trails wind through a wooded forest. The 76-acre preserve is located on Route 88.

*GILSLAND FARM, MAINE AUDUBON

www.maineaudubon.org

20 Gilsland Farm Road, Falmouth, ME 04105 • (207) 781-2330

Year-round. The 65-acre sanctuary contains an environmental center as well as numerous trails to explore, that wind through woods, meadows, orchards, and salt marshes.

*GRAVES SCHOOL PARK

www.town.falmouth.me.us

Pleasant Hill Road • Contact: Parks & Public Works, 101 Woods Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. The park offers open space, benches, and playground equipment on the 1.6 acres.

*HARDY ROAD TRAIL

www.town.falmouth.me.us

Hardy Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. Take a footpath through mature forest, wetlands, and a variety of animal habitats.

*HUSTON PARK

www.town.falmouth.me.us

Winn Road • Contact: Parks & Public Works, 101 Woods Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. The 4-acre park offers two lighted tennis courts, softball field, lighted ice skating rink, playground, two basketball courts, and a warming center for cold winter days.

*KID'S WORLD

www.town.falmouth.me.us

Lunt Road • Contact: Parks & Public Works, 101 Woods Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. Kid's World, located near the Maze Craze playground, is handicap-accessible and great for family fun.

*LEGION FIELD

www.town.falmouth.me.us

Depot Road • Contact: Parks & Public Works, 101 Woods Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. The 14-acre area includes four ball fields, two lighted tennis courts, restrooms, and a concession stand.

*MACKWORTH ISLAND TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
South Portland, ME 04101 • (207) 775-2411

Year-round. The 1.25-mile wood chip and soil trail has moderate slopes and circles Mackworth Island with views of Casco Bay. Park at the entrance of the island on Andrews Avenue causeway off Route 1.

*MAZE CRAZE PLAYGROUND

www.town.falmouth.me.us

Lunt Road • Contact: Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. The large wooden maze with castle towers, tunnels, swings, slides, tire jungles, and monkey bars is one of southern Maine's most popular playgrounds.

*MILL CREEK TRAIL

www.town.falmouth.me.us

Old Mill Road • Contact: Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. This is an easy trail for families with small children. It is short and has rocky, grassy areas and clam flats.

*PHILLIPS PARK

www.town.falmouth.me.us

Corner Route 1, Foreside Road • Contact: Parks & Public Works,
101 Woods Road, Falmouth, ME 04105 • (207) 781-5253

Year-round. Phillips Park offers open spaces for all outdoor activities.

*PINE GROVE PARK

www.town.falmouth.me.us

Corner Route 1, Foreside Road • Contact: Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. The 27-acre park is full of walking trails along with war monuments and St. Mary's Monument.

*PRESUMPSCOT FALLS PARK

www.town.falmouth.me.us

Allen Ave Extension • Contact: Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. The park overlooks the Presumpscot River and is excellent for outdoor activities.

*TOWN FOREST

www.town.falmouth.me.us

Winn Road • Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. The 21-acre wooded recreational area and nature trails are excellent for exploration of the Town Forest.

*TOWN LANDING

www.town.falmouth.me.us

Town Landing Road • Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. Town Landing offers a public beach for swimming.

*UNDERWOOD PARK

www.town.falmouth.me.us

Foreside Road • Contact: Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. The 8 acres of open spaces feature a playground, nature trails, and benches for outdoor activities.

*VILLAGE PARK

www.town.falmouth.me.us

Hat Trick Drive • Contact: Parks & Public Works, 101 Woods Road,
Falmouth, ME 04105 • (207) 781-5253

Year-round. The 12-acre area features a lighted hockey rink, a roller hockey, and roller skating rink, a warming hut, concert gazebo, and open field areas.

*WALTON PARK

www.trails.org

Contact: Portland Trails, 305 Commercial Street, Portland, ME 04101 • (207) 775-2411

Year-round. The ADA-compliant gravel trail slopes gently down to the river via a series of switchbacks and allows for carry-on boat launching. Access through Allen Avenue Extension in Falmouth.

Other Interests

ATA KARATE FOR KIDS

196 US Route 1, Falmouth, ME 04105 • (207) 781-4226

Year-round. Kids can learn self-discipline, self-confidence, and self-control when they study karate.

NORTH ATLANTIC FIGURE SKATING CLUB

www.northatlanticfsc.org

P.O. Box 6052, 20 Hat Trick Drive, Falmouth, ME 04105 • (207) 781-5058

Year-round. Learn to skate, take lessons, and enter competitions in this fun and professional skating environment!

Freeport

Community Services

CASCO BAY REGIONAL YMCA

www.cascobayymca.org

14 Old South Freeport Road, Freeport, ME 04032 • (207) 865-9600

Year-round. Offers programs for all ages and families, including camps, adaptive services, aquatics, and health classes.

FREEPORT RECREATION AND COMMUNITY EDUCATION CENTER

www.fce-online.com

17 West Street, Freeport, ME 04032 • (207) 865-6171

Year-round. Provides a variety of ideas of how you can experience all that Freeport has to offer.

*THE PORT TEEN CENTER

www.fce-online.com

53 Depot Street, Freeport, ME 04032 • (207) 869-1036

Year-round. The Port is a teen center which offers activities including yoga, recreation classes, open mic nights, and much more!

Fitness Clubs/Personal Trainers

CURVES FOR WOMEN

www.curves.com

491 US Route 1, Suite 22, Freeport, ME 04032 • (207) 865-3147

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

On Your Own

DELIA B. POWERS WINSLOW MEMORIAL PARK & CAMPGROUND

www.freeportmaine.com

Staples Point Road, Freeport, ME 04032

Summer: (207) 865-4198 • Winter: (207) 865-9052

Year-round. The park offers: scenic trails, playground equipment, boat launch, beach, and volleyball nets. Enjoy wintertime cross-country skiing and snowshoeing.

DESERT OF MAINE

www.desertofmaine.com

95 Desert Road, Freeport, ME 04032 • (207) 865-6962

Seasonal. The desert is one of Maine's natural wonders! Take a coach tour, a sand design class, or take a walking tour on the trails.

LL BEAN OUTDOOR DISCOVERY SCHOOL

www.llbean.com

LL Bean Inc., Freeport, ME 04032 • 1-888-LLBEAN1

Year-round. Fly-fishing, kayaking, walk-on snowshoeing and skiing, and more—sign up to try a new and exciting outdoor adventure.

*MAST LANDING SCHOOL PLAYGROUND

www.freeportpublicschools.org

116 Bow Street, Freeport, ME 04032 • (207) 865-4561

Year-round. Outdoor fun for all.

*MORSE STREET SCHOOL PLAYGROUND

www.freeportpublicschools.org

21 Morse Street, Freeport, ME 04032 • (207) 865-6361

Year-round. The playground is fenced in with playing fields, swings, and slides for the public to enjoy.

*PETTENGILL FARM

www.freeporthistoricalsociety.org

Pettengill Road, Freeport, ME 04032 • (207) 865-3170

Year-round. The grounds include gardens, fields, and forest trails on the 19th century farm located on a saltwater estuary of the Harraseeket River. Park outside the gate, and the trail begins following the .75-mile driveway.

WOLFE'S NECK WOODS STATE PARK

www.maine.gov

426 Wolfe's Neck Woods Road, Freeport, ME 04032 • (207) 865-4465

April–October. Explore the 233-acre park including picnic areas, paths, and 5 miles of hiking trails along the Casco Bay shore.

Other Interests

FREEPORT COUNTRY CLUB

2 Old County Road, Freeport, ME 04032 • (207) 865-0711

Seasonal. The 9-hole public golf course is a difficult course with several dogleg fairways including water on two holes.

FREEPORT MIDDLE SCHOOL FIELD

19 Kendall Lane, Freeport, ME 04032 • (207) 865-6051

Seasonal. Athletic field for soccer, lacrosse, baseball, and other sports.

Frye Island

Other Interests

FRYE ISLAND GOLF COURSE

Fairway Lane, Frye Island, ME 04071 • (207) 655-3551

Seasonal. An 18-hole (9 green) golf course open 9 a.m. to dusk. Off-season, open 9 a.m. to 5 p.m. Lounge and pro shop.

Gorham

Community Services

GORHAM ADULT EDUCATION

www.gcvce.org

41 Morrill Avenue, Gorham, ME 04038 • (207) 222-1095

Year-round. Provides opportunities in the Gorham area for ways to become physically active, through dance, yoga, and fitness classes.

GORHAM RECREATION DEPARTMENT

www.gorhamrec.com

75 South Street, Suite 1,
Gorham, ME 04038 • (207) 222-1630

Year-round. Provides programs for the community in physical activity for all ages, including basketball, aquatics, and activities in the Gorham area.



Fitness Clubs/Personal Trainers

CURVES FOR WOMEN

www.curves.com

20 Mechanic Street, Gorham, ME 04038 • (207) 839-6222

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

UNIVERSITY OF SOUTHERN MAINE LIFELINE CENTER FOR WELLNESS AND HEALTH PROMOTION

www.usm.maine.edu

Gorham Campus, Route 25, Gorham, ME 04038 • (207) 780-5092

Year-round. Lifeline offers programs for youth and adults in aerobics, fitness, yoga, boot camp, and personal training.

On Your Own

GORHAM MIDDLE SCHOOL GYM

www.gorham-me.org

106 Weeks Road, Gorham, ME 04038 • (207) 222-1220

Seasonal. Open gym basketball Mondays and Thursdays from September through May.

*GORHAM TRAILS LAND TRUST

<http://home.maine.rr.com/gorhamtrails>

4A Aspen Lane, Gorham, ME 04038 • (207) 839-8000

Year-round. Find trails throughout Gorham's fields, forests, and riverbanks.

*LITTLE FALLS RECREATION AREA

www.gorham-me.org

Gray Road, Gorham Recreation Department, 75 South Street, Suite 1, Gorham, ME 04038 • (207) 222-1630

Year-round. Offers playing fields, tennis courts, and fun for the whole family.

*NARRAGANSETT SCHOOL PLAYGROUND

www.gorhamschools.org

284 Main Street, Gorham, ME 04038 • (207) 222-1250

Year-round. The playground is an ideal place for family entertainment.

