

CAPE EXPLORER

*Winter
2024*

CAPE COMMUNITY SERVICES



ONLINE

CAPECOMMUNITYSERVICES.ORG

FOR RESIDENTS
SUNDAY 12/17 8 PM

FOR NON-RESIDENTS
FRIDAY 12/22 8 AM



IN PERSON

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

FOR RESIDENTS
MONDAY 12/18

FOR NON-RESIDENTS
FRIDAY 12/22



BY PHONE

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

FOR RESIDENTS
MONDAY 12/18

FOR NON-RESIDENTS
FRIDAY 12/22

3 WAYS TO REGISTER



IMPORTANT INFO

- Full refunds are given when a program is cancelled.
- Withdrawals 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.

Cover photos courtesy of Ang Foley

KEEPING CAPE ACTIVE

2

ADULT

OUTINGS & ENTERTAINMENT

11

14

YOUTH AQUATICS

YOUTH PROGRAMS

15

TOWN NUMBERS

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



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 1/15)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
1/8-2/16	17	\$136	243-100
3/1-4/12	19	\$152	243-101

ESSETRICS®

RELEASE REBALANCE RESTORE

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

Date: Tuesday/Thursday

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
1/2-2/6	11	\$132	243-102
2/13-3/12	9	\$108	243-103

HIGH INTENSITY INTERVAL TRAINING

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 60 minutes. This workout brings the essence of functional exercise and athlete training together with drills that build a body that works, a push-harder workout culture and a supportive group spirit! Please bring weights, water & mat to class. (no class

Days: Wed/Fri

Time: 5:30-6:30 am

Location: Lower Spin Room CECS

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/3-2/16	14	\$126	243-104
2/28-4/12	14	\$126	243-105

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! Liz has taught through the years (decades) at The Bay Club, Union Fitness, Be Fit, Regency Health Club, The Woodlands and as the Head Aerobic Instructor at Hannaford Corp office in Scarborough. Drop ins-welcome \$12

Days: Tues/Thurs (no class 2/20, 2/22)

Time: 8:00-9:00 am (**3/19-4/9 start time 9:00**)

Location: CS Activity Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
1/2-1/30	9	\$81	243-106
2/6-3/12	9	\$81	243-107
**3/19-4/9	7	\$63	243-108

WOMEN ON WEIGHTS

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

Days: Wed/Fri

Time: 8:45-9:45 am

Location: CEHS Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/3-2/16	14	\$126	243-109
2/28-4/12	14	\$126	243-110

JETTI FIT WALKING

Transform Your Walk Into a Fun, Full-Body Workout! Learn how to power up your walking as Susan guides you through using Jeti Poles to transform your body. Increase cardiovascular fitness, bone density, and boost muscle strength and endurance while building community in a group setting. Reach out to Susan with any questions at 207 939-2255 or susan@jointefforttraining.com.

Date: Saturdays 1/13-3/9 (no class 2/24)

Time: 8:00-9:00 am

Location: CE High School (meet at Fitness Center)

Instructor: Susan Janosik

Fee: \$80

Program # 243-111

Adult Fitness

COED WEIGHTS

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

Days: Tues/Thurs

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik



Date	Classes	Fee	Program #
1/2-2/15	14	\$126	243-112
2/27-4/11	14	\$126	243-113

CARDIO STRENGTH INTERVAL TRAINING

This class combines Cardio & Strength Intervals! This combination will keep the class intensity cranking but can be modified when needed. We will use free weights, machines & body weight for strength training and jump ropes, plyometrics and cardio machines to push the cardio!

Days: Tues/Thurs

Time: 6:15-7:15 pm

Location: Spin Room

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/2-2/15	14	\$126	243-114
2/27-4/11	14	\$126	243-115

ADULT TAP

Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! In the beginner class we will cover all of the basics and you will be flapping across the floor in no time. In the advanced beginner level we will cover warm-ups, go over some new steps and combinations and begin some simple routines.

Dates: Wednesdays, Session 1 1/17-3/20
Session 2 4/3-5/22

Time: 11:45-12:45 Advanced Beg/12:45-1:45 Beginner

Fee: Session 1 \$90/Session 2 \$72

Location: CC Activity Room

Instructor: Kristin Sutton

Program #	Advanced Beginner	Session 1	243-116
		Session 2	243-117
	Beginner	Session 1	243-118
		Session 2	243-119

OULA DANCE FITNESS



Oula is YOUR hour, YOU deserve to be at the top of your list! Oula merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. Cholla's class is designed to be inclusive for all, and welcomes participants of all fitness levels. Every Oula class empowers participants to trust their bodies and process their emotions through music, movement, and a community connection. Oula is all about how it FEELS!! Drop Ins ALWAYS welcome \$15

Days: Thursdays

Time: 6:00-7:00 pm **Location:** CS Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
1/4-2/15	7	\$75	243-120
3/7-4/11	6	\$65	243-121

SHINE DANCE FITNESS™ BACK for 2024!

SHiNE™ is a high energy dance fitness class that is rooted in hip-hop, jazz and ballet. The routines are choreographed to get your heart pumping and your energy flowing. The songs are easy to follow and are set to your favorite current hits. SHiNE™ is open to everyone at all fitness levels and dance experience is not required. Drop-ins welcome \$10

Days: Tuesdays

Time: 5:45-6:45 pm

Location: CECS Activity Room

Instructor: Rachel Rosenfield

Date	Classes	Fee	Program #
1/9-2/13	6	\$54	243-122
3/5-4/9	6	\$54	243-123

LINE DANCING *NEW*

Don't miss the fun! Line dancing is choreographed dancing, but also a fun form of exercise. It gets your heart pumping and your brain working. The instructors will teach the steps and we will practice the steps multiple times. 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

Time: 11:45 am - 12:45 pm

Location: CS Activity Room

Instructor: Anne Cass

Date	Classes	Fee	Program #
1/11-2/15	6	\$54	243-124
3/7-4/11	6	\$54	243-125

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.

