

ACCESS Health is part of the Healthy Maine Partnership network.

The mission of ACCESS Health is to contribute to the health and well-being of our communities by reducing tobacco use and tobacco related disease. The coalition consists of many community partners that work together to accomplish the following:

- Prevent youth tobacco use
- Help people quit
- Increase awareness about secondhand smoke
- Encourage physical activity
- Promote healthy eating
- Prevent underage drinking

Aging Excellence, Inc.

115 Pleasant St
Brunswick, ME 04011
207-729-0991
www.seniorsonthego.com
Contact: Kate Adams

Mon-Fri: 8 am -4 pm
Older adults, 50 yrs and older

- Adventure and social outings to add physical, social, or personal value to your leisure time
- More than 50 fun adventures

Bath Country Club

387 Whiskeag Rd
Bath, ME 04530
207-442-8411
www.skipworkplaygolf.com
Contact: Shawn Arsenault
7 days/week
Summer Hours
6:00 am to dark
Call for winter hours
All ages



- Eighteen-hole public club
- Indoor golf simulation using video technology and lessons
- Cross-country skiing in the winter with 2 trails approximately 12 miles
- Sledding free of charge

Bath Cycle and Ski

Rte 1
Woolwich, ME 04579
207-442-7002
Contact: Davis Carver

- Cycling club for riders at all levels.
- Weekly rides, Saturday morning, 8am (call ahead).

Body Symmetry

Pilates and Personal Training Studio
119 Bath Road
Brunswick, ME 04011
207-729-1122
Contact: Martha Kittle
www.bodysymmetrymaine.com

- Midcoast Maine's only fully equipped Pilates Studio
- Certified Stott Pilates Instructor Trainer
- Offering Pilates Mat, Reformer, Stability Chair classes
- Private/Semi-private sessions
- Certified Personal Training
- Small Group Strength Classes
- Sports conditioning
- Injury rehabilitation
- General Fitness
- Spinning classes

"Let our Knowledge Power your Body!"

Indoor Walking Routes

Many schools in the area offer indoor walking during the winter months. Please call the school for times and dates.

MSAD 75

Mt. Ararat High School
73 Eagles Way, Topsham
729-2951

Mt. Ararat Middle School
66 Republic Ave, Topsham
729-2950

Williams Cone Elementary School
19 Perkins Rd, Topsham
725-4391

Woodside Elementary school
42 Barrows Dr., Topsham
725-1243

Bowdoin Central School
1460 Main St., Bowdoin
666-5779

Bowdoinham Community School
23 Cemetary Rd., Bowdoinham
666-5546

Harpswell Islands Elementary School
308 Harpswell Islands Rd, Harpswell
729-5177

West Harpswell School
9 Ash Point Rd., Harpswell
833-5961

Brunswick

Brunswick High School Adult Ed
116 Maquoit Rd., Brunswick
319-1910
T & Th 5-9 pm.



Playgrounds

MSAD 75

Williams Cone Elementary School
19 Perkins Rd., Topsham

Woodside Elementary school
42 Barrows Dr., Topsham

Foreside Field
Foreside Rd., Topsham

Naval Annex
Republic Ave., Topsham

Bowdoin Central School
1460 Main St., Bowdoin

Bowdoinham Community School
23 Cemetary Rd., Bowdoinham

Harpowell Islands Elementary School
308 Harpswell Islands Rd, Harpswell

West Harpswell School
9 Ash Point Rd., Harpswell

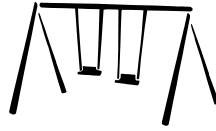
Brunswick

Coffin School
20 Barrows St., Brunswick

Hawthorne School
46 Federal St., Brunswick

Jordan Acres School
75 Jordan Ave., Brunswick

Edwards Field
Jordan Ave, Brunswick



RSU 1

Dike-Newell School
3 Wright Dr., Bath

Fisher-Mitchell School
597 High St., Bath

West Bath School
126 New Meadows Rd., W. Bath

Phippsburg Elementary School
1047 Main Rd., Phippsburg

Woolwich Central School
137 Nequasset Rd., Woolwich

Georgetown

Georgetown Central School
52 Bay Point Rd., Georgetown

Full Spectrum Fitness

9 Cumberland St
Brunswick, ME 04011
(207) 721-0007
Contact: Chad Murillo
New lower rates for all members
Mon-Th: 5 am-9pm
Fri: 5 am-8 pm
Sat/Sun: 7 am-2 pm
16 yrs and older

- Martial arts studio
- Complimentary orientation included with membership
- Certified personal trainers
- Bodymaster strength training
- Cardiovascular room
- Aerobic classes available
- Step classes

Curves

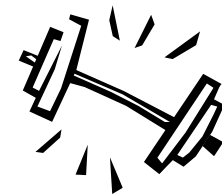
www.curves.com

Brunswick
275 Bath Road
Brunswick, ME 04011
207-725-1800
Cindy Hughes

Bath
111 Centre St.
Bath, ME 04530
207-386-1110
Contact: Linda Barlow

Teens -adults
Call for hours

- 30-minute total body workout
- Strength training
- Cardio vascular conditioning
- Weight loss program that specializes in permanent results without permanent dieting
- Curvesmart is the world's most advanced training system
- You will receive precision designed workout, moment to moment feedback, and progress reports that will keep you motivated.



