

CAPE EXPLORER



Fall 2023

CAPE ELIZABETH COMMUNITY SERVICES

CAPE COMMUNITY SERVICES



ONLINE

CAPECOMMUNITYSERVICES.ORG

FOR RESIDENTS
SUNDAY 8/27 8 PM

FOR NON-RESIDENTS
FRIDAY 9/1 8 AM



IN PERSON

343 OCEAN HOUSE RD
M-F 8 AM-4:30 PM

FOR RESIDENTS
MONDAY 8/28

FOR NON-RESIDENTS
FRIDAY 9/1



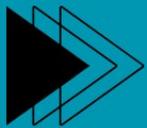
BY PHONE

207-799-2868
M-F 8 AM-4:30 PM

FOR RESIDENTS
MONDAY 8/28

FOR NON-RESIDENTS
FRIDAY 9/1

3 WAYS TO REGISTER



IMPORTANT INFO

- Full refunds are given when a program is cancelled.
- Withdrawls 5 business days prior to first class receive full refund/ 2-4 business days 50% (less processing fees) / less than 2 business days, no refund.
- A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for Cape residents age 62 and older.
- ActiveNet charges a convenience fee and credit card processing fee when booking online. The fees are non-refundable.
- A non-taxpayer fee will be added to all programs and activities. Fees \$50 and under will be \$3, \$51-\$100 will be \$5, and all fees over \$100 will be \$7. An additional 10% will be added to memberships/parties.



KEEPING CAPE ACTIVE

SPURWINK CHURCH RENTAL

Listed on the National Register of Historic Places, Spurwink Church is available to rent for ceremonies, celebrations of life, and christenings for guests up to 150 people from May to October. Call 799-2868 FMI.



FORT WILLIAMS PARK RENTAL SITES



Within Fort Williams Park's ninety acres, there are four sites available to reserve for ceremonies, and four sites available to rent for gatherings for groups up to 150 from mid-April to mid-October. Contact 799-2868 or visit www.portlandheadlight.com FMI.

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TOWN NUMBERS

Community Services	799-2868
High School	799-3309
Middle School	799-8176
Pond Cove	799-7339
Thomas Memorial Library	799-1720
Town Hall	799-0881
Non-Emergency Fire	799-6409
Non-Emergency Police	799-3323

CECS Tax ID #

01-6000-100

ADULT FITNESS

BODY DYNAMICS

A balanced program of stretching, strengthening, aerobics, toning to increase energy, flexibility, and endurance in a fun and challenging aerobic experience for men and women. Drop-ins welcome \$10

Days: Mon/Wed/Fri (no class 10/9, 11/10, 11/24)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
9/11-10/30	21	\$168	242-100
11/1-12/20	20	\$160	242-101

ESSETRICS® AT THE FORT

Strengthen your core and lengthen your look as you enjoy music to move to. Essentrics combines joint mobility, fascial re-education and muscular strength to give you the alignment you need to walk, lift, hike, bike, ski and swim....well.

Days: Tuesday/Thursday in September

Time: 9:00-10:00 am

Location: Fort Williams

Instructor: Sarah MacColl

Fee: Drop in cash/check only \$10 per class at the Fort

ESSETRICS®

RELEASE REBALANCE RESTORE

Essentrics is a full body posture, mobility, core strength and balance program that builds long strong muscles using your own body weight and proprioception. The interconnectedness of all body parts and the musculo-skeletal communication system throughout the fascia makes Essentrics a perfect way to wake up all the muscles and have fun doing it. Most of the class is choreographed to music. Visit essentric.com FMI. Drop ins welcome \$14.

Date: Tuesday/Thursday (no class 11/23)

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
10/3-11/9	12	\$144	242-103
11/14-12/21	11	\$132	242-104



FITNESS FUSION

Come join Liz for a variety of heart pumping movements to burn some calories followed by strength training. We will turn and burn with drumsticks, weights and bands for a full body work out! You might have met Liz last summer filling in for Elaine, but also through the years (decades) at The Bay Club, Union Fitness, Be Fit, Regency Health Club, The Woodlands or as the Head Aerobic Instructor at Hanaford Corp office in Scarborough. Drop ins-welcome \$10

Days: Tues/Thurs

Time: 9:00-10:00 September/ 8:00-8:50 Oct-Dec (no class 11/23)

Location: CS Activity Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
9/5-9/28	8	\$72	242-105
10/3-11/2	10	\$90	242-106
11/7-12/14	11	\$99	242-107

HIGH INTENSITY INTERVAL TRAINING

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 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 weights, water & mat to class. (no class 10/6, 10/9, 10/16,11/3,11/24)

Days: Mon/Wed/Fri

Time: 5:30-6:30 am

Location: Lower Spin Room CECS

Instructor: Susan Janosik

Date	Classes	Fee	Program #
10/2-11/8	13	\$117	242-108
11/13-12/22	17	\$153	242-109

ADULT FITNESS

STEP AEROBICS

Join us for a 45 minute step class! We begin with a short warm-up, proceed to use the step bench for 30-35 minutes with water breaks, and then cool down for 5 minutes. Participants vary in their ability, and the instructor will make every effort to gear the class to the level of the participants. Anne Cass has been teaching step aerobics since the 80's, and continues to enjoy it!

Drop-ins welcome \$10

Days: Mondays (no class 10/9, 11/6)

Time: 8:00-8:50 am

Instructor: Anne Cass

Date	Classes	Fee	Program #
9/11-10/23	6	\$48	242-110
10/30-12/11	6	\$48	242-111

COED WEIGHTS

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at 939-2255 .

Days: Tues/Thurs (no class 10/5, 11/2, 11/23)

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/12-11/9	16	\$144	242-112
11/14-12/21	11	\$99	242-113

CARDIO STRENGTH INTERVAL 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, plyometrics and cardio machines to push the cardio!

Days: Tues/Thurs (no class 10/5, 11/2, 11/23)

Time: 6:15-7:15 pm

Location: Spin Room/outdoors

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/12-11/9	16	\$144	242-114
11/14-12/21	11	\$99	242-115

WOMEN ON WEIGHTS

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at susanjano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Days: Wed/Fri (no class 10/6, 11/3, 11/24)

Time: 8:45-9:45 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/13-11/8	15	\$135	242-116
11/15-12/22	11	\$99	242-117

OULA DANCE FITNESS

Oula is YOUR hour, YOU deserve to be at the top of your list! Oula merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. Cholla's class is designed to be inclusive for all, and welcomes participants of all fitness levels. Every Oula class empowers participants to trust their bodies and process their emotions through music, movement, and a community connection. Oula is all about how it FEELS!!

Days: Thursdays (No class 11/23)

Time: 6:00-7:00 pm Drop Ins welcome \$12

Instructor: Cholla Foote

Date	Classes	Fee	Program #
9/7-10/19	7	\$70	242-118
11/2-12/14	6	\$60	242-119



CAPE ELIZABETH
**KITCHEN
TOUR**

September 23, 2023
10:00 a.m. to 4:00 p.m.

TICKETS AVAILABLE AT
www.ceef.us/kitchen-tour

A TOUR OF STUNNING CAPE ELIZABETH KITCHENS
SHOWCASING PREMIER ARCHITECTS, KITCHEN DESIGNERS,
BUILDERS AND CRAFTSPEOPLE. **COME BE INSPIRED!**

And for more information go to ceef.us or scan the QR code below.

Presented By:

 Legacy Properties

Media Sponsor:

 Maine Homes Down East



All proceeds benefit Cape Elizabeth Education Foundation, fostering innovation and excellence in Cape Elizabeth schools.



ADULT FITNESS

BALLROOM DANCE FOR COUPLES

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 couple.

Date: Monday

Time: 7:00-8:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/12-10/10	5	\$120	242-120
10/17-11/14	5	\$120	242-121

ADULT TAP

Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! In the beginner 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.

Dates: Wednesdays 9/13-12/13 (no class 11/22)

Time: 11:45-12:45 Intermediate/12:45-1:45 Beginner

Fee: \$117

Location: CC Activity Room

Instructor: Kristin Sutton

Program #	Intermediate	242-122
	Beginner	242-123

DEEP STRETCH YOGA

This is a deeply restorative class focusing on longer holds and total-body stretches inspired by the yin yoga practice. This class provides a calm and relaxing space to lengthen soft tissue within the body, let go of tension, focus on breath, and let any stresses fall away. All levels welcome and beginner-friendly. Drop ins \$12.

