

# REGISTRATION INFORMATION

Online registration begins at 8:00 pm on December 16th at [www.capecommunityservices.org](http://www.capecommunityservices.org). Click "Register Online Now". Sign in or create an account. In-person or over the phone registration begins at 8:00 am on December 17th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins December 21st. Email confirmations will be sent for all transactions.

## FEES & DISCOUNTS

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

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

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

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

## PROGRAM CANCELLATIONS

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

## PROGRAM WITHDRAWALS

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

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

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

## POOL/FITNESS CENTER MEMBERSHIP SUSPENSION OR CANCELLATION POLICY

**Medical** – Members may submit medical documentation in the event they need to suspend or cancel their membership due to injury/illness. The suspended time will be added to extend the membership. Cancellations will be prorated.

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

## INCLEMENT WEATHER POLICY

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

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

## MEDIA POLICY

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

## ACCESSIBILITY

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

## ONLINE ACCOUNT

Login Name \_\_\_\_\_

Password \_\_\_\_\_



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# HEALTH, WELLNESS AND ENRICHMENT

## CSI TRAINING

This class combines Cardio & Strength Intervals! This combination will keep the class intensity cranking but can be modified when needed. We will use free weights, machines & body weight for strength training and jump ropes, plyometric and cardio machines to push the cardio! This class solves the mystery of how to "FIT" it all in. Please bring water, mat & small towel.

**Days:** Tuesday/Thursday

**Time:** 6:30 – 7:30 pm

**Location:** Fitness Center

**Instructor:** Susan Janosik

Date	Classes	Fee	Program
1/3 – 2/14	13	\$117	93-102
2/26 – 4/11	14	\$126	93-103

## 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 towel and water to class.

**Days:** Tuesday/Thursday

**Time:** 5:30 – 6:30 pm

**Location:** Fitness Center

**Instructor:** Susan Janosik

Date	Classes	Fee	Program
1/3 – 2/14	13	\$104	93-104
2/26 – 4/11	14	\$112	93-105



## WOMEN ON WEIGHTS

Experience all the benefits strength training has to offer! Increase muscle strength, endurance, and bone density by using free weights, exercise machines, and barbells. Core stability through functional training and balance are incorporated into your workouts. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan by email at susanjano@maine.rr.com or by phone at 939-2255 to discuss your program. Please bring towel and water to class.

**Days:** Wednesday/Friday

**Time:** 9:00 – 10:00 am

**Location:** Fitness Center

**Instructor:** Susan Janosik

Date	Classes	Fee	Program
1/2 – 2/15	14	\$112	93-106
2/27 – 4/12	14	\$112	93-107

## EARLY BIRD HIIT

High Intensity Interval Training combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometric, cardio and core all within 60 minutes. This workout brings the essence of functional exercise and athlete training together with drills that build a body that works, a push-harder workout culture and a supportive group spirit! Please bring towel & water to class.

**Days:** Wednesday/Friday

**Time:** 5:30 – 6:30 am

**Location:** Middle School Gymnasium

**Instructor:** Susan Janosik

Date	Classes	Fee	Program
1/2 – 2/15	14	\$126	93-108
2/27 – 4/12	14	\$126	93-109

# HEALTH, WELLNESS AND ENRICHMENT

## STEP PREP – Refresher class!

Remind yourself how step works or learn this new skill to prep for the Step Up and Sweat class starting the following week! **Thursday 1/3 and Friday 1/4 8:00-8:45 am**  
\$10 drop in

## STEP UP AND SWEAT

Step aerobics is making a come back. Be a part of it. 30 minutes of fun choreography for a great cardio workout followed by 15 minutes of upper body weight work—just enough to make you want more.

**Day:** Tuesday

**Time:** 8:00 – 8:45 am

**Location:** CC Activity Room

**Instructor:** Sarah MacColl

**Walk In Fee:** \$8

Date	Classes	Fee	Program
1/8 - 2/12	6	\$42	93-110
2/19 - 3/19	5	\$35	93-111
4/2-5/2	5	\$35	93-179

## MORE THAN CORE

Stability and strength for the core. Mobility and strength for the rest of the body. Foam rollers, pilates fitness circles, rubber tubing and hand weights await you. Just bring a mat.

**Days:** Tuesday/Thursday

**Time:** 8:30 – 9:30 am

**Location:** Activity Room

**Instructor:** Sarah MacColl

**Walk In Fee:** \$10

Date	# of Classes	Fee	Program
1/3 - 2/5	10	\$80	93-112
2/12 - 3/19	11	\$88	93-178
4/2-5/2	10	\$80	93-180

## BIKE BOOT CAMP

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

**Date:** Saturday, 1/5 – 4/6

**Time:** 8:00 – 9:00 am

**Fee:** \$ 126

**Location:** CECS Spin Room

**Instructor:** Susan Janosik

**Walk In Fee:** \$12

**Program:** 93-115



## LIGHTHOUSE MASTERS

LMMS is a competitive swim program for adults 18+. The program focuses on stroke technique for the four competitive strokes, race strategy, anaerobic and aerobic conditioning and meet preparation for local and regional competitions. Participants should be able to swim at least 800 yards within 20 minutes. The program is a fun environment with hard working individuals that enjoy challenging themselves and each other.

**Days:** Mon/Wed/Fri

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

**Location:** Richards Community Pool

**Instructor:** Kerry Kertes

Date	Classes	Fee	Program
1/7 - 6/7	58	\$400	93-202



## COAST ENDURANCE

At these specifically tailored and structured pool workouts athletes will train to gain the skills and confidence to succeed in triathlons and open water swims. These challenging workouts will enable you to arrive at your competition prepared through repetition and consistency no matter your level of experience or fitness in swimming. The benefits of these are many; increased fitness, confidence, technical efficiency, open water skills and massive education. Athletes must be able to swim 200 yards without stopping. Requirement for class: front end swim snorkel (made by Finis), fins and ankle band. FMI please email [todd@coastendurance.com](mailto:todd@coastendurance.com).

**Days:** Tuesday/Thursday (No class 2/9)

**Time:** 5:30 – 6:30 pm

**Location:** Richards Community Pool

**Instructor:** Todd Larlee

Date	Classes	Fee	Program
1/3 - 2/21	14	\$126	93-203
2/26 - 4/18	16	\$144	93-204



# HEALTH, WELLNESS AND ENRICHMENT

## ADAPTIVE AQUATICS

This low impact water exercise class is designed for those with disabilities caused by aging bodies, surgery preparation or recovery, and other debilitating illnesses. This class will benefit participants by improving range of motion, joint pain relief, stiffness, strengthening, and recovery time. Our wheelchair accessible pool will provide opportunity for water walking and strengthening exercises in shallow water. Rubber soled shoes are suggested. Care-takers are free.



**Days:** Tuesday/ Thursday

**Time:** 1:00 – 2:00 pm

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

**Location:** Richards Community Pool

**Instructor:** Chris Robichaud

Date	Classes	Fee	Program
1/3 - 2/14	13	\$78	93-205
2/26 - 4/11	14	\$84	93-206

## 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.



**Day:** Saturday

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

**Location:** Richards Community Pool

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

Date	Classes	Fee	Program
1/5 - 2/2	5	\$50	93-207
3/2 - 4/6	6	\$60	93-208

## INNER TUBE WATER POLO

Join as an individual or with friends & co-workers to enjoy this fun & healthy sport. This is the perfect game for those athletes looking for a low impact workout and staying competitive in the process. The program will run Wednesdays, February 27 – June 19, 7:00 – 10:00 pm in the Don Richards Pool. For questions or to join contact Christian Rodrigues at [Christian@cascobayssports.com](mailto:Christian@cascobayssports.com)



## SPIN

Gear up and get ready to ride. Prepare yourself for a fun, ultimate calorie and fat burning class, while reaching optimal fitness levels. Motivational coaching led by an experienced instructor will teach you cycling hills, sprints, and flats all set to inspirational music. All levels welcome.

