

CAPE EXPLORER

SPRING/SUMMER 2023



CAPE COMMUNITY SERVICES

OUR MISSION

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

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

CONTACT US

OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107

DIRECTIONS

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

CALL 207-799-2868
FAX 207-799-1841
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 4/17, 5/29, 6/19, 7/4, 8/17, 9/4

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
- Bethany Blake, Youth Program Assistant
Bethany.Blake@capeelizabeth.org
- Kelly Phinney, Cape Care Coordinator
Kelly.Phinney@capeelizabeth.org
- Linda Strunk, Adult Program Coordinator
Linda.Strunk@capeelizabeth.org
- Andrew Kemp, Pool & Fitness Center Supervisor
Andrew.Kemp@capeelizabeth.org
- Chris Cutter, Ft. Williams Park Coordinator
Christian.Cutter@capeelizabeth.org

COMMUNITY SERVICES COMMITTEE

Andrea Ernst
Jonathan Mortimer
Jill Palmore
Terri Patterson
Tara Simopoulos
Christine Syska

MEDIA POLICY

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

ACCESSIBILITY

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

COVER PHOTO: Sounds by the Sea 2021/2022 performers Connor Garvey, The Earthtones, Travis Humphrey and Maine Marimba Ensemble.



REGISTRATION INFORMATION

**SPRING/SUMMER PROGRAM
REGISTRATION OPENS
ONLINE FOR RESIDENTS
SUNDAY, MARCH 26th 8:00 pm
(non-residents Friday, March 31 8:00 am)**

TO REGISTER

Visit 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, March 27th for Spring Programs/ Monday, April 3rd for Summer Camps at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins Friday, March 31st for Spring/ Friday, April 7th for Summer Camps. 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.



***YOUTH SUMMER CAMPS*
REGISTRATION OPENS
ONLINE FOR RESIDENTS
SUNDAY, APRIL 2nd 8:00 pm
(non-residents Friday, April 7th 8:00 am)**

New this year, all specialty and recreation camp registration will open a week after our youth afterschool spring programs.

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.

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 5/29, 6/19, 8/14, 8/16, 8/18, 9/4)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi/ Joanie Frustaci



Date	Classes	Fee	Program #
5/1-6/2	14	\$112	234-100
6/5-7/14	17	\$136	241-100
7/24-9/8	17	\$136	241-101

LUNCHTIME FITNESS FUSION

Come join Liz at lunch 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 Hannaford Corp office in Scarborough. Drop ins-welcome \$10

Days: Tues/Thurs 4/25-6/15

Time: 11:30-12:30 pm

Location: CS Activity Room

Fee: \$144

Instructor: Liz Beausang

Program # 234-101

ZUMBA – *NEW FOR SUMMER!*

Have fun, burn calories, and dance your way to fitness with Zumba.

Using Latin inspired rhythms, along with Pop songs and Oldies, you will master easy dance steps to obtain a full body workout. Relieve your stress, improve your coordination, and enjoy yourself while getting your cardio done. No experience necessary/Drop-ins welcome \$12.



Days: Tuesday/Thursdays (no class 7/4)

Time: 9:00—10:00 am

Location: CECS Activity Room

Instructor: Patricia Marett

Date	Classes	Fee	Program #
6/13-7/20	11	\$110	241-102
7/25-8/31	12	\$120	241-103

STEP AEROBICS

Join us for 45 minutes of aerobic exercise. We alternate our classes: one week with steps (which anyone can do on the floor) and the next is aerobics without the step.

Drop-ins welcome \$10

Days: Mondays, 5/1- 6/12 (no class 5/29)

Time: 8:00-8:50 am

Location: CECS Activity Room

Fee: \$48

Instructor: Anne Cass

Program # 234-102

OULA DANCE FITNESS ©

Oula is a dance fitness format that uses easy to learn dance moves and recognizable music to help you gain confidence, process emotions, AND get a workout. If you are looking for something fun to add into your weekly routine, come dance with us! No prior experience necessary, coordination not required. Drop-ins welcome \$12

Days: Thursdays

Time: 6:00-7:00 pm

Location: CECS Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
4/27-5/25	5	\$50	234-103
6/1-6/22	4	\$40	234-104
7/6-7/27	4	\$40	241-104
8/3-8/24	4	\$40	241-105
*Summer Special July & August		\$75	241-106

NIA - *NEW*

Nia dance classes blend soul-stirring music with easy-to-follow choreography. Verbal prompts encourage you to sense your body and personalize movement for joy and to build flexibility, agility, mobility, strength and stability. Movements are infused with the power and precision of the martial arts; expression and fun of the dance arts; and the mindfulness of the healing arts. No prior dance experience is necessary. Athletic, baby-carrying and seated modifications can be cued. Everybody is welcome!

Days: Friday, 4/28-6/9

Time: 10:15 - 11:15 am

Location: CECS Activity Room

Fee: \$91

Instructor: Fae Spath

Program # 234-105



HEALTH, WELLNESS AND ENRICHMENT

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 jointeffort-training@gmail.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 7/5, 7/7)

Location: Fitness Center

Time: 8:45-9:45 am

Instructor: Susan Janosik

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program #</u>
4/26-6/9	16	\$126	234-106
6/28-8/18	14	\$126	241-107

COED WEIGHTS - SPRING

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 4/25-6/15

Time: 5:15-6:15 pm

Location: Fitness Center

Fee: \$144

Instructor: Susan Janosik

Program # 234-107

CARDIO STRENGTH INTERVAL TRAINING - SPRING

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 4/25-6/15

Time: 6:15-7:15 pm

Location: Spin Room/outdoors

Fee: \$144

Instructor: Susan Janosik

Program # 234-108

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.

Days: Mon/Wed/Fri 4/24-5/19

Time: 5:30-6:30 am

Location: MS Gym

Fee: \$108

Instructor: Susan Janosik

Program # 234-109

CO-ED WEIGHTS/CSI TRAINING -SUMMER

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights. Core stability through functional training and balance are incorporated into your workouts..

Days: Tues/Thurs 6/27-8/17 (no class 7/4, 7/6)

Time: 6:00 pm – 7:00 pm

Location: CS Spin Room

Fee: \$126

Instructor: Susan Janosik

Program # 241-108

OUTDOOR ESSENTRICS® AT THE FORT

TUESDAYS & THURSDAYS

MAY 23th-AUGUST 24th

9:00-10:00 am

Join Sarah MacColl at the flagpole at the Fort. If weather is uncooperative, class will be cancelled by 8 am.

(no class 7/4)

No registration required

\$10 drop in fee per class.

Please bring a mat.

HEALTH, WELLNESS AND ENRICHMENT

JETTI FIT WALKING

Transform Your Walk Into a Fun, Full-Body Workout! Learn from Susan how to power up your walking as she guides you through using Jeti Poles to transform your body. Increase cardiovascular fitness, bone density, and boost muscle strength and endurance while building community in a group setting. Reach out to Susan with any questions at 939-2255

or susan@jointefforttraining.com.

Date: Mondays 5/1-6/12 (no class 5/29)

Time: 4:00 - 5:00 pm

Location: meet in CECS parking lot

Instructor: Susan Janosik

Fee: \$72

Program # 234-110

Date: Wednesdays 5/3-6/14

Time: 10:00 - 11:00 am

Fee: \$84

Program # 234-111



TAI CHI

Tai Chi is an ancient Chinese art that when practiced regularly generate greater range of motion (ROM), strength, and coordination, all of which enhance stability. We will also use these practices to explore proper body mechanics and energy flow for more efficient and effortless movement. 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

Date: Tuesdays, 4/25-5/30

Time: 1:15-2:30 pm

Location: CS Activity Room

Fee: \$60

Instructor: Stephanie Carlson

Program # 234-113

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, 4/27-6/1

Time: 10:15-11:15 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Fee: \$60

Program # 234-114

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: Tuesdays 5/23-6/27

Time: 7:00-8:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Fee: \$144 per couple

Program # 234-112



HEALTH, WELLNESS AND ENRICHMENT

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 4/25-6/13

Time: 10:15-11:15 am

Location: CECS Activity Room

Fee: \$80

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 234-115

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 and/or Wednesdays

Time: 6:00-7:15pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
Mon 5/1-5/22	4	\$44	234-120
Wed 5/3-5/24	4	\$44	234-121
Mon 6/5-6/26	4	\$44	234-122
Wed 6/7-6/28	4	\$44	234-123
Mon 7/10-7/31	4	\$44	241-113
Wed 7/12-8/2	4	\$44	241-114
Mon 8/7-8/21	3	\$33	241-115
Wed 8/9-8/23	3	\$33	241-116

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 and/or Wednesdays

Time: 10:15-11:30 am

Location: CS Activity Room (May)/ Fort Williams Park

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
Mon 5/1-5/22	4	\$44	234-116
Wed 5/3-5/24	4	\$44	234-117
Mon 6/5-6/26	4	\$44	234-118
Wed 6/7-6/28	4	\$44	234-119
Mon 7/10-7/31	4	\$44	241-109
Wed 7/12-8/2	4	\$44	241-110
Mon 8/7-8/21	3	\$33	241-111
Wed 8/9-8/23	3	\$33	241-112

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: Wednesdays through 5/17 (no session 4/19)

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$5 pay at the door

Location: HS Gym

Supervisor: Bob Wooten

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 as we get ready for spring. Drop ins welcome \$6

Date: Sunday 3/26 - 5/14 (no session 4/9) * registration opens 3/22 8am for residents, 3/25 8am for non-residents)

Time: 6:30-8:00 pm

Fee: \$42

Location: HS Gymnasium

Instructor: David Peary & David Croft

Program # 234-124



HEALTH, WELLNESS AND ENRICHMENT

ADULT OUTDOOR TENNIS (BEGINNER)

Classes will focus on learning the fundamentals of tennis strokes/grips and footwork. Players will learn the basics and how to rally and keep score. Classes will be held in a low pressure environment - no prior experience needed.