Day: Tuesday

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Date	Classes	Fee	Program #
1/2-2/6	6	\$72	243-126
2/27-3/26	5	\$60	243-127

GENTLE HATHA YOGA

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

Days: Mondays (no class 1/15, 2/19)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke



Date	Classes	Fee	Program #
1/8-2/26	6	\$66	243-128
3/25-4/22	5	\$55	243-129

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

Date	Classes	Fee	Program #
1/3-2/21	8	\$88	243-130
3/27-4/17	4	\$44	243-131

EVENING YOGA ALL LEVELS

Continuing to build on yoga fundamentals, this all levels class is appropriate for those new to yoga, as well as experienced students. Focus will be on improving flexibility and strength Drop-ins welcome \$13

Days: Mondays (no class 1/15, 2/19)

Time: 6:00-7:15 pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
1/8-2/26	6	\$66	243-132
3/25-4/22	5	\$55	243-133

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program #
1/3-2/21	8	\$88	243-134
3/27-4/17	4	\$44	243-135

TAI CHI Part II

This class a continuation of the fall session, completion of the seven step form. Beginners comfortable with following along are welcome. Tai Chi generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. In addition to improving function, the practice can profoundly impact general well-being and sleep quality. If you have questions regarding your

Date: Tuesday 1/23-2/27

Time: 1:15-2:30 pm

Fee: \$60

Location: CS Activity Room

Instructor: Stephanie Carlson

Program # 243-136

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 1/25-2/29

Time: 10:10-10:30 am

Fee: \$60

Location: CS Activity Room

Instructor: Stephanie Carlson

Program # 243-137

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 1/25-2/29

Time: 10:30-11:30 am

Fee: \$60

Location: CS Activity Room

Instructor: Stephanie Carlson

Program # 243-138

Adult Fitness

ADULT ALL LEVELS ICE SKATING

NEW

This is an all levels 30 minute class designed to encourage and support adult learners to continue/revisit their love of the sport or to learn something new and start their ice skating journey. The class will be tailored to the needs of the participants and will focus on technique as well as building confidence and community.

Date: Wednesdays

Time: 8:30 - 9:00 am

Instructor: Faye Dibella

Location: Cape Community Arena

Date	Classes	Fee	Program #
1/3-1/17	3	\$45	243-139
2/7-2/28	4	\$60	243-140

DROP IN HOOPS/ADULT BASKETBALL

This program is offered for adults who want a good work out 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 1/10-4/10

Time: 8:15-10:00 pm

Drop in Fee: \$4

Location: MS Gym

Supervisor: Christopher Casey



ADULT INTERMEDIATE TENNIS

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

Date: Saturday

Time: 8:00-9:00 am (no class 1/27)

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Location: PC Gym

Date	Classes	Fee	Program #
1/6-2/17	6	\$90	243-141
3/2-4/6	6	\$90	243-142

ADULT INDOOR SOCCER (CO-ED)

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

Dates: Sundays, 2/4-3/24

Fee: \$48

Location: HS Gymnasium

Time	Supervisor	Program #
5:00-6:30	David Croft	243-143
6:30-8:00	David Peary	243-144

ADULT CO-ED VOLLEYBALL

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

Date: Wednesday 3/6-5/15 (no session 4/17)

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$5

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

Time: 5:30-6:45 am (no class 1/15)

Location: Richards Community Pool

Instructor: Todd Larlee



Date	Classes	Fee	Program #
1/3-2/16	19	\$190	243-200
2/26-4/12	21	\$210	243-201

COAST ENDURANCE

Train to gain the skills and confidence to succeed in triathlons and open water swims. These challenging workouts will enable you to arrive at your competition prepared through repetition and consistency no matter your level of experience or fitness in swimming. Athletes must be able to swim 200 yards without stopping.

Days: Tues/Thurs

Time: 5:30-6:30 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
1/2-2/15	14	\$126	243-202
2/27-4/11	14	\$126	243-203

WATER WORKS

A **low-impact** exercise program, working all the major muscle groups. The buoyancy of the water is an excellent way to alleviate pressure on the joints improve posture and range of motion. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys.

Date: Mon/Wed/Fri

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Susan Farady

Date	Classes	Fee	Program #
1/8-1/29	10	\$65	243-204
2/2-2/26	11	\$72	243-205
3/1-3/27	12	\$78	243-206
4/1-4/26	12	\$78	243-207



WATER POLO - SEE PAGE 14!!

PACE RACE CHASE

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

Open to swimmers and triathletes of all levels. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. For specific information on levels visit www.capecommunityservices.org under Program Registration. (no session 1/28, 3/17 due to swim meets)

Location: Richards Community Pool

Instructor: Kirsten Read

(ADVANCED, ENTRY LEVEL, BEGINNER)

Level/Dates	Time	Fee	Program #
PRC-A Sun 1/7-2/18	10-11am	\$90	243-208
PRC-E&B Sun 1/7-2/18	11-12pm	\$90	243-209
PRC-A&E Tues 1/2-2/13	1-2 pm	\$105	243-210
PRC-A&E Fri 1/5-2/16	11:30-12:30	\$105	243-211

PRC-A Sun 3/3-4/14 10-11am \$90 243-212

PRC-E&B Sun 3/3-4/14 11-12pm \$90 243-213

PRC-A&E Tues 2/27-4/9 1-2 pm \$105 243-214

PRC-A&E Fri 3/1-4/12 11:30-12:30 \$105 243-215

WATER CORE & CARDIO

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

Date: Thursdays 1/4-3/7

Time: 1:15-2:00 pm

Location: Richards Community Pool

Instructor: Sarah MacColl

Fee: \$120

Program # 243-216

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. (No class 1/27, 3/16)

Dates: Saturdays

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	Classes	Fee	Program #
1/6-2/17	6	\$60	243-217
3/2-4/13	6	\$60	243-218

Adult Art & Enrichment

WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will look at a different concept or technique to explore in your own project or one I provide. Giving each painter an opportunity to try new ideas, improve skills and enjoy painting in a relaxed setting. Time will be allowed for individual help, especially for beginners.

Date: Wednesday

Time: 10:00 am - 12:00 pm

Location: CECS Community Room

Instructor: Marty Clark

Dates	Fee	Program #
1/17-2/14	\$70	243-145
2/28-3/27	\$70	243-146

OPEN ART SPACE

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

Date: Tuesdays

Time: 10:00 am - 12:00 pm

Location: CS Meeting Room

Hosted by Marty Clark

Dates	Fee	Program #
January 9, 16, 23, 30	\$20	243-147
February 6, 13, 20, 27	\$20	243-148
March 5, 12, 19, 26	\$20	243-149
April 2, 9, 16, 23, 30	\$25	243-150

CREATIVITY & THE ARTIST WITHIN

NEW

Whether you're an artist yearning to expand your creative horizons, or someone grappling with a frustrating creative block, this course is for you. Even if you've always believed that creativity isn't your thing, we're here to challenge that notion. Perhaps you're simply intrigued by the concept of creativity and wish to delve deeper into its mysteries. This course is designed to unlock your inherent creative potential.

Date: Saturdays 1/27-3/2 **Time:** 2:00-3:30 pm

Fee: \$89

Location: CS Meeting Room

Instructor: Steve Addario

Program # 243-154

*attend 3 sessions of your choice for \$50
Program # 243-155

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 1/13

Time: 12:00-2:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # 243-151



WINTER ACRYLIC PAINTING WORKSHOP

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

Date: Saturday 2/10

Time: 12:00-2:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # 243-152

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 1/10-3/20 (no class 2/21)

Time: 6:00 - 9:00 pm

Fee: \$110

Location: HS Wood Shop

Instructor: John Fabish

Program # 243-153

Adult Art & Enrichment

YOU ONSTAGE *NEW*

In this very playful gathering, you will have fun with easy, light-hearted games from improv and theater. Like 'wax on, wax off' from The Karate Kid, you'll practice the games with your group and then find yourself naturally applying the skills in all arenas of your life. From the shy to the bold, this is a safe place to try something different, connect with others in a deeper way, gain new perspectives, give your self-expression and creativity an outlet, and feel refreshed and rejuvenated. No experience necessary!!

