

CAPE EXPLORER

WINTER 2023



RESIDENT REGISTRATION

OPENS ONLINE

SUNDAY

DECEMBER 18th

8:00 PM

CAPE ELIZABETH 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 Cape Elizabeth.

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

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 1/2, 1/16, 2/20, 4/17

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, DECEMBER 18TH AT 8:00 PM

In Office for Cape Residents:

MONDAY, DECEMBER 19TH AT 8:00 AM

NON-RESIDENTS

FRIDAY, DECEMBER 23RD AT 8:00 AM



REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, December 18th 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, December 19th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins Friday, December 23rd. 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.

CREDITS AND REFUNDS

Full refunds are given when a program you register for is cancelled.

Withdrawals **5 business days** prior to the first class (excluding weekends and holidays) receive a full refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

Withdrawals **2 – 4 business days** prior to the first class will receive a 50% refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

Withdrawals **less than 2 business days** before the first class, no refund or credit will be provided.

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 be considered for a credit for a future use or refund.

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.

INCLEMENT WEATHER POLICY

Adult Classes - If school is cancelled, all adult classes prior to 4:00 pm are cancelled. If school has a two-hour delay, all classes prior to 10:00 am are cancelled. Evening classes will be posted online and/or notified via email by 4:00 pm whenever possible.

Youth Classes – If school is cancelled, all youth classes are cancelled.

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

Days: Mon/Wed/Fri (no class 1/16, 2/20, 4/17)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
1/4-2/24	21	\$168	233-100
3/6-4/24	21	\$168	233-101

LUNCHTIME FITNESS FUSION ***NEW***

Come join Liz at lunch 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 this 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 Hannaford Corp office in Scarborough.

Days: Tues/Thurs

Time: 11:30-12:30 pm

Location: CS Activity Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
1/10-2/16	12	\$108	233-102
2/28-4/6	12	\$108	233-103

STEP AEROBICS

Join us for 45 minutes of aerobic exercise. 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 (no class 1/16, 2/20)

Time: 8:00-8:50 am

Instructor: Anne Cass

Date	Classes	Fee	Program #
1/9-2/27	6	\$48	233-104
3/13-4/10	5	\$40	233-105

ESSETRICS® & PILATES-HALF AND HALF



30 minutes of standing Essentrics® followed by 30 minutes of mat Pilates gives you the winter fitness routine you need. Essentrics® is a full body posture, mobility, core strength and balance workout that leaves you feeling and looking longer and stronger every time you attend. The Pilates half of this hour adds breathing, centering, body awareness, core power and endurance. This intermediate class builds on your 2022 skills. Drop ins welcome \$13.

Date: Tuesday/Thursday 1/3-2/28

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Fee: \$170

Program # 233-106

CORE AND MORE: SHORT AND SWEET

Summer adventures require Spring workouts. This 3-week full body workout includes weight work, leg work and mat core. We'll finish each class with stretching.

Date: Tuesday/Thursday 4/4-4/20

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Fee: \$60

Program # 233-107

JETTI FIT WALKING ***NEW***

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

Date: Saturdays 1/14-3/25 (no class 2/25)

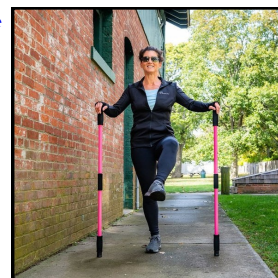
Time: 9:00-10:00 am

Location: CS Activity Room/outdoors weather permitting

Instructor: Susan Janosik

Fee: \$120

Program # 233-172



HEALTH, WELLNESS AND ENRICHMENT

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 jointeffort-training@gmail.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Days: Wed/Fri

Time: 8:45-9:45 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/4-2/17	14	\$126	233-108
3/1-4/14	14	\$126	233-109

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. 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 .

Days: Tues/Thurs

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/3-2/16	14	\$126	233-110
2/28-4/13	14	\$126	233-111

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! This class solves the mystery of how to "FIT" it all in.

Days: Tues/Thurs

Time: 6:15-7:15 pm

Location: Spin Room/outdoors

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/3-2/16	14	\$126	233-112
2/28-4/13	14	\$126	233-113

SATURDAY CYCLE

These rides combine hill climbing, training power, fast flats and speed that will challenge your legs and cardiovascular system. Get ready to torch a ton of calories. Resistance bands will be incorporated to strengthen and build endurance in the upper body & core.

Dates: Saturday 1/7-4/8 (no class 2/18)

Time: 7:30-8:30 am

Instructor: Susan Janosik

Fee: \$117

Program # 233-114

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.

Days: Mon/Wed/Fri (no class 1/16)

Time: 5:30-6:30 am

Location: MS Gym

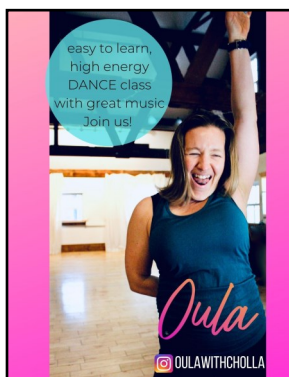
Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/4-2/17	19	\$171	233-115
3/1-4/14	20	\$180	233-116



HEALTH, WELLNESS AND ENRICHMENT

OULA DANCE FITNESS



Oula is YOUR hour, YOU deserve to be at the top of your list! Oula merges cardio with 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. No dance experience is necessary and coordination is not required. 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!!

Days: Thursdays

Time: 6:00-7:00 pm Drop Ins welcome \$12

Instructor: Cholla Foote

Date	Classes	Fee	Program #
1/5-2/9	6	\$55	233-117
3/2-4/6	6	\$55	233-118

ADULT 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 the beginner class we will cover all of the basics and



you will be tapping across the floor in no time. In the intermediate level we will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome at both levels. If you are not sure which level is right for you, start with the beginner class and go from there. Tap shoes are required but used shoes may be available from the instructor.

Dates: Wednesdays 1/8-5/24

Location: CC Activity Room

Intermediate Time: 11:45-12:45 pm

Fee: \$171

Program # 233-119

Beginner Time: 1:00- 2:00 pm

Fee: \$171

Program # 233-120

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 \$12.

