



Photo: 2023 National Night Out

ATHLETICS | CHILDCARE
PERFORMING ARTS
CLASSES | EVENTS
GALLERY | TRIPS
FITNESS | ROOM RENTALS

“The art of active living.”



SUMMER 2024

JUNE - AUGUST

PROGRAM GUIDE

Hours of Operation

These hours are in effect May 26 - September 1.

Monday-Friday: 6:00am-7:00pm

Saturday: 8:00am-2:00pm

Sunday: CLOSED

CLOSED ON

- | | | |
|---------------------------------------|--|---------------------------------|
| • May 27: Memorial Day | | • November 11: Veterans Day |
| • June 19: Juneteenth | | • November 28: Thanksgiving Day |
| • July 4: Independence Day | | • December 25: Christmas Day |
| • September 2: Labor Day | | |
| • October 14: Indigenous Peoples' Day | | |

RENTALS

Whether you are looking to reserve a venue for a dance recital, birthday party, dance, shower, reunion, memorial service, business conference, training site, or banquet, the KCC is the place for you!



Our beautiful, 55,000 square foot building has a multitude of options for any function. A full-size gymnasium, our own 200-capacity STAR Theatre, a 20'x30' movie screen with HD projector and retractable seating for 171, a 60-person capacity community room, small meeting rooms for up to 30 people; we have your event covered! Also available, a commercial kitchen for rent or a list of local caterers for all of your food and beverage needs.

Use the free, building-wide Wi-Fi for your presentations. Plus, we are easily accessible from I-95! We can make any event work for you. Just call!

AMENITIES

Tables and chairs, projectors, screens, televisions, audio equipment, DVD players, podiums, Wi-Fi, white boards, full commercial kitchen including stoves, ovens, refrigeration, and more!



FOR MORE INFORMATION

Visit our website, kitterycommunitycenter.org/rentals, or contact Chris Luise, at cluise@kitterycommunitycenter.org, for more information on rentals, rates and availability.



STAR THEATRE

SCHEDULE

- June 5 | 6PM: The Abenaki - Past, Present & Future (Free Lecture)
- June 8: Granite State Ringers
- September 18 | 6PM: Water Has A Memory (Free Lecture)

MORGAN GALLERY

The Morgan Gallery is made possible through a generous donation. The gallery space is prominently located by the STAR Theatre and provides a lovely venue for showcasing works by visual artists.



2024 EXHIBITS

- May - August: "All Mixed Up"
- September - December: "See the Everyday in an Abstract Way"



GALLERY PROPOSALS

Interested in showing your work in our gallery? Proposal forms are available on our website, kitterycommunitycenter.org/morgan-gallery.



FITNESS

FITNESS ROOM & WALKING TRACK HOURS

Fitness room and walking track hours follow our regular building operating hours.

HOURS OF OPERATION (SUMMER)

- Monday - Friday: 6:00am - 7:00pm
- Saturday: 8:00am - 2:00pm
- Sunday: CLOSED

FITNESS FEES

Fitness membership annual prices, purchased from January 1 until the end of the year, are listed below. Membership is pro-rated to the current month that you join and paid for the remainder of the year. Fees include yearly membership to the Fitness Suite that includes cardio equipment and weight machines.

MEMBERSHIP FEES

- Youth (11-17): \$135 (residents)/\$165 (non-residents)
- Adult (18-59): \$225 (residents)/\$285 (non-residents)
- Senior (60+): \$135 (residents)/\$165 (non-residents)



WALKING TRACK

Upon arrival, be sure to sign at the reception desk. Free to any fitness member's with a current pass card.

WALKING TRACK FEES

- FREE (residents)/\$1 (non-residents)

SUMMER FITNESS SPECIAL

From May 1-31, sign up for the 2024 Summer Fitness Special. You will have access, for the summer, to the fitness suite that is full of treadmills, ellipticals, bikes, nautilus machines, free weights, benches and more. Summer memberships are effective until August 31, 2024. Same rates apply for residents and non-residents.

