



Physical Activity Resource Guide

A guide to physical activity
sites in Aroostook County



Healthy Aroostook & Power of Prevention

VISION

The County: Healthy Environment, Healthy People

MISSION STATEMENT

Power of Prevention and Healthy Aroostook are community coalitions dedicated to improving the health and well-being of Aroostook County citizens through collaborative community action, education, and prevention.

PURPOSE

This Physical Activity Resource Guide summarizes physical activity sites in Aroostook County. It is our goal that you will use it to enhance your participation in physical activity. If you are aware of any physical activity opportunities that are not listed, please contact your local Healthy Maine Partnership.

DISCLAIMER

Inclusion or omission of any information is neither an endorsement nor disapproval of any existing facilities in Aroostook County.





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Basketball Courts

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BASKETBALL COURTS

ALLAGASH

Indoor/Outdoor

Old Allagash
Elementary School
Route 161/Main Street
Town Office: 207-398-3198

ASHLAND

Indoor

Ashland Central School
50 Oak Street
207-435-3511

MSAD #32 High School
46 Hayward Street
207-435-3481



CARIBOU

Indoor

Caribou Wellness Center
55 Bennett Drive
207-493-4224
www.caribourec.org

Caribou High School
308 Sweden Street
207-493-4260

Outdoor

Teague Park
Glenn Street
207-493-4224

CONNOR

Indoor/Outdoor

Connor Elementary School
1581 Van Buren Road
207-496-4521

EAGLE LAKE

Indoor

Eagle Lake Elementary School
Albert Street
207-444-5125

Outdoor

Powell Gym
Carter Street
207-444-5125

FORT KENT

Indoor

Fort Kent Elementary School
108 Pleasant Street
207-834-3456

Community High School
84 Pleasant Street
207-834-5540

University of Maine Fort Kent
43 Pleasant Street
207-834-7500

Outdoor

Fort Kent Elementary School
108 Pleasant Street
207-834-3456

MADAWASKA

Outdoor

Dionne Park
Fox Street
207-728-3604

Indoor

Multipurpose Building
7th Avenue
207-728-3604

MARS HILL

Central Aroostook
Jr./Sr. High School
PO Box 310
207-425-2811

Mars Hill Recreation Dept.
PO Box 449
207-227-0485

NEW SWEDEN

Indoor/Outdoor

New Sweden
Elementary School
113 Westmanland Road
207-896-5541

continued

PRESQUE ISLE*Indoor*

William V. Haskell
Community Center
270 Main Street
207-764-2545
www.pirec.org

Outdoor

E. Milton Grant Memorial
Pool & Playground
221 Main Street
207-764-2545
www.pirec.org

Peace Park
87 Parsons Street
207-764-2545
www.pirec.org

Indoor & Outdoor

Northern Maine
Community College
33 Edgemont Drive
207-768-2700

University of Maine at
Presque Isle - Gentile Hall
South Main Street
207-768-9772

REED PLANTATION

Reed Basketball Court
207-456-7546

ST. AGATHA*Indoor*

Wisdom Middle/High School
Main Street
207-543-7747

ST. FRANCIS*Indoor/Outdoor*

St. Francis Elementary School
857 Main Street
207-398-3107

**SOUTHERN AROOSTOOK/
HOULTON AREAS***Indoor*

Houlton Recreation Center
Gentle Memorial Building
128 Main Street
207-532-1310

Riverside Gym
568 Foxcroft Road
207-532-3407

Outdoor

Houlton Community Park
Randall Avenue
207-532-1310
<http://www.houlton-maine.com/>

