

Community Services Early Winter Catalog

ADULT & SENIOR / FITNESS & MOVEMENT

As we slowly reintroduce indoor fitness classes, please note that our maximum capacity for the Activity Room is **eight participants per one instructor**. Per CDC guidelines, participants are spaced 14 feet apart and windows will be open to increase ventilation. Please dress accordingly. We request you hand sanitize upon entering the Community Center and continue wearing your mask until in position for class. We appreciate your collective cooperation in creating a safe environment.

BODY DYNAMICS

Increase energy, flexibility, and endurance in this fun and challenging aerobic experience for men and women. A balanced program of stretching, strengthening, aerobics, toning and cool-down is provided. Bring a mat/towel to class.

November session

Location: CC Activity Room

Fee: Resident: \$55.00. Non-resident: \$60.00.

Mon/Wed/Fri

November 2 - 30

Program #212-133

9am to 10am

Instructor: Joanie Frustaci

December session

Location: CC Activity Room

Fee: Resident: \$45.00. Non-resident: \$50.00.

Mon/Wed/Fri

December 2 - 21

Program #212-134

9am to 10am

Instructor: Joanie Frustaci

ESSEINTRICS

Release tight muscles, rebalance joints and restore the body. Essentrics is a no equipment full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. The creator of Essentrics, Miranda Esmonde-White, is the founder of Classical Stretch on PBS. If you want more information about Essentrics, go to www.essentrics.com.

November session Essentrics-Indoor Tues/Thurs

Location: CC Activity Room

Fee: Resident: \$91.00. Non-resident: \$96.00.

Tues/Thurs

November 3 - 24

Program # 212-135

8:30am to 9:30am

Instructor: Sarah MacColl

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December session Essentrics-Indoor Tues/Thurs

Location: CC Activity Room

Fee: Resident: \$91.00. Non-resident: \$96.00.

Tues/Thurs December 1 - 22

Program # 212-139 8:30am to 9:30am Instructor: Sarah MacColl

Essentrics at the Fort - Weather permitting, drop in only \$10. Wednesdays 9:00 am.
Please email Sarah at me.fit@me.com if interested to receive class updates.

STEP AEROBICS

Each class will be 5 minutes of warming up, 45 minutes of stepping, and 10 minutes of cooling down. My goal is to provide a fun workout for anyone who comes. I have always loved steps and have taught in the past at a couple of gyms! I hope you'll join me. Questions to annebcass@gmail.com.

November session

Location: CC Activity Room

Fee: Resident: \$40.00. Non-resident: \$43.00.

Mon November 2 - 30

Program # 212-145 8am to 8:45am Instructor: Anne Cass

December session

Location: CC Activity Room

Fee: Resident: \$32.00. Non-resident: \$35.00.

Mon December 7 - 28

Program # 212-146 8am to 8:45am Instructor: Anne Cass

GENTLE HATHA YOGA

This practice of Yoga reduces stress, improves overall fitness, increases flexibility, builds self-confidence, body awareness, and nurtures the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation.

November session

Gentle Hatha Yoga - **Mondays**

Location: CC Activity Room

Fee: Resident: \$55.00. Non-resident: \$60.00.

Mon November 2 - 30

Program #212-138 10:15am to 11:30am Instructor: Wilke, Sharon

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December session

Gentle Hatha Yoga - **Mondays**

Location: CC Activity Room

Fee: Resident: \$44.00. Non-resident: \$47.00.

Mon December 7 - 28

Program #212-140 10:15am to 11:30am Instructor: Wilke, Sharon

November session

Gentle Hatha Yoga - **Wednesdays**

Location: CC Activity Room

Fee: Resident: \$33.00. Non-resident: \$36.00.

Wed November 4 - 25 (no class 11/11)

Program # 212-136 10:15am to 11:30am Instructor: Wilke, Sharon

December session

Gentle Hatha Yoga - **Wednesdays**

Location: CC Activity Room

Fee: Resident: \$55.00. Non-resident: \$60.00.

Wed December 2 - 30

Program # 212-141 10:15am to 11:30am Instructor: Wilke, Sharon

ALL LEVELS YOGA

Continuing to build on yoga fundamentals, this all levels class is appropriate for those new to yoga, as well as the experienced students. Focus will be on improving flexibility, and strength and increasing body awareness.

