

COASTAL HEALTHY COMMUNITIES COALITION

ACTIVITY GUIDE

Arundel, Biddeford, Buxton, Dayton, Hollis, Kennebunk,
Kennebunkport, Old Orchard Beach and Saco



Coastal Healthy Communities Coalition is proud to present the Physical Activity Resource Guide covering the communities of Arundel, Buxton, Biddeford, Dayton, Hollis, Kennebunk, Kennebunkport, Old Orchard Beach and Saco.

CHCC, a local Healthy Maine Partnership, is a community-based health promotion coalition working to promote tobacco prevention/cessation, substance abuse and obesity prevention in communities and schools. The coalition is a program at the University of New England's College of Osteopathic Medicine.

We hope that this guide is a valuable resource to anyone who is either interested in increasing their activity level or exploring other venues to be active in.

The guide is also available for download at: www.une.edu/chcc



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Note: Listings are by town and the type of physical activity.

Coastal Healthy Communities Coalition

(207) 602-3504

chcc@une.edu

www.une.edu/chcc

Coastal Healthy Communities Coalition

GETTING STARTED

Safety First

Before starting an exercise program, be sure to check with your doctor. Start slow especially if you haven't exercised in a while and build your fitness gradually. Remember to stretch and warm up your muscles before starting. After exercising, cool down with slower movements.

Fitness Guidelines

Adults age 18-64 need at least two hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week or one hour and 15 minutes of vigorous-intensity aerobic activity (i.e., jogging or running) every week. In addition, you should include muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, arms).

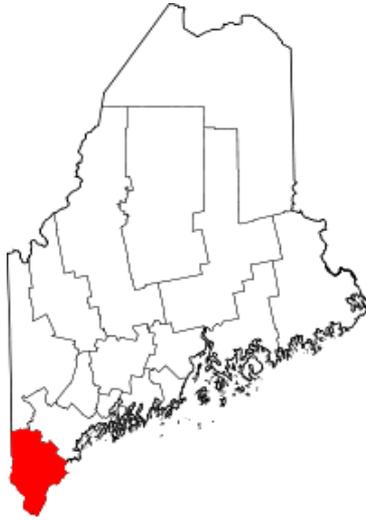
Children and adolescents should do one hour or more of physical activity each day.

The Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities
- Prevent falls, if you're an older adult
- Increase your chances of living longer

YORK COUNTY HEALTH FACTS



The following are key health facts for York County, Maine.

- 20% of York County adults lead a sedentary lifestyle
- 60% of York County Adults are overweight or obese
- 25% of York County youth are overweight or obese
- Only 38% of York County youth participate in regular physical activity each week

Source: 2011 One Maine Health Assessment

Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.

- Thomas Jefferson

BEACHES

Biddeford

Fortunes Rocks Beach (FREE)

Fortunes Rocks Road, Biddeford Pool

Saltwater beach. Lifeguards from late June through Labor Day. Parking by permit only June 15 to Labor Day. Tobacco free.

Gilbert R. Boucher Memorial Park (FREE)

Biddeford Pool

Saltwater beach and bathhouse. Lifeguards from late June through Labor Day. Parking by permit only June 15 to Labor Day. Tobacco free.

Hills Beach (FREE)

Hills Beach Road, beyond University of New England

This is a very peaceful but small saltwater beach with no lifeguard and limited parking.

Buxton

Bonny Eagle Pond (FREE)

Proprietor's Road

Sandy beaches, shallow water and slow current, it is a great place for kids to learn how to swim.

Kennebunk/Kennebunkport

Arundel Beach (FREE)

Ocean Avenue, near the Colony Hotel

This is a small beach, a place to scramble on the rocks and watch the surf dash the shore. Dogs on leash only. No facilities. Limited parking.

Goose Rocks Beach (FREE)

Kings' Highway off Route 9

Parking is by permit only. Dogs on leash only. This is a fine walking or playing beach.

Mothers', Gooch's and Kennebunk Beach (FREE)

Beach Avenue off Routes 9 and 35

Parking along Kennebunk Beach is by permit only from Memorial Day to Labor Day. Dogs on leash only. These are great places to walk, play, search for shells, or just relax. Fireworks display July 4 at dusk. Lifeguards and restroom facilities at Gooch's Beach and Mothers' Beach during the summer season. There is also a small playground.

Parson's Beach (FREE)

Parsons Beach Road off Route 9

This beach is a hidden gem! The beach is mostly sandy but some sections close to the water are rocky. During the summer season portable facilities are available. Parking is limited, signs direct users where parking is not permitted.

Old Orchard Beach

Old Orchard Beach (FREE)

End of Old Orchard Street

Residents of OOB with transfer permits may park free. There is free parking located in different neighborhoods and in the parking lot at the end of Staple Street. This expansive beach is great for walking, kite flying or building sand castles. Beach volleyball nets are put up seasonally. There are also fireworks every Thursday from June 21 - through late August at 9:45pm.

Ocean Park Beach (FREE)

Temple Avenue

Free parking at the end of the street. No restroom facilities.

Saco

Bayview Beach (FREE)

Bayview Road off Route 9

This is a swimming beach and a great place to search for seashells.

Camp Ellis Beach (FREE)

Eastern Avenue

Try taking an early morning walk to enjoy the sunrise.

Diamond Riverside Boat Ramp (FREE)

Irving Street

Six acre park with public boat ramp, picnic tables, charcoal grills, and a play structure.

Ferry Beach State Park

Bayview Road off Ferry Road

Ferry Beach has a network of trails connecting the beach to different habitats (cross country ski trails during winter).

There is a picnic area and beach to search for seashells.

Park open between Memorial Day and September 30.

Winter skiers must park outside the gate. 283-0067

Kinney Shores (FREE)

Seaside Avenue

Tidal pools develop on the beach at low tide and are great for exploring sea life. Be sure to lift up rocks and seaweed to see what is living beneath them!

According to the National Institutes of Health, heart disease is almost twice as likely to develop in inactive people versus those who are more active.

BOWLING

Saco

Vacationland Bowling and Recreation Center

82 Portland Road (Route One)

Candlepin. Leagues. Tournaments. Game room. Glow

Bowling. Parties. 284-7386 www.vacationlandbowling.com

CROSS COUNTRY SKIING / SNOWSHOE

There aren't many specific trails for cross country skiing and snowshoeing. However, refer to the Walking and Hiking, Playgrounds and Parks, and Beaches' sections for possible trails to use depending on the weather conditions.

