

City of Caribou

Parks & Recreation Department

2023-2024 Late Fall, Winter, Spring

Program Booklet

**55 Bennett Drive
Caribou, Maine 04736
207-493-4224**

Caribou Parks & Recreation Department is pleased to announce the online registration portal. Please take a minute to visit the site and create a user account. A listing of our Late Fall, Winter, and Spring programs is now available. Visit www.caribourec.org

LOOK FOR THIS ICON →





CARIBOU PARKS & RECREATION DEPARTMENT
55 BENNETT DRIVE | CARIBOU, MAINE 04736
(207) 493-4224 | (207) 493-4225 FAX
Web address: www.caribourec.org



Caribou Wellness and Recreation Center 493-4224

ONLINE PROGRAM REGISTRATION OPENS

Wednesday, September 27 @7:30AM Residents & Non-residents

To Register please visit our online registration portal at
<https://secure.rec1.com/ME/caribou-me/catalog>

PARKS & RECREATION STAFF

Gary Marquis, Superintendent
Matt Bouchard, Director of Recreation
Neal Sleeper, Recreation Program Director
Lynn Jack-Merritt, Office Manager
Jeremy Shaw, Maintenance Director

PARKS & RECREATION COMMISSION

Kyle Corrigan, Chair
Casey Anderson-Plourde, Vice-Chair
Jane Mavor-Small
Matt Holabird
Andrea Flannery



Notice of Payment Policy Program Registrations

The Caribou Parks and Recreation Department is pleased to provide a variety of programming for all ages. To ensure the quality of the programs and good service, it is imperative that we have clear policies regarding registration payments. Hopefully the guidelines below will provide you with a clear understanding of policies when registering.

1. All programs will have a minimum number of registrants required. If that number is not fulfilled by the deadline, the program or trip will be cancelled.
2. All registrations must be done through the online registration portal. If you need assistance there is a laptop available for use in the main office. We can also help you regarding setting up your online account if you need assistance.
3. If the program which entails a trip must be canceled due to lack of registrations, anyone having paid will be refunded in full.
4. Regarding trips, all deadlines will be scheduled a minimum of two (2) weeks in advance of the actual program.
5. If, by the deadline there is the required minimum number of registrations, the registration period will remain open, however no registrations will be accepted over the phone after the deadline period. Persons wishing to register must come into the Wellness and Recreation Center to register and pay in full for the program.
6. **ABSOLUTELY NO REFUNDS WITHOUT A 48 HOUR NOTICE.** There will be a 50% penalty on any request for a refund after the two-week deadline up to 48 hours prior to the program.

Program Assistance Fund (Scholarships)

The Caribou Parks and Recreation Department has developed a Program Assistance Fund that will be available for those people meeting eligibility criteria. If eligible, the family may receive up to \$40 per child, per year towards the program registration of their choice.

In the event the children are new to the community or are homeschooled, income guideline forms and applications are available at the Caribou Parks and Recreation office and on our website at www.caribourec.org

Grade 1 Basketball

Session 1 Mon & Wed @ 3-4pm

October 16-November 15

Session 2 Mon & Wed @3-4pm

November 27-December 20

FEE: \$20 Resident

\$40 Non-Resident

A taste of basketball with FUN-damentals and modified games. **NOTE:** Session 1 participants will not be allowed into session 2 unless there are openings; to allow children who did not get into session 1 to play in session 2. **Pre-registration is required. Please provide a snack and water bottle for your child.** Max 15 youths per session.



Grade 2 Basketball

Session 1 Tues & Thurs @3-4pm

October 17 - November 16

Session 2 Tues & Thurs @3-4pm

November 28 -December 21

FEE: \$20 Resident

\$40 Non-Resident

A taste of basketball with FUN-damentals and modified games. **Pre-registration is required. Please provide a snack and water bottle for your child.** Max 15 youths per session.