Dragonworks, Inc.

42 Stevens Rd
Bowdoinham, ME 04008
207-666-8481
Contact: Ed Friedman
By appointment
All ages

- Kayak instruction
- Develop your beginning through advanced paddling skills
- Tours on Merrymeeting Bay
- Manufacture and sell kayaks
- Do tours/instruction

Homebodies Personal Training

30 Cabin Drive
Harpswell, ME 04079
207-798-6757
www.homebodiespt.com
Contact: Heather Patterson
Online training
All ages

- One time in-home training
- Cost varies, check out website for "E" package descriptions and prices

Healthy Maine Walks

ACCESS Health promotes the Healthy Maine Partnership's website, www.HealthyMaineWalks.org. Visit Healthy Maine Walks for more information on these and many other indoor and outdoor walking trails near you, or call ACCESS Health at 373-6973.

Howard Sports-Roller World Howard Sports Dome

20 Atwood Rd
Topsham, ME 04086
207-729-7900
www.howardsports.com
Contact: Amber Griffin
Hours vary according to season
All ages

- Indoor roller skating rink for either roller skates or roller blades
- Hours of operation for all ages, as well as our adult night for 18 and older only and Friday night teen skate and dance
- Indoor artificial sports turf for:
 - Soccer
 - Lacrosse
 - Softball
 - Baseball
 - Little League
 - Field hockey



Bath

Butler Cove
Historical Bath
Oak Grove Cemetery
Thorne Head Preserve



Brunswick

Androscoggin River Bicycle Path
Mid Coast Hospital Nature Trails
Parkview Wellness Trails
Cox Pinnacle Trails
Crystal Spring Farm Trails

Topsham

Topsham Fair Mall/Main Street Loop
Cathance River Preserve
Topsham Public Library's Eagle's Path
Androscoggin Brunswick-Topsham Riverwalk

InspireME

30 Front Street
Bath, ME 04530
207-443-2509
www.inspiremept.com
Contact: Perian Moore
Varies per program.
Tailored to individual needs
By appointment
13 yrs- older adults

- Their mission is to educate clients to take care of themselves through a healthy lifestyle
- Goal is to improve clients' health and fitness by balancing life demands with exercise and a healthy food plan
- Objective is to increase the client's activity level, define a healthy diet and teach healthy living

Running Start of Mid Coast Hospital

Medical Office Building
123 Medical Ctr Dr
Brunswick, ME 04011
207-373-6360
Contact: Keith Guiou
\$7.00 weekly or \$70 for 10 week session
Mon-Wed-Fri
7-8 am & 8-9 walking
Mon & Wed Pool 9-10 am,
Fri 8:30-9:30 am
Primarily adults 18 yrs and older

- Community exercise program suitable for all levels
- Stretching
- Calisthenics
- Aerobic walking or running
- Swim program combines exercise and free swim



Maine Pines Racquet and Sports

120 Harpswell Rd
Brunswick, ME 04011
207-729-8433
www.maine-pines.com
Contact: Rob Manter
rmanter@gwi.net
Lower rates for students
Mon-Fri: 5:30 am -9 pm
Sat: 7 am-12 pm
Sun: 8 am-12 pm
4 yrs and over to play tennis,
18 yrs and over to use fitness facilities

- Full service sports and fitness facility offering 6 indoor tennis courts
- Free orientation session with certified personal trainer included with membership
- Group fitness classes for all levels
- Childcare services for ages six weeks and older
- All tennis and fitness staff certified
- New Cybex selectorized machines
- Free weights
- Cardiovascular equipment
- Racquetball
- Wallyball
- Squash
- Sculpting classes
- Little Tennis
- Kid's Fitness
- Junior Development Program
- Senior fitness



Merrymeeting Wheelers Bicycle Club

P.O. Box 233
Brunswick, ME 04011
www.merrymeetingwheelers.org
Contact: Jennifer Berube, Pres.
myasertscycler@yahoo.com
207-798-9916 (cell)

- Weekly rides from Brunswick May through September
- Skiing and hiking outings during colder months
- Monthly meetings with a speaker
- Website lists over 25 bike routes and maps that can be downloaded