Dayton

Harris Family Farms

280 Buzzell Road

There are 40km of trails (30 km are groomed) that wander through woods and fields. Beginners through advanced. Offers trails for cross country skiing and snowshoeing. Enjoy the warming hut with wood stove, retail and rental shop, restrooms and kitchen. Pick your own pumpkins in Fall. Equipment rentals.

499-2678 www.harrisfarm.com/skiing.html

For more information about skiing and snowshoeing contact Dixie: dixie@harrisfarm.com

CYCLING

Explore Maine by Bike

Maine Department of Transportation has created a website listing great ways to explore Maine by bike. It also includes a list of cycling events. www.exploremaine.org/bike

Cycling Clubs

Maine Coast Cycling Club

Focus is on recreational riding not racing; yearly membership. Children 12 years and under are free with an adult.

www.maine coastcycling.com

Bicycle Coalition of Maine

Statewide group of cyclists with their own website and newsletter about biking and trails across Maine.

Contact: Bicycle Coalition of Maine 623-4511

www.BikeMaine.org

email: info@BikeMaine.org

Eastern Trail Alliance (FREE)

Biking/Walking/Hiking trail through off-road woodlands from Strawberry Banke in Portsmouth, NH to Bug Light Park in South Portland.

Contact: Eastern Trail Alliance 284-9260

www.easterntail.org

email: info@easterntail.org

Biddeford

Clifford Park (FREE)

Route 9

Trails vary from single to double track and rocky to smooth.

Kennebunk/Kennebunkport

Goose Rocks Beach Loop (FREE)

Eleven mile round trip route. Stop at the Kennebunkport Bicycle Company for a map of the trail. Beautiful loop that leads to Goose Rocks Beach and on to Cape Porpoise.

Old Trail Line (FREE)

Behind Cumming's Market on Main Street in Kennebunk.

Kennebunk Beach Loop (FREE)

Seven mile round trip route. Pass by Gooch's Beach, Mother's Beach, and Lord's point and finish alongside Mousam River. Stop at the Cape Able Outpost for a map of the trail.

Tyler Brook Conservation Land (FREE)

Several miles of single and double tracks available for hiking and mountain biking. Stop at Cape-Able Outpost for a map of the trail.

Ocean Ave and Cape Porpoise (FREE)

Eight mile round trip route. Through Dock Square with the ocean on your right. Parallel Kennebunk River until Colony Beach and follow Wildes District Road to Cape Porpoise. Stop at Cape-Able Outpost for a map of the trail.

Off Road Bike Trails (FREE)

The bridle path follows alongside the Mousam River in Kennebunk. Find it off the entrance road to Sea Road School. You can park at the end of the road and head in either direction.

Saco

Saco River Tour (FREE)

27 and 48 mile loops on rolling terrain. This ride takes cyclist on a tour of some of the most popular summer destinations in Southern Maine. The ride begins and ends in Old Orchard Beach from the high school parking lot and travels along the Saco River, through rural farmland, Ferry Beach State Park, and visits the old mill at Goodwin's Mill. Some parts of the route require travel on heavy traffic roads like US 1 in Old Orchard and Route 9 in Saco. Always ride with the traffic when sharing the road with motor vehicles. www.exploremaine.org/bike/beaches/sacoriver.shtml

Water is the best choice

Thirst indicates your body needs fluid. Do not wait for thirst to prompt you to drink fluids. Drink fluids at and between meals and during exercise to stay hydrated.

DANCING

Biddeford

Dance House Production

2 Main Street, Suite 1

Offers classes in jazz, clogging, hip-hop, ballet, tap, modern, and pointe for grades pre-school through high school. 282-6769 www.dancehouseproductions.com

email: npaquet@dancehousesproductions.com

GetUp-N-Dance Studio

285 Main Street

Offers classes in ballet, pointe, tap, jazz, hip hop, clogging, lyrical, modern, baton, musical theater, ballroom, latin, and cheer dance. Classes available for ages 2 through adult.

229-3398 www.getup-n-dancestudio.com/

email: missieadams@hotmail.com

For information on ballroom and latin dancing contact:

838-1180 <http://northeastdancing.com/>

email: info@northeastdancing.com

The Academy of Dance

25 River Road

Offers classes in ballet, tap, Irish step, hip-hop, lyrical, jazz, and parent & child music and movement. Ages 2 through adult welcome.

283-1662 www.theacademyofdance.org

email: info@theacademyofdance.org

Buxton

All That Dance

192 River Road, Route 112

Offers affordable classes in preschool, ballet, pointe, classic jazz, hip-hop, lyrical, acrobatics, tap, combination classes and competition. Ages 3 ½ through adults and beginners through advanced dancers welcome.

727-6350 www.allthatdanceme.com

email: allthatdanceme@yahoo.com

Kennebunk/Kennebunkport

Scottish Country Dancing

Community House, Temple Street, Kennebunkport

October through June. Not appropriate for children under 10. Wear soft-sole shoes. Beginners welcome. Call Joanne Hulseley at 967-0458 for more information.

Saco

Steppin' Out Dance Centre

308 Maine Street

Open Monday through Saturday. Classes from beginner through professional levels including ballet, tap, jazz, street funk, pointe, modern, lyrical, African, clogging, Irish step, hip-hop competition teams.

283-2450 www.steppinoutdancecentre.com

email: steppinout@onecommail.com

Get a buddy! It's easier to stick to your routines if you have another person to walk with. It can also help with your motivation if you're starting to get bored with your routine.

FISHING

Maine residents, 16 years or older, and non-residents, 12 years or older, must have a fishing license to fish in open water or through the ice in inland waters. Fees vary, be sure to check with Maine Department of Inland Fisheries and Wildlife.

Saltwater Recreational Fishing Registry is required for Maine residents who are 16 years or older who do NOT have a freshwater license. FMI check with the Department of Marine Resources

Biddeford

Rotary Park (FREE)

Outer Main Street

The Saco River flows by the park and fishing is permitted.

Wilcox Pond (FREE)

Near St. Joseph's Cemetery on West Street

Parking is difficult. You must be off the road pavement.

Kennebunk/Kennebunkport

Arundel Beach (FREE)

Ocean Avenue near the Colony Hotel

There is a breakwater that protects the beach area from the Kennebunk River that exits here. A strong current runs out from the river so be careful! Good local place for fishing along with great scenery.

Parsons Beach (FREE)

Parsons Beach Road in Kennebunk

The Mousam River exits alongside the beach with lots of nooks and crannies to fish.

