

9

Swim Lessons

6 week sessions

at Quest Fitness in Kennebunk

Water Babies

Parent/Child Lessons
Ages 6 months – 3 years

WHEN:
SATURDAYS, 9:00 – 9:30 am **CONTRACTUAL**

- Session 1:** September 29 – November 3
- Session 2:** November 17 – December 22
- Session 3:** January 12 – February 16
- Session 4:** March 2 - April 6
- Session 5:** April 20 - May 25

COST: \$54/session

In this parent & child aquatics class, the goal is to make your child feel comfortable in the water. They will learn how to play safely and change body position as well as perform basic strokes with your assistance.

Min: 6 Max: 10/per session

Pre-School Swim

Ages 3 – 5 **CONTRACTUAL**

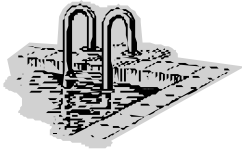
WHEN:
SATURDAYS, 9:30 - 10:00 am **OR** 10:30 - 11:00 am

- Session 1:** September 29 – November 3
- Session 2:** November 17 – December 22
- Session 3:** January 12 – February 16
- Session 4:** March 2 - April 6
- Session 5:** April 20 - May 25

COST: \$54/participant

This class will help orient children to the aquatic environment, help them gain greater independence in their skills and comfort in and around the water.

Min: 6 Max: 12/session



Youth Swim Lessons Ages 6 - 14



Beginner Lessons

CONTRACTUAL

WHEN:
SATURDAYS, 11:00 am - 12:00 pm

- Session 1:** September 29 – November 3
- Session 2:** November 17 – December 22
- Session 3:** January 12 – February 16
- Session 4:** March 2 - April 6
- Session 5:** April 20 - May 25

COST: \$54/session

This class will be an introduction to water skills and also teach fundamental aquatic skills. Participants will learn to feel comfortable in and around the water and give them success with their skills. *Min: 6 Max: 16/session*



Intermediate Lessons

WHEN:
TUESDAYS, 4:30 – 5:30 pm

- Session 1:** September 25 – October 30
- Session 2:** November 13 - December 18
- Session 3:** January 8 - February 12
- Session 4:** February 26 – April 2
- Session 5:** April 16 – May 21

COST: \$54/session

This class will help build on fundamental skills through additional guided practice in deeper water and help children develop confidence and improve on their other aquatic skills. *Min: 6 Max: 16/session*



Advanced Lessons

WHEN:
TUESDAYS, 5:30 – 6:30 pm

- Session 1:** September 25 – October 30
- Session 2:** November 13 - December 18
- Session 3:** January 8 - February 12
- Session 4:** February 26 – April 2
- Session 5:** April 16 – May 21

CONTRACTUAL

COST: \$54/session

This class will focus on refinement of strokes, learning shallow angle dives, front flip turn and backstroke turn, front and back crawl, breaststroke, sidestroke & butterfly. This class will also work on refining their strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

Min: 6 Max: 16/session



“Kennebunk Kickers”



COED

INDOOR SOCCER

Min: 24 Max: 28 participants

Jump right in, play, and have some fun!!

Cost includes program instruction, game play & t-shirt. We will practice some skills and drills the first day of the program and then divide the kids into teams for game play during the session. Please remember to pack your child's soccer shirt each week.

Grades 1-3 (4 weeks)

WHEN: Tuesdays,
March 26- April 23 (no class 4/16)

WHERE: Kennebunk Elementary School Gym

TIMES: 2:45 - 4:00 pm

COST: \$25/participant and \$10 additional late fee if registered after Tuesday, March 12th.



Field Hockey League



for girls grades 3 - 6

6 - 8 week travel league, Min: 15

Come learn the game of field hockey. Participants will learn the skills and rules of the game through inter-squad scrimmages. There will be one practice each week and game and practice schedule TBA.

