

ADULT PROGRAMS

Women Only Open Gym

An open time for the ladies to play basketball. All participants must be registered prior to playing. A clean change of sneakers is required.

Ages 18 & Over

Sundays

2:00-3:00 pm

December through February

\$30.00 Non-Residents per year

No fee for Skowhegan Residents.

Over 30 Open Gym

An open time to play basketball. All participants must be registered prior to playing. A clean change of sneakers is required.

Ages 30 & Over

Sundays

3:00-4:00 pm

December through February

\$30.00 Non-Residents per year

No fee for Skowhegan Residents.

Co-Ed Volleyball

Sundays in January

4:00-5:00 pm

Open court time for you and your friends to play volleyball or possibly start a weekly league. This is non competitive for individuals 15 & up.

All participants must be registered

\$30.00 Non-Resident fee

No fee for Skowhegan Residents

Horseback Riding Lessons

This is a 6 week program for beginners and more experienced riders who want to learn the techniques of English riding.

Everyone must wear long pants and boots or shoes with a hard heel which must cover the entire foot in order to participate.

Riding helmets will be provided.

Session 1

Tuesdays 5:30-6:30 pm

November 17 through December 22

Session 2

Tuesdays 5:30-6:30 pm

January 5 through February 9

Fee: \$80.00 per session
for all participants

Weekly Ping Pong

How long has it been since you played ping pong? This program is for mature adults to get together for non competitive games. Paddles and balls will be available to use or you may bring your own.

Mondays

10:00 - 11:00 am



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Open Gym

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Ages 18 & Over

Mondays, & Wednesdays & Fridays

Noon-1:30 pm

Wednesdays 6:00 pm-7:45 pm

\$30.00 Non-Residents per year

No fee for Skowhegan Residents.

Exercise Room

Come & get fit on a variety of equipment including treadmills, elliptical, stair climber, bikes and universal weight system. There are also mats for stretching, jump ropes and exercise balls.

All participants must be registered. A clean change of sneakers is required.

Monday through Saturday

Year Round

Open during operational hours.

Fee per year: \$30.00 Non-Residents

No fee for Skowhegan Residents

Stretch & Tone Aerobics

Looking for a great way to start your day? Join the low impact aerobics classes instructed by Joey Preble. All participants must be registered prior to participating.

Tuesday & Thursday

9-9:45 am

Free for Skowhegan Residents

\$30.00 Non Resident per year

Walking For Fitness & Fun

“Start your day off right!” Strengthen your heart, reduce stress, burn calories and meet new friends while remaining in good physical condition. All participants must be registered prior to walking. A clean change of sneakers is required.

Monday through Friday

Year Round

6:00 am-10:00 am

Fee per year: \$30.00 Non-Residents

No fee for Skowhegan Residents.

Morning Bingo

Get out of the house, gather with friends or make some new ones at the Skowhegan Community Center. We will be playing bingo for fun and small prizes. There is no fee for this program, however, participants are asked to bring something to put on the prize table. Prizes may include baked goods, homemade items or a store bought goodie.

All participants must be registered prior to playing.

Thursdays

10:00-11:00 am

Special Needs Broomball

Broomball is a game very similar to hockey that is played with a stick and ball. Usually played on ice, we are moving the game into the gym. All participants must be registered and bring a clean change of sneakers.

Tuesday
12:45 pm

Wednesday
10:00 am

