



**Resident
Registration
Opens Online
Sunday, Aug
28
8:00 pm**

**CAPE
EXPLORER
FALL 2022**

CAPE ELIZABETH COMMUNITY SERVICES

OUR MISSION

Provide versatile community programs offering educational, cultural, recreational and social enrichment opportunities to a wide segment of the citizenry. Our commitment to lifelong learning creates a flexible and comprehensive delivery of services which meets the changing needs and interest of the community. We are committed to enhancing and improving the quality of life for the residents of Cape Elizabeth.

CONTACT US

OFFICE The Community Center
343 Ocean House Road
Cape Elizabeth, ME 04107

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

CALL 207-799-2868

FAX 207-799-1841

CAPE CARE 207-799-4388

POOL/FITNESS CENTER 207-799-3184

EMAIL cservices@capeelizabetschools.org

WEB www.capecommunityservices.org

HOURS Monday-Friday 8:00 am—4:30 pm

School Vacation Hours 7:30 am-3:30 pm

Closings 9/5, 10/10, 11/24, 11/11, 11/25, 12/25, 12/26

OUR STAFF

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

COMMUNITY SERVICES COMMITTEE

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

REGISTRATION OPENS

On line for Cape Residents:

Sunday, August 28th at 8:00 pm

In Office for Cape Residents::

Monday, August 29th at 8:00 am

Non-Residents -Friday, September 2nd at 8:00 am



REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, August 28th at www.capecommunityservices.org. Hover over "Programs" and click "Register". Sign in or create an account. In-person or over the phone registration begins at 8:00 am on Monday, August 29th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins Friday, September 2nd at 8:00 am.. 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 added 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 added to memberships and parties.

ActiveNet charges a convenience fee and a credit card processing fee when booking online. The fees are non-refundable.

Scholarships and/or reduced tuitions may be available to qualified residents. Applications available upon 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.

CREDITS AND REFUNDS

Full refunds are given when a program you register for is cancelled.

Withdrawals **5 business days** prior to the first class (excluding weekends and holidays) receive a full refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

Withdrawals **2 – 4 business days** prior to the first class will receive a 50% refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

Withdrawals **less than 2 business** days before the first class, no refund or credit will be provided.

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 be considered for a credit for a future use or refund.

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.

MEDIA POLICY

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



HEALTH, WELLNESS AND ENRICHMENT

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 10/10, 11/11, 11/25)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
9/12-10/31	21	\$168	232-100
11/2-12/21	20	\$160	232-101

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® AND PILATES — HALF AND HALF

30 minutes of standing Essentrics followed by 30 minutes of mat Pilates gives you the fall fitness routine you need. Essentrics is a full body posture, mobility, core strength and balance workout that leaves you feeling and looking longer and stronger every time you attend. The Pilates half of this hour adds breathing, centering, body awareness, core power and endurance. Drop ins welcome \$13.

Date: Tuesday/Thursday 10/6—12/22 (no class 11/22, 11/24, 11/29, 12/1)

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Fee: \$209

Program # 232-102



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 10/10, 11/11,11/25)

Days: Mon/Wed/Fri

Time: 5:30-6:30 am

Loction: MS Gym

Instructor: Susan Janosik

Date	Classes	Fee	Program #
10/3-10/28	11	\$99	232-103
11/7-12/21	18	\$162	232-104

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. Core stability through functional training and balance are incorporated into your workouts, too. 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 11/24)

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/13-10/27	14	\$126	232-105
11/8-12/22	13	\$117	232-106

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! This class solves the mystery of how to "FIT" it all in.

Days: Tues/Thurs (no class 11/24)

Time: 6:15-7:15 pm

Location: Spin Room/outdoors

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/6-10/27	16	\$144	232-107
11/8-12/22	13	\$117	232-108

HEALTH, WELLNESS AND ENRICHMENT

EARLY BIRD CYCLE

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, flats all set to inspirational music. For those of you who would like to join in on the fun and get geared up and in shape now is the time. All levels welcome.

Days: Tues/Thurs (no class 11/24)

Time: 5:45-6:30 am

Location: CS Spin Room

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/6-10/27	16	\$147	232-109
11/8-12/22	13	\$120	232-110

SATURDAY CYCLE

These rides combine hill climbing, training power, fast flats and speed that will challenge your legs and cardiovascular system. Get ready to torch a ton of calories. Resistance bands will be incorporated to strengthen and build endurance in the upper body & core.

Dates: Saturday 10/29- 12/17 (no class 11/5, 11/26)

Time: 7:30-8:30 am

Instructor: Susan Janosik

Fee: \$57

Program # 232-111

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. Core stability through functional training and balance are incorporated into your workouts, too. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at susan-jano@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 11/25)

Time: 8:45-9:45 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/14-10/28	14	\$126	232-112
11/9-12/23	13	\$117	232-113

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. No dance experience is necessary and coordination is not required. 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 11/24)

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

Instructor: Cholla Foote

Date	Classes	Fee	Program #
9/8-10/27	8	\$65	232-114
11/3-12/15	6	\$50	232-115



STEP AEROBICS

Join us for 45 minutes of aerobic exercise - since one can always take a step class to the floor plus it provides variety, we alternate our classes: one week is steps (which anyone can do on the floor) and the next is aerobics without the step Drop-ins welcome \$10

Days: Mondays (no class 10/10)

Time: 8:00-8:50 am

Instructor: Anne Cass

Date	Classes	Fee	Program #
9/12-10/31	7	\$56	232-116
11/7-12/19	7	\$56	232-117

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!!!**

Days: Tues/Thurs

Time: 12:00-1:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
10/4-10/27	8	\$72	232-118
11/1-11/29	8	\$72	232-119

HEALTH, WELLNESS AND ENRICHMENT

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 11/24)

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/6-10/27	16	\$176	232-200
11/1-12/20	14	\$154	232-201

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 10/10, 11/11, 11/25)

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/7-10/31	23	\$230	232-202
11/2-12/21	20	\$200	232-203

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 9/5)

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/2-9/30	12	\$78	232-204
10/3-10/31	13	\$85	232-205
11/2-11/30	13	\$85	232-206
12/2-12/16	7	\$46	232-207

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.

Open to swimmers and triathletes of all levels. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. For specific information on levels visit www.capecommunityservices.org under Program Registration.

