

City of Caribou Parks & Recreation Department 2026 Summer & Early Fall Programs



Registrations Begin May 1, 2026

The Caribou Parks & Recreation Department is pleased to offer an 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

PLEASE NOTE When setting up your account initially, please use a laptop or desktop. Once your account is created then you can use your phone to register if needed. Thank you.

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

Registration portal: <https://secure.rec1.com/ME/caribou-me/catalog>

Recreation Office 493-4224

Teague Park Building 498-5059

HOURS OF OPERATION

Caribou Wellness & Recreation Center	6am-6pm Mon thru Friday	Sat & Sun Closed	May 1 - Sept 30
MAIN OFFICE	7:30am-5pm Mon thru Friday		
Splash Pad 75 Bennett Drive	9am-Dusk daily Opening date TBA		

PROGRAM ONLINE REGISTRATION DATES

Friday, May 1, 2026

Residents & Non-residents

PARKS & RECREATION STAFF

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

PARKS & RECREATION COMMISSION

Kyle Corrigan, Chair
 Casey Anderson-Plourde, Vice-Chair
 Abby 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 developed a Program Assistance Fund that is available for Caribou residents. A family may receive up to \$44 per child, per year applied towards the program registration of their choice.

If you are interested in the Program Assistance Fund, please reach out to us at 207-493-4224 or email us at lmerritt@cariboumaine.org.

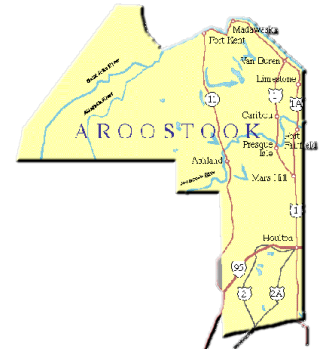


*Caribou
Rec.
Outdoor
Camp*

Take Me. Outside!!!

C.R.O.C.

Caribou Rec Outdoor Camp
2026



C.R.O.C. Registration Begins May 1, 2026

Thanks to these area youth sponsors!



Norman Page



Kayaking, Allagash, Baxter, Biking, Hiking, Fishing, Whitewater Rafting

For area youth entering 4th - 10th Grade

Thank you, area sponsors!

Caribou Wellness & Recreation Center
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 nine-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, 2026**, 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.***

NOTICE OF PAYMENT POLICY FOR Caribou Rec Outdoor Camp programs. 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. The guidelines below will provide you with a clear understanding of policies when registering.

1. All programs must have a minimum of 6 registrants two weeks prior to departure, if not the camp will be cancelled.
2. Preregistration required here: <https://secure.rec1.com/ME/caribou-me/catalog>
3. If the camp is cancelled due to lack of registration, payment will be refunded in full.
4. **NO REFUNDS WITHIN 48 HOURS OF NOTICE OF SCHEDULED TRIP.** There will be a 50% penalty on payments within two weeks of the scheduled trip.

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

Let the Adventure Begin ...

Week 1: Allagash Wilderness Waterway

(entering 6th-10th grade)

June 16-June 18

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: Whitewater Rafting Lower Penobscot

(entering 6th-10th grade)

June 23-June 25

Cost: \$40



This two -night three day will take us into the shadow of Mount Katahdin, the mighty water of the Lower Penobscot River and the Debsconeag Ice Caves. Participants will spend two nights at the Penobscot Outdoor Center. Participants should be prepared to have lots of fun, swimming and exploring ice caves! If this sounds like something that excites you, then you better sign up early because there are only 10 spots.

Max 10 *

Week 3: Kayaking 1

(entering 4th-5th grade)

June 29-July 1

Cost: \$10

Session A (4 th -5 th grade)	8:30am-11:30pm	Mon, Tues (6)
Session B (4 th -5 th grade)	12:30-3:30pm	Mon, Tues (6)
Session A & B	8:30am-3:30pm	Wed Bag Lunch Required

Kayaking will feature 3-hour morning and afternoon sessions; both morning and afternoon sessions will come together Wednesday for a full day paddle from Washburn to Presque Isle. **Kayakers will need to be dropped off and picked up at predesignated locations on Monday and Tuesday, transportation will be provided on Wednesday.** 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 *



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

July 6-July 9

Cost: \$10

What better way to spend a hot summer day than floating around in your own personal kayak for the week 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 and the company of some great people! On 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 with PFD's, Paddles, and boats.