WHEN: Early September

WHERE: KHS Field & various town fields

COST: \$45/participant

COORDINATOR: Stacey Schatzabel with assistance from the HS Field Hockey Team Players.

EQUIPMENT NEEDED: Participants are required to bring a stick, field hockey goggles, mouth guard and shin pads.



Karate Classes

For Children Ages 7-13, (7 week sessions)

WHEN: Wednesdays,
Session 1: October 10 - November 21
Session 2: Nov 28 - January 9
Session 3: January 16 - Feb 27
Session 4: March 6 - April 17

WHERE: Kennebunk Town Hall Auditorium

TIMES: 5:30-6:30 pm

COST: \$38/participant per session

This class is designed to help improve concentration, self esteem, flexibility, & muscular development while using the Karate methods. All levels of experience from beginner to advanced are accepted. Testing is held throughout the year for advancement in class rank and typically the Wednesday after the last spring class.



GRADES 1-3 (4 weeks)

WHEN:
Session 1: Fridays, Oct 19 - Nov 9
Session 2: Fridays, Nov 30 - Dec 21
Session 3: Mondays, Feb 25 - Mar 18

WHERE: Kennebunk Elementary School Gym

GRADES 4 & 5 (4 WEEKS)

WHEN:
Session 1: Thursdays, Dec 13 - Jan 10 (no class 12/27)
Session 2: Thursdays, May 2 - May 23

WHERE: SEA ROAD SCHOOL

TIMES: 3:00 - 4:00 pm

COST: \$25 per session

COORDINATOR: SETH OAKES

Come join in this age-old, ever-popular game of wiffleball. Wiffleball is played with a plastic bat and ball. Teams will be picked each week before playing. The purpose of this program is to have fun! Bring a smile!
Min: 14 Max: 18

NEW Spare Me BOWLING

Grades: 1-3, (6 Weeks)

WHEN: Wednesdays, Sept. 19 - Oct 24

WHERE: Vacationland Bowling, Saco, ME.

TIMES: 2:45 – approx. 5:00 pm

COST: \$45/participant **CONTRACTUAL**

This program will include a weekly instruction with a certified bowling instructor, shoe rentals, 1 free family bowling pass, and glow bowling at the conclusion of the program. Spare Me Bowling will teach bowling etiquette, rules & scoring. Please pack a snack or money to purchase one at the bowling ally. The bus will pick up the kids and return to KES for parent pick up. Min: 15 Max: 25



Vacationland BOWLING CENTER



11 After School Adventures & Youth Field Trips

**2012-2013
School Year**



**Min: 15 in
order to run**

After School Adventures After School Program for Grades 4 & 5

Registration Ongoing

WHERE: SEA ROAD SCHOOL

TIMES: DIRECTLY AFTER SCHOOL UNTIL 5:30

DAYS: CHOOSE 2 DAYS, 3 DAYS, 4 DAYS OR 5 DAYS/ WK

Cost per month if participating in Full School Year:

(1st & Last months payment due at registration):

2 days-\$58/month, 3 days-\$80/month, 4 days-\$104/month, 5 days-\$125/month

Cost per month if NOT participating in Full School Year:

2 days-\$65/month, 3 days-\$90/month, 4 days-\$118/month, 5 days-\$140/month

BEGINS SEPTEMBER 4, 2012

COORDINATOR: Laura Butterworth

This program will be like our very own Summer Day Camp program. Activities will include: arts & crafts, games, cooking, music, reading, outdoor play, field trips, homework time, as well as some free time for children to pursue their favorite interests.

NOTE: All participants that are signed up for Wednesdays will be required to register for and pay per month for the scheduled half day field trip if they attend on the school's half day. Participants will not be allowed to stay back at school during these half days.