Date: Saturday 5/6-6/17 (no class 5/27)

Time: 8:00-9:00 am

Location: HS Tennis Courts

Fee: \$90

Instructor: Niamh Colpitts, PRT
Certified/USPTA Member

Program # 234-125



SUMMER TENNIS MATCHPLAY (Adults 18+) ALL LEVELS WELCOME

First 30 minutes consist of warmups, skills, drills and developing strategy for matchplay. Next 60 minutes players will play singles and/or doubles matches using proper scoring with players of similar playing ability. This is a fun, low pressure environment. Please bring tennis racket, tennis shoes, WATER and good energy!

Time: 6:00—7:30 pm

Location: HS Tennis Courts

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Date	Classes	Fee	Program #
6/21-7/26	6	\$150	241-117
8/2-8/23	4	\$100	241-118



INDOOR LEARN TO PLAY PICKLEBALL - BEGINNER

Pickleball is a fun and addictive game that is played on a badminton-sized court. It combines many elements of tennis, badminton, and ping-pong. Come learn the basic skills indoors to be ready for a pickleball spring/summer!

Dates: Sundays, 4/30-5/21

Time: 9:00 –10:00 am

Fee: \$40

Location: MS Gym

Instructor: Roger Rioux

Program # 234-126

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: Mondays & Wednesdays, 6/5-6/21

Time: 5:30–7:00 pm

Fee: \$60

Location: Fort Williams Pickleball Courts

Instructor: Roger Rioux

Program # 234-127

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 5/2-6/22 (no class 5/23, 5/25)

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

Fee: \$140

Location: Fort Williams Pickleball Courts (rain 6/27, 6/29)

Instructor: Glenn Jordan, four time Atlantic Regional gold medalist, 2018 U.S. Nationals Silver Medalist and 2022 U.S. National Gold Medalist

Program # for Advanced Beginner 234-128
for Intermediate 234-129

HEALTH, WELLNESS AND ENRICHMENT

LIGHTHOUSE MASTERS

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

Days: Mon/Wed/Fri 4/24-6/16 (no class 5/29)

Time: 5:30-6:45 am

Location: Richards Community Pool

Instructor: Todd Larlee

Fee: \$230

Program # 234-200



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

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
4/25-6/8	14	\$154	234-201
6/20-7/27	11	\$121	241-200

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 5/29, 9/4)

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Patty Medina

Date	Classes	Fee	Program #
5/1-5/31	13	\$85	234-202
6/2-6/30	13	\$85	234-203
7/3-8/4	15	\$98	241-201
8/21-9/29	17	\$111	241-202

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/Register, search under [Pace Race Chase in ActiveNet](#).

Location: Richards Community Pool

Instructor: Kirsten Read

Level/Dates	Time	Fee	Program #
PRC-A Sun 4/23-5/21	10-11am	\$75	234-204
PRC-E&B Sun 4/23-5/21	11-12pm	\$75	234-205
PRC-A&E Tues 4/25-5/30	1-2 pm	\$90	234-206
PRC-A&E Fri 4/28-5/26	11:30-12:30	\$75	234-207
PRC-A&E Tues 6/6-6/27	1-2 pm	\$60	234-208
PRC-A&E Fri 6/2-6/30	11:30-12:30	\$75	234-209
PRC-A&E Tues 7/11-8/1	1-2 pm	\$60	241-203
PRC-A&E Fri 7/7-8/4	11:30-12:30	\$75	241-204



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 4/29-6/10 (No class 5/27)

Time: 8:00-8:45 am

Location: Richards Community Pool

Fee: \$60

Program # 234-210

HEALTH, WELLNESS AND ENRICHMENT

SPRING ACRYLLIC WORKSHOP

Come join us for another painting workshop! In this class you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. At your own pace you will learn how to paint still lifes using acrylic paint in a relaxed and welcoming environment. This class 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 understanding and appreciation for the medium of acrylic painting. Brooke is a printmaker and painter and graduate of Massachusetts College of Art and Design. Her work is shown widely in New England, in New York, and beyond. Her work can be seen at www.brookelambertartist.com.

Date: Saturday 4/8

Time: 2:00-4:00 PM

Fee: \$75

Location: CECS Community Room

Instructor: Brooke Lambert

Program # 234-130



KNIFE AND TOOL SHARPENING

Learn how to sharpen knives, axes, pruners, scissors, and other blade tools. Bring your own dull tools that need to be touched up, or come to practice sharpening some of our tools. We'll cover the basic theory behind sharpening edge tools and practice using a variety of sharpening stones.

Date: Wednesday, 4/19

Time: 6:00-8:00 PM

Fee: \$35

Location: CECS Community Room

Instructor: Zack Rouda, Rewild Maine

Program # 234-132

**BACK BY
POPULAR
DEMAND!**

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 4/5-6/14 (no class 4/19)

Time: 6:00 - 9:00 pm

Fee: \$110

Location: HS Wood Shop

Instructor: John

Fabish

Program # 234-133



ZOOM APPLE COMPUTER SERIES

Bern Shanfield, a local Mac enthusiast and owner of Mac Help Now, is offering 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 starting 4/19 running through fall '23

Time: 10:00 - 11:00 am

Fee: FREE/Registration Required to receive zoom link

Instructor: Bern Shanfield. Owner- Mac Help Now

Program # 234-134

ENERGY ART ****NEW****

Would you like to express ideas or emotions, but words are not your 'go-to' tool? Welcome to Energy Art, the visual equivalent of journaling. Using pastels and paper, you will express ideas or release emotional baggage to help you gain clarity around the issues, people or projects. Energy Art is easy-to-learn and requires no previous art experience. This workshop focuses on fun, self discovery and creativity!

Date: Tuesdays, 5/9 and 5/16

Time: 10:00 -11:00 am

Fee: \$50

Location: CECS Community Room

Instructor: Susan Tompkins, CTACC

Program # 234-131

HEALTH, WELLNESS AND ENRICHMENT

PERSONAL SAFETY/SELF DEFENSE FOR COLLEGE BOUND WOMEN

In America there are 31 million crimes committed every day, that is one every second. Every five minutes there is a rape, every 2-5 minutes there is a sexual assault and, every 9 seconds a woman is assaulted by a man. According to the Department of Justice between 20% and 25% of women will experience a completed and/or attempted rape during their college career. What have you done to prepare yourself or your daughter for this very real threat? This class was created to help young females prepare themselves for exactly these types of threats not only in a college setting, but anywhere. Students will be taught to listen to their intuition in order to help identify and avoid obvious threats to their safety. If the threat is unavoidable, the students will be taught some very basic and retainable self-defense moves to help them escape. The class is ideal for mothers and daughters to take together, as it starts a dialogue that needs to happen.. The class is part lecture/part defensive moves/escapes. All proceeds to support Project Graduation.

Date: Tuesday, May 9th

Time: 6:00 – 7:30 pm

Fee: \$20

Location: CECS Activity Room

Instructor: Chief Paul Fenton, Cape Elizabeth Police Department

Program # 234-135

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: Monday 5/1 and Wednesday 5/3

Time: 6:00 - 8:30 pm

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

Location: CC Community Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 234-136



FIGHTING FRAUD *NEW*

Federal Trade Commission data shows consumers reported losing more than \$5.8 billion to fraud in 2021, an increase of more than 70 percent over the previous year. The FTC received fraud reports from more than 2.8 million consumers last year, with the most commonly reported category once again being imposter scams, followed by online shopping scams. Advances in technology and social media have allowed scammers to take advantage of you from thousands of miles away.

Many of us have fallen victim to a scam either knowingly or unknowingly. In 2022, the Cape Elizabeth Police Department had a record number of scams reported to us from people of all ages. Join Cape Elizabeth Police Detective Ben Davis as he reviews the most common ways scammers are attempting to target your identity and financial accounts. Participants will also learn techniques that can be implemented to help protect yourself from being a victim of fraud. All proceeds to support Project Graduation.

Date: Wednesday, 4/26

Time: 6:00 – 7:30 pm

Fee: \$10

Location: CECS Community Room

Instructor: Detective Ben Davis, Cape Elizabeth Police Department

Program # 234-137

LOVE FOR ITALY !! BEGINNER ITALIAN



If you have knowledge of Italian as a beginner, or you are completely new to the language, this six week class will focus on talking and building phrases. The first part of the class will focus on grammar/words and the last 30 minutes will be more conversational. Be brave and learn on the fly with our group! If you are planning to travel to Italy in the future, this is a great chance to learn to use basic Italian words and phrases.

Date: Tuesdays. 4/4-5/9

Time: 6:00 – 7:30 pm

Fee: \$60

Location: CECS Meeting Room

Instructor: Carol Airaghi

Program # 234-138

HEALTH, WELLNESS AND ENRICHMENT

MEET THE WILDFLOWERS

Do you like to walk in the woods?

Are you drawn to the abundant and beautiful wildflowers you see? Are you curious to know what they are? Join me for a walk in Robinson Woods to meet some of these Maine native beauties. It's guaranteed your future walks will be more enriched as a result.