Day: Tuesday

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
1/3-2/7	6	\$60	233-121
2/28-4/4	6	\$60	233-122

YOGA SOLUTIONS FOR HEALTHY SHOULDERS, BACK & HIPS

This one hour 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 \$12

Day: Friday (no class 1/13, 3,17)

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
1/6-2/17	6	\$60	233-123
3/3-4/7	5	\$50	233-124

4-WEEK INTRO TO FLOW YOGA *NEW*

This is a four-week dynamic slow-paced flow class with a focus on the foundations of yoga poses. Flow-based classes tie breath to movement. Focus will be on strengthening, lengthening, and stretching through seated, standing and supine postures. We will also work through the fundamentals of sun salutations to bring heat to the body. No yoga experience required.

Date: Tuesdays 3/7-3/28

Time: 9:00 -10:00 am

Fee: \$40

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 233-125

HEALTH, WELLNESS AND ENRICHMENT

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

Day: Friday (no class 1/13, 3,17)

Time: 11:45-12:30 pm

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
1/6-2/17	6	\$48	233-126
3/3-4/7	5	\$40	233-127

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

Days: Mondays or Wednesdays (no class 1/16, 2/6, 2/8, 2/20)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
Mon 1/9-2/27	5	\$55	233-128
Mon 3/6-4/10	6	\$66	233-129
Wed 1/4-2/15	6	\$66	233-130
Wed 3/1-4/12	7	\$77	233-131

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

Days: Mondays and Wednesdays (no class 1/16, 2/6, 2/8, 2/20)

Time: 6:00-7:15pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
Mon 1/9-2/27	5	\$55	233-132
Mon 3/6-4/10	6	\$66	233-133
Wed 1/4-2/15	6	\$66	233-134
Wed 3/1-4/12	7	\$77	233-135

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. The Chinese word "qi" refers to the life-force energy that animates all living things. The key to maintaining robust levels of this energy source is to work towards balancing all of the energies of our being: body, mind, and spirit. The word "gong" means to "work," so pursuing a practice of Qigong literally means to work towards building strong, vital life-force energy. **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. Participants should wear loose fitting clothing and sturdy footwear.

Dates: Thursdays

Time: 10:15-11:15 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
1/5-2/9	6	\$60	233-136
3/2-4/6	6	\$60	233-137

TAI CHI

Tai Chi is an ancient Chinese art that when practiced regularly generate greater range of motion(ROM), strength, and coordination, all of which enhance stability. We will also use these practices to explore proper body mechanics and energy flow for more efficient and effortless movement. In addition to improving function, the practice of 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

Date: Tuesday

Time: 1:15-2:30 pm

Location: CS Activity Room

Instructor: Stephanie Carlson



Date	Classes	Fee	Program #
1/3-2/7	6	\$60	233-138
2/28-4/4	6	\$60	233-139

HEALTH, WELLNESS AND ENRICHMENT

LIGHTHOUSE MASTERS

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

Days: Mon/Wed/Fri

Time: 5:30-6:45 am (no class 1/16)

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
1/4-2/17	19	\$190	233-200
2/27-4/14	21	\$210	233-201

COAST ENDURANCE

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



Days: Tues/Thurs

Time: 5:30-6:30 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
1/3-2/16	14	\$126	233-202
2/28-4/13	14	\$126	233-203

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.

Location: Richards Community Pool

Instructor: Kirsten Read

Level/Dates	Time	Fee	Program #
PRC-A Sun 1/8-2/12	10-11am	\$90	233-208
PRC-E&B Sun 1/8-2/12	11-12pm	\$90	233-209
PRC-A&E Tues 1/3-2/14	1-2 pm	\$105	233-210
PRC-A&E Fri 1/6-2/17	11:30-12:30	\$105	233-211

PRC-A Sun 2/26-4/9	10-11am	\$105	233-212
PRC-E&B Sun 2/26-4/9	11-12pm	\$105	233-213
PRC-A&E Tues 2/28-4/11	1-2 pm	\$105	233-214
PRC-A&E Fri 3/3-4/14	11:30-12:30	\$105	233-215



WATER WORKS

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

Date: Mon/Wed/Fri

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Patty Medina

Date	Classes	Fee	Program #
1/4-1/30	12	\$78	233-204
2/1-2/27	12	\$78	233-205
3/1-3/31	14	\$91	233-206
4/3-4/28	12	\$78	233-207

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. (No class 2/11, 3/11))

Dates: Saturdays

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
1/7-2/18	6	\$60	233-216
3/4-4/15	6	\$60	233-217

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 for the colder months.

Date: Sunday, 1/8-3/19

Fee: \$66

Location: HS Gymnasium

Instructor: David Peary & David Croft



Time	Supervisor	Program
5:00 - 6:30 pm	David Croft	233-140
6:30 - 8:00pm	David Peary	233-141

ADULT TENNIS –ALL LEVELS

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

Date: Saturdays

Time: 8:00-9:00 am

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Location: Pond Cove Gym

Date	Classes	Fee	Program #
1/7-2/11	6	\$90	233-142
3/4-4/8	6	\$90	233-143

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. All abilities welcome.

Date: Wednesday, 3/1-5/17 (No session 4/19)

Time: 7:00 - 10:00 pm

Fee: \$4 PAY AT DOOR

Location: HS Gym

Supervisor: Bob Wooten

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.

Date: Wednesday 1/11 - 3/22 (No class 2/22)

Time: 6:00 - 9:00 pm

Fee: \$110

Location: HS Wood Shop

Instructor: John Fabish

Program # 233-144

ZOOM MAINE DRIVING DYNAMICS (MDD)

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

Dates: Monday 1/9 and Wednesday 1/11

Time: 4:30-7:00 pm

Fee: \$40, age 62 and older \$30

Location: CC Community Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 233-145

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 1/18 - 4/12

Time: 10:00 - 11:00 am

Fee: FREE/Registration Required to receive zoom link

Instructor: Bern Shanfield. Owner- Mac Help Now

Program # 233-146

KNIFE AND TOOL SHARPENING *NEW*

Learn how to sharpen knives, axes, pruners, scissors, and other blade tools. Bring your own dull tools that need to be touched up, or come to practice sharpening some of our tools. We'll cover the basic theory behind sharpening edge tools and practice using a variety of sharpening stones.

Date: Wednesday 1/25

Time: 6:00-8:00 PM

Fee: \$35

Location: CECS Community Room

Instructor: Zack Rouda, Rewild Maine

Program # 233-147



HEALTH, WELLNESS AND ENRICHMENT

WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will look at different concept or technique (eg. color mixing, salt application, values, etc.) 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. Please bring your own supplies. A list of suggestions will be emailed before the first class.

