

# CAPE EXPLORER



Keeping Cape Active

FALL 2019

September-December

Resident Registration Opens

Online Sunday, Aug 25th 8:00 pm

# REGISTRATION INFORMATION

Online registration begins at 8:00 pm on **Sunday, August 25th** 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 August 26th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868.

Non-resident registrations begin Friday, August 30st. Email confirmations will be sent for all transactions.

## **IF YOU SNOOZE, WE ALL LOSE.... PLEASE REGISTER EARLY!!**

Many programs are adversely affected each season due to participants waiting until the last minute to register. There is a point when a program must be cancelled if we do not meet the instructor's minimum enrollment number, typically a week prior to the start of class. Please register as soon as possible to avoid program cancellations.

## **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**

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 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](http://www.capecommunityservices.org) under Cape Explorer.

CLASS	DAY/TIME	DATES	FEE	PROGRAM #
<b>LIGHTHOUSE MASTERS SWIM</b> with Marcus DaPonte 	Monday/Wednesday/Friday 5:30-6:30 am	9/4 - 12/20	\$308	21-200
<b>HIIT - HIGH INTENSITY INTERVAL TRAINING</b> with Susan Janosik	Monday/Wednesday/Friday 5:30 -6:30 am	9/4 - 10/25 10/28 - 12/20	\$198 \$198	21-101 21-102
<b>EARLY BIRD CYCLING</b> with Susan Janosik	Tuesday/Thursday *NEW TIME* 5:45-6:30 am	9/3 - 10/24 10/29 - 12/19	\$144 \$135	21-103 21-104
<b>WATER WORKS</b> with Patty Medina 	Monday/Wednesday/Friday 8:00-8:45 am	9/4 -9/30 10/2 -10/30 11/1- 11/27 12/2 - 12/20	\$72 \$78 \$72 \$54	21-201 21-202 21-203 21-204
<b>STEP AEROBICS</b> with Anne Cass	Mondays 8:00 - 8:50 am	9/9 - 10/28 11/4 - 12/16	\$48 \$48	21-105 21-106
<b>BODY DYNAMICS</b> with Elaine Talevi	Monday/Wednesday/Friday 9:00-10:00 am	9/9 - 10/25 10/28 - 12/20	\$100 \$110	21-107 21-108
<b>MORNING WOMEN ON WEIGHTS</b> with Susan Janosik	Wednesday/Friday 9:00-10:00 am	9/11 - 10/25 10/30 - 12/20	\$112 \$112	21-109 21-110
<b>YOGA MORNINGS BEG/ GENTLE HATHA</b> with Sharon Wilke	Wed 10:15-11:30 am	9/4-10/23 10/30-12/18	\$88 \$77	21-111 21-112
<b>FIT TO LIVE YOGA</b> with Patty Medina	Tuesday/Thursday 10:15-11:00 am	9/17-10/17 10/22-11/21	\$80 \$80	21-113 21-114
<b>AQUA CARDIO CORE</b> with Sarah MacColl 	Wednesday 1:00-2:00 pm	10/16-12/18	\$90	21-205
<b>*ESSETRICS</b> with Sarah MacColl	Tuesday/Thursday 8:30-9:30 am	9/3-9/26 10/1-10/31	\$72 \$90	21-115 21-116
<b>PILATES PLUS</b> with Sarah MacColl	Tuesday/Thursday 8:30-9:30 am	11/5-11/26 12/3-12/19	\$63 \$54	21-117 21-118
<b>SATURDAY SHRED/CYCLING</b> with Susan Janosik	Saturday 7:30 - 8:30 am	10/19 - 12/21	\$81	21-119

# HEALTH, WELLNESS AND ENRICHMENT

## FITNESS EVENINGS

CLASS	DAY/TIME	DATES	FEE	PROGRAM #
<b>NIA</b> with Erin Curren	Thursdays 4:15- 5:15 pm	9/12 - 9/26 10/10-10/31 11/7 -11/21 12/5 - 12/19	\$36 \$48 \$36 \$36	21-120 21-121 21-122 21-123
<b>NIA</b> with Erin Curren	Mondays 5:45-6:45 pm	9/9-9/30 10/7-10/28 11/4 -11/25 12/2 - 12/ 16	\$48 \$36 \$36 \$36	21-124 21-125 21-126 21-127
<b>CO/ED WEIGHTS</b> with Susan Janosik	Tuesday/Thursday 5:30– 6:30 pm	9/10 - 10/24 10/29 - 12/19	\$126 \$126	21-128 21-129
<b>YOGA ALL LEVELS</b> with Sharon Wilke	Wednesday 6:00-7:15 pm	9/4-10/23 10/30-12/18	\$88 \$77	21-130 21-131
<b>CSI TRAINING</b> with Susan Janosik	Tuesday/Thursday 6:30-7:30 pm	9/3 -10/24 10/29 - 12/19	\$144 \$135	21-132 21-133
<b>COAST ENDURANCE</b> with Todd Larlee	 Tuesday/Thursday 5:30-6:45 pm	9/3-10/31 11/5- 12/19	\$176 \$143	21-206 21-207

### 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](http://www.erincurren.com). See grid above for dates & times.

**Location:** CC Activity Room

**Instructor:** Erin Curren

**Walk In Fee:** \$15.00

### NUTRITION FOR WEIGHT LOSS

Are you baffled by losing weight? Are you stuck in unwanted eating habits? Join Nicolaus Bloom, Certified Health Coach, for a nutritional program to help you find peace and support in your relationship with food. You will learn practical tools for migrating to a clean eating format, including weighing and measuring meals, food planning and the mechanics of safe, reliable weight loss. Through affirmations and meditation, the class will also draw upon a Spiritual Presence as defined by the individual to help you stay dedicated to creating a lasting healthy lifestyle. Nicolaus received his health coach certification from the Institute for Integrative Nutrition. He provides workshops and coaching to individuals, small groups, couples and families in the greater Portland area. Learn more at <http://www.nicolausbloom.com>.

**Dates:** Tuesdays, 9/17-11/5

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

**Location:** CC Meeting Room

**Instructor:** Nicholas Bloom

**Fee:** \$175 (cost includes basic kitchen tools)

**Program #** 21-134

# HEALTH, WELLNESS AND ENRICHMENT

## ADULT TAP

Time to dust off those shoes in the back of your closet and get your shuffle ball change on! Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! In the beginning class we will cover all of the basics and you will be flapping across the floor in no time. In the intermediate level we will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome at both levels. If you are not sure which level is right for you, start with the beginning class and go from there. Tap shoes are required but used shoes may be available from the instructor. (14 Classes)

**Dates:** Wednesdays 9/11 - 12/18 (no class 11/27)

**Intermediate Time:** 11:45—12:45 pm

**Fee:** \$130

**Location:** CC Activity Room

**Instructor:** Betsy Dunphy

**Program #** 21-135

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

**Fee:** \$130

**Location:** CC Activity Room

**Instructor:** Betsy Dunphy

**Program #** 21-136

## BALLROOM DANCE

Learn the basics and beyond of how to Waltz, Rumba, Cha-cha, Merengue, Salsa, and Foxtrot. This class focuses on technique and connection tips to be able to move smoothly and in-sync with your partner. Learn fun patterns for those special events such as weddings, vacations, anniversaries, and social gatherings. Please bring a partner and class fee is per person.

**Dates:** Tuesdays Session 1 9/24 – 10/15 (4 classes)  
Session 2 10/22-11/12 (4 classes)

**Time:** 7:00 – 8:00 pm

**Fee:** \$40.00 per person/\$80 per couple

**Walk In Fee:** \$12 per person

**Location** CC Activity Room

**Instructor:** Patty Medina

**Program #**     **Session 1**   21-137

**Session 2**   21-138

## 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. (No class 11/30)

**Dates:** Saturdays

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

**Location:** Richards Community Pool

<b>Date</b>	<b>#of Classes</b>	<b>Fee</b>	<b>Program #</b>
9/14-10/26	7	\$70	21-208
11/2-12/14	6	\$60	21-209

## 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. Min 8

**Date:** Tuesdays/ Thursdays

**Time:** 1:00 – 2:00 pm (no class 11/28)

**Walk In Fee:** \$8.00 per class

**Location:** Richards Community Pool

**Instructor:** Chris Robichaud

<b>Date</b>	<b>#of Classes</b>	<b>Fee</b>	<b>Program #</b>
9/10 - 10/10	10	\$80	21-210
10/15 - 11/14	10	\$80	21-211
11/19 -12/19	9	\$72	21-212

## INNER TUBE WATER POLO



Come join us this Fall 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, September 18 – November 13, 7:00 – 10:00pm in the Don Richards Pool. To join visit [www.cascobaysports.com](http://www.cascobaysports.com)

# HEALTH, WELLNESS AND 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.

**Date:** Tuesday/Thursday (no class 9/17 & 9/19), 11/28)

**Time:** 5:30 – 6:45 pm

**Location:** Richards Community Pool

**Instructor:** Todd Larlee

Date	#of Classes	Fee	Program #
9/3-10/31	16	\$176	21-206
11/5- 12/19	13	\$143	21-207

