



City of Caribou Parks & Recreation Department Summer/ Fall Community Programs Registrations Begin May 1, 2023

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 Summer & Fall programs is available for view now. 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



Recreation Office 493-4224

Teague Park Building 498-5059

MAIN OFFICE (Hours Monday thru Friday)

7:30am-3pm

PROGRAM ONLINE REGISTRATION DATES

Monday, May 1 @12:01AM

Residents & Non-residents

PARKS & RECREATION STAFF

Gary Marquis, Superintendent

Matt Bouchard, Director of Recreation

Neal Sleeper, Recreation Program Director

Lynn Jack-Merritt, Office Manager

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 thru 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



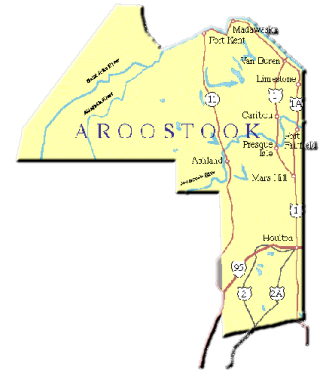
*Caribou
Rec.
Outdoor
Camp*

Take Me. Outside!!!

C.R.O.C.

Caribou Rec Outdoor Camp

2023



C.R.O.C. Registration Begins May 1, 2023 ~

Thanks to these area youth supporters!



Kayaking, Allagash, Baxter, Biking, Hiking, Fishing

For area youth entering 4th - 10th Grade

\$10 for all day camps – Thank you area sponsors!

\$20 for overnight camps – Thank you area sponsors!

Caribou Parks & Recreation Department

55 Bennett Drive

Caribou, Maine 04736

207-493-4224

sleeper@cariboumaine.org

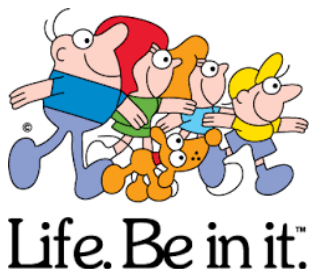


Caribou Rec Outdoor Camp is an outdoor based program with an emphasis on encouraging kids to have fun while being outdoors. Caribou Rec Outdoor Camp offers exciting and healthy activities over a seven-week period ranging from mountain climbing, canoeing, hiking, fishing, kayaking, biking, swimming, and camping. Caribou Rec Outdoor Camp explores some of the most beautiful spots that Aroostook, Piscataquis, and Penobscot Counties offer. Caribou Rec Outdoor Camp teaches the skills associated with every activity that is offered throughout this exciting summer & fall program.

Caribou Rec Outdoor Camp is for youths entering 4th – 10th grades and promotes exciting recreational opportunities throughout Maine.

Upon registering, beginning May 1, 2023, participants will be provided with an itinerary and recommended gear list for each week's activity. *The Caribou Parks and Recreation Department has the right to add, delete, or swap programs based upon registration demand.*

② Because of the physical demands associated with these weeks, participants are strongly encouraged to take the necessary steps in preparing themselves to endure.



Week 1: Allagash Wilderness Waterway (entering 6th - 10th grade)
 June 20-June 22 Cost: \$20



This two-night three-day paddling outing on the Allagash Wilderness Waterway exposes participants to the fun opportunities that we have right in our back yard! Canoes will be our mode of transportation for both people and gear. Participants will learn the basic skills associated with traveling with gear in boats, setting up tents, and staying dry in them should it rain. Top that all off with star filled nights around a campfire. This trip will start at Michaud Farms, and conclude at the Allagash Boat Landing, stopping for two nights at the Muskie infested Allagash Falls Campsite, so bring your steel leader and favorite Muskie lures. Max. 8

Week 2: Backpacking Baxter (entering 6th - 10th. grade)
 June 27-June 30 Cost: \$20

This three-night outing will take us into the backcountry of Baxter Park. We will backpack, hike & fish remote trout ponds and swim in crystal clear waters. Limited number of backpacking backpacks available on a first-come first-serve basis. Participants that have experienced this trip have caught an incredible number of trout, some caught trout for the first time on a fly rod and it motivated them to further pursue this method on their own when they returned home. The fly fishing in the Russell Pond area is second to none, this trip involves a 7.2-mile backpack on the first day and a 7.2-mile backpack on our final day back to Roaring Brook! Max 6 ②



Week 3: Kayaking 1 (entering 4th - 5th grade)
 July 5-July 7

Cost: \$10

Session A (4th. -5th. grade)

9am-12pm

W, TH (6)