Date: Wednesday, May 31st (rain date 6/1)

Time: 5:30 - 7:30 pm

Fee: \$15 (discounts do not apply)

Location: Robinson Woods II & III, meet in parking lot of CE Methodist Church

Instructor: Amy Witt, Earth Walkers, LLC

Program # 234-139



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. Summer is an excellent time to learn to identify native trees by their leaves and fruits, branch, and bark patterns. Spend the early evening on one of Cape Elizabeth's beautiful Land Trust trails and meet the trees!

Date: Tuesday July 11th (rain date 7/12)

Time: 5:30 - 7:30 pm

Fee: \$15 (discounts do not apply)

Location: Runaway Farm/Meet in the first Gull Crest parking lot

Instructor: Amy Witt, Earth Walkers, LLC

Program # 241-119

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

- **MEDICINAL HERB WALK in Robinson Woods**

Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs on a walk through Robinson Woods as the plants reawaken to spring.

Thursday, May 11th 6:00-7:00 pm. \$6 per person. Program # 234-140

- **VERNAL POOLS & WILD FLOWERS in Robinson Woods**

Learn more about Capes' natural habitats and their unique flora and fauna from CELT volunteer and naturalist Tony Owens.

Tuesday, May 16th 9:00-11:00 am. \$6 per person. Program # 234-141

- **INVASIVE PLANTS NATURE WALK at Pollack Brook Preserve**

Join Mike Hanks, member of CELT's Stewardship Committee, to learn how to identify specific invasive plant species, eradication strategies, and why they pose a threat to an ecosystem.

Wednesday, June 7th 6:00-7:30 pm. \$6 per person. Program # 234-142

- **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, June 3rd Full Day Walk 8:00 am - 1:30 pm/ \$10 Program # 234-143

Half Day Walk 10:30 am - 1:30/ \$10 Program # 234-144



OUTINGS AND ENTERTAINMENT

OGUNQUIT MUSEUM OF MODERN ART

Join us for a 45-minute docent-led tour, followed by time to experience the exhibitions and collections. Afterward, we will take the ten-minute stroll along the walking path across the footbridge to Perkins Cove, where you may enjoy lunch at a restaurant of your choice. On the walk back, enjoy some of the sculpture park and gardens in the three acres surrounding the museum.

Date: Wednesday, May 17th

Time: 8:45 - 3:00 pm

Fee: \$25 (Includes Transportation and Museum Tour. Lunch on own.)

Program # 234-145

ATLANTIC SALMON RESTORATION TOUR

The University of New England Arthur P. Girard Marine Science Center and the Saco Salmon Restoration Alliance & Hatchery have partnered to support the restoration of efforts within the Saco River Watershed. Today, we will visit the hatchery, followed by a visit to the Marine Science Center to learn about the recovery and restoration efforts made by volunteers and student interns. On our way home, we will stop for a bite at The Deli & Company located on Factory Island in Saco.

Date: Tuesday, May 2

Time: 9:15 am - 2:15 pm

Fee: \$17 (Includes Transportation, Tours and \$10 donation to the Saco Salmon Restoration Alliance & Hatchery. Lunch on own.)

Program # 234-146

FOSTER'S DOWNEAST CLAMBAKE

We will travel to the charming coastal village of York Harbor, Maine to feast on an authentic Maine clambake. Foster's has been steaming up authentic Maine clambakes for over 65 years! You may substitute lobster entree with barbecue chicken or polenta with roasted vegetables and marinara. No refunds after May 31st.

Date: Wednesday, June 7

Time: 10:00 am - 3:00 pm

Fee: \$50 (Includes Transportation and Lunch)

Program # 234-147

ILLUSTRATION INSTITUTE EXHIBITS

Illustrators bring stories to life in a tangible way. Maine has a legacy of attracting authors and illustrators from the beloved Robert McCloskey, Barbara Cooney, and E.B. White to current gems; Melissa Sweet and Chris Van Dusen, Ashley Bryan, and Daniel Minter. Portland's Illustration Institute has curated two exhibits allowing us to learn about these artists and their work. Our first stop is to the Curtis Memorial Library in Brunswick to view the work of Robert McCloskey, beloved illustrator of Blueberries for Sal, Time of Wonder, and Make Way for Ducklings. Afterward, we will head to Waterville for lunch at Front & Main Restaurant located in the Lockwood Hotel. Just a short walk down the street is the newly opened Paul J. Schupf Center where we will view the 80 historic and contemporary illustrators included in The Great State of Illustration in Maine Exhibit.

Date: Wednesday, June 28

Time: 8:30 am - 3:30 pm

Fee: \$20 (Includes Transportation. Lunch on Own.)

Program # 234-148

LUNCH AT THE AIRFIELD CAFE

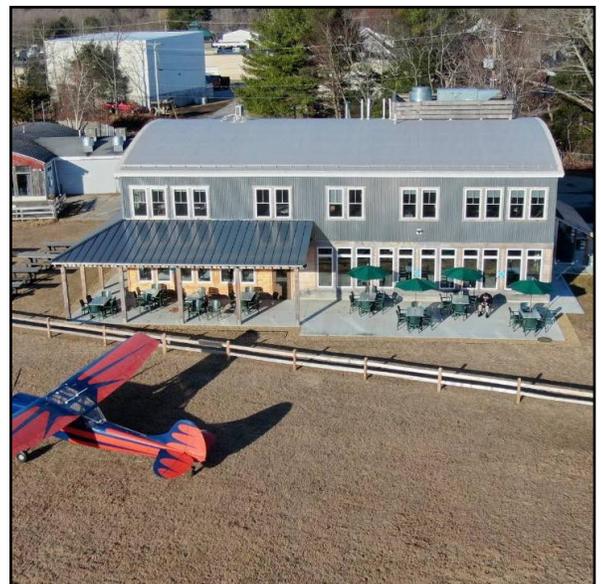
We are going to take off for The Airfield Cafe. This place takes its airplane theme to the next level, starting with its location on the airstrip in North Hampton. We can watch planes take off while we eat and enjoy the memorabilia they have collected.

Date: Friday, May 12

Time: 10:30 am - 3:00 pm

Fee: \$10 (Includes Transportation. Lunch on your Own.)

Program # 234-149



OUTINGS AND ENTERTAINMENT



WOOD ISLAND LIGHTHOUSE TOUR

Upon arrival at Vines Landing in Biddeford Pool, we will board Light Runner for a 15-minute ride across Winter Harbor to Wood Island. A volunteer from The Friends of Wood Island Lighthouse will welcome us and share what life was like for a keeper on this island station. Then we will walk the beautiful half-mile to the historic light station, tour the keeper's house, climb the tower, and explore the grounds. Pack a light snack or lunch to enjoy on the island.

Date: Wednesday, July 26

Time: 9:00 am - 1:30 pm

Fee: \$32 (Includes Transportation and Tour)

Program # 241-120

GEORGIAN ARCHITECTURE HOUSE TOURS

Sarah Orne Jewett was an American novelist and short story writer born into an old New England family in the coastal town of South Berwick, Maine. Jewett was friends with Emily Tyson and convinced her and Emily's step-daughter, Elise, to purchase the derelict Hamilton House as their summer retreat. Today, we will take a guided tour of each of these historic properties with lunch in between. Tours involve standing, walking, and stairs. No refunds after June 8th.

Date: Friday, June 23

Time: 9:00 am - 4:00 pm

Fee: \$37 pp (Includes Transportation and Guided House Tours. Lunch on Own).

Program # 234-150

DIMILLOS ON THE WATER

Enjoy lunch and spectacular views of Portland Harbor onboard Maine's only floating restaurant.

Date: Friday, August 25

Time: 11:00 am - 1:30 pm

Fee: \$5 (Includes Transportation, Lunch on own.)

Program # 241-121

STAYIN' ALIVE/THE WORLD'S #1 TRIBUTE TO THE BEE GEES

We will travel to the Daversport Yacht Club for a sit down lunch and live concert. Stayin' Alive creates a realistic sense of hearing and experiencing the Gibb brothers. The trio will perform chart busting hits like, More Than A Women, Nights on Broadway, Night Fever, Grease, and many more. Minimum 10. No refunds after May 1st.

Date: Tuesday, May 23

Time: 9:45 am - 5:30 pm

Fee: \$109 (Includes transportation, lunch and concert)

Program # 234-151

CHEBEAGUE ISLAND

We will board the ferry from Cousins Island, and in fifteen short minutes, we will arrive on beautiful Chebeague Island. As you can see, the walk from the dock to the Inn is uphill. Upon arrival, we can rest on the expansive front porch or play a lawn game until we are ready for lunch. What better way to spend a summer day than on an island in Casco Bay?

Date: Wednesday, August 9

Time: 9:00 am - 3:00 pm

Fee: \$25 (Includes transportation and ferry. Lunch on own)

Program # 241-122



OUTINGS AND ENTERTAINMENT

CAROUSEL MUSIC THEATER

Built in 1982, a tradition in Boothbay Harbor continues. Professional talent from around the world and an exceptional three-course meal make this a summer must. We will attend the original production, Boogie Down, featuring music from the 70s. No refunds after June 29th.

Date: Wednesday, July 12th

Time: 10:00 am - 5:00 pm

Fee: \$75 (Includes Transportation, Lunch and Performance. Does not include cocktails which may be purchased from your server with cash only.)

Program # 241-123

TOPICAL TUESDAYS

Let's get together at the Community Center on the second Tuesday of every month for an informal gathering with a guest presenter to teach, inform or entertain us.