November session

Yoga- **Monday** Evenings

Location: CC Activity Room

Fee: Resident: \$55.00. Non-resident: \$60.00.

Mon November 2 - 30

Program #212-143 6pm to 7:15pm Instructor: Sharon Wilke

December session

Yoga- **Monday** Evenings

Location: CC Activity Room

Fee: Resident: \$44.00. Non-resident: \$47.00.

Mon December 7 - 28

Program #212-144 6pm to 7:15pm Instructor: Sharon Wilke

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November session

Yoga- **Wednesday** Evenings

Location: CC Activity Room

Fee: Resident: \$33.00. Non-resident: \$36.00.

Wed, November 4 - 25 (no class 11/11)

Program #212-137 6pm to 7:15pm Instructor: Sharon Wilke

December session

Yoga- **Wednesday** Evenings

Location: CC Activity Room

Fee: Resident: \$55.00. Non-resident: \$60.00.

Wed December 2 - 30

Program #212-142 6pm to 7:15pm Instructor: Sharon Wilke

FIT TO LIVE YOGA

Patty Medina has studied and received her Yoga certification from Peggy Cappy, a nationally recognized Yoga teacher. Using a chair as the primary prop, along with modified poses, this unique program focuses on seniors and others who need a specialized approach to Yoga. It can be helpful to people with arthritis or back issues. Please bring a mat to class.

November session

Location: CC Activity Room at Community Center

Fee: Resident: \$70.00. Non-resident: \$75.00.

Tue/Thurs November 3 - 24

Program # 212-123 10am to 10:45am Instructor: Patty Medina

December session

Location: CC Activity Room at Community Center

Fee: Resident: \$60.00. Non-resident: \$65.00.

Tues/Thurs December 1 - 17

Program # 212-124 10am to 10:45am Instructor Patty Medina

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AQUATICS

PACE RACE

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. This is open to swimmers and triathletes of all levels. Every workout, regardless of level, will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Some video (above or underwater) is taken every workout and emailed. Questions to kgirlread@gmail.com [Link to determine swim level](#)

PACE RACE CHASE A

Location: Richards Community Pool
Fee: Resident: \$120.00. Non-resident: \$127.00.
Sun November 1 - December 27
Program # 212-264 1pm to 2pm Instructor: Kirsten Read

PACE RACE CHASE E & B

Location: Richards Community Pool
Fee: Resident: \$120.00. Non-resident: \$127.00.
Sun November 1 - Sun, December 27
Program # 212-265 2:15pm to 3:15pm Instructor: Kirsten Read

PACE RACE CHASE A & E

Location: Richards Community Pool
Fee: Resident: \$105.00. Non-resident: \$112.00.
Fri November 6 - December 18
Program # 212-263 11:30am to 12:30pm Instructor: Kirsten Read

PACE RACE CHASE A & E

Location: Richards Community Pool
Fee: Resident: \$105.00. Non-resident: \$112.00.
Tues November 10 - Dec 22
Program #212-262 1pm to 2pm Instructor: Kirsten Read

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COAST ENDURANCE

At these specifically tailored and structured pool workouts athletes will 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. The benefits of these workouts are many: increased fitness, confidence, technical efficiency, open water skills and massive education. Athletes must be able to swim 200 yards without stopping. Requirement for class: front end swim snorkel, ankle band and fins. FMI please email todd@coastendurance.com.

Location: Richards Community Pool

Fee: Resident: \$132.00. Non-resident: \$139.00.

Tue November 3 - December 29

Program # 212-266 5:30pm to 6:45pm Instructor: Todd Larlee

WATER WORKS

Come join us for the best overall body exercise program there is! You'll work all the major muscle groups including the hard-to-get hips, thighs, and stomach areas. We start in the shallow end, progress to the deep end and finish with arm exercises and stretching. You'll be amazed how you can get your heart rate up, increase your flexibility and be energized for the day!

November session

Location: Richards Community Pool at Richards Pool and Fitness Center

Fee: Resident: \$85.00. Non-resident: \$90.00.