*ROBIE PARK

www.gorham-me.org

Gorham Recreation Department, 75 South Street, Suite 1, Gorham, ME 04038 • (207) 222-1630

Year-round. Located between Morrill Avenue and Ball Park Road.

SHAW GYM

www.gorham-me.org

75 South Street, Gorham, ME 04038 • (207) 222-1630

Seasonal. Tuesday night volleyball from April through November.

*SHAW PARK

www.gorham-me.org

55 Partridge Lane, Gorham, ME 04038 • (207) 222-1630

Year-round. The Shaw Park features baseball fields, basketball courts, and river access and provides access to miles of Maine Mountain Division Trails which can be used for walking, horseback riding, and mountain biking. Off Partridge Lane.

*THE VILLAGE SCHOOL PLAYGROUND

www.gorhamschools.org/Village.htm

12 Robie Street, Gorham, ME 04038 • (207) 222-1300

Year-round. The castle-like playground features a mirror mini maze craze, tunnels, slides, trampoline bridges, and much more.

Other Interests

BENNETT ALL WEATHER PAINTBALL AND DISC GOLF

www.bennettallweatherpaintball.com

463 Fort Hill Road, Gorham, ME 04038 • (207) 839-9177

Year-round. 8 a.m.–dusk daily. Come join a fun game of disc golf, aka Frisbee golf. Based on the rules of golf, it uses flying discs which are similar to the Frisbee, thrown towards a target serving as the “hole.”

CENTRE OF MOVEMENT SCHOOL OF PERFORMING ARTS

www.centreofmovement.com

19 State Street, Gorham, ME 04038 • (207) 839-3267

Year-round. Something for everyone: dance, gymnastics, theatre, ballroom dance, African drumming, and more!

GORHAM COUNTRY CLUB & GOLF COURSE

68 McLellan Road, Gorham, ME 04038 • (207) 839-3490

Seasonal. The 18-hole public golf facility has a 20-tee driving range and 6,552 yards of course.

HOLISTIC PATHWAYS YOGA & HEALING CENTER

www.holisticpathways.com

203 Main Street, Gorham, ME 04038 • (207) 839-7192

Year-round. Pregnancy Yoga, Mommy & Me Infant Yoga, Mommy & Me Yoga for Tots, private lessons, and children’s classes are offered year-round for all ages and abilities.

KENT’S STABLES

www.kentsstables.com

726 Fort Hill Road, Route 114, Gorham, ME 04038 • (207) 749-2363

Year-round. Offers riding lessons in Western and English, therapeutic riding, trail lessons, and other recreational programs.

THE DANCE STUDIO OF MAINE

www.dancestudioofmaine.com

6 School Street, Gorham, ME 04038 • (207) 839-6161

Year-round. "It's never too late to start dancing." Offers classes in tap, ballet, hip-hop, lyrical, and even cardio kick boxing.

UNIVERSITY OF SOUTHERN MAINE ICE ARENA

www.usm.maine.edu

Gorham Campus, Route 25, Gorham, ME 04038 • (207) 780-5431

Year-round. The Olympic-size arena offers intramural ice hockey, broomball, and public skating.

YOU PILATES STUDIO

206 South Street, Gorham, ME 04038 • (207) 839-3624

Year-round. Do something good for your health—try pilates.

YOURSPACE

www.yourspacemaine.org

215 Narragansett Street, Gorham, ME 04038 • (207) 839-6767

Year-round. Complex for sporting and recreational activities for all ages.

Gray

Community Services

GRAY-NEW GLOUCESTER ADULT & COMMUNITY EDUCATION

www.ed2go.com/gngadulced

10 Libby Hill Road, Gray, ME 04039 • (207) 657-2620

Year-round. Promote wellness and balance in your life by taking classes revolving around health topics and recreation, such as belly dancing and yoga.

TOWN OF GRAY RECREATION DEPARTMENT

www.graymaine.org

22 Main Street, Gray, ME 04039 • (207) 657-2323

Year-round. Lots of family-friendly activities, such as swimming, picnicking, sports leagues, fishing off the public beach, and hiking trails.

Fitness Clubs/Personal Trainers

CURVES FOR WOMEN

www.curves.com

15 Main Street, Gray, ME 04039 • (207) 657-6855

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

Other Interests

NEW BOSTON FARM

www.newbostonfarm.com

11 Totten Road, Gray, ME 04039 • (207) 657-3274

Year-round. A full-service show, training, and boarding barn specializing in the safe and correct training of horses and their riders. Lessons and camps are available for all experience levels.

STUDIO FOR THE LIVING ARTS

www.studiofortheivingarts.com

199B Portland Road, Gray, ME 04039 • (207) 657-3006

Year-round. Develop a passion and love for dance of all kinds, including jazz, hip-hop, ballet, tap, and “introdance” for preschoolers.

Harrison

Community Services

HARRISON RECREATION

www.townofharrisonmaine.com

20 Front Street, PO Box 300, Harrison, ME 04040 • (207) 583-2241

Year-round. Community members can all find something to do—whether it may be joining a “fitness over 40” class or shooting hoops with a neighbor.

Other Interests

THE BALLROOM

PO Box 805, Main Street, Harrison, ME 04040 • (207) 583-6964

Year-round. Bring a partner or come by yourself to learn classic ballroom dance or try yoga.

Naples

Community Services

NAPLES RECREATION DEPARTMENT

www.townofnaples.org

15 Village Green Lane, Naples, ME 04055 • (207) 693-6364

Year-round. Naples has a community ice arena, as well as ample areas for swimming and outdoor recreation.

Fitness Clubs/Personal Training

CAUSEWAY FAMILY FITNESS

703 Roosevelt Trail, Naples, ME 04055 • (207) 693-4500

Year-round. Hit the gym at this convenient location right in Naples.

Other Interests

SECRET ACRES STABLES

www.secretacresstables.com

185 Lambs Mill Road, Naples, ME 04055 • (207) 693-3441

Year-round. A leasing program, riding lessons, day camp, therapeutic program, boarding, and training programs are all designed to ensure you experience the benefits of riding and the joy it can bring.

New Gloucester

Other Interests

PINELAND FARMS

www.pinelandfarms.org

15 Farm View Drive, New Gloucester, ME 04260 • (207) 688-4539

Year-round. This beautiful farm offers educational classes and recreational activities ranging from Nordic skiing to therapeutic horseback riding.

North Yarmouth

Community Services

CUMBERLAND-NORTH YARMOUTH COMMUNITY EDUCATION AND RECREATION DEPARTMENT

www.cumberlandmaine.com

290 Tuttle Road, Cumberland, ME 04021 • (207) 829-2208

Year-round. Adult fitness classes and trips, children's sports teams and clinics, adult pool programs, summer camps, and swim lessons are some of the featured programs.

On Your Own

*OLD TOWN HOUSE PARK

www.northyarmouth.govoffice.com

10 Village Square, North Yarmouth, ME 04097 • (207) 829-3705

Seasonal. Consists of 62 acres of open space, including upland fields, flood waters, and freshwater wetlands great for trail walks and recreation.

PINELAND PUBLIC RESERVED LAND

www.state.me.us

Route 231, North Yarmouth, ME 04097 • (207) 778-8231

Year-round. The Reserve offers 600-acres of trails, canoeing, hiking, snowshoeing, and skiing.

*THE VILLAGE GREEN

www.northyarmouth.govoffice.com

475 Walnut Hill Road, Yarmouth, ME 04097 • (207) 829-3705

Year-round. This 2-acre open area is great for flying a kite, playing catch, taking a walk, or enjoying the outdoors.

*VETERANS MEMORIAL PARK

www.northyarmouth.govoffice.com

Memorial Highway, Yarmouth, ME 04097 • (207) 829-3705

Year-round. The park offers great walking trails in the North Yarmouth area.

*WESCUSTOGO PARK

www.northyarmouth.govoffice.com

Route 231, North Yarmouth, ME 04097 • (207) 829-3705

Year-round. The 10-acre park consists of open fields and a canoe launch on the Royal River.

Other Interests

LAKESIDE ARCHERY

www.lakesidearchery.com

55 Cumberland Road, North Yarmouth, ME 04097 • (207) 829-6213

Year-round. Outdoor 3-D archery range, private lessons, an indoor range, and group lessons.

*SKYLINE FARM

www.skylinefarm.org

95 The Lane, North Yarmouth, ME 04097 • (207) 829-9203

Year-round. Skyline Farm is a museum with an antique carriage and sleigh collection. The farm offers open space and a 2.8 km-loop trail great for walking, cross-country skiing, or snowshoeing.

TODDY BROOK GOLF COURSE

www.toddybrookgolf.com

925 Sligo Road, North Yarmouth, ME 04097 • (207) 829-5100

Year-round. An 18-hole golf course featuring a restaurant, function facility, lessons, and a full pro shop.

Orr's Island

Other Interests

H2 OUTFITTERS

www.h2outfitters.com

Route 24, PO Box 72, Orr's Island, Maine 04066 • (207) 833-5257 or (800) 20-KAYAK

Year-round. The combination of protected coves, numerous islands, and open ocean makes this a perfect spot for sea kayaking adventures for all skill levels. Skilled instructors from the oldest sea kayaking company on the East Coast will guide you to ensure your safety.

Peaks Island

Other Interests

MAINE ISLAND KAYAK CO.

www.maineislandkayak.com

70 Luther Street, Peaks Island, ME 04108 • (207) 766-2373 or (800) 796-2373

Seasonal. Discover the thrill of paddling on the ocean—sign up for a course or take a journey along the Maine coast.

Portland

Community Services

AGING EXCELLENCE

www.seniorsonthego.com

115 Middle Street, Suite 100, Portland, ME 04101 • (207) 771-0991

Year-round. The mission of this program is to help seniors to stay active within their homes and in the community.

HEALTHY PORTLAND

www.healthyportland.org

389 Congress Street, Portland, ME 04101 • (207) 756-8021

Year-round. This is a community coalition working to increase the health of Portland residents.

MAINEHEALTH LEARNING RESOURCE CENTER

www.mainehealth.org

272 Congress Street, Portland, ME 04101 • (866) 609-5183

Year-round. Offers health education and information resources to communities, including programs on healthy eating, yoga, t'ai chi, and many other health and wellness programs.

