



*Director
Lucky D'Ascanio*

To Whom It May Concern:

Liz Bradford has been working with Falmouth Community Programs running activity related classes since 1986. In this time she has run numerous programs for us that involve both students and adults of the community. In regard to her working with the youth of this town she has created such programs as Games Galore, Cool Cardio & Core and Games, Games, Games. All of the programs have been designed to incorporate the needs of the community whether it be an afterschool program or to fill the time during early release days. Every year she is given a different schedule to work with and has been very adaptable to work around the needs of the community.

For the adults in the community she has run a variety of programs from Step Aerobics, Exercise Balls, Step Pilates and other exercise related programs. At the beginning of each program she does a health/medical evaluation with each of the participants to make sure everyone is working within their ability and will keep reminding everyone of their optimum work level. It is not uncommon to see Liz teach two or three different ways to execute the same step so everyone can stay within their means.

In the past 23 years we have been able to count on Liz for the hundreds of hours of programming she has provides for the Falmouth community.

Feel free to contact me if you have any additional questions or concerns.

~Kate Harris

Recreation Programmer
Falmouth Community Programs
271 Falmouth Rd
Falmouth, ME 04105