Date: Tuesdays

Time: 9:00 - 10:00 am

Location: CC Meeting Room

Fee: FREE

Date

May 9 **Program #** 234-152

June 13 **Program #** 234-153

July 11 **Program #** 241-124

August 8 **Program #** 241-125

LYRIC THEATER PREVIEW NIGHT

Thursday nights at 7:00 pm, Lyric Music Theater invites you to see their latest production for just **\$10 payable at the door**. Reservations are accepted up to ten days prior to the show. Call us at 799-2868 to reserve your seat. The theater is located at 176 Sawyer Street in South Portland. For your convenience there is a parking lot across the street from the theater.

Cinderella is the new Broadway adaptation of the classic musical. This contemporary take on the tale features Rodgers & Hammerstein's most beloved songs, including "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago," alongside an up-to-date, hilarious and romantic libretto by Tony Award nominee Douglas Carter Beane. The Broadway adaptation of the classic musical features new characters, a hilarious libretto, surprising twists, and an unforgettable score.

Date: Thursday, June 1

Time: 7:00 pm

Program # 234-154

SPURWINK CHURCH AND FORT WILLIAMS PARK RENTALS



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.



Rental Season

April 17 - October 31, 2023

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.

For more information visit
www.capecommunityservies.org or
call 207.799.2868



YOUTH SWIM PROGRAMS

SPRING SESSION: APRIL 24-JUNE 10

Mondays 4/24 - 6/5 (6 classes—no class 5/29)

Thursdays 4/27- 6/1 (6 classes)

Saturdays 4/29-6/10 (6 classes—no class 5/27)

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	234-211
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	234-212
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	234-213
Turtles	Sat	10:00 - 10:30 am	6	\$45	234-214
Ducklings 1	Mon	11:00 - 11:30 am	6	\$45	234-215
	Thurs	10:30 - 11:00 am	6	\$45	234-216
	Sat	9:00 - 9:30 am	6	\$45	234-217
	Sat	10:00 - 10:30 am	6	\$45	234-218
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	234-219
	Thurs	11:00 - 11:30 am	6	\$45	234-220
	Sat	9:00 - 9:30 am	6	\$45	234-221
	Sat	10:30 - 11:00 am	6	\$45	234-222
Dolphins 1	Mon	10:00 - 10:30 am	6	\$45	234-223
	Thurs	11:30 am - 12:00 pm	6	\$45	234-224
	Sat	9:30 - 10:00 am	6	\$45	234-225
	Sat	10:00 - 10:30 am	6	\$45	234-226
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	234-227
	Sat	10:30 - 11:00 am	6	\$45	234-228
Level 1	Sat	9:00 - 9:45 am	6	\$56	234-229
	Sat	10:30 - 11:15 am	6	\$56	234-230
Level 2	Sat	9:00 - 9:45 am	6	\$56	234-231
	Sat	10:30 - 11:15 am	6	\$56	234-232
Level 3	Sat	9:45 - 10:30 am	6	\$56	234-233
	Sat	10:30 - 11:15 am	6	\$56	234-234
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	234-235

PROGRESSIVE LESSON LEVELS (Ages 6+ years old)

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

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

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

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

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

YOUTH SWIM PROGRAMS

SUMMER SESSIONS

June - Monday/Wednesday 6/21-7/10 , Tuesday/Thursday 6/20-7/11 (no class 7/4)

July - Monday/Wednesday 7/12-7/31, Tuesday/Thursday 7/13-8/1, Friday 6/23-7/28

Level	Day	Time	# Classes	Fee	Program
Barnacles	Friday	10:00 - 10:30 am	6	\$45	241-205
Turtles	Friday	10:30 - 11:00 am	6	\$45	241-206
Ducklings 1	Mon/Wed	8:45 - 9:15 am		\$45	June 241-207
	Mon/Wed	8:45- 9:15 am	6	\$45	July 241-208
Ducklings 2	Mon/Wed	8:45 - 9:15 am		\$45	June 241-209
	Mon/Wed	8:45- 9:15 am	6	\$45	July 241-210
Level 1	Tu/Th	8:30 - 9:00 am	6	\$45	June 241-211
	Tu/Th	8:30 - 9:00 am	6	\$45	July 241-212
Level 2	Tu/Th	8:30 - 9:00 am	6	\$45	June 241-213
	Tu/Th	8:30 - 9:00 am	6	\$45	July 241-214

SWIM LESSON DESCRIPTIONS

BARNACLES 1 (6 - 18 months old) This parent/child program is a water orientation class with the instructor guiding the parent in teaching their child basic skills in a playgroup atmosphere.

BARNACLES 2 (18 months - 3+ years old) This parent/child program is structured with an emphasis placed on independence and group learning. Class consists of structured instructional time, safety skills, and playtime.

TURTLES (2 1/2 - 4 years old) Prerequisite: Barnacles 2 or permission from pool staff. This parent/child class allows children to continue working on water comfort and basic skills, while working towards swimming without direct parent participation.

DUCKLINGS 1 (3 - 6 years old) For the beginner swimmer that cannot swim independently with a flotation device, or is wearing a three cell bubble belt. Ideal for the child who has not been in a lesson setting, the child will become better acclimated to the water and focus on basic water and safety skills. Skills Taught: water adjustment & paddle stroke.

DUCKLINGS 2 (3 - 6 year olds) Prerequisite: swim 1/2 length of the pool with two bubbles horizontally and be comfortable putting his/her face under water. Skills Taught: water adjustment & paddle stroke.

DOLPHINS 1 (3 - 6 year olds) Prerequisite: swim 1/2 length of the pool with one bubble and be comfortable with rhythmic breathing and back floating. Skills Taught: rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.

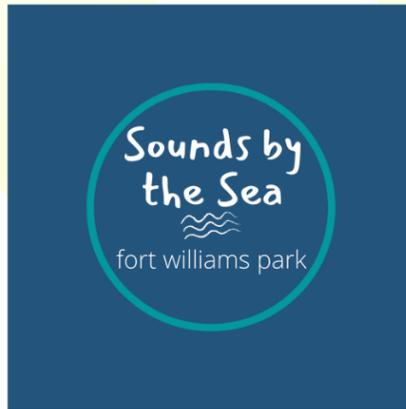
DOLPHINS 2 (3 - 6 year olds) Prerequisite: swim length of the pool without flotation, be comfortable rhythmic breathing, basic freestyle, and backstroke. Skills Taught: rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.



Cape Elizabeth Community Services presents

2023 SUMMER CONCERT SERIES

Mondays at 6:00 pm
www.capecommunityservices.org



July 10 / Sonja and Good Friends / Bandstand

July 17 / Pan Fried Steel / Picnic Shelter

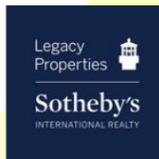
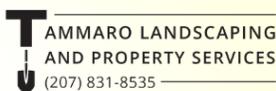
July 24 / 12/OC Duo / Bandstand

July 31 / Ocean House Road Band / Picnic Shelter

August 7 / World Famous Grassholes / Bandstand

August 14 / Pine State Pitches / Picnic Shelter

We gratefully acknowledge our event sponsors



Bring a donation for the South Portland Cape Elizabeth Rotary Food Drive to benefit the South Portland Food Cupboard and Judy's Pantry.

YOUTH PROGRAMS

CELT'S LITTLE EXPLORERS

(Ages: 3-5 w/adult)

Children and caregivers will spend an hour exploring the natural wonders of the Maine woods in spring during this **Cape Elizabeth Land Trust** event. Join CELT volunteer, Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life. Lots of hands on explorations and games included! Please dress in comfortable clothes and bring a water bottle.

Date: Friday, May 5

Time: 9:00 – 10:00 am

Fee: \$6/family

Location: Robinson Woods Parking Lot on Shore Road

Instructor: Lisa Gent

Program # 234-304

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

Dates: Sundays, April 30 - June 11 (No class 5/14)

Location: HS Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	234-305
6-7	10:00 - 11:00 am	234-306
8+	11:00 am - 12:00 pm	234-307

Dates: Tuesdays, April 25 - June 6 (No Class 5/16)

Location: Fort Williams Tennis Courts

Age	Time	Program #
4 - 5, K	4:45 - 5:45 pm	234-308



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.

Dates: Mondays, April 24 - June 5 (no class 5/29)

Time: 2:00 - 2:45 pm

Fee: \$86

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Program # 234-309



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.

Dates: Wednesdays, April 26 - June 7

Time: 2:05 - 2:50 pm

Fee: \$100

Location: Community Center Activity Room

Instructor: Dragon Fire Martial Arts

Program # 234-310

YOUTH PROGRAMS

SATURDAY OUTDOOR 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".

Dates: Saturdays, May 6 - June 17 (No Class 5/27)

Fee: \$90

Location: High School Tennis Courts

Instructor: Niamh Colpitts

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	234-311
Orange Ball (Gr: 3-5)	10:00 - 11:00 am	234-312
Green Ball (Gr: 6-8)	11:00 am - 12:00 pm	234-313

SPRING 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: April 25 - June 8 (No Class 5/11, 5/16)

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	234-314
Gr. 1 - 2	Thursdays, 3:45 - 4:30 pm	234-315
Gr. 3 - 4	Thursdays, 4:45 - 5:30 pm	234-316



INDOOR LEARN TO PLAY PICKLEBALL BEGINNER (Gr: 5-8) *NEW*

Pickleball is a fun and addictive game that is played on a badminton-sized court. It combines many elements of tennis, badminton, and ping-pong. Come learn the basic skills indoors to be ready for a pickleball spring/summer!