Session B (4th. -5th. grade)

1pm-4pm

W, TH (6)

Session A & B

9am-3pm

Friday Bag Lunch Required



Kayaking will feature 3-hour morning and afternoon sessions; both morning and afternoon sessions will come together Friday for a full day paddle from Washburn to Presque Isle. Kayakers will need to be dropped off and picked up at predesignated locations. A detailed itinerary will be provided upon registration. All campers will be provided with PFD's, Paddles, and boats. Snacks and drinking water are strongly encouraged Max. 6 per session. ②

Week 4: Kayaking 2 (entering 6th - 10th grade)
 July 10-July 13

Cost: \$10

What better way to spend a hot summer day than floating around in your own personal kayak for the week's compliments of the Caribou Rec? Could it get any better? How about jumping in the water and floating leisurely alongside it when you get hot? If this gets you interested, then you will not want to miss this week. This camp explores three area local waterways including the Aroostook River & Fish River Lake Chain. No experience kayaking? No problem! We'll get you up to speed in a jiffy! Come enjoy the sun, warm water, the company of some great people! The final day of this program, kayakers will travel to Baxter State Parks South Branch Pond Campground to enjoy a day of kayaking, swimming, and cliff diving!!! All campers will be provided PFD's, Paddles, and boats. ②



Week 5: Allagash Headwaters (entering 6th - 10th grade)
July 18 – July 21 Cost: \$20



The Allagash is more than just a river! The headwaters of the Allagash River are made up of several large lakes, including Heron Lake, Churchill Lake, Eagle Lake and more. For the third year, we will travel to Churchill Dam and explore the lakes above Churchill Dam. The goal will be to stay on Eagle Lake, but Mother Nature will ultimately determine where we end up laying our head. This is fully supported by two motorized canoes to help get gear & participants across lakes. This three-night outing will explore the abandoned locomotives, hiking the lookout trail on Big Eagle, Swimming, and lots of fishing! Oh ya, do not forget to bring your fishing gear!!! Max. 8. ②

Week 6: Mountain Biking (entering 4th - 8th. grade)
July 24 – July 27 Cost: \$10
Session A (entering 4th -5th grade) M, T, W, TH 8:30am-11:00am
Session B (entering 6th -8th grade) M, T, W, TH 12:00pm-4:00pm

Session A We will meet at a different location in and around Caribou each day. Bikers will need to be dropped off and picked up at predesignated locations. A detailed itinerary will be provided upon registration. The Caribou Parks and Recreation Department has a limited number of bikes available on a first come first server basis. Max 12 per session.

Session B We will meet at Caribou Wellness and Recreation Center and travel to the Nordic Heritage Center in Presque Isle. Transportation will be provided. A detailed itinerary will be provided upon registration. The Caribou Parks and Recreation Department has a limited number of bikes available on a first come first server basis. Max 12 per session. ②



Week 7: Chimney Pond & Katahdin (entering 6th - 10th. grade)
August 2 - August 4 Cost: \$20



This two-night, three-day backpacking (backpacks available on a first come first serve basis) & Mt. Katahdin experience will be unlike any experience you have ever had before! Our first day we will hike 3.2 mile from Roaring Brook to Chimney Pond where we will stay in the “luxury” of a rustic bunkhouse complete with wooden bunks, gas lights, woodstove, and screens (to separate us from any critters 😊). Thursday morning after a hearty breakfast of oatmeal and English muffins we will venture to the summit of Maine’s highest peak, Mt. Katahdin! The day will be spent above the tree line exploring the beauty of what few Mainers ever take the chance to enjoy. We promise you that once you experience this gift from Governor Baxter you will want to come back again and again. After a full day on the mountain, we’ll retreat to our cabin for a cozy evening of good food and better company. Friday we will make our way 3.2 miles down the Chimney Pond Trail back to Roaring Brook where our van will be awaiting us. Max. 10. ②

Let the adventure begin . . .

BASEBALL & SOFTBALL

@ Teague Park Sports Complex | 75 Bennett Drive



PLEASE NOTE: Participants must register for programs by grade entering fall of 2023.

A participant may only sign up for one session only. In the event of rain students should plan on having their lessons in the Caribou Wellness and Recreation Center gymnasium. Sneakers are mandatory.

