

WINTER 2025

CAPE EXPLORER

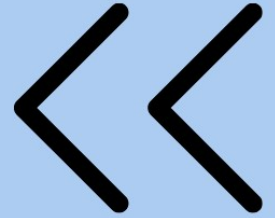


**KEEPING CAPE
ACTIVE**

RESIDENT REGISTRATION OPENS 12/15 at 8PM



ONLINE REGISTRATION OPENS SUNDAY, DEC 15TH 8:00 PM



FOR RESIDENTS

IN PERSON/BY PHONE
REGISTRATION OPENS
MONDAY - FRIDAY
STARTING 12/16
8:00AM-4:30 PM

NON-RESIDENT
REGISTRATION OPENS
FRIDAY 12/20 8:00 AM

IMPORTANT INFORMATION

- Full refunds are given when a program is cancelled.
- Withdrawals **5 business days** prior to 1st class receive full refund / **2-4 business days** 50% (less processing fees)
less than 2 business days, no refund.
- A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for Cape residents age 62 and older.
- ActiveNet charges a convenience fee and credit card processing fee when booking online. These fees are non-refundable.
- A non-taxpayer fee will be added to all programs and activities. Fees \$50 and under will be \$3, \$51-\$100 will be \$5, and all fees over \$100 will be \$7. An additional 10% will be added to memberships/parties.




COMMUNITY
SINCE SERVICES 1977
CAPE ELIZABETH, MAINE

Adult Fitness

CORE & MORE ESSEINTRICS®

Strengthen your core, mobilize your joints, stabilize your spine, stretch your muscles: rebalance your whole body. We begin with weights for the upper body, move to the mat for core work and finish standing with Essentrics®. If you are unfamiliar with Essentrics®, google www.essentrics.com. Drop-ins welcome \$13.

Dates: Tuesday/Thursday

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
1/2-2/4	10	\$120	253-101
2/11-3/11	9	\$108	253-102

BODY DYNAMICS

A balanced program of stretching, strengthening, aerobics, toning to increase energy, flexibility, and endurance in a fun and challenging aerobic experience for men and women. Drop-ins welcome \$10

Dates: Mon/Wed/Fri (no class 1/20, 2/17)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
1/6-2/24	20	\$160	253-103
3/3-4/23	23	\$184	253-104

HIGH INTENSITY INTERVAL TRAINING

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 60 minutes. This workout brings the essence of functional exercise and athlete training together with drills that build a body that works, a push-harder workout culture and a supportive group spirit! Please bring weights, water & mat to class.

Dates: Wed/Fri (no class 2/19, 2/21)

Time: 5:30-6:30 am

Location: CS Lower Spin Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
1/3-2/28	15	\$150	253-105
3/5-4/16	13	\$130	253-106

FITNESS FUSION

Come join Liz for a variety of heart pumping movements to burn some calories followed by strength training. We will turn and burn with drumsticks, weights and bands for a full body work out!

Dates: Tues/Thurs

Time: 8:00-8:50

Location: CS Activity Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
1/7-2/13	12	\$120	253-107
3/4-4/10	12	\$120	253-108

WOMEN ON WEIGHTS

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at susanjano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Dates: Wed/Fri (no class 2/19, 2/21)

Time: 8:45-9:45 am

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/8-2/28	14	\$140	253-109
3/5-4/18	14	\$140	253-110



Adult Fitness

COED WEIGHTS

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at 939-2255.

Dates: Tues/Thurs (no class 2/18, 2/20)

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik



Date	Classes	Fee	Program #
1/7-2/27	14	\$140	253-111
3/4-4/17	14	\$140	253-112

CARDIO STRENGTH INTERVAL TRAINING

This class combines Cardio & Strength Intervals! This combination will keep the class intensity cranking but can be modified when needed. We will use free weights, machines & body weight for strength training and jump ropes, plyometrics and cardio machines to push the cardio!

Dates: Tues/Thurs (no class 2/18, 2/20)

Time: 6:15-7:15 pm

Location: CS Spin Room/outdoors

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/7-2/27	14	\$140	253-113
3/4-4/17	14	\$140	253-114

JETTI FIT WALKING

Transform Your Walk Into a FUN, Full-Body Workout! Learn how to power up your walking as Susan guides you through using Jeti Poles to transform your body. Increase cardiovascular fitness, bone density, and boost muscle strength and endurance while building community in a group setting. Reach out to Susan with any questions at 207 939-2255 or susan@jointefforttraining.com.

Date: Saturdays 1/11-3/22 (no class 2/22)

Time: 7:30-8:30 am

Location: CE High School (meet at Fitness Center)

Instructor: Susan Janosik

Fee: \$120

Program #253-115

FOUNDATIONAL STRENGTHENING FOR QIGONG

This class emphasizes strengthening the foundational muscles necessary for more easeful and pain free sitting, standing and walking. We will be using gentle exercises and stretches that can be modified to build more balanced muscle tone and to improve our overall posture. This will include mat, sitting and/or wall work. We will then take this stability into more functional movement patterns in the immediately following Qigong class. Drop-ins welcome \$4

Dates: Thursdays

Time: 10:10-10:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
1/9-2/13	6	\$24	253-116
2/27-4/3	6	\$24	253-117

QIGONG FOR BALANCE AND HEALTH

Qigong is an ancient Chinese art derived from the Taoist philosophy, that utilizes meditation, repetitive movements, and breath to work with our internal energy or qi (pronounced 'chi'). Because of its holistic nature, qigong is a wonderful exercise practice to improve physical balance and, therefore, the performance of daily activities. In this class we will be learning a set of simple qigong movements as well as focusing on other balance exercises and practices.

Dates: Thursdays

Time: 10:30-11:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
1/9-2/13	6	\$60	253-118
2/27-4/3	6	\$60	253-119



Adult Fitness

ZUMBA

Have fun, burn calories, and dance your way to fitness with Zumba. Using Latin inspired rhythms, along with Pop songs and Oldies, you will master easy dance steps to obtain a full body workout. Relieve your stress, improve coordination, and enjoy yourself while getting your cardio done. No dance experience necessary. Bring water, a towel, and your smile. Drop-ins welcome \$12.

Date: Fridays

Time: 10:05-11:05 am

Location: CS Activity Room

Instructor: Patricia Marett

Date	Classes	Fee	Program #
1/3-1/31	5	\$50	253-120
2/14-3/14	5	\$50	253-121
3/28-4/25	5	\$50	253-122

OULA DANCE FITNESS

Oula is YOUR hour, YOU deserve to be at the top of your list! Oula merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. Oula is inclusive for all, and welcomes participants of all fitness levels. Oula empowers participants to trust their bodies and process their emotions through music, movement, and a community connection. Oula is all about how it FEELS!!



Dates: Thursdays

Time: 6:00-7:00 pm Drop-ins welcome \$15

Location: CS Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
1/2-2/6	6	\$66	253-123
2/27-4/3	6	\$66	253-124

LINE DANCING

Don't miss the fun! Line dancing is choreographed dancing, but also a fun form of exercise. It gets your heart pumping and your brain working. The instructors will teach the steps and we will practice the steps multiple times. Dance moves are easy to learn and you don't need to coordinate moves with a partner. The music will vary from country to folk to rock. All levels welcome!

Days: Thursdays 1/2-2/27

Time: 11:45 am - 12:45 pm

Fee: \$72.00

Location: CS Activity Room

Instructor: Anne Cass

Program # 253-125

ADULT ADVANCED BEGINNER TAP

Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! In this Advanced Beginner class, we will cover warm-ups, go over some new steps and combinations and begin some simple routines.

Dates: Wednesdays

Time: 12:00-1:00 pm

Location: CS Activity Room

Instructor: Kristin Sutton

Date	Classes	Fee	Program #
1/8-3/19	11	\$143	253-126
4/2-5/21	8	\$104	254-100

JAZZ DANCE

Jazz dance is a uniquely American art form with roots in African dance. It combines many styles and techniques from street styles to Broadway to ballet. Incorporating a broad range of musical genres, jazz classes are a great workout and a fun way to release stress! Class will begin with a warmup consisting of stretching, isolations and across-the-floor combinations, followed by choreography. Footwear: ballet slippers, jazz shoes, or bare feet.

Dates: Mondays (no class 1/20, 2/17)

Time: 12:00-1:00 pm

Location: CS Activity Room

Instructor: Kristin Sutton

Date	Classes	Fee	Program #
1/6-3/24	10	\$130	253-127
4/7-5/19	7	\$90	254-101

ADULT BALLET: DANCING FUNDAMENTALS *NEW*

Learn the fundamental building blocks of classical ballet! We will work on the basic ballet positions, steps, vocabulary, and coordinations at an accessible pace. We will also use these as building blocks and learn a simple dance for you to feel confident in the classroom and outside of it.