Sparky Half Day/No School/Vacation Trips

Let the Recreation Department come to the rescue on those half-day Wednesdays, no school days and week long vacations, and take your children on some great adventures in fun! **Please note that these trips are subject to change due to weather or unforeseen circumstances, or with movie availability when booking in advance.**

TIMES: HALF DAYS: 12:00 - 4:15pm (Kids picked up at KES & Sea Road School and returned to Teen Center)

FULL DAYS: 8:15am - 4:15pm drop off at Teen Center, Park St.

PICK UP (for parents): Half & Full Days will be at the Teen Center on Park Street. (Late Pick Up Fees Apply - See Page 2)

Min: 25 Max: 60 participants per trip (Maximum number based on registering in advance so we can supply enough staff)

GRADES K-5 WEDNESDAY HALF DAY TRIPS All trips include transportation, supervision & admission

SEPT 12

WHERE: Summit Adventures, Portland
COST: \$20/includes 14 game/ride tokens, snack & drink

OCT 3

WHERE: Cornmaze & Pumpkin Patch, Dayton
COST: \$12/includes maze, pumpkin, hayride, jumping pillow, snack & drink

NOV 7

WHERE: Smitty's Cinema, Biddeford
COST: \$14/includes, popcorn & drink (movie TBD)

DEC 5

WHERE: Jokers, Portland
COST: \$20/includes \$5 tokens, playhouse, choice of lazer tag or 3 rides, snack & drink
(wear clothing with safe pockets)

JAN 9

WHERE: Summit Adventures, Portland
COST: \$20/includes 14 game/ride tokens, snack & drink

FEB 6

WHERE: Smitty's Cinema, Biddeford
COST: \$14/includes, popcorn & drink (movie TBD)

MAR 6

WHERE: Harris Farms Maple Syrup Sugar Shack
COST: \$12/includes snack & drink

APR 3

WHERE: Jokers, Portland
COST: \$20/includes \$5 tokens, playhouse, choice of lazer tag or 3 rides, snack & drink
(wear clothing with safe pockets)

MAY 1

WHERE: Big Ball Bowling, Portland
COST: \$14/includes admission, snack & drink

JUNE 5

WHERE: Wonder Mountain Mini Golf & Human Maze
COST: \$18/participant includes \$3 arcade tokens, ice cream & drink

FULL DAY TRIPS GRADES K-5

Vacation Flyers for Tues - Fri, Feb 19 - 22, April 16 - 19 & Apr 12 will be posted on our website

Monday Nov 19:
KAHUNA LAGUNA WATER PK
COST: \$38/participant
Includes admission & lunch
Pack Snacks

Tuesday, Nov 20
BIG BALL BOWLING, JOKERS & LUNCH
COST: \$26/participant
Includes admission & lunch

Wednesday, Nov 21
MOVIE (TBA) & SUMMIT ADVENTURES
COST: \$28/participant
Includes admission & lunch



“Right on Target”

Archery

Grades 4 - 6 (4 weeks)

WHEN: Mondays, Sept 17 - Oct 22 (no class 10/8)

WHERE: Sea Road School Back Field

TIMES: 3:00 - 4:00 pm

COST: \$40/participant per session

Coordinator: Seth Oakes



This program will provide girls and boys the chance to learn the basics of archery in a safe and fun environment. Participants will receive detailed hands-on instruction on form, aiming, release, and safety. All equipment will be provided. *Min: 6 Max: 12*

Tennis Lessons

Ages 7-14

If your child is at least 7 and has taken more than one session of Little Tot Tennis or other tennis instruction, you may enroll in this program. However, please be aware that he/she will be in lessons with older children.

