

Wells Parks & Recreation

NEWSLETTER

MAY 26, 2020



Welcome to the Wells P&R newsletter! We hope that everyone is doing well and continuing to practice safe protocols so that we can get back on track to some sort of normalcy soon. We are so looking forward to seeing everyone again!! Hang in there as we are in this together and WILL get through it all!

New Software!

Our new software is now online! [Go to www.wellsrec.org](http://www.wellsrec.org) (if you see our old site, you may need to clear your cookies) If you do not have an account with our new software before July 1, you will miss out on future emails and information!

We have created accounts for MANY but NOT ALL of our current Wells Rec families. BEFORE creating an account, please check to see if we have created one for you.

Did we create an account for you? YES, if any of the following applies:

- ◊ Your child was enrolled in Camp Sunset, Camp Daybreak or Wednesday Early Release as of March 13.
- ◊ Your child was enrolled in a Spring 2020 program (i.e. Swim lessons, Lacrosse, Run Club, Track, etc.)
- ◊ You previously had a credit/balance on your account

Login: use the same email address you used to log into our old system

Password: ![Lastname]2020 – make sure to use the exclamation point at the beginning and Capitalize the first letter in your last name. Last name = CHILD'S last name. (i.e. !Gould2020)

If the above login information does not work, then most likely we have not created an account for you. If you believe you should have a credit on your account and the login information does not work, please contact Natalie.

Virtual Programs

Daily Facebook Activity:

RECreating While Social Distancing. Monday-Friday we will post a new activity to try with your family. Most activities require only supplies you can find in your home. Only through May 29th!

Virtual Trivia Night:

Friday, May 29th we will host our SECOND online Trivia Night. You must register to reserve your spot. There are only 20 spots available! The theme of our 2nd Episode is: Marvel Heroes!

Congrats to our Harry Potter Trivia Winners:

1. The Corbett Family
2. The Burke Family
3. The Lantz Family



Programs!

Mini Camps!

This summer we will be offering several Mini-Camps throughout the summer. We will be following CDC guidelines concerning COVID-19, including (but not limited to) small groups, social distancing, health screenings, and limited to no sharing of equipment.

- ⇒ Archery Camps
- ⇒ Basketball: Dribble Up Camp
- ⇒ Lacrosse Camps
- ⇒ Bike Camp
- ⇒ And possibly more!

Some of our regular summer programs are still going on too!

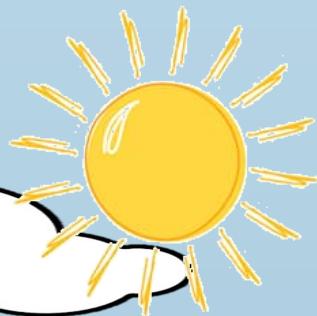
- ⇒ Tennis Lessons
- ⇒ Mad Science Camp
- ⇒ it's a dogs world: Me & My Dog Camp
- ⇒ Seacoast United Soccer Camp (Registration currently on hold)

Babysitting Connection

Are you in need of a Summer Babysitter for your family? Due to Summer Camp closure, we are not able to employ well trained individuals who love kids and want to work!

Here's how it will work: Complete the program registration for each of your children needing care. It is Free to sign up. We will pass along your information to camp counselors who would have worked for us this summer and they will contact you. Details such as payment, days & times needed, etc. will be worked out between the family and the babysitter.

We can not guarantee that a match will be made, but we will do our best to meet the needs for as many as possible.



Each week we will provide a supply of themed, age appropriate activities for you to pick up at the Rec "curbside" on Fridays. Activities will include arts & crafts, science experiments, sports and fitness activities and more!

Camp@Home will also include Virtual Camp entertainers & group games via Zoom on some weeks.

**For more information
on any of these
programs or to
register visit:
www.wellsrec.org**



Updates

Town Wide COVID Updates:

NEW 5/18/20: Town Hall is open by appointment only. Please call 207-646-5113 to make an appointment.

NEW 5/25/20: Wells Beaches are OPEN. Please continue to follow social distancing guidelines.

NEW 6/1/20: The Recreation Department & Library are scheduled to reopen to the public.

Check the [Town of Wells](#) website for current Emergency Notices.

Wells Parks & Recreation:

Staff are working in the office and remotely. You may reach staff via email or phone. To reach a staff member by phone, 207-646-5826 please choose an individual extension and not the general delivery mailbox.

NEW 6/1/20: Rec Office will be open to the public.
Please use the side door next to the Handicap Parking space. 1 person allowed in the office at a time.

Please remember Social Distancing if using the trails at the Walter Marsh Recreation Area. Make sure to pick up after your dog! Bags and trash cans are available at each trail head.

Closed: Playgrounds & basketball courts.

NEW 6/1/20: Tennis Courts 1 & 4 will be open. Come to the side door of the Rec Office to purchase a key.

We want your input!

