

CAPE EXPLORER

SPRING/SUMMER APRIL - AUGUST 2022

REGISTRATION OPENS
SUNDAY, APRIL 3RD 8pm



CAPE COMMUNITY SERVICES

OUR MISSION

Provide versatile community programs offering educational, cultural, recreational and social enrichment opportunities to a wide segment of the citizenry.

Our commitment to lifelong learning creates a flexible and comprehensive delivery of services which meets the changing needs and interest of the community. We are committed to enhancing and improving the quality of life for the residents of

CONTACT US

OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107

DIRECTIONS Located in the Community Center next to Cape Elizabeth High School. Turn into the high school entrance and take the first right into the parking area.

CALL 207-799-2868

FAX 207-799-1841

CAPE CARE 207-799-4388

POOL/FITNESS CENTER 207-799-3184

EMAIL cservices@capeelizabetschools.org

WEB www.capecommunityservices.org

HOURS

Monday-Friday 8:00 am - 4:30 pm

School Vacation Hours 7:30 am - 3:30 pm

Closings 4/18, 5/30, 6/20, 7/4

OUR STAFF

- Kathy Raftice, Director
Kathleen.Raftice@capeelizabeth.org
- Jane Anderson, Marketing,
Senior Programming
Jane.Anderson@capeelizabeth.org
- Susan Frost, Youth Program Coordinator
Susan.Frost@capeelizabeth.org
- Kelly Phinney, Cape Care Coordinator
Kelly.Phinney@capeelizabeth.org
- Linda Strunk, Adult Program Coordinator
Linda.Strunk@capeelizabeth.org
- Andrew Kemp, Pool & Fitness Center
Supervisor
Andrew.Kemp@capeelizabeth.org
- Chris Cutter, Ft. Williams Park Coordinator
Christian.Cutter@capeelizabeth.org

COMMUNITY SERVICES COMMITTEE

Andrea Ernst
Amy Lombardo
Sarah MacColl
Jonathan Mortimer
Jill Palmore
Terri Patterson
Tara Simopoulos

REGISTRATION OPENS:

Online for Cape Residents:

Sunday, April 3rd at 8:00 pm

In Office for Cape Residents:

Monday, April 4th at 8:00 am

Non-residents - Friday, April 8th at 8:00 am



REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, April 3rd at www.capecommunityservices.org. Hover over "Programs" and click "Register". Sign in or create an account. In-person or over the phone registration begins at 8:00 am on Monday, April 4th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins Friday, April 8th. Email confirmations will be sent for all transactions.

FEES & DISCOUNTS

A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for residents age 62 and older. Walk-in fees are not discounted.

A non-taxpayer fee will automatically be added to all programs and activities. Fees \$50 and under will be \$3, \$51 - \$100 will be \$5 and all fees over \$101 will be \$7. An additional 10% will be added to memberships and parties.

ActiveNet charges a convenience fee and a credit card processing fee when booking online. The fees are non-refundable.

Scholarships and/or reduced tuitions may be available to qualified residents. Applications available upon request.

PROGRAM CANCELLATIONS

We reserve the right to cancel programs due to low enrollment. The cost will be refunded or credited to your account. Online transaction fees are non-refundable.

PROGRAM WITHDRAWALS

Withdrawals at least **five business days** prior to the first class receive a full refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

Withdrawals less than **five full business** days prior to the first class and before the start of the second class receive a 50% refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee). Programs less than \$20 receive a 50% refund or credit. Online transaction fees are non-refundable.

Withdrawals due to medical conditions or injuries require a doctor's note to receive a credit for a future use or refund.

There are **no refunds** after the start of the second class.

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.

MEDIA POLICY

Community Services may photograph, videotape and record program participant activities for distribution through our newsletter, publications, website and social media and on occasion local media outlets such as newspapers, radio stations and commercial television stations. Should you not agree to the terms of this policy, please email linda.strunk@capeelizabeth.org to be excluded.

ACCESSIBILITY

If you have a disability and need accommodations to participate in one of our programs, please call Community Services at 799-2868.



HEALTH, WELLNESS AND ENRICHMENT

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

Date: Mon/Wed/Fri (no class 5/30, 6/20, 7/4, 8/15-8/19, 9/5)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi/Joanie Frustaci

Date	Classes	Fee	Program #
4/25–6/3	17	\$136	224-100
6/6-7/15	16	\$128	231-100
7/25-9/9	17	\$136	231-101

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. Core stability through functional training and balance are incorporated into your workouts, too.

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 susan-jano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Days: Wed/Fri 4/27-6/10

Time: 8:45-9:45 am

Location: Fitness Center

Fee: \$126

Instructor: Susan Janosik

Program # 224-101

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.

Date: Mon/Wed/Fri 4/25-5/13

Time: 5:30-6:30 am

Location: CS Spin Room

Fee: \$81

Instructor: Susan Janosik

Program # 224-102



SHiNE DANCE FITNESS™

SHiNE™s a high energy dance fitness class that is rooted in hip-hop, jazz and ballet. The routines are choreographed to get your heart pumping and your energy flowing. The songs are easy to follow and are set to your favorite current hits. SHiNE™ is open to everyone at all fitness levels and dance experience is not required. Drop-ins welcome \$10

Days: Tuesdays

Time: 5:45-6:45 pm

Location: CECS Activity Room

Instructor: Rachel Rosenfield

Date	Classes	Fee	Program #
4/26-6/14	8	\$72	224-103
6/21-8/9	8	\$72	231-102

OULA DANCE FITNESS @

Oula is a dance fitness format that uses easy to learn dance moves and recognizable music to help you gain confidence, process emotions, AND get a workout. If you are looking for something fun to add into your weekly routine, come dance with us! No prior experience necessary, coordination not required. Drop-ins welcome \$12

Days: Thursdays

Time: 6:00-7:00 pm

Location: CECS Activity Room

Instructor: Cholla Foote



Date	Classes	Fee	Program #
4/28-5/26	4	\$36	224-104
6/2-6/30	5	\$45	224-105
7/7-7/28	4	\$36	231-103
8/4-8/25	4	\$36	231-104



HEALTH, WELLNESS AND ENRICHMENT

STEP AEROBICS

Join us for 45 minutes of aerobic exercise - since one can always take a step class to the floor plus it provides variety, we alternate our classes: one week is steps (which anyone can do on the floor) and the next is aerobics without the step. Drop-ins welcome \$10

Days: Mondays

Time: 8:00-8:50 am

Location: CECS Activity Room

Instructor: Anne Cass

Date	Classes	Fee	Program #
4/25-5/23	5	\$40	224-106
6/6-6/27	4	\$32	224-107

COED WEIGHTS-SPRING

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. Core stability through functional training and balance are incorporated into your workouts, too.

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.

Date: Tues/Thurs 4/26-6/9

Time: 5:15-6:15 pm

Location: Fitness Center

Fee: \$126

Instructor: Susan Janosik

Program # 224-108

TAI CHI & QIGONG FOR BALANCE

Tai Chi and Qigong are ancient Chinese arts that when practiced regularly generate greater range of motion (ROM), strength, and coordination, all of which enhance stability. In addition to improving function, the practice of Qigong and Tai Chi can profoundly impact general well-being and sleep quality. We will be using Dr. Yang's Evidence-Based Curriculum of meditation and agility exercises, as well as his 7-step form and related Qigong series.

Introductory level.

Date: Tuesday 5/10-6/14

Time: 8:45 -10:00 am

Fee: \$60

Location: CS Activity Room

Instructor: Stephanie Carlson

Program # 224-109

CO-ED WEIGHTS/CSI TRAINING-SUMMER

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights. Core stability through functional training and balance are incorporated into your workouts..

Days: Tues/Thurs (no class 7/5, 7/7)

Time: 6:00 pm – 7:00 pm

Location: CS Spin Room

Instructor: Susan Janosik

Date	Classes	Fee	Program #
6/21-7/28	10	\$90	231-105
8/2-8/25	8	\$72	231-106

ESSETRICS® REFRESHER

If you enjoyed Essentrics™ at The Fort last year, meet inside first. Remind your body of the moves, rejuvenate your joints, and refresh your brain before outdoor class starts May 24. Essentrics® is a no equipment full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.

Days: Tuesday/Thursday May 3rd & 5th

Time: 9:00-10:00 am

Location: CECS Activity Room

Fee: \$20

Instructor: Sarah MacColl

Program # 224-110

OUTDOOR ESSETRICS® AT THE FORT TUESDAYS & THURSDAYS

MAY 24th-SEPTEMBER 1st
9:00-10:00 am

Join Sarah MacColl at the flagpole at the Fort. If weather is uncooperative, class will be cancelled by 8 am.
(no class 7/26, 7/28, 8/18)



No registration required
\$10 drop in fee per class.
Please bring a mat.

