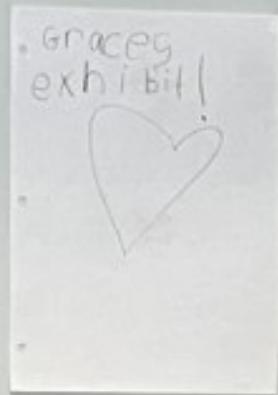


# CAPE EXPLORER

Spring/Summer  
2024



# CAPE COMMUNITY SERVICES



## ONLINE

CAPECOMMUNITY SERVICES.ORG

FOR RESIDENTS

**SPRING/SUMMER  
PROGRAMS**

SUNDAY 3/24 8 PM

**YOUTH SUMMER CAMPS**

SUNDAY 4/7 8 PM



## IN PERSON

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

FOR RESIDENTS  
**SPRING/SUMMER  
PROGRAMS**

MONDAY 3/25 8 AM

**YOUTH SUMMER CAMPS**  
MONDAY 4/8 8 AM



## BY PHONE

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

FOR RESIDENTS  
**SPRING/SUMMER  
PROGRAMS**

MONDAY 3/25 8 AM

**YOUTH SUMMER CAMPS**  
MONDAY 4/8 8 AM

\*\*ALL NON-RESIDENT REGISTRATION: SPRING/SUMMER PROGRAMS- FRIDAY 3/29 8 AM/SUMMER CAMPS - FRIDAY 4/12 8 AM

## 3 WAYS TO REGISTER



## IMPORTANT INFO

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

# Adult Fitness



## BODY DYNAMICS

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

**Days:** Mon/Wed/Fri (no class 5/27, 6/19, 7/5, 8/12, 8/14, 8/16, 9/2)

**Time:** 9:00 –10:00 am

**Location:** CS Activity Room

**Instructor:** Elaine Talevi/ Joanie Frustaci

Date	Classes	Fee	Program #
4/29-6/7	17	\$136	244-100
6/10-7/12	13	\$104	251-100
7/22-9/6	17	\$136	251-101

## FITNESS FUSION

Come join Liz for a variety of heart pumping movements to burn some calories followed by strength training. We will turn and burn with drumsticks, weights and bands for a full body work out! Drop-ins welcome \$12

**Days:** Tues/Thurs 4/23-6/13 (16 classes)

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

**Location:** CS Activity Room

**Fee:** \$160

**Instructor:** Liz Beausang

**Program #** 244-101

## INTRODUCTORY ESSETRICS® \*NEW\*

*Ideal class for teachers at the end of the school day!*

Strengthen and lengthen muscles, mobilize and stabilize joints, build your core- all to music. Learn the moves to get a jump on your summer fitness plans. Essentrics is offered at Fort Williams beginning in June.

Google [www.Essentrics.com](http://www.Essentrics.com) FMI or check in with Sarah [me.fit@me.com](mailto:me.fit@me.com) ( outside weather permitting).

**Date:** Tuesdays 4/30-5/21

**Time:** 3:30- 4:15 pm

**Location:** Pond Cove Media Center

**Fee:** \$48

**Instructor:** Sarah MacColl

**Program #** 244-102

## ESSETRICS®

### RELEASE REBALANCE RESTORE

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

**Date:** Tuesday/Thursday 4/16-5/23

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

**Location:** CS Activity Room

**Fee:** \$144

**Instructor:** Sarah MacColl

**Program #** 244-103

## OUTDOOR ESSETRICS®

### 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.**

FMI contact Sarah at [me.fit@me.com](mailto:me.fit@me.com)



# Adult Fitness

## 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 4/30-6/13

**Time:** 5:15-6:15 pm

**Location:** Fitness Center

**Fee:** \$126

**Instructor:** Susan Janosik

**Program #** 244-104

## CARDIO & STRENGTH INTERVAL (CSI) 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 4/30-6/13

**Time:** 6:15-7:15 pm

**Location:** Spin Room/outdoors

**Fee:** \$126

**Instructor:** Susan Janosik

**Program #** 244-105

## CARDIO & STRENGTH (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:** Mon/Wed (no class 7/1, 7/3)

**Time:** 6:00 pm – 7:00 pm

**Location:** CS Spin Room

**Instructor:** Susan Janosik

Date	Classes	Fee	Program #
6/17-7/17	8	\$72	251-102
7/29-8/21	8	\$72	251-103

## 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 7/3, 7/5, 8/7, 8/9)

**Location:** Fitness Center

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

**Instructor:** Susan Janosik

Date	Classes	Fee	Program #
5/1-6/12	13	\$117	244-106
6/19-8/23	16	\$144	251-104

## 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 5/1-5/17

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

**Loction:** CS Spin Room

**Fee:** \$72

**Instructor:** Susan Janosik

**Program #** 244-107



# Adult Fitness

## 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 \$13.

**Date:** Tuesday 4/23-6/4

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

**Fee:** \$84

**Location:** CECS Activity Room

**Instructor:** Annie Ware, Half Moon Yoga Co.

**Program #** 244-108

## 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 (no class 5/27, 6/19, 7/22, 7/24)

**Location:** CS Activity Room or Fort Williams Park

**Instructor:** Sharon Wilke

<b>Date</b>	<b>Classes</b>	<b>Fee</b>	<b>Program #</b>
Mon 5/6-6/24	7	\$77	244-109
Wed 5/1-6/26	8	\$88	244-110
Mon 7/1-8/19	7	\$77	251-105
Wed 7/3-8/21	7	\$77	251-106

## 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 (no class 5/27, 6/19, 7/22, 7/24)

**Location:** CS Activity Room

**Instructor:** Sharon Wilke

<b>Date</b>	<b>Classes</b>	<b>Fee</b>	<b>Program #</b>
Mon 5/6-6/24	7	\$77	244-111
Wed 5/1-6/26	8	\$88	244-112
Mon 7/1-8/19	7	\$77	251-107
Wed 7/3-8/21	7	\$77	251-108

## 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:** Tuesday 4/23-5/28

**Time:** 1:15-2:30 pm

**Fee:** \$60

**Location:** CS Activity Room

**Instructor:** Stephanie Carlson

**Program #** 244-113

## CHAIR PILATES

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

**Dates:** Thursdays 4/25-5/30

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

**Fee:** \$20

**Location:** CS Activity Room

**Instructor:** Stephanie Carlson

**Program #** 244-114

## QIGONG FOR BALANCE AND HEALTH

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

**Dates:** Thursdays 4/25-5/30

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

**Fee:** \$60

**Location:** CS Activity Room

**Instructor:** Stephanie Carlson

**Program #** 244-115

# Adult Fitness

## ZUMBA – \*BACK 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 dance experience necessary. Bring a water bottle, a towel, and your smile. Drop-ins welcome \$12.

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

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

**Location:** CECS Activity Room

**Instructor:** Patricia Marette

Date	Classes	Fee	Program #
6/11-7/18	11	\$110	251-109
7/23-8/29	12	\$120	251-110

## STRENGTH & TONING \*NEW\*

Combine strength exercises with body-sculpting toning in the new **Strength and Toning** class. Use light weights while performing multifunctional sets of exercises to build muscles in your arms, legs, core, and glutes. Emphasis is also placed on balance training. Come improve your strength and get sweaty with your friends.

Weights provided. Bring a mat for floor work.

**Days:** Tuesday/Thursdays

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

**Location:** CECS Activity Room

**Instructor:** Patricia Marette

Date	Classes	Fee	Program #
6/11-7/18	11	\$110	251-111
7/23-8/29	12	\$120	251-112

**\*COMBINE WITH ZUMBA AND GET 20% OFF!**

## SHiNE DANCE FITNESS™ (15+)

SHiNE mixes current hit music with original choreography for the ultimate confidence boosting, full-body workout experience you didn't know you needed! We believe fitness should be inclusive, effective, sustainable and FUN. Come along! It's your time to SHiNE!

Drop-ins welcome \$10

**Days:** Tuesdays 4/30-6/4

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

**Fee:** \$54

**Location:** CECS Activity Room

**Instructor:** Rachel Rosenfield

**Program #** 244-116



## 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 \$15

**Days:** Thursdays

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

**Location:** CECS Activity Room

**Instructor:** Cholla Foote

**\*COMBINE JULY & AUGUST FOR \$65**

Date	Classes	Fee	Program #
5/2-6/13	7	\$75	244-117
7/11-7/25	3	\$33	251-113
8/1-8/22	4	\$44	251-114

## LINE DANCING

Don't miss the fun! Line dancing is choreographed dancing, but also a fun form of exercise. Dance moves are easy to learn and you don't need to coordinate moves with a partner. The music will vary from country to folk to rock. There is a fair amount of turning, toe-tapping, hip movement, and foot twisting. All levels welcome!

**Days:** Thursdays 7/11-8/15

**Time:** 11:15 am - 12:15 pm

**Fee:** \$54

**Location:** CS Activity Room

**Instructor:** Anne Cass & Ellen Richards

**Program #** 251-115

## JAZZ DANCE \*NEW\*

Jazz dance is an uniquely American art form with roots in African dance. It combines many styles and techniques from street styles to Broadway to ballet. Incorporating a broad range of musical genres, jazz classes are a great workout and a fun way to release stress! Class will begin with a warmup consisting of stretching, isolations and across-the-floor combinations, followed by choreography. Attire: comfortable clothing that allows free range of movement. Footwear: ballet slippers, jazz shoes, or bare feet.

