

CAPE ELIZABETH COMMUNITY SERVICES

OUR MISSION

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

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

CONTACT US

OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107

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

CALL 207-799-2868

FAX 207-799-1841

CAPE CARE 207-799-4388

POOL 207-799-3184

FITNESS CENTER 207-767-0190

EMAIL cservices@capeelizabetschools.org

WEB www.capecommunityservices.org

HOURS

Monday-Friday 8:00 am—4:30 pm

School Vacation Hours 7:30 am—3:30 pm

Closings 1/1, 1/20, 2/17, 4/20

OUR STAFF

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

COMMUNITY SERVICES COMMITTEE

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

REGISTRATION OPENS:

On line for Cape Residents:

Sunday, December 15th at 8:00 pm

In Office for Cape Residents:

Monday, December 16th at 8:00 am

Non-residents - Friday, December 20th at 8:00 am



REGISTRATION INFORMATION

Online registration begins at 8:00 pm on December 15th at www.capecommunityservices.org. Click "Register Online Now". Sign in or create an account. In-person or over the phone registration begins at 8:00 am on December 16th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins December 20th. Email confirmations will be sent for all transactions.

FEES & DISCOUNTS

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

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

There is a non-refundable convenience fee and a credit card processing fee when 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

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. The suspended time will be added to extend the membership. Cancellations will be prorated.

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

INCLEMENT WEATHER POLICY

Adult Classes - If school is canceled, all adult classes prior to 4:00 pm are canceled. If school has a two-hour delay, all classes prior to 10:00 am are canceled. Evening classes will be posted by 4:00 pm whenever possible.

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

MEDIA POLICY

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

ACCESSIBILITY

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



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HEALTH, WELLNESS AND ENRICHMENT

FITNESS MORNINGS/DAYTIME Listed below are our long standing fitness classes of all ability ranges. If you are new to Cape or unfamiliar with the class, please visit our online brochure for full description at www.capecommunityservices.org under Cape Explorer.

CLASS	DAY/TIME	DATES	FEE	PROGRAM #
LIGHTHOUSE MASTERS SWIM with Marcel Da Ponte 	Monday/Wednesday/Friday 5:30-6:30 am	1/6 - 5/29	\$472	22-200
HIIT - HIGH INTENSITY INTERVAL TRAINING with Susan Janosik	Monday*/Wednesday/Friday 5:30 -6:30 am	1/8 – 3/6 (W, F) 3/9– 4/17 (M, W, F)	\$144 \$162	22-100 22-101
EARLY BIRD CYCLING with Susan Janosik	Tuesday/Thursday 5:45-6:30 am	1/7 – 3/5 3/10 – 4/16	\$144 \$108	22-102 22-103
WATER WORKS with Patty Medina 	Monday/Wednesday/Friday 8:00-8:45 am	1/3-1/31 2/3-2/28 3/2-3/30 4/1-4/29	\$72 \$66 \$78 \$78	22-201 22-202 22-203 22-204
STEP AEROBICS with Anne Cass	Mondays 8:00 - 8:50 am	1/6 -2/24 3/9 - 4/13	\$48 \$48	22-104 22-105
BODY DYNAMICS with Elaine Talevi	Monday/Wednesday/Friday 9:00-10:00 am	1/6- 2/21 3/2 - 4/17	\$95 \$105	22-106 22-107
WOMEN ON WEIGHTS with Susan Janosik	Wednesday/Friday 9:00-10:00 am	1/8 – 2/28 3/4 - 4/17	\$112 \$112	22-108 22-109
YOGA MORNINGS BEG/ GENTLE HATHA with Sharon Wilke	Wed 10:15-11:30 am	1/8 – 2/26 3/4 – 4/22	\$88 \$88	22-110 22-111
FIT TO LIVE YOGA with Patty Medina	Tuesday/Thursday 10:15-11:00 am	3/17-3/31 4/2-4/16	\$40 \$40	22-112 22-113
AQUA CARDIO CORE with Sarah MacColl 	Wednesday 1:00-1:50 pm	1/8-1/29 2/5-2-26 3/4-3/25	\$40 \$40 \$40	22-205 22-206 22-207
ESSENTRICS with Sarah MacColl	Tuesday/Thursday 8:30-9:30 am	1/2-1/30 2/4-2/27	\$81 \$72	22-114 22-115
CARDIO CORE-AGEOUS with Sarah MacColl	Tuesday/Thursday 8:30-9:30 am	3/3-3/24	\$63	22-116
SATURDAY CYCLE with Susan Janosik	Saturday 7:30 - 8:30 am	1/11 – 4/11	\$126	22-117

HEALTH, WELLNESS AND ENRICHMENT

FITNESS LATE DAY/EVENING

CLASS	DAY/TIME	DATES	FEE	PROGRAM #
NIA with Erin Curren	Thursdays 4:15- 5:15 pm	1/2 - 2/6	\$72	22-118
		2/20 - 3/26	\$72	22-119
NIA with Erin Curren	Mondays 5:45-6:45 pm	1/6 - 2/10	\$72	22-120
		2/24 - 3/30	\$72	22-121
CO/ED WEIGHTS with Susan Janosik	Tuesday/Thursday 5:30– 6:30 pm	1/7 – 2/27	\$112	22-122
		3/3 - 4/16	\$112	22-123
YOGA ALL LEVELS with Sharon Wilke	Wednesday 6:00-7:15 pm	1/8 – 2/26	\$88	22-124
		3/4 – 4/22	\$88	22-125
CSI TRAINING with Susan Janosik	Tuesday/Thursday 6:30-7:30 pm	1/7 – 2/27	\$126	22-126
		3/3 - 4/16	\$126	22-127
COAST ENDURANCE with Todd Larlee	 Tuesday/Thursday 5:30-6:45 pm	1/7-2/27	\$165	22-208
		3/3-4/16	\$132	22-209

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. Please bring water, mat & small towel.

Date: Tuesday/Thursday (No Class 2/18, 2/20)

Time: 6:30 – 7:30 pm

Location: Fitness Center

Instructor: Susan Janosik

Walk In Fee: \$12

Date	Classes	Fee	Program
1/7 – 2/27	14	\$126	22-126
3/3 - 4/16	14	\$126	22-127

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. First time participants should contact Susan by email at susan-jano@maine.rr.com or by phone at 939-2255 to discuss your program. Please bring mat, towel and water to class.

Date: Tuesday/Thursday (No Class 2/18, 2/20)

Time: 5:30 – 6:30 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program
1/7 – 2/27	14	\$112	22-122
3/3 – 4/16	14	\$112	22-123

HEALTH, WELLNESS AND ENRICHMENT

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. All levels welcome.

Days: Tuesday/Thursday (No Class 2/18, 2/20)

Time: 5:45 – 6:30 am

Location: CECS Spin Room

Instructor: Susan Janosik

Walk in Fee: \$12

Date	Classes	Fee	Program
1/7 – 3/5	16	\$144	22-102
3/10 – 4/16	12	\$108	22-103

(HIIT) HIGH INTENSITY INTERVAL TRAINING

High Intensity Interval Training 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! Please bring towel & water to class.

Date: Monday (3/9+)/Wednesday/Friday
(No Class 2/19, 2/21)

Time: 5:30 – 6:30 am

Location: Middle School Gymnasium

Instructor: Susan Janosik

Walk In Fee: \$12

Date	Classes	Fee	Program
1/8 – 3/6 (W, F)	16	\$144	22-100
3/9 – 4/17 (M, W, F)	18	\$162	22-101

SATURDAY CYCLE

Come and join this high intensity, zero impact, full body workout on the bike! This ride combines resistance training power & speed to challenge the legs and cardiovascular system that will torch a ton of calories. This is Boot Camp on the bike!

Date: Saturday, 1/11 – 4/11 (No Class 2/22)

Time: 8:00 – 9:00 am

Fee: \$117

Location: CECS Spin Room

Instructor: Susan Janosik

Walk In Fee: \$12

Program: 22-117

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 by email at susanjano@maine.rr.com or by phone at 939-2255 to discuss your program. Please bring mat, towel and water to class

Date: Wednesday/Friday (No Class 2/19, 2/21)

Time: 9:00 – 10:00 am

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program
1/8 – 2/28	14	\$112	22-108
3/4 – 4/17	14	\$112	22-109

NIA (“NEE-AH”)

Nia is a full-body workout that is easy on the joints, and promotes flexibility, agility, stability and strength. Nia offers traditional fitness benefits, relaxation, and more esoteric benefits such as improved concentration, self-discovery and healing. It is a sensory-based movement practice that draws from martial arts, dance, yoga, Tai Chi and more. If you have any questions please email instructor @ www.erincurren.com. **Please pre-register in order for us to meet the minimum of 6 participants.**

Day: Thursday

Time: 4:15 – 5:15 pm

Location: CS Activity Room

Instructor: Erin Curren, Nia Black Belt Teacher

Walk In Fee: \$15

Date	Classes	Fee	Program
1/2 – 2/6	6	\$72	22-118
2/20 – 3/26	6	\$72	22-119

Day: Monday (No Class 1/20)

Time: 5:45 – 6:45 pm

Location: CS Activity Room

Walk In Fee: \$15

Date	Classes	Fee	Program
1/6 – 2/10	5	\$60	22-120
2/24 – 3/30	6	\$72	22-121

HEALTH, WELLNESS AND ENRICHMENT

ESSENTRICS®

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.