HEALTH, WELLNESS AND ENRICHMENT

YIN YOGA with Annie Ware

Yin yoga is a slower practice that uses yoga postures to stretch and target both the deep connective tissues and the fascia throughout the body. Based in ancient Chinese philosophies, the aim of yin yoga is to improve circulation in the joints and increase range of motion by holding poses and thereby unblocking the flow of energy within the body. No prior yoga experience required. Drop ins welcome \$12

Date: Tuesdays 4/26 - 6/7

Time: 10:15-11:15 am

Fee: \$70

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 224-111

YOGA SOLUTIONS FOR HEALTHY SHOULDERS, BACK & HIPS

This 45 minute class uses traditional yoga postures that are accessible to most in order to revive and mitigate discomfort within the body while lengthening, strengthening and stabilizing key muscles that can contribute to chronic and acute discomfort. In this class, students will use a chair for seated postures but all should be able and prepared to move around a yoga mat during each session. No yoga experience necessary. Drop-ins welcome \$12

Date: Friday 4/29 - 6/10

Time: 10:15-11:15 am

Fee: \$70

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 224-112

LUNCH BREAK YOGA with Annie Ware

Sneak away from your desk or errands to spend 45 min taking care of your mind & body. Our bodies thrive on movement and breath. Lunch Break Yoga is the perfect relief from a sedentary or hectic morning. In this class, we will slowly flow through classic yoga postures as well as incorporating yin yoga. No yoga experience required. Drop-ins welcome \$10

Date: Friday 4/29 - 6/10

Time: 11:45-12:30 pm

Fee: \$56

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 224-113



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 10:15-11:30 am

Location: Fort Williams Park/CECS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
4/25-5/23	5	\$55	224-114
6/6-6/27	4	\$44	224-115
7/11-7/25	3	\$33	231-107
8/1-8/29	5	\$55	231-108

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

Date	Classes	Fee	Program #
4/27-5/25	5	\$55	224-116
6/1-6/29	5	\$55	224-117
7/13-7/27	3	\$33	231-109
8/3-8/31	5	\$55	231-110

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 6:00-7:15 pm

Location: Fort Williams Park/CECS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program
4/25-5/23	5	\$55	224-118
6/6-6/27	4	\$44	224-119
7/11-7/25	3	\$33	231-111
8/1-8/29	5	\$55	231-112

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program
4/27-5/25	5	\$55	224-120
6/1-6/29	5	\$55	224-121
7/13-7/27	3	\$33	231-113
8/3-8/31	5	\$55	231-114

HEALTH, WELLNESS AND ENRICHMENT

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.

Date: Tues/Thurs

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program
5/3-6/9	12	\$132	224-200
6/21-7/28	12	\$132	231-200

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.

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. (* 5/22 class 6:00/7:00 am)

Level/Dates	Time	Fee	Program
PRC-A Sun 5/1-5/22*	10-11 am	\$60	224-201
PRC-E&B Sun 5/1-5/22*	11-12pm	\$60	224-202
PRC-A&E Tues 5/3-5/31	1-2 pm	\$75	224-203
PRC-A&E Fri 5/6-5/27	11:30-12:30	\$60	224-204
PRC-A&E Tues 6/7-6/28	1-2 pm	\$60	224-205
PRC-A&E Fri 6/3-6/24	11:30-12:30	\$60	224-206
PRC-A&E Tues 7/5-8/2	1-2 pm	\$75	231-201
PRC-A&E Fri 7/1-7/29	11:30-12:30	\$75	231-202



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.

Date: Mon/Wed/Fri 4/25-6/17

Time: 5:30-6:45 am (no class 5/30)

Fee: \$230

Location: Richards Community Pool

Instructor: Marcel Da Ponte

Program # 224-207

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/ 7:45-8:40 am 6/20-8/5

(no class 7/4, 8/8-8/12)

Location: Richards Community Pool

Instructor: Patty Medina

Date	Classes	Fee	Program
5/2-5/27	12	\$78	224-208
6/1-6/29	13	\$85	224-209
7/1-7/29	12	\$78	231-203
8/1-8/31	11	\$72	231-204

BEGINNER 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.

Date: Saturdays 4/30-6/11 (no class 5/28)

Time: 8:00-8:45 am

Fee: \$60

Location: Richards Community Pool

Program # 224-210

HEALTH, WELLNESS AND ENRICHMENT

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 as we get ready for spring. Drop ins welcome \$6

Date: Sunday, 4/3 - 5/15 (no session 4/17, 5/1)

Time: 6:30-8:00 pm

Fee: \$30

Location: HS Gymnasium

Instructor: David Peary & David Croft

Program # 224-122

ADULT CO-ED VOLLEYBALL IS BACK!

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: Wed, 4/13- 5/26

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$5

Location: HS Gym

Supervisor: Bob Wooten

IMPROV FOR BEGINNERS - NEW!

If you like Whose Line Is It Anyway, or have ever wanted to learn how to perform Improv, this is the class for you! Absolutely no experience necessary for this beginner Improv class. "But wait!", you say, "I'm not funny / clever / quick / an actor!" - perfect. Everyone can do Improv - I promise. Using techniques I've honed over the past 20+ years of performing and teaching in Amsterdam, Boston and Portland, we will learn to utilize core Improv concepts like Yes, and..., Listening, Support, Character Development, Teamwork, Finding the Game and other key Storytelling concepts. Did I mention it will also be the most fun you've had all week? I can't wait to see you there.

Date: Thursdays, 5/26-6/23

Time: 6:00 - 7:30 pm

Fee: \$65

Drop-ins welcome \$15

Location: CS Community Room

Instructor: Chip Brewer

Program # 224-123



ADULT OUTDOOR TENNIS (BEGINNER)

Classes will focus on learning the fundamentals of tennis strokes/grips and footwork. Players will learn the basics and how to rally and keep score. Classes will be held in a low pressure environment - no prior experience needed.

Date: Saturday 4/30-6/11 (no class 5/28)

Time: 8:00-9:00 am

Location: HS Tennis Courts

Fee: \$90

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Program # 224-124

LEARN TO PLAY PICKLEBALL – BEGINNER

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: Mondays & Wednesdays, 6/6-6/22

Time: 5:30-7:00 pm

Fee: \$48

Location: Fort Williams Pickleball Courts

Instructor: Roger Rioux

Program # 224-125



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.

Date: Tuesdays/Thursdays 5/3-6/23

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

9:30-11:00 am Intermediate

Fee: \$128

Location: Fort Williams Pickleball Courts (rain 6/28, 6/30)

Instructor: Glenn Jordan, four time Atlantic Regional gold medalist and 2018 U.S. Nationals silver medalist.

Program # 224-126.ab for Advanced Beginner

#224-126.i for Intermediate

HEALTH, WELLNESS AND ENRICHMENT

MAINE DRIVING DYNAMICS

This is a State of Maine sponsored 5-hour defensive driving course to improve their defensive driving abilities. Those completing the course will receive a three-point credit reduction on their driving record and students 55 and older can receive an insurance discount from their insurance company.

Date: Saturday, April 30

Time: 9:00 – 2:00 pm

Fee: \$40, Age 65 and older \$30, \$3 non-resident fee

Location: CC Living Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 224-127

LET'S DITCH PLASTIC!! SIMPLE STEPS TO A LOW-WASTE LIFE *NEW*

Are you ready to ditch plastic in 2022? Trying to get rid of harmful plastic packaging in your home? Come learn the basics for how to reduce your waste by buying intentionally, recycling properly and saying no to single-use plastic. This is a no-judgement zone-- come with your questions and an open mind for shifting habits and tackling this problem! This free workshop is taught by Laura Marston, owner of GoGo Refill, New England's first zero-waste store. Laura is an expert in saying 'no thank you' to single-use plastic.

Dates: Monday, April 25th

Time: 6:00-7:30pm

Fee: FREE

Location: CC Community Room

Instructor: Laura Marston, Owner, GoGo Refill

Program # 224-128



FORT WILLIAMS PARK WALKING TOUR

Join longtime Cape Elizabeth resident and Historical Preservation Society member, Jim Rowe on a guided walking tour of Fort Williams Park. Two hour tour will focus on the three distinct historical aspects of Fort Williams Park; the Fort itself, Portland Head Light and the Goddard Mansion ruin.

Date: Monday, May 16 (rain date Friday, 5/23)

Time: 8:30 - 10:30 am

Fee: Free

Location: Battery Blair, Fort Williams Park

Program # 224-129

ZOOM APPLE COMPUTER SERIES

Bern Shanfield, a local Mac enthusiast and owner of Mac Help Now, is offering weekly one hour Zoom based meetings for 12 consecutive weeks on Apple computer related topics. Topics can include basic and intermediate usage and troubleshooting of MacOS devices depending upon the interest of those attending.

Date: Wednesday 5/4-6/8

Time: 10:00 - 11:00 am

Fee: FREE/Registration Required to receive zoom link

Instructor: Bern Shanfield. Owner- Mac Help Now

Program # 224-130

OPEN WOOD SHOP

If you are a beginner, safe operation of woodworking equipment and basic woodworking skills will be covered. If you are a veteran, consultation will be provided as needed. Come to class prepared to start your project. Fee includes the \$15 lab fee for the CEHS woodshop.

Date: Wednesday 4/6 - 6/15 (No class 4/20)

Time: 6:00 - 9:00 pm

Fee: \$110

Location: HS Wood Shop

Instructor: John Fabish

Program # 224-131

NATIVE PLANTS FOR WINGED COMPANIONS

Gardens bring delight to gardeners, visitors, and people passing by. They can also provide important habitat for birds, bees, butterflies, and other winged insects that bring your landscape to life with activity. Native plants provide the best enticement for seasonal and year-round residents by providing adequate sources of food, water, nesting sites and shelter. Let's take a stroll through Fort Williams Park to discover and learn about common native plants that attract and best serve our winged companions.

