

City of Caribou



**Parks & Recreation Department 2025-2026
Late Fall, Winter, Spring Programs**



55 Bennett Drive | Caribou, Maine 04736
207-493-4224 | www.caribourec.org

 **CARIBOU**
Parks & Rec. Dept.





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

Hours of operation

October 1 thru April 30

6am-8pm

Monday - Friday

12-4pm

Saturday

ONLINE PROGRAM REGISTRATION OPENS

Monday, September 29 @5AM

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

Nate Germain, Maintenance

PARKS & RECREATION COMMISSION

Kyle Corrigan, Chair

Casey Anderson-Plourde, Vice-Chair

Jane Mavor-Small

Matt Holabird

Arik Jepson



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 a Program Assistance Fund for Youth that is available for those people in need of financial assistance to be able to participate in our programs. This fund gives a child credit towards program fees. If you are interested in this scholarship, please reach out to the main office.

Program Attendance

Attendance for programs is expected and if your child is unable to attend a session, communication with us ahead of the program is appreciated.

The Caribou Parks & Recreation Department is pleased to announce an online registration portal. Please take a minute to visit the site and create a user account. **NOTE Please use a desktop or laptop to create your account.** Once your account is created you can use your phone to access the portal. A listing of our Late Fall, Winter, and Spring programs is now available. Visit www.caribourec.org

LOOK FOR THIS ICON →

Basketball programs will meet at Caribou Wellness & Recreation Center gym
55 Bennett Drive | Caribou, Maine



Grade 1 Basketball - Session 1

Monday & Wednesday @3-4pm October 15-November 12

FEE: \$22 Resident

\$42 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

Tuesday & Thursday @3-4pm October 14 - November 13

FEE: \$22 Resident

\$42 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 1 & 2 Basketball Session 2

Tuesday & Thursday @3-4pm November 18 – December 18

A taste of basketball with FUN-damentals and modified games. Session 2 is for youths that did not get a chance to participate in Session 1. **Pre-registration is required. Please provide a snack and water bottle for your child.** Max 15 youths per session. **NOTE** We have combined grade 1-2 for session 2.

Grade 3-4 Basketball

Monday thru Thursdays @4-6pm October 14-December 18

FEE: \$22 Resident

\$42 Non-Resident

This program is open to boys and girls in grades 3 & 4 and combines skill development and games. **NOTE** Last name A-L will come on October 14 @4-5pm. Last name M-Z will come on October 15 @4-5pm. On October 16 teams will be announced, and a schedule will be made. Participants will get an email with their team's name and schedule. Participants will only come to their team's practice or game. Pre-registration is required. Max 60

Grades 4-6 Girls Basketball

Mon & Wed @3-4:15pm January 5 - March 4, 2026

FEE: \$22 Resident

\$42 Non-Resident

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

Grades 5-6 Boys Basketball

Tues & Thurs

January 6

1st day @3-4:15pm

FEE: \$22 Resident

January 8-March 12 *Games at 3-4pm or 4-5pm

\$42 Non-Resident

This program is open to boys in grades 5-6. The program will start with skill development sessions then move on to scheduled games during the same time. After the first day, teams will be made, and your child will only come when their team is on the schedule. **Pre-registration is required.** Max 30

Travel Competition Cheerleading

Grades 2-8

FEE \$100 Residents

\$120 Non-Residents



Travel Competition Cheerleading is for youths entering grades 2-8 in the fall 2025. This program will consist of three squads that will travel to competitions in March and perform a cheering routine in front of a panel of certified judges.

PARENTS MEETING Tuesday, September 30 @6:30pm | Multipurpose rooms | 55 Bennett Drive

TRYOUTS Saturday, October 4 @9-11am | Gymnasium | 55 Bennett Drive | Caribou, ME

Those who do not make the squad will be refunded through the registration portal.

The Grades 2-6 squads will start on October 9, and the Grades 6-8 squad will start during Christmas break. Days and times to be announced once squads have been formed.

Pre-registration is required. (Please register for the grade your child will enter in the fall 2025.)

To register please visit our online registration at <https://tinyurl.com/32s4de6p>, FMI Please contact the Caribou Parks and Recreation Department at 207-493-4224.

