

Community Services Fall 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

Location: CC Activity Room

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

Mon/Wed/Fri, October 2 - October 30

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. October class will be taught by Joanie Frustaci.

Program # 212-107 8am to 8:45am Fri Instructor: Joanie Frustaci

CSI TRAINING/CO ED WEIGHTS

Location: Parking Lot of CECS

Fee: Resident: \$63.00. Non-resident: \$68.00.

Tue/Thurs, September 8 - Tue, September 29

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 or susan@jointefforttraining.com to discuss your program. Please bring towel, MAT and water bottle to class.

Program # 212-105 6pm to 7pm

CSI TRAINING/CO ED WEIGHTS

Location: Parking Lot of CECS

Fee: Resident: \$81.00. Non-resident: \$86.00

Thu, October 1 - Thu, October 29

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 or susan@jointefforttraining.com to discuss your program. Please bring towel, MAT and water bottle to class.

Program # 212-106 6pm to 7pm

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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.

Location: Fort Williams Park

Fee: Resident: \$36.00. Non-resident: \$39.00.

Wed, September 2 - Wed, September 30

Program # 212-100 8:30am to 9:30am Instructor Sarah MacColl

Location: CC Activity Room at Community Center

Fee: Resident: \$65.00. Non-resident: \$70.00.

Mon, September 14 - Mon, September 28

Program #212-101 9am to 10am Instructor Sarah MacColl

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.

Location: CC Activity Room

Fee: Resident: \$56.00. Non-resident: \$61.00

Tue/Thurs, September 8 - September 29

Program # 212-103 8:30am to 9:30am Instructor: Anne Cass

Location: CC Activity Room

Fee: Resident: \$64.00. Non-resident: \$69.00

Tue/Thurs, October 6 - Thu, October 29

Program #212-104 8:30am to 9:30am

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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.

Location: Fort Williams Park

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

Mon, August 31 - Mon, September 28

Program # 212-108 10:15am to 11:30am Instructor: Sharon Wilke

Location: Fort Williams Park

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

Wed, September 2 - Wed, September 30

Program # 212-110 10:15am to 11:30am Instructor: Sharon Wilke

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.

Location: Fort Williams Park

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

Mon, August 31 - Mon, September 28

Program #212-109 6pm to 7:15pm Instructor: Sharon Wilke

Location: Fort Williams Park

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

Wed, September 2 - Wed, September 30

Program # 212-111 6pm to 7:15pm Instructor: Sharon Wilke

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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

A- Advanced

Competent/Competitive

Your pace is between 1:20 - 1:50 per 100 yards

You have likely swum with me or another masters team

You can swim at least 500 yards continuously

You have swum Peaks to Portland or similar

You want yardage, interval training, speed work, technique - a mix of everything to prep you for your events

E- Entry Level

Your pace is between 1:50 - 2:20 per 100 yards

You can swim at least 8 lengths of the pool without stopping

You can swim with your face in the water

You may never have had interval training or technique help before

You want to swim more efficiently or faster or want to enter a race

B -Beginner

You already basically know how to swim and can make it at least one length

You might not put your face in yet or feel comfortable when you do

Breathing may be a problem

You have never learned proper technique

You know that you can be more efficient

This is not an Adult Learn to Swim Program but one step up from that

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PACE RACE CHASE A

Fee: Resident: \$60.00. Non-resident: \$65.00
Sun, September 13 - Sun, September 27

Program # 212-206 1pm to 2pm

PACE RACE CHASE A

Fee: Resident: \$60.00. Non-resident: \$65.00
Sun, October 4 - Sun, October 25

Program # 212-207 1pm to 2pm

PACE RACE CHASE E & B

Fee: Resident: \$45.00. Non-resident: \$48.00
Sun, September 13 - Sun, September 27

Program # 212-208 2pm to 3pm

PACE RACE CHASE E & B

Fee: Resident: \$60.00. Non-resident: \$65.00
Sun, October 4 - Sun, October 25

Program # 212-209 1pm to 2pm

PACE RACE CHASE A & E

Fee: Resident: \$60.00. Non-resident: \$65.00.
Fri, September 4 - Fri, September 25