Hollis

Killick Pond (FREE)

Wetland area with forested shores open for fresh water fishing and during the winter time ice fishing is available from ice formation in the fall through March 31.

Deer Pond (FREE)

Public boat access is limited to a gravel ramp located off Route 117, at the south end of the pond. The launch accommodates only small trailered boats, parking is limited.

Old Orchard Beach

Milliken Mills Pond (FREE)

Portland Avenue

Many people fish off of the bridge at the end of the pond.

Saco

Camp Ellis Pier (FREE)

Route 9 in Camp Ellis

Great places to take in the view while fishing.

GOLF

Arundel

Dutch Elm Golf Course

5 Brimstone Road

18 hole course. Driving range. 282-9850

www.dutchelmgolf.com email: golf@dutchelmpromo.com

Hollis

Salmon Falls Country Club

Salmon Falls Road, Off of Route 202

9 hole course. 929-5233

www.salmonfalls-resort.com/golfcourse.html

email: info@salmonfalls-resort.com

Kennebunk

Webhannet Golf Club

26 Golf Club Drive

18 hole course. Driving range. 967-2061

www.webhannetgolfclub.com

email: webhannet@roadrunner.com

Hillcrest Pitch & Putt

77 Western Avenue

Open April through October from 8am to dusk. Driving range and 18 hole mini Par 3 course. Bring your own clubs or borrow them. 967-4661 www.hillcrestgolf.net

email: golf@hillcrestgolf.net

Kennebunkport

Cape Arundel Golf Course

19 River Road

18 hole course. 967-3494 www.capearundelgolfclub.com

email: info@capearundelgolfclub.com

Old Orchard Beach

Dunegrass Country Club

200 Wild Dunes Way, off Ross Road

18 hole courses. 934-4513 www.dunegrass.com

email: info@dunegrass.com

Pirates Cove Adventure Mini Golf

70 First Street

Open May through October. 36 holes. 934-5086

www.piratescove.net/location/8

Saco

Biddeford & Saco Country Club

101 Old Orchard Road

18 hole course. Open May through October. 282-5883

www.bscc.ghinclub.com

email: office@biddefordsacocountryclub.com

Cascade Golf Center

955 Portland Road

Driving range. 282-3524

Deep Brook Golf Course

36 New Country Road (Route 5)

9 hole course. 283-3500 www.deepbrookgolfcourse.com

email: toniedon@maine.rr.com

Schooner Mini Golf

58 Ocean Park Road

18 hole mini golf, Batting cages 284-6174

www.schoonerminigolf.com

HORSEBACK RIDING

Arundel

Dream Acres Equestrian Center

181 Irving Road

Full service equine facility specializing in dressage. Offers boarding, lessons, training, and summer camps. 985-0963
www.dreamacresec.com email: nfo@dreamacresec.com

Hi-Stepping Equestrian Center

25 High Stepping Lane

Horseback riding lessons. 985-0972
www.histeppingequestriancenter.com

Buxton

Hearts & Horses Therapeutic Riding Center

63 Justin Merrill Road

Affiliated member of the North American Riding for the Handicapped Association (NARHA). Riding available for those with physical, emotional, and developmental disabilities. Lessons in english, western, dressage, jumping and therapy as well as birthday parties and trail rides.
929-4700 www.heartsnhorses.org
email: hnhtrc@sacoriver.net

Dayton

LaDawn Quarter Horses

Therapeutic Riding and Rehabilitation Center

995 Goodwin's Mills Road

Available to people of all ages and disabilities. 499-0080
www.ladawntherapeuticridingcenter.org
email: ladawn2@myfairpoint.net

Hollis

Mainlyminis Miniature Horse Farm

94 Clarks Mill Road

Tours. Birthday parties. Miniature horse rides. Summer day camp. 423-2103

ICE SKATING

Check the thickness of ice with your fire department before venturing out. If the ice is less than three inches thick STAY OFF! Don't put yourself in danger.

Biddeford

Biddeford Ice Arena

18 Pomerleau Street (off Route 111)

Public skating is offered during the week. Call for actual times. No rentals. 283-0615 www.biddefordarena.com
email: info@biddefordarena.com

Westbrook Skating

Pool Street

Outdoor ice-skating day and night. 284-9652

Kennebunk

Waterhouse Center (FREE)

51 Main Street

Open-sided 100' x 120' pavilion located in the downtown, ice skating in the winter and events throughout the rest of the year.

Old Orchard Beach

Milliken Mills Pond (FREE)

Portland Avenue

The pond is about a mile long and a few hundred yards wide.



KAYAKING & CANOEING

On most beaches you can launch a sea kayak. Be careful as weather can be strong and unpredictable in any boat. Respect for the sea is necessary at all times. State law requires life preservers for each passenger. Check with your town office for list of safety rules and boating safety courses.

Public Launch Sites

There are several public launch sites along the Kennebunk River, the Mousam River and the Saco River. The State of Maine has a list of public boat launches:

www.state.me.us/doc/parks/programs/boating/sitelist.html

Check town offices for local launch sites. Phone numbers are located in this guide under Municipal Information.

Biddeford

Biddeford Pool Boat launch (FREE)

Vines Landing (routes 9 and 208), left onto the Yates Road
You can paddle in Biddeford Pool two hours before and after high tide. **WARNING:** The river's current is very powerful here. We do not recommend traveling past the sandy beach unless you are experienced in ocean situations.

Gone with the Wind

*Yates Street and
524 Pool Road*

Windsurfing and kayaking tours of the Southern Maine coast. Afternoon and sunset tours available. 283-8446
www.nwtwonline.com

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

Saco River (FREE)

River access at Marblehead ramp off of Pool Street
Approximately 2.5 miles from downtown Biddeford, full service facilities to boaters and seasonal outhouse facilities

Buxton

Pleasant Point Park (FREE)

Simpson Road

A great place to canoe or kayak al

Dayton

Saco River (FREE)

Union Falls Road

Freshwater launch for carry-in or s



Old Orchard Beach

Milliken Mills Pond (FREE)

Portland Avenue

Canoes and other small boats are often seen on this pond.