Grade 3-4 Basketball

Monday thru Thursdays @4-5pm

October 16-December 21

FEE: \$20 Resident

\$40 Non-Resident

This program is open to boys and girls in grades 3 & 4 and combines skill development and games. **NOTE Everyone comes to the first day, October 16 @ 4-5pm.** After the first day a schedule and teams will be made, and participants will only come to their teams practice or game. You will be emailed your team's name and game schedule. **Pre-registration is required.** Max 60



Grades 4-6 Girls Basketball

Mon & Wed @3-4:30pm

January 3 - March 6, 2024

FEE: \$20 Resident

\$40 Non-Resident

This program is open to girls in grades 4-6. The program will start with skill development sessions then move on to schedule games during the same time. **Pre-registration is required.** Max 30

Grades 5-6 Boys Basketball

Tues & Thurs @3-4:30pm

January 2-March 14, 2024

FEE: \$20 Resident

\$40 Non-Resident

This program is open to boys in grades 5-6. The program will start with skill development sessions then move on to schedule games during the same time. **Pre-registration is required.** Max 30

Grades 5-7 Cheerleading

Mon & Wed @ 3-4:30pm

January 22, 2024-March 16, 2024

FEE: \$20 Residents

\$40 Non-Residents

This program meets at the Caribou Wellness & Recreation Center multipurpose rooms at 55 Bennett Drive on Mondays and Wednesdays from 3-4:30pm. Cheerleading concludes at the Boys County Tournament on March 16. This program does not meet on snow days, early release days or school vacation days. **Pre-registration is required.** Please visit our online registration portal to register. Max 20

XC Ski Rental Program

Thursday, November 16, @5-7pm

at the Caribou Wellness and Recreation Center



Fee: \$90 Rental Fee for November 16 rental only
(Includes \$20 refundable deposit)

\$100 Rental Fee
(Includes \$20 refundable deposit)

Seasonal Rental includes skis, boots, poles, and a bag. **NOTE: The return date is March 26, 2024 @5-7pm.** Any equipment returned after this date will be assessed a \$20 late fee. **Absolutely no skis will be accepted for returns prior to the March 26, 2024, return night.**

PreSKlson

Grades 4-8

Tuesdays & Thursdays @3-6pm Nov 28, 30, Dec 5, 7, 12, 14, 19, 21

Fee: \$20

@ Caribou Wellness & Recreation Center

Pronounced Pre-Ski-Son, this afterschool program is for youths in 4th-8th grade, space is limited to the first 12 participants with a desire to want to play outside! For eight afternoons after school, the Caribou Parks and Recreation Department will lead adventures in our area. Transportation to and from the Caribou Wellness and Recreation Center will be provided. Participants will be responsible for finding transportation from school to the Caribou Wellness & Recreation Center and from the Caribou Wellness and Recreation Center back home. The emphasis of this program will be on skiing, but in the event, we do not have snow, activities may include hiking, biking, snowshoeing, or perhaps even ice skating. Bottomline we'll be OUTSIDE exercising and having fun! Proper outdoor attire will be required for each outing including a winter hat, winter gloves, backpack, water bottle, headlamp, and snack. The Caribou Parks & Recreation Department will provide at no charge, skis, boots, and poles for this program. Pre-registration is required. Min. 6 Max 12 Participants



Downhill Skiing Program 2024

Grades 3-8

Tuesdays @3:15-4:15pm January 2, 9, 16, 23

Fee: \$10

@ Caribou High School Alpine Hill | 308 Sweden Street

This program is offered to area youth who are interested in learning or improving their downhill skiing. Participants will be introduced to skiing around cones. Each program will alternate between making large and small turns. **The program will take place on the Caribou High School Alpine Ski Hill.** A lift indemnification will be required, and all participants are required to wear helmets. **Transportation is not provided**; the program will start and end at the CHS Ski Building and participants will have to ski from the ski building to the ski hill and back on a maintained surface. **Equipment is not provided**. Pre-registration is required.



Liability Waiver for CHS lift <https://rb.gy/jp62n> Please bring waiver with you signed.

SKI4LIFE Downhill Skiing 2024

Session A Grades 6-8 Thursdays @3-8pm
Session B Grades 3-5 Thursdays @3-8pm
Grades 3-5 Wednesday @3-8pm

January 4, 11, 18, 25 February 1
February 8, 15, 29 March 7
March 6

FEE: \$80 per session includes lift ticket, ski rentals, lessons, and transportation.

