

# REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, March 29th at [www.capecommunityservices.org](http://www.capecommunityservices.org). Click "Register Online Now". Sign in or create an account. In-person or over the phone registrations will begin at 8:00 am on March 30th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registrations begin Friday, April 3rd. Email confirmations will be sent for all transactions.

## FEES & DISCOUNTS

A 20 % taxpayer discount will be applied to programs, activities and memberships for resident seniors age 62 and older except where noted.

A non-taxpayer fee will be applied to all programs, activities, memberships and parties. Fees \$50 and under will be \$3, \$51 - \$100 will be \$5 and all fees over \$101 will be \$7. No non-resident fee applied to seniors age 62 and older except where noted.

A 2.99% credit card processing fee will be incurred on all credit card transactions.

Active Network charges a non-refundable convenience fee for booking online.

Scholarships and/or reduced tuitions are available to qualified residents. Applications available by request.

## PROGRAM CANCELLATIONS

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

## PROGRAM WITHDRAWALS

Unless otherwise noted under program descriptions, the following withdrawal policies apply:

Withdrawals at least two business days prior to the first class receive a full refund (less a \$5 processing fee) or an account credit (less a \$2 processing fee). Programs less than \$20 receive a full refund or credit. Online transaction fees are non-refundable.

Withdrawals less than two full business days prior to the first class and before the start of the second class receive a 50% refund (less a \$5 processing fee) or an account credit (less a \$2 processing fee). Programs less than \$20 receive a 50% refund or credit. Online transaction fees are non-refundable.

Withdrawals due to medical conditions or injuries require a doctor's note to receive a credit toward a future program or activity.

## 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. Members will be extended the suspended time to their membership. Cancellations will be prorated.

**Non-Medical** – Annual members may suspend their membership for a minimum of one month and a maximum of three months once during their membership year and will be assessed a \$25 processing fee to do so. We are unable to accommodate non-medical suspensions for monthly or quarterly members.

## MEDIA POLICY

Community Services may photograph, videotape and record in other ways 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](mailto:linda.strunk@capeelizabeth.org) to be excluded.

## ACCESSIBILITY

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



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# HEALTH, WELLNESS & ENRICHMENT

CECS offers a great variety of fitness classes for all ages and ability levels. Here is a snapshot of what we offer, with more detailed descriptions on the pages to follow.

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
5:30 - 6:30 am Lighthouse Masters - Marcel	5:45 - 6:30 am Early Bird Cycling Susan	5:30 - 6:30 am Lighthouse Masters Marcel	5:45 - 6:30 am Early Bird Cycling Susan	5:30 - 6:30 am Lighthouse Masters Marcel	
		5:30 - 6:30 am HIIT Susan		5:30 - 6:30 am HIIT Susan	7:30 - 8:30 am Saturday Cycle Susan (ends 4/11)
8:00 - 8:55 am Water Works Patty	8:30 - 9:30 am Essentrics/Core/ Pilates Sarah	8:00 - 8:55 am Water Works Patty	8:30 - 9:30 am Essentrics/Core/ Pilates Sarah	8:00 - 8:55 am Water Works Patty	
8:00 - 8:50 Step Aerobics Anne	10:15 - 11:00 am Fit To Live Yoga Patty	9:00 - 10:00 am Body Dynamics Elaine/Joanie	10:15 - 11:00 am Fit To Live Yoga Patty	9:00 - 10:00 am Body Dynamics Elaine/Joanie	
9:00 - 10:00 am Body Dynamics Elaine/Joanie		9:00 - 10:00 am Women on Weights Susan		9:00 - 10:00 am Women on Weights Susan	10:00-12:00 pm Sun\Pace Race Chase Kirsten
	11:30-12:30 pm Pace Race Chase Kirsten	10:15 - 11:30 am Gentle Hatha Yoga Sharon		11:30-12:30 pm Pace Race Chase Kirsten	
		1:00 - 1:50 pm Aqua Cardio Core Sarah			
			4:15 - 5:15 pm Nia Erin		
	5:30- 6:30 pm SHiNE **NEW** Mallory		5:30- 6:30 pm SHiNE**NEW** Meara		
5:45 - 6:45 pm NIA Erin	5:30-6:30 pm Coast Endurance Todd	6:00 - 7:15 pm Yoga All Levels Sharon	5:30-6:30 pm Coast Endurance Todd		
5:45 - 6:45 pm Essentrics (limited) Sarah	5:30-6:30 pm Co/Ed Weights Susan		5:30-6:30 pm Co/Ed Weights Susan		
6:00 - 7:00 pm Trifecta (summer) Susan	6:30 - 7:30 pm CSI Training Susan	6:00 - 7:00 pm Trifecta (summer) Susan	6:30 - 7:30 pm CSI Training Susan		
Location:	POOL	Community Center	Fitness Center	MS Gym	

# HEALTH, WELLNESS & ENRICHMENT

## 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.

**Date:** Mon/Wed/Fri

**Time:** 9:00 – 10:00 am

**Location:** CS Activity Room

**Instructor:** Elaine Talevi and Joanie Frustaci

**Walk In Fee:** \$8

Date	Classes	Fee	Program
4/22-5/22	14	\$70	23-100
5/27-6/19	11	\$55	23-101

## BODY DYNAMICS - SUMMER

**Date:** M/W/F (No Class 7/3, 7/13-7/17, 8/24-8/28, 9/7)

**Time:** 9:00 am - 10:00 am

Date	# of Classes	Fee	Program
6/22 - 7/31	14	\$70	211-101
8/3 - 9/11	14	\$70	211-102

## SHiNE DANCE FITNESS \*NEW\*

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

Come as you are and be prepared to sweat and SHiNE!!

### TUESDAY NIGHTS

**Time:** 5:30 - 6:30 pm

**Location:** CECS Activity Room

**Instructor:** Mallory Lord

**Drop In Fee:** \$15

Date	# of Classes	Fee	Program
5/5-5/26	4	\$48	23-102
6/2-6/23	4	\$48	23-103
6/30-7/28	4	\$48	211-103

(no class 7/14)

### THURSDAY NIGHTS

**Time:** 5:30 - 6:30 pm

**Location:** CECS Activity Room

**Instructor:** Meara Fanoway

Date	# of Classes	Fee	Program
5/7-5/28	4	\$48	23-104
6/4-6/25	4	\$48	23-105
7/2-7/23	4	\$48	211-104

## CO/ED WEIGHTS

Experience all the benefits 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. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. Questions or first time participants should contact Susan at [susan@jointefforttraining.com](mailto:susan@jointefforttraining.com) or 939-2255 to discuss your program. Please bring towel and water to class.

**Date:** Tues/Thurs 4/28 - 6/11

**Time:** 5:30 pm – 6:30 pm

**Location:** Fitness Center

**Instructor:** Susan Janosik

**Fee:** \$126

**Program #** 23-106

## WOMEN ON WEIGHTS

Experience all the benefits 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. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at [susan@jointefforttraining.com](mailto:susan@jointefforttraining.com) or 939-2255 to discuss your program. Please bring towel and water to class.

**Date:** Wed/Fri, 4/29 - 6/12

**Time:** 9:00 am – 10:00 am

**Location:** Fitness Center

**Instructor:** Susan Janosik

**Fee:** \$112

**Program #** 23-107



# HEALTH, WELLNESS & ENRICHMENT

## HIGH INTENSITY INTERVAL TRAINING (HIIT)

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometric, cardio and core all within 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! FMI contact Susan at 939-2255 or [susan@jointefforttraining.com](mailto:susan@jointefforttraining.com). Please bring weights, mat & water to class.

**Date:** Mon/Wed/Fri, 4/27 - 5/8

**Time:** 5:30 am – 6:30 am

**Walk in Fee:** \$12

**Location:** Middle School Gymnasium

**Instructor:** Susan Janosik

**Fee:** \$54

**Program #** 23-108



## EARLY BIRD CYCLING

Gear up and get ready to ride. Prepare yourself for a fun, ultimate calorie and fat burning class, while reaching optimal fitness levels. Motivational coaching led by an experienced instructor will teach you cycling hills, sprints, and flats all set to inspirational music. FMI contact Susan at 939-2255 or [susan@jointefforttraining.com](mailto:susan@jointefforttraining.com). All levels welcome. Bring water and small towel.

**Date:** Tues/Thurs

**Time:** 5:45 – 6:30 am

**Walk in Fee:** \$12

**Location:** CECS Spin Room

**Instructor:** Susan Janosik

Date	# of Classes	Fee	Program
4/28-6/25	18	\$162	23-109
7/14- 8/20	14	\$108	211-119

## STEP AEROBICS

Each class will be 5 minutes of warming up, 40 minutes of stepping, and 5 minutes of cooling down. My goal is to provide a fun workout for all ability levels. I want to share my love of step class with the community. Questions? Contact [annebcass@gmail.com](mailto:annebcass@gmail.com).

**Dates:** Mondays (No Class 5/25)

**Time:** 8:00 - 8:50 am

**Location:** CC Activity Room

**Instructor:** Anne Cass

Date	# of Classes	Fee	Program #
4/27-6/22	8	\$64	23-123
6/29-8/17	8	\$64	211-105

## ESSETRICS®

### RELEASE, REBALANCE & RESTORE

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](http://www.essentrics.com).

**Time:** 8:30-9:30 am

**Walk In Fee:** \$10.00 per class

**Location:** CC Activity Room

**Instructor:** Sarah MacColl

Date	#of Classes	Fee	Program #
Tues/Thurs 4/7-4/30	8	\$72	23-110
Tues only 5/5-5/26	4	\$36	23-111
Tues/Thurs 6/2-6/30	9	\$81	23-112
Tues/Thurs 8/4-8/20	6	\$54	211-106

## EVENING ESSETRICS®

**Date:** Mondays 4/6 - 5/11 (No Class 4/20)

**Time:** 5:45 -6:45 pm

**Walk In Fee:** \$10.00 per class

**Location:** CC Activity Room

**Instructor:** Sarah MacColl

**Fee:** \$45

**Program #** 23-113

## WEIGHTS, MAT & CORE- THURSDAYS

Safely shape up for summer: core & weight work for the upper body, foam rolling and pilates circles. Please bring a mat.

**Date:** Thurs. 5/7-5/28

**Time:** 8:30 – 9:30 am

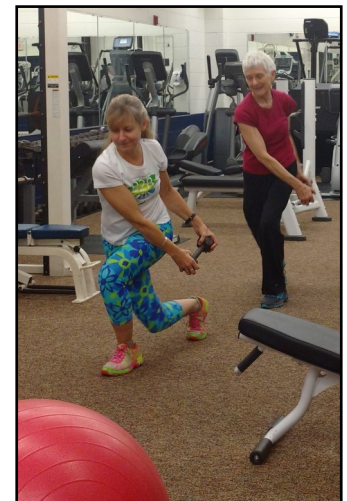
**Fee:** \$36

**Walk in Fee:** \$10

**Location:** Activity Room

**Instructor:** Sarah MacColl

**Program #** 23-114





# HEALTH, WELLNESS & ENRICHMENT

## GENTLE/BEGINNING 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.

**Date:** Wednesdays

**Time:** 10:15 am - 11:30 am

**Location:** CS Activity Room

**Instructor:** Sharon Wilke

**Walk In Fee:** \$13

Date	# of Classes	Fee	Program
5/6-6/24	8	\$88	23-115
7/1-8/19	8	\$88	211-107

## 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.

**Date:** Wednesdays

**Time:** 6:00 pm – 7:15 pm

**Location:** Activity Room

**Instructor:** Sharon Wilke

**Walk-in Fee:** \$13

Date	# of Classes	Fee	Program
5/6-6/24	8	\$88	23-116
7/1-8/19	8	\$88	211-108

## FIT TO LIVE YOGA –TUESDAYS/THURSDAYS

Patty Medina has studied with and received her Yoga certification from Peggy Cappy, a nationally recognized Yoga teacher. Using a chair as a 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.