Dates: Sundays, 4/30-5/21

Time: 10:00 - 11:00 am

Fee: \$40

Location: MS Gym

Instructor: Jim Clark

Program # 234-317

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 (parent transportation required). In order to run this program, parent volunteers are needed for each practice!

Dates: Mon/Wed, April 24 - June 3 (no class 5/29)

Time: 3:05 - 4:05 pm

Fee: \$66

Location: Cape Schools Campus

Instructor: Parent Volunteer Coaches

Program # 234-318

JUNIOR LACROSSE (Gr: K-4)

Don't miss the chance to experience the fastest land sport in Maine. Varsity Lacrosse Coaches, along with High School Varsity players, will introduce the sport to young players by teaching the skills and techniques of the game. Participants are required to supply their own stick, ball, helmet, shoulder pads & gloves.

Fee: \$70

Location: Hannaford Turf Field

Boys

Dates: Sundays, April 23 - May 21

Time: 9:00 - 10:30 am

Instructor: Varsity Coach, Ben Raymond

Program # 234-319

Girls

Dates: Saturdays, April 22 - May 20

Time: 8:00 - 9:30 am

Instructor: Varsity Coach, Alex Spark

Program # 234-320



YOUTH PROGRAMS

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.

Dates: Mon/Wed, April 24 - June 7 (no class 5/29)

Fee: \$186

Location: Pond Cove Gymnasium

Instructor: Dragon Fire Martial Arts

Grades K - 2

Time: 3:05 - 4:05 pm

Program # 234-321

Grades 3 - 8

Time: 4:05 - 5:05 pm

Program # 234-322

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, May 4 - 25

Time: 3:00 - 5:00 pm

Fee: \$66

Location: Pond Cove, Lobby

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

Program # 234-323

KIDS YOGA (Gr: 2-4) *NEW*

Yoga comes to life in this fun, energetic, and creative class! We will explore yoga poses, breathing exercises, and imaginative storytelling. The class promotes body awareness, coordination, flexibility, and positive thinking. Please bring a yoga mat.

Dates: Thursdays, April 27 - June 1

Time: 3:05 - 4:30 pm

Fee: \$90

Location: Community Center Activity Room

Instructor: Barry

Brinker

Program # 234-324



CIRCUS AFTER SCHOOL (Gr: 3-8)

Learn to Juggle ... and so much more! In this class students will also learn the basics of balancing objects, diabolo, and other prop manipulations. Circus builds confidence, awareness, coordination, focus, creativity, problem-solving, social interaction, etc. – plus it's fun! We learn through practice and games in a healthy, supportive, non-competitive environment.

Dates: Thursdays, April 27 - June 1

Time: 3:05 - 4:05 pm

Fee: \$86

Location: Community Center Spin Room

Instructor: Janoah Bailin

Program # 234-325



SK8TEBOARD CLUB (Gr: 3-6) *NEW*

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 free-style. Our Skate Coaches have a passion for skating and are ready to get you rolling. Leave each session with new tricks!

Weeks 1 and 2 will take place in the rear parking lot of the Community Center. New England Skateboarding Association will bring some portable skateboarding obstacles like small ramps, rails, and boxes for you to practice and build your skills.

Week 3 will have us traveling to the new South Portland Skate Park to test out your new skills.

For the final week, we will head to the Scarborough Skate Park to hit the larger obstacles!

Transportation provided to the park, parents will need to pick up after.

Spots are limited due to bus size so sign up early!

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

Day: Wednesdays, May 10 - 31

Time: 3:00 - 5:00 pm

Fee: \$100

Location: Various

Instructor: Maine Skateboarding Association Coaches

Program # 234-326

YOUTH PROGRAMS



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: MONDAYS

Dates: April 24 - June 5, (No class 5/29)

Time: 3:05 - 4:05 pm

Fee: \$86

Location: Community Center Activity Room

Program # 234-327

Day: TUESDAYS

Dates: April 25 - June 6

Time: 3:05 - 4:05 pm

Fee: \$100

Location: PC Gym

Program # 234-328

GRADES 3-4

Day: TUESDAYS

Dates: April 25 - June 6

Time: 4:05 - 5:05 pm

Fee: \$100

Location: PC Gym

Program # 234-329

GRADES 5-8

Day: MONDAYS

Dates: April 24 - June 5, (No class 5/29)

Time: 4:05 - 5:05 pm

Fee: \$86

Location: Community Center Activity Room

Program # 234-330

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.

Dates: Wednesdays, April 26 - June 7

Time: 3:05 - 4:05 pm

Fee: \$100

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Program # 234-331

IRISH DANCE (Gr: K-6)

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, April 28 - June 9

Fee: \$130

Location: Pond Cove Gym

Instructor: Mairead Stillson

Beginners Gr: K - 4

Time: 3:05 - 4:05 pm

Program # 234-332

Advanced Gr: 3 - 8

Time: 4:05 - 5:05 pm

Program # 234-333



YOUTH PROGRAMS

ART STUDIO

(Gr: 3-4)

Art Studio is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with beading, felting, print-making, clay and more.

Dates: Tuesdays, 4/25 - 5/30

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

Program # 234-334



JEWELRY MAKING (Gr: 2-4)

Come bead around with Martha for some great real jewelry making. Make some unique necklaces, arm bracelets, ankle bracelets and more. There will be many different styles of fashion jewelry to be made.

Dates: Tuesdays, May 2 - June 6

Time: 3:05 - 4:05 pm

Fee: \$110

Location: Community Center Classroom

Instructor: Martha Pulsifer

Program # 234-335

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. We will also mix in some cooking challenges.

Dates: Wednesdays, April 26 - May 31

Time: 3:05 - 4:05 pm

Fee: \$125

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Program # 234-336

BEGINNER SEWING (Gr: 3-6)

Learn the basics of the timeless craft of sewing and create your own projects! This class is for the true beginner! All materials will be provided in class.

Dates: Mondays, April 24 - June 5 (No class 5/29)

Time: 3:05 - 5:00 pm

Fee: \$100

Location: Community Center Living Room

Instructor: Jeanette Guglielmetti

Program # 234-337

INTRO TO KNITTING

(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.

Dates: Wednesdays, 4/26 - 5/31

Time: 3:05 - 4:30 pm

Fee: \$100

Location: Pond Cove Library

Instructor: Elizabeth Carroll

Program # 234-338



AFTER SCHOOL CYCLING CLUB (Gr. 3-5)

NEW

This is an after school cycling program designed to get children on their bikes and exploring their communities. We encourage safe bike riding on sidewalks, roads and mountain bike trails. The After School Cycling Club teaches more advanced range of biking skills starting from shifting while riding to safely signaling, and introduction to mountain biking fundamental skills, such as popping the front wheel over a curb or small log. All participants in our programs start with the Youth Cycle Project education and safety review with a bike mechanic day for kids to work on their bikes and ending with an adventure ride in their community.

Dates: Fridays, 5/5-5/26

Time: 3:05 - 4:30 pm

Fee: \$120

Location: start at Pond Cove

Instructor: Youth Cycle Project staff

Program # 234-355



YOUTH PROGRAMS

BRICK BY BRICK MAINE LEGO DEEP SPACE EXPLORATION! (Gr: K-3)

Join us for this 6 week class where we build the items and creatures found in deep space. Weekly builds may include a space shuttle, a rocket and a freaky space robot! Classes begin with a short lesson specific to the theme, followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Time: 3:05 - 4:05 pm

Location: Community Center Community Room

Instructor: Alex Andreosatos

Day: TUESDAYS

Dates: May 2 - June 6

Fee: \$114

Program # 234-339

Day: THURSDAYS

Dates: May 4 - June 8

Fee: \$114

Program # 234-340

FORCES GALORE (Gr: K-2)

Explore invisible forces as we investigate what makes things move and what make them stop.

Discover why we cannot float and what is the invisible force that allows planes and birds to fly.

Uncover the difference between forces and energy and so much more!

Dates: Mondays, May 1 - June 5 (No class 5/29)

Time: 3:05 - 4:05 pm

Fee: \$95

Location: Pond Cove Library

Instructor: High Touch High Tech

Program # 234-341

CHEMISTRY MADNESS (Gr: 3-4)

Become a Chemist and mix up some chemistry! Explore the water cycle, the inside of atoms, mix polymers, and chemical concoctions. Learn which chemicals can be used to write a secret message and more!

Dates: Tuesdays, May 2 - June 6

Time: 3:05 - 4:05 pm

Fee: \$114

Location: Pond Cove Library

Instructor: High Touch High Tech

Program # 234-342



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!

Fee: \$60

Location: Community Center Community Room

Instructor: David Cimato

GRADES 1-2

Dates: Fridays, April 28 - June 9 (No class 5/26)

Time: 3:05 - 4:05

Program # 234-343

GRADES 3-4

Day: Mondays, April 24 - June 5 (No class 5/29)

Time: 3:05 - 4:05

Program # 234-344

GRADES 5-8

Dates: Fridays, April 28 - June 9 (No class 5/26)

Time: 4:05 - 5:05

Program # 234-345

SECRET AGENT LAB (Gr: K-4)

Ever dream of becoming a secret agent? We'll start with the basics: From decoding messages to metal detectors and night vision, campers have the opportunity to check out spy tech equipment and take home lots of gadgets like spy glasses! Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis! Figure out the science of forensics in a hands-on look at crime scenes! Become a super spy and learn clever ways of performing tasks as we take a hands-on investigation of the science that spies use!