\$20 per session transportation only (if you have our own pass and equipment)



Learn to ski! Participants will walk to the Caribou Wellness and Recreation Center and the van will depart and return from here by 8pm sharp. Participants will need to bring a bag lunch or money for food at Bigrock. Participants who own their own season pass and equipment that do not need a lesson will only have to pay \$20, this covers transportation costs. Pre-registration is required. Minimum of 6 per session.

Please submit these waivers below.

Big Rock Program Activity Waiver <https://rb.gy/hlacyc>

Big Rock Rental Form Waiver <https://rb.gy/gznk0q>

SkiDaddle

Session A Grades 1-2 Tuesdays @3:15-4:15pm

January 30, February 6, 13, 27

Session B Grades 3-5 Mondays & Wednesdays @3:15-4:15pm Feb 26, 28, March 4, 18, 20, 25, 27

FEE: \$20 @Cary Medical Center Community Trails | 163 Van Buren Road | Caribou, ME

Program will be held at Cary Medical Center on the community trails. Transportation will not be provided. The SkiDaddle Program is designed for all ability levels and will include an introduction to equipment and techniques including turning, diagonal & skating stride, uphill and downhill techniques. Equipment is provided for the program. There's no Thursday Session B SkiDaddle on March 23. April dates are contingent upon snow conditions. Pre-registration is required. Min 6 max 30.



Spring Training Baseball

Grades 3-5 Tuesday & Thursdays @3-4pm March 26, 28, April 2, 4, 9, 11

Fee: \$20 Residents

\$40 Non-Residents

This fundamental instruction clinic is offered to boys and girls in grades 3-5. Each session will deal with the mechanics and the breakdown of individual positions on a baseball team. Topics to be covered will include proper warm-ups, stretching, pitching, hitting, infield/outfield play and situational instructions. **Pre-registration is required. Max 15**



XC Ski Seasonal Rental Return Night

March 26, 2024 @5-7pm at the Caribou Wellness & Recreation Center

Calling all seasonal XC ski renters! Nordic Seasonal Rental Equipment is due back. Any equipment returned after this date will be assessed a \$20 fee. Please return all your ski rental equipment including skis, boots, poles and bags to the Caribou Wellness and Recreation Center gymnasium. Make sure any kick wax applied to the skis is removed from any of the equipment including poles, and especially the bases of the skis.

Bogey Monster Spring Golf Program

Grades 4-8 Mondays & Wednesdays @3-4pm

April 1, 3, 8, 10, 22, 24

Fee: \$20



This indoor golf program will work on the FUNdamentals of golf including rules, etiquette, club selection and swing. Space is limited to the first 9 participants, a minimum of 6 participants required. There will be a limited amount of golf equipment available on a first come first serve basis. If Mother Nature cooperates, we may culminate with a round of mini golf at Goughan Farms

Pine Tree State Track and Field

Grades 1-2 Mondays & Wednesdays @ 3-4:30pm

April 29, May 1, 6, 8, 13, 15, 20, 22, June 3, 5, 6

Grades 3-5 Tuesdays & Thursdays @ 3-4:30pm

April 30, May 2, 7, 9, 14, 16, 21, 23, 28, 30 June 4, 5, 6

Fee: Residents \$34

Non-Residents \$54

(Fee includes synthetic moisture wicking shirt, please specify t-shirt size when you register)



The program will take place after school at the Caribou Wellness and Recreation Center. The program will be broken up between indoors and outdoors. This program will culminate with the **local meet at the Caribou High School Track Facility the week of June 6. (Picture day is June 5 at the Caribou High School Track Facility.)**

American Red Cross Babysitter Training Course

Ages 11-15

April 27, 2024 @9am-3pm

Fee: \$35 includes lunch



**American
Red Cross**

*Babysitting
Certification
Course*



The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to care safely and responsibly for children and infants. This training will help participants to develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic childcare and basic first aid. This course is partially underwritten by Cary Medical Center Healthy You. **Classes will be held inside the Caribou Wellness Center multipurpose rooms. Pre-registration is required. Min 6 Max 12.**

Beginners Adult Golf Program

March 25-April 11

@Caribou Wellness & Recreation Center gymnasium | 55 Bennett Drive

Fee: \$50

Session 1 Mondays & Thursdays @4:30-5:45pm

Session 2 Mondays & Thursdays @6-7:15pm

Please bring your own clubs. If you don't have clubs, some will be made available during the program.