**Dates:** Tuesdays/Thursdays

**Time:** 10:15 – 11:00 am

**Walk in Fee:** \$9.00 per class

**Location:** CS Activity Room

**Instructor:** Patty Medina

Date	# of Classes	Fee	Program #
4/2-4/16	5	\$40	23-117
4/21-5/5	5	\$40	23-118
5/7-5/21	5	\$40	23-119

## DISCOVER YOUR MOVEMENT

**THROUGH NIA** Combining dance, martial arts and mindfulness, Nia (pronounced "nee-ah") tones your body while transforming your mind. More than just a workout, It's a holistic fitness practice addressing - body, mind and soul. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia is non-impact, ideally practiced barefoot, and adaptable to individual needs and abilities. Erin Curren is a Nia Black Belt with 10 years of Nia teaching experience in Maine. She brings her love of improv, authentic joyful energy and encouragement to every class. Email Erin at [erin@erincurren.com](mailto:erin@erincurren.com) with questions. FMI [www.erincurren.com](http://www.erincurren.com) **Please pre-register in order for us to meet the minimum of 6 participants at least one week (5 business days) prior to the start of each session.**

**Location:** CS Activity Room

**Instructor:** Erin Curren, Nia Black Belt Teacher

**Walk In Fee:** \$15

**THURSDAY** 4:15 pm – 5:15 pm

Date	# of Classes	Fee	Program
4/9-4/30	4	\$48	23-120
5/14-6/25	7	\$84	23-121
7/2-7/30	5	\$60	211-109

**MONDAY EVENINGS** 5:45 pm -6:45 pm (no class 5/25)

Date	# of Classes	Fee	Program
5/18-6/22	5	\$60	23-122
6/29-7/27	5	\$60	211-110

## SOCIAL BALLROOM DANCE SERIES

Partner dancing has many benefits including improved mental health, happiness levels, increased life satisfaction and improved social confidence. Warm up your winter nights learning the basics of many different styles of dancing. Bring a partner if possible.

**Date:** Tuesday

**Time:** 7:00 – 8:00 pm

**Fee:** \$30 per person/per 3 week session  
\$40 for 4 week sessions/ **Drop in** \$12 pp

**Location** CC Activity Room

**Instructor:** Patty Medina

**Spring Latin Mix** 4/7,4/14,4/21, 4/28 **Program #** 22-130

**Wedding Party Mix** 5/5, 5/12, 5/19 **Program #** 22-131

# HEALTH, WELLNESS & ENRICHMENT

## PACE RACE CHASE



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.

**E Group: Entry Level** (Pace between 1:50-2:20 per 100yds) You can swim at least 2 lengths w/out stopping, swim with your face in the water but may need help breathing, may have never had interval training or technique help before and you want to swim more efficiently or want to enter a race.

**A Group: Competent/Competitive** (Pace between 1:20-1:50 per 100 yds) You have likely swum with me or another masters team, can swim at least 500 yds continuously, you have swum Peaks to Portland or similar, and you want yardage, HIIT, speed & technique.

\*No class 5/24 (holiday) or 8/14 (pool closing).

<b>Tuesdays A/E</b>	11:30 - 12:30	4/21-6/9	\$120	23-200
<b>Fridays A/E</b>	11:30- 12:30	4/17-6/19 7/17-9/4 *	\$150 \$105	23- 201 211-200
<b>Sundays A</b>	10:00 - 11:00	4/19-5/31	\$90	23- 202
<b>Sundays E</b>	11:00-12:00	4/19-5/31	\$90	23- 203

## AQUA CARDIO CORE



Run, ski, bicycle, kick, and lunge in the deep end of the pool where your core and heart will be challenged but your joints take a break from pounding the pavement. Use floatation dumbbells or aqua belt and work as hard as you want. "Enjoy" high intensity interval training and core moves (or just act like you are: breathe hard and we'll never know.)

**Date:** Wednesdays

**Time:** 1:00 – 1:50 pm

**Location:** Richards Community Pool

**Instructor:** Sarah MacColl

Walk In Fee: \$12

Date	#of Classes	Fee	Program #
4/8-5/13	6	\$54	23-204

## TRIFECTA BACK FOR SUMMER!!

These total body strength training and power moves will create a workout that is fresh, empowering and intriguing, in a "fun"functional format that includes balance training. All Level participants will be equally engaged in this high intensity challenge. Prepare to super charge your training and amp up your athleticism. FMI contact Susan at 939-2255 or susan@jointefforttraining.com. Please bring weights, water & mat.

**Date:** Mon/Wed 6/22- 8/19 (no class 7/6 or 7/8)

**Time:** 6:00 pm – 7:00 pm

**Location:** meet at CC Spin Room - most classes outside

**Instructor:** Susan Janosik

**Fee:** \$144

**Program #** 211-111

## JULY PILATES PLUS FOR DUMMIES

Pilates Plus for Dummies is just a marketing come-on. You bit! You're actually smart if you sign up. Just like the "DUMMIES" series, you'll find it easy to follow and extremely effective at strengthening your core. We use Pilates Circles, balls and therapy bands to support our necks and backs. The "Plus" segment of class adds upper body weight work.

**Date:** Tues/Thurs 7/2-7/23

**Time:** 8:30 – 9:30 am

**Fee:** \$63

**Walk in Fee:** \$10

**Location:** Activity Room

**Instructor:** Sarah MacColl

**Program #** 211-112

## CSI 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, plyometric and cardio machines to push the cardio! This class solves the mystery of how to "FIT" it all in. FMI contact Susan at 939-2255 or susan@jointefforttraining.com Please bring water, mat & small towel.

**Date:** Tuesday/Thursday

**Time:** 6:30 – 7:30 pm

**Location:** Fitness Center

**Instructor:** Susan Janosik

**Walk In Fee:** \$12

Date	Classes	Fee	Program
4/28-6/11	14	\$126	23-124

# HEALTH, WELLNESS & ENRICHMENT

## 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 no matter your level of experience or fitness in swimming. The benefits of these 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 (made by Finis), fins and ankle band. FMI please email [todd@coastendurance.com](mailto:todd@coastendurance.com).

**Date:** Tues/Thurs

**Time:** 5:30 pm – 6:45 pm

**Location:** Richards Community Pool

**Instructor:** Todd Larlee

Date	# of Classes	Fee	Program
4/21 - 6/11	16	\$176	23-205
6/16 - 8/6	16	\$176	211-201

## WATER WORKS



Come join us for the best overall low-impact exercise program there is! You'll work all the major muscle groups, increase muscle tone, build strength and endurance. 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 for an awesome core workout and finish with water weights. The stretching and relaxation session completes a well rounded program. You will be energized for the day!

**Date:** Mon/Wed/Fri (No class 5/25)

**Time:** 8:00 - 8:55 am

**Walk in Fee:** \$7

**Location:** Richards Community Pool

**Instructor:** Patty Medina

Date	Classes	Fee	Program
4/1-4/29	13	\$78	23-206
5/1-5/29	12	\$72	23-207
6/1-6/29	13	\$78	23-208
7/1-8/7	17	\$111	211-202

## SINK OR SWIM: ADULT SWIM LESSONS (16+)



This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals.

**Date:** Sat, 4/25 - 6/6 (No Class 5/23)

**Time:** 8:00 am - 8:45 am

**Fee:** \$60

**Location:** Richards Community Pool

**Instructors:** Jess Blake & Schyla St. Laurent

**Program #** 23-209

## BLENDED LEARNING AMERICAN RED CROSS LIFEGUARDING COURSE



**\*NEW\***

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency medical services (EMS) personnel take over. This class is a blended learning course, which will require participants to do heavy online work on their own, in addition to the instructor-led skill sessions.

### Important Notes:

- You will receive an email with the online session link once the class is available.
- There is about 7.5 hours of work to be completed prior to the first session. **You must register by Friday, April 17.**
- Must complete the online portion of the class prior to the first day of the course.
- Please bring your certificate of achievement with you to the first day of the course to be guaranteed a spot in the course.

Contact Casey Murphy- [cmparent187@gmail.com](mailto:cmparent187@gmail.com) with questions and swim prerequisites.

**Dates:** Monday, April 20 and Wednesday, April 22 (Friday, April 24th 10:00-1:00 if needed)

**Time:** 10:00-4:00 pm

**Fee:** \$260

**Location:** Richards Community Pool

**Instructor:** Casey Parent Murphy

**Program #** 23-210



# HEALTH, WELLNESS & ENRICHMENT

## **GOLF FOR BEGINNERS**

Learn the basics of golf while working on the correct grip, stance, and posture necessary for starting out. Practice driving, chipping and putting while learning the rules of the game and proper golf etiquette. Weekly ball fees included. No jeans or t-shirts are permitted and participants must supply his/her own clubs. Min 4/Max 6

**Date:** Thursdays, 5/7-5/28 (4 classes)

**Time:** 9:00 - 10:00 am

**Fee:** \$125.00

**Location:** Purpoodock Club

**Instructor:** Dan Britt

**Program #** 23-125

## **SOFTBALL LITE**

A beloved Hudson Valley institution since 2001 comes to Cape Elizabeth! Enjoy a fun game every week. All skill levels. We try to pick even teams depending on who shows up. The critical rule is to not make anyone else feel bad, nor ever apologize for making an error or striking out. Ages 14-99 Just bring a glove.

**Date:** Sat 7/11-8/15 (No Drop in 8/1)

**Time:** 9:00 -11:00 am

**Instructor:** Jonathan Fisher

**Drop in Fee:** \$3

**Location:** HS Softball Field

## **ADULT CO-ED VOLLEYBALL**

Designed for adults and high school students to have an opportunity to play organized, pick-up volleyball on a regulation size court. This is a fun workout in a competitive atmosphere. We encourage anyone of varying abilities to participate.

**Date:** Wed, 2/26-5/20 (No drop in 4/1 or 4/8)

**Time:** 7:00 pm - 10:00 pm

**Drop in Fee:** \$4

**Location:** HS Gym

**Supervisor:** Bryan Connelly

## **ADULT TENNIS - BEGINNER**

It may be that you have often thought about learning to play tennis and just haven't gotten around to it. Maybe you realize acquiring a new skill is a great way to spend your "me time." Whatever the reason, now is the time! This class will focus on the basics - strokes, movement, and fundamentals of the game of tennis.

**Date:** Wednesdays 4/29-6/10

**Time:** 8:45am-9:45 am

**Fee:** \$105

**Location:** Fort Williams Park Tennis Courts

**Instructor:** Mary Gray

**Program #** 23-127

## **ADULT TENNIS INTERMEDIATE & ADVANCED**

Didn't get enough tennis in this summer? Or do you want to hone your skills before the winter indoor season? Let's get out on the courts together and enjoy the beautiful Maine fall weather! These clinics will focus on stroke work, drill sessions, and both singles and doubles match play.

**Date:** Wednesdays 4/29-6/10

**Time:** 9:45 am-10:45am

**Fee:** \$105

**Location:** Fort Williams Park Tennis Courts

**Instructor:** Mary Gray

**Program #** 23-128

## **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:** Sun, 4/5-5/10 (No Class 4/12)

**Time:** 6:30 pm - 8:00 pm

**Instructor:** David Peary

**Fee:** \$30

**Location:** HS Gymnasium

**Program #** 23-129

# HEALTH, WELLNESS & ENRICHMENT

## OPEN WOOD SHOP

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

**Date:** Wednesday 4/1-6/17 (No class 4/22 or 4/29)

**Time:** 6:00 - 9:00 pm

**Fee:** \$95

**Location:** HS Wood Shop

**Instructor:** John Fabish

**Program #** 23-130

## AMERICAN MAH JONGG AN INTRODUCTION

This Introduction to American Mah Jongg class is for adults who want to learn the fascinating tile game of Mah Jongg. Players use tiles and the National Mah Jongg League's annual card to put together winning hands, similar to Gin Rummy. In this class you will learn the basics of the game. You will learn to identify the tiles, understand the Mah Jongg card, and become familiar with game play. Join the fun and meet new people. All you need is willingness to learn and the 2020 National Mah Jongg League card. Purchase the 2020 card from the League's online site, [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) or from Amazon. Bring your 2020 card and your enthusiasm for Mah Jongg to all classes.

**Date:** Wednesday 8/12 - 9/2

**Time:** 11:30 am - 1:00 pm

**Location:** CECS Meeting Room

**Fee:** \$44

**Instructors:** Sharon Ash  
Tancredi

**Program #** 211-119



## TAI CHI & QIGONG FOR BALANCE

Tai Chi and Qigong are ancient Chinese arts that when practiced regularly generate greater range of motion (ROM), strength, and coordination, all of which enhance stability. We will also use these practices to explore proper body mechanics and energy flow for more efficient and effortless movement. We will be using Dr. Yang's Evidence-Based Curriculum of meditation and agility exercises, as well as his 7-step form and related Qigong series. Introductory level.

**Dates:** Mondays (No Class 5/25 or 6/8)

**Time:** 9:00-10:15 Beginner/10:30-11:45 Intermediate

**Location:** Beginner CC Living Room/Intermediate CC Activity Room

**Instructor:** Stephanie Carlson

<b>Date</b>	<b>Fee</b>	<b>Program</b>
Beginner 4/27-6/15	\$60	23-131
Intermediate 4/27- 6/15	\$60	23-132

## GERMAN FOR BEGINNERS \*NEW\*

Do you want to learn German for a trip to Europe or for business? This class focuses on German conversational skills and grammar. We will learn a lot about German culture and interesting facts about the Germans through real-life exercises and scenarios.