Days: Wednesdays 1/8-2/5

Time: 4:15-5:15 pm

Fee: \$75.00

Location: CS Activity Room

Instructor: Daniela Aldrich

Program # 253-128



Adult Fitness

DEEP STRETCH YOGA

This is a deeply restorative class focusing on longer holds and total-body stretches inspired by the yin yoga practice. This class provides a calm and relaxing space to lengthen soft tissue within the body, let go of tension, focus on breath, and let any stresses fall away. All levels welcome and beginner-friendly. Drop-ins \$13

Dates: Tuesdays

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
1/7-2/4	5	\$60	253-129
2/25-3/25	5	\$60	253-130

GENTLE HATHA YOGA

Reduce stress, improves overall fitness, increases flexibility and build self-confidence, body awareness and nurture the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation. Drop-ins welcome \$13

Days: Mondays (no class 1/20, 1/27, 2/17)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
1/6-2/24	5	\$55	253-131
3/10-4/21	7	\$77	253-132

Days: Wednesdays 10:15 am - 11:30 am

Date	Classes	Fee	Program #
1/8-2/26	8	\$88	253-133
3/12-4/23	7	\$77	253-134

EVENING YOGA ALL LEVELS

Continuing to build on yoga fundamentals, this all levels class is appropriate for those new to yoga, as well as experienced students. Focus will be on improving flexibility and strength Drop-ins welcome \$13

Days: Mondays (no class 1/20, 1/27, 2/17)

Time: 6:00-7:15 pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
1/6-2/24	5	\$55	253-135
3/10-4/21	7	\$77	253-136

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program #
1/8-2/26	8	\$88	253-137
3/12-4/23	7	\$77	253-138

OULA ONE YOGA *NEW*

Oula One is a mind body stretch class that will incorporate yoga, pilates and general stretching alongside beautiful music to fill your soul. Oula One is low impact and you do not have to have yoga experience, modifications will be offered for each song. Each class will start and end on a mat and clothes that feel comfortable would be best. Oula is always a place for you to do what your body needs, we hold space for all. Join us!

Dates: Fridays

Time: 8:00-8:50 am Drop-ins welcome \$15

Location: CS Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
1/3-2/7	6	\$60	253-139
2/28-4/4	6	\$60	253-140



FREE MONTHLY CHAIR YOGA

Join Martha Williams, a certified yoga instructor on the first Friday of each month from 11:00 am to Noon at the Community Center. **Registration is Required.**



No prior experience is necessary for this gentle and mindful practice of movement and deep breathing, which helps to calm the nervous system and focus the mind. You will be able to stretch and move while sitting in your chair, with a few standing and balancing postures that are accessible to everyone.

Dates: Feb 7, March 7, April 4

Time: 11:15- 12:00 pm

Fee: free to residents / \$15 for Non-Residents

Location: CS Activity Room

Instructor: Martha Williams, certified yoga instructor

Program # 253-141

Adult Fitness



ADULT INTRO/BACK TO TENNIS

This class is for players who are new to tennis or returning players. Classes will cover basic fundamentals of tennis and court positioning, as well as correct grips and proper scoring in a fun, low key environment.

Date: Friday

Time: 6:00-7:00 pm (no class 1/17, 3/14)

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Location: PC Gym

Date	Classes	Fee	Program #
1/3-2/14	6	\$108	253-144
2/28-3/28	4	\$72	253-145

ADULT INDOOR SOCCER (CO-ED)

Are you over 30 in mind and body? If the answer is "yes" to these questions, come join a convivial group of mature soccer players as we carry our passion indoors for the colder months.

Dates: Sundays, 1/5-3/23

Fee: \$96

Location: HS Gymnasium

Time	Supervisor	Program #
5:00-6:30	David Croft	253-146
6:30-8:00	David Peary	253-147

ADULT CO-ED VOLLEYBALL

Designed for adults and high school students to have an opportunity to play organized, pick-up volleyball on a regulation size court. This is a fun workout in a competitive atmosphere. We encourage anyone of varying abilities to participate.

Date: Wednesday 3/5-5/14

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$5

Location: HS Gym

Supervisor: Bob Wooten

DROP IN HOOPS/ADULT BASKETBALL

This program is offered for adults who want a good workout while playing full court games in an atmosphere of fast paced and friendly competition. Limited to 15 players per night with priority given to Cape residents.

Date: Wednesdays 1/8-4/9

Time: 8:15-10:00 pm

Drop in Fee: \$5

Location: MS Gym

Supervisor: Christopher Casey

POND HOCKEY

ADULT LEARN TO PLAY *NEW*

This co-ed program is for adults who want to learn to play pond hockey on Wednesday evenings in a relaxed and supportive environment. The emphasis will be on having fun and experiencing the joy that pond hockey offers. We will provide instruction on skating, stick handling, passing, and shooting, and play stress-free cross-ice games together. Players are expected to wear helmets with cages and gloves, and to bring their own hockey sticks.

Date: Wednesdays 1/1-2/12

Time: 8:00-9:00 pm

Location: Cape Ice Arena

Fee: \$140

Instructor: CCAG Volunteers

Program # 253-142

ADULT ALL LEVELS ICE SKATING

This is an all levels 30 minute class designed to encourage and support adult learners to continue/revisit their love of the sport or to learn something new and start their ice skating journey. The class will be tailored to the needs of the participants and will focus on technique as well as building confidence and community.

Date: Wednesday 1/8-2/12

Time: 8:00 - 8:30 am

Location: Cape Community Arena

Fee: \$120

Instructor: Faye Dibella

Program # 253-143



Adult Art & Enrichment

INTRO TO WATERCOLOR

Welcome to the wonderful world of watercolor. In this three week class, you will learn everything you need to get started in watercolor painting. We will explore basic techniques, materials and set the foundation for your new creative outlet. No experience necessary. Options for selecting high quality, budget friendly supplies will be discussed. Materials will be provided but please bring a container (16 oz or larger) for rinsing brushes, and paper for note taking.

Date: Thursdays 1/9-1/23

Time: 10:00-12:00 pm

Location: CS Community Room

Fee: \$60

Instructor: Michelle Brown

Program # 253-148



WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will look at a different concept or technique to explore in your own project or one I provide. Giving each painter an opportunity to try new ideas, improve skills and enjoy painting in a relaxed setting. Time will be allowed for individual help, especially for beginners.

Dates: Wednesdays (no class 2/19)

Time: 10:15-12:15 pm

Location: CS Community Room

Instructor: Marty Clark

Date	Classes	Fee	Program #
1/29-3/5	5	\$65	253-149
3/12-4/9	5	\$65	253-150

COLORED PENCIL WORKSHOP

There's more to colored pencils than color! In this workshop we will cover pencil skills, such as layering, shading, and blending. Samples of various brands and types of pencils and papers will be provided by the instructor; there is no need for you to bring supplies. Each week you will create a small colored pencil painting using different techniques.

Date: Wednesday 1/15 & 1/22

Time: 10:15-12:15 pm

Fee: \$40

Location: CS Community Room

Instructor: Marty Clark

Program # 253-151

WIRE WRAPPED RINGS with Elise

NEW

Come join us for a fun & creative event where you can learn how to make your very own wire wrapped rings with Elise Marie DeSigns. Learn how to use bead wrap wire and select beads, how to find your ring size, and use a ring mandrel. Create unique jewelry pieces you can wear or gift to loved ones. No experience is necessary and materials will be provided. Visit www.elisemariedesigns.com

Location: CS Community Room

Instructor: Elise DeSalvo, Elise Marie DeSigns

Fee: \$65

Session 1

Date: Thursday 1/9

Time: 1:00-2:30 pm

Program # 253-152

Session 2

Date: Thursday 1/30

Time: 5:00-6:30 pm

Program # 253-153



DECORATIVE PAINTING CLASS ***NEW***

Join decorative artist and book illustrator Natalie Hoch for a fun few hours exploring decorative painting! Between two classes, participants will paint a wooden tray and a pair of taper candles. Learn the many techniques of painting on different surfaces, while making a lovely gift or beautiful addition to your own home! We will explore where we find inspiration from color combinations, patterns found in nature or geometry, surfaces and well-loved themes. Try a seascape pattern, experiment with floral themes, customize a piece for your loved one who loves cats, and more! Decorative-style paintbrushes, paint and wooden trays and candles provided. Cost of the class will cover the expense of the object we decorate. All artist levels welcome!!

Time: 10:00-12:00 pm

Location: CS Community Room

Instructor: Natalie Hoch

Fee: \$180

Session 1

Date: Monday 1/6 & 1/13

Program # 253-154

Session 2

Date: Monday 2/3 & 2/10

Program # 253-155

Adult Art & Enrichment

MINDFUL MUSE ART JOURNALING

Do you ever wish you could find time for art?

Art journaling creates a space to play, explore, create and learn. Perhaps you think about it but never know where to start? #mMajic provides an opportunity to slow down, simplify, and practice creativity. In 6 weeks, you will begin to recognize negative thoughts and work with them, rather than fight them. You will gather together and share with others of various skill levels and experiences. You will develop new habits while exploring tools, techniques and practices. Your host, **Steve Addario**, is an artist, teacher, therapist and coach. Join Steve and others to reignite your creativity and light up your life!

Date: Thursday 1/9-2/13

Time: 1:00-2:30 pm

Fee: \$125

Location: CS Community Room

Instructor: Steve Addario

Program # 253-156



OPEN ART SPACE - Hosted by Marty Clark

We are excited to offer an old favorite- OPEN ART SPACE. In years past, many of Cape's art lovers met weekly to share their art skills and each other's friendship. Once again, Community Services is offering space for painters and drawers to bring their own projects to work on; no formal instruction is provided, but we help each other with advice and share supplies as needed. This is open to ALL skill levels and all media!