Angry Balls FALL Youth Bowling

Grades 2-9 Mon & Wed @3:15-4:15pm

October 20, 22, 27, 29, November 3, 5, 10, 12, 17, 19

Fee: \$35

@ Evergreen Bowling Lanes | 60 Access Highway | Caribou ME

This program is generously sponsored by Evergreen Lanes. 100% of the proceeds will be donated to the Youth Scholarship Bowling program. This program is an excellent opportunity for youth that are interested in migrating into the Youth Scholarship Bowling League to qualify for college scholarship money.

This program will continue to focus on and emphasize bowling etiquette and accountability. Shoes will be provided for this program.



- For youths in grades 2-7, transportation will be provided from the Caribou Wellness and Recreation Center to the Evergreen Bowling Lanes.
- Participants in grades 8-9 will be responsible for their own transportation to Evergreen Bowling Lanes.
- All participants must be picked up at the Evergreen Lanes at the completion of each program.

Attendance for this program is expected and if your child is unable to attend a session, communication with us ahead of the program is required. Mandatory attendance for all participants on day one.

Pre-registration is required. Min 6 Max 40. **To register please visit our online registration portal at <https://secure.rec1.com/ME/caribou-me/catalog>**

XC Ski Rental Program

Thursday, November 20 @5-7pm

at the Caribou Wellness and Recreation Center | 55 Bennett Drive | Caribou, ME

Fee: \$90 Rental Fee for November 20 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 24, 2026 @5-7pm.** Any equipment returned after this date will be assessed as a \$20 late fee. **Absolutely no skis will be accepted for returns prior to the March 24, 2026, return night.**

Learn to Skate Transportation Is Provided

At Presque Isle Forum | 84 Mechanic Street | Presque Isle, Maine

Grades 1-2 Fee: \$70

Mondays & Wednesdays @2:30-4:15pm

December 1 *First day is Introduction and fitting day

December 3, 8, 10, 15, 17

Grades 3-5 Fee: \$60

Mondays & Wednesdays @2:30-4:15pm

January 5 *First day is Introduction and fitting day

January 7, 14, 21, 28

Transportation provided from Caribou Community School to The Forum and back to Caribou Wellness and Recreation Center by 4:15pm. This program meets Mondays and Wednesdays. **NOTE If you will be providing your own transportation, please register for the Transportation NOT provided program.**

Min 13 max 13

Learn to Skate Transportation Not Provided

At Presque Isle Forum | 84 Mechanic Street | Presque Isle, Maine



Grades 1-2 Fee: \$70

Mondays & Wednesdays @3-3:45pm

Dec 1 *1st day is Introduction and fitting day

Dec 3, 8, 10, 15, 17

Grades 3-5 Fee: \$60

Mondays & Wednesdays @3-3:45pm

January 5 *1st day is Introduction and fitting day

January 7, 14, 21, 28

Interested participants wishing to provide their own transportation are encouraged to register through us. Transportation is not provided. This program meets Mondays and Wednesdays. Participants must provide their own transportation to and from the Forum.

PreSKIson

Grades 4-8 Tuesdays & Thursdays @3-6pm Dec 2, 4, 9, 11, 16, 18

Fee: \$22 @ Caribou Wellness & Recreation Center | 55 Bennett Drive | Caribou, ME

Pronounced Pre-Ski-Son, this afterschool program is for youths in 4th-8th grade, space is limited to the first 13 participants with a desire to want to play outside! For six 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. 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. NOTE: Youth in grade 8 will have to find their own transportation to the Caribou Wellness & Recreation Center after school.** Min. 6 Max 13 Participants

No Skill to Intermediate Downhill Skiing

Transportation is Provided

at Quoggy Jo Ski Center | 420 Fort Road | Presque Isle, Maine

Grades 3-5

Mondays

@2:45-6:15pm

January 12, 26, February 2, 9, 23

March 2 (*March 16 makeup day)

Fee: \$100 Residents / Non-residents

Transportation from Caribou Community School to Quoggy Jo and back to the Caribou Wellness and Recreation Center by 6:15pm. The \$100 fee includes lessons, tickets and rentals. Min 6 max 13.

No Skill to Intermediate Downhill Skiing

Transportation Not Provided

at Quoggy Jo Ski Center | 420 Fort Road | Presque Isle, Maine

Grades 3-5

Mondays

@3:30-5:30pm

January 12, 26, February 2, 9, 23

March 2 (*March 16 makeup day)

Fee: \$100 Residents / Non-residents

Interested participants wishing to provide their own transportation are encouraged to register through us. Transportation is not provided. Participants must provide their own transportation to and from Quoggy Jo Ski Center. The \$100 fee includes lessons, tickets and rentals.

