

Cape Explorer

SPRING / SUMMER APRIL - AUGUST 2021

Keeping Cape Hopeful

COMMUNITY SERVICES

OUR MISSION

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

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

CONTACT US

OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107

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

CALL 207-799-2868

FAX 207-799-1841

CAPE CARE 207-799-4388

POOL 207-799-3184

FITNESS CENTER 207-767-0190

EMAIL cservices@capeelizabetschools.org

WEB www.capecommunityservices.org

HOURS

Monday-Friday 8:00 am - 4:30 pm

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

Closings 4/19, 5/31, 7/5

OUR STAFF

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

COMMUNITY SERVICES COMMITTEE

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

REGISTRATION OPENS:

Online for Cape Residents:

Sunday, March 28th at 8:00 pm

In Office for Cape Residents:

Monday, March 29th at 8:00 am

Non-residents - Friday, April 2nd at 8:00 am

REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, March 28th at www.capecommunityservices.org. Click "Register Online Now". Sign in or create an account. In-person or over the phone registrations will begin at 8:00 am on March 29th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868.

Non-resident registrations begin Friday, April 2nd. Email confirmations will be sent for all transactions.

FEES & DISCOUNTS

A 20 % taxpayer discount will be applied to programs, activities and memberships for resident seniors age 62 and older except where noted.

A non-taxpayer fee will be applied to all programs, activities, memberships and parties. Fees \$50 and under will be \$3, \$51 - \$100 will be \$5 and all fees over \$101 will be \$7. No non-resident fee applied to seniors age 62 and older except where noted.

A 2.99% credit card processing fee will be incurred on all credit card transactions.

Active Network charges a non-refundable convenience fee for booking online.

Scholarships and/or reduced tuitions are available to qualified residents. Applications available by request.

Withdrawals due to medical conditions or injuries require a doctor's note to receive a credit toward a future program or activity.

MEDIA POLICY

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

ACCESSIBILITY

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

PROGRAM CANCELLATIONS

We reserve the right to cancel programs due to low enrollment. The cost will be refunded or credited to your account. Online transaction fees are non-refundable.

PROGRAM WITHDRAWALS

Unless otherwise noted under program descriptions, the following withdrawal policies apply:

Withdrawals at least two business days prior to the first class receive a full refund (less a \$5 processing fee) or an account credit (less a \$2 processing fee). Programs less than \$20 receive a full refund or credit. Online transaction fees are non-refundable.

Withdrawals less than two full business days prior to the first class and before the start of the second class receive a 50% refund (less a \$5 processing fee) or an account credit (less a \$2 processing fee). Programs less than \$20 receive a 50% refund or credit. Online transaction fees are non-refundable.



HEALTH, WELLNESS & ENRICHMENT

BODY DYNAMICS

A balanced program of stretching, strengthening, aerobics, toning to increase energy, flexibility, and endurance in a fun and challenging aerobic experience for men and women.

Days: Mon/Wed/Fri (no class 7/5, 7/19-23, 8/16-20, 9/6)

Time: 9:00 –10:00 am

Instructor: Joanie Frustaci

Date	Classes	Fee	Program #
4/21-5/28	17	\$85	214-113
6/2-6/25	11	\$55	214-114
7/2-7/30	9	\$45	221-111
8/2-9/10	14	\$70	221-112

CO-ED WEIGHTS/CSI TRAINING

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

Days: Tues/Thurs

Time: 5:30 pm – 6:30 pm

Instructor: Susan Janosik

Date	Classes	Fee	Program #
5/11-6/29	15	\$135	214-111
7/13-8/26	14	\$126	221-113

SHINE DANCE FITNESS - NEW!

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.

Days: Fridays (no class 4/23)

Time: 10:15-11:15 am

Instructor: Meara Fanoway

Date	Classes	Fee	Program #
4/2-5/14	6	\$72	214-129
5/21-6/25	6	\$72	214-130

STEP AEROBICS

Step on up for a great 40 minute cardio blast geared towards all ability levels.

