A close-up photograph of bare tree branches heavily laden with white snow. The branches are dark and crisscross, creating a complex pattern against a bright, snowy background.

# Winter 2025 Programming

[brunswickme.gov/191/parks-recreation](http://brunswickme.gov/191/parks-recreation) | 207-725-6656  
[recprograms@brunswickme.gov](mailto:recprograms@brunswickme.gov)  
220 Neptune Drive | Brunswick, Maine 04011

# Table of Contents

General Policies	p. 3	Be Involved	p. 15
Youth Sports	p. 4	Events	p. 17
Outdoor Recreation	p. 6	MARC	p. 19
Youth Enrichment	p. 8	Welcome Center	p. 20
Sponsorship	p. 9	Rec Center	p. 23
Health and Fitness	p. 11	Parks and Facilities	p. 26
Adult Sports	p. 13		

## Parks and Recreation Staff

### Thomas M. Farrell

Director

tfarrell@brunswickme.gov

### Sabrina M. Best

Deputy Director

sbest@brunswickme.gov

### Dennis Wilson

Parks and Facilities Manager

Town Arborist

dwilson@brunswickme.gov

### Brittany Lucas

Financial Administrative Assistant

blucas@brunswickme.gov

### Aaron Cropley

Recreation Manager

acropley@brunswickme.gov

### David Coffill

Program Assistant

dcoffill@brunswickme.gov

### Laurie Grinnan

Fitness and Facility Coordinator

lgrinnan@brunswickme.gov

### Weezie Mackey

Marketing and Communications Manager

wmackey@brunswickme.gov

### Rodrigue Mwenge

Housing Navigator

Welcome Center

rodrigue@ircfmaine.org

Follow us on Social Media!



BrunswickParksandRec

### Town Website

[brunswickme.gov/parks-recreation](http://brunswickme.gov/parks-recreation)

### Civic Rec Online Registration

[secure.rec1.com/ME/brunswick-me/catalog](http://secure.rec1.com/ME/brunswick-me/catalog)



# General Policies

**Registration:** Registration can occur either online at [www.brunswickme.gov/parks-recreation](http://www.brunswickme.gov/parks-recreation), in person at the Recreation Center, and over the phone. Full payment is required at the time of registration for classes.

**Residents:** Participants who live in Brunswick.

**Non-Residents:** Participants who do not live in Brunswick must pay 33% more per registration.

**Confirmations:** We do not send confirmations or reminders of enrollment. If you register for a program, you are responsible for knowing class dates, times, and location.

**Discounts:** Sibling discounts are available for Brunswick Youth Soccer League and for Summer Camp.

**Refund Policy:** Brunswick Parks and Recreation seeks to provide high quality facilities and program opportunities for leisure time activities for all Brunswick residents. The user fees collected through these programs go directly toward the cost of operation. This allows us to keep our rates fair while still delivering a high quality product. In many cases, expenses are incurred prior to the start of a program, which is why we have outlined the refund policy below.

- If we cancel a program, all fees will be refunded. If a program does not take place due to cancellation by Parks and Rec, all registration/user fees will be refunded in full.

- If you withdraw 2 business days before the first session of a program (excluding weekends and holidays) you will receive a full refund (less a \$5 handling fee). Example: If a program is scheduled to begin on a Wednesday, to receive a full refund (minus the handling fee) you must withdraw before the end of business on Monday. If Monday is a town recognized holiday and our offices are closed then withdrawal must take place before the end of business on the previous Friday.
- If you withdraw less than 2 business days prior to the start of or after the first session of a program, you will be refunded 75% of the registration fee (less a \$5 handling fee). Example: If the program is scheduled for Wednesday afternoons, any withdrawals that take place at the start of business on the Tuesday morning before the first session through the close of business on the Tuesday prior to the second session will be eligible for this refund.
- If you withdraw on (or after) the day of the second session, no refund will be issued.
- For one-day special events you must withdraw no less than 2 business days prior to the start of the program to receive a full refund (less a \$5 handling fee). There will be no refunds issued for requests later than that.
- In the event of an extended illness or injury, we will issue a prorated refund after the start of a program. We must receive written notification, along with a physicians note excusing the participant from continuing. All documentation must be received before the last session of the program.
- Refund processing takes up to two weeks. We do not provide cash refunds.

## Cell Phone Policy

- Patrons are allowed to use cell phones for music and fitness-oriented apps while wearing headphones or earbuds.
- We ask Patrons to NOT use technology to photograph or videotape anywhere in the Fitness Center.
- In addition, we DO NOT PERMIT conversational phone use, facetime, or any other video conversations in the Fitness Center.
- Please refrain from scrolling through social media, texting, or taking selfies in between sets while others are waiting to use equipment in Fitness Center.

# Youth Sports Programs

## Basketball for Grades 3-8

Our program emphasizes the development of fundamental basketball skills and positive values such as teamwork, respect, and sportsmanship. The program consists of one 1-hour week night practice and one Saturday game each week. Equal playing time is one of the goals of the program.

**Location:** Harriet Beecher Stowe School Gym and Brunswick Rec Center Gym

**Dates:** Dec. 7, 2024 - Jan. 25, 2025

**For more info and details:**

3/4 girls    3/4 boys

5/6 girls    5/6 boys    7/8 coed

## Kids on the Court

Offered as a skills and drills program, coaches and volunteers will guide children through skills work with an emphasis on dribbling, passing, shooting, and scrimmaging in small groups. For more info, click on session times below.

**Ages:** For Brunswick Youth in Grades 1 and 2

**Days:** Saturdays from Dec. 14, 2024 to Jan. 25, 2025  
(No Session on 12/28)

**Location:** Harriet Beecher Stowe School Gym  
Sessions: 8:30am OR 9:30am

**Fee:** \$75 Brunswick Residents (Brunswick Residents Only)

**Coaches:** Adam Caron and Ryan Soucie, with the assistance of varsity high school basketball players and adult volunteers.

**Coordinator:** David Coffill [dcoffill@brunswickme.gov](mailto:dcoffill@brunswickme.gov)

## Start Smart Basketball

Children, alongside an adult, will work together with the assistance of an instructor to learn the basics of dribbling, ball handling, shooting, passing, catching, running and agility. For more info, click on time preferred below:

**Ages:** 3-5 (as of the start of the program) and their guardians

**Dates:** Tuesday and Thursday, January 7-23

**Time:** 4-4:45pm OR 5-5:45pm

**Location:** Brunswick Recreation Center

**Fee:** \$70 Residents / \$93 Non-Residents

**Instructor:** TBD

**Coordinator:** Aaron Cropley

[acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

## Travel Basketball Tryouts

Brunswick Parks and Recreation will enter a 5th grade boys and 5th grade girls team, along with a separate 6th grade boys and 6th grade girls team in the Southern Maine Hoops Basketball League. Limited to Brunswick residents and students of Brunswick public schools only, all games will be played on Saturdays or Sundays.