## SATURDAY CYCLE & SHRED

Come and join one or both of these high intensity, zero impact, full body workout on the bike! These rides combine hill climbing, training power, fast flats and speed that will challenge your legs and cardiovascular system. Get ready to torch a ton of calories. Resistance bands will be incorporated to strengthen and build endurance in the upper body & core. Bring a go hard attitude with a conquer all mentality. This is Boot Camp on the bike! Please bring water & towel. Min 12/Max 40

### SATURDAY SHREAD

**Dates:** Saturdays 10/12-12/21 (9 classes no class 11/30 & 12/14)

**Time:** 7:30-8:30 am

**Fee:** \$ 81

**Location:** CECS Spin Room

**Instructor:** Susan Janosik

**Program #** 21-119

## 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 10/14, 11/11, 11/29)

**Time:** 5:30 - 6:30 am

**Location:** Richards Community Pool

**Instructor:** Marcel DaPonte

Date	#of Classes	Fee	Program #
9/9-12/20	44	\$308	21-200

## MORNING W.O.W.(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 susan-jano@maine.rr.com or by phone at 939-2255 to discuss your program. Please bring **MAT**, towel and water to class. Min 10/Max 14

**Dates:** Wednesday/Friday (no class 11/29 & 12/13)

**Time:** 9:00 – 10:00 am

**Location:** Fitness Center

**Instructor:** Susan Janosik

Date	# of Classes	Fee	Program #
9/11 - 10/25	14	\$112	21-109
10/30 - 12/20	14	\$112	21-110

# 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. Min 4/Max 20

**Dates:** Wednesdays

**Time:** 10:15 - 11:30 am (no class 11/27)

**Location:** CS Activity Room

**Instructor:** Sharon Wilke

**Walk In Fee:** \$13.00

Date	# of Classes	Fee	Program #
9/4-10/23	8	\$88	21-111
10/30-12/18	7	\$77	21-112

## 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.

**Dates:** Wednesdays

**Time:** 6:00 – 7:15 pm (no class 11/27)

**Location:** Activity Room

**Instructor:** Sharon Wilke

**Walk In Fee:** \$13.00

Date	# of Classes	Fee	Program
9/4-10/23	8	\$88	21-130
10/30-12/18	7	\$77	21-131

## ESSEINTRICS® **\*\*NEW\*\***

### 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 [essentrics.com](http://essentrics.com).

**Dates:** Tuesdays/Thursdays

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

**Location:** CC Activity Room

**Instructor:** Sarah MacColl

**Walk in Fee:** \$10.00

Date	# classes	Fee	Program #
9/3-9/26	8	\$72	21-115
10/1-10/31	10	\$90	21-116

## PILATES PLUS

Build strength and length with weights, bands, and fitness circles. Improve your posture and rebalance your body with pilates. No class 11/28

**Dates:** Tuesdays/Thursdays

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

**Location:** CC Activity Room

**Instructor:** Sarah MacColl

**Walk in Fee:** \$10.00

Date	# classes	Fee	Program #
11/5-11/30	7	\$63	21-117
12/1-12/19	6	\$54	21-118

## 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 – 2:00 pm

**Location:** Richards Community Pool

**Instructor:** Sarah MacColl

**Walk In Fee:** \$12

Date	#of Classes	Fee	Program #
10/16-12/18	9	\$90	21-205

## STEP AEROBICS:

Each class will be 5 minutes of warming up, 45 minutes of stepping, and 10 minutes of cooling down. My goal is to provide a fun workout for anyone who comes. I have always loved steps, 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](mailto:annebcass@gmail.com).

**Dates:** Mondays (no class 10/7, 10/14 & 11/11)

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

**Location:** CC Activity Room

**Instructor:** Anne Cass

Date	# of Classes	Fee	Program #
9/9-10/28	6	\$48	21-105
11/4-12/16	6	\$48	21-106



# HEALTH, WELLNESS AND ENRICHMENT

## HIIT BOOT CAMP (HIGH INTENSITY INTERVAL TRAINING)

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 athletic training together with drills that build a body that works, a push-harder workout culture and a supportive group spirit! Please bring weights, mat & water to class. Min 15/Max 30

**Dates:** Wednesday/Friday (No class 10/14,11/29, 12/13)

**Time:** 5:30 – 6:30 am

**Location:** Middle School Gymnasium

**Instructor:** Susan Janosik

Date	# of Classes	Fee	Program #
9/4 - 10/25	22	\$198	21-101
10/28 - 12/20	22	\$198	21-102

## 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 or towel to class. Min 12/Max 30

**Dates:** Mon/Wed/Fri (no class 10/14 11/11, 11/29)

**Time:** 9:00am – 10:00am

**Location:** CS Activity Room

**Instructor:** Elaine Talevi and Joanie Frustaci

**Walk In Fee:** \$8.00

Date	# of Classes	Fee	Program #
9/9 -10/25	20	\$100	21-107
10/28- 12/20	22	\$110	21-108

## 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. All levels welcome. Please bring water & towel. Min 12/Max 38

**Dates:** Tuesday/Thursday (no class 11/28)

**Time:** 5:45 – 6:30 am

**Location:** CECS Spin Room

**Instructor:** Susan Janosik

Date	# of Classes	Fee	Program #
9/3 - 10/24	16	\$144	21-103
10/29 - 12/19	15	\$135	21-104

## 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 MAT, water & small towel. Min 10/Max 14

**Dates:** Tuesday/Thursday (no class 11/28)

**Time:** 6:30 – 7:30 pm

**Location:** Fitness Center

**Instructor:** Susan Janosik

Date	# of Classes	Fee	Program #
9/3 -10/24	16	\$144	21-132
10/29 - 12/19	15	\$135	21-133

## 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. Min 10/Max 14

**Dates:** Tuesday/Thursday (no class 11/29, 12/13)

**Time:** 5:30pm – 6:30pm

**Location:** Fitness Center

**Instructor:** Susan Janosik

Date	# of Classes	Fee	Program #
9/10 - 10/24	14	\$126	21-128
10/29 - 12/19	14	\$126	21-129

# HEALTH, WELLNESS AND ENRICHMENT

## “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.

**Dates:** Thursdays, 9/12 – 12/12 (no program 11/28)

**Time:** 8:00 - 9:45 pm

**Fee:** \$4 drop in fee payable at the 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! Half court play is encouraged in this friendly, yet competitive atmosphere. The fast-paced play will provide a fun and rewarding workout.

**Date:** Wednesdays, 9/11 – 12/18 (no program 9/25, 11/27)

**Time:** 8:00 - 10:00 pm

**Fee:** \$4 drop in fee payable at the door

**Location:** MS Gym

**Supervisor:** Sal Deschino

## 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, 11/3 – 12/15 (6 classes - no class 11/10)

**Time:** 6:30 – 8:00 pm

**Fee:** \$36.00

**Location:** HS Gymnasium

**Instructor:** David Peary

<u>Time</u>	<u>Supervisor</u>	<u>Program #</u>
5:00-6:30 pm	David Croft	21-139
6:30– 8:00 pm	David Peary	21-140

## 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.

**Dates:** Wednesdays, 9/11 – 11/13

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

**Fee:** \$4 drop in fee payable at the door

**Location:** H.S. Gym

**Supervisor:** Bryan Connelly

## INTRO TO INDOOR CYCLE CLASS \*NEW\*

Did you try cycle once or twice and it didn't click for you? Never tried a cycle class before or it's been a long time? You want to understand how to pace yourself in a class for more enjoyment? If so, these four classes are for you! Susan will help you with your bike set up and how to ease on down the road on a bike going nowhere, but it is so much fun & a great workout!

**Date:** Saturdays, 11/2-11/23

**Time:** 8:45 - 9:30 am

**Fee:** \$36

**Location:** CC Spin Room

**Instructor:** Susan Janosik

**Program #** 21-141



# HEALTH, WELLNESS AND ENRICHMENT

## ADULT TENNIS - \*NEW\*

### BEGINNER LEVEL

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:** Wednesday 9/11-10/16 (6 classes)

**Time:** 8:45am-9:30am

**Fee:** \$72

**Location:** High School Tennis Courts

**Instructor:** Mary Gray

**Program #** 21-142

## ADULT TENNIS - \*NEW\*

### INTERMEDIATE & ADVANCED LEVELS

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:** Wednesday 9/11-10/16 (6 classes)

**Time:** 9:30am-10:45am

**Fee:** \$84

**Location:** High School tennis Courts

**Instructor:** Mary Gray

**Program #** 21-143

## 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:** Tuesday, 10/1

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

**Fee:** No Charge

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

**Program #** 21-186

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

**Program #** 21-187

## PICKLEBALL – BEGINNER

Have you heard of this latest phenomenon but have yet to try it out or see what it looks like? This sport is action packed but easy on the body. People of all ages are playing and we are bringing an introductory class to you. Pickleball is for any adult wanting to come and participate in an open gym format of games. This game is played indoor or outdoor on a badminton-sized court and slightly modified tennis net. Beginners welcome! We will have extra paddles for those looking to try it out.

