



# GLENBURN PARKS & REC DEPARTMENT'S E-Mail Newsletter

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Glenburn Parks & Rec  
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We're on the Web!  
glenburn.org

We're on Facebook Too! Check out our page and Like us, it's a great way to keep up with last minute notices & cancellations

Sign up for our E-newsletter, have it delivered right to your inbox, by emailing us your email address today!



Glenburn Parks & Rec Department; members

DIRECTOR; MRS. CAREY BESSE

MEMBERS; MAURICE DAY, Joseph Giardello, Jill Cookson, Paula Grant, Christy McLaughlin and Bethany Robinson, along WITH JOHN CARUSO FROM THE TOWN COUNCIL

**Next Rec meeting is Sept 26 @ 7pm at the Town Office**

The committee is looking for 1 more member to join their group, if you are interested and would like more information please contact us at recdirector@glenburn.net, or stop by the town office to fill out a committee member application. Looking for positive, friendly energetic people, who can work in a group setting for the benefit of all the programs.

## **A CALLING FOR ADULT VOLUNTEERS**

### **We need you, the children need you!**

As we get ready to begin our programs again, we need volunteers! **YOU are vital for all our programs to be successful and fun.** Without good, dependable, volunteer parent coaches and helpers our programs are not as successful. The more coaches per team - the more the children learn. Sign up to be a volunteer today to work with some really great children.

We try to have at least 2 parent volunteers per group. One to be the head coach and plan while the other helps with the children and covers practice if needed. This helps to keep the same coaches and children together.

First-time volunteers need to complete the Volunteer and Background Check applications. These forms are available at the Town Office and on our website at [glenburn.org](http://glenburn.org), follow the Parks & Rec tabs to the forms. **It truly can be a rewarding experience, and will make a difference in both a child's life and yours!** We truly hope you will consider joining our team!

Glenburn Rec Fall Sport Picture Day is 9/25 – Rain or shine

Pictures will be taken at the Rec fields.

Photos will be at the school should it be raining

All games will start as soon as each group is done.

ALL ORDERS ARE PLACED ONLINE

ORDERS ARE MAILED DIRECTLY TO YOUR HOME

A separate flyer with pricing and options will be sent home by coaches

Pee wee A / 9am group	8:30am
2/3 red & 2/3 blue	9am pictures / Game at 9:30
Pee wee B / 10:15 group	9:45 pictures / Game at 10:15
4-6 <sup>th</sup> /Coach Edes	10:15 pictures / Game at 10:45
4-6 <sup>th</sup> / Coach Nickerson	10:30 pictures / Game at 10:45
1 <sup>ST</sup> GRADE	10:45 pictures / Game at 11 on field by concessions

**ADULT ACTIVITIES**

**Big kids want to have fun too!**

**EXERCISE CLASS IS BACK IN GLENBURN**

Glenburn Rec has teamed up with Allee Cookson, a certified instructor to bring you **STRONG by Zumba!**

It's a High Intensity Interval Training (HIIT) class set to the beat of motivating music! Every move in class has been perfectly synced to the music. Moves in class include punches, kicks, squats, lunges, pushups, planks, and many others. After just a few classes you will feel your core, shoulders, and legs strengthening. HIIT classes have been proven to jumpstart your metabolism and keep your metabolic rate elevated for hours after your workout, leading to weight loss!

Join us Sept 14-Oct 7, 2021

Tuesdays and Thursdays from 6-7pm

at the Glenburn School cafeteria

Pay at the door for \$8 per class

**Adult volleyball**

Every WEDNESDAY evening, Sept 15 – Oct 20 at 6:30pm,  
if we have enough interest.

This is set up to be friendly, pick-up games to give our Glenburn adults an opportunity to play, socialize and have some fun too.

Fee is \$5 per person for the 6 nights of play

Looking for at least 10 people to commit to play by Wed Sept 22.