WHEN:

FALL: Mon, Tues, or Weds, Sept 10 - Sept 26 (3 weeks)

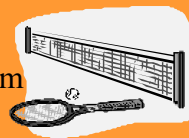
SPRING: Mon/Wed or Tues/Thurs, Apr 29 - May 23 (4 weeks)

WHERE: Parsons Field Tennis Courts

TIMES: Fall & Spring: 4:00 - 5:30 pm

COST: Fall: \$28; Spring: \$40

INSTRUCTOR: Dan Wendle



Call the program update line: 985-6890 ext 1607 for cancellations. *Min:10 Max:14*

Advanced

Tennis Lessons

WHEN:

FALL: Thursdays, Sept 13 - Sept 27 (3 weeks)

SPRING: Thursdays, May 2 - May 23 (4 weeks)

WHERE: Parsons Field Tennis Courts

TIMES: FALL: 4:00-5:30 pm

SPRING: 5:00-6:00 pm

COST: \$28/participant/session (Fall & Spring)

INSTRUCTOR: Dan Wendle

The department must have approval from the coordinator prior to registering your child for this program. Please contact this office to request consideration before registration day. *Min: 8 Max: 10*



Slap Shots

Mouth guards are mandatory & participants must bring their own in order to participate.

STREET HOCKEY

Grades 4-5, Min: 12 Max: 20

WHERE: Sea Road School Gym

WHEN: Tuesdays, April 30 - May 28

TIME: 3:00 - 4:00 pm

COST: \$35/participant

COORDINATOR: Seth Oakes



Come play some hockey. This program will be played with sneakers (**no roller blades**). There will be a soft ball used instead of a puck for safety. No experience or gear will be needed. All equipment is provided.



Mighty Mites Street Hockey

Grades 1-3, Min: 12 Max: 20

WHERE: KES Gym

WHEN: Wednesdays, May 8 - June 12 (no class June 5)

TIMES: 3:00 - 4:00 pm

COST: \$35/participant



COORDINATOR: Seth Oakes

Come play some hockey. This program will be played with sneakers (**no roller blades**). There will be a soft ball used instead of a puck for safety. No experience or gear will be needed. All equipment is provided.

Mouth guards are mandatory & participants must bring their own in order to participate.

RC RACE CLUB

Junior Race Club for grades 2 & 3

3 weeks

CONTRACTUAL

WHEN: Thursdays, January 31 - February 14

WHERE: KES Gym (Grades 2 & 3-Juniors)

TIMES: 3:00 - 4:00 pm

COST: \$30/participant

INSTRUCTOR: Seth Oakes

The first week of this program we will focus on getting to know your car and then let the races begin! We will be racing cars that travel at 40mph so buckle up and get ready to race!! *Min: 6 Max: 14*



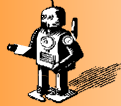
ROBOTS & Race Cars


New
Grades 2 - 5

WHEN: Wednesdays, Oct. 17 & Oct. 24

WHERE: Town Hall Room 305

(We will be picking your child up at both KES & Sea Road after school and driving them to the town hall.)


TIMES: 3:15 - 4:30 pm

COST: \$55/Participant

COORDINATOR: Seth Oakes and Brianna Waterman

Min: 6 Max: 12

We will be building 2 robots & 1 car that the kids can take home and enjoy! We will build an orangutan robot that will climb a suspended line, a small solar powered race car, and a Follow Me Robot that moves toward noises! The participants will learn about science robotics, solar energy, and following visual instructions.

CONTRACTUAL

Rockets Away

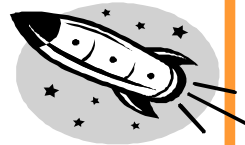
CONTRACTUAL
Grades 2-3 (4 Weeks)
WHEN: Fridays, Sept 21 - Oct 12

WHERE: Town Hall 3rd Floor, Room 305

TIMES: 2:45 - 4:15 pm

COST: \$40/Participant

COORDINATOR: Matthew Duplisea

Registration Deadline: Sept. 14


This program will be all about having fun and making cool model rockets. Each participant will get to spend the time building their rocket and preparing it for the big launch at the slide hill on Sea Road. The van will pick up the participants right after school at KES and bring them to the Town Hall. **Min: 7 Max: 10**

Babysitting

Courses

Grades 6 - 8
WHEN: Wednesday & Thursday,

Session 1: October 17 & 18

Session 2: January 16 & 17

Session 3: March 20 & 21

Session 4: May 29 & 30

WHERE: Fire/Rescue Training Facility

TIMES: 2:30 - 4:30 pm (both days)

COST: \$38/session

CONTRACTUAL


Topics Covered: Child development, home safety, child/infant CPR, basic first aid and more. Successful participants will receive a course completion certificate.