Date: meets Tuesdays 1/28- 4/15 (does not meet 2/18)

Time: 10:15 am - 12:00 pm

Fee: \$3 drop in fee

Location: CS Meeting Room

MAKE YOUR YARD A POLLINATOR PARADISE!

Pollinators have suffered greatly from habitat loss, pesticide use, and the spread of invasive plant species. As a result, planting a pollinator garden is more important now than ever. Learn how to create a landscape that supports pollinators including butterflies, bees, moths, and hummingbirds with plants that serve as host plants and provide nectar/pollen throughout the growing season.

Date: Wednesday 4/30

Time: 6:30 - 8:00 pm

Fee: \$30 (discounts not applicable)

Location: CS Community Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 253-157



ROBINSON WOODS WINTER EXCURSION

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT's most popular properties, Robinson Woods. The gentle hike will lead you through this natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter. Participants should wear proper footwear. **This trail can be icy this time of year, so please be prepared with ice traction.**

Dates: Saturday 1/4

Time: 10:00 am-12:00 pm

Fee: \$6 per person (discounts not applicable)

Location: Meet at the parking lot of the CE Methodist Church, 280 Ocean House Rd.

Instructor: Amy Witt, Maine Master Naturalist

Program # 253-158

LANDSCAPING 101-A MINI COURSE FOR BEGINNERS - 2 PART WORKSHOP

Are you a do-it-yourselfer who wants to give your yard a simple makeover or design a new garden? Do you need to add curb appeal to the house you are getting ready to put on the market? Or do you simply want to enjoy enhanced beauty in your backyard? Whatever your final goal, knowing some basic landscape design techniques will make it easier for you. Learn how to assess your needs, evaluate your site, come up with a plan, and select the right plants.

Date: Tuesdays 4/1-4/8

Time: 6:00-8:00 pm

Fee: \$60 (discounts not applicable)

Location: CS Meeting Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 253-159

Adult Art & Enrichment

ORACLE CARDS

In this fun class, discover how oracle cards work, and explore ways to weave them into your life. There will be a variety of decks with different themes and colors to choose from, and you are welcome to bring your deck from home if you'd like. Life Coach Susan Tompkins will demonstrate how to conduct an oracle card reading, and then it's your turn to read for yourself and a classmate. Please note: this class is about **oracle cards**, not tarot cards which are more structured.

Date: Wednesday 3/26

Time: 6:00-7:30 pm

Fee: \$30 (discounts not applicable)

Location: CS Community Room

Instructor: Susan Tompkins, 3C Clarity 3cclarity.com

Program # 253-160

LEARN TO PLAY CRIBBAGE

Learn the basics of how to play cribbage from a submariner's daughter. It is an easy-to-learn card game that can be fun to learn and play for many reasons. Cribbage can help keep your mind sharp by requiring focus, critical thinking, brainstorming, and problem-solving skills.



Time: Noon-1:00 pm

Location: Community Center

Instructor: Jane Anderson

FEE: FREE!

Date: Monday, 3/24

Program # 253-161

Date: Monday, 4/28

Program # 253-162



COOKING IN COMMUNITY- USING ANCIENT AYURVEDIC MEDICINAL TEACHINGS

NEW

This class will walk you through the ancient practices and concepts of the Ayurvedic Tradition and seasonal holistic lifestyle. Part of this ancient practice is to use food and spices as medicine. Brett will provide instruction on some traditional Ayurvedic food and remedies and through the Ayurvedic lens. It is a fun new/ancient way to look at your food and simplify healthy eating.

Date: Wednesdays 1/15-2/5

Time: 1:00-2:30 pm

Location: CS Community Room

Fee: \$148

Instructor: Brett Aldrich, Ayurvedic Healthcare Counselor

Program # 253-163

BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING

Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive makeup recommendations, along with sunglasses colors and jewelry metals to flatter your coloring!!

Date: Tuesday 2/11

Time: 5:40-8:00 pm

Fee: \$35 (discounts not applicable)

Location: CS Community Room

Instructor: Candace Sanborn, Radiant Image

Program # 253-164

MAINE DRIVING DYNAMICS (MDD)

A certified MDD Instructor teaches in a format that engages students with lectures, videos and class discussion. Those completing will receive a three-point credit reduction on their record and students 55+ can receive an insurance discount.

Dates: Tuesday 1/28 and Wednesday 1/29

Time: 4:30-7:00 pm

Fee: \$70 (discounts not applicable)

Location: CC Community Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 253-165

Adult Art & Enrichment

SIMPLIFY YOUR LIFE, ELEVATE YOUR WELLBEING *NEW*

This presentation guides you through a step by step downsizing action plan, offering practical tips for stress-free decision making, essential supplies, and a timeline. Learn how a clutter-free environment can positively impact your mental and physical well-being, empowering you to thrive in the comfort of your own home.

Date: Friday 2/7

Time: 10:00 - 11:00 am

Fee: \$30 (discounts not applicable)

Location: CS Community Room

Instructor: Amy Smith, Arranged by Amy Organizing

Program # 253-166



MANAGING STRESS BEFORE IT MANAGES YOU! *NEW*

Stress seems to be all around us these days. Many of us experience a wide range of symptoms from irritation and loss of concentration to headaches and stomach distress - just to name a few. Join me for this upbeat program to learn some down-to-earth tips to better cope with life's challenges.

- Get the inside story on the cycle of stress
- Explore drainers and energizers and how to balance the two
- Build your stress hardiness
- Improve positive feelings and connections
- Create a personal stress survival kit

Date: Thursday 3/6-3/20

Time: 12:30-2:00 pm

Fee: \$50

Location: CS Community Room

Instructor: Vicki Field

Program # 253-167

NORTHERN LIGHT HEALTH EDUCATIONAL SEMINARS

BUILDING BETTER BALANCE

This presentation will focus on the body systems that can influence your balance, such as vision and strength. The session will also address other factors that can impact balance, including medications and environmental risks. Additionally, she will teach you how to safely fall and how to get up after a fall.

free

Date: Friday 3/7

Time: 12:00 - 1:00 PM

Fee: FREE

Location: CS Community Room

Instructor: Rachel Boutin, PT, DPT, GCS

Program # 253-168

HEALTHY HEARTS, HAPPY LIVES!

This presentation will cover the risk factors associated with heart-related issues and how lifestyle modifications can promote a healthy heart. We will also discuss evidence regarding the most effective types of exercises for maintaining heart health.

Date: Friday 4/4

Time: 12:00 - 1:00 PM

Fee: FREE

Location: CS Community Room

Instructor: Rachel Boutin, PT, DPT, GCS

Program # 253-169

INTRO TO ENERGY WORK & BIOFIELD TUNING *NEW*

free

Have you heard the term "energy work" but don't know what it means? Are you curious about how energy work can support your body, mind and spirit? If so, come join this free introduction to, and demonstration of, energy work with tuning forks. Bring curiosity and an open mind.

All are welcome though registration is required.

Date: Friday 3/7

Time: 10:00-11:00 am

Location: CS Community Room

Fee: FREE

Instructor: Abby Johnston, Functional Medicine Certified Health Coach

Program # 253-170

Adult Outings

ACTIVITY LEVELS

Look for the activity level required for each of our bus trips so you know what to expect in advance of registering for an activity or outing.

LEVEL
1

Requires minimal extra walking, sitting or standing for long periods of time, typically involving door-to-door service. You should be able to climb at least one flight of stairs. Example trips include restaurants, some theaters, self guided walking tours.

LEVEL
2

Involves walking at least 60 minutes on uneven terrain that may include stairs or unsteady walkways. There will be opportunities for breaks and places to sit. Examples of activities include guided tours, boat rides, theater visits, shopping trips, and visits to fairs.

WCSH STUDIO TOUR

Tour WCSH's Portland studio, weather center, production control, and newsrooms. Watch the filming of 207 and chat with the anchors before the noon show. After the tour we will walk to the Green Elephant Vegetarian Bistro for lunch on your own. **Activity Level 1. Register by Friday, January 3rd.**

Date: Wednesday, January 15th

Time: 9:30 am - 1:00 pm

Fee: \$3 pp (Includes transportation and tour)

Program # 253-171

BOSTON ADVENTURE

Join our South Portland and Scarborough neighbors for a comfortable trip to Boston aboard a luxury motor coach. Experience an interactive tour of the Titanic, where you can learn about the real stories of the passengers and crew through their items recovered from the "Unsinkable Ship." After the Titanic: The Artifacts Exhibition, we will have two hours of free time to enjoy a bite to eat and a little shopping at the Boston Public Market, an indoor marketplace featuring over 30 New England artisans and food producers. **Activity Level 2. Register by/No refunds after December 31.**

Date: Thursday, January 30

Time: 7:45 am - 4:30 pm

Fee: \$96 pp (Includes transportation and exhibition)

Program # 253-172

MURDER ON THE LINKS AT PORTLAND STAGE

In Agatha Christie's classic mystery Murder on the Links, Hercule Poirot attempts to solve the perplexing case of not one, but two bodies found on a French golf course.

Activity Level 1. Register by/No refunds after January 13th.