STOCKHOLM*Outdoor*

Stockholm Elementary School
62 School Street
207-896-3092

VAN BUREN*Indoor*

Van Buren Middle/High School
321 Main Street
207-868-5271

Gateway Elementary School
20 Wright Street
207-868-2733

Van Buren Community Center
16 Champlain Street
207-868-3382

Outdoor

Van Buren Public
Recreation Park
Champlain Street
207-868-3395

WALLAGRASS*Indoor*

Wallagrass Elementary School
45 Church Street
207-834-5114

WOODLAND*Outdoor*

Woodland Consolidated School
844 Woodland Center Road
207-496-2981



**BIKING TRAILS WALKING
RUNNING ROLLERBLADING
HIKING TRAILS SNOWSHOEING**

<http://healthymainewalks.org/>

CARIBOU

Caribou Wellness Center
55 Bennett Drive
207-493-4224
www.caribourec.org

Cary Community Trails
163 Van Buren Road
Public Relations: 207-498-1361

Caribou High School
308 Sweden Street
207-493-4260

Aroostook Valley Trail
207-493-4224

Bangor/Aroostook Trail
207-493-4224

Collins Pond Path
207-493-4224

EAGLE LAKE

Dickwood Lake
Wildlife Mng. Area
207-444-5125

EDMUNDSTON, N.B., CANADA

Lions Park
Sports Complex: 506-739-6971
• Over 50 miles of trails
• Rollerblade park

FORT FAIRFIELD

Community Center
18 Community Center Drive
207-472-3800

In Town Walking Trails
207-472-3800

Aroostook River Dike Trail
Main Street
207-472-3800

FORT KENT

Community High School
207-834-5540
• 1/4 Mile outdoor track
• Seasonal

continued

Heritage Trails
Town Office: 207-834-3090
• Approx. 14 miles of trails
• Trails from Fort Kent to
St. Francis
(Exception: Rollerblading)

Riverside Park Trail
Town Office: 207-834-3090
• 7 Laps per mile

10th Mountain Center
Paradis Circle
207-834-6203

LIMESTONE

National Wildlife Refuge
97 Refuge Road
207-328-4634
<http://www.fws.gov/refuges/>

Trafton Lake
207-325-4025
<http://www.limestonemaine.org/welcome/page9.htm>
Town Office: 207-764-3755

MADAWASKA

Multipurpose Center
7th Avenue
207-728-3604

4 Season Trails
425 Spring Street
207-433-5805

MAPLETON

Haystack Mountain-Hiking
Town Office: 207-764-3755

MARS HILL

Mars Hill Recreation Dept.
PO Box 449
207-227-0485

Big Rock Ski Area
Graves Road
207-425-6711

NEW SWEDEN

Thomas Park
Town Office: 207-896-3306

Bangor/Aroostook Trail
Town Office: 207-896-3306

Aroostook Valley Trail
Town Office: 207-896-3306

PERHAM

Bangor/Aroostook Trail
Town Office: 207-455-5887

Salmon Brook Lake Reserve
Calvin Wardwell Trail
Main Dept. of Conservation:
207-435-7963

PRESQUE ISLE

Outdoor

Arnold Brook Lake
Spragueville Road
Town Office: 207-764-4485

Aroostook State Park
State Park Road
207-768-8341

Mantle Lake Park
110 Pine Street
207-764-2545
www.pirec.org

Nordic Heritage Center
207-762-6972
www.nordicheritagecenter.org

Presque Isle Bike/Walking Path
4.4 mile path throughout the
community
207-764-2545
www.pirec.org

Presque Isle Middle School
569 Skyway Street
207-764-4474

Indoor

Aroostook Centre Mall-Walking
830 Main Street
207-764-2616

University of Maine
at Presque Isle - Gentile Hall
181 Main Street
207-768-9400

William V. Haskell
Community Center
270 Main Street
207-764-2545
www.pirec.org

ST. AGATHA

Recreation Field Trail
(off Cleveland Road)
Town Office: 207-543-7305

SOUTHERN AROOSTOOK/ HOULTON AREAS

Houlton Recreation Center
Gentle Memorial Building
128 Main Street, Houlton
207-532-1310

Riverside Gym
568 Foxcroft Road
Houlton
207-532-3407

Oakfield Recreation Center
250 Oakfield Smyrna Road
757-8479

Houlton Riverfront Park
North Street
207-532-1310

Houlton Community Park -
Skate Park/Fitness Course
Houlton Recreation Dept.
Randall Avenue
207-532-1310

STOCKHOLM

Stockholm Elementary
62 School Street
Town Office: 207-896-5659

Bangor/Aroostook Trail
Town Office: 207-896-5659

VAN BUREN

Van Buren Community Center
16 Champlain Street
207-868-3382

Van Buren Middle/High School
321 Main Street
207-868-5271

Split Cedar Trail Network
St. Mary's Road
Water District: 207-868-2285

WASHBURN

Bangor/Aroostook Trail
Town Office: 207-455-8485

Aroostook Valley Trail
Town Office: 207-455-8485

Washburn High School
1359 Main Street
207-455-4501

WOODLAND

Woodland Community Trails
207-496-2981



BOAT LANDINGS

ALLAGASH

Allagash Inn Boat Landing
 Approx. 1-1/2 miles on
 Inn Road
 Town Office: 207-398-3198