**Days:** Tuesday/Thursday

**Time:** 6:00 – 6:45 am

**Location:** CECS Spin Room

**Instructor:** Susan Janosik

**Walk in Fee:** \$12

Date	Classes	Fee	Program
1/3 – 2/14	13	\$117	93-113
2/26 – 4/11	14	\$126	93-114

## 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.)



**Day:** Wednesday

**Time:** 1:15 – 2:15 pm

**Location:** Richards Community Pool

**Instructor:** Sarah MacColl

Date	Classes	Fee	Program
1/2 - 2/6	6	\$60	93-200
2/13 - 3/13	5	\$50	93-201

## 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.

**Date:** Mon/Wed/Fri (no class 1/21, 2/18)

**Time:** 9:00 – 10:00 am

**Location:** CS Activity Room

**Instructor:** Elaine Talevi and Joanie Frustaci

**Walk In Fee:** \$8

Date	Classes	Fee	Program
1/2 - 2/22	21	\$105	93-116
3/1 - 4/19	19	\$ 95	93-117

# HEALTH, WELLNESS AND ENRICHMENT

## NIA ("Knee-ah")

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

**Day:** Thursday

**Time:** 4:15 – 5:15 pm

**Location:** CS Activity Room

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

**Walk In Fee:** \$10

Date	Classes	Fee	Program
1/3 - 2/7	6	\$48	93-118
2/21 - 3/28	6	\$48	93-119

**Day:** Monday

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

**Location:** CS Activity Room

**Walk In Fee:** \$10

Date	Classes	Fee	Program
1/7 - 2/11	6	\$48	93-120
2/25 - 4/1	6	\$48	93-121

## YOGA MORNINGS GENTLE/BEGINNING HATHA

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

**Day:** Wednesday

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

**Location:** CS Activity Room

**Instructor:** Sharon Wilke

Date	Classes	Fee	Program
1/23 – 2/27	6	\$66	93-122
3/6 – 4/10	6	\$66	93-123

## YOGA ALL LEVELS

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

**Day:** Wednesday

**Time:** 6:00 – 7:15 pm

**Location:** CS Activity Room

**Instructor:** Sharon Wilke

Date	Classes	Fee	Program
1/23-2/27	6	\$88	93-124
3/6-4/10	6	\$88	93-125

## TAI CHI & QIGONG FOR BALANCE **\*\*NEW\*\***

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. Our work will sometimes involve resistive and two-person activities. In addition to improving function, the practice of Qigong and Tai Chi can profoundly impact general well-being and sleep quality. We will be using Dr. Yang's Evidence-Based Curriculum of meditation and agility exercises, as well as his 7-step form and related Qigong series. Introductory level.

**Date:** Monday, 2/25 - 4/1

**Time:** 10:30 - 11:45 am

**Fee:** \$60

**Location:** CS Activity Room

**Instructor:** Stephanie Carlson

**Program:** 93-126

## WHAT'S THE BUZZ ABOUT BEES?

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? Join Jennifer Lund, Maine State Apiarist, for a rich presentation and discussion about bees in Maine, and their importance.

**Date:** Tuesday, February 19

**Time:** 7:00 – 8:30 pm

**Fee:** \$6

**Location:** 330 Ocean House Road (CELT)

**Program:** 93-134

# HEALTH, WELLNESS AND ENRICHMENT

## SOCIAL BALLROOM DANCE SERIES

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

**Day:** Tuesday

**Time:** 7:00 – 8:00 pm

**Fee:** \$33 per person/per session

**Location:** CC Activity Room

**Instructor:** Patty Medina

**Spring Swing Mix** 3/12 - 3/26 **Program:** 93-127

**Spring Latin Mix** 4/9 - 4/23 **Program:** 93-128

**Wedding Party Mix** 5/4 - 5/21 **Program:** 93-129

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

## 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.

**Date:** Wednesday, 1/9 – 5/1 (No class 2/20, 3/20 & 4/17)

**Fee:** \$125

**Location:** CC Activity Room

**Instructor:** Betsy Dunphy

**Intermediate Time:** 11:30 - 12:30 pm

**Program:** 93-130

**Beginner Time:** 12:30 - 1:30 pm

**Program:** 93-131

## WEIGHT LOSS GROUP ~ Kick Start Your Health in the New Year

Are you ready to put holiday eating in the past and need a fresh start in the new year? Join Nicolaus Bloom, Holistic Health Coach for an 8-week program to learn about whole foods nutrition, create "clean eating" meal plans, define health goals, and explore the practical and behavioral tools that help keep you focused on your health journey. With the fellowship of this group, stay focused on creating your best healthy habits for feeling great mentally, physically, and spiritually.

**Date:** Tuesday, 1/22 - 3/19

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

**Fee:** \$125

**Location:** CS Living Room

**Instructor:** Nicolaus Bloom, Holistic Health Coach

**Program:** 93-132

## SNOW SHOE OUTING

Join Cape Elizabeth Land Trust Executive Director, Cindy Krum and Tony Owens for an adventure through the snow laden trail network of Robinson Woods. This program is designed for winter outdoor enthusiasts, and we will explore the fields, woods and wetlands to gain a unique winter perspective of this wonderful property. Please bring your own equipment and dress accordingly. Outing is subject to acceptable weather conditions. All proceeds donated to CELT.

**Date:** Saturday, February 2

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

**Fee:** \$6

**Location:** Meet at the Robinson Woods kiosk/Shore Rd.

**Program:** 93-133



# 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.

**Date:** Thursday, 1/3 – 4/11 (no program 2/21)

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

**Fee:** \$4 Pay at Door

**Location:** MS Gym

**Supervisor:** Brian Wissley

## ADULT INDOOR SOCCER (CO-ED)

Are you over 30 in mind and body? If the answer is “yes” to these questions, come join a convivial group of mature soccer players as we carry our passion indoors for the colder months.

**Date:** Sunday, 1/13 – 3/31

**Instructor:** David Peary & David Croft

**Fee:** \$72

**Location:** HS Gymnasium

<u>Time</u>	<u>Supervisor</u>	<u>Program</u>
5:00 - 6:30 pm	David Croft	93-135
6:30 - 8:00pm	David Peary	93-136

## GROUP UKELELE (BEGINNER)

The ukulele is now more popular than ever before, and very affordable, versatile instrument is no longer just for Hawaiian music. It's used for rock, jazz, classical, folk and even heavy metal. Have a great time learning to play chords and tunes, while also being introduced to tablature and music sight-reading (beginners). Or, with some previous experience, take your ability to the next level (intermediate). Students need to provide his/her own uke.

**Lesson book info will be emailed to participants upon registration.**

**Date:** Wednesday, 1/16 - 3/27 (No class 2/20)

**Time:** 7:30 – 8:30 pm

**Fee:** \$150

**Location:** CC Living Room

**Instructor:** John Johnstone

**Program:** 93-137

## “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:** Wednesday, 1/2 - 4/10 (no program 2/20)

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

**Fee:** \$4 Pay at Door

**Location:** MS Gym

**Supervisor:** Sal Deschino

## ADULT CO-ED VOLLEYBALL

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

**Date:** Wednesday, 3/6 - 5/22 (No session 4/17 )

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

**Fee:** \$4 Pay at Door

**Location:** HS Gym

**Supervisor:** Bryan Connolly



## GROUP GUITAR (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.**

**Date:** Wednesday, 1/16 - 3/27 (No class 2/20)

**Time:** 6:30 – 7:30 pm

**Fee:** \$150

**Location:** CC Living Room

**Instructor:** John Johnstone

**Program:** 93-138



# HEALTH, WELLNESS AND ENRICHMENT

## MINDFUL LANDSCAPE DRAWING

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

**Day:** Thursday

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

**Location:** CC Living Room

**Instructor:** Chris Reed

Date	Classes	Fee	Program
1/10 - 2/14	6	\$85	93-139
2/28 - 4/4	6	\$85	93-140

## INTRO TO WATERCOLOR ART

If you are intrigued by the art of watercolor painting, its time to discover what it is all about. Watercolor is art's most playful and creative medium; even with no art experience, you can have fun and create delightful images. This class will introduce you to the methods used by contemporary watercolorists as well as the renown Winslow Homer and Edward Hopper. You will be using artist quality brushes, paint and paper (\$5 fee to be paid to the instructor); you need only to bring a water container (at least 10oz) and a pencil.

**Date:** Wednesday, 2/27 - 4/10

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

**Fee:** \$80

**Location:** CC Living Room

**Instructor:** Marty Clark

**Program:** 93-141

## OPEN WOOD SHOP

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

**Date:** Wednesday, 1/9 - 3/20 (No class 2/20)

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

**Fee:** \$95

**Location:** HS Wood Shop

**Instructor:** John Fabish

**Program:** 93-142

## ADULT CERAMICS **\*\*NEW\*\***

Have you always wanted to experience the feel of clay in your hands? Here's your chance! You will learn the fundamentals of clay and have fun exploring functional and sculptural ceramics using wheel-throwing and hand-building techniques. Coursework is dependent on the class's collective creative desires and will be tailored to best suit individual needs. Open to all: no experience required, but certainly welcome. Course fee includes 25lb of clay. If a student desires more clay there is an additional fee.