Fees \$30 Residents (Includes T-shirt)

\$50 Non-residents (Includes T-shirt)

Programs begin the week of June 21 thru July 22. Pre-registration is required. Registration begins May 1, 2023. Register online at the registration portal <https://rb.gy/reucc6>

Single A Spinners Grade K Mon, Wed @8:15-9:15am Starts June 21

Single A Paw Sox Grade 1 Tues, Thurs @8:15-9:15am Starts June 22

This baseball program is for boys and girls entering kindergarten & first grade. The program will use a batting tee and soft-sided baseballs to introduce youngsters to the fundamentals of baseball. Later in the season, some underhand pitching may be incorporated.

DBL AA Sea Dogs Grade 2-4 Mon, Wed, Fri @9:15-10:30am Starts June 21

This baseball program is for boys and girls entering 2nd grade thru 4th grade. It is designed to teach youngsters the fundamentals of the game of baseball. Emphasis is on developing sound fundamentals while learning to better understand the game. This is a coach pitch league. **The first day only everyone will attend (June 21)** from 9:30-10:30am. Teams will be made, and a schedule will be handed out. Some games may be played on Tuesday and Thursdays. **Your child will only attend when their team is scheduled to practice or play a game.**

Majors Baseball Grade 4-6 Tues, Thurs @10:45-11:45am Starts June 22

This baseball program is for boys and girls entering grades 4-6. The program ties baseball fundamentals with strategies of the game. Participants are randomly selected to play in games against other communities which will generally be on Tuesday or Thursday's but may also be scheduled on other days if need be. Games schedules will be released usually on a weekly basis but the week prior to a game being played. A team will be selected at the end of the summer to compete in the NMCRA County Tournament.

Jr Girls Softball Grade 4-8 Mon, Wed @10:45-11:45am Starts June 21

The Jr Girls Softball program is for girls entering grades 4-8. The program will introduce players to the fundamentals and skills of the game. We will also exchange games with other communities with games being played mostly on Mondays and Wednesdays but may also be scheduled on other days if need be. Games schedules will be released usually on a weekly basis but the week prior to a game being played.



Friday Fundamentals Grade 5-8 Fri. @10:45-11:45am Starts June 23

Fee: \$20 Residents / \$40 Nonresidents

Each Friday morning a one-hour fundamentals clinic will be offered for boys and girls in grades 5-8. Each session will deal with the mechanics and the breakdown of individual positions on a team. The clinic will be held weather permitting at Teague Park Field.

Week 1 Pitching | June 23

Pitchers will work on the progression method of warming up and lead up pitching. The progression methods include arm-stretching routines prior to pitching, wind up and stretch deliveries, basic pitches, and the pitcher as a fielder.

Week 2 Hitting | June 30

Emphasis will be put on bat selection, stance, proper grip, weight distribution and bat arc. A number of drills will be covered that can be used year-round at home or on the field.

Week 3 Infield Play | July 7

Instruction will include basic infield position, ready position, catching fly balls and line drives, fly ball communication, playing the sun, back up responsibilities and throwing the ball.

Week 4 Outfield Play| July 14

Outfield play includes basic outfield position, ready position, catching fly balls and line drives, fly ball communication, play the sun, back up responsibilities, and throwing the ball.

Week 5 Base Running / Situations | July 21

Going from home to first base, on a double and triple, leading, steals, bend leg slide, popup slide, hook slide, and hand tag slide. Parents, please note that at this session players should wear old clothes and have kneepads for protection, as the players will perform actual slides.

TENNIS PROGRAMS

@ Teague Park Sports Complex | 75 Bennett Drive

Programs begin the week of June 21 thru July 21. Pre-registration is required. Register for the grade you will be entering in the fall. Registration begins May 1, 2023. Register online at the registration portal <https://rb.gy/reucc6>

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

Tennis	Grade K-1	Group A	Mon, Wed, alternating Fri	@9:30-10:30am
			June 21, 26, 28, 30, July 3, 5, 7, 10, 12, 17, 19	
		Group B	Tues, Thurs, alternating Fri	@9:30-10:30am
			June 22, 23, 27, 29, July 6, 7, 11, 13, 18, 20, 21	
	Grade 2-3	Group A	Mon, Wed, alternating Fri	@8:15-9:15am
			June 21, 26, 28, 30, July 3, 5, 10, 12, 14, 17, 19	
		Group B	Tues, Thurs, alternating Fri	@ 8:15-9:15am
			June 22, 23, 27, 29, July 6, 7, 11, 13, 18, 20, 21	
	Grade 4-6	Boys Group	Mon, Wed, alternating Fri	@10:45-11:45am
			June 21, 26, 28, July 3, 5, 10, 12, 14, 17, 19	
		Girls Group	Tues, Thurs, alternating Fri	@10:45-11:45am
			June 22, 23, 27, 29, July 6, 7, 11, 13, 18, 20, 21	

Tennis Team Grade 6-11 Mon, Wed @1:15-3pm June 21 thru July 19th.