Max 10 *

Week 5: Allagash River **(entering 6th-10th grade)**

July 13 – July 16

Cost: \$20



This three-night 4-day paddling trip on the Allagash will start at Henderson Bridge in the North Maine Woods and end in Allagash Village. Participants will be introduced to the fundamentals associated with canoeing, canoe camping, and all the elements associated with the teamwork that goes along with group camping. This is an excellent opportunity for participants to disconnect and learn how to problem solve with teammates in a remote environment. The first night of this three-night outing will be spent at Round Pond, where we will hike the 2.5-mile hike up Round Pond Mountain Fire tower. The second night will be spent somewhere between Round Pond and Allagash Falls, and the third and final night we will stay at Allagash Falls. Oh ya, do not forget to bring your fishing gear!!!

Max 8 *

Week 6: South Branch Pond, Baxter State Park **(entering 6th-10th grade)**

July 21 – July 23

Cost: \$20

This two-night three-day camping trip will bring us to Baxter State Parks BEAUTIFUL drive to South Branch Pond. Participants will enjoy canoeing, hiking, swimming and maybe even some cliff diving! South Brand Pond is a beautiful destination, South Branch Pond offers a variety of different hiking trails (both low angle and mountainous), including the famed Traveler Hiking Loop which affords hikers unparallel views of the surrounding area and low angle hikes like the Fowler Pond area. This is an excellent opportunity to explore the North end of Baxter State Park and make memories that will last a lifetime. Participants will stay in the 8-person bunkhouse at South Branch Pond. The bunkhouse is great accommodation for groups like ours because we can eat meals together, play cards and have the privacy of other people and insects and be only footsteps from the shore of South Branch Pond.



Max. 6. *

Week 7: Mountain Biking (entering 4th- 9th grade)

July 27 – July 30

Cost: \$10

Session A (entering 4th-5th grade) M, T, W, TH 8:30am-11:00am

Session B (entering 6th-9th grade) M, T, W, TH 12:00pm-3:30pm



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.

Session B We will meet at Caribou Wellness and Recreation Center and **travel** to different areas to ride. 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 *

Week 8: Chimney Pond & Katahdin (entering 6th-10^h grade)

August 4-6

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, we will venture to the summit of Maine’s highest peak, Mt. Katahdin! 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. 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 8 *

Week 9: Harvest Break Katahdin (entering 6th-10th grade) September 22-24 Fall Edition Cost: \$20



Thinking hiking Katahdin in the summertime is beautiful??? Wait until you see Katahdin’s beauty in the Fall. This trip aligns with RSU 39’s Harvest Break. This two-night, three-day Mt Katahdin experience will be unlike any experience you have ever had before! We will base camp at Abol for two nights. On Wednesday we will ascend Maine’s highest peak, Katahdin via the Abol Trail. The day will be spent above the tree lines exploring the beauty of what few Mainers ever take the chance to enjoy in September. After a full day on the mountain, we’ll retreat to our lean-tos for a cozy evening of good food and better company. On Thursday, after breakfast, we will pack up and return home. **This trip is subject to reservation availability.**
Max 8 *



What an Adventure!!!

BASEBALL & SOFTBALL

@ Teague Park Sports Complex | 75 Bennett Drive

PLEASE NOTE: Participants must register for programs by grade entering fall of 2026

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 at 55 Bennett Drive. Sneakers are mandatory. NOTE We share equipment in our programs. If you wish to bring your own equipment for your child, you are welcome too.