**Dates:** Wednesdays, 9/18-10/23 (6 classes)

**Time:** 6:30 – 8:00 pm

**Fee:** \$42

**Location:** MS Gym (3 courts)

**Instructor:** Roger Rioux

**Program #** 21-144

## PICKLEBALL – DROP IN PLAY

This fun, exciting, action packed game will now have a drop in night. A great workout for those looking to get out of the house and meet new friends. Take your skills to the next level. This night will be round robin games only.

**Dates:** Mondays, 9/16 – 10/21 (no drop in 10/14)

**Time:** 7:00 – 8:30 pm

**Fee:** \$3 drop in fee payable at the door

**Location:** MS Gym

**Coordinator:** Jim Clark



# 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.

**Dates:** Wednesdays, 9/18-12/11 (no class 10/2,11/6 & 27)

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

**Fee:** \$95.00

**Location:** HS Wood Shop

**Instructor:** John Fabish

**Program #** 21-145

## GROUP GUITAR LESSONS (BEGINNER)

If you've always wanted to learn guitar but never got around to it, here's your chance! This class will introduce you to the basic techniques of playing guitar, in a relaxed group setting. Individual instruction will be provided as needed. Chords, popular songs and sight-reading music will all be covered in the class. Students need to bring his/her own guitar. **Lesson book info will be emailed to participants upon registration.**

**Dates:** Wednesdays, 10/2-12/11 (no class 11/27)

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

**Fee:** \$150

**Location:** CC Living Room

**Instructor:** John Johnstone

**Program #** 21-146

## 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 (no class 10/14 or 11/11)

**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 9/9-10/21	\$60	21-147
Beginner 10/28-12/9	\$60	21-148
Intermediate 9/9-10/21	\$60	21-149
Intermediate 10/28-12/9	\$60	21-150

## PRINTMAKING \*NEW\*

Come explore the magic of printmaking. This 5 week course will introduce you to 3 types of printmaking: Relief, Intaglio and gelatin prints. You will be instructed in all 3 methods but are free to choose which one(s) suit you best. For best results, come with an idea and even an image if possible. You will be printing on a 6x6 inch plate and by the end of the class will have a few matted, finished prints ready to frame and enjoy. All abilities welcome, no prior experience necessary.

**Date:** Thursdays, Sept. 26th - Oct. 24

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

**Fee:** \$200

**Location:** CC Community Room

**Instructor:** David Connor

**Program #** 21-151

## ENNEAGRAM \*NEW\*

Join Michael Naylor, faculty member of The Enneagram Institute, to introduce you to or further your understanding of the Enneagram, one of the most powerful and insightful tools for understanding ourselves and others. At its core, the Enneagram helps us to see ourselves at a deeper, more objective level and can be of invaluable assistance on our path to self-knowledge. Sarah MacColl, a Type 7, has been a student of the Enneagram for 14 years and she is excited to welcome Michael to Community Services this fall. "It may sound serious and soul searching, and there's some of that, but it's also liberating and humorous to see yourself in this mirror," quips Sarah.

**Date:** Wednesday, Oct. 16

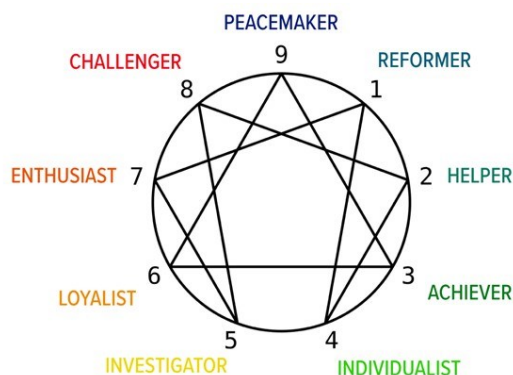
**Time:** 6:30 - 8:30 pm

**Fee:** \$25

**Location:** CC Community Room

**Instructor:** Michael Naylor M.ED, CCPC, CCS, LADC

**Program #** 21-152



# HEALTH, WELLNESS AND ENRICHMENT

## WATERCOLOR PAINTING for BEGINNERS

An introduction to the art of Watercolor Painting. In this three week class, you will explore the most commonly used materials and tools used by watercolor artists, and practice basic techniques. During the class, you will use artist quality materials (paint, paper and brushes) supplied by the instructor (\$10 fee); you will be provided with suggestions for purchase of quality, but budget friendly, supplies for your later use. This class is for Beginners only.

**Date:** Wednesdays, Sept 11, 18, 25

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

**Fee:** \$35

**Location:** CC Living Room

**Instructor:** Marty Clark

**Program #** 21-153

## MINDFUL DRAWING

This class is designed for beginners as well as experienced students of drawing. The basic principles of line, shading, and composition, and value, negative and positive space will be covered while opportunity will be available for focusing on finer details and textural effects from still life and landscape subjects. Mindfulness exercises will be utilized to allow the inner artist to unfold naturally.

**Dates:** Thursdays (6 classes/no class 11/28)

**Time:** 12:30 – 2:30 pm

**Location:** CC Living Room

**Instructor:** Chris Reed

<u>Date</u>	<u>Fee</u>	<u>Program #</u>
9/12-10/17	\$90	21-154
10/24-12/5	\$90	21-155

## 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.

**Dates:** Every Tuesday 9/10– 12/17

**Time:** anytime between 9:00 am – 12:00 pm

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

**Location:** CC Meeting Room

## WATERCOLOR PAINTING - BEGINNING & INTERMEDIATE

Join fellow watercolor artists at all levels to learn new techniques and further expand your existing knowledge. Some of the topics to be covered are: stroke techniques; color mixing; use of value and perspective; composition; additional topics can be added as interest demands. Basic painting techniques and a quick survey of materials will be provided for beginning painters, while more advanced painters will work more independently.

**Date:** Wednesdays, Oct. 2 thru Nov 13 (7 weeks)

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

**Fee:** \$75

**Location:** CC Living Room

**Instructor:** Marty Clark

**Program #** 21-156

## STEP BY STEP PAINTING WITH SPIRITED PAINTS

Are you ready for a fun afternoon/evening with friends? Create your own masterpiece as the artist takes you step by step through to your final product. No experience necessary. Class is roughly 2 hours with breaks. Take your painting home same day. All equipment provided by the artist; canvas, brushes, paints. Water based acrylic paint used. Aprons will be provided, however please wear something that you wouldn't mind getting paint on, just in case!

**Dates:** Tuesday, October 22nd

We will be painting 'White Mountains'

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

**Fee:** \$35.00

**Location:** CS Community Room

**Instructor:** Julie Waterman, Spirited Paints

**Program #** 21-157



# HEALTH, WELLNESS AND ENRICHMENT

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

## CELT MUSHROOM PROGRAM IN ROBINSON WOODS

Join mushroom expert Dan Agro of AgroMyco on this CELT sponsored event about edible and medicinal mushrooms. Topics for discussion are the best times of the year to find local medicinal and culinary mushrooms, ideal growing environments and what to look for in the forest, safe and thorough species identification and how to preserve and/or cook your mushrooms. **There will not be any foraging during the program;** it is designed to be an educational program to learn about these fascinating organisms.

**Date:** Saturday September 14  
**Time:** 9:00 am-12:00 pm  
**Fee:** \$10 per person  
**Location:** Robinson Woods Kiosk  
Shore Road  
**Program #** 21-158



## IN THE THICK OF IT; CELT NEW ENGLAND COTTONTAILS PROGRAM

Join Andrew Johnson, Young Forest Habitat Specialist and Wildlife Biologist for a 1.5 hour CELT sponsored walk at Kettle Cove State Park. Participants of this CELT sponsored event will enjoy learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help!

Cape Elizabeth is home to the largest known population of New England cottontails in Maine. The cottontails' range has declined by 86% over the past 50 years due to loss of large thicket and young forest habitats. Come learn about where they live, what other animals also need these thickets, and what we are doing to help cottontails rebound in Maine. All proceeds go to CELT. .

**Date:** Sunday, October 13  
**Time:** 2:00 pm -3:30 pm.  
**Fee:** \$6 per person  
**Location:** Kettle Cove State Park  
**Program #** 21-159

## CELT'S PADDLING GREAT POND

Join Nancy Zane, of Northstar Adventures on a 2-hour guided paddle of Great Pond. This CELT sponsored event will allow participants to learn more about kayaking while exploring Great Pond. Participants are encouraged to wear appropriate clothing for kayaking, and the program is designed for people ages 8 and up. Kayaks and life preservers will be provided. If participants choose to pack a lunch, they may join Nancy after the program for a picnic on the shores of Great Pond. For more information about Northstar Adventures visit [www.northstaradventures.me](http://www.northstaradventures.me).