Location: Richards Community Pool

Instructor: Kirsten Read

Level/Dates	Time	Fee	Program #
PCR-A Sun 9/11-10/30	10-11am	\$120	232-208
PCR-E&B Sun 9/11-10/30	11-12pm	\$120	232-209
PCR-A&E Tues 9/6-10/25	1-2 pm	\$120	232-210
PCR-A&E Fri 9/9-10/28	11:30-12:30	\$120	232-211
PCR-A Sun 11/6-12/18	10-11am	\$105	232-212
PCR-E&B Sun 11/6-12/18	11-12pm	\$105	232-213
PCR-A&E Tues 11/1-12/20	1-2 pm	\$120	232-214
PCR-A&E Fri 11/4-12/23	11:30-12:30	\$120	232-215

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. (No class 11/26)

Dates: Saturdays

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
9/10-10/15	6	\$60	232-216
10/22-12/3	6	\$60	232-217



HEALTH, WELLNESS AND ENRICHMENT

BALANCING HIPS & TONING THE PELVIC FLOOR A YOGA WORKSHOP *NEW*

In this three-week workshop, students will be guided through a specific sequence of yoga poses that will relieve tension in the hips as well as strengthen the pelvic floor muscles. The sequence is comprised of both dynamic and restorative poses. Each week the sequence will be the same, however the poses will be modified slightly to go deeper with each class. No yoga experience necessary. Please bring a yoga mat./Drop ins \$12.



Date: 3 Tuesdays 9/13, 9/20, 9/27

Time: 9:00 -10:00 am

Fee: \$30

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 232-120

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 (no class 10/11)

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
9/13-10/25	6	\$60	232-121
11/1-12/13	7	\$70	232-122

YOGA SOLUTIONS FOR HEALTHY SHOULDERS, BACK & HIPS

This one hour class uses traditional yoga posture that are accessible to most in order to revive and mitigate discomfort within the body while lengthening, strengthening and stabilizing key muscles that can contribute to chronic and acute discomfort. In this class, students will use a chair for seated postures but all should be able and prepared to move around a yoga mat during each session. No yoga experience necessary. Drop ins \$12

Day: Friday (no class 10/14, 11/11, 11/25)

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
9/9-10/21	6	\$60	232-123
10/28-12/16	6	\$60	232-124

LUNCH BREAK YOGA with Annie Ware

Sneak away from your desk or errands to spend 45 min taking care of your mind & body. Our bodies thrive on movement and breath. Lunch Break Yoga is the perfect relief from a sedentary or hectic morning. In this class, we will slowly flow through classic yoga postures as well as incorporating yin yoga. No yoga experience required.

Drop-ins welcome \$10

Day: Friday (no class 10/14, 11/11, 11/25)

Time: 11:45-12:30 pm

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
9/9-10/21	6	\$48	232-125
10/28-12/16	6	\$48	232-126

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 10/10)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/12-10/31	7	\$77	232-127
11/7-12/19	7	\$77	232-128

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

Date	Classes	Fee	Program #
9/7-10/26	8	\$88	232-129
11/2-12/21	8	\$88	232-130

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 10/10)

Time: 5:45-7:00 pm ** please note, new time

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/12-10/31	7	\$77	232-131
11/7-12/19	7	\$77	232-132

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program #
9/7-10/26	8	\$88	232-133
11/2-12/21	8	\$88	232-134

HEALTH, WELLNESS AND ENRICHMENT

TAI CHI

This class is intended for those who have taken a previous Tai Chi course with me and want to learn the 2nd half of the form as well as beginners who are comfortable jumping in midway and going with the flow. Tai Chi, when practiced regularly generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. In addition to improving function, the practice of 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.

Date: Tuesday (no class 11/22)

Time: 1:15-2:30 pm

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/13-10/18	6	\$60	232-135
11/1-12/6	6	\$60	232-136

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. The Chinese word "qi" refers to the life-force energy that animates all living things. The key to maintaining robust levels of this energy source is to work towards balancing all of the energies of our being: body, mind, and spirit. The word "gong" means to "work," so pursuing a practice of Qigong literally means to work towards building strong, vital life-force energy. **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. Participants should wear loose fitting clothing and sturdy footwear.

Dates: Thursdays

Time: 10:15-11:15 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/15-10/20	6	\$60	232-137
11/3-12/15	6	\$60	232-138

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 person.

Date: Monday 10/17-11/14 (no class 10/31)

Time: 7:15-8:15 pm

Location: CS Activity Room

Instructor: Patty Medina

Fee: \$88 per couple

Program # 232-139

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. If you are not sure which level is right for you, start with the beginner class and go from there. Tap shoes are required but used shoes may be available from the instructor.

Dates: Wednesdays 9/14 - 12/14

Intermediate Time: 11:45-12:45 pm

Fee: \$117

Location: CC Activity Room

Instructor: Betsy Dunphy

Program # 232-140

Beginner Time: 1:00- 2:00 pm

Fee: \$117

Location: CC Activity Room

Program # 232-141



HEALTH, WELLNESS AND ENRICHMENT

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 & Wednesdays, 9/6- 9/21 (6 classes)

Time: 5:00–6:30 pm

Fee: \$48

Location: Fort Williams Pickleball Courts

Instructor: Roger Rioux

Program # 232-142

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 9/8-9/29

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

Fee: \$56

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan, four time Atlantic Regional gold medalist and 2018 U.S. Nationals silver medalist.

Program # 232-143 for Advanced Beginner
232-144 for Intermediate



ADULT TENNIS –ALL LEVELS

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 session 1 / Sunday session 2

Time: 8:00-9:00 am (no class 10/8, 11/27)

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Location: HS Tennis Courts/PC Gym 2nd session

Date	Classes	Fee	Program #
9/10-10/22 (outdoor)	6	\$90	232-145
11/6-12/18 (indoor)	6	\$90	232-146

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, 11/6 – 12/18

Fee: \$42

Location: HS Gymnasium

Time	Supervisor	Program #
5:00-6:30	David Croft	232-147
6:30-8:00	David Peary	232-148

ADULT CO-ED VOLLEYBALL IS BACK!