Pre-registration is required. To register please visit registration site at <https://rb.gy/bw38e>

FMI Contact Marc Weeks @redsoxfanfl@yahoo.com

ATV Safety Course

May 4, 2024 @8:30am-2:30pm

Fee: \$5 *Payable at class to be held At the Caribou Wellness & Recreation Center / 55 Bennett Drive



This Department of Inland Fisheries and Wildlife course covers ATV operation, laws, landowner relations, first aid and other state mandated subjects. **The class is open to those 10 years of age and older. Children ages 10-15 must be accompanied by an adult.** Upon completion participants receive certification. **Bring a bag lunch. Pre-registration is required.** For additional information please contact: The Caribou Parks and Recreation Department at 207-493-4224 and ask for Neal. To register please visit the Maine Dept of Inland Fisheries & Wildlife site at <https://rb.gy/z7jbuv>

Aroostook River Spring Runoff Canoe and Kayak Race

Saturday, May 11, 2024

Fee: \$10 per paddler 19 and over
\$5 per paddler 18 and younger

This 6.2-Mile race STARTS at Lower Lyndon Street Boat Launch by Caribou Stream and ENDS at Forbes Pit, 1100 Ft Fairfield Road, Caribou. *All racers must be off the river by 12:30pm, otherwise boaters will be responsible for their own safety.

8:30-9:30am

9:45am

10am

1pm

Race Day registration at the startup on Lower Lyndon Street Boat Launch.

Mandatory Race briefing

Race starts - 2 boats will be released at 2-minute intervals.

Awards at Forbes Pit at 1100 Fort Fairfield Road



CANOE CLASSES and KAYAK CLASSES

Open Class

Recreational

Open Class 2-person

Recreational 2-person

Open Class Solo

Recreational Solo Male

Recreational Solo Female

All Maine Boating Laws are applicable & Coast Guard approved life jackets must be worn.

Cash payouts for division 1st place winners. T-shirts to first 75 registrations. You may register online at our online registration portal at <https://secure.rec1.com/ME/caribou-me/catalog>



Take It Outside

Spring Series 2024

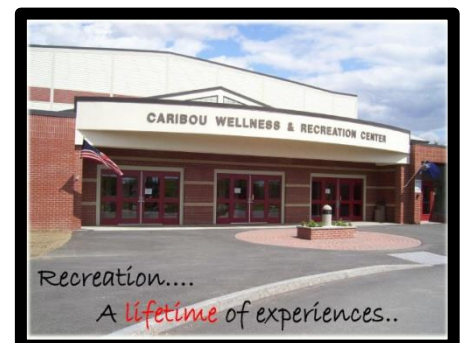
 **CARIBOU**
Parks & Rec. Dept.

207-493-4224

sleeper@cariboumaine.org



Outings to help adults “spring” into shape...



Take It Outside Adult Series


CARIBOU
Parks & Rec. Dept.
207-493-4224

**March – April – May-June
2024**

Outings to help
adults "spring"
into shape...

March 8



CUSHY Ice Fishing from a heated camp!

FEE: \$40

Nobody likes to freeze and be uncomfortable outside. But we also know people would love to try ice fishing or try it again. **Depart from the Caribou Wellness Center at 9am**, travel to Madawaska Lake, drill a few holes, shoot the bull, have lunch, play cards, and observe our traps out of the wind and inside the comfort of a heated camp, that has plumbing! Doesn't get any better than that, does it? FEE: \$40 includes day fishing license, lunch, transportation, and a friendly game of scat! Bring a dollar bill or two with you.... Participants holding a valid Maine fishing license, fee will be reduced by \$11. Pre-registration is required, and the registration deadline is February 23. MIN 6 MAX 9.