Fees \$32 Residents (Includes T-shirt)
\$52 Non-residents (Includes T-shirt)



Pre-registration is required. Registration begins May 1, 2026. Register online at the registration portal <https://secure.rec1.com/ME/caribou-me/catalog>

Single A Spinners **Grade K** **Mon, Wed** **@8:15-9:15am** **Starts June 24**

Single A Paw Sox **Grade 1** **Tues, Thurs** **@8:15-9:15am** **Starts June 25**

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 2-3** **June 24 @9:30-10:30am** **Starts June 24**

This baseball program is for boys' and girls' grades 2-3. 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. **On the first day everyone will attend (June 24) from 9:30-10:30am.** Teams will be made, and a schedule will be handed out. **Your child will only attend when their team is scheduled to practice or play a game.** Depending on how many teams we have, we may have a few afternoon games.

Majors Baseball **Grade 4-7** **Tues, Thurs** **@10:45-11:45am** **Starts June 25**

This baseball program is for boys and girls entering grades 4-7. 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. Game schedules will usually be released on a weekly basis 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 24**

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 and may also be scheduled on other days if need be. Games schedules will usually be released on a weekly basis the week prior to a game being played.

Pony League Baseball **Grades 7-11** **Registration deadline June 14 @5pm**
Assessments to make teams will be conducted on June 16th at 3:30-5:30pm in Presque Isle at the Bishop Island Field, on Chapman Street. Players will be called to let them know what team they are on. Practice and game schedules will be released to the players once teams are made, sometime during the week of June 15th. Players will need to bring a glove and bat to practice with if they have one. Teams will play surrounding towns with a playoff at the end of the season. **The fee is \$35. (Please register for grade your child will enter in the fall)**

TENNIS PROGRAMS

@ Teague Park Sports Complex | 75 Bennett Drive

Pre-registration is required. Register for the grade you will be entering in the fall. **Registration begins May 1, 2026.** Register online at the registration portal at <https://secure.rec1.com/ME/caribou-me/catalog>

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

Tennis Lessons	Grade K-1	Group A	Mon, Wed, alternating Fri June 24, 26 , 29 July 1, 6, 8, 13, 15, 17 , 20, 22	@9:30-10:30am
		Group B	Tues, Thurs, alternating Fri June 25, 30 July 2, 7, 9, 10 , 14, 16, 21, 23	@9:30-10:30am
	Grade 2-3	Group A	Mon, Wed, alternating Fri June 24, 26 , 29 July 1, 6, 8, 13, 15, 17 , 20, 22	@8:15-9:15am
		Group B	Tues, Thurs, alternating Fri June 25, 30 July 2, 7, 9, 10 , 14, 16, 21, 23	@ 8:15-9:15am
	Grade 4-6	Boys	Mon, Wed, alternating Fri June 24, 26 , 29 July 1, 6, 8, 13, 15, 17 , 20, 22	@10:45-11:45am
		Girls	Tues, Thurs, alternating Fri June 25, 30 July 2, 7, 9, 10 , 14, 16, 21, 23	@10:45-11:45am
Tennis Team	Grade 4-11	Mon, Wed June 24, 29, July 1, 6, 8, 13, 15, 20, 22	@1:15-3pm	

2026 YOUTH GOLF (entering 4th - 8th grade)

June 15-June 18

Grades 4-8 Fees \$10 Residents / \$20 Nonresidents

Session A (entering 4th -5th grade)

M, T, W, Th 8-9:15am

Session B (entering 6th -8th grade)

M, T, W, Th 9:30-11:30am



This golf program will take place at the Caribou Country Club, 723 Sweden Street. **Transportation is 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 swing 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

CHEERLEADING

June 29 – July 29

Mondays & Wednesdays

Grades 2-8 Fees \$20 Residents / \$40 Non-residents

Session 1 Grades 2-4 9:30-11am Min 6 Max 20

Session 2 Grades 5-8 11:15am-12:45pm Min 6 Max 20



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

ARTS & CRAFTS

June 29 – July 29

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

AMERICAN RED CROSS SWIMMING LESSONS

At Limestone Community School Indoor Pool | 93 High Street, Limestone, ME | 207-325-4742