Date: Tuesdays/ Thursdays

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 #
1/2-1/30	9	\$81	22-114
2/4-2/27	8	\$72	22-115

CARDIO CORE-AGEOUS *NEW*

Challenge your core, coordination, and cardio capacity. This high intensity, low impact step interval class combines balance, agility and core work. You choose the number of risers to make the intensity hard enough. The simple choreography will keep your heart rate up. Finish with a full ten minutes of stretching and foam rolling.

Date: Tuesdays/ Thursdays

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 #
3/3-3/24	7	\$63	22-116

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 (no class 1/20 2/17)

Time: 9:00 – 10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi and Joanie Frustaci

Walk In Fee: \$8

Date	Classes	Fee	Program
1/6- 2/21	19	\$95	22-106
3/2 - 4/17	21	\$105	22-107

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 #
1/8-1/29	4	\$40	22-205
2/5-2-26	4	\$40	22-206
3/4-3/25	4	\$40	22-207

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 anyone who comes. I have always loved steps, have taught in the past at a couple of gyms, and sometimes subbed for Sarah MacColl's classes - she is no longer teaching steps, and I still want to step it up! I hope you'll join me. Questions to annebcass@gmail.com.

Dates: Mondays (No Class 1/20, 2/17)

Time: 8:00 - 8:50 am

Location: CC Activity Room

Instructor: Anne Cass

Date	# of Classes	Fee	Program #
1/6 -2/24	6	\$48	22-104
3/9 - 4/13	6	\$48	22-105



HEALTH, WELLNESS AND ENRICHMENT

LIGHTHOUSE MASTERS



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

Date: Mon/Wed/Fri (No class 1/20, 2/17, 4/20, 5/25)

Time: 5:30 - 6:45 am

Location: Richards Community Pool

Instructor: Marcel Da Ponte

Date	#of Classes	Fee	Program #
1/6 - 5/29	59	\$472	22-200

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.

Date: Tuesday/Thursday (no class 1/28, 3/19, 4/9)

Time: 5:30 - 6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	#of Classes	Fee	Program #
1/7-2/27	15	\$165	22-208
3/3-4/16	12	\$132	22-209



PACE RACE CHASE *NEW*



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.

TUESDAYS	11:30 - 12:30	1/7-2/11	\$90	22-212
A & E		2/25 -4/14	\$90	22-213
FRIDAYS	11:30- 12:30	1/3-2/7	\$90	22-214
A & E		2/21-4/3	\$90	22-215
SUNDAYS	10:00 - 11:00	1/5-2/9	\$90	22-216
A GROUP		2/23 -4/5	\$90	22-217
SUNDAYS	11:00-12:00	1/5-2/9	\$90	22-218
E GROUP		2/23 -4/5	\$90	22-219

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.

Dates: Saturdays

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
1/4 - 2/8	6	\$60	22-210
2/29 - 4/4	6	\$60	22-211

HEALTH, WELLNESS AND ENRICHMENT

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. This class will benefit participants by improving range of motion, joint pain relief, stiffness, strengthening, and recovery time. Our wheelchair accessible pool will provide opportunity for water walking and strengthening exercises in shallow water. Rubber soled shoes are suggested. Caretakers are free.

Date: Tuesdays/ Thursdays

Time: 1:00 – 2:00 pm

Walk In Fee: \$8.00 per class

Location: Richards Community Pool

Instructor: Chris Robichaud

Date	#of Classes	Fee	Program #
1/2 - 2/13	13	\$104	22-220
2/25 - 4/9	14	\$112	22-221

INNER TUBE WATER POLO



Come join us this Winter and play Inner Tube Water Polo. Join as an individual or with friends & co-workers to enjoy this fun & healthy sport. This is the perfect game for those athletes looking for a low impact workout and staying competitive in the process. The program will run Wednesdays, February 26 - June 17, 7:00 – 10:00 pm in the Don Richards Pool. To join visit www.cascobaysports.com.

INTERMEDIATE ADULT TAP

Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! For the intermediate level, we will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome.

Date: Wednesday, 1/8 – 5/20 (No class 2/19 & 4/22)

Intermediate Time: 11:45 - 12:45 pm

Fee: \$162

Location: CC Activity Room

Instructor: Betsy Dunphy

Program # 22-128

SOCIAL BALLROOM DANCE SERIES

Partner dancing has many benefits including improved mental health, happiness levels, increased life satisfaction and improved social confidence. Recent studies report the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. Warm up your winter nights learning the basics of many different styles of dancing. Bring a partner if possible.

Day: 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 Swing Mix 3/17, 3/24, 3/31 **Program #** 22-129

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

Learn the beautiful Waltz and other styles that are popular at wedding and cruises like Merengue & Cha Cha.

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. Intermediate level designed for those who have taken beginner session.

Dates: Mondays

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

Location: Inter. CC Living Room/Beg. CC Activity Room

Instructor: Stephanie Carlson

Date	Fee	Program
Beginner 3/2-4/6	\$60	22-132
Intermediate 3/2-4/6	\$60	22-133

FAMILY TENNIS - *NEW*

Mary Gray is excited to introduce indoor Family Tennis on Sunday mornings - see Youth pg. 28 For details.

HEALTH, WELLNESS AND ENRICHMENT

YOGA MORNINGS GENTLE/BEGINNING HATHA

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.

Day: Wednesday

Time: 10:15 - 11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Walk in Fee: \$13

Date	Classes	Fee	Program
1/8 - 2/26	8	\$88	22-110
3/4 - 4/22	8	\$88	22-111

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.

Dates: Sundays, 1/5 - 3/29 (12 session - no session 2/16)

Time: 6:30 - 8:00 pm

Fee: \$72.00

Location: HS Gymnasium

Instructor: David Peary

Time	Supervisor	Program #
5:00-6:30 pm	David Croft	22-134
6:30- 8:00 pm	David Peary	22-135

WOMEN'S INDOOR SOCCER *NEW*

New in 2020! Due to growing interest, we are offering a women's indoor soccer session! This session is geared towards women who have played competitively in the past, and are looking to get a great workout, play hard, but also stay healthy and keep it light-hearted. This first session is only 6 weeks, so sign up and give it a shot!

Dates: Sundays 1/19 -3/1 (6 sessions no session 2/16)

Time: 8:00 - 9:15 pm

Fee: \$36

Location: HS Gymnasium

Instructor: Molly Brown

Program # 22-136

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.

Day: Wednesday

Time: 6:00 - 7:15 pm

Location: CS Activity Room

Instructor: Sharon Wilke

Walk in Fee: \$13

Date	Classes	Fee	Program
1/8 - 2/26	8	\$88	22-124
3/4 - 4/22	8	\$88	22-125

"UNDER 40" HOOP (co-ed)

This program is offered for adults under the age of 40 (and no longer in high school) who want a good workout while playing full-court games in an atmosphere of fast-paced and friendly competition. Limited to 15 players per night with priority given to residents of Cape.

Date: Thursday, 1/2 - 4/9 (no program 2/20)

Time: 8:00 - 9:45 pm

Fee: \$4 Pay at Door

Location: MS Gym

Supervisor: Brian Wissley

"OVER 40" HOOP (CO-ED)

If you are "over 40" or just play like it, then this program is for you! Full court play is encouraged in this friendly, yet competitive atmosphere. The fast-paced play will provide a fun and rewarding workout.

Date: Wednesday, 1/8 - 5/13 (no program 2/19 & 4/22)

Time: 8:00 - 10:00 pm

Fee: \$4 Pay at Door

Location: MS Gym

Supervisor: Sal Deschino

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: Wednesday, 2/26 - 5/20 (No session 4/22)

Time: 7:00 - 10:00 pm

Fee: \$4 Pay at Door

Location: HS Gym

Supervisor: Bryan Connelly

HEALTH, WELLNESS AND ENRICHMENT

COLORED PENCIL WORKSHOP *NEW*

There's more to colored pencils than color! Blending, shading and burnishing are just some of the topics we'll explore in this one day workshop. Bring your questions and pencils to learn new tricks and techniques - and yes, how to fix a mistake! If you have a favorite paper or coloring book, bring that too. Samples of various brands and types of pencils and papers will be available for you to try out.