Days: Wednesday

Time: 10:00-12:00 pm

Location: CS Community Room

Instructor: Marty Clark

Date	Classes	Fee	Program #
1/18-2/15	5	\$65	233-148
3/1-3/29	5	\$65	233-149



WINTER ACRYLIC WORKSHOP *NEW*

Learn how to create beautiful and colorful acrylic paintings! In this class you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. At your own pace you will learn how to paint still lifes using acrylic paint in a relaxed and welcoming environment. This class 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 understanding and appreciation for the medium of acrylic painting. Brooke is a printmaker and painter and graduate of Massachusetts College of Art and Design. Her work is shown widely in New England, in New York, and beyond. Her work can be seen at www.brookelambertartist.com.

Date: Saturday 1/21

Time: 2:00-4:00 PM

Fee: \$75

Location: CECS Community Room

Instructor: Brooke Lambert

Program # 233-150

BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING

Learn what colors look good on you! In this fun class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks for your coloring! FMI visit <http://www.radiantimage.me/>

Date: Tuesday 4/11

Time: 5:30-8:00 pm

Fee: \$35 (discounts not applicable)

Location: CS Community Room

Instructor: Candace Sanborn, Radiant Image

Program # 233-151

HOW TO DRESS FOR YOUR BODY SHAPE *NEW*

Learn simple techniques to create the illusion of a slimmer body or more curves! Dressing for Illusion is about knowing how to wear color, clothing styles and embellishments to trick the eye into seeing something different on the body than is really there, such as the appearance of slimmer hips, a flatter stomach, having more curves, or a taller, leaner figure. Learn simple techniques to help you look your best! FMI visit <http://www.radiantimage.me/>

Date: Tuesday 3/21

Time: 5:30-8:00 pm

Fee: \$35 (discounts not applicable)

Location: CS Meeting Room

Instructor: Candace Sanborn, Radiant Image

Program # 233-152

BEST HAIRSTYLES, GLASSES & NECKLINES FOR YOUR FACE SHAPE

Learn what looks good for your face shape! Learn your face shape and tips for enhancing your appearance by working with your facial features. We'll teach you hairstyle dos and don'ts plus glasses and necklines that harmonize with your features. You'll get to choose one of those things that you want the instructor to provide you with specific guidance. FMI visit <http://www.radiantimage.me/>

Date: Thursday 1/19

Time: 5:30-8:00 pm

Fee: \$35 (discounts not applicable)

Location: CS Meeting Room

Instructor: Candace Sanborn, Radiant Image

Program # 233-153

HEALTH, WELLNESS AND ENRICHMENT

SIMPLE LANDSCAPING DESIGN

FOR BEGINNERS - 3 PART WORKSHOP *NEW*

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

Date: Tuesdays 4/4-4/18

Time: 6:30 - 8:30 pm

Fee: \$75 (discounts not applicable)

Location: CS Community Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 233-154

MAKE YOUR YARD A POLLINATOR PARADISE!

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

Date: Tuesday 4/25

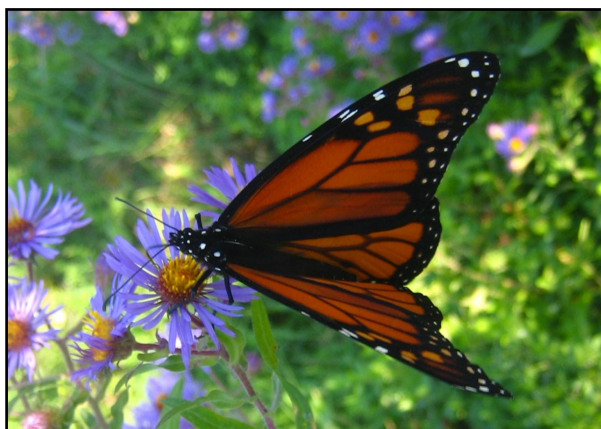
Time: 6:30 - 8:00 pm

Fee: \$30 (discounts not applicable)

Location: CS Community Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 233-155



CELT's CROSTOWN WINTER WALK

Join CELT education team member and Maine Master Naturalist Amy Witt, and CELT Stewardship Committee member, Hans Hackett for our winter Crosstown Walk. Beginning at Kettle Cove State Park, this walk will traverse over seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape's great places. The walk takes approximately four hours and includes a BYO lunch stop with hot beverages at the CELT Office. Hikers will meet at Fort Williams Park and carpool to Kettle Cove. Participants should be 12 years or older; please call CELT about younger ages. Please make sure to register at least 48 hours in advance so we can inform you about any trail conditions or weather changes. **This trail can be icy this time of year, so please be prepared with ice traction.**

Dates: Saturday 2/4

Time: 10:00 am-2:00 pm

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

Location: Meet at Fort Williams (parking lot closest to the lighthouse)

Instructor: Amy Witt, Maine Master Naturalist

Program # 233-156

ROBINSON WOODS WINTER EXCURSION

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT's most popular properties, Robinson Woods. The gentle hike will lead you through this natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter. Participants should wear proper footwear and register 48 hours in advance of the program to receive notice of cancellation.

This trail can be icy this time of year, so please be prepared with ice traction.

Dates: Saturday 1/7

Time: 10:00 am-12:00 pm

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

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

Instructor: Amy Witt, Maine Master Naturalist

Program # 233-157

OUTINGS AND ENTERTAINMENT

FLAGSHIP FLIX

Come enjoy a Tuesday movie with us! We will choose the movie the week before we head to Falmouth's Flagship Cinema. They offer power reclining seats, digital projection and surround sound, and a comfortable atmosphere.

Time: 11:45 am—3:00 pm (approximately)

Fee: \$ 10.00 (Includes Transportation and Ticket)

Date: January 10

Date: March 14

Program #233-159

Program #233-161

Date: February 14

Date: April 11

Program #233-160

Program #233-162

LYRIC THEATER PREVIEW NIGHT

Thursday nights at 7:00 pm, Lyric Music Theater invites you see their latest production for just **\$10 payable at the door**. Reservations are required ten days prior to the show. The theater is located at 176 Sawyer Street in South Portland. For your convenience, there is a parking lot across the street from the theater.

WAIT UNTIL DARK

Frederick Knott's thriller is the story of Susy Hendrix, a recently blinded housewife who unwittingly possesses a doll filled with illicit drugs. Harry Roat, a brutal and sophisticated criminal, coerces two small-time thugs into helping him con Susy into giving up the doll. A battle of wits ensues as Susy and the young girl upstairs launch a counterplot against the thieves. Reservations accepted through January 16th.