Dianne Leavitt, Aquatic Director, American Red Cross Water Safety Instructor/Lifeguard

The Red Cross has developed swimming lessons for children and adults that allow everyone the opportunity to learn in a safe environment, at their own pace. If the instructor deems participant to be higher or lower in their skill set, the instructor reserves the right to make necessary skill level adjustment. **Transportation is not provided to the Limestone Community School Indoor Pool. Pre-registration is required. Please visit our online registration portal to register at <https://secure.recl.com/ME/caribou-me/catalog>**

FEE \$42 Residents / Non-residents

Session A July 6-29 Mondays & Wednesdays

8-8:45am Preschool Aquatics – Level 1- 2 - 3

Ages 4-5



Min 6 Max 6

No skill prerequisites. Water adjustment; jumping in; floating; buoyancy; combined arm & leg actions on front & back PLUS more skills. No life jackets.

9-9:45am Learn to Swim Level 1 - Introduction to Water Skills Ages 6-16

Min 6 Max 10

No skill prerequisites. Breath control & submerging, buoyancy with gliding & floating; changing direction PLUS more skills.

10-10:45am Learn to Swim Level 2 -Fundamentals Aquatic Skills Ages 6-16

Min 6 Max 10

Must demonstrate the exit skills of previous level. Building previous skills PLUS distance and time assessments; glide & float w/o support; alternating leg actions.

Swimming Lessons Continued

Session A July 6-29 Mondays & Wednesdays

12-12:45pm Learn to Swim Level 3 -Stroke Development Ages 6-16 **Min 6 Max 10**
Must demonstrate the exit skills of previous level. Building previous skills PLUS distance and time assessments, front crawl, breaststroke; elementary backstroke.

1-1:45pm Learn to Swim Level 4 -Stroke Improvement Ages 6-16 **Min 6 Max 10**
Must demonstrate the exit skills of previous level. Increased endurance by swimming the strokes learned in Level 3 for greater distances, scissor kick & breaststroke.

1-1:45pm Learn to Swim Level 5 - Stroke Refinement Ages 6-16 **Min 6 Max 10**
Must demonstrate the exit skills of previous level. Refine performance of all 6 strokes and increase distance; flip turns on front & back.

Session B July 7-30 Tuesdays & Thursdays

8-8:45am Preschool Aquatics – Level 1 – 2 - 3 Ages 4-5 **Min 6 Max 6**
No skill prerequisites. Water adjustment; jumping in; floating; buoyancy; combined arm & leg actions on front & back PLUS more skills. No life jackets.

9-9:45am Learn to Swim Level 1 - Introduction to Water Skills Ages 6-16 **Min 6 Max 10**
No skill prerequisites. Breath control & submerging, buoyancy with gliding & floating; changing direction PLUS more skills.

10-10:45am Learn to Swim Level 2 -Fundamentals Aquatic Skills Ages 6-16 **Min 6 Max 10**
Must demonstrate the exit skills of previous level. Building previous skills PLUS distance and time assessments; glide & float w/o support; alternating leg actions.

12-12:45pm Learn to Swim Level 3 -Stroke Development Ages 6-16 **Min 6 Max 10**
Must demonstrate the exit skills of previous level. Building previous skills PLUS distance and time assessments, front crawl, breaststroke; elementary backstroke.

1-1:45pm Tuesdays only | Parent & Child Aquatics Ages 6 mths-age 3 **Min 6 Max 10**
No skill prerequisites. Holding & supporting water adjustment; breath control; buoyancy on front & back PLUS more skills. Child must be with parent, guardian or older siblings (age 12+) who must be suited up and in the pool; swim diapers are required.

1-1:45pm Thursdays only | Adult Swim Learning the Basics Ages 17 & over **Min 6 Max 10**
No prerequisites. Basic aquatic skills & swimming strokes.

Most participants, particularly children, may need to take a level more than once to fully master the skills before advancing.