Date: Thursday 1/23

Time: 10:00 - 12:00 pm

Fee: \$20

Location: CC Living Room

Instructor: Marty Clark

Program # 22-139

WATERCOLOR STUDIO

This class is for watercolorists at all levels, including beginners. Each week we will explore a new painting skill; you may choose to paint a still-life or bring in your own landscape photo. Class material will be adapted to the specific needs and interests of each student. Instruction in basic watercolor methods and materials will be provided for beginners, while experienced painters will work more independently.

Date: Wednesday, 3/25 - 4/29 (we will have class during vacation week 4/22)

Time: 10:00 - 12:00 pm

Fee: \$65

Location: CC Living Room

Instructor: Marty Clark

Program # 22-137

Date: Thursday, 3/26 - 5/7 (No Class 4/23)

Time: 7:00 - 9:00 pm

Fee: \$65

Location: CC Living Room

Instructor: Marty Clark

Program # 22-138



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: Tuesdays

Time: 12:30 - 2:30 pm

Location: CC Living Room

Instructor: Chris Reed

<u>Date</u>	<u>Fee</u>	<u>Program #</u>
1/7 - 2/11	\$90	22-140
2/25 - 3/31	\$90	22-141

MINDFUL LANDSCAPE DRAWING

This class is designed for beginners as well as experienced students of drawing. The basic principles of line, shading, composition, value, negative and positive space will be covered while the opportunity will be available for focusing on finer details and textural effects from landscape photos. Mindful exercises will be utilized to allow the inner artist to unfold naturally. A supply kit is available with a student discount at The Art Mart in Portland.

Date: Thursdays

Time: 12:30 - 2:30 pm

Location: CC Living Room

Instructor: Chris Reed

<u>Date</u>	<u>Fee</u>	<u>Program #</u>
1/9 - 2/13	\$90	22-142
2/27 - 4/2	\$90	22-143

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, 1/7 - 6/16

Time: Anytime between 9:00 - 12:00 pm

Walk-in Fee: \$3

Location: CC Meeting Room

HEALTH, WELLNESS AND 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, 1/8 - 3/18 (No class 2/19)

Time: 6:00 - 9:00 pm

Fee: \$95

Location: HS Wood Shop

Instructor: John Fabish

Program # 22-166

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

DRIVER EDUCATION

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 15 years of age by the course starting date.

Time: 6:00 - 8:30 pm

Location: CECS Living Room

Instructors: Tim O'Carroll

Program #

Date	Classes	Fee	Program
1/6 - 1/27	12	\$495	22- 389
2/3 - 2/27	12	\$495	22-390
3/9 - 3/26	12	\$495	22-391

SELF DEFENSE

According to the Department of Justice between 20% and 25% of women will experience a completed and/or attempted rape during their college career. What have you done to prepare yourself or your daughter for this very real threat. This class was created to help young females prepare themselves for exactly these types of threats not only in a college setting, but anywhere. Students will be taught to listen to their intuition in order to help identify and avoid obvious threats to their safety. If the threat is unavoidable, the students will be taught some very basic and retainable self-defense moves to help them escape. The class is ideal for mothers and daughters to take together, as it starts a dialogue that needs to happen. The content is also very useful to women of any age. The class is ½ lecture and ½ defensive moves/escapes. All proceeds from workshop will go towards **Project Graduation**.

Dates: Thursday, February 27th

Time: 5:00 -8:00 pm

Fee: \$25 per family

Location: CS Community Room

Instructor: Chief Paul Fenton and Sargent Ben Macisso

Program # 22-145



BEGINNER III ITALIAN

In this class, we will learn verbs and conjugations and build foundations for Italian conversations.

Dates: Tuesdays, 1/14- 2/25 (no class 2/18)

Time: 6:15 -7:15 pm

Fee: \$60

Location: CS Meeting Room

Instructor: Carola Airaghi

Program # 22-146

OUTINGS, ARTS & ENTERTAINMENT



NEWS CENTER MAINE TOUR & LUNCH

Guided tour of studio, weather center, production control and newsrooms. Watch News Center at Noon live broadcast.

Walk to nearby Green Elephant to enjoy their Asian inspired vegetarian fare. Lunch on own.

Date: Friday, January 31

Depart: 11:00 - 2:15 pm

Fee: \$3 pp (Transportation)

Program # 22-147

EXPEDITION REEF

Immerse yourself in an undersea adventure in this full dome planetarium show which provides a close up look at part of our planet many people have never experienced. Explore the secrets of the "rain forests of the sea" and embark on an oceanic safari to the world's most vibrant and endangered marine ecosystems – coral reefs. Discover how corals grow, feed, reproduce, and support over 25% of all marine life on Earth - while facing unprecedented threats from climate change, habitat destruction, and over fishing.

Date: Wednesday, January 29

Time: 12:15 - 2:30 pm

Fee: \$8 pp (Admission & Transportation)

Program # 22-148



Expedition Reef

CANDLEPIN BOWLING CHALLENGE

Let's lace up those bowling shoes for a little friendly, fun competition on a wintry day. Prizes for top scorers.

Date: Wednesday, February 19

Time: 8:30 - 11:00 am

Location: Westport Bowling Lanes

Fee: \$10 pp (Lanes, Shoes & Transportation)

Program # 22-149

PORTLAND POPS

Multi-instrument phenom, Dave Bennett joins the Portland Symphony Orchestra to present A Whole Lotta Shakin': Swing to Rock. This salute to the Roots of Pop will have you rocking in your seat... Swing Era to early rockabilly and country, to Elvis, Jerry Lee Lewis, Johnny Cash, the Beatles and more. No refunds after 1/30/20.

Date: Sunday, February 23

Time: 1:45 - 5:00 pm

Fee: \$56 pp (Tickets & Transportation)

Program # 22-150

LUNCH & LEARN

Tour the Gulf of Maine Research Institute (GMRI) lab and education facility located on the Portland waterfront. This informal session provides an introduction to their work and an opportunity to better understand GMRI's role in the community. Join us to hear the latest news about the Gulf of Maine, meet GMRI staff, and enjoy casual conversation over a complimentary lunch.

Date: Thursday, March 5

Time: 11:00 am - 1:30 pm

Fee: \$3 pp (Tour, Lunch & Transportation)

Program # 22-151

SPRING MUSIC CONCERT

This concert will feature over 160 Cape Elizabeth High School musicians as they celebrate "Music in Our Schools Month!" The concert will showcase the instrumental and choral ensembles performing marches to contemporary works. It promises to be a fantastic evening highlighting the accomplishments of CEHS student musicians.

Date: Thursday, March 19

Time: 7:00 - 9:00 pm

Fee: Free

Location: CEHS Auditorium

OUTINGS, ARTS & ENTERTAINMENT

LITTLE WOMEN THE MUSICAL

Performing in Biddeford's Historic Opera House, City Theater brings to life this timeless, captivating story following the adventures of sisters, Jo, Meg, Beth and Amy March growing up in the Civil War America. No refunds after 1/30/20.

Date: Sunday, March 22

Time: 12:45 - 4:30 pm

Fee: \$29 pp (Transportation & Ticket)

Program # 22-152



Colby Museum of Art

COLBY MUSEUM OF ART

With the new Alford-Lunder Family Pavilion, expanded collection, and vibrant exhibition program, the Colby Museum is a destination to experience great art. Lunch on own at onsite Café.

Date: Thursday, April 16

Time: 8:30 am - 2:30 pm

Fee: \$10 pp (Transportation)

Program # 22-154

OXFORD CASINO

One armed bandits? Craps? Blackjack? Know when to hold'em; know when to fold'em, or just come along for some wicked good fun! Lunch available onsite/on own.

Date: Wednesday, April 22

Time: 9:00 am - 3:00 pm

Fee: \$7 pp (Transportation)

Program # 22-155

COMMUNITY THEATER

The Portland Players and Lyric Music Theater invite you to attend their live theater productions on Preview Night prior to Opening Night at a reduced rate. Call us at 799-2868 to reserve a seat. Pay for and pick up your ticket at the Box Office on performance night. Curtain time for both theaters is 7:30 pm. Reservation deadline one week prior to the performance.

Jan 20	Love/Sick	LMT
Jan 23	Casa Valentina	TPP
Mar 19	Pride & Prejudice	TPP
Mar 19	Fun House	LMT
TPP	The Portland Players	\$5.00
LMT	Lyric Music Theater	\$10.00

JAZZ CABERET

Featuring eight ensembles from both the high school and middle school performing works by Count Basie, Duke Ellington, Thad Jones and many more. Maine native Trent Austin will be joining the big bands. He is a highly sought after clinician and guest performer and we are thrilled to host him here in Cape Elizabeth.