Date: Thursday, January 26

Time: 7:00 pm

Program #233-163

CURTAINS. THE MUSICAL

It's the brassy, bright, and promising year of 1959. Boston's Colonial Theater is host to the opening night performance of a new musical. When the leading lady mysteriously dies on stage the entire cast and crew are suspects. Enter a local detective, who just happens to be a musical theater fan and the backstage mayhem commences! Curtains was the last collaboration of John Kander and Frank Ebb, the composers of such hits as Chicago and Cabaret. Reservations accepted through March 13th.

Date: Thursday, March 23

Time: 7:00 pm

Program #233-164



OLD FASHIONED SLEIGH RIDE

Over the hill and through the woods to High View Farm we go. Upon arrival, we will enjoy a private half hour horse drawn sleigh ride to a forest camp fire for hot cocoa and a marshmallow roast before heading back to the farm. Then we will skip up the road to Harrison Village to enjoy lunch at the Olde Mill Tavern.

Date: Wednesday, January 25

Time: 9:30 am—3:00 pm

Fee: \$32.00 (Includes Transportation and Sleigh Ride.)

Lunch on own.

Program #233-165

SWEET GOATS AND BLUEBERRY

SENORITAS (WORLD PREMIERE)

Beatriz, a Cuban American baker in Maine, tries to figure out whether she should stay with the community she's developed, or reunite with her estranged mother in Miami. Along the way Beatriz explores what it means to belong as she cooks up the recipes of her childhood with the raw ingredients of Maine. This is a Maine Made Play commissioned by Portland Stage. **Mask required performance.** No refunds after January 23rd.

Date: Thursday, February 9

Time: 1:00 pm—4:30 pm

Fee: \$40.00 (Includes Transportation and Show)

Program #233-166

OUTINGS AND ENTERTAINMENT

JOHN F. KENNEDY PRESIDENTIAL LIBRARY & MUSEUM AND THE EDWARD M. KENNEDY INSTITUTE

In honor of President's Day, we will visit The John F. Kennedy Presidential Library. The library is one of fifteen presidential libraries and the only one in New England. The museum walks visitors through the life and times of President Kennedy's one thousand days in office. Next, we will head over to the Edward M. Kennedy Institute, whose role is to educate as to the importance of the US Senate. We will have lunch followed by a simulated Senate session and live floor debate in a full-scale reproduction of the Senate Chamber. After which we will have time to tour the exhibits. Please bring drinks, snacks and a bag of lunch. There are no restaurants onsite. There is a very small cafe at the JFK library if you want to grab a quick bite there or to go.

Date: Thursday, February 23

Time: 7:15 am - 5:30 pm

Fee: \$80.00 (Includes luxury transportation and tours)

Program # 233-167

ST PATRICKS CELEBRATION

What better way to celebrate than with Irish Tenor Emmet Cahill, Star of PBS Phenomenon Celtic Thunder. Along with the Emerald String Quartet and The Dublin City Dancers, Emmet will take us on a musical journey performing Irish classics and nostalgic favorites. Join us as we travel to the Danversport Yacht Club in Danvers, Massachusetts for this sure-to-be sell-out show. No refunds after February 18th.

Date: Wednesday, March 8

Time: 9:00 am—6:00 pm

Fee: \$ 105.00 (Includes Transportation, Plated Luncheon and Show)

Program #233-168



CAPE ELIZABETH HIGH SCHOOL ANNUAL JAZZ CABERET

Featuring eight jazz groups from the high school and the CEMS Jazz Ensemble. Dan Davey, Director of Jazz Studies at Mt. Hood Community College in Oregon will be the guest artist. No registration required.

Date: Friday, March 24th

Time: 6:00 pm

Location: CEHS Auditorium

Fee: \$10 pp, \$5 seniors, \$25 family cap payable at the door.

THE GREEN LADLE RESTAURANT

We will experience the student run culinary school restaurant at the Lewiston Regional Technical Center. The restaurant is only open to the public two days per week with a new theme each week. Students rotate through positions, from food prep to head chef to hosting and serving.

Date: Thursday, March 23

Time: 10:00 am –1:30 pm

Fee: \$ 25.00 (Includes transportation & lunch. Gratuity not included.)

Program #233-169

EXTRASOLAR PLANETS & LUNCH

We will visit the Southworth Planetarium to view this exciting new show which describes how astronomers search for planets circling other stars. Only a few Earth-like planets have been found, and as of yet, no extra-terrestrial life has been found on any of the worlds discovered so far. Following the show, we will head to Bissell Brothers Brewing for lunch on our own.

Date: Thursday, April 6

Time: 9:45 am—2:00 pm

Fee: \$12.00 (Includes transportation and admission.

Lunch on own.)

Program #233-170

LUNCH AT UNION RESTAURANT

Located in the Press Hotel, we will gather at The Market Table which is nestled near the front of the restaurant featuring abundant natural light, a custom-built walnut table, and mid-century modern seating for semi-private dining. The breakfast and brunch menu incorporates locally sourced ingredients in every bite.

Date: Thursday, April 20

Time: 11:00 am—1:30 pm

Fee: \$ 5 (Includes Transportation, Lunch on own)

Program #233-171

YOUTH SWIM PROGRAMS

WINTER SESSION 1 JANUARY 5TH - FEBRUARY 18TH (no class Mon. 1/16, Sat. 2/11)

Mondays 1/9-2/13 (no class 1/16) (5 classes)

Thursdays 1/5-2/9 (6 classes)

Saturdays 1/7-2/18 (no class 2/11, 6 classes)

Registration for Session 1 opens online Sunday, December 18th 8:00 pm

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	233-218
Barnacles 1	Sat	9:00 – 9:30 am	6	\$45	233-219
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	233-220
Turtles	Sat	10:00 - 10:30 am	6	\$45	233-221
Ducklings 1	Mon	10:00—10:30 am	5	\$38	233-222
	Thurs	10:30 – 11:00 am	6	\$45	233-223
	Sat	9:00 - 9:30 am	6	\$45	233-224
	Sat	10:00 - 10:30 am	6	\$45	233-225
Ducklings 2	Mon	10:30 - 11:00 am	5	\$38	233-226
	Thurs	11:00 - 11:30 am	6	\$45	233-227
	Sat	9:00 - 9:30 am	6	\$45	233-228
	Sat	10:30—11:00 am	6	\$45	233-229
Dolphins 1	Sat	9:30 - 10:00 am	6	\$45	233-230
	Sat	10:00 – 10:30 am	6	\$45	233-231
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	233-232
	Sat	10:30 -11:00 am	6	\$45	233-233
Level 1	Sat	9:00 - 9:45 am	6	\$56	233-234
	Sat	10:30 - 11:15 am	6	\$56	233-235
Level 2	Sat	9:00 - 9:45 am	6	\$56	233-236
	Sat	10:30 - 11:15 am	6	\$56	233-237
Level 3	Sat	9:45 - 10:30 am	6	\$56	233-238
	Sat	10:30 - 11:15 am	6	\$56	233-239
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	233-240