- Youth (11-17) & Seniors (60+): \$30
- Adults (18-59): \$45

PERSONAL TRAINING

Private training time is provided by personal trainers, Sara Bigelson & Teri Quill. To schedule, contact the trainers directly; Sara at (207)451-8663 and Teri at (781)520-3483.

PERSONAL TRAINING FEES

- \$40/half-hour or \$65/hour
- \$175/(5) half-hour sessions
- \$275/(5) hour sessions



OPEN GYMNASIUM

Identification must be shown and an emergency contact form completed at the front desk or you will not be permitted use of the Gymnasium. Anyone with a current Fitness Membership will be permitted to use the Gymnasium at no charge. Open-gym schedule is on the website and updated regularly. Please refer to our website, www.kitterycommunitycenter.org, and Facebook page for the most up-to-date information on gym times.

OPEN GYMNASIUM FEES

- Youth/Adult/Senior Residents: FREE
- Non-Residents: \$3/Ages 18+ or \$1/Youth



CHILD CARE



SUMMER CAMP 2024

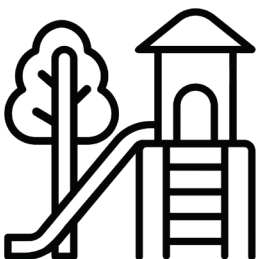
Summer fun begins soon and spots are filling quick! Day camp, for children grades Kindergarten - 5th, begins on June 17 and the Trail Blazers adventure program, for children grades 6th - 8th, begins on July 1. For more information on these programs and how to register, visit our website (kitterycommunitycenter.org/childcare) or contact Youth Program Supervisor, Kyle, at kcook@kitterycommunitycenter.org.

SAFE ALTERNATIVES FOR ENRICHMENT AFTERSCHOOL PROGRAM (S.A.F.E.)

S.A.F.E. is our after-school program for children in grades K-8. The program is open 2:00-6:00pm Monday-Friday. This program is designed to support parents who need a safe place to send their children after school. The S.A.F.E. Program is set-up to complement your child's school day. After a long day of highly structured schoolwork, children are offered and opportunity to choose from a variety of fun activities that are enriching, allow for exploration and give your children a chance to relax.

The S.A.F.E. Program is a recreational and educational program that encourages children to be active and have fun. The program tries to meet the needs of the local community by providing a quality after-school program for children at an affordable price. The school bus conveniently drops your child off at the community center right after school. Vacation day coverage is available. Sign ups are held separately for school vacation weeks. The program will not be open on school professional development days.

PRICING



More details to come. Registration opens on July 29.

ATHLETICS

SEACOAST UNITED SOCCER CAMP

This soccer camp, conducted by Seacoast United Soccer Club, is a week-long soccer camp for children ages 3-14.

When: July 15-19

- Ages 6-14: 9am-12:00pm at Shapleigh Field
- Ages 3-5: 9-9:45am at Shapleigh Field

Registration: www.seacoastunited.com

KCC FALL SOCCER

More details to come. Registration opens on July 15. The season will begin September 14 and end on October 19.

MRPA

MAINE RECREATION & PARK ASSOCIATION (MRPA) TICKET PROGRAM

This summer, you can purchase reduced price tickets at the KCC for these area amusements:

- Funtown/Splashtown Combo Pass: \$47
The combo pass provides all-day access to both Funtown & Splashtown and all rides/slides. Passes are for anyone 48+ inches.
- Aquaboggan General Admission: \$21
All-day unlimited use of pools, slides & mini-golf.
- York's Wild Kingdom: \$14
This is a zoo-only pass.

NATIONAL PARK & RECREATION MONTH

July is national park & recreation month! Pull out your tent the weekend of July 12-14 and share about it on social media using hashtag:

#MAINEBACKYARDCAMPOUT



Register for the campout (free) through the KCC and receive your own camping kit - s'mores makings, glow sticks and more!