Please bring a snack, drink, paper & pencil.

Min: 6 Max: 10 per class

Horseback Riding Lessons

Ages 8 - 14, (4 weeks)
CONTRACTUAL
WHEN:

Wednesdays, Sept 19 - Oct 10

WHERE: Lucky Clover Stables,
308 Grammar Rd., Sanford

TIMES: **Beginners:** 5:00 - 6:00pm
Intermediate: 6:00 - 7:00pm

COST: \$92/session

BEGINNER: Participants that have been on a horse less than a dozen times. Only to the point of walking, stopping and some steering, usually on a lead with the instructor.

EXPERIENCED: Walking, trotting, off lead line, may have some experience with beginning to canter.

WHAT TO BRING: Participants must wear long pants and hard-soled boots or shoes with a heel. Please bring a water bottle to class.



Beginner & experienced riders will learn to ride, grooming techniques, tacking and untacking a horse. Mounted segments will cover the walk and the trot with emphasis on safety, position and balance. **Min: 3 Max: 5 per session**



Treasure Hunt GEOCACHING

Grades 4 - 6
WHEN: Fridays, September 14 - October 5

WHERE: Local areas

TIMES: Children will be picked up at MSK & Sea Road School
Pick up is at 4:15 at the Teen Center, Parks Street

COST: \$25/participant

Coordinators: Seth Oakes & Brianna Waterman


Find hidden treasure and learn to use GPS. We will travel around York County to look for these hidden caches and create some for others to find. Bring some snacks and go look for treasure.

Min: 6 Max: 10

Pre-season Rec Clinics

Grades 2-6

WHEN: Saturdays, November 10 & November 17
TIMES: 10:00am -12:00 pm
WHERE: Kennebunk Elementary Gym
COST: FREE
COORDINATOR: Rob Sullivan Kennebunk High School Girls Varsity Basketball Coach



Clinics are for all girls signed up for Recreation Basketball (Grades 2-6). These clinics are at no additional cost and will focus on learning the fundamentals of the game. Players with past experience will be challenged to learn new skills. The Kennebunk High coaches will run these clinics and welcome all recreation coaches to attend. Coaches wishing to pick up some drills or techniques in teaching fundamentals are encouraged to attend. Coaches will be available to "talk hoops" afterwards.

Girls Basketball Leagues

Grades K-1 & Grades 2-3

WHEN: Tuesdays, Dec 11 - Feb 12
WHERE: KES Gym
TIMES: 3:15 - 4:15 pm (Grades K-1)
 4:15 - 5:15 pm (Grades 2-3)
COST: \$30/participant
INSTRUCTOR: Sally Tartre (K-1) David Creech (2-3)
 This program will help participants learn basic basketball skills through drills and practice games in a fun, positive and energetic environment.



Girls Basketball League

Grades 4-6

WHEN: Tuesdays, Thursdays and Saturdays
 Dec 11 – Feb 9 (no program during ½ days, no school days or snow days)
WHERE: Kennebunk Elementary School
TIMES: Tuesdays & Thursdays 5:15 – 6:30 pm
 & Saturdays 10:00-11:00 am or 11:00-12:00 pm
COST: \$35/participant
COORDINATOR: David Creech



Girls will be broken up into teams and coaches will call players and let them know when the first practice will be. A schedule of game dates and times for each team will be given out the first day of practice. **If you have not been contacted by your coach by Monday, Dec 3 please contact the office. Please be advised that we will be setting up games with area Towns.**

NEW: Anyone wishing to try out for the Grades 5 & 6 Travel Team must participate in this league.

