

ADULT PROGRAMS

Skowhegan Community Center Membership

Membership includes year round access for open gym, walking program, Stretch & Tone Aerobics, select exercise programs, pickleball, exercise and weight rooms, bingo, game room and the use of the locker rooms and showers.

No fee for Skowhegan Residents:

Non-Resident Fees: 1-year \$135.00 6-Month \$70.00

* ALL PARTICIPANTS MUST BE REGISTERED, CHECK IN AT FRONT DESK UPON ARRIVAL & HAVE A CLEAN CHANGE OF SNEAKERS.

Open Gym

Ages 18 & Over

Monday, Wednesday & Friday 12:00 - 2:00 pm

Wednesday 6:30 - 8:00 pm (November - March)

Wednesday 6:00-8:00 pm (April - October)

No Fee for Skowhegan Residents

\$35.00 Non-Residents or \$3.00 drop in fee or membership.

Stretch & Tone Aerobics

Tuesday & Thursday 9:00-9:45am

**No Fee for Skowhegan Residents
\$35.00 Non-Residents or membership.**

These low impact aerobics classes are instructed by Joanne Preble.

Exercise Room

Ages 18 & Over

Come get fit on a variety of exercise equipment including treadmills and ellipticals. Open whenever the Community Center is open.

**No Fee for Skowhegan Residents
\$35.00 Non-Residents or membership.**

Walking for Fitness & Fun

**Monday-Friday
6:00-10:00am Year Round**

Start your day off right. The gymnasium is open for walking year round.

**No Fee for Skowhegan Residents
\$35.00 Non-Residents or membership.**

Cribbage

Starting September 3

Tuesdays 9:30-10:30am

There is no fee for this program.

Calling All Cribbage Players.

Cribbage continues to make its comeback as Maine's favorite past time. Bring your favorite board our you can use one of ours. Regardless of skill level, you'll enjoy this chance to challenge your friends or make some new ones.

Fee: FREE, participants must sign in.



Morning Bingo

Thursdays 9:30-10:30am

Participants MUST bring something to put on the prize table.

We will be playing bingo for fun and small prizes.

Prizes may include baked goods, homemade items or appropriate store bought goodies.

Fee: FREE, participants must sign in and bring a prize.

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PICNIC IN THE ORCHARD

Wednesday, September 4

Enjoy a picnic and orchard tour at a local orchard.. There will be a cider pressing demonstration, a wagon ride and tour of the orchard. You will also have a chance to visit the farm store, pick your own apples or buy some already picked.

Non Refundable Fee Too Include Lunch:
\$8.00

Depart Skowhegan Community Center at 10:30 am
Return approximately 1:30 pm
Rain or Shine

HOLLYWOOD CASINO

Tuesday, October 8

Enter the world of bright lights and gaming action while making your guest star appearance. From slots to poker, blackjack, roulette and more.

There is something for everyone.

Space is limited. Must have 15 participants.
Must be 21 or older with valid ID.

Non Refundable Fees:

Residents: \$10.00 Non-Residents: \$20.00

Depart Skowhegan Community Center at 9:00 am

Return approximately 3:30 pm

KUNG-FU

Tuesdays & Thursdays

Session 1 September 17 - October 17

Session 2 October 22 - November 14

Students will learn the basic methods of kung-fu, focus, patience and teamwork. Program will be under the direction of Ezekiel Chapman. Space is limited.

Non Refundable Fees:

Residents: \$25.00 Non-Residents: \$35.00
per session



GENTLE YOGA

Wednesdays 8:45 - 10:00 am

Session 1 - September 11 to October 23 Session 2 - October 30 to December 18

Fee per session is Residents: \$20.00 Non-Residents: \$30.00

This class will be a blend of few styles of yoga and meditation. Hatha- holding poses for a few deep breaths, Yin- longer poses to stretch not only muscles but also joints, Vinyasa sequences- flowing from pose to pose including the classical Sun and Moon Salutations. We will try a few different breaths and do sitting, walking and guided meditations. Please bring a yoga mat, blanket, and if you have a block or two.

It takes a village to raise a child and children learn by observing. The class will be geared towards adults but children who can be quiet in class and can keep still on the mat are welcome.

Children are free but must be registered.

Certified Pilates Instructor Petra Prokopova

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HORSEBACK RIDING LESSONS

Ages 18 & Up

A great experience for beginners and the experienced 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 or you may bring your own.

Session 1

6 week session

**Tuesdays 5:30-6:30 pm
August 27 through October 1**

**\$80.00 Skowhegan Residents
\$115.00 Non-Resident**

Session 2

6 week session

**Tuesdays 5:30-6:30 pm
October 8 through November 12**

**\$80.00 Skowhegan Residents
\$115.00 Non-Resident**

PICKLEBALL

Mondays 5:30-7:30 pm (outside)

Tuesdays & Thursdays 10:00 am - 12:00

Equipment is also available to use anytime during the day or in the evening when the gym is not being used for other programs.

No Fee for Skowhegan Residents

\$35.00 Non-Residents or \$3.00 drop in fee or membership.

Pickleball is a paddle sport which combines elements of badminton, tennis, and table tennis. Come join the fun and experience one of the fastest growing adult sports in the country!

MYSTERY LUNCHES

Wednesdays

October 2 & November 6

It's time for you to get out of the house for a day of fun and food. You will be given clues regarding the lunch destination and you will try to figure it out before arriving.

Space is limited.

No Fee for Skowhegan Residents

\$5.00 Non-Residents

Participants are responsible for their own lunch cost.

Depart Skowhegan Community Center @ 10:45 am

Return approximately 2:00 pm