- ✓ Transportation is not provided.
- ✓ Limestone Community School Indoor Pool reserves the right to adjust placement based on skill demonstration, however ages 4-5 will remain in the preschool session.
- ✓ Suits and towels are not provided.
- ✓ Participants are expected to be dressed and ready for the beginning of the session.
- ✓ Additional sessions may be added as needed.
- ✓ If the minimum number of participants is not met one week prior to the beginning of the session, Dianne will make adjustments, as necessary, to accommodate participants in another session or implement modifications as necessary.



XC RUNNING Grades 2-6

August 25-September 17

Tuesdays & Thursdays @3-4pm

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

This program meets at the Cary Medical Center walking trails at 163 Van Buren Road, Caribou (Please register for grade your child will enter this fall 2026) Transportation to Cary Medical Center will not be provided.

Max 30

BIKE & HIKE CAMP (entering 4th - 9th grade)

Grades 4-8

Tuesdays are for HIKING and Thursdays are for BIKING

September 1, 3, 8, 10, 15, 17 @3-5:30pm

October 1, 6, 8, 13, 15, 20, 22, 27, 29 @3-5:30pm

Fee \$20 Residents / \$40 Nonresidents

We have a limited number of bikes available first come first serve. Participants will need to have the 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 will be provided. We will return to the Caribou Wellness and Recreation Center by 5:30pm each outing.

We will be returning to the Northern Maine Community Trails, formerly Nordic Heritage Center, for the biking portion of the program this year. We have arranged for bike storage during the duration of this program.

Min 6 Max 12

SOCCER

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 7 in observance of Labor Day. Register for the grade your child will enter this fall 2026. Please register for one session only.**

Grade 1-2 Fall Soccer

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

Grade 1-2 Aug 24 – Sept 16 @Teague Park Sports Complex | 75 Bennett Drive

Session 1 Mon, Wed @3-4pm or Max 30

Session 2 Mon, Wed @4-5pm Max 30

*Please register for one session only.



Grade 3-6 Fall Soccer

Fee \$32 Residents / \$52 Non-Residents (Includes T-shirt)

Grade 3-4 August 19-Sept 30 @Teague Park Sports Complex | 75 Bennett Drive

Mon, Wed @5:15-7:15pm Max 75

Grade 5-6 Aug 20 – Sept 30 @Paul Soucy Memorial Complex | 57 Sincock Street

Mon, Wed @5:30-7:30pm Max 60

NOTE: Grade 3-4 – The first day is Wednesday, Aug 19 @5:15-6:45pm
Grade 5-6 - The first day is Thursday, Aug 20 @ 5:30-7pm

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

August 31, September 2, 9, 14, 16

October 5, 7, 14

Fees \$20 Residents / \$40 Nonresidents

Session A **Grades 4-5** 3-4pm Min 3 Max 4

Session B **Grades 6-8** 4-5pm Min 3 Max 4

This golf program will take place at the Caribou Country Club, 723 Sweden Street, Caribou. **Transportation is 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 club swings 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 the course where participants will play as a foursome, and we will play golf.

NOTE August 31 of both sessions is mandatory attendance.

Please show up 5 minutes early for your session.



Firearm Hunter Safety Course

August 26 @5-8pm AND September 12 @8:30am-3:30pm

At the Caribou Wellness & Recreation Center

55 Bennett Drive | Caribou, Maine 04736

\$5.00/person paid on the first day of class.

Ages 10 and over (Ages 10-15 **MUST** be accompanied by an adult)

Please bring a bag lunch, drinks, a pen, and a survival kit.

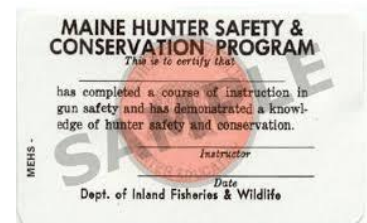
(Survival Kit required on Sept 12 only)

- Includes a pocketknife, fire starting kit, magnetic compass, whistle, water treatment device, a small flashlight, signaling device, a large contractor trash bag, food, cordage, first aid supplies, and a survival blanket (space blanket).