**Day:** Tuesday

**Time:** 4:00 - 6:00 pm

**Location:** CEHS Ceramics Room

**Instructor:** Janna DeWan

Date	Classes	Fee	Program
1/8 - 2/12	6	\$100	93-143
2/26 - 4/2	6	\$100	93-144

## CHICAKADEE IN WINTER STEP BY STEP PAINTING

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. 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!

**Date:** Tuesday, February 5

**Time:** 12:00 - 2:00 pm

**Fee:** \$35

**Location:** CS Community Room

**Instructor:** Julie

Waterman,  
Spirited Paints

**Program:**

93-145



# HEALTH, WELLNESS AND ENRICHMENT

## OPEN PAINTING STUDIO

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

**Date:** Tuesday, 1/1 - 6/19,

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

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

**Location:** CC Meeting Room

## RAISING RESILIENT CHILDREN

Parenting is one of the most vital and challenging jobs any of us can have. It's about raising amazing adults. Our goal is to raise people who are capable of making great decisions when they launch into adulthood in the way that is best for them. We want our children to live optimistic, flexible and resilient lives. This workshop will give you strategies and proven tools to give your children the core skills that lead to flexibility, resilience, thoughtfulness, and optimism. Ideal for parents of 5-12 years old. FMI visit <http://familyleadershipcenter.org/>

**Try the first class FREE** Tuesday, 1/15 9:30-11:30 am

Registration is required **Program #:** 93-146

**Dates:** Tuesday, 1/15-3/19 (No class 2/5 & 2/19)

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

**Fee:** \$275 individual/ \$412 couple

**Location:** CC Living Room

**Instructor:** Marjie Longshore, Family Leadership Center

**Program:** 93-147

## CULTIVATING COMPASSION

People have a variety of reasons for wanting to learn about and cultivate compassion, but in some ways we are all suffering—be it from pain, loss, frustration, dissatisfaction or unfulfilled desire for happiness. However, we are not powerless in the face of our circumstances. It is possible to consciously cultivate positive states of mind and diminish negative states of mind and so transform our experience and our reactions to life's circumstances and people around us. In this way it is possible to change our lives and bring about change in the world.

The sessions introduce what compassion is, why it is beneficial for us with practices based on a Buddhist perspective and from a modern scientific point of view. The class has formal practice, interactive or contemplative activities, instructor led presentation and discussion and video presentation.

**Date:** Tuesday, 1/8 - 2/12

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

**Fee:** \$60

**Location:** CC Meeting Room

**Instructor:** Joan Elizabeth, Buddhist Practitioner

**Program:** 93-148

## PARENTING WORKSHOP: THE ART OF CONSEQUENCE

Mastering the 'art of the consequence' gives us the freedom to parent with confidence and high expectations. It gives us the freedom to truly enjoy ourselves and our children. No need for nagging, arguing or power struggles. This workshop is practical. We work on understanding the fundamentals of consequences and how they fit into the bigger picture, then we troubleshoot and refine applying helpful and effective consequences.

**Date:** Thursday, February 7

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

**Fee:** \$30

**Location:** CC Community Room

**Instructor:** James Shaver

**Program:** 93-149

# HEALTH, WELLNESS AND ENRICHMENT

## GUIDED AUTOBIOGRAPHY (GAB)

Guided Autobiography (GAB) is fun, fascinating, and surprising. In this workshop, life themes are introduced; priming questions are asked. Memories of events emerge, and we write in response. You'll get some writing tips, but it's not a creative writing class—it's about revisiting and responding to episodes in your life. You'll go home with several of your own stories ... and with a new passion for "getting it down"! Note: Please bring a notebook and pen/pencil, tablet, or laptop.

**Date:** Tuesday, February 12

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

**Fee:** \$120

**Location:** CC Conference Room

**Instructor:** Katie Murphy, Univoice History

## PERSONAL SAFETY/SELF DEFENSE **\*\*NEW\*\***

What would you do if your child or grandchild were in your car when someone attempts a car jacking? Or an intruder knocks on your door asking to use your phone? Learn personal safety tips and techniques in this half lecture half demonstration class. Topics include personal, home, parking lot, auto, travel and workplace safety. Please be aware that there will be some graphic language used during this program.

**Date:** Thursday, February 7th

**Time:** 5:00 - 8:00 pm

**Fee:** \$21

**Location:** CS Community Room

**Instructor:** Chief Paul Fenton and Sargent Ben Macisso Defensive Tactics Instructor, Martial Artist, SWAT Team Member.

**Program:** 93-153

## MAINE DRIVING DYNAMICS

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.

**Date:** Saturday, April 6

**Time:** 9:00 – 2:00 pm

**Fee:** \$40, Age 65 and older \$25, \$3 non-resident fee

**Location:** CC Living Room

**Instructor:** Certified Maine Driving Dynamics Instructor

**Program:** 93-152

## BEGINNER ITALIAN **\*\* NEW \*\***

Do you have a true passion for Italy and the Italian culture? Are you planning to take a trip to Italy soon? Join this fun class. Carola, a native from Italy, will help you develop your language skills at a basic level and will introduce you to Italy and its language & culture.

**Date:** Tuesday, 2/26 - 4/2

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

**Fee:** \$60

**Location:** CS Community Room

**Instructor:** Carola Airaghi

**Program:** 93-151



# OUTINGS, ARTS & ENTERTAINMENT

## WCSH STUDIO TOUR & LUNCH

Tour WCSH's Portland studio, weather center, production control and news rooms. Watch News Center at Noon live broadcast. Walk to nearby C2 (Congress Squared) Restaurant & Bar located in the historic Westin Hotel to enjoy their creative, craveable cuisine.

**Date:** Wednesday, January 9

**Depart:** 11:00 am

**Return:** 2:15 pm

**Fee:** \$5 pp Adult/Senior (Meal on Own)

**Program:** 93-154

## A FOX ON THE FAIRWAY

Lunch at locally owned Joseph's Fireside Steakhouse prior to Ken Ludwig's amusing farce, A Fox on the Fairway. Performed at the historic Waterville Opera House, this funny far fetched comedy is spun around an annual golf tournament.

**Date:** Sunday, January 27

**Depart:** 10:30 am

**Return:** 5:15 pm

**Fee:** \$30 (Meal on Own)

**Program:** 93-155

## THE HALF LIGHT

Portland Stage Company presents Maine novelist Monica Wood's new play. This heartwarming drama is about a college secretary who believes she might have a gift for seeing the dead, and her colleague, who has endured a painful loss. The play is about friendship, love, loyalty, and grief laced with lots of humor.

**Date:** Thursday, March 14

**Depart:** 1:30 pm

**Return:** 4:00 pm

**Fee:** \$37

**Program:** 93-156

## SKELETON CREW

The future is thrown into uncertainty when rumors seep through a Detroit auto plant at the start of the Great Recession. A makeshift family of workers swap stories, share dreams and make tough choices in this Portland Stage Company production.

**Date:** Thursday, April 18

**Depart:** 1:15 pm

**Return:** 4:00 pm

**Fee:** \$37

**Program:** 93-157

## IMPORTANCE OF BEING EARNEST

Portland Stage Company presents Oscar Wilde's masterful comedy following a young man and his friend on a journey that leads to an unexpected discovery. Part comedy, part mystery, this story of love, manners and mistaken identity is a classic that never grows old.

**Date:** Thursday, February 7

**Depart:** 1:30 pm

**Return:** 4:00 pm

**Fee:** \$40

**Program:** 93-158

## BAY CHAMBER CONCERT

Explore the Farnsworth Art Museum's 70th anniversary celebration exhibit, Maine: The Farnsworth Collection followed by a freshly-prepared lunch provided by Atlantic Baking Company and an intimate performance from Boston based trio Aleksandra Labinska, violin; Kett Chuan Lee, cello and Ines Andrade, piano.

**Date:** Wednesday, February 13

**Depart:** 8:00 am

**Return:** 3:30 pm

**Fee:** \$49

**Program:** 93-159

## ThosMoser TOUR & CULINARY ARTS LUNCH

Founded over a quarter century ago to restore the lost art of fine woodworking, the company has grown from a one-man operation to over sixty cabinetmakers. Following a tour of the workshop, we will experience lunch at the student led Green Ladle Restaurant, a Lewiston Regional Technical Center's program focusing on the culinary arts.