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 9/14-11/16

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$5

Location: HS Gym

Supervisor: Bob Wooten



CELT’S NATIONAL TRAILS DAY CROSS TOWN WALK

Join Cape Elizabeth Land Trust staff and volunteers for the annual Fall Cross Town Walk. Beginning at Portland Head Light, located at Fort Williams, this **CELT sponsored** walk will traverse over seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape’s great places. This walk offers a unique overview of Cape’s diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately three and one half hours. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams after a picnic at Kettle Cove that each participant brings for her/himself. Snacks, drinks and lunch should be brought by each participant. Participants should be 12 years or older; please call about younger ages.

Date: Saturday 10/1

Time: 8:00 am-1:30 pm

Fee: \$10

Location: Meet at Portland Head Light in the dirt parking lot closest to the lighthouse.

Program # 232-149

HEALTH, WELLNESS AND ENRICHMENT

WATERCOLOR PAINTING FOR BEGINNERS

Introduction to the art of Watercolor Painting. In this three 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 as you will be using artist grade materials, provided by the instructor (\$10 fee). Please bring a container (16 oz or larger) for rinsing your brushes, and paper for note taking.

Date: Wednesdays 9/21-10/5

Time: 10:00 am-12:00 pm

Fee: \$40

Location: CECS Community Room

Instructor: Martha Clark

Program # 232-150



WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will look at 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. Please bring your own supplies. A list of suggestions will be emailed before the first class.

Date: Wednesdays 10/12-11/16

Time: 10:00 am-12:00 pm

Fee: \$75

Location: CECS Community Room

Instructor: Martha Clark

Program # 232-151

COLORED PENCIL WORKSHOP

There's more to colored pencils than color! In this workshop we will cover layering, shading, and blending and yes, even how to correct mistakes! Samples of various brands and types of pencils and papers will be available for you to try out. Each week you will create a small colored pencil painting using different techniques. All supplies will be provided by the teacher (\$5 payable in first class)

Date: Thursdays 9/22-10/6

Time: 10:00 am-12:00 pm

Fee: \$40

Location: CECS Community Room

Instructor: Martha Clark

Program # 232-152

CHESS FOR BEGINNERS *NEW*

These classes are for anyone learning to play chess to people who know the basics and want to get to a level where they can sit down and play competitively with just about anyone. The first class will be basic fundamentals, like learning to play, which each subsequent class being about learning strategies, openings, and tactics that will allow people to feel comfortable playing a 5 minute timed game with a stranger, or a longer, drawn out game with a friend. Drop in fee \$10

Dates: Monday 9/12-11/28 (no class 10/31)

Time: 6:00 – 7:00 pm

Fee: \$120

Location: CC Living Room

Instructor: Dan Deschner

Program # 232-153

GROUP GUITAR LESSONS (BEGINNER) CANCELLED 8/16

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.

Dates: Monday 9/19-11/28 (no class 10/10)

Time: 6:00 – 7:00 pm

Fee: \$150

Instructor: John Johnstone

Program # 232-154



GROUP UKULELE LESSONS-CANCELLED 8/16

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

Date: Monday 9/19-11/28 (no class 10/10)

Time: 7:00 – 8:00 pm

Fee: \$150

Instructor: John Johnstone

Program # 232-155

HEALTH, WELLNESS AND ENRICHMENT

THE MAGIC OF TREES **NEW!**

Trees are symbols of the interconnectedness of life. Trees give us the breath of life and also provide us with medicine, food, beauty, shelter, and habitat for wildlife. In many cultures, trees are celebrated for their power, wisdom, spiritual messages, and vibrant energy. In this session you will meet Beech, known as the Queen Mother of the Woods, and other trees native to Maine, to learn about their magic, meaning, lore, and how we are connected.

Date: Tuesday 11/1

Time: 6:30-8:00 pm

Fee: \$30

Location: CECS Living Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 232-156

WHAT TREE IS THAT? **NEW!**

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: Saturday 9/17

Time: 9:00-11:00 am

Fee: \$13

Location: Robinson Woods II & III, meet in the parking lot of Cape Elizabeth Methodist Church

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 232-157

WINE MAKING FROM FRUITS & FLOWERS **NEW!**

Making wine is a terrific seasonal tradition. Learn to make wine from foraged fruits and flowers. This is a lecture-style class with wine tasting. We will not actually be making alcohol, but we will cover the process comprehensively so you may make your own wine at home.

Date: Saturday 9/17

Time: 1:00 - 3:00 pm

Fee: \$35

Location: CS Community Room

Instructor: Rewild Maine

Program # 232-158

CELT MUSHROOM PROGRAM IN ROBINSON WOODS

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

Date: Saturday, 9/10

Time: 9:00 am-12:00 pm

Fee: \$10

Location: Robinson Woods Kiosk, Shore Rd.

Program # 232-159

IN THE THICK OF IT; CELT NEW ENGLAND COTTONTAILS PROGRAM

Join Cape Elizabeth Land Trust Educators for a 1.5 hour **CELT sponsored** walk at Runaway Farm on Sunday October 13 from 2:00pm-3:30 pm. Participants of this Cape Elizabeth Land Trust sponsored event will enjoy learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help! Cape Elizabeth is home to the largest known population of New England cottontails in Maine.

Date: Sunday, 10/2

Time: 2:00 -3:30 pm

Fee: \$6

Location: Runaway Farm. Meet at the parking lot by the soccer fields at Gull Crest (1 Gull Crest Drive, Cape Elizabeth, ME 04107)

Program # 232-160

INVASIVE BITTERSWEET BASKETMAKING

Frustrating to gardeners and arborists, bittersweet is widely considered a useless bane on wild land. Learn to make a beautiful basket of invasive round-leafed bitter-sweet! We'll cover identification, responsible collection, materials processing and storage, and creation, including the basics of stake-and-strand twining and weaving.

Date: Saturday 12/17

Time: 9:00-1:00 pm

Fee: \$65

Location: CS Community Room

Instructor: Rewild Maine

Program # 232-161

HEALTH, WELLNESS AND ENRICHMENT

MAINE DRIVING DYNAMICS (MDD)

A certified MDD Instructor teaches in a format that engages students with lectures, videos and class discussion. Those completing will receive a three-point credit reduction on their record and students 55+ can receive an insurance discount.

Dates: Saturday 11/19

Time: 9:00 am–2:00 pm

Fee: \$40, age 62 and older \$30

Location: CC Community Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 232-162

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, 9/21-12/7 (no class 11/23)

Time: 6:00-9:00 pm

Fee: \$120

Location: HS Wood Shop

Instructor: John Fabish

Program # 232-163

LEARNING & DEVELOPING APPLE DEVICE SKILLS

Learn to better use and troubleshoot your iPhone, iPad, or Mac. Get your questions answered while developing your device skills. General format will be a Q & A session followed by tips and/or new topics such as introduction to new core apps. Participants need to bring an Apple device (iPhone, iPad or Mac) to meeting along with their curiosity and desire to learn.

