

FALL 2024

CAPE EXPLORER



**KEEPING
CAPE
ACTIVE**



CAPE COMMUNITY SERVICES



ONLINE

CAPECOMMUNITY
SERVICES.ORG

CAPE RESIDENTS
SUNDAY 8/25 8 PM

NON RESIDENTS
FRIDAY 8/30 8 AM



IN PERSON

343 OCEAN HOUSE RD
M-F 8 AM-4:30 PM

CAPE RESIDENTS
MONDAY 8/26 8 AM

NON RESIDENTS
FRIDAY 8/30 8 AM



BY PHONE

207-799-2868
M-F 8 AM-4:30 PM

CAPE RESIDENTS
MONDAY 8/26 8 AM

NON RESIDENTS
FRIDAY 8/30 8 AM



IMPORTANT INFO

- Full refunds are given when a program is cancelled.
- Withdrawls 5 business days prior to first 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.

Adult Fitness

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 10/14, 11/11, 11/29)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
9/9-10/30	22	\$176	252-100
11/1-12/20	20	\$160	252-101

ESSETRICS® AT THE FORT

Strengthen your core and lengthen your look as you enjoy music to move to. Essentrics combines joint mobility, fascial re-education and muscular strength to give you the alignment you need to walk, lift, hike, bike, ski and swim....well.

Dates: Tuesday/Thursday September (no class 9/3, 9/5)

Time: 9:00-10:00 am

Location: Fort Williams

Instructor: Sarah MacColl

Fee: Drop in cash/check only \$10 per class at the Fort

ESSETRICS®

RELEASE REBALANCE RESTORE

Essentrics is a full body posture, mobility, core strength and balance program that builds long strong muscles using your own body weight and proprioception. The interconnectedness of all body parts and the musculo-skeletal communication system throughout the fascia makes Essentrics a perfect way to wake up all the muscles and have fun doing it. Most of the class is choreographed to music. Visit essentric.com FMI. Drop-ins welcome \$14.

Dates: Tuesday/Thursday (no class 11/28)

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
10/1-11/7	12	\$144	252-102
11/12-12/19	11	\$132	252-103

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! You might have met Liz last summer filling in for Elaine, but also through the years (decades) at The Bay Club, Union Fitness, Be Fit, Regency Health Club, The Woodlands or as the Head Aerobic Instructor at Hanaford Corp office in Scarborough. Drop ins-welcome \$12

Dates: Tues/Thurs

Time: 8:00-8:50 (no class 11/28)

Location: CS Activity Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
9/3-10/31	18	\$180	252-104
11/5-12/19	13	\$130	252-105

** Try 1 drop in class free!

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: Mon/Wed/Fri (no class 10/14, 11/29)

Time: 5:30-6:30 am

Location: Lower Spin Room CECS

Instructor: Liz Beausang *NEW CLASS INSTRUCTOR*

Date	Classes	Fee	Program #
10/2-11/8	16	\$160	252-106
11/13-12/18	15	\$150	252-107



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 10/31, 11/5, 11/28)

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/10-10/24	14	\$126	252-108
10/29-12/19	13	\$117	252-109

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 10/31, 11/5, 11/28)

Time: 6:15-7:15 pm

Location: Spin Room/outdoors

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/10-10/24	14	\$126	252-110
10/29-12/19	13	\$117	252-111

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 11/1, 11/29)

Time: 8:45-9:45 am

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/11-10/25	14	\$126	252-112
10/30-12/20	14	\$126	252-113

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 your coordination, and enjoy yourself while getting your cardio done. No dance experience necessary. Bring a water bottle, a towel, and your smile. Drop-ins welcome \$12. (no class 11/29)

Dates: Tues/Thurs 9/3-9/26

Time: 9:00-10:00 am

Fee: \$80

Program # 252-114

Date: Fridays 10/4-12/13

Time: 10:10-11:00 am

Fee: \$100

Program # 252-115

Location: CECS Activity Room

Instructor: Patricia Maret



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. Cholla's class is designed to be inclusive for all, and welcomes participants of all fitness levels. Every Oula class 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 (No class 10/31, 11/28)

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

Location: Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
9/5-10/17	7	\$77	252-116
10/24-12/19	7	\$77	252-117

Adult Fitness

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 9/9-12/9 (no class 10/14, 11/11)

Time: 12:00-1:00 pm

Fee: \$156

Location: CECS Activity Room

Instructor: Kristin Sutton

Program # 252-118

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 9/11-12/11 (no class 11/27)

Time: 11:45-12:45 pm

Fee: \$169

Location: CC Activity Room

Instructor: Kristin Sutton

Program # 252-119

ABSOLUTE BEGINNER TAP *NEW*

Looking to try something completely new? This class is the perfect starting point for anyone wanting to explore tap dance. In the beginner class we will cover all of the basics and you will be flapping across the floor in no time. Kristin Sutton has performed and taught dance in the Portland area for over 25 years, trained in tap, Jazz, hip-hop and ballroom. Come give it a try!

Dates: Wednesdays 9/11-12/11 (no class 11/27)

Time: 12:45-1:45 pm

Fee: \$169

Location: CC Activity Room

Instructor: Kristin Sutton

Program # 252-120

BALLROOM DANCE FOR COUPLES

Learn the basics and beyond of how to Waltz, Rumba, Cha-cha, Merengue, Salsa, and Foxtrot. This class focuses on technique and connection tips to be able to move smoothly and in-sync with your partner. Learn fun patterns for those special events such as weddings, vacations, anniversaries, and social gatherings. Please bring a partner and **class fee is per couple**.

Dates: Tuesdays

Time: 6:00-7:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/10-10/8	5	\$120	252-121
10/15-11/12	5	\$120	252-122

FITBALL YOGA

The Benefits of working with a Stability Fitball are many. Combined with Yoga, will help to connect you to your center of gravity, activate the stabilizing postural muscles and allow the body to relax into the poses. The use of a chair also used in this practice, assists and reduces wrist and back strain. The one thing that ensures **how we look as we age**, stay limber and protect our joints is to have **Good Posture!!!** Drop-ins welcome \$12

Dates: Tues/Thurs

Time: 12:00-1:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/17-10/17	10	\$110	252-123
10/22-11/21	10	\$110	252-124



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 (no class 11/26)

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
9/10-10/8	5	\$60	252-125
10/22-12/10	7	\$84	252-126



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. The session will conclude with a guided body scan that encourages you to relax into the present moment, where true power resides.

Dates: 1st Friday of every month

Time: 11:00- 12:00 pm

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

Location: CECS Activity Room

Instructor: Martha Williams, certified yoga instructor

Program # Aug, Sept, Oct. 251-121
Nov, Dec, Jan 252-127

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

Dates: Mondays (no class 10/14)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/9-10/21	6	\$66	252-128
11/18-12/23	6	\$66	252-129

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

Date	Classes	Fee	Program #
9/4-10/23	8	\$88	252-130
11/6-12/18	7	\$77	252-131

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

Dates: Mondays (no class 10/14)

Time: 6:00-7:15 pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/9-10/21	6	\$66	252-132
11/18-12/23	6	\$66	252-133

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program #
9/4-10/23	8	\$88	252-134
11/6-12/18	7	\$77	252-135

TAI CHI - second form

This class is a continuation of the spring session, the completion of the seven step form. Tai Chi generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. Drop-ins welcome \$10

Dates: Tuesdays (no class 11/26)

Time: 1:15-2:30 pm

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/10-10/15	6	\$60	252-136
10/29-12/10	6	\$60	252-137

Adult Fitness

FOUNDATIONAL STRENGTHENING FOR QIGONG

This class emphasizes strengthening the foundational muscles necessary for more easeful and pain free sitting, standing and walking. When we have a strong, stable base from which to move, our bodies naturally become more efficient and balanced. 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 (no class 11/28)

Time: 10:10-10:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/12-10/17	6	\$24	252-138
10/31-12/12	6	\$24	252-139

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. 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. Drop-ins welcome \$10

Dates: Thursdays (no class 11/28)

Time: 10:30-11:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/12-10/17	6	\$60	252-140
10/31-12/12	6	\$60	252-141



PICKLEBALL- BEGINNER LEARN TO PLAY!!