Mid Coast Gymnastics

41 Winter St
Topsham, ME 04086
207-729-9618
Can arrange financial assistance for youth w/Sweetser
Children of all ages

- Gymnastic instruction
- Classes for a variety of age groups

New England Medical Fitness

49 Topsham Fair Rd, Suite 22
Topsham, ME 04086
207-373-0907
Contact: Lionel J. Beaucage, III,
"Beau"
Low cost monthly rates
Mon-Fri: 5 am- 8 pm
Sat & Sun: 7 am-11 pm
All Ages

- Fitness training professionals
- Medical fitness training
- General fitness
- Specialized one-on-one attention
- State of the art fitness center
- Massage therapy
- Nutrition counseling
- Weight loss programs
- Pain relief
- Chiropractic care
- Colon hydrotherapy

Northern Chi' Martial Arts Center

25 Stanwood St
Brunswick, ME 04011
207-721-0299
www.northernchi.com
Contact: Jim Bouchard,
Master Instructor
Class times vary, check website for
weekly schedule
5 yrs and older

- Martial Arts training
- Shaolin Kenpo
- New weapons classes (call for more information)
- 5% off tuition packages for Mid Coast Hospital employees

The Maine Event

126 Main St
Topsham, ME 04086
207-729-0129
Contact: Todd Reynolds
Lower rates for students.
Will work with low income families
Mon-Fri: 5 am to 9 pm
Sat-Sun: 8 am to 5 pm
All ages.
Some activities age- restricted

- Large selection of cardiovascular and weight lifting machines
- Special rates and times for seniors
- Child care center
- Racquetball
- Aerobics
- Yoga
- Indoor golf



Universe Gym

361 High St.
Bath, ME 04530
207-442-0180
Contact: Shane and Kari McKenna
Kmmckennal@suscom-maine.net
Special half price yearly membership for students
Mon-Fri: 4:30 am to 9 pm
Sat-Sun: 7am to 1 pm
18 yrs. and older
13 yrs. w/adult supervision

- Twenty piece cardio theater
- 10,000 sq. foot workout space
- Nautilus, largest selection of free weights in the area
- Personal trainer
- Physical therapist
- Body sculpting
- Cardio step
- Pilates
- Yoga/hatha
- Body Master
- Hammer Strength
- Kickbox cardio
- Kids afterschool program
- Yoga for kids
- Kids summer camp/art/yoga/science

Topsham Parks and Recreation Dept.

22 Elm St.
Topsham, ME 04086
207-725-1726
www.topshammaine.com
Contact: Pam LeDuc, Community Services
Mon-Fri: 8:30 am-4:30 pm
Wed. 8:30 am-5:30 pm
Kindergarten - adult

- Baseball
- Basketball
- Tennis
- Softball
- Winter open gym
- Ski instruction
- Field hockey clinics
- Golf
- Bowling
- Seasonal activities/bus trips

Wiscasset Community Center

242 Gardner Rd.
Wiscasset, ME 04578
207-882-8230
www.info@wiscassetrec.com
Contact: Todd Souza
Membership and non membership rates, lower rates for students and scholarships are available
Winter:
Mon-Thurs. 5-9, Friday 5-8, Sat. 8-4, Sun. 1-5.
Summer:
Mon-Thurs 5-8, Fri. 5-6, Sat. 8-12, Sun 1-4
Pre-school - older adults

- Full 6 lane lap pool
- Small therapy pool
- Fitness center w/cardio and weights
- Multipurpose gym
- Adult and pre-school aerobics classes
- Yoga and Tai Chi
- Full senior center w/kitchen
- Senior, youth and adult trips
- Sports camps
- Summer camps
- Call or check website for details on sports and summer camps



The Park

26 Summer St.
Bath, ME 04530
207-443-8900
www.bathskatepark.com
Contact: Amos Wright

Limited scholarships available based on financial need
"Work to Skate Program" (Volunteer at The Park in exchange for use of facility)

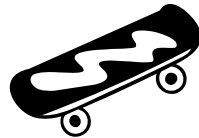
Summer Hours
Tues-Fri: 2 pm-9 pm
Sat: 10 am -10 pm
Sun: 12pm -6 pm

Winter Hours
Tues-Fri: 2 -9 pm
Sat: 10 am-10 pm
Sun: 12-6 pm
4th grade through college age

- Skating
- BMX biking
- Inline skating
- Skating lessons
- Skateboard competitions

Other programs

- Rock concerts
- Movies
- Internet café
- Multi-media lab
- Counseling service/by appointment



Riverview Foundation

610 Augusta Rd,
Rt. 201
Topsham, ME 04086
207-729-7399
www.riverviewfoundation.com
Contact: Hester Mishkin
ext. 302

Will work with Department of Human Services to help fund families Morning, afternoon and evening programs. Check website for programs and time schedules.
6 yrs and older

- Tai Chi'
- Non-completive martial arts
- Self-defense and wilderness training
- Call or check out web site for details on programs, events and schedules.