**Tryout Location:** Harriet Beecher Stowe School Gym

**Tryout Dates:**

Girls 5th - Oct. 23 5pm / Girls 6th - Oct. 23 6:15pm

Boys 5th - Oct. 22 5pm / Boys 6th - Oct. 22 6:15pm

## Elks Hoop Shoot (Ages 8-13)

Brunswick and Topsham Parks and Recreation Departments, in conjunction with the Brunswick Lodge B.P.O., Elks No. 2043, will be holding the annual subordinate lodge level of the Elks National "Hoop Shoot" Free Throw Contest. For more info, click on age below. (Age determined as of age on April 1, 2025.)  
8 – 9, 10 – 11, 12 – 13.

**Ages:** 8-13

**Date:** Saturday, December 28, 2024

**Time:** 10pm–12:00pm (check in at 9:30pm)

**Location:** Brunswick Recreation Center  
220 Neptune Drive, at Brunswick Landing

**Fee:** Free (Pre-registration required)

**Instructor:** Parks and Recreation Staff

**Coordinator:** David Coffill [dcoffill@brunswickme.gov](mailto:dcoffill@brunswickme.gov)

## FUNDamental Basketball

This co-ed program focuses on teaching the introductory skills of basketball, using drills and small-sided games to learn dribbling, passing, shooting, defense, body awareness and movement.

For more info and to register.

**Grade:** K

**Dates:** Tuesdays and Thursdays, Feb. 4-Mar 6  
(No Class Feb. 18 or Feb. 20)

**Time:** 5-5:45pm

**Location:** Brunswick Recreation Center

**Fee:** \$70 Residents / \$93 Non-Residents

**Instructor:** TBD

**Coordinators:**

Aaron Cropley, [acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

Dave Coffill, [dcoffill@brunswickme.gov](mailto:dcoffill@brunswickme.gov)

COME JOIN US

# SPECIAL OLYMPICS BASKETBALL

A program for K-5th graders who experience disabilities of physical, social, communicative, and/or cognitive challenges!

Brunswick Parks and Recreation is proud to partner with Special Olympics Maine to offer this program at no charge!



**About your instructor:**  
Haley Bernier has been working with children with disabilities since 2007. She is a State of Maine certified special education teacher and holds a Behavioral Health Professional Certification. Haley is passionate about providing opportunities for athletes of all abilities.

Saturdays (March 8-29, 2025) from 1:00-1:45 pm at Harriet Beecher Stowe School

Children in the program will be supported by a parent or guardian familiar with the child (at least 18 years old) and will work together with the assistance of an instructor and other volunteers to learn the basics of basketball. We can't wait to see you there.

**Brunswick**  
maine  
Parks and Recreation

FOR MORE INFO, VISIT CIVIC REC, CLICK ON YOUTH PROGRAMS



# Youth Sports Programs

## Mid-Winter Classic Basketball Tournament

### (43rd Annual Boys and 23rd Annual Girls)

The Mid-Winter Classic is a long tradition in Maine and a qualifier event for the New England States Basketball Championship, March 14-16, 2025 in Providence – Tiverton, RI!

**Tournament Dates:** Feb 17-22, 2025

**Fee:** \$225

More information to come soon.

Boys 7th Girls 7th

Boys 8th Girls 8th

## Indoor Early Bird Golf

Participants will receive instruction on grip, stance and full swing techniques as well as chipping, putting and pitching instruction throughout the duration of this 4-week program.

[For more info and to register.](#)

**Ages:** Ages 8-16

**Dates:** March 4 – March 25

**Time:** Tuesdays, from 5:00-5:45pm

**Location:** Harriet Beecher Stowe School

**Fee:** \$70 Residents / \$93 Non-Residents

**Instructor:** Gerry Caron

**Coordinator:** Aaron Cropley acropley@brunswickme.gov

## Indoor Track and Field

Located at the Rec Center's indoor track, this program helps develop and improve technique and performance in running, jumping and throwing events. For more info, click on age group below.

**Ages:** Ages 5-15

**Dates:** Monday and Wednesday, January 6-29

**Times:** 5-9—5:30pm-6:30pm; 10-15—6:30-7:30pm

**Location:** Brunswick Recreation Center

**Fee:** \$75 Residents/ \$100 Non-Residents

**Instructor:** Becca Fisk

**Coordinator:** Aaron Cropley acropley@brunswickme.gov

## Youth Pickleball

Want to learn the fine art of the lob shot and overhead smash? Take weekly lessons on how to play the wildly popular game of pickleball. Limited to 12 players. [For more info and to register.](#)

**Grades:** 6-8

**Dates:** Thursdays, Oct. 17 - Dec. 19 (no class Oct 31/Nov 28)

**Time:** 4:00-5:30pm

**Location:** Brunswick Recreation Center

**Fee:** Brunswick Residents/\$40; Non-Residents/\$54

**Instructors:** Richard Cromwell and Linda Noddin

**Coordinator:** Aaron Cropley acropley@brunswickme.gov

## March Basketball Tournaments

In March, Brunswick Parks and Recreation holds a single-elimination plus consolation tournament at the Rec Center for boys and girls grades 3rd-6th. The entry fee is \$225 per team. For more info, click on the appropriate grade:

[3rd/4th Grade Boys](#) March 1-2

[3rd/4th Grade Girls](#) March 8-9

[5th Grade Boys](#) March 15-16

[5th Grade Girls](#) March 22-23

[6th Grade Boys](#) March 15-16

[6th Grade Girls](#) March 22-23

## April Vacation Golf for Kids

This one-day program for youth is a great opportunity for children to learn the game of golf or to practice their existing skills! Children will receive chipping, putting and pitching instruction and this program includes contests with the opportunity for prizes! [For more info and to register.](#)

**Ages:** Ages 8-16

**Dates:** Thursday, April 24

**Time:** 11am-12:30pm

**Location:** Brunswick Golf Club

**Fee:** \$31 Brunswick Residents / \$41 Non-Residents

**Instructor:** Gerry Caron

**Coordinator:** Aaron Cropley acropley@brunswickme.gov

## Community Swim at Bowdoin College

Come warm up and get some exercise with our open swim program. For more info, [individual](#) and [family](#).

**Ages:** Ages 4 and up

**Dates:** Sundays, Jan. 19 – March 16

**Time:** 1:30pm-2:30pm

**Location:** Greason Pool at Farley Field House

**Fee:** Brunswick Residents: \$75/person, \$100/ family

**Non-Residents:** \$100/person, \$133/family

**Coordinator:** Aaron Cropley acropley@brunswickme.gov

## High School Co-Ed Dodgeball

Grab some friends and build a team for this fun, recreational league. You need a minimum of 8 players per team. [For more info and to register.](#)

**Grades:** 9-12

**Dates:** Thursdays, Feb 27-Mar 27

**Time:** 6:00-8:00pm

**Location:** Brunswick Recreation Center

**Fee:** Brunswick High School Students \$150/team

**Coordinator:** Dave Coffill dcoffill@brunswickme.gov

# Youth Sports Programs

## Youth Hip Hop Dance

Kids will get up and MOVE to their favorite tunes in this program where they'll learn trending hip-hop choreography and technique, while developing their understanding of rhythm, body awareness, and self-expression! For more info and to register, click on desired session below.