SKI4LIFE Downhill Skiing 2026

Transportation is Provided

Session A Grades 3-8 Thursdays @3-7:45pm

January 8, 15, 22, 29, February 5

Session B Grades 3-8 Thursdays @3-7:45pm

February 12, 26, March 5, 19, 26

Fee: \$100 per session includes lift ticket, ski rentals, lessons, and transportation.

\$25 per session transportation only (if you have our own pass and equipment)

Learn to ski! Ski4Life is held at Big Rock Mountain, 37 Graves Road, Mars Hill, Maine. Participants will walk to the Caribou Wellness and Recreation Center, and the van will depart and return from there by 7:45pm sharp. Participants will need to bring a bag lunch or money for food at Big Rock. Participants who own their own season pass and equipment that do not need a lesson will only have to pay \$25; this covers transportation costs. Pre-registration is required. Minimum of 6 per session. **NOTE Youths in grade 8 will have to provide their own transportation to the Caribou Wellness and Recreation Center after school.**

Please submit these waivers below.

Big Rock Program / Activity Waiver <https://rb.gy/b6sozs>

Big Rock Ski Rental Program <https://rb.gy/ywlb32>

SKI4LIFE Downhill Skiing 2026

Transportation Not Provided

Session A Thursdays @3-8pm

January 8, 15, 22, 29, February 5

Session B Thursdays @3-8pm

February 12, 26, March 5, 19, 26

Fee: \$100 per session includes lift ticket, ski rentals, lessons.

Learn to ski! Ski4Life is held at Big Rock Mountain, 37 Graves Road, Mars Hill, Maine. This is for area residents who wish to join us at Big Rock and provide their own transportation. Pre-registration is required.

Please submit these waivers below.

Big Rock Program / Activity Waiver <https://rb.gy/b6sozs>

Big Rock Ski Rental Program <https://rb.gy/ywlb32>

SkiDaddle

Grades 2-4 Tuesdays @2:45-4:15pm

January 6, 13, 20, 27

February 3, 10, 24, March 3

@Caribou Community School Trails | 24 Bennett Drive | Caribou, ME

Fee: \$22 Residents

\$42 Non-Residents

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. This program will be held at Caribou Community School trails. Participants meet at the Caribou Community School gymnasium. **Pre-registration is required.**

Min 6 max 30.

Lifeguard Supervised Free Swim

Transportation is Provided

@Limestone Community School Indoor Pool | 93 High Street | Limestone, Maine

Grades 3-5 Wednesday @12-2:45pm

Wednesdays @2:45-5:15pm

February 4 only *Early release day

February 11, 25, March 4, 18

March 25 **Make up day

Fee: \$30 Residents / Non-residents

Transportation will be provided from Caribou Community School to the Limestone Community School Indoor Pool then back to the Caribou Wellness and Recreation Center. NOTE Participants must know how to swim.

Min 6 max 13.

Lifeguard Supervised Free Swim

Transportation Not Provided

@Limestone Community School Indoor Pool | 93 High Street | Limestone, Maine

Grades 3-5 Wednesday @1-2pm

Wednesdays @3:30-4:30pm

February 4 only *Early release day

February 11, 25, March 4, 18

March 25 **Make up day

Fee: \$30 Residents / Non-residents

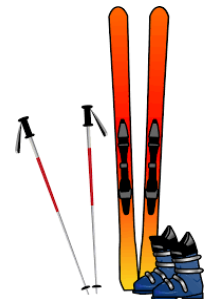
Interested participants wishing to provide their own transportation are encouraged to register through us.

Transportation will not be provided. Participants must provide their own transportation to and from the Limestone Community School Indoor Pool. NOTE Participants must know how to swim.