Dates: Thursdays, April 6 - June 1 (No class 4/20)

Time: 3:05 - 4:05 pm (12:05-1:05 on 4/13 half-day)

Fee: \$142

Location: PC Library

Instructor: Mad Science

Program # 234-346



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.

Date: Saturday, June 3

Time: 9:00 am - 3:30 pm

Fee: \$125

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

Program # 234-347

MIDDLE SCHOOL ULTIMATE FRISBEE (Gr: 5-8)

NEW

Ultimate Frisbee is a fast-paced sport that combines throwing, running, and catching skills on a field similar to a soccer field. Players will be instructed by the Cape High School Ultimate team to progressively build their skills over the course of this six-week program. In addition, there could be game opportunities versus other middle schools but we'll need several committed parent volunteers to make that possible. Cape Ultimate has won several state titles and boasts many alums that now play at top college programs, such as: Colorado, UVM, UCSB, UMaine, Williams, Middlebury, Navy, Carleton, Colorado College, UNCW, Tufts, Michigan, WashU, Pitt, Johns Hopkins, Colgate, Richmond, and Denver. You only need cleats to play and each player will receive a t-shirt and disc.

Dates: Fridays, April 28 - June 9 (No class 5/12)

Time: 5:00 - 6:30 pm

Fee: \$75

Location: Gull Crest Fields

Instructor: HS Ultimate Players and Volunteer Parents

Program #
234-348

GET HOOKED! (Gr: 4-6)

Free fun combination of indoor and outdoor classes instructed by volunteers from the Cape Elizabeth Police Department and the Spurwink Rod & Gun Club. Kids will learn about fish, how to fish and where to fish.

Days: Mondays

Fee: Free

Instructor: CEPD & Spurwink Rod/Gun Club Members

Program #: 234-349

Dates/Location/Time:

- May 8 Spurwink Rod and Gun Club: 5:30-7:30pm
- May 15 Fort Williams Park: 5:00-7:00pm
- May 22 Great Pond: 3:45-5:30pm OR 5:30-7:15pm*
- May 29 Great Pond: 3:45-5:30pm OR 5:30-7:15pm*
- June 5 Spurwink River: 3:45-5:30pm OR 5:30-7:15pm*

*NOTE: Group will be split into two so timing will depend on which group you are in.

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.

Fee: \$555/Session

Instructor: Tim O'Carroll

SESSION 1

Dates: May 8 - 25,

Monday - Thursday

Time: 6:00 pm - 8:30 pm

Program # 234-350

SESSION 2

Dates: July 10 - 27.

Monday - Thursday

Time: 8:30 am - 11:00 am

Program # 241-300



SUMMER REC CAMP

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

Registration for Summer Camps begins April 2nd@ 8:00 pm online. Registration online at www.capecommunityservices.org, or April 3rd in person at CECS office or by calling the office @ 207-799-2868. **When registering your child, their group is determined by the grade they will be entering in Fall 2023.** The first payment is due upon registration, with subsequent weeks put on a payment plan. All payments will be on automatic payment plans for withdrawal from your bank account or credit card. Before and After Camp care requires additional registration.

CANCELLATION POLICY: If you need to withdraw your camper from a week of Rec camp or a specialty camp:

- **Withdrawal done by Monday one week prior to camp week** will receive a full refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).
- **Withdrawals done on Tuesday-Thursday one week prior to camp week** will receive a 50% refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).
- **Withdrawals done on Friday prior to camp week will receive no 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.
 - Reminder: if you need to withdraw from Summer Rec camp, Specialty Camp, Before Care, and After Care please specify what camp(s) you are withdrawing from.

CAMP DATES	
JUNE 21- AUGUST 11	
Week 1	June 21-23 (3 day week) (NO Teen Extreme Camp)
Week 2	June 26-June 30
Week 3	July 5-7(3 day week-no camp 7/3, 7/4)
Week 4	July 10-14
Week 5	July 17-21
Week 6	July 24-28
Week 7	July 31- Aug 4
Week 8	August 7-11 (NO Little Cubs Camp)



LITTLE CUBS AND ADVENTURE CAMP PRICING:
5-day week: \$250.00 (weeks 2,4,5,6,& 7)
3-day week: \$150.00 (week 1&3)
BEFORE CARE AVAILABLE FOR ALL CAMPS :
 7:15 am to 8:30 am \$45 per 5 day week
AFTERCARE AVAILABLE FOR ALL CAMPS:
 3:00 pm to 5:30 pm \$70 per 5 day week

SUMMER REC CAMP

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

LITTLE CUBS

Ages 3.8 (must be 3 as of October 15th, 2022) through 5 years old, including those going into Kindergarten.

****CAMPERS MUST BE FULLY POTTY/TOILET TRAINED****

Lead by the Preschool Staff

A great way for your child to enjoy some summer fun with other preschoolers. Weekly themes will surround story time and arts & crafts. Campers will participate in swim lessons, school bus orientation and safety, and outdoor play on the Cape Care Playground

Location: Cape Care Playground/Community Center

Hours: 8:30 am to 2:50 pm



ADVENTURE CAMP

Gr: 1-6

(GRADE AS OF FALL 2023)

Lead by Kelly Phinney & CECS Staff

Adventure Camp offers structured daily activities. Campers will be with children their own age as well as some camp wide activities. Activities to include: tennis, archery, basketball, art, gymnastics, field sports, games and swim lessons. Campers will participate in a number of these sometimes wet, sometimes messy, but always fun activities. Weekly theme days and field trips add to the adventure.

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am to 3:00 pm

TEEN EXTREME Gr: 7 & 8

(TUESDAY, WEDNESDAY, THURSDAY)

Lead by Kelly Phinney & CECS staff

This camp will offer teens the chance to hang out with friends **3 days a week**. One day the group will go to a local beach, one day the group will be on campus for field sports and activities, one day they will go on a field trip to an amusement park. Beach trips and field trips will be scheduled weekly depending on the weather.

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am - 3:00 pm

Fee: \$150



SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

MR. REAGAN'S THEATER CAMP (Ages: 6-11)

Mr. Reagan's Theater Camp is a great way to develop and hone theater skills. Actors will learn a variety of skills such as: voice projection, improv and animation. Campers will build confidence and teamwork by creating skits, games and plays.

Mr. Reagan is a fifth grade teacher in Scarborough, Maine. He has been teaching theater for over twenty years. Every show is an opportunity to grow and be creative! Come join the fun! No experience necessary! The final presentation for parents and friends will be on Friday at 12:00 on the last day of camp.

Dates: Monday-Friday, August 14 - 18

Time: 9:00 am - 12:30 pm

Fee: \$200

Location: Pond Cove Gym and Playground

Instructor: Patrick Reagan

Program # 241-301



CIRCUS SUMMER CAMP (Gr: 4-6)

Circus is attention. Circus is patience. Circus is creation and balance and patterns and looseness and exuberance and showing off and supporting partners and silliness and serious fun!

Students learn the basics in several variety arts including: juggling, unicycling, balancing objects, spinning diabolos and plates, etc. The class reduces the arts to their essential components: props, bodies, gravity, resistance, audience, etc. We will focus on techniques, experimentation, interactive performance, and (most importantly) messing up spectacularly! Circus skills help develop body awareness, coordination, focus, creativity, social connection and confidence in a non-competitive environment. The space is supportive, welcoming and safe: we learn through many forms, including play and practice.

Dates: Monday - Friday, August 21 - 25

Time: 9:00 am - 12:00 pm

Fee: \$210

Location: CS Spin Room

Instructor: Janoah Bailin

Program # 241-302

THE LITTLE MERMAID CAMP (Gr: 1-6)

"UNDER THE SEA". Join us after camp for a fun and active time learning musical numbers from "THE LITTLE MERMAID". We will be playing drama games, singing, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 17-21

Time: 3:00 - 5:00 pm

Fee: \$125

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 241-303

THE WIZARD OF OZ CAMP (Gr: 1-6)

"WE'RE OFF TO SEE THE WIZARD" Join us after camp for a fun and active time learning musical numbers from the classic, "THE WIZARD OF OZ". We will be playing drama games, singing, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 31- August 4

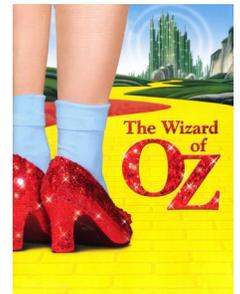
Time: 3:00 - 5:00 pm

Fee: \$125

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 241-304



ARISTOCATS CAMP (Gr: 1-6)

"EVERYBODY WANTS TO BE A CAT". In one fun-filled week, students will learn songs, dances, and scenes from "THE ARISTOCATS"! Each day will include drama games, singing, dancing, and team building skills. Students will also be creating props, costumes, and scenery for their show. It will culminate with a performance on the last day of camp.

Dates: Monday-Friday, August 7 - 11

Time: 9:00 am - 3:00 pm

Fee: \$250

Location: High School Theater

Instructor: Barry Brinker

Program # 241-305

SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

STORYBOOK CAMP (Ages: 3 yrs-Gr. K)

Does your child love fairy tales, underwater adventures, and dancing with giraffes? Then we have the camp for you! This camp is centered on new and old classic children's books. Each day we will tell a story through dance with music, props, and play. Daily activities will include creative movement, stretching, dancing with partners and in a group, craft time, and reading a classic book. Some of our favorites include, Good Night Moon, Rainbow Fish, and Where the Wild Things Are. The performing arts aid in the growth of a child's self-confidence, coordination, and creative expression. Join us for a week of fun, learning, and storybook adventures! We ask that dancers wear comfortable, non-restrictive clothing and be prepared to dance barefoot or in ballet slippers. **Campers must be fully potty trained to attend this session.** For more information about Brio Dance Studio, visit

www.briodancestudio.com or www.facebook.com/BrioDanceStudio.