CHEERLEADING
June 21-July 19
Mondays & Wednesdays

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

Session 1 Grades 3-5	9:30-11am	Min 6 Max 15
Session 2 Grades 6-8	11:15-12:45am	Min 6 Max 15

This program is designed to introduce participants to the basic skills of cheerleading including jumps, tumbling, stunts and cheers. The class will meet for eight sessions and will be held at the Caribou Wellness & Recreation Center at 55 Bennett Drive in Caribou.

YOUTH GOLF (entering 4th - 8th grade)
June 19-June 22

Fees \$10 Residents / Nonresidents

Session A (entering 4th -5th grade) (8)	M, T, W, Th 8am-10:15am
Session B (entering 6th -8th grade) (8)	M, T, W, Th 10:30am-1pm

This golf program will take place at the Caribou Country Club, 723 Sweden Street, transportation not provided. Bring your own clubs or there is a limited number of golf club sets available, two of the sets are left-handed, please notify us when you register if you will need clubs and if you are right or left-handed. Day one for both sessions will be on the range and is mandatory and will focus on the safety of swinging clubs with the people around you, club selection, putting, chipping, fairway, ruff, and bunker shots. We will also focus on golf etiquette. After day one, we will take to the course where participants will be broken up into two foursomes and we will play golf. Max 8 per session.



ARTS & CRAFTS
June 26 – July 19
Mondays & Wednesdays

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

Session 1 Grades 1-2	1-2pm	Min 6 Max 10
Session 2 Grades 3-4	2:15-3:15pm	Min 6 Max 10

Once again youths in grade 1-4 will be able to participate in a diversified arts and crafts program. The program will meet for eight sessions with a different theme each session. Class will be held at the Caribou Wellness & Recreation Center at 55 Bennett Drive in Caribou.

FALL PROGRAMS

YOUTH SOCCER The purpose of these leagues is to enable children to have fun playing soccer while developing those skills that are fundamental to the game. **NO PROGRAM SEPTEMBER 4 in observance of Labor Day. Register for the grade your child will enter this fall 2023. Register for one session only.**

GRADE 1-2 FALL SOCCER Fee \$20 Residents / \$40 Non-residents

Grade 1-2 Session 1 Mon, Wed @2:45-3:45pm or Max 20
 Session 2 Mon, Wed @4-5pm Max 20
Sept 11-Oct 4 @Teague Park Sports Complex, 75 Bennett Drive



GRADE 3-6 FALL SOCCER Fee \$31 Residents / \$51 Non-Residents (Includes T-shirt/mouth guard)

Grade 3-4 Fall Soccer Mon, Wed @5:15-7:15pm Max 60
August 21-Sept 27 @Teague Park Sports Complex, 75 Bennett Drive

Grade 5-6 Fall Soccer Mon, Wed @5:30-7:30pm Max 60
Aug 21-Sept 27 @Soucy Memorial Complex, 57 Sincock Street

MAINE HUNTER SAFETY COURSE

August 30, 5-8pm and Saturday, September 9, 8:00-4:00pm

at the Caribou Wellness and Recreation Center | 55 Bennett Drive

Ages 10 & over (ages 10-15 MUST be accompanied by an adult 18 and over)

Registration fee of \$5 payable at first class

Topics to be covered are rifles and shotguns, proper firearm handling, first-aid, landowner relations and map & compass usage. Upon completion participants receive certification. Attendance at both dates is mandatory and requires home study unless you take the online course then you only need to attend the 8 hours skill and examination day.



To register please visit the Maine Department of Inland Fisheries and Wildlife site at <https://rb.gy/9uza7>

XC RUNNING GRADES 2-6

September 12-October 5

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

This program meets at the Cary Medical Center walking trails at 163 Van Buren Road (Please register for grade your child will enter this fall) Transportation to Cary Medical Center Trails will not be provided.