**Grades:** 2-5

**Session II, Fall:** Mondays, Oct 28–Dec 9 (No class Nov 11)

**Session I, Winter:** Mondays, Jan 6–Feb 24 (No class Jan 20 or Feb 17)

**Session II, Winter:** Mondays, Mar 10–Apr 14

**Time:** 4:00pm-5:00pm

**Location:** Harriet Beecher Stowe School Gym

**Fee:** \$90 Residents / \$120 Non-Residents

**Instructor:** Kate Andreu

**Coordinator:** Aaron Cropley [acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

## Tiny, Tappy Toes – Tap and Ballet

Learn the basic techniques of tap, ballet and creative movement steps in this fun combo class. Dance teaches self confidence, balance, and coordination. Additionally, it keeps a child's mind and body working together. For more info and to register, click on desired session below.

**Age:** 3-6 as of January 22 (must be potty trained)

**Session II, Fall:** Mondays, Oct 28–Dec 9 (No class Nov 11)

**Session I, Winter:** Mondays, Jan 6–Feb 24 (No class Jan 20 or Feb 17)

**Session II, Winter:** Mondays, Mar 10–Apr 14

**Time:** 5:15pm-6:00pm

**Location:** Harriet Beecher Stowe School Cafeteria

**Fee:** \$90 Residents / \$120 Non-Residents

**Instructor:** Kate Andreu

**Coordinator:** Aaron Cropley [acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

# Youth Outdoor Recreation

## Outdoor Explorers, Winter

Ready for some outdoor fun? Outdoor Explorers is all about letting kids take charge of their adventures! Each week, we'll dive into the woods, streams, and trails around Brunswick Junior High, exploring whatever sparks our interest. From mastering maps and compasses to tracking animal footprints, snowshoeing, sledding, predicting the weather, learning about local wildlife and natural resources, and letting our imaginations run free, there's no shortage of opportunities to play. Join us! [For more info and registration](#)

**Grades:** 6-8

**Dates:** Tuesdays, Jan 7-Feb 11

**Time:** 2:15-4:05pm

**Location:** Brunswick Jr High School

**Fee:** \$35 Residents / \$47 Non-Residents

**Collaborating Instructor:** Alicia Heyburn, Executive Director, Teens to Trails

**Coordinator:** Aaron Cropley [acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

## Learn to Ski and Snowboard at Lost Valley

In partnership with Lost Valley, we're thrilled to offer ski and snowboard lessons, rentals and lift tickets at our group rate for the 2025 program season. Registration is limited to Brunswick residents only and must be submitted by **December 15** directly through the Lost Valley website: [lostvalleyski.com/brunswick](http://lostvalleyski.com/brunswick)

**Ages:** 7 through 14 by December 1, 2024

**Lesson Dates (8 weeks):** Wednesdays, Jan 8-Mar 5 (No lesson Feb 19)

**Time:** From 5:45pm-7pm

**Location:** Lost Valley Ski & Snowboard Area, 200 Lost Valley Road, Auburn, Maine 04210

**Lesson & Lift Ticket:** \$288 (No Rental)

**6 Week Equipment Rental:** \$200 (Lesson Fee Not Included)

**Lift Ticket Only:** \$248 (No lesson or Rental)

**Instructor:** Lost Valley Ski and Snowboard School Staff

**Coordinator:** Aaron Cropley [acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

# Youth Enrichment

## Brick-by-Brick LEGO (2 Sessions)

Join us for two 3-hour Lego extravaganzas, fun and educational (think problem solving and spatial awareness)!

**Fall Fun:** Individual builds may include: a burly football player, a scratchy scarecrow, and an apple with a worm! Lego challenges, games and free building time will round out the session! [For more info and registration.](#)

**Date:** Nov 16

**Holiday Fun:** Individual builds will include: Santa, a dreidel and a holiday train! Lego challenges, games and free building time will round out the session! [For more info and registration.](#)

**Date:** Dec 7

**Grades:** K-4

**Time:** 9am-12pm

**Location:** Harriet Beecher Stowe School

**Fee:** \$43 Brunswick Residents/\$58 Non-Residents

**Instructor:** Brick-by-Brick LEGO Staff

**Coordinator:** Aaron Cropley

acropley@brunswickme.gov

## February and April School Vacation Camp

Vacation Camp is an enrichment program with games, sports, arts and crafts, theme days and special events. For additional info, click on links for each school.

**Grades:** K-6

**Dates BJH:** Tuesday– Friday, February 18-21

**Dates HBS:** Tuesday– Friday, April 15-18

**Time:** 8am-5pm

**Location:** TBA

**Fee:** \$200 Brunswick Residents / \$266 Non-Residents

**Instructor:** Brunswick Parks and Rec Staff

**Coordinator:** Aaron Cropley

acropley@brunswickme.gov

## Mad Science

**STEM Odyssey:** In this STEM program, kids explore a variety of topics and learn about the wonders of both life and physical sciences. They explore themes and answer questions like: What makes your hair stand up? Is it a magnet or magic? And just what are carbs, anyway? At the end of every class, they take home an educational toy that extends the learning experience!

**Grades:** K-5

**Dates:** Tuesdays, Jan 7 - Mar 4 (No Class Feb 18)

**Time:** 3:50pm-4:50pm

**Location:** [Kate Furbish Elementary School](#)

**OR**

**Dates:** Thursdays, January 9 - March 6

**Time:** 3:50pm-4:50pm

**Location:** [Harriet Beecher Stowe School](#)

**Fee:** \$185 Residents / \$246 Non-Residents

**Instructor:** Mad Science of Maine Staff

**Coordinator:** Aaron Cropley

acropley@brunswickme.gov

## Afterschool Club

This program runs throughout the school year and offers various games and activities, including: homework help, STEM projects, gym games, arts and crafts, and playground time! Look under Youth Programs [for more information and registration.](#)

**Grades:** 3-5

**Dates:** Sept 9, 2024 through June 16, 2025

**Time:** 3:00 (end of day dismissal) - 5:00pm

**Early Release Days:** 12:15pm - 5:00pm

**Location:** Harriet Beecher Stowe School

**Fee:** Varies with number of days the program runs each month. \$15/day for each day program is held.

**Instructor:** Brunswick Parks and Rec Staff

**Coordinator:** Aaron Cropley

acropley@brunswickme.gov

**SAVE THE DATE FEBRUARY 3, 2025**

**Summer Day Camp prices, locations, registration and scholarship info will be announced.**

From the bottom of our hearts, thank you to our  
2024 BYSL sponsors.