Date: Saturday 1/6-2/10

Time: 1:00-2:30 pm

Program #243-156

Fee: \$75

Location: CC Community Room

Instructor: Delilah Blake, Founder of You Onstage and Curiosity Lab Productions

Date: Tuesday 1/9-2/13

Time: 7:00-8:30 pm

Program #243-157

HOMEMADE HANDMADE FRESH TORTELLINI *NEW*

Join Chris Toy for an evening of fresh handmade stuffed pasta. We'll make regular and spinach dough, two different fillings, one for vegetarians, and another for omnivores (chef's choice!). We'll make fresh sauces as well. One featuring local garden tomatoes, the other cream and vodka. Come hungry and bring leftover containers.

Date: Tuesday 1/23

Time: 5:30-7:30 pm

Fee: \$59 (discounts do not apply)

Location: CC Community Room

Instructor: Chris Toy

Program #243-158



4 WAYS TO COOK WITH A WOK *NEW*

The Wok is the most common and versatile pan in the world. Join Chris Toy, author of the award winning The Complete Wok Cookbook and learn about its 3000 year old history. We'll roast, steam, boil, and stir-fry a complete meal while learning how to choose, use, and care for woks. Signed cookbooks will be available. Don't eat dinner first and be sure to bring take home containers!

Date: Tuesday 1/9

Time: 5:30-7:30 pm

Fee: \$59 (discounts do not apply)

Location: CC Community Room

Instructor: Chris Toy

Program #243-159



CONQUERING CLUTTER *NEW*

HOW TO DECLUTTER YOUR HOME AND RECLAIM YOUR SPACE

It's easy to accumulate things and bring stuff into our spaces, but it can be difficult to remove things and discard clutter. Want to conquer clutter with confidence? This workshop will discuss effective clutter controlling solutions that will help you take control of your spaces, places and stuff. Learn how to get rid of clutter once and for all.

Date: Friday 2/2

Time: 10:00 - 11:00 am

Fee: \$30

Location: CC Community Room

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

Program #243-160

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 1/11

Time: 6:00-8:00 pm

Fee: \$25 per household

Location: CS Meeting Room

Instructor: Sandi Konta, Certified Fair Play Method Facilitator

Program # 243-161

Adult Art & Enrichment

MINDFULNESS 101 *NEW*

Mindfulness is a popular term and in this introductory workshop, you will learn techniques to create your own practice. The benefits of mindfulness include living in the present moment, gaining clarity and reducing stress and shifting perspective to focus on life's many gifts. Additional topics we will discuss include mindfulness techniques, breathwork & healthy boundaries, guided meditation and the Chakra System. FMI: www.3cClarity.com

Date: Wednesday 1/24

Time: 6:00-7:30 pm

Fee: \$30

Location: CS Community Room

Instructor: Susan Thompson, Life Coach 3C Clarity

Program #243-162



MIND/BODY MEDICINE *NEW*

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 1/12-1/26

Time: 1:00-2:00

Fee: \$30

Location: CS Community Room

Instructor: Shaw Sprague

Program #243-163

ZOOM APPLE COMPUTER SERIES

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

Date: Wednesdays

Time: 10:00 - 11:00 am

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

Instructor: Bern Shanfield. Owner- Mac Help Now

BRAIN HEALTH & YOU

Knowledge is power!! 'Keep the Lights On: Brain Health and You' is a 3 part series designed to empower you and give you tools to maintain and improve your brain health. This vast subject is broken down into 3 topics: Diet & Nutrition, Detox & Stress reduction, Movement & Learning, Alongside the discussion, visual and handouts will be shared.

Date: 3 Fridays 1/5-1/19

Time: 9:00-10:00 am

Location: CS Community Room

Fee: \$50 (discounts apply)

Instructor: Abby Johnston, Functional Medicine Certified Health Coach

Program # 243-164

ADULT AND PEDIATRIC FIRST AID/ CPR/AED COURSE *NEW*

This course will prepare you to recognize and care for emergencies involving adults, children and infants and meets OSHA/workplace requirements. This course teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age. Successful participants will receive an American Red Cross certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Certificate can take up to 4 weeks to process.

Date: Saturday 3/30

Time: 9:00-1:30 pm (please pack lunch)

Fee: \$130 (discounts do not apply)

Location: CS Community Room

Instructor: Lighthouse Health and Safety

Program #243-170



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 1/22 and Wednesday 1/24

Time: 4:30-7:00 pm

Fee: \$70 (discounts do not apply)

Location: CC Community Room

Instructor: Certified Maine Driving Dynamics Instructor

Program #243-165

Adult Art & Enrichment

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 (discounts not applicable)

Location: CS Meeting Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 243-166



ROBINSON WOODS WINTER EXCURSION

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT's most popular properties, Robinson Woods. The gentle hike will lead you through this natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter. Participants should wear proper footwear and register 48 hours in advance of the program to receive notice of cancellation. **This trail can be icy this time of year, so please be prepared with ice traction.**

Dates: Saturday 1/6

Time: 10:00 am-12:00 pm

Fee: \$6 per person (discounts not applicable)

Location: Meet at the parking lot of the CE Methodist Church, 280 Ocean House Rd.

Instructor: Amy Witt, Maine Master Naturalist

Program # 243-168

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 (discounts not applicable)

Location: CS Meeting Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 243-167

CELT's CROSSTOWN WINTER WALK

Join CELT education team member and Maine Master Naturalist Amy Witt, and CELT Stewardship Committee member, Hans Hackett for our winter Crosstown Walk. Beginning at Kettle Cove State Park, this walk will traverse over seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape's great places. The walk takes approximately four hours and includes a BYO lunch stop with hot beverages at the CELT Office. Hikers will meet at Fort Williams Park and carpool to Kettle Cove. Participants should be 12 years or older; please call CELT about younger ages. Please make sure to register at least 48 hours in advance so we can inform you about any trail conditions or weather changes. **This trail can be icy this time of year, so please be prepared with ice traction.**

Dates: Saturday 2/17

Time: 10:00 am-2:00 pm

Fee: \$6 per person (discounts not applicable)

Location: Meet at Fort Williams (parking lot closest to the lighthouse)