**Date:** Mondays, 4/6 - 6/8 (no class 4/20, 5/25)

**Time:** 10:15 - 11:45 am

**Fee:** \$85

**Location:** CECS Meeting Room

**Instructor:** Nicole Walther

**Program #** 23-134

**Date:** Thursdays, 4/9 - 6/4

**Time:** 6:00 - 7:30 pm

**Fee:** \$85

**Location:** CECS Meeting Room

**Instructor:** Nicole Walther

**Program #** 23-135

# HEALTH, WELLNESS & ENRICHMENT

## THE SKELETON IS KEY- **\*NEW\*** MOVEMENT INTELLIGENCE

The skeleton is the structure for alignment, injury prevention and dynamic locomotion. Awaken your own self-correcting intelligence on how your body moves. Navigate your skeletal roadmap through movement inquiry, trusting your own sensory judgment to define efficient alignment, posture, flexibility and bone strength.

**Date:** Tuesday & Wednesday 4/14- 4/29

**Time:** 1:00-2:30 pm

**Fee:** \$90

**Location:** CS Living Room

**Instructor,** Gretchen Langner, Feldenkrais® practitioner, Movement Intelligence Trainer

**Program #** 23-136

## THERE IS NO PILL FOR POSTURE - **\*NEW\*** MOVEMENT INTELLIGENCE

Improving posture is not about correcting one part but restoring the harmony of coordination involved in all the body parts. Posture in its apparent visual form is a consequence of the characteristic coordination and style that a person uses to mobilize. We can upgrade this relational quality between parts and reclaim a dulled response to a more comfortable, relaxed, robust, integrated use of self.

**Date:** Tuesday & Wednesday 5/12-5/27

**Time:** 1:00-2:30 pm

**Fee:** \$90

**Location:** CS Living Room

**Instructor,** Gretchen Langner, Feldenkrais® practitioner, Movement Intelligence trainer

**Program #** 23-137

## ADAPTIVE AQUATICS

This low impact water exercise class is designed for those with disabilities caused by aging bodies, surgery preparation or recovery, and other debilitating illnesses. Our wheelchair accessible pool will provide opportunity for water walking and strengthening exercises in shallow water. Rubber soled shoes are suggested.



**Date:** Tues/Thurs

**Time:** 1:00 pm - 2:00 pm

**Walk In Fee:** \$8

**Location:** Richards Community Pool

**Instructor:** Chris Robichaud

Date	# of Classes	Fee	Program
4/14 - 5/14	10	\$80	23-211
5/19 - 6/18	10	\$80	23-212

## 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.

**Dates:** Saturday, April 4th

**Time:** 9:00 am – 2:00 pm

**Fee:** \$40, age 65 and older \$30

**Location:** CC Living Room

**Instructor:** Certified Maine Driving Dynamics Instructor

**Program #** 22-144

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

Are you ready to ditch plastic in 2020? Trying to get rid of harmful plastic packaging in your home? Come learn the basics for how to reduce your waste by buying intentionally, recycling properly and saying no to single-use plastic. This is a no-judgement zone-- come with your questions and an open mind for shifting habits and tackling this problem! This free workshop is taught by Laura Marston, owner of GoGo Refill, New England's first zero-waste store. Laura is an expert in saying 'no thank you' to single-use plastic.



**Dates:** Wednesday, April 29th

**Time:** 6:00-7:30pm

**Fee:** FREE

**Location:** CC Meeting Room

**Instructor:** Laura Marston

**Program #** 23-138



**RECYCLING REFORM  
FOR MAINE**

More Effective • More Sustainable • More Equitable

# HEALTH, WELLNESS & ENRICHMENT

## OPEN PAINTING STUDIO

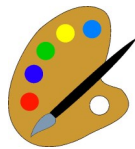
Join fellow painters in a non-classroom painting/drawing environment. Share ideas and suggestions, or just enjoy companionship while painting. Bring your own materials and projects.

**Date:** Tuesday, 3/26 - 6/19

**Time:** Anytime between 9:00 – 12:00 pm

**Walk-in Fee:** \$3

**Location:** CC Meeting Room



## BOTANICAL DRAWING FOR BEGINNERS

Students will be introduced to the basic techniques of botanical drawing through the close observation of various types of plants, primarily native to Maine, in addition to the use of photos. The principles of line, composition, and value will be emphasized utilizing graphite, charcoal, ink, and watercolor pencils. Meditative exercises will help to minimize inhibitions and fears associated with the creative process. A supply list will be provided when class is determined to run.

**Date:** Tuesdays, 4/28 - 6/2

**Time:** 12:30-2:30 pm

**Fee:** \$80

**Location:** CECS Meeting Room

**Instructor:** Chris Reed

**Program #** 23-139

## MINDFUL PASTEL LANDSCAPE DRAWING

This class will introduce students to the basic principles of soft pastel drawing, including the mixing of colors on various textured surfaces, layering, and blending (dry and wet technique). Composition/value will be explored through landscape photographs. Mindfulness exercises will accentuate the creative process and allow the inner artist to unfold naturally without judgment and fear. For beginners as well as those with previous experience. A supply list will be provided when class is determined to run.

**Date:** Thursdays, 4/30 - 6/4

**Time:** 12:30-2:30 pm

**Fee:** \$80

**Location:** CECS Meeting Room

**Instructor:** Chris Reed

**Program #** 23-140

## MINDFUL LANDSCAPE OIL PAINTING

This class is open to beginners as well as those looking to build upon prior experience in landscape oil painting. The basic skills of mixing colors, applying paint, developing composition and value will be acquired through the use of landscape photos. Each class will begin with a meditative exercise for minimizing inhibitions and fears associated with the creative process. A supply kit is available with a student discount at The Art Mart in Portland.

**Date:** Fridays, 5/1-6/5

**Time:** 12:30 - 2:30 pm

**Location:** CC Living Room

**Instructor:** Chris Reed

**Fee:** \$80

**Program #** 23-141

## BEGINNER FLOORCLOTH WORKSHOP \*NEW\*

Floorcloths are actual rugs made of heavy canvas. It is a functional art that dates back to the Colonial era in America when rugs were scarce and the colonists used sailcloth remnants as a decorative and functional floor covering. Paige carries on his tradition creating beautiful floorcloths that are extremely durable and easy to maintain. Workshops are offered in her studio that sits beneath the Cape Elizabeth lighthouse. The workshop will be over one weekend. Fees include all prep work of a 2x3' canvas that will hemmed and finished by Paige. Fees also covers coffee, tea & muffins in the morning as well as a full lunch at midday.

**Date:** Sat 4/25-Sun 4/26 or Sat 6/6 - Sun 6/7

**Time:** 9:30-4:30 pm

**Fee:** \$380

**Location:** Paige Carter Designs Studio, 10 Lighthouse Point Rd. Cape Elizabeth

**Instructor:** Paige Carter

**Program**

**April #** 23-142

**June #** 23-143



# HEALTH, WELLNESS & ENRICHMENT

*Please note for all CELT Programs, only participants who register at least 48 hours in advance of the program will receive notification of changes or cancellation.*

## **CELT NATURE WALK — VERNAL POOLS AND WILD FLOWERS IN ROBINSON WOODS**

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

**Date:** Tuesday, May 19th

**Time:** 9:00 - 11:00 am

**Fee:** \$6 per person

**Location:** Meet at the Robinson Woods Kiosk

**Instructor:** Tony Owens

**Program #** 23-144

## **CELT NATURE WALK – NATIVE PLANTS ROBINSON WOODS**

The Robinson Woods are full of exciting native plants, each with a story about landscape history. On this Cape Elizabeth Land Trust walk, Heather McCargo, Executive Director of Wild Seed Project will highlight some of the surprising diversity of species native to Maine, including delicate spring wildflowers, ferns, and a variety of shrubs and trees. She then identifies species adaptable to gardens and developed landscapes, those with edible and medicinal properties, and species with unusual reproductive strategies, all while discussing the threats to their survival. Learning to recognize native species in our midst is the first step toward advocating for their conservation. Please dress appropriately with footwear for possible wet walking.

**Date:** Thursday, May 21

**Time:** 5:00 – 6:30pm

**Fee:** \$12 per person

**Location:** Meet at the Robinson Woods Kiosk

**Instructor:** Heather McCargo, Executive Director of Wild Seed Project

**Program #** 23-145

## **CELT NATURE WALK - INVASIVE PLANTS**

Join Mike Hanks, a member of Cape Elizabeth Land Trust's Stewardship Committee, at CELT's newest property to learn about Invasive Plants found in Cape Elizabeth. During this CELT sponsored event you can expect to learn how to identify specific invasive plant species, eradication strategies, and why invasive species pose a threat to an ecosystem. Participants should meet at 498 Spurwink Ave, and be prepared to go on a gentle hike rain or shine. Please register at least 48 hours in advance of the program in order to receive notification of changes or cancellation.

**Date:** Wednesday, June 10

**Time:** 6:00 – 7:30 pm

**Fee:** \$6 per person

**Location:** Pollack Brooke Preserve: 498 Spurwink Ave

**Instructor:** Mike Hanks

**Program #** 23-146



## **CELT CROSS TOWN WALK**

Join Cape Elizabeth Land Trust's (CELT) Education Coordinator, Philip Mathieu for the annual Spring Cross Town Walk. Beginning at Portland Head Light, located at Fort Williams, this walk will traverse seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape's great places. This walk offers a unique overview of Cape's diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately three and one half hours and includes a picnic lunch provided by CELT at Kettle Cove. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams after the picnic. Snacks, drinks and lunch provided.

**Date:** Saturday, May 30

**Time:** 8:00 am-1:30 pm

**Fee:** \$10 per person

**Location:** Meet at Portland Headlight in the dirt parking lot closest to the lighthouse

**Instructor:** Philip Mathieu

**Program #** 23-147



# HEALTH, WELLNESS & ENRICHMENT

*Please note for all CELT Programs, only participants who register at least 48 hours in advance of the program will receive notification of changes or cancellation.*

## CELT'S SACRED LANDSCAPES: HEALING THE LAND

The Cape Elizabeth Land Trust (CELT) is thrilled to offer a presentation led by Ted Carter, of Ted Carter Inspired Landscapes, about bringing ourselves into harmony with our surroundings. Ted will discuss how he, along with Calen & Jini Rayne, incorporate the practices of feng shui, geomancy, and earth energies to design a thoughtful landscape design that is in harmony with the land. He is passionate about the human's connection to nature and energy and wants you understand how to experience sacred space at your home. [www.sacredlandscapes.com](http://www.sacredlandscapes.com). This talk, coupled with a power point slide show will take place at the Community Services Building, and proceeds will be donated to CELT.

**Date:** Thursday, April 9

**Time:** 7:00-8:00pm

**Fee:** \$6 per person

**Location:** CECS Community Room, 343 Ocean House Rd.

**Instructor:** Ted Carter

**Program #** 23-148

## CELT'S AMPHIBIAN PROGRAM

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

**Date:** Monday, May 11

**Time:** 7:00pm-9:00 pm

**Fee:** \$6 per person

**Location:** Meet at Robinson Woods Kiosk

**Instructor:** Erika Rhile and Lisa Gent

**Program #** 23-149

## TIDEEPOLING THE ROCKY SHORE WITH CELT

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat! Join Natasha Rathlev of the Cape Elizabeth Land Trust on this summer evening to search for crabs, snails and other marine life. Recommended footwear is lace-up, closed-toed shoes that can get soaking wet. Due to parking, participation is limited to 8 families. The program will take place on the Kettle Cove Beach.

**Date:** Friday, May 22

**Time:** 5:00 – 6:00 pm (low tide at 5:49 pm)

**Fee:** \$6 per family

**Location:** Kettle Cove Beach

**Instructor:** Natasha Rathlev

**Program #** 23-150

## FORT WILLIAMS PARK WALKING TOUR

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

**Date:** Monday, May 18 (rain date Friday, 5/22)

**Time:** 8:30 - 10:30 am

**Fee:** Free

**Location:** Battery Blair, Fort Williams Park

**Program #** 23-151

## PORTLAND HEAD LIGHT TOWER CLIMB

**\*NEW\***

Come follow in the footsteps of Portland Head lighthouse keepers from as far back as 1792! Jim Rowe will talk about some of the history of our famous beacon as we trudge up the spiral staircase to the walkway and the best views in Cape Elizabeth! Participants should be appropriately fit to make a fairly steep 10 story climb. Participants must be at least 48", no child carriers allowed and there is a max of 10 participants per tour.