Corn and Black Bean Salsa

15 oz. can black beans, drained

16 oz. jar salsa

15 oz. can corn, drained

- Combine all ingredients in a mixing bowl
- Cover and chill
- Serve with homemade tortilla chips

Nutrition information: 588 calories, 0 grams fat, 22 grams fiber

ORCHARDS, FARMS & FARMER'S MARKETS

Biddeford

Seasonal Corner

11 Benson Road

Farm and farmstand. MOFGA certified organic producer of fresh vegetables, herbs and berries. Open June 20 to September 28. 283-4269 email: dbedard1@maine.rr.com

Shady Brook Farm

Off West Street

Farm and farmstand. Open from late April to October. 282-2119 email: rrhames@xpressamerica.net

Buxton

Maple Shade Farm

Webster Road

Pick your own blueberries. 929-5194

Snell Family Farm

1000 River Road

Pick your own apples September through mid October. Pick your own raspberries in the summer. Closed during the winter and opens mid-April. 929-6166
www.snellfamilyfarm.com email: info@snellfamilyfarm.com

Dayton

Pumpkin Valley Farm

Union Farms Road

Farm. Open weekends September through October from 10am-6pm. 929-4088 www.pumpkinvalleyfarm.com
email: angela@pumpkinvalleyfarm.com

Harris Farm

280 Buzzell Road

Milk, grass-fed beef and veal, and seasonal vegetables. In the fall, pick-your-own pumpkins, gourds, corn stalks, and fall decorations available. Maine Maple Sunday breakfast and sugar shack demos. Open June through Columbus day, 9am –6pm daily, and Columbus Day through May 11am –6pm daily. Plus miles of snowshoeing and cross-country skiing in the winter!

(207) 499-2678

Kennebunk/Kennebunkport

Days Meadow Farm

889 Alewife Road (Route 35)

Farm and farmstand. Open May to November. Days Meadow Farm produce also available at the Kennebunk Farmers' Market. 985-689

Kennebunk Farmers' Market

51 Main Street

Saturdays 8:00 am - 1:00 pm, May 3 to November 22

(207) 646-5926

www.kennebunkfarmersmarket.org

Saco

Log Cabin Perennials

103 Lincoln Road

Farmstand. Open July 10 through September 30. 282-1174

Saco Farmers' Market

Shaw's Parking Lot

Wednesdays and Saturdays 7:00 –noon. May thru October

Saco River Market

110 Main Street– behind Run of The Mill

Year-round market. Saturdays 9:00 a.m.– 12:30 p.m.

PLAYGROUNDS AND PARKS

School playgrounds are great places during non-school hours. Some junior high and high schools also have track and tennis courts. Call your local schools to find out what might be available to your family after school hours. A list of school systems and phone numbers is at the end of this guide.

Biddeford

Brother Richard Herbert Field (FREE)

Maplewood Avenue, Biddeford High School

The park has a track and a football field.

Clifford Park (FREE)

Pool Street, a short way up from Alfred Street on the right

The park has tennis courts, basketball courts, playground and easy walking trails. A good picnic spot.

Mayfield Park (FREE)

May Street

The park offers a playground, lighted tennis courts, and basketball courts. A fun place for sledding in the winter.

Rotary Park (FREE)

550 Main Street

The park has swimming, playground, skateboard park, softball field and dog park. It also offers hills for sledding in the winter.

St. Louis Field (FREE)

284 Hill Street

There is both a baseball field and a soccer field (fall only).

William A. Doran, Sr. Park (FREE)

Main and South Street

Park has a playground, softball field and field hockey field.

Waterhouse Field

Prospect Street

Football field open only during Biddeford High School athletics events

Buxton

Bonny Eagle Park (FREE)

Proprietor's Road

On the banks of Bonny Eagle pond. Boat ramp, sandy beach, picnic tables.

Carroll Park (FREE)

Flaggy Meadow Road and Hurlin Smith Road

The park includes baseball field, picnic area, playground, basketball courts and walking paths. Open from sunrise to sunset.

Estes Park (FREE)

Chicopee Road

Softball field, picnic tables, off-street parking.

Pleasant Point Park (FREE)

Simpson Road

Overlooking Saco River with benches available, walking trails, ancient burying ground of early settlers, rope swing, picnic tables, boating, swimming and hiking.

Town Farm Park (FREE)

Town Farm Road

Park includes baseball and softball fields, walking paths and large parking lot.

Weymouth Park (FREE)

Intersection of Routes 202 and 112

There are two baseball fields, tennis courts, basketball courts and limited parking.

Kennebunk/Kennebunkport

Beachwood Park (FREE)

Beachwood Avenue, Kennebunkport

There is a playground, basketball courts, tennis courts and a picnic area.

Cape Porpoise Firemen's Park (FREE)

Route 9, Cape Porpoise

Softball / Little League baseball field, picnic area and a small playground. Located on the marsh on Mills Road.

Lafayette Park (FREE)

Storer Street

Picnic tables and open field.

Lloyd G. Nedeau Memorial Park (FREE)

Route 99 (Clearbrook Crossing), Kennebunk

Basketball courts, baseball and open fields and playground.

Lower Village Park (FREE)

Schoolhouse Lane, off Route 35, Lower Village

There are basketball courts, baseball field, open fields and a playground.

Mother's Beach (FREE)

Beach Avenue off Routes 9 and 35

Small playground by the beach area.

Park Street Park (FREE)

Park Street (across from Park Street School)

Tennis courts, swings, baseball field, lighted basketball court, volleyball courts, large playground, and picnic area with grills. There is a Youth Community Center with a kitchen, lounge, preschool room and games. Great place to bring children of all ages to play.

Rogers Pond (FREE)

Water Street

There is a picnic area, grill for cooking, fishing, and a canoe launch on the Mousam River. Ice skating in the winter.

Rotary Park (FREE)

Water Street

The park is on the Mousam River. There are benches, picnic tables, open lawn and gazebo. Concerts held every Wednesday night during the summer.

Route 1 Rest Area (FREE)

Route 1, just south of Kennebunk Village

Picnic area with grills.

Silas Perkins Park (FREE)

Ocean Avenue, Kennebunkport

On Kennebunk River. There are benches and picnic tables.

West Kennebunk Recreation Field (FREE)

Holland Road, Kennebunk

There are tennis courts, basketball court, playground, picnic area with grills, baseball and multi-purpose field.

Old Orchard Beach

Brunswick Hotel Volleyball Courts (FREE)

39 West Grand Avenue

Volleyball courts.

Memorial Park (FREE)

Heath Street

Baseball field, playground, tennis courts, and picnic area.

**Burning 150 calories a day through exercise
adds up to nearly 55,000 calories a year: a potential
weight loss of 15 pounds.**

Saco

Boothby Park (FREE)

Lincoln Road

There is a small playground, basketball court and a picnic area.