**WOODHULL**

**MIDCOAST**  
FEDERAL CREDIT UNION



**Cool-As-A-Moose®**



**SITELINES**  
Civil Engineers • Land Surveyors

ESTD 2019

**PEPPER'S  
LANDING**  
LOBSTER CO.

*Office of Cornelia C. Viek, CPA*

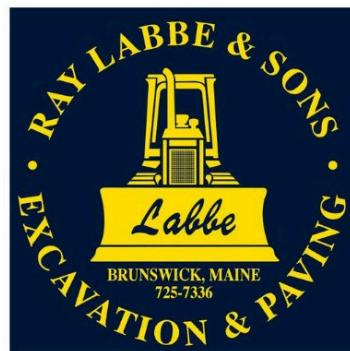


**Richard's  
Restaurant**

**Bilodeau**  
INSURANCE AGENCY

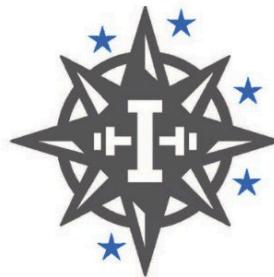


**G.M. Wild Construction**  
Building quality and customer satisfaction



**Dirigo Custom Structures  
CONSTRUCTION**

Modular Homes Renovations Turn-Key Packages



**INVICTUS**  
PHYSICAL THERAPY | SPORTS PERFORMANCE

**CASCO BAY**  
*Ford*

**convenientMD**



**Goodwin**  
MOTOR GROUP



**Brunswick  
Dental Health  
ASSOCIATES**

**URGENT CARE**



**WILDFLOURS  
BAKERY**



**Kennebec  
Savings Bank**



## SPONSORSHIP FORM

Sponsor Name: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

### SPONSORSHIP TIERS

Please indicate which program you would like to sponsor.

#### Tier 1 - \$200 per selection

- Fundamental Basketball for Grade K
- 1st and 2nd Grade "Kids on the Court" Basketball
- Travel Basketball
- Winter Indoor Track and Field
- Spring Soccer
- Volleyball Club
- Spring Cross Country Running Club
- Kids on the Field Baseball
- Spring Cross Country Trail Biking
- February Vacation Camp
  
- No Preference

Sponsorship includes mention in one of our seasonal program brochures, social media "shout out," and seasonal acknowledgement on our website.

#### Tier 2 - \$250 per selection

- 3rd and 4th Grade Boys Basketball
- 3rd and 4th Grade Girls Basketball
- 5th and 6th Grade Coed Basketball
- 7th and 8th Grade Coed Basketball

Sponsorship includes all of Tier 1 plus one team named after the sponsor.

#### Tier 3 - \$500 per selection

- Mid-Winter Classic

Sponsorship includes all of Tier 1 plus sponsor name on programming shirts.

#### Tier 4 - \$1000 per selection

- Valentine Ball
- Bike Rodeo

Sponsorship includes all of Tier 1 plus mention in program flyers, logo mention on website, and sponsor poster visibility at individual events.

Total Sponsorship Amount \$ \_\_\_\_\_ Please bill us \_\_\_\_\_

Tier 2 Sponsorship Only List the name(s) and grade(s) for any children participating in team sport.

Child's Name and Grade: \_\_\_\_\_

Please return sponsorship form to Brunswick Parks and Recreation with check payable to 'Town of Brunswick' or email the completed form to [wmackey@brunswickme.gov](mailto:wmackey@brunswickme.gov)

# Health and Fitness

All individuals registering for personal training must have a PRO membership.

## Machines 101

Join us as we tour the spaces in our beautifully renovated Fitness Center. **Registration is required.** Learn more when you register through one of the dates below.

**Dates:** Oct. 9, 16, 23 Nov. 6, 20 Dec. 11, 18

**Time:** 5:00 pm-6:00 pm

**Location:** Meet in the Lobby

**Fee:** Free

**Coordinator:** Laurie Grinnan

lgrinnan@brunswickme.gov

## One-on-One Personal Training

This program is designed for a one-time session to meet with one of our personal trainers. For more info, click on session of interest.

**Dates:** Based off of client and trainer's availability

**Location:** Weight Room

**Coordinator:** Laurie Grinnan

lgrinnan@brunswickme.gov

### 1-1 Personal Training 1 Hour

**Fee:** \$55

### 1-1 Personal Training 2 Hours (\$10 saving)

**Fee:** \$100

### Personal Training 3 Hours (\$20 saving)

**Fee:** \$145

## Fitness Assessment

Wondering where to start on your fitness journey? Consider a 30-minute fitness assessment to equip you with all the tools to get started! [Learn more.](#)

**Dates:** Based off of client and trainer's availability

**Time:** 30 minutes

**Fee:** \$30

## Small Group Personal Training

Group personal training is perfect for those who are looking for peer accountability and consistent training with a buddy or two. (Minimum of 3 people/ Max 5)

**Dates:** Based off of client and trainer's availability

**Location:** Weight Room

**Coordinator:** Laurie Grinnan

lgrinnan@brunswickme.gov

### Group Training 1 Hour

**Fee:** \$35 per person

### Group Training 2 Hours

**Fee:** \$55 per person

### Group Training 3 Hours

**Fee:** \$75 per person

## Fitness Center Rules

- Participants must be at least 14 years old and accompanied by an adult at all times if under 16.
- Participants must report all injuries to BRC staff. In emergency, dial 911 before reporting to staff.
- Show respect for the equipment, facility, and towards others.
- Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.
- No horseplay or loud offensive language will be tolerated.
- Please report any damaged or broken equipment to BRC staff immediately.
- Use a spotter when lifting heavy weights and please do not drop or throw the weights.
- Use a spotter when lifting heavy weights and please do not drop or throw the weights.

- Keep hands and loose clothes away from weight stacks, cables, and pulleys. Limit use of cardio machines to 30 minutes when others are waiting.
- Proper attire is required at all times. Please do not leave personal items lying around. Use provided locker area.
- Do not take pictures or videos of others without consent.
- Please use headphones when listening to music.
- Please clean up after yourself and wipe off equipment with provided materials after use.
- Track use is limited to walking and running only. Use clean non-marking gym shoes on courts, track, and exercise spaces.
- Consult your physician prior to engaging in physical activity.

# Fitness Center Equipment

The Strength Room features the strength and conditioning equipment listed below:

- Matrix Ultra Dependent Arm Curl
- Matrix Ultra Back Extension
- Matrix Ultra Converging Chest Press
- Matrix Ultra Diverging Lat Pulldown
- Matrix Ultra Leg Extension
- Matrix Ultra Leg Press
- Matrix Ultra Rear Delt / Pec Fly
- Matrix Ultra Diverging Seated Row
- Matrix Ultra Converging Shoulder Press
- Matrix Ultra Triceps Press
- Matrix Ultra Hip Adductor/Abductor
- Matrix MG Lat Pulldown
- Matrix MG Seated Row



- Matrix MG Vertical Bench Press
- Matrix Aura Lat Pulldown
- Matrix MG-PL62 Smith Machine
- Magnum VKR w/Chin
- Matrix Aura 5-Stack Multi-Station
- Matrix Aura 4-stack Multi-Station
- Matrix Aura - Adjustable Cable Crossover
- Matrix Aura Seated Row
- Matrix Aura - Triceps Pressdown
- Magnum Full Power Rack
- Connexus Stability Step
- Kettlebells, Slamballs, Strength Bands, Resistant Tubes, Free Weights, Tri Plyo Box, and Sled with moveable parts

\$20/mo for Brunswick residents

Pro Members have access to strength and cardio areas.