Day: Tuesday

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
9/12-10/17	6	\$60	242-124
10/24-12/12	7	\$70	242-125

FITBALL YOGA

The Benefits of working with a Stability Fitball are many. Combined with Yoga, will help to connect you to your center of gravity, activate the stabilizing postural muscles and allow the body to relax into the poses. The use of a chair also used in this practice, assists and reduces wrist and back strain. The one thing that ensures **how we look as we age**, stay limber and protect our joints is to have **Good Posture!!!** Drop ins welcome \$10

Days: Tues/Thurs

Time: 12:00-1:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/26-10/19	8	\$72	242-126
10/24-11/16	8	\$72	242-127

NIA (Non-Impact Aerobics)/MOVING TO HEAL *NEW*

Designed for people who are seeking a joyful and gentle fitness practice, whether dancing with injury or illness. The focus of each 45 minute class is to feel better, based on the philosophy that through movement we find health. Set to soul-stirring music, simple guided choreography encourages building now-body awareness to personalize movement for comfort and pleasure. Taught seated and/or standing. Everybody is welcome.

Date: Friday

Time: 11:00 - 11:45 am

Location: CS Activity Room

Instructor: Fae Spath

Date	Classes	Fee	Program #
9/8-9/29	4	\$52	242-166
10/6-10/27	4	\$52	242-167



ADULT FITNESS

GENTLE HATHA YOGA

Reduce stress, improves overall fitness, increases flexibility and build self-confidence, body awareness and nurture the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation. Drop-ins welcome \$13

Days: Mondays (no class 10/9)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/11-10/30	7	\$77	242-128
11/6-12/18	7	\$77	242-129

Days: Wednesdays 10:15 am - 11:30 am

Date	Classes	Fee	Program #
9/6-10/25	8	\$88	242-130
11/1-12/20	8	\$88	242-131

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 Drop-ins welcome \$13

Days: Mondays (no class 10/9)

Time: 6:00-7:15 pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/11-10/30	7	\$77	242-132
11/6-12/18	7	\$77	242-133

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program #
9/6-10/25	8	\$88	242-134
11/1-12/20	8	\$88	242-135

TAI CHI

Tai Chi generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. In addition to improving function, the practice can profoundly impact general well-being and sleep quality.

Date: Tuesday (no class 10/10, 11/21)

Time: 1:15-2:30 pm

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/12-10/17	5	\$50	242-136
11/7-12/12	5	\$50	242-137

CHAIR PILATES -

Warm up for Quigong with 20 minutes of seated Pilates using arm weights/ or without. If using hand weights please bring the appropriate weight for you of 1/2, 1, or 2lbs. Weights with hand straps can be helpful, but please bring what you're comfortable with. Focus will be on improving functional mobility while maintaining trunk stability. There will also be some lower body, strengthening exercises at times.

Dates: Thursdays (no class 11/23)

Time: 10:10-10:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/14-10/19	6	\$20	242-138.1
11/2-12/14	6	\$20	242-139.1

QIGONG FOR BALANCE AND HEALTH

Qigong is an ancient Chinese art derived from the Taoist philosophy, that utilizes meditation, repetitive movements, and breath to work with our internal energy or qi. **Because of its holistic nature, qigong is a wonderful exercise practice to improve physical balance and, therefore, the performance of daily activities.** In this class we will be learning a set of simple qigong movements as well as focusing on other balance exercises and practices.

Dates: Thursdays (no class 11/23)

Time: 10:30-11:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/14-10/19	6	\$60	242-138
11/2-12/14	6	\$60	242-139



ADULT FITNESS

LEARN TO PLAY PICKLEBALL – BEGINNER

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. This game is played outdoors 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: Tuesdays 9/5- 10/10 (6 classes)

Time: 5:00–6:30 pm

Fee: \$60

Location: Fort Williams Pickleball Courts

Instructor: Jim Clarke & Roger Rioux

Program # 242-140

ADULT INTERMEDIATE TENNIS

The first 30 minutes of class will focus on the fundamentals of tennis strokes/grips and footwork. The last 30 minute of class will focus on match play. Class will be held in a low pressure environment.

Date: Saturday

Time: 8:00-9:00 am (no class 10/7, 11/25)

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Location: outdoor 1st session @ HS Tennis Courts/indoor 2nd session @ PC Gym

Date	Classes	Fee	Program #
9/9-10/21	6	\$90	242-144
10/28-12/16	6	\$90	242-145

ADVANCED BEGINNER/INTERMEDIATE PICKLEBALL

For those who have played the game and are looking to improve their strategy, court awareness and all-around skills, this class can help. Topics will include drops and drives, tethering, when to attack, when to employ a soft game, how to defend against bangers.

Date: Tuesdays/Thursdays 9/7-9/28

Time: 8:00–9:30 am Advanced Beginner
9:30-11:00 am Intermediate

Fee: \$70

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan, 2022 national champion

Program # Advanced Beginner 242-141
Intermediate 242-142

INTERMEDIATE PLUS

For those who have taken the Intermediate class and/or received permission from the instructor, this once-per-week class will focus on drills and strategic play to develop and sharpen your pickleball skills. We will cover court positioning, soft vs. hard game, stacking, speedups, re-sets and more.

Date: Wednesday 9/6-9/27

Time: 10:30 am -12:00 pm

Fee: \$40

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan, 2022 national champion

Program # 242-143

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, 11/5 – 12/17

Fee: \$42

Location: HS Gymnasium

Time	Supervisor	Program #
5:00-6:30	David Croft	242-146
6:30-8:00	David Peary	242-147

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 9/13-11/15

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$5

Location: HS Gym

Supervisor: Bob Wooten

DROP IN HOOPS - ADULT BASKETBALL

This program is offered for adults 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 Cape residents.

Date: Wednesdays 9/13-12/13

Time: 8:00-9:45 pm

Drop in Fee: \$4

Location: MS Gym

Supervisor: Christopher Casey

ADULT ART & ENRICHMENT

LINOCUT PRINTMAKING WORKSHOP *NEW*

This class will cover techniques in carving linoleum, composition, ink mixing, and printing. At their own pace students will learn how to create a design and carve it in linoleum using carving tools. Students will learn how to ink and print their linoleum blocks by hand. In a relaxed and welcoming environment students will create many beautiful prints of their own as well as collaborate with their classmates. This class is suitable for beginners and can be adjusted for all levels of experience.

Date: Saturday 9/30

Time: 12:00-2:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # 242-148



FALL ACRYLIC WORKSHOP

In this relaxed atmosphere, you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. We will cover wet on wet and wet and dry brush techniques, sgraffito/ combing, overlays/glazing, gel mediums, pattern making, and masking. You will come away from this class with beautiful paintings of your own and a greater appreciation for the medium of acrylic painting. Her work can be seen at www.brookelambertartist.com.

Date: Saturday 10/21

Time: 12:00-2:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # 242-149

OPEN ART STUDIO

TUESDAYS 10am-12pm Sept. 19-Dec.12

We are excited to offer an old favorite- OPEN ART STUDIO. In years past many of Cape's art lovers met weekly to share their art skills and each other's friendship. Once again, Community Services is offering space for painters and drawers to bring their own projects to work on; no formal instruction is provided, but we help each other with advice and share supplies as needed. This is open to ALL skill levels and all media! This studio space is provided on a drop-in basis, no needed to preregister; sign in at Community Services desk and pay a **\$3 fee**

WATERCOLOR PAINTING FOR BEGINNERS

Introduction to the world of Watercolor. In this two week class, you will learn the basic techniques and materials used in watercolor painting. Options for selecting high quality, but budget friendly supplies will be discussed. No need to bring any paint, paper or brushes; the instructor will provide these materials. Please do bring a container (16 oz or larger) for rinsing your brushes, and paper for note taking.

Date: Wednesday 9/20-9/27

Time: 10:00 am - 12:00 pm

Fee: \$40

Location: CECS Community Room

Instructor: Marty Clark

Program # 242-150

WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will look at a different concept or technique (eg. color mixing, salt application, values, etc.) to explore in your own project or one I provide. Giving each painter an opportunity to try new ideas, improve skills and enjoy painting in a relaxed setting. Time will be allowed for individual help, especially for beginners. (Beginners: if unsure about which paints, etc to buy, the instructor can supply you for the first week and give you suggestions for later purchases).