Days: Mondays (no class 5/31, 7/5)

Time: 8:00 - 8:50 am

Instructor: Anne Cass

Date	Classes	Fee	Program #
4/26-6/7	6	\$48	214-126
6/14-7/26	6	\$48	221-114

MARCH/APRIL ESSEINTRICS® & PILATES

Get the balanced workout you need to build a strong core and a lean look. Essentrics rebalances joints and improves posture. Pilates adds definition.

Date: Tues/Thurs 3/16-4/29

Time: 8:30-9:30 am

Fee: \$182

Instructor: Sarah MacColl

Program # 214-120

INDOOR ESSEINTRICS®

RELEASE, REBALANCE & RESTORE

Release tight muscles, rebalance joints and restore the body. Essentrics® is a no equipment full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.

Days: Thursdays

Time: 8:30-9:30 am

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
5/6-6/24	8	\$104	214-124
7/8-8/19	7	\$91	221-115

**OUTDOOR ESSEINTRICS
AT THE FORT
MAY 4th-AUGUST 17th
(no class 7/20)**

**Join Sarah MacColl at the flagpole
at the Fort weather permitting.**



**Tuesdays at 8:30 am
Tuesdays 4:30 pm
No registration required/\$10
drop in fee per class.**

HEALTH, WELLNESS & ENRICHMENT

GENTLE HATHA YOGA

This practice of Yoga reduces stress, improves overall fitness, increases flexibility, builds self-confidence, body awareness and nurtures the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation.

Days: Mondays

Time: 10:15 am - 11:30 am

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
4/5-4/26	4	\$44	214-107
5/3-5/24-Fort	4	\$44	214-131
6/7-6/28-Fort	4	\$44	214-132
7/12-7/26-Fort	3	\$33	221-116
8/2-8/30-Fort	5	\$55	221-117

Days: Wednesdays

Time: 10:15 am - 11:30 am

Date	Classes	Fee	Program #
4/7-4/28	4	\$44	214-109
5/5-5/26-Fort	4	\$44	214-135
6/2-6/30-Fort	5	\$55	214-136
7/7-7/28-Fort	4	\$44	221-118
8/4-8/25-Fort	4	\$44	221-119

ADULT TENNIS (BEGINNER)

Classes will focus on learning the fundamentals of tennis strokes/grips and footwork. Players will learn the basics and how to rally and keep score. Classes will be held in a low pressure environment with no prior experience needed. The Saturday session will be held outdoors at the HS courts.

Time: 8:00 - 9:00 am (no class 4/18, 5/29)

Date	Classes	Fee	Program #
Sundays 3/21-5/2	6	\$90	214-117
Saturdays 5/8-6/19	6	\$90	214-118

ADULT TAP - INTERMEDIATE

Time to dust off those shoes in the back of your closet and get your shuffle ball change on! We will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome at both levels. Beginner class will be back in the fall!!

Dates: Wednesdays 6/2-6/23

Time: 11:45-12:45 pm

Fee: \$36

Instructor Betsy Dunphy

Program # 214-119



Yoga instructor Sharon Wilke at Fort Williams Park

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.

Days: Mondays

Time: 6:00- 7:15 pm

Instructor: Sharon Wilke

Date	Classes	Fee	Program
4/5-4/26	4	\$44	214-108
5/3-5/24-Fort	4	\$44	214-139
6/7-6/28-Fort	4	\$44	214-160
7/12-7/26-Fort	3	\$33	221-120
8/2-8/30-Fort	5	\$55	221-121

Days: Wednesdays

Time: 6:00- 7:15 pm

Date	Classes	Fee	Program
4/7-4/28	4	\$44	214-110
5/5-5/26-Fort	4	\$44	214-163
6/2-6/30-Fort	5	\$55	214-164
7/7-7/28-Fort	4	\$44	221-122
8/4-8/25-Fort	4	\$44	221-123

HEALTH, WELLNESS & ENRICHMENT

COAST ENDURANCE

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

Days: Tues/Thurs

Time: 5:30 pm – 6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program
3/4-4/29	17	\$181	214-200
5/6-6/24	15	\$165	214-213
6/29-8/5	12	\$132	221-200



PACE RACE CHASE

(ADVANCED, ENTRY LEVEL, BEGINNER)