Days: Thursdays 9/8-11/17

Time: 10:00-11:00 am

Location: CS Community Room

Instructor: Bern Shanfield

Fee: Free - Registration Required

Program # 232-164

BEST CLOTHING AND MAKEUP COLORS FOR YOUR COLORING **NEW!**

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!

Dates: Wed 10/12

Time: 5:30-8:30pm

Fee: \$35pp

Location: CS Community Room

Instructor: Candace Sanborn, Radiant Image

Program # 232-165



DRESSING FOR ILLUSION - **NEW!**

What do you want people to notice on you? Dressing for Illusion is about learning where to put color and embellishments, or *not put* them, to intentionally draw the eye toward areas of your body you want to be seen and away from areas you want to minimize. The instructor will guide you on how to do this based on your body shape.

Dates: Wed, 11/30

Time: 6:00-8:00pm

Fee: \$25pp

Location: CS Living Room

Instructor: Candace Sanborn, Radiant Image

Program # 232-166



OUTINGS AND ENTERTAINMENT

STRAWBERRY BANKE MUSEUM & LUNCH

Explore this vibrant nearly 10-acre campus dedicated to bringing 300+ years of American history to life through dozens of historic buildings on their original foundations, heirloom gardens, hands-on traditional crafts, and engaging costumed role players sharing the experiences of those who lived and worked in the waterfront neighborhood of Puddle Dock. Following our visit we will have lunch at Warren's Lobster House.



Date: Friday, September 16

Time: 8:30 am—3:00 pm

Fee: \$30.00 Includes Transportation and Admission. Lunch on own.

Program # 232-167

PORTLAND FISH EXCHANGE TOUR & BRUNCH

America's first all-display fresh seafood auction opened in 1986. We will have a guided tour of the 22,000 square foot facility and with any luck get to watch an auction. Buyers & sellers can access the auction either on premise or remotely. Following the tour, we will walk to nearby Salt Yard Café for brunch.

Date: Monday, September 19

Time: 9:00 am—12:30 pm

Fee: \$10.00 Includes Transportation and Tour. Lunch on own.

Program # 232-168

INLAND RIVERS FALL CRUISE TO COCHECO RIVER

Departing from Portsmouth, past the industrial waterfront, up the Piscataqua River and then into the narrow, winding Cocheco River into downtown Dover. This river is very scenic with common bird sightings, often including Bald Eagles. Come aboard this fall for a unique cruise into some of the most picturesque scenery on the Seacoast. No refunds after September 26th.

Date: Thursday, September 29

Time: 9:45 am—4:00 pm

Fee: \$52.00 Includes Transportation, Cruise and Box Lunch

Program # 232-169

FALL FOLIAGE TRAIN EXCURSION

Travel in a restored vintage coach for this scenic 2-hour ride along the western shore of Lake Winnepesaukee. Along our trip we will enjoy a catered lunch from Hart's Turkey Farm including freshly carved roast turkey, stuffing, whipped potato, gravy, butternut squash, and warm apple crisp. No refunds after September 30th.

Date: Friday, October 14

Time: 10:00 am—5:00 pm

Fee: \$60.00 Includes Transportation and Turkey Train Excursion

Program # 232-170

PORTLAND BALLET'S GISELLE

A story of love and betrayal, life and death, vengeance and forgiveness. Follow the story, as passionately told by the dancers of the peasant girl as she falls in love with the nobleman, Albrecht, whose betrayal condemns her to the unearthly realm of the Wilis. This beloved romantic ballet, set to music by Adam, has withstood the test of time as one of ballet's predominant works to showcase the power of storytelling through ballet. No refunds after September 27th.

Date: Saturday, October 29

Time: 1:00 pm—4:30 pm

Fee: \$32.00 Includes Transportation and Admission

Program # 232-171



OUTINGS AND ENTERTAINMENT

THE MUDDY RUDDER RESTAURANT

Today, we will travel to the "Rudder" to enjoy lunch overlooking Cousins River at this popular local destination.

Date: Thursday, November 10

Time: 11:00 am—1:30 pm

Fee: \$10.00 Includes Transportation. Lunch on own.

Program # 232-172

MYSTERY LUNCH

We will travel to this 30 year family owned hidden gem for some home cookin'. Something for everyone!

Date: Thursday, November 30

Time: 11:00 am— 2:00 pm

Fee: \$10.00 Includes Transportation. Lunch on own.

Program # 232-173

STONE MOUNTAIN LIVE FOR CHRISTMAS

Enjoy a home cooked meal served with love while listening to Carol Noonan perform traditional Christmas and holiday music at the beautiful timber frame music hall nestled in the foothills of the White Mountains. No refunds after November 18th.

Date: Wednesday, December 7

Time: 10:00 am—3:00 pm

Fee: \$59 Includes Transportation, Lunch and Concert.

Program # 232-174

ELF THE MUSICAL

What better way to get into the holiday spirit than with Buddy who embarks on a journey to New York City to find his birth father, discover his true identity, and help New York remember the true meaning of Christmas. Performance at The Music Hall in Portsmouth. No refunds after November 18th.

Date: Wednesday, December 14

Time: 11:30 am—4:00 pm

Fee: \$ 90.00 Includes Transportation and Show.

Program # 232-175

ANNUAL HOLIDAY LUNCHEON

Join us for a festive lunch and seasonal sounds at Purpoodock Club. Please meet us at 300 Spurwink Road. No refunds after December 1st.

Date: Friday, December 16

Time: 11:30 am—2:00 pm

Fee: \$ 50.00 Includes Lunch and Entertainment

Program # 232-176

SPURWINK CHURCH AND FORT WILLIAMS PARK RENTALS

2023 Reservations for Cape Elizabeth residents opens
December 1, 2022.



Rental Season

May 1—October 31, 2023

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.