<b>Date</b>	<b>Time</b>	<b>Program</b>
Tuesday, May 19	4:00-5:00 pm	23-152
Wednesday, May 20	4:00-5:00 pm	23-153
Thursday, May 21	4:00-5:00 pm	23-154

# OUTINGS, ARTS & ENTERTAINMENT

## WISCASSET HISTORIC HOUSE TOURS

Step back in time on this narrated walking tour of two unique Maine landmarks followed by lunch at Sarah's Café. Built in the early 1800's, Castle Tucker is one of the most complete and original Victorian homes in the United States, and the Federal style Nickels-Sortwell House was built by a sea captain and restored by an industrialist. It is also a National Historic Landmark. Visit these two house museums in downtown Wiscasset. There will be a lot of standing, walking and stairs on this tour.

**Date:** Friday, June 19

**Time:** 8:30 am - 3:30 pm

**Fee:** \$32 (Admission & Transportation, Lunch on Own.)

**Program #** 23-155

## LILACS IN BLOOM

Listed as a Cultural Landscape on the National Register of Historic Places, McLaughlin Garden & Homestead is also home to New England's largest collection of over 200 species of lilacs. With any luck, our tour will coincide with their peak bloom. Additionally, the garden is a haven for birds and pollinators by nature of its arboretum and flowering plant collection. Following our guided tour we will have a box lunch onsite.

**Date:** Wednesday, May 27

**Time:** 8:45 am - 2:30 pm

**Fee:** \$33 (Includes Transportation, Tour & Lunch)

**Program #** 23-156

## DIRTY DANCING THE MUSICAL

*You'll have the "time of your life!"* at the Ogunquit Playhouse. Based on the world-wide smash-hit film, this new adaptation is an unprecedented live experience exploding with heart-pounding music, passionate romance, and sensational dancing. The show tells the story of two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives. No refunds after 5/13.

**Date:** Thursday, June 11

**Time:** Depart 12:30 - 6:00 pm

**Fee:** \$79 (Includes Transportation & Ticket)

**Program #** 23-157

## MAINE COUNTRY MUSIC HALL OF FAME & MUSEUM

The Country Music Hall of Fame is dedicated to the preservation & education of the rich cultural history of country music from the State of Maine. Located on the lower level of the Silver Spur Country Club in Mechanic Falls, the museum holds many unique artifacts... records, clothing, musical instruments, photos and even stage set props. Slim Andrews, 2002 inductee will be our tour guide. We will have lunch at Mac's Grill in Auburn following our tour.

**Date:** Friday, July 17

**Time:** 8:30 am - 2:30 pm

**Fee:** \$15 (Includes Tour & Transportation, Lunch on Own)

**Program #** 211-113



## CHICAGO BROADWAY NATIONAL TOUR

There's never been a better time to experience CHICAGO, Broadway's razzle-dazzle smash. This triumphant hit musical is the recipient of six Tony Awards, two Olivier Awards, a Grammy, thousands of standing ovations and now the #1 longest-running American Musical in Broadway history. CHICAGO has everything that makes Broadway great: a universal tale of fame, fortune and all that jazz; one show-stopping song after another; and the most astonishing dancing you've ever seen. Performance at Merrill Auditorium. No refunds after 4/1.

**Date:** Thursday, May 14

**Time:** 6:45 pm - 10:30 pm

**Fee:** \$71 (Includes Ticket & Transportation)

**Program #** 23-158

## TITANIC - MAINE STATE MUSIC THEATER

The musical *Titanic* examines the causes, the conditions and the characters involved in this ever-drama. This is the factual story of that ship—of her officers, crew and passengers, to be sure—but she will not serve as merely the background against which fictional narratives are recounted. The central character of our *Titanic* is the Titanic herself. The performance will be at the Pickard Theater in Brunswick. No refunds after 5/6.

**Date:** Friday, June 5

**Time:** 12:15 - 5:30 pm

**Fee:** \$ 73 (Includes Ticket & Transportation)

**Program #** 23-159

## OUTINGS, ARTS & ENTERTAINMENT

### GILDED AGE WALKING TOUR

Join us on this Greater Portland Landmarks' guided one hour walking tour through the Western Promenade, one of Portland's most exclusive neighborhoods. Discover the entrepreneurs, the hidden web of relationships between neighbors and the remarkable women who lived here during the area's building boom from the 1870s to the 1920s. Rain or shine. No public restrooms on walk.

**Date:** Wednesday, August 12

**Time:** 9:30 - 11:30 am

**Fee:** \$13 (Includes Tour & Transportation)

**Program #** 211-114

### THE SPITFIRE GRILL

"This soul satisfying musical is full of honesty and nourishment." Performed at Berwick's quaint Hackmatack Playhouse, Spitfire Grill tells the tale of 70 year old Hannah who is ready to sell the eatery she owns in her depressed corner of Maine, but there are no takers. On the suggestion of a feisty young lady who has just moved to town, Hannah decides to raffle off the Grill for \$100 and "the best essay". Soon, this Grill is definitely cookin'! Lunch at Fogarty's prior to the show. No refunds after 7/29.

**Date:** Thursday, August 27

**Time:** 10:30 am - 5:00 pm

**Fee:** \$34 (Includes Ticket & Transportation, Lunch on Own)

**Program #** 211-115

### HUSSEY SEATING COMPANY TOUR & LUNCH

The Hussey Seating Company's origins are in the development of a more efficient plow beginning in the early 1800s. For nearly two hundred years, the Hussey family have continued to evolve the company. Learn the origins of this fascinating North Berwick company from plows to now. We will tour the manufacturing plant (protective gear provided), showroom and museum followed by lunch at nearby Johnson's Seafood Restaurant. This tour requires extensive walking and is not suitable for mobility impaired individuals.

**Date:** Thursday, July 9

**Time:** 8:30 am - 2:30 pm

**Fee:** \$12 (Includes Tour & Transportation, Lunch on Own)

**Program #** 211-116

### EAGLE ISLAND

Join Captain Peter Milholland aboard the Pamela B as we cruise from South Freeport through Broad Sound to Eagle Island. Upon arrival to the Visitor Center, a 10 minute video chronicles the American hero Admiral Robert Peary, his discovery of the North Pole, and his love of Maine and his Eagle Island. Free audio wands offer a narrated self guided tour of the Peary Museum and the island trails. Much of the audio is narrated by Cmdr. Ed Stafford, USN, Retired, a grandson of the Admiral, who led personal tours of the island for many years and whose stories of summers on the island as a young man have captured the imagination of generations of visitors. *This historic landmark has a few major barriers such as a steep gangway at low tide, a float subject to tidal movement, and access to the historic house is on a steep slope. Most people with disabilities, even with assistance, will be challenged or unable or to access.* No refunds after 3/3.

**Date:** Thursday, June 25, Raindate July 23

**Time:** 8:15 am - 2:00 pm

**Fee:** \$72.50 (Includes Transportation, Cruise and Box Lunch)

**Program #** 23-160

### MAKING SAUERKRAUT AND KIMCHI

Lacto-fermentation, or lactic acid fermentation, is a metabolic process in which sugars are converted by various bacteria into lactic acid and other metabolites. It is an anaerobic fermentation process that has been employed by various peoples for thousands of years around the world. Fermented foods are an excellent source of vitamins and may promote a healthy gut biome. We can use the same basic principles to ferment many different foods to create a variety of products. Learn how to make sauerkraut and kimchi! We'll use knives and other kitchen tools to prepare the vegetables, and follow a few time-tested and honed recipes to craft these delicious and healthy fermented foods. Everybody gets a jar of each one to take home.

**Date:** Tuesday, July 21

**Time:** 9:00 am - 12:00 pm

**Fee:** \$35

**Location:** CS Community Room

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 211-117



# OUTINGS, ARTS & ENTERTAINMENT

## ROUND WILLOW BASKET MAKING

Humans have been weaving baskets for hundreds of thousands of years. Willows have ancient, global cross-cultural significance; they are strong and respond positively to coppicing and pollarding, two pruning techniques used in land management. Willow bark contains salicin, which has been used by humans for thousands of years to ease pain from stomach pain and headaches. Learn to weave with willows: they are such a joy to weave with! We'll cover identification, regenerative gathering, storage and processing, and several basic techniques required to make a basket.

**Date:** Tuesday, May 26  
**Time:** 9:00 am - 1:00 pm  
**Fee:** \$35  
**Location:** CS Community Room  
**Instructor:** Zack Rouda, Rewild Maine  
**Program #** 23-161



## PINE NEEDLE BASKET MAKING

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

**Date:** Tuesday, June 23  
**Time:** 9:00 am - 1:00 pm  
**Fee:** \$35  
**Location:** CS Community Room  
**Instructor:** Zack Rouda, Rewild Maine  
**Program #** 23-162

## CLUB 62+

Sign up to dine out. Park at the Community Center and climb aboard our 14 passenger mini bus and together we will set out on a culinary adventure in search of unique experiences, favorite meals, new cuisines or just a beautiful view to enjoy among the company of others. Meals are on own unless otherwise noted. Please be prepared to pay in cash. Eight person minimum.

## THREE SISTERS FAMILY RESTAURANT

Breakfast or Lunch? Three sisters serve up your choice of eggs, omelets, pancakes, waffles, crepes, sandwiches, salads and soups.  
**Date:** Friday, May 22  
**Time:** 11:30 am - 2:00 pm  
**Fee:** \$5 (Includes Transportation, Lunch on Own)  
**Program #** 23-164

## BILLY'S CHOWDER HOUSE

Billy's Chowder House is a casual seafood restaurant, located in the southern coastal town of Wells, with a reputation for great chowder and lobster rolls and is located in the middle of the Rachel Carson Wildlife Preserve and Tidal Marsh.  
**Date:** Wednesday, June 10  
**Time:** 10:15 am - 2:00 pm  
**Fee:** \$7 (Includes Transportation, Lunch on Own)  
**Program #** 23-165

## RIVALRIES FALMOUTH

Upscale sports bar and restaurant offering a warm and casual atmosphere ideal for both sports fans and non-sports fans. Their extensive menu offers something for everyone....From soups and salads to appetizers, sandwiches and entrees. And of course, dessert.  
**Date:** Thursday, July 30  
**Time:** 11:15 am - 1:30 pm  
**Fee:** \$5 (Includes Transportation, Lunch on Own)  
**Program #** 211-118

## SUCCESSFUL AGING EXPO

Join aging Mainers, adult children, boomers and professionals for exhibits, screenings, and speakers featuring products, services and information especially targeted to healthy aging. The Maine Senior Guide hosts six of these annually throughout the state. This one is being held in Scarborough at St Max Kolbe Church.

**Date:** Wednesday, May 6  
**Program #** 23-163  
**Time:** 12:15 - 2:15 pm  
**Fee:** \$3



# YOUTH PROGRAMS

## **BARNACLES 1 (6-18 MONTHS OLD)**

This parent with child in the water program is a water orientation class with the instructor guiding the parent in teaching their child basic skills of swimming in a play-group atmosphere.

## **BARNACLES 2 (18 MONTHS-3+ YEARS OLD)**

This parent with child program is structured with an emphasis placed on independence and group learning. Class consists of structured instructional time, safety skills, and playtime.

## **TURTLES: (2-1/2-4 YEARS OLD)**

*Prerequisite:* Barnacles 2, or permission from pool staff. This parent/child class will allow children to continue working on water comfort and basic swimming skills, while working on becoming more independent in the water, and working towards swimming without direct parent participation.

## **DUCKLINGS/DOLPHINS (3-6 YEARS OLD)**

Children are grouped by ability level and taught personal safety skills, underwater skills, independent swimming skills, and floating skills. Our caring and supportive instructors will help build the confidence and strength of each swimmer while enabling them to grow independently in the water.

**Ducklings 1:** This class is for the beginner swimmer that cannot swim independently with a flotation device, or is wearing a 3 cell bubble belt. Ideal for the child who has not been in a lesson setting, the child will become better acclimated to the water and will focus on basic water and safety skills. *Prerequisite* - age 3 by start of class. *Skills Taught:* water adjustment & paddle stroke

**Ducklings 2:** *Prerequisite:* swim 1/2 length of the pool with 2 bubbles **horizontally** and be comfortable putting his/her face under water. *Skills Taught:* water adjustment & paddle stroke

**Dolphins 1:** *Prerequisite:* swim 1/2 length of the pool with 1 bubble and be comfortable with rhythmic breathing and back floating. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water

**Dolphins 2:** *Prerequisite:* swim length of the pool without flotation, be comfortable rhythmic breathing, basic freestyle, and backstroke. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.

## **PROGRESSIVE LESSONS (AGES 6+ YEARS OLD)**

Children are grouped by ability level within this age group and are introduced to all of the strokes and focus on personal growth, safety, rescue skills, diving, and water games. Classes are 45 minutes long with a ratio of 5-8 swimmers per instructor (*based on skill level*).