**Days:** Mondays 4/15-5/20

**Time:** 12:00-1:00 pm

**Fee:** \$78

**Location:** CECS Activity Room

**Instructor:** Kristin Sutton

**Program #** 244-118

# Adult Fitness

## BALLROOM DANCE FOR COUPLES

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

**Date:** Tuesdays 5/21-6/25

**Time:** 7:00-8:00 pm

**Location:** CS Activity Room

**Instructor:** Patty Medina

**Fee:** \$144 per couple

**Program #** 244-119

## ADULT 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 4/7- 6/9

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

**Fee:** \$60

**Location:** HS Gymnasium (5/19-6/9 outdoor field tbd)

**Instructor:** David Peary & David Croft

**Program #** 244-120



## DROP IN HOOPS/ADULT BASKETBALL

This program is offered for adults who want a good workout while playing full court games in an atmosphere of fast paced and friendly competition. Limited to 15 players per night with priority given to Cape residents.

**Date:** Wednesdays 4/24-5/29

**Time:** 8:15-10:00 pm

**Drop in Fee:** \$4

**Location:** MS Gym

## ADULT OUTDOOR TENNIS

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 4/27-5/18

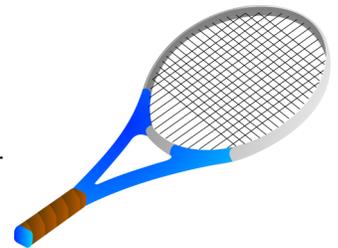
**Time:** 8:00-9:00 am

**Location:** HS Tennis Courts

**Fee:** \$60

**Instructor:** Niamh Colpitts,  
PRT Certified/USPTA Member

**Program #** 244-121



## 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 #
------	---------	-----	-----------

6/19-7/24	6	\$150	251-116
-----------	---	-------	---------

7/31-8/21	4	\$100	251-117
-----------	---	-------	---------

## ADULT CO-ED VOLLEYBALL

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

**Date:** Wednesday evenings through 5/15  
(no session 4/17)

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

**Drop in Fee:** \$5 pay at the door

**Location:** HS Gym

**Supervisor:** Bob Wooten

# Adult Aquatics

## 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 4/22-6/14 (no class 5/27)

**Time:** 5:30-6:45 am

**Location:** Richards Community Pool

**Instructor:** Todd Larlee

**Fee:** \$230

**Program #** 244-200

## 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 (no class 7/4)

**Time:** 5:30-6:45 pm

**Location:** Richards Community Pool

**Instructor:** Todd Larlee

Date	Classes	Fee	Program #
4/23-6/6	14	\$154	244-201
6/18-8/1	13	\$143	251-200

## WATER WORKS

A **low-impact** exercise program, working all the major muscle groups. We start in the shallow end with a cardio session to build stamina and progress to the deep end using belts and buoys.

**Date:** Mon/Wed/Fri (no class 5/27, 9/2)

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

**Location:** Richards Community Pool

**Instructor:** Patty Medina

Date	Classes	Fee	Program #
5/1-5/31	13	\$85	244-202
6/3-6/28**	12	\$78	244-203
7/1-8/2**	15	\$98	251-201
8/19-9/30	18	\$117	251-202

\*\*7:45-8:40 from 6/17-8/2

## 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](http://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 #
<b>PRC-A</b> Sun 4/28-5/19	10-11am	\$60	244-204
<b>PRC-E&amp;B</b> Sun 4/28-5/19	11-12pm	\$60	244-205
<b>PRC-A&amp;E</b> Tues 4/23-5/28	1-2 pm	\$90	244-206
<b>PRC-A&amp;E</b> Fri 4/26-5/24	11:30-12:30	\$75	244-207

**PRC-A&E** Tues 6/4-6/25 1-2 pm \$60 244-208

**PRC-A&E** Fri 5/31-6/28 11:30-12:30 \$75 244-209

**PRC-A&E** Tues 7/9-7/30 1-2 pm \$60 251-203

**PRC-A&E** Fri 7/1-8/2 11:30-12:30 \$60 251-204

## WATER POLO

Come join us for a great time and workout playing water polo! Water polo is a dynamic team sport that requires all players to have a high level of fitness and stamina. Practice will entail scrimmaging, drills, and instruction of some of the fundamentals of the sport. All experience levels welcome to join, the only requirement is that you must be a highly proficient swimmer.

**Days:** Sundays

**Time:** 5:30-7:00 pm

Date	Classes	Fee	Program #
4/14-5/19	6	\$69	244-233
6/2-6/30	5	\$58	244-234

## ADULT SWIM LESSONS (16+)

This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals.

**Dates:** Saturdays 4/27-6/8 (No class 5/25)

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

**Location:** Richards Community Pool

**Fee:** \$60

**Program #** 244-235

# Adult Art & Enrichment

## FRESH HANDMADE RAMEN MADE SIMPLY \*NEW\*

Join author and cooking instructor Chris Toy for an evening of fresh handmade ramen with all the fixings. You'll learn to roll out your own ramen noodles and build your own bowl with fresh broth, flavorings, and toppings. Chris will have signed copies of his book, *Ramen Made Simple* available after class. Come hungry with leftover containers, just in case!

**Date:** Wednesday 5/1

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

**Fee:** \$59

**Location:** CS Community Room

**Instructor:** Chris Toy

**Program #** 244-122



## ASIAN APPETIZERS \*NEW\*

Join author and cooking instructor Chris Toy for a hands on evening of auspicious appetizers. Each recipe, wonton soup, spring rolls, and noodles represents one of the Chinese virtues of good fortune, prosperity, and long life.

Come hungry and bring leftover containers. Chris will have signed copies of his cookbooks available after class.

**Date:** Wednesday 6/12

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

**Fee:** \$59

**Location:** CS Community Room

**Instructor:** Chris Toy

**Program #** 244-123



## EATING JAPANESE KNOTWEED \*NEW\*

We can help to manage the overgrowth of this powerful invasive by eating it! Learn to manage, harvest, gather, process, and eat Japanese knotweed. We'll cover identification, removal, gathering, processing, cooking over an open fire, and future storage. Everyone will make a jar of delicious and sweet knotweed sauce to take home, which you may want to dehydrate for fruit leather.

**Date:** Wednesday 5/29

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

**Fee:** \$45

**Location:** CS Community Room

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 244-124

## 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 on some of our tools and stones. We'll cover the basic theory behind sharpening edge tools, and practice using a variety of sharpening stones. Whetstones will also be available for purchase.

**Date:** Sunday 4/28

**Time:** 9:00am-12:30pm

**Fee:** \$45

**Location:** CS Community Room

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 244-125



## 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 4/3-6/12 (no class 4/17)

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

**Fee:** \$110

**Location:** HS Wood Shop

**Instructor:** John Fabish

**Program #** 244-126

# Adult Art & Enrichment

## SPRING ACRYLIC 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](http://www.brookelambertartist.com).

**Date:** Saturday 5/18

**Time:** 12:00-2:00 PM

**Fee:** \$75

**Location:** CECS Community Room

**Instructor:** Brooke Lambert

**Program #** 244-127



## COLORED PENCIL WORKSHOP

There's more to colored pencils than color! Because this is not a "how to draw" class, you will be provided with predrawn materials, allowing you to learn how to use colored pencils as an art medium, just as paint and markers are used. In this workshop we will cover pencil skills, such as layering, shading, and blending. Samples of various brands and types of pencils and papers will be available for you to try out. Each week you will create a small colored pencil painting using different techniques. All supplies will be provided by the instructor.

**Date:** Wednesday 5/15-5/29

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

**Fee:** \$50

**Location:** CS Community Room

**Instructor:** Marty Clark

**Program #** 244-128

## LINOCUT PRINTMAKING WORKSHOP

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

**Date:** Saturday 4/27

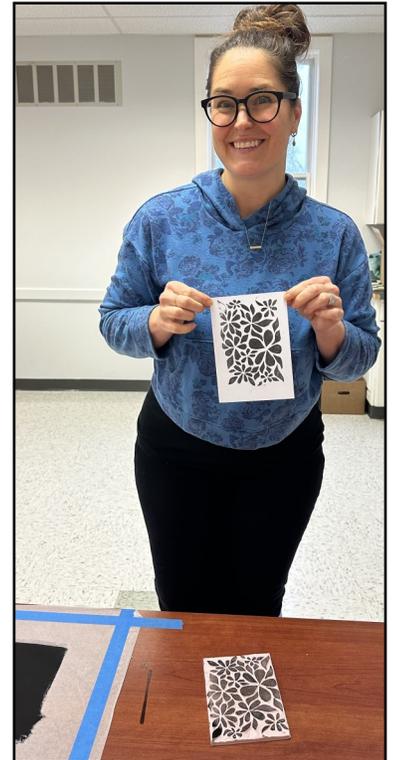
**Time:** 12:00-2:00 pm

**Fee:** \$75

**Location:** CS Community Room

**Instructor:** Brooke Lambert

**Program #** 244-129



## PLAITED BIRCH BARK BASKETS \*NEW\*

The birch tree is revered around the world for its medicinal properties, and strong, rot-resistant bark. For thousands of years, people around the world have used birch bark to make baskets. Learn the basics of identification, gathering, processing materials, and storage; and create a beautiful horizontally- or diagonally-plaited (pictured) birch bark basket.