Kennebunk Girls Grades 5 & 6 Travel Basketball

Will now be run through Kennebunk Hoops Club

This is a competitive travel team that will enter local tournaments and play competitive games in Southern ME.
WHEN: Tryouts to be held third week in January (season primarily February & March)
WHERE: Practices will be held in Kennebunk Tournaments TBA
COORDINATOR: Kennebunk Hoops Club



Contact Coach Sullivan
(kball@roadrunner.com)

***** Players that want to play travel must first play in the recreational program for grades 4-6 to be considered*****

This is a competitive team that will be playing games against other towns and requires a large time commitment. More information will be forthcoming as the season approaches. Tryouts will be held in late January. All players are not guaranteed selection for the team. No games will be played until the conclusion of the recreation season. Players will also receive a uniform to keep if selected.

Girls Basketball Fall

MUD LEAGUE

Grades 7 & 8 and Grades 9 - 12
WHEN: Mondays and Wednesdays
 Oct 22 – November 21
WHERE: KHS Gym
TIMES: 7:00 – 8:30 pm
COST: *FREE* **Must pre-register for program**
Coordinator: Scott Craig. Play games, have some fun, get in shape, while not having to play on a team.

Kennebunk/Kennebunkport Hoops Club 3rd Annual OPEN HOUSE & REGISTRATION NIGHT!

WHEN: Beginning of November; Exact date, time & location TBA in September
 Please keep your calendars open at the beginning of November...All Hoops families will be invited to register for the upcoming basketball season and attend the open house. Surprises for everyone! There will be prizes, food, basketball clinics with the high school coaches and cool bball videos! Kennebunk Hoops invites you to attend at no cost and sign up for basketball at the same time.



KENNEBUNK SKI CLUB at Sunday River

CONTRACTUAL

Grades 7 -12

Get your holiday shopping done early!

Registration begins on Wednesday, Sept 5 for Kennebunk Residents & Friday, Sept 7 for Non-Residents.

WHEN: Jan 12 & 26, Feb 2 & 9, March 2

Make-up date: March 9

WHERE: Sunday River

TIMES: 6:30am-6:30 pm

COST:

Transportation only	\$150.00
Transportation and Lift ticket	\$275.00
Transportation and rentals only	\$215.00
Transportation and lesson only	\$215.00
Transportation, lift ticket and lessons	\$340.00
Transportation lift ticket and rental	\$340.00
Transportation, ticket, lesson & rental	\$399.00

COORDINATOR: Seth Oakes
Min: 42 Max: 80



Sunday River Driver Discount Lift Ticket Program

Ski all day for nearly half price!!

The Kennebunk Recreation Department is now offering a discount ticket-only program to Sunday River Ski Resort. Sign up for a 4 or 5 week ski program. Just meet us at the mountain on the specified program dates and pick up your discount ticket.

CONTRACTUAL

Now you can afford to take the whole family!

WHEN:

4 Week Program: Jan 12 & 26, Feb 2 & 9

5 Week Program: Jan 12 & 26, Feb 2 & 9, March 2
(Make up date is March 9)

WHERE: Sunday River Ski Resort (Meet Seth Oakes at White Cap Lodge anytime after 8:45am)

COST:

4 Week Program: \$148 (Students) \$188 (Adults)

5 Week Program: \$185 (Students) \$235 (Adults)



****Only 1 voucher will be given if you miss a day during the program. Vouchers will be given at the end of the program.****

NOTE: Liability Waiver must be completed and returned to the Kennebunk Recreation Office no later than Thursday, January 10th.