This sport is action packed but easy on the body. People of all ages are playing and we are bringing an introductory class to you. This game is played outdoors on a badminton-sized court and slightly modified tennis net. Beginners welcome! We will have extra paddles for those looking to try it out.

Dates: Tuesdays & Wednesdays 9/10-9/26 (6 classes)

Time: 5:00-6:30 pm

Fee: \$108

Location: Fort Williams Pickleball Courts

Instructor: Jim Clarke

Program #252-142

ADVANCED BEGINNER/ INTERMEDIATE PICKLEBALL

For those who have played the game and are looking to improve their strategy, court awareness and all-around skills, this class can help. Topics will include drops and drives, tethering, when to attack, when to employ a soft game, how to defend against bangers.

Dates: Tuesdays/Thursdays 9/17-10/10 (8 classes)

Time: 8:00-9:30 am Advanced Beginner
9:30-11:00 am Intermediate

Fee: \$144

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan, 2022 national champion

Program # Advanced Beginner 252-143
Intermediate 252-144

PICKLEBALL INTERMEDIATE PLUS

For those who have taken the Intermediate class and/or received permission from the instructor, this once-per-week class will focus on drills and strategic play to develop and sharpen your pickleball skills. We will cover court positioning, soft vs. hard game, stacking, speedups, resets and more.

Dates: Wednesdays 9/18-10/9

Time: 10:30 am -12:00 pm

Fee: \$72

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan, 2022 national champion

Program #252-145

Adult Fitness

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, 11/3-12/15

Fee: \$56

Location: HS Gymnasium



Time	Supervisor	Program #
5:00-6:30	David Croft	252-146
6:30-8:00	David Peary	252-147

ADULT INTERMEDIATE TENNIS

The first 30 minutes of class will focus on the fundamentals of tennis strokes/grips and footwork. The last 30 minute of class will focus on match play. Class will be held in a low pressure environment.

Dates: Saturdays

Time: 8:00-9:00 am (no class 10/12, 11/30)

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Location: outdoor 1st session @ HS Tennis Courts/indoor 2nd session @ PC Gym

Date	Classes	Fee	Program #
9/7-10/19	6	\$90	252-148
11/2-12/14	6	\$90	252-149

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.

Dates: Wednesdays 9/11-11/15

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.

Dates: Wednesdays 9/11-12/11 (no hoops 11/27)

Time: 8:00-9:45 pm

Drop in Fee: \$5

Location: MS Gym

Supervisor: Christopher Casey



TEEN/ADULT SKATE (AGES 13+)

This is a combined class for teens and adults who are newer to the sport or revisiting/continuing on their skating journey as an adult. This class is for skaters who want to build confidence, learn more and simply enjoy being on the ice! It will be broken into two parts: a 15 minute guided collaborative practice and a 15 minute targeted instruction mini-lesson. Skaters partaking in this class should be able to support their own body weight on the ice and have some experience with basic skills. Please keep the safety of your body in mind, use necessary protective gear. Please contact Coach Monica at monica@capearena.org for further support or guidance.

Dates: Sundays 12/15, 12/22, *1/5, *1/12

Time: 11:00- 11:30 am / * 11:15-11:45 am

Fee: \$80

Location: Cape Community Arena

Instructor: Monica Malcomson

Program # 253-100

GOLDEN EDGE SKATE GROUP CLASS (18+)

Ice skating is a lifelong sport and this class is honoring the joy of all adult levels! It will be broken into two parts: a 15 minute guided collaborative practice and a 15 minute targeted instruction mini-lesson. Please keep the safety of your body in mind, use necessary protective gear and consult with your doctor if you're longing to skate yet feeling at all physically hesitant to partake in this class. We are excited to support you on starting or continuing your ice skating journey! Please contact Faye Debella at fayedibella@gmail.com for further support or guidance.

Dates: 12/11, 12/13, 12/17, 12/20

Time: 8:30-9:00 am

Fee: \$80

Location: Cape Community Arena

Instructor: Faye Dibella

Program # 252-152

Adult Fitness

JETTI FIT WALKING FORT WILLIAMS

Transform Your Walk Into a Fun, Full-Body Workout! Learn from Susan how to power up your walking as she guides you through using Jetti 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 939-2255 or susan@jointefforttraining.com.
Dates: Mondays 9/9-10/14
Time: 4:00 - 5:00 pm
Location: Fort Williams Park - park in overflow/meet near the Children's Garden
Instructor: Susan Janosik
Fee: \$72
Program # 252-190

EXPERIENCE NATURE ON THE CAPE

NEW WALKING GROUP

Are you a nature enthusiast who loves to experience nature up close? Are you new to Cape or interested in getting to know Cape Elizabeth's beautiful trails better? Join us as we walk, explore, and experience all that Cape's trails have to offer including the trees, plants, and critters that make a particular habitat their home. Hiking poles available at CECS free of charge. The walk schedule is as follows, but subject to change: Drop ins available \$10 per walk

9/17 - Fort Williams	10/8 - Runaway Farm
9/24 - Great Pond	10/15 - Robinson Woods
10/1 - Gull Crest	10/22 - Kettle Cove & Crescent Beach

Dates: Tuesdays
Time: 9:00 - 10:30 am
Instructor: Amy Melissa Witt/Earth Walkers
Fee: \$60
Program # 252-153



ASIAN APPETIZERS

Join author and cooking instructor Chris Toy for a hands on evening of auspicious appetizers. Each recipe, wonton soup, spring rolls, and noodles represents one of the Chinese virtues of good fortune, prosperity, and long life. Come hungry and bring leftover containers. Chris will have signed copies of his cookbooks available after class.
Date: Tuesday 10/15
Time: 5:00- 7:00pm
Fee: \$59
Location: CS Community Room
Instructor: Chris Toy
Program #252-154

WOK AND CLEAVER BOOTCAMP

NEW

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven roasting, and preparing steamed rice. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy duty cutting board, and one of Chris Toy's 6 cookbooks. The retail value of the kit is \$230. (Those in the know bring containers just in case!)

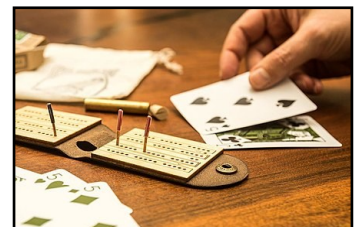
Date: Tuesday 10/1
Time: 5:00 - 8:00 pm
Fee: \$195
Location: CS Community Room
Instructor: Chris Toy, Cooking Instructor, Author, Maker
Learn more about me at christoy.net
Program # 252-155

LEARN TO PLAY CRIBBAGE *NEW*

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. **FREE!**

Date: Monday 10/28
Time: Noon - 1:00 pm
Location: Community Center
Program # 252-188

Date: Monday, 12/9
Time: Noon - 1:00 pm
Location: Community Center
Program # 252-189



Adult Art & Enrichment

WATERCOLOR PAINTING FOR BEGINNERS

Discover the wonderful world of Watercolor. In this three week class, you will learn the basic techniques and materials used in watercolor painting. Options for selecting high quality, budget friendly supplies will be discussed.

No need to bring any paint, paper or brushes; the instructor will provide these materials. Please do bring a container (16 oz or larger) for rinsing your brushes, and paper for note taking.

Dates: Wednesdays 9/11-9/25

Time: 10:00-12:00 pm

Location: CS Community Room

Fee: \$60

Instructor: Marty Clark, Michelle Brown

Program # 252-156

CELT MUSHROOM PROGRAM

Join mushroom expert Dan Agro of AgroMyco, on this CELT sponsored event about edible and medicinal mushrooms. Topics for discussion are the best times of year to find local medicinal and culinary mushrooms, ideal growing environments and what to look for in the forest. Safe and thorough species identification and how to preserve and/or cook your mushrooms will also be discussed. There will not be any foraging during the program, rather it is an educational program to learn about these fascinating organisms. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Saturday,
September 14th

Time: 9:00 am-12:00 pm

Location: Robinson
Woods Kiosk, Shore Road

Fee: \$10 per person

Program # 252-157



DRIFTWOOD MOBILE SCULPTURES

NEW

Join artist and educator, Chris Toy, to build your own balanced driftwood mobile sculpture. He will share the tips and tricks of using natural materials such as wood, shells, feathers, wire, and found objects to build your own take-home work of art using the force of balance.