Date: Tuesday, July 12th (rain date 7/13)

Time: 5:30-7:30 pm

Fee: \$13

Location: Fort Williams Park, Children's Garden

Instructor: Amy Witt, Earth Walkers, LLC

Program # 231-115

HEALTH, WELLNESS AND ENRICHMENT

For CELT programs, all participants must register at least at least 48 hours in advance of the program to receive notification regarding Covid-19 policies and changes or cancel-

CELT'S AMPHIBIAN PROGRAM

Join Cape Elizabeth Land Trust Education Committee members Erika Rhile, and Lisa Gent to learn about herpetology, and get a guided walk through Robinson Woods. This spring program will highlight amphibians in Maine, as they begin to re-emerge in Cape Elizabeth after the long winter. Participants will explore amphibian habitat, observe salamander eggs, and potentially hear peepers and wood frogs on this 2 hour excursion in Robinson Woods. The walk will be held rain or shine so dress appropriately with footwear for wet walking.

Date: Monday, May 9

Time: 7:00 pm-9:00 pm

Fee: \$6 per person

Location: Meet at Robinson Woods Kiosk

Program # 224-132

CELT'S NATURE WALK— VERNAL POOLS AND WILD FLOWERS IN ROBINSON WOODS

Learn more about Capes' natural habitats and their unique flora and fauna from Cape Elizabeth Land Trust volunteer, and naturalist Tony Owens. Sponsored by the Cape Elizabeth Land Trust, this walk will increase your awareness and appreciation of the varied opens spaces here in Cape Elizabeth. Walk will be held rain or shine so dress appropriately with footwear for wet walking. Group size is limited.

Date: Tuesday May 17

Time: 9:00 am -11:00 am

Fee: \$6 per person

Location: Meet at Robinson Woods Kiosk

Program # 223-133

INVASIVE PLANTS NATURE WALK WITH CELT

Join Mike Hanks, a member of Cape Elizabeth Land Trust's Stewardship Committee, at CELT's newest property to learn about Invasive Plants found in Cape Elizabeth. During this CELT sponsored event you can expect to learn how to identify specific invasive plant species, eradication strategies, and why invasive species pose a threat to an ecosystem. Participants should meet at the upper parking lot at Gull Crest field off of Spurwink Ave, and be prepared to go on a gentle hike rain or shine.

Date: Wednesday, June 8

Time: 6:00 pm – 7:30 pm

Fee: \$6 per person

Location: Pollack Brooke Preserve: 498 Spurwink Ave

Program # 224-134

CELT'S NATIONAL TRAILS DAY CROSS TOWN WALK

Join Cape Elizabeth Land Trust (CELT) Program Coordinator, Philip Mathieu for the annual Spring Cross Town Walk! Beginning at Kettle Cove, this walk will traverse 8.2 miles of trails highlighting Cape's great places, including Spurwink Marsh, Robinson Woods, and Great Pond. The walk takes approximately five hours and includes a lunchtime stop at the Cape Elizabeth United Methodist Church, where we will (briefly) join in the celebration of the new conservation easement there before continuing on to Portland Head Light at Fort Williams Park. Interested in joining but concerned about the length of the walk? Consider signing up for the "Half Option", which is listed as a separate event

Date: Saturday, June 4

Time: 9:00 – 2:30 pm

Location: Kettle Cove State Park

Fee: \$10 per person

Program # 224-135

CELT'S NATIONAL TRAILS DAY CROSS TOWN WALK (HALF DISTANCE OPTION)

Interested in the Cross Town Walk but not ready to commit to all 8.2 miles? Join Cape Elizabeth Land Trust for a half-distance (~4.5 miles) walk highlighting Cape's great places, including Spurwink Marsh and Great Pond. The walk begins at Kettle Cove and takes approximately three hours, culminating with a lunchtime stop at the Cape Elizabeth United Methodist Church, where CELT will be celebrating the new conservation easement on that property.

Date: Saturday, June 4

Time: 9:00 am - 12:00 pm

Location: Kettle Cove State Park

Fee: \$10 per person

Program # 224-136



HEALTH, WELLNESS AND ENRICHMENT

TIDEPOOLING THE ROCKY SHORE WITH CELT

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat! Join Philip Mathieu of the Cape Elizabeth Land Trust on a summer evening to search for crabs, snails and other marine life. Each family will receive a visual identification guide to some of Cape's most common organisms. It is recommended that participants wear lace-up footwear, closed-toed shoes that can get soaking wet. (Note: This program is oriented towards families, but all ages are welcome.)

Date: Tuesday, June 14

Time: 5:00 - 7:00 pm

Fee: \$10/ family

Location: Kettle Cove Beach

Program # 224-137

MEDICINAL HERB WALK: ROBINSON WOODS

Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth - learning to recognize their patterns across the refreshed landscape. Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.

Date: Thursday, May 12

Time: 6:00 pm – 7:00 pm

Fee: \$6 per person

Location: Meet at Robinson Woods Kiosk

Program # 224-138

A WALK IN THE WOODS TO MEET THE WILDFLOWERS - NEW!

Do you like to walk in the woods?

Are you drawn to the abundant + beautiful wildflowers you see?

Are you curious to know what they are?

Join me for a walk in Robinson Woods to meet some of these Maine native beauties. It's guaranteed your future walks will be more enriched as a result.

Date: Wednesday, June 1st (raindate 6/2)

Time: 5:30—7:30 pm

Fee: \$13

Location: Robinson Woods II & III, meet in parking lot of CE Methodist Church

Instructor: Amy Witt, Earth Walkers, LLC

Program # 224-139



PINE NEEDLE BASKETS - NEW!

Pine trees are ubiquitous throughout the state and provide a vital pool of resources for human and nonhuman Mainers alike. Pine needles are beautiful and strong! They can be coiled and sewn together to make hats, lovely usable baskets, and/or adorably tiny ones. Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We'll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine-needle basket. Every participant will make a basket to take home.

Date: Saturday, May 14th

Time: 10:00-12:00 pm

Fee: \$45

Location: CS Community Room

Instructor: Zack Rouda, Rewild Maine

Program # 224-140

LACTO-FERMENTED CUCUMBER PICKLES—NEW!

Lactic acid fermentation is a metabolic process in which glucose and other sugars are converted into living cellular energy. It is an anaerobic fermentation that has been employed for thousands of years around the world. Fermented foods are an excellent source of vitamins and may promote a healthy gut biome. Learn how to make crispy lacto-fermented pickles - without vinegar! We'll use knives and other kitchen tools to cut up the vegetables, and follow a few time-tested and honed recipes - and use a few special tricks - to craft some delicious and healthy food.

Date: Saturday, June 18th

Time: 10:00-12:00 pm

Fee: \$35

Location: CS Community Room

Instructor: Zack Rouda, Rewild Maine

Program # 224-141

OUTINGS, ARTS & ENTERTAINMENT

ON GOLDEN POND

Travel with us to the John Calvin Stevens designed Victorian opera house in Biddeford for City Theater's production of the drama comedy *On Golden Pond*. Remember the movie starring Henry Fonda and Katherine Hepburn? Old curmudgeon, Norman Thayer and his wife Ethel have spent their summers at their cottage on Golden Pond for many years. But this summer their daughter, whom they haven't seen in years feels that she must be there for what may be Norman's last birthday. No refunds after April 15.

Date: Sunday, May 22

Time: 12:30 pm - 4:30 pm

Fee: \$32.00 (Includes Show & Transportation)

Program # 224-142

POLAND SPRING PRESERVATION PARK

Listed on the National Register of Historic Places we will tour three historic buildings located on the grounds of the Poland Spring Resort. The Maine State Building was built for the 1893 World's Fair in Chicago and here it stands 125 years later! The 1912 All Souls Chapel is made of Maine granite, quartered sawn oak and a floor of inlaid mosaic. You'll be amazed at the hand painted windows, all reflecting stories from the Bible. Through scientific displays and vintage memorabilia, the Poland Spring Bottling Museum and Spring House offers a close up look at one of Maine's oldest industries. We will wrap up with lunch at Cyndi's Dockside Restaurant.

Date: Thursday, June 2

Time: 8:00 am - 2:00 pm

Fee: \$15.00 pp (Includes Tour & Transportation. Lunch on own).

Program # 224-143



GLOUCESTER & NEWBURYPORT

First, a guided tour of a true European castle located in Gloucester, Massachusetts. Hammond Castle was built in the late 1920s by scientist, inventor, and art connoisseur, John Hays Hammond, Jr. Sitting high on a bluff overlooking the Atlantic Ocean, the castle brings together a unique combination of art, architectural elements and culture. **The castle is not handicap accessible or able to accommodate individuals with mobility issues.**

Next, we will backtrack to Newburyport to explore this waterfront port on your own for a few hours. Pop into one of the many cafes, take a stroll on the boardwalk or shop many of the unique store fronts.