Women's Fitness Studio and Spa

21 Stanwood St
Brunswick, ME 04011
207-729-5544
www.womensfitnessstudio.org
Contact: Kathleen Strickland
Special lower rates for students
Mon-Thurs: 5 am to 8 pm
Fri: 5 am to 7 pm
Sat: 7:30am-2pm
Sun: 7:30 am-noon
11 yrs and older w/adult supervision

- Full-service women's fitness facility
- Group fitness classes
- Personal training and childcare
- Body Pump and Body Step
- Body Pump, hailed as the fastest way in the universe to get in shape, is a strength endurance training class where muscle and music collide
- Women's Nautilus
- Free weights
- Yoga
- "Young at Heart" a 3 times a week class for deconditioned and older women
- Massage and skin care offered
- Body Flow
- Body combat
- Zumba

Bath Area Family YMCA

303 Centre St
Bath, ME 04530
207-443-4112
www.bathymca.org
Contact: Kevin Shute
Adult, Family, Senior, and Student/
youth memberships
Sliding scale for low income families
Mon-Fri:
5 am-9:00 pm
Sat: 7:00 am-3:00 pm
Sun: 9:00 am-1:00 pm
Summer hours vary
Hours change in September
All ages

- Full-service facility that includes 25-yard, 8-lane pool
- Therapeutic pool, whirlpool
- Indoor track—banked rubber surfaced, two-lanes
- Fitness center including 19 Cybex Cardiovascular stations
- Weight training including 20 Cybex stations and free weights
- Hardwood basketball court offering winter basketball league for grades Kindergarten-4th grade
- Competitive team gymnastic lessons for preschool and youth
- Two racquetball courts
- Climbing wall
- Aerobic studio and personal training classes as well as group exercise classes
- Teen center with pool table, ping pong, computers



Bath Recreation Department

4 Sheridan Road
Bath, ME 04530
207-443-8360
bathrec@cityofbath.com
Contact: Steve Balboni or
Peter Bingham
8:30 am-4 pm
(Closed Tues from 12 noon - 1 pm)
Kindergarten -older adults

- A variety of organized fitness activities
- Sports camps
- Clinics
- Beach days
- Ski trips
- Skating
- Bowling
- Volleyball
- Line dancing
- Basketball, and more
- Adult activities include coach certification
- Summer vacation camps

Bowdoinham Recreation

13 School Street
Bowdoinham, ME 04008
207-666-3504
Contact: Brooke Cox
Scholarships provided for all programs. No child is denied due to financial need
Hours vary

- Kayak Camp
- Art at the Gazebo
- Walking & running/Autumn
- Mad Science (school year)
- Basketball
- Down Hill Skiing
- Ice Skating (after school)
- X-country skiing
- Snowshoeing
- Baseball and softball
- Folk fun for little ones
- Indoor walking at Bowdoinham Community School, Winter Months



Brunswick Park and Recreation Dept.

30 Federal St
Brunswick, ME 04011
207-725-6656
www.brunswickme.org/parkrec
Contact: Tom Farrell
Registration fee
8 am - 4:30 pm
Pre-school age 3 - adults

- Softball, baseball, basketball, soccer, tennis, swimming, lacrosse, bowling
- Sailing
- Running Club
- Bicycle and pedestrian path
- Kayaking
- Track and Field
- Summer Art
- Winter skating
- Check out website for seasonal sports, classes and programs

(7)

Freeport Community Education

17 West St
Freeport, ME 04032
207-865-6171
www.fce-online.com
Contact: Russell Packett
Mon-Thurs: 8 am-4:30 pm
Fri: 8 am -4:00 pm
Preschool - older adults

- GED testing
- Adult education, and recreational/athletic opportunities and programming for all ages
- Basketball
- Soccer
- Yoga
- Dance
- Art
- Music
- Cycling
- Tennis
- Summer programs and vacation camps

Harpswell Recreation

P.O. Box 39
Harpswell, ME 04079
207-833-5771
Contact: Liz Bouve
Varies per program
Scholarships available
Newborn through older adults

- Basketball, children and adults
- Baseball/softball
- Cross country
- Hiking trails
- Walking trails
- Fairy House Building
- Karate
- Kayaking
- Music and movement for children
- Skiing and snowboarding
- Pee wee soccer
- T-ball
- Camp Harpswell
- Summer Swim lessons
- Winter lap and family swim



People Plus Center

6 Noble St
Brunswick, ME 04011
207-729-0757
www.peopleplusmaine.org
Contact: Sig Knudsen
Mon-Fri: 8:00 am -4 pm
Older adults

- Healing sessions (Reiki healing)
- Tai Chi
- Strength training
- Shape-up aerobics
- Line dancing
- Meditation class
- Yoga and chair yoga
- Various monthly holistic healing workshops
- Educational and cultural talks
- Trips
- Outreach program.

(8)