Program # 212-202 11:30am to 12:30pm

PACE RACE CHASE A & E

Fee: Resident: \$75.00. Non-resident: \$80.00
Fri, October 2 - Fri, October 30

Program # 212-203 11:30am to 12:30pm

PACE RACE CHASE A & E

Fee: Resident: \$75.00. Non-resident: \$80.00
Tue, September 1 - Tue, September 29

Program # 212-204 1pm to 2pm

PACE RACE CHASE A & E

Fee: Resident: \$75.00. Non-resident: \$80.00
Tue, October 6 - Tue, October 27

Program # 212-205 1pm to 2pm

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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 at Richards Pool and Fitness Center

Fee: Resident: \$99.00. Non-resident: \$104.00

Tue/Thurs, September 1 - Tue, September 29

Program # 212-200 5:30pm to 6:45pm Instructor: Todd Larlee

Location: Richards Community Pool at Richards Pool and Fitness Center

Fee: Resident: \$99.00. Non-resident: \$104.00

Tues/Thu, October 1 - Thu, October 29

Program # 212-201 5:30pm to 6:45pm

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

Tue, December 15 & Thu, December 17

Program #212-115 6pm to 8:30pm

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ADULT & SENIOR / ARTS & CRAFTS

WATERCOLOR STUDIO

Location: CC Community Room at Community Center

Fee: Resident: \$65.00. Non-resident: \$70.00

Wed, September 23 - Wed, October 28

Experience Art's most playful and creative medium. Join fellow watercolor artists at all levels to join me in an exploration of this fascinating medium, to learn new techniques and further expand your existing knowledge. Lessons in basic watercolor methods will be provided as needed; more advanced techniques and information will be offered on an individual basis. We will begin with landscapes based on your personal photos or references from other sources. In later lessons, we will work on student created still life. In order to provide a Covid safe environment, masks are to be worn and social distancing will be observed.

Program #212-112 10am to Noon

Instructor: Marty Clark

COLORED PENCIL WORKSHOP

Location: CC Community Room at Community Center

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

Wed, November 4 - Wed, November 11

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.

212-113 10am to Noon Instructor: Marty Clark

CLUB 62+ MEMBERSHIP

Location: Fort Williams Picnic Shelter

Fee: \$70

Tuesdays & Thursdays, September 8 – 29

Let's get together, safely socially distancing and engage in a variety of educational, recreational and social enrichment activities including game playing, projects, demonstrations, entertainment, and more. We will gather rain or shine spaced out under the picnic shelter at the beautiful Fort Williams Park. Masks required. Those who feel comfortable in doing so may bring their own lunch to enjoy under the shelter when we are done at noon.

212-116 10:00 to Noon

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YOUTH PROGRAMS

GIRLS FIELD HOCKEY (GRADES K-6)

Location: High School, Hannaford Field

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

Sat, September 12 - Sat, October 17

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Saturday mornings. Each player must wear/bring her own equipment (eye goggles, mouth guard, shin guards, stick and water bottle). No class on 10/10.

212-300 High School, Hannaford Field 8am to 9am Sat, September 12 - Sat, October 17

YOUTH FALL SOCCER BOY CAPERS (GRADES: 1-2)

Location: High School, Hannaford Field

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

Sat, September 12 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. GPS coaching staff will be on hand for the final class. (No class 10/10).

212-306 High School, Hannaford Field 8am to 9am Sat, September 12 - Sat, October 17

YOUTH FALL SOCCER CO-ED CAPERS (GRADES: 3-6)

Location: High School, Hannaford Field

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

Sat, September 12 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. GPS coaching staff will be on hand for the final class. (No class 10/10).

212-308 High School, Hannaford Field 9:15am to 10:15am Sat, September 12 - Sat, October 17

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YOUTH FALL SOCCER GIRLS CAPERS (GRADES: 1-2)

Location: High School, Hannaford Field

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

Sat, September 12 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. GPS coaching staff will be on hand for the final class. (No class 10/10).