Date: Wednesday, June 8

Time: 7:30 am - 4:30 pm

Fee: \$30.00 (Includes Tour and Transportation. Lunch on own).

Program # 224-144

OLD YORK MUSEUM CENTER

The town of York is one of New England's earliest colonial settlements. It also has the distinction of being America's first chartered city (1641) and first incorporated city (1642). We will take a leisurely drive to the museum center where the historical society will guide us on a walking tour of the campus including Maine's oldest structure and first prison and the Remick Gallery with over 100 artifacts of colonial American history. On our way home, we will stop for lunch. **The campus is not handicap accessible or able to accommodate individuals with mobility issues.**

Date: Thursday, June 23

Time: 8:30 am - 3:00 pm

Fee: \$25.00 (Includes Tour and Transportation. Lunch on Own).

Program # 224-145

OUTINGS, ARTS & ENTERTAINMENT

THE BATH IRON WORKS STORY: BY LAND & BY SEA

The tour begins in the immersive exhibit *BIW: Building America's Navy* where you'll get a high-tech look at the people, processes, and ships of Bath Iron Works and discover why "Bath Built is Best Built." From there you'll board the trolley for a ride past the yard. Your guide will detail the history of the yard and highlight key elements of the shipyard. Finally, we will board the museum's cruise boat *Merrymeeting* for a one hour cruise featuring spectacular views of modern shipbuilding construction and a close-up look at naval destroyers in the water.

Date: Wednesday, July 6

Time: 9:30 am - 4:00 pm

Fee: \$75 (includes Tour, Transportation & Lunch)

Program # 231-116



SEASHORE TROLLEY MUSEUM

Listed on the National Register of Historic Places, Seashore Trolley Museum is the world's first and largest museum of mass transit vehicles. While the main focus of the collection is trolley cars (trams), it also includes rapid transit trains, Interurban cars, trolley buses, and motor buses. Join us in Kennebunkport for a trolley ride and museum tour followed by lunch at Mike's American Diner.

Date: Wednesday, July 27

Time: 8:30 am - 2:00 pm

Fee: \$20.00 (Includes Admission and Transportation.

Lunch on Own.)

Program # 231-117

HACKMATAACK PLAYHOUSE & LUNCH

What is summer without a trip to the most charming and quaint theater in Maine? Much of the allure of this playhouse is its scenic location and historical presence on the Guptill family farmstead in Berwick. As for the show, imagine *The Odd Couple* meets *The Golden Girls* when two feisty widows wage war with each other over the most desirable room in a retirement home in this hilarious and heartfelt comedy about connections and comfort zones. Prior to the matinee production of *Ripcord*, we will stop for lunch at the Outlook Tavern Restaurant. No refunds after July 22.

Date: Thursday, August 11

Time: 10:30 am - 5:00 pm

Fee: \$35.00 (Includes Show & Transportation. Lunch on own).

Program # 231-118

MAINE STATE MUSIC THEATER

This Tony-winning Best Musical, about a shoemaker whose business is saved by a wildly flamboyant clientele, features a score of catchy songs written by pop star Cyndi Lauper. Inspired by true events, 'Kinky Boots' tells the story of Charlie Price, who inherits his father's shoe factory. Looking to save the family business, Charlie turns to a fabulously fashionable new friend — cabaret star Lola — who gives him an outrageous idea that could change both of their destinies. Soon, this unlikely duo creates the most sensational footwear that's ever rocked the runways of Milan... giving the factory and its hardworking family a sparkling new future. No refunds after July 22nd.

Date: Thursday, August 25

Time: 12:30 pm - 5:00 pm

Fee: \$80.00 (Includes Show & Transportation)

Program # 231-119

MUFFINS AND MORE—NEW!!!

We invite you to join us at the Community Center on **Wednesdays from 10 am - 11 am** to spend time with friends, both old and new. We will socialize for half an hour and then play a game or do a craft. Schedule to follow.

April 20 & 27, May 4 & 18, June 1 & 15. Complimentary muffin and beverage provided.



YOUTH PROGRAMS

SPRING SESSION: APRIL 25-JUNE 18

Mondays 4/25 - 6/6 (6 classes—no class 5/30)

Thursdays 4/28- 6/2 (6 classes)

Saturdays 4/30-6/18 (6 classes—no class 5/21, 5/28)

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	224-211
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	224-212
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	224-213
Turtles	Sat	10:00 - 10:30 am	6	\$45	224-214
Ducklings 1	Mon	11:00—11:30 am	6	\$45	224-215
	Thurs	10:30 - 11:00 am	6	\$45	224-216
	Sat	9:00 - 9:30 am	6	\$45	224-217
	Sat	10:00 - 10:30 am	6	\$45	224-218
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	224-219
	Thurs	11:00 - 11:30 am	6	\$45	224-220
	Sat	9:00 - 9:30 am	6	\$45	224-221
	Sat	10:30—11:00 am	6	\$45	224-222
Dolphins 1	Mon	10:00 - 10:30 am	6	\$45	224-223
	Thurs	11:30 am - 12:00 pm	6	\$45	224-224
	Sat	9:30 - 10:00 am	6	\$45	224-225
	Sat	10:00 - 10:30 am	6	\$45	224-226
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	224-227
	Sat	10:30 - 11:00 am	6	\$45	224-228
Level 1	Sat	9:00 - 9:45 am	6	\$56	224-229
	Sat	10:30 - 11:15 am	6	\$56	224-230
Level 2	Sat	9:00 - 9:45 am	6	\$56	224-231
	Sat	10:30 - 11:15 am	6	\$56	224-232
Level 3	Sat	9:45 - 10:30 am	6	\$56	224-233
	Sat	10:30 - 11:15 am	6	\$56	224-234
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	224-235

PROGRESSIVE LESSON LEVELS (Ages 6+ years old)

Level 1 Prerequisite - Age 6 or older (may or may not be wearing flotation device). Skills Taught: rotary breathing, basic freestyle, personal safety, back floating.

Level 2 Prerequisite - swim length of pool comfortably without flotation device & be able to put face underwater. Skills Taught: freestyle, backstroke, diving and treading water.

Level 3 Prerequisite - swim length of pool freestyle with rotary breathing and backstroke. Skills Taught: freestyle, backstroke, breaststroke, diving and endurance.

Level 4 Prerequisite - swim 50 yards freestyle and backstroke & 25 yards breaststroke. Skills Taught: technique on freestyle, backstroke, breaststroke, introduction to butterfly & flip turns

Level 5 Prerequisite - swim 100 yards continuously on freestyle and backstroke & 50 yards of breaststroke and butterfly. Skills Taught: stroke technique, starts & turns, how to read a swim workout and pace clock.

YOUTH PROGRAMS

SUMMER SESSIONS

June - Monday/Wednesday 6/22-7/13 (no class 7/4), Tuesday/Thursday 6/21-7/7

July - Monday/Wednesday 7/18-8/3, Tuesday/Thursday 7/12-7/28, Friday 6/24-7/29

Level	Day	Time	# Classes	Fee	Program
Barnacles	Friday	10:00 - 10:30 am	6	\$45	231-205
Turtles	Friday	10:30 - 11:00 am	6	\$45	231-206
Ducklings 1	Mon/Wed	8:45 - 9:15 am		\$45	June 231-207
	Mon/Wed	8:45- 9:15 am	6	\$45	July 231-208
Ducklings 2	Mon/Wed	8:45 - 9:15 am		\$45	June 231-209
	Mon/Wed	8:45- 9:15 am	6	\$45	July 231-210
Level 1	Tu/Th	8:30 - 9:00 am	6	\$45	June 231-211
	Tu/Th	8:30 - 9:00 am	6	\$45	July 231-212
Level 2	Tu/Th	8:30 - 9:00 am	6	\$45	June 231-213
	Tu/Th	8:30 - 9:00 am	6	\$45	July 231-214

SWIM LESSON DESCRIPTIONS

BARNACLES 1 (6 - 18 months old) This parent/child program is a water orientation class with the instructor guiding the parent in teaching their child basic skills in a playgroup atmosphere.

BARNACLES 2 (18 months - 3+ years old) This parent/child program is structured with an emphasis placed on independence and group learning. Class consists of structured instructional time, safety skills, and playtime.

TURTLES (2 1/2 - 4 years old) Prerequisite: Barnacles 2 or permission from pool staff. This parent/child class allows children to continue working on water comfort and basic skills, while working towards swimming without direct parent participation.

DUCKLINGS 1 (3 - 6 years old) For the beginner swimmer that cannot swim independently with a flotation device, or is wearing a three cell bubble belt. Ideal for the child who has not been in a lesson setting, the child will become better acclimated to the water and focus on basic water and safety skills. Skills Taught: water adjustment & paddle stroke.

DUCKLINGS 2 (3 - 6 year olds) Prerequisite: swim 1/2 length of the pool with two bubbles horizontally and be comfortable putting his/her face under water. Skills Taught: water adjustment & paddle stroke.

DOLPHINS 1 (3 - 6 year olds) Prerequisite: swim 1/2 length of the pool with one bubble and be comfortable with rhythmic breathing and back floating. Skills Taught: rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.

DOLPHINS 2 (3 - 6 year olds) Prerequisite: swim length of the pool without flotation, be comfortable rhythmic breathing, basic freestyle, and backstroke. Skills Taught: rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.