XC Ski Seasonal Rental Return Night

March 24, 2026 @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 Youth Golf Program

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

March 30, April 1, 6, 13, 15

Fee: \$22

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. NOTE Youth in grade 8 must provide their own transportation to the Caribou Wellness and Recreation Center. Program meets at Caribou Wellness & Recreation Center | 55 Bennett Drive | Caribou, Maine. **Pre-registration is required.**

2026 Beginners ADULT Golf Program

March 30, April 2, 6, 9, 13, 16

@Caribou Wellness & Recreation Center gymnasium | 55 Bennett Drive

Fee: \$52

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://caribougolf.com/product/adult-golf-spring-program/>

FMI Please contact Marc Weeks at www.redsoxfanfl@yahoo.com

Angry Balls SPRING Youth BOWLING 2026

Grades 2-9 Tues & Thurs @3:15-4:15pm March 31, April 2, 7, 9, 14, 16

@Evergreen Bowling Lanes | 60 Access Highway | Caribou, ME

Fee: \$27

This program is generously sponsored by Evergreen Lanes. 100% of the proceeds will be donated to the Youth Scholarship Bowling Program. Shoes will be provided for this program.

- For participants in grades 2-7, transportation will be provided from the Caribou Wellness and Recreation Center to the Evergreen Bowling Lanes.
- Participants in grades 8-9 will be responsible for their own transportation to the bowling lanes.
- All participants must be picked up at Evergreen Lanes at the completion of each program.

This program is an excellent opportunity for youth that are interested in migrating into the Youth Scholarship Bowling League to qualify for college scholarship money. This program will continue to focus and emphasize bowling etiquette and accountability. Attendance for this program is expected and if you are unable to attend a session, communication with us ahead of the program is required. Mandatory attendance for all participants on day one. Pre-registration is required. Min 6 Max 40.

Pine Tree State Track and Field 2026

Grades 1-2 Mon & Wed @3-4:30pm April 27, 29, May 4, 6, 11, 18, 20, 27, June 1, 3, 4

Grades 3-5 Tues & Thurs @3-4:30pm April 28, 30, May 5, 7, 12, 14, 19, 21, 26, 28, June 2, 3, 4

Fee: \$36 Residents / \$56 Non-Residents

(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 | 55 Bennett Drive | Caribou, ME. The program will be broken up between indoors and outdoors.

This program will culminate with:

- June 3 @3-5pm Picture Day at Caribou High School Track Facility | 308 Sweden Street
- June 4 @3-5pm Local meet at the Caribou High School Track Facility

NOTE Kids that are in the Middle School track program are eligible to participate after their season is finished. Preregistration is required.

Pine Tree State Track and Field 2026 – CCS Athletes

Grades 5-8 Fee: \$14 @3-4:30pm May 28, June 2, 3, 4 *Dependent on CCS sports season.

This program is for Caribou Community School athletes that would like to join our Track & Field program after their sports season is completed. This reduced fee includes the T-shirt which is required to compete in the Pine Tree Track and Field Local Meet on June 4 at the Caribou High School Track. Picture day is June 3, please wear your tshirt. Participants registering for this program should plan to attend our after-school track field practices on Tuesday's and Thursdays from 3-4:30 after the completion of their CCS Sports season.

American Red Cross Babysitter Training Course

Ages 11-15 May 2, 2026 @9am-3pm

Fee: \$47 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. Lunch is provided. **Classes will be held inside the Caribou Wellness Center multipurpose rooms| 55 Bennett Drive | Caribou, ME.**
Pre-registration is required. Min 6 Max 12.



Sunday, May 3, 2026

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, Caribou

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 as well as a whistle.

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>

ATV Safety Course

May 9, 2026 @8:30am-2:30pm

To be held At the Caribou Wellness & Recreation Center | 55 Bennett Drive | Caribou, ME

Fee: \$5 *Payable at class



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.

Take It Outside

Spring Series 2026

CARIBOU
Parks & Rec. Dept.

207-493-4224

sleeper@cariboumaine.org



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



COYOTE



DEER



RABBIT



RACCOON



SQUIRREL



***All outings must have a minimum of 6 participants withing (2) weeks of the actual program. If by the deadline the minimum required of participants is met, the registration will remain open. People wishing to register must register on our online registration portal. *Absolutely no refunds withing 48 hours of scheduled trip. There will be a 50% penalty for any cancellations made within two weeks of the scheduled trip.**

Take It Outside Adult Series

March-May 2026

March 27 CUSHY Ice Fishing from a heated camp!

Fee: \$42



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 and Recreation Center at 8am and return by 1pm.** We will 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? **The fee of \$42 includes a 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, the fee will be reduced by \$11 at checkout. Pre-registration is required. The registration deadline is March 13. MIN 6 MAX 9.**

April 3 Shoe, Brew and Stew!