On Sept. 12 we will accept online learners that present their certificate of completion or completed workbook, upon entry, for the skill & examination session.

Skills & examination covers the following topics:

- Survival/first aid
- Landowner relations
- Hunter ethics
- Maine hunting laws
- Hands-on practice of safe firearms handling
- Hands-on instruction of map and compass and outdoor survival



Students must pass the pass a 50-question exam with a score of at least 70%.

Register STUDENTS only not Chaperones. To register, please visit the Maine Department of Inland Fisheries and Wildlife site at <https://tinyurl.com/58s9t4kp>

Take It Outside Adult Series

*“Outings and Classes to help ADULTS “fall” into shape”
August 20 - November 5, 2026*



**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/>
sleeper@cariboumaine.org

**Take it Outside Fall Series Schedule
Outings & Classes to Help Adults “Fall” Into Shape!**

AUGUST

**August 20-21 Greenville & Moosehead Lake Tour
Aboard Steamship Katahdin, Greenville, Me.**

FEE \$300 Single | \$220 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 offer 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. The trip includes one breakfast and one lunch. Dinner is not included but we will eat together as a group. The trip will return on Friday afternoon.

Min 6 Max 7 preregistered participants by August 6



August 27-28 Lubec, Maine and Campobello Island, New Brunswick, Canada

FEE \$225 Single | \$190 Double Occupancy | Depart 7am



This sightseeing trip will take us to Down east Maine! Depart 7am, travel to Washington County via US Route 1 stopping for lunch at Cobscook Bay State Park 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, Friday morning we will visit historic Campobello Island and Roosevelt's Summer Home. Anticipate some light walking. Preregister today to reserve one of the 7 coveted spots available. The trip includes one breakfast and one lunch. Dinner is not included but we will eat together as a group. Passport or equivalent

is required to enter Canada. The trip will return on Friday afternoon.

Min 6 Max 7 preregistered participants by August 13.

SEPTEMBER

September 3-4 Kingsbrae Gardens and Minister Island, Saint Andrews, NB, CA

FEE \$240 single occupancy | \$195 double occupancy | Depart 7am



This sightseeing tour will take us to a place we’ve never ventured before, however if you’ve ever traveled with us on one of our McAdam Rail Station trips, then Ministers Island should jump right out in your memory! We will spend one night at the Picket Fence Motel in Saint Andrews, NB, CA, and when the tide is right, we will venture onto Ministers Island where Sir William Van Horne, the builder of the Canadian Pacific Railway, spent his summers. This historical trip will be a great opportunity to learn and see new things and places. Anticipate some light walking. Passport or equivalent is required to enter Canada. The trip includes one breakfast, and one lunch.

Dinner and one lunch are not included but we will eat together as a group. **Min 6 Max 7 preregistered participants by August 20.**

September 11 Eagle Lake Pontoon Boat Ride

FEE \$60 lunch included | Depart 9am



Eagle Lake, the final lake in the famed Fish River Lake chain, is often overlooked for its magnificent scenery and wildlife sightings, rest assured, this lake will not disappoint! Though some of these lakes are highly developed, much of the Eagle Lakes shoreline remains uninhabited and provides unparalleled opportunities for wildlife sightings that the other more remote lakes in the Fish River Lake Chain provide. In the Fish River Lake Chain, Eagle Lake measures a massive 5,601 acres and is the second deepest of the Fish River Lakes measuring an astounding 136 feet! Eagle Lake offers many scenic shorelines that can provide protection from the wind so we can enjoy lunch

aboard the party boat. Several maintained campsites adore the shore of the lake equipped with outhouses and picnic tables allowing us to stop and use the bathroom if necessary.

Min 6 Max 9 preregistered participants by August 28.