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

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

Level/Dates	Time	Fee	Program
PCR-A Sundays 5/2-5/23	1-2 pm	\$60	214-207
PCR-E&B Sundays 5/2-5/23	2:15-3:15 pm	\$60	214-208
PCR-A&E Tuesdays 5/4-5/25	1-2 pm	\$60	214-205
PCR-A&E Fridays 5/7-5/28	11:30-12:30	\$60	214-206
PCR-A&E Tuesdays 6/1-6/29	1-2 pm	\$75	214-209
PCR-A&E Fridays 6/4-6/25	11:30-12:30	\$60	214-210
PCR-A&E Tuesdays 7/6-8/3	1-2 pm	\$75	221-201
PCR-A&E Fridays 7/2-7/30	11:30-12:30	\$75	221-202

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.

Time: 5:30 - 6:45 am (no class 5/31)

Instructor: Marcel Da Ponte

Date	Fee	Program #
Mon/Wed/Fri 4/26-6/25	\$260	214- 215
Tue/Thurs 4/27-6/24	\$180	214-216

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.

Days: Mon/Wed/Fri (No class 7/5)

Time: 8:00 - 8:55 am / July session 7:45-8:40 am

Instructor: Patty Medina

Date	Classes	Fee	Program
4/2-4/30	13	\$85	214-201
5/3-5/28	12	\$78	214-202
6/2-6/30	13	\$85	214-203
7/2-8/6	15	\$98	221-203



Ace your game on our updated pickleball courts at the Fort.

HEALTH, WELLNESS & ENRICHMENT

VIRTUAL COOKING CLASS SERIES- NEW!

Zoom with chef/food stylist Stacey Stolman for some cooking adventures from the comfort of your own kitchen.

FRENCH INSPIRATIONS

The famous quote from Casablanca... "we'll always have Paris"... In this French inspired class we will make delicious gougeres to nibble on while we prepare classic onion soup.

Date: Sunday, April 18th

Time: 4:00-5:00 pm

Fee: \$25 plus ingredients

Program # 214-167

OYSTERS - SHUCK & SAUCE

How to shuck oysters with ease. We will also prepare a mignonette sauce, cocktail sauce and make a classic oysters Rockefeller.

Date: Sunday, May 16th

Time: 4:00-5:00 pm

Fee: \$25 plus ingredients

Program # 214-168



YUMMY THAI

Tame that rice paper and craft delicious, fresh summer rolls. Then it is on to classic pad thai, which is full of flavor and easy to prepare.

Date: Sunday, June 13th

Time: 4:00-5:00 pm

Fee: \$25 plus ingredients

Program # 214-169

MAINE DRIVING DYNAMICS (MDD)

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

Dates: Saturday, April 10th

Time: 9:00 am – 2:00 pm

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

Location: CC Living Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 214-106

MAKING KOMBUCHA - NEW!

Learn to brew your own kombucha at home! We'll cover the basic history of kombucha, and give an overview of its production, from brewing to sweetening, fermenting, flavoring, bottling and storage. Various flavors of kombucha, and homebrewing kits, will be available for sampling and purchase.

Date: Sunday, May 16th

Time: 1:00 - 3:00 pm

Fee: \$30

Instructor: Reid Emmerich of Root Wild Kombucha

Program # 214-173



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, 4/7-6/16 (no class 4/21)

Time: 6:00 - 9:00 pm

Fee: \$95

Instructor: John Fabish

Program # 214-128

ART TOGETHER AGAIN

Painting and drawing workshop for all media (except oil), at all levels (including beginner).

Each week a short lesson on ways to improve your art is followed by time to work on your personal project.

Please bring your own supplies and project ideas.

Days: Wednesdays

Time: 10:00 am - noon

Instructor: Marty Clark

Date	Classes	Fee	Program #
4/7-4/28	4	\$40	214-121
5/5-5/26	4	\$40	214-122



OPEN PAINTING STUDIO

Join fellow painters in a non-classroom painting/drawing environment. Share ideas and suggestions, or just enjoy companionship while painting. Bring your own materials and projects.