ASHLAND

Aroostook River
 Station Street, 207-435-2311

CARIBOU

Lower Lyndon Street
 Boat Landing
 Parks and Rec: 207-493-4224

WPS Boat Launch
 Lower Limestone Street
 Parks and Rec: 207-493-4589

EAGLE LAKE

State Boat Landing
 Lowe Main Street
 Town Office: 207-444-5125

FORT FAIRFIELD

Aroostook River
 Riverside Avenue, 207-472-3800

FORT KENT

Riverside Park
 Church Street, 207-834-3090

Little Black Lake Boat Landing
 South Perley Brook Road
 Town Office: 207-834-3090

LIMESTONE

Trafton Lake
 207-532-4025
<http://www.limestonemaine.org/welcome/page9.htm>

MAPLETON

Hanson Lake
 207-764-3754

PORTAGE

Portage Lake
 West Cottage Road
 207-435-4361

PRESQUE ISLE

Arnold Brook Lake
 38 Niles Road
 207-764-2545, www.pirec.org

Aroostook River
 Reach Road, 207-764-6561

Echo Lake
 State Park Road, 207-768-8341

Riverside Park
 36 Riverside Drive
 207-764-2545, www.pirec.com

ST. AGATHA

Long Lake Public Boat Landing
 Main Street

ST. FRANCIS

Hartt's Boat Landing
 Town Office: 207-398-3175
 Keith Hartt: 207-398-3128

SOUTHERN AROOSTOOK/ HOULTON

Houlton Public Boat Landing
 River Street, 207-532-1310

Drew's Lake Public
 Boat Landing
 New Limerick, 207-532-4216

Nickerson Lake Public
 Boat Landing, 207-532-4216

SQUARE LAKE TWP

Cross Lake Boat Landing
 Off Rte. 161

VAN BUREN

Van Buren Public Boat Landing
 Bridge Street
 Town Office: 207-868-2886

Long Lake Cove Public
 Boat Landing
 Town Office: 207-868-2886

WASHBURN

Aroostook River
 South Wade Road, 207-455-8485

WINTERVILLE

St. Froid Lake Boat Landing
 207-444-6460



CANOEING & KAYAKING

ALLAGASH

Allagash River
207-398-3198

CARIBOU

Madawaska River
207-493-3324

Aroostook River
207-493-3324

EAGLE LAKE

Dickwood Lake
Wildlife Mng. Area
207-444-5125

FORT FAIRFIELD

Fort Fairfield Recreation Dept.
18 Community Center Drive
207-472-3882

FORT KENT

Fish River
207-834-3136

St. John River
207-834-3136

LIMESTONE

Trafton Lake
207-325-4025
[www.limestonemaine.org/
welcome/page9.htm](http://www.limestonemaine.org/welcome/page9.htm)

MAPLETON

Hanson Lake
207-764-3754

PORTAGE

Portage Lake
West Cottage Road
207-435-4361

PRESQUE ISLE

Arnold Brook Lake
38 Niles Road
207-764-2545, www.pirec.org

Aroostook River
Ashland, Fort Fairfield,
Presque Isle, Washburn

Echo Lake
State Park Road, 207-768-8341

Riverside Bicentennial Park
36 Riverside Drive
207-764-2545, www.pirec.org

REED PLANTATION

Mattawamkeag River
207-456-7546

SOUTHERN AROOSTOOK/ HOULTON AREAS

Houlton Public Boat Landing
River Street, 207-532-1310

Drew's Lake Public
Boat Landing
New Limerick, 207-532-4216

Nickerson Lake Public
Boat Landing, 207-532-4216

FITNESS CENTERS

CARIBOU

Caribou Community Wellness
and Recreation Center
55 Bennett Drive
207-493-4224
www.caribourec.org

Caribou Inn &
Convention Center
19 Main Street, 207-498-3733

County Physical Therapy
118 Bennett Drive Ste. 140
207-498-6334

FORT KENT

County Physical Therapy
62 West Main Street Ste. 102
207-834-4117

Northern Maine Medical Center
Cooperate Wellness
Membership
194 Main Street, 207-834-1941