**Date:** Saturday, September 21  
**Time:** 10:00am – 12:00pm  
**Fee:** \$20  
**Location:** Great Pond: Fenway Rd entrance  
**Program #** 21-160

## WHAT'S THE BUZZ ABOUT BEES? CELT PROGRAM

What types of bees are found in Maine? Why are some bee species in decline? What can we do to protect bee populations in Maine? What plants encourage bees into our landscapes? During this CELT sponsored event Jennifer Lund, Robinson Maine State Apiarist, will answer these and many other questions about the bees in our landscape. Join her for a rich presentation and discussion at the CELT Office about bees in Maine, and their importance.

**Date:** Tuesday, October 15  
**Time:** 7:00 pm – 8:30 pm  
**Fee:** \$6 per person  
**Location:** CELT Office 330 Ocean House Road  
**Program #** 21-161



# HEALTH, WELLNESS AND ENRICHMENT

## CELT'S TREE IDENTIFICATION IN ROBINSON WOODS

Join Todd Robbins, Cape Elizabeth's Tree Warden, on a 2-hour guided tour of Robinson Woods focused on tree identification. This CELT sponsored event will instruct participants how to identify different trees in Maine, while having the opportunity to enjoy Robinson Woods during peak foliage. Participants should wear appropriate clothing for walking through the woods, and the program will run rain or shine. All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

**Date:** Saturday, October 19

**Time:** 10:00 am – 12:00 pm

**Fee:** \$6

**Location:** Robinson Woods Kiosk, Shore Rd

**Program #** 21-162

## 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, November 16

**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 #** 21-163

**Date:** Tue/Thurs, December 17 & 19

**Time:** 6:00 – 8:30 pm

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

**Location:** CC Living Room

**Program #** 21-164

## CELT'S CROSS TOWN WALK

Join Cape Elizabeth Land Trust's (CELT) Executive Director, Cindy Krum, a representative from the Town of Cape Elizabeth Conservation Commission, and CELT past board president, Kathleen Janick for the annual Fall Cross Town Walk. Beginning at Portland Head Light, located at Fort Williams, this **CELT sponsored** walk will traverse over 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 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. Participants should be 12 years or older; please call about younger ages. All participants must register at least 48 hours in advance of the program and will receive notification of changes or cancellation.

**Date:** Saturday October 26

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

**Fee:** \$10 per person

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

**Program #** 21-165



# OUTINGS, ARTS & ENTERTAINMENT

## CLUB 62+

Sign up to dine out. Park at the Community Center and climb aboard our 15 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 view to enjoy among the company of others. Meals are on own unless otherwise noted. Please be prepared to pay in cash.

### COLE FARMS RESTAURANTS & PUB

The newly renovated dining room is ready for us to enjoy a traditional home-cooked meal at local family owned favorite in Gray, Maine.

**Date:** Fri., Sept. 6

**Time:** 10:15 am - 1:30 pm

**Fee:** \$7 (Transportation)

**Program #** 21-166

### WRVC CULINARY LUNCHEON

Enjoy the epicurean delights at Westbrook Regional Vocational Center, Culinary Arts Program dining room. Choose delectable luncheon appetizers, entrees and desserts prepared and served by culinary arts students.

**Date:** Wed., Oct 23rd

**Time:** 10:45 am - 1:30 pm

**Fee:** \$22 (Lunch, Gratuity and Transportation)

**Program #** 21-167

### BROAD ARROW TAVERN

Open concept kitchen in lodge like venue in Freeport's Harraseeket Inn where you can order off their menu or enjoy their popular lunch buffet all prepared using their wood-fired oven and grill.

**Date:** Wed., Nov 13th

**Time:** 10:45 am - 1:30 pm

**Fee:** \$5 (Transportation)

**Program #** 21-168

### THE DOCKSIDE GRILL

Located in the heart of Casco Bay at Handy Boat Marina in Falmouth, The Dockside Grill offers fresh, fun and flavorful New England fare with a modern twist.

**Date:** Fri., Oct 11th

**Time:** 10:45 - 1:30 pm

**Fee:** \$5 (Transportation)

**Program #** 21-169



The newly renovated Cole Farms Restaurant & Pub.

### THE CHART ROOM

Enjoy classic pub fare, fresh seafood and salads, and the beautiful ocean views at the Black Point Inn at Prouts Neck.

**Date:** Mon., Sep 23rd

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

**Fee:** \$5 (Transportation)

**Program #** 21-170

### SMCC CULINARY LUNCHEON

Enjoy a gourmet dining experience and a spectacular view of Casco Bay while the talented culinary arts students are learning the fine art of running a full-service restaurant. No refunds after 10/17.

**Date:** Fri., Nov 1st

**Time:** 11:45 am - 1:45 pm

**Fee:** \$21 (Lunch, Gratuity and Transportation)

**Program #** 21-171

### ANNUAL HOLIDAY LUNCHEON

Join us for a festive lunch at the Purpoodock Club and live entertainment provided by Don Campbell. Please meet us at the Club at 300 Spurwink Ave. No refunds after 12/6.

**Date:** Thu., Dec 19th

**Time:** 11:30 am - 2:00 pm

**Fee:** \$27 (Lunch)

**Program #** 21-172





# OUTINGS, ARTS & ENTERTAINMENT



The Silver Fountain Inn & Tea Parlor

## GOOD THEATER PRESENTS BOXES

Set in modern day Manhattan, a young medical student is hired for a mysterious research project in this East Coast premiere of Author and Maine resident Jule Selbo's psychological thriller. "A taut exercise in psychological manipulation that is one of those rarities in the contemporary theater - a classically crafted play with well-delineated characters and a satisfyingly linear plot."

-Los Angeles Times. No refunds.

**Date:** Sun., Nov 17th

**Time:** 1:00 pm - 4:00 pm

**Fee:** \$28 (Ticket and Transportation)

**Program #** 21-173

## PEPPERELL MILL TOUR

Former workers lead a 60-90 minute guided tour through the Biddeford mill and it's roll in the textile industry from the 1840's to 2009 highlighting various stages in the manufacturing process and a visit to unique underground canals. The tour involves walking, standing and some stairs.

**Date:** Tues., Sept 17th

**Time:** 1:00 pm - 4:00 pm

**Fee:** \$17 (Transportation & Tour)

**Program #** 21-174

## THE SILVER FOUNTAIN INN & TEA PARLOR

Built in 1871, this beautiful Victorian Bed & Breakfast inn is located in historic downtown Dover, NH. The elegant Tea Parlor menu changes monthly with your choice of simple luncheon fare like sandwiches, quiche, soup and salads or fancy 3-tiered platters of tea sandwiches, scone and desserts. Fancy hats and boas encouraged. No refunds after 10/23.

**Date:** Wed., Nov 6th

**Time:** 10:15 am - 3:30 pm

**Fee:** \$7 (Transportation)

**Program #** 21-175

## EASTERN CEMETERY TOUR

Guided walking tour of the oldest historic landscape in Portland including history, prominent historical figures and early gravestone art. Wear appropriate layers — the wind is always a bit stronger on the hill! The terrain is uneven, and there is very little protection from the sun. Tours may be rescheduled in the event of rain. Lunch on own following tour at Bob's Clam Hut.

**Date:** Wed., Oct 16th

**Time:** 11:30 am - 2:30 pm

**Fee:** \$8 (Transportation & Tour)

**Program #** 21-176

## 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:** Wed., Oct 2nd

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

**Fee:** \$7 (Transportation)

**Program #** 21-177

## OGUNQUIT MUSEUM OF AMERICAN ART

OMAA was founded by artist Henry Strater and opened in 1953. Join us for a 45 minute guided tour on museum founder, history and significance followed by time to experience collection and explore the three-acre outdoor seaside sculpture garden which overlook Narrow Cove and The Atlantic Ocean.

**Date:** Tues., Oct. 29th

**Time:** 8:30 am - 12:30 pm

**Fee:** \$15 (Admission & Transportation)

**Program #** 21-178

# OUTINGS, ARTS & ENTERTAINMENT

## GARDENS AGLOW

Join us for this spectacular light show at the Coastal Maine Botanical Gardens in Boothbay, Maine! With over 650,000, Gardens Aglow is New England's biggest and brightest light display! Come prepared—this is an outdoor walking event – please dress appropriately for Maine's seasonal weather. Dinner on own. No refunds after 11/18.

**Date:** Thu., Dec 12th

**Time:** 2:30 pm - 8:00 pm

**Fee:** \$20 (Transportation & Admission)

**Program #** 21-179

## STONE MOUNTAIN ARTS CENTER

Enjoy a home cooked meal served with love while listening to Carol Noonan perform traditional Christmas and holiday music at the beautiful timber frame music hall nestled in the foothills of the White Mountains. No refunds after 11/20.

**Date:** Wed., Dec 4th

**Time:** 9:30 am - 3:00 pm

**Fee:** \$40 (Lunch & Transportation)

**Program #** 21-180

## IT'S A WONDERFUL LIFE: A LIVE RADIO PLAY

Celebrate the holiday season with this beloved American classic. This heartwarming story of renewal is presented as a 1940's radio broadcast with sound effects performed live on stage. With the help of an ensemble and an angel named Clarence, George Bailey learns the million different ways that we are tied to those around us. No refunds after 10/28.

