



# Surf's UP!

get your class on!

[www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org)  
 view full descriptions & register online  
 or call 207 934 7922

<b>Latin Workout with Lazaro</b>			
Mon	5:30-6:30 PM	7/10-8/28	\$95
<b>Uke Review &amp; Something New</b>			
M/Tu	9-10:30 AM	7/10-7/11	\$39
<b>Ashtanga Yoga for Beginners</b>			
Mon	9-10:30 AM	7/10-8/28	\$95
<b>Beginner Golf Sec I</b>			
Mon	4:30-5:30 PM	7/10-7/31	\$105
<b>Ashtanga Vinyasa Yoga</b>			
Tue	6:15-7:45 PM	7/11-8/29	\$95
<b>Outdoor Adventures in Watercolor</b>			
Tue	1-4 PM	7/11-8/1	\$105
<b>Beginning Tennis</b>			
Tue	9-10 AM	7/11-8/15	\$49
<b>Beach Walking</b>			
Tue	8:30-9:30 AM	7/11-8/15	\$45
<b>Stand Up Paddleboard Yoga</b>			
Wed	5:30-7 PM	7/12	\$35
<b>Beginner Digital Photography</b>			
Wed	6-8:30 PM	7/12-8/9	\$99
<b>Beginner Golf Sec II</b>			
Wed	4:30-5:30 PM	7/12-8/2	\$105
<b>Beach Running</b>			
Thu	8:30-9:30 AM	7/13-8/17	\$45

## Summer 2017



Old Orchard Beach/Saco  
**Adult & Community  
 Education**

## Drawing Your World with Pastels

Fri 10 AM-12 PM 7/21-8/11 \$69

## Sunset Canoe Tour

Fri 7-8:30 PM 7/28 \$29

## Play the Ukulele!

Mon 6-7:30 PM 7/31-8/21 \$65

## Summer Wines

Thu 6-8 PM 8/3 \$35

## Intro to Kayaking

Sun 9 AM-12 PM 8/6 \$65

## Intermediate Golf

Mon 4:30-5:30 PM 8/7-8/28 \$105

## Dirigo Brewing Beer Tour & Tasting

Mon 6-8 PM 8/14 \$35

## Intro to Stand-Up Paddleboarding

Wed 5:30-7:30 PM 8/16 \$59

## Hypnosis for Sugar Addiction

Tue 6-8 PM 8/29 \$19

[www.oobsaco.maineadulted.org](http://www.oobsaco.maineadulted.org) • 207 934 7922 *view full descriptions & register online*



# Surf's UP!

get your class on!

Nonprofit Org  
U.S. Postage  
**PAID**  
Portland, ME.  
Permit No. 454