SUMMER CONCERTS



ABOUT CONCERTS ON THE COMMONS

Every Tuesday, from 6:30-8PM July 9-August 13, local bands will delight the community with a variety of music. These concerts are free to the public and will happen rain or shine. *Concert series sponsored by the Kittery Community Center, Kennebunk Savings and MWR.*

2024 SCHEDULE

- July 9: The Big Picture Band
- July 16: PMAC Community Band
- July 23: Pub Pirates
- July 30: North River Music
- August 6: Girls Just Wanna Have Fun
- August 13: Common Ground

SPECIAL EVENTS

**Saturday,
June 15**

**10AM -
4PM**

Join the party of the year at the Kittery Foreside!
Free to the public and open to all ages.
*Volunteers needed - email Nicole at
nmcnally@kitterycommunitycenter.org.*



Celebrate the 40th year of National Night Out at the KCC. The mission of this campaign is to promote police-community partnerships across the nation.

**Tuesday,
August 6**

**5:30PM -
8PM**



FALL 2024 SPECIAL EVENTS

SEPTEMBER 21

TASTE OF
KITTERY

OCTOBER 26

HALLOWEEN
CELEBRATION

NOVEMBER 7

HARVEST
LUNCHEON

DECEMBER 10

GINGERBREAD
HOUSES

DECEMBER 14

BREAKFAST
WITH SANTA

PROGRAMS

KARATE

Join 9th Degree Black Belt and Head Instructor of the NE Okinawan Karate Dojo, Greg Lazarus, for our karate program. He welcomes students (8 years of age and older) that come to him with the desire to learn the true essence of Matsumura Seito Karate-do. Shihan Lazarus has been training students since 1980. Our classes stress traditional protocol, self-discipline and quality authentic training and techniques. A uniform is required and can be purchased through the instructor. No drop-ins.

Who: 8-65

Cost (13-weeks): \$210 (residents)/\$252 (non-residents)

- Additional family members: \$175 (residents)/\$210 (non-residents)

When: Mondays & Thursdays | 5:45-6:30pm (8-13) & 6:45-8pm (14-65) | June 3 - August 29

YOGA WITH ANDY

Yoga with Andy is an hour class that encompasses yoga poses and flows, full body stretching, flexibility and balance movements. It is designed for adults of all ages and is of benefit to conditioned participants as well as athletes. Please bring a yoga mat to class and your own blocks & straps if you have them.

SESSION 1

Cost (4-weeks): \$70 (residents)/\$84 (non-residents)

When: Mondays & Wednesdays | 10:00-11:00am

- June 3 - June 26 (no class June 19)

SESSION 2

Cost (9-weeks): \$90 (residents)/\$108 (non-residents)

When: Wednesdays | 10:00-11:00am

- July 3 - August 28

LONG AND STRONG CIRCUIT TRAINING

A 60-minute strength and conditioning class composed of a 5-10 minute warm-up, followed by 30-40 minutes of circuits in which participants perform a given exercise for one minute, in a circuit of 10 different exercises, repeating each one until time is up - all under the direction of the instructor. Class will then end with flexibility, mobility and meditation on a yoga mat. Participants are welcome to bring their own weights and mat if desired.

Instructor: Becky Kollmorgen

Who: 18+

Cost (5-weeks): \$75 (residents)/\$90 (non-residents)

When: Tuesdays | 8:30-9:30am | July 30 - August 27

INTRO TO VIDEO EDITING

Join filmmaker, digital content creator and media coach Mark J. Parker for a fun and informative workshop focusing on iMovie and Final Cut Pro. Phones can be used for mobile editing lessons & Mac users are encouraged to bring their laptops.

Who: Teens (12-18) & Adults (18+)

Cost (2-classes): \$70 (residents)/\$84 (non-residents)

When: 5:30-7:30pm | July 11 & 18 (Adults) and July 17 & 24 (Teens)

KIDS POP PILATES WITH MINJI PARK

This class combines kid-friendly pilates with upbeat pop music, creating a dynamic & exciting workout that kids will love!