Diamond Riverside Park (FREE)

Irving Street, off Pine Street

Bring walking shoes to hike the trails and your fishing pole for a change of pace.

Jubilee Park (FREE)

Water Street

Entrance is a covered bridge with a night-locked gate. Paved paths and picnic tables. Handicapped accessible.

Memorial Field (FREE)

Corner of Middle Street and Summer Street

One corner of field is leased to Saco Little League but it also has tennis courts, softball and baseball fields.

Plymouth Park (FREE)

Plymouth Drive

Plenty of open space with a trail system. Limited parking.

Total Body Workout: Include Body, Mind and Spirit

The best workout, according to top trainers and fitness experts, is one that includes the mind and spirit as well as the body. Consider some alternatives to your regular weight and cardio training. For a change of pace try Yoga, Pilates or Tai Chi. All of which engage your mind, body and spirit.

Pepperell Park (FREE)

Beach Street

Playground, picnic area with grills, outdoor basketball court, and community garden. Pick-up ballgames often occur.

Riverfront Park (FREE)

Front Street

Benches, walkways, nature trails and scenic views. Portion is wheelchair accessible. Limited parking.

Young School Fields (FREE)

North Street

Multi-use fields, play structures, tennis courts, and outdoor basketball court. Parking available.

SKATEBOARDING

TIP: *Protective equipment should be worn when skateboarding. Helmet, knee and elbow pads along with wrist pads are strongly recommended.*

Biddeford

Rotary Park (FREE)

Outer Main Street

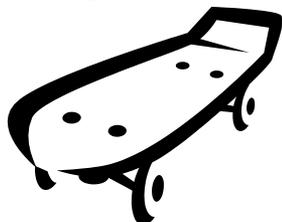
Ramps, pipes and a pyramid. Call Biddeford Parks and Recreation at 282-4167.

Kennebunk

Skateboard Park (FREE)

Factory Pasture Lane

If you're not participating, you can enjoy watching the fun.



Old Orchard Beach Skateboarding Park (FREE)

In progress– spring 2014

Check in with the Town of Old Orchard Beach Recreation Department for more details.

To add strength to leg muscles and get a cardiovascular workout at the same time, try climbing stairs.

SURFING

Although a fun activity, surfing can be dangerous. Taking lessons can be fun a way to learn how to surf. Always go surfing with a buddy. Take extra precautions during storms. High waves can be tempting but extremely dangerous.

Biddeford Fortunes Rocks Beach

Fortunes Rocks Road

Good for surfers of all levels with medium quality surf.
Parking by permit only.

Kennebunkport Gooch's Beach

Beach Avenue

Permit required for parking June 15 through September 15.
Best waves come in the winter and following Nor'easters.
Advanced skill during winter swells is suggested and should be avoided by beginners.

Old Orchard Beach Old Orchard Beach

Waves are small during the summer allowing beginners a good place to learn. Storms bring bigger waves during the fall, winter and early spring season. A good thrill for the more advanced surfer.

SWIMMING

All the towns that have beaches usually allow swimming. Not all, however, have lifeguards on duty. Please check listings under BEACHES for more detailed information.

Biddeford

Comfort Suites

45 Barra Road

Hotel pool is open to the community with daily fee. Weekly and monthly passes. Indoor pool. 294-6464

Northern York County YMCA, Biddeford

3 Pomerleau Street

Swimming lessons and open swim. 283-0100

Rotary Park (FREE)

Outer Main Street

In the summer, swimming is possible. Lifeguards on duty.

University of New England

11 Hills Beach Road

Water aerobics offered through the BodyWISE program and children's swim lessons offered fall and winter. Call (207) 602-2307

Buxton

Bonny Eagle Pond (FREE)

Proprietor's Road

Sandy beaches, shallow water and slow current is a great place for kids to learn how to swim.

Pleasant Point Park (FREE)

Simpson Road

The Saco River runs through this park that has canoe and kayaking access in addition to a great place to go for a swim to cool off in the summer.

Kennebunk/Kennebunkport

Kennebunk Beach Improvement Association (KBIA)

Swimming lessons. Outdoor pool and ocean. 967-2180
www.kbia.net email: info@kbia.net

Quest Fitness

2 Livewell Drive

Water aerobics, adult and children's swim lessons offered, private, semi-private and group settings. Call 467-3800.

Rhumb Line Motor Lodge

41 Turbats Creek Road

Hotel pool is open to the community. Monthly and yearly passes. Indoor and outdoor pools. 967-5457

www.rhumblinemaine.com

email: info@rhumblineresort.com

Old Orchard Beach

Ocean Walk Hotel

197 East Grand Avenue

Hotel pool is open to the community. Daily Fee. Indoor pool (April-October). 934-1013 www.oceanwalkhotel.com

email: info@oceanwalkhotel.com

Saco

Saco Sport and Fitness

329 North Street

Pool open to community. Daily Fee. Outdoor pool.

284-5953 www.sacofitness.com

email: info@sacofitness.com



TENNIS

Biddeford

Clifford Park (FREE)

130 Pool street

Memorial Park also known as Mayfield (FREE)

130 May Street

Tennis court lights will be shut off not later than 10:30 pm.

Buxton

Weymouth Park (FREE)

Intersection of Routes 202 and 112

Kennebunk/Kennebunkport

Parsons Field (FREE)

Park Street and Dana Street

West Kennebunk Recreation Field (FREE)

Holland Road, Kennebunk

Beachwood Park (FREE)

Beachwood Avenue, Kennebunkport

Old Orchard Beach

Temple Avenue (FREE)

Temple Avenue



Safety First: Protect Yourself and Others

- Wear helmets, seat belts, sunscreen, insect repellent.
- Wash hands to stop the spread of germs.
- Avoid smoking and breathing second-hand smoke.
- Be ready for emergencies.

WALKING AND HIKING

Biddeford

Clifford Park (FREE)

Pool Street

Easy walking trails.

Rotary Park (FREE)

Outer Main Street

Easy walking paths.

East Point Sanctuary (FREE)

Lester B. Orcutt Boulevard, Biddeford Pool

A 1.6 mile walk with five distinct areas: Open field, dense shrubbery, gnarled low-growing trees, rocky intertidal zone, and a small beach. You can see the Wood Island Lighthouse, the 4th oldest in Maine. There is limited parking. Visitors are welcome from sunrise to sundown. www.sacobaytrails.org/biddefordpool.shtml

Eastern Trail (FREE)

Parking behind Southern Maine Health Care (Route 111)

Miles of wide gravel trail— perfect for walking, running or biking. Dogs are welcome.

www.easterntail.org

Walk 100 Miles in 100 Days (May-August)

Walk 100 Miles in 100 Days is a **FREE** community physical activity program offered by Coastal Healthy Communities Coalition annual aimed at helping you lead an active healthy life.