**Date:** Friday, March 29

**Depart:** 7:45 am

**Return:** 1:30 pm

**Fee:** \$24

**Program:** 93-160



# OUTINGS, ARTS & ENTERTAINMENT

## AN ACT OF GOD

The One with the first and last word on everything has finally arrived to set the record straight. After many millennia, and in just 90 minutes, God (assisted by Her devoted angels) answers some of the deepest questions that have plagued mankind since Creation. Laura Houck stars in this deliriously funny Maine premiere.

**Date:** Sunday, February 10

**Depart:** 1:15 pm

**Return:** 4:00 pm

**Fee:** \$33

**Program:** 93-161

## NATIONAL WEATHER SERVICE TOUR

Meet and interact with the scientists, learn about the instruments they use to collect data and create forecasts at the Gray, ME station. Enjoy traditional home made lunch at Cole Farms Restaurant.

**Date:** Tuesday, April 23

**Depart:** 10:00 am

**Return:** 3:00 pm

**Fee:** \$7 (Meal on Own)

**Program:** 93-162

## SOUND OF MUSIC

The spirited, romantic and beloved musical story of Maria and the von Trapp Family in this new Broadway National Tour production performed at Merrill Auditorium in Portland.

**Date:** Saturday, March 2

**Depart:** 11:45 pm

**Return:** 3:30 pm

**Fee:** \$54

**Program:** 93-163

## CEHS Spring Music Concert

Thursday, March 14, 2019

7:00 - 9:00 pm

Free Admission

Featuring the high school chorus, symphony and wind bands totaling more than 160 Cape student musicians. Music will range from choral classics to circus marches to contemporary works for winds.



## CASCO BAY WIND SYMPHONY SPRING CONCERT

About 70 musicians from diverse musical backgrounds, professions, and localities from Southern New Hampshire to Central Maine will perform their Spring Concert at the McCormack Performing Arts Center at Gorham High School. Dinner prior to performance at Sebago Brewing Company.

**Date:** Saturday, April 6

**Depart:** 4:30 pm

**Return:** 9:45 pm

**Fee:** \$12 (Meal on Own)

**Program:** 93-164

## LUCKY STIFF, A MUSICAL COMEDY

This over-the-top comic murder mystery of mistaken identities, millions in diamonds and a wheel-chair-bound corpse will leave you dying of laughter.

**Date:** Sunday, April 28

**Depart:** 1:15 pm

**Return:** 4:00 pm

**Fee:** \$30

**Program:** 93-165

## CEHS Jazz Cabaret

Friday, March 29, 2019

6:00 - 9:00 pm

Fee: \$5 (Payable at Door)

Featuring eight jazz groups from the high school and the CEMS Jazz Ensemble. David Demsey, Coordinator of Jazz Studies at William Paterson University will be guest artist with the CEHS Concert Jazz Ensemble.

# SENIORS

Our goal is to engage you in activities that keep you connected, active, learning and laughing. Outlined below are activities and events designed specifically for those age 62 and older. We encourage you to get involved in your community by participating in our programs. Enroll in a fitness class, attend Senior Swim, join us for a learning lunch or hop aboard our mini bus for one of our trips. **To ensure our programming is successful, please register early.**

## LUNCH & LEARNS

Enjoy the company of others and the service of CEHS senior volunteers for our winter gatherings at the Cape Elizabeth Fire Station. A light lunch is provided followed by either a talk, discussion, film, or presentation.

### JANUARY-Your Obituary: Be Prepared!

It's not about being morbid ... it's about being prepared. It's about being remembered in the way YOU want to be remembered. Katie Murphy, Univoice History, will make some suggestions about composing a good, reflective write up. Be prepared for dialogue, some deep thought ... and laughter, too!

**Date:** Tuesday, January 22

**Time:** 11:30 – 1:00 pm

**Fee:** \$10

**Program:** 93-166

### FEBRUARY- Screening & Q & A

Cape Elizabeth resident, Ray Shevenell presents *The Home Road* documenting his 188-mile trek from Quebec to Biddeford, retracing his great-great-grandfather's pioneering journey from Compton, Quebec to Biddeford in 1845. "Layered over this adventure are narrations, interviews, archive photos and film, and stories; exploring the themes of migration, movement and 'home,'" says Ray's daughter filmmaker Tonya Shevenell.

**Date:** Tuesday, February 19

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

**Fee:** \$10

**Program:** 93-167

### MARCH – Let Us Introduce You

There's a new chief in town and if you have not yet had the opportunity to meet him, Chief of Police, Paul Fenton will tell us how he is transitioning into his new role and where he sees the department going forward under his direction and leadership. There will be an opportunity to ask questions so come prepared!

**Date:** Tuesday, March 26

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

**Fee:** \$10

**Program:** 93-168

### Celebrating St. Patrick's Day

Enjoy a catered boiled dinner before the Stillson School of Irish Dance perform traditional Irish step dance in their sparkling, colorful costumes. Director Carlene Moran Stillson will tell us about the history of the dance and explain the reasons for the costume designs.

**Date:** Friday, March 15

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

**Fee:** \$ 20

**Program:**

93-169

### Lunch with a Senior

Join the Cape Elizabeth High School seniors for lunch in the senior section of the cafeteria. Order a fresh made to order sandwich, hot entrée or a la carte items. Average cost \$3.25 - \$6.25. Cash Only. Call 799-2868 to register.

Thursday, January 10 at 11:00 am

Thursday, February 7th at 11:00 am

Thursday, March 7th at 11:00 am

Thursday, April 4th at 11:00 am



# SENIORS

## CLUB 62+

Sign up to dine out. Climb aboard and together we will set out on a culinary adventure in search of unique experiences, favorite meals, new cuisines or just enjoy the view and the company.

### Nellie's Tea House

Nothing says "relax and enjoy" like being served tea from beautiful vintage tea ware and china. Enjoy your choice of bottomless tea, a light luncheon of a seasonal soup, scones with lemon curd, clotted cream, and jam, and a small treat for dessert. Take in the ambiance of the intimate space and enjoy the civility and mystique of the leaf which never ceases to bring people together.

**Date:** Tuesday, January 29

**Depart:** 11:15 am

**Return:** 2:30 pm

**Fee:** \$ 26

**Program:** 93-170

### Culinary Arts Luncheon

Enjoy a gourmet dining experience and a spectacular view of Casco Bay while the talented culinary arts students of Southern Maine Community College learn the fine art of running a full-service restaurant. No reservations accepted after February 14th.

**Date:** Friday, February 22

**Depart:** 11:45 am

**Return:** 2:15 pm

**Fee:** \$18

**Program:** 93-171

### Bayside American Café Brunch

Artisanal American cuisine, influenced by flavors from around the world prepared by a team of skilled culinary professionals in eclectic, casual atmosphere. Portland's history can be seen in the decor and architecture with a story in every corner.

**Date:** Wednesday, March 6, 2019

**Depart:** 9:30 am

**Return:** 12:00 pm

**Fee:** \$5 (Meal on Own)

**Program:** 93-172

## COMMUNITY THEATER

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

Jan 24	One Flew Over the Cuckoo's Nest	TPP
Jan 31	The Mousetrap	LMT
Mar 21	Camelot	TPP
Mar 28	The Bridges of Madison County	LMT
May 16	Guys & Dolls	TPP
June 6	The Hunchback of Notre Dame	LMT

<b>TPP</b>	<b>The Portland Players</b>	<b>\$5.00</b>
<b>LMT</b>	<b>Lyric Music Theater</b>	<b>\$10.00</b>

## CLASSIC CINEMA

Flagship Cinema in Falmouth shows movies every Tuesday at 10 am. We are loading the bus for two of them.



**Date:** Tuesday, March 19  
**Depart:** 9:15 am  
**Return:** 12:30 pm  
**Fee:** \$5  
**Program:** 93-173



**Date:** Tuesday, April 9  
**Depart:** 9:15 am  
**Return:** 12:30 pm  
**Fee:** \$5  
**Program:** 93-174

# SENIORS

## FIT TO LIVE

Attention adults age 60+, get in shape and stay in shape. This program will offer activities such as standing and chair aerobics, walking, and other group exercises. "Fit to Live" improves balance, flexibility & strength, as well as, providing a valuable social network. Get in shape as part of your overall wellness lifestyle.

**Day:** Tuesday

**Time:** 10:15 – 11:00 am

**Location:** CS Activity Room

**Instructor:** Patty Medina

**Walk In Fee:** \$9

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
3/12 – 4/16	6	\$48	93-175

## FIT TO LIVE YOGA

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.