Date: Tuesdays, May 5th- June 30th

Time: Anytime between 9:00 – 12:00 pm

Walk-in Fee: \$3

Location: CC Meeting Room/CECS outdoor

HEALTH, WELLNESS & ENRICHMENT

CELT MEDICINAL HERB WALK

Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth. Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.

Date: Thursday, May 6

Time: 6:00-7:30 pm

Fee: \$6

Program # 214-100

CELT NATURE WALK -VERNAL POOLS & WILD FLOWERS

Learn more about Capes' natural habitats and their unique flora and fauna from Cape Elizabeth Land Trust volunteer, and naturalist, Tony Owens.

Date: Tuesday, May 18

Time: 9:00- 11:00 am

Fee: \$6

Program # 214-102

CELT AMPHIBIAN PROGRAM

Join CELT Education Committee members Erika Rhile, and Lisa Gent to learn about herpetology, and get a guided walk through Robinson Woods. Explore amphibian habitat, observe salamander eggs, and potentially hear peepers and wood frogs on this excursion in Robinson Woods.

Date: Monday, May 10

Time: 7:00 - 9:00 pm

Fee: \$6

Program # 214-101

CELT - TIDEPooling THE ROCKY SHORE

Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat at Kettle Cove! Join Philip Mathieu of CELT to search for crabs, snails and other marine life.

Date: Wednesday, May 26

Time: 5:00 - 6:00 pm

Fee: \$6

Program # 214-105

CELT NATURE WALK - INVASIVE PLANTS

Join Mike Hanks, a member of CELT's Stewardship Committee, to learn about Invasive Plants found in Cape Elizabeth. You can expect to learn how to identify specific invasive plant species, eradication strategies, and why invasive species pose a threat to an ecosystem.

Date: Wednesday, June 9

Time: 6:00-7:30 pm

Fee: \$6

Program # 214-103

NATIONAL TRAIL'S DAY CROSS TOWN SELF GUIDED WALK

Take a self-guided tour on Cape Elizabeth's Cross Town Trail to celebrate the weekend of National Trails Day. Beginning at Portland Head Light, located at Fort Williams, this walk will traverse seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape's great places. Hikers can embark on the journey anytime during the weekend of June 6 – June 7

Date: Weekend of June 6-7

Fee: FREE

Program # 214-104

INVASIVE BITTERSWEET BASKETS - NEW!

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

Date: Sunday, June 6th

Time: 10:00-2:00 pm

Fee: \$45

Program #
214-174



It is with optimistic enthusiasm that we resume day trip programs. We will alternate rows on our 14 passenger van to accommodate a maximum of seven passengers plus the driver. In addition to mask wearing, social distancing and hand hygiene, we will adhere to protocols at the places we visit.

Your safety is our priority.

EASTERN CEMETERY TOUR

Guided walking tour of the oldest historic landscape in Portland including history, prominent historical figures and early gravestone art. Uneven terrain. Lunch on own following tour at Otto's Pizza. Rain date July 1st.

Date: Tue, June 29, 2021

Time: 11:30 AM to 2:30 PM

Fee: \$10.00

Program # 214-140

GILSLAND FARM AND LUNCH

Maine Audubon's Gilsland Farm peony's should be in full bloom (unless nature has other plans). Lunch on own at Foreside Tavern following our visit . Rain date June 17th.

Date: Tue, June 15, 2021

Time: 9:30 AM to 2:30 PM

Fee: \$5.00

Program # 214-148

MCLAUGHLIN GARDEN TOUR & LUNCH

Listed as a Cultural Landscape on the Natl Register of Historic Places, McLaughlin Garden & Homestead is also home to New England's largest collection of over 200 species of lilacs. With any luck, our guided tour will coincide with their peak bloom. Rain date May 27th.

Date: Tue, May 25, 2021

Time: 8:45 AM to 3:00 PM

Fee: \$30.00

Program # 214-141

FERRY BEACH RETREAT & CONFERENCE CENTER TOUR

Guided walking tour of the historic property dating back to the early 1900s including buildings and gardens. Lunch on own at Ken's Place following the tour.

Date: Wed, May 19, 2021

Time: 10:00 AM - 2:30 PM

Fee: \$15.00

Program # 214-142

HACKMATAACK THEATER & LUNCH

Summer theater performed at Berwick's quaint Hackmataack Playhouse. Show TBD. Lunch at Fogarty's Restaurant & Bakery on own prior to the show.