**Date:** Sunday 6/16

**Time:** 9:00am - 4:30pm

**Fee:** \$95

**Location:** CS Community Room

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 244-130

# Adult Art & Enrichment



## PINE NEEDLE BASKETS \*NEW\*

Pine needles are beautiful and strong! They can be coiled and sewn together to make hats, lovely usable baskets, and/or adorably tiny ones.

Learn to identify, regeneratively gather and harvest, properly store and process, and weave with pine needles. We'll cover the basics of coiled basketry, which is a global, ancient human skill, and create a wonderful pine needle basket. Every participant will make a basket to take home.

**Date:** Tuesday 8/13

**Time:** 5:30 - 8:00 pm

**Fee:** \$65

**Location:** CS Community Room

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 251-118

## UPCYCLED DRIFTWOOD TREES \*NEW\*

Join artist-maker Chris Toy and learn how to upcycle pieces of driftwood and wire into beautiful tree sculptures. We'll make table top sized trees, but you'll leave with the skills to create your own larger or smaller versions for yourself and friends. All materials will be provided. Participants should bring a pair of two handed garden clippers, a 12 inch ruler, and a battery powered electric drill with a 1/8th inch drill bit. If you have a piece of driftwood you'd like to use for a base feel free to bring it in. Driftwood sticks of any length but less than 1/4 inch in diameter are also welcome. For more information on Chris, visit [christoy.net](http://christoy.net)

**Date:** Wednesday 6/26

**Time:** 5:30-7:30 PM

**Fee:** \$65

**Location:** CECS Community Room

**Instructor:** Chris Toy

**Program #** 244-131



## TAROT CARD READING \*NEW\*

Oracle cards come in a variety of themes and colors. Each deck can speak to a different person in unique ways. In this fun class, learn the difference between oracle and tarot cards. Discover the variety of decks and explore the different ways to weave them into your life. Life Coach Susan Tompkins will demonstrate how to conduct a reading for yourself and others. Then it's your turn to try! You'll leave class with an understanding of how oracle cards can help you dive deeper into issues and gain clarity around situations.

**Date:** Tuesday 5/14

**Time:** 9:00am - 4:30pm

**Fee:** \$25

**Location:** CS Conference Room

**Instructor:** Susan Tompkins

**Program #** 244-132

# Adult Art & Enrichment

## WALKING EDIBLES TOUR \*NEW\*

Plants provide food, medicine, useful materials for tools, supplies and more. Humans around the world have cultivated relationships with wild plants for millions of years. Join us for a walking tour of wild edible plants. We'll cover identification of edible and medicinal plants, discuss their uses in the kitchen, and share some tasty snacks made from foraged ingredients. We'll meet at the Gull Crest trailhead. **We will not be actively foraging any plants during this class.**

**Date:** Sunday 5/26

**Time:** 1:00-3:00 pm

**Fee:** \$35

**Location:** Gull Crest Trails (meet in parking lot)

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 244-133

**Date:** Sunday 6/2

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

**Fee:** \$35

**Location:** Gull Crest Trails (meet in parking lot)

**Instructor:** Zack Rouda, Rewild Maine

**Program #** 244-134

## MAKE YOUR YARD A POLLINATOR PARADISE!

Pollinators have suffered greatly from habitat loss, pesticide use, and the spread of invasive plant species. As a result, planting a pollinator garden is more important now than ever. Even a small garden can make a huge difference. Learn how to create a landscape that supports pollinators including butterflies, bees, moths, and hummingbirds with plants that serve as host plants and provide nectar/pollen throughout the growing season.

**Date:** Tuesday 4/23

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

**Fee:** \$30

**Location:** CS Meeting Room

**Instructor:** Amy Melissa Witt/Earth Walkers, LLC

**Program #** 244-135

## LANDSCAPING 101-A MINI COURSE FOR BEGINNERS - 3 PART WORKSHOP

Are you a do-it-yourselfer who wants to give your yard a simple makeover or design a new garden? Do you need to add curb appeal to the house you are getting ready to put on the market? Or do you simply want to enjoy enhanced beauty in your backyard? Whatever your final goal, knowing some basic landscape design techniques will make it easier for you. Learn how to assess your needs, evaluate your site, come up with a plan, and select the right plants.

**Date:** Wednesdays 3/27-4/10

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

**Fee:** \$75

**Location:** CS Meeting Room

**Instructor:** Amy Melissa Witt/Earth Walkers, LLC

**Program #** 244-136

## 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 9th (rain date 7/10)

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

**Fee:** \$15

**Location:** Gull Crest (meet in the first parking lot, corner of Spurwink/Gull Crest Drive)

**Instructor:** Amy Witt, Earth Walkers, LLC

**Program #** 251-119



# Adult Art & 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? Let's take a walk at Great Pond to meet some of these Maine native beauties. It's guaranteed your future walks will be more enriched as a result.

**Date:** Saturday 6/1 (rain date 6/2)

**Time:** 9:00 - 11:00 am

**Fee:** \$15 (discounts do not apply)

**Location:** Great Pond (Fenway Rd. trailhead)

**Instructor:** Amy Witt, Earth Walkers, LLC

**Program #** 244-137



**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. Full class descriptions are listed online.**

- **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 16th 6:00-7:00 pm / \$6 per person / Program # 244-138**

- **VERNAL POOLS & AMPHIBIANS in Robinson Woods**

Learn more about vernal pools and herpetology on a guided walk with Erika Rhile and Lisa Gent.

**Wednesday, May 15th 7:00-9:00 pm / \$6 per person / Program # 244-139**

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

Join Mike Hankes, 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 5th 6:00-7:30 pm. \$6 per person. Program # 244-140**

- **TIDEPOLING THE ROCKY SHORE**

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat. Join CELT Education Program Coordinator, Ali Gustavson to search for marine life!

**Friday, July 19th 3:00-5:00 pm / Kettle Cove Beach / \$10 per family / Program # 251-120**

- **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 1st Full Day Walk 8:00 am - 1:30 pm/ \$10 Program # 244-141**

**Half Day Walk 10:30 am - 1:30/ \$10 Program # 244-142**



# Adult Art & Enrichment

## MIND/BODY MEDICINE

Mainstream Wellness is offering a class for reducing stress and preventing disease in mind/body/spirit. It is based on ancient and postmodern principles of “non perceptive energy”. Scientific research has shown that by combining the strengths of both allopathic and mind/body medicine that safety improves, cost is reduced, and outcomes are better than traditional treatments alone. We believe that integrated medicine is the best line of defense against physical and non physical conditions. This is a class that requires nothing more than an open mind.

**Date:** Friday 5/10-5/24

**Time:** 1:00-2:00

**Fee:** \$30

**Location:** CS Community Room

**Instructor:** Shaw Sprague

**Program #** 244-143

## PERSONAL SAFETY/SELF DEFENSE FOR COLLEGE BOUND WOMEN

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.

**Date:** Wednesday, May 29th

**Time:** 6:00 – 9:00 pm

**Fee:** \$20

**Location:** CS Lower Level Fitness Area/Spin Room

**Instructor:** Chief Paul Fenton, Cape Elizabeth Police Department and Dave Galvan, School Resource Officer

**Program #** 244-144

**\*\*ALL PROCEEDS TO SUPPORT PROJECT GRADUATION\*\***



## 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 4/29 and Tuesday 5/1

**Time:** 4:30-7:00 pm

**Fee:** \$70 (discounts do not apply)

**Location:** CC Community Room

**Instructor:** Certified Maine Driving Dynamics Instructor

**Program #** 244-145

## FAIR PLAY 101: A SYSTEM FOR FAIRLY DIVIDING HOUSEHOLD RESPONSIBILITIES

The Fair Play Method is a time and anxiety-saving system that offers couples a completely new way to divvy up their domestic responsibilities. Fair Play is not about blame or scorekeeping. Instead, Fair Play is about creating a fair and equitable division of domestic labor rooted in your shared values. It's about taking the time to have the conversations that matter to bring your shared vision to life. This system can be helpful at any stage of life - from new roommates to expecting parents to retirees. You'll leave the course with a new vocabulary for talking about domestic life, a strategy for sharing the mental load, a plan for finding more equity at home, and concrete steps for getting started. Participants will receive a downloadable copy of the Fair Play cards, a quick start Fair Play guide, and more.

**Date:** Thursday 5/9

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

**Fee:** \$25 per household

**Location:** CS Meeting Room

**Instructor:** Sandi Konta, Certified Fair Play Method Facilitator

**Program #** 244-146



# Adult Art & Enrichment

## SPRING CLEANING - MORE THAN JUST DUST AND DIRT! \*NEW\*

With spring just around the corner, you may already be thinking about tackling an annual deep clean. But have you considered spring decluttering first? If you've had decluttering on your list for a while, the changing of seasons is the perfect time to get started on purging clutter. This workshop will discuss practical tips and insights for clearing clutter this spring and how it can help you feel rejuvenated and energized for the season ahead.