Date: Thursday, February 13th

Time: 1:00 - 4:30 pm

Fee: \$45 pp (Includes transportation and performance)

Program # 253-173

COME TOGETHER FOR A SALUTE TO THE BEATLES

Let's talk a walk down Abbey Road! Maine's premier tribute artist, Don Boudreau, in his one-man show featuring covers of Beatles' songs at Merrill Auditorium. February 9th marks the 60th anniversary of the Beatles' debut on The Ed Sullivan Show. **Activity Level 1. Register by/No refunds after January 31st.**

Date: Monday, February 10th

Time: 1:00 - 3:30 pm

Fee: \$ 23 (Includes Transportation and show)

Program # 253-174

HOW THINGS WORK: THE PORTLAND INTERNATIONAL JETPORT

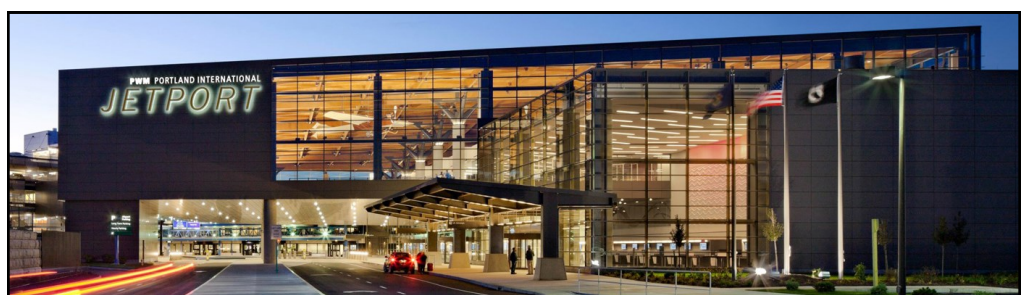
No doubt you have visited the airport. Now, you have the opportunity to explore behind-the-scenes areas that are off-limits to the general public. Gain insights into the airport's infrastructure, community engagement efforts, and upcoming initiatives on this guided walking tour. **Activity Level 2. Register by/No refunds after February 14th.**

Date: Tuesday, February 25th

Time: 12:30 - 2:30 pm

Fee: \$3 pp (Includes Transportation)

Program # 253-175



Adult Outings

PREVIEW NIGHTS

The Thursday night before a show opens, limited tickets are available to see the show for folks who may not otherwise be able to afford to attend. Reservations are accepted up to ten days prior to the show. **Activity Level 1.** Call us at 799-2868 to reserve your seat.

Portland Players is located at 420 Cottage Road in South Portland. Performances start at 7:30 pm. Fee: \$5 Payable at the Box Office.

Show: The Lion, The Witch, and The Wardrobe

Date: Thursday, February 27

Program # 253-176

Lyric Music Theater is located at 176 Sawyer Street in South Portland. Performances start at 7:00 pm. Fee: \$10 Payable at the Box Office.

Show: The SpongeBob Musical

Date: Thursday, March 20

Program #; 253-177

BUILDING BALLETS

Presented by Artistic Director Nell Shipman and the dancers of the Portland School of Ballet, "Building Ballets" will guide the audience through the process of creating and performing a ballet. The show will feature Act 1 of "Don Quixote" and offer a behind-the-scenes look at choreography, set design, lighting, and more! **Activity Level 1.**

Register by/No refunds after February 28th.

Date: Friday, March 14th

Time: 8:45 –11:15 am

Fee: \$3 pp (Transportation Only)

Program # 253-178

MADELEINES AT PORTLAND STAGE

Some family secrets are hard to swallow. Maine writer Bess Welden tells the story of two sisters who are dealing with the death of their mother, who was a professional baker. When a secret hidden among their mother's recipes is discovered, the siblings become divided, and their understanding of family is put to the test. **Activity Level 1.**

Register by/No refunds after February 18th.

Date: Thursday, March 20th

Time: 1:00 - 4:30 pm

Fee: \$45 pp (Includes transportation and performance)

Program # 253-179



LITTLE WOMEN THE MUSICAL

The USM Theater Department, in collaboration with the Osher School of Music, presents a reimagined and fantastical portrayal of an American classic. This production is filled with glorious music and tells a story of personal discovery, heartache, hope, and everlasting love. "Little Women" follows the journey of Jo March as she reflects on her struggles to become a successful and famous writer in Civil War America. Throughout the story, Jo finds strength in the support and love of her mother and sisters. She fights to overcome enormous obstacles, including war, illness, and discrimination, in pursuit of achieving her dreams.

Activity Level 1. Register by/No refunds after March 26th.

Date: Wednesday, April 9th

Time: 9:00 am - 12:30 pm

Fee: \$13.50 (Includes Transportation and Show)

Program # 253-180

NOT QUITE ALMOST AT PORTLAND STAGE

Near the Canadian border, the Perseid Meteor Showers are about to start. However, the residents of a certain small town can't decide if they're a bad omen or a good luck charm. "Not Quite Almost" is an interconnected collection of short plays about young love, hope for the future, making wishes, and what it means to be truly understood.

Activity Level 1. Register by/No refunds after March 17th.

Date: Thursday, April 17th

Time: 1:00 - 4:30 pm

Fee: \$45 pp (Includes transportation and performance)

Program # 253-181

Aquatics

PACE RACE CHASE

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. Open to swimmers and triathletes of all levels. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. For specific information on levels visit www.capecommunityservices.org under Program Registration. *Sunday 2/2 & 2/9 afternoon session 3:30-5:30

Location: Richards Community Pool

Instructor: Kirsten Read **(ADVANCED, MID-LEVEL, BEGINNER)**

Level/Dates	Time	Fee	Program #
PRC-ADVANCED Sun 1/5-2/16 *	10-11am	\$105	253-200
PRC-BEGINNER/MID-LEVEL Sun 1/5-2/16*	11-12pm	\$105	253-201
PRC-ALL LEVELS (A, M, B) Tues 1/7-2/18	1-2 pm	\$105	253-202
PRC- ALL LEVELS (A, M, B) Fri 1/3-2/21	11:30-12:30	\$120	253-203
PRC-ADVANCED Sun 3/2-4/20	10-11am	\$120	253-204
PRC-BEGINNER/MID-LEVEL Sun 3/2-4/20	11-12pm	\$120	253-205
PRC-ALL LEVELS (A, M, B) Tues 3/4-4/22	1-2 pm	\$120	253-206
PRC- ALL LEVELS (A, M, B) Fri 3/7-4/18	11:30-12:30	\$105	253-207



COAST ENDURANCE

Train to gain the skills and confidence to succeed in triathlons and open water swims. These challenging workouts will enable you to arrive at your competition prepared through repetition and consistency no matter your level of experience or fitness in swimming. Athletes must be able to swim 200 yards without stopping.

Days: Tues/Thurs

Time: 5:30-6:30 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
1/2-2/13	11	\$99	253-208
3/4-4/15	13	\$117	253-209

WATER CORE & CARDIO

Grab a floatation belt or noodle or floatation dumbbells and "run", "ski", "bike" and kick to get the cardio core workout that is so easy on the joints and lets you go at your own pace. Interval cardio segments plus core exercises will be the high point of your week.

Date: Thursdays

Time: 1:45-2:30 pm

Location: Richards Community Pool

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
1/2-1/30	5	\$60	253-210
2/6-3/6	5	\$60	253-211

LIGHTHOUSE MASTERS

An adult (18 +) competitive swim club that emphasizes technique, conditioning, and race strategies. This is a program for the accomplished competitive swimmer who would like to improve his/her competitive lap skills.

Days: Mon/Wed/Fri

Time: 5:30-6:45 am (no class 1/20, 2/17, 2/19, 2/21)

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
1/3-2/24	19	\$190	253-212
3/3-4/18	21	\$210	253-213

WATER WORKS

A **low-impact** exercise program, working all the major muscle groups. The buoyancy of the water is an excellent way to alleviate pressure on the joints improve posture and range of motion. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys.

Date: Mon/Wed/Fri

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Susan Farady

Date	Classes	Fee	Program #
1/13-1/29	8	\$52	253-214
2/3-2/24	11	\$72	253-215
3/3-3/28	12	\$78	253-216
4/2-4/28	12	\$78	253-217

Aquatics

WINTER 1: January 4 – February 24
Mondays-1/6-2/24 (no class 1/20, 2/17, 6 classes)
Thursdays-1/9-2/13 (6 classes)
Saturdays-1/4-2/15 (no class 2/8, 6 classes)

WINTER 2: February 27 - April 7
Mondays-3/3-4/7 (6 classes)
Thursdays- 2/27-4/3 (6 classes)
Saturdays-3/1-4/5 (6 classes)
***Registration for Winter 2 opens Monday 2/10**

Level	Day	Time	Fee	Winter 1 1/4-2/24	*Winter 2/27-4/7
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	253-220	253-243
Barnacles 1	Sat	9:00 - 9:30 am	\$45	253-221	253-244
Barnacles 2	Sat	9:30 - 10:00 am	\$45	253-222	253-245
Turtles	Sat	10:00 - 10:30 am	\$45	253-223	253-246
Ducklings 1	Mon	10:00 - 10:30 am	\$45	253-224	253-247
	Thurs	10:30 - 11:00 am	\$45	253-225	253-248
	Sat	9:00 - 9:30 am	\$45	253-226	253-249
	Sat	10:00 - 10:30 am	\$45	253-227	253-250
Ducklings 2	Mon	10:30 - 11:00 am	\$45	253-228	253-251
	Thurs	11:00 - 11:30 am	\$45	253-229	253-252
	Sat	9:00 - 9:30 am	\$45	253-230	253-253
	Sat	10:30 - 11:00 am	\$45	253-231	253-254
Dolphins 1	Sat	9:30 - 10:00 am	\$45	253-232	253-255
	Sat	10:00 - 10:30 am	\$45	253-233	253-256
Dolphins 2	Sat	9:30 - 10:00am	\$45	253-234	253-257
	Sat	10:30-11:00 am	\$45	253-235	253-258
Level 1	Sat	9:00 - 9:45 am	\$60	253-236	253-259
	Sat	10:30 - 11:15 am	\$60	253-237	253-260
Level 2	Sat	9:00 - 9:45 am	\$60	253-238	253-261
	Sat	10:30 - 11:15 am	\$60	253-239	253-262
Level 3	Sat	9:45 - 10:30 am	\$60	253-240	253-263
	Sat	10:30 - 11:15 am	\$60	253-241	253-264
Level 4/5	Sat	9:45 - 10:30 am	\$60	253-242	253-265

ADULT SWIM LESSONS (16+)

This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals.