Our Cardio Area includes a stretching and yoga area and the cardio machines listed below:

- 4 Rowing Machines
- 2 Performance Climber Mills with Touch Console
- 5 Performance Treadmills with Touch Console
- 4 Performance Elliptical Trainers with Touch Console
- 2 Performance Recumbent Cycle with LED Console
- 2 Performance Upright Cycle with LED Console
- 2 Schwinn Air Bikes with LED Console
- 1 Hand Bike
- 1 Ski Erg



For pro membership information, including discounts, please email our Fitness and Facility Coordinator, Laurie Grinnan, [lgrinnan@brunswickme.gov](mailto:lgrinnan@brunswickme.gov) or call 207-725-6656.

# Adult Sports and Leagues

## Round Robin Pickleball Tournament

The indoor Round Robin Pickleball Tournament is a fun, yet competitive event where everybody will play with and against somebody random! Round Robin Tournaments will be held monthly through December of 2024 and all proceeds will go towards Brunswick Parks and Recreation Department Pickleball programming! Pre-registration is required. For more information, click on dates below.

**Time:** 5:30pm

**Dates:** Friday (Oct. 25, Nov. 29 and Dec. 29)

**Location:** Brunswick Recreation Center

**Fee:** \$30/team

## Introductory Indoor Pickleball Lessons

Looking to learn more about the fastest growing sport in the country? Join the fun! No experience necessary. We have a selection of paddles and pickleballs for players to use during the session.

**Days/Times:** Tues. 4:30-6pm/Thurs. 1-2:30pm

**Location:** Brunswick Recreation Center

**Fee:** \$10/Brunswick Residents \$13/Non-Residents

Check Civic Rec under Adult Programs.

## Dodgeball League

Dodgeball is part of Brunswick Landing's Adult Intramural Sports League in collaboration with Wild Oats Bakery and Flight Deck Brewery. For more info and to register Session 2 (Nov 19)

**Days:** Tuesdays

**Location:** Brunswick Recreation Center

**Times:** 6-8pm

**Fee:** \$200 per team

## Pick-Up Indoor Pickleball

- 2 courts for a drop-in style play and allows adults to play many times throughout the week  
All levels welcome
- Selection of paddles and pickleballs are available for players to use during the session
- At the Brunswick Recreation Center Gym
- \$2 Brunswick resident, \$3 Non-Brunswick resident (10-Punch Passes Available)
- Check the weekly building schedule on the website or Facebook for times and days.

## Intermediate Indoor Pickleball Lessons

Looking to take your game to the next level? These four intermediate lessons will focus on 3 key areas to improve:

- Strategy
- Court Position
- Control

**Days:** 4 Mondays or 4 Wednesdays

**Location:** Brunswick Recreation Center

**Times:** 4-5pm

**Fee:** \$80/Brunswick Residents \$130/Non-Residents

## Pick-Up Basketball

- Open to men and women 18+
- Free
- Teams are made on the fly and games are any version the group chooses (3v3, half court, full court, pressing, slow down, 5v5 etc.)
- No officials, so call your own fouls
- Brunswick Rec Center, Courts 1 or 2
- Check the weekly building schedule on the website or Facebook.

**Have another sport you would like to see offered?**

**Contact us at 207-725-6656.**

# Adult Sports and Leagues

## Over 35 Basketball League

Brunswick Parks and Recreation has been offering an Adult Basketball League for over 25 years, starting in December with an 8-game regular season followed by a seeded, double elimination tournament. Sign-ups are open for teams and individuals. There must be a minimum of 8 adults per roster. For more info about [teams or individuals](#).

**Age:** determination is based on players' age on their birthday in 2025.

**Dates:** Sundays

**Location:** Brunswick Recreation Center

**Times:** 12:00pm, 1:00pm and 2:00pm, depending on the number of teams in the league.

**Fee:** \$1025 / team or \$130/person

## Pick-Up Volleyball

We're excited to introduce Adult Pick-Up Volleyball at Harriet Beecher Stowe School! These sessions are designed for all abilities to come and have fun while exercising! You can even join in on the fun if you have never played volleyball before. All abilities and experience levels are welcome! [For more info and to register.](#)

**Age:** 18 and up

**Dates:** Most Wednesdays, November 13 to May 28  
(No session on November 27, December 25, January 1, February 19, March 5 and April 23)

**Location:** Harriet Beecher Stowe School  
44 McKeen Street, Brunswick

**Times:** November - March the sessions will run from 8pm until 9:30 (due to youth basketball practices being held earlier).

In April and May the session time will be from 6:30pm until 8pm.

**Fee:** \$55 Brunswick Residents/\$75 Non-Residents

**Coordinator:** Aaron Cropley  
[acropley@brunswickme.gov](mailto:acropley@brunswickme.gov)

**Have another sport you would like to see offered?**

**Contact us at 207-725-6656.**



# Be Involved

## Jobs

Looking for your first summer job? A career in Parks and Recreation? Maybe you love working with kids and want to get into a camp counselor or lifeguard role. We have paying jobs at all levels for spring and summer camps, Coffin Pond and more. Reach out, and we can help you find the job experience you need while having fun! Email [hr@brunswickme.org](mailto:hr@brunswickme.org) and check the Town's employment page for more info (<https://www.brunswickme.gov/Jobs.aspx>) on full-time and part-time jobs.

## Volunteer Opportunities

Contact us for volunteer opportunities if you want to:

- Fulfill volunteer hours to graduate
- Donate your time as a coach
- Work a special event
- Help wherever you're needed with our youth and adult programming

Email [wmackey@brunswickme.gov](mailto:wmackey@brunswickme.gov) for more info.

## Sponsorships

Sponsoring a program is a great way to reach the community where you do business. There are lots of opportunities for businesses to participate. You could:

- Volunteer with your work mates to clean up a local trail
- Sponsor a club, team, division or event
- Coach a team
- Donate in-kind items or services

Email [wmackey@brunswickme.gov](mailto:wmackey@brunswickme.gov) for more info.



# Be Involved

The Brunswick Parks and Recreation Department's Recreation Commission consists of five members who are appointed by the Town Council. The Commission meets on the third Wednesday of the month at 7:00pm and has the following general powers and duties:

- The Recreation Commission shall review programs and formulate policies related to public recreation in the Town of Brunswick, including the coordination of its programs with those of other municipal departments.
- It shall be the overall responsibility of the Recreation Commission to promote, enhance and protect recreational opportunities in Brunswick in order to maintain and further develop the quality of life and objectives set forth in the Comprehensive Plan of the Town of Brunswick.
- The Recreation Commission shall be responsible to set forth policies and procedures for all programs operated and administered by the Brunswick Parks and Recreation Department.
- The Recreation Commission shall be responsible for the supervision of all recreational activities conducted by the department on all property owned by or under the control of the town, or on property not owned or under the control of the town.
- The Commission shall communicate with other recreational user groups to coordinate assistance, training, and use of facilities to collectively support extended recreational activities within the Town of Brunswick.
- The Recreation Commission shall develop an appropriate plan of maintenance based on an annual budget and CIP projections for the proper maintenance of the Recreation Department building(s) and for any other recreational structures or facilities placed under its jurisdiction by the Town Council.
- The Recreation Commission will assist in the development of an annual budget.