YOUTH PROGRAMS

Registration for Summer Camps begins April 3rd @ 8:00 pm online. Registration online at www.capecommunityservices.org, or April 4th in person at CECS office or by calling the office @ 207-799-2868. **When registering your child, their group is determined by the grade they will be entering in Fall 2022.**

CAMP DATES

JUNE 22- AUGUST 5

Week 1	June 22-24 (3 day week)
Week 2	June 27-July 1
Week 3	July 5-8 (4 day week)
Week 4	July 11-15
Week 5	July 18-22
Week 6	July 25-29
Week 7	August 1-5

LITTLE CUBS ADVENTURE CAMP PRICING:

5- day week: \$225.00 (weeks 2,4,5,6,& 7)

4- day week: \$180.00 (week 3)

3- day week: \$135.00 (week 1)

BEFORE CARE AVAILABLE FOR ALL CAMPS : 7:15 am to 8:30 am \$45 per 5 day week

AFTERCARE AVAILABLE FOR ALL CAMPS: 3:00 pm to 5:30 pm \$65 per 5 day week

No camp on Monday, July 4th. The first payment is due upon registration, with subsequent weeks put on a payment plan. All payments will be on automatic payment plans for withdrawal from your bank account or credit card. Before and After Camp care requires additional registration.



WHITE WATER RAFTING (GRADES 6-8)

Dates: August 11 & 12, 2022

Time: leaving CECS at 6:45 am 8/11

Return: 6:00 pm 8/12

This adventure will include hiking, swimming, other outdoor activities and of course White Water rafting on the Kennebec River.

Cost: \$290.00 (transportation, and all expenses including food and lodging)

Program # 231-350

YOUTH PROGRAMS

LITTLE CUBS

(AGES 3-5 INCLUDING THOSE GOING INTO KINDERGARTEN)

Lead by the Preschool Staff

A great way for your child to enjoy some summer fun with other preschoolers. Weekly themes will surround story time and arts & crafts. Campers will participate in swim lessons, school bus orientation and safety, and outdoor play. Campers must be three as of June 15 and must be fully potty/toilet trained.

Location: Cape Care Playground/Community Center

Hours: 8:30 am to 2:45 pm

Ages 3-5 yrs old (Campers must be 3 as of June 15 and must be fully potty/toilet trained)



ADVENTURE CAMP

(GRADES 1-6)

Lead by Kelly Phinney & CECS Staff

Adventure Camp offers structured daily activities. Campers will be with children their own age as well as some camp wide activities. Activities to include: tennis, archery, basketball, art, gymnastics, field sports, games and swim lessons. Campers will participate in a number of these sometimes wet, sometimes messy, but always fun activities. Weekly theme days and field trips add to the adventure.

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am to 3:00 pm

NEW TEEN EXTREME

(GRADES 7 & 8 TUESDAY, WEDNESDAY, THURSDAY)

Lead by Kelly Phinney & CECS staff

This camp will offer teens the chance to hang out with friends **3 days a week**. One day the group will go to a local beach, one day the group will be on campus for field sports and activities, one day they will go on a field trip to an amusement park. Beach trips and field trips will be scheduled weekly depending on the weather.

Dates: June 21– August 5

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am - 3:00 pm

Fee: \$150

YOUTH PROGRAMS

CELT'S LITTLE EXPLORERS

(Ages: 3-5 w/adult)

Children and caregivers will spend an hour exploring the natural wonders of the Maine woods in spring during this **Cape Elizabeth Land Trust** event. Join CELT volunteer, Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life. Lots of hands on explorations and games included! Please dress in comfortable clothes and bring a water bottle.

Date: Friday, May 6

Time: 9:00 – 10:00 am

Fee: \$6/family

Location: Robinson Woods Parking Lot on Shore Road

Instructor: Lisa Gent

Program # 224-300

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

Dates: Sundays, May 1 - June 12 (No class 5/29)

Location: HS Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	224-311
6-7	10:00 - 11:00 am	224-312
8+	11:00 am - 12:00 pm	224-313

Dates: Tuesdays, May 3 - June 7

Location: Fort Williams Tennis Courts

Age	Time	Program #
4 - 5, K	4:45 - 5:45 pm	224-314



SPINNING SPROUTS (Ages: 3-5 years)

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.

Dates: Mondays, May 2 - June 6 (no class 5/30)

Time: 2:00 - 2:45 pm

Fee: \$70

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Program # 224-302

LITTLE SAMURAI (Ages: 3 - 5 years)

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.

Dates: Wednesdays, April 27—June 8

Time: 2:00 - 2:45 pm

Fee: \$91

Location: Community Center Spin Room

Instructor: Dragon Fire Martial Arts

Program # 224-301

BRICK BY BRICK MAINE LEGO WOODLAND CREATURES! (Gr: K-3)

Join us as we discover some of the animals in the Maine woods! We will build a friendly fox, a wise old owl and a hairy hedgehog. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Dates: Tuesdays, May 17 - June 14

Time: 3:15 - 4:15 pm

Fee: \$80

Location: Community Center Community Room

Instructor: Lisa Judd

Program # 224-345

YOUTH PROGRAMS

SATURDAY OUTDOOR TENNIS (Gr: 1-6th)

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

Dates: Saturdays, April 30 - June 11 (No Class 5/28)

Fee: \$90

Location: High School Tennis Courts

Instructor: Niamh Colpitts

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	224-308
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	224-309
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	224-310

SPRING AFTERNOON BEGINNER TENNIS

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: May 3 - June 9

Fee: \$86

Location: Fort Williams Tennis Courts

Instructor: Coach Mary Gray, PTR Certified

Age	Time	Program #
Gr. 1 - 2	Tuesdays, 3:45 - 4:30 pm	224-315
Gr. 1 - 2	Thursdays, 3:45 - 4:30 pm	224-316
Gr. 3 - 4	Thursdays, 4:45 - 5:30 pm	224-317

MAD SCIENCE RADICAL ROBOTICS (Gr. K- 4)

What are automatons? How do robotic systems work? Learn all about robot-building in this exciting Mad Science lab! Students will tinker with their very own robots as they learn the basic engineering skills involved in building these machines. Experiment with robots that can do some extraordinary tasks, infrared robots, robotic arms, and even robots that like to play.

Dates: Thursdays, April 7 – June 2 (No class 4/21)

Time: 3:15 - 4:15 pm

Fee: \$138

Location: Community Center Community Room

Instructor: Mad Science Staff

Program # 224-346

FISHING CLUB (Gr: 4-6)

Free fun combination of indoor and outdoor classes instructed by volunteers from the Cape Elizabeth Police Department and the Spurwink Rod & Gun Club. Kids will learn about fish, how to fish and where to fish.

Dates: Mondays, 5/2 - 5/23

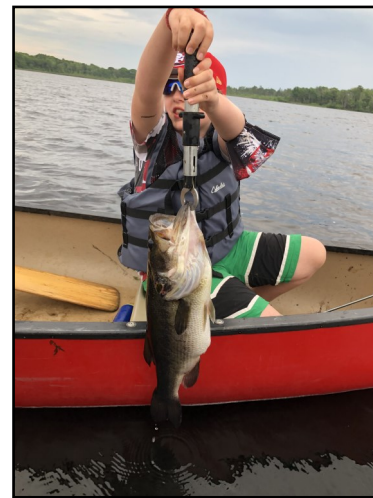
Time: 5:30 - 7:30pm

Fee: Free

Location: Rod/Gun Club, Fort Williams, Great Pond

Instructor: CEPD & Spurwink Rod/Gun Club Members

Program #: 224-335



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.

Dates: Mon/Wed, April 25 - June 8 (no class 5/30)

Fee: \$169

Location: Pond Cove Gymnasium

Instructor: Dragon Fire Martial Arts

Grades K - 2

Time: 3:15 - 4:15 pm*

Program # 224-306

Grades 3 - 8

Time: 4:15 - 5:15 pm*

Program # 224-307

* class will take place at regularly schedule time on 5/11 half day

YOUTH PROGRAMS

JUNIOR LACROSSE (Gr: K-4)

Don't miss the chance to experience the fastest land sport in Maine. Varsity Lacrosse Coaches, along with High School Varsity players, will introduce the sport to young players by teaching the skills and techniques of the game. Participants are required to supply their own stick, ball, helmet, shoulder pads & gloves.

Fee: \$70

Location: Hannaford Turf Field

Boys

Dates: Sundays, April 24 - May 22

Time: 9:00 - 10:30 am

Instructor: Varsity Coach, Ben Raymond

Program # 224-318

Girls

Dates: Saturdays, April 23 - May 21

Time: 8:00 - 9:30 am

Instructor: Varsity Coach, Alex Spark

Program # 224-319



SPRINGBOARD DIVING (AGES 14+)

Join Cape HS Diving Coach Mike Bartley this winter to take your diving technique to the next level.

Subjects of instruction and coaching include:

1. Mechanics of competitive diving
2. Importance of proper body and head alignment
3. Line-ups and entries
4. Building a list of dives suitable for competition
5. Mental aspects of competitive diving

Pre-requisite: Previous athletic training in either diving or some other sport. Individual athlete must be able to do a standing headfirst dive off the diving board and swim a minimum of 15 yards.