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. We do require all swimmers to have a pair of goggles that do not cover the nose. We suggest TYR Vesi or Speedo Vanquisher styles (available on Amazon) 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 4/4-5/25 (no class 4/13, 4/18 & 4/20)

Time: 3:00-4:15 pm

Fee: \$156

Program #233-264

YOUTH SWIM PROGRAMS

WINTER SESSION 2: FEBRUARY 27TH – APRIL 15TH (no class Sat. 3/11)

Mondays 2/27 - 4/3 (6 classes)

Thursdays 3/2 - 4/6 (6 classes)

Saturdays 3/4 - 4/15 (no class 3/11, 6 classes)

Registration for Session 2 opens Monday, February 6th 8:00 am

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	233-241
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	233-242
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	233-243
Turtles	Sat	10:00 - 10:30 am	6	\$45	233-244
Ducklings 1	Mon	10:00-10:30 am	6	\$45	233-245
	Thurs	10:30 - 11:00 am	6	\$45	233-246
	Sat	9:00 - 9:30 am	6	\$45	233-247
	Sat	10:00 - 10:30 am	6	\$45	233-248
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	233-249
	Thurs	11:00 - 11:30 am	6	\$45	233-250
	Sat	9:00 - 9:30 am	6	\$45	233-251
	Sat	10:30—11:00 am	6	\$45	233-252
Dolphins 1	Sat	9:30 - 10:00 am	6	\$45	233-253
	Sat	10:00 - 10:30 am	6	\$45	233-254
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	233-255
	Sat	10:30 - 11:00 am	6	\$45	233-256
Level 1	Sat	9:00 - 9:45 am	6	\$56	233-257
	Sat	10:30 - 11:15 am	6	\$56	233-258
Level 2	Sat	9:00 - 9:45 am	6	\$56	233-259
	Sat	10:30 - 11:15 am	6	\$56	233-260
Level 3	Sat	9:45 - 10:30 am	6	\$56	233-261
	Sat	10:30 - 11:15 am	6	\$56	233-262
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	233-263

SPLASH PARTIES/ POOL RENTALS

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Café must be rented for your "party portion" at an additional fee. All bookings must be made through Community Services.

CASH OR CHECK ONLY

- \$165 - Inflatable, pool & whirlpool (max 40)
- \$ 95 - Pool only (max 40)
- \$ 75 - Pool only (max 20)
- \$ 65 - Café Rental (1 hr)

OPTIONS AVAILABLE

- Saturdays : 2:45 - 3:45 pm & 3:45 - 4:45 pm
- Sundays: 1:15 - 2:15 pm
- Café immediately following pool rental

ADULT INNER TUBE WATER POLO

Come join us this winter and play Inner Tube Water Polo. Join as an individual or with friends & co-workers to enjoy this fun & healthy sport. This is the perfect game for those athletes looking for a low impact workout and staying competitive in the process.

The program will run Wednesdays, March 1-April 5th, 7:00 - 10:00 pm in the Don Richards Pool. To join visit www.cascobaysports.com



RENTALS/VACATION CAMPS

SPURWINK CHURCH AND FORT WILLIAMS PARK RENTALS

2023 Reservations for Cape Elizabeth residents opens December 1, 2022.



Rental Season

May 1—October 31, 2023

Listed on the National Register of Historic Places, Spurwink Church is available to rent for ceremonies, celebrations of life, and christenings for guests up to 150.



Rental Season

April 17—October 31, 2023

Within Fort Williams Park's ninety acres, there are four sites available to reserve for ceremonies and four sites available to rent for gatherings for groups up to 150.

For more information visit www.capecommunityservies.org or call 207.799.2868.



CAPE CARE OPEN HOUSE

FEBRUARY 28, 2023 FROM 5:30 TO 7:00

Anyone interested in information about Cape Care programs: Preschool (3-4 yr olds) Pre-K (4-5 yr olds) , Before School Care and After School Care available for Preschool -Grade 5, please stop by to meet staff and see our classrooms.

VACATION CAMPS (Kindergarten - 5th Grade)

School vacation camp is designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects for this four day camp. Cost for the week will include daily snack and field trip cost. Please register by **February 6th** to reserve a space for February Vacation Camp.

There is no before or after care available.

FEBRUARY VACATION CAMP 2023

Dates: February 21-24 Tuesday - Friday

Time: 8:00 am - 4:00 pm

Location: CECS classrooms

Fee: Resident \$245.00

Program #233-395

APRIL VACATION CAMP 2023

Dates: April 18-21 Tuesday-Friday

Time: 8:00 am - 4:00 pm

Location: CECS classrooms

Fee: Resident \$245.00

Program #233-396

YOUTH PROGRAMS

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.

Time: 2:00 - 2:45 pm

Instructor: Julie Wilkes, Brio Dance Studio

Location: Community Center Activity Room

SESSION 1

Dates: Mondays, 1/9 - 2/27 (no class 1/16, 2/20)

Fee: \$86

Program # 233-311

SESSION 2

Dates: Mondays, 3/6 - 4/3

Fee: \$72

Program # 233-312

LITTLE SAMURAIS (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.

Time: 2:05 - 2:50 pm

Instructor: Dragon Fire Martial Arts.

Fee: \$86

Location: Community Center Spin Room

SESSION 1

Dates: Wednesdays, 1/4 - 2/8

Program # 233-313

SESSION 2

Dates: Wednesdays, 3/1—4/5

Program # 233-314



ANIMAL TRACKING FOR FAMILIES

Join Cape Elizabeth Land Trust Education Coordinator at the Great Pond Fenway Road trailhead to learn common winter animal tracks and practice tracking. Participants will receive a hand-held track guide that they will then use to identify various tracks along the trail. Warm, dry clothing and footwear are a must. Children attending should be at least 6 years old and accompanied by an adult. The outing is subject to acceptable weather conditions. All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Wednesday, February 22

Time: 10:00 - 11:30 am

Fee: \$6/parent & 1 child

Location: Meet at end of Fenway Rd

Instructor: Cape Elizabeth Land Trust

Program # 233-315



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.