Date: Wednesday 10/4-11/8

Time: 10:00 am - 12:00 pm

Fee: \$80

Location: CECS Community Room

Instructor: Marty Clark

Program # 242-151

COLOR YOURSELF HAPPY WITH ENERGY ART *NEW*

Part art. Part mindfulness. All joy! Come try Energy Art, the visual equivalent of journaling. Using pastels and paper, you'll color and blend to express thoughts on paper. Susan Tompkins will lead guided meditations as you create. Don't worry, no previous art experience is required! Learning Energy Art can help you feel grounded, reduce stress, and live in the present moment.

Date: Tuesday 10/17

Time: 6:00-7:30 pm

Fee: \$50

Location: CECS Community Room

Instructor: [Susan Tompkins, CTACC](#)

Program # 242-152



ADULT ART & ENRICHMENT

BRAIN HEALTH & YOU *NEW*

Do you want to age with grace and vitality but worry your cognitive health is declining? Now is the time to learn these valuable and approachable strategies. This 3-part series is designed to empower you with meaningful information and give you easy-to-implement strategies to improve memory and cognition through dynamic discussion, visuals and handouts. Whether you have a family history of brain conditions or simply want to be proactive, together as a group, we explore everything from food as medicine to stress reduction.

Date: 3 Thursdays 10/5-10/19

Time: 9:00-10:00 am

Fee: \$50 (discounts apply)

Instructor: Abby Johnston, Functional Medicine Certified Health Coach

Program # 242-153



FAIR PLAY 101: HOW TO DIVIDE HOUSEHOLD TASKS FAIRLY *NEW*

Do you constantly feel overwhelmed trying to keep you household running? Is the majority of the mental load on your plate? Relief is in sight. Imagine a life with less resentment, more levity, and more time to pursue your life passions. You will be introduced to the Fair Play Method, a time and anxiety-saving system that offers couples a completely new way to divvy up their domestic responsibilities. You'll leave the course with a new vocabulary for talking/thinking about domestic life and a plan for finding more equity at home. . FMI visit www.donebeinggood.com

Date: Thursday 10/19 **Time:** 6:00-8:00 pm

Fee: \$30

Instructor: Sandi Konta, Certified Fair Play Method Facilitator

Program # 242-154

JOURNAL MAKING *NEW*

We will make journals with upcycled items such as cereal boxes, cardboard, book covers, manila folders etc. We will bind pages together, adding pockets/folders and other fun accessories. By the end of this session, you will walk away with a beautiful journal made by your own personal, creative touch.

Date: Friday 9/15-10/6 **Time:** 10:00 am - 12:00 pm

Fee: \$70

Instructor: Sayali Robles

Program # 242-155

BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING

Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks for your coloring so you can put the two together to create a more vibrant you!

Date: Tuesday 10/3

Time: 5:30-8:00 pm

Fee: \$35

Location: CECS Community Room

Instructor: Candace Sanborn, Radiant Image

Program # 242-156

DARNING AND MENDING CLOTHING *NEW*

Hand sewing, darning, fixing, and mending clothing are age-old, keystone human skills. Patches can be made to be beautiful as well as functional. Learn the vital art of sewing, darning and mending. We'll study cross-hatch hole-mending, then employ a few simple stitches to create a functional cloth pouch. Bring your holy garments! We have an assortment of yarns and fabrics. We'll fix as much as we can in the time we have, and students may take materials home to finish repairs.

Date: Monday 10/23

Time: 5:30 - 7:30 pm

Fee: \$35

Location: CS Community Room

Instructor: Zack Rouda, Rewild Maine

Program # 242-157

ZOOM APPLE COMPUTER SERIES

Bern Shanfield, a local Mac enthusiast and owner of Mac Help Now, offers a weekly one hour Zoom based meetings on Apple computer related topics. Topics can include basic and intermediate usage and troubleshooting of MacOS devices depending upon the interest of those attending. Join in when you are available!

Date: Wednesdays

Time: 10:00 - 11:00 am

Fee: FREE email linda.strunk@capeelizabeth.org for Zoom link!

Instructor: Bern Shanfield. Owner- Mac Help Now

ADULT ART & ENRICHMENT

DON'T BE CHICKEN!!! ROTISSERIE CHICKEN PREPARED 3 WAYS *NEW*

This class is the perfect class for those who are on a budget and want to extend your grocery bill. We will discuss great places to go to 'think out of the box' and help you save money without sacrificing taste. We will make a Chicken Chili Cobbler, Mou Shu Chicken and a rich and delicious Greek Chicken Soup that will impress your family and friends and satisfy your picky eaters.

Location: CS Community Room

Fee: \$35

Instructor: Stacey Stolman

Date: Wednesday 10/18

Time: 5:30 - 7:00 pm

Program # 242-158

Date: Friday 10/20

Time: 10:15-11:30 am

Program # 242-159

HOW TO EAT ACORNS *NEW*

Acorns, or oak nuts, have remained an important and nutritious food source for many animals, including humans, around the world for hundreds of thousands of years. The oak tree has sustained human civilization since its inception in countless ways. Why have we in our modern culture nearly forgotten how to harvest, process, honor and eat this incredible gift? Learn to identify, harvest, process, store, and use acorns in the kitchen. Delicious bread, muffins and other snacks may be available as free samples.

Date: Monday 9/25 **Time:** 5:30 - 7:30 pm

Fee: \$45

Location: CS Meeting Room

Instructor: Zack Rouda, Rewild Maine

Program # 242-160

INVASIVE BITTERSWEET BASKETS

Frustrating to gardeners and arborists, bittersweet is considered a largely useless bane on wildland. Learn to weave a bittersweet basket. We'll employ several different weaving techniques in order to create a strong, beautiful basket for foraging, or use in the kitchen or garden. We'll shoot for a basket about 9" wide and 7" deep, with or without a handle. This is a class for beginners, but some hand strength and dexterity is required.

Date: Saturday 12/16

Time: 9:00 am - 4:00 pm

Fee: \$95

Location: CS Community Room

Instructor: Zack Rouda, Rewild Maine

Program # 242-164

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.

Date: Wednesday 9/20-12/6 (no class 11/22)

Time: 6:00 - 9:00 pm

Fee: \$120

Location: HS Wood Shop

Instructor: John Fabish

Program # 242-161

ADULT UKULELE *NEW*

The ukulele is now more popular than ever before, and very affordable. This 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. Students need to provide own ukulele.

Date: Tuesday 9/12-10/17

Time: 10:00-11:00 am

Fee: \$86

Location: CS Meeting Room

Instructor: Candice Belanger

Program # 242-162

SPANISH *NEW*

Introduction to Spanish will help students acquire the fundamentals of pronunciation & grammar, practical vocabulary, useful phrases and the ability to understand basic reading, writing and speak simple Spanish. We will have fun learning with interactive participation!

Date: Tuesday 9/12-10/31

Time: 6:30-7:30 pm

Fee: \$80

Location: CS Meeting Room

Instructor: Cyndi McCormack

Program # 242-163



ADULT ART & ENRICHMENT

TREES OF THE SOLSTICES & OTHER EARTH CELEBRATIONS ***NEW***

Did you know that Elder (*Sambucus*) is one of the trees of Samhain, the Celtic festival celebrating the harvest and the beginning of Winter? Samhain is a time of death and rebirth. Elder is the perfect tree to invite in for this festival because it is a tree of endings and beginnings. Meet the trees and plants associated with the eight Celtic festivals that celebrate and honor the Earth's seasons, including the summer and winter solstices. Celebrating the seasons helps you reconnect to the Earth and Nature. Inviting and spending time with the plants for each festival helps deepen your connection.

Date: Wednesday 10/25

Time: 6:30-8:30 pm

Fee: \$30

Location: CECS Meeting Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 242-165



WHAT TREE IS THAT?

Did you know that a large Oak tree can drop thousands of acorns in one year? Or that trees are able to communicate and defend themselves against attacking insects? Get to know the names and assets of some of Maine's 66 native tree species and how to identify them. Fall is an excellent time to learn to identify native trees by their leaves and fruits, branch, and bark patterns. Spend the morning on one of Maine's beautiful Land Trust trails and meet the trees.

Date: Tuesday 9/19

Time: 5:00 - 6:30 pm

Fee: \$15

Location: Great Pond/Meet on Fenway Road

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 242-168

Join CELT programs this fall! All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

• NATIONAL TRAILS DAY CROSS TOWN WALK

Join CELT Educators for an 8.2 mile walk highlighting Cape's great places including Spurwink Marsh, Robinson Woods and Great Pond.