**Date:** Friday 4/12

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

**Fee:** \$30

**Location:** CC Community Room

**Instructor:** Amy Smith, Arranged by Amy Organizing, Professional Organizer

**Program #** 244-147



## FENG SHUI AND HOW OUR HOME INFLUENCES OUR WELLBEING \*NEW\*

European research shows a clear correlation between good health and ancient design principles of Feng Shui. A well designed house is the center of happiness. Learn simple ways to test and improve the subtle energies of your home. We will discuss the most recent findings on earth related geopathic stress (earth grid lines) and electromagnetic fields from cellphones. Are you sick and tired of being sick and tired? There will be hands-on dowsing and pendulum testing exercises. We invite you to bring a floorplan sketch for discussion in class. Werner Brandmaier founded the Institute of Feng Shui & Geopathology in 1999. Walk ins welcome \$30 per class

**Date:** Tuesdays 5/21-6/4

**Time:** 1:00-2:30 pm

**Fee:** \$85.00

**Location:** CC Community Room

**Instructor:** Werner Brandmaier

**Program #** 244-148

**Fort Williams Park** is host to a variety of mixed uses throughout the year. Our treasured park is a beautiful location to gather for a wedding ceremony, family reunion or a company picnic. There are eight locations within the park that may be rented for various events.

Spurwink Church is also available to rent for ceremonies, celebrations of life and christenings.

Sites may be reserved by calling 799-2868.

Visit [capecommunityservices.org](http://capecommunityservices.org) FMI

## READY, SET, RACE CAPE CHALLENGE

5K, Kids Fun Run, One Mile Race



**Sunday, May 19th**

**FMI:** [capechallenge5k@gmail.com](mailto:capechallenge5k@gmail.com) or visit on Facebook Cape Challenge 5k

# Outings & Entertainment



## DEERING OAKS PARK WALKING TOUR

The fifty acre Deering Oaks was deeded to the City of Portland in 1879. The park was designed by William A. Goodwin, City Civil Engineer. William was inspired by a naturalistic style and added features such as a bandstand, Victorian duck house, castle and playground to complement the stately oaks. Park Ranger Liz Collado will guide us on a tour of the park sharing her knowledge of the park's history.

**Register by May 1st.**

**Date:** Wednesday, May 8

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

**Fee:** \$ 13 (Includes transportation and tour)

**Program #** 244-149

## WAITRESS AT THE OGUNQUIT PLAYHOUSE

Join us this summer to see Waitress, the hit Broadway musical about Jenna, a waitress and expert pie-maker who dreams of leaving her small town and rocky marriage. With pies that reflect her topsy-turvy life, Jenna must summon the courage to start anew when a baking contest and a chance encounter offer her a fresh start. With music and lyrics by Sara Bareilles, Waitress is a delectable slice of Broadway heaven. **Register by April 19/ No refunds after April 19th.**

**Date:** Thursday, May 23

**Time:** Noon - 6:00 pm

**Fee:** \$75 (Includes transportation and show)

**Program #** 244-150

## CULINARY ARTS LUNCHEON

The Portland Arts and Technology High School is presenting a unique opportunity for us to enjoy a delicious four-course family-style lunch at their café. The program offers students practical experience and learning opportunities through operating the café. As guests, we will also have a chance to hear from the culinary arts instructor and the participating students. It's an exciting event that promises to be both educational and enjoyable. **Register by May 17/No refunds after May 17.**

**Date:** Tuesday, May 28

**Time:** 10:45 am - 1:00 pm

**Fee:** \$33 (Includes transportation and lunch)

**Program #** 244-151

## EAST END WASTEWATER TREATMENT FACILITY

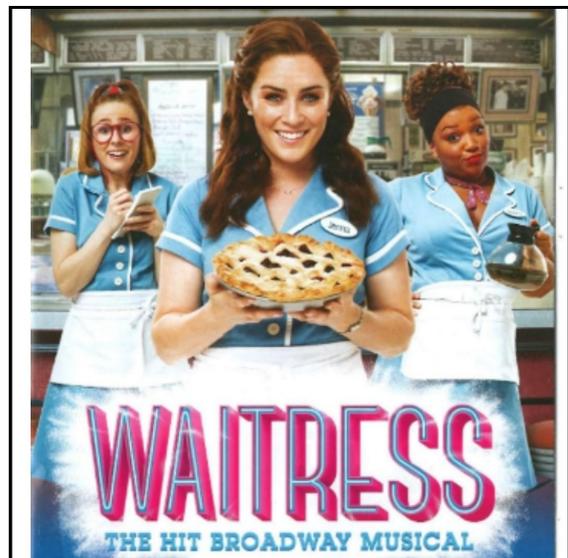
Join us on a tour of Maine's largest wastewater treatment facility located in Portland. With eleven pumping stations strategically placed around the city, this facility works efficiently and effectively to keep our water clean, safe and healthy. The plant operators and laboratory scientists conduct guided tours, providing valuable insights into the operations and processes involved in wastewater treatment. **Register by June 4th.**

**Date:** Tuesday, June 11th

**Time:** 8:30 - 11:00 am

**Fee:** \$3 (Includes transportation and tour)

**Program #** 244-156



# Outings & Entertainment



## KENNEBEC CABIN COMPANY, LUNCH AND LONGFELLOW'S GREENHOUSES

We will visit Longfellow's Greenhouses, where you can explore a vast collection of plants, trees, shrubs, and vines. With more than 20 greenhouses, you are sure to find everything you need to bring joy to your home and garden. After that, we will take a lunch break at The White Duck Brew Pub, owned by Travis Roy and friends. Later, we will visit Kennebec Cabin Company (KBC), which serves as both the home and headquarters of the popular TV show, "Maine Cabin Masters". KBC's retail store stocks a variety of New England art, crafts, tools, and Maine Cabin Masters merchandise, all hand-picked by the Cabin Masters themselves. **Register by June 12th.**

**Date:** Friday, June 21

**Time:** 7:30 am - 3:30 pm

**Fee:** \$10 (Includes transportation.)

**Program #** 244-157

## PUFFIN WATCH CRUISE WITH NATIONAL AUDUBON

Join Dr. Stephen Kress, the founder of Project Puffin, and the National Audubon Project Puffin naturalists on a 90-minute cruise from New Harbor to Easter Egg Rock to observe these fascinating birds. You can choose to enjoy the cruise from either the open-air upper deck or the enclosed lower deck. You can pack your own picnic lunch or purchase snacks and drinks that are available onboard. **Register by/No refunds after June 7th**

**Date:** Thursday, June 27

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

**Fee:** \$60 (Includes transportation and cruise)

**Program #** 244-158

## MUSICAL BINGO AFTERNOON

Meet new friends or come with old friends to enjoy an afternoon of Musical Bingo! We will be joining the South Portland and Portland Recreation Departments at the Casco Bay Room in South Portland. Try your luck and have some fun. Free coffee/tea and treats. Grab bag prizes, raffles and more. **Register by July 12th.**

**Date:** Wednesday, July 17

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

**Fee:** \$7

**Program #** 244-159

## ICE CREAM TRAIL

We are going to weave our way from farms to creameries in search of our favorite flavors. What could be more fun than to spend a few hours on a summer afternoon sampling some of Maine's best ice cream, custard and gelato. **Register by July 12th.**

**Date:** Thursday, July 25th

**Time:** 12:30 - 3:30 pm

**Fee:** \$10 (Includes transportation only)

**Program #** 244-160



# Outings & Entertainment

## LOBSTER BOAT TOUR AND LUNCH

During an entertaining 1.25-hour trip, you will embark on a tour of the stunning Kennebunk River, marvel at the picturesque coastline, and witness lobster traps being hauled. You can either sit back and relax or get involved and have some fun. After the cruise, you can enjoy lunch on your own at Latitude's, which overlooks the Kennebunk River at The Nonantum Resort. **Register by/No refunds after July 6.**

**Date:** Wednesday, July 31

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

**Fee:** \$64 (Includes Transportation and Cruise)

**Program #** 244-161

## CITY THEATER'S OKLAHOMA

Set in a Western territory just after the turn of the 20th-century where a rivalry between local farmers and cowboys provides a colorful background for the love story between Curly, a charming cowboy, and Laurey, a feisty farm girl. This Rodgers & Hammerstein musical adventure embraces hope, determination, and the promise of a new land. Performance at the Biddeford's Historic Opera House. **Register by/No refunds after June 28th**

**Date:** Sunday, August 4th

**Time:** 12:15 - 5:00 pm

**Fee:** \$ 32 (Includes transportation and show)

**Program #:** 244-162

## CLASSIC CAR MUSEUM & LUNCH

The museum began operating in 2019 to showcase its collection of fifty classic cars ranging from the 1913 model to the 1990s, as well as rare curiosities and automobilia. The museum exhibits are rope-less and station-less, allowing visitors to experience the cars up close. After exploring the museum, we will have lunch at Mike's American Diner before heading back home.