Mon/Wed/Fri November 2 - 30

Program # 212-267 8am to 8:55am Instructor: Patty Medina

December session

Location: Richards Community Pool

Fee: Resident: \$52.00. Non-resident: \$57.00. Discount for 62+

Mon/Wed/Fri December 2 - 30

Program # 212-268 8am to 8:55am Instructor: Patty Medina

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ADULT ENRICHMENT

MAINE DRIVING DYNAMICS (MDD)

This is a State of Maine sponsored 5-hour defensive driving course that offers all drivers the opportunity to improve their defensive driving abilities. The course includes basic discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. A certified Maine Driving Dynamics Instructor in a format that engages students with lectures, videos and class discussion/participation teaches the MDD course. 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.

Location: CC Community Room at Community Center

Fee: Resident: \$30.00. Non-resident: \$43.00

Sat, November 21, 2020

Program #212-114 9am to 2pm

Location: CC Living Room at Community Center

Fee: Resident: \$30.00. Non-resident: \$43.00

Saturday, December 19th

Program #212-115 9am to 2pm

ADULT & SENIOR / ARTS & CRAFTS

COLORED PENCIL WORKSHOP

There's more to colored pencils than color! Day one of this workshop we will cover blending, layering, shading and burnishing, and yes, even how to correct mistakes! Samples of various brands and types of pencils and papers will be available for you to try out. On day two, you will be creating your own masterpiece, utilizing skills from the previous week. Supplies: Bring whatever pencils and paper/coloring book you already have. If you wish to wait till after day one to purchase pencils, you may use my sample pencils. I will be happy to give you advice on purchasing your first set. In order to provide a Covid safe environment, masks are to be worn at all times, and social distancing will be observed.

Location: CC Community Room at Community Center

Fee: Resident: \$30.00. Non-resident: \$33.00

Wed November 4 - 11

Program # 212-113 10am to Noon Instructor: Marty Clark

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YOUTH PROGRAMS

DRIVER EDUCATION-THE RIGHT CHOICE

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 Secretary State of Maine. Students must be at least 15 years of age by the course starting date. For more information contact Right Choice Driving School, 207-767-6114 or rightchoicedriving@live.com

Location: CC Community Room at Community Center

Fee: Resident: \$495.00. Non-resident: \$502.00

Mon - Thurs, November 2 - 19 (no class 11/11, rescheduled to 11/13)

Program # 212-333 6:00 - 8:30pm Instructor: Tim O'Carroll

SPINNING SPROUTS (Ages 3-5)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and dancing and individual attention. Dance encourages self-confidence, balance and coordination to aid in the development of your child. Please note that parents and visitors will not be allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans.

Location: CC Activity Room at Community Center

Fee: Resident: \$91. Non-Resident: \$96

Fri October 30 - December 18 (no class 11/27)

Program #: 212-338 10:30 - 11:15 am Instructor: Brio Dance Studio

MUSICAL THEATER (Grades 1-4)

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

Location: PC Gym

Thurs November 12 - December 17 (no class 11/26)

Program #: 212-336 3:15 - 4:45pm Instructor: Barry Brinker

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LYRICAL BALLET (Grades: 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. Dancers are requested to wear form fitting clothing. Ballet shoes or bare feet are best.

An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines.

Location: PC Gym

Fee: Resident: \$83. Non-Resident: \$88

Mon November 9 - December 14

Program #: 212-339 3:15 - 4:15 pm Instructor: Brio Dance Studio

HIP HOP (Grades: K-2)

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. All classes will be sensitive to age appropriate steps and music. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing sneakers and comfortable clothing, no jeans please.

An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines.

Location: PC Gym

Fee: Resident: \$83. Non-Resident: \$88

Tues, November 10 - December 15

Program #: 212-340 3:15 - 4:15 pm Instructor: Brio Dance

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HIP HOP 2 (Grades: 3-5)

This fast paced, high energy 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. All classes will be sensitive to age appropriate steps and music. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing sneakers and comfortable clothing, no jeans please.

An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines.

Location: PC Gym

Fee: Resident: \$83. Non-Resident: \$88

Tues November 10 - December 15

Program #: 212-341 4:15 - 5:15 pm Instructor: Brio Dance

MAD SCIENCE MARVELS OF SCIENCE (Grades: k-4)

How does sound travel? What are clouds made of and why do we have seasons? How do you make fake snow on a movie set? What is it like to be an astronaut on the International Space Station?

Join Mad Science after school and explore these countless wonders of science! Go on an exploratory journey of discovery into the depths of the sea to see what life beyond the waves has to offer. Then voyage to the vacuum of space as you investigate what it takes to be an astronaut. center of the Earth as you investigate earthquakes.