**Day:** Thursday

**Time:** 10:15 – 11:00 am

**Location:** CS Activity Room

**Instructor:** Patty Medina

**Walk in Fee:** \$9

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
3/14 - 4/18	6	\$48	93-176

**Day:** Monday

**Time:** 1:30 – 2:15 pm

**Location:** CS Activity Room

**Instructor:** Patty Medina

**Walk In Fee:** \$9

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
3/11 - 4/8	5	\$40	93-177

## WATER WORKS

Come join us for the best overall low-impact exercise program there is! You'll work all the major muscle groups, increase muscle tone, build strength and endurance. The buoyancy of the water is an excellent way to alleviate pressure on the joints improve posture and range of motion. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys for an awesome core workout and finish with water weights. The stretching and relaxation session completes a well rounded program. You will be energized for the day!



**Date:** Mon/Wed/

Fri (No class 1/21 & 2/18)

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

**Walk in Fee:** \$7

**Location:** Richards Community Pool

**Instructor:** Patty Medina

<u>Dates</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
1/2 - 1/30	12	\$72	93-209
2/1 - 3/1	12	\$72	93-210
3/4 - 3/29	12	\$72	93-211

## SENIOR OPEN SWIM

Monday - Friday

9:00 am - 10:00 am

Richards Community Pool

Walk in Fee: \$4



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

## TECH TIME

Fourth Wednesday, Monthly

10:30 - 12:00 pm

Thomas Memorial Library

**FREE**

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



# YOUTH PROGRAMS

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

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

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

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

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

*Prerequisite:* Barnacles 2, or permission from pool staff.

This parent/child class will allow children to continue working on water comfort and basic swimming skills, while working on becoming more independent in the water, and working towards swimming without direct parent participation.

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

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

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

## **DUCKLINGS 2:**

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



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

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

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

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

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

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

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

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

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

# YOUTH PROGRAMS

## SESSION 1 January 7 - February 11

Monday, January 7 - February 11 (No Class 1/21)

Thursday, January 3 - February 7

Saturday, January 5 - February 2 (No Class 2/9)

Level	Day	Time	Classes	Fee	Program
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	6	\$45	93-212
<b>Barnacles 1</b>	Sat	9:00 - 9:30 am	5	\$38	93-213
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	5	\$38	93-214
<b>Turtles</b>	Sat	10:00 - 10:30 am	5	\$38	93-215
<b>Ducklings 1</b>	Mon	11:00 - 11:30 am	5	\$38	93-216
	Thurs	10:30 - 11:00 am	6	\$45	93-217
	Sat	9:00 - 9:30 am	5	\$38	93-218
	Sat	10:00 - 10:30 am	5	\$38	93-219
<b>Ducklings 2</b>	Mon	10:30 - 11:00 am	5	\$38	93-220
	Thurs	11:00 - 11:30 am	6	\$45	93-221
	Sat	9:00 - 9:30 am	5	\$38	93-222
	Sat	10:30 - 11:00 am	5	\$38	93-223
<b>Dolphins 1</b>	Mon	10:00 - 10:30 am	5	\$38	93-224
	Thurs	11:30 - 12:00 pm	6	\$45	93-225
	Sat	9:30 - 10:00 am	5	\$38	93-226
	Sat	10:00 - 10:30 am	5	\$38	93-227
<b>Dolphins 2</b>	Thurs	12:00 - 12:30 pm	6	\$45	93-228
	Sat	9:30 - 10:00 am	5	\$38	93-229
	Sat	11:00 - 11:30 am	5	\$38	93-230
<b>Level 1</b>	Sat	9:00 - 9:45 am	5	\$47	93-231
	Sat	10:30 - 11:15 am	5	\$47	93-232
<b>Level 2</b>	Sat	9:00 - 9:45 am	5	\$47	93-233
	Sat	10:30 - 11:15 am	5	\$47	93-234
<b>Level 3</b>	Sat	9:45 - 10:30 am	5	\$47	93-235
	Sat	10:30 - 11:15 am	5	\$47	93-236
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	5	\$47	93-237

## 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. 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. Swim meet Friday, May 17th.

**Date:** Tues/Thurs, 4/2 - 5/23 (No Class April Vacation)

**Time:** 3:00-4:15 pm *Parent pick-up only, no late bus.*

**Location:** Richards Community Pool

**Fee:** \$160

**Instructors:** Casey Murphy, Tom DeYoung, Alina Perez and CS Swim Staff

**Program:** 93-238



# YOUTH PROGRAMS

## SESSION 2 February 25 - April 6 (Registration Opens February 11th)

Monday, February 25 - April 1

Thursday, February 28 - April 4

Saturday, March 2 - April 6

Level	Day	Time	Classes	Fee	Program
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	6	\$45	93-239
<b>Barnacles 1</b>	Sat	9:00 - 9:30 am	6	\$45	93-240
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	6	\$45	93-241
<b>Turtles</b>	Sat	10:00 - 10:30 am	6	\$45	93-242
<b>Ducklings 1</b>	Mon	11:00-11:30 am	6	\$45	93-243
	Thurs	10:30 - 11:00 am	6	\$45	93-244
	Sat	9:00 - 9:30 am	6	\$45	93-245
	Sat	10:00 - 10:30 am	6	\$45	93-246
<b>Ducklings 2</b>	Mon	10:30 - 11:00 am	6	\$45	93-247
	Thurs	11:00 - 11:30 am	6	\$45	93-248
	Sat	9:00 - 9:30 am	6	\$45	93-249
	Sat	10:30 am - 11:00 am	6	\$45	93-250
<b>Dolphins 1</b>	Mon	10:00 - 10:30 am	6	\$45	93-251
	Thurs	11:30 am - 12:00 pm	6	\$45	93-252
	Sat	9:30 - 10:00 am	6	\$45	93-253
	Sat	10:00 - 10:30 am	6	\$45	93-254
<b>Dolphins 2</b>	Thurs	12:00-12:30 pm	6	\$45	93-255
	Sat	9:30 - 11:00 am	6	\$45	93-256
	Sat	11:00-11:30 am	6	\$45	93-257
<b>Level 1</b>	Sat	9:00 - 9:45 am	6	\$56	93-258
	Sat	10:30 - 11:15 am	6	\$56	93-259
<b>Level 2</b>	Sat	9:00 - 9:45 am	6	\$56	93-260
	Sat	10:30 - 11:15 am	6	\$56	93-261
<b>Level 3</b>	Sat	9:45 - 10:30 am	6	\$56	93-262
	Sat	10:30 - 11:15 am	6	\$56	93-263
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	6	\$56	93-264

### SPLASH PARTIES/ POOL RENTALS

Rent the pool for your exclusive use for one hour. The Café may be rented for your "party portion" for one hour immediately following pool time.

- \$165 Inflatable, pool, whirlpool (40 max)
- \$ 95 Pool Only (40 max)
- \$ 75 Pool Only (20 max)
- \$ 65 Café Rental

#### POOL TIMES

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

Sundays: 1:00 - 2:00 pm

Complete and return form available online or at Community Services with payment in full. **Cash or check only.**

### PRIVATE SWIM LESSONS

Available for any skill level, from water adjustment to triathlon training. Lessons are 30 minutes in length and set up in a one, two or three participant to one instructor ratio. Lesson packages are available in four 30-minute sessions.

Complete the request form on our website and the aquatic coordinator will contact you to schedule.

Lessons based on instructor availability.

All requests and payment must be made directly to Community Services and not individual swim instructors.

# YOUTH PROGRAMS

## **BOUNCING BUDS (Ages 3-5)**

Come explore the art of dance with Brio Dance Studio in our Bouncing Buds class! This class is created for the young dancer and incorporates pre-ballet and creative movement steps. Each class will include music, props, group and partner dancing, individual attention, and lots of fun! Please note that visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing. No Jeans please. Please contact the Brio Dance Studio office at 253-1700 for any additional information.