Who: 4-7 & 8-11

Cost (5-weeks): \$65 (residents)/\$78 (non-residents)

- Drop-in: \$15 (residents)/\$18 (non-residents)

When: Thursdays | June 6 - July 11 (no class July 4) | 4-4:45pm (4-7) & 5-5:45pm (8-11)

ZUMBA WITH LAURA BURNS

Zumba is a Latin inspired dance-fitness program. It's commonly referred to as exercise in disguise because of its fun and uplifting rhythms. Not only does this class help people achieve their fitness goals but it boosts serotonin levels, leaving students feeling re-energized. Laura works to create a welcoming atmosphere for all humans regardless of fitness or experience levels.

Instructor: Laura Burns

Who: 18+

SESSION 1

Cost (4-weeks): \$52 (residents)/\$62 (non-residents)

- Drop-in: \$15 (residents)/\$18 (non-residents)

When: Mondays | 6-7:00pm

- June 3 - June 24

SESSION 2

Cost (7-weeks): \$91 (residents)/\$109 (non-residents)

- Drop-in: \$15 (residents)/\$18 (non-residents)

When: Mondays | 6-7:00pm

- July 8 - August 19

HULA HOOPING FUN

If you've been looking for a way to sneak in some exercise and explore your inner child, this class is for you! Whether you've taken a hula hoop class before or haven't touched a hoop in years, we invite you to come get your groove on, have fun, make friends, be silly and find the happiest, healthiest version of yourself.

Instructor: SJ Mertzic

Who: Youths (Ages 10+) & Adults

Cost (6-weeks): \$90 (residents)/\$108 (non-residents)

- Drop-in: \$18 (residents)/\$21 (non-residents)

When: Mondays | 4:30-5:30pm | July 8 - August 12

PROGRAMS

FULL BODY STRENGTH TRAINING WITH ANDY

Full Body Strength Training with Andy is a fun, full-body workout for adults of all ages designed to increase physical strength, build endurance and improve balance while enhancing flexibility and mobility. Please bring an exercise or yoga mat and two pair of hand-held weights (dumbbells) at your strength level. There are also weights available to share.

SESSION 1

Cost (4-weeks): \$70 (residents)/\$84 (non-residents)

When: Mondays & Wednesdays | 8:45-9:45am

- June 3 - June 26 (no class June 19)

SESSION 2

Cost (9-weeks): \$90 (residents)/\$108 (non-residents)

When: Wednesdays | 8:45-9:45am

- July 3 - August 28

BLADDER CONTROL FOR MOMS

This class is for women who are 1 month to 3 years postpartum, who are having trouble with bladder control. We will learn exercises, tips & tricks to help improve your bladder control.

Instructor: Brittany Lee Robinson, DPT

Who: 18+

Cost: \$25 (residents)/\$30 (non-residents)

When: Thursday, June 20 | 4:30-6pm

REB3L GROOVE

A high intensity dance format set to fun, hip-hop style music. A great way to burn A LOT of calories, have fun with friends and get a work out in a club-like setting! All experience and fitness levels are welcome. Sign up for the 6-week session or drop-in and pay per class!

Instructor: Jessica Simpson

Who: 16+

Cost (6-weeks): \$144 (residents)/\$172 (non-residents)

- Drop-in: \$15 (residents)/\$18 (non-residents)

When: Tuesdays & Thursdays, 5:30-6:30pm

- SESSION 1: June 11 - July 18 (no class July 4)

- SESSION 2: July 23 - August 29

ON-CAMERA COMEDY ACTING

Want to make people laugh? Join Kittery acting coach, casting director and filmmaker Mark J. Parker for a fun and informative workshop about comedic acting for the camera.