Fee: \$42

If you've never snowshoed before or even if you're a seasoned snowshoer, this outing will be for you. The old saying if you can walk, you can snowshoe fully applies to this opportunity! What's better than a leisurely snowshoe through the woods surrounded by the comradery of fellow snowshoers? How about arriving at a tiny cabin in the woods with a fire in the woodstove, eating delicious stew, sipping coffee or sampling Northern Maine Brewing famous brews! **Depart from the Caribou Wellness and Recreation Center at 9am and return by 2pm.** Snowshoes, trekking poles, transportation and beverages included. Doesn't get any better than that, does it? **FEE: \$42 Everything included. Pre-registration is required. The registration deadline is March 27. MIN 6 MAX 9**

April 10 Mactaquac Dam and Mactaquac Biodiversity Facility

Fee: \$42

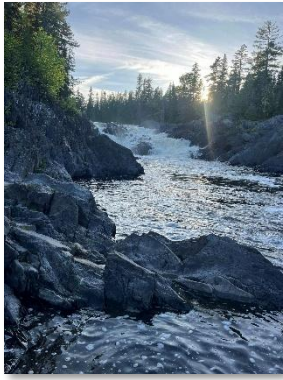


Tour of this massive hydroelectric project that Aroostook County depends on to get its electricity. Upon touring the Mactaquac Dam, we will break for lunch, included in the fee. After lunch we will tour Mactaquac Biodiversity Facility. The Mactaquac Biodiversity Facility was built in 1968 following the 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 and Recreation Center at 7:30am and return by 5pm.**

Preregistration Required. The registration deadline is March 27.

MIN 6 MAX 9.

May 30- 31 Allagash Wilderness Waterway-Allagash Falls Fee: \$122



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. **The registration deadline is May 15. MIN 6 MAX 8.**

June 5-6 Chase Rapids on Allagash Wilderness Waterway Fee: \$120

Overnight paddling trip to **CHASE RAPIDS** on the **Allagash Wilderness Waterway** will expose adults to the famed rapids on the Allagash. Saturday afternoon we will explore the area around Churchill Dam including visiting the natural history museum. The balance of Saturday afternoon will be spent relaxing around the campsite. Sunday morning, we will paddle the famed Chase Rapids then be shuttled back to our campsite. This 8-mile stretch of river, that starts at Churchill Dam and ends at Bisonette Bridge, is comprised of Class I & Class II waters. Transportation, Canoes, Entrance fees into the North Maine Woods, Camping Fees, dinner Saturday night, breakfast Sunday morning and lunch Sunday are included. We will provide tents, however, if you prefer to bring your own, that is fine too. A detailed gear list will be provided upon registration. Some canoe paddling experience is recommended. Trip will depart from the Caribou Wellness and Recreation Center at 2pm Friday afternoon and return by 5pm Saturday afternoon. **Min 6 Max 8 preregistered participants by May 22.**



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 1	Eagle Lake – 3 Max, depart 6am, return by 1pm	FEE: \$60
May 8	Long Lake – 3 Max, depart 6am, Return by 1pm	FEE: \$60
May 22	Square Lake – 3 Max, depart 6am, Return by 1pm	FEE: \$60
May 29	Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels)	
	8am-11am 2 Max	FEE: \$35
	12pm – 3pm 2 Max	FEE: \$35

***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. People 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.**



2026 May is Healthy You Caribou!

Bird Watching Outings Led by Bill Sheehan!

May 6 @7-8 am Bird Watching at North Caribou Park

Meet at the entrance of North Caribou Park at 1186 Van Buren Road North of Sacred Heart Parish in North Caribou.



May 13 @7-8 am Bird Watching at Caribou Bog



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

May 20 @7-8 am Bird watching at Aroostook River

Meet at the Lower Lyndon Caribou Hydroelectric Station across the street and upriver from Sleeper's Market. Be prepared to do some light walking and warbler exploration to the boat launch above the dam



May 27 @7-8 am Bird Watching at the Caribou Utilities District Wastewater Treatment Ponds

Meet at Caribou Utilities Wastewater Treatment Ponds Driveway at 363 Grimes Road. 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 27 a name will be selected from a hat, and one lucky person will win a free pair of binoculars.
- Outings are open to all ages.

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 scheduled program.