**Day:** Thursday

**Time:** 9:15 - 10:00 am

**Location:** Community Center, Living Room

**Instructor:** Julie Wilkes

<u>Dates</u>	<u>Fee</u>	<u>Program</u>
1/10 - 2/14	\$78	93-312
3/7 - 4/11	\$78	93-313

## **SPINNING SPROUTS (Ages 3-5)**

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

**Day:** Thursday

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

**Fee:** \$78

**Location:** Community Center, Community Room

**Instructor:** Julie Wilkes

<u>Dates</u>	<u>Fee</u>	<u>Program</u>
1/10 - 2/14	\$78	93-314
3/7 - 4/11	\$78	93-315

## **TODDLER GYM (Ages 1-3)**

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:** Friday, 1/11 – 4/5 (no session 2/22)

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

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

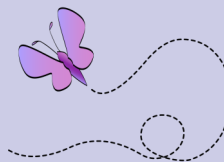
**Location:** Community Center, Activity Room

## **CAPE CARE OPEN HOUSE**

*Tuesday, March 12th  
5:30 pm - 7:00 pm*

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

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



# YOUTH PROGRAMS

## **GOOD NIGHT CAPE ELIZABETH**

### **(Ages 2-6 with Adult)**

Enjoy a bedtime hour about the snowy owl, our "cold-weather friends". Join Children's author Melissa Kim, and Cape Elizabeth Land Trust (CELT) volunteer, Jill Darling for stories, a craft, and a brief visit outdoors as we learn about owls in Maine. Come in your pajamas and bring a snack. Parents/Guardians must be present. Participants who register 48 hours in advance of the program will receive notification of changes or cancellation.

**Date:** Monday, February 11

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

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

**Location:** 330 Ocean House Road (CELT)

**Instructor:** Jill Darling, & Melissa Kim

**Program:** 93-316

## **ANIMAL TRACKING FOR FAMILIES**

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

**Date:** Wednesday, February 20

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

**Fee:** \$6/parent & 1 child

**Location:** Meet at the end of Fenway Rd

**Instructor:** Natasha Rathlev

**Program:** 93-317

## **FEBRUARY VACATION CAMP (K-6<sup>TH</sup>)**

Designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects for this four-day camp. Price includes field trip fees. Campers must bring lunch and a water bottle. Field trips TBA

**Date:** Tuesday-Friday, 2/19 - 2/22

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

**Fee:** \$168

**Location:** CC After Care Room

**Program:** 93-318

## **APRIL VACATION CAMP (K-6<sup>TH</sup>)**

Designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects for this four-day camp. Price includes field trip fees. Campers must bring water bottle and lunch. Field trips TBA

**Date:** Tuesday - Friday, 4/16 - 4/19

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

**Fee:** \$168

**Location:** CC After Care Room

**Program:** 93-319

## **MINECRAFT VACATION CAMP (Gr 2-6)**

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

**Date:** Tuesday – Friday, 2/19 - 2/22

**Time:** 8:30 - 11:30 am

**Fee:** \$108

**Location:** Middle School Computer Lab

**Instructor:** Jack Duffy

**Program:** 93-320

# YOUTH PROGRAMS



## MUSICAL THEATER

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

### Grades K– 2

**Date:** Thursday, 1/3 – 3/7 (No class 2/21)

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

**Fee:** \$120

**Location:** Community Center, Activity Room

**Instructor:** Barry Brinker

**Program:** 93-321

### Grades 3 & 4

**Dates :** Thursday, 3/21– 5/23 (No class 4/18)

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

**Fee:** \$120

**Location:** Community Center, Activity Room

**Instructor:** Barry Brinker

**Program:** 93-322

## DRAMA KIDS

Grades K - 5

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

**Dates:** Wed, 1/9 - 4/10 (No class 2/20 & 3/20)

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

**Fee:** \$180

**Location:** Pond Cove, Gymnasium

**Instructor:** Jennifer Harriman

**Program:** 93-323

## ACTING UP!

Grades 3 – 4

For young aspiring or curious actors, dancers, or singers who are ready to learn the ins and outs of theater and performance skills in a fun, non-competitive, no-pressured environment. We focus on theater games and improvisation which tap into our creative energies. Using problem solving skills, creative movement, imagination, humor and skill building exercises, we will play, build, work and create different scenarios each week.

No memorization is required for these classes.

**Dates:** Tuesdays, 1/15 – 4/9 (No Class on 2/19)

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

**Fee:** \$130

**Location:** Community Center, Activity Room

**Instructor:** Betsy Dunphy

**Program:** 93-324

## ACTING UP!

Grades 5 – 7

For young aspiring or curious actors, dancers, or singers who are ready to learn the ins and outs of theater and performance skills in a fun, non-competitive, no-pressured environment. We focus on theater games and improvisation which tap into our creative energies. Using problem solving skills, creative movement, imagination, humor and skill building exercises, we will play, build, work and create different scenarios each week. No memorization is required for these classes.

**Dates:** Tuesdays, 1/15 – 4/9 (No Class 2/19)

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

**Fee:** \$130

**Location:** Community Center, Activity Room

**Instructor:** Betsy Dunphy

**Program:** 93-325

# YOUTH PROGRAMS



## IRISH DANCE BEGINNERS

Students in grades K-4 will learn the basics of Irish Dancing with a ten week introductory course. We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Riverdance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin. *No late bus on Fridays, parent pick up only.*

### GRADES: K - 4

**Date:** Friday, 1/11/19 - 3/29/19 (No class 2/22 & 3/15)

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

**Fee:** \$165

**Location:** Pond Cove, Gymnasium

**Instructor:** Mairead Stillson

**Program:** 93-326

## HIP/HOP (Grades K-3)

Hip Hop is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps, and improvisation or "freestyle". Hip hop is a street style of dance and will use upbeat music. All classes will be sensitive to age appropriate steps and music. Please send your dancer in comfortable clothes and indoor sneakers. No jeans please.

**Day:** Tuesday

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

**Location:** Pond Cove, Gymnasium

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

Dates	Fee	Program
1/8 - 2/14	\$83	93-328
3/5 - 4/9	\$83	93-329

## IRISH DANCE ADVANCED

Students in grades K-4 will build upon the basics of Irish Dancing with a 10 week advanced course. We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Riverdance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin. *No late bus on Fridays, parent pick up only.*

### GRADES: K - 4

**Date:** Friday, 1/11/19 - 3/29/19 (No class 2/22 & 3/15)

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

**Fee:** \$165

**Location:** Pond Cove, Gymnasium

**Instructor:** Mairead Stillson

**Program:** 92-327

## TAP/JAZZ (Grades K-3)

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

**Day:** Friday

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

**Location:** Community Center, Activity Room

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

Dates	Fee	Program
1/11 - 2/15	\$83	93-330
3/8 - 4/5	\$70	93-331

# YOUTH PROGRAMS

## MAD SCIENCE MARVELS OF SCIENCE (Grades K-4)

How does sound travel? What are clouds made of? How old would you be if you lived on Saturn? Join Mad Science and explore these countless wonders of science! Go on an explorative journey into the depths of the sea to discover what life beyond the waves has to offer. Then voyage to the center of the Earth as you investigate earthquakes. Even take a spacewalk mission that simulates a solar panel repair on the International Space Station! Investigate 3-D technology and use an animation machine to turn still images into a moving picture. Come take a hands on flight with your imagination into the many marvels of Science!

**Date:** Thursday, 1/24 – 3/21 (No class 2/21)

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

**Fee:** \$110

**Location:** Pond Cove, Health Room

**Instructor:** Mad Science Staff

**Program:** 93-332



## LEGO MYTHICAL CREATURES \*\*NEW\*\* (Grade K-3)

Join us as we wonder and learn about mythical creatures. We will build a scary fire-breathing dragon, a lucky leprechaun and an out of this world alien. Class begins with a short- lesson specific to the theme, followed by students building their own Lego creation of the week. Once complete, students can free build with a huge assortment of Lego bricks!

**Date:** Tuesday, 1/29 - 3/26 (No class on 2/19)

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

**Fee:** \$106

**Location:** Pond Cove, Health Room

**Instructor:** Tracey Carrier

**Program:** 93-333

## JURASSIC MAINE LEGO (Grade K-3) **\*\*NEW\*\***

Join us for roaring adventures in this class where a few of our fossilized friends come to life! We will build a terrifying Triceratops, a powerful, swooping Pterodactyl and finish by crowning the king of all dinos, the T. Rex. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks.

**Date:** Tuesday, 4/23 - 5/28

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

**Fee:** \$80

**Location:** Pond Cove, Health Room

**Instructor:** Tracey Carrier

**Program:** 93-334



# YOUTH PROGRAMS

## DRUM/PERCUSSION GROUP (Gr 3&4)

Opportunity to develop musicianship through drumming and other various percussion instruments. We will work on a variety of different drum beats, percussion, melodies and mallet techniques. Third graders who play in this group will play along with the Third Grade Concert on February 6th at 6:30 pm in the Pond Cove Elementary School Cafeteria. Fourth graders who play in this group will play along with the Fourth Grad Concert on February 4th at 6:30 pm in the Pond Cove Elementary School Cafeteria.

