



fit&fun Winter Challenge 2018



To help encourage kids, adults, and families to get or stay active this winter, TAMC has created a new Fit & Fun Winter Challenge! Passport punch cards are available at TAMC, as well as each of the events below. Get your passport card punched at each activity you take part in and earn prizes!

January

**14 SUNDAY
TAMC FREE SKATE**
PI Forum, 1-3 pm • Free

Sponsored by TAMC. 200 skaters will be let in at a time. This number does not include spectators, so family members are welcome to come watch their skaters. As skaters leave, more will be allowed in. Free skate rentals also provided as long as supplies last. The concession stand will be open.

**15 MONDAY
SNOWMAN &
SLIDING DAY**
PI Housing, 1-3 pm • Free

Birch Street. Prizes awarded for the best family snowman. Bring your own sled. United Way will be at the event giving out free children's books. Cocoa and snacks provided.

**28 SUNDAY
YOUTH SKI DAY**
Quoggy Jo, 10 am - 4 pm

Cost: \$5 lift ticket; \$5 equipment rental; free lessons. Passports only punched between 10 am - 12 pm.



Most events are weather or snow dependent. If you are questioning whether an activity is happening, check FB or call the venue the day of the event.

February

**4 SUNDAY
TAMC FREE SKATE**
PI Forum, 1-3 pm • Free

Sponsored by TAMC. Free skate rentals also provided as long as supplies last.

**10 SATURDAY
SNOWSHOE HIKE**
Nordic Heritage, 10 am • Free

Sponsored by TAMC. Guided snowshoe hike by Linda Menard. For more details or to register, call 768-4172 or email lmenard@emhs.org.

**17 SATURDAY
YOUTH NORDIC DAY**
Nordic Heritage, 10 am • Free

Lessons with Paul Lamoreau begin at 10am. Rentals available while supplies last in the welcome center. Snacks provided.

**21 WEDNESDAY
TAMC DAY - BIGROCK**
Bigrock • \$5 (plus rental)

Ski at Bigrock in Mars Hill anytime between 12 - 8 pm. Passports punched between 2-4 pm.

**22 THURSDAY
TAMC DAY - QUOGGY**
Quoggy Jo, 10am-4pm

Special activities planned. Passports will only be punched between 10 am - 12 pm.

**24 SATURDAY
FAMILY FUN DAY**
Aroostook State Park, 10am - 3pm

Cost: \$1.50 for ages 12-64, all others free. XC skiing, sliding, skating and more. All equipment provided. Sponsored in part by TAMC. Passports only punched between 10 am - 12 pm.

March

**4 SUNDAY
TAMC Sunday Swim**
UMPI Gentile Hall, 2-5 pm • \$1

Sponsored by TAMC

**17 SATURDAY
BOWLING**
Northern Lanes, 3-5 pm • Free

**22 THURSDAY
UMPI FAMILY NIGHT**
Gentile Hall, 6-8 pm • Free

Sponsored by TAMC. Come join us and enjoy free access to the rock wall, walking track and fitness classes with Kelli.

Passport Punch Prizes

3 PUNCHES
TAMC headband
to keep your ears warm!

5 PUNCHES
TAMC Drawstring
Sports Bag

7 PUNCHES
TAMC Travel Mug for
Your Hot Drinks

10 PUNCHES
Fit & Fun Winter Challenge
Hoodie or Sweatshirt



EMHS MEMBER

For more details contact Jamie Guerrette at 768-4008 or go to www.tamc.org.