Instructor: Amy Witt, Maine Master Naturalist

Program # 243-169

Outings and Entertainment

GOODWILL WAREHOUSE TOUR & LUNCH

Join us for a one-hour guided tour of the Goodwill Warehouse in Gorham and discover what happens to items after they are sent to the warehouse from the stores. The tour will give you an insight into the behind-the-scenes operations of the warehouse. We will have lunch at Sebago Brewing in Gorham before the tour. **Register by January 3rd.**

Date: Tuesday, January 9

Time: 10:30 am - 2:45 pm

Fee: \$5 (Includes transportation and tour)

Program # 243-180

INCIDENT AT OUR LADY OF PERPETUAL HELP

at Public Theater in Lewiston

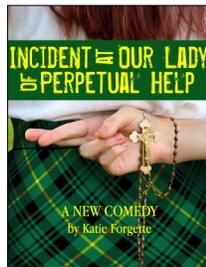
Step back in time to 1973, before cell-phones and social media, in this nostalgic and heartfelt comedy. The O'Shea family's reputation is put on the line when their 19-year-old daughter's conversation with her younger sister is overheard by the parish priest. Join the O'Sheas in their hilarious fight to protect their family's good name. **Register by/No refunds after January 17th.**

Date: Sunday, January 28

Time: 12:15 - 5:00 pm

Fee: \$35 (Includes transportation and performance)

Program # 243-181



VALENTINE'S DAY BRUNCH

Looking for a fun and special way to celebrate Valentine's Day? Come join us for a Valentine's Day Brunch, filled with delicious food, treats, and entertainment! You'll enjoy a variety of sweets along with a scrumptious brunch, and special surprises just for the occasion. This event is hosted By South Portland and in collaboration with Cape Elizabeth, Falmouth, and Portland Recreation Departments. **Register by/No refunds after February 6th.**

Date: Wednesday, February 14

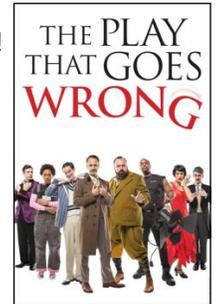
Time: 10:45 am - 1:15 pm

Fee: \$17 (Includes transportation, lunch and entertainment)

Program # 243-182

THE PLAY THAT GOES WRONG at Portland Stage

Join us and save \$9.50 off the ticket price! The Cornley Polytechnic Drama Society is performing a murder mystery play set in the 1920s. However, as the title suggests, things go awry in every possible way! The clumsy actors struggle against all odds to make it to their final performance, leading to hilarious consequences. Make sure to book your tickets in advance to avoid missing out. **Register by/No refunds after January 30th.**



Date: Thursday, February 15

Time: 1:00 - 4:30 pm

Fee: \$42.50 (Includes transportation and performance)

Program # 243-183

AFTERNOON TEA IN FREEPORT

How about we spend an hour lounging by the fireplace in the Drawing Room at the Harraseeket Inn and enjoy their Afternoon Tea? The in-house bakery chef prepares a delightful variety of sweet and savory treats, which include freshly baked scones, finger tea sandwiches, and freshly baked cookies and brownies. It's a perfect place to relax on a wintery day. **Register by February 16th.**

Date: Tuesday, February 27th.

Time: 2:45 - 5:15 pm

Fee: \$15 (Includes transportation and tea)

Program # 243-184

LUCK OF THE IRISH LUNCHEON

Join in the celebration of Irish American Heritage Month with friends and neighboring recreation departments at the Lunt Auditorium in Falmouth. Enjoy a traditional Irish boiled dinner and live music performance.

Register by/No refunds after March 1st.

Date: Thursday, March 14

Time: 11:30 am - 2:30 pm

Fee: \$39 (Includes transportation, lunch and entertainment)

Program # 243-185

Outings and Entertainment

FOREVER PLAID at City Theater in Biddeford



The show is a revue of the close-harmony "guy groups" that reached the height of their popularity during the 1950s. Personifying the clean-cut genre are the Plaids. This quartet of high-school chums' dreams of recording an album end-

ed in death in a collision with a bus filled with Catholic schoolgirls. The revue begins with the Plaids returning from the afterlife for one final chance at musical glory.

Register by/No refunds after February 23nd.

Date: Sunday, March 24

Time: 12:15 - 5:00 pm

Fee: \$ 32 (Includes Transportation and Performance)

Program # 243-186

OXFORD CASINO

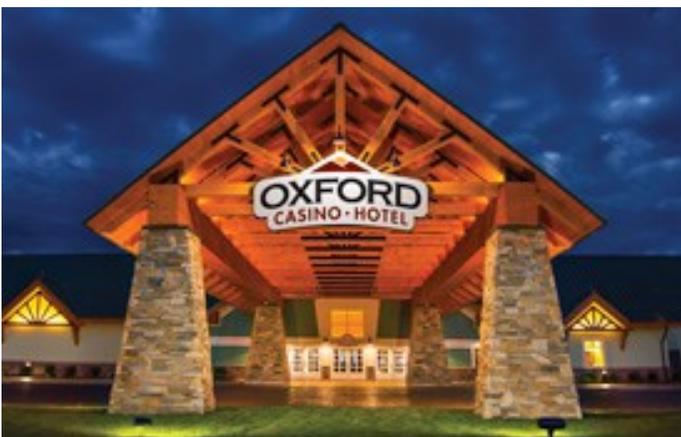
Oxford Casino Hotel boasts an exciting gaming experience with more than 900 thrilling slot machines, video poker, and various card games such as blackjack, craps, and many more. Every Wednesday is Senior Day. Simply head to the promotional kiosk to receive a FREE virtual raffle drawing entry and a cookie voucher. On your own for lunch. **Register by March 13th.**

Date: Wednesday, March 27

Time: 9:30 am - 4:00 pm

Fee: \$10 (Transportation Only)

Program # 243-187



THE PROM at USM Theater in Gorham



Four Broadway stars whose careers are waning are searching for a new stage to perform on. They come across news that a small-town Indiana prom is in trouble and the media is involved. This presents an opportunity to put the spotlight on themselves while addressing the issue. The town's parents are opposed to any deviations from their standards but when a student decides to bring her girlfriend to the prom, the entire town is faced with a crucial decision. The brightest and best from Broadway are stepping up to the challenge, ready to use their talent and influence to change the world. **Register by April 1st.**

Date: Wednesday, April 10

Time: 9:15 am - 12:15 pm

Fee: \$14 (Includes transportation and performance)

Program # 243-188

NEED A HELPING HAND?

Cape Elizabeth High School seniors participate in community outreach by helping older residents with activities such as raking leaves, shoveling snow, companion visits, trips to the Recycling Center, technology, and more. Contact Community Services at 799-2868 and we will contact them on your behalf.