Dates: Wednesday

Time: 5:45-6:30 pm

Location: Richards Community Pool

Date	Classes	Fee	Program #
1/8-2/12	6	\$60	253-218
2/26-4/2	6	\$60	253-219

CAPE CYCLONE SWIM CLUB (GRADES 3-8)

This developmental program provides the opportunity for swimmers to improve their stroke technique in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool with a basic freestyle stroke, one length on their back and be comfortable submerging their heads under water. We do require all swimmers to have a pair of goggles that do not cover the nose. Swimmers will participate in friendly swim meets with the focus on setting goals and improving personal best times. Swim meet with SoPo Riptide TBD.

Dates: Tuesday/Thursday 4/1-5/29 (no class 4/17, 4/22, 4/24)

Time: 3:00-4:15 pm (parent pick up or extended Cape Care only, **no late bus**)

Fee: \$165

Program # 253-266



Youth Programs

LITTLE SAMURAI (Ages: 4-5)

Little Samurai students will improve hand/eye coordination through exercises and games designed specifically for their age. They will also learn the basic principles of Martial Arts such as respect for others, earning rewards with hard work and to never give up! The techniques taught will build skills that will help them move into the older children's program when they reach the age of 5 and have begun Kindergarten.

Time: 2:15 - 2:50 pm

Instructor: Dragon Fire Martial Arts.

Fee: \$86

Location: CS Spin Room

SESSION 1

Dates: Wednesdays, 1/8 - 2/12

Program # 253-324

SESSION 2

Dates: Wednesdays, 3/5—4/9

Program # 253-325



SPINNING SPROUTS (Ages: 3-5)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention.

Time: 2:30 - 3:00 pm

Instructor: Julie Wilkes, Brio Dance Studio

Location: CS Activity Room

SESSION 1

Dates: Mondays, 1/6 - 2/24 (no class 1/20, 2/3, 2/17)

Fee: \$72

Program # 253-326

SESSION 2

Dates: Mondays, 3/3 - 4/7

Fee: \$86

Program # 253-327

LEARNING WITH YAYA -

SPANISH FOR KIDS (Ages: 1-5 w/Adult)

Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process.

Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC. For questions on the program, please reach out to Yael at learningwithyaya@gmail.com

Day: Tuesdays

Fee: \$95

Location: CS Community Room

Instructor: Yael Herszkopf Mayer

Session 1 - Dates: 1/14 - 2/25 (no class 2/18)

Time: 9:30 - 10:15 am

Program # 253-328

Time: 10:30 - 11:15 am

Program # 253-329

Session 2 - Dates: 3/11 - 4/15

Time: 9:30 - 10:15 am

Program # 253-330

Time: 10:30 - 11:15 am

Program # 253-331

RHYTHMIC GYMNASTICS (Ages: 4-5)

Join our rhythmic gymnastics class and learn the beauty and skill of this exciting sport. Our experienced coach teaches fundamental techniques, coordination and flexibility with various apparatuses including hoops, balls, and ribbons. Beginner kids are welcome to join our inspiring community of gymnasts. Increase your balance, strength and focus in this challenging class.

Time: 2:30 - 3:00 pm

Fee: \$75

Location: CS Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

SESSION 1

Dates: Thursdays, 1/9 - 2/6

Program # 253-332

SESSION 2

Dates: Thursdays, 3/13—4/10

Program # 253-333

Youth Programs



WINTER STORY WALK w/SNOWSHOES & ANIMAL TRACKING (Caregiver & Child)

NEW

In conjunction with Maine Winter Kids, A Story Walk of the Children's Book *Lost. Found.* by Marsha Diane Arnold, will be placed along Runaway Farm to check out at your leisure.

Children's snowshoes will also be available to borrow, at no cost, from Community Services on a first come, first served basis.

Additionally, there will be two guided walk programs with CELT educators through Runaway Farm to follow the story and learn common winter animal tracks. Children and their caregivers will take a gentle hike through Runaway Farm Preserve and explore the habitats around them. They will search for signs of the changing seasons, animal tracks and winter adaptations. They will also get a chance to practice tracking, weather permitting.

Fee: \$6/parent & 1 child, \$3 add'l child

Location: 1 Gull Crest Ave. Meet at the Upper Parking Lot of Gull Crest Field, closest to Spurwink Ave

Instructor: Cape Elizabeth Land Trust

GUIDED WALK SESSION 1

Date: Thursday, 1/30, 10:00 - 11:00 am

Program # 253-334

GUIDED WALK SESSION 2

Dates: Tuesday, 2/4, 3:30 - 4:30 pm

Program # 253-335

The Story Walk boards will be up and snowshoes will be available to check out from Community Services on a first come, first served basis from January 28th through February 5th during the hours of 9am – 2pm.

HIP HOP (Gr: K-8)

Hip Hop is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps and improvisation or "freestyle". Hip hop is a street style of dance and will use upbeat music.

Location: CS Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

GRADES K-2

Day: Tuesdays

Time: 3:05 - 4:05

Fee: \$103

Session 1

Dates: 1/7 - 2/11

Program #: 253-336

Day: Wednesdays

Time: 3:05 - 4:05

Fee: \$103

Session 1

Dates: 1/8 - 2/12

Program #: 253-338

***3/26 Half Day Class 12:05 - 1:05**

GRADES 3-4

Day: Tuesdays

Time: 4:05 - 5:05

Fee: \$103

Session 1

Dates: 1/7 - 2/11

Program #: 253-340

GRADES 5-8

Day: Mondays

Time: 4:05 - 5:05

Fee: \$86

Dates: 1/6 - 2/24**

Fee: \$86

Program #: 253-342

**** No class 1/20, 2/3, 2/17**



Session 2

Dates: 3/4 - 4/8

Program #: 253-337

Session 2

Dates: 3/5 - 4/9*

Program #: 253-339

Session 2

Dates: 3/4 - 4/8

Program #: 253-341

Session 2

Dates: 3/3 - 4/7

Fee: \$103

Program #: 253-343

Birthday Dance Party

Let Community Services host your Princess (Ages 3-6), Frozen (Ages 3-7), or Hip Hop (Ages 5-9) Birthday Party led by Brio Dance Studio. Parties include music, dance, crafts, props, and more!

Contact Community Services at 799-2868 for

Youth Programs

MUSICAL THEATER (Gr: K-4)

Explore the wonderful world of Broadway in this fun and lively class! Students will learn songs and dances from popular shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem. An informal performance will be held during the last class. No previous experience is required.

GRADES K-2

Date: Mondays, 1/6 – 4/14 (No class 1/20, 2/3, 2/17)

Time: 3:05 - 4:30 pm

Fee: \$180

Location: High School Cafeteria

Instructor: Barry Brinker

Program # 253-344

GRADES 3-4

Dates : Thursdays, 1/9 – 4/10 (No class 2/20)

Time: 3:05 - 4:45 pm

Fee: \$195

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 253-345



THE EYE OF THE DRAGON (Gr: 3-4)

If you have a passion for dragons, this class is perfect for you! We will explore drawing dragons and then drawing just the eyes of a dragon, and then we'll bring them to life by creating Dragon Eyes using Model Magic. Even if you've previously participated in Art Club and made Dragon Eyes, this project is always a favorite. If you're truly obsessed with dragons, we invite you to join us!

Dates: Mondays, 3/10 - 4/14

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

Program # 253-346

IRISH DANCE (Gr: K-8)

We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline.

Dates: Fridays, 1/3 - 4/4 (no class 2/21, 3/7, 3/14)

Fee: \$205

Location: CS Activity Room

Instructor: Mairead Stillson

BEGINNERS: (Gr: K-4)

Time: 3:05 - 4:05 pm

Program # 253-347

ADVANCED: (Gr: 3-8)

Time: 4:05 - 5:05 pm

Program # 253-348

LYRICAL BALLET (Gr: K-3)

Lyrical is a dance style that combines ballet and jazz techniques. Known for its expressive and fluid qualities, Lyrical is ideal for the dancer who wishes to explore their creativity and emotions through dance.