**Date:** Sat., Dec 14th

**Time:** 1:00 - 5:00 pm

**Fee:** \$38 (Ticket and Transportation)

**Program #** 21-181

## BEAUTIFUL: THE CAROL KING MUSICAL

Built around the terrific tunes written by Carole and her contemporaries, the story of this 16-year old girl from Brooklyn's rise from songwriter to performer expertly aligns the songs and choreography along with the whole vibe of the '60s and 70s. Before it's all said and sung, you'll feel the earth move under your feet. Performance at Portland's own Merrill Auditorium. No refunds after 9/5.

**Date:** Sat. Oct 5th

**Time:** 1:15 - 5:00 pm

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

**Program #** 21-182

## DOWNTON ABBEY EXHIBIT

Travel to Boston on a luxury motor coach for exhibit followed by lunch and shopping at Faneuil Hall. From WWI to the roaring twenties, experience the history, the fashion and the house of the Crawley family and those who served them. Immerse yourself in this interactive exhibit combining video, set recreations, and costume displays. Afterward, we will move on to Faneuil Hall marketplace to enjoy unique, locally loved and nationally recognized shops while indulging in the worldwide cuisine at the restaurants, pubs and in the world-famous Quincy Market Colonnade. No refunds after 9/10.

**Date:** Wed., Sept 25th

**Time:** 7:15 am - 5:45 pm

**Fee:** \$75 (Admission & Transportation)

**Program #** 21-183

## NORLANDS LIVING HISTORY MUSEUM

Our trip to Livermore, Maine will include a delicious homemade country meal and two interactive programs as well as a guided tour of the Washburn mansion. You will enjoy a hot cup of tea served up with an entertaining history talk by Martha "Patty" Benjamin Washburn as she reflects about her life, her ten children and their remarkable achievements, and an 1853 one-room country school experience. The Washburn family is one of Maine's, and the nation's, most political and industrious families.

**Date:** Tues., Sept 10th

**Time:** 8:00 am - 3:00 pm

**Fee:** \$38 (Tour, Lunch & Transportation)

**Program #** 21-184



The Washburn Mansion

# OUTINGS, ARTS & ENTERTAINMENT



## COG RAILWAY FOLIAGE TOUR

Travel via luxury motor coach to board the Mount Washington Cog Railway, a National Historic Engineering Landmark steeped in history, and

enjoy an exhilarating voyage through landscape and nature. You're in for an unforgettable adventure and magnificent scenery with a spectacular climb up the highest mountain in the Northeast. The peak offers breathtaking views of the surrounding areas including up to five states, Canada and the Atlantic Ocean! The trip includes an hour at the top to wander and visit the gift shop, observatory and museum, or take a short hike and visit the only mountain top post office. Pack a lunch or pick something up at the base lodge for the ride. No refunds after 9/20.

**Date:** Thurs., October 10

**Time:** 7:15 am – 5:45 pm

**Fee:** \$84 (Transportation & Boarding Pass)

**Program #** 21-185

## COMMUNITY THEATER PREVIEW NIGHTS

The Portland Players and Lyric Music Theater invite seniors to attend their live theater productions on preview night prior to opening night at a reduced rate. To reserve a seat, call us at 799-2868 no later than the Thursday prior to the performance. Pay for your ticket at the Box Office on performance night. Curtain time is 7:30 pm.

9/12 Matilda LMT  
 9/19 Wedding Singer TPP  
 11/14 Elf LMT  
 11/26 Chitty Chitty Bang Bang TPP

TPP The Portland Players \$5

LMT Lyric Music Theater \$10

# SENIOR FITNESS

## WATER WORKS

Come join us for the best overall low-impact exercise program there is! 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/relaxation session completes a well rounded program leaving you energized for the day!



**Dates:** Monday, Wednesday, Friday

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

**Walk in Fee:** \$7.00 per class

**Location:** Richards Community Pool

**Instructor:** Patty Medina

Dates	# of Classes	Fee	Program #
9/4 -9/30	12	\$72	21-201
10/2 -10/30	13	\$78	21-202
11/1- 11/22	13	\$78	21-203
12/2 - 12/20	9	\$54	21-204

## 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:** 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 #
9/17-10/17	10	\$80	21-113
10/22-11/21	10	\$80	21-114

# 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](http://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

## FALL SESSION 1: SEPTEMBER 9TH—OCTOBER 26TH (no class Mon. 10/14)

Level	Day	Time	# Classes	Fee	Program#
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	7	\$53	21-213
<b>Barnacles 1</b>	Sat	9:00 - 9:30 am	7	\$53	21-214
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	7	\$53	21-215
<b>Turtles</b>	Sat	10:00 - 10:30 am	7	\$53	21-216
<b>Ducklings 1</b>	Mon	11:00—11:30 am	6	\$45	21-217
	Thurs	10:30 - 11:00 am	7	\$53	21-218
	Sat	9:00 - 9:30 am	7	\$53	21-219
	Sat	10:00 - 10:30 am	7	\$53	21-220
<b>Ducklings 2</b>	Mon	10:30 - 11:00 am	6	\$45	21-221
	Thurs	11:00 - 11:30 am	7	\$53	21-222
	Sat	9:00 - 9:30 am	7	\$53	21-223
	Sat	10:30—11:00 am	7	\$53	21-224
<b>Dolphins 1</b>	Mon	10:00 - 10:30 am	6	\$45	21-225
	Thurs	11:30 am - 12:00 pm	7	\$53	21-226
	Sat	9:30 - 10:00 am	7	\$53	21-227
	Sat	10:00 - 10:30 am	7	\$53	21-228
<b>Dolphins 2</b>	Thurs	12:00 - 12:30 pm	7	\$53	21-229
	Sat	9:30 - 10:00 am	7	\$53	21-230
	Sat	10:30 - 11:00 am	7	\$53	21-231
<b>Level 1</b>	Sat	9:00 - 9:45 am	7	\$65	21-232
	Sat	10:30 - 11:15 am	7	\$65	21-233
<b>Level 2</b>	Sat	9:00 - 9:45 am	7	\$65	21-234
	Sat	10:30 - 11:15 am	7	\$65	21-235
<b>Level 3</b>	Sat	9:45 - 10:30 am	7	\$65	21-236
	Sat	10:30 - 11:15 am	7	\$65	21-237
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	7	\$65	21-238

### 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 10/24 or 11/5)

**Dates:** Tuesday/Thursday September 17-November 15th (17 classes)

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

**Swim Meet with South Portland Rip Tide:** Friday, November 15 from 5:30-7:00 at the Cape Pool.

**Location:** Richards Community Pool

**Fee:** \$190

**Program #** 21-239



# YOUTH PROGRAMS

## FALL SESSION 2: OCTOBER 28th – DECEMBER 14th (No class 11/11, 11/28, 11/30)

Registration for Session 2 opens Tuesday, October 15th

Level	Day	Time	# Classes	Fee	Program#
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	6	\$45	21-240
<b>Barnacles 1</b>	Sat	9:00 – 9:30 am	6	\$45	21-241
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	6	\$45	21-242
<b>Turtles</b>	Sat	10:00 - 10:30 am	6	\$45	21-243
<b>Ducklings 1</b>	Mon	11:00—11:30 am	6	\$45	21-244
	Thurs	10:30 – 11:00 am	6	\$45	21-245
	Sat	9:00 - 9:30 am	6	\$45	21-246
	Sat	10:00 - 10:30 am	6	\$45	21-247
<b>Ducklings 2</b>	Mon	10:30 - 11:00 am	6	\$45	21-248
	Thurs	11:00 - 11:30 am	6	\$45	21-249
	Sat	9:00 - 9:30 am	6	\$45	21-250
	Sat	10:30—11:00 am	6	\$45	21-251
<b>Dolphins 1</b>	Mon	10:00 – 10:30 am	6	\$45	21-252
	Thurs	11:30 am – 12:00 pm	6	\$45	21-253
	Sat	9:30 - 10:00 am	6	\$45	21-254
	Sat	10:00 – 10:30 am	6	\$45	21-255
<b>Dolphins 2</b>	Thurs	12:00 –12:30 pm	6	\$45	21-256
	Sat	9:30 - 10:00 am	6	\$45	21-257
	Sat	10:30 - 11:00 am	6	\$45	21-258
<b>Level 1</b>	Sat	9:00 - 9:45 am	6	\$56	21-259
	Sat	10:30 - 11:15 am	6	\$56	21-260
<b>Level 2</b>	Sat	9:00 - 9:45 am	6	\$56	21-261
	Sat	10:30 - 11:15 am	6	\$56	21-262
<b>Level 3</b>	Sat	9:45 - 10:30 am	6	\$56	21-263
	Sat	10:30 - 11:15 am	6	\$56	21-264
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	6	\$56	21-265

### 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](mailto: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 parents and visitors will not be allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

**Dates:** Thursdays (No Class 11/28)

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

**Location:** Community Center, Living Room

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

Date	Fee	Program #
Session 1 9/12-10/17	\$68	21-309
Session 2 10/31-12/12	\$68	21-310

## 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 parents and visitors will not be allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information. **Dates:** Thursdays (No Class 11/28)

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

**Location:** Community Center, Community Room

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

Date	Fee	Program #
Session 1 9/12-10/17	\$78	21-311
Session 2 10/31-12/12	\$78	21-312

## HOLIDAY WORKSHOP

Saturday, December 7th 10:00-12:00

**Free** for parents and kids ages 3-10

Bring out your inner-elf for crafts, cookie decorating & holiday fun!