Date: Friday, March 27

Time: 6:00 - 9:00 pm

Location: CEHS Auditorium

Fee: \$5 pp (Payable at Door)

MAINE STATE BALLET

Performing Beauty and the Beast, the fairy tale production of a young girl, Belle who becomes captive by the Beast. This story of love will charm you as will the scenes and costumes with their sense of fantasy, whimsy and stage-craft. No refunds after 1/15/20.

Date: Sunday, April 5

Time: 1:00 - 4:15 pm

Fee: \$28.50 pp (Ticket & Transportation)

Program # 22-153



Beauty and the Beast

OUTINGS, ARTS & ENTERTAINMENT

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.

NORTH 43 BISTRO

Overlooking Spring Point Marina, Fort Gorges and Portland's West End, enjoy Chef Stephanie's fixed lunch menu including your choice between two entrees and a dessert for \$15 per person not including beverage or gratuity.

Date: Thursday, January 9

Time: 11:45 - 1:45 pm

Fee: \$3 pp (Transportation)

Program # 22-156



North 43 Bistro

NONESUCH RIVER BREWING

Enjoy locally inspired cuisine and seasonal favorites. Each delicious dish is handcrafted to please your palate including soups, salads, sandwiches and seafood.

Date: Friday, February 7

Time: 11:00 - 1:15 pm

Fee: \$5 pp (Transportation)

Program # 22-157

OLD PORT SEA GRILL

Located in the heart of Portland's Old Port, the Old Port Sea Grill offers a seafood driven menu focusing on a variety of local and imported fresh fish and shellfish. Non seafood items also available.

Date: Wednesday, January 22

Time: 11:15 - 1:15 pm

Fee: \$3 pp (Transportation)

Program # 22-159

CELEBRATING ST. PATRICK'S DAY

Enjoy a catered boiled dinner before the Stillson School of Irish Dance perform traditional Irish step dance in their sparkling, colorful costumes. Director Carlene Moran Stillson will tell us about the history of the dance and explain the reasons for the costume designs. No refunds after 2/27/2020.



Date: Friday, March 13

Time: 11:30 - 1:00 pm

Fee: \$20 pp (Lunch & Entertainment)

Location: CE Fire Station

Program # 22-160

VALENTINE'S DAY LUNCH

Enjoy a gourmet dining experience and a spectacular view of Casco Bay while the talented culinary arts students of Southern Maine Community College learn the fine art of running a full-service restaurant. No refunds after 1/30/2020.

Date: Friday, February 14

Time: 11:45 - 1:45 pm

Fee: \$21 pp (Lunch, Gratuity & Transportation)

Program # 22-158



OUTINGS, ARTS & ENTERTAINMENT

For those of you 62 and older, our goal is to engage you in activities that keep you connected, active, learning and laughing. We encourage you to get involved in your community by participating in our activities and events. Enroll in a fitness class, attend Senior Swim, join us for a lunch or hop aboard our mini bus for one of our guided tours or day-trips. **To ensure our programming is successful, please register early.** A minimum of eight participants is required.

Celebrating Maine Series

Thousands of years of history have shaped the Maine we are today. We thought we would kick off Maine's Bicentennial with a selection of Maine focused exhibits and performances

HOLDING UP THE SKY; WABANAKI PEOPLE, CULTURE, HISTORY & ART

Exploring philosophies of leadership and obligation of Wabanaki residence in what is now known as Maine. The Maine Historical Society exhibit was guided by a team of advisors and includes historic and contemporary works, everything from ash baskets to haute couture fashion.

Date: Wednesday, January 15

Time: 9:30 - 12:00 pm

Fee: \$8 pp (Guided Tour, Admission & Transportation)

Location: Maine Historical Society

Program # 22-161

ALMOST MAINE

Offering charming vignettes about love and life in a remote, mythical almost-town called Almost, Maine, this beloved critically acclaimed play broke box office records and delighted audiences across the globe after its premiere at Portland Stage in 2004. No refunds after 1/15/2020.

Date: Thursday, February 6

Time: 1:15 - 4:30 pm

Fee: \$42 pp (Ticket & Transportation)

Location: Portland Stage Company

Program # 22-162

STATE OF MIND; BECOMING MAINE

This Maine Historical Society's exhibit will feature manuscripts and items relating to statehood and the changing landscape from yesterday to today and looking ahead to tomorrow.

Date: Wednesday, March 18

Time: 2:00 - 4:00 pm

Fee: \$8 pp (Guided Tour & Transportation)

Location: Maine Historical Society

Program # 22-163

20x20: MARKING 200 YEARS OF MAINE HISTORY

Docent led museum highlights tour, lunch on own ending with bicentennial exhibit presenting twenty stories of Maine's past, present, and future for 200 years of statehood.

Date: Wednesday, April 1

Time: 10:00 - 1:15 pm

Fee: \$18 pp (Admission, Guided Tour & Transportation)

Location: Portland Museum of Art

Program # 22-164

PATH TO STATEHOOD

This 90-minute docent led tour will start in the award winning Made in Maine exhibit, followed by 12,000 Years in Maine highlighting the first inhabitants and ending with the Path to Statehood, its Bicentennial exhibit. Lunch on own at nearby Cross Café.

Date: Friday, April 10

Time: 7:45 am - 2:00 pm

Fee: \$10 pp (Guided Tour & Transportation)

Location: Maine State Museum

Program # 22-165



SENIORS

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 #
3/17-3/31	5	\$40	22-112
4/2-4/16	5	\$40	22-113

TECH TIME

Fourth Wednesday, Monthly

10:30 - 12:00 pm

Thomas Memorial Library

FREE

Trouble accessing your email, getting onto the internet, increasing your text size? Bring your questions, smartphones or tablets for assistance.



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 1/20, 2/17 & 4/20)

Time: 8:00 - 8:55 am

Walk in Fee: \$7

Location: Richards Community Pool

Instructor: Patty Medina

Date	Classes	Fee	Program
1/3-1/31	12	\$72	22-201
2/3-2/28	11	\$66	22-202
3/2-3/30	13	\$78	22-203
4/1-4/29	13	\$78	22-204

SENIOR OPEN SWIM

Monday - Friday

9:00 am - 10:00 am

Richards Community Pool

Walk in Fee: \$4



Need to increase your strength, improve your heart health, flexibility, mental well being, or reduce risk of falling or osteoporosis? Swimming can offer all these benefits and the Richards Community Pool is open exclusively for you on weekdays.

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:* rhythmic 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, introduction to treading water, diving and breath support.

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.

PRIVATE SWIM LESSONS

Private swim lessons are available for any skill level, from water adjustment to triathlon training. Separate from group lessons, they are based on instructor availability and can be set up any day during the week. Lessons are 30 minutes in length and set up in a one, two or three participant to one instructor ratios. Please fill out the request form on our website and the aquatic coordinator will be in touch to schedule your lessons as soon as possible! Lesson packages are available in four 30 minute sessions.

Visit www.capecommunityservices.org to complete our online request form.

Rates:

- 1 swimmer—\$100 (\$25 per lesson)
- 2 swimmers—\$160 (\$20 per swimmer/lesson)
- 3 swimmers—\$180 (\$15 per swimmer/lesson)

YOUTH PROGRAMS

SESSION 1 JANUARY 2 -FEBRUARY 10

Mondays 1/6 - 2/10 (No Class 1/20)

Thursday 1/2 - 2-6

Saturdays 1/4-2/1

Level	Day	Time	# Classes	Fee	Program #
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	22-222
Barnacles 1	Sat	9:00 - 9:30 am	5	\$38	22-223
Barnacles 2	Sat	9:30 - 10:00 am	5	\$38	22-224
Turtles	Sat	10:00 - 10:30 am	5	\$38	22-225
Ducklings 1	Mon	11:00-11:30 am	5	\$38	22-226
	Thurs	10:30 - 11:00 am	6	\$45	22-227
	Sat	9:00 - 9:30 am	5	\$38	22-228
	Sat	10:00 - 10:30 am	5	\$38	22-229
Ducklings 2	Mon	10:30 - 11:00 am	5	\$38	22-230
	Thurs	11:00 - 11:30 am	6	\$45	22-231
	Sat	9:00 - 9:30 am	5	\$38	22-232
	Sat	10:30 - 11:00 am	5	\$38	22-233
Dolphins 1	Mon	10:00 - 10:30 am	5	\$38	22-234
	Thurs	11:30 am - 12:00 pm	6	\$45	22-235
	Sat	9:30- 10:00 am	5	\$38	22-236
	Sat	10:00 - 10:30 am	5	\$38	22-237
Dolphins 2	Thurs	12:00-12:30 pm	6	\$45	22-238
	Sat	9:30 - 10:00 am	5	\$38	22-239
	Sat	10:30 - 11:00am	5	\$38	22-240
Level 1	Sat	9:00 - 9:45 am	5	\$47	22-241
	Sat	10:30 - 11:15 am	5	\$47	22-242
Level 2	Sat	9:00 - 9:45 am	5	\$47	22-243
	Sat	10:30 - 11:15 am	5	\$47	22-244
Level 3	Sat	9:45 - 10:30 am	5	\$47	22-245
	Sat	10:30 - 11:15 am	5	\$47	22-246
Level 4/5	Sat	9:45 - 10:30 am	5	\$47	22-247

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. Maximum: 40 participants.