SKI*RIDE*LESSONS

at Shawnee Peak

Grades 4 - 8 (5 weeks)



WHEN: Tuesdays, Jan 8, 15, 22, 29 & Feb 5

Make-up Dates: February 12 & 26

WHERE: Shawnee Peak, Bridgton

TIMES: **6-8 Graders** picked up at 2:20pm at MSK

4-5 Graders picked up at 3:00pm at Sea Rd

Bus Returns to Sea Road School at 9:15 pm

COST:

Lift Ticket Only \$115.00

Lift Ticket & Ski or Board Rental \$190.00

Lift Ticket & Lesson \$200.00

Lift Ticket, Lesson & Ski or Board Rental \$270.00

Helmet Rental (5weeks) \$25.00

All costs include transportation & lift ticket

****Helmets are required****

Please be advised the we do not provide chaperones to ski with each child, so we strongly advise that your child not participate unless they have another person to ski with each week after their lesson.

Min: 25 Max: 45 participants **CONTRACTUAL**

If you need or want to sell ski/board equipment, check out our SKI SALE. See page 4 of the catalog for more information.

Kennebunk Ski Club

Weekend Overnight

for grades 7 - 12



WHEN: March 22 - 24

WHERE: Sunday River

TIMES: Leave KHS at 5:00 pm Friday night

Return Sunday at 7:00 pm **CONTRACTUAL**

COST: \$170/weekend

COORDINATOR: Seth Oakes

Min: 30 Max: 43

Come enjoy a weekend away with friends at Sunday River. Price includes transportation, breakfast and dinner for both days you are there and all of the skiing or riding you can handle. Stay in the dorms and get first tracks each morning.

For skiing cancellations due to weather, please call 985-6890 ext 1607 or check the scrolling bar on our website at www.kennebunkrec.com



Youth/Teen Community Center

GRAND REOPENING

Tuesday, October 30, 2012

Grades 6 - 12



HALLOWEEN SPOOK NIGHT

Tuesday, October 30

5:30-8:30pm at the Teen Center

Cost is FREE

There will be prizes, costume contest
food, music, games & candy!!

HOURS

MONDAY - THURSDAY: 2:30 - 8:00 pm

FRIDAY: 2:30 - 9:00 pm

*All hours are subject to change, depending on the number of students using the facility during scheduled hours. Typically, the Center will stay open through Friday before April Vacation.



FREE DVD NIGHTS



Every Friday Night



November 2 - April 5

Enjoy a newly-released movie on a High Def TV!
Movies will be rated PG or PG-13.

No movie when the Teen Center is closed or trips are running

The Youth Center is equipped with pool tables, ping pong tables, multiple TV's including a 65-inch High Definition Sony DVD surround sound system, X-Box 360, dome hockey, Playstation 2 & 3, Nintendo Wii, arcade games, computers, internet access, juke box, snack & soda machines, lounge area, study area 7 kitchen facility. There will be monthly events, raffles, tournaments, activities and much more!!!

Middle School

Volleyball Program

WHEN: Sundays,
Session 1: Sept 30 - Dec 16
Session 2: Jan 6 - April 28

WHERE: Kennebunk Middle School

TIMES: 4:30 - 6:30 pm

COST: \$5 per session (proceeds to benefit the KHS Volleyball Program)



This program is an introduction to competitive volleyball. Learn all the skills necessary to play competitive volleyball, including, passing, setting, serving and spiking. Skills and drills will start each practice, followed by six on six volleyball so players can learn positioning on the court. This program is for Middle School Students only.

Athletic Conditioning

New

For grades 6-12

Presented by The Fitness Nut House

WHEN: October, November, December
Monday, Wednesday, Friday

Times: 4:00 - 5:00 pm

Cost: \$75/month or \$10 drop in rate

This class is designed to help develop strength, flexibility, endurance, agility, balance, and speed for the middle school and high school athlete. Class includes use of battle ropes, medicine balls, weights, agility ladders, power push sleds, bands, hurdles, deadlift bars, pull up bars, TRX suspension system, barbells. Classes are held on 3000 square feet astroturfed 3D Sports Training Center at the Fitness Nut House.



CONTRACTUAL