Dates: April 27 - June 12, (No Class 5/22, 5/29, 6/5)

Days & Time: Sun. 3:30-5:30pm, Wed. 7:00-9:00pm

Fee: \$440

Location: Donald Richards Pool

Instructor: Mike Bartley

Program # 224-336

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. 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!

The All League Meet will be held on Saturday, June 4.

Dates: Mon/Wed, April 25 - June 1 (no class 5/30)

Time: 3:00 - 4:00 pm

Fee: \$66

Location: Cape Schools Campus

Instructor: Parent Volunteer Coaches

Program # 224-305

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.

Date: Saturday, June 4

Time: 9:00 am - 3:30 pm

Fee: \$125

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

Program # 224-333



**American
Red Cross**

YOUTH PROGRAMS

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.

Dates: Mondays, May 2 - June 6 (no class 5/30)

Time: 3:15 - 4:15 pm

Fee: \$70

Location: Community Center Community Room

Instructor: Julie Wilkes, Brio Dance Studio

Program #: 224-324

CIRCUS AFTER SCHOOL (Gr: 3-8) *NEW*

Learn to Juggle ... and so much more! In this class students will also learn the basics of balancing objects, diabolo, and other prop manipulations. Circus builds confidence, awareness, coordination, focus, creativity, problem-solving, social interaction, etc. – plus it's fun! We learn through practice and games in a healthy, supportive, non-competitive environment.

Dates: Thursdays, April 28 - June 2

Fee: \$86

Instructor: Janoah Bailin

Grades: 3 - 4

Time: 3:15 - 4:15 pm

Program # 224-343

Grades: 5 - 8

Time: 4:15 - 5:15 pm

Program # 224-344



IRISH DANCE (Gr: K-6)

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, May 6 - June 10

Fee: \$108

Location: Pond Cove Gym

Instructor: Mairead Stillson

Beginners Gr: K - 4

Time: 3:15 - 4:15 pm

Program # 224-320

Advanced Gr: 3 - 6

Time: 4:15 - 5:15 pm

Program # 224-321



HIP/HOP (Gr: K-6)

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.

Dates: Tuesdays, May 3 - June 7

Fee: \$86

Location: Pond Cove Gym

Instructor: Julie Wilkes, Brio Dance Studio

Grades K - 2

Time: 3:15 - 4:15 pm

Program # 224-322

Grades 3 - 6

Time: 4:15 - 5:15 pm

Program # 224-323

YOUTH PROGRAMS

AFTERSCHOOL ART STUDIO (Gr: 1-4)

Come join our after school art program! We will explore a variety of mediums and projects all while building a strong foundation of understanding colors, lines, composition and delivering a unique message designed for each artist to explore and shine.

Time: 3:15 - 4:15 pm

Fee: \$90

Location: Community Center Community Room

Instructor: Kristine Biegel, Creative Child

Grades 1-2:

Dates: Wednesdays, 5/4 - 6/8 (5/11 class will start at 12:15)

Program # 224-325

Grades 3-4:

Dates: Tuesdays, 5/3 - 6/7

Program # 224-326

CHESS CLUB (Gr: 1-5)

"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!

Dates: Fridays, May 6 - June 10

Fee: \$60

Location: Community Center Living Room

Instructor: David Cimato

SESSION 1:

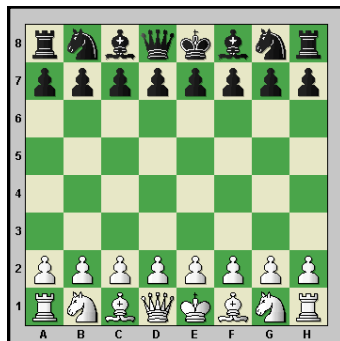
Time: 3:15 - 4:15 pm

Program #: 224-328

SESSION 2

Time: 4:15 - 5:15 pm

Program #: 224-329



BEGINNER/ADVANCED BEGINNER SEWING (Gr: 3-6)

Learn the basics of the timeless craft of sewing and create your own projects! Advanced beginners will build on their skills. All materials will be provided in class.

Dates: Wednesdays, April 27 - June 1

Time: 3:15 - 5:15 pm

Fee: \$90

Location: Community Center Living Room

Instructor: Jeanette Guglielmetti

Program # 224-327



COOKING 101 (Gr: 2-5)

Does your child spend their free time pulling ingredients out of the pantry? Do they beg to watch Chopped Jr., and try to make all the recipes on their own? Then come cook with Fun Chefs! Each week we will have a lesson in culinary arts along with lessons in nutrition, sanitation, culinary math and culinary geography. We will also mix in some cooking challenges.

Dates: Wednesdays, April 27 - June 1, (class will take place at regular time on 5/11 half-day)

Time: 3:15 - 4:15 pm

Fee: \$120

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Program # 224-330

YOUTH PROGRAMS

GOLD RUSH (Gr: K-2)

In this series we will dig deep into the layers of the Earth and uncover many hidden treasures. We will visit the "rock factory"; dig for minerals and perform some cool tests. Anything else that we may spot there? We will learn about fossils and how they are formed as we become paleontologists, discover what our soil is made of, dig into the layers of the Earth and much more!

Dates: Mondays, April 25 - May 23

Time: 3:15 - 4:15 pm

Fee: \$90

Location: Community Center Living Room

Instructor: High Touch High Tech

Program # 224-331

CHEMISTRY MADNESS (Gr: 3-4)

Become a Chemist and mix up some CHEMystery! Explore the water cycle, the inside of atoms, polymers, crazy chemical concoctions and more!

Dates: Tuesdays, April 26 - May 24

Time: 3:15 - 4:15 pm

Fee: \$90

Location: Community Center Living Room

Instructor: High Touch High Tech

Program # 224-332

SUMMER KARATE (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.

Dates: Mon/Wed, June 22 - July 27 (no class 7/4)

Fee: \$130

Location: Middle School Gymnasium

Instructor: Dragon Fire Martial Arts.

Grades K - 2

Time: 3:00 - 4:00 pm

Program # 231-341

Grades 3 - 8

Time: 4:00 - 5:00 pm

Program # 231-342



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.

Fee: \$540/Session

Location: Community Center Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: 6:00 pm - 8:30 pm, 5/2 - 5/19

Session 2: 8:30 am - 11:00 am, 6/21 - 7/8

Session 3: 8:30 am - 11:00 am, 7/25 - 8/11

DAYS

Mon - Thurs

Tues - Fri

Mon - Thurs

PROGRAM

224-334

231-300

231-301

YOUTH PROGRAMS

MR. REAGAN'S THEATER CAMP (Ages: 6-11)

There is always something magical in the way a play comes together! At Mr. Reagan's theater camp, actors will collaborate in plays and skits for the enjoyment of the audience. No experience necessary. Just a willingness to try and have some fun! Actors will build theater skills such as: voice projection, stage presence and teamwork in a fun and creative atmosphere. The final presentation for parents and friends will be on Friday at 12:00 on the last day of camp.

Dates: Monday-Friday, August 15 - 19

Time: 9:00 am - 12:30 pm

Fee: \$200

Location: Pond Cove Gym and Playground

Instructor: Patrick Reagan

Program # 231-302



MARY POPPINS CAMP (Gr: 1-5)

"SUPERCALIFRAGILISTICEXPIALIDOCIOUS" Join us for a fun and active time learning a scene and some musical numbers from the classic "Mary Poppins". We will be playing drama games, rehearsing scenes, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 11-15

Time: 3:00 - 5:00 pm

Fee: \$100

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 231-306

THE SOUND OF MUSIC CAMP (Gr: 1-5)

"DOE, A DEAR" Join us after camp for a fun and active time learning a scene and some musical numbers from "The Sound of Music". We will be playing drama games, rehearsing scenes, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 25-29

Time: 3:00 - 5:00 pm

Fee: \$100

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 231-307

101 DALMATIANS CAMP (Gr: 1-6)

In one fun-filled week, students will learn songs, dances, and scenes from "101 DALMATIANS"! Each day will include drama games, dancing, and team building skills. Students will also be creating props, costumes, and scenery for their show. It will culminate with a performance on the last day of camp.

Dates: Monday-Friday, August 1 - 5

Time: 9:00 am - 3:00 pm

Fee: \$235

Location: High School Cafeteria

Instructor: Barry Brinker

Program # 231-305



YOUTH PROGRAMS

“SO YOU THINK YOU CAN DANCE” CAMP (Gr: 1-5)

Throughout the week, campers will learn different dance styles (ballet, contemporary, Jazz and hip hop), discuss good nutrition choices, explore the relationship between music and dance, work with partners and in a group and learn about improvisation and what it takes to be a choreographer.

Dates: Monday-Friday, August 15 -19

Time: 9:00 am - 3:00 pm

Fee: \$235

Location: Community Services Activity Room

Instructor: Brio Dance Studio

Program # 231-303

“PRINCESS DANCE” CAMP (Ages: 3 years - Gr: K)

Join Brio Dance Studio for a week of dancing with the princesses! Each day will focus on a different Disney Princess. Daily activities will include: stretching; dance class; healthy snacks; craft time; princess manners; and dress up! Come explore the art of dance while learning the story of Frozen, Moana, and others!