University of Maine
Fort Kent Sports Center
23 University Drive
207-834-7574

MADAWASKA

County Physical Therapy
460 Main Street Ste. 105
207-728-7778

PRESQUE ISLE

County Physical Therapy
5 North Street, 207-768-9452

Northern Maine
Community College
33 Edgemont Drive
207-768-2700

Presque Isle Inn &
Convention Center
116 Main Street, 207-764-3321

University of Maine
at Presque Isle - Gentile Hall
South Main Street
207-768-9772



MSAD#1 Fitness Center
207-764-0121

Northern Massage &
Wellness Center
180 Academy Street
207-764-0400

SOUTHERN AROOSTOOK/ HOULTON AREAS

Houlton Recreation Center
128 Main Street, Houlton
207-532-1310

Shiretown Motor Inn
282 North Road, Houlton
207-532-9421
<http://www.shiretownmotorinn.com/>

Woodstock Pool and Gym
105 Connell Park Road
Woodstock, 506-325-4671

Riverside Gym
568 Foxcroft Road, Houlton
207-532-3407

Main Street Fitness Center
58 Main Street, Houlton
207-532-2300

Sherman Recreation Dept.
30 School Street, Sherman
207-365-4270

Center for Community
Health Education
20 Hartford Street, Houlton
207-532-5969

County Physical Therapy
4 North Street, Houlton
207-521-0200

GOLF COURSES

CARIBOU

Caribou Country Club
New Sweden Road
207-493-3933

Enman Riverside Disc Golf
976 Presque Isle Road
207-492-0609

EDMUNDSTON, N.B., CANADA

Edmundston Golf Course
570 Victoria Street
506-735-7266
506-735-8013

FORT FAIRFIELD

Aroostook Valley Country Club
Russell Road
207-476-8083

FORT KENT

Fort Kent Golf Club
304 St. John Road
207-834-3149

LIMESTONE

Limestone Country Club
Sawyer Road
207-328-7277

MADAWASKA

Birch Point Golf Club
744 Lake Shore Road
207-895-6957

MARS HILL

Mars Hill Country Club
York Road
207-425-4802

West Ridge Road
Golf Course Par 3
580 West Ridge Road
207-429-9368

PORTAGE

Portage Hills Country Club
98 Country Club Ave.
207-435-8221

PRESQUE ISLE

Presque Isle Country Club
35 Parkhurst Siding Road
207-764-0430

ST. DAVID

Long Lake Country Club
744 Lake Shore Road
207-895-6957

SOUTHERN AROOSTOOK/ HOULTON AREA

Houlton Community
Golf Course
Houlton
207-532-2662
<http://houltongolf.com>

Va Jo Wa Golf Course
142 Walker Settlement Road
Island Falls
207-463-2128



ICE SKATING

CARIBOU

Outdoor

Teague Park
Glenn Street
207-493-4224

EAGLE LAKE

Outdoor

Eagle Lake Recreation Building
Devoe Brook Road
207-444-5491
207-444-5125

EDMUNDSTON, N.B., CANADA

Indoor

Forum d'Edmunston
506-739-2101

FORT KENT

Outdoor

Jalbert Park Skating Rink
154 Pleasant
207-834-5773

FRENCHVILLE

Outdoor

Frenchville Recreational Park
U.S. Route 1
207-543-7301

MADAWASKA

Madawaska Multipurpose
Center
7th Avenue
207-728-3605

PRESQUE ISLE

The Forum
84 Mechanic Street
207-764-0491

ST. FRANCIS, N.B., CANADA

Indoor

Area J. Docithe Nadeau
2033 rue Commerciaux
506-992-6054

SOUTHERN AROOSTOOK/ HOULTON AREAS

John A. Millar Civic Center
94 Randall Avenue, Houlton
207-532-1313
Public Skating:
Friday, Saturday, Sunday