Sat, October 7 Full Day Walk 8:00 am - 1:30 pm/ \$10 Program # 242-169

Half Day Walk 10:30 am - 1:30/ \$10 Program # 242-170

• IN THE THICK OF IT; CELT'S NEW ENGLAND COTTONTAILS PROGRAM

Join Sarah Dudek from the Maine Department of Inland Fisheries and Wildlife for a walk at Runaway Farm. 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!

Sunday, October 15 from 2:00pm - 3:30 pm/ \$6 per person Program # 242-171

• CELT MUSHROOM PROGRAM IN ROBINSON WOODS

Join mushroom expert Dan Agro of AgroMycology about edible and medicinal mushrooms. Topics include the best times of the year to find local medicinal/culinary mushrooms, ideal growing environments and what to look for in the forest, species identification and how to preserve and/or cook. This is an educational program and there will not be any foraging.

Saturday, September 16 from 9:00-12:00pm/ \$10 per person Program #242-172



OUTINGS AND ENTERTAINMENT



WHALE WATCH GLOUCESTER, MA

Come spend the afternoon on the "Hurricane II" as we travel out of Gloucester to see a wide variety of whale species whom migrate to the coast every year to feed on the abundant natural resources. From the Humpback to the Fin whale, you never know who will come to the surface for a visit.

Date: Tuesday, September 12

Time: 9:15 am - 6:15 pm

Fee: \$96 (Includes Transportation, Tour and Box Lunch)

Program # 242-173

LL BEAN FACTORY TOUR

Meet the cutters, stitchers, and vampers who craft Maine's iconic hunting boots at the manufacturing plant in Brunswick on this guided tour. **This tour involves extensive walking.** Following the tour we will scoot down the road to the Wild Oats Bakery & Café for lunch on your own.

Date: Wednesday, September 20

Time: 8:30 am - 2:00 pm

Fee: \$10 (Includes Transportation and Tour)

Program # 242-174

AGE FRIENDLY RESOURCE FAIR

South Portland Recreation Center is hosting over 40 vendors and service providers that focus on healthy aging, wellness & activity, home safety, balance, and mobility. Ride with us or attend on your own.

Date: Friday, September 22

Time: 8:45 am - 11:15 am

Fee: \$3 (Includes Transportation, Free Admission)

Program # 242-175

PRIVATE WINE TASTING AND TOUR (Pictured Above)

Enjoy the foliage along the way to Sandown, NH for a unique experience at Zorvino Vineyards. With each 2 oz pour of five preselected wines, our educator will share notes and details of the wine and winemaking process. Additionally, we will tour the production space and grounds. Prior to the tour, you may enjoy something to eat at a table inside the winery or on their outdoor patio.

Date: Thursday, September 28

Time: 9:00 am - 4:30 pm

Fee: \$50 (Includes Transportation, Tasting and Tour. Lunch on your Own)

Program # 242-176

FRYEBURG FAIR

Fryeburg Fair sits on 185 acres and has over 100 buildings, over 3,000 animals, exhibition halls, midway, craft center, food booths, entertainment, and much more. Let's go!

Date: Tuesday, October 3

Time: 8:30 am - 4:30 pm

Fee: \$10 (Includes Transportation. Admission is Free)

Program # 242-177

FREEMPORT FALL FESTIVAL

Together over 175 of the best New England artists, makers and local food producers gather on the L.L.Bean campus, Key Bank lawn, and Freeport Village Station courtyard. Stroll around town at your own pace visiting exhibits and enjoying Fall in Maine.

Date: Friday, October 6

Time: 11:15 am - 5:00 pm

Fee: \$ 5 (Includes Transportation)

Program # 242-178

OUTINGS AND ENTERTAINMENT



SOPO HOSTS FALL HARVEST GATHERING

Let us sip, savor and celebrate autumn! Come gather with us for a harvest-inspired meal. Along with the meal, there will be a presentation and of course a few games with prizes! Think fall inspired food, desserts, drinks and more!

Date: Tuesday, October 17

Time: 11:45 am - 2:15 pm

Fee: \$17 (Includes Transportation and Lunch)

Program # 242-179

TOOTSIE @ THE OGUNQUIT PLAYHOUSE

The celebrated 1982 film is adapted for the stage by taking struggling actor Michael Dorsey out of the world of daytime television and into the realm of Broadway with even more poignant and hilarious results. Sally Struthers is part of the cast! **No refunds after September 20.**

Date: Sunday, October 22

Time: 12:45 - 6:00 pm

Fee: \$85 (Includes Transportation and Show)

Program # 242-180

KENNEBUNKPORT GHOST WALK

Get in the Halloween spirit! Our local paranormal guide will narrate this 90-minute one mile walking tour of strange tales, haunted inns, roaming spirits and unique mysteries in the Kennebunks. Tour ends at the Nonantum Resort where you can enjoy lunch on your own at Latitudes Bar & Grill.

Date: Thursday, October 26 (Rain or Shine)

Time: 8:45 am - 2:00 pm

Fee: \$35 (Includes Tour and Transportation, Lunch on own)

Program # 242-181

HOLOCAUST & HUMAN RIGHTS CENTER

(Pictured Above)

Located at UMaine Augusta, we will learn about Kristallnacht: The Night of Broken Glass when on November 9 and 10, 1938, hundreds of synagogues and Jewish institutions all over the German Reich were attacked, vandalized, looted, and destroyed. We will also view the exhibits at the Michael Klahr Center. A quick stop for lunch at Two Maine Guys before we head home.

Date: Wednesday, November 1

Time: 8:30 am - 3:00 pm

Fee: \$15 (Includes Transportation. Lunch on Own)

Program # 242-182

TURKEY DINNER & PIE RAFFLE

Invitation Accepted. The Town of Scarborough is hosting a Thanksgiving lunch and we are invited. Let's join them and see how many pies we can win!

Date: Wednesday, November 15

Time: 10:45 am - 1:30 pm

Fee: \$11 (Includes Lunch and Transportation)

Program # 242-183

SOUND OF MUSIC

We will travel to the Portsmouth Music Hall for this beloved classic tale of Maria, a governess for the von Trapp family, set against the backdrop of Austria at the beginning of World War II. This heartwarming tale of love, family, and the resilience of the human spirit features some of the most unforgettable songs ever composed for the stage. **No refunds after October 31st.**

Date: Thursday, November 30

Time: 11:30 am - 5:30 pm

Fee: \$80 (Includes Transportation and Performance)

Program # 242-184

OUTINGS AND ENTERTAINMENT



STONE MOUNTAIN HOLIDAY

Nestled in the foothills of the White Mountains in Brownfield, the Stone Mountain Arts Center is a beautiful timber frame music hall. For this one day, it will be our own performance venue where we will enjoy the generous portions of a home style luncheon while listening to owner and singer-songwriter Carol Noonan perform traditional holiday music. No refunds after November 22nd.

Date: Wednesday, December 6

Time: 10:00 am - 3:00 pm

Fee: \$62 (Includes Transportation, Lunch and Concert)

Program # 242-185

GARDENS AGLOW (Pictured Above)

Join us for this spectacular light show at the Coastal Maine Botanical Gardens in Boothbay, Maine! This seasonal celebration returns to its roots as a walking event with a new, reimagined design and more than 750,000 LED lights woven through 14 acres of central gardens.

Date: Thursday, December 14

Time: 2:30 pm - 7:30 pm

Fee: \$ 31 (Includes Transportation, Admissions & Brown Bag Dinner)

Program # 242-186

SOPO HOSTS HOLIDAY HAPPINESS MEAL

Come on and get happy! Put all your worries, stress aside, from the holiday madness and join us we enjoy a holiday meal. Chase the winter blues away with this fun time with friends. We will be offering lots of food, fun, games with prizes and entertainment!

Date: Tuesday, December 19

Time: 11:45 am - 2:15 pm

Fee: \$20 (Includes Transportation and Lunch)

Program # 242-187

CHARLESTON, SOUTH CAROLINA

Leave behind the mud and slush of March in Maine and travel with area recreation departments to see cherry blossoms, azaleas, daffodils, honeysuckle, jasmine, and wisteria in Charleston SC. Included in this trip is a guided tour of Charleston, where we will explore the historic and culinary influences of the Gullah Heritage and visit the manicured gardens at the National Historic Landmark, Middleton Place. We will visit a Charleston Plantation where we will learn about the daily life and the relationships among the men, women, and children who lived and worked there before, during, and after slavery. We will have some time in the Charleston City Market, one of the nation's oldest public markets with over 300 vendors, enjoy a scenic harbor cruise, and take a trolley tour of a Charleston Tea Garden. On our way home we will visit Maymont, a 100-acre Victorian estate and public park in Richmond, Virginia. It contains Maymont Mansion, now a historic house museum, an arboretum, formal gardens, native wildlife exhibits, and a nature center. This trip is 9 days/8 nights. Deposit is due at registration. The final balance is due January 9. No refund unless a replacement can be found after January 9th. **Participants must be able to navigate getting on and off a coach bus, climb and descend stairs, and walk a fair amount over sometimes uneven terrain.**

Date: Saturday, March 16 – Sunday, March 24, 2024

Fee: \$1344 pp/db \$1764 pp/sgl (Includes Transportation, Lodging, All Breakfasts, Six Dinners, and Admissions to Scheduled Attractions)

Program # 242-188

AQUATICS

PACE RACE CHASE

(ADVANCED, ENTRY LEVEL, BEGINNER)

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout.

Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on free-style. Video taken every workout and emailed. FMI on levels visit www.capecommunityservices.org

Location: Richards Community Pool

Instructor: Kirsten Read

Level/Dates	Time	Fee	Program #
PCR-A Sun 9/10-10/29	10-11am	\$120	242-200
PCR-E&B Sun 9/10-10/29	11-12pm	\$120	242-201
PCR-A&E Tues 9/5-10/31	1-2 pm	\$135	242-202
PCR-A&E Fri 9/8-10/27	11:30-12:30	\$120	242-203

PCR-A Sun 11/5-12/17 10-11am \$105 242-204

PCR-E&B Sun 11/5-12/17 11-12pm \$105 242-205

PCR-A&E Tues 11/7-12/19 1-2 pm \$105 242-206

PCR-A&E Fri 11/3-12/22 11:30-12:30 \$120 242-207

COAST ENDURANCE

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. Athletes must be able to swim 200 yards without stopping.

Days: Tues/Thurs (no class 11/23)

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/5-10/31	17	\$187	242-209
11/2-12/21	14	\$154	242-210

ADULT SWIM LESSONS-SINK OR SWIM (16+)

This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance.

The focus will be on individual needs and goals.

Dates: Saturdays (No class 10/9, 10/28, 11/25)

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
9/11-10/31	6	\$60	242-211
10/21-12/9	6	\$60	242-212

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.

Days: Mon/Wed/Fri

Time: 5:30-6:45 am (no class 10/9, 11/10, 11/24)

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/6-10/30	23	\$230	242-213
11/1-12/22	21	\$210	242-214

WATER WORKS

A **low-impact** exercise program, working all the major muscle groups. 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.

Date: Mon/Wed/Fri (no class 12/25)

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Patty Medina/Susan Farady

Date	Classes	Fee	Program #
10/2-10/30	13	\$85	242-215
11/1-11/29	13	\$85	242-216
12/1-12/27	11	\$72	242-217

WATER CORE & CARDIO *NEW*

Grab a floatation belt or noodle or floatation dumbbells and "run", "ski", "bike" and kick to get the cardio core workout that is so easy on the joints and lets you go at your own pace. Interval cardio segments plus core exercises will be the high point of your week.

Date: Thursdays 10/5-11/30 (no class 11/23)

Time: 1:15-2:00 pm

Location: Richards Community Pool

Instructor: Sarah MacColl

Fee: \$96

Program # 242-218

AQUATICS

Fall 1: September 9– October 19

Mondays-9/11-10/23 (no class 10/9, 6 classes)

Thursdays-9/14-10/19 (6 classes)

Saturdays -9/9-10/14 (6 classes)

Fall 2: October 21 - December 9

Mondays -10/30-12/4 (6 classes)

Thursdays-10/26-12/7 (no class 11/23, 6 classes)

Saturdays-10/21-12/9 (no class 10/28, 11/25, 6 classes)

****Registration for Fall 2 opens Tuesday, Oct. 10th**

Level	Day	Time	Fee	FALL 1 9/9-10/23	*FALL 2 10/21-12/9
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	242-219	242-243
Barnacles 1	Sat	9:00 - 9:30 am	\$45	242-220	242-244
Barnacles 2	Sat	9:30 - 10:00 am	\$45	242-221	242-245
Turtles	Sat	10:00 - 10:30 am	\$45	242-222	242-246
Ducklings 1	Mon	11:00 - 11:30 am	\$45	242-223	242-247
	Thurs	10:30 - 11:00 am	\$45	242-224	242-248
	Sat	9:00 - 9:30 am	\$45	242-225	242-249
	Sat	10:00 - 10:30 am	\$45	242-226	242-250
Ducklings 2	Mon	10:30 - 11:00 am	\$45	242-227	242-251
	Thurs	11:00 - 11:30 am	\$45	242-228	242-252
	Sat	9:00 - 9:30 am	\$45	242-229	242-253
	Sat	10:30 - 11:00 am	\$45	242-230	242-254
Dolphins 1	Mon	10:00 - 10:30 am	\$45	242-231	242-255
	Sat	9:30 - 10:00 am	\$45	242-232	242-256
	Sat	10:00 - 10:30 am	\$45	242-233	242-257
Dolphins 2	Sat	9:30 - 10:00am	\$45	242-234	242-258
	Sat	10:30-11:00 am	\$45	242-235	242-259
Level 1	Sat	9:00 - 9:45 am	\$60	242-236	242-260
	Sat	10:30 - 11:15 am	\$60	242-237	242-261
Level 2	Sat	9:00 - 9:45 am	\$60	242-238	242-262
	Sat	10:30 - 11:15 am	\$60	242-239	242-263
Level 3	Sat	9:45 - 10:30 am	\$60	242-240	242-264
	Sat	10:30 - 11:15 am	\$60	242-241	242-265
Level 4/5	Sat	9:45 - 10:30 am	\$60	242-242	242-266

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. 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 with the main focus on setting goals and improving personal best times.

Parent pick-up or extended care only, no late bus.

Dates: Tuesday/Thursday September 12-November 16th

Time: 3:00-4:15 pm (parent pick up or extended Cape Care only, **no late bus**)

Fee: \$220

Program # 242-267

YOUTH PROGRAMS

CELT'S LITTLE EXPLORERS

(Ages: 3 - 5 w/Adult)

Join CELT educators as we explore Robinson Woods in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust Board Member, Lisa Gent. During this **CELT sponsored event** we'll take a gentle hike through Robinson Woods where we will explore the habitat around us and search for signs of the changing season. Please dress in comfortable clothes and bring a water bottle. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

Date: Friday, October 6

Time: 9:00 – 10:00 am

Fee: \$6/parent & child; each add'l child - \$3

Location: Robinson Woods Lot

Instructor: Lisa Gent

Program # 242-300

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.

Time: 2:00 - 2:45 pm

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Session 1

Dates: Mondays, 9/11 - 10/30 (no class 10/9)

Fee: \$100

Program # 242-301

Session 2

Dates: Mondays, 11/6 - 12/11

Fee: \$86

Program # 242-302

LITTLE SAMURAI (Ages: 3 - 5)

Little Samurai students will improve hand/eye coordination through exercises and games designed specifically for their age. They will also learn the basic principles of Martial Arts such as respect for others, earning rewards with hard work and to never give up! The techniques taught will build skills that will help them move into the older children's program when they reach the age of 5 and have begun Kindergarten.

Time: 2:05 - 2:50 pm

Fee: \$100

Location: Community Center Activity Room

Instructor: Dragon Fire Martial Arts

Session 1

Dates: Wednesdays, 9/13 - 10/25

Program # 242-303

Session 2

Dates: Wednesdays, 11/1 - 12/20 (no class 11/22)

Program # 242-304



YOUTH PROGRAMS

***NEW* MUSIC TIME WITH CANDICE
(18 Mths – 3 Yrs, w/Adult)**

Join us on Wednesday mornings to explore all things musical! Kids and their grownups will experiment with different musical instruments while sing-a-longs fill the space propelled by the voices of all! We love experimenting with various child friendly percussion instruments like egg shakers, tone bells, hand drums, rhythm sticks and so much more! We also do lots of dancing with colorful scarves, ribbons, parachutes and other various movement activities that are designed to provide a stimulating, positive experience for both the children and care-givers. This class helps to also improve balance and coordination, introduce social skills in a group "play" environment and, above all, promote a fun association with music... that can last a lifetime.

Time: 9:00 - 9:45 am

Location: Community Center Living Room

Fee: \$86

Instructor: Candice Belanger

SESSION 1

Dates: Wednesdays, 9/13 - 10/18

Program # 242-305

SESSION 2

Dates: Wednesdays, 11/1 - 12/13 (no class 11/22)

Program # 242-306



***NEW* LEARNING WITH YAYA -
SPANISH FOR KIDS (Ages: 1 - 5 w/Adult)**

Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process.

Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC. For questions on the program, please reach out to Yael at learningwithyaya@gmail.com

Day: Tuesdays (no class 11/28)

Fee: \$75

Location: Community Center Living Room

Instructor: Yael Herszkopf Maye

Ages	Time	Dates	Program #
1 - 3	9:30 - 10:15	9/12 - 10/17	242-307
4 - 5	10:30 - 11:15	9/12 - 10/17	242-308
1 - 3	9:30 - 10:15	10/31 - 12/12	242-309
4 - 5	10:30 - 11:15	10/31 - 12/12	242-310

YOUTH PROGRAMS

SUPER SITTER SKILLS (Ages 11 - 15)

This American Red Cross Babysitter's Training course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. The course consists of interactive lessons featuring video, activities, games and tools babysitters can use to build their knowledge and skills, manage their babysitting business, develop leadership skills and keep themselves and others safe, as well as basic first aid for children and infants. Students must be at 11 years old prior to class date and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive American Red Cross certification that does not expire. Please bring a lunch.

Time: 9:00 am - 3:30 pm

Fee: \$125

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

SESSION 1:

Date: Saturday, 10/28

Program # 242-311

SESSION 2:

Dates: Saturday, 12/9

Program # 242-312

HIP HOP (Gr: K - 8)

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.

Instructor: Julie Wilkes, Brio Dance Studio

GRADES K - 2

Day: TUESDAYS

Time: 3:05 - 4:05 pm

Location: Pond Cove Gym

Fee: \$100

Session 1:

Dates: 9/12 - 10/24

Program # 242-313

Session 2:

Dates: 10/31 - 12/12

Program # 242-314

Day: WEDNESDAYS

Time: 3:05 - 4:05 pm

Location: Community Center Activity Room

Session 1:

Dates: 9/13 - 10/25

Fee: \$100

Program # 242-315

Session 2:

Dates: 11/1 - 12/13 *

Fee: \$86

Program # 242-316

* No Class 11/22

GRADES 3 - 4

Day: TUESDAYS

Time: 4:05 - 5:05 pm

Location: Pond Cove Gym

Fee: \$100

Session 1:

Dates: 9/12 - 10/24

Program # 242-317

Session 2:

Dates: 10/31 - 12/12

Program # 242-318

GRADES 5 - 8

Day: MONDAYS

Time: 4:05 - 5:05 pm

Location: Community Center Activity Room

Session 1:

Dates: 9/11 - 10/30 **

Fee: \$100

Program # 242-319

Session 2:

Dates: 11/6 - 12/11

Fee: \$86

Program # 242-320

** No class 10/9

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. 10 Hours of driving instruction included in addition to classroom time.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Time: 6:00 - 8:30 pm

Fee: \$555/Session

Instructor: Tim O'Carroll

SESSION

Session 1: 9/11 - 9/28

Session 2: 10/30 - 11/16

Session 3: 12/4 - 12/21

PROGRAM

242-380

242-381

242-382

YOUTH PROGRAMS

IRISH DANCE (Gr: K - 8)

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.

Dates: Fridays, 9/8 - 12/15 (no class 10/6, 10/27, 11/10, 11/17, 11/24)

Fee: \$186

Location: Pond Cove Gym

Instructor: Stillson Irish Dance

Beginners: (Gr: K-4)

Time: 3:05 - 4:05 pm, 12/8 Half-Day: 12:05 - 1:05 pm

Program # 242-321

Advanced: (Gr: 3-8)

Time: 4:05 - 5:05 pm, 12/8 Half-Day: 1:05 - 2:05 pm

Program # 242-322

MUSICAL THEATER (Gr: 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 strengthens coordination, encourages creativity, and improves self-esteem.

Fee: \$195

Instructor: Barry Brinker

GRADES: K-2

Dates: Mondays, 9/11 - 12/11 (no class 10/9)

Time: 3:05 - 4:30 pm

Location: HS Cafeteria

Program # 242-323

GRADES: 3-4

Dates: Thursdays, 9/14 - 12/14 (no class 11/23)*

Time: 3:05 - 4:45

Location: PC Gym

Program # 242-324

* 10/26 half day school time 12:05 - 1:45

LYRICAL BALLET (Gr: K - 3)

Lyrical is a dance style that combines ballet and jazz techniques. Known for its expressive and fluid qualities, Lyrical is ideal for the dancer who wishes to explore their creativity and emotions through dance.

Pre-K students considered upon approval from Brio Dance Studio.

Time: 3:05 - 4:05 pm

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1:

Dates: Mondays, 9/11 - 10/30 (no class 10/9)

Fee: \$100

Program # 242-325

SESSION 2:

Dates: Mondays, 11/6 - 12/11

Fee: \$86

Program # 242-326



ART CLUB (Gr: 3 - 4)

Art club is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with different mediums each week.

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

SESSION 1:

Dates: Tuesdays, 9/19 - 10/24

Program # 242-327

SESSION 2

Dates: Wednesdays, 11/7 - 12/12

Program # 242-328

YOUTH PROGRAMS



PLANT LAB FUN (Gr: K - 2)

Are plants alive? What do they need to survive & thrive? Do we (mammals) have something in common with plants? Answer those questions as we explore everything plants. Use plants for art, learn about invasive species, explore all the ways plants defend themselves, learn about extinct plants, make a plant fossil and much more fun hands-on plants science!

Date: Mondays, 9/11 - 10/23 (No class 10/9)

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Pond Cove Library

Instructor: High Touch High Tech

Program # 242-329

SUPERPOWERS: THE AMAZING POWERS OF NATURE (Gr: K - 2)

Does nature have superpowers? In this series we will explore the amazing powers found in nature. From flying squirrels to the survivors of the big extinction. Are there any species that lived during the Jurassic period and can still be spotted alive on Earth? We will examine those and so many other questions through hands-on, fun, science activities.

Date: Mondays, 11/6 - 12/11

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Pond Cove Library

Instructor: High Touch High Tech

Program # 242-330

IT'S A SMALL WORLD: MICROSCOPY & CHEMISTRY (Gr: 3 - 4)

Discover the tiniest things that are the building blocks of EVERYTHING around us! From atoms to molecules and what is the Periodic Table? We will zoom in and examine things through microscopes; find out how plants look like up close, examine tiny organisms, like tardigrades, also known as water bears and so much more!

Date: Tuesdays, 9/12 - 10/17

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Pond Cove Library

Instructor: High Touch High Tech

Program # 242-331

INVENTIONS & ENGINEERING: INVENTORS, ENGINEERS & PROBLEM SOLVERS (Gr: 3 - 4)

Calling all problem solvers who love challenges! We will encounter many problems, from engineering, to forensics. Did someone say hidden messages? Uncover how you can write secret messages, build a bridge, solve a crime scene mystery, find the missing bird and more. We will have fun working together as we look for solutions to those and other challenges.

Date: Tuesdays, 11/7 - 12/12

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Pond Cove Library

Instructor: High Touch High Tech

Program # 242-332

YOUTH PROGRAMS

CHESS CLUB (Gr: 1 - 8)

"Check Mate!" Chess is a fun game that incorporates and helps foster intellectual growth while having fun. It's not about Kings, Queens, and Rooks, but rather, quadrants and coordinates, thinking strategically and foreseeing consequences. It's about lines and angles, weighing options and making decisions. Chess might just be the perfect teaching and learning tool. The game of chess increases higher level thinking skills, advance math and reading skills, and builds self-confidence. Beginners and experienced players welcomed!

Location: Community Center Community Room

Instructor: David Cimato

GRADES 1-2

Time: Fridays, 3:05 - 4:05 pm

Session 1:

Dates: 9/8 - 10/20 *

Fee: \$68

Program # 242-333

Session 2:

Dates: 11/3 - 12/15**

Fee: \$57

Program # 242-334

GRADES 3-4

Time: Mondays, 3:05 - 4:05 pm

Session 1:

Dates: 9/11 - 10/23***

Fee: \$68

Program # 242-335

Session 2:

Dates: 10/31 - 12/11

Fee: \$80

Program # 242-336

GRADES 5-8

Time: Fridays, 4:05 - 5:05 pm

Session 1:

Dates: 9/8 - 10/20 *

Fee: \$68

Program # 242-337

Session 2:

Dates: 11/3 - 12/15**

Fee: \$57

Program # 242-338

* No class 10/6 ** No class 11/10, 11/24 *** No class 10/9



BRICK BY BRICK MAINE LEGOS (Gr: K - 3)

Join us for one or all of these fabulously fun 6 week sessions! Classes begin with a short lesson related to the build of the week. Once the weekly build is completed, students will enjoy free building time with a huge tub of Lego bricks!