COMMUNITY
SINCE SERVICES 1977
CAPE ELIZABETH, MAINE

YOUTH SWIM PROGRAMS

Fall 1: September 10 – October 24

Mondays - 9/12 - 10/24 (no class 10/10) (6 classes)

Thursdays - 9/15 - 10/20 (6 classes)

Saturdays - 9/10 - 10/15 (6 classes)

**For full swim lesson descriptions, please visit
<http://www.capecommunityservices.org>

Level	Day	Time	Fee	Program #
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	232-218
Barnacles 1	Sat	9:00 - 9:30 am	\$45	232-219
Barnacles 2	Sat	9:30 - 10:00 am	\$45	232-220
Turtles	Sat	10:00 - 10:30 am	\$45	232-221
Ducklings 1	Mon	11:00 - 11:30 am	\$45	232-222
	Thurs	10:30 - 11:00 am	\$45	232-223
	Sat	9:00 - 9:30 am	\$45	232-224
	Sat	10:00 - 10:30 am	\$45	232-225
Ducklings 2	Mon	10:30 - 11:00 am	\$45	232-226
	Thurs	11:00 - 11:30 am	\$45	232-227
	Sat	9:00 - 9:30 am	\$45	232-228
	Sat	10:30 - 11:00 am	\$45	232-229
Dolphins 1	Mon	10:00 - 10:30 am	\$45	232-230
	Thurs	11:30 am - 12:00 pm	\$45	232-231
	Sat	9:30 - 10:00 am	\$45	232-232
	Sat	10:00 - 10:30 am	\$45	232-233
Dolphins 2	Sat	9:30 - 10:00am	\$45	232-234
	Sat	10:30-11:00 am	\$45	232-235
Level 1	Sat	9:00 - 9:45 am	\$56	232-236
	Sat	10:30 - 11:15 am	\$56	232-237
Level 2	Sat	9:00 - 9:45 am	\$56	232-238
	Sat	10:30 - 11:15 am	\$56	232-239
Level 3	Sat	9:45 - 10:30 am	\$56	232-240
	Sat	10:30 - 11:15 am	\$56	232-241
Level 4/5	Sat	9:45 - 10:30 am	\$56	232-242

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. (No class 11/8)

Dates: Tuesday/Thursday September 13-November 17th

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

Fee: \$216

Program #232-268

YOUTH SWIM PROGRAMS

Fall 2: October 22 - December 8

Mondays - 10/31-12/5 (6 classes)

Thursdays - 10/27-12/8 (no class 11/24) (6 classes)

Saturdays - 10/22-12/3 (no class 11/26) (6 classes)

**For full swim lesson descriptions, please visit <http://www.capecommunityservices.org>

**REGISTRATION FOR FALL 2 SESSION
OPENS TUESDAY OCTOBER 11TH**

Level	Day	Time	Fee	Program #
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	232-243
Barnacles 1	Sat	9:00 - 9:30 am	\$45	232-244
Barnacles 2	Sat	9:30 - 10:00 am	\$45	232-245
Turtles	Sat	10:00 - 10:30 am	\$45	232-246
Ducklings 1	Mon	11:00-11:30 am	\$45	232-247
	Thurs	10:30 – 11:00 am	\$45	232-248
	Sat	9:00 - 9:30 am	\$45	232-249
	Sat	10:00 - 10:30 am	\$45	232-250
Ducklings 2	Mon	10:30 - 11:00 am	\$45	232-251
	Thurs	11:00 - 11:30 am	\$45	232-252
	Sat	9:00 - 9:30 am	\$45	232-253
	Sat	10:30 - 11:00 am	\$45	232-254
Dolphins 1	Mon	10:00 - 10:30 am	\$45	232-255
	Thurs	11:30 am – 12:00 pm	\$45	232-256
	Sat	9:30- 10:00 am	\$45	232-257
	Sat	10:00 - 10:30 am	\$45	232-258
Dolphins 2	Sat	9:30 - 10:00am	\$45	232-259
	Sat	10:30-10:30 am	\$45	232-260
Level 1	Sat	9:00 - 9:45 am	\$56	232-261
	Sat	10:30 - 11:15 am	\$56	232-262
Level 2	Sat	9:00 - 9:45 am	\$56	232-263
	Sat	10:30 - 11:15 am	\$56	232-264
Level 3	Sat	9:45 - 10:30 am	\$56	232-265
	Sat	10:30 - 11:15 am	\$56	232-266
Level 4/5	Sat	9:45 - 10:30 am	\$56	232-267

SPLASH PARTIES/ POOL RENTALS

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

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

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

\$ 110 - Pool & Whirlpool (max 40)

\$ 75 – Café Rental (1 hr)

OPTIONS AVAILABLE

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

Sundays: 1:15 – 2:15 pm

Café immediately following pool rental



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 7

Time: 9:00 – 10:00 am

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

Location: Robinson Woods Lot

Instructor: Lisa Gent

Program # 232-300

SPINNING SPROUTS (Ages: 3-5 years)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention.

Time: 2:00 - 2:45 pm

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Session 1

Dates: Mondays, 9/12 - 10/31 (no class 10/10)

Fee: \$100

Program # 232-301

Session 2

Dates: Mondays, 11/7 - 12/12 (11/7 class 2:15 - 3:00)

Fee: \$86

Program # 232-302



LITTLE SAMURAI (Ages: 3-5 years)

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, 9/14 - 10/26

Program # 232-303

Session 2

Dates: Wednesdays, 11/2 - 12/21 (no class 11/23)

Program # 232-304

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

Instructor: Dragon Fire Martial Arts.

Session 1

Dates: Monday/Wednesday, 9/12 - 10/31 (No Class 10/10)

Fee: \$200

Grades K - 2

Time: 3:05 - 4:05 pm

Program # 232-305

Grades 3 - 8

Time: 4:05 - 5:05 pm

Program # 232-306

Session 2

Dates: Monday/Wednesday, 11/2 - 12/19 (No Class 11/23)

Fee: \$186

Grades K - 2

Time: 3:05 - 4:05 pm

Program # 232-307

Grades 3 - 8

Time: 4:05 - 5:05 pm

Program # 232-308

YOUTH PROGRAMS

LYRICAL BALLET (Gr: K-5)

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

GRADES: K - 2

SESSION 1:

Dates: Wednesdays, 9/14 - 10/26

Fee: \$100

Program # 232-309

SESSION 2:

Dates: Wednesdays, 11/2 - 12/14 (no class 11/23)

Fee: \$86

Program # 232-310

GRADES: 3 - 5

SESSION 1:

Dates: Mondays, 9/12 - 10/31 (no class 10/10)