Dates: Monday - Friday, July 17 - 21

Time: 9:00 am - 12:00 pm

Fee: \$158

Location: Community Services Community Room

Instructor: Brio Dance Studio

Program # 241-306

"PRINCESS DANCE" CAMP (Ages: 3 yrs-Gr. K)

Join Brio Dance Studio for a week of dancing with the princesses! Each day will focus on a different Disney Princess. Daily activities will include: stretching; dance class; healthy snacks; craft time; princess manners; and dress up! Come explore the art of dance while learning the story of Frozen, Moana, and others! **Campers must be fully potty trained to attend this session.** For more information about Brio Dance Studio, visit

www.briodancestudio.com or www.facebook.com/BrioDanceStudio.

Dates: Monday - Friday, August 14 - 18

Time: 9:00 am - 12:00 pm

Fee: \$180

Location: Community Services Community Room

Instructor: Brio Dance Studio

Program # 241-307

"SO YOU THINK YOU CAN DANCE" CAMP (Gr: 1-5)

Throughout the week, campers will learn different dance styles (ballet, contemporary, Jazz and hip hop), discuss good nutrition choices, explore the relationship between music and dance, work with partners and in a group and learn about improvisation and what it takes to be a choreographer.

Dates: Monday-Friday, August 14 -18

Time: 9:00 am - 3:00 pm

Fee: \$275

Location: Community Services Activity Room

Instructor: Brio Dance Studio

Program # 241-308

IRISH DANCE CAMP (Gr: 1-6)

For students who are new to Irish Dance, summer camp is a great way to learn a lot of Irish Dance in a short amount of time! For returning students, summer camp allows them to grow leaps and bounds in Irish Dance! All dancers will improve their technique and learn new skills while having fun alongside their friends. The Stillson School of Irish Dance has been teaching for over 30 years and aims to teach the fundamentals of Irish Dance as a tradition, a sport, and an art form.

Dates: Monday - Friday, August 7 - 11

Time: 9:00 am - 1:00 pm

Fee: \$250

Location: Fort Williams Picnic Shelter

Instructor: Stillson Irish Dance

Program # 241-309

CEMS BAND CAMP (Gr: 6-9)

The CEMS Band Camp is a day camp for current middle school band students who are rising 6th, 7th, 8th or 9th graders. The daily schedule includes full band rehearsals, sectional rehearsals, jazz ensembles, as well as supervised snack and recreation time. The band camp staff includes CEMS band directors Caitlin Ramsey and Missy Shabo, CEHS band director Rob Wheeler, as well as several other area middle school band directors.

Dates: Monday - Friday, August 14 - 18

Time: 8:00 am - 12:00 pm

Fee: \$190

Location: Middle School Band Room

Instructor: Caitlin Ramsey, Missy Shabo & Rob Wheeler

Program # 241-310

SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

MASTER CHEF JUNIOR CAMP (Ages: 8-14)

Calling all young CHEFS! Let your child unleash their inner Chef during this week-long program where they will have the opportunity to work in groups and create recipes from a mystery basket full of a variety of ingredients. Each day will have a team competition.

Due to the nature of this camp, we regret that we cannot accommodate food preferences or allergies.

Dates: Wednesday-Friday, August 9 - 11

Time: 9:00 am - 12:00 pm

Fee: \$155

Location: Community Center Community Room

Instructor: Fun Chefs, LLC

Program # 241-311

EUREKA! INVENTORS CAMP (Gr: 1-5)

Inspire the inventor and scientist in you during this week of discovery and invention.

Each day children will be given a series of challenges which must be overcome using basic materials, simple machines, tips from world famous inventors and the most important thing of all – your mind! If you were stranded on a desert island, how would you survive? You will need to build a shelter, find food and purify water, protect yourself and your teammates from the elements and find a way off the island. Journey to the future and examine the ultramodern inventions of the 23rd century. Then design the future - today! Create mini light sabers, mini-space stations, and electric flying contraptions. With a little bit of ingenuity, you'll construct catapults and forts, build Rube Goldberg contraptions that perform simple tasks, and experiment with humanoid robots. Take home projects include ping-pong ball launchers, mousetrap contraption cars, mystery sticks, tubular blow darts, and other wacky contraptions. While Thomas Edison said, "invention is 10% inspiration and 90% perspiration" this camp is 100% FUN!

Dates: Monday - Friday, August 21 - 25

Time: 9:00 am - 3:00 pm

Fee: \$390

Instructor: Mad Science of Maine

Program # 241-312

LIFE ON EARTH CAMPS (Gr: 1-6)

Kids can be enrolled in any of the weeks in the Life on Earth series. Each week runs independently from the other. Chemistry, Biology, and Ecology go hand-in-hand in this earth-centered camp. Over two weeks we'll explore what makes life possible on our amazing planet, starting from the tiniest atoms all the way up to the entire story of life on earth so far! These three interconnected weeks will build upon each other and will use fun, fascinating, hands-on science to bring students a complete perspective of the biological hierarchy of life on planet earth -- from little to big.

WEEK ONE: STARTING SMALL

All life starts with atoms, their reactions and their interactions. This week we'll explore the tiny side of life on earth by starting with the building blocks of... well, everything. Get up close with atoms, elements, chemical reactions, and biomolecules like DNA.

Dates: Monday-Friday, June 26 - 30

Time: 9:00 am - 3:00 pm

Fee: \$390

Instructor: High Touch High Tech

Program # 241-313

WEEK TWO: COMING ALIVE

Isn't it amazing you are you, and you share this planet with so many incredible living things? This week we'll learn all about the living things that tiny things can make. Experiment your way from single cells and the organ systems in your body, all the way to the biggest gorilla in the forest and the biggest shark in the sea.

Dates: Monday-Friday, August 14 - 18

Time: 9:00 am - 3:00 pm

Fee: \$390

Instructor: High Touch High Tech

Program # 241-314



SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

GIRLS BASKETBALL CAMP (Gr: 5-8)

A strong focus of this camp is on teaching and developing the fundamentals needed to play team basketball. Skill stations each day will focus on individual fundamentals in dribbling, passing, shooting, rebounding and defensive principles. Games and competition will occur daily. Players will be exposed to all forms of competition from 1 v. 1 up to 5 v. 5.

Time: 9:00 am - 2:00 pm

Fee: \$200

Location: High School Gym & Outdoor Courts

Dates: Tuesday - Friday, June 20 - 23

Instructor: HS Girls Varsity Coach Chris Casterella & HS Players

Program # 241-315



SEACOAST GRASSROOTS CAMP (Ages: 3 -6)

Grassroots soccer camps are a unique way for young children to get involved in the game of soccer. In each class, the main objective is to teach while having fun. The overall theme is for children to relate having fun with playing soccer and to develop the necessary skills to be a competitive player in the future.

Time: 9:00 - 10:00 am

Fee: \$70

Location: Middle School Multipurpose Field

Instructor: Seacoast United Soccer Coaches

<u>Dates</u>	<u>Program #</u>
Monday - Friday, July 31 - August 4	241-316
Monday - Friday, August 7 - 11	241-317

CAPE BOYS BASKETBALL (Gr: 5-8)

All boys entering grades 5 through 8 will have the opportunity to benefit from this multi-week program. Players will work on individual offensive and defensive fundamentals as well as team concepts that will make for a more fluid transition into the next season.

- Teaching will be progressive and although attendance is not required for each week, it is recommended to help build on skills taught and practiced in prior weeks.

Dates: Tuesdays - Thursdays, June 20 - July 13

Time: TBD - Afternoon 1.25 hour sessions

Fee: TBD

Location: High School, Gymnasium

Program # coming soon!

SEACOAST UNITED SKILLS SOCCER CAMP (Ages: 7 -12)

Our professional, dedicated, full time coaching staff will offer sessions full of fun technical challenges and game play. These classes then incorporate their skill work into scrimmage play allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success.

Instructor: Seacoast United Soccer Coaches

Location: Capano Fields

AGES 7 - 9

<u>Dates:</u>	<u>Monday - Friday, July 31 - August 4</u>	
<u>Time</u>	<u>Fee</u>	<u>Program #</u>
9:00 am - 12:00 pm	\$125	241-318
9:00 am - 3:00 pm	\$200	241-319

Ages 10-12

<u>Dates:</u>	<u>Monday - Friday, August 7 - 11</u>	
<u>Time</u>	<u>Fee</u>	<u>Program #</u>
9:00 am - 12:00 pm	\$125	241-320
9:00 am - 3:00 pm	\$200	241-321



SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE



MAINEIAX SUMMER LAX CAMP (Gr: 1-8)

Our MaineIax Lacrosse Camp offers a developmentally appropriate lacrosse curriculum designed to help players of all different skill levels the chance to learn, enhance or refine their game! Campers will work on different skills each day, play small sided mini-games and have fun all while improving their lacrosse IQ!

Dates: Monday - Thursday, July 24 - 27

Location: Gull Crest Fields

Instructor: MaineIax Coaches

GRADES 1-2

Time: 9:30 am - 10:45 am

Fee: \$125

Grade	Program #
Girls Gr. 1-2	241-322
Boys Gr. 1-2	241-323

GRADES 3-8

Time: 9:30 am - 12:00 pm

Fee: \$175

Grade	Program #
Girls Gr. 3-5	241-324
Girls Gr. 6-8	241-325
Boys Gr. 3-5	241-326
Boys Gr. 6-8	241-327



CAPE BASEBALL CAMP

(Ages: 7-12)

Keep your baseball season going or just get ready for All-Stars. Former college players, coaches and high school players will bring you an exciting and quality baseball camp right in your own back yard. The camp will cover specific skills for the various positions, game situations and tactics, and games will be played daily.