Time: 3:05 - 4:05 pm

Location: Community Center Community Room

Fee: \$121

LEGO ARCTIC EXPEDITION!

Fend off polar bears and brave blizzards to save the Arctic Ice Cap! Weekly builds may include a polar bear, an Arctic Flyer and an *ugly* angler fish!

Date: Tuesdays 9/12 - 10/17

Program # 242-339

LEGO FIRE BRIGADE!

Develop a team of top fire fighters to tame the menacing blaze in Lego City! Weekly builds may include a fire motorcycle, a fire ATV and a helicopter!

Date: Thursdays 9/14 - 10/19

Program # 242-340

LEGO DEEP SEA EXPEDITION!

Discover the mysteries of the seabed! Weekly builds may include a submarine, a scuba diver and an octopus!

Date: Tuesdays 10/31 - 12/12 (no class 11/7)

Program # 242-341

LEGO JUNGLE EXCURSION!

Grab a machete and forge a path through the jungle! Weekly builds may include a monkey, a jungle buggy and a sea plane!

Date: Thursdays 11/2 - 12/14 (No class 11/23)

Program # 242-342

YOUTH PROGRAMS

INTRO TO SEW & SEWING LAB (Gr: 3 - 7)

Join Jeanette Guglielmetti to learn and improve your sewing skills and create your own projects!

Location: Community Center Spin Room

Instructor: Jeanette Guglielmetti

INTRO TO SEW (Gr: 3 - 4)

This 6 week long class provides a comprehensive curriculum that covers the essentials of sewing, from basic stitches, cutting out a pattern and fabric to creating simple projects. Students will also be learning sewing safety, the parts of the sewing machine, how to use a sewing machine and practice sewing straight lines and turns.

All materials provided.

Dates: Wednesdays, 9/13 - 10/18

Time: 3:05 - 5:05 pm

Fee: \$100

Program # 242-343

SEWING LAB (Gr: 5 - 7)

This is an opportunity for intermediate/advanced students in Grades 5 - 7, to work on individual projects. Students should have a basic understanding of sewing and will learn the terminology and techniques required to successfully complete a project.

Students should come to class with a specific project appropriate for the six week class length, including a pattern and all fabric required.

Dates: Wednesdays, 11/1 - 12/13 (No class 11/22)

Time: 2:45 - 4:45 pm

Fee: \$90

Program # 242-344

BAKING 101 (Gr: 2 - 5)

Come join Fun Chefs as we learn the basics of baking. Each class we will learn the fundamentals such as measuring, ingredients and proper cooking and decorating techniques. and create delicious baked goods, both sweet and savory. Recipes include soft baked pretzels, banana bread, Pizza pinwheels and cookie/cupcake decorating.

Time: 3:05 - 4:05 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Day: Wednesdays

SESSION 1:

Dates: 9/13 - 10/18

Program # 242-345

SESSION 2:

Dates: 11/1 - 12/13 (No class 11/22)

Program # 242-346

KNITTING 101 (Ages 8 - 12)

Learn the timeless skill of knitting in this six-week class. Students are taken through the very basics of knitting including how to cast on, knit and purl. By the end of the session, your student will have created a cute project to take home.

Time: 3:05 - 4:30 pm

Fee: \$100

Location: Pond Cove Library

Instructor: Elizabeth Carroll

SESSION 1:

Dates: Wednesdays, 9/13 - 10/18

Program # 242-347

SESSION 2

Dates: Wednesdays, 11/1 - 12/13 (No class 11/22)

Program # 242-348



YOUTH PROGRAMS

NEW UKULELE RIFFS & RHYTHMS

(Gr: 4 - 6)

Rock out to your favorite tune on this easy and fun instrument—the ukulele! Students will learn the four basic chords – C, G, Am, and F. Once you have a handle on these four chords, you'll be able to play tons of songs. We will then move on to adding ukulele riffs in your playing. (A ukulele riff is a series of notes played within a song that creates a catchy melody.) Often the riff is repeated several times throughout the song and is easily recognizable.

Students will need to bring their own ukulele.

Time: 3:05 - 4:05 pm

Location: Middle School Library

Fee: \$86

Instructor: Candice Belanger

SESSION 1

Dates: Tuesdays, 9/12 - 10/17

Program # 242-349

SESSION 2

Dates: Tuesdays, 10/31 - 12/5

Program # 242-350

TABLE TENNIS/PING PONG (Gr: 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: Tues/Thurs, 10/24 - 12/14 (No Class 11/23)

Time: 2:30 - 4:00 pm

Fee: \$135

Location: Middle School, Gymnasium Lobby

Instructor: Chris Drake

Program # 242-351

KARATE KIDS (Gr: 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. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills.

Location: Pond Cove Gym

Fee: \$200

Instructor: Dragon Fire Martial Arts.

Session 1

Dates: Monday/Wednesday, 9/11 - 10/30 (No Class 10/9)

Beginner

Time: 3:05 - 4:05 pm

Program # 242-352

Advanced

Time: 4:05 - 5:05 pm

Program # 242-353

Session 2

Dates: Monday/Wednesday, 11/1 - 12/20 (No Class 11/22)

Beginner

Time: 3:05 - 4:05 pm

Program # 242-354

Advanced

Time: 4:05 - 5:05 pm

Program # 242-355



YOUTH PROGRAMS

SATURDAY MORNING TENNIS (Gr: 1 - 8)

Calling tennis players of all abilities! Classes are geared to player ability, starting with the basics of balance coordination to tennis concepts and playing matches and hitting "with intention".

Fee: \$90

Instructor: Niamh Colpitts, PTR/USPTA Certified

Session 1 - OUTDOOR

Dates: Saturdays, 9/9– 10/21 (No Class 10/7)

Location: High School Tennis Courts

Grade	Time	Program #
Grade: 1 - 2	9:00 - 10:00 am	242-356
Grade: 3 - 5	10:00 - 11:00 am	242-357
Grade: 6 - 8	11:00 am - 12:00 pm	242-358

Session 2 - INDOOR

Dates: Saturdays, 10/28 – 12/16 (No Class 11/11, 11/25)

Location: Pond Cove Gym

Grade	Time	Program #
Grade: 1 - 2	9:00 - 10:00 am	242-359
Grade: 3 - 5	10:00 - 11:00 am	242-360
Grade: 6 - 8	11:00 am - 12:00 pm	242-361



FALL FAMILY TENNIS

Adults will focus on the development of their own skills, while also learning how to work with your child/children on the court. This format has proven to be extremely successful AND a great time!

Fee: Parent and Child \$132, Additional Child \$60

Instructor: Coach Mary Gray, PTR Certified

DATES: Sundays, 9/10 - 10/15

Location: High School Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	242-362
6 - 7	10:00 - 11:00 am	242-363
8 - 12	11:00 am - 12:00 pm	242-364

DATES: Tuesdays, 9/12 - 10/17

Location: Fort Williams Tennis Courts

Age	Time	Program #
4 - 5	4:45 - 5:45 pm	242-365

FALL AFTERNOON TENNIS (Gr: 1 - 4)

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!

Dates: 9/12 - 10/19

Fee: \$86

Location: Fort Williams Tennis Courts

Instructor: Coach Mary Gray, PTR Certified

Age	Time	Program #
Gr. 1 - 2	Tuesdays, 3:45 - 4:30 pm	242-366
Gr. 1 - 2	Thursdays, 3:45 - 4:30 pm	242-367
Gr. 3 - 4	Thursdays, 4:45 - 5:30 pm	242-368

YOUTH PROGRAMS

GIRLS VOLLEYBALL (Gr: 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 and game play.

Dates: Saturdays, 9/9 - 10/14 (no class 10/7)

Fee: \$70

Time: 9:00 - 10:00 am

Instructor: Varsity Coach Sarah Boeckel & Varsity Players

Program # 242-369

HIKE CLUB (Gr: 3 - 4)

Join the Cape Elizabeth Land Trust 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). We will also review basic navigation skills using compasses and maps. Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week at 5:00 pm.

Dates: Thursdays, 9/14 - 10/5

Time: 3:00 - 5:00 pm

Fee: \$48

Location: CELT Trails

Instructor: Cape Elizabeth Land Trust

Program # 242-370

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

This program is designed for children to learn, develop and enhance their overall skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination and team play.

