

City of Caribou



Parks & Recreation Department
Late Fall, Winter, Spring Programs
2026-2027

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

 **CARIBOU**
Parks & Rec. Dept.



Hours of operation	October 1 through April 30	6am-8pm	Monday - Friday
		12-4pm	Saturday



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 gymnasium
55 Bennett Drive | Caribou, Maine



Grade 1 Basketball - Session 1

Monday & Wednesday @3-4pm

October 14-November 18

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 15 - November 12

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 30 – December 16

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 through Thursdays @3-6pm

October 13-December 17

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 13 @3-4pm. Last name M-Z will come on October 13 @4-5pm. On October 14 teams will be announced, and a schedule will be made. Participants parents will get an email or text 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 4 - March 3, 2027

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

Mon - Thurs

January 5

1st day @3-4:15pm

FEE: \$22 Resident

January 7-March 4 *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 scheduled to play. **Pre-registration is required.** Max 30

Travel Competition Cheerleading

Grades 2-8

FEES \$150 Residents

\$170 Non-Residents



Caribou Rec Travel Competition Cheerleading is for youths entering grades 2-8 in the fall 2026. This program runs from October through March 2027. Join our State Championship winning program!!

Parents Meeting Thursday, October 1 @6-7pm | Caribou Wellness & Recreation Center multipurpose rooms
55 Bennett Drive

Competition dates will be discussed at this meeting.

Please have the Band App downloaded and ready to use.

Registration deadline Friday, October 2nd Sign up ends and squads announced

1st Practice October 3rd @Caribou Community School | 24 Bennett Drive TIME TBA

Due to the high interest in our programs, this is a first-come, first served program. Once you sign up, you may be put on a waiting list. Once we have the parent meeting and sign-ups are complete, you may be pulled off the waiting list and placed, by grade, on one of our squads. Since we now have a waiting list, a strict practice attendance policy will be followed, and the waiting list kids will take your spot if you can't comply with the practice schedule. All dates are known before the season starts, so please make practice **a priority. Days and time to be announced once squads are formed.**

Pre-registration is required. (Please register for the grade your child will enter in the fall of 2026) To register please visit our online registration portal at <https://tinyurl.com/y5vc8wub>

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 19, 26, 28, November 2, 4, 9, 16, 18

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 inside the Evergreen Lanes at 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 19 @5-7pm

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

Fee: \$90 Rental Fee for November 19 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 23, 2027 @4-6pm.** Any equipment returned after this date will be assessed as a \$20 late fee. **Absolutely no skis will be accepted for returns prior to March 23, 2027, return night.**

Arts & Crafts Fall

Tuesdays & Thursdays Nov 17, 19, Dec 1, 8, 10, 15, 17

Fees \$20 Residents / \$40 Non-residents

Session 1 Grades 1-2 3-4pm Min 6 max 10

Session 2 Grades 3-4 4-5pm Min 6 max 10



The program will meet for eight sessions with a different holiday theme for each session. Class will be held at the Caribou Wellness & Recreation Center at 55 Bennett Drive in Caribou.

Living on the Edge Ice Skating

Transportation Is Provided

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

Grades 1-8 Fee: \$100

Mondays & Wednesdays @2:30-4pm

November 30 *First day is Introduction and fitting day

December 2, 7, 9, 14, 16, 21

Transportation provided from Caribou Community School to The Forum and back to Caribou Wellness and Recreation Center by 4pm. *Youths will be released from school at 2:25pm and depart for The Forum at 2:30pm.

NOTE If you will be providing your own transportation, please register for the Transportation NOT provided program. All skating levels are welcome. Min 13 max 13



Living on the Edge Ice Skating

Transportation Not Provided

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

Grades 1-8 Fee: \$100

Mondays & Wednesdays @3-3:45pm

November 30 *First day is Introduction and fitting day

December 2, 7, 9, 14, 16, 21

Interested participants wishing to provide their own transportation are encouraged to register through us. Participants must provide their own transportation to and from the Forum. All skating levels are welcome.

PreSKIson

Grades 4-8 Tuesdays & Thursdays @3-6pm December 1, 3, 8, 10, 15, 17, 22

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 seven 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 be picked up at the CHS at 3pm** Min. 6 Max 13

SKI4LIFE Downhill Skiing @ Quoggy Jo

Transportation is Provided

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

Grades 3-8

Mondays

@2:45-6:15pm

January 4, 11, 25, February 8, 22

March 1 (*March 15 makeup day)

Fee: \$100 Residents / Non-residents

Transportation from Caribou Community School to Quoggy Jo and back to the Recreation Center by 6:15pm.