212-307 High School, Hannaford Field 9:15am to 10:15am Sat, September 12 - Sat, October 17

YOUTH FALL SOCCER KINDER CAPERS (K)

Location: High School, Hannaford Field

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

Sat, September 12 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. GPS coaching staff will be on hand for the final class. (No class 10/10).

212-305 High School, Hannaford Field 11:30am to 12:15pm Sat, September 12 - Sat, October 17

YOUTH FALL SOCCER LITTLE CAPERS (AGES 3-5)

Location: High School, Hannaford Field

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

Sat, September 12 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. GPS coaching staff will be on hand for the final class. (No class 10/10).

212-304 High School, Hannaford Field 10:30am to 11:15am Sat, September 12 - Sat, October 17

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DRIVER EDUCATION-THE RIGHT CHOICE

Location: CC Community Room at Community Center

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

Mon, September 14 - Thu, October 1

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

212-309 CC Community Rm 6pm to 8:30pm Mon, September 14 - Thu, October 1 M Tu W Th

Instructor: Tim O'Carroll

OUTDOOR YOGA GAMES & MOVEMENT (GRADES K-3)

Location: Courtyard between Pond Cove and Middle School

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

Mon, September 14 - Mon, October 5

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 have the option to wear masks, hand sanitizer will be used before and after class, as well as before and after partner poses.

212-314 Courtyard between PC & MS 3:00pm to 4:00pm Instructor: Off the Mat Yoga

MUSICAL THEATER (GRADES 1-4)

Location: Courtyard between Pond Cove and Middle School

Fee: Resident: \$98.00 Non-resident: \$103.00

Thurs, September 10 - Thurs, October 29 (No class 10/1, class on 10/22: 12:00 – 1:30 PC Half-Day)

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.

212-317 Courtyard between PC & MS 3:00pm to 4:30pm Instructor: Barry Brinker

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BOYS 3 V 3 BASKETBALL (GRADES 5-8)

Location: Community Center Rear Parking Lot
Fee: Resident: \$56.00. Non-resident: \$61.00
Sat, September 12 - Sat, October 3

Develop your basketball skills in a simplistic yet competitive OUTDOOR 3 on 3 setting! 3 V 3 basketball, which recently became an Olympic sport, has been shown to rapidly increase player development through more touches and ball movement.

Each week consists of warm-up/skill development time where we will instruct on the fundamentals including 3 out motion which involves proper spacing, cutting, and ball movement plus screen and roll situations. This will help teams excel on the court and grow as players. Our goal is to increase individual and team skills as well as the player's basketball IQ.

We will conclude each session with 3-on-3 game play where players have the opportunity to apply the skills they have learned. Players will be evenly divided into teams of 4-5 max and each team will play multiple games each week. Teams will be competing for a run to the championship and team award!

212-315 CC Rear Parking Lot

8:00 am to 9:00 am

Instructor: Jeff Mitchell

BOYS 3 V 3 BASKETBALL (GRADES 2-4)

Location: Community Center Rear Parking Lot
Fee: Resident: \$56.00. Non-resident: \$61.00
Sat, September 12 - Sat, October 3

Develop your basketball skills in a simplistic yet competitive OUTDOOR 3 on 3 setting! 3 V 3 basketball, which recently became an Olympic sport, has been shown to rapidly increase player development through more touches and ball movement.

Each week consists of warm-up/skill development time where we will instruct on the fundamentals including 3 out motion which involves proper spacing, cutting, and ball movement plus screen and roll situations. This will help teams excel on the court and grow as players. Our goal is to increase individual and team skills as well as the player's basketball IQ.

We will conclude each session with 3-on-3 game play where players have the opportunity to apply the skills they have learned. Players will be evenly divided into teams of 4-5 max and each team will play multiple games each week. Teams will be competing for a run to the championship and team award!

212-316 CC Rear Parking Lot

9:15 am to 10:15 am

Instructor: Jeff Mitchell