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 and CS Swim Staff

Program # 22-274



YOUTH PROGRAMS

SESSION 2 FEBRUARY 24 - APRIL 4

Registration Opens: Monday, February 10th

Mondays 2/24 – 4/6
 Thursdays 2/27 – 4/9
 Saturdays 2/29 – 4/4

Level	Day	Time	# Classes	Fee	Program #
Barnacles 1/2	Thurs	10:00 - 10:30 am	7	\$53	22-248
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	22-249
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	22-250
Turtles	Sat	10:00 - 10:30 am	6	\$45	22-251
Ducklings 1	Mon	11:00-11:30 am	7	\$53	22-252
	Thurs	10:30 - 11:00 am	7	\$53	22-253
	Sat	9:00 - 9:30 am	6	\$45	22-254
	Sat	10:00 - 10:30 am	6	\$45	22-255
Ducklings 2	Mon	10:30 - 11:00 am	7	\$53	22-256
	Thurs	11:00 - 11:30 am	7	\$53	22-257
	Sat	9:00 - 9:30 am	6	\$45	22-258
	Sat	10:30 - 11:00 am	6	\$45	22-259
Dolphins 1	Mon	10:00 - 10:30 am	7	\$53	22-260
	Thurs	11:30 am - 12:00 pm	7	\$53	22-261
	Sat	9:30- 10:00 am	6	\$45	22-262
	Sat	10:00 - 10:30 am	6	\$45	22-263
Dolphins 2	Thurs	12:00-12:30 pm	7	\$53	22-264
	Sat	9:30 - 10:00 am	6	\$45	22-265
	Sat	10:30 - 11:00am	6	\$45	22-266
Level 1	Sat	9:00 - 9:45 am	6	\$56	22-267
	Sat	10:30 - 11:15 am	6	\$56	22-268
Level 2	Sat	9:00 - 9:45 am	6	\$56	22-269
	Sat	10:30 - 11:15 am	6	\$56	22-270
Level 3	Sat	9:45 - 10:30 am	6	\$56	22-271
	Sat	10:30 - 11:15 am	6	\$56	22-272
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	22-273

SPLASH PARTIES/ POOL RENTALS

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

All bookings must be made through Community Services. **Cash or Check only.**

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

\$ 95 - Pool only (max 40)

\$ 75 - Pool only (max 20)

\$ 65 - Café Rental (1 hr)

OPTIONS AVAILABLE

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

Sundays: 1:00 – 2:00 pm

Café immediately following pool rental



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.

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

YOUTH PROGRAMS

BOUNCING BUDS (Ages 2-3)

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 visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing. No Jeans please. Please contact the Brio Dance Studio office at 253-1700 for any additional information.

Day: Thursday

Time: 9:30 - 10:00 am

Location: Community Center, Living Room

Instructor: Julie Wilkes, Brio Dance Studio

<u>Dates</u>	<u>Fee</u>	<u>Program</u>
1/9 - 2/13	\$78	22-312
3/5 - 4/9	\$78	22-313

* Snow Dates 2/27 & 4/16

SPINNING SPROUTS (Ages 3-5)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap, and creative movement steps. Each class will incorporate music, props, group and partner dancing, and individual attention. Dance encourages self-confidence, balance, and coordination to aid in the development of your child. Please note that visitors are not allowed during class. Requirements: each student will need to bring a pair of socks or flexible shoes and dress shoes (for tap technique) to every class. Ballet and tap shoes are recommended, but not required. Please send your dancer in comfortable clothing. No Jeans please. FMI contact Brio Dance Studio at 253-1700.

Day: Thursday

Time: 10:15 - 11:00 am

Fee: \$78

Location: Community Center, Community Room

Instructor: Julie Wilkes

<u>Dates</u>	<u>Fee</u>	<u>Program</u>
1/9 - 2/13	\$78	22-314
3/5 - 4/9	\$78	22-315

* Snow Dates 2/27 & 4/16

TODDLER GYM (Ages 1-3)

Moms, Dads and Caregivers: 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: Friday, 1/10 – 4/3 (no session 2/21)

Time: 10:30 - 12:00 pm

Walk-in Fee: \$5/Family

Location: Community Center, Activity Room

CAPE CARE OPEN HOUSE

*Tuesday, March 3rd
5:30 pm - 7:00 pm*

Come check out Cape Care Pre-school. Meet the teachers, see the classrooms, and learn about all of our programs.

*Half and Full Day Preschool
Caterpillars 3 - 4 year olds
Butterflies 4 - 5 year olds
Before Care 7:15 to 8:30 am
After Care 2:30 to 5:30 pm*

YOUTH PROGRAMS

ANIMAL TRACKING FOR FAMILIES

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

Date: Thursday, February 20

Time: 9:30 - 10:30 am

Fee: \$6/parent & 1 child - additional child \$3

Location: Meet at the end of Fenway Rd

Instructor: Philip Mathieu

Program # 22-316

MINDFUL DRAWING & PAINTING

(Grades 2-4)

Students will have the opportunity to draw from imagination or from a particular object of choice using graphite, charcoal, pastels, colored pencils and markers. Tempera paintings will be made from drawings or as new projects altogether. Mindfulness exercises will be used to complement the creative process. Materials included.

Day: Tuesday

Time: 3:00 - 4:00 pm

Location: Community Center, Meeting Room

Instructor: Chris Reed

Dates	Fee	Program
1/7 - 2/11	\$90	22-317
3/3 - 4/7	\$90	22-318

MINDFUL SCULPTING (Grades 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.

Day: Thursday

Time: 3:00 - 4:00 pm

Location: Community Center, Living Room

Instructor: Chris Reed

Dates	Fee	Program
1/9 - 2/13	\$90	22-319
3/5 - 4/9	\$90	22-320

BRICK BY BRICK MAINE LEGO WINTER FUN! (Grades K-3)

Join us for this 8 week session where we build things associated with winter! Our weekly Lego builds will include a snow plow, an igloo, a polar bear and an ice dragon! Classes will begin with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once their individual project is completed to their liking, students can free build with a huge assortment of Lego bricks!

Dates: Tuesday, 1/28 - 3/24 (No class on 2/18)

Time: 3:00 - 4:00 pm

Fee: \$106

Location: Pond Cove, Health Room

Program # 22-321

BRICK BY BRICK MAINE LEGO OCEANIC FUN! (Grades K-3)

Join us for the spring session where we celebrate the creatures and activities of the ocean! Our weekly builds will include a shark, a crab, a sea turtle and a submarine. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once their individual project is completed to their liking, students can free build with a huge assortment of Lego bricks!

Date: Tuesday, 4/28 - 6/2

Time: 3:00 - 4:00 pm

Fee: \$80

Location: Pond Cove, Health Room

Program # 22-322

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, Mar. 7

Time: 8:30 am - 4:00 pm

Fee: \$84

Location: Community Center, Community room

Instructor: Karen Seymour

Program # 22-323

YOUTH PROGRAMS

MUSICAL THEATER (Grades K-4)

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

GRADES K – 1

Date: Thursday, 1/2 – 3/12 (No class 2/20)

Time: 3:00 - 4:10 pm

Fee: \$135

Location: Community Center, Activity Room

Instructor: Barry Brinker

Program # 22-324

GRADES 2 - 4

Dates : Thursday, 3/26 – 6/4 (No class 4/23)

Time: 3:00 - 4:10 pm

Fee: \$135

Location: Community Center, Activity Room

Instructor: Barry Brinker

Program # 22-325

DRAMA KIDS (Grades K-4)

Come 'ACT UP' in this exciting class! Kids who take Drama Kids classes have tons of fun and develop important confidence-building skills that will help them personally and academically. Activities include improvisations, mini-scripts, speaking skills, character analysis, theater games, creative movement and an informal performance. If you want your child to get a jump on achievement, enroll them today!