**Register by August 8th.**

**Date:** Thursday, August 22

**Time:** 9:30 am - 2:00 pm

**Fee:** \$15 (Includes transportation and museum admission)

**Program #** 244-163



## MAINE CLAMBAKE YORK HARBOR

Join over 200 Mainers from nine area recreation departments for an authentic Maine clambake at Foster's rustic pavilion in York Harbor, where you can enjoy Maine hospitality and live entertainment. Indulge in their crowd-pleasing lobster in the rough, served with steamed clams, corn-on-the-cob, roasted potatoes and onions, and a delicious slice of native blueberry cake for dessert. Come experience the best of Maine cuisine! **Register by/No refunds after August 20.**

**Date:** Tuesday, August 27

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

**Fee:** \$52 (Includes Transportation and Clambake)

**Program #** 244-164

## THE SECRET OF CELL BLOCK 7

In this immersive murder mystery experience you will find yourself in jail, booked by a singing Marcia Clark impersonator. Inside your holding cell, you will meet four quirky women who are waiting for their murder trial. As the plot unfolds, you will discover each of their possible motives. Who killed Roger Mills? Was it his snobbish sister, his co-worker who believes she is Elvis, the innocent-looking girl next door, or his massage therapist who also deals drugs on the side? You will surely have a great time at this Carousel Musical Theater production. Lunch includes appetizer, sandwich, and dessert. Sandwich served with chips, coleslaw, and a pickle. **Register by August 23/No refunds after August 23.**

**Date:** Wednesday, September 11

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

**Fee:** \$74 (Includes transportation, lunch and performance)

**Program #** 244-165

# Youth Aquatics

## SPRING SESSION: APRIL 22-JUNE 8

**Mondays 4/22 - 6/3 (6 classes—no class 5/27)**

**Thursdays 4/25- 5/30 (6 classes)**

**Saturdays 4/27-6/8 (6 classes—no class 5/25)**

Level	Day	Time	# Classes	Fee	Program#
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	6	\$45	244-210
<b>Barnacles 1</b>	Sat	9:00 - 9:30 am	6	\$45	244-211
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	6	\$45	244-212
<b>Turtles</b>	Sat	10:00 - 10:30 am	6	\$45	244-213
<b>Ducklings 1</b>	Mon	10:30 - 11:00 am	6	\$45	244-214
	Thurs	10:30 - 11:00 am	6	\$45	244-215
	Sat	9:00 - 9:30 am	6	\$45	244-216
	Sat	10:00 - 10:30 am	6	\$45	244-217
<b>Ducklings 2</b>	Mon	10:00 - 10:30 am	6	\$45	244-218
	Thurs	11:00 - 11:30 am	6	\$45	244-219
	Sat	9:00 - 9:30 am	6	\$45	244-220
	Sat	10:30 - 11:00 am	6	\$45	244-221
<b>Dolphins 1</b>	Sat	9:30 - 10:00 am	6	\$45	244-222
	Sat	10:00 - 10:30 am	6	\$45	244-223
<b>Dolphins 2</b>	Sat	9:30 - 10:00 am	6	\$45	244-224
	Sat	10:30 - 11:00 am	6	\$45	244-225
<b>Level 1</b>	Sat	9:00 - 9:45 am	6	\$56	244-226
	Sat	10:30 - 11:15 am	6	\$56	244-227
<b>Level 2</b>	Sat	9:00 - 9:45 am	6	\$56	244-228
	Sat	10:30 - 11:15 am	6	\$56	244-229
<b>Level 3</b>	Sat	9:45 - 10:30 am	6	\$56	244-230
	Sat	10:30 - 11:15 am	6	\$56	244-231
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	6	\$56	244-232

## SUMMER SESSIONS

**June** - Monday/Wednesday 6/24-7/10 , Tuesday/Thursday 6/20-7/11 (no class 7/4)

**July** - Monday/Wednesday 7/15-7/31, Tuesday/Thursday 7/16-8/1, Friday 6/21-7/26

Level	Day	Time	# classes	Fee	Program
<b>Barnacles</b>	Friday	10:00 - 10:30 am	6	\$45	June/July 251-205
<b>Turtles</b>	Friday	10:30 - 11:00 am	6	\$45	June/July 251-206
<b>Ducklings 1</b>	Mon/Wed	8:45 - 9:15 am	6	\$45	June 251-207
	Mon/Wed	8:45- 9:15 am	6	\$45	July 251-208
<b>Ducklings 2</b>	Mon/Wed	8:45 - 9:15 am	6	\$45	June 251-209
	Mon/Wed	8:45- 9:15 am	6	\$45	July 251-210
<b>Level 1</b>	Tu/Th	8:30 - 9:00 am	6	\$45	June 251-211
	Tu/Th	8:30 - 9:00 am	6	\$45	July 251-212
<b>Level 2</b>	Tu/Th	8:30 - 9:00 am	6	\$45	June 251-213
	Tu/Th	8:30 - 9:00 am	6	\$45	July 251-214

# 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:** Wednesday, May 15

**Time:** 9:00 – 10:00 am

**Fee:** \$6/family

**Location:** Robinson Woods Parking Lot on Shore Road

**Instructor:** Lisa Gent

**Program #** 244-304

## 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 24 - June 5

**Time:** 2:05 - 2:50 pm

**Fee:** \$100

**Location:** Community Center Spin Room

**Instructor:** Dragon Fire Martial Arts

**Program #** 244-305

## 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 29 - June 10 (no class 5/27)

**Time:** 2:30 - 3:00 pm

**Fee:** \$86

**Location:** Community Center Activity Room

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

**Program #** 244-306

## LEARNING WITH YAYA -

**SPANISH FOR KIDS (Ages: 1 - 5 w/Adult)**

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

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

**Dates:** Tuesdays, April 23 - May 28

**Fee:** \$75

**Location:** Community Center Community Room

**Instructor:** Yael Herszkopf Mayer

**Time:** 9:30 - 10:15 am

**Program #** 244-307

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

**Program #** 244-308



# Youth Programs

## **NEW! RHYTHMIC GYMNASTICS**

**(Age 3 - Gr. 4)**

Join our rhythmic gymnastics class and learn the beauty and skill of this exciting sport. Our experienced coach teaches fundamental techniques, coordination and flexibility with various apparatuses including hoops, balls, and ribbons. Beginner kids are welcome to join our inspiring community of gymnasts. Increase your balance, strength and focus with our challenging and rewarding classes.

**Dates:** Thursdays, April 25 - June 6 (no class 5/2)

**Fee:** \$86

**Location:** Community Center Activity Room

**Instructor:** Asya Vinokur, Maine Rhythmic Gymnastics

Age/Grade	Time	Program #
Age 3 - 5	2:30 - 3:00 pm	244-309
Gr. K - 2	3:05 - 4:05 pm	244-310
Gr. 3 - 4	4:05 - 5:05 pm	244-311

## **SPRING AFTERNOON BEGINNER TENNIS**

**(Gr: 1 - 4)**

Join Coach Mary Gray for USTA Quickstart Tennis designed to help players learn and play the game of tennis. The size of the court and the equipment is adapted for each age group. The format allows the students to feel comfortable even if they have never played before!

**Dates:** April 23 - May 30

**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	244-316
Gr. 1 - 2	Thursdays, 3:45 - 4:30 pm	244-317
Gr. 3 - 4	Thursdays, 4:45 - 5:30 pm	244-318

## **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, April 27 - May 18

**Fee:** \$60

**Location:** High School Tennis Courts

**Instructor:** Niamh Colpitts

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	244-319
Orange Ball (Gr: 3-5)	10:00 - 11:00 am	244-320
Green Ball (Gr: 6-8)	11:00 am - 12:00 pm	244-321

## **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 22 - May 29 (no class 5/27)

**Time:** 3:05 - 4:05 pm

**Fee:** \$66

**Location:** Cape Schools Campus

**Instructor:** Ryan McCalmon & Parent Coaches

**Program #** 244-322



## **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 28 - June 2

**Location:** HS Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	244-312
6-7	10:00 - 11:00 am	244-313
8+	11:00 am - 12:00 pm	244-314

**Dates:** Tuesdays, April 23 - May 28

**Location:** Fort Williams Tennis Courts

Age	Time	Program #
4 - 5, K	4:45 - 5:45 pm	244-315

# Youth Programs

## **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. Boys are required to supply their own equipment including stick, helmet, shoulder and elbow pads & gloves. Girls will need their own stick and lacrosse goggles.

**Fee:** \$70

**Location:** Hannaford Turf Field

### **Boys**

**Dates:** Sundays, April 21 - May 19

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

**Instructor:** Varsity Coach, Ben Raymond

**Program #** 244-323

### **Girls**

**Dates:** Saturdays, April 20 - May 18

**Time:** 8:00 - 9:30 am

**Instructor:** Varsity Coach, Alex Spark

**Program #** 244-324

## **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, April 25 - May 16

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

**Fee:** \$66

**Location:** Off Campus

**Instructor:** Cape Elizabeth Land Trust

**Program #** 244-325



## ***NEW!* FOOTBALL CLINIC (Gr: 2 - 8)**

Come join the Cape Elizabeth HS Football team this Spring and Summer for our youth clinics!

Sessions for 2nd - 4th graders will be focused on the fundamentals of football with an emphasis on skills relevant to flag football.

Our 5th - 8th grade sessions will focus on the fundamentals and rules of the 11 man game.