Outings and Entertainment



SOAK AND SHOP at SETTLERS GREEN

Located in North Conway, Settlers Green is a courtyard-inspired tax-free outlet shopping village. Its unique architecture offers a dynamic experience that includes café dining, landscaped gardens, public art, and sheltered pedestrian walkways. In addition to shopping you may want to relax while enjoying a custom infused foot soak and a soothing cup of tea by booking an appointment at the Soaking Pot Infusion Spa. Coupon Book, Map and Shopping bag included. **Register by April 12th.**

Date: Friday, April 26th

Time: 8:30 am - 4:30 pm

Fee: \$12 (Transportation Only)

Program # 243-189

PREVIEW NIGHT at PORTLAND PLAYERS AND LYRIC MUSIC THEATER

The Thursday night before a show opens, limited tickets are available to see the show for folks who may not otherwise be able to afford to attend. Reservations are accepted up to ten days prior to the show. Call us at 799-2868 to reserve your seat.

LYRIC MUSIC THEATER is located at 176 Sawyer Street in South Portland. For your convenience, there is a parking lot across the street from the theater. Performances start at 7:00 pm.

Show: Young Frankenstein

Date: Thursday, April 4

Fee: \$10 Payable at the Box Office

Program # 243-190

PORTLAND PLAYERS is located at 420 Cottage Road in South Portland. Performances start at 7:30 pm.

Show: 39 Steps

Date: Thursday, January 25

Fee: \$5 Payable at the Box Office

Program # 243-191

Show: Peter & The Star Catcher

Date: Thursday, March 28

Fee: \$5 Payable at the Box Office

Program # 243-192

Are you planning a family gathering, celebration, reunion, or small special event and looking for the perfect spot?

Rental sites and ceremony locations are available at Fort Williams Park and Spurwink Church.

For more information, visit www.capecommunityservices.org or call 207-799-2868.



Youth Aquatics

WINTER 1: January 8 – February 26
Mondays-1/8-2/26 (no class 1/15, 2/19, 6 classes)
Thursdays-1/11-2/15 (6 classes)
Saturdays-1/6-2/17 (no class 1/27, 6 classes)

WINTER 2: February 29- April 13
Mondays-3/4-4/8 (6 classes)
Thursdays-2/29-4/4 (6 classes)
Saturdays-3/2-4/13 (no class 3/16, 6 classes)
****Registration for Winter 2 opens Monday 2/12**

Level	Day	Time	Fee	Winter 1 1/8-2/26	*Winter 2/29-4/13
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	243-219	243-244
Barnacles 1	Sat	9:00 - 9:30 am	\$45	243-220	243-245
Barnacles 2	Sat	9:30 - 10:00 am	\$45	243-221	243-246
Turtles	Sat	10:00 - 10:30 am	\$45	243-222	243-247
Ducklings 1	Mon	10:00 - 10:30 am	\$45	243-223	243-248
	Thurs	10:30 - 11:00 am	\$45	243-224	243-249
	Sat	9:00 - 9:30 am	\$45	243-225	243-250
	Sat	10:00 - 10:30 am	\$45	243-226	243-251
Ducklings 2	Mon	10:30 - 11:00 am	\$45	243-227	243-252
	Thurs	11:00 - 11:30 am	\$45	243-228	243-253
	Sat	9:00 - 9:30 am	\$45	243-229	243-254
	Sat	10:30 - 11:00 am	\$45	243-230	243-255
Dolphins 1	Sat	9:30- 10:00 am	\$45	243-231	243-256
	Sat	10:00 - 10:30 am	\$45	243-232	243-257
Dolphins 2	Sat	9:30 - 10:00am	\$45	243-233	243-258
	Sat	10:30-11:00 am	\$45	243-234	243-259
Level 1	Sat	9:00 - 9:45 am	\$60	243-237	243-260
	Sat	10:30 - 11:15 am	\$60	243-238	243-261
Level 2	Sat	9:00 - 9:45 am	\$60	243-239	243-262
	Sat	10:30 - 11:15 am	\$60	243-240	243-263
Level 3	Sat	9:45 - 10:30 am	\$60	243-241	243-264
	Sat	10:30 - 11:15 am	\$60	243-242	243-265
Level 4/5	Sat	9:45 - 10:30 am	\$60	243-243	243-266

CAPE CYCLONE SWIM CLUB (GRADES 3-8)

This developmental program provides the opportunity for swimmers to improve their stroke technique in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool with a basic freestyle stroke, one length on their back and be comfortable submerging their heads under water. We do require all swimmers to have a pair of goggles that do not cover the nose. We suggest TYR Vesi or Speedo Vanquisher styles (available on Amazon) Swimmers will participate in friendly swim meets with the main focus on setting goals and improving personal best times.

Dates: Tuesday/Thursday 4/2-5/30 (no class 4/11, 4/18)

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

Fee: \$176

Program # 243-267

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. Some describe the sport as basketball or soccer played in the water. The game requires all players to use a combination of swimming, treading water, throwing, catching, and shooting to outscore the opposing team. Practice will entail scrimmaging, drills, and instruction of some of the fundamentals of the sport. All experience levels are more than 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 #
1/7-2/11	6	\$69	243-268
2/18-3/24	6	\$69	243-269

Youth Programs

SPINNING SPROUTS (Ages: 3-5 years)

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

Time: 2:30 - 3:00 pm

Instructor: Julie Wilkes, Brio Dance Studio

Location: Community Center Activity Room

Session 1

Dates: Mondays, 1/8 - 2/12
(no class 1/15)

Fee: \$72

Program # 243-412

Session 2

Dates: Mondays, 2/26 - 4/1

Fee: \$86

Program # 243-322



LITTLE SAMURAI (Ages: 3-5 years)

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

Time: 2:05 - 2:50 pm

Instructor: Dragon Fire Martial Arts.

Fee: \$86

Location: Community Center Spin Room

SESSION 1

Dates: Wednesdays, 1/3 - 2/7

Program # 243-323

SESSION 2

Dates: Wednesdays, 2/28—4/3

Program # 243-324

LEARNING WITH YAYA -

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

Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process. Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC. For questions on the program, please reach out to Yael at learningwithyaya@gmail.com

Day: Tuesdays

Fee: \$75

Location: Community Center Community Room

Instructor: Yael Herszkopf Mayer

Session 1 - Dates: 1/2 - 2/6

Time: 9:30 - 10:15 am **Program #** 243-325

Time: 10:30 - 11:15 am **Program #** 243-326

Session 2 - Dates: 2/27 - 4/2

Time: 9:30 - 10:15 am **Program #** 243-327

Time: 10:30 - 11:15 am **Program #** 243-328

ANIMAL TRACKING FOR FAMILIES

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

Date: Wednesday, February 21

Time: 10:00 - 11:30 am

Fee: \$6/parent & 1 child

Location: Meet at end of Fenway Rd

Instructor: Cape Elizabeth Land Trust

Program # 243-329

Youth Programs



LYRICAL BALLET (Gr: K-3)