*MARCH INTO MAY

www.marchintomay.org

389 Congress Street, Portland, ME 04101 • (207) 874-8618

March through May. A free, online, 10-week health improvement program to help people "get more out of life" by supporting and encouraging fun, easy ways to increase physical activity.

PORTLAND ADULT EDUCATION

www.portlandadulted.org

150 Ocean Avenue, Portland, ME 04103 • (207) 775-0432

Year-round. Perhaps you would like to try a belly-dancing class or learn gardening tips; they offer a variety of exercise classes, including aerobics, strength training, yoga, Pilates, t'ai chi, cardio, and self-defense.

PORTLAND BOYS & GIRLS CLUB

www.bgcmaine.org

277 Cumberland Avenue, Portland, ME 04101 • (207) 874-1070

Year-round. Offers educational programs, including fitness and recreation, and has a learning center, gym, pool, and game room.

PORTLAND PARKS AND RECREATION

www.portlandmaine.gov

17 Arbor Street, Suite 2, Portland, ME 04103 • (207) 874-8793

Year-round. A vast array of recreation programs and clinics for preschool, youth, family, music/fine arts, teens, adults, and seniors.

PORTLAND SPORTS COMPLEX

www.portlandsportscomplex.com

512 Warren Avenue, Portland, ME 04103 • (207) 878-0865

Year-round. The complex offers indoor sports leagues like soccer, softball, baseball, lacrosse, field hockey, and flag football.

RIVERTON PARK CLUB

www.bgcmaine.org

55 Riverton Drive, Portland, ME 04103 • (207) 797-9048

Year-round. Offers educational programs as well as a learning center, gym, pool, and game room. Various times throughout the week. Punch cards available.

Fitness Clubs/Personal Training

BAY CLUB

www.bayclubfitness.com

1 City Center, Portland, ME 04101 • (207) 772-5444

Year-round. Provides personal training for adults and youth ages 15-18, nutrition programs, and group fitness classes.

GREATER PORTLAND YMCA

www.cumberlandcountymca.org

70 Forest Avenue, Portland, ME 04101 • (207) 874-1111

Year-round. Activities including handball, basketball, youth sports, open gym, aquatics, and much more.

LIFESTYLE FITNESS CENTER

www.lfcmaine.com

55 Warren Avenue, Portland, ME 04104 • (207) 797-5700

Year-round. Your membership allows you to visit two gyms, in Portland and Scarborough, whichever is more convenient for you.

PLANET FITNESS

www.planetfitness.com

145 Marginal Way, Portland, ME 04101 • (207) 879-2200

Year-round. A wide variety of equipment, personal training, and friendly staff make this a “judgment-free,” fun place to work out.

THE BODY ARCHITECT

www.thebodyarchitect.com

34 Ramasco Lane, Portland, ME 04101 • (207) 774-2196

Year-round. The Body Architect is a supportive space where you can realize your fitness goals, re-balance, and re-energize your body.

THE RACKET AND FITNESS CENTER

www.racketandfitnesscenter.com

2445 Congress Street, Portland, ME 04102 • (207) 775-6128

Year-round. Maine’s largest indoor tennis facility. They have nine air conditioned tennis courts, racquetball, and wallyball courts, plus a fitness center.

UNIVERSITY OF SOUTHERN MAINE LIFELINE CENTER FOR WELLNESS AND HEALTH PROMOTION

www.usm.maine.edu

Portland Campus, Sullivan Gym, Falmouth Street, Portland, ME • (207) 780-5092

Year-round. Lifeline offers programs for youth and adults in aerobics, fitness, yoga, boot camp, and personal training.

WORLD GYM

275 Marginal Way, Portland, ME 04101 • (207) 828-9900

Year-round. Provides a wide variety of cardiovascular equipment, resistance training equipment, and exercise classes.

On Your Own

*BACK COVE TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. A 3.5-mile-loop trail with stone dust and paved surfaces. Parking available at Preble Street Extension and the north side of Baxter Boulevard at Payson Park.

*BAXTER WOODS

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The .75-mile winding, flat trail is located in the 30-acre nature preserve between Stevens Avenue and Forest Avenue with accessibility along Hartley Street, Stevens Avenue, and Forest Avenue.

*CAPISIC BROOK TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The 18-acre nature preserve has a .5-mile trail through woods, fields, and ponds. Access at Capisic Street or on Rockland Avenue and Lucas Street.

*CLARK STREET PARK

www.portlandmaine.gov

Clark Street, Portland, ME 04101 • (207) 874-8793

Year-round. Open during after-school hours; located near Danforth Street.

*CLIFF ISLAND SCHOOL PLAYGROUND

www.portlandmaine.gov

8 Church Road, Portland, ME 04109 • (207) 874-8793

Year-round. Sure to bring the kid out in anyone. Open after school hours.

*DEERING OAKS PARK

Forest and Deering Avenues, Portland, ME 04101 • (207) 874-8793

Year-round. A 51-acre park that is great for walking or jogging and has basketball, volleyball, and tennis courts, a playground, paddleboats, and ice skating.

*EAST END SCHOOL PLAYGROUND

www.portlandmaine.gov

414 Eastern Promenade, Portland, ME 04101 • (207) 874-8793

Year-round. Open during and after school hours.

*EASTERN PROMENADE PARK

Eastern Promenade, Portland, ME 04101 • (207) 756-8275

Year-round. The promenade includes a 2.1-mile paved path, great for walking, skating or biking, along with 6.8-acres of park including basketball, tennis, and ball fields.

*EASTERN PROMENADE TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. A 2.1-mile waterfront trail, as well as a beach for swimming and a boat launch, is available at the East End Beach. Access is at the corner of Commercial and India Streets, and it connects to Back Cove.

*EVERGREEN CEMETERY TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. Maine's largest cemetery offers a park area with four ponds and a network of wooded paved and natural trails. Access available at 672 Stevens Avenue, Brentwood Street and Woodvale Street.

*FORE RIVER SANCTUARY

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The 2-mile trail is part of the 85-acre Maine Audubon preserve including Jewell Falls, Portland's only natural waterfall. Access through Congress Street, Rowe Street, or Hillcrest Avenue.

*FORE RIVER TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. A 1-mile gravel and boardwalk trail runs through wooded and marsh areas and may be accessed at Hobart Street off outer Congress Street.

*FRED P. HALL SCHOOL PLAYGROUND

www.portlandmaine.gov

23 Orono Road, Portland, ME 04102 • (207) 874-8793

Year-round. Open after school hours.

*GREAT DIAMOND ISLAND PARK PLAYGROUND

www.portlandmaine.gov

Great Diamond Island, Portland, ME 04101 • (207) 874-8793

Year-round. Get out and play!

*HARBORWALK TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The 5.2-mile trail is marked with yellow signs from East End Beach to the South Portland Greenbelt Walkway and Bug Light Park.

*HESELTINE PARK PLAYGROUND

www.portlandmaine.gov

Irving Street, Portland, ME 04103 • (207) 874-8793

Year-round. Get outside for some kid-friendly fun; at the intersection of Ocean Avenue and Irving Street.

*KENNEDY PARK-FOX FIELD

www.portlandmaine.gov

Fox Street, Portland, ME 04101 • (207) 874-8793

Year-round. Go play! Located on Fox Street at Anderson and Boyd Streets off Cumberland Avenue.

*LONGFELLOW SCHOOL PLAYGROUND

www.portlandmaine.gov

432 Stevens Avenue, Portland, ME 04103 • (207) 874-8793

Year-round. Open after school hours for the young and the young-at-heart.

*LYSETH LYMAN MOORE SCHOOL PLAYGROUND

www.portlandmaine.gov

175 Auburn Street, Portland, ME 04103 • (207) 874-8793

Year-round. Open after school hours for your family's entertainment.

*LYSETH-MOORE-PINE GROVE TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The trail is flat through the wooded terrain and heads towards Pine Grove Park. Access through Auburn Street off Allen Avenue.

*MAINE ISLAND TRAIL ASSOCIATION

www.mita.org

58 Fore Street, Building 30, 3rd Floor, Portland, ME 04101 • (207) 761-8225

Seasonal. Builds and maintains a unique 350-mile boating and sea kayaking water trail from Kennebunkport to Machias, Maine.

*MARADA ADAMS SCHOOL PLAYGROUND

www.portlandmaine.gov

48 Moody Street, Portland, ME 04101 • (207) 874-8793

Year-round. Come and have some fun on this wonderful playground! Open during/after school hours.

*MARTIN'S POINT TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. A .25-mile paved trail with a moderate slope and views of Casco Bay. Parking is available at the Martin's Point Health Center on Route 1.

*MCINTYRE PARK PLAYGROUND

www.portlandmaine.gov

Taylor Street, Portland, ME 04102 • (207) 874-8793

Year-round. Spend the day having a blast.
Near Emery Street.

*MUNJOY SOUTH PARK PLAYGROUND

www.portlandmaine.gov

Mountfort Street at Federal Street,
Portland, ME 04101 • (207) 874-8793

Year-round. Nothing to do? Play on the
playground!

*NATHAN CLIFFORD SCHOOL PLAYGROUND

www.portlandmaine.gov

180 Falmouth Street, Portland, ME 04102 • (207) 874-8793

Year-round. Open after school hours.

*OAT NUTS PARK TRAIL

www.trails.org

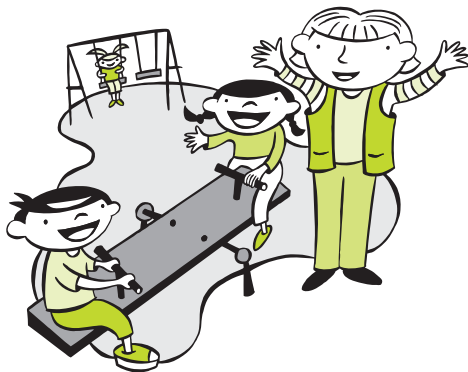
Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The .5-mile trail is a footpath/gravel trail through the woods, which begins at Summit Street between Olde Birch Lane and Juniper Street. Parking at Summit Street.

*PAYSON PARK

Off Baxter Boulevard, Portland, ME 04101 • (207) 874-8793

Year-round. The park offers basketball and tennis courts, ball fields, a playground, community gardens, and winter skating.