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

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

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

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

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





# YOUTH PROGRAMS

## SPRING SESSION April 27 - June 20

Mondays 4/27 - 6/8 (No Class 5/25)

Thursdays 4/30 - 6/11

Saturdays 5/2 - 6/20 (No Class 5/23)

Level	Day	Time	# Classes	Fee	Program#
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	7	\$53	23-213
<b>Barnacles 1</b>	Sat	9:00 - 9:30 am	7	\$53	23-214
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	7	\$53	23-215
<b>Turtles</b>	Sat	10:00 - 10:30 am	7	\$53	23-216
<b>Ducklings 1</b>	Thurs	10:30 - 11:00 am	7	\$53	23-217
	Sat	9:00 - 9:30 am	7	\$53	23-218
	Sat	10:00 - 10:30 am	7	\$53	23-219
<b>Ducklings 2</b>	Mon	10:30 - 11:00 am	6	\$45	23-220
	Thurs	11:30 - 12:00 pm	7	\$53	23-221
	Sat	9:00 - 9:30 am	7	\$53	23-222
	Sat	10:30 - 11:00 am	7	\$53	23-223
<b>Dolphins 1</b>	Mon	10:00 - 10:30 am	6	\$45	23-224
	Thurs	11:00 am - 11:30 am	7	\$53	23-225
	Sat	9:30 - 10:00 am	7	\$53	23-226
	Sat	10:00 - 10:30 am	7	\$53	23-227
<b>Dolphins 2</b>	Sat	9:30 - 10:00 am	7	\$53	23-228
<b>Level 1</b>	Sat	9:00 - 9:45 am	7	\$65	23-229
	Sat	10:30 - 11:15 am	7	\$65	23-230
<b>Level 2</b>	Sat	9:00 - 9:45 am	7	\$65	23-231
	Sat	10:30 - 11:15 am	7	\$65	23-232
<b>Level 3</b>	Sat	9:45 - 10:30 am	7	\$65	23-233
	Sat	10:30 - 11:15 am	7	\$65	23-234
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	7	\$65	23-235

## 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. Each swimmer will be evaluated on the first day and placed into a group with similar abilities. 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 against the South Portland Rip Tide Swim Club, with the main focus on setting goals, and improving personal best times.



**Parent pick-up or extended care only, no late bus.** (No class April Vacation week)

**Dates:** Tuesday/Thursday April 2 - May 28th

**Time:** 3:00 - 4:15 pm

**Location:** Richards Community Pool

**Fee:** \$140

**Instructors:** Jess Blake, Tom DeYoung, Alina Perez, Genna Worthlady and CS Swim Staff

**Program #** 22-274

# YOUTH PROGRAMS

## SUMMER SESSION

**Session 1:** Monday/Wednesday 6/22-7/8, Tuesday/Thursday 6/23-7/9

**Session 2:** Monday/Wednesday 7/13-7/29 Tuesday/Thursday 7/14-7/30

Barnacles 1 & 2 and Turtles: Friday 6/26-8/7 (No Class 7/3 or 7/31)

Level	Day	Time	# Classes	Fee	Program
<b>Barnacles 1/2</b>	Friday	10:00 - 10:30 am	5	\$38	211-203
<b>Turtles</b>	Friday	10:30 - 11:00 am	5	\$38	211-204
<b>Ducklings 1</b>	Mon/Wed Session 1	8:45 - 9:15 am	6	\$45	211-205
	Mon/Wed Session 2	8:45 - 9:15 am	6	\$45	211-206
<b>Ducklings 2</b>	Mon/Wed Session 1	8:45 - 9:15 am	6	\$45	211-207
	Mon/Wed Session 2	8:45 - 9:15 am	6	\$45	211-208
<b>Dolphins 1</b>	Mon/Wed Session 1	8:45 - 9:15 am	6	\$45	211-209
	Mon/Wed Session 2	8:45 - 9:15 am	6	\$45	211-210
<b>Level 1</b>	Tu/Th Session 1	8:30 - 9:00 am	6	\$45	211-211
	Tu/Th Session 2	8:30 - 9:00 am	6	\$45	211-212
<b>Level 2</b>	Tu/Th Session 1	8:30 - 9:00 am	6	\$45	211-213
	Tu/Th Session 2	8:30 - 9:00 am	6	\$45	211-214
<b>Level 3</b>	Tu/Th Session 1	8:30 - 9:00 am	6	\$45	211-215
	Tu/Th Session 2	8:30 - 9:00 am	6	\$45	211-216

## SPLASH PARTIES/ POOL RENTALS

Fees include exclusive use of the entire pool and all life-guard 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 UNTIL 6/16

Saturdays : 2:45 - 3:45 pm & 3:45 - 4:45 pm

Sundays: 1:00 - 2:00 pm

Café immediately following pool rental

### SUMMER OPTION AFTER 6/16

Sundays: 1:00-2:00/No Café Available

Café, if rented, would be available immediately following pool time.



Become a strong swimmer and be part of a fun team at Coastal Maine Aquatics (CMA)! A USA Swimming sanctioned club, we offer year-round coaching to all levels of young swimmers, age 6 to 18, from basic stroke development, to collegiate level competition, and everything in between. Practices are close-by -- at the CEHS pool and the S.P. Community Center pool. For more information, contact head coach Marcel DaPonte at [marcel@coastalmaineaquatics.com](mailto:marcel@coastalmaineaquatics.com).

Swim fast...have fun...join CMA!

# YOUTH PROGRAMS

## **CELT'S GOOD NIGHT, CAPE ELIZABETH**

**(Ages: 2-6 w/adult)**

Children ages 2-6 (with an adult) are invited to enjoy a bedtime hour about amphibians & their habitat in Maine, during the Cape Elizabeth Land Trust event. Join CELT volunteer, Jill Darling for stories, a craft, and a brief visit outdoors to learn about amphibians and their habitat in Cape Elizabeth. Come to the **Community Services Building** in your pajamas, and bring a snack. Parents/Guardians must be present. Participants who register at least 48 hours in advance of the program will receive notification of changes or cancellation.

**Date:** Tuesday, May 19

**Time:** 6:00 – 7:00 pm

**Fee:** \$6/parent & 1 child. Each additional child \$3.

**Location:** CECS, Living Room

**Instructor:** Jill Darling

**Program #** 23-309

## **BOUNCING BUDS (Ages: 2-3 Years)**

Come explore the art of dance with Brio Dance Studio in our Bouncing Buds class! This class is created for the young dancer and incorporates pre-ballet and creative movement steps. Each class will include music, props, group and partner dancing, individual attention and lots of fun! Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans.

**Dates:** Thursdays, April 30 - June 4

**Time:** 9:30 - 10:00 am

**Fee:** \$68

**Location:** CECS, Living Room

**Instructor:** Julie Wilkes

**Program #** 23-310

## **CELT'S LITTLE EXPLORERS**

**(Ages: 3-5 w/adult)**

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

**Date:** Friday, May 15

**Time:** 9:00 – 10:00 am

**Fee:** \$6/family.

**Location:** Meet at Robinson Woods parking/Shore Road

**Instructor:** Lisa Gent

**Program #** 23-311

## **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. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans.

**Dates:** Thursdays, April 30 - June 4

**Time:** 10:15 - 11:00 am

**Fee:** \$78

**Location:** CECS, Community Room

**Instructor:** Julie Wilkes

**Program #** 23-312

## **Toddler Open Gym (Ages: 1-3 years)**

Moms, Dads and Nannies have a chance to have some special time with your child. All gym equipment and mats will be pulled out and may be used freely under your guidance.

**Dates:** Fridays, April 10 – May 29 (no session April 17 or April 24)

**Time:** 10:30 am-12:00 pm

**Walk-in Fee:** \$5/Family

**Location:** CECS, Activity Room

# YOUTH PROGRAMS

## **MINDFUL MIXED MEDIA (Gr: 2-4)**

Students will combine graphite, charcoal, pastels, colored pencils, markers, tempera paint, and various collage materials to express themselves in abstract and representational ways. Photos, still life setups and objects from home will generate artistic inspiration. Mindfulness exercises will be used to complement the creative process.

**Dates:** Tuesdays, April 28 - June 2

**Time:** 3:00 - 4:00 pm

**Fee:** \$95 (Includes Materials)

**Location:** CECS, Living Room

**Instructor:** Chris Reed

**Program #** 23-313

## **TAP/JAZZ (Gr: K-2)**

This class explores beginning tap and jazz techniques. Each class will include warm-up, stretching, rhythm exercises, progressing dance steps, working with classmates and improvisation. This class is perfect for the dancer that loves to move and tap their toes! Visitors will be asked to wait in the lobby during class time.

**Dates:** Fridays, May 1 - June 5 (No Late Bus)

**Time:** 3:00 - 4:00 pm

**Fee:** \$83

**Location:** CECS, Activity Room

**Instructor:** Julie Wilkes, Brio Dance Studio

**Program #** 23-314

## **TAP/JAZZ 2 (Gr: 3-5)**

This class is for dancers who have taken at least one year of tap and jazz or ballet and are ready to take their training to the next level. We will build upon skills taught in beginning tap and jazz classes. Each class will include a warm-up, stretching, rhythm, exercises, progressing dance steps, working with classmates and improvisation. We ask that all dancers bring tap shoes each week to class. Ask about our shoe swap program!

**Dates:** Fridays, May 1 - June 5

**Time:** 4:00 - 5:00 pm

**Fee:** \$83

**Location:** CECS, Activity Room

**Instructor:** Julie Wilkes, Brio Dance Studio

**Program #** 23-315

## **MINDFUL SCULPTING (Gr: 2-4)**

This class will provide students with the opportunity to explore a variety of ways to create sculptures using clay, paper, cardboard, cups, wire and other objects. Mindfulness exercises will be used to generate creative ideas.

**Dates:** Thursdays, April 30 - June 4

**Time:** 3:00 - 4:00 pm

**Fee:** \$95 (Includes Materials)

**Location:** CECS, Living Room

**Instructor:** Chris Reed

**Program #** 23-316

## **HIP/HOP (Gr: K-3)**

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 flexible shoes or socks and comfortable clothing, no jeans.

**Dates:** Tuesdays, April 28 - June 2

**Time:** 3:00 - 4:00 pm

**Fee:** \$83

**Location:** Pond Cove, Gymnasium

**Instructor:** Julie Wilkes, Brio Dance Studio

**Program #** 23-317

## **APRIL VACATION CAMP (Gr: K-6)**

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. Price includes field trip fees. Campers must bring water bottle and lunch. Swimming daily and field trips TBA

**Dates:** Tuesday - Friday 4/21-4/24

**Time:** 8:00 am - 4:00 pm

**Fee:** \$168

**Location:** CECS, After Care Room

**Program #** 22-357

# YOUTH PROGRAMS

## **BRIXOLOGY & ENGINEERING (Gr: K-4)**

The Mad Science BRIXOLOGY Program sets the foundation for our next generation of makers! This program is unlike any Bricks program your child has ever done! Kids learn about different types of engineering and then team up to construct a different engineering-themed project using LEGO bricks. They learn about aerospace engineering while assembling a space station. They explore mechanical engineering as they build boats and vehicles. That's not all, from carnival rides to drawing machines, mechanical animals to truss bridges, your future engineer will build upon their creativity to solve real-world design challenges, while developing their problem-solving and team-building skills. Let the tinkering begin!

**Dates:** Thursdays, April 9 - June 4 (No Class 4/23)

**Time:** 3:00 - 4:00 pm

**Fee:** \$116

**Location:** Pond Cove, Health Room

**Instructor:** Mad Science Staff

**Program #** 23-318

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

Explore all the mysteries in the world! Solve the mysteries of weather, model echolocation and find out about gravity on the moon. Learn about fingerprints and discover how your senses !

**Dates:** Tuesdays, April 28 - June 2

**Time:** 3:00 - 4:00 pm

**Fee:** \$105

**Location:** Pond Cove, Art Room

**Instructor:** Genia Sklute

**Program #** 23-319

## **FINALLY FUN SCIENCE - PART I (Gr: 5-7)**

Finally....have some fun with science as we roll up our sleeves and do REAL science experiments. Explore thermochromic reaction, extract DNA and learn about forensic science. We will discover how our systems work, get a glimpse of eclipse and so much more!

**Dates:** Thursday, May 7 - June 11

**Time:** 2:30 - 3:45 pm

**Fee:** \$112

**Location:** CEMS, Art Room

**Instructor:** Genia Sklute

**Program #** 23-320

## **SPRING MINECRAFT (Gr: 2-8)**

Minecraft is a popular video game that generates a world filled with possibility, limited only by our own imagination. The game can be as simple or as complicated as you want, letting people of all ages enjoy it. Join us for a Spring blast!