### Grade 3

**Date:** Thursday, 1/10 – 1/31

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

**Fee:** \$5

**Location:** Pond Cove, Music Room

**Instructor:** Rebecca Bean

**Program:** 93-336

### Grade 4

**Date:** Tuesday, 1/8 – 1/29

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

**Fee:** \$5

**Location:** Pond Cove, Music Room

**Instructor:** Rebecca Bean

**Program:** 93-337

## MINDFUL PAINTING (Grades 2– 4)

This class will allow students the opportunity to landscape, still life, and abstract tempera painting. Mindfulness exercises will compliment each student's unique creative process of learning new techniques. Students are encouraged. Basic color mixing exercises will allow for each student to explore their own path with painting in representational and abstract styles. Be prepared to have fun! Materials included.

**Day:** Tuesday

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

**Location:** Pond Cove, Art Room

**Instructor:** Chris Reed

Dates	Fee	Program
1/8 - 2/12	\$85	93-339
2/26 - 4/2	\$85	93-340

## BEGINNERS YOUTH GROUP GUITAR

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. Students will provide their own guitars. If helpful, the instructor will gladly provide guidance on the purchase of a guitar. (Hal Leonard Guitar Method Book 1 is required for the class. Not included.)

**Date:** Wed, 2/6/19 – 4/24/19 (No Class 2/20 or 4/17)

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

**Fee:** \$150

**Location:** Community Center, Living Room

**Instructor:** John Johnstone

**Program:** 93-338

## MINDFUL DRAWING (Grades 2– 4)

Utilizing mindfulness techniques to complement the creative process, this class will provide students with an introduction to still life drawing from various setups using graphite pencils. The focus will be on learning various drawing techniques of line, form, shading, value, composition, negative and positive space. Simple step by step exercises will open the door for a fun creative experience that can be applied to toy figures, stuffed animals, or any other objects. Materials included.

**Day:** Thursday

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

**Location:** Community Center, Living Room

**Instructor:** Chris Reed

Dates	Fee	Program
1/10 - 2/14	\$85	93-341
2/28 - 4/4	\$85	93-342



# YOUTH PROGRAMS

## HIGH TOUCH HIGH TECH

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

### EARTHSCAPADES (Gr K-2)

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

**Date:** Monday, 1/7 - 2/25 (No class 1/21 & 2/18)

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

**Fee:** \$102

**Location:** Pond Cove, Health Room

**Program:** 93-343

### SCIENCE IN ACTION (Gr K-2)

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

**Date:** Monday, 3/18 - 4/29 (No class 4/15)

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

**Fee:** \$102

**Location:** Pond Cove, Health Room

**Program:** 93-344

### MYSTERY SCIENCE (Gr 3-4)

Can you be a detective? Solve the mysteries of weather, echolocation, gravity on the moon, and more. Learn about your fingerprints and your own senses too!

**Date:** Tuesday, 1/8 - 2/12

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

**Fee:** \$102

**Location:** CECS, Living Room

**Program:** 93-345

### ENGINEERING AND ENERGY (Gr 3-4)

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

**Date:** Tuesday, 3/12 - 4/23 (No class 4/16)

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

**Fee:** \$102

**Location:** CECS, Living Room

**Program:** 93-346

### FINALLY FUN SCIENCE PART 1(Gr 5-7)

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

**Date:** Friday, 1/11- 2/15

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

**Fee:** \$112

**Location:** CEMS Learning Commons

**Program:** 93-347

### FINALLY FUN SCIENCE PART 2 (Gr 5-7)

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

**Date:** Friday, 3/15 - 5/3 (No class 4/12 & 4/19)

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

**Fee:** \$112

**Location:** CEMS Learning Commons

**Program:** 93-348



# YOUTH PROGRAMS

## WINTER MINECRAFT (GR 2-8)

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

**Location:** Middle School, Computer Lab

**Instructor:** Jack Duffy

**Fee:** \$50

## GRADES 2-4

**Day:** Tuesday

**Time:** 3:00 – 4:00 pm

Date	Classes	Program
1/15 - 2/25	5	93-349
3/5 - 4/2	5	93-350

## GRADES 5-8

**Date:** Monday

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

Date	Classes	Program
1/14 - 2/11	5	93-351
3/4 - 4/1	5	93-352

## YOUTUBER FILMMAKING (Grade 2-4)

Learn live-action and green screen filmmaking. Students will write, storyboard, and star in original short films and learn to edit their work with iMovie software. The course ends with a film screening and celebration!

**Day:** Tuesday

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

**Location:** Pond Cove, Media Center

**Instructors:** Laura Cowie & Katherine Nicoll, Unwritten Roads

Date	Classes	Fee	Program
1/15 - 2/12	5	\$175	93-353
2/26 - 4/4	6	\$185	93-354

## ADVANCED YOUTUBER FILMMAKING (Gr 5-8)

Calling all budding stars! A fun, 5-week long introduction to green screen filmmaking with a twist- students will create their own music videos to their favorite songs!

**Day:** Thursday

**Time:** : 2:30 – 4:00 pm

**Location:** Middle School, Computer Lab

**Instructors:** Laura Cowie & Katherine Nicoll, Unwritten Roads

Date	Classes	Fee	Program
1/17 - 2/14	5	\$175	93-355
2/28 - 4/4	6	\$185	93-356

## DRIVER EDUCATION

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director, comes to us with 20+ years of experience with Cape students. Right Choice Driving School and their instructors are licensed by the State of Maine. Students must be 15 years of age by the course starting date.

**Date:** Mon - Thurs (No class 1/21 & Feb vacation)

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

**Location:** CEHS Room 305

**Instructors:** Tim O'Carroll

**Program #**

Date	Classes	Fee	Program
1/7 - 1/28	12	\$495	93-357
2/4 - 2/28	12	\$495	93-358
3/11 - 4/1	12	\$495	93-359

# YOUTH PROGRAMS

## WARRIOR YOGA GAMES (Grades K-5)

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

**Date:** Monday (No class 1/21 or 2/4)

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

**Location:** Pond Cove, Gymnasium

**Instructor:** Trish Baird, Off the Mat Yoga Director

Date	Fee	Program
1/7 - 2/11	\$40	93-360
3/4 - 4/1	\$50	93-361
4/22 - 5/20	\$50	93-362

## ART & YOGA CLUB (Grades 4-6)

Looking for a sense of calm and quiet after a long school day? Come and join Off the Mat yoga, meditation, mindfulness and art! In this class we will learn to use our breath, meditation and visualization to calm our minds, help tame unwanted anxiety, and create a sense of peace within ourselves. We will use yoga poses to connect with our bodies, connect with our friends (through partner poses) and help focus our energy. We will use art to create new connections in our brain, get in touch with our feelings, reduce anxiety and foster creativity. No experience in art or yoga necessary.

**Date:** Wednesday (no class 4/17)

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

**Location:** CECS Living Room

**Instructor:** Trish Baird, Off the Mat Yoga Director

Date	Fee	Program
1/2 - 1/23	\$50	93-363
3/6 - 3/27	\$50	93-364
4/10 - 5/8	\$50	93-365



## TABLE TENNIS/PING PONG (Grades 5-8)

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

**Date:** Mon/Wed, 1/14 - 2/13 (No class on 1/21)

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

**Fee:** \$75

**Location:** Middle School, Gymnasium Lobby

**Instructors:** Chris Drake & Volunteers

**Program:** 93-366

## LEARN TO SEW (GRADES 5-8)

Do you have an old wool sweater, one your child has outgrown, another you accidentally shrunk, or a favorite, you want to retain as a keepsake? Maybe you found one at a thrift store with a unique pattern or color that caught your eye. Have fun transforming it into a custom-made, originally-designed pair of felted mittens. Before the first class you will have "felt" your sweater, by washing it with mild soap in hot water, then drying it on high. Bring a portable sewing machine (may be shared), your felted sweater, 1/2 yard of fleece for lining, thread, scissors, and then we will design and sew! Upon completion we will undertake another more advanced project.