Program # 21-375



## CELT's GOOD NIGHT, CAPE ELIZABETH

Children ages 2-6 (with an adult) are invited to the CELT office to enjoy a Holiday themed bedtime hour centered around Eve Bunting's The Night Tree. This **CELT sponsored** event is a great way to kick off the holiday season in a way to focus on evergreen trees found in Maine. Join CELT volunteer, Jill Darling for stories, a craft, and a brief visit outdoors. Come in your pajamas, and bring a snack. Parents/Guardians must be present

**Date:** Wednesday, December 4

**Time:** 6:00 pm – 7:00 pm

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

**Location:** CELT office: 330 Ocean House Road

**Program #** 21-313

## CELT'S LITTLE EXPLORERS NATURE SERIES (ages 3-5 yrs with an adult)

Join CELT educators as we explore 4 different Land Trust properties over 4 weeks in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust educators. During these **CELT sponsored events** we'll take a gentle hike through one of our properties where we will explore the habitat around us while we search for birds, reptiles, amphibians, mammals, ocean life, and plant life. Lots of hands on explorations and games included! Please dress in comfortable clothes and bring a water bottle.

**Dates:** Fridays, October 4 -25

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

**Fee:** \$20 per parent & child, each additional child \$10

**Location:** Trundy Point (10/4), Robinson Woods (10/11), Great Pond – Kettle Cove Creamery Entrance (10/18), Robinson Woods (10/25)

**Program #** 21-314

## TODDLER OPEN GYM

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, 11/1—12/6 (5 Classes/ No gym 11/29)

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

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

**Location:** Community Center, Activity Room

# YOUTH PROGRAMS

## **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 least 11 years old prior to first class and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive America Red Cross certification and keep the workbook. In this hands-on, interactive course, lifesaving skills will be practiced on manikins and fellow participants. Bring a lunch.

**Dates** Saturday, Dec. 14

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

**Fee:** \$84 Materials and certificate fee included

**Location:** Community Center, Community Room

**Instructor:** Karen Seymour

**Program #** 21-315

## **BRICK BY BRICK MAINE**

### **LEGO SPORTS FUN (Grades K - 3)**

Join us for this 8-week session as we build the players and equipment of some fun athletic activities. Our weekly Lego builds will include a baseball player, fisherman, race car and jet ski. Classes begin with a short lesson specific to the theme followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

**Date:** Tue, Sep 24 - Nov 19 (No Class 11/5)

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

**Fee:** \$96

**Location:** PC Health Room

**Instructor:** Lisa Judd

**Program #** 21-316

## **HIKE CLUB (Grades 3rd-4th)**

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. \*Emails will be sent each week on location of pick up.

**Dates:** Thursdays, 9/12-10/3 (4 Classes)

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

**Fee:** \$42

**Location:** TBD weekly

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

**Program #** 21-317



## **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 thru Thursdays (12 Classes per Session)

**Session 1** 6:00-8:30 pm, 9/16-10/3 (No Class 9/25 but class to be held on Friday, 9/27)

**Session 2:** 6:00-8:30 pm, 10/28-11/15 (No Class 11/5 or 11/12 but class to be held on Friday, 11/8 and 11/15)

**Session 3:** 6:00-8:30 pm, 12/2-12/19

**Fee:** \$495/Session

**Location:** High School, Room 310

**Instructor:** Tim O'Carroll

Program #	Session 1	21-318
	Session 2	21-319
	Session 3	21-320



# YOUTH PROGRAMS

## 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!

**Date:** Wed, Sep 18 - Dec 11

**Time:** 3:00 pm - 4:00 pm/ERD 2:00 - 3:00 pm

**Fee:** \$190

**Location:** PC Gym

**Instructor:** Drama Kids of Southern Maine

**Program #** 21-321

## 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 improves self esteem, encourages creativity, and develops body coordination. An informal performance will be held during the last class on December 19th. No previous experience is required.

**Date:** Thursdays, 9/5—12/19 (No Class 10/24 & 11/28)

**Time:** 3:00-4:10 pm

**Fee:** \$180

**Location:** Community Center, Activity Room

**Instructor:** Barry Brinker

**Program #** 21-322

## WARRIOR YOGA GAMES (Grades K-3)

Ready to run, play and connect with friends through partner and group yoga poses, yoga obstacle courses and yoga games? Come join Off the Mat for a great way to release some energy after a long day at school. Yoga is a great way to help your little one build confidence, self-esteem, and help them connect with their bodies, minds and spirits. No previous experience with yoga needed.

**Dates:** Mondays, (4 Classes/ No Class 10/14)

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

**Location:** Pond Cove, Gymnasium

**Instructor:** Trish Baird

<b>Date</b>	<b>Fee</b>	<b>Program #</b>
Session 1 9/9-9/30	\$67	21-323
Session 2 10/7-11/4	\$67	21-324
Session 3 11/18-12/9	\$67	21-325

## 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. We ask that all dancers bring tap shoes with them to class each week and wear comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

**Dates:** Fridays (No Class 11/29) (No Late bus on Fridays)

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

**Location:** Community Center, Activity Room

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

<b>Date</b>	<b>Fee</b>	<b>Program #</b>
Session 1 9/13-10/18	\$83	21-326
Session 2 11/1-12/13	\$83_	21-327

## 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.

**Dates:** Fridays (No Class 11/29)

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

**Location:** Community Center, Activity Room

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

<b>Date</b>	<b>Fee</b>	<b>Program #</b>
Session 1 9/13-10/18	\$83	21-328
Session 2 11/1-12/13	\$83_	21-329

# YOUTH PROGRAMS

## 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 note that parents and visitors are not allowed during class. We recommend each child attend class wearing sneakers and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

**Dates:** Tuesdays

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

**Location:** Pond Cove, Gymnasium

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

Dates	Fee	Program #
Session 1 9/10 - 10/15	\$83	21-330
Session 2 11/12 - 12/17	\$83	21-331

## IRISH DANCE BEG/ADV (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! *No late bus on Fridays, parent pick up only.*

**Date:** Fridays 9/13-12/13 (No class 10/11, 10/25, 11/22, 11/29)

**Time:** Beginner 3:00 - 4:00 pm/Advanced 4:00-5:00 pm

**Fee:** \$165

**Location:** Pond Cove, Gymnasium

**Instructor:** Stillson School of Irish Dance

<b>Program # Beginner</b>	21-332
<b>Advanced</b>	21-333

## 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. Class Min 4/Max 10 Hal Leonard Guitar Method Book 1 is required for the class. Not included.)

**Date:** Wednesdays, 9/11—11/13 (10 Classes)

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

**Fee:** \$150

**Location:** CC Living Room

**Instructor:** John Johnstone

**Program #** 21-334

## 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.

**Dates:** Tuesdays & Thursdays, 10/22—12/5

(No Class 10/24, 11/5)

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

**Fee:** \$75

**Location:** Middle School, Gymnasium Lobby

**Instructors:** Chris Drake & Volunteers

**Program #** 21-335



# YOUTH PROGRAMS

## MOVIE MAKING! (Grades 2-8)

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

**Dates:** Tuesdays

**Time:** Gr. 2-4 3:00 pm - 4:00 pm/ Gr. 5-8 2:30-4:00 pm

**Location:** Gr. 2-4 PC Creation Station/Gr. 5-8 MS Library Computer Lab

**Instructor:** Unwritten Roads

Date	Fee	Program #
Gr. 2-4 9/17 - 10/29	\$225	21-336
Gr. 5-8 11/12 - 12/17	\$225	21-337

## 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.

**Dates:** Tuesdays

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

**Location:** Community Center, Living Room

**Instructor:** Chris Reed

Date	Fee	Program #
9/17-10/22	\$90	21-338
10/29-12/10	\$90	21-339

## MINDFUL SCULPTING \*NEW\* (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.

**Dates:** Thursdays

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

**Location:** Pond Cove, Art Room

**Instructor:** Chris Reed

Date	Fee	Program #
9/12-10/17	\$90	21-340
10/31-12/5	\$90	21-341

## FALL 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 blast!

**Dates:** Gr. 2-4 Tuesdays/Gr. 5-8 Mondays (No Class 11/5, 11/11)

**Time:** Gr. 2-4 3:00-4:00 pm / Gr. 5-8 2:30-4:00 pm

**Location:** Middle School, Computer Lab

**Fee:** \$50

**Instructor:** Jack Duffy

Date	Program #
Gr. 2-4 Session 1 Tues. 9/10-10/8	21-342
Session 2 Tues. 10/22-11/26	21-343
Gr. 5-8 Session 1 Mon 9/9-10/7	21-344
Session 2 Mon 10/21-11/25	21-345



# YOUTH PROGRAMS

## **NATURAL WONDERS (Grades K - 2)**

Investigate the natural wonders of 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 some strong air and meteorology madness!