If the Recreation Commission does not spark your interest, consider another one of the other 20+ Boards and Committees on which citizens may serve. More information can be found at our website: [www.brunswickme.gov/277/Boards-Committees](http://www.brunswickme.gov/277/Boards-Committees)

There may be other special committees not listed. Please contact the Town Clerk's office at 207-725-6658 for more information.

# HALLOWEEN EVENTS AND ACTIVITIES

PUMPKIN DECORATING AND POPCORN PARTY ON THE MALL  
OCTOBER 19  
10 AM OR 11AM SESSIONS

VIRTUAL HALLOWEEN COSTUME CONTEST  
OCTOBER 31  
SUBMISSIONS BEGIN AT 3PM

FAMILY WINDOW PAINTING ON MAINE STREET  
OCTOBER 20  
BEGINS AT 11AM

ANNUAL HALLOWEEN PARADE AND TENT OR TREAT  
OCTOBER 31  
PARADE STARTS AT 4:30PM

For more information on Halloween or Ski and Skate, contact Parks and Recreation at 725-6656, [recprograms@brunswickme.gov](mailto:recprograms@brunswickme.gov) or [www.brunswickme.gov/Parks-Recreation](http://www.brunswickme.gov/Parks-Recreation)

## 57th Annual Ski and Skate Sale

Sunday, November 3

1-4 pm at Brunswick Recreation Center



All proceeds support  
Brunswick Parks and  
Recreation Department  
Programs.

Interested in  
selling items?  
Scan here!



# Valentine Ice Skating at Lishness Rink

## Saturday, February 1, 2025

from 10:30-11:30

For children up to age 14 and their families

FEE: \$5 Per Brunswick Resident

\$7 Per Non-Resident

For more info and to register

# Valentine Ball

## Saturday, February 8, 2025

From 5pm-7pm

For adults and children in grades 1-6

Children must be accompanied by an adult.

♥ Brunswick Residents:

Adults—\$35 Per person

Children—\$5 Per person

♥ Non-Residents:

Adults—\$47 Per person

Children—\$7 Per person

At Harriet Beecher Stowe School Gym

# Midcoast Athletic and Recreation Complex (the MARC)

## Creating a state-of-the-art regional hub for wellness, sports, and play at Brunswick Landing

The MARC is a redevelopment of the vacant 10-acre parcel adjacent to the Brunswick Recreation Center. Per the Town's agreement with the US Navy, this land must be used for recreation purposes. Our goal is to turn this empty lot into a recreational sports and athletic complex that serves all ages and abilities from across the region. Construction of the MARC will be divided into phases.

Completed Phase 1 Tier 1A, grand opening

June 2024

- 8 Pickleball Courts
- 1 Skatepark
- 1 Walking Loop

Other Phase 1 elements yet to be completed include:

- 1 Multi-purpose Synthetic Turf Field
- 1 Multi-purpose Natural Grass Field
- 2 Basketball Courts
- 2 Tennis Courts
- 2 Playgrounds (ages 2-5 and 5-12)

Future phases of the project will include:

- Aquatics facility
- Multi-purpose Ice Skating Rink
- Restroom and Concessions



Scan the QR Code for more info!

For project updates visit [www.marcproject.org](http://www.marcproject.org). For Skatepark and Pickleball Court schedules and programs, visit [brunswickme.gov/parksandrecreation](http://brunswickme.gov/parksandrecreation)



Visit the MARC at 220 Neptune Drive on Brunswick Landing.

# Welcome Center

## Community Room at the Welcome Center

The Welcome Center serves as a centralized resource for immigrants arriving in Brunswick. It provides a space for individuals accessing legal, workforce, and English language learning services and provides a hub for socializing, internet use, and childcare, among other resources. The Welcome Center is located in the back of the Brunswick Recreation Center at the Brunswick Landing. The entrance and parking lot can be found off Venture Ave.

The Community Room is staffed by Rodrigue Mwenge, courtesy of the Immigrant Resource Center of Maine. It is open by appointment only from 9am-5pm Monday thru Friday. You may contact Rodrigue at 207-530-3634 or [rodrigue@ircofmaine.org](mailto:rodrigue@ircofmaine.org)



O Welcome Center serve como um recurso centralizado para os imigrantes que chegam a Brunswick. Proporciona um espaço para pessoas que accedem a serviços de habitação, legal, força de trabalho e aprendizagem de língua inglesa e fornece um centro de socialização, uso da internet, programação pós-escolar, entre outros recursos. O Welcome Center está localizado no Centro Recreativo brunswick, utilizando a entrada e estacionamento do Venture Ave. Em parceria com o Centro de Recursos Imigrantes do Maine, o Welcome Center é com a equipa de Benedita Kakhuba e está aberto apenas por marcação das 9h às 17h de segunda-feira a sexta-feira. Você pode contactar Benedita ligando para 207-530-3634 ou enviando um e-mail [rodrigue@ircofmaine.org](mailto:rodrigue@ircofmaine.org)

Le Welcome Center sert de ressource centralisée pour les immigrants qui arrivent à Brunswick. Il offre un espace pour les personnes qui accèdent à des services de logement, juridiques, de main-d'œuvre et d'apprentissage de l'anglais et fournit un centre de socialisation, d'utilisation d'Internet, de programmes parascolaires, entre autres ressources. Welcome Center est situé dans le centre de loisirs Brunswick, en utilisant l'entrée et le parking de Venture Ave. En partenariat avec le Maine Immigrant Resource Center, le Welcome Center est avec l'équipe de Benedita Kakhuba et n'est ouvert que sur rendez-vous de 9h00 à 17h00 du lundi au vendredi. Vous pouvez contacter Benedita en appelant le 207-530-3634 ou en envoyant un courriel [rodrigue@ircofmaine.org](mailto:rodrigue@ircofmaine.org)

El Welcome Center sirve como un recurso centralizado para los inmigrantes que llegan a Brunswick. Proporciona un espacio para que las personas accedan a servicios de vivienda, legales, de fuerza laboral y de aprendizaje del idioma inglés y proporciona un centro para socializar, usar Internet, programación después de la escuela, entre otros recursos. El Welcome Center está ubicado en el Centro de Recreación de Brunswick utilizando la entrada y el estacionamiento de Venture Ave. En asociación con el Centro de Recursos para Inmigrantes de Maine, el Welcome Center está gestionado por el equipo de Benedita Kakhuba y está abierto con cita previa solo de 9 a.m. a 5 p.m. de lunes a viernes. Puede comunicarse con Benedita llamando al 207-530-3634 o enviando un correo electrónico a [rodrigue@ircofmaine.org](mailto:rodrigue@ircofmaine.org)

# Welcome Center

## English Language Learning Opportunities

Midcoast Literacy offers One-on-one tutoring in speaking, reading, and writing for adult English Language Learners. Our volunteer tutors work with adult, non-native English Language Learners who want help pursuing goals such as:

- Preparing for the driver education test
- Preparing for the citizenship test
- Reading their children's papers from school
- Preparing to get a job or improving job skills
- Getting ready to take adult education courses

### **The Sessions**

The tutoring sessions are designed by each tutor to specifically address the individual goals, needs, abilities, learning style, and personal interests of each student. The tutor plans the sessions to include materials, activities, and exercises that relate directly to the learner's individual reasons for seeking tutoring.