All materials and supplies are included. If you have your own needle nose pliers, please feel free to bring them!

Date: Thursday 10/17

Time: 5:00 - 7:00 pm

Fee: \$65

Location: CS Community Room

Instructor: Chris Toy, Cooking Instructor, Author, Maker
Learn more about me at christoy.net

Program # 252-158

LAVENDER HEART PILLOW *NEW*

Looking for a holistic and easy way to destress after a busy day? If you like to sew, making a small lavender-filled heart might be the perfect stress buster for you. Lavender is one of the most soothing herbs to have in your garden. It can calm anxiety, contribute to restful sleep, and relieve headaches. These little pillows also make great gifts! No sewing experience needed. All materials will be provided but bring fabric scissors if you have them.

Date: Tuesday 11/12

Time: 6:30 - 8:00 pm

Fee: \$29

Location: CS Meeting Room

Instructor: Amy Melissa Witt/Earth Walkers LLC

Program # 252-159

Adult Art & Enrichment

LINOCUT PRINTMAKING WORKSHOP

This class will cover techniques in carving linoleum, composition, ink mixing, and printing. At their own pace students will learn how to create a design and carve it in linoleum using carving tools. Students will learn how to ink and print their linoleum blocks by hand. In a relaxed and welcoming environment students will create many beautiful prints of their own as well as collaborate with their classmates. This class is suitable for beginners and can be adjusted for all levels of experience.

Date: Saturday 10/12

Time: 12:00-2:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # 252-160

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. (Beginners: if unsure about which paints, etc to buy, the instructor can supply you for the first week and give you suggestions for later purchases).

Dates: Wednesdays 10/2-11/6

Time: 10:00-12:00 pm

Location: CS Community Room

Fee: \$80

Instructor: Marty Clark, Michelle Brown

Program # 252-161



MINDFUL MUSE ART JOURNALING

NEW

Whether a beginner, an explorer or an acclaimed artist, this class is for you. In this 10 week program, we will explore tools, practices and techniques of art journaling for artists and non-artists alike. Open the door to your muse and say yes to inspiration. We begin with exploring the concept art journaling, using the tools (pen, pencil, color and paper) and basic concepts of line, shape, texture, perspective and composition. In subsequent weeks we will work from life and from photos, practicing these basic skills to create your own style and build your confidence. We will also empower you to express yourself with confidence. Come expand your knowledge, ignite your passion, and light up your life with the power of art journaling. Select the level that best illuminates your creative journey. Drop ins allowed \$25 per session.

Dates: Thursdays 9/12-11/14

Time: 1:00-2:30 pm

Location: CS Community Room

Instructor: Steve Addario

Glimmer: 4 week introductory program. \$79.00

Program # 252-162

Glow: 6 week program. \$108.00 **Program #** 252-163

Blazer: Full 10 week program. \$153.00 **Program #** 252-164

Dazzler: Full 10 week program plus added benefits (see online description for details) \$189 **Program #** 252-165

For full descriptions please visit: <https://sites.google.com/view/roadtcreativitybulletinboard/>

FALL ACRYLIC WORKSHOP

In this relaxed atmosphere, you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. We will cover wet on wet and wet and dry brush techniques, sgraffito/ combing, overlays/glazing, gel mediums, pattern making, and masking. You will come away from this class with beautiful paintings of your own and a greater appreciation for the medium of acrylic painting. Her work can be seen at www.brookelambertartist.com.

Date: Saturday 11/16

Time: 12:00-2:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # 252-166

Adult Art & Enrichment

MEN'S EMPOWERMENT GROUP

NEW

Join us for an empowering journey of growth and camaraderie. Our weekly sessions are designed to cultivate meaningful connections, sharpen leadership skills, and enhance personal well-being. Whether you're navigating career challenges, seeking balance in relationships, or striving for personal growth, this course offers a supportive environment to explore and evolve. Each session delves into topics of your choosing. Engage in open discussions, gain practical insights, and forge lasting friendships with like-minded men committed to personal development. Don't miss out on this opportunity to invest in yourself and connect with a community dedicated to mutual support and growth. Reserve your spot today and embark on a transformative journey.

Dates: Tuesdays 9/10 - 12/3

Time: 7:00 - 8:30 pm

Fee: \$45

Location: CS Conference Room

Instructor: Ed Levine, Owner Daniel Adams Group, Energy Leadership Coaching

Program # 252-167

BRAIN HEALTH & YOU

Knowledge is power! "Brain Health for Now and Later" is a 3 part series designed to empower you and give you tools to maintain and improve your brain health at any stage of life. This vast subject is broken down into 3 topics: Diet & Nutrition, Detox & Stress Reduction, Movement & Learning. Delivered through lively discussion, visuals and handouts.

Dates: 3 Fridays 10/4-10/18

Time: 9:00-10:00 am

Location: CS Community Room

Fee: \$50 (discounts apply)

Instructor: Abby Johnston, Functional Medicine Certified Health Coach

Program # 252-168

MINDFULNESS PRACTICE

Mindfulness is a popular term but what exactly does it mean? In this introductory workshop, you'll learn about and practice mindfulness techniques including setting healthy boundaries, using breathwork in stressful situations, and incorporating guided meditations. Life Coach Susan Tompkins will explain how these techniques can help you gain clarity around issues, people, or projects, live in the present moment, and shift one's perspective to focus on life's many gifts. You'll leave class with a handout to help you continue your mindfulness practice at home.

Date: Thursday 9/19

Time: 6:00- 7:30 pm

Fee: \$30

Location: CS Conference Room

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

Program # 252-169



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. Depending upon the class structure, we may dive deeper into readings if you attended the Spring workshop. Please note: this class is about **oracle cards**, not tarot cards which are more structured.

Date: Thursday 10/17

Time: 6:00- 7:30 pm

Fee: \$30

Location: CS Conference Room

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

Program # 252-170



Outings & Entertainment

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.

LEVEL
3

Requires confident, unassisted mobility, extensive walking for at least 60-90 minutes, several flights of stairs, and some strength or athleticism. For example, it includes outdoor adventures and guided walking tours.

CAROUSEL MUSIC THEATER

Travel to Boothbay Harbor for this immersive mystery experience. Who killed Roger Mills? Was it his snobbish sister, his co-worker who believes she is Elvis, the innocent-looking girl next door, or his massage therapist who also deals drugs on the side? Come find out as the plot unfolds in *The Secret of Cell Block 7*. Prior to the performance, enjoy a three-course lunch.

Activity Level 1. Register by/No refunds after August 30th.

Date: Wednesday, September 11

Time: 10:00 am - 4:00 pm

Fee: \$ 66 pp (Includes transportation, lunch and performance)

Program # 244-165

LL BEAN BOAT & TOTE MANUFACTURING TOUR

The Boat and Tote is L.L.Bean's top-selling accessory made by skilled stitchers who can fabricate a bag in just seven minutes. This tour involves extensive walking. Following the tour we will scoot down the road to the Wild Oats Bakery Café for lunch on our own.

Activity Level 2. Register by September 3rd.

Date: Tuesday, September 17

Time: 9:30 am - 1:00 pm

Fee: \$12 pp (Includes transportation and tour)

Program # 252-175

GOLDEN LUAU

Aloha! Get ready to savor a Hawaiian-style pig roast with a picturesque view of Casco Bay Harbor, catered by The Pig Kahuna. They use their custom-made "Oinkmaster" rotisserie pit for a unique open-air roasting experience, allowing you to watch the pig cook as it spins. The event will feature a welcome lei, games, a ukulele-led sing-along, and more. Festive attire is encouraged.