Participants receive weekly health tips, access to weekly raffle items and a final prize for those who complete the program.

Email: chcc@une.edu for more details starting in April.

Buxton

Carroll Park (FREE)

Between Flaggy Meadow Road and Hurlin Smith Road
Walking paths circle the park's parameter.

Pleasant Point Park (FREE)

Simpson Road

Walking trails lead through ancient burying grounds of early settlers. Beautiful overlooking views of the Saco River.
Walking and hiking with dogs (on a leash) are permitted.

Town Farm Park (FREE)

Town Farm Road

Walking and jogging path surrounding the park.

Kennebunk/Kennebunkport

Emmons Preserve (FREE)

Gravelly Brook Road, Kennebunkport

Owned by the Kennebunk Conservation Commission. A short one-half mile nature walk along the Batson River, also called Gravelly Brook on some maps. This 150-acre area used to be fields only. Park off the road and start your walk.

Kennebunk Plains (FREE)

Route 99, Kennebunk

135 acres of coastal grasslands. Sights include several species of birds and is painted purple in August by northern blazing star blooms (the largest population of this plant in the world). In July, fields are covered with fresh wild blueberries. Trails are generally flat.

Parson's Way (FREE)

Ocean Avenue, Kennebunkport

Oceanside walk beginning near Arundel Beach and going toward the Bush Estate at Walker's Point. Along the way, look for Blowing Cave and Spouting Rock.

Kennebunk Bridle Path (FREE)

Sea Road, Kennebunk at the Sea Road School

Old railroad bed from the 1880's about 3 miles in length from the Kennebunk Depot to the Webhannet Golf Course. A section from Sea Road to Route 9 is wheelchair accessible for those with wide-tread tires. This path is a birdwatcher's paradise and a wonderful nature walk for the family. Limited parking is available.

St. Anthony's Monastery (FREE)

Beach Street, Kennebunkport

Lithuanian Franciscan monks run the monastery and the grounds offer quiet walking in garden-like park. There is also a woodland walk along the Kennebunk River.

Wonderbrook Park (FREE)

Plummer Street, Kennebunk

Owned by the Kennebunk Conservation Commission, this small park crosses the Wonderbrook for 1.2 miles to the Kennebunk River. The river bank is steep but it can be climbed with caution. There is parking for a few cars.

Wiggins Pond (FREE)

Wiggins Pond Lane, Kennebunk

Nature trails.

Saco

TIP: Check out www.sacobaytrails.org for maps and additional information on the trails listed below.

Atlantic Way (FREE)

Atlantic Way (off of Route 9)

0.9 mile trail that meanders through the Rachel Carson Sanctuary. Park off the road. During deer and water fowl-hunting season, shotgun hunting is allowed (except on Sundays), so it is advised to wear bright orange.

Ferry Beach State Park (FREE)

Ferry Road (Route 9)

Easy walking trails through different habitats.

Laurel Hill Cemetery (FREE)

Beach Street

The cemetery is open from sunrise to sunset. Pets are NOT permitted. While not strictly a trail, this beautiful cemetery offers plenty of peaceful paths for walkers to stroll along while they get a glimpse of the final resting place for many of Saco's historic families.

Log Cabin Trail (FREE)

Lincoln Road

This 1.1 mile trail wanders over a working wood lot, along a pond, a road, and through woods (fir, hackmatack, white pine, and red maple). Parking area provided.

Saco Heath Trail (FREE)

Route 112 (gravel parking lot on right)

The Saco Heath Preserve is a bog that has a mile-long trail and boardwalk with benches. A bog is an ancient pond filled with thousands of layers of accumulated organic matter. It is a unique place with bog plants, eastern orchids, and a variety of wildlife. A great place for children. 729-5185

Plymouth Trail (FREE)

Plymouth Drive

This 0.45 mile trail winds through a mature forest of hardwoods and evergreens. The trail is a bit bumpy with roots and dips. Parking area is available.

Vine Trail (FREE)

Vines Road

This 0.38 mile trail connects to the Plymouth and Atlantic Way trails. Park off the road.

Sylvan Trail (FREE)

Flag Pond Road (off of Route 1)

The 1.7 mile trail loops through the woods and follows an old logging road. Be sure to listen for the many bird songs you're sure to hear. There is a parking lot available.

Old Orchard Beach

Blueberry Plains (FREE)

Ross Road

The Blueberry Plains offer miles of sandy and winding trails.

Cascade Falls (FREE)

Cascade Road

There are trails for hiking leading out to the waterfalls.

Old Eastern Road (FREE)

Milliken Mills Road

This trail follows Milliken Mills Pond and what used to be an old railroad. The trail ends at the Old Cascade Road.

Scarborough Marsh (FREE)

Pine Point Road (Route 9-West)

This salt marsh offers a self-guided nature trail and outdoor exhibits to help hikers learn about life around the marsh. Special programs are scheduled throughout the summer. There is a fee for these programs as well as canoe rentals.

Trail Snack

When walking and hiking, don't forget to fuel up

Combine:

- 1 cup dry cereal (Cheerios, Chex)
- 1 cup peanuts (or other nuts)
- 1 cup raisins

Other Options To Add:

- Dried fruit, Yogurt covered nuts, Pretzels

Temple Avenue Trail (FREE)

Temple Avenue

Several hiking trails are marked by a covered bridge and towering pine trees. The trails are color-blazed for your guidance and safety.

OTHER WALKS

Eastern Trail

The Eastern Trail (ET) is a 65 mile section of the East Coast Greenway connecting Kittery to Casco Bay in South Portland. The ET has off-road sections, as well as a scenic on-road trail that follows quiet country roads. Visit www.easterntail.org for details and a trail guide.

Healthy Maine Walks

Healthy Maine Walks provides information on how to find a walking route near you, to share information about walking routes, or to find out about how to create one. www.healthymainewalks.org

Adult Ed Programs-

Biddeford

Indoor Walking at Walmart

Open 6:00 a.m. to midnight, four laps around the outermost aisles of the store is equivalent to one mile.

Kennebunk/Kennebunkport

Historic Village Walking Tours

Self-guided tours. Call Kennebunkport Historical Society at 967-2751 for more information and reservations.