### **Conversation Café**

Midcoast Literacy offers a once-a-month Conversation Café at the Welcome Center tailored for those needing to practice speaking English in a fun, laid back environment. Coffee, Tea and snacks are provided, and children are welcome to join and participate! If you are interested in learning more about Midcoast Literacy's One-on-One English learning sessions or The Conversation Café, please contact 207-443-6384 or [admin@midcoastlit.org](mailto:admin@midcoastlit.org).

### **Portuguese:**

A Midcoast Literacy oferece aulas particulares de fala, leitura e escrita para alunos adultos de inglês. Nossos tutores voluntários trabalham com alunos adultos não nativos da língua inglesa que desejam ajudar a atingir objetivos como:

- Preparação para o teste de educação do motorista
- Preparação para o teste de cidadania
- Lendo os trabalhos de seus filhos na escola
- Preparar-se para conseguir um emprego ou melhorar as habilidades profissionais
- Preparando-se para fazer cursos de educação para adultos

### **As sessões**

As sessões de tutoria são projetadas por cada tutor para abordar especificamente os objetivos individuais, necessidades, habilidades, estilo de aprendizagem e interesses pessoais de cada aluno. O tutor planeja as sessões para incluir materiais, atividades e exercícios que se relacionem diretamente com as razões individuais do aluno para procurar tutoria.

### **Conversa Café**

A Midcoast Literacy oferece um Conversation Café uma vez por mês no Welcome Center, feito sob medida para aqueles que precisam praticar o inglês em um ambiente divertido e descontraído. Café, chá e lanches são fornecidos, e as crianças são bem-vindas para participar!

Se você estiver interessado em aprender mais sobre as sessões individuais de aprendizado de inglês da Midcoast Literacy ou The Conversation Café, entre em contato com 207-443-6384 ou [admin@midcoastlit.org](mailto:admin@midcoastlit.org).

# Welcome Center

## Translation

### Spanish:

Midcoast Literacy ofrece tutoría individual en hablar, leer y escribir para adultos que aprenden inglés. Nuestros tutores voluntarios trabajan con estudiantes de inglés no nativos adultos que desean ayuda para alcanzar objetivos como:

- Preparación para el examen de educación vial
- Preparación para el examen de ciudadanía
- Leer los trabajos escolares de sus hijos
- Prepararse para conseguir un trabajo o mejorar las habilidades laborales
- Preparándose para tomar cursos de educación para adultos

### Las sesiones

Las sesiones de tutoría están diseñadas por cada tutor para abordar específicamente las metas, necesidades, habilidades, estilo de aprendizaje e intereses personales de cada estudiante. El tutor planifica las sesiones para incluir materiales, actividades y ejercicios que se relacionen directamente con las razones individuales del alumno para buscar tutoría.

### café de conversación

Midcoast Literacy ofrece un café de conversación una vez al mes en el Centro de Bienvenida diseñado para aquellos que necesitan practicar hablar inglés en un ambiente divertido y relajado. ¡Se proporciona café, té y refrigerios, y los niños pueden unirse y participar! Si está interesado en obtener más información sobre las sesiones de aprendizaje de inglés uno a uno de Midcoast Literacy o The Conversation Café, comuníquese con 207-443-6384 o [admin@midcoastlit.org](mailto:admin@midcoastlit.org).

### French:

Midcoast Literacy propose des cours particuliers d'expression orale, de lecture et d'écriture pour les apprenants adultes de la langue anglaise. Nos tuteurs bénévoles travaillent avec des apprenants adultes non natifs de l'anglais qui souhaitent obtenir de l'aide pour atteindre des objectifs tels que :

- Préparation à l'examen de conduite
- Préparation à l'examen de citoyenneté
- Lire les journaux de leurs enfants à l'école
- Se préparer à trouver un emploi ou améliorer ses compétences professionnelles
- Se préparer à suivre des cours d'éducation des adultes

### Les sessions

Les séances de tutorat sont conçues par chaque tuteur pour répondre spécifiquement aux objectifs individuels, aux besoins, aux capacités, au style d'apprentissage et aux intérêts personnels de chaque élève. Le tuteur planifie les sessions pour inclure du matériel, des activités et des exercices qui se rapportent directement aux raisons individuelles de l'apprenant pour demander du tutorat.

### Café-conversation

Midcoast Literacy propose un café de conversation une fois par mois au centre d'accueil, conçu pour ceux qui ont besoin de pratiquer l'anglais dans un environnement amusant et décontracté. Du café, du thé et des collations sont fournis, et les enfants sont invités à se joindre et à participer! Si vous souhaitez en savoir plus sur les sessions d'apprentissage en anglais individuelles de Midcoast Literacy ou sur The Conversation Café, veuillez contacter le 207-443-6384 ou [admin@midcoastlit.org](mailto:admin@midcoastlit.org).

# Brunswick Recreation Center

The Recreation Center features a strength room, cardio area, basketball and pickleball courts, and an indoor track. The Fitness Center, track and courts will be open anytime the Recreation Center is open, please check the weekly schedule for any changes or updates due to programming and events. This building is also home to the Parks and Recreation Department administrative offices and the Welcome Center. The Welcome Center is open by appointment ONLY, Monday—Friday from 9:00am-5:00pm

---

## Amenities

- Two Basketball Courts that are regularly converted to Indoor Pickleball Courts. Multiple time slots throughout the week are available for individuals or families use the courts. This service is free and we offer some basic equipment to use.
- Open Use = Any age use
- Family Open Use = Use by families (Adults and Children)
- K-12 Open Use = Use for grades K-12 (under 13 requires adult supervision)
- High School Use = Use for grades 9-12
- Adult Open Use = Adults 18+
- Lobby with ample seating and storage for outerwear and outdoor shoes
- Indoor Track: 2 lane, one-way direction, track with distance of 1/9 of a mile Cardio Fitness Area and Strength and Conditioning Area (Included with Paid Membership Only)
- Full locker rooms complete with bathroom facilities and showers
- Beverage and snack vending machines
- Informational pamphlets and maps of Brunswick's outdoor spaces
- Abundant parking for those looking to access Rec Center or area trails
- Free, public Wi-Fi access

## Reminders

- Children under 11 years old must be accompanied by an adult at all times.
- No rollerblades, roller-skates, strollers, skateboards, allowed on track
- Wheeled walking aids, canes and wheelchairs permitted
- No amplified music played through speakers allowed
- Use cubbies and hooks in lobby to store personal items or store in locker room
- Locks are available for your purchase at Main Office
- The Recreation Department is not responsible for items lost or stolen—Please lock up your valuables!