Activity Level 1.

Register by/No refunds after September 6th.

Date: Thursday, September 26

Time: 3:00 - 6:00 pm

Fee: \$45 pp (Includes pig roast and entertainment)

Location: Picnic Shelter, Fort Williams Park

Program # 252-150

MAINE TASTING CENTER

We will visit the campus of the Maine Food & Beverage Education Center which provides meaningful educational programs centered around Maine's dynamic foodways. While there we will experience one of Maine's oldest communal meal traditions—the Bean "Suppah" and get to know Maine's iconic potato candy. We will have time to explore the exhibits in the Discovery Center and visit the retail shop. This is sure to be a fun food experience.

Activity Level 1. Register by September 20th.

Date: Thursday, October 3

Time: 10:00 am - 4:00 pm

Fee: \$48 pp (Includes transportation, lunch and experience)

Program # 252-176

GRANITE STATE SCENIC RAILWAY

All Aboard! Enjoy this two hour scenic excursion from Meredith Station along the western shore of Lake Winnepesaukee on a restored vintage coach. During the trip, you will be treated to a catered lunch from Hart's Turkey Farm.

Activity Level 1. Register by/No refunds after September 27th.

Date: Friday, October 11th

Time: 9:30 am - 5:00 pm

Fee: \$70 (Includes transportation and train excursion)

Program # 252-177

Outings & Entertainment

MY BEST FRIEND'S WEDDING

Join us for the final show of the season at the Ogunquit Playhouse. Can Julianne bring herself to sabotage her best friend Michael's wedding to the overly nice Kimmie and keep him for herself? This world premiere musical showcases iconic pop anthems by Burt Bacharach and Hal David.

Activity Level 1. Register by/No refunds after September 18th

Date: Wednesday, October 23rd

Time: Noon - 6:00 pm

Fee: \$ 70 pp (Includes Transportation and Performance)

Program # 252-178

SNOWFLAKE TRAIL

A distinctive shopping experience showcasing nine small businesses in Limerick and Newfield. Along the trail, you can explore locally made artisan French-style chocolates, Maine Maple syrup, and local foods. You'll also have the chance to meet talented artists and craftsmen, and visit an alpaca farm.

Activity Level 1. Register by October 30th.

Date: Friday, November 8th

Time: 9:00 am - 4:00 pm

Fee: \$20 pp (Transportation Only)

Program # 252-179

MAINE MUSEUM OF INNOVATION, LEARNING AND LABOR GUIDED TOUR

We will explore a range of exhibits that celebrate the cultural and traditional skills of Central Maine artisans. Delve into the influence and power of music, and marvel at the constant display of ingenuity and design. Following our visit, we will have lunch on our own at Davinci's Italian Eatery.

Activity Level 1. Register by/No refunds after November 1st.

Date: Thursday, November 14th

Time: 8:30 am - 2:00 pm

Fee: \$15 pp (Includes transportation and tour)

Program # 252-180

TURKEY DINNER & PIE RAFFLE

The Town of Scarborough is hosting us again for their Thanksgiving lunch. Let's join them and see how many pies we can win!

Activity Level 1. Register by November 8th.

Date: Wednesday, November 20th

Time: 11:00 am - 1:00 pm

Fee: \$ 10 (Transportation and lunch)

Program # 252-181

STONE MOUNTAIN HOLIDAY

Nestled in the foothills of the White Mountains in Brownfield, the Stone Mountain Arts Center is a beautiful timber frame music hall. For this one day, it will be our own performance venue where we will enjoy a home style luncheon while listening to owner and singer-songwriter Carol Noonan perform traditional holiday music.

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

Date: Thursday, December 5

Time: 10:00 am - 3:00 pm

Fee: \$65 (Transportation, Lunch and Performance)

Program # 252-182



WINTER WONDERS LIGHT SHOW AT SANDY HILL FARM

Wander along the one-mile trail through gentle and rolling terrain, where you'll encounter creative light displays, decorations, and interesting scenes. Over 2 million lights!

Activity Level 2. Register by/No refunds after December 4th.

Date: Thursday, December 19th

Time: 3:00 - 7:00 pm

Fee: \$ 30 pp (Includes transportation and admission)

Program # 252-183

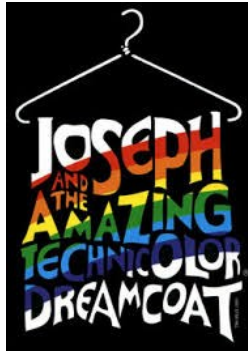
Outings & Entertainment

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.

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: Joseph and the Technicolor Dreamcoat
Date: Thursday, September 19
Program # 282-184



Show: A Christmas Carol The Musical
Date: Thursday, December 5
Program # 282-185

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: Legally Blonde
Date: Thursday, September 12
Program # 282-186

Show: Into The Woods
Date: Thursday, December 5
Program # 282-187

THE THREE P'S OF SENIOR INVESTMENT FRAUD: PROFILE, PERSUASION, PREVENTION *NEW*

Join us for a seminar on investment fraud and financial scams—and how you can protect yourself from them. Topics covered will include the “three P’s of Investment Fraud”: the profile of the typical investment-fraud victim, the persuasion tactics con artists use to trick seniors and other investors, and what you can do to help prevent this from happening to you or your friends. Investors are welcome to share their questions, stories, and concerns about these topics, about saving and investing, or about the S.E.C. generally. The speaker will be Eric Giroux, who has been a lawyer in the S.E.C.’s Boston Regional Office for over a decade.

Date: Friday 9/20
Time: 11:00-12:00 pm
Location: CS Community Room
Fee: FREE!
Instructor: Eric Giroux, Senior Counsel
U.S. Securities and Exchange Commission
Program # 252-171



CITY OF
**SOUTH
PORTLAND**

Parks, Recreation & Waterfront and Age Friendly South Portland
present

AGE-FRIENDLY RESOURCE FAIR

Friday, September 13, 2024
9:00 am - Noon
South Portland Community Center
21 Nelson Road

Over 40 vendors for every aging person and their families.

Adult Aquatics

PACE RACE CHASE

(ADVANCED, ENTRY LEVEL, BEGINNER)

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout.

Every workout will be a combination of technique focus/ drills, endurance, pacing, and strategy - focusing on free-style. Video taken every workout and emailed. FMI on levels visit www.capecommunityservices.org

Location: Richards Community Pool

Instructor: Kirsten Read

Level/Dates	Time	Fee	Program #
PCR-A Sun 9/8-10/27*	10-11am	\$120	252-200
PCR-E&B Sun 9/8-10/27*	11-12pm	\$120	252-201
PCR-A&E Tues 9/3-10/29	1-2 pm	\$135	252-202
PCR-A&E Fri 9/6-10/25	11:30-12:30	\$120	252-203

PCR-A Sun 11/3-12/15 10-11am \$105 252-204

PCR-E&B Sun 11/3-12/15 11-12pm \$105 252-205

PCR-A&E Tues 11/5-12/17 1-2 pm \$105 252-206

PCR-A&E Fri 11/1-12/20 11:30-12:30 \$120 252-207

* 10/27 afternoon session due to swim meet. Time TBD

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 10/14, 11/11, 11/29)

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/4-10/30	24	\$240	252-208
11/1-12/20	20	\$200	252-209

ADULT SWIM LESSONS-SINK OR SWIM (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: Wednesdays (No class 11/27)

Time: 6:00-6:45 pm

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
9/11-10/16	6	\$60	252-265
10/23-12/4	6	\$60	252-266

COAST ENDURANCE

Train to gain the skills and confidence to succeed in tri-athlons 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 (no class 11/28)

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/3-10/31	18	\$198	252-210
11/7-12/17	11	\$121	252-211

WATER WORKS

A **low-impact** exercise program, working all the major muscle groups. 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 (no class 12/25)

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Patty Medina/Susan Farady

Date	Classes	Fee	Program #
10/2-10/30	13	\$85*	252-212
11/1-11/29	13	\$85*	252-213
12/2-12/27	11	\$72*	252-214

*Please note, rate is discounted and senior discounts no longer apply.

