



LEWISTON RECREATION

August-September Newsletter

Volume 1, Issue 1



LEWISTON RECREATION DEPARTMENT

65 Central Avenue, Lewiston, Maine 04240
 Phone: 207-513-3005
 General Email: recdept@lewistonmaine.gov



LRD Fall Program Snapshot

REGISTRATIONS ARE NOW OPEN!

Register for these and more at lewistonrecreation.com!

ADULT

Basketball: Drop in Basketball is on Sundays @ 7:00, Lewiston Armory. Residents \$2/Non Residents \$3.

Pickleball: Indoor play starts the week of October 7, and we are featuring a beginner clinic for those looking to learn how to play!

Table Tennis: Drop in Table Tennis on Wednesday nights at the Lewiston Armory Residents \$2/Non Residents \$3

Soccer League: Adult Soccer League, games on Sunday nights starting 9/1

Volleyball: COED 'B' and 'C', as well as Reverse COED 'A' Leagues at the Lewiston Armory

YOUTH

Soccer, Youth: Grades PK-6, 6 Week Programs for all levels, registrations closes mid-to-late August

Soccer, Bates Youth Clinic: 9/15 at Garcelon Field- FREE but registrations are required. Opportunities for players in grades K-8.

Cheering: Recreation AND Travel Teams, Practices start in September, competitions start in January

Cross Country: Grades 1-6, Practices on Mondays and Wednesdays with away track meets

Field Hockey: Grades K-6, Age-appropriate practices and leagues

Field Hockey, Bates Youth Clinic: 9/15 at Garcelon Field- FREE but registrations are required. Opportunities for players in grades K-6.

Pickleball: Grades 3-5, all levels welcome!

Roller Skating: Ages 5-16, coached by AFA Roller Derby at the Armory

Strong Girls United: Girl Power sports program for grades K-2

Tennis: Afternoon tennis program for Grades 1-12. Location is LHS.

Ultimate Frisbee: FREE Learn to Play program, Monday nights, programs for kids in grades 4-12.

Volleyball: Fall Skills and Drills for grades 3-10.

Basketball: Pre-season skills clinics with LRD coaches starting the last weekend in October. Opportunities for Grades 1-6.

Basketball, Bates Youth Clinic: 11/9 at Lewiston Armory with Bates Women's Team, Grades 1-8.

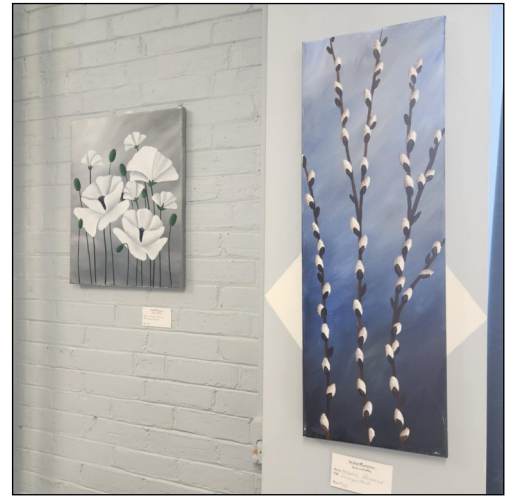
ADULT 50+ PROGRAMS

Van Adventures: Monthly van rides for those looking for adventure! Examples trips include OOB, Boothbay, and Mystery Lunches.

Chair Yoga: Start your Tuesdays and Thursdays with breathing and stretching.

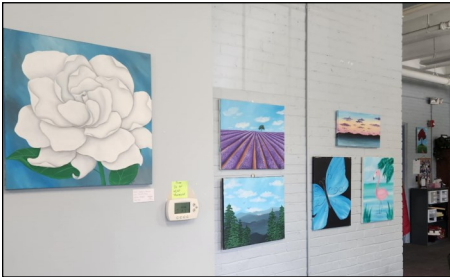
Gentle Yoga: Geared towards adults with intellectual and/or physical limitations, or rehabbing injuries

Dessert and Discussion: FREE monthly program sponsored by AARP.



Wicked Illustrations
Melanie Therrien, Owner

Stephanie Cote, LRD Age Friendly Program Coordinator, has partnered with Wicked Illustrations owner Melanie Therrien to bring some color into the senior center at the Lewiston Armory. Melanie has 15+ pieces on display for seniors and room visitors to enjoy. Pieces are available to purchase through Wicked Illustrations, 207-576-3743



BY THE NUMBERS: KENNEDY PARK POOL

Kennedy Park Pool serves hundreds of community members, providing a wide variety of services for local youth and families! Swimming is a healthy, life-long recreation activity, and having Kennedy Park Pool accessible to so many people assists in developing swimming and water safety skills.

Thank you to all of our pool staff for helping to create safe, free, and local recreation opportunities!

180+

Hours of
Community Swim

15

Registrations for
FREE SWIM LESSONS

7

Tree Street PINE Participants

961+

Pool Registrations

100+

Hours dedicated
to local
youth programs



Dessert and Discuss



DETAILS

Wednesday, September 25
5:30 PM - 6:30 PM
Senior Center at the
Lewiston Armory, 65 Central
Avenue

FREE EVENT!
Sponsored By:



Topic:
**Election & Voting
Information**

Speaker:

Kathy Montejo

City Clerk, City of Lewiston



Registration Required. Limited Seating.
Register on line or call for assistance.

Stephanie Cote, Age Friendly Program Coordinator
Lewiston Recreation Department
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SAVE THE DATE! HALLOWEEN AT THE ARMORY

OCTOBER 17

FAMILY FRIENDLY EVENT!



LEWISTONRECREATION.COM

207-513-3005

RECDEPT@LEWISTONMAINE.GOV

ADULT OPEN

\$2 Resident
\$3 Non-Resident

Gym

EVERY SUNDAY

7:00 PM - 9:00 PM

AT THE LEWISTON ARMORY

STARTING 9/1.

Lewiston Recreation Department
65 Central Avenue
Lewiston, Maine 04240

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LEWISTON RECREATION DEPARTMENT'S ANNUAL FALL ARTISAN AND CRAFT FAIR NOVEMBER 16, 2024

10:00 AM - 3:00 PM

Lewiston Armory, 65 Central Ave

VENDOR RAFFLE! FOOD TRUCKS!

FREE PARKING! FREE ENTRY!



Web: www.lewistonrecreation.com Phone: 513-3005



Share Shop at Lewiston Recreation!

Do you need sneakers, cleats, or
other sporting equipment?

Visit our Share Shop to see if we have what you need!

**CLEATS TENNIS RACKETS SNEAKERS
SHIN GUARDS AND MORE!**

Visit us at the Lewiston Armory, 65 Central Avenue, Monday-Friday
between 8-4:30! FMI- Call 207-513-3005!