Instructor: Dragon Fire Martial .

SESSION 1

Dates: Monday/Wednesday, 1/4 - 2/13 (no class 1/16)

Fee: \$158

Location: Community Center Spin Room

Grades K - 2

Time: 3:05 - 4:05 pm

Program # 233-316

Grades 3 - 8

Time: 4:05 - 5:05 pm

Program # 233-317

SESSION 2

Dates: Monday/Wednesday, 2/27 - 4/10

Fee: \$186

Location: Pond Cove Gym

Grades K - 2

Time: 3:05 - 4:05 pm

Program # 233-318

Grades 3 - 8

Time: 4:05 - 5:05 pm

Program # 233-319

YOUTH PROGRAMS

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: MONDAYS

Time: 3:05 - 4:05

Location: Community Center Activity Room

Session 1

Dates: 1/9 - 2/27

(no class 1/16, 2/20)

Fee: \$86

Program # 233-320

Session 2

Dates: 3/6 - 4/3

Fee: \$72

Program # 233-321

Day: TUESDAYS

Time: 3:05 - 4:05

Location: Pond Cove Gym

Session 1

Dates: 1/3 - 2/14

Fee: \$100

Program # 233-322

Session 2

Dates: 2/28 - 4/4

Fee: \$86

Program # 233-323

GRADES 3-4

Day: TUESDAYS

Time: 4:05 - 5:05

Location: Pond Cove Gym

Session 1

Dates: 1/3 - 2/14

Fee: \$100

Program # 233-324

Session 2

Dates: 2/28 - 4/4

Fee: \$86

Program # 233-325

GRADES 5-8

Day: MONDAYS

Time: 4:05 - 5:05

Location: Community Center Activity Room

Session 1

Dates: 1/9 - 2/27

(no class 1/16, 2/20)

Fee: \$86

Program # 233-326

Session 2

Dates: 3/6 - 4/3

Fee: \$72

Program # 233-327

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.

Instructor: Julie Wilkes, Brio Dance Studio

Time: 3:05 - 4:05 pm

Location: Community Center Activity Room

Session 1

Dates: Wednesdays, 1/4 - 2/15

Fee: \$100

Program # 233-328

Session 2

Dates: Wednesdays, 3/1 - 4/5

Fee: \$86

Program # 233-329

IRISH DANCE (Gr: K-8)

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

Dates: Fridays, 1/6 - 3/31 (no class 2/24, 3/10, 3/17)

Fee: \$186

Location: Pond Cove Gym

Instructor: Mairead Stillson

Beginners: Grades K - 4

Time: 3:05 - 4:05 pm (2/3 half day: 12:05-1:05)

Program # 233-330

Advanced: Grades 3 - 8

Time: 4:05 - 5:05 pm (2/3 half day: 1:05-2:05)

Program # 233-331



YOUTH PROGRAMS

MUSICAL THEATER (Gr: K-4)

Learn to sing, dance, and act in this fun and energetic class! Students will learn songs and dances from popular Broadway shows. This high energy class builds strength, encourages creativity, and improves self-esteem. An informal performance will be held during the last class. No previous experience is required.

GRADES K-2

Date: Mondays, 1/9 – 3/20 (No class 1/16, 2/20)

Time: 3:05 - 4:30 pm

Fee: \$ 135

Location: High School Cafeteria

Instructor: Barry Brinker

Program # 233-332

GRADES 3-4

Dates : Thursdays, 1/5 – 3/16 (No class 2/23)

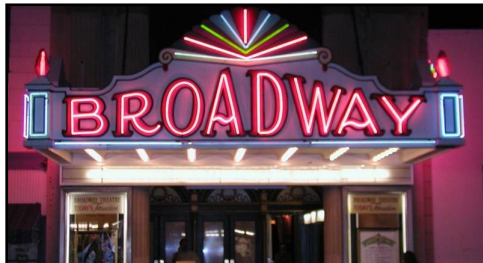
Time: 3:05 - 4:45 pm

Fee: \$ 150

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 233-333



MUSICAL THEATER WORKSHOP (Gr: 5-8)

Explore the wonderful world of Broadway in this fun and lively 3 hour workshop designed for Middle School students! We will be learning a song, a scene, and some choreography from a popular Broadway show. All levels welcome.

Time: 11:30 - 2:30 pm

Fee: \$ 40

Location: High School Cafeteria

Instructor: Barry Brinker

Date	Program #
February 3	233-334
March 22	233-335
April 13	233-336

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: \$125

Location: Community Center, Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

Date: Saturday, January 28

Program # 233-337

SESSION 2

Date: Saturday, March 18

Program # 233-338

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.

Time: 6:00 - 8:30 pm

Fee: \$555/Session

Location: Community Center Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: Tues - Fri, 1/3 - 1/20

Session 2: Mon - Thurs, 1/30 - 2/16

Session 3: Mon - Thurs, 3/13 - 3/30

PROGRAM

233-339

233-340

233-341

YOUTH PROGRAMS

INTRO TO KNITTING (Ages 8-12) *NEW*

Learn the timeless skill of knitting in this six-week class. Students are taken through the very basics of knitting including how to cast on, knit and purl. By the end of the session, your student will have created a cute scarf to take home - an approachable project that's perfect for honing his/her new knitting skills.

All materials provided.

Time: 3:05 - 4:30 pm

Fee: \$ 100

Location: Pond Cove Library

Instructor: Elizabeth Carroll

SESSION 1

Dates: Wednesdays, 1/4 - 2/8

Program # 233-342

SESSION 2

Dates: Wednesdays, 3/1 - 4/5

(3/22 half-day 12:05-1:30)

Program # 233-343



ART CLUB (Gr: 3-4)

Art Club is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with beading, felting, printmaking, clay and more.

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

SESSION 1:

Dates: Tuesdays, 1/3 - 2/7

Program # 233-344

SESSION 2

Dates: Tuesdays, 2/28 - 4/4

Program # 233-345

HISTORY OF JEWELRY (Gr. 5-8) *NEW*

Come dive into the history of jewelry in this 6 week class. From Victorian, Art Nouveau and Art Deco to Retro and Mid-Century, students will learn what was going on in the world and how jewelry and fashion were influenced. They will have the opportunity to see, touch, try pieces from the past and take some fun and interactive photos! Students will use these different styles and pieces to inspire the creation of their own piece over the course of this class to take home!