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 10/3-11/21

Time: 1:15-2:00 pm

Location: Richards Community Pool

Instructor: Sarah MacColl

Fee: \$96

Program # 252-215



Adult Aquatics

Fall 1: September 9– October 21

Mondays-9/9-10/21 (no class 10/14, 6 classes)

Thursdays-9/12-10/17 (6 classes)

Saturdays -9/14-10/19 (6 classes)

Fall 2: October 21 - December 9

Mondays -10/28-12/9 (no class 11/11, 6 classes)

Thursdays-10/24-12/5 (no class 11/28, 6 classes)

Saturdays-11/2-12/14 (no class 11/30, 6 classes)

****Registration for Fall 2 opens Tuesday, Oct. 15th**

Level	Day	Time	Fee	FALL 1 9/9-10/21	*FALL 2 10/21-12/9
Barnacles ½	Thurs	10:00 -10:30 am	\$45	252-216	252-240
Barnacles 1	Sat	9:00 - 9:30 am	\$45	252-217	252-241
Barnacles 2	Sat	9:30 - 10:00 am	\$45	252-218	252-242
Turtles	Sat	10:00 - 10:30 am	\$45	252-219	252-243
Ducklings 1	Mon	11:00 - 11:30 am	\$45	252-220	252-244
	Thurs	10:30 – 11:00 am	\$45	252-221	252-245
	Sat	9:00 - 9:30 am	\$45	252-222	252-246
	Sat	10:00 - 10:30 am	\$45	252-223	252-247
Ducklings 2	Mon	10:30 - 11:00 am	\$45	252-224	252-248
	Thurs	11:00 - 11:30 am	\$45	252-225	252-249
	Sat	9:00 - 9:30 am	\$45	252-226	252-250
	Sat	10:30 - 11:00 am	\$45	252-227	252-251
Dolphins 1	Mon	10:00 - 10:30 am	\$45	252-228	252-252
	Sat	9:30- 10:00 am	\$45	252-229	252-253
	Sat	10:00 - 10:30 am	\$45	252-230	252-254
Dolphins 2	Sat	9:30 - 10:00am	\$45	252-231	252-255
	Sat	10:30-11:00 am	\$45	252-232	252-256
Level 1	Sat	9:00 - 9:45 am	\$60	252-233	252-257
	Sat	10:30 - 11:15 am	\$60	252-234	252-258
Level 2	Sat	9:00 - 9:45 am	\$60	252-235	252-259
	Sat	10:30 - 11:15 am	\$60	252-236	252-260
Level 3	Sat	9:45 - 10:30 am	\$60	252-237	252-261
	Sat	10:30 - 11:15 am	\$60	252-238	252-262
Level 4/5	Sat	9:45 - 10:30 am	\$60	252-239	252-263

CAPE CYCLONE SWIM CLUB (GRADES 3-8)

This developmental program provides the opportunity for swimmers to improve their stroke technique and build endurance 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. Swimmers will participate in friendly swim meets with the main focus on setting goals and improving personal best times.

Parent pick-up or extended care only, no late bus.

Dates: Tuesday/Thursday Sept. 10-Nov.14th (no class 11/5)

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

Fee: \$209

Program # 252-264

Youth Programs

CELT'S LITTLE EXPLORERS

(Ages: 3 - 5 w/Adult)

Join CELT as we explore Robinson Woods in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust educator, Lisa Gent. During this CELT sponsored event we'll take a gentle hike through Robinson Woods where we will explore the habitat around us and search for signs of the changing season. Please dress in comfortable clothes and bring a water bottle. Participants registering at least 48 hours in advance of the program will receive notification of changes or cancellation.

Date: Thursday, October 10

Time: 9:00 – 10:00 am

Fee: \$6/parent & child; each add'l child - \$3

Location: Robinson Woods Kiosk (off of Shore Road)

Instructor: Lisa Gent

Program # 252-300

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

Fee: \$95

Location: Community Center Community Room

Instructor: Yael Herszkopf Mayer

Session 1

Dates: Tuesdays, 9/3 - 10/8

Time: 9:30 - 10:15 am **Program #** 252-301

Time: 10:30 - 11:15 am **Program #** 252-302

Session 2

Dates: Tuesdays, 10/29 - 12/10 (no class 11/26)

Time: 9:30 - 10:15 am **Program #** 252-303

Time: 10:30 - 11:15 am **Program #** 252-304

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 begin Kindergarten.

Time: 2:05 - 2:50 pm

Location: Community Center Spin Room

Instructor: Dragon Fire Martial Arts

Session 1

Dates: Wednesdays, 9/11 - 10/23

Fee: \$100

Program # 252-305

Session 2

Dates: Wednesdays, 10/30 - 12/11 (no class 11/27)

Fee: \$86

Program # 252-306

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

Fee: \$86

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Session 1

Dates: Mondays, 9/9 - 10/21
(no class 10/14)

Program # 252-307

Session 2

Dates: Mondays, 10/28 - 12/9
(no class 11/11)

Program # 252-308



Youth Programs

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. Please bring a lunch.

Time: 9:00 am - 3:30 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

SESSION 1:

Date: Saturday, 10/26

Program # 252-309

SESSION 2:

Dates: Saturday, 12/7

Program # 252-310

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. No previous experience is required.

Fee: \$195

Instructor: Barry Brinker

GRADES: K-2

Dates: Mondays, 9/9 - 12/16 (no class 10/14, 11/11)

Time: 3:05 - 4:30 pm

Location: HS Cafeteria

Program # 252-311

GRADES: 3-4

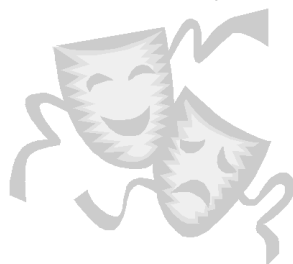
Dates: Thursdays, 9/5 - 12/12* (no class 10/3, 11/28)

Time: 3:05 - 4:45

Location: PC Gym

Program # 252-312

* 10/31 class ends at 4:15pm



HIKE CLUB (Gr: 3 - 4)

Join the Cape Elizabeth Land Trust for fresh air and outdoor exercise! Enjoy the beauty of our hometown hiking sections of the Land Trust and Green Belt Trails. Each hike will be roughly two miles covering different terrain and habitats. Bring a snack, water bottle and good walking shoes (possibly boots). We will also review basic navigation skills using compasses and maps.

Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week at 5:00 pm.

Dates: Thursdays, 9/12 - 10/3

Time: 3:00 - 5:00 pm

Fee: \$66

Location: CELT Trails

Instructor: Cape Elizabeth Land Trust

Program # 252-313



***NEW!* MTB SCHOOL (Gr: 4 - 8)**

Grab your mountain bike and join the Bike Coalition of Maine for instructional weekly group rides. You'll learn and practice various riding techniques, including body and pedal position, shifting, braking, climbing, descending, and navigating minor obstacles on the trail. We'll also review important communication skills and trail etiquette to keep multi-use trails safe for every user plus an overview of on-road riding so you can safely ride to your local trail head or ice cream shop! This is a progression-based series with a specific focus each week. Our focus is foremost on body awareness so rides are safe and fun, then technical skills practice and building your child's community of fellow riders. Participants should have their own mountain bike and helmet although a limited number of bikes and helmets will be available to borrow. Rides will take start from the school campus and parent pickup locations will be announced each week. A few parent volunteers will be needed to assist riders with this class. Please reach out if you can help!

Dates: Fridays, 9/20 - 10/11

Time: 3:00 - 4:30 pm

Fee: \$70

Location: CELT Trails

Instructor: Bike Coalition of Maine & Parent Volunteers

GRADES 4 - 6*

Program # 252-314

GRADES 6 - 8*

Program # 252-315

* 6th graders may choose which level to participate in.