**Location:** CEMS, Computer Lab

**Fee:** \$50

**Instructor:** Jack Duffy

**Grade:** 2nd-4th

**Dates:** Tuesdays, April 28 - May 26

**Time:** 3:00 - 4:00 pm

**Program #** 23-345

**Grade:** 5th-8th

**Dates:** Mondays, April 27- June 1 (no class on 5/25)

**Time:** 2:30 - 4:00 pm

**Program #** 23-321

## **NATURAL WONDERS (Gr: K-2)**

Investigate the natural wonders on our world as we visit extreme scenes from the desert to the sea. Get buggy and explore insects, birds, predators and prey! Don't get blown away by the weather when we experience some strong air and meteorology madness!

**Dates:** Mondays, May 11 - June 15 (no class 5/25)

**Time:** 3:00 - 4:00 pm

**Fee:** \$87

**Location:** CECS, Living Room

**Instructor:** Genia Sklute

**Program #** 23-322





# YOUTH PROGRAMS

## HIKE CLUB (Gr: 3-4)

Join us for fresh air and outdoor exercise! Enjoy the beauty of our hometown hiking sections of the Land Trust and Green Belt Trails. Each hike will be roughly two miles covering different terrain and habitats. Bring a snack, water bottle and good walking shoes (possibly boots). Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week.

**Dates:** Thursdays, May 7—May 28

**Time:** 3:00 - 5:00 pm

**Fee:** \$42

**Location:** Pond Cove, Lobby

**Instructor:** Ms. Bucci & Ms. Tweedie, PC Teachers

**Program #** 23-323

## X-COUNTRY RUNNING (Gr: 1-6)

This competitive level program requires all participants to be comfortable running/jogging a one mile course without assistance. For the Race: participants will be grouped into age divisions— Grades 1 & 2 distance 1/2 mile; Grades 3 & 4 distance 3/4 mile; Grades 5 & 6 distance 1 mile. Practices are held on Mondays, with a few Wednesdays until the meets begin. All practices will be held on school campus. Pick up at the Pond Cove circle. We will join other communities for weekly meets on Wednesdays to be held at various sites. In order to run this program, parent volunteers are needed for each practice maintaining a ratio of 1:10. Parent carpooling will be used for transportation to competitive meets and is the responsibility of individual parents. **The "all league meet" will be 1:00 pm, June 6th, at Twin Brook, 185 Tuttle Rd, Cumberland, ME** Rain Date: 6/7

**Dates:** Mondays & Wednesdays, April 27—June 6 (No Program 5/25)

**Time:** 3:00 - 4:00 pm, Early Release Time 2:00 - 3:00 pm

**Fee:** \$65 (Mandatory uniform shirt, \$10 if needed)

**Location:** Pond Cove Campus/Lobby

**Instructor:** Volunteer Coaches

**Program #** 23-324



## IRISH DANCE BEGINNERS (Gr: K-4)

Students in grades K-8 will learn the basics of Irish Dancing with a six week 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. ! Instructor Mairead Stillson has performed professionally with Riverdance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin. *No late bus on Fridays, parent pick up only.*

**Dates:** Friday, May 1 - June 12, (No class 5/8)

**Time:** 3:00 - 4:00 pm

**Fee:** \$107

**Location:** Pond Cove, Gymnasium

**Instructor:** Mairead Stillson

**Program #** 23-325



## IRISH DANCE ADVANCED (Gr: K-6)

Students in grades K-8 will build upon the basics of Irish Dancing with a six week advanced course.

**Dates:** Friday, May 1 - June 12 (no class 5/8)

**Time:** 4:15 - 5:15 pm

**Fee:** \$107

**Location:** Pond Cove, Gymnasium

**Instructor:** Mairead Stillson

**Program #** 23-326

## 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.

**Dates:** Mondays, Tuesdays, Wednesdays & Thursdays

**PROGRAM #**

**Session 1:** 6:00 pm - 8:30 pm, 4/27 -5/14 23-327

**Session 2:** 8:30 am -11:00 am, 6/22-7/9 211-300

**Session 3:** 8:30 am-11:00 am, 7/20- 8/6 211-301

**Fee:** \$495/Session

**Location:** CECS, Living Room

**Instructor:** Tim O'Carroll

# YOUTH PROGRAMS

## GROUP YOUTH UKULELE (Gr: 3-8)

Got uke? Here's a class to help you play ukulele in a fun group setting. We'll learn a few songs that are great for beginners. Through musical games and singing, we'll develop our musicianship skills together. This is also a good refresher class if you already have a little bit of uke experience. Free songbook provided to take home and practice.

**Dates:** Wednesday, May 6 - 27

**Time:** 3:00 - 4:00 pm, Early Release Time 2:00 - 3:00 pm

**Fee:** \$60

**Location:** Pond Cove, Music Room

**Instructor:** Mike Afthim

**Program #** 23-328

## WRITING FOR YOUNG AUTHORS (Gr: 3-4)

Does your child like to write? Does she/he have a story to tell? Young Author's Camp would love to help the aspiring writer begin the process. Classes will explore: the various types of stories, the essential components of a story, the development of ideas, the importance of good character development and dialogue, and imaginative language and action verbs.

A storyboard/timeline will be created during some of the classes to illustrate the construction of the story and to highlight the formation of their ideas.

The emphasis of the course will be to foster a positive experience in creative writing as well as learning the fundamentals in the literary process.

**Dates:** Monday & Wednesday, April 27 - May 20

**Time:** 3:00 - 4:00 pm, Early Release Time 2:00 - 3:00 pm

**Fee:** \$76

**Location:** CECS, Meeting Room

**Instructor:** Karen St. Germain

**Program #** 23-329

## YOUTH SPRING SOCCER (Ages: 4-6)

Is your child looking to play some fun soccer in the off season and improve their skills by getting more touches on the ball? Players, age 4 - 6 will be introduced to the basics of dribbling, passing, and shooting. They will develop age appropriate foot skills and strength/mobility in a fun environment. The first 25 min will be joint foot skill games and work, followed by a 30 min scrimmage. Size 3 ball and water bottle recommended

This is a PARENT COACHED league. Volunteer coaches are needed and welcomed! All coaches are provided practice plans each week.

**Dates:** Saturdays, May 2 - June 6 (no class on 5/23)

**Time:** 3:00 - 4:00 pm

**Fee:** \$50

## DRAMA KIDS (Gr: 3-4)

Drama Kids presents an Acting Academy Workshop! This workshop is for 3rd and 4th grade students who want to expand their skills in acting and public speaking. We will have fun while working hard to enhance their acting skills! This is a short workshop so there will be no performance for family, although the students will be performing for each other. (2nd grade students may enroll with permission from the Instructor). Come JOIN the Fun!

**Dates:** Wednesday, April 29 - June 10

**Time:** 3:00 - 4:00 pm, Early Release Time 2:00 - 3:00 pm

**Fee:** \$110

**Location:** Pond Cove, Gymnasium

**Instructor:** Jennifer Harriman

**Program #** 23-331

## SUPER SITTER SKILLS (Ages: 11 & Up)

Learn childcare essentials, safety, safe play, basic care, first aid, leadership and professionalism to help you be the best sitter you can be. 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 and keep the workbook. In this hands-on, interactive course, lifesaving skills will be practiced on manikins and fellow participants. Please bring a lunch.

**Date:** Saturday, June 6

**Time:** 8:30 am - 4:00 pm

**Fee:** \$84

**Location:** CECS, Community Room

**Instructor:** Karen Seymour

**Program #** 23-332



# YOUTH PROGRAMS

## JUNIOR LACROSSE FOR GIRLS (Gr: K-6)

Don't miss the chance to experience the fastest land sport in Maine. Girls Varsity Lacrosse Coach, Alex Spark, along with High School Varsity players, will introduce the sport to young players by teaching the skills and techniques of the game. Participants are required to supply their own stick, ball, eye goggles and mouth guard. Field shoes are recommended.

**Dates:** Saturdays, April 25 - May 30 (no class on 5/23)

**Time:** 8:30 - 10:00 am

**Fee:** \$70

**Location:** Hannaford Field

**Instructor:** Varsity Coach, Alex Spark

**Program #** 23-341

## SPRING TENNIS LESSONS

**(Ages: 4, 5, & Gr: K-8th)**

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

**Fee:** \$75

**Location:** High School, Tennis Courts

**Instructor:** Mary Gray

**Dates:** Saturdays, May 2 - June 6 (No Class 5/23)

Grade	Time	Program #
4, 5, & Kindergarten	9:00 - 10:00 am	23-334
Beginners Gr 1-4	10:00 - 11:00 am	23-335
Intermediate Gr 3-4	11:00 am - Noon	23-336
MS Ladder Play	12:00 - 1:00 pm	23-337

**Fee:** \$60

**Location:** Fort Williams Tennis Courts

**Instructor:** Mary Gray

**Dates:** Thursdays, April 30 - June 4 (No Class 5/21)

Grade	Time	Program #
Grade 1-2	3:30 - 4:15 pm	23-338
Grade 3-5	4:15 - 5:00 pm	23-339
Age 4, 5 & K	5:00 - 5:45 pm	23-340

## JUNIOR LACROSSE FOR BOYS (Gr: K-6)

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



**Dates:** Sundays, April 26 - May 31 (no class on 5/24)

**Time:** 9:00 - 10:30 am

**Fee:** \$70

**Location:** Hannaford Field

**Instructor:** Varsity Coach, Ben Raymond

**Program #** 23-333

## FAMILY TENNIS (Ages: 4 - 11)

Join us on Sundays to enjoy some indoor tennis as a family! Adults will focus on the development of their own skills, while also learning how to work with your child/children on the court. This format has proven to be extremely successful AND a great time! If you are interested in tennis, you have a child who already plays, or you wish to introduce your child to this wonderful lifetime sport, give this new format a try!

Adults may register with any number of children. Clinics offered are based on **the age of the youngest participant**. Choose accordingly!

**Dates:** Sundays, May 3 - June 7 (no class 5/24)

**Location:** High School, Tennis Courts

**Instructor:** Coach Mary Gray

<b>Fee:</b>	2 Participants	\$142
	3 Participants	\$206
	4+ Participants	\$266

Ages	Time	Program #
4 - 5	10:00 - 11:00 am	23-342
6 - 8	11:00 am - Noon	23-343
9 - 11	12:00 - 1:00 pm	23-344



# YOUTH PROGRAMS

Registration for Summer Camp must be in person at CECS office or by calling the office @ 207-799-2868. When registering your child, the group they enter is determined by ***the grade they will be entering in the Fall*** (School Year 2020-2021).

## CAMP PRICING

Register for all seven weeks and pay in full you will receive a 10% discount. Not ready to pay in full up front? Register for weeks interested in and pay the first week in full and subsequent weeks will be automatically withdrawn on Wednesday prior to the registered week. Refunds **issued only if withdrawal is received by 3:00 pm the Wednesday prior** to the next week of camp by calling 799-2868.

5 day week....\$180.00 (Weeks 1, 3, 4, 5, & 7)

4 day week....\$145.00 (Week 2, 6)



## LITTLE CUBS

Lead by the Preschool Staff

A great way for your child to enjoy some summer fun with other preschoolers. Weekly themes will surround story time and arts & crafts. Week 1 Ocean Exploration, Week 2 A Bug's Life, Week 3 At the Farm, Week 4 Backyard Garden, Week 5 Maine Authors, Week 6 Out in Space, Week 7 Days of the Dinosaurs. Campers will also participate in swim lessons, school bus orientation and safety, and outdoor play on the Cape Care playground.

**Dates:** June 22 - August 7

**Location:** Community Center

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

**Hours:** 8:30 am to 3:00 pm

## ADVENTURE CAMP

Lead by CECS Summer Staff

Adventure Camp offers structured activities the first half of the day. Campers will be with children their own age as well as some camp wide activities, with counselor led rotations of indoor and outdoor activities including: tennis, archery, basketball, art, gymnastics, field sports, games and daily swim lessons. Campers will participate in a number of these sometimes wet, sometimes messy, but always fun activities. Weekly theme days and field trips to amusement parks and beaches add to the adventure.

**Dates:** June 22 - August 7

**Location:** Cape Elizabeth Middle School

**Grades:** 1st - 5th graders (As of Fall 2020)

**Hours:** 8:30 am to 3:00 pm

**Bus:** Available during regular camp hours



# YOUTH PROGRAMS

## TEEN SCENE

Lead by CECS Summer Staff

This camp offers tweens and teens the chance to hang out with friends while participating in some great activities suited just for them. Teen Scene incorporates daily on campus sports activities, arts and crafts, games and swimming daily, and weekly field trips to amusement parks, the beach, and our amazing White Water Rafting trip.