**Dates:** Mondays 9/16 - 10/21 (No Class 10/14)

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

**Fee:** \$86

**Location:** PC, Health Rm

**Instructor:** High Touch High Tech of Maine

**Program #** 21-349

## **EARTH IN SPACE (Grades K - 2)**

From panning for gems to the planet's wonderful resources we are sure to discover how our Earth works! Discover why the Earth is our living Planet. Become an astronaut and take a trip to Mars!

**Dates:** Mondays, 11/4 - 12/9 (No Class 11/11)

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

**Fee:** \$86

**Location:** PC Health Rm

**Instructor:** High Touch High Tech of Maine

**Program #** 21-350

## **POLYMER PLAYGROUND (Grades 3 & 4)**

This program is for the chemist enthusiast that loves to create mixtures, solutions, and polymers. What's a polymer you say? After this series your children will teach YOU because they will have combined, mixed, and un-mixed all kinds of cool chemicals.

**Date:** Tuesdays, 9/17 - 10/15

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

**Fee:** \$86

**Location:** PC Health Room

**Instructor:** High Touch High Tech of Maine

**Program #** 21-351

## **WHICH SCIENTIST ARE YOU? (Grades 3 & 4)**

Join us for a fun, hands-on exploration of the work of different scientists. Become an entomologist and catch the BUZZ as we discover the amazing world of bees. As a paleontologist you will get to examine very interesting fossils and learn about dinosaurs. Learn about the work of physicists as you examine magnetism, inertia and kinetic energy. Our young geologists will do some cool tests to determine which minerals they found! We will wrap it up with some great inventors as we design a robotic arm and so much more.

**Dates:** Tuesdays, 10/29 - 12/3 (No class 11/5)

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

**Fee:** \$86

**Location:** MS Learning Commons/Library

**Instructor:** High Touch High Tech of Maine

**Program #** 21-352

## **FINALLY FUN SCIENCE PART II (Grades 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!

**Date:** Thursdays, 9/19 - 10/17

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

**Fee:** \$93

**Location:** MS Learning Commons

**Instructor:** High Touch High Tech of Maine

**Program #** 21-353

## **SECRET AGENT LAB (Grades K - 4)**

Look out 007! Secret Agent Lab is in session! Students will learn about forensics, evidence gathering and analysis, while building their skills of recall and observation. These gumshoes will develop the tools of the trade to sniff out forgeries and counterfeits. This is the perfect class for students who are seeking to learn how investigative science relates to their world. Students will become spies in training and learn that detectives are really just scientists in disguise!

**Date:** Thu, 10/3 - 12/5 (No Class 10/24, 11/28)

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

**Fee:** \$116

**Location:** PC Health Room

**Instructor:** Mad Science of Maine

**Program #** 21-354

# YOUTH PROGRAMS

## GIRLS VOLLEYBALL (Grades 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, 9/7-10/5 (5 Classes)

**Time:** 9:00—10:00 am

**Fee:** \$70

**Location:** Middle School, Gymnasium

**Instructor:** Varsity Coach Sarah Boeckel

**Program #** 21-300

## MIDDLE SCHOOL VOLLEYBALL (Grades 6-8)

Want to go 'a step further' in your volleyball skills? Come learn in-depth skills, positions, court coverage and strategies necessary to be a well-rounded volleyball player and teammate. You'll learn passing, serving, setting, blocking and digging. See if you enjoy being a hitter, setter or defensive specialist! Scrimmages Saturdays, TBA. This program offers the chance to participate in friendly regional competition with several area schools. Transportation to all events & scrimmages is the parents responsibility. Class Min 12/Max 24

**Dates for Middle School Friendly Regional Competition with multiple schools @ Maine Sports Area, Saco (Sunday 10/6 and 10/27)**

**Dates:** Mondays & Wednesdays, 9/16—10/16  
(No Class 10/14)

**Time:** 5:30-7:30 pm

**Fee:** \$90

**Location:** High School, Gymnasium

**Instructors:** Dean Dadmun & Jen O'Sullivan

**Program #** 21-355

## FALL TENNIS LESSONS

### (Ages 4 - Grade 8)

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 the equipment is adapted for each 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.

**Dates:** Saturdays, 9/14—10/12 (5 Classes)

**Fee:** \$65

**Location:** HS Tennis Courts

**Instructor:** Mary Gray

Grade	Time	Program #
4, 5, & Kindergarten	9:00-9:45am	21-356
Beginners Grade: 1-4	9:45-10:30am	21-357
Intermediate Grade: 3-4	10:30-11:15am	21-358
MS Ladder Play	11:15-Noon	21-359

## TUESDAY TENNIS \*NEW\*

### (Ages 4 - Grade 5th)

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 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.

**Dates:** Tuesdays 9/10—10/15

**Fee:** \$72

**Location:** Ft. Williams Tennis Courts

**Instructor:** Mary Gray

Grade	Time	Program #
Gr. 1 & 2	3:30-4:15 pm	21-360
Gr. 3-5	4:15-5:00 pm	21-361
Ages 4 - K	5:00 - 5:45 pm	21-362

# YOUTH PROGRAMS

## YOUTH FALL SOCCER (Grades K-2)

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.

**Dates:** Saturdays, September 7 - October 5

**Fee:** \$70

**Location:** Hannaford Field

**Instructor:** Varsity Coaches & Player

### Boys Capers

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

**Program #** 21-304

### Girls Capers

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

**Program #** 21-305

### KinderCapers (GPS)

**Time:** 11:30-12:30

**Program #** 21-303

\*Ages 3-5 is currently **FULL**

To add child to waiting list 21-302

## GPS PREMIER SOCCER (Grades 3-6)

GPS introduces a program geared towards players who want to improve their play in a fun and developmental environment. These camps encompass all ages, abilities and genders and feature a unique blend of skill development, player challenges and game play. The curriculum in place are age specific allowing your child to master a wide variety of skills; all while growing an appreciation and love for the game.

**Dates:** Saturdays, September 7 - October 5

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

**Fee:** \$70

**Location:** Hannaford Field

**Program #** 21-306

## DECEMBER VACATION CAMP (K-6TH)

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 camp. Please pack a lunch, water bottle, outdoor clothes, bathing suit and towel daily. Price includes field trip fees. Field Trips TBA.

**Date:** Mon 12/23 (no camp 12/24 & 12/25) Thurs 12/26, Fri 12/27, Mon 12/30 and Tues 12/31

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

**Fee:** \$175.00

**Location:** CC Club House/Activity Room

**Program #** 21-363



## X-COUNTRY RUNNING (Grades 1-6)

This competitive level program requires all participants to be comfortable running/jogging a 1 mile course without assistance. Our course will take us into the wooded trails behind the High School. For the Race: participants will be grouped into age divisions—Ages: 6 & 7 distance 1/2 mile; Ages: 8 & 9 distance 3/4 mile; Ages: 10, 11, 12 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. Early Release Date 9/18, no practice 10/14.

**The "all league meet" will be on Saturday, October 19th. Rain Date: October 20h**

**Dates:** Mondays & Wednesdays, 9/9-10/16

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

**Fee:** \$70

(Uniform shirt-mandatory \$10/shorts-optional \$15 )

**Location:** Pond Cove Campus/Lobby

**Instructor:** Volunteer Coaches

**Program #** 21-364

# YOUTH PROGRAMS

## KARATE (Grades K-8)

Empower your children with important life skills as well as valuable techniques to protect themselves while building strength and awareness with this course in kid's karate. 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 DKI black belt in Ishinryu, Shotokan and Kyusho Jitsu. Class Min 5/Max 25

**\*\*\* NO LATE BUS on Early Release Days \*\*\***

**Early Release Days:** 9/18, 10/2, 12/4, 12/18

**Dates:** Mondays & Wednesdays, (10 Classes)

Session 1: 9/9—10/9

Session 2: 10/21—11/25 (No Class 11/11)

Session 3: 12/2 - 1/15 (No Class 12/23, 12/25, 12/30, 1/1)

**Fee:** \$115

**Location:** Community Center, Activity Room

**Instructor:** Sensei Sue Curran

## KARATE KIDS (GRADES K-2)

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

**Early Release Start Time:** 2:00 pm-3:00 pm

**Program #:** Session 1: 21-365

Session 2: 21-366

Session 3: 21-367

## KARATE NINJAS (GRADES 3-8)

**Time:** 4:30 - 5:30 pm

**Early Release Start Time:** 3:30 - 4:30 pm

**Program #** Session 1: 21-368

Session 2: 21-369

Session 3: 21-370

## GIRLS FIELD HOCKEY (Grades 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). Participants will need to have a stick, ball, mouth guard, eye goggles & shin guards.