Youth Programs

RHYTHMIC GYMNASTICS (Gr: K-4)

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: 9/12 - 10/10

Grades K-2: 3:05 - 4:05 **Program #** 252-316

Grades 3-4: 4:05 - 5:05 **Program #** 252-317

SESSION 2:

Dates: 10/24 - 11/21

Grades K-2: 3:05 - 4:05 **Program #** 252-318

Grades 3-4: 4:05 - 5:05 **Program #** 252-319



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.

Pre-K students considered upon approval from Brio Dance Studio.

Time: 3:05 - 4:05 pm

Location: Community Center Activity Room

Fee: \$103

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1:

Dates: Mondays, 9/9 - 10/21 (no class 10/14)

Program: 252-320

SESSION 2:

Dates: Mondays, 10/28 - 12/9 (no class 11/11)

Program: 252-321

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.

Instructor: Julie Wilkes, Brio Dance Studio

GRADES K - 2

Day: TUESDAYS

Time: 3:05 - 4:05 pm

Location: Pond Cove Gym

Fee: \$120

Session 1:

Dates: 9/10 - 10/22

Program # 252-322

Session 2:

Dates: 10/29 - 12/10

Program # 252-323

Day: WEDNESDAYS

Time: 3:05 - 4:05 pm

Location: Community Center Activity Room

Session 1:

Dates: 9/11 - 10/23

Fee: \$120

Program # 252-324

Session 2:

Dates: 10/30 - 12/11 *

Fee: \$103

Program # 252-325

* No Class 11/27

GRADES 3 - 4

Day: TUESDAYS

Time: 4:05 - 5:05 pm

Location: Pond Cove Gym

Fee: \$120

Session 1:

Dates: 9/10 - 10/22

Program # 252-326

Session 2:

Dates: 10/29 - 12/10

Program # 252-327

GRADES 5 - 8

Day: MONDAYS

Time: 4:05 - 5:05 pm

Location: Community Center Activity Room

Fee: \$103

Session 1:

Dates: 9/9 - 10/21**

Program # 252-328

Session 2:

Dates: 10/28 - 12/9***

Program # 252-329

** No Class 10/14

*** No class 11/11

Youth Programs

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.

Fee: \$111

Location: Community Center Activity Room

Instructor: Stillson Irish Dance

BEGINNERS: (Gr: K-4)

Time: Fridays, 3:05 - 4:05 pm,
12/13 Half Day: 12:05 - 1:05 pm

Session 1:

Dates: 9/6 - 10/18 *

Program # 252-330

Session 2:

Dates: 10/25 - 12/20 **

Program # 252-331

ADVANCED: (Gr: 3 - 8)

Time: Fridays, 4:05 - 5:05 pm,
12/13 Half Day: 1:05 - 2:05 pm

Session 1:

Dates: 9/6 - 10/18 *

Program # 252-332

Session 2:

Dates: 10/25 - 12/20 **

Program # 252-333

* No class 10/11

** No class 11/8, 11/22, 11/29

NEW! DECORATIVE DESIGN LAB

(Gr: 3 - 5)

Creative freedom and art discovery awaits! 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 (or whatever you find inspiring!) Students will be free to paint and decorate a wide array of materials, including wood, ceramics, clay, canvas, leather and wood! Your child will bring home several decorative pieces!!

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Community Center Community Room

Instructor: Natalie Hoch

Session 1

Dates: Thursdays, 9/12 - 10/17

Program # 252-334

Session 2

Dates: Thursdays, 10/31 - 12/12 (no class 11/28)

Program # 252-335

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.

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

GRADE 2

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

Session 1:

Dates: 9/12 - 10/17

Program # 252-336

Session 2:

Dates: 10/31 - 12/12*

Program # 252-337

GRADE 3

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

Session 1:

Dates: 9/11 - 10/16

Program # 252-338

Session 2:

Dates: 10/30 - 12/11**

Program # 252-339

GRADE 4

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

Session 1:

Dates: 9/10 - 10/15

Program # 252-340

Session 2:

Dates: 10/29 - 12/3

Program # 252-341

* No class 11/28

** No class 11/27



Youth Programs

INTRO TO SEW & SEWING WORKSHOP (Gr: 2 - 5)

Join Jeanette Guglielmetti to learn and improve your sewing skills and create your own projects!

Location: Community Center Spin Room

Instructor: Jeanette Guglielmetti

INTRO TO SEW (Gr: 2 - 5)

In this five-week course, students will learn sewing terms and techniques, including basic stitches, sewing buttons, developing pattern layout, and fabric cutting, sewing and finishing techniques. Students will select a simple project(s) to develop their skills.

All materials provided.

Dates: Wednesdays, 9/11 - 10/9

Time: 3:05 - 4:30 pm

Fee: \$85

Program # 252-342

SEWING WORKSHOP (Gr: 2 - 5)

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 five-week class length, including materials OR may choose to use class materials.

Dates: Thursdays, 10/17 - 11/14

Time: 3:05 - 5:05 pm

Fee: \$95

Program # 252-343

INTERMEDIATE KNITTING (Ages 8 - 12)

Develop and take your knitting skills to the next level! This class is designed for those who have mastered the basics of beginning knitting and need help with their current projects or want to start a new project. All materials and needles provided.

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

Fee: \$110

Location: Community Center Spin Room

Instructor: Elizabeth Carroll

SESSION 1:

Dates: 9/11 - 10/16

Program # 252-344

SESSION 2

Dates: 10/30 - 12/11*

Program # 252-345

*(No class 11/27)

GLOBAL FLAVORS (Gr: 2 - 4)

In this six-week cooking class, your future foodie will explore flavors from around the world while having fun in the kitchen. Each week we will learn about a new country and prepare a signature recipe while learning essential cooking techniques, basic food prep skills and best practices for kitchen safety.

Dates: Wednesdays, 9/11 - 10/16

Time: 3:05 - 4:05 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Program # 252-347

BAKESHOP (Gr: 2 - 4)

Join Fun Chefs as we learn the basics of baking. In each class we will learn the fundamentals such as measuring, ingredients, and proper cooking and decorating techniques, to create delicious baked goods, both sweet and savory.

Dates: Wednesdays, 10/30 - 12/11 (No class 11/27)

Time: 3:05 - 4:05 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Program # 252-346



Youth Programs

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.

Location: Pond Cove Gym

Fee: \$186

Instructor: Dragon Fire Martial Arts.

Session 1

Dates: Monday/Wednesday, 9/9 - 10/23 (No Class 10/14)

Beginner

Time: 3:05 - 4:05 pm

Program # 252-348

Advanced

Time: 4:05 - 5:05 pm

Program # 252-349

Session 2

Dates: Monday/Wednesday, 10/28 - 12/16 (No Class 11/11, 11/27)

Beginner

Time: 3:05 - 4:05 pm

Program # 252-350

Advanced

Time: 4:05 - 5:05 pm

Program # 252-351

SAFARI SERIES (Gr: K - 2)

Venture across the globe on an exhilarating safari adventure and delve into the fascinating realm of diverse animal species. Learn about their habitats, diets, and unique adaptations that make them extraordinary creatures!

Date: Mondays, 9/9 - 10/21 (No class 10/14)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 252-352

POWER OF LIGHT SERIES (Gr: K - 2)

Shed light on the captivating science behind light itself. Investigate how light behaves, transforms, and creates enchanting rainbows. Additionally, delve into the phenomenon of photosynthesis and the remarkable ability of plants to harness the energy of the sun.

Date: Mondays, 10/28 - 12/9 (No class 11/11)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 252-353



CHEMISTRY MADNESS (Gr: 3 - 4)

Become a chemist and mix up some CHEMystery! Explore the water cycle, test how fast things flow, model structures of atoms, mix polymers, combine crazy chemical concoctions and more!

Date: Tuesdays, 9/10 - 10/15

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Community Center Community Room

Instructor: High Touch High Tech

Program # 252-354

BIOLOGY BRAINIACS (Gr: 3 - 4)

Become a Biology Brainiac as we explore the world of biology! Get your brain buzzing and take an up-close look at your eyes. Learn about your bones, dig deep through layers of skin, examine real organs, get a microscopic view of your cells, build a model of and extract DNA!