Time: 3:05 - 4:05 pm

Location: CS Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1

Dates: Mondays, 1/6 - 2/24 (no class 1/20, 2/3, 2/17)

Fee: \$86

Program # 253-349

SESSION 2

Dates: Mondays, 3/3 - 4/7

Fee: \$103

Program # 253-350



Youth Programs

DESIGN WITH NATALIE HOCH

LITTLE CRAFTERS (Gr: K-2)

Explore, play, paint and create in this fun introduction to decorative painting. Little crafters will consider patterns, colors and images that inspire us. We will decorate small objects made of wood, wax, canvas and clay. Price of the class includes all art supplies, as well as, 2-4 decorated pieces that students will bring home.

Dates: Thursdays, 1/2 - 1/23

Time: 3:05 - 4:05 pm

Fee: \$75

Location: CS Community Room

Program # 253-351



DECORATIVE DESIGN STUDIO (Gr: 3-4)

Creative freedom and art discovery await! This class will offer a lighthearted and fun way to explore decorating, painting, creating, design and construction. We will consider patterns in nature and seek inspiration from water, trees, flowers and geometric design. Students will be free to paint and decorate a wide array of materials, including wood, ceramics, clay, canvas and faux leather. Price of the class includes all art supplies, as well as, several decorated pieces that students will bring home.

Dates: Thursdays, 1/30 - 3/6 (no class 2/20)

Time: 3:05 - 4:05 pm

Fee: \$110

Location: CS Community Room

Program # 253-352

ADVANCED DECORATIVE DESIGN (Gr: 5-7)

Specifically tailored for middle school artists and art-curious 5th-7th graders, this class is an exploration of creative freedom and decorative painting. Drawing inspiration from patterns in nature, geometry, contemporary art and pop culture, we will be decorating objects and accessories, including jewelry, bags, trays and apparel. Price of the class includes all art supplies, as well as, several decorated pieces that students will bring home.

Dates: Thursdays, 3/13 - 4/10

Time: 2:45 - 4:05 pm

Location: CS Community Room

Fee: \$120

Program # 253-353

DECORATIVE ART POP-UPS (Gr: 2-4)

These classes offer a welcoming and fun atmosphere to create and paint in new ways. We will be using acrylic paint on wood, ceramics and faux leather! Price of the classes include all art supplies as well as decorated pieces that students will bring home.

Time: 1:00 - 3:00 pm

Location: CS Community Room

Instructor: Natalie Hoch

Fee: \$45

Valentines Crafts and Decorative Painting

In this class, we will decorate a few select objects as gifts or decorations for Valentine's Day.

Date: Sunday 2/9

Program # 253-354

Spring/Flower Power Decorative Painting

Join us for an afternoon of painting and exploring the beauty of flowers, trees and the budding natural world around us!

Date: Saturday 4/12

Program # 253-355

ART CLUB (Gr: 2-4)

Art club is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with different mediums each week.

Fee: \$90

Location: Pond Cove Art Room

Instructor: Jillian Gaare

GRADE 2

Time: Thursdays, 3:05 - 4:05 pm

Session 1:

Dates: 1/2 - 2/6

Program # 253-356

Session 2:

Dates: 2/27 - 4/3

Program # 253-357

GRADE 3

Time: Wednesdays, 3:05 - 4:05 pm

Session 1:

Dates: 1/8 - 2/12

Program # 253-358

Session 2:

Dates: 3/5 - 4/9*

Program # 253-359

GRADE 4

Time: Tuesdays, 3:05 - 4:05 pm

Session 1:

Dates: 1/7 - 2/11

Program # 253-360

Session 2:

Dates: 3/4 - 4/8

Program # 253-361

* 3/26 Half-Day Time 12:05 - 1:05

Youth Programs

FIBER ARTS STUDIOS

KNITTING (Ages: 8-12)

Ignite your creative spark in this project based course. By the end of the session, your student will have created a cute project to take home - an approachable project that's perfect for honing his/her new knitting skills. Knitting needles and all materials provided.

Time: Wednesdays, 3:05 - 4:30 pm

Fee: \$110

Location: CS Spin Room

Instructor: Elizabeth Carroll



Session 1

Dates: 1/8 - 2/12

Program # 253-362

Session 2

Dates: 3/5 - 4/9*

Program # 253-363

*3/26 Half-Day time 12:05 - 1:30 pm

SEWING (Gr: 4-8)

Students in this class should have a basic understanding of sewing and will learn the terminology and techniques required to successfully complete a project using hand stitching and/or machine sewing. Students can come to class with a specific project appropriate for the six-week class length, including materials OR may choose to use class materials.

Dates: Thursdays, 1/2 - 2/6

Time: 3:05 - 5:00 pm

Fee: \$120

Location: CS Spin Room

Instructor: Jeanette Guglielmetti

Program # 253-364

WHAT'S FOR DINNER? (Gr: 2-4)

Grab your apron and help your parents answer that age old question "What's for Dinner?" Each week chefs will have a lesson in culinary arts along with lessons in nutrition, sanitation, culinary math and culinary geography all while learning a new dinner recipe and creating their own cookbook/journal to keep!

Dates: Wednesdays, 1/8 - 2/12

Time: 3:05 - 4:05 pm

Fee: \$130

Location: CS Community Room

Instructor: Fun Chefs LLC

Program # 253-365

BAKESHOP (Gr: 2-4)

Each week we will bake a sweet or savory treat and learn about what it takes to be a great baker. We will learn how to measure, the science of baking, working with various types of doughs and batters, plus decorating tips and tricks. Students will learn the chemistry behind baking and create their own cookbook/journal to keep.

Dates: Wednesdays, 3/5 - 4/9

Time: 3:05 - 4:05 pm

Fee: \$130

Location: CS Community Room

Instructor: Fun Chefs LLC

Program # 253-366

VALENTINE SWEETS POP-UP (Gr: 2-4)

Get in the spirit of love with some delightful treats from the kitchen and make some sweet little gifts for your special Valentine. Take home your goodies the same day.

Date: Saturday 2/8

Time: 1:00 - 2:30 pm

Location: CS Community Room

Instructor: Fun Chefs LLC

Fee: \$45

Program # 253-367



DRIVER EDUCATION

Right Choice Driving School owner, Tim O'Carroll, comes to us with 25+ years of experience with Cape students. Right Choice Driving School is licensed by the State of Maine. Students must be at least 15 years of age by the course starting date. 10 Hours of driving instruction included in addition to classroom time.

Time: 6:00 - 8:30 pm

Fee: \$625

Location: CC Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: Mon - Thurs, 1/6 - 1/27*

Session 2: Mon - Thurs, 3/3 - 3/20

* No class 1/20

PROGRAM

253-368

253-369

Youth Programs

BRICK BY BRICK MAINE LEGOS

(Gr: K-3)

Join us for one or both of these fabulously fun 6-week sessions! Classes begin with a short lesson related to the build of the week. Once the weekly build is completed, students will enjoy free building time with a huge tub of Lego bricks!

Time: 3:05 - 4:05 pm

Location: CS Spin Room

Fee: \$128



LEGO MYTHICAL CREATURES!

Get ready to investigate mythical creatures. Weekly builds may include an alien, a UFO and a dragon!

Date: Tuesdays 1/7 - 2/11

Program # 253-370

LEGO 3 in 1!

In this class we will build and rebuild our creations (up to three times)! Weekly builds may include a pug, a parrot and a chameleon!

Date: Tuesdays 3/4 - 4/8

Program # 253-371

SUPER SITTER SKILLS (Ages: 11-15)

This American Red Cross Babysitter's Training course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. The course consists of interactive lessons featuring video, activities, games and tools babysitters can use to build their knowledge and skills, manage their babysitting business, develop leadership skills and keep themselves and others safe, as well as basic first aid for children and infants. Students must be at 11 years old prior to class date and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive American Red Cross certification that does not expire.

Time: 9:00 am - 3:30 pm

Fee: \$130

Location: CS Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

Date: Saturday, January 25 **Program #** 253-372

SESSION 2

Date: Saturday, March 29 **Program #** 253-373

CHESS CLUB (Gr: 1-8)

"Check Mate!" Chess is a fun game that incorporates and helps foster intellectual growth while having fun. It's not about Kings, Queens, and Rooks, but rather, quadrants and coordinates, thinking strategically and foreseeing consequences. It's about lines and angles, weighing options and making decisions. Chess might just be the perfect teaching and learning tool. The game of chess increases higher level thinking skills, advance math and reading skills, and builds self-confidence. Beginners and experienced players welcomed!

Location: CS Community Room

Instructor: David Cimato

Fee: \$68

GRADES 1-2

Time: Fridays, 3:05 - 4:05 pm

Session 1:

Dates: 1/3 - 2/14***

Program # 253-374

Session 2:

Dates: 2/28 - 4/11 *

Program # 253-375

GRADES 3-4

Time: Mondays, 3:05 - 4:05 pm

Session 1:

Dates: 1/6 - 3/3 **

Program # 253-376

Session 2:

Dates: 3/10 - 4/14

Program # 253-377

GRADES 5-8

Time: Fridays, 4:05 - 5:05 pm

Session 1:

Dates: 1/3 - 2/14***

Program # 253-378

Session 2:

Dates: 2/28 - 4/11 *

Program # 253-379

*No class 3/14

** No class 1/20, 2/3, 2/17

*** No class 2/7

TABLE TENNIS/PING PONG (Gr: 5-8)

Join your friends after school for a challenging round of table tennis. Skills, drills, and team spirit await players at any level who have a love for the game! Table tennis is a healthy form of exercise that is good for the brain. No electronics will be allowed.