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

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

Time: 3:05 - 4:05 pm

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Session 1

Dates: Mondays, 1/8 - 2/12 (no class 1/15)

Fee: \$86

Program # 243-330

Session 2

Dates: Mondays, 2/26 - 4/1

Fee: \$103

Program # 243-331

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

Time: 3:05 - 4:05

Location: Pond Cove Gym

Session 1

Dates: 1/2 - 2/6

Fee: \$103

Program # 243-332

Session 2

Dates: 2/27 - 4/2

Fee: \$103

Program # 243-333

Day: WEDNESDAYS

Time: 3:05 - 4:05

Location: Community Center Activity Room

Session 1

Dates: 1/3 - 2/7

Fee: \$103

Program # 243-334

Session 2

Dates: 2/28 - 4/3*

Fee: \$103

Program # 243-335

*3/20 Half Day Class 12:05 - 1:05

GRADES 3-4

Day: TUESDAYS

Time: 4:05 - 5:05

Location: Pond Cove Gym

Session 1

Dates: 1/2 - 2/6

Fee: \$103

Program # 243-336

Session 2

Dates: 2/27 - 4/2

Fee: \$103

Program # 243-337

GRADES 5-8

Day: MONDAYS

Time: 4:05 - 5:05

Location: Community Center Activity Room

Session 1

Dates: 1/8 - 2/12**

Fee: \$86

Program # 243-338

Session 2

Dates: 2/26 - 4/1

Fee: \$103

Program # 243-339

** No class 1/15

Youth Programs

MUSICAL THEATER (Gr: K-4)

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

GRADES K-2

Date: Mondays, 1/8 – 4/8 (No class 1/15, 2/19, 3/25)

Time: 3:05 - 4:30 pm

Fee: \$ 165

Location: High School Cafeteria

Instructor: Barry Brinker

Program # 243-340

GRADES 3-4

Dates : Thursdays, 1/4 – 4/4 (No class 2/22, 3/28)

Time: 3:05 - 4:45 pm

Fee: \$ 180

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 243-341



hairspray

BROADWAY'S TONY AWARD-WINNING BEST MUSICAL IS BACK

"HAIRSPRAY" MIDDLE SCHOOL MUSICAL THEATER WORKSHOP (Gr: 5-8)

"You Can't Stop the Beat"..... Explore the wonderful world of Broadway **in this fun and lively 3 hour workshop designed for Middle School students! We will learn a song, a scene, and some choreography from the fun, 60's themed, popular Broadway show, "Hairspray". All levels welcome.**

Date: March 20, 2024

Time: 11:30 - 2:30 pm

Fee: \$ 30

Location: Middle School Gym

Instructor: Barry Brinker

Program # 243-342

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, 1/5 - 4/5 (no class 2/23, 3/8, 3/15, 3/29)

Fee: \$186

Location: CECS Activity Room

Instructor: Mairead Stillson

Beginners: Grades K - 4

Time: 3:05 - 4:05 pm (2/2 half day: 12:05 - 1:05)

Program # 243-343

Advanced: Grades 3 - 8

Time: 4:05 - 5:05 pm (2/2 half day: 1:05 - 2:05)

Program # 243-344

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.

Instructor: Dragon Fire Martial Arts

Location: Pond Cove Gym

SESSION 1

Dates: Monday/Wednesday, 1/3 - 2/12 (no class 1/15)

Fee: \$158

Beginner

Time: 3:05 - 4:05 pm

Program # 243-345

Advanced

Time: 4:05 - 5:05 pm

Program # 243-346

SESSION 2

Dates: Monday/Wednesday, 2/26 - 4/8

Fee: \$186

Beginner

Time: 3:05 - 4:05 pm

Program # 243-347

Advanced

Time: 4:05 - 5:05 pm

Program # 243-348

Youth Programs

INTRO TO KNITTING (Ages: 8-12)

Learn the timeless skill of knitting in this six-week class. Students are taken through the basics of knitting including how to cast on, knit and purl. By the end of the session, your student will have a cute project to take home - an approachable project that's perfect for honing his/her new knitting skills.

Knitting needles and all materials provided.

Time: 3:05 - 4:30 pm

Fee: \$ 110

Location: Community Center Spin Room

Instructor: Elizabeth Carroll

Session 1

Dates: Wednesdays, 1/3 - 2/7

Program # 243-349

Session 2

Dates: Wednesdays, 2/28 - 4/3 (3/20 half-day 12:05-1:30)

Program # 243-350

ART CLUB (Gr: 3-4)

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

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

SESSION 1:

Dates: Tues., 1/2 - 2/6

Program # 243-351

SESSION 2

Dates: Tues., 2/27 - 4/2

Program # 243-352



DRIVER EDUCATION / THE RIGHT CHOICE DRIVING SCHOOL

The Right Choice Driving School owner and director, Tim O'Carroll, 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.

Time: 6:00 - 8:30 pm

Location: CS Activity Room

Fee: \$555/Session

Instructor: Tim O'Carroll

SESSION

Session 1: Mon - Thurs, 1/29 - 2/15

Session 2: Mon - Thurs, 3/18 - 4/4

PROGRAM

243-355

243-356

CULINARY PASSPORT (Gr: 2-4)

Grab your passports and palates....We are embarking on a culinary adventure. Each week we will learn about a new country and prepare a signature recipe. Young chefs will learn about the tastes and culture and create a culinary passport/recipe book.

Time: 3:05 - 4:05 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Dates: Wednesdays, 1/3 - 2/7

Program # 243-353

BAKING 102 (Gr: 2-4)

Baking 101 was so successful that we decided to continue with Baking 102. Each week we will learn a new baking skill and prepare a recipe that will be either sweet or savory. Students will learn the chemistry behind baking and create their own cookbook/journal to keep.

Time: *3:05 - 4:05 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Dates: Wednesdays, 2/28 - 4/3

Program # 243-354

* 3/20 Half Day Class 12:05-1:05

Youth Programs

BRICK BY BRICK MAINE LEGO

SKI RESORT! (Gr: K-3) *NEW*

Join us for this fabulously fun 6 week session where we build things associated with snowy mountains and skiing! Weekly builds may include a skiing Santa, a snowmobile, and a St. Bernard avalanche rescue dog! Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Day: Tuesdays

Time: 3:05 - 4:05 pm

Fee: \$121

Location: Community Center Spin Room

Instructor: Brick by Brick Maine

Session 1:

Dates: 1/2 - 2/6

Program # 243-357

Session 2:

Dates: 2/27 - 4/2

Program # 243-358



BRICK BY BRICK MAINE LEGO

OCEANIC FUN! (Gr: K-3)

Join us for this fabulously fun 6 week session where we build the creatures who live in and toys we play with on the water. Weekly builds may include a lively lobster, a scary shark and a jet ski. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks.

