

SKOWHEGAN COMMUNITY CENTER ADULT MEMBERSHIP

Ages 18 & Up



No Fee for Skowhegan Residents

**Non Resident Fees -1 Year: \$140.00 * 6 Months: \$75.00
Monthly: \$30.00 * Daily Drop In fee \$3.00**

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

OPEN GYM

Ages 18 & Over

**Monday, Wednesday, Friday
12:00-2:00pm (year round)**

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

All participants must be registered prior to using exercise room. A clean change of sneakers is required.

WALKING FOR FITNESS & FUN

**Monday-Saturday
6:00-10:00am year-round**

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

No fee for Skowhegan Residents
Non-Resident: \$35.00
or included in yearly membership.

GAME ROOM

Open whenever the Community Center is open. Come enjoy ping pong, foosball, air hockey, Wii, board games, or just hang with friends!

EXERCISE ROOM

**Monday-Saturday
Open year round during operational hours**

All participants must be registered prior to using exercise room. A clean change of sneakers is required.

Included in yearly membership.

BINGO

**Thursdays
Year Round**

9:30-10:30 am



We will be playing Bingo for fun and small prizes. There is no fee for this program. Participants are asked to bring something for the prize table. Prizes may include baked goods, homemade items or a store bought goodie.

All participants must register prior to playing.

STRETCH & TONE

**Tuesday & Thursday
Year Round**

**9:00-9:45 am
Classes instructed by Joanne Preble**

No fee for Skowhegan Residents
Non-Resident: \$35.00 per season
or included in membership.

All participants must be registered prior to using exercise room. A clean change of sneakers is required.



ADULT PROGRAMS

EVENING PILATES

Wednesdays 5:30-6:30 pm

November 20 - February 12

Join us through the most of the darkest winter weeks to keep your body strong and your mind building more body awareness for more centered You. Pilates offers whole-body conditioning that includes deep breathing. Major focus is on body alignment, proper posture and core strength and stability, all important for prevention of all kinds of injuries.

Please bring a mat, preferably a thick exercise mat to offer good spinal support.

Certified Pilates Mat Instructor Petra Prokopova

Skowhegan Resident fee: \$25.00

Non-Resident fee: \$60.00
(or included in membership)

PICKLEBALL

Tuesdays & Thursdays 10:00 am-12:00

Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis on the gymnasium floor. All equipment is provided for you, just show up and play. Come try this up and coming sport. Equipment is also available to use during the week when the gym is not being used for other programs. All participants must be registered prior to playing.

A clean change of sneakers is required.

No fee for Skowhegan Residents

Non-Resident: \$35.00 per season
(or included in membership)

HORSEBACK RIDING LESSONS

Tuesdays, 5:30-6:30 pm

English riding lessons will be held inside at Pendragon Farm in Cornville. Everyone must wear long pants and boots or shoes with a hard heel that covers the entire foot in order to participate.

Riding helmets will be provided or you may bring your own. Space is limited to 6 per class.

Fee per 4-week session:
Skowhegan Residents: \$50.00
Non-Residents: \$85.00

Fee per 6-week session:
Skowhegan Residents: \$80.00
Non-Residents: \$115.00

Session 1
November 19 - December 10
4-week session

Session 2
January 7 - February 11
6-week session

Session 3
February 18 - March 24
6-week session

MORNING YOGA

Wednesdays
8:45 - 10:00 am

January 8 - April 15

Rise and shine joining a Yoga class on Wednesday mornings! There will be some basic flow yoga sequences where we will flow from a pose to pose as well as working on holding poses for a few breath cycles, followed by relaxation and restorative poses. Please bring a mat, blanket, and if you own, a block and strap. The class is for adults but children who can be quiet in class and stay on a mat are welcome. Children are free but must be registered.

Instructed by Registered Yoga Teacher Petra Prokopova.

Skowhegan Residents: \$40.00 Non-Residents: \$75.00
(or included in membership)

MYSTERY LUNCHES

Wednesday, December 4 - Wednesday, January 8 - Wednesday, February 5
Register for 1, 2 or all 3

It's time for you to get out of the house for a day of fun and food.
The December trip will include shopping before lunch.
Space is limited. Must have 15 participants.

No Fee for Skowhegan Residents Non-Resident fee \$5.00
Participants are responsible for their own lunch cost.

The December trip will depart at 8:30 am

The January and February trips will depart at 10:45 am
All will return at approximately 2:00 pm

KUNG-FU

Tuesdays & Thursdays

Session 1: November 19 - December 19

Session 2: January 14 - February 13

Session 3: February 25 - March 26



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 per session Non-Residents: \$60.00 per session

SELF DEFENSE CLASS

Saturday, January 4 @ 9:00 am

Participants will learn methods to avoid becoming the victim of an assault and how to defend yourself should an assault take place. This will include basic techniques designed to repel an attacker, get out of a hold and subdue or incapacitate an attacker even if they are bigger than you. This will be a very "hands on" class so wear comfortable clothing, bring a change of cloths and come prepared for a physical work out as you learn these methods.

Instructed by Sifu Glenn Broadley

Under 14 must have a parent present. There is no fee for this class.