Date: Tues/Thurs, 1/7 - 2/6

Time: 2:30 - 4:00 pm

Fee: \$90

Location: Middle School Gymnasium Lobby

Instructor: Chris Drake

Program # 253-398

Youth Programs



NATURAL WONDERS (Gr: K-2)

Investigate the natural wonders of our world as we visit extreme scenes from the desert to the sea. Learn about deserts and see how animals and plants adapt to these harsh climates. Explore the amazing survival of animals in the rainforest, in Antarctica, deep in the ocean and more!

Dates: Mondays, 1/6 - 3/3 (no class 1/20, 2/3, 2/17)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: CS Spin Room

Program # 253-380

TO THE MOON AND BEYOND! (Gr: K-2)

Is there anybody out there? From the Moon to Mars, what keeps it all moving and what else is there? Learn about comets and meteors and how they impact the surface of the moon and Mars. Get ready to pack for your next space trip, get a taste of space food and so much more!

Dates: Mondays, 3/10 - 4/14

Time: 3:05 - 4:05 pm

Fee: \$120

Location: CS Spin Room

Program # 253-381



FUN'OMENA (Gr: 3-4)

Explore Natural and human-caused disasters and how we can protect and prepare ourselves. Construct houses that will be earthquake, test which trees will bend and which will break during a hurricane, learn about volcanoes on Mars and so much more hands-on fun science!

Dates: Tuesdays, 1/7—2/11

Time: 3:05 - 4:05 pm

Fee: \$120

Location: CS Community Room

Program # 253-382

EDISON'S WORKSHOP (Gr: 3-4)

Journey through everything electricity! Experience everything about static and current electricity, touch lightning, build circuits, discover how electric energy is transferred to other types of energy and so much more!

Dates: Tuesdays, 3/4 - 4/8

Time: 3:05 - 4:05 pm

Fee: \$120

Location: CS Community Room

Program # 253-383



KARATE KIDS (Gr: K-8)

Empower your children with important life skills as well as valuable techniques to protect themselves while building strength and awareness with this course in kid's karate. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills.

Fee: \$172

Instructor: Dragon Fire Martial Arts

Location: Pond Cove Gym

SESSION 1

Dates: Monday/Wednesday, 1/6 - 2/26

(no class 1/20, 2/3, 2/17, 2/19)

Beginner

Time: 3:05 - 4:05 pm

Program # 253-384

Advanced

Time: 4:05 - 5:05 pm

Program # 253-385

SESSION 2

Dates: Monday/Wednesday, 3/5 - 4/14

Beginner

Time: 3:05 - 4:05 pm

Program # 253-386

Advanced

Time: 4:05 - 5:05 pm

Program # 253-387

RHYTHMIC GYMNASTICS (Gr: K-2)

Join our rhythmic gymnastics class and learn the beauty and skill of this exciting sport. Our experienced coach teaches fundamental techniques, coordination and flexibility with various apparatuses including hoops, balls, and ribbons. Beginner kids are welcome to join our inspiring community of gymnasts. Increase your balance, strength and focus in this challenging class.

Day: Thursdays

Fee: \$100

Location: Community Center Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

SESSION 1

Dates: 1/9 - 2/6

Time: 3:05 - 4:05

Program # 253-388

Time: 4:05 - 5:05

Program # 253-389

SESSION 2

Dates: 3/13 - 4/10

Time: 3:05 - 4:05

Program # 253-390

Time: 4:05 - 5:05

Program # 253-391

Youth Programs

CAPE COMMUNITY ARENA

SUPER SKATE (Ages: 3-10)

This introductory class is for skaters who enjoy the sport and want more exposure to the fundamentals. This large class thrives on community building and bolsters confidence through games and play. We start with an independent warm up, followed by a short guided instructional time, and end with dynamic games to build strength, stamina, resilience, and a sense of love for the sport.

Dates: Saturdays, 1/4 - 2/15

Fee: \$105

Instructor: Monica Malcomson & CCAG Volunteers

PENGUINS (Age 3-5)

Time: 8:00 - 8:55 am

Program # 253-392

POLAR BEARS (Age 6-10)

Time: 9:00 - 9:55 am

Program # 253-393

CREATIVE MOVEMENT ON ICE

(Ages: 7-12)

This class is for skaters who love the performance aspect of the sport and want to explore musicality and creative movement on ice. It is helpful for the flow of this class if skaters are beyond the basics/beginner level and steadily able to move and glide (even if it is slow!). We will explore movements set to music and choreography! This group will decide with Coach Monica whether they'd like to participate in an end of season showcase for our CCAG RinkFest at the end of February!

Dates: Wednesdays 1/8, - 2/12

Time: 4:15 - 4:45 pm

Fee: \$100

Instructor: Monica Malcomson

Program # 253-394



GROUP SKATING LESSONS (Ages: 4+)

Group skating lessons are limited to a maximum class size of 10. Please note that the age range for the below classes are a guideline and the most important component is the participants' abilities in order to feel comfortable in the class. Skates and helmets are required. Please contact Coach Monica at monica@capearena.org for further guidance.

Fee: \$80

Instructor: Monica Malcomson & Faye Debella

Location: Cape Community Arena

BASICS SKILLS CLASS (Ages: 4-8)

This class is for hockey and figure skaters who want more direct coaching than Super Skates offers and focuses more closely on small group instruction of foundational skating skills. Your skater must be able to stand on the ice alone and support their own body weight (we do have buckets for some additional support). We will learn how to properly fall and get up, stop, march, jump in place, turn around, two-foot glide, and begin forward swizzles. This class is engaging in fun and interactive ways for all participants to improve their basic skills and focus on foundational skills and safe body control.

Dates: Sundays 1/26, - 2/23 (no class 2/2)

Time: 10:15 - 10:45 am

Program # 253-395

Time: 10:45 - 11:15 am

Program # 253-396

BEGINNER CLASS (Ages: 6-12)

This class is for hockey and figure skaters who have a grasp of most of the basic skills (described in the Basic Skills class description) and want to expand their foundational elements skill set. Your skater must have experience with safely falling, getting up, marching/moving forward independently and forward two-foot glides. We will review those elements and continue with swizzles, 1-foot glides, dips, steering and backwards swizzles/skating. The main difference between this class and Basic Skills is that your skater will start to learn how to go backwards and thus should be able to independently move forward prior to entering this class.

Dates: Sundays 1/26, - 2/23 (no class 2/2)

Time: 11:15 - 11:45 am

Program # 253-397

Youth Programs

SEACOAST UNITED SOCCER SKILLS

Our indoor winter clinics are the perfect way to extend your child's soccer experience.

Date: Sundays, 1/5 - 2/2

Fee: \$70

Location: Pond Cove Gym

Instructors: Seacoast United Soccer Staff



SEACOAST MINIS (Ages 3-5)

The Seacoast Mini Kickers curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face.

Ball Size: 3

Time: 2:00 - 2:45 pm

Program # 253-408

SEACOAST FUTURES (Gr: K-1)

The Seacoast Juniors curriculum teaches soccer fundamentals to young players in a fun, high energy environment. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 4

Time: 2:45 - 3:30 pm

Program # 253-409

INDOOR FAMILY TENNIS

Adults will focus on the development of their own skills, while also learning how to work with their child/children on the court. This format has proven to be extremely successful AND a great time!

Fee: Parent and Child \$132, Additional Child \$60

Instructor: Mary Gray, PTR Certified

Location: Middle School Gym

Session 1

Dates: Sundays, 1/5 - 2/9

Age	Time	Program #
4 - 5	9:00 - 10:00 am	253-422
6 - 7	10:00 - 11:00 am	253-423
8 - 12	11:00 am - 12:00 pm	253-424

Session 2

Dates: Sundays, 3/2 - 4/6

Age	Time	Program #
4 - 5	9:00 - 10:00 am	243-425
6 - 7	10:00 - 11:00 am	243-426
8 - 12	11:00 am - 12:00 pm	243-427

FRIDAY INDOOR TENNIS (Gr: 1- 8)

Calling tennis players of all experience levels! Classes are geared toward player ability, starting with the basics of balance, coordination, hitting "with intention," all the way to tennis concepts, and playing in small matches.

Location: Pond Cove Gym

Instructor: Niamh Colpitts, PTR Certified /USPTA Member

Session 1

Dates: Fridays, 1/3- 2/14 (No class 1/17)

Fee: \$108

Grade	Time	Program #
Grades 1 - 2	3:00 - 4:00 pm	253-410
Grades 3 - 5	4:00 - 5:00 pm	253-411
Grades 6 - 8	5:00 - 6:00 pm	253-412

Session 2

Dates: Fridays, 2/28 - 3/28 (No class 3/14)

Fee: \$72

Grade	Time	Program #
Grades 1 - 2	3:00 - 4:00 pm	253-413
Grades 3 - 5	4:00 - 5:00 pm	253-414
Grades 6 - 8	5:00 - 6:00 pm	253-415

SATURDAY INDOOR TENNIS (Gr: 1- 8)

Improve your skills and performance through tennis drills and games. All levels welcome! Younger players will practice proper strokes and movement, while older players will continue to work on their technique and strategy of the game!