Grade 2-3 XC Running Tues & Thurs @3-4:15pm Max 20
at the Cary Medical Center Trails

Grade 4-6 XC Running Tues & Thurs @3-4:15pm Max 20
at the Cary Medical Center Trails

BOGEY MONSTERS FALL GOLF (entering 4th - 8th grade)

September 6, 11, 13, 18, 20

October 2, 4, 11

Fees \$20 Residents / Nonresidents

Grades 4-5

3:15-4:15pm Min 3 Max 4

Grades 6-8

4:30-5:30pm Min 3 Max 4

This golf program will take place at the Caribou Country Club, 723 Sweden Street, transportation not provided. Bring your own clubs or there is a limited number of golf club sets available, two of the sets are left-handed, please specify when you register if you will need clubs and if you are right or left-handed. Day one for both sessions will be on the range and is mandatory and will focus on the safety of swinging clubs with the people around you, club selection, putting, chipping, fairway, ruff, and bunker shots. We will also focus on golf etiquette. After day one, we will take to the course where participants will play as a foursome, and we will play golf. Max 4 per session.



BIKE & HIKE CAMP (entering 4th - 8th grade)

September 5, 7, 12, 14, 19, 21 @3-6pm

October 3, 5, 12, 17, 19, 24, 26

Fee \$20

Tuesdays are for HIKING and Thursdays are for BIKING

Min 6 Max 12



New this year!!! We have secure bike storage at the Nordic Heritage Center so there is no need to bring bikes back and forth, plus we have a limited number of bikes available first come first serve. Participants will need to have appropriate equipment dropped off or bring that day's gear with them after school. A gear list will be provided. From the Caribou Wellness and Recreation Center we will travel to our destination each date, transportation provided. We will return to the Caribou Wellness and Recreation Center by 6pm each outing.

BOWLING (entering 4th - 8th grade)

October 16, 18, 23, 25, 30 @3-4PM

November 1, 6, 8, 13, 15

Fee \$35

Min 6 Max 12

Bowling will take place at the Caribou Bowl-A-Drome, 97 Bennett Drive. Participants are responsible for finding their own transportation to and from the bowling alley. Bring your own snack or money for one if you wish. This program is being generously underwritten by donations to the Caribou Rec Outdoor Camp



YOUTH SKI RENTAL PROGRAM

Thursday, November 16, 5-7pm

Caribou Wellness and Recreation Center

Fee: \$90 Rental Fee for November 18 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.** Any equipment returned after this date will be assessed a \$20 late fee.

Absolutely no skis will be accepted for returns before the March 26 return night from 5-7pm.



PRESKISON

Grades 4-8

Min. 6 Max 12 Participants

FEE \$20

November 28 30 @ 3-6pm

December 5, 7, 12, 14, 19, 21



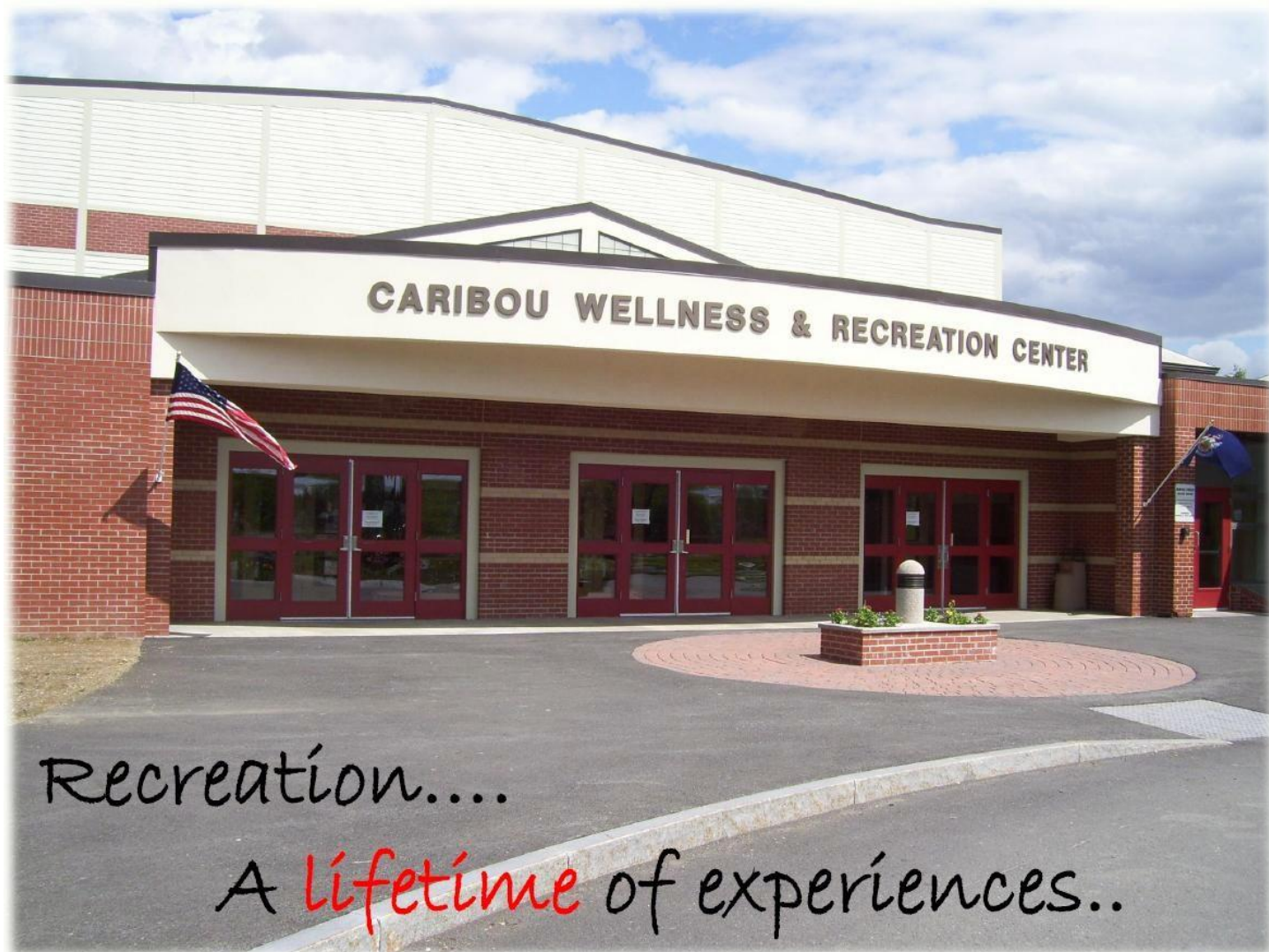
Pronounced Pre-Ski-Son, this afterschool program is for youths in 4th-8th grade, with a desire to want to play outside! For 8 afternoons after school, the Caribou Parks & Recreation Department will lead adventures in our area. Transportation to and from the Caribou Wellness and Recreation Center will 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.