Woodstock Pool and Gym
105 Connell Park Road
Woodstock
506-325-4671

VAN BUREN

Outdoor

Van Buren Public
Recreation Park
Champlain Street
207-868-3395





PARKSPLAYGROUNDSPOLS

PARKS & PLAYGROUNDS

CARIBOU

Teague Park Playground
Glenn Street
207-493-4239

Hilltop Playground
19 Marshall Avenue
207-493-4250

North Caribou Park
US Rt. 1
207-493-4224

Collins Pond Park
Caribou Street
207-493-4224

Hardison Park
Lafayette Street
207-493-4224

continued

CONNOR

Connor Elementary
1581 Van Buren Road
207-496-4521

EDMUNDSTON, N.B., CANADA

Lions Park
506-739-6971

FORT KENT

Jalbert Park
154 Pleasant Street
Recreation Director:
207-834-3730

Riverside Park
Church Street
Recreation Director:
207-834-3730

FRENCHVILLE

Frenchville Community Park
U.S. Route 1
Town Office: 207-543-7301

ISLAND FALLS

Island Falls Playground
Church Street
207-463-2246

LIMESTONE

National Wildlife Refuge
97 Refuge Road
207-328-4634
<http://www.fws.gov/refuges/>

Trafton Lake
207-325-4025
<http://www.limestonemaine.org/welcome/page9.htm>

Albert Michaud Park
Downtown Limestone
207-325-4704

LITTLETON

Littleton Playground
US Highway 1
207-538-9862

MADAWASKA

Madawaska Park
7th Avenue
Next to the High School
207-728-3604

Birch Point Park
Birch Point Road

Dionne Park
Fox Street
207-728-3604

MONTICELLO

Monticello Community Park
School Street

NEW SWEDEN

New Sweden Elementary
113 Westmanland Road
207-896-5541

Thomas Park
Station Road
Town Office: 207-896-3306

PRESQUE ISLE

Arnold Brook Lake
Spragueville Road
Town Office: 207-764-4485

Aroostook State Park
State Park Road
207-768-8341

Mantle Lake Park
Pine Street
Town Office: 207-764-4485

Riverside Bicentennial Park
36 Riverside Drive
207-764-2545
www.pirec.org

Peace Park
87 Parsons Street
207-764-2545
www.pirec.org

Veteran's Park
703 Main Street
207-764-2545
www.pirec.org

Double Eagle II Park
140 Spragueville Road
207-764-2545
www.pirec.org

ST. AGATHA

St. Agatha Recreation Park
Cleveland Road
Town Office: 207-543-7305

SOUTHERN AROOSTOOK/ HOULTON

Houlton Community Park
Pierce Park
Monument Park with
Amphitheater
128 Main Street
207-532-1310

STOCKHOLM

Stockholm Elementary
62 School Street
207-896-3092

VAN BUREN

Van Buren Public
Recreation Park
Champlain Street
207-868-3395

WOODLAND

Woodland Consolidated School
844 Woodland Center Road
207-496-2981

POOLS

CARIBOU

Indoor

Caribou Inn and
Convention Center
19 Main Street
207-498-3733

Outdoor

Teague Park
Glenn Street
207-493-4238

continued



EDMUNDSTON, N.B., CANADA*Indoor*

Sports Complex
169 Hebert Boulevard
506-737-5070

FORT FAIRFIELD*Outdoor*

Fort Fairfield Recreation Dept.
18 Community Center Drive
207-472-3883

FORT KENT*Outdoor*

Fort Kent Swimming Pool
Pleasant Street
207-834-3269

LIMESTONE

Limestone Community School
Indoor Pool
207-325-4791

MAPLETON

Mapleton Town Pool
207-764-3754

MAR HILL

Mars Hill Recreation Dept.
PO Box 449
207-227-0485

PRESQUE ISLE*Indoor*

Presque Isle Inn &
Convention Center
South Main Street

Presque Isle Recreation Dept.
84 Mechanic Street
207-764-2564

University of Maine
at Presque Isle - Gentile Hall
South Main Street

Outdoor

E. Milton Grant Memorial
Pool & Playground
221 Main Street
207-764-2545
www.pirec.org

**SOUTHERN AROOSTOOK/
HOULTON**

Shiretown Motor Inn
282 North Road, Houlton
207-532-9421
<http://www.shiretownmotorinn.com/>