**Dates:** June 22– August 7

**Location:** Tech Wing of CE Middle School

**Grades:** 6th - 9th (As of Fall 2020)

**Hours:** 8:30 am - 3:00 pm

**Bus:** Available during regular camp hours

## “JUST FOR THE DAY” TRIPS (6th-9th)

Join us for our field trip days to amusement parks, and water parks, the beach and don't forget the White Water Rafting trip. Cost includes transportation, a camp t-shirt, and admission to park.

**Where:** Meeting at the Parent Pick up circle of the Middle School by 8:30 am

**Return:** Times will vary due to distance.

**Supervisor:** CECS Summer Staff

## BEFORE/AFTER CAMP CARE

Before Camp Care will be available starting at 7:15 am for parents that need to be to work early. Before care drop off will be at Community Center for those ages 3 thru 6th grade. Weekly charge is 30.00

After Camp Care will be available from 3:00 to 5:30 pm for parents that need to work a little later. After Care pick up will be at the Community Center for those ages 3 thru 6th grade. Weekly charge is \$45.00

Registrations for Before Care and After Care will only be accepted and **refunds will only be issued if received by 3:00 pm the Wednesday prior to the next week of camp by calling 799-2868.** Payment in full for the following week is also due by this time. Due to staffing requirements, exceptions cannot be accommodated.

Date	Destination	Fee	Program #
6/25	Canobie Lake Park	\$60	211-337
7/9	Funtown/Splashtown	\$60	211-338
7/16	Sebago Lake State Park	\$60	211-339
7/23	Aquaboggan	\$60	211-340
8/12-13	White Water Rafting	\$230	211-341





# YOUTH PROGRAMS

## **THEATER CAMP (Ages: 6-11)**

Have you ever wondered how chipmunks got their stripes? According to Native American legend, chipmunks didn't always have stripes. In this funny children's play, chipmunk learns a valuable lesson. Campers will collaborate in a week long theater camp. They will build theater skills such as: voice projection, stage presence, and teamwork in a fun, creative atmosphere. There will be a presentation for family and friends on 8/21 at 2:30 pm. Patrick Reagan is a fifth grade teacher in Scarborough. He has been doing theater in the classroom for the past twenty-one years. Patrick has run theater camps at Fiddlehead Center for the Arts in Scarborough and for the past six years has been directing a summer theater camp at Scarborough Community Services.

**Dates:** Monday-Friday, August 17 - 21

**Time:** 9:00 am - 3:00 pm

**Fee:** \$210

**Location:** CECS, Activity Room

**Instructor:** Patrick Reagan

**Program #** 211-342

## **THE ARISTOCATS CAMP (Gr: 1-6)**

Come sing, dance and act this summer! In one fun filled week, students will learn songs, dances and scenes from "The Aristocats"! Each day will include drama games, dancing, and team building skills. Students will also be creating props, costumes and scenery for their show. It will culminate with a performance at 2:00 pm on the last day of camp for family and friends.

**Dates:** Monday-Friday, August 10 - 14

**Time:** 9:00 am - 3:00 pm

**Fee:** \$225

**Location:** CECS, Activity Room

**Instructor:** Barry Brinker

**Program #** 211-343

## **"SO YOU THINK YOU CAN DANCE" CAMP (Gr: 1-5)**

Does your child tap their toes constantly? Do you find them dancing around their room when they think no one is watching? We have the camp for them! Check out our "So You Think You Can Dance" Camp with Brio Dance Studio! Throughout the week, campers will learn different dance styles (ballet, contemporary, Jazz and hip hop), discuss good nutrition choices, explore the relationship between music and dance, work with partners and in a group and learn about improvisation and what it takes to be a choreographer. On Friday there will be a camper performance for family & friends! The performing arts aid in the growth of a child's self-confidence, coordination and creative expression. Join us for a week of fun, learning and dance appreciation! Campers will need to bring a lunch, snacks, water bottle and sunscreen each day.

**Dates:** Monday-Friday, August 24 -28

**Time:** 9:00 am - 4:00 pm

**Fee:** \$275

**Location:** CECS, Activity Room

**Instructor:** Julie Wilkes & Anna Troxell

**Program #** 211-344

## **ANNIE CAMP (Gr: 1-5)**

Act, sing, and dance your way through the wonderful story of little orphan "Annie"! We will be playing drama games, singing songs and learning choreography. Invite your friends and family to join us on 7/24 at 5:00 pm at for an informal performance.

**Dates:** Monday-Friday, July 20-24

**Time:** 3:15 - 5:00 pm

**Fee:** \$75

**Location:** Pond Cove, Cafetorium

**Instructor:** Barry Brinker

**Program #** 211-345



# YOUTH PROGRAMS

## “PRINCESS DANCE” CAMP

**(Ages: 3 years - Gr: K)**

Doesn't every little girl deserve the royal treatment? We think so! Join Brio Dance Studio for a week of dancing with the princesses! Each day will focus on a different Disney Princess. Daily activities will include: stretching; dance class; healthy snacks; craft time; princess manners; and dress up! Come explore the art of dance while learning the story of Frozen, Moana, and others!

The performing arts aid in the growth of a child's self-confidence, coordination, and creative expression.

Join Brio Dance Studio for a week of fun, learning, and finding your inner princess!

**Dates:** Monday - Friday, August 24 - August 28

**Time:** 9:00 am - 12:00 pm

**Fee:** \$135

**Location:** CECS, Community Room

**Instructor:** Julie Wilkes & Anna Troxell

**Program #** 211-346

## COMEDY CLUB - MAKE 'EM LAUGH!

**(Ages: 6-10)**

Milton Berle once said – “Laughter is an instant vacation” Campers this week will learn the art of comedy and clowning. In addition to a wide range of our zany drama activities, campers will learn and rehearse comedy activities and conduct amazing feats of humor.

**Dates:** Monday-Friday, August 3 -7

**Time:** 9:00 am - 12:00 pm

**Fee:** \$230

**Location:** CECS, Community Room

**Instructor:** Drama Kids

**Program #** 211-347



## YOUNG AUTHOR'S WRITING CAMP (Gr: 4-5)

Does your child like to write? Does she/he have a story to tell? Young Author's Camp would love to help the aspiring writer begin the process. Classes will explore: the various types of stories, the essential components of a story, the development of ideas, the importance of good character development and dialogue, and imaginative language and action verbs.

A storyboard/timeline will be created during some of the classes to illustrate the construction of the story and to highlight the formation of their ideas.

The emphasis of the course will be to foster a positive experience in creative writing as well as learning the fundamentals in the literary process.

**Dates:** Monday-Friday, July 13-17

**Time:** 3:00 - 5:00 pm

**Fee:** \$95

**Location:** CEMS, Classroom E105

**Instructor:** Karen St. Germain

**Program #** 211-348

## CEMS BAND CAMP

**(Gr: 6-9)**

The CEMS Band Camp is a day camp for current middle school band students who are rising 6th - 9th graders. The daily schedule includes full band rehearsals, sectional rehearsals, small ensembles, as well as supervised snack and recreation time. The band camp staff includes CEMS band director Caitlin Ramsey and CEHS band director Mike Scarpone. There will be a casual band room performance for family and friends at 11:30 am on Friday, August 21.

**Date:** Mondays-Friday, August 17 - 21

**Time:** 8:00 am - 12:00 pm

**Fee:** \$175

**Location:** CEMS, Band Room

**Instructor:** Caitlin Ramsey and Mike Scarpone

**Program #** 211-349



# YOUTH PROGRAMS

## SCIENCE EXTRAVAGANZA CAMP (Gr: 1-5)

Join our week of science extravaganza as we explore the in's & out's, up's & down's, and the all-around's of science. Launch a rocket, erupt volcanoes, investigate a non-Newtonian fluid, create a hologram....and so much more! You'll be spinning with excitement from all the science FUN!

**Dates:** Monday-Friday, August 10 - 14

**Time:** 9:00 am - 3:00 pm

**Fee:** \$330

**Location:** CECS, Community Room

**Instructor:** Genia Skulte

**Program #** 211-350



## MINECRAFT CAMP (Gr: 2-8)

Minecraft is a popular video game that generates a world filled with possibility, limited only by your own imagination. The game can be as simple or as complicated as you want, letting people of all ages enjoy it. Join us for one or all of our camps this summer.

**Dates:** Monday - Friday

**Fee:** \$135

**Instructor:** Jack Duffy

**Location:** CEMS, Computer Lab

(Use Door #19 to get into the Middle School)

<b>Grade: 2nd - 4th</b>	<b>Program #</b>
<b>Time:</b> 8:30 am - 11:30 am	
<b>Session 1:</b> July 6 - July 10	211-351
<b>Session 2:</b> July 13 - July 17	211-352

<b>Grade: 5th - 8th</b>	<b>Program #</b>
<b>Time:</b> 12:30 pm - 3:30 pm	
<b>Session 1:</b> July 6 - July 10	211-353
<b>Session 2:</b> July 13 - July 17	211-354

## BIG THANKS TO OUR FALL & WINTER PROGRAM VOLUNTEERS!

Dean Dadmun	Mike Callahan	Matt Bakis
Jen O'Sullivan	Todd Colpitts	Lauren Glennon
Tom Leen	Rick Perruzzi	Rob Knott
Kelly Raffaele	Chris Carlisle	Chris Kleinman
Gregg Frame	Mike Hollowell	Tim Proctor
Chris Bowe	Tim Wannemacher	Heather Wacksman
Mark Hare	Amber Wannemacher	Noelle Deluca
Boys & Girls HS Basketball Teams	Tyler Scott	
	John Brownell	
Jeremy Lombardo	Andrew Brownell	
Lucas Homicz	Jeff Mitchell	
Rick Rosu-Myles	Lucas Ritchie	
Molly Malloy	Noelle Maughan	

# YOUTH PROGRAMS

## CAPE BASEBALL CAMP (Ages: 7-12)

Keep your baseball season going or just get ready for All-Stars. Former college players, coaches and high school players will bring you an exciting and quality baseball camp right in your own back yard. The camp will cover specific skills for the various positions, game situations and tactics, and games will be played daily. Players will receive instruction to enable everyone to reach their full potential. Camp times may vary based on school snow days.

**Dates:** Monday—Friday, June 22-June 26

**Time:** 9:00 am—3:00 pm

**Fee:** \$195

**Location:** Upper/Lower Lions Field

**Instructor:** Dan Sullivan

**Program #** 211-355

## SUMMER KARATE (Gr: 1-8)

This summer, Kyoshi Andy Campbell will teach traditional karate in a modern way. Weekly drills and learning time will develop students' focus, respect, self-control and self-discipline, while laying a strong foundation of karate training in this lively skill-building adventure. Kyoshi Andy Campbell is an 8th degree black belt in Shotokan karate. He owns and runs his own dojo, Dragon Fire Martial Arts, in South Portland. With 38 years of training and 34 years of teaching under his belt, he has competed in karate matches all over the world and is a 23-time world champion. If students are attending day camp any given Monday, staff will walk students over to the Community Center.

**Date:** Mondays, June 22 - July 27

**Time:** 3:30 pm - 5:00 pm

**Fee:** \$115

**Location:** CECS, Activity Room

**Instructor:** Kyoshi Andy Campbell & Sensei Randy Jensen

**Program #** 211-356



## KIDS FISHING CAMP (Ages: 8 and up)

This camp will make the adults jealous! Get up every day and go fishing! Participants will meet at 8am each day to go fishing. No experience or equipment is necessary. We will learn about knots, lures, baits, fly fishing, kayak fishing and paddle board fishing for freshwater and saltwater fish! There will be a prize for fish caught (and the big one that got away!) A snack will be provided daily however participants are encouraged to bring a water bottle. Please be prepared for a change in weather conditions.

**What to Bring:** Bathing suit/nylon shorts, towel, sun block, sunglasses/strap, hat, windbreaker/fleece, water shoes/sandals/old sneakers, water bottle, If you have a fishing rod, tackle box, & life jacket please bring with you. If a change in the schedule is made, all participants will be notified by phone.

**Dates:** Monday - Friday, July 13 - 17

**Location:** M/T/W Great Pond (end of Fenway Rd)

TH/F Drop off and pick up at Higgins Beach stairs

**Instructor:** Seaspray Staff

<b>Times</b>	<b>Fee</b>	<b>Program #</b>
8:00 am-12:00 pm	\$225	211-357

## KIDS PADDLING CAMP (Ages: 9 and up)

Join us for an exciting week of stand up paddle boarding and kayaking instruction! Instructors from Seaspray Kayaking will return to lead everyone through a fun week of games and challenges. The week will conclude with a full day of surfing and Paddling on Friday! A snack and drink will be provided daily and all kayakers will receive a kayaking T-shirt! Half day and full day options available.