Day: Tuesdays

Time: 3:05 - 4:05 pm

Fee: \$121

Location: Community Center Spin Room

Instructor: Brick by Brick Maine

Session 1:

Dates: 1/2 - 2/6

Program # 243-359

Session 2:

Dates: 2/27 - 4/2

Program # 243-360

CHESS CLUB (Gr: 1-8)

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

Location: Community Center Community Room

Instructor: David Cimato

GRADES 1-2

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

Session 1:

Dates: 1/5 - 2/9 *

Fee: \$57

Program # 243-361

Session 2:

Dates: 3/1 - 4/5 **

Fee: \$57

Program # 243-362

GRADES 3-4

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

Session 1:

Dates: 1/8 - 2/26 ***

Fee: \$68

Program # 243-363

Session 2:

Dates: 3/4 - 4/8

Fee: \$68

Program # 243-364

GRADES 5-8

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

Session 1:

Dates: 1/5 - 2/9 *

Fee: \$57

Program # 243-365

Session 2:

Dates: 3/1 - 4/5 **

Fee: \$57

Program # 243-366

* no class 1/26, 2/2 Half- Day Class at regular time

** No class 3/8

*** No class 1/15, 2/19



Youth Programs

EARTHSCAPEDES (Gr: K-2)

From the creepy crawlies that live on the surface to the beautiful gems buried way deep in the Earth, this program will journey through magnificent marvels of Earth and the features that make it so unique. We will examine those and so many other questions through hands-on, fun, science activities.

Dates: Mondays, 1/8 - 2/12 (no class 1/15)

Time: 3:05 - 4:05 pm

Fee: \$100

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 243-367

EARTH-O-SPHERE (Gr: K-2)

Dig in! Discover the layers under our feet and how fossils got there. Learn where magnetism is coming from and how it protects us. Explore what the sun is made of and why it is so important for our existence. Blast into space and learn about Mars and the moon.

Dates: Mondays, 3/4 - 4/8

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Community Center Spin Room

Program # 243-368

GALACTIC EXPLORERS (Gr: 3-4)

Fasten your belts and get ready for a blast off! We are going on a role-play as a crew of galactic explorers, launching into a deep space exploration overcoming challenges to survive in the vast reaches of space!

Dates: Tuesdays, 1/9 - 2/13

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Community Center Community Room

Instructor: High Touch High Tech

Program # 243-369

ENGINEERING ANTICS (Gr: 3-4)

Are you ready to become an engineer? Learn all about the laws of Newton as you build machines, soaring rockets, rollercoasters, bridges and more! You'll even create your own invention!

Dates: Tuesdays, 3/5 - 4/9

Time: 3:05 - 4:05 pm

Fee: \$118

Location: Community Center Community Room

Instructor: High Touch High Tech

Program # 243-370



NASA (Gr: K-3)

NASA and Mad Science collaborate to educate the next generation! Children go on a voyage of discovery to space with unique hands-on activities and amazing demonstrations. They explore the sun and stars, space technology, rocket science, the atmosphere, planets and moons, supernovas and more!

Dates: Thursdays, 1/11-3/7 (no class 2/22)

Time: 3:05 - 4:05 pm

Fee: \$150

Location: Community Center Community Room

Instructor: Mad Science

Program # 243-371

SUPER SITTER SKILLS (Ages: 11-15)

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

Time: 9:00 am - 3:30 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

Date: Saturday, January 27

Program # 243-372

SESSION 2

Date: Saturday, March 16

Program # 243-373

Youth Programs

TABLE TENNIS/PING PONG (Gr: 5-8)

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

Date: Tues/Thurs, 1/2—2/8 (No class 1/11, 1/16)

Time: 2:30 - 4:00 pm

Fee: \$90

Location: Middle School Gymnasium Lobby

Instructors: Chris Drake

Program # 243-374



SEACOAST UNITED SOCCER SKILLS

Our indoor winter clinics are the perfect way to extend your child's soccer experience.

Date: Sundays, 1/7 - 2/4

Fee: \$70

Location: Pond Cove, Gymnasium

Instructors: Seacoast United Soccer Staff

Seacoast Minis (Ages 3-5)

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

Time: 2:00 - 2:45 pm

Program # 243-375

Seacoast Futures (Gr: K-1)

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

Time: 2:45 - 3:30 pm

Program # 243-376

SATURDAY INDOOR TENNIS (Gr: 1-8)

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

Fee: \$90

Location: Pond Cove Gym

Instructor: Niamh Colpitts, PTR Certified /USPTA Member

Session 1

Dates: Saturdays, 1/6 – 2/17 (No class 1/27)

<u>Grade</u>	<u>Time</u>	<u>Program #</u>
Grades 1 - 2	9:00 - 10:00 am	243-377
Grades 3 - 5	10:00 - 11:00 am	243-378
Grades 6 - 8	11:00 am - 12:00 pm	243-379

Session 2

Dates: Saturdays, 3/2 – 4/6

<u>Grade</u>	<u>Time</u>	<u>Program #</u>
Grades 1 - 2	9:00 - 10:00 am	243-380
Grades 3 - 5	10:00 - 11:00 am	243-381
Grades 6 - 8	11:00 am - 12:00 pm	243-382

INDOOR FAMILY TENNIS

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

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

Instructor: Coach Mary Gray, PTR Certified

Location: Middle School Gym

DATES: Sundays, 1/7 - 2/11

<u>Age</u>	<u>Time</u>	<u>Program #</u>
4 - 5	9:00 - 10:00 am	243-383
6 - 7	10:00 - 11:00 am	243-384
8 - 12	11:00 am - 12:00 pm	243-385

DATES: Sundays, 3/3 - 4/7

<u>Age</u>	<u>Time</u>	<u>Program #</u>
4 - 5	9:00 - 10:00 am	243-386
6 - 7	10:00 - 11:00 am	243-387
8 - 12	11:00 am - 12:00 pm	243-388

Youth Programs

SUPER SKATE (Ages: 3-10 years)

Super Skate is an introductory class for skaters who enjoy the sport and want to gain more exposure to the fundamentals. This large class thrives on community and bolsters confidence through games and play. The class structure consists of an independent warm up, a short guided instructional time, and ends with dynamic games to build strength, stamina, resilience, and a sense of belonging and love for the sport.

Fee: \$60

Location: Cape Ice Arena

Instructor: Monica Malcomson & CCAG Volunteers

PENGUINS (Ages 3 - 6)

Time: 8:00 - 8:45 am

	Dates	Program #
Session 1	12/9, 12/10, 12/16, 12/17	243-316
Session 2	1/6, 1/13, 1/20, 1/27	243-317
Session 3	2/10, 2/17, 2/24, 3/2	243-318

POLAR BEARS (AGES 7 - 10)

Time: 9:00 - 9:45 am

	Dates	Program #
Session 1	12/9, 12/10, 12/16, 12/17	243-319
Session 2	1/6, 1/13, 1/20, 1/27	243-320
Session 3	2/10, 2/17, 2/24, 3/2	243-321

LEARN TO PLAY (HOCKEY!)