*PEAKS ISLAND LOOP

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. A paved, mainly flat waterfront 4-mile trail, just a 20-minute ferry ride from Portland, with views of three Maine lighthouses and Fort Gorges.

*PEAKS ISLAND SCHOOL PLAYGROUND

www.portlandmaine.gov

4 Church Street, Portland, ME 04108 • (207) 874-8793

Year-round. Find amusement at the playground after school hours.

*PLEASANT STREET PARK PLAYGROUND

www.portlandmaine.gov

Pleasant Street, Portland, ME 04101 • (207) 874-8793

Year-round. Escape boredom by heading to the playground. Located on Pleasant Street at York Street, near Gorham's Corner.

*PORTLAND ARTS AND TECHNOLOGY HIGH SCHOOL TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The .5-mile trail consists of a network of dirt trails located behind the high school. Access available off Allen Avenue.

*PORTLAND TRAILS

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. Check out the map listed on their website for the locations of trails you can enjoy for a family outing—take a walk, hike, or bike ride on trails all over Portland.

*PRESUMPCOT RIVER PRESERVE

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The 2.5-mile trail runs along a ravine into the preserve, allowing bike access. Enter through Overset Road off Curtis Road.

*PRESUMPSCOT RIVER TRAIL – NORTH SHORE

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. A primitive .4-mile trail with many tree roots winds through the woods. Parking area on the west side of Allen Avenue Ext., opposite Walton Park.

*PRESUMPSCOT SCHOOL PLAYGROUND

www.portlandmaine.gov

69 Presumpscot Street, Portland, ME 04103 • (207) 874-8793

Year-round. Spend a sunny day outdoors with your little ones. Available on weekends and after-school hours.

*REICHE ELEMENTARY PLAYGROUND

www.portlandmaine.gov

166 Brackett Street, Portland, ME 04102 • (207) 874-8793

Year-round. Let kids explore and get some fresh air.

*RIVERTON SCHOOL PLAYGROUND

www.portlandmaine.gov

1600 Forest Avenue, Portland, ME 04103 • (207) 874-8793

Year-round. A family-centered place your children are sure to enjoy.

*RIVERTON TROLLEY PARK

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The short loop trail is nice for walking or cross-country skiing. Parking available on Riverside Street next to the ball field.

*SMITH STREET, PEPPERMINT PARK PLAYGROUND

www.portlandmaine.gov

Cumberland Avenue at Smith Street, Portland, ME 04101 • (207) 874-8793

Year-round. Run around, climb, swing: go have some fun.

*STONE STREET PLAYGROUND

www.portlandmaine.gov

Oxford Street, Portland, ME 04101 • (207) 874-8793

Year-round. Start a new tradition—visit your local playgrounds weekly with your children.

*STROUDWATER TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The hilly 2.75-mile trail runs along the Stroudwater River with steep grades and scenic outlooks. Trail access through River's Edge Drive, Blueberry Road and Hutchins Drive.

SUMMER FEET

www.summerfeet.net

PO Box 10822, Portland, ME 04104 • (207) 591-5014

Seasonal. Experience the quiet thrills of nature and the wonder of the Maine countryside while enjoying three- or six-day biking tours.

*TATE-TYNG PLAYGROUND

www.portlandmaine.gov

Tate, York and Tyng Streets, Portland, ME 04102 • (207) 874-8793

Year-round. You're never too old to play.

*EASTERN PROMENADE PARK

www.portlandmaine.gov

Portland, ME 04101 • (207) 874-8793

Year-round. Take a stroll on the 1.5-mile paved walkway and enjoy the scenic views of flowers, Casco Bay, and the beach.

*UNIVERSITY PARK TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The .6-mile unpaved trail begins on Harvard Street off Washington Avenue or behind the Seventh Day Adventist Church on Allen Avenue and loops back on Yale Street.

*WEST SCHOOL PLAYGROUND

www.portlandmaine.gov

57 Douglass Street, Portland, ME 04102 • (207) 874-8793

Year-round. Laugh and play as you explore the playground.

*WESTERN PROMENADE PARK

Western Promenade, Portland, ME 04101 • (207) 874-8793

Year-round. The promenade is great for a day outdoors, with excellent views and a paved trail.

*WILL'S PLAYGROUND

www.portlandmaine.gov

Eastern Promenade between Congress and Turner Streets,
Portland, ME 04101 • (207) 874-8793

Year-round. Your kids won't complain about this family outing.

Other Interests

ACADEMY OF MIXED MARTIAL ARTS

www.ammaonline.com

512 Warren Avenue, Portland, ME 04103 • (207) 615-0060

Year-round. A gym offering classes in Brazilian jiu-jitsu and kickboxing, cardio/weight lifting equipment, a full-size boxing ring, and heavy bags.

AIKIDO OF MAINE

www.aikidoofmaine.com

226 Anderson Street, Portland, ME 04101 • (207) 879-9207

Year-round. The martial art studio teaches aikido—meaning “the art of peace.” Classes for both adults and children are offered seven days a week.

AMERICAN BALLROOM DANCE ACADEMY

62 Forest Avenue, Portland, ME 04101 • (207) 879-5761

Year-round. Group and/or private lessons teaching a full range of ballroom dances for competitions, weddings, cruises, and fun with or without a partner.

BIKRAM'S YOGA COLLEGE OF INDIA

www.mainebikramyoga.com

49 Dartmouth Street, Portland, ME 04103 • (207) 874-9642

Year-round. Bikram Yoga has been described by its creator as a “moving meditation.” Physically it cultivates strength, flexibility, and balance.

BREAKWATER SCHOOL

856 Brighton Avenue, Portland, ME 04102 • (207) 772-8689

Year-round. Summer camps, after-care programs, and community programs are recreational and fun.

CASCO BAY MOVERS DANCE STUDIO

www.cascobaymovers.com

517 Forest Avenue, Portland, ME 04101 • (207) 871-1013

Year-round. Here you have the opportunity to dance to your heart's content—everything from street funk to break-dance to flamenco to ballet.

CHOI INSTITUTE OF MARTIAL ARTS & SCIENCE

www.choishindo.com

85 Free Street, Portland, ME 04101 • (207) 775-3866

Year-round. Students receive the benefits of superior physical fitness, flexibility, and mental acuity while learning real self-defense skills that they retain for life.

EMS KAYAK

www.kayak-ems.com

Eastern Mountain Sports, 87 Marginal Way,
Portland, ME 04101 • (207) 541-1919 or (866) 635-2925

Seasonal. Enjoy sea kayaking? Never tried it? Check them out, or try their fly fishing paddle tours!

FORE SEASON INDOOR GOLF

<http://fsigolf.com/index.html>

1037 Forest Avenue, Portland, ME 04104 • (207) 797-8835

Seasonal. Virtual reality golf center—the tracking system calculates the ball speed, trajectory, distance and more, giving you the chance to perfect your game without even stepping onto the green.

FOURNIER'S LEADERSHIP KARATE CENTER

www.portlandsbestkarate.com

1053 Forest Avenue, Portland, ME 04103 • (207) 797-0900

Year-round. Interested in exercise, self-defense, programs for kids, Shotokan Karate, or kick-boxing?

FROZEN ROPES TRAINING CENTER

www.frozenropes.com

512 Warren Avenue, Portland, ME 04103 • (207) 878-2600

Year-round. World leaders in baseball and softball instruction will help you develop your skills through programs and training.

FULL CIRCLE SYNERGY SCHOOL OF T'AI CHI CH'UAN

www.fullcirclesynergy.com or www.mainetaichi.com

500 Forest Avenue, Portland, ME 04101 • (207) 780-9581

Year-round. Offering a wide range of t'ai chi & healing qigong classes—novice to advanced. Benefits include relaxation, stress reduction, balance, internal alignment, and the joy of movement.

HAPPY WHEELS

331 Warren Avenue, Portland, ME 04101 • (207) 797-8207

Year-round. Youth, adult, and combination skating is offered. Rent skates or bring your own.

JAMILEH-MAINE BELLY DANCE

www.mainebellydance.com

(Mailing) 189 St. John Street, Portland, ME 04102 • (207) 773-2966

Year-round. Belly dance is a celebration of women and life at all stages. Classes offered at a variety of locations for all ages and skill levels.

KIWANIS POOL

www.portlandmaine.gov

165 Douglass Street, Portland, ME 04101 • (207) 874-8456

Seasonal. Enjoy a safe time at the outdoor pool with the entire family. Summer swim lessons available.

KUNDALINI COMMUNITY YOGA

www.kcyoga.net

52 Pine Street, Portland, ME 04102 • (207) 615-5405

Year-round. Offers group classes, workshops, family yoga, meditation, breath instruction, and individual sessions.

MAINE BALLROOM DANCE

www.maineballroomdancing.com

614 Congress Street, Portland, ME 04101 • (207) 773-0002

Year-round. On-site individual and group instruction in waltz, fox-trot, tango, rumba, cha-cha, swing, country, and Latin line dancing.

MAINE ROCK GYM INC.

www.merockgym.com

127 Marginal Way, Portland, ME 04101 • (207) 780-6370

Year-round. Safely experience the sport of rock climbing. The facility is made up of many different walls, with more than 5,000 square feet of rock-like textured climbing surface.

MAPLEWOOD DANCE CENTER

www.maplewooddancecenter.com

383 Warren Avenue, Portland, ME 04103 • (207) 878-0584

Year-round. Dance lessons taught here include waltz, fox-trot, tango, swing, salsa, cha-cha, and more!

NEW DANCE STUDIO

www.newdancestudio.com

32 Thomas Street, Portland, ME 04102 • (207) 712-1714

Year-round. Provides classes ages 3 and up that focus on alternative ways of dealing with the body, contemporary experience, and individual expression.

PILATES BAXTER PLACE

www.pilatesbaxterplace.com

305 Commercial Street, Portland, ME 04101 • (207) 828-3737

Year-round. See what your body can do once you put your mind to it through Pilates.

PORTLAND BALLET

www.portlandballet.org

517 Forest Avenue, Suite 2, Portland, ME 04101 • (207) 772-9671

Year-round. Provides classical ballet.