Dates: Monday - Friday, August 15 - 19

Time: 9:00 am - 12:00 pm

Fee: \$150

Location: Community Services Community Room

Instructor: Brio Dance Studio

Program # 231-304



CIRCUS SUMMER CAMP (Gr: 4-6) *NEW*

Circus is attention. Circus is patience. Circus is creation and balance and patterns and looseness and exuberance and showing off and supporting partners and silliness and serious fun! Students learn the basics in several variety arts including: juggling, unicycling, balancing objects, spinning diabolos and plates, etc. The class reduces the arts to their essential components: props, bodies, gravity, resistance, audience, etc. We will focus on techniques, experimentation, interactive performance, and (most importantly) messing up spectacularly! Circus skills help develop body awareness, coordination, focus, creativity, social connection and confidence in a non-competitive environment. The space is supportive, welcoming and safe: we learn through many forms, including play and practice.



Dates: Monday - Friday, August 8 - 12

Time: 9:00 am - 12:00 pm

Fee: \$210

Instructor: Janoah Bailin

Program #: 231-343



IRISH DANCE CAMP (Gr: 1-6)

For students who are new to Irish Dance, summer camp is a great way to learn a lot of Irish Dance in a short amount of time! For returning students, summer camp allows them to grow leaps and bounds in Irish Dance! All dancers will improve their technique and learn new skills while having fun alongside their friends. The Stillson School of Irish Dance has been teaching for over 30 years and aims to teach the fundamentals of Irish Dance as a tradition, a sport, and an art form.

Dates: Monday - Friday, August 8 - 12

Time: 9:00 am - 1:00 pm

Fee: \$250

Location: Fort Williams Picnic Shelter

Instructor: Stillson Irish Dance

Program #: 231-308

YOUTH PROGRAMS

SUMMER ART CAMP (Gr: 3-6)

Join us for a week of creative art making. Artists will build a strong foundation of art understandings through a variety of projects that are both 2D and 3D. This program offers up the opportunity to experiment and play with a wide range of materials all while learning about the power of colors, lines, composition and much more. We will take inspiration from the world around us allowing every artist to create unique works of art that celebrate their own creative styles.

Dates: Monday-Friday, August 22-26

Time: 8:00 am - 12:00 pm

Fee: \$250

Instructor: Kristine Biegel, Creative Child

Program # 231-310

MASTER CHEF JUNIOR CAMP (Ages: 8-14)

Calling all young CHEFS! Let your child unleash their inner Chef during this week-long program where they will have the opportunity to work in groups and create recipes from a mystery basket full of a variety of ingredients. Each day will have a team competition.

Due to the nature of this camp, we regret that we cannot accommodate food preferences or allergies.

Dates: Monday-Wednesday, August 8 - 10

Time: 9:00 am - 12:00 pm

Fee: \$135

Location: Community Center Community Room

Instructor: Fun Chefs, LLC

Program # 231-311

CEMS BAND CAMP (Gr: 6-9)

The CEMS Band Camp is a day camp for current middle school band students who are rising 6th, 7th, 8th or 9th graders. The daily schedule includes full band rehearsals, sectional rehearsals, small ensembles, as well as supervised snack and recreation time. The band camp staff includes CEMS band director Caitlin Ramsey, CEHS band director Rob Wheeler, and Scarborough Middle School band director Missy Shabo.

Dates: Monday - Friday, August 15 - 19

Time: 8:00 am - 12:00 pm

Fee: \$190

Location: Middle School Band Room

Instructor: Caitlin Ramsey, Missy Shabo & Rob Wheeler

Program # 231-309

DOWN DEEP CAMP (Gr: 1-6)

Enter the underwater world! Discover creatures, big and small. From tiny planktons to sharks. Learn about the ocean ecosystem and how different creatures survive and thrive. How does sand get to the beach and how deep is the ocean? We will answer these and so many other questions in a week filled with fun, hands-on science!

Dates: Monday-Friday, June 27 - July 1

Time: 9:00 am - 3:00 pm

Fee: \$370

Instructor: High Touch High Tech

Program # 231-320



HUMAN INTERSTELLAR ESCAPADES (Human Biology & Space Camp) (1Gr: 1-6)

Go on an amazing journey! Learn all about the human body and how to become an astronaut. Explore outer space from nebulae to the moon and eclipses. Discover how robotics and machines help us solve problems!

Dates: Monday-Friday, August 15 - 19

Time: 9:00 am - 3:00 pm

Fee: \$370

Instructor: High Touch High Tech

Program # 231-321



YOUTH PROGRAMS

BASKETBALL CAMP (Gr: 5-8)

A strong focus of this camp is on teaching and developing the fundamentals needed to play team basketball. Skill stations each day will focus on individual fundamentals in dribbling, passing, shooting, rebounding and defensive principles. Games and competition will occur daily. Players will be exposed to all forms of competition from 1 v. 1 up to 5 v. 5.

Time: 9:00 am - 2:00 pm

Fee: \$185

Location: High School Gym & Outdoor Courts

Girls Grade 5 - 8

Dates: Tuesday - Friday, June 21 - 24

Instructor: HS Girls Varsity Coach Chris Casterella & HS Players

Program # 224-338

Boys Grade 5 - 6

Dates: Monday - Thursday, July 18 - 21

Instructor: MS Boys Coach Mark Oliver & HS Players

Program # 231-312

Boys Grade 7 - 8

Dates: Monday - Thursday, June 27 - 30

Instructor: MS Boys Coach Mark Oliver & HS Players

Program # 224-339

SPEED & CONDITIONING CLINIC (Gr: 6-12)

Can Improving Your Speed & Quickness Help You Excel At Your Sport? Come learn some of the secrets of our proven speed training formula with Technical Athletic Consulting Fitness (TAC Fit). We believe in combining sport science with practical implementation. Our approach will be utilized by employing proper biomechanics and exercise science to yield the desired improvement. Training topics designed for all sports:

- Sport Specific Speed Development
- Acceleration & change of direction
- Injury prevention
- Recovery modalities
- Proper biomechanics
- Conditioning & agility

Dates: Monday-Friday, July 11 - 15

Time: 8:00 - 11:00 am

Fee: \$185

Location: Hannaford Field

Instructor: TAC Fit Coaches

Program # 231-344

FIELD HOCKEY CAMP (Gr: 1-6)

Join Cape field hockey HS coaches and players where you'll learn how to play field hockey through a variety of formats. From speed and agility training to both team and individual field hockey drills, you're sure to improve every aspect of your field hockey game.

Dates: Monday-Friday, August 15 - 19

Time: 8:30 - 10:30 am

Fee: \$100

Location: Holman Field

Instructor: HS Varsity Coach Bisogni and HS Players

Program # 231-313

SEACOAST GRASSROOTS CAMP (Ages: 3 -6)

Grassroots soccer camps are a unique way for young children to get involved in the game of soccer. In each class, the main objective is to teach while having fun. The overall theme is for children to relate having fun with playing soccer and to develop the necessary skills to be a competitive player in the future.

Time: 9:00 - 10:00 am

Fee: \$70

Location: Middle School Multipurpose Field

Instructor: Seacoast United Soccer Coaches

<u>Dates</u>	<u>Program #</u>
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Monday - Friday, August 1 - 5	231-314
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Monday - Friday, August 8 - 12	231-315
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SEACOAST UNITED SKILLS SOCCER CAMP (Ages: 7 -14)

Our professional, dedicated, full time coaching staff will offer sessions full of fun technical challenges and game play. These classes then incorporate their skill work into scrimmage play allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success.

Instructor: Seacoast United Soccer Coaches

Location: Capano Fields

Dates: Monday - Friday, August 1 - 5

<u>Time</u>	<u>Fee</u>	<u>Program #</u>
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9:00 am - 12:00 pm	\$120	231-316
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9:00 am - 3:00 pm	\$195	231-317
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Dates: Monday - Friday, August 8 - 12

<u>Time</u>	<u>Fee</u>	<u>Program #</u>
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9:00 am - 12:00 pm	\$120	231-318
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9:00 am - 3:00 pm	\$195	231-319
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YOUTH PROGRAMS

MAINEIAX SUMMER LAX CAMP (Gr: 3-8)

Our MaineIax Lacrosse Camp offers a developmentally appropriate lacrosse curriculum designed to help players of all different skill levels the chance to learn, enhance or refine their game! Campers will work on different skills each day, play small sided mini-games and have fun all while improving their lacrosse IQ!

Dates: Monday - Thursday, July 25 - 28

Time: 9:30 am - 12:00 pm

Fee: \$175

Location: Gull Crest Fields

Instructor: MaineIax Coaches

<u>Grade</u>	<u>Program #</u>
Girls Gr. 3-5	231-323
Girls Gr. 6-8	231-324



KIDS KAYAKING & PADDLEBOARD CAMP (Ages: 9 and up)

Join us for an exciting week of stand up paddle boarding, kayaking games and instruction! Instructors from Seaspray Kayaking will return to lead everyone through a fun week of activities including kayak sailing, fishing, a Spurwink River expedition and possibly time playing in the surf at Higgins Beach! Morning and afternoon sessions available!