Woodstock Pool and Gym
105 Connell Park Road
Woodstock
506-325-4671



SKIING

CROSS-COUNTRY

ASHLAND

Aroostook Ski Touring Center
Wrightville Road
207-435-2311

Deboullie Public Reserved Land
207-435-7963

Squapan Public Reserved Land
207-435-7963

CARIBOU

Caribou Ski Trails
@ Caribou Country Club
New Sweden Road
207-493-4224

Caribou Ski Center
@ Caribou High School
Caribou High School
308 Sweden Street
207-493-4260

continued

Nordic Heritage Center
 Maine Winter Sports Center
 207-762-6972
www.nordicheritagecenter.org

EAGLE LAKE

Eagle Lake Cross Country
 Ski Trails
 Devoe Brook Road
 207-444-5491
 207-444-5125

FORT KENT

10th Mountain Center
 Paradis Circle
 207-433-5808

FRENCHVILLE

Frenchville Cross Country Trails
 Paradis Avenue
 207-543-7301

LIMESTONE

National Wildlife Refuge
 97 Refuge Road
 207-328-4634
www.fws.gov/refuges/

Trafton Lake
 207-325-4025
www.limestonemaine.org

MADAWASKA

4 Seasons Trails
 425 Spring Street
 207-433-5805

MARS HILL

Little Rock Ski Trail
 Boynton Road
 207-425-2060

NEW SWEDEN

New Sweden School
 113 Westmanland Road
 207-896-5541

PRESQUE ISLE

Aroostook State Park
 87 State Park Road
 207-768-8341

SOUTHERN AROOSTOOK/ HOULTON

Linneus Sno-Sports Club
 Mill Brook Road, Linneus
 207-532-7669

Meduxnekeag Ramblers
 Snowmobile Club
 Wiley Road, Littleton
 207-538-9042 (Sandra Wotton)

STOCKHOLM

Snowy Mt. Trails
 62 School Street
 Town Office: 207-896-5659

VAN BUREN

Split Cedar Trail Network
 St. Mary's Road
 Water District: 207-868-2285

WOODLAND

Woodland Community Ski Trails
 207-496-4701

SKIING – DOWNHILL

FORT KENT

Lonesome Pine Trails
 2 Forest Street
 207-834-5202

MARS HILL

Big Rock Ski Area
 Graves Road
 207-425-6711

PRESQUE ISLE

Quoggy Jo Ski Centre
 Fort Fairfield Road
 207-764-3248



SOFTBALL & BASEBALL FIELDS

ASHLAND

Ashland Middle/High School
46 Hayward Street
207-435-3481

CARIBOU

Soucie Memorial
Sports Complex
Sincock Street
207-493-4224

Caribou Little League Field
Marshall Avenue
207-493-4250

North Caribou Park
U.S. Rt. 1
207-493-4224

FORT KENT

Fort Kent Elementary School
108 Pleasant Street
207-834-3456

Community High School
84 Pleasant Street
207-834-5540

University of Maine Fort Kent
43 Pleasant Street
207-834-7500

continued

FRENCHVILLE

Dr. Levesque
Elementary School
443 U.S. Route 1
207-543-7302

Community Center
207-543-6311

HOULTON

Houlton Community Park
128 Main Street
207-532-1310
www.houlton-maine.com

LIMESTONE

Albert Michaud Park
Downtown Limestone
207-325-4704

Limestone Community School
93 High Street
207-325-4742

MADAWASKA

Multipurpose Building
7th Avenue
207-728-3604

MONTICELLO

Monticello Community Park
School Street

PRESQUE ISLE

Mantle Lake Park
Pine Street
Town Office: 207-764-4485
Northern Maine
Community College
Edgemont Drive
207-768-2700

