

NEWLY ADDED/CHANGES TO PROGRAMMING!

YOUTH—MARVELS OF SCIENCE (Ages 3-5)

How does sound travel? What are clouds made of? How old would you be if you lived on Saturn? Join Mad Science and explore these countless wonders of science! Come take a hands-on flight with your imagination into the many marvels of science! All 8 Classes: Earthworks, Living In Space, Movie Effects, Science of Toys, Sonic Sounds, Walloping Weather, Life In The Sea, Mix It Up

Dates: Thursdays, April 7 - June 2 (no class 4/21)

Time: 2:30 - 3:00 pm

Fee: \$127

Location: Community Center Community Room

Instructor: Mad Science Staff

Program # 224-347

YOUTH - SPEED & CONDITIONING CLINIC (Gr: 6-12)

Can Improving Your Speed & Quickness Help You Excel At Your Sport? Come learn some of the secrets of our proven speed training formula with Technical Athletic Consulting Fitness (TAC Fit). Training topics designed for all sports:

- Sport Specific Speed Development
- Acceleration & change of direction
- Injury prevention
- Recovery modalities
- Proper biomechanics
- Conditioning & agility

Dates: Monday-Friday, July 11 - 15

Time: 8:00 - 11:00 am

Fee: \$185

Location: Hannaford Field

Instructor: TAC Fit Coaches

Program # 231-344

YOUTH—MAINEIAX SUMMER LAX CAMP (Gr: 3-8)

Our MaineIax Lacrosse Camp offers a developmentally appropriate lacrosse curriculum designed to help players of all different skill levels the chance to learn, enhance or refine their game!

Dates: Monday - Thursday, July 25 - 28

Time: 9:30 am - 12:00 pm

Fee: \$175

Location: Gull Crest Fields

Instructor: MaineIax Coaches

Boys Gr. 3-5 231-325

Boys Gr. 6-8 231-326

YOUTH - MAD SCIENCE BRIXOLOGY & ENGINEERING CAMP

Get ready for the Bridges, Bricks, Blast-Off Brigade! Campers step into the shoes of engineers in this Mad Science FUN'gineered camp full of rockets, wacky machines, flying devices, roller coasters, and BRICKS! This camp is sure to inspire our next generation of engineers in mechanical, structural, aerospace, and nautical engineering. Children build and take-home projects like micro-pincher's, a wooden cube puzzle, balloon car, and flying fizzler rockets. Brixology take-homes are the Wave Rider Boat and Skyroller Zipline cable car which are compatible with campers LEGO® bricks at home. Come give your future engineer the opportunity to have a blast exploring all the wonders the world of engineering holds!

Dates: Monday-Friday August 22-26

Time: 9:00 am - 3:00 pm

Fee: \$370

Location: Community Center Community Room

Instructor: Mad Science Staff

Program # 231-345

YOUTH—FISHING CLUB—is now on **Monday** 5/2—5/23 (not Wednesday 5/4-5/25)

ADULT -ADVANCED BEGINNER/ INTERMEDIATE PICKLEBALL—now split into 2 classes!

Date: Tuesdays/Thursdays 5/3-6/23

Time: 8:00–9:30 am Advanced Beginner
9:30-11:00 am Intermediate

Fee: \$128

Location: Fort Williams Pickleball Courts (rain 6/28, 6/30)

Instructor: Glenn Jordan

Program # 224-126.ab for Advanced Beginner
#224-126.i for Intermediate

ADULT FITNESS - CSI TRAINING

This class combines Cardio & Strength Intervals! This combination will keep the class intensity cranking but can be modified when needed. We will use free weights & body weight for strength training and plyometrics to push the cardio! **Days:** Tues/Thurs 5/3-6/9

Time: 6:15-7:15 pm

Location: CS Spin Room/Outdoors

Fee: \$108

Instructor: Susan Janosik

Program # 224-146