Dates: Monday - Friday, July 25 - 29

Instructor: Seaspray Staff

Fee: \$265

AM Camp

Time: 9:00 am - 12:00 pm

Program # 231-329

PM Camp

Time: 1:00 - 4:00 pm

Program # 231-330

CAPE BASEBALL CAMP (Ages: 7-12)

Keep your baseball season going or just get ready for All-Stars. Former college players, coaches and high school players will bring you an exciting and quality baseball camp right in your own back yard. The camp will cover specific skills for the various positions, game situations and tactics, and games will be played daily.

Dates: Tuesday - Friday, June 21 - 24

Time: 9:00 am - 3:00 pm

Fee: \$180

Location: Upper/Lower Lions Field

Instructor: Dan Sullivan

Program # 224-337

KIDS FISHING CAMP (Ages: 9 and up)

Participants can choose to join a morning, from 9:00 am - Noon, or afternoon, from 1:00 - 4:00 pm camp to go fishing! No experience or equipment is necessary. We will fish out of canoes and kayaks in fresh and salt water, learn about knot tying, what lures to use, how to catch bait and use it for fishing. We will have little competitions with prizes and give-aways!

Kids will have the chance to fish for bass, perch, pickerel, mackerel and striped bass. Monday and Tuesday fishing will be at Great Pond; Wednesday and Thursday fishing will be on the Spurwink River and Friday we will go where the best fishing action is!

Dates: Monday - Friday, July 11 - 15

Instructor: Seaspray Staff

Fee: \$210

AM Camp

Time: 9:00 am - 12:00 pm

Program # 231-327

PM Camp

Time: 1:00 - 4:00 pm

Program # 231-328



YOUTH PROGRAMS

GRAND SLAM TENNIS CAMP (Gr: 2-9)

These Juniors tennis camps are fun, yet challenging and instructional for players of all skill levels. For the beginner, a progressive format is followed. For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy and competitive match play. No refunds up to one week prior to first day.

Location: High School Tennis Courts

Instructor: Grand Slam Tennis Staff

JUNE 21 - 24

Option	Time	Fee	Program #
Full Day	9:00 - 4:00	\$265	224-340
Half Day AM	9:00 - 12:00	\$160	224-341
Half Day PM	1:00 - 4:00	\$160	224-342

AUGUST 15 - 19

Option	Time	Fee	Program #
Full Day	9:00 - 4:00*	\$300	231-331
Half Day AM	9:00 - 12:00	\$200	231-332
Half Day PM	1:00 - 4:00**	\$160	231-333

*Monday - Thursday, 9:00 - 4:00; Friday 9:00 - 12:00

** Half Day PM is Monday - Thursday only

MATCH POINT TENNIS CAMP (Ages: 8-14)

Come and join us for a great time on the courts! This exciting camp features excellent instruction coupled with fun and engaging games, drills, and match play. Campers will learn basic stroke technique, advanced play and specialty shots, as well as the finer points of competitive play. Players learn through small group clinics along with individual attention in order to maximize skill development. Please bring a racquet, water bottle, snack and tennis shoes.

Dates: Monday-Friday, August 1 - 5

Time: 9:00 am-1:00 pm

Fee: \$240

Location: High School Tennis Courts

Instructor: Coach Mary Gray

Program # 231-334



SUMMER AFTERNOON TENNIS (Gr: 1-8)

Join Coach Mary Gray for six days of USTA Quickstart Tennis designed to help players ten and under learn and play the game of tennis. The size of the court and the equipment is adapted for this age group. The format allows the students to feel comfortable even if they have never played before! Lessons will include "match-like" activities to enhance learning and the spirit of the game. Beginners, intermediates and advanced players will work on stroke fundamentals, strategies and court movement while playing games and matches.

Fee: \$86

Instructor: Coach Mary Gray

Grade	Date	Days	Time	Program #
Beginners (Grade 1-4)	July 5 - 21	Tuesdays/Thursdays	3:45 - 4:30 pm	231-335
Beginners (Grade 1-4)	August 9 - 25	Tuesdays/Thursdays	3:45 - 4:30 pm	231-336
Intermediates (Grade 3-4)	July 5 - 21	Tuesdays/Thursdays	4:45 - 5:30 pm	231-337
Intermediates (Grade 3-4)	August 9 - 25	Tuesdays/Thursdays	4:45 - 5:30 pm	231-338
Middle School Match Play	July 5 - 21	Tuesdays/Thursdays	5:45 - 6:30 pm	231-339
Middle School Match Play	August 9 - 25	Tuesdays/Thursdays	5:45 - 6:30 pm	231-340

CAPE COMMUNITY SERVICES

SOUNDS BY THE SEA

Our summer concert series,
will be back at Fort Williams Park
for another season.

Mondays @ 6:00 PM

July 11 —Pan Fried Steel

July 18 —Sonja & Good Friends

July 25 — The Earthtones

August 1 — Joan Kennedy Trio

August 8—Joe Boucher

August 15 —Katie Oberholtzer Septet

Gather with family and friends
for this fun, free, event.

presented by

Cape Elizabeth Community Services.



THE SPURWINK CHURCH is located at 533 Spurwink Avenue and is owned by the Town of Cape Elizabeth. It is listed on the National Register of Historic Places. The church is available to rent for wedding ceremonies, vow renewals, commitment celebrations, funerals, memorial services, and christenings from May 1 - October 31.

For more information, contact Cape Elizabeth Community Services at 207.799.2868 or visit www.capecommunityservices.org.



For information on performing or sponsoring,
contact us at 207.799.2868.
www.capecommunityservices.org



READY, SET, RACE

POND COVE CHALLENGE

5K, Kids Fun Run, One Mile Race

Sunday, June 5th

FMI: capechallenge5k@gmail.com



REGISTRATION INFORMATION

MEMBERSHIP RATES

Memberships may be purchased at Community Services or at the Fitness Center during regular business hours.

FITNESS CENTER SCHEDULE

April 1– August 22

Monday - Thursday 5:30 am - 9:00 pm

Friday 5:30 am - 7:00 pm

Saturday & Sunday 7:00 am - 5:00 pm

Detailed pool schedule on back cover

Ages	Resident Pool/Fitness/	Non-Resident Pool/Fitness/
*4-10	\$3 /na/na	\$4/na/na
11+	\$5/ \$5*/ \$8*	\$6/ \$6*/ \$10*

*children under 4 are free to the pool

*children 13 and under may not use the facilities at the Fitness Center.

	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

*** Please note, a 10% additional fee applies to all non-resident memberships.***

POOL PARTIES

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Café may be rented for your "party portion" at an additional fee. All bookings must be made through Community Services. Splash parties are **CASH OR CHECK ONLY**. Visit www.capecommunityservices.org for a printable reservation form.



\$ 165 – Inflatable, pool & whirlpool (max 40)

\$ 110 - Pool & whirlpool (max 40)

\$ 65 - Cafe Rental (1 hr)

- All swimmers 6 yrs old and younger must have an adult in the water with them at all times
- All swimmers 12 yrs old and younger are required to take a swim test prior to swimming.

OPTIONS AVAILABLE

Saturdays: 2:45 – 3:45 pm

3:45 –4:45 pm

Sundays: 1:15—2:15 pm

The Café, if rented, would be available immediately following pool time. The Cafe is not available after 6/11

Postal Customer

Cape Elizabeth, ME 04107

FEBRUARY 22 - JUNE 13

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F	_____	6:45 - 8:00 am
Tu, Th	_____	5:30 - 9:00 am
M thru F	_____	10:00 am - 2:30 pm
M, Tu, Th, F	_____	5:30 pm - 7:00 pm
Wed	_____	6:00—7:00 pm
Saturdays	_____	11:30 am - 1:15 pm
Sundays	_____	6:00 - 12:00 pm
Sundays	_____	3:30 - 5:30 pm

SENIOR SWIMS

(Adults 65 years old & older)

M-F	_____	9:00—10:00 am
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OPEN SWIMS

(Children 10 & under must be with an adult)

Tu,W, F	_____	10:00 – 11:30 am
Saturdays	_____	1:30 pm–2:30 pm*
		5:00 – 6:00 pm
Sundays	_____	12:00 pm-1:00 pm
		2:15 – 3:15 pm*

*Open Swim with Inflatable

JUNE 14—AUGUST 5

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F	_____	5:30 -7:40 am
Tu, Th	_____	5:30 -8:00 am
M, Tu	_____	2:45-3:45 pm
M, Tu, W, Th,	_____	11:40 am -1:15 pm
F	_____	10:00 am -1:15 pm
M-F	_____	5:30 -7:00 pm
Saturdays	_____	8:00 am -12:00 pm
Sundays	_____	6:00 -11:30 am
Sundays	_____	3:30 -5:30 pm

SENIOR SWIMS

(Adults 62 years old & older)

M, W, F	_____	7:45 - 9:15 am
T, Th	_____	8:00 am -9:15 am

OPEN SWIMS

(Children 10 & under must be with an adult)

M, Tu	_____	2:45 pm -3:45 pm
W, Th	_____	2:45 pm -3:45 pm*
Sundays	_____	12:00 pm –1:00pm
Sundays	_____	2:15 pm -3:15 pm*

* Open Swim with Inflatable