Date: Thu, August 19, 2021

Time: 10:30 AM to 5:00 PM

Fee: \$35.00

Program # 221-101

OXFORD CASINO

One armed bandits? Craps? Blackjack? Know when to hold'em; know when to fold'em, or just come along for some wicked good fun! Lunch available onsite/on own.

Date: Thu, May 13, 2021

Time: 9:00 AM to 3:00 PM

Fee: \$10.00

Program # 214-147

MAINE WILDLIFE PARK

Guided tour of park which is home to over 30 species of Maine wildlife that cannot be returned to their natural habitats. Lunch on own at Fishermen's Net following our visit. Rain date June 3rd.

Date: Wed, June 2, 2021

Time: 9:00 AM to 2:30 PM

Fee: \$16.00

Program # 214-145



ROYAL RIVER TRAIL WALK

Join Horticulturist, Educator, Naturalist, and Director of Earth Walkers, Amy Witt, as we learn about the vibrant life that is present in the river and the adjoining landscape. Trail highlights include waterfalls, wildlife, and wildflowers. Rain date June 10th.

Date: Wed, June 9, 2021

Time: 8:15 AM to 10:15 PM

Fee: \$30.00

Program # 214-144

SAINT ANTHONY MONASTERY

Self-guided walking tour of monastery and shrines followed by lunch on own at Merriland Farm Cafe. Rain date July 16th.

Date: Wed, July 14, 2021

Time: 11:00 AM to 4:00 PM

Fee: \$10.00

Program # 221-104

SONGO RIVER QUEEN II

Two hour paddle boar cruise that takes in the beautiful scenery along the eastern and western shores of Long Lake. Pack a lunch or purchase onboard. Rain date July 31st.

Date: Wed, July 28, 2021

Time: 11:00 AM to 5:00 PM

Fee: \$40.00

Program # 221-107

Sign up to dine out. We will alternate rows on our 14 passenger van to accommodate a maximum of seven passengers plus the driver. In addition to mask wearing, social distancing and hand hygiene, we will adhere to protocols at the places we dine. Your safety is our priority.

DIMILLO'S ON THE WATER

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

Date: Thu, May 6, 2021

Time: 11:45 AM to 2:00 PM

Fee: \$5.00

Program # 214-146

ISLAND LOBSTER CO.

Ferry to Peaks Island and enjoy views of Casco Bay and the island comings and goings.

Date: Wed, June 23, 2021

Time: 11:30 AM to 3:30 PM

Fee: \$10.00

Program # 214-143

HARRASEEKET LUNCH & LOBSTER CO.

Family owned and operated with views of the beautiful harbor and fishing boats bringing in their daily catch.

Date: Fri, July 9, 2021

Time: 11:00 AM to 2:00 PM

Fee: \$10.00

Program # 221-103



CLUB 62+



DIAMOND'S EDGE RESTAURANT

Enjoy a short ferry ride and a fresh, taste tempting lunch while overlooking Diamond Cove.

Date: Fri, August 13, 2021

Time: 11:15 AM to 3:15 PM

Fee: \$15.00

Program # 221-100

CYNDI'S DOCKSIDE

Casual dining on the shore of Middle Range Pond with indoor and outdoor seating, and beautiful lake views.

Date: Thu, July 1, 2021

Time: 11:00 AM to 3:00 PM

Fee: \$10.00

Program # 221-102

RUN OF THE MILL

Pub food at this casual riverside location.

Date: Tue, July 20, 2021

Time: 11:30 AM to 3:00 PM

Fee: \$10.00

Program # 221-106

DOCKSIDE GRILL

Located in the heart of Casco Bay at Handy Boat Marina and offering fresh, fun and flavorful New England fare with a modern twist.

Date: Wed, August 4, 2021

Time: 12:00 PM to 3:00 PM

Fee: \$10.00

Program # 221-105

FIT TO LIVE YOGA –TUESDAYS/THURSDAYS

Using a chair as a prop, along with modified poses, this unique program focuses on seniors and others who need a specialized approach to Yoga. It can be helpful to people with arthritis or back issues.