**No equipment other than cleats and shorts are required!**

**Fee:** \$60

**Instructor:** CEHS Football Coaches and Players

### **Spring**

**Dates:** Sundays, May 5 - June 2 (no class 5/26)

**Location:** Hannaford Turf Field

### **Gr. 2 - 4**

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

**Program #** 244-326

### **Gr. 5 - 8**

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

**Program #** 244-327

### **Summer**

**Dates:** Thursdays, July 11 - August 1

**Location:** Gull Crest Fields

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

### **Gr. 2 - 4**

**Program #** 251-300

### **Gr. 5 - 8**

**Program #** 251-301

## **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 22 - June 10 (no class 5/27)

**Fee:** \$200

**Location:** Pond Cove Gymnasium

**Instructor:** Dragon Fire Martial Arts

### **Beginner**

**Time:** 3:05 - 4:05 pm

**Program #** 244-328

### **Advanced**

**Time:** 4:05 - 5:05 pm

**Program #** 244-329

# Youth Programs

## Birthday Dance Party

Let Community Services host your Princess (Ages 3-6), Frozen (Ages 3-7), or Hip Hop (Ages 5-9) Birthday Party led by Brio Dance Studio.

Parties include music, dance, crafts, props, and more!

Contact Community Services at 799-2868 for more information or to reserve a date.

(Parties booked in two-hour blocks. One-hour dance party followed by one-hour party/refreshment)

## HIP/HOP (Gr: K - 8)

Hip Hop is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps and improvisation or "freestyle". Hip hop is a street style of dance and will use upbeat music.

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

### GRADES K - 2

**Day:** TUESDAYS

**Dates:** April 30 - June 11

**Time:** 3:05 - 4:05 pm

**Fee:** \$120

**Location:** Pond Cove Gym

**Program #** 244-331

**Day:** WEDNESDAYS

**Dates:** May 1 - June 12

**Time:** 3:05 - 4:05 pm

**Fee:** \$120

**Location:** Community Center Activity Room

**Program #** 244-332

### GRADES 3-4

**Day:** TUESDAYS

**Dates:** April 30 - June 11

**Time:** 4:05 - 5:05 pm

**Fee:** \$120

**Location:** PC Gym

**Program #** 244-333

### GRADES 5-8

**Day:** MONDAYS

**Dates:** April 29 - June 10, (No class 5/27)

**Time:** 4:05 - 5:05 pm

**Fee:** \$103

**Location:** Community Center Activity Room

**Program #** 244-334

## 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:** Mondays, April 29 - June 10, (No class 5/27)

**Time:** 3:05 - 4:05 pm

**Fee:** \$120

**Location:** Community Center Activity Room

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

**Program #** 244-335



## IRISH DANCE (Gr: K - 8)

We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline.

**Dates:** Fridays, April 26 - June 7

**Fee:** \$130

**Location:** Community Center Activity Room

**Instructor:** Mairead Stillson

### Beginners Gr: K - 4

**Time:** 3:05 - 4:05 pm (5/3 Half day: 12:05 - 1:05 pm)

**Program #** 244-336

### Advanced Gr: 3 - 8

**Time:** 4:05 - 5:05 pm (5/3 Half day: 1:05 - 2:05 pm)

**Program #** 244-337

# Youth Programs

## **ART STUDIO (Gr: 3 - 4)**

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

**Dates:** Tuesdays, April 23 - May 28

**Time:** 3:05 - 4:05 pm

**Fee:** \$90

**Location:** Pond Cove Art Room

**Instructor:** Maryjane Johnston

**Program #** 244-338



## **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 least 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 1

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

**Fee:** \$130

**Location:** Community Center Community Room

**Instructor:** Lighthouse Health and Safety

**Program #** 244-339

## **SEWING LAB (Gr: 5 - 7)**

This is an opportunity for experienced students in Grades 5 - 7 to further their skills. Students should have a basic understanding of sewing and will learn the terminology and techniques required to successfully complete a project.

All materials provided.

**Dates:** Wednesdays, April 24 - May 29

**Time:** 2:45 - 4:45 pm

**Fee:** \$100

**Location:** Community Center Spin Room

**Instructor:** Jeanette Guglielmetti

**Program #** 244-340

## **INTERMEDIATE KNITTING (Ages 8 - 12)**

Develop and take your knitting skills to the next level in this six-week class. This class is designed for those who have mastered the basics of beginning knitting and need help with their current projects or want to start a new project.

**Dates:** Wednesdays, April 24 - May 29

**Time:** 3:05 - 4:30 pm

**Fee:** \$ 100

**Location:** Community Center Spin Room

**Instructor:** Elizabeth Carroll

**Program #** 244-341

## **ROAD TRIPPING! (Gr: 2-4)**

Pack your bags....we are traveling across the country. Each week we will learn about a certain state/region, prepare and cook a delicious recipe. Students will learn about culinary arts, culinary geography, kitchen safety and nutrition. We will journal our recipes and student will leave with a cookbook full of their favorite recipes to keep.

**Dates:** Wednesdays, April 24 - May 29

**Time:** 3:05 - 4:05 pm

**Fee:** \$130

**Location:** Community Center Community Room

**Instructor:** Fun Chefs LLC

**Program #** 244-342



# Youth Programs

## **BRICK BY BRICK MAINE LEGO**

### **SURPRISE ME! (Gr: K - 3)**

Join us for this surprising 6 week session where we build a new creation each week! Weekly builds will be selected to accompany our book of the week and may include: *If I Build A Car*, *Cats vs. Dogs* and/or *Dr. DeSoto*. Class still begins with a short lesson specific to the book, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

**Dates:** Tuesdays, May 7 - June 11

**Time:** 3:05 - 4:05 pm

**Fee:** \$121

**Location:** Community Center Spin Room

**Program #** 244-343

## **FORENSIC FUN (Gr: K - 2)**

Calling all detectives for this fun exploration of forensic science! We will investigate a crime scene, test mystery powders, get a close-up on teeth prints and fingerprints, learn about different tools used to analyze a crime and so much more!

**Dates:** Mondays, April 22 - June 3 (No class 5/27)

**Time:** 3:05 - 4:05 pm

**Fee:** \$118

**Location:** Community Center Spin Room

**Instructor:** High Touch High Tech

**Program #** 244-344



## **BIOLOGY BRAINIACS (Gr: 3 - 4)**

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

**Dates:** Tuesdays, April 23 - May 28

**Time:** 3:05 - 4:05 pm

**Fee:** \$118

**Location:** Community Center Community Room

**Instructor:** High Touch High Tech

**Program #** 244-345

## **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:** \$68

**Location:** Community Center Community Room

**Instructor:** David Cimato

### **GRADES 1 - 2**

**Dates:** Fridays, April 26 - June 7 (No class 5/3)

**Time:** 3:05 - 4:05

**Program #** 244-346

### **GRADES 3 - 4**

**Day:** Mondays, April 22 - June 3 (No class 5/27)

**Time:** 3:05 - 4:05

**Program #** 244-347

### **GRADES 5 - 8**

**Dates:** Fridays, April 26 - June 7 (No class 5/3)

**Time:** 4:05 - 5:05

**Program #** 244-348

## **READY, STEM, GO! (Gr: K - 4)**

In this program, children learn foundational science and find out how STEM is at work in the world around them! They learn about the animal kingdom, both on land and under the sea. They make mixtures and explore the science of motion and energy. They also discover the technology that powers our modern world. Classes: All About Animals, Energy Burst, Get Connected, Life in the Sea, Mix It Up, Moving Motion, Radical Robots, Super Power Sources

**Dates:** Thursdays, April 4 - May 30 (No class 4/18)

**Time:** 3:05 - 4:05 pm (12:05-1:05 on 4/11 half-day)

**Fee:** \$150

**Location:** Community Center Community Room

**Instructor:** Mad Science

**Program #** 244-349

# Youth Programs

## **INTRO TO MUSICAL THEATER (Gr: K - 1)**

An introduction to our Musical Theater class designed for our littlest aspiring performers! Students will play theatre games, learn how to project and enunciate when they speak and act, and learn songs and dances from some of our favorite kid-friendly musicals and movies!

**Date:** Mondays, 4/22 – 6/3 (No class 5/27)

**Time:** 3:05 - 4:30 pm

**Fee:** \$90

**Location:** High School Cafeteria

**Instructor:** Barry Brinker

**Program #** 244-330

## ***NEW!* IMPROV FOR KIDS (Gr: 1 - 4)**

Improv will focus on theatre games and exercises using imagination and creativity. Students will create characters, stories and scenes. This class is about finding your voice on stage, building characters, working as a team and getting over stage-fright.

Ben Roberts has a BFA in theatre from Syracuse University. He has been in off Broadway plays, movies, television, and many commercials. He is still actively auditioning, acting and writing. Ben studied and performed improvisation and sketch comedy at Upright Citizens Brigade in New York City and has taught improv to a variety of different groups and ages. Ben is enthusiastic, positive and supportive in a way that helps everyone feel comfortable and enjoy themselves while they explore the exciting world of improv.

**Date:** Fridays, 4/26 – 6/7 (No class 5/3)

**Fee:** \$90

**Location:** Pond Cove Gym

**Instructor:** Ben Roberts

### **Gr: 1 - 2**

**Time:** 3:05 - 4:05 pm

**Program #** 244-355

### **Gr: 3 - 4**

**Time:** 4:05 - 5:05 pm

**Program #** 244-356



## **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:** \$575/Session

**Instructor:** Tim O'Carroll

### **SESSION 1**

**Dates:** May 6 - 23, Monday - Thursday

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

**Location:** Community Center Community Room

**Program #** 244-350

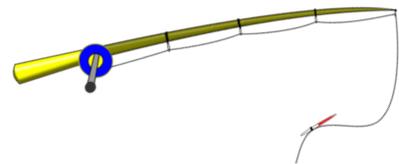
### **SESSION 2**

**Dates:** July 8 - 25, Monday - Thursday

**Time:** 8:30 am - 11:00 am

**Location:** Cape Elizabeth High School Health Room

**Program #** 251-302



## **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:** Thursdays

**Fee:** Free

**Instructor:** CEPD & Spurwink Rod/Gun Club Members

**Program #:** 244-351

**Dates/Location/Time:**

- May 9 Spurwink Rod and Gun Club: 5:30-8:00pm
- May 16 Fort Williams Park: 5:30-7:15pm
- May 23 Great Pond: 3:45-5:30pm OR 5:30-7:15pm\*
- May 30 Great Pond: 3:45-5:30pm OR 5:30-7:15pm\*
- June 6 Great Pond: 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.