Dates: Thursdays, 1/5 - 2/9

Time: 2:30-3:30 pm

Fee: \$110

Location: TBD

Instructor: Nicole Souter

Program # 233-346

JEWELRY MAKING (Gr: 2-4) *NEW*

Come bead around with Martha for some great real jewelry making. Make some unique necklaces, arm bracelets, ankle bracelets and more. There will be many different styles of fashion jewelry to be made. Please bring a pair of pliers if you have them.

Dates: Tuesdays, 1/10 - 2/14

Time: 3:05 - 4:05 pm

Fee: \$110

Location: TBD

Instructor: Martha Pulsifer

Program # 233-347



YOUTH PROGRAMS

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

Join us for this fabulously fun 6 week session where we investigate mythical creatures! Weekly builds may include an alien, a UFO and a dragon! 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: Tuesday, 1/3 - 2/7

Time: 3:05 - 4:05 pm

Fee: \$108

Location: Community Center Community Room

Instructor: Brick by Brick Maine

Program # 233-348



BRICK BY BRICK MAINE LEGO AMAZING ANIMALS! (Grades K-3)

Join us for this amazing 6 week session where we learn about and build animals! Weekly builds may include a dog, a monkey and a kitten! 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!

Date: Tuesday, 2/28 - 4/4

Time: 3:05 - 4:05 pm

Fee: \$108

Location: Community Center Community Room

Instructor: Brick by Brick Maine

Program # 233-349

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!

Fee: \$60

Location: Community Center Community Room

Instructor: David Cimato

GRADES 1-2

Day: FRIDAYS

Time: 3:05 - 4:05

Session 1

Dates: 1/6 - 2/10

Program # 233-350

Session 2

Dates: 2/17 - 4/7
(no class 2/24, 3/10)

Program # 233-351

GRADES 3-4

Day: MONDAYS

Time: 3:05 - 4:05

Session 1

Dates: 1/9 - 2/27
(no class 1/16, 2/20)

Program # 233-352

Session 2

Dates: 3/6 - 4/10

Program # 233-353

GRADES 5-8

Day: FRIDAYS

Time: 4:05 - 5:05

Location: Community Center Activity Room

Session 1

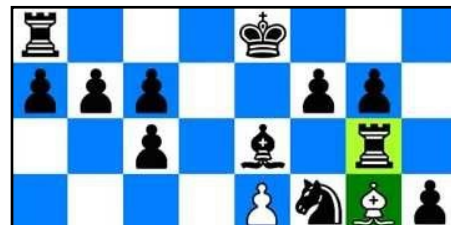
Dates: 1/6 - 2/10

Program # 233-354

Session 2

Dates: 2/17 - 4/7
(no class 2/24, 3/10)

Program # 233-355



YOUTH PROGRAMS

CHEMYSTERY (Gr: K-2)

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

Dates: Mondays, 1/9—2/13 (no class 1/16)

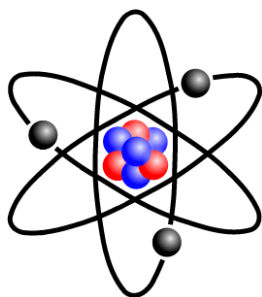
Time: 3:05 - 4:05 pm

Fee: \$95

Location: Pond Cove Art Room

Instructor: High Touch High Tech

Program # 233-356



ENGINEERING & ENERGY (Gr: 3-4)

Learn all about physics from Newton to flight, light, and electricity. Find ROY G BIV, launch a rocket and more. Follow energy as it transforms and finds other forms.

Dates: Tuesdays, 1/10—2/14

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 233-357

PLANTIMAL PARTY (Gr: K-2)

Enter the world of biology and learn about fascinating creatures and where they live. Explore everything from plants and bees to octopuses and jellyfish. Even the tiniest organisms are included!

Dates: Mondays, 3/6 - 4/10

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 233-358

EARTH-O-SPHERE (Gr: 3-4)

Discover all there is to know about the Earth from the layers underground and fossils to the sun! Blast into space and learn about Mars and the moon.

Dates: Tuesdays, 3/7 - 4/11

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 233-359



MAD LAB MEDLEY (Gr: K-4)

Join us in discovering the many ways science helps us explore our world! "Mad Lab Medley" is full of exciting sampler "courses" aimed to meet the varied interests and imaginations of today's young minds! Unravel the mystery of chemistry by watching crystals form in a water glass. Experiment with hovercrafts, foaming concoctions and Technicolor Blenders. Grab your ticket to the stars with your own pocket sky map. Walk in the shoes of detectives and examine fingerprints, mystery powders and ink samples. Learn about how different animals adapt to their environments and get bug-eyed with Insect-A-Vision take-homes sure to challenge your perspective. From telescope to microscope and everything in between, this class will leave you inspired by the wonders of science!

Dates: Thursdays, 1/12—3/9 (no class 2/23)

Time: 3:05 - 4:05 pm

Fee: \$142

Location: Community Center Spin Room

Instructor: Mad Science

Program # 233-360

YOUTH PROGRAMS

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

Join your friends after school for a challenging round of table tennis. Skills, drills, team spirit, and leadership opportunities await any player at any level who has a love for the game! Get in on the fastest growing racquet sport in the world. Table tennis is a healthy form of exercise that is good for the brain. Come join other players as we build the Cape table tennis legacy.

Date: Tues/Thurs, 1/3—2/9

Time: 2:30 - 4:00 pm

Fee: \$108

Location: Middle School, Gymnasium Lobby

Instructors: Chris Drake

Program # 233-361



SATURDAY INDOOR TENNIS (Gr: 1-6)

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".

Fee: \$90

Location: Pond Cove Gym

Instructor: Niamh Colpitts, PTR Certified /USPTA Member

Session 1

Dates: Saturdays, 1/7 – 2/11

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	233-362
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	233-363
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	233-364

Session 2

Dates: Saturdays, 3/4 – 4/8

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	233-365
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	233-366
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	233-367



SEACOAST UNITED SOCCER SKILLS

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

Date: Sundays, 1/8 - 2/5

Fee: \$70

Location: Pond Cove, Gymnasium

Instructors: Seacoast United Soccer Staff

Seacoast Mini Kickers (Ages 3-5)

The Seacoast Mini Kickers curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 3

Time: 2:00 - 2:45 pm

Program # 233-368

Seacoast Juniors (Gr: K-1)

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

Time: 2:45 - 3:30 pm

Program # 233-369



YOUTH PROGRAMS

LEARN TO SKATE (Ages: 4-7 years) ***NEW***

This program focuses on teaching preschool through early elementary aged children the skating skills needed to develop the preliminary coordination, balance, and strength to maneuver on ice skates. This class is for a newer skater or a skater with little skating experience. The following skills will be taught during this class

- Proper way to fall
- Proper way to get up (unassisted)
- Balance on two feet
- Marching
- Dip in Place
- Two foot glide

A limited number of skates and helmets will be available for use during this program.