Date: Tuesdays, 10/29 - 12/10

Time: 3:05 - 4:05 pm

Fee: \$140

Location: Community Center Community Room

Instructor: High Touch High Tech

Program # 252-355

Youth Programs

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: Community Center Community Room

Fee: \$68

Instructor: David Cimato

GRADES 1-2

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

Session 1:

Dates: 9/6 - 10/18 *

Program # 252-356

Session 2:

Dates: 10/25 - 12/20**

Program # 252-357

GRADES 3-4

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

Session 1:

Dates: 9/9 - 10/21***

Program # 252-358

Session 2:

Dates: 10/28 - 12/9****

Program # 252-359

GRADES 5-8

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

Session 1:

Dates: 9/6 - 10/18 *

Program # 252-360

Session 2:

Dates: 10/25 - 12/20**

Program # 252-361

* No class 10/11

*** No class 10/14

** No class 11/8, 11/29, 12/13

**** No class 11/11

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: Community Center Spin Room

Fee: \$128

LEGO SPORTS FUN!

Build objects and athletes associated with sports! Weekly builds may include a football player, a hockey player and a jet ski!

Date: Tuesdays 9/10 - 10/15

Program # 252-362

LEGO POLICE ACADEMY

Get ready to train at the police academy! Weekly builds may include a police car, helicopter and boat!

Date: Tuesdays 10/29 - 12/3

Program # 252-363

DRIVER EDUCATION / THE RIGHT CHOICE DRIVING SCHOOL

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director, comes to us with 20 years of experience with Cape students. Right Choice Driving School and their Instructors are 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.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Time: 6:00 - 8:30 pm

Fee: \$575/Session

Location: Community Center Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: 9/9 - 9/26

Session 2: 10/28 - 11/18*

Session 3: 12/2 - 12/19

* No class 11/11

PROGRAM

252-364

252-365

252-366



Youth Programs

FALL FAMILY TENNIS

Adults will focus on the development of their own skills, while also learning how to work with your 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: Coach Mary Gray, PTR Certified

Session 1 - OUTDOOR

Dates: Sundays, 9/8- 10/20 (No Class 10/6)

Location: High School Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	252-373
6 - 7	10:00 - 11:00 am	252-374
8 - 12	11:00 am - 12:00 pm	252-375

Dates: Tuesdays, 9/10 - 10/15

Location: Fort Williams Tennis Courts

Age	Time	Program #
4 - 5	4:45 - 5:45 pm	252-376

Session 2 - INDOOR

Dates: Sundays, 10/27 - 12/8 (No Class 12/1)

Location: Pond Cove Gym

Age	Time	Program #
4 - 5	9:00 - 10:00 am	252-377
6 - 7	10:00 - 11:00 am	252-378
8 - 12	11:00 am - 12:00 pm	252-379

SATURDAY MORNING TENNIS

(Gr: 1 - 8)

Calling tennis players of all abilities! Classes are geared to player ability, starting with the basics including: balance, coordination, tennis concepts, playing matches, and hitting "with intention."

Fee: \$90

Instructor: Niamh Colpitts, PTR/USPTA Certified

Session 1 - OUTDOOR

Dates: Saturdays, 9/7- 10/19 (No Class 10/12)

Location: High School Tennis Courts

Grade	Time	Program #
Grade: 1 - 2	9:00 - 10:00 am	252-383
Grade: 3 - 5	10:00 - 11:00 am	252-384
Grade: 6 - 8	11:00 am - 12:00 pm	252-385

Session 2 - INDOOR

Dates: Saturdays, 10/26 - 12/14 (No Class 11/9, 11/30)

Location: Pond Cove Gym

Grade	Time	Program #
Grade: 1 - 2	9:00 - 10:00 am	252-386
Grade: 3 - 5	10:00 - 11:00 am	252-387
Grade: 6 - 8	11:00 am - 12:00 pm	252-388

FALL AFTERNOON TENNIS (Gr: 1 - 4)

Join Coach Mary Gray for USTA Quickstart Tennis designed to help players learn and play the game of tennis. The size of the court and the equipment is adapted for each age group. The format allows the students to feel comfortable even if they have never played before!

Dates: 9/10 - 10/17

Fee: \$86

Location: Fort Williams Tennis Courts

Instructor: Coach Mary Gray, PTR Certified

Age	Time	Program #
Grade: 1 - 2	Tuesdays, 3:45 - 4:30 pm	252-380
Grade: 1 - 2	Thursdays, 3:45 - 4:30 pm	252-381
Grade: 3 - 4	Thursdays, 4:45 - 5:30 pm	252-382



Youth Programs

GIRLS FIELD HOCKEY (Gr: K - 6)

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Sunday mornings. The focus will be on skill development, sportsmanship, basic rules and FUN! Equipment including stick, mouth guard, eye goggles and shin guards are required. This program includes skill days and inter-community play days (Dates TBD).

Dates: Sundays, 9/8 - 10/20 (No class 10/13)

Time: 9:00 - 10:00 am (Time will extend on play days)

Fee: \$100

Instructor: HS Coach and players

Program # 252-389



GIRLS FIELD HOCKEY MIDDLE SCHOOL PREP (Gr: 3 - 5)

All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. The season begins mid-September and runs through the end of October. Parent volunteers are critical for the success of this program! We need your involvement to succeed.

Dates: Tuesdays, 9/10 - 10/15

Fee: \$70

Time: 3:05 - 4:05 pm

Program # 252-391

GIRLS VOLLEYBALL (Gr: 3 - 6)

This program is designed for children to learn and expand their volleyball knowledge while having fun and gaining experience on the court as part of a team. Participants will work on developing volleyball skills and game play.

Dates: Saturdays, 9/7 - 10/19 (No class 10/12)

Fee: \$70

Time: 9:00 - 10:00 am

Location: HS Gym

Instructor: Varsity Coach Sarah Boeckel & Varsity Players

Program # 252-392



X-COUNTRY RUNNING (Gr: 1 - 6)

Lace up your sneakers for some trail running! Participants should be comfortable running/jogging a 1 mile course without assistance. Grades 1-3 and Grades 4-6 will break out into groups for the first half of practice before coming back together at the end. We will join other communities for weekly meets on Wednesdays to be held at various sites. In order to run this program, parent volunteers are needed for each practice!

Dates: Mon/Wed, 9/9 - 10/19

Time: 3:05 - 4:05 pm

Fee: \$54

Instructor: Ryan McCalmon, Laura DeNino,
& Parent Volunteers

Program # 252-390

Youth Programs

YOUTH FALL SOCCER (Gr: Pre-K - 6)

This program is designed for children to learn, develop, and enhance their overall knowledge while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, foot/eye coordination, and team play.

Dates: Saturdays, 9/7 - 10/19 (No Class 10/12)

Fee: \$70

Location: Hannaford Turf Field

Instructor: Varsity Coaches & Players

LITTLE CAPERS (Ages: 3-5)

Time: 10:00 - 10:45 am **OR** **Time:** 10:45 - 11:30 am

Program # 252-393

Program # 252-394

KINDER CAPERS (K)

Time: 11:30 am - 12:15 pm

Program # 252-395

BOYS CAPERS (Gr: 1-2)

Time: 8:00 - 9:00 am

Program # 252-396

GIRLS CAPERS (Gr: 1-2)

Time: 9:00 - 10:00 am

Program #: 252-397

CO-ED CAPERS (Gr: 3 - 6)

Time: 9:00 - 10:00 am

Program # 252-398



GIRLS BASKETBALL PREP (Gr: 6 - 8)

Girls in Grades 6-8 can get started on basketball skills before the season with these pick up sessions!

Each session will consist of pick up style basketball and playing a 5 vs. 5 full court games for the 90 minute period. Girls are encouraged to bring their basketball gear, sneakers, water bottle and a snack. Parent volunteers are needed to officiate the games and help make teams each week.

Dates: Fridays, 9/20 - 11/8

Time: 3:15 - 4:45 pm

Fee: \$60

Location: PC/MS Gym

Instructor: Jeff Mitchell

Program #: 252-399

BASKETBALL SKILLS (AGE 4 - 6TH GR.)