# Summer Camps

## **MR. REAGAN'S THEATER CAMP (Ages: 7-11)**

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 19 - 23

**Time:** 9:00 am - 12:30 pm

**Fee:** \$225

**Location:** Pond Cove Gym and Playground

**Instructor:** Patrick Reagan

**Program #** 251-303

## **JUNGLE BOOK CAMP (Gr: 1 - 6)**

In one fun-filled week, students will learn songs, dances, and scenes from "The Jungle Book"! 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 5 - 9

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

**Fee:** \$275

**Location:** HS Theater

**Instructor:** Barry Brinker

**Program #** 251-304



## **ANNIE CAMP (Gr: 1 - 6)**

Join us after camp for a fun and active time learning musical numbers from the wonderful story of little orphan "Annie". We will be playing drama games, singing songs, and learning choreography. Invite your friends and family to join us on July 26 @ 5:00 for an informal performance.

**Dates:** Monday - Friday, July 22 - 26

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

**Fee:** \$125

**Location:** Pond Cove Gym

**Instructor:** Barry Brinker

**Program #** 251-305

## **"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 12 - 16

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

**Fee:** \$275

**Location:** Pond Cove/Middle School Cafetorium

**Instructor:** Brio Dance Studio

**Program #** 251-306

## **"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](http://www.briodancestudio.com)

**Dates:** Monday - Friday, August 12 - 16

**Time:** 9:00 am - 12:00 pm

**Fee:** \$180

**Location:** Pond Cove/Middle School Cafetorium

**Instructor:** Brio Dance Studio

**Program #** 251-307

## **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 19 - 23

**Time:** 9:00 am - 1:00 pm

**Fee:** \$250

**Location:** Fort Williams Picnic Shelter

**Instructor:** Stillson Irish Dance

**Program #** 251-308

# Summer Camps

## DECORATIVE ARTS & CRAFTS CAMP

(Gr: 3 - 5)

Explore decorative paintings, patterns, mixed media and surfaces in this fun arts and crafts class! We will be painting ceramics, canvas, candles and even leather! Looking to find inspiration through nature and patterns (or whatever else speaks to you!) your child will bring home 3-5 finished decorative pieces!!

**Dates:** Monday - Wednesday, July 1 - 3

**Time:** 9:00 am - 1:00 pm

**Fee:** \$150

**Location:** Community Center Community Room

**Instructor:** Natalie Hoch

**Program #** 251-309



## MOLLY MAPS & FRIENDS ART CAMP

(Ages: 8 - 11)

Back again for a second summer! Join Molly and her lively teaching assistants for four big mornings of artistic exploration, conversation and expression. This year we will be focusing on GELLI PRINTS, and amazingly easy way to create breath-taking prints with found objects, collage and color. We will also offer drawing and water-color opportunities for everyone to explore. These classes are ideal for kids ready spend their mornings learning and trying new techniques, making lots of art and supporting others along the way. We will be hosting an open gallery event for parents after class on the last day. Molly is local artist and has taught art workshops for over ten years. All materials provided.

**Dates:** Monday - Thursday, August 26 - 29

**Time:** 9:00 am - 12:00 pm

**Fee:** \$220

**Location:** Community Center Community Room

**Instructor:** Molly Maps

**Program #** 251-310

## MASTER CHEF JUNIOR CAMP (Ages: 8 - 14)

Calling all young CHEFS! Let your child unleash their inner Chef during this three day 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:** Tuesday/Thursday/Friday, June 18, 20, 21

**Time:** 9:00 am - 12:00 pm

**Fee:** \$180

**Location:** Community Center Community Room

**Instructor:** Fun Chefs, LLC

**Program #** 251-312

## ANIMAL CRAZY ART CAMP (Gr: 2 - 5)

Are you crazy about animals? I AM TOO! Let's explore the world of animals and draw, paint, print and sculpt them!!! We can look around the world for different animals to use for our ideas and see how different people use them in art! We will use colorful drawing and painting materials and some fun sculpture media to build 3d animals! We can even print a t-shirt with one of your animals\*! (\*bring at least one plain t-shirt to print on.)

**Dates:** Monday - Thursday, July 8 - 11

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

**Fee:** \$250

**Location:** Community Center Community Room

**Instructor:** Mary Curran\*

**Program #** 251-349

## LIGHT AND LIGHTS ART CAMP (Gr: 2 - 5)

Let's explore light!!!! In this class we will learn how we can "light up" our art! Using actual sunlight and electric light (battery operated) we will take inspiration from the world around us to design, draw and sculpt artwork that is all about light!!! We'll make sun-catchers, nightlights and even some glow in the dark art! Get ready to lighten up!

**Dates:** Monday - Thursday, July 8 - 11

**Time:** 9:00 am - 12:00 pm

**Fee:** \$250

**Location:** Community Center Community Room

**Instructor:** Mary Curran\*

**Program #** 251-350

\***Mary Curran** taught public school art in grades K-12 over her 40 year career and holds a BFA and an M.Ed.. and is a certified teacher. After retiring in 2022, she currently works as an artist while teaching privately on the side. Her own work can be seen at [marycurranstudio.com](http://marycurranstudio.com)

# Summer Camps

## REACTIONS IN ACTION CAMP (Gr: 1 - 6)

Inspire the inventor and scientist in you during this week. Shake up a flask of fun in the lab as a Junior Chemist! Try your hands as a real Mad Scientist in this whirlwind camp packed solid with cool reactions. Explore bubbling potions, slimy polymers, color changing liquids, dry ice bubbles, and solids that disappear in an instant! Start out the week learning about laboratory equipment at your personal lab tech bench. Then, slide down the PH scale and spend a day finding out how different chemicals react when mixed together. Build and break molecules and grow crystals in a petri dish. Ooze into a gooey day of making crazy concoctions such as glow putty, glow spheres in a test tube, thermochromic mixtures, and guar gum brain goo! Round out this radical week by manipulating matter in all of its three states! Take home a full set of Mad Science lab gear that includes a graduated cylinder, a flask, test tubes, goggles, and a lab coat. Come take a walk on the wild side of chemistry! **Dates:** Monday - Friday, July 22 - 26

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

**Fee:** \$450

**Location:** Community Center Community Room

**Instructor:** Mad Science of Maine

**Program #** 251-313

## OCEANOGRAPHER CAMP (Gr: 1-6)

Sail the seas and become an oceanographer! Learn about the main predators in the ocean and explore different aquatic habitats. Engineer your own boat and journey to the arctic and the bottom of the ocean.

**Dates:** Monday - Friday, June 24 - 28

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

**Fee:** \$405

**Location:** Community Center Community Room

**Instructor:** High Touch High Tech

**Program #** 251-314



## OUTTA THIS WORLD SPACE CAMP

**(Gr: 1 - 6)**

Blast off into space! Discover what it takes for humans to survive in space. Explore the sun, moon, planets, and stars. Explode a supernova, play with ferrofluid, and make your own Alpha Centauri Goo!

**Dates:** Monday-Friday, August 19 - 23

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

**Fee:** \$405

**Location:** Community Center Community Room

**Instructor:** High Touch High Tech

**Program #** 251-315



## LEGO ROBOTICS CAMP (Gr: 3 - 5)

Join us in designing and building Lego Robots! This camp will improve your child's ability to think creatively and problem-solve through various challenges, culminating in a final activity that brings together all of the skills they've learned. Each day will explore a separate facet of engineering including coding, building and design. By the end of the week, your child will have a deeper understanding of the engineering process.

**Dates:** Monday-Friday, August 5 - 9

**Time:** 9:00 am - 12:00 pm

**Fee:** \$150

**Location:** Community Center Community Room

**Instructor:** Cape Elizabeth High School Robotics Team

**Program #** 251-316

# Summer Camps

## 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.

**Dates:** Tuesday - Friday, June 18 - 21

**Time:** 9:00 am - 2:00 pm

**Fee:** \$225

**Location:** High School Gym & Outdoor Courts

**Instructor:** HS Varsity Coach Casterella & HS Players

**Program #** 251-317

## 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:** Monday - Friday, June 24 - 28

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

**Fee:** \$250

**Location:** Upper/Lower Lions Field

**Instructor:** Dan Sullivan

**Program #** 251-318

## 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 19 - 23

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

**Fee:** \$110

**Location:** Holman Field

**Instructor:** HS Varsity Coach Bisogni and HS Players

**Program #** 251-319



## SEACOAST GRASSROOTS CAMP (Ages: 3 - 5)

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.