Learn that molecules are everywhere and how to separate various mixtures. Blend some mixtures of your own and then use various tools to separate them. Examine sound waves by changing the pitch of your voice. Even take a spacewalk mission that simulates a solar panel repair on the International Space Station! Investigate 3-D technology and create your own animation flip-book that turns still images into a moving picture story. Albert Einstein said: "The process of scientific discovery is, in effect, a continual flight from wonder." Come take an interactive flight with your imagination into the many marvels of science!

Location: CC Community Room at Community Center

Fee: Resident: \$99. Non-Resident: \$104

Tues November 10 - December 15

Program #: 212-348 3:15 - 4:15 pm Instructor: Mad Science

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IRISH DANCE BEGINNERS (Grades: 1-4)

Students in grades 1-4 will learn the basics of Irish Dancing in this introductory course. 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. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Lord of the Dance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin.

Location: PC Gym

Fee: Resident: \$107. Non-Resident: \$114

Fri November 6 - December 18 (No class 11/27)

Program #: 212-342 3:15 - 4:15 pm Instructor: Stillson Dance

IRISH DANCE ADVANCED (Grades: 3-6)

Students in grades 3-6 will build upon the basics of Irish Dancing with a six week advanced course. 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. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Lord of the Dance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin.

* Please note that students must have previously taken Irish Dance Beginners.

Location: PC Gym

Fee: Resident: \$107. Non-Resident: \$114

Fri November 6 - December 18 (No class 11/27)

Program #: 212-343 4:30 - 5:30 pm Instructor: Stillson Dance

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KARATE KIDS (Grades: K-2)

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. These programs are designed to teach self-protection through confidence building karate techniques. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills.

Location: CC Activity Room at Community Center

Fee: Resident: \$130. Non-Resident: \$137

Mon & Wed November 9 - December 16 (no class, 11/11, 11/25)

Mondays 3:00 - 4:00 pm Wednesdays 2:00 - 3:00 pm

Program #: 212-346 Instructor: Dragon Fire Martial Arts

KARATE KIDS (Grades: 3-8)

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. These programs are designed to teach self-protection through confidence building karate techniques. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills.

Location: CC Activity Room at Community Center

Fee: Resident: \$130. Non-Resident: \$137

Mon & Wed November 9 - December 16 (no class, 11/11, 11/25)Time:

Mondays 4:00 - 5:00 pm Wednesdays 3:00 - 4:00 pm

Program #: 212-347 Instructor: Dragon Fire Martial Arts

YOGA GAMES & MOVEMENT (GRADES K-3)

Come and get silly with Off the Mat as we stretch and move with yoga games and poses. Classes will consist of partner poses, mindfulness and meditation, obstacle courses and more! Each class will allow participants to burn off built up energy and will end with time to decompress through savasana or a simple yoga nidra.

Proper distancing guidelines will be followed, children will wear masks while indoors, hand sanitizer will be used before and after class, as well as before and after partner poses.

Location: CC Living Room at Community Center

Fee: Resident: \$71.00 Non-resident: \$76.00

Tues November 24 - December 15

Program #: 212-351 3:00 - 4:00pm Instructor: Off the Mat Yoga

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SPRINGBOARD DIVING (Ages 14+)

Here's your opportunity to prepare for the indoor diving season this year! We will be using two, 1-meter, 16' Duraflex Maxiflex Model B cheese boards mounted on Durafirm stands with movable fulcrums and diving into water 12 ft. deep.

Subjects of instruction and coaching include:

1. Safely and productively getting the most out of a diving board
2. Mechanics and technical aspects of competitive diving
3. Importance of proper body and head alignment
4. Line-ups and entries
5. Building a list of dives suitable for competition
6. Mental aspects of learning new dives and performing well in competition
7. Having fun with diving

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

Instructor Info: Mike Bartley, past national platform and international springboard diving champion is the diving coach for Bates College and Cape Elizabeth HS. He has been college DIII Diving Coach of the Year for New England and NESCAC Coach of the Year. His divers have produced 28 NCAA All American titles, one Maccabian Games Championship and 25 Maine State High School championships.

Location: Richards Community Pool

Fee: Resident: \$274. Non-Resident: \$281

Sat

November 7 - December 19 (No class 11/28)

Program #: 212-352

1:00 - 3:00 pm

Instructor: Mike Bartley