Pine Street Elementary
50 Pine Street
207-764-8104

Presque Isle Recreation Dept.
South Main Street
207-764-2545

University of Maine
at Presque Isle
South Main Street
207-768-9400

E. Milton Grant Memorial
Pool & Playground
221 Main Street
207-764-2545
www.pirec.org

Bishop's Island
77 Chapman Road
207-764-2545
www.pirec.org

REED PLANTATION

Reed Softball Fields
207-456-7546

VAN BUREN

Van Buren School
Administrative District 24
169 Main Street
207-868-2746

ST. AGATHA

St. Agatha Recreation Park
Cleveland Road
207-543-7305

TENNIS

CARIBOU

Outdoor

Teague Park
Glenn Street
207-493-4224

CONNOR

Outdoor

Connor Elementary
207-496-4521

EAGLE LAKE

Outdoor

Adjacent to Eagle Lake
Elementary School
207-444-5125

EDMUNDSTON, N.B., CANADA

Indoor

Sports Complex
169 Hebert Boulevard
506-737-5070

FORT FAIRFIELD

Fort Fairfield Recreation Dept.
18 Community Center Drive
207-472-3883

FORT KENT

Outdoor

Jalbert Park
154 Pleasant Street
Recreational Director:
207-834-3730

LIMESTONE

Albert Michaud Park
Downtown Limestone
207-325-4704

MADAWASKA

Outdoor

11th Avenue Park
Recreational Director:
207-728-3604

continued



Indoor

Multipurpose Center
328 St. Thomas Street
Suite 101
Recreational Director:
207-728-3604

MAPLETON

Mapleton Tennis Courts
207-764-3754

PRESQUE ISLE**Outdoor**

Mantle Lake Park
Pine Street

Northern Maine
Community College
Edgemont Drive
207-768-2700

Presque Isle Recreation Dept.
270 Main Street
207-764-2545

University of Maine
at Presque Isle
South Main Street
207-768-9400

ST. AGATHA**Outdoor**

Cleveland Park
415 Main Street

**SOUTHERN AROOSTOOK/
HOULTON**

Houlton Community Park
Randall Avenue
207-532-1310
www.houlton-maine.com

Houlton Recreation Center
128 Main Street
207-532-1310

VAN BUREN**Outdoor**

Van Buren School
Administrative District 24
169 Main Street
207-868-2746

Outdoor

Champlain Street Park

SOCCKER FIELDS

CARIBOU

Teague Park
Glenn Street
207-492-4224

Soucie Memorial
Sports Complex
Sincok Street
207-492-4224

Caribou High School
308 Sweden Street
207-493-4260

FORT KENT

Fort Kent Elementary
Valley River Middle School
108 Pleasant Street
207-834-3456

Jalbert Park
154 Pleasant Street
207-834-3730

Riverside Park
Church Street
207-834-3730

UMaine Fort Kent Soccer Field
23 University Drive
207-834-7500

FRENCHVILLE

Dr. Levesque
Elementary School
443 U.S. Route 1
207-543-7302

MADAWASKA

Madawaska Middle/High School
135 7th Avenue
207-728-3371

Madawaska Elementary School
353 11th Avenue
207-728-3635

Fraser Park
11th Avenue
207-728-3604

Multipurpose Building
7th Avenue
207-728-3604

PRESQUE ISLE

Riverside Bicentennial Park
36 Riverside Drive
207-764-2545
www.pirec.org

ST. AGATHA

Wisdom Middle/High School
368 Main Street
207-543-7717

ST. FRANCIS

St. Francis Elementary School
857 Main Street
207-398-3107

VAN BUREN

Van Buren School
Administration District 24
169 Main Street
207-868-2746

WALLAGRASS

Wallagrass Elementary School
45 Church Street
207-834-5114

WOODLAND

Woodland Consolidated School
844 Woodland Center Road
207-496-2981

Along with being physically active,
here are some tips for

STAYING YOUR HEALTHIEST!

- Starting at age 50, get screened for colorectal cancer.
- Women, starting at age 40, get a mammogram.
- Men, starting at age 40, get screened for prostate cancer.
- Check for skin changes once a month.
Look for any suspicious or changing areas.
- Know your numbers: Blood Pressure
Cholesterol
Glucose
- Avoid tobacco products and secondhand smoke.
- Limit alcohol intake.
- Reduce the intake of processed or red meats.
- Limit snacks after dinner.
- Eat five to nine fruits and vegetables a day.
- Drink water or low-fat milk instead of soda or sugary drinks.
- Reduce the amount of recreational tv/computer time to less than two hours a day.
- Achieve and maintain a healthy weight.
- Try to get between seven and eight hours of sleep per night.
- Eat a nutritious breakfast.
- Avoid unprotected exposure to the sun.
- Talk to your health care provider about Vitamin D supplements.

FOR MORE INFORMATION

www.powerofprevention.org
Caribou 492-1089
Fort Kent 834-1943

www.healthyarostook.com
Presque Isle 768-3056
Houlton 532-0908



**POWER of
PREVENTION**

**HEALTHY
AROSTOOK**

 **A Healthy Maine Partnership**
Maine Department of Health and Human Services