PORTLAND BOXING CLUB

www.portlandboxingclub.org

33 Allen Avenue, Portland, ME 04103 • (207) 761-0975

Year-round. Challenge yourself physically and mentally while training with the Portland Boxing Club. Open to everyone.

PORTLAND ICE ARENA

www.portlandicearena.com

225 Park Avenue, Portland, ME 04102 • (207) 774-8553

Seasonal, July–April. Offers opportunities for public skating, skating lessons, figure skating, and pickup hockey.

PORTLAND PILATES

www.pilatesportland.com

49 Dartmouth Street, Portland, ME 04102 • (207) 772-8950

Year-round. Individual private training sessions are a specialty, and there are always plenty of mat classes underway.

PORTLAND POWER YOGA

www.portlandpoweryoga.com

425 Marginal Way, Portland, ME 04101 • (207) 761-4328

Year-round. Practice and take lessons in this comfortable space designed just for power yoga.

PORTLAND WESTIES

www.portlandwesties.com

North Deering Grange Hall, 1408 Washington Avenue, Portland, ME 04101

Year-round. West coast swing dance on the 4th Friday of the month—beginner lessons, 8-9 p.m., followed by dancing all night. No partner needed!

PORTLAND YOGA STUDIO

www.portlandyoga.com

616 Congress Street, Portland, ME 04101 • (207) 799-0054

Year-round. Portland Yoga offers yoga opportunities for babies, kids, teens, and adults.

QUEST CENTER MARTIAL ARTS

www.questmartialarts.com

585 Riverside Street, Portland, ME 04103 • (207) 772-7763

Year-round. Classes for ages 4 and up on self-protection, danger avoidance, women's self defense, private lessons and advanced training.

REICHE COMMUNITY CENTER AND POOL

www.ci.portland.me.us

166 Brackett Street, Portland, ME 04102 • (207) 874-8874

Year-round. Enjoy a swim in the indoor facility or get a swim lesson.

RIPPLEEFFECT

www.rippleffect.net

40 Commercial Street, #500, Portland, ME 04101 • (207) 791-7870

Seasonal. A youth development organization specializing in adventure and wilderness experiences including camps and sea kayaking expeditions that build confidence and self-esteem.

RIVER YOGA

www.riveryoga.com

11 Vesper Street, Portland, ME 04101 • (207) 874-0491

Year-round. Prenatal yoga and yoga and fitness training classes can help you relax and build strength, flexibility, and confidence.

RIVERSIDE GOLF COURSE

www.trails.org

1158 Riverside Street • Contact: Portland Trails, 305 Commercial Street, Portland, ME 04103 • (207) 797-3524

Year-round. During the winter, the golf course is open for cross-country skiing and snowshoeing through a 4-mile course.

RIVERSIDE MUNICIPAL GOLF COURSE

www.portlandmaine.gov

1158 Riverside Street, Portland, ME 04101 • (207) 797-3524

Seasonal. The facility is a very player-friendly and affordable place for all levels of golfers to go.

RIVERTON COMMUNITY CENTER POOL

www.portlandmaine.gov

1600 Forest Avenue, Portland, ME 04103 • (207) 874-8455

Year-round. Enjoy a swim in the indoor facility or get a swim lesson.

SAILMAINE

www.sailmaine.org

58 Fore Street, Portland, ME 04101 • (207) 650-7878

Seasonal. SailMaine offers affordable, quality sailing; junior, high school, collegiate, adult, and racing opportunities.

SWING NUTS

www.swingnuts.com

1408 Washington Avenue, Portland, ME 04101 • (207) 653-5012

Year-round. Offers swing dances and classes for all ages.

THE PORTLAND BICYCLE NETWORK

www.trails.org

Portland, ME 04101

Seasonal. Committed to developing Portland's bicycle network of bike boulevards, bike lanes, off-street paths, and bridge connections.

THE RACKET & FITNESS CENTER

www.racketandfitnesscenter.com

2445 Outer Congress Street, Portland, ME 04102

Fitness: (207) 775-6188 • Courts: (207) 775-6128

Year-round. As Maine's largest indoor tennis facility, the center offers a fitness facility and tennis programs for the whole family.

THE YOGA CENTER

www.maine yoga.com

137 Preble Street, Portland, ME 04104 • (207) 774-9642

Year-round. Improve overall health and wellness and reduce stress through yoga: try power, therapeutic, or pre- and post-natal yoga.

THE YOGA EXCHANGE

www.theyogaexchange.com

251 Congress Street, Portland, ME 04101 • (207) 329-5417

Year-round. Discover inner peace and stretch your mind and body in this friendly environment.

WHOLEHEART YOGA CENTER

www.wholeheart yoga.com

150 Saint John Street, Portland, ME 04102 • (207) 871-8274

Year-round. Offers a full schedule of Kripalu Yoga classes, plus private classes, workshops, and even family yoga.

WORLD ARTS BODYWORKS & MOVEMENT

www.worldartscoop.com

616 Congress Street, Portland, ME 04101 • (207) 773-4406

Year-round. Capoeira, break-dance, African dance, belly dance, Pilates, massage therapy, Reiki, and more.

YANKEE LANES

867 Riverside Street, Portland, ME 04103 • (207) 878-2695

Year-round. Yankee Lanes is a great place to bring friends or family to bowl.

Pownal

On Your Own

BRADBURY MOUNTAIN STATE PARK

www.maine.gov

Route 9, Hallowell Road, Pownal, ME 04069 • (207) 688-4712

Year-round. This park consists of 590 acres and includes a ball field and trails for hiking, mountain biking, horseback riding, snowshoeing, snowmobiling, and cross-country skiing.

Raymond

Community Services

RAYMOND RECREATION ASSOCIATION

www.raymondmaine.org

P.O. Box 561, Raymond, ME 04071

Year-round. There's lots to do in Raymond—the Recreation Department can help you explore and enjoy all the town has to offer.

On Your Own

TASSEL TOP BEACH

1234 Roosevelt Trail, Raymond, ME 04071 • (207) 655-4675

Seasonal. This beach located on Sebago Lake is beautiful and undeveloped—have some fun in the sun.

Scarborough

Community Services

MAINEHEALTH LEARNING RESOURCE CENTER

www.mainehealth.org

100 Campus Drive, Unit 106, Scarborough, ME 04074 • (866) 609-5183

Year-round. Offers health education and information resources to communities, including programs on healthy eating, yoga, t'ai chi and many other health and wellness programs.

SCARBOROUGH COMMUNITY SERVICES

www.scarborough.me.us

PO Box 370, Scarborough, ME 04074 • (207) 883-8427

Year-round. Features an ice rink, parks and recreation centers, trails, and a wildlife sanctuary.

Fitness Clubs/Personal Trainers

CUTS FITNESS

152 US Route 1, Scarborough, ME 04074 • (207) 510-7644

Year-round. A gym for men—the ultimate 30-minute workout.

LIFESTYLE FITNESS CENTER

www.lfcmaine.com

29 Pleasant Hill Road, Scarborough, ME 04074 • (207) 883-2979

Year-round. Your membership allows you to visit two gyms, in Portland and Scarborough, whichever is more convenient for you.

On Your Own

*BLUE POINT SCHOOL PLAYGROUND

www.scarborough.k12.me.us/bp

174 Pine Point Road, Scarborough, ME 04074 • (207) 883-8427

Year-round. Looking for an exciting place to visit?

CAMP KETCHA

www.campketcha.org

336 Black Point Road, Scarborough, ME 04074 • (207) 883-8977

Year-round. 133-acres, great for hiking, cross-country skiing, snowshoeing, and other activities for all ages.



*EASTERN TRAIL

www.eastertrail.org

Pine Point Road, Scarborough, ME 04074 •
(207) 883-8427

Year-round. The 5-mile-loop trail runs along the Scarborough Marsh. Go horseback riding, cross-country skiing, snowshoeing, hiking, fishing, kayaking, or biking.

FERRY BEACH

www.scarborough.me.us

50 Ferry Road, Scarborough, ME 04074 •
(207) 883-4301

Year-round. The sandy public beach is a nice place to visit, and it offers surfing and surf cast fishing along with a municipal boat launch.

*FULLER FARM

Broadturn Road, Scarborough, ME 04074 • (207) 885-9677

Year-round. The picturesque conservation property has rolling hills, grass fields, and hayfields, and slopes down to the Nonesuch River.

*HIGGINS BEACH

www.scarborough.me.us

Ocean Road off Spurwink Road, Scarborough, ME 04074 • (207) 730-4000

Year-round. The white sandy public beach is great for a summer day outdoors.

*JENNIE & ISAAC E. WILEY RECREATION AREA

www.scarborough.me.us

Tenney Lane, Scarborough, ME 04074 • (207) 883-8427

Year-round. The park features amenities including playing fields and a .36-mile trail encompassing the entire green space area for cross-country skiing, biking, and snowshoeing.

*LUCY SPRAGUE MEMORIAL TRAIL

Black Point Road, Scarborough, ME 04074 • (207) 885-9677

Year-round. The 1-mile-long trail utilizes the Memorial Trail and Libby River Farm footpath.

*MEMORIAL PARK

www.scarborough.me.us

US Route 1, Scarborough Community Services, PO Box 370,
Scarborough, ME 04070 • (207) 730-4150

Year-round. The park, located behind the Municipal Building on Oak Hill, offers trails, playing fields, a skate park, amphitheater, open space, restrooms, and more.

*PETERSON FIELD SPORT COMPLEX

www.scarborough.me.us

Old Blue Point Road, Scarborough, ME 04074 • (207) 883-8427

Year-round. The park features baseball and softball fields, a picnic area, a playground, and a .25-mile trail that intersects with the Eastern Trail.

PINE POINT BEACH (HURD PARK)

www.scarborough.me.us

Avenue 5, Scarborough, ME 04074 • (207) 730-4000

Year-round. The white sandy beach runs from the jetty at Pine Point to Old Orchard Beach, great for surfing or beach bumming.

*PLEASANT HILL ELEMENTARY SCHOOL PLAYGROUND

www.scarborough.me.us

143 Highland Avenue, Scarborough, ME 04074 • (207) 883-8427

Year-round. Bring excitement to your day by exploring the playground.