**Date:** Tuesday, 1/15 - 2/12

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

**Fee:** \$100

**Location:** CECS Living Room

**Instructor:** Jeanette Guglielmetti

**Program:** 93-367

# YOUTH PROGRAMS



## KARATE

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

### KARATE LITTLE NINJAS (Ages 3-5)

**Day:** Mon/Wed

**Time:** 2:15 - 3:00 pm/Early Release Time 1:15 - 2:00 pm

**Location:** CC Activity Room

Date	Fee	Program
1/7 - 2/11	\$115	93-368
2/25 - 4/1	\$115	93-369

### KARATE KIDS (Grades K-2)

**Day:** Mon/Wed, No Class 1/21 or 3/20

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

**Location:** CC Activity Room

Date	Fee	Program
1/7 - 2/11	\$115	93-370
2/25 - 4/1	\$115	93-371

### KARATE NINJAS (Grades 3-8)

**Day:** Mon/Wed, No Class 1/21 or 3/20

**Time:** 4:30 - 5:30 pm/Early Release Time 3:30-4:30 pm

**Location:** CC Activity Room

Date	Fee	Program
1/7 - 2/11	\$115	93-372
2/25 - 4/1	\$115	93-373

## GLOBAL PREMIER SOCCER (GPS) SKILLS

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

**Fee:** \$62

**Location:** Pond Cove, Gymnasium

**Instructors:** GPS Staff

## GPS MINI KICKERS (AGES 3& 4)

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

**Date:** Sunday, 1/6/19 – 2/10/19

**Time:** 2:00 - 2:45 pm

**Program:** 93-374

## GPS JUNIORS (AGES 5& 6)

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

**Date:** Sunday, 1/6/19 – 2/10/19

**Time:** 3:00 - 3:45 pm

**Program:** 93-375

## GPS SKILLS 11 (GRADES 1 & 2)

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

**Date:** Sunday, 1/6/19 – 2/10/19

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

**Program:** 93-376

# YOUTH PROGRAMS

## LITTLE LEAGUE BASEBALL & SOFTBALL SPRING TRAINING CLINICS (Co-ed Ages 9 - 12)

Spring training clinics will be conducted by Cape Elizabeth Varsity Baseball Coach. These clinics are a great chance for players to learn the proper mechanics in hitting, pitching, catching, defensive positions and base running. Your child will receive both personal and group instruction. Players must bring their own gloves, sneakers, athletic clothing and water bottle. Bats and helmets will be provided, but feel free to bring your own.

### JUNIOR BASEBALL (AGES 9 & 10)

**Date:** Mon/Wed/Fri, 2/25 – 3/8

**Time:** 5:30 – 7:00 pm

**Fee:** \$48

**Location:** High School Gymnasium

**Instructor:** Cape Elizabeth Varsity Coach

**Program:** 93-377



### MAJOR BASEBALL (AGES 11& 12)

**Date:** Mon/Wed/Fri, 2/25– 3/8

**Time:** 7:00 – 8:30 pm

**Fee:** \$48

**Location:** High School Gymnasium

**Instructor:** Cape Elizabeth Varsity Coach

**Program:** 93-378

### JUNIOR SOFTBALL (AGES 9 & 10)

**Date:** Tues/Thurs, 2/26– 3/7

**Time:** 5:30 – 7:00 pm

**Fee:** \$32

**Location:** High School Gymnasium

**Instructor:** CE Softball Coaches and CELL Coaches

**Program:** 93-379

### MAJOR SOFTBALL (AGES 11& 12)

**Date:** Tues/Thurs, 2/26– 3/7

**Time:** 7:00 – 8:30 pm

**Fee:** \$32

**Location:** High School Gymnasium

**Instructor:** CE Softball Coaches and CELL Coaches

**Program:** 93-380

### INDOOR TENNIS CLINICS (Pre K-4)

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

**Dates:** Saturdays,

**Time:** 10:15am-12:30pm

**Fee:** \$60

**Location:** Pond Cove, Gymnasium

**Instructor:** Coach Mary Gray

### 4/5YRS & KINDERGARTEN

**Dates:** Session 1 1/12/19 - 2/9/19 **Program #** 93-387

Session 2 3/9/19 - 4/6/19 **Program #** 93-388

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

### BEGINNERS (Grades 1-2)

**Dates:** Session 1 1/12/19 - 2/9/19 **Program #** 93-389

Session 2 3/9/19 - 4/6/19 **Program #** 93-390

**Time:** 11:00am - 11:45am

### INTERMEDIATES (Grades 3-4)

**Dates:** Session 1 1/12/19 - 2/9/19 **Program #** 93-391

Session 2 3/9/19 - 4/6/19 **Program #** 93-392

**Time:** 11:45am - 12:30pm

# YOUTH PROGRAMS

## CAPE YOUTH TRAVEL LACROSSE (Grades 3-6)

Cape Youth Lacrosse is looking for girls and boys of all experience levels. Teams of equally balanced skill levels offered at the following levels, Grades 3rd-4th and Grades 5th-6th. The season begins mid-March and ends mid-June with two practices a week. Games have been on Saturdays, with an occasional Sunday. Practices and Games TBD.

**REGISTRATION DEADLINE IS THURSDAY, FEBRUARY 28TH.  
NO REGISTRATION ACCEPTED AFTERWARDS.  
PLEASE SIGN UP EARLY, AS THIS PROGRAM FILLS QUICKLY.**

**BOYS MANDATORY PARENT MEETING - Tuesday, March 5<sup>th</sup> at 6:00 pm - MS Library.  
GIRLS MANDATORY PARENT MEETING Wednesday, March 6<sup>th</sup> at 6:00pm - MS Library.**

Immediately following the meeting is the player's uniform and optional apparel fitting.

**Fee:** \$155/player (needs uniform)

**Fee:** \$105/player (has 2018 uniform)

**Boys 3rd-4th Program: 93-381**

**Boys 5th-6th Program: 93-382**

**Girls 3rd-4th Program: 93-383**

**Girls 5th-6th Program: 93-384**

### ASSESSMENTS

#### **Boys (Grades: 3rd-4th)**

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

**Date:** Mondays & Wednesdays 3/11/19 – 3/27/19 **Time:** 5:00 - 6:30 pm **Location:** Middle School Gym

#### **Boys (Grades: 5th-6th)**

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

**Date:** Mondays & Wednesdays 3/11/19 – 3/27/19 **Time:** 6:30 - 8:00 pm **Location:** Middle School Gym

#### **Girls (Grades: 3rd-4th)**

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

**Date:** Tuesdays & Thursday 3/12/19 – 3/28/19 **Time:** 5:00 - 6:30 pm **Location:** Middle School Gym

#### **Girls (Grades 5th-6th)**

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

**Date:** Tuesdays & Thursdays 3/12/19 – 3/28/19 **Time:** 6:30—8:00 pm **Location:** Middle School Gym

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

Boy's Contact: Katy Wallace at [kathryndanawallace@gmail.com](mailto:kathryndanawallace@gmail.com)

Girl's Contact: JoElle Stoecklein at [jojo1012@me.com](mailto:jojo1012@me.com)

# YOUTH PROGRAMS



## SHAWNEE PEAK ALPINE SKI PROGRAM (Grades 3-10)

Skiers and riders in grades 3-10, will head to Shawnee Peak for an evening of skiing or snowboarding. Beginners and advanced skiers/riders alike will benefit from the one hour instruction and have an opportunity to free ski for the remaining hour. Beginning skiers/riders will remain with instructors until they are comfortable getting on and off the lift without assistance. Advanced skiers/riders in 6th grade and up, will have the option of free ski/ride with no lessons. Parent chaperones are needed for this program.

**Date:** Thursday, 1/17-2/28 (no program on 2/21 make up 3/7, if needed)

**Time:** 3:00-8:45 pm

**Program #** 93-385

**Fees:**

- |    |                                |       |
|----|--------------------------------|-------|
| A) | * Lift Ticket Only             | \$272 |
| B) | Lift Ticket and Lessons        | \$367 |
| C) | * Lift Tickets and Rentals     | \$386 |
| D) | Lift Ticket, Lessons & Rentals | \$481 |
| E) | Helmet Rentals                 | \$42  |

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

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

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

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

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

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

**Mandatory Meeting  
Middle School Cafetorium  
January 10th**

Fittings and Waivers  
5:30-6:00 pm  
Parent and Participant Meeting  
6:00 to 7:00 pm  
Chaperone Meeting 7:00 pm

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

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

**Date:** Sunday, 1/6, 1/20, 1/27 & 2/10 (Make up 2/17)

**Time:** 12:30 - 2:00 pm

**Fee:** \$50

**Location:** Gull Crest Fields

**Instructors:** Debora Hatton & Cape Nordic Volunteers

**Program #** 93-386