Days: Tuesdays/Thursdays

Time: 10:15 – 11:00 am

Instructor: Patty Medina

Date	Classes	Fee	Program #
4/13-4/29	6	\$60	214-170
5/4-5/27	8	\$80	214-171
6/1-6/24	8	\$80	214-172



- July 5 TBD
- July 12 TBD
- July 19 Front Porch Blues
- July 26 Maine Marimba Ensemble
- August 2 Travis Humphrey
- August 16 Always, Sometimes

Schedule is tentative and subject to change.



REGISTRATION INFORMATION

SPRING SESSION April 17 - June 19
April 17 - May 15, 2021 (no class 2/24)
May 22 - June 19 (no class 5/31)

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1	Sat	10:30 - 11:00 am	4	\$36	April 214-217
	Sat	10:30 - 11:00 am	4	\$36	May 214-218
Barnacles 2	Sat	9:30 - 10:00 am	4	\$36	April 214-219
	Sat	9:30 - 10:00 am	4	\$36	May 214-220
Turtles	Sat	10:00 - 10:30 am	4	\$36	April 214-221
	Sat	10:00 - 10:30 am	4	\$36	May 214-222
Ducklings 1	Sat	9:00 - 9:30 am	4	\$36	April 214-223
	Sat	9:00 - 9:30 am	4	\$36	May 214- 224
	Sat	10:00 - 10:30 am	4	\$36	April 214-225
	Sat	10:00 - 10:30 am	4	\$36	May 214-226
Ducklings 2	Sat	9:00 - 9:30 am	4	\$36	April 214-227
	Sat	9:00 - 9:30 am	4	\$36	May 214-228
	Sat	10:00 - 10:30 am	4	\$36	April 214-229
	Sat	10:00 - 10:30 am	4	\$36	May 214-230
Dolphins 1	Sat	9:30 - 10:00 am	4	\$36	April 214-231
	Sat	9:30 - 10:00 am	4	\$36	May 214-232
	Sat	10:00 - 10:30 am	4	\$36	April 214-233
	Sat	10:00 - 10:30 am	4	\$36	May 214-234
Dolphins 2	Sat	9:30 - 10:00 am	4	\$36	April 214-235
	Sat	9:30 - 10:00 am	4	\$36	May 214-236
Level 1	Sat	9:00 - 9:30 am	4	\$36	April 214-237
	Sat	9:00 - 9:30 am	4	\$36	May 214-238
	Sat	10:00 - 10:30 am	4	\$36	April 214-239
	Sat	10:00 - 10:30 am	4	\$36	May 214-240
Level 2	Sat	9:00 - 9:30 am	4	\$36	April 214-241
	Sat	9:00 - 9:30 am	4	\$36	May 214-242
	Sat	10:30 - 11:00 am	4	\$36	April 214-243
	Sat	10:30 - 11:00 am	4	\$36	May 214- 244



REGISTRATION INFORMATION

WEEKDAY SPRING SESSIONS

Level	Day	Time	# Classes	Fee	Program
Level 3	Monday	3:15 - 4:00 pm	4	\$36	April 214-245
	Monday	3:15 - 4:00 pm	4	\$36	May 214-246
	Tuesday	3:15 - 4:00 pm	4	\$36	April 214-247
	Tuesday	3:15 - 4:00 pm	4	\$36	May 214-248
	Thursday	3:15 - 4:00 pm	4	\$36	April 214-249
	Thursday	3:15 - 4:00 pm	4	\$36	May 214-250
Level 4	Monday	3:15 - 4:00 pm	4	\$36	April 214-251
	Monday	3:15 - 4:00 pm	4	\$36	May 214-252
	Tuesday	3:15 - 4:00 pm	4	\$36	April 214-253
	Tuesday	3:15 - 4:00 pm	4	\$36	May 214-254
	Thursday	3:15 - 4:00 pm	4	\$36	April 214-255
	Thursday	3:15 - 4:00 pm	4	\$36	May 214-256
Level 5	Monday	3:15 - 4:00 pm	4	\$36	April 214-257
	Monday	3:15 - 4:00 pm	4	\$36	May 214-258
	Tuesday	3:15 - 4:00 pm	4	\$36	April 214-259
	Tuesday	3:15 - 4:00 pm	4	\$36	May 214-260
	Thursday	3:15 - 4:00 pm	4	\$36	April 214-261
	Thursday	3:15 - 4:00 pm	4	\$36	May 214- 262