Dates: Saturdays, 1/7 - 2/11

Time: 8:00 - 8:50 am

Fee: \$90

Location: Cape Ice Arena

Instructor: CEHS Hockey Coaches and Players

Program # 233-370

LEARN TO PLAY (HOCKEY!) (Ages: 6-12 yrs)

NEW

Learn to Play is a beginner/intermediate program for skaters ages 6-12 that introduces players to the game of hockey. This program focuses on developing player's skills (power skating, stick handling, passing, shooting, etc.) in small stations and 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 for use during this program.

Dates: Saturdays, 1/7 - 2/11

Time: 9:00 - 9:50 am

Fee: \$90

Location: Cape Ice Arena

Instructor: CEHS Hockey Coaches and Players

Program # 233-371



FAMILY ICE FISHING

"Flag!!!" The one word everyone wants to hear when ice fishing! We will learn how to set ice fishing traps, bait the hooks, use a Jig Pole and catch fish through the ice! Feel free to bring your own fishing gear, bucket to sit on, as well as ice skates. Please wear boots, mittens/gloves and a hat.

Any Questions, call Scott Shea, Maine Guide (207) 751-3450

Date: Sunday, 1/9

Location: Great Pond

Fee: \$20

Session 1

Time: 9:00—10:45

Program # 223-372

Session 2

Time: 11:00—12:45

Program # 223-373



CAPE ICE ARENA MS HOCKEY SEASON PASS (Gr. 4-8) ***NEW***

Let's play some hockey! Join your middle school friends this winter on Tuesday, Wednesday and Thursday afternoons. Season pass includes admission for all afternoon games (and is non-transferable). Hockey gear and stick is required.

Fee: \$50

Location: Cape Ice Arena

Program # 233-374

CO-ED

Dates: Tues/Wed/Thurs, 1/3 - 2/16

Time: 3:45 - 4:45 pm

GIRLS

Dates: Wednesdays, 1/4 - 2/15

Time: 5:00 - 6:00 pm

YOUTH PROGRAMS

CAPE YOUTH TRAVEL LACROSSE (Grades 3-6)

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

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



BOYS LACROSSE

BOYS MANDATORY PARENT MEETING

Tuesday, February 28, 6:00 pm - Community Center. Uniform fitting immediately following.

3RD/4TH GRADE - At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

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

Indoor practice: Mon/Wed; 3/6 - 4/12

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

Location: CEMS Gym

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

Fee: \$175 (complete uniform), \$120 (if you own current uniform)

Boys 3/4 Program # 234-300

Boys 5/6 Program # 234-301

GIRLS LACROSSE

GIRLS MANDATORY PARENT MEETING

Wednesday, March 1, 6:00pm - Community Center Uniform fitting immediately following.

3RD/4TH GRADE - At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

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

Indoor practice: Tues/Thurs; 3/7 - 4/11

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

Location: CEMS Gym

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

Fee: \$175 (complete uniform), \$120 (if you own current uniform)

Girls 3/4 Program # 234-302

Girls 5/6 Program # 234-303

INSTRUCTORS NEEDED: Parent volunteers are critical for the success of our Travel Programs! We need your involvement to succeed. Please join the fun. Inquire about helping as a Team Administrator or Coach. Coaching clinics are available.

YOUTH PROGRAMS

2023 PLEASANT MOUNTAIN SKI/RIDE PROGRAM (Grades 3 - 8)

We will be taking **two buses** to Pleasant Mountain for six week program. Parent chaperones are needed for this program. **Registration opens December 18th at 8:00 pm online.**

Program Dates: January 12, 19, 26, February 2, 9,16 (make up date March 2)

Time: 3:05pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm

Lessons (1 hour) will be offered for all participants, those in 3 - 5 grade must take lessons. Freeskiing and riding will be available for those in the 6 - 8 grade if they are proficient skier/riders.

****Pleasant Mountain Information Zoom Meeting. Parent and student participation is required on January 5th.****



**PLEASANT MOUNTAIN
SKI/RIDE PROGRAM**

**PROGRAM BASE PRICE FOR
TRANSPORTATION \$176.00**

Then add options:

- A) Lift Ticket Thursday Night Only add \$172.00
- B) Night Season Pass - add \$235.00*
- C) Lessons - add \$144.00
- D) Rentals- add \$162.00
- E) Helmet Rental-add \$60.00
(helmets are mandatory)

PROGRAM # 233-397

* The **Night Season Pass** is a discounted season pass valid every night the mountain is open Monday-Saturday (and on Holiday Sundays) from 3:30 pm to close. If you want the Night Season Pass **only, without transportation**, please call CECS at 799-2868.

NORDIC SKI/PARENT & CHILD

Cape Nordic will once again run a non-competitive Youth Nordic Ski program for new and intermediate skiers. The focus will be on fun games and activities to improve balance and increase comfort on skis. This is a family program designed for parent/child. If interested, please email Deb Hatton at deb.scanlon.hatton@gmail.com

RICHARDS COMMUNITY POOL/FITNESS CENTER

MEMBERSHIP RATES

Memberships may be purchased at Community Services during regular business hours.

Children age 13 and under may not use the facilities at the Fitness Center.

FITNESS CENTER SCHEDULE

January 1— June 12

Monday - Thursday 5:30 am - 9:00 pm
 Friday 5:30 am - 7:00 pm
 Saturday/Sunday 7:00 am - 5:00 pm

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

	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.***

SPLASH 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.



\$ 175 – Inflatable, pool & whirlpool (max 40)

\$ 110 - Pool & whirlpool (max 30)

\$ 75 - 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.



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RICHARDS COMMUNITY POOL SCHEDULE

NOVEMBER 21 - FEBRUARY 20

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

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

SENIOR SWIMS (Adults 65+)

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	_____	1:30-2:30 pm*
		5:00-6:00 pm
Sundays	_____	12:00 pm-1:00 pm
		*2:15-3:15 pm

FEBRUARY 21 - JUNE 12

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,- F	_____	5:30 pm - 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+)

M-F	_____	9:00 - 10:00 am
-----	-------	-----------------

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 Swim

*with Inflatable