## Recreation Center Hours

Sunday 8am-4pm  
Monday through Friday 6am-8pm  
Saturday 7am-3pm

## CLOSED:

Easter Sunday  
Memorial Day  
Independence Day  
Labor Day  
Thanksgiving Day  
Christmas Day

## Administrative Office Hours

Monday-Friday 8am-4:30pm

## CLOSED:

New Year's Day  
Martin Luther King, Jr. Day  
President's Day  
Patriot's Day  
Memorial Day  
Juneteenth  
Independence Day  
Labor Day  
Indigenous Peoples' Day  
Veterans Day  
Thanksgiving Day  
Christmas Day



# Brunswick Recreation Center

All users of the Rec Center are required to provide personal ID information upon entering the building, as well as complete a building use waiver. Upon completing membership documentation, users will be given a membership tag that will be scanned at the main entrance of the building each visit. Access to the Fitness Center is based on enrollment into a Pro Level Membership or by purchasing a Day Pass. Pro members, as well as Day Pass users, will need to scan a membership tag in order to gain access to the Fitness and Cardio spaces. These spaces feature strength and conditioning equipment, a stretching and yoga area, free weight equipment, and many cardio machines. For more info about Open Gym or the walking track, please email [recprograms@brunswickme.org](mailto:recprograms@brunswickme.org), call 725-6656, or visit our website: [brunswickme.gov/parks-recreation](http://brunswickme.gov/parks-recreation)

## Basic Membership

Basic Membership to the Recreation Center is free for Residents and Non-Residents of Brunswick. Basic Members have access to the locker room facilities, the walking track and courts during open hours. Day Passes are available for Basic Members looking to utilize the fitness and cardio spaces on a day-by-day. Paid programming requires a separate fee.

## Pro Membership

Includes full access to strength and cardio spaces and equipment in addition to the amenities included in the Basic Membership.

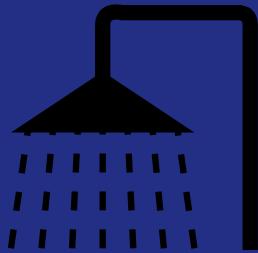
## SilverSneakers Pro Membership

SilverSneakers comes automatically with qualifying Medicare health insurance plans. Eligible Medicare beneficiaries just need to get a SilverSneakers membership card to show staff. Contact your health insurance plan to find out if SilverSneakers is covered, or visit the SilverSneakers website to check eligibility online. If you're eligible, then you can fill out the SilverSneakers form online to get and print your membership ID card to bring to the Brunswick Rec Center! SilverSneakers members have access to all amenities provided to Pro Members!

MEMBERSHIP	DETAILS	RESIDENT	NON-RESIDENT
BASIC	Includes access to track and court during open hours (does not include paid programs)	FREE	FREE
PRO	Includes access to strength and cardio spaces	\$20/Month \$220/Year (1 month Free with Year Pass, \$20 savings)	\$30/Month \$330/Year (1 month Free with Year Pass, \$30 savings)
DAY PASS	PRO level membership for a day	\$5/Day	\$10/Day

**\$5 OFF monthly discount for active military, adults age 65+ and students.**  
Discounts apply to month/year rates, cannot be combined and must show ID.

# BRUNSWICK RECREATION CENTER



Locker Rooms,  
Restrooms and  
Showers



Free Wifi



Charging  
Station



Warm Up

**The Brunswick Recreation Center is open to the  
General Public if you:**

- **Lose power**
- **Need a place to charge your devices**
- **Need to warm up**
- **Need to take a shower**

**These services are available for free,  
during regular open hours.**

220 Neptune Drive, Brunswick, ME

(207) 725-6656

[www.brunswickme.gov/parks-recreation](http://www.brunswickme.gov/parks-recreation)

recprograms@brunswickme.gov

# Parks and Recreation Department Facilities

Here you will find information for the parks and facilities available in the Town of Brunswick. For more information on any facility, contact the Parks and Recreation Department at 207-725-6656 during business hours. You may also download the complete Parks and Recreation A to Z listing (PDF) from our website for more detailed descriptions at [brunswickme.gov/206/Parks-Facilities](http://brunswickme.gov/206/Parks-Facilities), which will also give you more information about a particular park, including directions and trail maps.

## Playgrounds

- Coffin Pond Recreation Area
- Edwards Field
- Hambleton Avenue Playground
- Longfellow Playground
- Nathaniel Davis Park

## Trails

- Androscoggin River Bicycle Path
- Bay Bridge Landing Wetland Park
- Coffin's Ice Pond
- Coffin Pond Recreation Area
  - Cox Pinnacle
  - Greater Commons
  - Lishness Park
- Maquoit Bay Conservation Land
- Pejepscot Dam Recreation Area
  - Sawyer Park
  - Town Commons

## The MARC

- Skatepark
- Pickleball Courts
- Walking Loop

## Community Gardens

- Senior Garden
- Tree Nursery

## Ice Rinks

- Coffin Pond Ice Skating Rink
- Lishness Hockey Rink
- Mall Ice Skating Rink

## Parks and Natural Areas

- 250th Anniversary Park
- Androscoggin River Bicycle Path
- Bay Bridge Landing Wetland Park
- Captain William A. Fitzgerald U.S.N.
- Recreation and Conservation Area
- Chamberlain Avenue Esplanade
- Coffin Pond Recreation Area
  - Coffin's Ice Pond
  - Cox Pinnacle
  - Great Island Chain
  - Greater Commons
  - Kate Furbish Preserve
  - Lamb Park
  - Lower Mall
  - Maine Street Station Park
- Maquoit Bay Conservation Land
  - Merrymeeting Park
  - Mill Street Canoe Portage
  - Nathaniel Davis Park
- Pejepscot Dam Recreation Area
  - Pinette's Landing
  - Sawyer Park
  - Spring and McKeen Lot
  - Swinging Bridge Park
  - Town Commons
  - Upper Mall

## Athletic Fields

- Bicycle Path Field–Soccer
- Crimmins Field–Soccer, Football, Lacrosse
- Edwards Field–Baseball/Softball, Basketball, Soccer
- Lishness Park–Baseball/Softball, Soccer
- Shulman Park–Soccer, Lacrosse
- Stowe Field–Football, Soccer
- Wildwood Field–Soccer

## Boat Launches

- Barnes Landing
- Bay Bridge Landing Wetland Park
- Maquoit Landing (Wharton's Point Landing)
- Mere Point Boat Launch
- Mill Street Canoe Portage
- Pejepscot Dam Recreation Area
  - Princes Point Landing
  - Sawyer Park
  - Simpson's Point Landing
  - Water Street Boat Landings

## Gateways and Beautification

- 250th Anniversary Park
- Cooks Corner Gateway
- Maine Street Flowers
- Mill Street Lot
- Pleasant Street Gateway

## Dog Parks

- Merrymeeting Dog Park



Dennis Wilson serves as the Town's Parks and Facility Manager and Licensed Town Arborist.

Please contact him with questions or concerns regarding tree or facilities.

Phone: 725-4207

Email: [dwilson@brunswickme.gov](mailto:dwilson@brunswickme.gov)