**Dates:** Saturdays, September 7 - October 5

**Fee:** \$70

**Location:** Hannaford Field

**Instructor:** Danielle Bishop

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

**Program #** 21-301

**FILLS QUICKLY!!!**



**SHAWNEE PEAK**

**SAVE THE DATES!!**

**SHAWNEE PEAK SKI & SNOWBOARD PROGRAM**

More information and 2019 pricing will be in our winter brochure due out in December. The Program runs Thursday evenings January 16th-February 27th (make up date March 5th)

**NORDIC SKI EQUIPMENT RENTAL AVAILABLE THROUGH OUTDOOR SPORTS INSTITUTE.**

With this rental program, you will have use of cross country ski equipment from December – March.

All participants must complete a registration form with child's height and shoe size. Please check the CECS website for registration forms.

Equipment Rental Fee: \$65 for the season  
**Forms to CECS no later than Friday, 11/22**  
Program # 21-372



# YOUTH PROGRAMS

## CAPE YOUTH BASKETBALL (K-8<sup>TH</sup>)

Through clinics and games these programs/leagues provide and promote safe, recreational basketball programs for youth grades 1-8. They will encourage good sportsmanship, develop strong playing skills, and promote friendly relationships among the players and coaches. Our main objective is to prompt sportsmanship, integrity, and fairness that serve the best interest of the children who participate in our programs. The following is a brief description for grade levels.



### LITTLE CAPE BALL (4, 5 & K )

Looking to get your little one involved in the great game of basketball? Little Cape Ball is the perfect place to start! This weekend program is aimed at introducing the sport through fun drills and relay games. Our goal is to give children the opportunity to try the sport in a fun, relaxed environment. Last two Saturdays are open gym no instruction.

**Date:** Saturdays, 1/4 – 2/8 (6 weeks)

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

**Fee:** \$65

**Location:** PC Gym

**Instructor:** Parent volunteers needed

**Program #** 22-300

### BASKETBALL GRADES 1<sup>ST</sup> & 2<sup>ND</sup> (CO-ED)

Each Saturday for 6 weeks a program leader, with the aid of volunteer parents, will instruct young players in fundamental basketball skills, rules and other aspects of the game. Players will be divided into stations to practice their new skills. (Ball handling, passing, shooting, lay-ups, rebounding, pivoting, defense, etc.) Second week 3 v 3 games will take place at the end of practices.

**Date:** Saturdays, 1/4 – 2/8 (6 weeks)

**Time:** Noon – 1:30 pm

**Fee:** \$78

**Location:** HS Gym

**Instructor:** Parent volunteer coaches needed

**Program #** 22-301

### BASKETBALL GRADES 3<sup>RD</sup> & 4<sup>TH</sup>

Each Saturday for 6 weeks Varsity Coaches Jim Ray and Chris Casterella along with their HS players will instruct young players in a clinic setting by introducing fundamental basketball skills, rules and other aspects of the game. Games and Clinics will be held on Saturday mornings, along with additional 3 v 3 games during the week (TBA). This is an in-house league, which will need the assistance of parent volunteer coaches for the teams.

#### BOYS 3 & 4:

**Date:** Saturdays, 1/4 – 2/8 (6 weeks)

**Time:** 10:00 - Noon

**Fee:** \$80

**Location:** HS Gym

**Instructor:** Varsity Coach Jim Ray (Parent volunteer coaches needed for game night)

**Program #** 22-302

#### GIRLS 3 & 4:

**Date:** Saturdays, 1/4 – 2/8 (6 weeks)

**Time:** 10:00 – 11:30 am

**Fee:** \$78

**Location:** MS Gym

**Instructor:** Varsity Coach Chris Casterella (Parent volunteer coaches needed for game night)

**Program #** 22-303



# YOUTH PROGRAMS

## TRAVEL BASKETBALL

### 5<sup>TH</sup> & 6<sup>TH</sup> GRADE BOYS & GIRLS

Cape Elizabeth Community Services will participate in a 5th through 8th grade boys and girls competitive travel league which includes teams from surrounding communities. Travel team assessments/if necessary will be held in October, times and dates TBD. The first series of weekend games will begin Nov 9th. Teams will have one or two practices per week and one or two weekend games. Mandatory skill development clinics will be held on Saturdays. Fee includes travel league fee, practice t-shirt, and Saturday clinics. There is limited availability for 5<sup>th</sup> & 6<sup>th</sup> graders to participate in the Saturday clinics only (not travel). Contact Community Services at 799-2868. **Volunteer Coaches are needed to run this program successfully**, if interested please contact CECS at 799-2868.

### BOYS/GIRLS ASSESSMENTS:

**Dates/Times:** TBD

**Location:** HS Gym / MS Gym

**Fee:** \$140 (includes league fee, practice t-shirt, Sat clinics)

### SATURDAY CLINICS

**Dates;** 1/4 – 2/8

**Time:** Boys 8:00 – 10:00 am HS Gym

**Time:** Girls 8:30—10:00 am MS Gym

**Instructor:** Boys Varsity Coach Jim Ray/Girls Varsity Coach Chris Casterella

Travel Boys Gr. 5	Program #	22-304
Travel Boys Gr. 6	Program #	22-305
Travel Boys Gr. 7	Program #	22-306
Travel Boys Gr. 8	Program #	22-307
Travel Girls Gr. 5	Program #	22-308
Travel Girls Gr. 6	Program #	22-309
Travel Girls Gr. 7	Program #	22-310
Travel Girls Gr. 8	Program #	22-311

### 7<sup>TH</sup> & 8<sup>TH</sup> GRADE BOYS & GIRLS

Travel team assessments will be held in October for Girls, December for the Boys. More information will be coming shortly. Dates/Times: TBD

Fee: \$140.00

## TRI BY THE SEA—YOUTH TRIATHLON (Ages: 7-15)

Getting involved in a lifetime sport such as a triathlon is a simple solution to staying active as you transition from childhood to adulthood. Experience the thrill of winning the moment you cross the finish line. Improve overall physical fitness, self-confidence, motor and leadership skills. Learn the importance of teamwork, sportsmanship and how to deal with success and failure.

Check our Facebook page for updates!



**Date:** Sunday, September 29

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

**Location:** CE High School, Campus

<u>Age (on race day)</u>	<u>Program #</u>
7-10	21-307
11-15	21-308



# CAPE ELIZABETH COMMUNITY SERVICES

## FITNESS CENTER SCHEDULE

August 27—December 24

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

Friday 5:30 am - 7:00 pm

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

Detailed pool schedule on back cover

## POOL & FITNESS CENTER WALK-IN FEES

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*

\*children under 4 are free to the pool

## 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
<b>Individual</b>	\$39/ \$36/ \$56	\$100/ \$87/ \$134	\$337/ \$296/ \$469
<b>Couple</b>	\$67/ \$65/ \$90	\$155/ \$151/ \$216	\$469/ \$428/ \$663
<b>Family</b>	\$95/ \$111/ \$127	\$263/ \$251/ \$335	\$826/ \$801/ \$1,132

\*\*\* 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](http://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.

### OPTIONS AVAILABLE

Saturdays: 2:45 – 3:45 pm

3:45 –4:45 pm

Sundays: 1:00—2:00 pm

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

Cape Elizabeth Town Hall  
320 Ocean House Road

Postal Customer

Cape Elizabeth, ME 04107

## RICHARDS COMMUNITY POOL SCHEDULE

### AUGUST 28-NOVEMBER 17

#### LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F \_\_\_\_\_ 6:45 am - 7:55 am  
Tu, Th \_\_\_\_\_ 5:30 am - 9:00 am  
M thru F \_\_\_\_\_ 10:00 am - 2:30 pm  
M, Tu, Th, F \_\_\_\_\_ 5:30 pm - 7:00 pm  
Wednesdays \_\_\_\_\_ 6:00 pm - 7:00 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

#### OPEN SWIMS

(Children 10 & under must be with an adult)

Tu, F \_\_\_\_\_ 10:00 am - 11:30 am  
Friday \_\_\_\_\_ 5:30 pm—7:00 pm  
Saturdays \_\_\_\_\_ 1:30-2:30 pm\*  
Saturdays \_\_\_\_\_ 5:00 pm—6:00 pm  
Sundays \_\_\_\_\_ 11:45am-

### NOVEMBER 18- DECEMBER 22

#### LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F \_\_\_\_\_ 6:45 am - 7:55 am  
Tu, Th \_\_\_\_\_ 5:30 am - 9:00 am  
M thru F \_\_\_\_\_ 10:00 am - 2:30 pm  
M - Th \_\_\_\_\_ 5:30-6:30  
Wednesdays \_\_\_\_\_ 6:00 pm - 7:00 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

#### OPEN SWIMS

(Children 10 & under must be with an adult)

Tu, F \_\_\_\_\_ 10:00 am - 11:30 am  
Saturdays \_\_\_\_\_ 1:30-2:30 pm\*



**COMMUNITY**  
SINCE SERVICES 1977

CAPE ELIZABETH, MAINE