Dates: Wed, 1/8 - 4/8 (No class 2/19 & 3/18)

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

Fee: \$190

Location: Pond Cove, Gymnasium

Instructor: Jennifer Harriman

Program # 22-326

IRISH DANCE BEGINNERS (Grades K-4)

Students in grades K-4 will learn the basics of Irish Dancing with a ten 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. Most importantly, our goal is that students will gain confidence, be inspired and have fun! 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.*

Date: Friday, 1/10/20 - 3/27/20 (No class 2/21, 3/13)

Time: 3:00 - 4:00 pm

Fee: \$165

Location: Pond Cove Gymnasium

Instructor: Mairead Stillson

Program # 22-327

IRISH DANCE ADVANCED (Grades K-4)

Students in grades K-8 will build upon the basics of Irish Dancing with a 10 week advanced course. *No late bus on Fridays, parent pick up only.*

Date: Friday, 1/10/20 - 3/27/20 (No class 2/21, 3/13)

Time: 4:15 - 5:15 pm

Fee: \$165

Location: Pond Cove Gymnasium

Instructor: Carlene & Mairead Stillson, Stillson School of Irish Dance

Program # 22-328



YOUTH PROGRAMS

TAP/JAZZ (Grades 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! Please note that parents and visitors will be asked to wait in the lobby during class time.

Day: Friday

Time: 3:00-4:00 pm

Location: Community Center, Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Dates	Fee	Program
1/10 - 2/14	\$83	22-329
3/6 - 4/10	\$83	22-230

TAP/JAZZ 2 (Grades 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. Please contact the Brio Dance Studio office at 253-1700 with class placement questions and for additional information. Ask about our shoe swap program!

Day: Friday

Time: 4:00-5:00 pm

Location: Community Center, Activity Room

Instructor: Julie Wilkes, Brio Dance Studio-

Dates	Fee	Program
1/10 - 2/14	\$83	22-331
3/6 - 4/10	\$83	22-332

HIP/HOP (Grades 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 send your dancer in comfortable clothes and indoor sneakers. No jeans please.

Day: Tuesday

Time: 3:00 - 4:00 pm

Location: Pond Cove Gymnasium

Instructor: Julie Wilkes, Brio Dance Studio

Dates	Fee	Program
1/7 - 2/11	\$83	22-333
3/3 - 4/7	\$83	22-334

DRUM/PERCUSSION GROUP (Grades 3-4)

This class is an opportunity to develop musicianship through drumming and other various percussion instruments. We will work on a variety of different drum beats, percussion, melodies and mallet techniques.

GRADE 3

Date: Thursday, 1/9 – 1/30

Time: 3:00 - 4:00 pm

Fee: \$20

Location: Pond Cove, Music Room

Instructor: Rebecca Bean

Program # 22-335

Group will perform with the 3rd Grade Concert on February 5th* at 6:30 pm in the Pond Cove Cafeteria.

* Snow date is 2/6. Please note this is the same night as the Ski Bus to Shawnee Peak. Students who enroll in this group should plan to make a commitment to be available for the concert night and the snow date.

GRADE 4

Date: Tuesday, 1/7 – 1/28 * Snow date is 2/4

Time: 3:00 - 4:00 pm

Fee: \$20

Location: Pond Cove, Music Room

Instructor: Rebecca Bean

Program # 22-336

Group will perform with the 4th Grade Concert on February 3rd at 6:30 pm in the Pond Cove Cafeteria.

YOUTH PROGRAMS

HIGH TOUCH HIGH TECH

High Touch High Tech of Maine offers hands-on workshops that foster authentic science learning – bringing scientific concepts out of the classroom & into the everyday lives of students. Join Dr. Genia Sklute as she unleashes the scientist in all of us.

EARTHSCAPADES (Grades K-2)

From the creepy crawlies that live on the surface to the beautiful gems buried way deep.....learn all there is to know about the Earth.

Date: Monday, 1/6 - 2/24 (No class 1/20 & 2/17)

Time: 3:00 - 4:00 pm

Fee: \$105

Location: Pond Cove, Health Room

Program # 22-337

PLANTIMAL PARTY (Grades K-2)

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

Date: Monday, 3/16 - 4/27 (No 4/20)

Time: 3:00 - 4:00 pm

Fee: \$105

Location: Pond Cove, Health Room

Program # 22-338

EARTH-O-SPHERE (Grades 3-4)

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

Date: Tuesday, 1/7 - 2/11

Time: 3:00 - 4:00 pm

Fee: \$105

Location: CECS, Living Room

Program # 22-339

ENGINEERING AND ENERGY (Grades 3-4)

Learn all about physics from Newton to flight, light, and electricity. Find ROY G BIV, launch a rocket and more.

Date: Tuesday, 3/3 - 4/7

Time: 3:00 - 4:00 pm

Fee: \$105

Location: CECS, Living Room

Program # 22-340

FINALLY FUN SCIENCE PART 1(Grades 5-7)

Finally.....have some fun with science as we roll up our sleeves and do REAL science experiments. Explore everything from engineering and chemistry to biology and space as we make hover crafts, roller coasters, salt bonds, craters, neurons, and so much more!

Date: Friday, 1/10- 2/14

Time: 2:30 - 3:45 pm

Fee: \$115

Location: CEMS Art Room

Program # 22-341

FINALLY FUN SCIENCE PART 2 (Grades 5-7)

Finally.....have some fun with science as we roll up our sleeves and do REAL science experiments. Explore everything from engineering and chemistry to biology and space as we make hover crafts, roller coasters, salt bonds, craters, neurons, and so more!

Date: Friday, 3/13 - 5/1 (No class 4/17 & 4/24)

Time: 2:30 - 3:45 pm

Fee: \$115

Location: CEMS Art Room

Program # 22-342



YOUTH PROGRAMS

MAD SCIENCE ENERGIZE IT! (Grades K-4)

Hop on board the Mad Science express for a high-speed, hands-on science experience guaranteed to energize your mind! Explore the many facets energy, forces, motion, potions, and yes...slime! Reach for your potential...and kinetic energy as you experiment with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel mysteries of magic using science. Slide down the colorful pH scale and make liquids bubble, fizz, and pop. Learn the physics of optical illusions and build your own periscope. Ooze into a gooey hour of sliming around and make multiple slime concoctions. Act out hot molecule movements and discover some unusual applications of glow-in-the-dark technology. Explore forces by making centrifuges, spinning gyroscopes, and building your own center of gravity game. This program is so energizing, even gravity won't keep you down! Put your seat belt on...these energetic classes are going to make you have a blast!

Date: Thursday, 1/23 – 3/19 (No class 2/20)

Time: 3:00 - 4:00 pm

Fee: \$116

Location: Pond Cove, Health Room

Instructor: Mad Science Staff

Program # 22-343

WARRIOR YOGA GAMES (Grades K-4)

In this class, students will learn basic yoga poses in a fun and unique manner. This yoga class isn't about perfecting alignment it's about making yoga fun and accessible to all! Warrior Yoga includes games, imagination, partner poses, silly breathing techniques, art, stories and more. It gives students an outlet to be creative in their own bodies and minds and to be a Warrior of Strength for, not only themselves, but for others as well. The techniques taught will help them understand how to identify and control their own emotions, and will teach them to be a kind presence to others and themselves. This class allows them to just be themselves! No experience necessary.

Date: Monday (No class 1/20)

Time: 3:00 - 4:00 pm

Location: Session 1-Community Center Living Room/
Session 2 & 3 Pond Cove, Gymnasium

Date	Fee	Program
1/13 – 2/10	\$67	22-344
3/16 – 4/6	\$67	22-345
4/27 – 5/18	\$67	22-346

TABLE TENNIS/PING PONG (Grades 5-8)

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

Date: Mon/Wed, 1/13 – 2/12 (No class on 1/20)

Time: 2:30 - 4:00 pm / Early Release Time 1:30 - 3:00 pm

Fee: \$75

Location: Middle School, Gymnasium Lobby

Instructors: Chris Drake & Volunteers

Program # 22-347

BEGINNERS YOUTH GROUP GUITAR (Grades 3-8)

The best time to learn music is when you're young and guitar is a great introduction to it. This class is a beginner's class and a continuation, if you have taken it before. Students will be taught melodies and chords to play their favorite tunes. Learning guitar in a group format is an interactive and fun experience. The instructor has taught children in individual and group settings for many years. Students will need to provide their own guitars. If helpful, the instructor will gladly provide guidance on the purchase of a guitar. Hal Leonard Guitar Method Book 1 is required for the class (not included).

Date: Wednesday, 2/5-4/15 (No class 2/19)

Time: 5:30-6:30pm

Fee: \$150

Location: Community Center, Meeting Room

Instructors: John Johnstone

Program # 22-348



YOUTH PROGRAMS

WINTER MINECRAFT (Grades 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 winter blast!

Location: Middle School, Computer Lab

Instructor: Jack Duffy

Fee: \$50

GRADES 2-4

Day: Tuesday

Time: 3:00 – 4:00 pm

Date	Classes	Program
1/14 - 2/11	5	22-349
3/3 - 3/31	5	22-350

GRADES 5-8

Day: Monday (no class 1/20 & 2/17)

Time: 2:30 - 4:00 pm

Dates	Classes	Program
1/13 - 2/24	5	22-351
3/2 - 3/30	5	22-352

MINECRAFT FEBRUARY VACATION CAMP (Grades 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 a winter vacation blast!