SCARBOROUGH BEACH STATE PARK

www.scarboroughbeachstatepark.com

414 Blackpoint Road, Scarborough, ME 04074 • (207) 883-2416

Year-round. Offers some of the best ocean swimming in Maine, with water temperatures averaging in the high 60's during July and August. In the winter Massacre Pond freezes for great ice skating.

*SCARBOROUGH HIGH SCHOOL TENNIS COURTS

www.scarborough.k12.me.us/high

11 Municipal Drive, Scarborough, ME 04074 • (207) 730-5000

Seasonal. Offers four outdoor hard tennis courts, great for a pick-up game.

SCARBOROUGH MARSH AUDUBON CENTER

www.maineaudobon.org

Route 9, Pine Point Road, Scarborough, ME 04074

May–Sept: (207) 883-5100 • Oct.–May: (207) 781-2330

Seasonal. A variety of guided and self-guided walks and canoe tours, exhibits, a nature store, children's programs, and canoe rentals.

*SCARBOROUGH RIVER WILDLIFE SANCTUARY

Pine Point Road, Scarborough, ME 04074 • (207) 883-8427

Year-round. The sanctuary includes 56 acres for recreational activities and trails ideal for hiking, snowshoeing, boating, kayaking, biking, or bird watching.

*SEWELL WOODS TRAILS

Corner of Ash Swamp Road and Hearn Road,
Scarborough, ME 04074 • (207) 885-9677

Year-round. The 35-acre preserve is great for walking, hiking, bird watching, and snowshoeing or cross-country skiing in the winter.

*SPRINGBROOK PARK & PLAYGROUND

www.scarborough.me.us

Broadturn Road, Scarborough, ME 04074 • (207) 883-8427

Year-round. The park features playing fields, a playground, and .25-mile trail encompassing the park.

*WENTWORTH INTERMEDIATE SCHOOL PLAYGROUND

www.scarborough.me.us

9 Wentworth Drive, Scarborough, ME 04074 • (207) 883-8427

Year-round. Kids of all ages will be thrilled to play here.

Other Interests

BIG 20 BOWLING CENTER

www.big20bowling.com

382 US Route 1, Scarborough, ME 04074 • (207) 883-2131

Year-round. Ages 3-100 can participate in candlepin bowling with or without bumpers.

DRAGON FIRE MARTIAL ARTS

www.dragonfiremartialarts.cmasdirect.com

156 Pleasant Hill Road, Scarborough, ME 04074 • (207) 883-9308

Year-round. Provides superior mental and physical development for both children and adults through karate and martial arts training.

NATURAL MOTION MARTIAL ARTS

www.naturalmotionmartialarts.com

15 Holly Street, Suite 104, Scarborough, ME 04074
(207) 883-6924 • (207) 885-5017

Seasonal. Martial Arts School provides a high-quality martial arts education to people 16 years and older as well as specialized classes for those with physical challenges.

NONESUCH RIVER GOLF COURSE

www.nonesuchgolf.com

304 Gorham Road, Scarborough, ME 04074 • (207) 883-0007

Seasonal. The 203-acre facility features a meticulously maintained 18-hole championship golf course, a modern 2,500-square-foot clubhouse, a full-size practice range and green, and golf academy.

NORTHERN CHI MARTIAL ARTS CENTER

www.northernchiscarborough.com

136 US Route 1, Scarborough, ME 04074 • (207) 885-0247

Year-round. Northern Chi is dedicated to the belief that martial arts are for everyone, every goal, and every body.

SCARBOROUGH DANCE CENTER

www.scarboroughdancecenter.com

26 Oak Hill Terrace, Scarborough, ME 04074 • (207) 883-4569

Year-round. Offers a wide variety of classes, including ballet, modern, Pilates, ballroom, and even a storybook theater.

STARDANCERS INCORPORATED

www.star-dancers.com

70 US Route 1, Scarborough, ME 04074 • (207) 885-6045

Year-round. Offers classes for all ages, preschool through adult, including ballet, tap, jazz, hip-hop, and even a “boys-only” breakdancing class.

WILLOWDALE GOLF CLUB

www.willowdalegolf.com

52 Willowdale Road, Scarborough, ME 04074 • (207) 883-9351

Seasonal. The 18- and 9-hole courses are open to the public. The facility offers cart and club rentals, and a pro shop.

Sebago

Community Services

SEBAGO TOWN OF RECREATION

www.townofsebago.org

406 Bridgton Road, Sebago, ME 04029 • (207) 787-2457

Year-round. There’s always something to do in Sebago—numerous activities planned, such as white-water rafting trips, swim lessons, soccer, and more.

South Portland

Community Services

SOUTH PORTLAND BOYS AND GIRLS CLUB

www.bgcmaine.org

169 Broadway, South Portland, ME 04106 • (207) 874-1075

Year-round. It’s worth checking into their fitness and recreation activities and visiting their gym, pool, and game room.

SOUTH PORTLAND PARKS AND RECREATION

www.southportland.org

21 Nelson Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7650

Year-round. Over 350 acres of parks and athletic fields; there are wooded parks for fishing, public access to the ocean, an arboretum, golf course, and an Urban Forest.

SPECIAL OLYMPICS MAINE

www.specialolympicsmaine.org

125 John Roberts Road, Suite 19, South Portland, ME 04106 • (207) 879-0489

Year-round. Provides year-round sports and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

STRIVE

28 Foden Road, South Portland, ME 04106 • (207) 774-6278

Year-round. STRIVE serves teens and young adults with developmental disabilities.

Fitness Clubs/Personal Trainers

BASICS FITNESS CENTER

www.basicsfitnessme.com

380 Western Avenue, South Portland, ME 04106 • (207) 774-3536

Year-round. This gym has what you need: a well-equipped facility with an inviting and supportive atmosphere.

BODY OF WORK

www.bodyofworkme.com

161 Ocean Street, South Portland, ME 04106 • (207) 741-5280

Year-round. Provides quality, safe, effective fitness programming through one-to-one training, small group training, equipment like a gyrotonic exercise system, and nutritional coaching.

RED BANK GYM

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7651

Year-round. The gym has open gym times for adults and children.

SNAP FITNESS

www.snapfitness.com

747 Broadway, South Portland, ME 04106 • (207) 799-0864

Year-round. The 24-hour fitness facility provides a safe and clean facility and a friendly, comfortable atmosphere.

On Your Own

*BROWN ELEMENTARY SCHOOL PLAYGROUND

www.southportland.org

37 Highland Avenue, South Portland, ME 04106 • (207) 799-5196

Year-round. Sure to bring out the child in everyone!

*BUG LIGHT PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. Located on Madison Street, the 8-acre park offers walking trails, a boat launch, beautiful lighthouse, a liberty ship memorial, and excellent views of Casco Bay.

*CASH CORNER PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. The .21-acre park is located off Skilling Street.

*CLARKS POND

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. The park offers walking trails and freshwater fishing located behind Home Depot off Western Avenue.

*ERSKINE PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. The .5-acre park is located at the entrance of the Casco Bay Bridge.

*FISHERMAN'S POINT

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. This .72-acre park offers spectacular views of Casco Bay and has two historical lobster shacks.

*HINCKLEY PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. The 40-acre park features two ponds great for fishing, hiking trails, biking trails, and the community gardens. Access off Highland Avenue.

*LEGERE PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. The .83-acre park offers a playground, basketball court, and picnic area.

*MILL CREEK PARK

www.southportland.org

Ocean Street at Hinckley, South Portland, ME 04106 • (207) 767-7651

Year-round. This 10-acre park offers a pond with a fountain, rose garden, and a gazebo for events. Seasonal activities include holiday tree lighting, ice skating, summer concert series, and Art in the Park.

*SKILLIN ELEMENTARY SCHOOL PLAYGROUND

www.southportland.org

180 Westcott Road, South Portland, ME 04106 • (207) 767-7670

Year-round. A place for everyone to enjoy.

*SMALL ELEMENTARY SCHOOL TENNIS COURTS

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. Located on 87 Thompson Street, Small Elementary School has two public tennis courts on a first-come, first-serve basis.

*SOUTH PORTLAND GREENBELT WALKWAY

www.trails.org

Contact: Portland Trails, 305 Commercial Street, Portland, ME 04106 • (207) 775-2411

Year-round. The paved 5.7-mile bicycle and pedestrian path is the northern portion of the Eastern Trail. Parking is available at Bug Light Park, Mill Creek, and Wainwright Recreation Complex.

*SOUTH PORTLAND GREENBELT WALKWAY EXTENSION

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. The Greenbelt Extension adds an additional 2 miles to the 5.7-mile trail, picking up on Elm Street, ending at the Wainwright Farms Recreation Area.

*SPRING POINT SHOREWAY TRAIL

www.trails.org

Contact: Portland Trails, 305 Commercial Street, Portland, ME 04106 • (207) 775-2411

Year-round. The two-level 1.6-mile trail offers a trail for bicycles, wheelchairs, and strollers and another for hiking. Parking is available at Bug Light Park, Willard Beach via Willard Street, and Mill Creek.

*THOMAS KNIGHT PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. The 1.5-acre park has a scenic view of the Portland Peninsula and is located off Ocean House Road. Saltwater fishing.

*WAINWRIGHT FARM RECREATION AREA

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. The 150-acre farm is now home to athletic ball fields and trails that access the Greenbelt Extension. Located off Gary Maietta Parkway.

*WILKINSON PARK

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. The 9-acre neighborhood park located on New York Avenue offers athletic ball fields, a community center, and a playground.

*WILLARD BEACH

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. Located on Preble Street, home of the Spring Point Lighthouse and Museum and Fort Preble, Willard Beach is a mile-long sandy beach, great for walking and swimming.



Other Interests

CHERYL GREELEY'S THEATRA-DANCE STUDIO

www.cgreeleydance.com

875 Broadway, South Portland, ME 04106 • (207) 767-1353

Year-round. Provides classes for ages 3 and older in tap, ballet, lyrical, and ballroom.

CUMBERLAND COUNTY GYMNASTICS CENTER

www.ccgcmaine.com

222 Gannett Drive, South Portland, ME 04106 • (207) 761-9493

Year-round. The center offers gymnastics and fitness-related exercises focusing on lifetime health, positive attitudes, and self-esteem for children and youth.