The \$100 fee includes lessons, tickets, transportation and rentals.

Min 6 max 13

SKI4LIFE Downhill Skiing @ Quoggy Jo

Transportation Not Provided

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

Grades 3-8

Mondays

@3:30-5:30pm

January 4, 11, 25, February 8, 22

March 1 (*March 15 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 & Snowboarding

Transportation is Provided

@ Big Rock Mountain

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

January 7, 14, 21, 28, February 4

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

February 11, 25, March 4, 18, 25

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 Recreation Center, where the van will depart; and return there by 7:45pm sharp. Participants will need to bring a bag lunch or money for food at Big Rock. Participants with a season pass and equipment that do not need a lesson will only pay \$25. Pre-registration is required. **NOTE: Youth in grade 8 will be picked up at the CHS at 3pm. Please submit these waivers below.**

Big Rock Program / Activity Waiver <https://rb.gy/b6sozs> Big Rock Ski Rental Program <https://rb.gy/ywlb32>

Min 6 max 13

SKI4LIFE Downhill Skiing & Snowboarding

Transportation Not Provided

@ Big Rock Mountain

Session A Thursdays @3-8pm

January 7, 14, 21, 28, February 4

Session B Thursdays @3-8pm

February 11, 25, March 4, 18, 25

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 5, 12, 19, 26, February 2, 9, 23, March 2

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

Fee: \$22 Residents / \$42 Non-Residents

SkiDaddle Program, for all ability levels, will include introduction to equipment, techniques, turning, diagonal & skating stride, uphill and downhill techniques. Equipment is provided. Participants meet at the Caribou Community School gymnasium. **Pre-registration is required.**

Min 6 max 30

Winter Swim Academy

Transportation is Provided

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

Grades 3-8 Wednesday @2:45-4:30pm

February 3

Wednesday @2:15-3:45pm

February 10 *Early release day

Wednesdays @2:45-4:30pm

February 24, March 3, 17, 24

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. Caribou Community School students using our transportation will meet at door 13 and walk over to the rec center with us. Youths in grade 8 will be picked up at the CHS at 3pm.

Games, skills, comfort level exercises including relay games, diving exercises and scavenger hunts, all activities will focus on pool safety. This is not a learn to swim program. This program is building on existing skills to increase comfort level around water. Participants should be comfortable in the pool and willing to try new pool exercises. Life jackets are provided and can be used if needed but participants are encouraged to step out of their comfort zone and build new skills. This is supervised by a lifeguard. Participants must provide their own towels and bathing suits and be ready when class begins.

Min 6 max 13

Winter Swim Academy

Transportation Not Provided

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

Grades 3-8 Wednesday @3:15-4:15pm

February 3

Wednesday @2:30-3:30pm

February 10 *Early release day

Wednesdays @3:15-4:15pm

February 24, March 3, 17, 24

Fee: \$30 Residents / Non-residents

Transportation will not be provided. Games, skills, comfort level exercises including relay games, diving exercises and scavenger hunts, all activities will focus on pool safety. This is not a learn to swim program. This program is building on existing skills to increase comfort level around water. Participants should be comfortable in the pool and willing to try new pool exercises. Life jackets are provided and can be used if needed but participants are encouraged to step out of their comfort zone and build new skills. This academy is supervised by a lifeguard. Participants must provide their own towels and bathing suits and be ready when class begins.

XC Ski Seasonal Rental Return Night

March 23, 2027 @4-6pm 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 as a \$20 late 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 29, 31, April 5, 12, 14

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.**

2027 Beginners ADULT Golf Program

March 29, April 1, 5, 8, 12, 15

@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 2027

Grades 2-9 Tues & Thurs @3:15-4:15pm March 30, April 1, 6, 8, 13, 15

@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. 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.

- 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 inside Evergreen Lanes at the completion of each program.

Viking Ball

Grades 3-5 Tues & Thursday @3-4pm March 30-April 15

Fee: \$10

Viking ball is a modified version of Baseball that is played with a plastic ball and a bat, which makes it great for inside. This program is for youths in grades 3-5 and meets on Tuesdays and Thursdays from 3-4pm from March 30 through April 15th. The program fee is \$10. **Pre-registration is required.** Min 6 Max 20

Pine Tree State Track and Field 2027

Grades 1-2 Mon & Wed @3-4:30pm April 26, 28, May 3, 5, 10, 12, 17, 26, 31, June 2, 3

Grades 3-5 Tues & Thurs @3-4:30pm April 27, 29, May 4, 6, 11, 13, 18, 20, 25, 27, June 1, 2, 3

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 2 @3-5pm Picture Day at Caribou High School Track Facility | 308 Sweden Street
- June 3 @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 2027 – CCS Athletes

Grades 5-8 Fee: \$14 @3-4:30pm May 27, June 1, 2, 3 *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 3 at the Caribou High School Track. Picture day is June 2, please wear your t-shirt.** 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 1, 2027 @9am-3pm

Fee: \$47 includes lunch

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.