Take It Outside Adult Series

"Outings and Classes to help ADULTS "fall" into shape"

August 17 - November 17, 2023



Recreation....

A *lifetime* of experiences..

**TAKE
IT
outside**  **SERIES**
CARIBOU PARKS & RECREATION



 **CARIBOU**
Parks & Rec. Dept.

Caribou Wellness & Recreation
Center
55 Bennett Drive
Caribou, Maine 04736
207-493-4224

<http://www.caribourec.org/>

Take it Outside Fall Series Schedule

Outings & Classes to Help Adults “Fall” Into Shape!

AUGUST

August 17-18 – Greenville & Moosehead Lake Tour aboard Steamship Katahdin, Greenville, Me **\$285 Single/\$205 Double Occupancy. Depart 8am.** Back by popular demand, but instead of rushing this year, we're spending the night at the lovely Chalet Moosehead Lakefront Motel, which will afford us the opportunity to relax and see more! We had such an overwhelming response to this opportunity we had to reoffer. Space quickly filled up on this outing, so don't wait. Preregister today to reserve one of the 7 coveted spots available. Trip includes one breakfast and two lunches. Dinner not included but we will eat together as a group. Trip will return Friday evening. **Max 7, Min. of 6 paid in full preregistered participants by August 3**



August 24-25 – Lubec and Eastport, Maine - \$225 Single/\$190 Double Occupancy. This sightseeing trip will take us to Downeast Maine! **Depart 7am**, travel to Washington County via US Route 1 passing through Calais with a trip into Eastport before ultimately arriving at our destination in Lubec. Thursday afternoon while in Lubec we will visit Quoddy Head and tour the historic downtown working waterfront of Lubec. Thursday evening, we will stay at the Eastland Motel. Anticipate some light walking. Preregister today to reserve one of the 7 coveted spots available. Trip includes one breakfast and two lunches. Dinner not included but we will eat together as a group. Trip will return Friday evening. **Max 7, Min.**

of 6 paid in full preregistered participants by August 10.