LITTLE CAPE BALL (4, 5 & K)

Looking to get your little one involved in the great game of basketball? Little Cape Ball is the perfect place to start! This weekend program is aimed at introducing the sport through fun drills and relay games. Our goal is to give children the opportunity to try the sport in a fun, relaxed environment.

Date: Sundays, 1/5 - 2/2

Time: 9:00 - 10:00 am

Fee: \$70

Location: High School Gym

Instructor: Parent volunteers needed

Program # 253-303

SUNDAY BASKETBALL CLINICS (Gr: 1 - 2)

Each Sunday a program leader, with the aid of volunteer parents, will instruct young players in fundamental basketball skills, rules and other aspects of the game. Players will be divided into stations to practice their new skills and play games.

Date: Sundays, 1/5 - 2/2

Fee: \$70

Location: High School Gym

Girls:

Time: 10:00 - 11:15 am **Program #** 253-304

Boys:

Time: 11:15am - 12:30pm **Program #** 253-305

SATURDAY BASKETBALL CLINICS (Gr: 3 - 6)

Varsity Coaches Jeff Mitchell and Chris Casterella along with their HS players will instruct young players in a clinic setting by introducing fundamental basketball skills, rules, and other aspects of the game.

Dates: Saturdays, 12/7 - 2/1 (No Class 12/28)

Fee: \$100

Location: High School Gym

Gr	GIRLS		BOYS	
	Time	Program #	Time	Program #
3/4	8:00-9:15	253-306	10:30-11:45	253-308
5/6	9:15-10:30	253-307		

Youth Programs

TRAVEL, HOUSE, & REC BASKETBALL LEAGUES (Gr: 3 –12)

2024-2025 Offerings

Who	Grades	Offering	Dates	Days	Registration Deadline
Boys	3/4, 5, 6, 7, 8	Travel	Dec - Jan	2 practices/week, 2 games/weekend	September 20
Boys	3/4 & 5/6	House	Feb - Mar	2 practices/week, 2 games/weekend	In Winter Brochure
Boys	7/8 & HS	Rec	Jan - Feb	Tues night games, 1-2 practices/week	November 20
Girls	5/6, 7, 8	Travel	Dec - Jan	2 practices/week, 2 games/weekend	September 20
Girls	3/4 & 5/6	House	Feb - Mar	2 practices/week, 2 games/weekend	In Winter Brochure

Travel Teams: Grades 3-8

Travel teams for boys and girls will have tryouts as necessary. Players will practice twice a week and play on weekends around Maine. Parent coaches will be needed. **Registration deadline is September 20.**

Boys

Grade 3/4 Travel Program # 253-309
Grade 5 Travel Program # 253-310
Grade 6 Travel Program # 253-311
Grade 7 Travel Program # 253-312
Grade 8 Travel Program # 253-313

Girls

Grade 5/6 Travel Program # 253-314
Grade 7 Travel Program # 253-315
Grade 8 Travel Program # 253-316

House League: Grades 3-6

In addition to the travel teams, we will be offering a "House League" for players that are interested in a league that doesn't require out of town travel. This will be offered in February-March and will be open to all players in grades 3-6. This includes skill development and games. More information will be provided in the Winter Brochure.

Boys Rec League: Grades 7-8 and High School

This opportunity provides 7th and 8th graders, along with any student in high school, to participate in a competitive and fun basketball league. The league provides players with the opportunity to develop techniques and principles in 1-2 practices a week. Games will be in South Portland at the SPCC or Redbank Gym on Tuesday nights. Parent coaches will be needed. **Registration deadline is November 20.**

Grade 7/8 Travel Program # 253-317
High School Travel Program # 253-318

Youth Programs

CAPE COMMUNITY ICE ARENA PROGRAMS

SUPER SKATE (Ages: 3-10 yrs)

This introductory class is for skaters who enjoy the sport and want to gain 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 belonging and love for the sport.

Dates: Sat/Sun 12/14, 12/15, 12/21, 12/22

Fee: \$60

Instructor: Monica Malcomson & CCAG Volunteers

PENGUINS (Age 3-5)

Time: 8:00 - 8:55 am

Program # 252-367

POLAR BEARS (Age 6-10)

Time: 9:00 - 9:55 am

Program # 252-368

LEARN TO PLAY (HOCKEY!)

(Ages: 6-12 yrs)

Learn to Play is a beginner/intermediate program that introduces players to the game of hockey. This program focuses on developing a player's skills (skating, stick handling, passing, shooting, etc.) in small stations and a sense of the game. Players will build up over the course of the season to experience cross-ice games. Hockey equipment is necessary for all participants. A limited number of skates and helmets will be available.

Dates: Mondays, 12/16, 1/6, 1/13, 1/27, 2/3, 2/10

Time: 4:00 - 5:00 pm

Fee: \$150

Instructor: CCAG Volunteers

Program # 253-300



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

BASICS SKILLS CLASS (Age 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 12/15, 12/22, *1/5, *1/12

Time: 10:00 - 10:30 am / *10:15 - 10:45 am

Program # 253-301

BEGINNER CLASS (Age 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 12/15, 12/22, *1/5, *1/12

Time: 10:30 - 11:00 am / *10:45 - 11:15 am

Program # 253-302

POWER SKATE (Ages 7+ yrs)

This class is designed for hockey and figure skaters aiming to level up their skills and quickly advance by practicing drills for gaining power and speed through longer distance swizzles, stroking, and edge control both forward and backwards. We will also target instruction for forward and backward crossovers. Skaters who want to improve their technique, control, speed and power will gain a great deal from this class!

Dates: Wed/Thurs 12/11, 12/12, 12/18, 12/19

Time: 4:15 - 4:45 pm

Program # 252-369



Pleasant Mountain

2025 PLEASANT MOUNTAIN SKI/RIDE PROGRAM (Gr 3 - 8)

We will be taking **TWO** coach buses to Pleasant Mountain on Thursdays. These trips are designed for the beginner to the advanced skier or snowboarder, with lessons for all levels. Participants in 6-8 grade may choose to free ski or snowboard.

**REGISTRATION OPENS
NOVEMBER 3rd ONLINE AT 8:00PM**

In order to run a successful and safe program, we rely on **PARENT VOLUNTEERS** to help on the bus and at the mountain. You do not have to know how to ski or board to help out.

Program Dates: January 9, 16, 23, 30 February 6, 13 (make up date Feb.27th if needed)

Time: 3:00pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm
Participants in 3 & 4 grade are strongly encouraged to participate in lessons, 5-8 graders may choose to opt out of lessons if level 3 or higher. Lessons (1 hour) will be offered for all participants. First hour will be lessons, followed by free ski/ride. Pleasant Mountain Information "Zoom" Meeting: all new participants must attend and all others are encouraged. Pricing/packaging will be posted on our website once confirmed.

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DECEMBER VACATION FUN DAY

Date: Monday December 30th

Time: 8:00 am - 4:00 pm

Fee: \$65.00

Location: CECS Cape Care Room/
Field Trip (TBD)

Program # 252-400

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DECEMBER VACATION FUN DAY

Date: Tuesday December 31st

Time: 8:00 am - 4:00 pm

Fee: \$65.00

Location: CECS Cape Care Room/
Field Trip (TBD)

Program # 252-401

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RICHARDS COMMUNITY POOL & FITNESS CENTER

Memberships may be purchased at CECS during regular business hours.
Please note, a 10% additional fee applies to all non-resident members.

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

FEEES

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

\$125 Pool & whirlpool (max 40)

\$85 Cafe rental (1 hour)

NON-RESIDENTS add 10% to above fees

NEW

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
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Portland, ME

Postal Customer

Cape Elizabeth, ME 04107

CAPE FALL COMMUNITY EVENTS

SEPT 14 OPEN LIGHTHOUSE DAY
OCT 26 HARVEST FEST
OCT 25 TRUNK OR TREAT
DEC 13 TREE LIGHTING



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