American Red Cross

*Babysitting
Certification
Course*



Sunday, May 2, 2027

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

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

9:45am

Mandatory Race briefing

10am

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

1pm

Awards at Forbes Pit at 1100 Fort Fairfield Road, Caribou

CANOE CLASSES and KAYAK CLASSES

Open Class

Open Class 2-person

Open Class Solo Male

Open Class Solo Female

Recreational

Recreational 2-person

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 8, 2027 @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. Please register at the Maine Department of Inland Fisheries and Wildlife website at <https://www.maine.gov/ifw/programs-resources/educational-programs/safety-courses/atv-safety.html>

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 6pm 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 3-6pm 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.



Take It Outside

Spring Series 2027

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-June 2027

March 26 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 12. **Min 6 Max 9**

April 9 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 26. Min 6 Max 9.**

May 29- 30 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 14. Min 6 Max 8.**

June 4-5 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 21.**

Take It Outside Adult Series 2027 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.

April 30	Eagle Lake/Soldier Pond *Ice conditions dependent	Depart 6am, return by 1pm	FEE: \$60	 Max 3
May 7	Long Lake	Depart 6am, return by 1pm	FEE: \$60	Max 3
May 21	Square Lake	Depart 6am, return by 1pm	FEE: \$60	Max 3
May 28	Aroostook River, Lower Lyndon Street or Forbes Pit (depending on water levels)			
	8am-11am		FEE: \$35	Max 2
	12pm – 3pm		FEE: \$35	Max 2

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.



ADULT ACTIVITIES

WALKING Area adults are welcome to walk at the Caribou Wellness & Recreation Center. Walking hours are as follows: **May 1-Sept. 30 Monday through Friday, 6am–6pm; October 1 -April 30 Monday thru Friday 6am—8pm and Saturday 12-4pm. (14.5 laps = 1 mile)**

EXERCISE CLASS Meets Mondays, Wednesdays and Fridays from 8:30-9:30am. This self-guided class uses a variety of moderately challenging exercise videos incorporating cardio, Pilates, strength training, balance and various walking techniques. Adults are welcome to join. No Fee.

POP PILATES with LIZA Pilates exercise classes meet Tuesdays and Thursdays from 5-6pm and Saturdays from 9-10am. Fee is 10 classes for \$50 or drop-in for \$6.

ADULT CRIBBAGE Adult cribbage meets Tuesday and Thursdays from 9-11:30am at the Caribou Wellness and Recreation Center. The fee is \$1.50 per day.

PICKLE BALL Monday through Friday @8-11:30am at Caribou Wellness and Recreation Center gymnasium. A court sport that combines tennis, badminton and ping-pong; equipment is provided. This is a self-guided program for those 18 & over. The facility may not be available all the time. Please join **TeamReach | Caribou** for building availability, and to keep in touch with the group.

BEGINNERS PICKLEBALL Meets Mondays, Tuesdays and Thursdays from 12:30-2:30pm.

WEIGHT ROOM Monday thru Friday @6am – 6pm. June thru September then October thru May 6am – 8pm Monday thru Friday and 12-4pm on Saturdays. Participants are asked to please wipe down the equipment after use. The fee is \$1 per visit. Weight room is for ages 15 & over unless the youth is accompanied by a parent and or adult guardian.

RSVP Bone Builders® (*Cary Medical sponsored*) is an evidenced-based exercise program developed by Tufts University for senior citizens. It is an ongoing exercise program to prevent osteoporosis. Bone Builders will also improve balance, and keep your strength, confidence and independence to perform everyday activities (certified instructors). No fee and weights are provided. Bone Builders class meets Tuesdays and Thursday mornings @10:00 - 11:00am at the Caribou Wellness Center.

TOPS Take Off Pounds Sensibly Tops meets at the Caribou Wellness & Recreation Center on Tuesdays from 12:30-1:30pm Lose weight with TOPS. For more information call 1-(800)932-8677 or visit www.tops.org.

NOTE: Seasonal programs are listed in our program booklet and on the internet at www.caribourec.org or viewed on our Facebook page <https://www.facebook.com/CaribouParksandRec/>.

For additional information please call the Caribou Parks & Recreation Department at 207-493-4224.