*MAHONEY MIDDLE SCHOOL TENNIS COURTS

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422, South Portland, ME 04106 • (207) 767-7670

Year-round. Located at 240 Ocean Street, Mahoney Middle School has three public tennis courts.

ROLLINS SCUBA ASSOCIATES

www.rollinsscuba.com

68 Washington Avenue, South Portland, ME 04106 • (207) 799-7990

Seasonal. Scuba diving is a safe, fun and recreational activity for persons over 15.

SABLE OAKS GOLF CLUB

www.sableoaks.com

505 Country Club Drive, South Portland, ME 04106 • (207) 775-6257

Seasonal. You'll be treated to some challenging but enjoyable 18-hole championship golf, surrounded by woods and ponds, with soft fairways and gently rolling, manicured greens.

SOUTH PORTLAND COMMUNITY POOL

21 Nelson Road, South Portland, ME 04106 • (207) 767-7655

Year-round. Provides lap swimming and classes, a teen center, walking track, dance studio, and kitchen that is open to the public.

SOUTH PORTLAND HIGH SCHOOL TENNIS COURTS

www.southportland.org

Contact: City of South Portland, 25 Cottage Road, PO Box 9422,
South Portland, ME 04106 • (207) 767-7670

Year-round. Located at 637 Highland Avenue, South Portland High School has seven tennis courts open for the public.

SOUTH PORTLAND MUNICIPAL GOLF COURSE

155 Westcott Road, South Portland, ME 04106 • (207) 775-0005

Seasonal. This 34.4-acre, 9-hole golf course has a clubhouse, snack bar, clubs, and rentals.

*THE MAINE MALL—WALKING

www.mainemall.com

364 Maine Mall Road, South Portland, ME 04106 • (207) 828-2063

Year-round. Open 6 a.m. Monday–Saturday, 10 a.m. Sunday. Start your day right by taking the 1.25-mile exterior loop around the mall before it opens in the morning.

Standish

Community Services

ST. JOSEPH'S COLLEGE

www.sjcme.edu

Alfond Center and Pool, 278 Whites Bridge Road,
Standish, ME 04084 • (207) 893-6671

Year-round. The Harold Alfond Recreation Center has a pool, gym, fitness machines, a climbing wall, and offers classes and intramurals.

STANDISH RECREATION

www.standish.org

175 Northeast Road, Standish, ME 04084 • (207) 642-2875

Year-round. Community programs include after-school and summer camps, soccer, youth basketball, and activities for seniors.

Westbrook

Community Services

*MISSION POSSIBLE TEEN CENTER

www.mptcteens.org

755 Main Street, Westbrook, ME 04092 • (207) 854-2800

Year-round. The drop-in, after-school center engages kids in healthy activities and is a positive, supportive place.

WESTBROOK RECREATION DEPARTMENT

10 Foster Street, Westbrook, ME 04092 • (207) 854-0676

Offers a wide variety of recreational programs, seasonal events, and athletic fields that meet the needs of all age groups from infants to senior citizens.

Fitness Clubs/Personal Trainers

CORE PERSONAL TRAINING

www.smpt.com

3 Westbrook Common, Westbrook, ME 04092 • (207) 854-1239

Year-round. Trainers are there to encourage and help you reach your fitness goals.

CORE SOLUTIONS, INC.

www.csifit.com

90 Bridge Street, Suite 115, Westbrook, ME 04092 • (207) 854-5200

Year-round. Core Solutions provides opportunities to evaluate, enhance, and complement your current fitness or get you started in the right direction!

CURVES FOR WOMEN

www.curves.com

26 Bridgton Road, Westbrook, ME 04092 • (207) 797-5599

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

PLANET FITNESS

www.planetfitness.com

8 Thomas Drive, Westbrook, ME 04092 • (207) 773-7774

Year-round. A wide variety of equipment, personal training, and friendly staff, makes this a “judgment-free,” fun place to work out.

TOTAL FITNESS

www.totalfitnessmaine.com

200 Larrabee Road, Westbrook, ME 04092 • (207) 856-5666

Year-round. Offers a range of aerobic, strength, and resistance training equipment, classes, and personal training.

On Your Own

*CANAL SCHOOL PLAYGROUND

www.westbrookmaine.com

102 Glenwood Avenue, Westbrook, ME 04092 • (207) 854-0676

Year-round. Get out for a fun day.

*CONGIN ELEMENTARY SCHOOL PLAYGROUND

www.westbrookmaine.com

410 Bridge Street, Westbrook, ME 04092 • (207) 854-0676

Year-round. A great spot to take the little ones.

*RIVERBANK PARK AND PLAYGROUND

www.westbrookmaine.com

Main Street, Westbrook, ME 04092 • (207) 854-0676

Year-round. The park takes advantage of its natural resources with walking trails, a playground, and open space.

*SACCARAPPA ELEMENTARY SCHOOL PLAYGROUND

www.westbrookmaine.com

110 Huntress Avenue, Westbrook, ME 04092 • (207) 854-0676

Year-round. Have a wonderful day!

SMILING HILL FARM

www.smilinghill.com

Route 22, 781 County Road, Westbrook, ME 04092 • (207) 775-4818

Year-round. Along with their mini-barnyard and dairy farm, Smiling Hill Farm offers groomed cross-country and snowshoeing trails along with a rental shop and warming hut.

*WESTBROOK RIVER WALK

www.trails.org

Contact: Portland Trails, 305 Commercial Street,
Portland, ME 04101 • (207) 775-2411

Year-round. The .6-mile trail begins at Cumberland Street and ends at Bridge Street. Parking available at Riverbank Park off Main Street.

Other Interests

COLONIAL BOWLING CENTER

399 Main Street, Westbrook, ME 04092 • (207) 854-8936

Year-round. Bowling for the entire family, including leagues for children, men, and women of all abilities.

DROUIN DANCE CENTER

www.drouindancecenter.com

90 Bridge Street, Suite 325, Westbrook, ME 04092 • (207) 854-2221

Year-round. Offers dance classes for ages 2 through adult for full year, summer and 6-8 week programs in ballet, tap, jazz, creative movement, hip-hop, lyrical, musical theater, fitness, and toddler programs.

ELITE ALL-STARS CHEER AND DANCE

www.eliteallstarsofmaine.com

73A Bradley Drive, Westbrook, ME 04092 • (207) 856-0022

Year-round. Join a team or camp and have some fun.

GREATER PORTLAND SCHOOL OF JUKADO

www.jukadousa.com

90 Bridge Street, Westbrook, ME 04092 • (207) 854-9408

Separate classes are offered for children, teens, and adults: programs including women's self defense seminars and summer karate camps.

JOHN P. DAVAN SWIMMING POOL

426 Bridge Street, Westbrook, ME 04092 • (207) 854-0834

Year-round. Offers swimming times for family swims, lap swims, and open swims.

MAINE ACADEMY OF GYMNASTICS

www.maineacademy.com

20 Terminal Street, Westbrook, ME 04092 • (207) 856-0232

Year-round. A wide variety of programs and classes, including preschool programs, tumbling, cheerleading, Wings Program, and American Flyers.

PORTLAND FENCING CENTER

www.portlandfencingcenter.com

90 Bridge Street, Suite 410, Westbrook, ME 04092 • (207) 856-1048

Year-round. Maine's first and only complete fencing facility open to all ability levels. Fencers range in age from ten to seventy, fencing foil, epee and saber.

RIVERMEADOW GOLF CLUB

216 Lincoln Street, Westbrook, ME 04092 • (207) 854-1625

Seasonal. The club offers a 9-hole course, a full-function facility, and a pro shop. T-times requested.

SEACOAST BALLROOM

www.seacoastballroom.com

Dana Warp Mill Road, Westbrook, ME 04092 • (207) 772-7185

Year-round. Dance till you drop and take lessons and learn ballroom, Latin, and swing.

SUNSET RIDGE & WESTERLY WINDS GOLF COURSE & SPORTS PARK

www.westerlywinds.com

853 Cumberland Avenue, Westbrook, ME 04092 • (207) 854-9463

Seasonal. Play the 9- or 18-hole courses along with a miniature golf, driving range, swimming pool, batting cages, basketball court, and tennis court.

TWIN FALLS GOLF CLUB

364 Spring Street, Westbrook, ME 04092 • (207) 854-5397

Seasonal. The facility has a 9-hole golf course open to the public.

*WESTBROOK PUBLIC ICE RINK – EAST BRIDGE STREET

East Bridge Street, Westbrook, ME 04092 • (207) 854-0676

Seasonal. The small rink is maintained by Westbrook Parks and Recreation.

*WESTBROOK PUBLIC ICE RINK – LINCOLN STREET

Lincoln Street, Westbrook, ME 04092 • (207) 854-0676

Seasonal. The small rink is maintained by Westbrook Parks and Recreation.

*WESTBROOK PUBLIC ICE RINK – STROUDWATER STREET

Stroudwater Street, Westbrook, ME 04092 • (207) 854-0676

Seasonal. The 1-acre rink is large with a warming hut and is maintained by Westbrook Parks and Recreation.

WESTPORT BOWLING LANES

135 Main Street, Westbrook, ME 04092 • (207) 854-9311

Year-round. Bowling for the entire family.

Windham

Community Services

WINDHAM PARKS AND RECREATION

www.windhamparksandrec.com

8 School Road, Windham, ME 04062 • (207) 892-1905

Year-round. Camps, outdoor recreation, and fun for the whole family.

Fitness Clubs/Personal Training

21ST CENTURY FAMILY FITNESS CENTERS

www.21stcenturyfamilyfitness.com

8 Healthwood Drive, Windham, ME 04062 • (207) 892-3231

Year-round. Offers a variety of fitness and yoga programs taught by certified training staff in their 13,000-square-foot fitness facility.

CURVES FOR WOMEN

www.curves.com

824 Roosevelt Trail, Windham, ME 04062 • (207) 892-1111

Year-round. Curves offers a 30-minute workout designed for women to help them increase activity and reach their fitness goals.

On Your Own

*BLACK BROOK PRESERVE

www.windhamparksandrec.com

Rt. 202, Windham, ME 04062 • (207) 892-1905

Year-round. A place where you'll find rough walking trails, cross-country skiing, and areas for snowmobiling.