**IT'S TIME  
to register**



## **2021 REC/Travel Basketball & Cheering REGISTRATION**

**IS COMING in OCTOBER!!**

**Keep an eye on the Glenburn Rec Facebook Page and  
at [glenburn.org](http://glenburn.org) for details**

Rec Basketball: Age 3 through 6<sup>th</sup> grade

Typically starts the first week of Nov.

Travel Basketball: 3rd-8<sup>th</sup> grade

Tentatively Tryouts week of Oct 12

First games weekend of Nov 6

Rec Cheering: 2-6<sup>th</sup> grade

Typically starts the first week of Nov.

At this time, ***it looks like there will be a season***, however, there will be pandemic rules to follow. We are not sure exactly what they will be. As of today, masks are required inside and on ALL players, coaches and fans. We are not sure what the spectator protocol will be. As you all know, this could change on a dime so we will do our best to keep you informed.

## **HALLOWEEN & CHRISTMAS 2021**

Lighting up the TRAIL!!

We are looking for local groups, businesses, or citizens to participate. Please read the information below about how you can help bring this fun holiday activity to our community. Here at Glenburn Parks & Rec we are hoping everyone will get as excited about this as we are!

Unfortunately during this pandemic, we still need to be careful and mindful of crowded areas with our children as they are vulnerable and cannot yet be vaccinated. That being said, everyone still wants to celebrate the holidays.

So Glenburn Rec is trying to do something new and different here in town. We want to light up the cross-country trail for families to walk and enjoy during Halloween & Christmas. We need your help as this is a new adventure and we are in need of supplies.

There is one catch – a majority of the string lights or lighted/ mechanical decorations need to be battery operated as we only have access to electricity for the entrance and exit areas.

We are looking for local businesses, neighborhoods or clubs to come on board and claim a section of the trail to decorate and light up. We will place signs at each section to display names (or neighborhood/business name if you prefer) of those that helped make this activity happen.

The other way you can help is by donating any gently used Halloween and/or Christmas outdoor decorations and/or lights to us, Glenburn Parks & Recreation and we will use them to decorate the trail. Any donations should be clean and operable, and can be dropped off at the town office by Oct 15 for Halloween.

We appreciate all your help in making this idea a reality, and something everyone can enjoy!!





Rec Fields at Nadia Dr.

Butler Park by town office



West Side Park located on outer Ohio St



Lakeside Landing off Pushaw Rd



**A note from the Glenburn Rec Director regarding driving and parking at the Glenburn Rec Fields:**

Parents and Fans of all the youth athletics held at the fields on Nadia Dr,

*As we start to plan for winter activities, I want to remind you to please **slow down** when driving into any of our facilities. There are children moving around everywhere, and as we plan more outdoor activities, there are likely to be even more children than usual.*

**Parking:** be considerate when parking – please make sure we have room for everyone and **NO PARKING on the ROAD Sides anywhere!!** This clogs up traffic flow and makes for unsafe conditions.

We all really appreciate your cooperation.

**ALL OUR PARKS ARE OPEN**

Operation hours are ½ hr before sunrise to ½ hour after sunset. This includes Rec Fields at Naida Dr, Lakeside Landing, West Side Parks at Ohio St, and Butler Park at the town office. The Play area at the school is open as well; however the hours here are from the time school ends until ½ hr past sunset.

For a complete list of our park rules and regulations stop by the town office and request a copy.

Always do your part and clean up after yourselves. We all take pride in our town parks and keep them nice and tidy for all to enjoy. For now, make sure to bring your own sanitizer ☺

**DOG LOVERS,** your pets are welcome at our parks, however, PLEASE PLEASE, clean up after them. That is your responsibility and **ALWAYS** have them **on a leash**. It is a law in the State of ME. When at Lakeside Landing, keep **dogs off the beach** where the children play and swim. We all appreciate your cooperation.

Enjoy the new school year and thank you for making these activities, sports, and parks possible!