Saco

Indoor Walking Club

Offered through the Saco Parks & Recreation Department. 283-3139 email: parksandrec@sacomaine.org

Old Orchard Beach

Walk About Festival of Lights (FREE)

Held annually on the first Saturday in August. Christmas lights and candles illuminate Ocean Park's buildings and the beach. There is a traditional "walk about" to see the lights along with performances and exhibits to enhance the experience. 934-9068 email: opa@oceanpark.org

ADULT SPORTS CLUBS

Biddeford

Adult Sports Leagues- Softball, Volleyball, Basketball, Pickleball, etc.

Contact Biddeford Recreation Department 283-0841.

Hollis

Men's Basketball

Hollis Elementary Gymnasium

Mondays and Wednesdays from 8:30-10:00pm. \$2 per person per night. During school year.

Women's Basketball

Hollis Elementary Gymnasium

Tuesdays from 8:00-10:00pm. \$2 per person per night. During the school year.

Senior Women's Basketball

Hollis Elementary Gymnasium

Mondays 7:00-8:30pm. For women 45 years and over who want to play 3-on-3 half-court games. \$5 per week.

Adult Exercise

Hollis Elementary Gymnasium

Mondays, Wednesdays and Fridays from 9:00-10:00am. For all ages working on stretching, calisthenics, aerobics, walking, and hand weights. \$1 per class.

Saco

Adults Sports Leagues– Basketball, Softball, Pickleball, Indoor Walking, etc.

Contact Saco Parks & Recreation Department. 283-3139.

Indoor Walking Club

Offered through Saco Parks & Recreation Department.

283-3139 email: parksandrec@sacomaine.org

KIDS SPORTS CLUBS

Some of the local parks listed in the Playgrounds and Parks Section hold Little League and adult baseball games. Check with your local school/recreation department for information regarding Little League and other league sports' activities. Recreation departments also have seasonal programs throughout the year.

Arundel

For details contact Arundel Rec Department (207)286-9241

Basketball Babes (ages 3-5)

January through February.

Fall Youth Soccer (grades K-6)

Six weeks in the fall.

Pee-wee Basketball (grades K-3)

January through February.

Preschool Soccer (ages 3-4)

Spring Soccer (grades K-6)

Winter Cheering (grades K-5)

November through March.

Youth Travel Basketball (grades 4-6)

November through March.

Biddeford (www.bysports.org)
Biddeford Youth Cheering Association
286-1664

Biddeford Youth Football Association
284-1847

Biddeford Youth Hockey Association
282-4363

Biddeford Little League
282-1329

Biddeford Little League Softball
632-5104

Biddeford Youth Soccer
283-0841

Dudziak's School of Gymnastics
286-3685

Northern York County Family YMCA
3 Pomerleau Street

Youth sports programs for boys and girls: soccer, tee-ball, swimming and others. 283-0100 www.nycymca.org

Hollis

Girl's Basketball League (grades 7-12)
Practices during week with games on Sunday. 929-5142

Girl's Basketball League (grades 5-6)
Compete in Bonny Eagle Girls Youth League. 929-5142

Girl's Basketball League (grades 3-4)
December through April. 929-5142

Kindergym (ages 1-5)

Hollis Community Building

Mondays, Wednesdays, and Fridays. \$2 per class 929-5142

PeeWee Basketball (grades K-2)

Learn basic skills of the game. 929-5142

Kennebunk/Kennebunkport

Babe Ruth Baseball

Sign up time is May. Brian Johnson 985-6128

Little League (ages 5-16: Coed, Boys, Girls)

Sign up time is February. 985-9295 www.eteamz.com/kkl

Kennebunk Lacrosse Club

Sign up time is March. Summer clinics (Boys and Girls)www.kbklax.com

Kennebunk Soccer Club (ages 8-13: Boys, Girls)

Sign up in April. Kirk Butterfield. 205-4007

www.kennebunksoccerclub.org

email: kbunksoccerclubregistrar@gmail.com

YES Summer Basketball League

4 Ledgeview Drive, Westbrook

Summer basketball league for boys and girls. 772-6644

<http://www.yestoyouth.org> email: yestoyou@maine.rr.com

Youth/Pee Wee Football (grades 4-8: Boys, Girls)

Sign up in May. www.kennebunkyouthfootball.org

Old Orchard Beach

Old Orchard Beach Little League

934-7103

Saco

Bumper Club (ages 3-5)

Vacationland Bowling

\$5 per week. 284-7386 www.vacationlandbowling.com

Saco Bay Lacrosse (grades K-6: Boys, Girls)

www.eteamz.com/sacobaylax

Saco Boys Little League

73 Summer Street

283-3561

Saco Girls Little League

Buxton Road

286-1961

Saco Junior Trojans Youth Cheering League

284-7168

Saco Junior Trojans Youth Football (Dayton, Arundel)

284-7168

Saco Soccer Club

284-2208

WinterKids (grades 5-7)

WinterKids is a non-profit organization promoting outdoor winter activities for Maine children. Program includes downhill and cross-country skiing, snowshoeing, snowboarding, ice-skating, tubing and tobogganing. 871-5700.

www.winterkids.org email: info@winterkids.org

Walking alone is a great way to regroup, but how about sharing the enjoyment with someone once a week who might not have a walking partner?

An older person in your neighborhood? A co-worker?

FITNESS CENTERS

Visit each fitness center's website or call the phone number provided to get more information on membership and fitness classes as well as a full range of what each fitness center offers.