We are looking into some new playground equipment at the Walter Marsh Rec Area and we would like to hear your ideas!



Take a few minutes to complete this short [survey](#)!



COVID-19

Be Smart

Do Your Part

Park Use Guidelines

Please do your part to protect yourself and others while visiting the park

Stay home if you are sick

Wash or sanitize your hands before coming to and after leaving the park

Keep 6-foot distance between you and others and do not gather in groups

Smiling does not spread germs. We can all use a friendly smile, wave or hello as we pass by!

Be advised that park amenities are not sanitized, so please use caution.



Other

A Parent's Guide to Practicing Martial Arts at Home

With programs, activities, and martial arts classes canceled around the country due to COVID-19, you are probably faced with the challenge of helping your kids keep active. While it is challenging for kids to practice without an instructor, your kid can still benefit from practicing at home. With the right setup and approach, your kids can keep their skills sharp not just during the pandemic, but at any other time in the future when you can't make it to regular classes.

Why Practice at Home?

If it's challenging for kids to have a productive martial arts practice at home, you might wonder why it matters to try. There are actually many good reasons for your kids to keep up with their routines even when they can't make it to their regular classes!

Research has shown that routines give kids the sense of stability and safety that they need to feel secure. Having a regular practice session at home is a great way to provide the structure your kids crave!

If you're stuck at home, practicing martial arts is an excellent way for your kids to stay active. Children need at least one hour of exercise per day to stay healthy.

Doing martial arts is also a great way to cope with feelings of uncertainty. Practicing provides a great outlet for kids who might be feeling stressed or anxious.

How to Begin a Home Practice

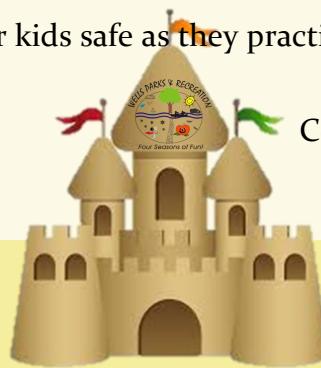
Now that you've learned why it's beneficial to practice at home, you've got to figure out how to make it happen! Martial arts studios are great because they already have everything needed for a productive practice, but you can replicate the experience at home by using your own gear and watching online classes.

Think about how your kids' regular martial arts studio is arranged and what gear they have. You won't need all that space and gear, but making a mental list of the equipment and setup can inspire you to get started. You can also look online for how to save at Target to save money and earn cash back on these purchases.

Your kids probably already have some safety gear that they used during their classes. However, you should still review what equipment you might need to buy for a safe practice at home.

Buying wall mats and floor mats can also keep your kids safe as they practice their moves.

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Getting it All Set Up

Learning what gear and equipment to buy is just part of setting up a practice space. You'll have to choose a place to put your gym and decide how to arrange it all.

Basements make great workout spaces because you can keep your gear out at all times.

As an added bonus, you can boost your home's appraisal value if you finish your basement.

It also works to dedicate a spare bedroom to your kids' practice space. It doesn't cost much to convert a bedroom when you take a DIY approach.

Doing a garage conversion is another great way to make room for a gym when there's no space inside.

It takes some effort to set up a martial arts space at home, but it's sometimes the easiest way to help your kids practice right now. Getting your kids to do martial arts at home will keep their skills sharp, but it also provides some of the structure and stability that they might be missing from their studio classes.

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Our Major Sponsor, Saco Bay Physical Therapy wants you to know that they are still open! What a great time to focus on you! Either at one of their local centers in Wells & Kennebunk or via TeleRehab!

Visit sacobaypt.com
or [check out their flyer here!](#)

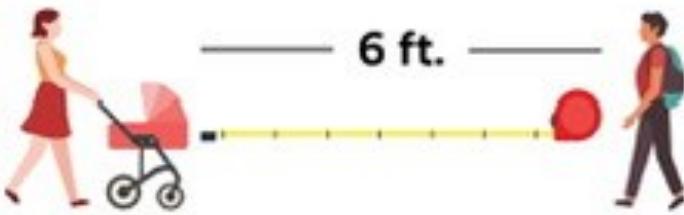


Your trusted therapy partner.

During this unprecedented time, we are keenly focused on your safety while helping you heal from an injury or a chronic condition. As an essential component of health care during the coronavirus (COVID-19) pandemic, we've made it easier than ever before to receive the care you need from our licensed therapists.

Tips for Physical Distancing In Parks

Know what 6 feet looks like. Lay measuring tape on the ground. It's the distance of a surfboard, long yoga mat or adult bike.



Do not use playgrounds or other frequently touched surfaces.

Go by yourself or those you live with.



Avoid crowded areas. If a space cannot be enjoyed safely, go home or discover a new park in your community.



NRPA

National Recreation
and Park Association

Because everyone deserves a great park.

For more resources on how to use parks safely during the COVID-19 pandemic, please visit: nrpa.org/Coronavirus