Dates: Saturdays, 9/9 - 10/14 (no class 10/7)

Fee: \$70

Location: Hannaford Turf Field

Instructor: Varsity Coaches & Players

LITTLE CAPERS (Ages: 3-5)

Time: 10:00 - 10:45 am

OR Time: 10:45 - 11:30 am

Program # 242-371

Program # 242-372

KINDER CAPERS (K)

Time: 11:30 am-12:15 pm

Program # 242-373

BOYS CAPERS (Gr: 1-2)

Time: 8:00 - 9:00 am

Program # 242-374

GIRLS CAPERS (Gr: 1-2)

Time: 9:00 - 10:00 am

Program # 242-375

CO-ED CAPERS (Gr: 3 - 6)

Time: 9:00 - 10:00 am

Program # 242-376



YOUTH PROGRAMS



GIRLS FIELD HOCKEY (Gr: K - 6)

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Sunday mornings. The focus will be on skill development, sportsmanship, basic rules and FUN! Equipment including stick, mouth guard, eye goggles and shin guards are required. This program includes skill days and inter-community play days (dates TBD).

Dates: Sundays, 9/10 - 10/15 (no class 10/8)

Time: 9:00 - 10:00 am (Time will extend on play days)

Fee: \$100

Instructor: HS Coach and players

Program # 242-377

X-COUNTRY RUNNING (Gr: 1 - 6)

Lace up your sneakers for some trail running! Participants should be comfortable running/jogging a 1 mile course without assistance. 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!

Dates: Mon/Wed, 9/11 - 10/11 (No Class 10/9)

Time: 3:05 - 4:05 pm

Fee: \$54

Instructor: Laura Foure & Volunteer Coaches

Program # 242-378

GIRLS FIELD HOCKEY MIDDLE SCHOOL PREP (Gr: 3 - 5)

All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. The season begins mid-September and runs through the end of October. Players may participate in inter-community play days. Parent volunteers are critical for the success of this program! We need your involvement to succeed. We will be looking for Coaches!

Dates: Tuesdays, 9/12 - 10/17

Fee: \$70

Time: 3:05 - 4:05 pm

Program # 242-379



YOUTH PROGRAMS

BASKETBALL SKILLS

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.

Date: Sundays, 1/7 – 2/4

Time: 9:00 - 10:00 am

Fee: \$70

Location: High School Gym

Instructor: Parent volunteers needed

Program # 243-300

SUNDAY BASKETBALL CLINICS (Gr: 1 - 2)

Each Sunday 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 and play games.

Date: Sundays, 1/7 – 2/4

Fee: \$70

Location: High School Gym

Boys:

Time: 10:00 - 11:15 am **Program #** 243-301

Girls:

Time: 11:15am - 12:30pm **Program #** 243-302

SATURDAY BASKETBALL CLINICS (Gr: 3 - 6)

Varsity Coaches Jeff Mitchell 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.

Date:s Saturdays, 12/2 – 2/3 (No Class 12/23, 12/30)

Fee: \$100

Location: High School Gym

Gr	GIRLS		BOYS	
	Time	Program #	Time	Program #
3/4	9:15-10:30	243-303	8:00-9:15	243-305
5/6	10:30-11:45	243-304		

TRAVEL & HOUSE BASKETBALL LEAGUES (Gr: 3 - 8)

REGISTRATION DEADLINE IS SEPT. 20!

In order to set up this program, we need to know interest to organize and secure gym time. There are no fees as of yet and we will have official registration sign ups, tryouts and details by October.

GIRLS

We will participate in a 5th and 6th grade girls competitive travel league which includes teams from surrounding communities. Travel team tryouts, if necessary, will be held in November, times and dates TBD. Weekend games will begin in December. Teams will have 1-2 practices/week and 1-2 weekend games.

If numbers allow, we will have a 4th/5th/6th house team to practice skills and play games once/week in house with little to no travel to other towns.

Please sign up at www.capecommunityservices.org:

5th/6th Travel Program #: 243-306

4th/5th/6th House Program # 243-307

BOYS

Cape Elizabeth Community Services will be offering travel basketball for grades 3 - 8. Travel teams will be capped at 12 players/team and practice twice/week and play on weekends.

Travel Teams

3rd/4th, 5th, 6th, 7th, 8th

House League Offering: Grades 4-6

In addition to the travel teams, we will be offering a "House League" for players that are interested in a league that doesn't require out of town travel or weekend play. This will be offered during the week and will be for any player in grades 4-6. This includes skill development and games.

Please sign up at www.capebasketball.org/travel. Please indicate your interest in Travel, House League or both within the sign up sheet.

PLEASANT MOUNTAIN SKI PROGRAM

PLEASANT MOUNTAIN SKI/RIDE PROGRAM (Grades 3 - 8)

We will be taking **TWO** coach buses to Pleasant Mountain. These trips are designed for the beginner and advanced skier or snowboarder, with lessons for all levels. Participants in 6-8 grade may choose to freeski or snowboard.



Pleasant Mountain

Parent chaperones are needed for this program. I will need 3 to 4 chaperones per bus.



REGISTRATION OPENS

NOVEMBER 12TH AT 8:00 PM ONLINE.

Program Dates: January 11, 18, 25, February 1,8,15 (make up date Feb.29th if needed)

Time: 3:00pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm

Lessons (1.5 hour) will be available for all participants, those in 3 - 5 grade must take lessons. Freeskiing and riding will be available for those in the 6 - 8 grade if they are proficient skier/riders.

****Pleasant Mountain Information Zoom Meeting. Parent and student participation is required on January 4th at 6pm.****

PLEASANT MOUNTAIN SKI/RIDE PROGRAM OPTIONS

Waivers and rental forms to be completed online, once registration has closed.

BASE PRICE FOR TRANSPORTATION IS \$180 then add options:

+LIFT TICKET \$188.00 (6 weeks, Thursday night with group)

+ADD LESSONS \$188.00 (lessons are available for all grades, and 3 & 4th graders must do lessons, exception must go through [Kelly Phinney](#))

+ADD RENTALS \$188.00

+ADD A HELMET RENTAL \$60.00 (Helmets are mandatory)

+NIGHT PASS \$250.00 (good for every evening @ 3:30pm, All rates, hours of operation, dates and times are subject to change without notice. Pricing for 4 or more visits. Holiday/vacation weeks are blacked out & not included; 12.26.23-1.1.24, 1.13-1.15.24, 2.17-2.23.24)

PROGRAM # 243-310

RICHARDS COMMUNITY POOL & FITNESS CENTER

Memberships may be purchased at CECS during regular business hours. Please note, a 10% additional fee applies to all non-resident members.

MEMBERSHIP INFO	MONTHLY pool/fitness/combo	QUARTERLY pool/fitness/combo	ANNUALLY pool/fitness/combo
INDIVIDUAL	\$43/ \$40/ \$60	\$104/ \$91/ \$138	\$341/ \$300/\$473
COUPLE	\$71/ \$69/ \$94	\$159/ \$155/ \$220	\$473/ \$432/\$667
FAMILY	\$99/ \$115/ \$131	\$267/ \$255/ \$339	\$830/ \$805/ \$1,136

Drop ins available for pool ages 4-10 \$3/\$4(nr), ages 11+ \$5/\$6(nr) **cash or check only**

Drop ins for the Fitness Center \$5/\$6 (nr) Minimum age 14

Pool and fitness schedules can be found on our website. www.capecommunityservices.org

POOL PARTIES

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

Payments are cash/check only.



FEES

\$175 Inflatable, pool & whirlpool (max 40)

\$110 Pool & whirlpool (max 40)

**\$75 Cafe rental (1 hour)
non-residents add 10%**

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

OPTIONS

Saturdays: 2:45-3:45 pm

3:45-4:45 pm

Sundays: 1:15-2:15 pm

- **PLAN AHEAD!** Please note, pool parties typically book out 1-2 months in advance

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CAPE COMMUNITY EVENTS

September

- 9 Maine Open Lighthouse Day
Fort Williams Park
- 23 Cape Elizabeth Kitchen Tour

October

- 21 Harvest Festival - Pond Cove School
- 27 Trunk or Treat - Community Services



November

- 11 Cape Elizabeth Community
Hockey Night
Mariner's vs. Adirondack Thunder
- 13-17 Instructor Appreciation Week
Community Services

December

- 8 Gingerbread Decorating
Community Services