September 18 McAdam Rail Station, McAdam, NB, CA

FEE \$40 lunch included | Depart 7am

Back by the “wow” factor! We promise when you round the corner you will have the same jaw dropping experience that we have. If the walls could talk of this magnificent old train station it would never be quiet, as a matter of fact if you close your eyes and envision what it would’ve been like in her heyday, you can vision the many travelers that made their way from Maine and across Canada through the doors of this Canadian gem. Still a diamond in the rough, the historical committee is doing a magnificent job bringing this building back to its glory. Passport or equivalent is required to enter Canada.

Min 6 Max 9 preregistered participants by September 4.



OCTOBER

October 2 Big Reed Old Growth Forest, North Maine Woods

FEE \$40 lunch included | Depart 7am



Deep in the heart of the North Maine Woods lies an Old Growth Virgin Forest. Sounds ironic, right? Typically, we associate the North Maine Wood with a working forest, which it is, however nestled within this million-acre working forest lies a hidden gem called the Big Reed Old Growth Forest, containing 5000 acres of untouched virgin trees. Join us for a leisurely ride into the North Maine Woods for a casual hike and trailside lunch into Big Reed Pond. Along the way you will be graced by a beautiful old growth forest that is adorned with large virgin trees that have never been cut, something completely unique to our area. Once we arrive at the trailhead of the Big Reed Old Growth Forest, we will enjoy a casual 1-mile hike into Big Reed Pond home to one of Maine’s premier Arctic Char Fisheries. Upon arrival at Big Reed Pond, we will relax in the tranquility of quietness and enjoy the scenery of Big Reed Pond while enjoying our

included lunch, upon enjoying lunch we will make our way back up the 1-mile trail to our vehicle and return home. This is a moderately difficult hike, not strenuous. Hiking poles provided to those who request them for no fee. **Min 6 Max 9 preregistered participants by September 18.**

October 16-17 Ghost Trains, Churchill Dam Museum

FEE \$150 includes transportation, entrance fees, lodging and meals mentioned below

Depart 8am, Return 6pm

Overnight accommodation at private camp rental in North Maine Woods. Dinner on Friday night, breakfast and lunch on Saturday included. Sit back and let us worry about flat tires, a dirty vehicle and negotiating commercial forest roads! Participants should expect moderate walking over wet, rooty rocky terrain.

Min 6 Max 7 participants preregistered by October 2.



October 23 Libby's Camps, Millinocket Lake

FEE \$50 lunch included | Depart 7:30am



Since we introduced the Libby Camps stop in our programming, 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 & guide us around the cabins while participants get a chance to peak in and see what keeps bringing their guests back year after year. **Min 6 Max 9 preregistered participants by October 9.**

October 30 Chandler Lake Sporting Camps

FEE \$50 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 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!

Min 6 Max 9 preregistered participants by October 16.

NOVEMBER

November 5 Sabian Cymbals

FEE \$40 | Depart at 7 am and return by 5 pm

We are pleased to offer this popular tour to Sabian Cymbals in Meductic, New Brunswick, Canada. 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 have a break for lunch, included with the fee. Preregistration Required. Passport or equivalent is required to enter Canada. **Min 6 Max 9 preregistered participants by October 22.**



NOTICE: The Caribou Parks and Recreation Department is pleased to provide outdoor programming for all ages. 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 for 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 a refund after the two-week deadline.



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



Free Family Gardening Program

*Hosted by the Caribou Parks and Recreation and UMaine Cooperative Extension's
Expanded Food and Nutrition Education Program (EFNEP)*



Photo courtesy of UMaine Extension

- Are you interested in gardening and **growing your own food**?
- Join our series of hands-on **gardening and nutrition** sessions.
- Each family will have a **raised bed garden** to use on site.
- All **garden materials are free** to use.

To participate in this program,
in-person attendance is required.

Location: Caribou Parks and Rec Maintenance Shop | 903 Main Street, Caribou

Start Date: Begins in June 2026 and continuing weekly through the summer.

Pre-registration is required. To sign up or request reasonable accommodation:

Contact: Laurie Colton, UMaine EFNEP

Phone: 207-249-4688 **Email:** laurie.theriault@maine.edu



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