Fee: \$100

Program # 232-311

SESSION 2:

Dates: Mondays, 11/7 - 12/12

Fee: \$86

Program # 232-312



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

Time: 3:05 - 4:05

Location: Pond Cove Gym

SESSION 1:

Dates: Tuesdays, 9/13 - 10/25

Fee: \$100

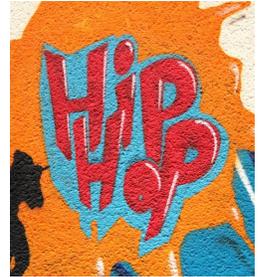
Program # 232-313

SESSION 2:

Dates: Tuesdays, 11/1 - 12/13 (no class 11/8)

Fee: \$86

Program # 232-314



GRADES: 3 - 4

Time: 4:05 - 5:05

Location: Pond Cove Gym

SESSION 1:

Dates: Tuesdays, 9/13 - 10/25

Fee: \$100

Program # 232-315

SESSION 2:

Dates: Tuesdays, 11/1 - 12/13 (no class 11/8)

Fee: \$86

Program # 232-316

GRADES: 5 - 8

Time: 4:05 - 5:05

Location: Community Center Activity Room

SESSION 1:

Dates: Mondays, 9/12 - 10/31 (no class 10/10)

Fee: \$100

Program # 232-317

SESSION 2:

Dates: Mondays, 11/7 - 12/12

Fee: \$86

Program # 232-318

YOUTH PROGRAMS

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.

Location: HS Cafeteria

Fee: \$180

Instructor: Barry Brinker

GRADES: K - 2

Dates: Mondays, 9/12 - 12/12 (no class 10/10, 10/17)

Time: 3:05 - 4:30 pm *

Program # 232-319

* 11/7 half day school time 12:05 - 1:30

GRADES: 3 - 4

Dates: Thursdays, 9/15 - 12/15 (no class 10/20, 11/24)

Time: 3:05 - 4:45

Program # 232-320

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

Join us as we explore all the great things found in or on the ocean! Weekly builds may include a submarine, a shark and a scuba diver. 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!

Date: Tuesdays 9/13 - 10/18

Time: 3:05 - 4:05 pm

Location: Community Center Community Room

Instructor: Lisa Judd

Fee: \$108

Program # 232-321



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.

Fee: \$108

Location: Pond Cove Gym

Instructor: Stillson Irish Dance



SESSION 1

Dates: Fridays, 9/9 - 10/21 (no class 10/7)

Beginners: GR. K - 4

Time: 3:05 - 4:05 pm

Program # 232-322

Advanced: GR. 3 - 8

Time: 4:05 - 5:05 pm

Program # 232-323

SESSION 2

Dates: Fridays, 10/28 - 12/16 (no class 11/11, 11/25)

Beginners: GR. K - 4

Time: 3:05 - 4:05 pm

Program # 232-324

Advanced: GR. 3 - 8

Time: 4:05 - 5:05 pm

Program # 232-325

BRICK BY BRICK MAINE: LEGO THREE-IN-ONE! (Gr: K-3)

Join us for this class where we will build 3 different Lego creations each week! Test your driving skills as you take the sleek Blue Racer out for a spin! Weave through traffic cones at high speeds to see who can cross the finish line first! Then rebuild it into a snow plow AND a dune buggy. Each week our builds will include the option to rebuild into other Lego creations. 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!

Date: Tuesdays 11/1 - 12/13 (no class 11/8)

Time: 3:05 - 4:05 pm

Location: Community Center Community Room

Fee: \$108

Program # 232-326

YOUTH PROGRAMS

FORENSIC FUN (Gr: K-2)

Calling all detectives for this fun exploration of forensic science! We will investigate crime scenes, test mystery powders, get a close-up on teeth prints and fingerprints, extract DNA and so much more!

Date: Mondays, 9/19 - 10/24 (No class 10/10)

Time: 3:05 - 4:05 pm

Fee: \$95

Location: Pond Cove Health Room

Instructor: High Touch High Tech

Program # 232-327



PALEONTOLOGY ADVENTURES (Gr: K-2)

Dig deep as we explore all things paleontology! Learn and use different tools, model how dinosaurs got extinct and discover how paleontologists know so much about them. Examine fossils, make your own to keep and many more paleontological adventures.

Date: Mondays, 11/7 - 12/12*

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Pond Cove Health Room

Instructor: High Touch High Tech

Program # 232-328

* 11/7 half day school time 12:05 - 1:05

ENGINEERING MANIA (Gr: K-4)

Do you have an excessive enthusiasm for science? Or as we call it, "Mad Science Maine-ia"! Let's nourish that enthusiasm and upkeep that curiosity through exciting exploration into the many exciting aspects of Engineering! Become a junior architect and engineer by building model bridges and arches. Discover how airplanes defy gravity as you make a rotor kite twist and an airship twirl. Create a large child-operated pulley system and build a rubber band dragster. Make chemical engineering come to life as you mix up a few reactive ingredients for some sensational results. Get hands-on with rocket propulsion and blast off rockets across the room. Explore the role of magnetism in our everyday lives with swinging compasses and motorized devices. Put the "loco" in motion and explore Newton's laws with crash test dummies and rubber band propelled rockets. Imagine, build, design, and have a scientific blast as we channel your excessive enthusiasm in this exciting introduction into the world of Engineering!

Classes: Super Structures, Rocket Science, Mad Machines, Junior Reactors, Space Travel, Moving Motion, Magnetic Magic, & Fantastic Flyer

Dates: Thursdays, 10/13 - 12/8 (No class 11/24)

Time: 3:05 pm - 4:05 pm

Instructor: Mad Science Staff

CHEMISTRY MADNESS (Gr: 3-4)

Become a chemist and mix up some CHEMystery! Explore the water cycle, test how fast things flow, model structure of atoms, mix polymers, combine crazy chemical concoctions and more!

Date: Tuesdays, 9/20 - 10/25

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Pond Cove Health Room

Instructor: High Touch High Tech

Program # 232-329

BIOLOGY BRAINIACS (Gr: 3-4)

Become a Biology Brainiac as we explore the world of biology! Get your brain buzzing and take an up-close look at your eyes. Learn about your bones, dig deep through layers of skin and organs, get a microscopic view of your cells, build a model of and extract DNA!