**Fee:** \$70

**Location:** Middle School Multipurpose Field

**Instructor:** Seacoast United Soccer Coaches

Dates	Time	Program #
Mon-Fri, July 29 - Aug 2	9:00 - 10:00 am	251-320
Mon-Fri, July 29 - Aug 2	10:00 - 11:00 am	251-321
Mon-Fri, August 5 - 9	9:00 - 10:00 am	251-322



## SEACOAST UNITED SKILLS SOCCER CAMP (Ages: 6 - 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 6 - 9

**Dates:** Monday - Friday, July 29 - August 2

Time	Fee	Program #
Half-Day 9:00am - 12:00pm	\$140	251-323
Full-Day 9:00 am - 3:00 pm	\$225	251-324

### Ages 10-12

**Dates:** Monday - Friday, August 5 - 9

Time	Fee	Program #
Half-Day 9:00am - 12:00pm	\$140	251-325
Full-Day 9:00 am - 3:00 pm	\$225	251-326

# Summer Camps

## 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 22 - 25

**Location:** Gull Crest Fields

### GRADES 1-2

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

**Fee:** \$125

Grade	Program #
Girls Gr. 1-2	251-327
Boys Gr. 1-2	251-328

### GRADES 3-8

**Time:** 9:30am - 12:00 pm

**Fee:** \$175

Grade	Program #
Girls Gr. 3-5	251-329
Girls Gr. 6-8	251-330
Boys Gr. 3-5	251-331
Boys Gr. 6-8	251-332



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

Participants will meet every day at 9 am to go fishing! No experience or equipment is necessary. We will learn about knots, lures, baits, fly fishing & kayak fishing for freshwater and salt water fish!!

On Monday and Tuesday, we will fish Great Pond and attempt to catch some pickerel, yellow perch and bass. On Wednesday and Thursday, we will meet at Kettle Cove to fish for Salt Water Species with the hopes of catching some mackerel and Striped Bass. Friday's location will depend on a vote from the participants.

**Dates:** Monday - Friday, July 8 - 12

**Time:** 9:00 am - 12:00 pm

**Fee:** \$240

**Instructor:** Seaspray Staff

**Program #** 251-333

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

Join us for an exciting week of stand up paddle boarding and kayaking! 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! Morning and Afternoon Sessions Available.

**Dates:** Monday - Friday, July 15 - 19

**Instructor:** Seaspray Staff

**Fee:** \$295

### AM Camp

**Time:** 9:00 am - 12:00 pm

**Program #** 251-334

### PM Camp

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

**Program #** 251-335

## WHITE WATER RAFTING (Gr: 6 - 8)

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.

**Dates:** August 13 - 15

**Time:** Depart CECS at 6:45 am 8/13

**Return:** 6:00 pm 8/15

**Fee:** \$395 (transportation, and all expenses including food and lodging)

**Program #** 251-348

## 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 12 - 16

**Time:** 8:00 am - 12:00 pm

**Fee:** \$190

**Location:** Middle School Band Room

**Instructor:** Caitlin Ramsey, Missy Shabo & Rob Wheeler

**Program #** 251-311

# Summer Camps

## GRAND SLAM TENNIS CAMP (Gr: 2 - 9)

These 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.

**Location:** High School Tennis Courts

**Instructor:** Grand Slam Tennis Staff

### JUNE 17 - 21

Option	Time	Fee	Program #
Full Day	9:00 - 4:00*	\$320	244-352
Half Day AM	9:00 - 12:00	\$215	244-353
Half Day PM	1:00 - 4:00**	\$170	244-354

### AUGUST 12 - 16

Option	Time	Fee	Program #
Full Day	9:00 - 4:00*	\$320	251-336
Half Day AM	9:00 - 12:00	\$215	251-337
Half Day PM	1:00 - 4:00**	\$170	251-338

\*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 15-19

**Location:** High School Tennis Courts

**Instructor:** Apex Tennis Staff

Option	Time	Fee	Program #
Full Day	9:00 - 3:00*	\$380	251-339
Half Day	9:00 - 12:00	\$280	251-340

\*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 29 - August 2

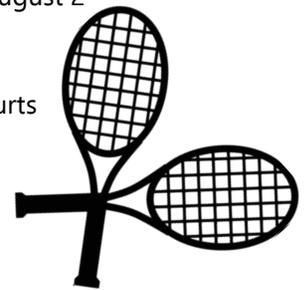
**Time:** 9:00 am-1:00 pm

**Fee:** \$240

**Location:** High School Tennis Courts

**Instructor:** Coach Mary Gray

**Program #** 251-341



## 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 9 - 25

Grade	Time	Program #
Beginners (Gr 1-4)	4:00-4:45 pm	251-342
Intermediates (Gr 3-4)	4:45-5:30 pm	251-343
MS Match Play (Gr 5-8)	5:30-6:15 pm	251-344

### SESSION 2 - AUGUST 6 - 22

Grade	Time	Program #
Beginners (Gr 1-4)	4:00-4:45 pm	251-345
Intermediates (Gr 3-4)	4:45-5:30 pm	251-346
MS Match Play (Gr 5-8)	5:30-6:15 pm	251-347

# Summer REC Camp

**Registration for Summer Camps begins April 7th @ 8:00 pm online.**

Registration online at [www.capecommuniyservices.org](http://www.capecommuniyservices.org), or April 8th 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 2024.

**\*\*NEW PAYMENT SCHEDULE FOR SUMMER 2024\*\***

Payment for the first week of camp is due in full at the time of registration.

**Additional weeks will be on a payment plan which will be deducted starting April 19th every other week until June 28th, when all camp payments need to be paid in full.** If additional weeks are added after June 21, payments will be due in full at the time of registration.

Before and After Camp care requires additional registration.

**If you need to withdraw your camper from a week of rec camp or a specialty camp:**

Withdrawal done by Monday for the following week of camp will receive a full refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

- Withdrawals done on Tuesday-Thursday for the following week of camp will receive a 50% refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).
- Withdrawals done on Friday for the following week of camp 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.



**END OF SUMMER  
FUN DAYS  
AUGUST 13-15!!  
(Gr. 1-6)**

Sign up for one day, two days or all three!

**SPLASHTOWN** (Tuesday)  
**AQUABOGGAN** (Wednesday)  
**FUNTOWN** (Thursday)

8:30 am - 4:00 pm

Cost: \$60 per day

Program # 251-409.1-3

**LITTLE CUBS / ADVENTURE CAMP**

**CAMP DATES:                      COST:**

Week 1: June 24-28                      \$275.00

Week 2: July 1-3                              \$165.00

(no camp 4 & 5)

Week 3: July 8-12                          \$275.00

Week 4: July 15-19                         \$275.00

Week 5: July 22-26                         \$275.00

Week 6: July 29-Aug 2                      \$275.00

Week 7: August 5-9                         \$275.00

# Summer REC Camp

## LITTLE CUBS

**Ages 3.8 (must be 3 as of October 15th, 2023) through 5 years old, including those going into Kindergarten.**

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.

**Hours:** 8:30 am to 2:45 pm

**Location:** Cape Care Playground/Community Center

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



## ADVENTURE CAMP

**Gr: 1-6**

**(GRADE AS OF FALL 2024)**

Adventure Camp offers structured activities for the day. Campers will be with children their own age as well as some camp-wide activities, with counselor-led rotations of indoor and outdoor activities including tennis, basketball, art, dance, drama, 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 to amusement parks and beaches 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)**

**Location:** Cape Elizabeth Middle School Campus

**Hours:** 8:30 am - 3:00 pm

**Fee:** \$150

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. Week 2 Teen Extreme will be Monday, Tuesday, Wednesday. No camp on July 4th & 5th.



# RICHARDS COMMUNITY POOL & FITNESS CENTER

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

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

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

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

Pool and fitness schedules can be found on our website. [www.capecommunityservices.org](http://www.capecommunityservices.org)

## POOL PARTIES

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Cafe may be rented for your 'party portion' at an additional fee (Cafe not available during summer)

### FEES

**\$175 Inflatables, pool & whirlpool (max 40)**

**\$110 Pool & whirlpool (max 40)**

**PAYMENTS ARE CASH/CHECK ONLY.**

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

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

### OPTIONS

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

**Sundays: 1:15-2:15 pm**

**Summer Pool Parties  
Sundays only 6/16-7/28**

### 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.



**PLAN AHEAD!** Please note, pool parties typically book out 2-3 months in advance.

Cape Elizabeth Town Hall  
320 Ocean House Road

---

Postal Patron Local  
Non-Profit Organization  
U.S. Postage  
PAID  
Permit No. 106  
Portland, ME

Postal Customer

Cape Elizabeth, ME 04107

2024 SUMMER CONCERT SERIES



**July 8 / Novel Jazz/ Picnic Shelter**

Ellington and Strayhorn inspired jazz

**July 15 / Jeezum Crow/ Picnic Shelter**

Americana, Rock and Country

**July 22 / Joan Kennedy/ Bandstand**

Contemporary crossover country

**July 29 / Blue Fuse Jazz / Bandstand**

Gypsy Swing

**August 5 / Maine Marimba Ensemble/ Picnic Shelter**

Traditional and contemporary Zimbabwean music on handcrafted marimbas

**August 12 / World Famous Grassholes / Bandstand**

Bluegrass

Mondays at 6:00 pm

[www.capecommunityservices.org](http://www.capecommunityservices.org)