March 28-29



Baxter State Park Ski Trip /South Branch Pond Bunkhouse FEE: 120

Depart at 8am on March 28 & return by 4pm March 29. Participants must have a strong skiing background and be able to ski lengths of 2 miles while towing a ski pulk which is provided. This one-night, two-day trip will focus on backcountry ski touring using provided waxless cross-country skis. We will base camp out of the South Branch Pond Bunkhouse in Baxter State Park. The bunkhouse is nicely provisioned with a wood stove, wooden bunks, and a gas light. Participants will be provided with a gear list and will be required to help carry group gear associated with meals & safety equipment. All meals based out of the South Branch Pond Bunkhouse will be provided. **FEE: \$120.** Registration deadline is March 14. MIN 6 MAX 7.

April 12



Deer!

FEE: \$40

Ever given much thought to how animals survive our long winters? Today we will focus on this topic. Join us as we travel with Wildlife Biologist Amanda DeMusz from the Maine Department of Inland Fisheries and Wildlife to some **area deer yards**. Participants will learn what it takes to manage such a delicate species. Lunch, included with fee. **The trip will depart from the Caribou Wellness and Recreation Center at 9:00am and return by 4:00pm. FEE: \$40.00.** Preregistration Required. Registration deadline is March 29. MIN 6 MAX 9.

*All outings must have a minimum of 6 participants within (2) weeks of the actual program, if by the deadline the minimum required of participants is met, the registration will remain open. Persons wishing to register must register on our online registration portal.

*Absolutely no refunds within 48 hours of scheduled trip. There will be a 50% penalty for any cancelations made within two weeks of the scheduled trip.

April 26

Mactaquac Dam and Mactaquac Biodiversity Facility

FEE: \$40



Tour this massive hydroelectric project that Aroostook County depends on to get its electricity. Upon touring the Mactaquac Dam, we will break for lunch, included. After lunch we will tour Mactaquac Biodiversity Facility, which was built in 1968 following the building of the Mactaquac Hydroelectricity Dam on the Saint John River. The facilities developed at the time included a fish lift at the dam whose primary purpose was to collect fish returning to the dam and truck and release them upriver; and a fish culture facility where a Salmon rearing program was developed to spawn and grow Salmon in captivity for river release (stocking) to compensate for production losses upriver of the dam. **The trip will depart from the Caribou Wellness Center at 7:30am and return by 5pm.** Preregistration is required. Registration deadline is April 12. MIN 6 MAX 9.

June 1-2

Allagash Wilderness Waterway

FEE: 120



This one-night two-day paddling trip on the **Allagash Wilderness Waterway** will expose adults to the fun opportunities that we have right in our back yard! Canoes will be our mode of transportation for both people and gear. Adults will learn the basic skills associated with traveling with gear in boats. This trip will start at Michaud Farms, and conclude at the Allagash Boat Landing, stopping for one night at the Muskie infested waters of the Allagash Falls Campsite, so bring your steel leader and favorite Muskie lures. **The trip will depart from the Caribou Wellness and Recreation Center at 7am and return by 5pm.** Includes gear, transportation, and meals, not snacks. **FEE: \$120.** Registration deadline is May 18. MIN 6 MAX 8.



Take It Outside Adult Series

CARIBOU
Parks & Rec. Dept.
207-493-4224

May 2024

Outings to
help adults
"spring" into

FISHING FRIDAY'S!!!

Spring Trolling Fishing Trips – Spring is the best time of the year to fish. Fish are actively feeding on smelts. Northern Maine has many terrific locations, and each Friday in May, we'll make our way to the destinations below. All equipment included. All full-length days will include lunch. On split days, snacks will be provided. Be prepared to see lots of wildlife too! Fee includes license Preregistration is required. Participants holding a valid Maine fishing license will be reduced by \$11, license must be presented at time of registration to receive discount.

May 3	Eagle Lake – 3 Max, depart 8am, return by 3pm	FEE: \$60
May 10	Long Lake – 3 Max, depart 8am, Return by 3pm	FEE: \$60
May 17	Square Lake – 3 Max, depart 8am, Return by 3pm	FEE: \$60
May 24	Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels)	
	9am-12pm 2 Max	FEE: \$35
	1pm – 4pm 2 Max	FEE: \$35
May 31	Long Lake – 3 Max, depart 8am, Return by 3pm	FEE: \$60



*All outings must have a minimum of 6 participants within (2) weeks of the actual program, if by the deadline the minimum required of participants is met, the registration will remain open. Persons wishing to register must register on our online registration portal.