Date: Tuesdays, 11/1 - 12/13 (no class 11/8)

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Pond Cove Health Room

Instructor: High Touch High Tech

Program # 232-330



YOUTH PROGRAMS

CHESS CLUB (Gr: 1-4)

"**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 Living Room

Instructor: David Cimato

SESSION 1

Dates: Fridays, 9/9 - 10/21 (No Class 10/7)

Fee: \$72

Time: 3:05 - 4:05 pm

Program # 232-332

Time: 4:05 - 5:05 pm

Program # 232-333

SESSION 2

Dates: Fridays, 10/28 - 12/16 (No Class 11/4, 11/11, 11/25)

Fee: \$60

Time: 3:05 - 4:05 pm

Program # 232-334

Time: 4:05 - 5:05 pm

Program # 232-335

INTERMEDIATE CHESS (Gr: 5-8)

In Intermediate Chess, you will expand your knowledge of tactics and strategies in the game of chess. Starting with opening goals, you will learn tactical motifs and strategies to employ through a chess game, as well as ideas to use when evaluating a board position.

This course helps develop your concentration, logic, decision-making, planning, and self-discipline, and is designed for students with sound knowledge of the rules of chess and some knowledge of basic tactical and strategic ideas.

Time: 3:30 - 4:30 pm

Fee: \$72

Location: Community Center Living Room

Instructor: David Cimato

SESSION 1

Dates: Mondays, 9/12 - 10/24 (No class 10/10)

Program # 232-336

SESSION 2

Dates: Mondays, 10/31 - 12/5

Program # 232-337



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

Location: CS Community Center

Instructor: Tim O'Carroll

SESSION

Session 1: 9/12 - 9/29

Session 2: 10/17 - 11/3

Session 3: 11/28 - 12/15

PROGRAM

232-338

232-339

232-340

WANT TO SIT ON THE BENCH DURING WARM - UPS?

Be one of the first 30 to reserve your center ice seat for this opportunity.



CAPE ELIZABETH COMMUNITY NIGHT

Maine Mariners vs. Trois-Rivieres

Friday, December 9th

7:15 pm

Contact Pat Sullivan to reserve your seats at
207.712.7268 or

Patrick_Sullivan@comcastspectacor.com

YOUTH PROGRAMS

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: Wednesdays, 9/14 - 10/19

Program # 232-341

SESSION 2

Dates: Wednesdays, 11/2 - 12/14 (No class 11/23)

Program # 232-342

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, 10/15

Program # 232-343

SESSION 2

Dates: Saturday, 12/10

Program # 232-344

BEGINNER & INTERMEDIATE SEWING

(Gr: 3-6)

Learn the basics of the timeless craft of sewing and create your own projects! Advanced beginners will build on their skills. All materials will be provided in class.

Time: 3:05 - 5:05 pm

Fee: \$100

Location: Community Center Living Room

Instructor: Jeanette Guglielmetti

SESSION 1:

Dates: Wednesdays, 9/14 - 10/19

Program # 232-345

SESSION 2

Dates: Wednesdays, 11/2 - 12/14 (No class 11/23)

Program # 232-346

COOKING 101 (Gr: 2 - 5)

Does your child spend their free time pulling ingredients out of the pantry? Do they beg to watch Chopped Jr., and try to make all the recipes on their own? Then come cook with Fun Chefs! Each week we will have a lesson in culinary arts along with lessons in nutrition, sanitation, culinary math and culinary geography.

Time: 3:05 - 4:05 pm

Fee: \$125

Location: Community Center Community Room

Instructor: Fun Chefs LLC

SESSION 1:

Dates: Wednesdays, 9/14 - 10/19

Program # 232-347

SESSION 2:

Dates: Wednesdays, 11/2 - 12/14 (No class 11/23)

Program # 232-348



YOUTH PROGRAMS

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!

The "all league meet" will be held on Saturday, October 15th.

Dates: Mon/Wed, 9/12 - 10/12 (No Class 10/10)

Time: 3:00 - 4:00 pm

Fee: \$54

Instructor: Laura Foure & Volunteer Coaches

Program # 232-349

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, 10/25 - 12/15 (No Class 11/8, 11/24)

Time: 2:30 - 4:00 pm

Fee: \$126

Location: Middle School, Gymnasium Lobby

Instructors: Chris Drake

Program # 232-379

HIKE CLUB (Gr: 3-4)

Join us for fresh air and outdoor exercise! Enjoy the beauty of our hometown hiking sections of the Land Trust and Green Belt Trails. Each hike will be roughly two miles covering different terrain and habitats. Bring a snack, water bottle and good walking shoes (possibly boots). Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week at 5:00 pm.

Dates: Thursdays, 9/15 - 10/6

Time: 3:00 - 5:00 pm

Fee: \$48

Location: Pond Cove, Lobby

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

Program # 232-350

SKATEBOARDING 101 (Gr: 3-6)

Calling all young groms! Learn the basics of riding a skateboard, safety, and etiquette. If you already skate, we will get your tricks and ability to the next level. We teach how to properly ride, board handling, as well as tricks in various disciplines like park, street, and freestyle. Our Skate Coaches have a passion for skating and are ready to get you rolling. Leave each session with new tricks! New England Skateboarding Association will bring some portable skateboarding obstacles like small ramps, rails, and boxes for you to practice your skills on. Let's roll.....See you out there!

Skaters should bring their own board, helmet and safety pads. A limited number of loaners are available.

Day: Wednesday

Time: 3:00 - 5:00 pm

Fee: \$50 / Session

Location: Community Center Rear Parking Lot

Instructor: Maine Skateboarding Association Coaches

Date	Program #
September 14	232-373
September 21	232-374
September 28	232-375
October 5	232-376
October 12	232-377
October 19	232-378



YOUTH PROGRAMS

WEEKEND 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".

Grades 7 and 8 will be a "30/30" format with 30 minutes of skills and drills and 30 minutes of match play!