SEPTEMBER

September 1 – Madawaska Lake Pontoon Boat Ride, \$40 lunch included, 9 Max, 6 Min. Depart 9am. Madawaska Lake is comprised of two lakes. Join us as we travel the shoreline and take in the sights of what these two lakes have to offer. Between the loons and eagles that call this lake home, there will be plenty to look at. Though much of the shoreline of both lakes is developed, there's plenty that's not. Like all other lakes, Madawaska Lake offers protected shorelines, so should the wind be blowing, we will find a nice cozy spot to keep us warm! Between Big and Little Madawaska Lake, they measure 1526 acres with a maximum depth of 38 feet! Bring your binoculars, a blanket and be prepared to enjoy the beauty that Madawaska Lake has to offer. **Max. 9, Min. of 6 paid in full preregistered participants by August 18.**



SEPTEMBER



September 8 – Long Lake Pontoon Boat Ride, \$50 lunch included, 9 Max, 6 Min. Depart 9am. Long Lake, the headwater to the famed Fish River Lake chain, is often overlooked for its magnificent scenery and wildlife sightings, rest assured, this lake will not disappoint! Though this lake is highly developed, much of its shoreline remains uninhabited and provides equal opportunities for wildlife sightings that the other more remote lakes in the Fish River Lake Chain provide. In the Fish River Lake Chain, Long Lake measures a massive 6,000 acres and is the deepest of the Fish River Lakes measuring an

astounding 163 feet! Long Lake offers many scenic shorelines that can provide protection from the wind so we can enjoy lunch aboard the party boat. **Max. 9, Min. of 6 paid in full preregistered participants by August 25**

September 22 – Libby's Camps, Millinocket Lake \$50 lunch included, Depart 7:30am. Since we introduced the Libby Camps stop in our programing, it has been nothing less than incredible. Host Matt Libby and family run an incredible sporting camp operation that caters to outdoor enthusiasts far and wide in all four seasons that the great state of Maine can boast. Perhaps their most notable calling card is their Orvis Endorsed Fishing Lodge. Anyone not familiar with what this endorsement represents will quickly realize it when they walk through the main doors of the lodge. Libby's provides one of the best lunches on our stops throughout the year. Following lunch, we will stroll the facility and explore the shore of the lake. If Matt or Ellen are available, they will provide a talk about their family's rich history in the sporting camp business & guides us around the cabins while participants get a chance to peak in and see what keeps bringing their guests back year after year. **Max. 9, Min. of 6 paid in full preregistered participants by September 8.**



OCTOBER



October 13 – Red River Sporting Camps, \$40 lunch included, Depart 8am. Once again Jen & Gloria will open their doors to our group and share their little piece of heaven with us. Each year we seek out a new sporting camp to feature in our itinerary. Jenn & Gloria are anxious to show us what people from near and far come to enjoy. Just like all our outings, there's guaranteed to be a side attraction on the way there or on the way home! **Max. 9, Min. of 6 paid in full preregistered participants by September 29.**

October 20 – A ride in the woods to Machias River Campsite, North Maine Woods, \$40 lunch included, Depart 9am. Just a relaxing ride into the Machias River Campsite. This low key "ride in the woods" will take advantage of the lovely fall foliage we take for granite that we have in October. We will stop for coffee, treats and socialization on our way. Once we arrive at the Machias River Campsite, participants will be free to relax by the campfire with a cup of coffee or walk around and listen to the tranquilly of the bubbling river or the sound of the songbirds that adorn the area. Lunch will consist of a hot soup, sandwich or hamburger on the grill or hot dogs roasted over an open fire, we will cap it off with s'mores, YUM! **Max. 9, Min. of 6 paid in full preregistered participants by October 6**



OCTOBER

October 27 – Bradford Camps, Munsungan Lake \$40 lunch included, Depart at 7am. The North Maine Woods is covered with tiny little camps. The North Maine Woods is also home to some amazing Sporting Camps that have people coming from all over the world to visit, one of these amazing sporting camps is called Bradford Camps. Nestled on the shore of Munsungan Lake and hidden within the Pine Trees that tower over this amazing place is Bradford Camps. Host Igor and Karen Sikorsky are anxious to share with you what people from all over the world come, stay and recreate at. Bradford Camps is most famous for the incredible fishing that it has but is also rich in Native American history. These sacred waters and land are the headwaters to the Aroostook River and the early Americans used this land to survive and hunt. Moreover, the rocks that are in this area served valuable to the early Americans to build weapons such as arrow heads and tomahawks. Bradford Camps has a nice collection of these artifacts and Igor is anxious to share with you what he knows! **Max. 9, Min. of 6 paid in full preregistered participants by October 13**