Location: Pond Cove Gym

Instructor: Mary Gray, PTR Certified

Fee: \$92

Session 1

Dates: Saturdays, 1/4- 2/8

Grade	Time	Program #
Grades 1 - 2	9:00 - 9:45 am	253-416
Grades 3 - 5	10:00 - 10:45 am	253-417
Grades 6 - 8	11:00 - 11:45 am	253-418

Session 2

Dates: Saturdays, 3/1 - 4/5

Grade	Time	Program #
Grades 1 - 2	9:00 - 9:45 am	253-419
Grades 3 - 5	10:00 - 10:45 am	253-420
Grades 6 - 8	11:00 - 11:45 am	253-421

Youth Programs

CAPE YOUTH TRAVEL LACROSSE (Gr: 3-6)

REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 28TH. NO LATE REGISTRATIONS.

Cape Youth Lacrosse is looking for girls and boys of all experience levels! Teams of equally balanced proficiency will be offered for 3rd/4th Grade and 5th/6th Grade. The season begins at the end of March and ends mid-June with two practices a week and weekend games/tournaments. Teams will be formed after the end of the indoor practice sessions.

3RD/4TH GRADE

At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

5TH/6TH GRADE

The 5th & 6th Grade lacrosse program is where young athletes are honing their technical expertise and begin building their tactical skills in a more competitive setting.

Indoor practice: Starts the week of March 24

Time: 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.

Days: TBD, 2 x/week

Location: Middle School Gym

Outdoor practice: Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.

Fee: \$200 (complete uniform), \$145 (if you own a current uniform)

GIRLS

Girls 3/4 Program # 254-300

Girls 5/6 Program # 254-301

COACHES: Parent volunteers are critical for the success of our Travel Programs! Inquire about helping as a Team Administrator or Coach. Coaching clinics are available.

BOYS

Boys 3/4 Program # 254-302

Boys 5/6 Program # 254-303

CAPE BASEBALL CLINICS (Gr. 3 - Gr. 8)

Come join HS Coach Dutton and his coaching staff and players for our baseball clinics! Over these 3 week, 1 hour sessions, players will gear up for the upcoming season by working on throwing, fielding, batting skills, and more! The gym will be split for grades 3-4 and 5-6.

Dates: Tuesdays and Thursdays, 3/4 - 3/20

Location: High School Gym

Fee: \$50

Grades 3 - 6

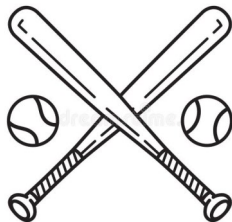
Time: 6:00 - 7:00 pm

Program # 253-428

Grades 7 - 8

Time: 7:15 - 8:15 pm

Program # 253-429



BASEBALL/SOFTBALL OPEN GYM

Each Sunday, the high school gym will be available for all Baseball and Softball players looking to get practice in before the season starts. Athletes can drop in to run through ball work in small groups on their own. No Coaching will be offered. A supervisor will be on site. Athletes younger than 7th grade will need an adult with them. No hard balls allowed. All you need to bring is a bat, a glove, and a helmet!

Dates: Sundays, 2/2 - 3/23 (No Gym Feb. 16th)

Time: 11:00 - 1:00 pm (**First Day, 2/2: 1-3pm!**)

Fee: Free

Location: High School Gym

Youth Programs



SPECIAL CARE DAYS

CECS Cape Care will offer childcare on Staff Development days/No School and ½ days for K-4th graders. We are not able to accommodate Preschool or Pre-K students due to the nature of the field trips and swimming options. Cape Care staff will provide safe fun activities, including outdoor play, free swim and field trips on full days (TBD) Space is limited.

Where: Cape Care aftercare room (CECS)

Cost: Full day \$80 Time: 8:00 am-5:30 pm
Half Day \$50 time: 12:05 am-5:30 pm

When:

- Feb 3, 2024 NO Pre/Pre-K Full Day
Program # 253-403
- Mar 14, 2024 Regular day for Pre/Pre-K Full Day K-4
Program # 253-404
- Mar 26, 2024 ½ day K-4 NO Pre/Pre-K PTC
Program # 253-405
- Apr 17, 2024 ½ day K-4 Regular day for Pre/Pre-K
Program # 253-406
- May 9, 2024 ½ day K-4 Regular day for Pre/Pre-K
Program # 253-407



CAPE CARE PRESCHOOL, PUBLIC PRE-K AND BEFORE AND AFTER SCHOOL CARE FOR 2025-2026

Accepting applications starting February 24, 2025

- If you are interested in one of our quality programs and would like more information please join us for an informational meeting on **February 25, 2025 at 6:00 pm at Community Services.**

For the Cape Care 2025-26 Application and Parent Handbook please visit our website at [CECS/Cape Care](https://www.cecs.org/cape-care). All participants, currently enrolled and new to Cape Care, must complete an application.

FEBRUARY VACATION CAMP (K-4TH)

School vacation camp is designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, and field trips. Price includes field trip fees. Field Trips TBA. Min 15/ Max 27

Date: Tuesday - Friday 2/18 - 2/21

Time: 8:00 am - 4:00 pm

Fee: \$285.00

Location: CECS Cape Care Aftercare Room

Program # 253-401

APRIL VACATION CAMP (K-4TH)

School vacation camp is designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, and field trips. Price includes field trip fees. Field Trips TBA. Min 15/ Max 27

Date: Tuesday - Friday 4/22 - 4/25

Time: 8:00 am - 4:00 pm

Fee: \$285.00

Location: CECS Cape Care Aftercare Room

Program # 253-402



SUMMER CAMP PREVIEW

Registration opens on Sunday, April 6, 2025 @8:00 pm online To help you plan your summer activities, Community Services will offer Little Cubs Camp, Adventure Camp, and Teen Extreme Camp on the following dates:



- Week 1 June 25-27 (3 day week)**
- Week 2 June 30- July 3 (No camp July 4th)**
- Week 3 July 7-11**
- Week 4 July 14-18**
- Week 5 July 21-25**
- Week 6 July 28-Aug 1**
- Week 7 August 4-8**

RICHARDS COMMUNITY POOL & FITNESS CENTER

MEMBERSHIP INFO	MONTHLY pool/fitness/combo	QUARTERLY pool/fitness/combo	ANNUALLY pool/fitness/combo
INDIVIDUAL	\$43/ \$40/ \$60	\$104/ \$91/ \$138	\$341/ \$300/\$473
COUPLE	\$71/ \$69/ \$94	\$159/ \$155/ \$220	\$473/ \$432/\$667
FAMILY	\$99/ \$115/ \$131	\$267/ \$255/ \$339	\$830/ \$805/ \$1,136

POOL DROP INS AGES 4-10 OR RESIDENT 62+ \$4, AGES 11+ \$5 / \$6 (NR)
 FITNESS CENTER DROP INS \$5 / \$6 (NR) AGES 14+ ONLY
 CASH OR CHECK ONLY
 POOL AND FITNESS SCHEDULES CAN BE FOUND AT
WWW.CAPECOMMUNITYSERVICES.ORG

POOL PARTIES

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Cafe may be rented for your 'party portion' at an additional fee

FEES

\$190 Inflatable, pool & whirlpool (max 40)

\$125 Pool & whirlpool (max 40)

\$85 Cafe rental (1 hour)

NON-RESIDENTS add 10% to above fees

**CHECK AVAILABILITY AND BOOK YOUR
 POOL PARTY ONLINE WITH A CREDIT
 CARD AT
CAPECOMMUNITYSERVICES.ORG**

POOL/FITNESS CENTER MEMBERSHIP

SUSPENSION OR CANCELLATION POLICY **Medical**

– Members may submit medical documentation in the event they need to suspend or cancel their membership due to injury/illness. The suspended time will be added to extend the membership. Cancellations will be prorated.

Non-Medical – Annual members may suspend their membership for a minimum of one month and a maximum of three months once during their membership year and will be assessed a \$25 processing fee to do so. We are unable to accommodate non-medical suspensions for monthly or quarterly members.



PLAN AHEAD!

Please note, pool parties typically fill 2-3 months in advance.

Cape Elizabeth Town Hall
320 Ocean House Road

Postal Patron Local
Non-Profit Organization
U.S. Postage
PAID
Permit No. 106
Portland, ME

Postal Customer

Cape Elizabeth, ME 04107

Frequent our website www.capecommunityservices.com

Receive **TEXT MESSAGES** for time-sensitive
program/facility/changes/cancellations/closures.

Be sure your cell phone # with your carrier are entered in your
ActiveNet account and correct **FOR EACH FAMILY MEMBER.**

Follow us on social media



CAPE COMMUNITY SERVICES
CAPE CARE
CAPE ELIZABETH POOL & FITNESS CENTER



CAPE ELIZABETH COMMUNITY SERVICES

**STAY
CONNECTED
AND
INFORMED**

TOWN NUMBERS

COMMUNITY SERVICES 799-2868
HIGH SCHOOL 799-3309
MIDDLE SCHOOL 799-8176
POND COVE 799-7339
THOMAS MEM LIBRARY 799-1720
TOWN HALL 799-0881
NON-EMERGENCY FIRE 799-6409
NON-EMERGENCY POLICE 799-3323

CECS TAX ID # 01-6000-100