Fee: \$90

Location: High School Tennis Courts

Instructor: Niamh Colpitts, PTR/USPTA Certified

Session 1 - OUTDOOR

Dates: Saturdays, 9/10 – 10/22 (No Class 10/8)

Grade	Time	Program #
Grade: 1 - 3	9:00-10:00 am	232-351
Grade: 4 - 6	10:00-11:00 am	232-352
Grade: 7 - 8	11:00 am-12:00 pm	232-353

Session 2 - INDOOR

Dates: Sundays, 11/6 – 12/18 (No Class 11/27)

Grade	Time	Program #
Grade: 1 - 3	9:00-10:00 am	232-354
Grade: 4 - 6	10:00-11:00 am	232-355
Grade: 7 - 8	11:00 am-12:00 pm	232-356

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, 9/10 - 10/15 (no class 10/8)

Fee: \$70

Time: 9:00 - 10:00 am

Instructor: Varsity Coach Sarah Boeckel & Varsity Players

Program #: 232-357



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, 9/11 - 10/23 (No class 9/25)

Location: High School Tennis Courts

Age	Time	Program #
4 - 5	9:00-10:00 am	232-358
6 - 7	10:00-11:00 am	232-359
8 - 12	11:00 am-12:00 pm	232-360

DATES: Tuesdays, 9/13 - 10/18

Location: Fort Williams Tennis Courts

Age	Time	Program #
4 - 5	4:45-5:45 pm	232-361



FALL AFTERNOON BEGINNER TENNIS

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: 9/13 - 10/20

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	232-362
Gr. 1 - 2	Thursdays, 3:45 4:30 pm	232-363
Gr. 3 - 4	Thursdays, 4:45-5:30 pm	232-364

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, 9/11 - 10/16 (no class 10/9)

Time: 9:00 - 11:00 am (Time may vary)

Fee: \$100

Instructor: HS Coach and players

Time: 9:00 - 11:00 am

Program #: 232-365



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, 9/13 - 10/18 (No Class 10/11)

Fee: \$70

Time: 3:05 - 4:05 pm

Program: 232-366

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, 9/10 - 10/15 (no class 10/8)

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 # 232-367

Program # 232-368

Kinder Capers (K)

Time: 11:30 am-12:15 pm

Program # 232-369

Boys Capers (Gr: 1-2)

Time: 8:00 - 9:00 am

Program # 232-370

Girls Capers (Gr: 1-2)

Time: 9:00 - 10:00 am

Program #: 232-371

Co-Ed Capers (Gr: 3 - 6)

Time: 9:00 - 10:00 am

Program # 232-372



YOUTH PROGRAMS

CAPE YOUTH BASKETBALL (AGE 4 - 6TH GR.)

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, 1/8 – 2/5

Time: 9:00 - 10:00 am

Fee: \$70

Location: High School Gym

Instructor: Parent volunteers needed

Program # 233-300

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, 1/8 – 2/5

Fee: \$70

Location: High School Gym

Boys:

Time: 10:00 - 11:15 am

Program #: 233-301

Girls:

Time: 11:15am - 12:30pm

Program #: 233-302

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, 12/3 – 2/4 (No Class 12/24, 12/31)

Fee: \$100

Location: High School Gym

NOTE: If you are in 5th/6th grade and signing up for travel basketball below, this program will be discounted to a fee of \$60.

GIRLS		
Grade	Time	Program #
3/4	8:00 am - 9:15 pm	233-305
5/6	9:15 - 10:30 pm	233-306

BOYS		
Grade	Time	Program #
3/4	10:30 - 11:45 am	233-303
5/6	11:45 - 1:00 pm	233-304

TRAVEL BASKETBALL



5TH & 6TH GRADE BOYS & GIRLS

Cape Elizabeth Community Services will participate in a 5th and 6th grade boys and girls competitive travel league which includes teams from surrounding communities. Travel team assessments, if necessary, will be held in November, times and dates TBD. Weekend games will begin in December. Teams will have one or two practices per week and one or two weekend games. Fee includes travel league fee, practice t-shirt, and NEW uniforms (participants keep) for this year.

Dates/Time: TBD

Fee: \$200

BOYS	
Grade	Program #
5	233-307
6	233-308

GIRLS	
Grade	Program #
5	233-309
6	233-310

RICHARDS COMMUNITY POOL & FITNESS CENTER

FITNESS CENTER SCHEDULE

August 23—December 20

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

Friday 5:30 am - 7:00 pm

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

Detailed pool schedule on back cover

POOL & FITNESS CENTER WALK-IN FEES

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

MEMBERSHIP RATES

Memberships may be purchased at Community Services or at the Fitness Center during regular business hours.

*Children age 13 and under may not use the facilities at the Fitness Center.

	MONTHLY Pool/Fitness/Combo	QUARTERLY Pool/Fitness/Combo	ANNUALLY Pool/Fitness/Combo
Individual	\$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

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

SPLASH POOL PARTIES - Starting Saturday, September 10th!!

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

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

\$ 110 - Pool & whirlpool (max 40)

\$ 75 - Cafe Rental (1 hr)

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



OPTIONS AVAILABLE

Saturdays: 2:45 – 3:45 pm

3:45 –4:45 pm

Sundays: 1:15—2:15 pm

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

Cape Elizabeth Town Hall
320 Ocean House Road

Postal Customer

Cape Elizabeth, ME 04107

RICHARDS COMMUNITY POOL SCHEDULE

AUGUST 22 - NOVEMBER 20

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F _____ 6:45 am - 7:55 am
Tu, Th _____ 5:30 am - 9:00 am
M thru F _____ 10:00 am - 2:30 pm
M thru F _____ 5:30 pm - 7:00 pm
Saturdays _____ 11:30 am - 1:15 pm
Sundays _____ 6:00 am - 12:00 pm
Sundays _____ 3:30 pm - 5:30 pm

SENIOR SWIMS

(Adults 62 years old & older)

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

OPEN SWIMS

(Children 10 & under must be with an adult)

Tu, F _____ 10:00 am - 11:30 am
Friday _____ 5:30 pm—7:00 pm
Saturdays _____ 1:30 pm-2:30 pm *
Saturdays _____ 5:00 pm-6:00 pm
Sundays _____ 12:00 pm -1:00 pm
Sundays _____ 2:15 pm-3:15 pm *

* with inflatable

NOVEMBER 21- DECEMBER 20

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F _____ 6:45 am - 7:55 am
Tu, Th _____ 5:30 am - 9:00 am
M thru F _____ 10:00 am - 2:30 pm
M - Th _____ 5:30 pm-6:30 pm
Saturdays _____ 11:30 am - 1:15 pm
Sundays _____ 6:00 am - 12:00 pm
Sundays _____ 3:30 pm - 5:30 pm

SENIOR SWIMS

(Adults 62 years old & older)

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

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



capecommunityservices.org