NOVEMBER



November 2 -AARP SMART DRIVER COURSE - 9:00 AM – 2:00 PM The AARP Smart Driver Course teaches valuable defensive driving skills and provides a refresher of the rules of the road. You will learn proven safety strategies to help keep you safe while on the road. Plus, you may qualify for an automobile insurance discount by completing the course. Please bring a lunch and arrive before 9AM so paperwork can be completed. **You must have your AARP member number (shown on your AARP card) with you to take advantage of the reduced fee.** 6 minimum, 20 max. **(\$25 for AARP**

members and \$30 for non-members.) Taught by Smart Driver Instructor Penny Kern. **Minimum of 6 preregistered participants by October 19.**

November 3 – Chandler Lake Camp Sporting Camps, \$40 lunch included, Depart 8am. Once again Jason and Sherry are anxious to open their doors to our group and share their little piece of heaven with us. Each year we seek out a new sporting camp to feature in our itinerary. Caribou native and proprietor, Jason Bouchard, of Chandler Lake Camps. If you've ever ventured with us on the Pinkham Road, you've heard me point out Chandler Lake and Chandler Lake Camps in the distance. Wait no more, Jason is anxiously waiting to show us what people from near and far come to enjoy. Just like all our outings, there's guaranteed to be a side attraction on the way there or on the way home! **Max. 9, Min. of 6 paid in full preregistered participants by October 20.**



NOVEMBER

November 9 – Be American Red Cross Ready For Seniors– 10:00am-12:00pm. FREE! Build a kit, make a plan and be informed! Becoming “Red Cross Ready” for an emergency means following our simple steps in advance to ensure you can weather a crisis safely and comfortably. Being prepared may not prevent a disaster, but it will give you confidence to meet the challenge. So why not give yourself the peace of mind of knowing you have the right tools should the unexpected happen! 12 people maximum, 6 people minimum. **Minimum of 6 preregistered participants by October 26.**



November 16 – American Red Cross Community First Aid/CPR Modified Class – 10:00am-12:00pm. FREE! Earn a Community CPR participation card. Learn how to free a lodged object from an airway, learn the proper technique for chest compressions should blood need to be circulated and learn what steps are necessary to control bleeding. This “ice breaker” class will give you confidence to react when the need arises. Fill your toolkit with the confidence you know you have. 12 people maximum, 6 people minimum.

Minimum of 6 preregistered participants by November 2.

November 17 - Sabian Cymbals. We are pleased to offer this popular tour to Sabian Cymbals in Meductic, New Brunswick. You will be dazzled by this unprecedented tour of their manufacturing facility as they walk us through inch by inch of the cymbal manufacturing process. Sabian requires participants to wear closed toe shoes. Upon touring the Sabian Manufacturing facility, we will break for lunch, included with fee. Trip will depart from the Caribou Wellness Center at **7am and return by 5pm. FEE: \$40.** Preregistration Required. **Max. 9, Min. of 6 paid in full preregistered participants by November 3. SUBJECT TO APPROVAL IN September**



The Caribou Parks and Recreation Department is pleased to provide outdoor programming for all ages. In an effort to ensure the quality of the programs and ensure good service it is imperative that we have clear policies regarding registration payments: (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) If the trip has to be canceled due to lack of registration, anyone having paid will be refunded in full. (3) All deadlines will be scheduled a minimum of two weeks in advance of the actual program. (4) 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 (5) **ABSOLUTELY NO REFUNDS WITHOUT A 48 HOUR NOTICE.** There will be a 50% penalty on any request for refund after the two-week deadline.



Free Raised Bed Gardening

*Hosted by the Caribou Parks and Recreation and
the University of Maine Cooperative Extension Expanded
Food and Nutrition Education Program (EFNEP)*



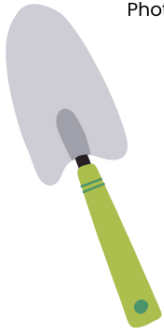
Photo courtesy of UMaine Extension

Are you interested in gardening and growing your own food? Join us for our free program!



The University of Maine Cooperative Extension EFNEP will provide a series of hands-on gardening and nutrition education to all participants through the growing season.

All garden materials and classes are *free*. To participate in this program, in-person attendance is required.



This program will begin on **Thursday, June 22**, and continue weekly weather permitting. Future times and dates will be determined.

Located at the Caribou Parks and Rec Maintenance Shop
at 903 Main Street, Caribou

If you are interested in this class series, pre-registration is required

Contact Laurie Colton, EFNEP Community Education Assistant

Phone: 207-249-4688

Email: laurie.colton@maine.edu





THE COUNTY
FEDERAL
CREDIT UNION



C.R.O.C.

Caribou Rec Outdoor Camp

 **CARIBOU**
Parks & Rec. Dept.

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