Who: Teens (12-18) & Adults (18+)

Cost (2-classes): \$70 (residents)/\$84 (non-residents)

When: 5:30-7:30pm | June 20 & 27 (Adults) and

July 3 & 10 (Teens)

PROGRAMS

YOUTH BALLET CAMPS WITH ELISA

SESSION 1

This beginner/elementary camp includes warmup & stretching, basic ballet technique, across floor dance steps, coloring, games & crafts.

Who: Ages 4-6 & 7-10

Cost: \$135 (residents)/\$162 (non-residents)

When: June 17, 18 & 20 | 3:30-5pm

SESSION 2

This beginner camp is similar to Session 1 but each day will focus on a different Disney-themed story.

Who: Ages 4-6 & 7-10

Cost: \$270 (residents)/\$324 (non-residents)

When: July 22-25 | 8:30am-12:30pm

SESSION 3

This intermediate/advanced camp is designed to prepare dancers for Nutcracker auditions or those that want to experience, learn & practice choreography from the beloved production.

Who: Ages 11+

Cost: \$305 (residents)/\$366 (non-residents)

When: August 5-8 | 10am-1:30pm

ZENTANGLE DRAWING WITH JOYCE AMEND

Simple shapes and lines combine to make beautiful, unique abstract artworks.

Who: 18+

Cost: \$12 (residents)/\$14.40 (non-residents)

When: Thursday, June 27 | 10:30am-12pm

DAY TRIPS

RED SOX TRIP

Watch the Sox take on the World Series Champions, the Texas Rangers. First pitch is at 7:10pm.

When: Tuesday, August 13

- Depart from the KCC at 5:00pm.

Cost: \$95 - right field grandstand and coach bus transportation. Register by July 26.

LES MISERABLES

Set against the backdrop of the 19th century France, *Les Miserables* tells an enthralling story of broken dreams and unrequited love, passion, sacrifice and redemption - a timeless testament to the survival of the human spirit.

When: Saturday, August 24th

- Leave the KCC at 10:30am for 2:00pm show.

- Register by: July 10th

Cost: \$170 - includes transportation and orchestra seating at Citizens Bank Opera House.

CLUBS & SOCIAL FUN

COFFEE CORNER

Coffee Corner is an informative, engaging opportunity for our community. Sit down with a cup of coffee and learn something from our speakers.

Details: 1st Monday of the month | 9:00am | FREE

SOUPS ON

Soup's On presents Grill's On, our summer-take on our existing free meal program. Drop-in, on the dates listed below, for this delicious cookout!

When: 11:30AM-1PM

- June 26
- July 17

Cost: Free - donations welcomed to fuel the program.

TOWN CLERK'S CORNER

TOWN MEETING & SCHOOL BUDGET VALIDATION REFERENDUM ELECTION

Tuesday, June 11th is the Town Meeting & School Budget Validation Referendum Election from 8am to 8pm at the Kittery Community Center. Come out and let your voice be heard! If you will not be in town, or would like to vote from the convenience of your home, then please apply for an absentee ballot. Absentee ballot applications can be found on the Town of Kittery website, or you can email the Town Clerk, Jillian Richards, directly at jrichards@kitteryme.org and she will make sure you receive an application. Ballots are expected to be available by mid-May.

VOTER REGISTRATION

New to town, moved or have changed your name recently? If so, please stop by the Town Hall to update your voter registration card so we will have your current information on file. This will help keep our voter list up to date for elections and mailing purposes, as well as make your voting experience the day of election go quick and smooth. Late Voter Registration Night is June 6, 2024 from 6pm to 7pm.

SPONSORS



Leading Care in Our Communities

You deserve the best care.

York Hospital promises to provide it, with comprehensive services and leading expertise in the communities we call home.

Get the care you need at our main campus in York, or at any of our practices, specialty, or walk-in care locations in:

- Berwick, ME
- Kittery, ME
- Newington, NH
- Sanford, ME
- South Berwick, ME
- Wells, ME
- York, ME



For a full list of locations and services, visit www.yorkhospital.com