Date: Tuesday – Friday, 2/18 - 2/21

Time: 8:30 - 11:30 am

Fee: \$108

Location: Middle School Computer Lab/ Library Learning Commons

Instructor: Jack Duffy

Program # 22-353

MOVIE MAKING (Grades 1-4)

Write, act and star in an original short film! Together students will create an original character, write a screenplay and bring their story to life on screen. During production everyone will have the chance to take on leadership roles as actors, directors, camera operators, editors and production managers. Using Movie editing software students will polish their work, score their movie, add sound effects and create titles and credits. The course will culminate with a private film screening for students in true Hollywood style!

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

Location: Pond Cove, Media Center

Instructors: Laura Cowie & Katherine Nicoll, Unwritten Roads

GRADES 2-4

Date	Classes	Fee	Program
1/7 - 2/25	7	\$129	22-354
No class 2/18			

GRADES 1-4

Date	Classes	Fee	Program
4/7 - 5/26	7	\$129	22-355
No class 4/21			

FEBRUARY/APRIL VACATION CAMP (Grades K-6)

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 lunch and a water bottle. Field trips TBA

FEBRUARY VACATION CAMP

Date: Tuesday-Friday, 2/18 - 2/21

Time: 8:00 am - 4:00 pm

Fee: \$168

Location: CC After Care Room

Program # 22-356

APRIL VACATION CAMP

Date: Tuesday - Friday, 4/21 - 4/24

Time: 8:00 am - 4:00 pm

Fee: \$168

Location: CC After Care Room

Program # 22-357

YOUTH PROGRAMS

KARATE

Empower your children with important life skills as well as valuable techniques to protect themselves while building strength and awareness with this course in kid's karate. These programs are designed to teach self-protection through confidence building karate techniques. Increase listening skills, balance, and confidence during a fun and safe class that encourages focus through basic karate skills. Sempai Sue Curran – a DKF black belt in Ishinryu, Shotokan, and Kyusho Jitsu

KARATE LITTLE NINJAS (Ages 3-5)

Day: Mon/Wed, No class 2/17, 2/19, 3/18, 5/25
Time: 2:15 - 3:00 pm/Early Release Time 1:15 - 2:00 pm
Location: CC Activity Room

Date	Fee	Program
1/27 - 3/4	\$115	22-358
3/11 - 4/15	\$115	22-359
4/29 - 6/3	\$115	22-360

KARATE KIDS (Grades K-2)

Day: Mon/Wed, No class 2/17, 2/19, 3/18, 5/25
Time: 3:00 - 4:00 pm/Early Release Time 2:00 - 3:00 pm
Location: CC Activity Room

Date	Fee	Program
1/27 - 3/4	\$115	22-361
3/11 - 4/15	\$115	22-362
4/29 - 6/3	\$115	22-363

KARATE NINJAS (Grades 3-8)

Day: Mon/Wed, 2/17, 2/19, 3/18, 5/25
Time: 4:30 - 5:30 pm/Early Release Time 3:30-4:30 pm
Location: CC Activity Room

Date	Fee	Program
1/27 - 3/4	\$115	22-364
3/11 - 4/15	\$115	22-365
4/29 - 6/3	\$115	22-366

GLOBAL PREMIER SOCCER (GPS) SKILLS

You have previously enjoyed Global Premier Soccer in our Spring, Summer and Fall sessions here in Cape. Now take a kick at their indoor winter clinics. It is the perfect way to extend your child's soccer experience. The Skills 11 is the first step on the ladder of the club soccer development pyramid and by joining the program your child gets the opportunity to work with our licensed full time coaching staff.

Fee: \$62
Location: Pond Cove, Gymnasium
Instructors: GPS Staff

GPS MINI KICKERS (Ages 3-4)

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

Date: Sunday, 1/5 – 2/2/20
Time: 2:00 - 2:45 pm
Program # 22-367

GPS JUNIORS (Ages 5-6)

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

Date: Sunday, 1/5 – 2/2/20
Time: 3:00 - 3:45 pm
Program # 22-368

GPS SKILLS 11 (Grades 1-2)

The GPS Skills 11 program will focus on 1v1 attacking moves taken from some of the best players in the world. The program will focus on ball mastery and encourage our players to be confident in trying to execute a variety of 1v1 moves in both non-pressure, 1v1 situations. Ball Size: 4

Date: Sunday, 1/5– 2/2/20
Time: 4:00 - 5:00 pm
Program # 22-369

YOUTH PROGRAMS

INDOOR TENNIS CLINICS (Age 4-Grade 8)

Tennis players can continue to develop their tennis talent through the winter months. These indoor tennis clinics provide a great opportunity for new-comers to develop basic skills or for veteran players to tune-up their game. Players should bring their own tennis racket if they have one. Please wear sneakers and comfortable clothing.

Day: Saturday

Fee: \$60

Location: Pond Cove Gymnasium

Instructor: Coach Mary Gray

SESSION 1 1/11/20 - 2/8/20

Grade	Time	Program #
Ages 4-K	10:15-11:00 am	22-370
Gr. 1-2	11:00-11:45 am	22-371
Gr. 3-4	11:45 am-12:30 pm	22-372
MS Ladder Play	12:30 pm -1:15 pm	22-373

SESSION 2 3/7/20 - 4/4/20

Grade	Time	Program #
Ages 4-K	10:15-11:00 am	22-374
Gr. 1-2	11:00-11:45 am	22-375
Gr. 3-4	11:45 am-12:30 pm	22-376
MS Ladder Play	12:30 pm -1:15 pm	22-377

THURSDAY INDOOR TENNIS (Age 4-Grade 5)

Join Coach Mary Gray for USTA Quickstart Tennis designed to help players learn and play the game of tennis. The size of the court and 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.

Date: Thursday, 1/16 - 2/27, No class 2/20

Fee: \$72

Location: Pond Cove Gymnasium

Instructor: Coach Mary Gray

Grade	Time	Program #
Gr. 1-2	3:00-3:45	22-378
Gr. 3-5	3:45-4:30	22-279
Ages 4-K	4:30-5:15	22-280

SUNDAY FAMILY TENNIS *NEW*

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!

Day: Sunday

Location: Pond Cove Gymnasium

Fee: 2 Participants \$114
3 Participants \$165
4+ Participants \$213

Instructor: Coach Mary Gray

SESSION 1 1/12/20 - 2/9/20

Age	Time	Program #
4-5	10:15-11:00 am	22-381
6-8	11:00-11:45 am	22-382
9-11	11:45 am-12:30 pm	22-383

SESSION 2 3/8/20 - 4/5/20

Age	Time	Program #
4-5	10:15-11:00 am	22-384
6-8	11:00-11:45 am	22-385
9-11	11:45 am-12:30 pm	22-386



YOUTH PROGRAMS

CAPE YOUTH TRAVEL LACROSSE (Grades 3-6)

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

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



VERY IMPORTANT: All families, including returning players, should plan to attend the Parent/Player Meeting. Players must attend at least one practice in the week leading up to a game in order to be eligible to play in that week's games. Practice cancellations due to weather will not be counted against a player.

BOYS LACROSSE

BOYS MANDATORY PARENT MEETING

Tuesday, March 3rd at 6:00 pm - MS Library.

Uniform fitting immediately following.

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

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

Indoor practice: Mon/Wed; 3/9/20 - 3/25/20

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

Location: CEMS Gym

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

Fee: \$160 (complete uniform), \$120 (required new short only)

Boys 3/4 Program # 23-300

Boys 5/6 Program # 23-301

Boys Contact: Katy Wallace at

kathryndanawallace@gmail.com

GIRLS LACROSSE

GIRLS MANDATORY PARENT MEETING

Wednesday, March 4th at 6:00pm - MS Library

Uniform fitting immediately following.

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

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

Indoor practice: Tues/Thurs; 3/10/20 - 3/26/20

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

Location: CEMS Gym

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

Fee: \$160 (complete uniform), \$120 (required new short only)

Girls 3/4 Program # 23-302

Girls 5/6 Program # 23-303

Girls Contact: JoElle Stoecklein at jojo1012@me.com

Instructors: Parent volunteers are critical for the success of our Travel Programs! We need your involvement to succeed. Please join the fun. Inquire about helping as a Team Administrator, Equipment Manager, Cape Classic Planning Committee Member and Coaching. Coaching clinics are available.

YOUTH PROGRAMS

FILLS QUICKLY!