(Ages: 6-12 yrs)

Learn to Play is a beginner/intermediate program for skaters ages 6-12 that introduces players to the game of hockey. This program focuses on developing a player's skills (power skating, stick handling, passing, shooting, etc.) in small stations and a sense of the game. Players will build up over the course of the season to experience cross-ice games. Hockey equipment is necessary for all participants. A limited number of skates and helmets will be available for use this program.

Dates: Mondays, 1/8 - 2/26 (No class 1/15, 2/19)

Time: 4:00 - 5:00 pm (2./26 Time: 5:30 - 6:30 pm)

Fee: \$90

Location: Cape Ice Arena

Instructor: CCAG Volunteers

Program # 243-389

FAMILY ICE FISHING

"Flag!!!" The one word everyone wants to hear when ice fishing! We will learn how to set ice fishing traps, bait the hooks, use a Jig Pole and catch fish through the ice!

Feel free to bring your own fishing gear, bucket to sit on, as well as ice skates. Boots, Mittens/Gloves, a hat and mask are required. Limited registration available.

Any Questions, Call Scott Shea, Maine Guide (207) 751-3450

Date: Sunday, 2/4 (Make-Up Date 2/11)

Fee: \$20

Location: Great Pond

Session 1

Time: 10:00 - 11:45 am

Program # 243-390

Session 2

Time: 1:00 - 2:45 pm

Program # 243-391



BOYS BASKETBALL CLINIC (Gr: 3-4)

Each Monday we will work with a group of 3rd and 4th graders to help develop their individual basketball skills and work on team basketball concepts as well. This program is meant to allow players to continue playing through the end of winter. The focus will be on skill development, learning the rules of the game, team basketball concepts and playing small sided games (3 vs. 3). We encourage any and all players to come out and play with us on Monday afternoons! Limited space available.

The program will be run by CEVB Varsity coach, Jeff Mitchell, with a few parent volunteers.

Dates: Mondays, 3/11 – 4/8

Time: 4:00 - 5:30 pm

Fee: \$ 70

Location: Middle School Gym

Instructor: Jeff Mitchell

Program # 243-392

Youth Programs

CAPE YOUTH TRAVEL LACROSSE (Gr: 3-6)

REGISTRATION DEADLINE IS THURSDAY, FEBRUARY 29TH. NO LATE REGISTRATIONS

Cape Youth Lacrosse is looking for girls and boys of all experience levels. Teams of equally balanced skill levels offered for 3rd/4th Grade and 5th/6th Grade. The season begins mid-March and ends mid-June with two practices a week and weekend games/tournaments. Teams will be formed after the end of the indoor practice session.

3RD/4TH GRADE

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

5TH/6TH GRADE

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

Indoor practice: Starts the week of March 18

Time: 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.

Days: TBD, 2 x / week

Location: CEMS Gym

Outdoor practice: Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.

Fee: \$200 (complete uniform), \$145 (if you own current uniform)

GIRLS

Girls 3/4 Program # 244-300

Girls 5/6 Program # 244-301

BOYS

Boys 3/4 Program # 244-302

Boys 5/6 Program # 244-303

COACHES: Parent volunteers are critical for the success of our Travel Programs! We need your involvement to succeed. Please join the fun. Inquire about helping as a Team Administrator or Coach. Coaching clinics are available.

CAPE BASEBALL CLINICS (Age 8 - Gr. 8)

Come join HS Coach Dutton and his coaching staff and players for our baseball clinics! Over these 3 week sessions, players will gear up for the upcoming season working on throwing, fielding, batting skills and more! Each player will receive a Cape baseball tee shirt!

Location: CEMS

Gym

Fee: \$50

		Program #		
	Dates	8 - 9 Years	10 - 12 Years	7 - 8 Grade
Times		2:00 - 3:00 pm	3:00 - 4:00 pm	4:00 - 5:00pm
Session 1	1/6, 1/20, 1/27	243-393	243-394	243-395
Session 2	2/3, 2/10, 2/24	243-396	243-397	243-398
Session 3	3/2, 3/9, 3/16	243-399	243-410	243-411

Camp & Care

CAPE CARE OPEN HOUSE

Date: March 6th, 2024

Time: 5:00 - 6:30 pm

For families interested in Preschool, Pre-K, Before and After School Care. Meet staff and tour the facility.
Preschool (Age 3 by October 15th)
Pre-K (Age 4 by October 15th)
Before and After School Care for Preschoolers through 5th Grade.

FEBRUARY VACATION CAMP 2024

Dates: February 20-23

Program # 243-400

The schedule includes a mix of indoor and outdoor activities such as games, ice skating, snow tubing, roller skating, sledding, swimming, and arts and crafts. **Register by February 1st.**

APRIL VACATION CAMP 2024

Dates: April 16-19

Program # 243-401

The schedule includes a variety of activities, both indoor and outdoor, such as visiting a farm, attending a baseball game, going to the park, swimming, and doing arts and crafts. **Register by April 1st.**

SUMMER CAMP PREVIEW

JUNE 24 - AUGUST 9

Registration Opens Sunday, April 7, 2024

To help you plan your summer activities, Community Services will offer Little Cubs Camp, Adventure Camp, Teen Extreme Camp on the following dates:

Week 1: June 24 - 28

Week 2: July 1 - 3 (No camp July 4 & 5)

Week 3: July 8 - 12

Week 4: July 15 - 19

Week 5: July 22 - 26

Week 6: July 29 - Aug 2

Week 7: August 5 - 9



WHITE WATER RAFTING Grades 6 - 8

This two-night adventure features rock climbing, hiking, kayaking, swimming, and white water rafting on the Kennebec River.

Dates: August 13 - 15

Depart: 6:45 am on August 13

Return: 6:00 pm August 15

Fee: Cost: \$299.00 (All expenses including food, lodging, and transportation)

RICHARDS COMMUNITY POOL & FITNESS CENTER

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

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

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

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

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

POOL PARTIES

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



FEES

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

\$110 Pool & whirlpool (max 40)

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

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

OPTIONS

Saturdays: 2:45-3:45 pm

3:45-4:45 pm

Sundays: 1:15-2:15 pm

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

Payments are cash/check only.

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SAVE THE DATES!

January 20th
SLEDDING
CELEBRATION
AT FORT WILLIAMS

FEBRUARY 2ND
GROUNDHOG DAY

March 6th
CAPE CARE OPEN
HOUSE 5:00-6:30

April 22nd
RESIDENT OPEN
LIGHTHOUSE DAY