Dates: Tuesday - Friday, June 20 - 23

Time: 9:00 am - 3:00 pm

Fee: \$200

Location: Upper/Lower Lions Field

Instructor: Dan Sullivan

Program # 241-328



FIELD HOCKEY CAMP (Gr: 1-6)

Join Cape field hockey HS coaches and players where you'll learn how to play field hockey through a variety of formats. From speed and agility training to both team and individual field hockey drills, you're sure to improve every aspect of your field hockey game.

Dates: Monday-Friday, August 14 - 18

Time: 8:30 -10:30 am

Fee: \$100

Location: Holman Field

Instructor: HS Varsity Coach Bisogni and HS Players

Program # 241-329



READY, SET, RACE
CAPE
CHALLENGE
 5K, Kids Fun Run, One Mile Race

Sunday, May 21st
FMI: capechallenge5k@gmail.com

SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

KIDS KAYAKING & PADDLEBOARD CAMP **(Ages: 9 and up)**

Join us for an exciting week of stand up paddle boarding and kayaking instruction at Great Pond, Kettle Cove and Higgins Beach! Instructors from Seaspray Kayaking will return to lead everyone through a fun week of games and challenges including kayak sailing, fishing, and a big expedition to play in the surf at Higgins Beach on Friday! A snack and drink will be provided each day and all kayakers will receive a kayaking t-shirt!

Dates: Monday - Friday, August 7 - 11

Instructor: Seaspray Staff

Fee: \$280

AM Camp

Time: 9:00 am -12:00 pm

Program # 241-330

PM Camp

Time: 1:00-4:00 pm

Program # 241-331



KIDS FISHING CAMP **(Ages: 9 and up)**

Participants can choose to join a morning, from 9:00 am - Noon, or afternoon, from 1:00 - 4:00 pm camp to go fishing! No experience or equipment is necessary. We will fish out of canoes and kayaks in fresh and salt water, learn about knot tying, what lures to use, how to catch bait and use it for fishing. We will have little competitions with prizes and give-aways!



Kids will have the chance to fish for bass, perch, pickerel, mackerel and striped bass. Monday and Tuesday fishing will be at Great Pond; Wednesday and Thursday fishing will be at Higgins Beach and Friday we will go where the best fishing action is!

Dates: Monday - Friday, July 10 - 14

Instructor: Seaspray Staff

Fee: \$210

AM Camp

Time: 9:00 am - 12:00 pm

Program # 241-333

PM Camp

Time: 1:00 - 4:00 pm

Program # 241-334

OVERNIGHT WHITE WATER RAFTING TRIP **(Gr: 6-8)**

Dates: August 9 & 10

Time: leaving CECS at 6:45 am 8/9

Return: 6:00 pm 8/10

This adventure will include a trip to Moxie Lake where we will do rock climbing, hiking, kayaking, swimming, other outdoor activities and of course White Water rafting on the Kennebec River.

Cost: \$290.00 (transportation, and all expenses including food and lodging)

Program # 241-332



SUMMER CAMPS

REGISTRATION OPENS SUNDAY APRIL 2nd 8:00 PM ONLINE

GRAND SLAM TENNIS CAMP (Gr: 2-9)

These Juniors tennis camps are fun, yet challenging and instructional for players of all skill levels. For the beginner, a progressive format is followed. For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy and competitive match play. No refunds up to one week prior to first day.

Location: High School Tennis Courts

Instructor: Grand Slam Tennis Staff

JUNE 20 - 23

Option	Time	Fee	Program #
Full Day	9:00 - 4:00	\$265	234-350
Half Day AM	9:00 - 12:00	\$160	234-351
Half Day PM	1:00 - 4:00	\$160	234-352

AUGUST 14 - 18

Option	Time	Fee	Program #
Full Day	9:00 - 4:00*	\$300	241-335
Half Day AM	9:00 - 12:00	\$200	241-336
Half Day PM	1:00 - 4:00**	\$160	241-337

*Monday - Thursday, 9:00 - 4:00; Friday 9:00 - 12:00

** Half Day PM is Monday - Thursday only

APEX JUNIOR TENNIS CAMP (Ages 6 - 18)

Our camps are geared towards those beginner to intermediate level students aged 6 - 18 years and are designed to help players of all ages and abilities to develop a love for this great life-long sport. Our teaching staff are either PTR or USPTA certified Tennis Teaching Professionals and all our camps are under adult supervision. On poor weather days we will move indoors to Apex Racket and Fitness at no additional charge.

A limited number of half day spots are available for Ages 6 - 8 only.

Dates: July 10-14

Location: High School Tennis Courts

Instructor: Apex Tennis Staff

Option	Time	Fee	Program #
Full Day	9:00 - 3:00*	\$350	234-353
Half Day	9:00 - 12:00	\$250	234-354

*Monday - Thursday, 9:00 - 3:00; Friday 9:00 - 12:00

MATCH POINT TENNIS CAMP (Ages: 8-14)

Come and join us for a great time on the courts! This exciting camp features excellent instruction coupled with fun and engaging games, drills, and match play. Campers will learn basic stroke technique, advanced play and specialty shots, as well as the finer points of competitive play. Players learn through small group clinics along with individual attention in order to maximize skill development. Please bring a racquet, water bottle, snack and tennis shoes.

Dates: Monday-Friday, July 31 - August 4

Time: 9:00 am-1:00 pm

Fee: \$240

Location: High School Tennis Courts

Instructor: Coach Mary Gray

Program # 241-338



SUMMER AFTERNOON TENNIS (Gr: 1-8)

Join Coach Mary Gray for six days of USTA Quickstart Tennis designed to help players ten and under learn and play the game of tennis. The size of the court and the equipment is adapted for this age group. The format allows the students to feel comfortable even if they have never played before! Lessons will include "match-like" activities to enhance learning and the spirit of the game. Beginners, intermediates and advanced players will work on stroke fundamentals, strategies and court movement while playing games and matches.

Days: Tues/Thurs

Fee: \$86

Instructor: Coach Mary Gray

Location: High School Tennis Courts

SESSION 1 - JULY 6 - 25

Grade	Time	Program #
Beginners (Gr 1-4)	4:00-4:45 pm	241-339
Intermediates (Gr 3-4)	4:45-5:30 pm	241-340
MS Match Play (Gr 5-8)	5:30-6:15 pm	241-341

SESSION 2 - AUGUST 2 - 24

Grade	Time	Program #
Beginners (Gr 1-4)	4:00-4:45 pm	241-342
Intermediates (Gr 3-4)	4:45-5:30 pm	241-343
MS Match Play (Gr 5-8)	5:30-6:15 pm	241-344

POOL/FITNESS CENTER

MEMBERSHIP RATES

Memberships may be purchased at Community Services during regular business hours.

FITNESS CENTER SCHEDULE

April 1– August 22

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 Closing 8/4 (noon)- 8/20

Fitness Center Closing 8/16-8/20

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

*children under 4 are free to use the pool

*children 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.***

POOL PARTIES

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

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

\$ 110 - Pool & whirlpool (max 40)

\$ 75 - Cafe Rental (1 hr)

Non-residents add 10%

- 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 through 6/11

Saturdays: 2:45 – 3:45 pm

3:45 –4:45 pm

Sundays: 1:15—2:15 pm

SUMMER POOL PARTIES

Sundays only 6/18-7/30

(café not available)



Cape Elizabeth Town Hall
320 Ocean House Road

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Permit No. 106
Portland, ME

Postal Customer Cape Elizabeth, ME 04107

FEBRUARY 22 -JUNE 19

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F	_____	6:45 - 8:00 am
Tu, Th	_____	5:30 - 9:00 am
M thru F	_____	10:00 am - 2:30 pm
M, Tu, Th, F	_____	5:30 pm - 7:00 pm
Wed	_____	6:00 - 7:00 pm
Saturdays	_____	11:30 am - 1:15 pm
Sundays	_____	6:00 - 12:00 pm
Sundays	_____	3:30 - 5:30 pm

SENIOR SWIMS

(Adults 65 years old & older)

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

(Children 10 & under must be with an adult)

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

*Open Swim with Inflatable

JUNE 20—AUGUST 4

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F	_____	5:30 - 7:40 am
Tu, Th	_____	5:30 - 8:00 am
M, Tu	_____	2:45 - 3:45 pm
M, Tu, W	_____	11:40 am - 1:15 pm
Th	_____	10:00 - 2:30 pm
F	_____	10:00 am - 1:15 pm
M-F	_____	5:30 - 7:00 pm
Saturdays	_____	8:00 am - 12:00 pm
Sundays	_____	6:00 - 11:30 am
Sundays	_____	3:30 - 5:30 pm

SENIOR SWIMS

(Adults 62 years old & older)

M, W, F	_____	7:45 - 9:15 am
T, Th	_____	8:00 am - 9:15 am

OPEN SWIMS

(Children 10 & under must be with an adult)

M, Tu	_____	2:45 pm - 3:45 pm
W, Th	_____	2:45 pm - 3:45 pm*
Sundays	_____	12:00 pm -1:00pm
Sundays	_____	2:15 pm - 3:15 pm*

* Open Swim with Inflatable