Biddeford

Forever Fit

16 Main Street

Pilates, TRX, personal training and more. 282-6262
www.4everfitbiddeford.com

Northern York Country Family YMCA

3 Pomerleau Street

Many fitness activities available for everyone. Fitness classes, gym membership, swimming lessons/swim team, full-day child care, after school program, personal training and youth programs. 283-0100 www.nycymca.org

Planet Fitness

420 Alfred Road

All memberships come with unlimited fitness training.
284-9924 www.planetfitness.com/gyms/ME/Biddeford

Kennebunk

Curves

99 York Street

Women's fitness center with a variety of equipment and classes with some centers offering zumba. 985-9925
www.curves.com

Quest Fitness

2 Live Well Drive

Fitness classes, gym membership, swim lessons, birthday parties, personal training and more. 467-3800
www.questfitnessmaine.com

Spurling Training Systems

1 Colonel Gelardi Drive

Personalized programs, nutritional guidance, fitness & skills evaluations, personal training and more. 467-3757
www.spurlingtrainingsystems.com

The Fitness Nut House

45 Portland Road

Fitness classes, gym membership, personal training.
985-7727 www.thefitnessnut.com

Old Orchard Beach

Snap Fitness

2 Cascade Road

24/7 gym. Fitness classes, gym membership, personal training. 934 - 6136 www.snapfitness.com/oldorchard

Saco

Curves

3 Eastview Parkway, Suite 4

Women's fitness center with a variety of equipment and classes with some centers offering zumba. 282 - 0301
www.curves.com

Saco Sport and Fitness

329 North Street

Classes for everyone, personal training, gym membership, aquatic classes, swim lessons, weight loss programs and more. 284 - 5953 www.sacofitness.com

24/7 Fitness Gym at XL Sports World

400 North Street

Gym open 24 hours, fitness classes, gym membership, personal training, and more. 282-4005
www.xlsportsworld.com/247-fitness.html

RECREATION DEPARTMENTS

Arundel Recreation Department

*600 Limerick Road (ML Day School)
Arundel, ME 04046*

Director: Jenn Dumas
(207) 286-9241
recdirector@arundelmaine.org

www.arundelmaine.org

Biddeford Recreation Department

*189 Alfred Street
Biddeford, ME 04005*

Director: Carl Walsh
(207) 283-0841
cwalsh@biddefordmaine.org

www.biddefordmaine.org

Buxton Recreation Department

*185 Portland Road
Buxton, ME 04093*

Director: Tasha Pinkham
(207) 929-8381
recdirbuxton@sacoriver.net

www.buxton.me.us

Hollis Recreation Department

*35 Town Farm Road
Hollis, ME 04042*

Director: Debbie Tefft
(207) 929-5142 x115
dtefft@hollismaine.org

www.hollismaine.org

Kennebunk Parks and Recreation

*1 Summer Street
Kennebunk, ME 04043*

Director: Brian Costello
(207) 985-6890 x 1335
bcostello@kennebunkmaine.us

www.kennebunkmaine.us

Kennebunkport Parks and Recreation Department

*Consolidated School, PO Box 566
Kennebunkport, ME 04046*

Director: Carol Cook
(207) 967-4304
ccook@kennebunkportme.gov

<http://kennebunkport.org>

Old Orchard Recreation Department

*148 Saco Avenue
Old Orchard Beach, ME 04064*

Director: Jason Webber
(207) 934-0860
jwebber@oobmaine.com

www.oobmaine.com

Saco Recreation Department

*80 Common Street
Saco, ME 04072*

Director: Joseph Hirsch
(207) 283-3139
jhirsch@sacomaine.org

www.sacomaine.org

Sleeping-

Getting enough sleep each day is an essential aspect of living a healthy and productive life. Not getting enough sleep can help cause chronic diseases and conditions, such as diabetes, cardiovascular diseases, obesity, and depression.

Simple sleep hygiene tips:

- Go to bed and get up at the same time each day.
- Sleep in a quiet, dark, and relaxing environment.
- Make your bed comfortable and use it only for sleeping.
- Remove all TVs, computers, and other "gadgets".
- Avoid physical activity within a few hours of bedtime.
- Avoid large meals before bedtime

MUNICIPAL INFORMATION

Town/City Halls

Arundel Town Hall

(207) 985-4201 www.arundelmaine.org

Biddeford City Hall

(207) 284-9313 www.biddefordmaine.org

Buxton Town Hall

(207) 929-5191 www.buxton.me.us

Dayton Town Hall

(207) 499-7526 www.dayton-me.gov

Kennebunk Town Office

(207) 985-2102 www.kennebunkmaine.us

Kennebunkport Town Office

(207) 967-4243 <http://kennebunkport.org/>

Hollis Town Hall

(207) 929-8552 www.hollismaine.org

Old Orchard Beach Town Office

(207) 934-5714 www.oobmaine.com

Saco City Hall

(207) 282-4191 www.sacomaine.org

Libraries

Cape Porpoise Town Library

Atlantic Hall, Cape Porpoise (207) 967-5668

Dyer Library

371 Main Street, Saco (207) 283-3861

Graves Memorial Library

Maine Street, Kennebunkport (207) 967-2778

Hollis Center Library

14 Little Falls Road, Hollis (207) 929-3911

Kennebunk Free Library

112 Main Street, Kennebunk (207) 985-2173

Libby Memorial Library

27 Staples Street, Old Orchard Beach (207) 934-4351

Ocean Park Memorial Library

11 Temple Avenue, Ocean Park (207) 934-1853

McArthur Library

270 Main Street, Biddeford (207) 284-4181

Salmon Falls Library

322 Old Alfred Road, Hollis (207) 929-3990

Berry Library

93 Main Street, Bar Mills (207) 929-5484

West Buxton Public Library

34 River Road, Buxton (207) 727-5898

Historical Societies and Local Museums**Biddeford Historical Society**

PO Box 200, Biddeford (207) 284-4181

Brick Store Museum

117 Main Street, Kennebunk (207) 985-4802

Kennebunkport Historical Society

North Street, Kennebunkport (207) 967-2751

Kennebunkport Maritime Museum

Ocean Ave, Kennebunkport (207) 967-4195

Old Orchard Beach Historical Society

4 Portland Rd, Old Orchard Beach (207) 934-9319

Saco Museum

371 Main Street, Saco (207) 283-3861

MUNICIPAL INFORMATION

Adult Education Centers

Biddeford Adult & Community Education

64 West Street (207) 282-3883

Old Orchard Beach Adult Education

40 E Emerson Cummings Boulevard (207) 934-7922

Saco Adult Learning Center

School Street (207) 282-3846

Kennebunk Adult Education

89 Fletcher Street (207) 985-1116

"The purpose of learning is growth, and our minds, unlike our bodies, can continue growing as we continue to live."

- Morris Adler

Community and Teen Centers

Biddeford Teen Center

550 Main Street, Biddeford (207) 282-4167

189 Alfred Street, Biddeford

Community Bike Center

284 Hill Street, Biddeford (207) 282-9700

Crossroads Youth Center

80 Common St., Saco (207) 883-2146

J. Richard Martin Community Center

189 Alfred St., Biddeford (207) 282-8418

Northern York County Family YMCA

3 Pomerleau Street (207) 283-0100



Coastal Healthy Communities Coalition

(207) 602-3504

chcc@une.edu

www.une.edu/chcc

Updated March 2015