**What to Bring:** Bathing suit/nylon shorts, towel, sun block, sunglasses/strap, hat, windbreaker/fleece, water shoes/sandals/old sneakers, water bottle, (Lunch—full day participants). \*Kayakers should be prepared for a change in weather conditions. If a change in the schedule is made, all participants will be notified by phone.

**Dates:** Monday - Friday, July 20 - July 24

**Location:** Kettle Cove (Spurwink River on Friday)

**Instructor:** Seaspray Staff

<b>Times</b>	<b>Fee</b>	<b>Program #</b>
9:00 am - 4:00 pm	\$350	211-358
9:00 am - 12:00 pm	\$250	211-359



# YOUTH PROGRAMS

## CAPE BOYS BASKETBALL (Gr: 5-8)

All boys entering grades 5 through 8 will have the opportunity to benefit from this multi-week program. Under the leadership of Coach Jim Ray and staff, players will work on individual offensive and defensive fundamentals as well as team concepts that will make for a more fluid transition into the next season.

- Teaching will be progressive and although attendance is not required for each week, it is recommended to help build on skills taught and practiced in prior weeks.
- Attendance for the sessions you sign up for is important, please contact Coach Ray if you are going to miss any classes.

**Registration deadline:** Friday, 12:00 pm prior to the start of each week's session

**Dates:** Mondays - Thursdays, June 22 - July 23

**Time:** 2:30 - 4:00 pm

**Fee:** \$45 per week OR \$205 for all 5 weeks

**Location:** High School, Gymnasium

**Instructor:** Varsity Coach Jim Ray

<b>Session</b>	<b>Gr: 5 &amp; 6 Program #</b>	<b>Gr: 7 &amp; 8 Program #</b>
June 22 - June 25	211-360.5/6	211-360.7/8
June 29 - July 2	211-361.5/6	211-361.7/8
July 6 - July 9	211-362.5/6	211-362.7/8
July 13 - July 16	211-363.5/6	211-363.7/8
July 20 - July 23	211-364.5/6	211-364.7/8
All Five Weeks	221-364.5/6-5	211-364.7/8-5

## GPS JUNIORS CAMP (Ages: 3-6)

The GPS Juniors curriculum coaches 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.

**Dates:** Monday - Friday, August 3 - August 7

**Time:** 9:00 - 10:00 am

**Fee:** \$70

**Location:** Capano Field

**Instructor:** Global Premier Soccer Coaches

**Program #** 211-365

## CAPE GIRLS BASKETBALL (Gr: 5-8)

A strong focus of this camp is on teaching and developing the fundamentals needed to play team basketball. Skill stations each day will focus on individual fundamentals in dribbling, passing, shooting, rebounding and defensive principles. Games and competition will occur daily. Players will be exposed to all forms of competition from 1 v. 1 up to 5 v. 5. This is a great way for the youth players to work closely with some of the high school Varsity players and Coach Casterella to learn the game of basketball.

**Dates:** Monday - Friday, June 22-June 26

**Time:** 9:00 am - Noon

**Fee:** \$120

**Location:** High School, Gymnasium

**Instructor:** Varsity Coach Chris Casterella

**Program #** 211-386

## GPS CAMP (Ages: 7-14)

All of our camps are taught at a level where children will be challenged during the week and have an incredible soccer experience at the same time. Each day our professional trainers will cover a different theme and skills to keep the players immersed in a world of soccer. The children will enjoy ample scrimmage time each day to practice and perfect the skills that they have learned.

**Dates:** Monday - Friday, August 3 -August 7

**Location:** Capano Field

**Instructor:** Global Premier Soccer Coaches

<b>Time</b>	<b>Fee</b>	<b>Program #</b>
9:00 am - 12:00 pm	\$120	211-366
9:00 am - 3:00 pm	\$195	211-367

**Dates:** Monday - Friday, August 17 -August 21

**Location:** Fort Williams Soccer Fields

**Instructor:** Global Premier Soccer Coaches

<b>Time</b>	<b>Fee</b>	<b>Program #</b>
9:00 am - 12:00 pm	\$120	211-368



# YOUTH PROGRAMS

## ST. PETER'S GRAND SLAM TENNIS (Gr: 2-9)

These Juniors tennis camps are fun, yet challenging and instructional for players of all skill levels. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic, but low pressure environment that features the Net Generation program ([www.netgeneration.usta.com](http://www.netgeneration.usta.com)). For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy and competitive match play. No refunds up to one week prior to first day.

**Days:** Monday-Friday

**Time:** Full Day, 9:00 am-4:00 pm (M-TH) and 9:00 am-12:00 pm (Friday) Half Day, 9:00 am-12:00 pm (M-F)

**Location:** High School, Tennis Courts

**Instructor:** Wayne St. Peter & Staff

Option	Dates	Fee	Program #
Full Day	6/22-6/26	\$260	211-369
Half Day	6/22-6/26	\$182	211-370
Full Day	8/17-8/21	\$260	211-371
Half Day	8/17-8/21	\$182	211-372

## MATCH POINT TENNIS CAMP (Ages: 8-14)

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

**Dates:** Monday-Thursday, July 27 - 30

**Time:** 9:00 am-12:00 pm

**Fee:** \$159

**Location:** High School, Tennis Courts

**Instructor:** Coach Mary Gray

**Program #** 211-373



## SUMMER NIGHT TENNIS (Gr: Pre K-8)

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

**Fee:** \$72

**Location:** High School, Tennis Courts

**Instructor:** Coach Mary Gray

Grade	Date	Days	Time	Program #
Beginners (Grade 1-4)	June 23 - July 28	Tuesdays	3:45 - 4:30 pm	211-374
Beginners (Grade 1-4)	June 25 - July 30	Thursdays	3:45 - 4:30 pm	211-375
Beginners (Grade 1-4)	August 11 - August 27	Tuesdays/Thursdays	3:45 - 4:30 pm	211-376
Intermediates (Grade 3-4)	June 23 - July 28	Tuesdays	4:30 - 5:15 pm	211-377
Intermediates (Grade 3-4)	June 25 - July 30	Thursdays	4:30 - 5:15 pm	211-378
Intermediates (Grade 3-4)	August 11-August 27	Tuesdays/Thursdays	4:30 - 5:15 pm	211-379
4, 5, & Kindergarten	June 23 - July 28	Tuesdays	5:15 - 6:00 pm	211-380
4, 5, & Kindergarten	June 25 - July 30	Thursdays	5:15 - 6:00 pm	211-381
4, 5, & Kindergarten	August 11 - August 27	Tuesdays/Thursdays	5:15 - 6:00 pm	211-382
Middle School Ladder Play	June 23 - July 28	Tuesdays	6:00 - 6:45 pm	211-383
Middle School Ladder Play	June 25 - July 30	Thursdays	6:00 - 6:45 pm	211-384
Middle School Ladder Play	August 11 - August 27	Tuesdays/Thursdays	6:00 - 6:45 pm	211-385

# YOUTH PROGRAMS

**\* Please note that registration for our Fall sports offerings will begin on May 31 online and June 1 in person. This will hopefully allow you additional time to plan your Fall.**

## **GIRLS FIELD HOCKEY (Gr: K-6)**

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 10/10)

**Dates:** Saturdays, September 12 - October 17

**Fee:** \$70

**Location:** Hannaford Field

**Instructor:** Danielle Bishop

**Time:** 8:00 - 9:00 am

**Program #** 212-300

## **GIRLS TRAVEL FIELD HOCKEY (Gr: 3-6)**

All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. Three Weekend Play Days, Dates TBD. (No class 10/12) Parent volunteers are critical for the success of our travel programs! We need your involvement to succeed. We will be looking for Administrators and Coaches!

**Mandatory Parent Meeting: June 3rd 6pm, CECS**

**Dates:** Mondays, September 14 - October 19

**Fee:** \$70

**Location:** TBD

**Time:** 3:15 - 4:30 pm

**3rd/4th Grade**

**Program #** 212-301

**5th/6th Grade**

**Program #** 212-302

## **GIRLS VOLLEYBALL (Grade: 3-6)**

This program is designed for children to learn and develop their volleyball skills while having fun and gaining experience on the court as part of a team. Participants will work on developing volleyball skills. Including setting, passing, hitting and hand/eye coordination. Participants will be divided into teams with Cape varsity volleyball players assigned as their coaches. Teams will rotate through different skill stations with their coach and the help of our Cape varsity volleyball coach. After skill session's teams will play each other following a rotating schedule.

**Dates:** Saturdays, September 12 - October 17 (no class 10/10)

**Fee:** \$70

**Location:** High School, Gymnasium

**Time:** 9:00 - 10:00 am

**Instructor:** Varsity Coach Sarah Boeckel & Varsity Players

**Program #** 212-303

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

This program is designed for children to learn, develop and enhance their overall 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).

**Dates:** Saturdays, September 12 - October 17

**Fee:** \$70

**Location:** Hannaford Field

**Instructor:** Varsity Coaches & Players/GPS Staff

### **Little Capers (Ages: 3-5)**

**Time:** 10:30 - 11:15 am

**Program #** 212-304

### **Kinder Capers (K)**

**Time:** 11:30 am-12:15 pm

**Program #** 212-305

### **Boys Capers (Gr: 1-2)**

**Time:** 8:00 - 9:00 am

**Program #** 212-306

### **Girls Capers (Gr: 1-2)**

**Time:** 9:15 - 10:15 am

**Program #** 212-307

### **Co-Ed Capers (Gr: 3 - 6)**

**Time:** 9:15 - 10:15 am

**Program #** 212-308





# FORT WILLIAMS PARK



## SITE RENTALS

Fort Williams Park is a wonderful location for family reunions and all of life's celebrations.

Fort Williams Park is a beautiful location for a wedding ceremony, commitment celebration or vow renewal. Ceremonies of twenty or more people require a permit. If you have fewer than 20, a permit is the only way to reserve a location. Please keep in mind that the park is open to the public and while your location is reserved, the areas around and near you may be in use.

Community Services reserves two three-hour time slots (11 am – 2 pm and/or 3 pm – 6 pm) at four locations within the park; The Green, Cliffside Plaza, Battery Knoll, and Goddard Mansion. In addition to the park regulations, each site may have additional specifications that must be complied with as part of the permit.

Once availability is confirmed, complete and return the Ceremony Permit Application with a non-refundable permit fee of \$175.00 payable with cash or check only. Approved permits will be confirmed via email.

BANDSTAND & STONE GAZEBO	Current Fee
<b>Cape Elizabeth Residents (for personal use)</b> Effective 12/1/2016	
Per hour with a two (2) hour minimum	\$15 + \$50 security deposit
<b>Non-Residents, Businesses, Non-Profits &amp; Groups</b>	
Per hour with a two (2) hour minimum	\$20 + \$50 security deposit

PICNIC SHELTER FEE SCHEDULE	Current Fee
<b>Cape Elizabeth Residents (for personal use)</b> Effective 12/1/2016	
Full Day (sunrise to sunset)	\$160 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$80 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$80 + \$50 security deposit
Half Day (PM option after Labor Day)	\$55 + \$50 security deposit
<b>Non-Residents (for personal use)</b>	
Full Day (sunrise to sunset)	\$310 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$155 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$155 + \$50 security deposit
Half Day (PM option after Labor Day)	\$130 + \$50 security deposit
<b>Businesses &amp; Groups</b>	
Full Day (sunrise to sunset)	\$450 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$225 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$225 + \$50 security deposit
Half Day (PM option after Labor Day)	\$200 + \$50 security deposit
<b>Non-Profit Organizations (501 C 3)</b>	
Full Day (sunrise to sunset)	\$310 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$155 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$155 + \$50 security deposit
Half Day (PM option after Labor Day)	\$130 + \$50 security deposit

SHIP COVE PLATFORM	Current Fee
<b>Cape Elizabeth Residents (for personal use)</b> Effective 12/1/2016	
Full Day (sunrise to sunset)	\$85 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$55 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$55 + \$50 security deposit
Half Day (PM option after Labor Day)	\$45 + \$50 security deposit
<b>Non-Residents (for personal use)</b>	
Full Day (sunrise to sunset)	\$160 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$105 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$105 + \$50 security deposit
Half Day (PM option after Labor Day)	\$65 + \$50 security deposit
<b>Businesses &amp; Groups</b>	
Full Day (sunrise to sunset)	\$210 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$105 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$105 + \$50 security deposit
Half Day (PM option after Labor Day)	\$80 + \$50 security deposit
<b>Non-Profit Organizations (501 C 3)</b>	
Full Day (sunrise to sunset)	\$160 + \$50 security deposit
Half Day (AM option: sunrise to 1:30pm)	\$105 + \$50 security deposit
Half Day (PM option: 3:00pm to sunset)	\$105 + \$50 security deposit
Half Day (PM option after Labor Day)	\$65 + \$50 security deposit