*Absolutely no refunds within 48 hours of scheduled trip. There will be a 50% penalty for any cancellations made within two weeks of the scheduled trip.

May is Healthy You Caribou!

Bird Watching Outings Led by Bill Sheehan!

May 1 **7–8 am**

Bird Watching at Caribou Bog Meet at Aroostook Valley Rail Trail Road crossing on the Washburn Road directly before the Carson Road. There will be a short walk on level ground from the parking lot to the birding area.

May 8 **7– 8 am**

Bird watching at Aroostook River Meet at the Lower Lyndon Street Boat Launch across the street from Sleeper's Market promptly at 7 am. Be prepared to do some light walking and warbler exploration around the perimeter of the pond.

May 15 **7-8 am**

Bird Watching at the Caribou Utilities District Waste Water Treatment Ponds Meet at Caribou Utilities Waste Water Treatment Ponds Driveway on the Grimes Road.

May 22 **7-8 am**

Bird Watching at North Caribou Park. Meet at the entrance of North Caribou Park on Van Buren Road just North of Sacred Heart Parish in North Caribou. the Cary Medical Center Community Trails behind Cary Rehab. A winner for the binocular giveaway will be drawn at the completion of this walk..

- All Events are rain or shine..., please dress appropriately for cold and inclement weather.
- Birding outings are sponsored by Cary Medical Center, Aroostook Birders, & the Caribou Parks and Recreation Department.
- No Pre-registration is required, unless otherwise noted.
- Participants names will be placed in a hat. At the completion of birding outings on May 22 a name will be selected from a hat and one lucky person will win a free pair of binoculars.
- Outings are open to all age.

For additional information please contact the Caribou Parks & Recreation Department @ 493-4224



GENERAL RULES & REGULATIONS

The following rules and regulations governing the use of all recreational facilities at the Caribou Wellness Recreation Center have been created to provide an enjoyable atmosphere for each participant, equal opportunity of use for our community and to protect an individual's rights while using the facilities. All guests must always respect and follow all CPRD rules or be subject to removal from the premises.

- Children under 9 years of age must be always accompanied by a parent/guardian unless they are involved in a directly supervised program. (Guardian must be 18 years of age or older)
- Only children in grades 7 and up are allowed in the facility after 6 p.m. unless accompanied by an adult/guardian. (Guardian must be 18 years of age or older.)
- Locker rooms are available to only program participants between the hours of 3-6 p.m. unless otherwise noted.
- Food, chewing gum and non-water drinks are only permitted in lobby areas and meeting rooms of the Caribou Recreation Center, with users required to dispose of all items properly.
- Children must be 15 years of age or older to utilize the weight room, unless accompanied by a parent/guardian.
- Swearing will not be allowed on our premises. If offensive language is reported by any staff member or patron, or we HEAR any bad words, you will be instructed to call your parents.
- Bullying will not be tolerated. IE name calling, teasing, inappropriate sexual comments, taunting, threatening to cause harm, hitting, kicking, pinching, spitting, tripping, pushing.

BASKETBALL COURTS

- Grabbing or hanging on the nets or rim is prohibited.
- Black souled shoes are not allowed on the gym floor.
- Balls must be returned to ball racks after use.
- No food or drinks allowed in the gym (bottled water only).
- Hanging off soccer goals is prohibited.

10 KEYS TO USING YOUR REC CENTER

- Cooperate with the staff.
- Do not loiter in entry ways, stairways, hallways, or restrooms.
- No smoking anytime inside the center, nor on City property.
- Carry no knives or other weapons.
- Carry nor consume no alcohol or drugs.
- Walk in hallways and on stairways.
- Use decent language.
- Behave properly.
- Leave coats, boots, bookbags, etc. neatly in the lobby area.

Respect these rules and we will respect you.!

Link to the Rules & Regulations form <https://rb.gy/vs3bw>. This form must be on file for all youths under 18 that attend our facility unsupervised and/or no in a schedule program.