*CHAFFIN POND PRESERVE

www.windhamparksandrec.com

Rt. 302, Windham, ME 04062 • (207) 892-1905

Year-round. Offers nature trails, fishing, and even cross-country skiing in the winter.

*DEER HOLLOW SANCTUARY

www.windhamparksandrec.com

Mount Hunger Shores Road, Windham, ME 04062 • (207) 892-1905

Year-round. The sanctuary offers nature trails for walking, a mud pond, fishing, a platform and observation areas.

DUNDEE PARK

www.windhamparksandrec.com

Presumpscot Road, Windham, ME 04062 • (207) 892-1905

May-September. Dundee park offers great swimming for the entire family along with a basketball court, volleyball court, picnic area with grills and restrooms.

*EAST WINDHAM FIRE STATION PLAYGROUND

www.windhamparksandrec.com

Falmouth Road, Windham, ME 04062 • (207) 892-1905

Year-round. A great place for inexpensive family fun.

*LOWELL PRESERVE

www.windhamparksandrec.com

Falmouth Road, Windham, ME 04062 • (207) 892-1905

Year-round. Features hiking trails, fishing, hunting, and cross-country skiing.

MANCHESTER SCHOOL PLAYGROUND

www.windhamparksandrec.com

709 Roosevelt Trail, Windham, ME 04062 • (207) 892-1905

Year-round. Free, outdoor fun.

*MOUNTAIN DIVISION TRAIL

www.windhamparksandrec.com

Gambo Road, Windham, ME 04062 • (207) 892-1905

Year-round. Offers walking and biking trails along with areas for horseback riding, fishing, and snowmobiling.

*OTTERBROOK SANCTUARY

www.windhamparksandrec.com

Rocklinn Drive, Windham, ME 04062 • (207) 892-1905

Year-round. Nature trails, an observation area, hiking trails, cross-country skiing, and a platform.

SEACOAST FUN PARK

www.seacoastfunparks.com

Rt. 302, Windham, ME 04062 • (207) 892-5952

Year-round. Features a driving range, trampoline, bumper boats, ski max, go carts, mini golf, and sledding in the winter months.

*WINDHAM PRIMARY SCHOOL PLAYGROUNDS

www.windhamparksandrec.com

404 Gray Road, Windham, ME 04062 • (207) 892-1905

Year-round. Windham Primary School features two playgrounds for use after school hours.



*WINDHAM TOWN HALL PLAYGROUND

www.windhamparksandrec.com

8 School Road, Windham, ME 04062 • (207) 892-1905

Year-round. The fenced-in playground and shaded picnic area are great for outdoor fun.

Other Interests

IT TAKES TWO FARM

www.ittakestwofarm.com

508 Gray Road, Windham, ME 04062 • (207) 893-0025

Year-round. Traditional horseback riding and therapeutic programs for those with emotional, mental or behavioral challenges. Programs: Peanuts on Ponies, youth summer camps, private lessons, and drop-in classes.

MAINE PATH AND PADDLE GUIDES

www.canoemaine.com

60 Easter Avenue, Windham, ME 04062 • (207) 892-3121

Year-round. Provides canoeing opportunities for families and groups interested in paddling in the Greater Portland area during day and multi-day trips. Equipment provided.

*MANCHESTER SCHOOL ICE RINK

www.winhamparksandrec.com

Route 302, Windham, ME 04062 • (207) 892-1905

Seasonal. The man-made ice rink measures 200 feet by 85 feet and is well lit at night.

RIDING TO THE TOP, THERAPEUTIC RIDING CENTER

www.ridingtothetop.org

10 Lilac Drive, Windham, ME 04062 • (207) 892-2813

Seasonal. Provides therapeutic riding services to children and adults with physical, cognitive and/or emotional disabilities.

*WINDHAM SKATE PARK

www.windhamparksandrec.com

373 Gray Road, Windham, ME 04062 • (207) 892-1905

April-November. The Windham Skate Park is a free supervised facility featuring a half pipe, quarter pipes, banks, rails, fun boxes, competitions, and more.

Yarmouth

Community Services

YARMOUTH COMMUNITY CENTER

www.yarmouthcommunityservices.org

200 Main Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Offers a variety of programs for all ages, including yoga, fitness, soccer, lacrosse, skiing, chorus, and much more.

On Your Own

*APPLEWOODS PLAYGROUND

www.yarmouthcommunityservices.org

Applecrest Drive, Yarmouth, ME 04096 • (207) 846-2406

Year-round. The shady playground is great for all ages to let loose and have some fun!

*BAYVIEW ESTUARY PRESERVE

www.yarmouthcommunityservices.org

Lower Bayview Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. A 35-acre preserve of wooded shore land.

BENNETT FIELD

www.yarmouthcommunityservices.org

School Street, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Offers adult baseball at the Rowe School.

*BETH CONDON MEMORIAL PATHWAY

www.yarmouthcommunityservices.org

Portland Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. The pathway is a pedestrian and bicycle path that starts at Portland Street and runs along Route 1, connecting with Royal River Walkway and ending at East Main Street.

*FELS-GROVES FARM PRESERVE

www.yarmouthcommunityservices.org

Gilman Road, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Enjoy exploring the 58 acres of open fields and woodlands.

*GRIST MILL PARK

www.yarmouthcommunityservices.org

East Main Street and Route 88, Yarmouth, ME 04096 • (207) 846-2406

Year-round. A scenic overlook to Royal River Falls on Route 88. A great spot for a picnic lunch.

*HARRISON MIDDLE SCHOOL

www.yarmouthcommunityservices.org

McCartney Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Offers outdoor basketball courts and a playground that is fun for all ages.

*LATCHSTRING PARK

www.yarmouthcommunityservices.org

West Elm and Main Streets, Yarmouth, ME 04096 • (207) 846-2406

Year-round.

*MEMORIAL GREEN

www.yarmouthcommunityservices.org

Town Hall on Main Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Located in front of the Yarmouth Town Hall, this is a hub for community events like tree lighting, holiday celebrations, and the Yarmouth Clam Festival.

*NAN JONES KIMBALL “SHIPYARD” PLAYGROUND

www.yarmouthcommunityservices.org

North Road, Yarmouth, ME 04096 • (207) 846-2406

Year-round. The creative playground, designed as a shipyard, is great for the imagination. There you'll find “Kidship Yarmouth,” a lookout tower, a variety of swings, see-saws, slides, and a playhouse.

*PARKS PROPERTY

www.yarmouthcommunityservices.org

East Main Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Site of Yarmouth Community Garden; 75 acres of fields and forest.

*PRATT’S BROOK PARK

www.yarmouthcommunityservices.org

Granite Street, Ledge and North Roads, Yarmouth, ME 04096 • (207) 846-2406

Year-round. 225 wooded acres and trails for walking and exploring.

*ROYAL RIVER PARK

www.yarmouthcommunityservices.org

East Elm and Bridge Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Located in the center of town, Royal River Park is considered the “crown jewel” of the park system, featuring a mile-long walkway along the river bank.

*SANDY POINT BEACH

www.yarmouthcommunityservices.org

Cousins Island, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Yarmouth's only public beach is located just over the bridge to Cousin's Island. Swimming at your own risk and an excellent entering point for kayakers.

*SLIGO ROAD PROPERTY

www.yarmouthcommunityservices.org

Sligo Road, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Nearly 40 acres of fields, woods, and river frontage.

*SWEETSIR FARM

www.yarmouthcommunityservices.org

Old Field Road, Yarmouth, ME 04096 • (207) 846-2406

Year-round. 30 wooded acres along the Royal River and the end of Old Field Road.

*TINKER PROPERTY

www.yarmouthcommunityservices.org

Cousins Island, Yarmouth, ME 04096 • (207) 846-2406

Year-round. The 15 acres of natural fields and woods is great for an outdoor excursion.

*VILLAGE GREEN PARK

www.yarmouthcommunityservices.org

Main Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Across from Irving Gas on Main Street.

*YARMOUTH ELEMENTARY SCHOOL

www.yarmouthcommunityservices.org

McCartney Street, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Two tennis courts, outdoor basketball courts, and a playground.

*YARMOUTH HIGH SCHOOL

www.yarmouthcommunityservices.org

West Elm Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. The Yarmouth High School is home to a public outdoor track and numerous fields, including baseball, soccer, field hockey, and lacrosse.

Other Interests

DELORME AND KAULBACK FIELDS

www.yarmouthcommunityservices.org

North Road, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Offers little league baseball.

DONNA HALL MEMORIAL TENNIS COURTS

www.yarmouthcommunityservices.org

West Elm Street, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Located at Yarmouth High School, the four tennis courts are lighted for optimal playing.

HEIDI TOBIASON FIELD

www.yarmouthcommunityservices.org

North Road, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Girl's softball!

MICHAEL BROWN FIELD

www.yarmouthcommunityservices.org

West Elm Street, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Softball field open to the public.

ORLAND H. BLAKE SKATING POND & VILLAGE IMPROVEMENT SOCIETY WARMING HUT

www.yarmouthcommunityservices.org

Main Street, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. A lighted pond open until 11 p.m., located behind the Log Cabin on Main Street, for public skating and hockey play.

*ROWE SCHOOL

www.yarmouthcommunityservices.org

School Street, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Two tennis courts and playground open to fun-seeking individuals!

TOWN LANDING

www.yarmouthcommunityservices.org

Old Shipyard Road, Yarmouth, ME 04096 • (207) 846-2406

Year-round. Royal River access on Old Shipyard Road off Bayview Street.

TRAVIS ROY ICE ARENA

www.nya.org

148 Main Street, Yarmouth, ME 04096 • (207) 846-2384

Year-round. Offers youth and adult ice hockey, figure skating, lessons, parties, or events and clinics.

WINSLOW FIELD

www.yarmouthcommunityservices.org

McCartney Street, Yarmouth, ME 04096 • (207) 846-2406

Seasonal. Softball, field hockey, and lacrosse fields open to the public.

YARMOUTH YOGA STUDIO

www.yarmouthyoga.com

374 US Rt. 1, Yarmouth, ME 04096 • (207) 846-0777

Year-round. The yoga studio provides a variety of classes for teens and adults.

For additional copies of Get Up and Go or for more information, please contact Let's Go! at infoletsgo@mmc.org.



Every Day!

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk



Eat right. Be active. Get healthy.
www.letsgo.org