SHAWNEE PEAK ALPINE SKI PROGRAM (Grades 3-10)

Skiers and riders in grades 3-10, will head to Shawnee Peak for an evening of skiing or snowboarding. Beginners and advanced skiers/riders alike will benefit from the one hour instruction and have an opportunity to free ski for the remaining hour. Beginning skiers/riders will remain with instructors until they are comfortable getting on and off the lift without assistance. Advanced skiers/riders in 6th grade and up, will have the option of free ski/ride with no lessons. Parent chaperones are needed for this program. **WE ARE ONLY ABLE TO TAKE 2 BUSES/100 KIDS MAX. NO 3RD BUS THIS SEASON!!**

Date: Thursday, 1/16-2/27 (no program on 2/20 make up 3/5, if needed)

Time: 3:00-8:45 pm

Program # 22-387

Fees:

A)	* Lift Ticket Only	\$278
B)	Lift Ticket and Lessons	\$373
C)	* Lift Tickets and Rentals	\$392
D)	Lift Ticket, Lessons & Rentals	\$487
E)	Helmet Rentals	\$48

*Available to students in grades 6 -10 who demonstrate appropriate ski level.

Ski Levels: Please choose the level that best describes your child's ski ability

1. First time Skiers
2. Skied a few times without formal instruction
3. Wedge turns on easy terrain, controls speed with shape of turn
4. Matches skies at the end of turn, begins to explore blue terrain
5. Finishes turns with skis parallel
6. Open track parallel uses edges and pressure in turns
7. Skis parallel all the time, rhythm & movement in turns
8. Aggressive carved turns, able to control speed on all terrain

Snowboard Levels: Please choose the level that best describes your child's snowboard ability

1. First time snowboarder
2. Snowboarded some
3. Fairly proficient border

Please contact Community Services for more information or to register. Space is limited.



**Mandatory Meeting
Middle School Cafetorium
January 9th**

Fittings and Waivers
5:30-6:00 pm

Parent and Participant Meeting
6:00 to 7:00 pm

Chaperone Meeting 7:00 pm

NORDIC SKI/PARENT & CHILD (GRADE K-5)

Cape Nordic will once again run a non-competitive Youth Nordic Ski program for new and intermediate skiers. The focus will be on fun games and activities to improve balance and increase comfort on skis. This is a family program designed for parent/child. Skiers will also be eligible to participate in New England Nordic Ski Association, the Bill Koch League. FMI: www.nensa.net

Date: Sunday 1/5, 1/12, 1/26, & 2/2 (Make up 2/9)

Time: 12:30 - 2:00 pm

Fee: \$50

Location: Gull Crest Fields

Instructors: Debora Hatton & Cape Nordic Volunteers

Program # 22-388

FORT WILLIAMS PARK



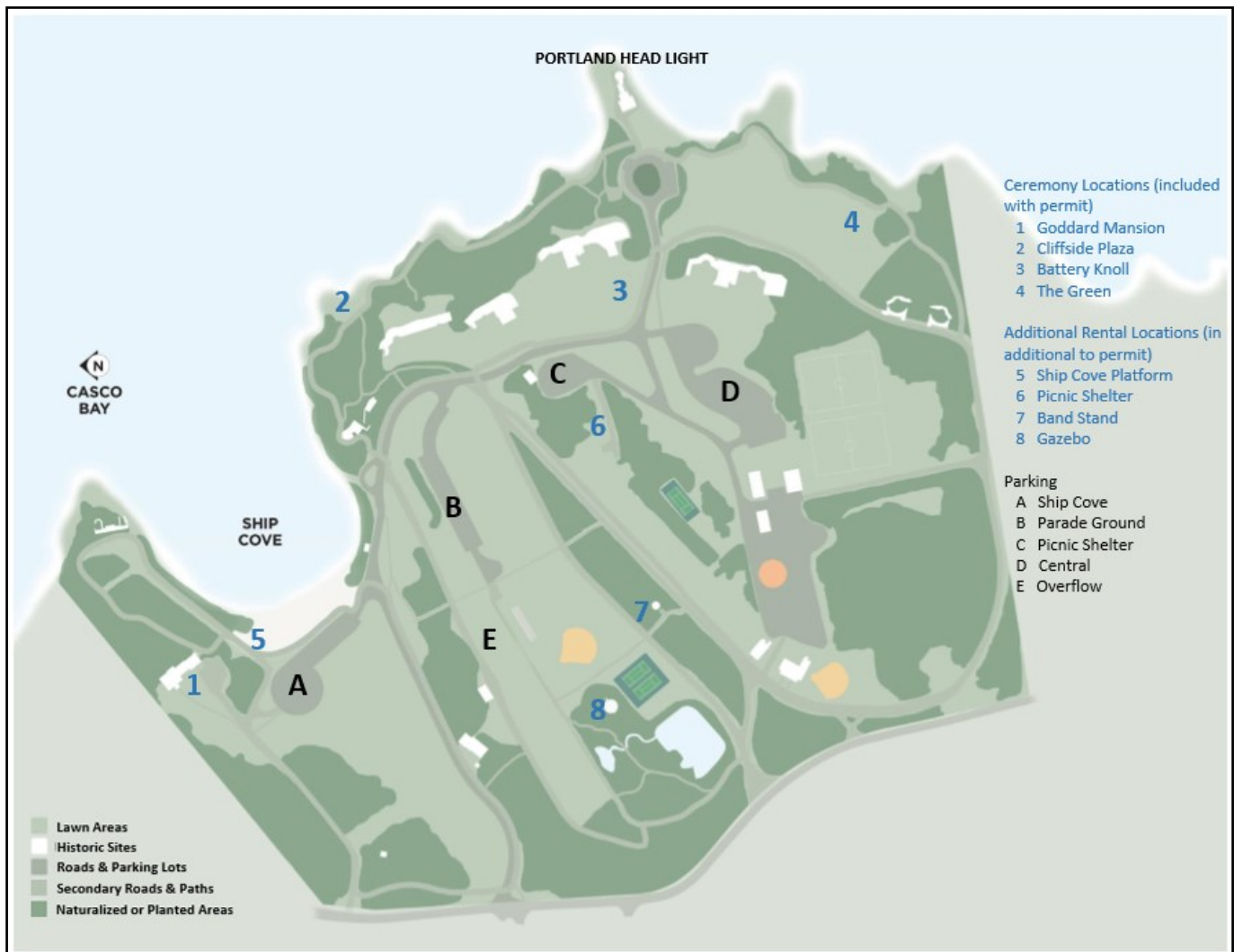
Jamie Mercurio Photography

Cape Elizabeth Community Services (CECS) has been managing Fort Williams Park since January 2019. Our treasured park is host to a variety of mixed uses throughout the year and we work cooperatively with numerous stakeholders, public works, seasonal park rangers, greeters, and vendors to ensure our residents and visitors alike have a safe and enjoyable experience.

As you know, Fort Williams Park is a beautiful location to gather for a wedding ceremony, family reunion or a company picnic. There are eight locations within the park that may be rented for various events.

Residents may reserve spaces available within the park beginning December 1st for 2020. (Non-residents January 1st). Groups greater than 150 require approval by CECS Director.

Contact Community Services at 799-2868 or visit our web site at www.capecommunityservices.org for more information



RICHARDS COMMUNITY POOL AND FITNESS

MEMBERSHIP RATES

Memberships may be purchased at Community Services or at the Fitness Center during regular business hours. *Children age 13 and under may not use the facilities at the Fitness Center.*

	MONTHLY Pool/Fitness/Combo	QUARTERLY Pool/Fitness/Combo	ANNUALLY Pool/Fitness/Combo
Individual	\$39/ \$36/ \$56	\$100/ \$87/ \$134	\$337/ \$296/ \$469
Couple	\$67/ \$65/ \$90	\$155/ \$151/ \$216	\$469/ \$428/ \$663
Family	\$95/ \$111/ \$127	\$263/ \$251/ \$335	\$826/ \$801/ \$1,132

FITNESS CENTER SCHEDULE

January 1— April 1

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

Friday 5:30 am - 7:00 pm

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

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

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

SPLASH PARTIES / POOL RENTALS

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

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

\$ 95 - Pool & whirlpool (max 30)

\$ 95 - Pool only (max 40)

\$ 75 - Pool only (max 20)

\$ 65 - Cafe Rental (1 hr)

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

Cape Elizabeth Town Hall
320 Ocean House Road

Postal Customer

Cape Elizabeth, ME 04107

November 18-February 16th

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

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

SENIOR SWIMS

(Adults 65 years old & older)

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

(Children 10 & under must be with an adult)

Tu,W, F	_____	10:00 - 11:30 am
Saturdays	_____	1:30-2:30 pm*
		5:00-6:00 pm
Sundays	_____	11:45am-12:45 pm
		2:15-3:15 pm*

*Open Swim with Inflatable

February 17-June 21

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

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

SENIOR SWIMS

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

*Open Swim with Inflatable

CAPE ELIZABETH COMMUNITY SERVICES—www.capecommunityservices.org