SUMMER SESSIONS

June - Monday/Wednesday 6/21-7/12, Tuesday/Thursday 6/22-7/8 (no class 7/5)

July - Monday/Wednesday 7/19-8/4, Tuesday/Thursday 7/20-8/5, Friday 6/25-7/30

Level	Day	Time	# Classes	Fee	Program
Barnacles	Friday	10:00 - 10:30 am	6	\$54	June/July 221-204
Turtles	Friday	10:30 - 11:00 am	6	\$54	June/July 221-205
Ducklings 1	Mon/Wed	8:45 - 9:15 am	6	\$54	June 221-206
	Mon/Wed	8:45- 9:15 am	6	\$54	July 221-207
Ducklings 2	Mon/Wed	8:45 - 9:15 am	6	\$54	June 221-208
	Mon/Wed	8:45- 9:15 am	6	\$54	July 221-209
Level 1	Tu/Th	8:30 - 9:00 am	6	\$54	June 221-210
	Tu/Th	8:30 - 9:00 am	6	\$54	July 221-211
Level 2	Tu/Th	8:30 - 9:00 am	6	\$54	June 221-212
	Tu/Th	8:30 - 9:00 am	6	\$54	June 221-213



SUMMER CAMP

Registration for **Summer Camp** will begin on **March 28, at 8:00pm**. Register online at www.capecommunityservices.org, in person at CECS office or by calling the office @ 207-799-2868. When registering your child, the camp they attend is determined by **the grade they will be entering in the Fall** (School year 21/22) .

LITTLE CUBS (AGES 3-5 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. Campers must be three as of June 15 and must be fully potty/toilet trained.

Dates: June 21 - August 5

Location: Community Center

Hours: 8:30 am to 3:00 pm

ADVENTURE CAMP (GRADES 1-5)

Lead by Kelly Phinney & CECS Staff

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

Dates: June 21-August 5

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am to 3:00 pm



TEEN SCENE (GRADES 6-9)

Lead by Kelly Phinney & CECS staff

This camp offers tweens and teens the chance to hang out with friends while participating in some great activities suited just for them. Teen Scene incorporates daily on campus sports activities, arts and crafts, games and swimming and field trips to the beach.

Dates: June 21- August 5

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am - 3:00 pm



CAMP PRICING

Five day week of camp \$200.00 (Weeks 1,2,4,5,& 6)

Four day week of camp \$160.00 (Weeks 3 & 7)

NO camp on Monday, July 5th, or Friday, August 6th.

First week payment due upon registration, with subsequent weeks put on a payment plan.

Refunds will only be issued if received by 3:00 pm on the Wednesday *prior* to the next week of camp by calling 799-2868. All payments will be on an automatic payment plan for withdrawal either from your bank account or credit card. Before and After Camp Care requires additional registration.

BEFORE/AFTER CAMP CARE

Before Camp Care will be available starting at 7:15 am to 8:30 am for parents that need to be at work a little earlier. Before care drop off will be at Community Center for those ages 3 thru 6th grade. Weekly charge is \$30.00

After Camp Care will be available from 3:00 to 5:30 pm for parents that need to work a little later. After Care pick up will be at the Community Center for those ages 3 thru 6th grade. Weekly charge is \$50.00

YOUTH PROGRAMS

CELT'S LITTLE EXPLORERS

(Ages: 3-5 w/adult)

Join CELT volunteer, Lisa Gent, on a gentle hike through Robinson Woods where we will play games and explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life.

Date: Friday, May 21

Time: 9:00 – 10:00 am

Fee: \$6/family.

Instructor: Lisa Gent

Program # 214-308



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 26 - June 7 (no class 5/31)

Time: 3:15 - 4:15 pm

Fee: \$83

Instructor: Julie Wilkes, Brio Dance Studio

Program # 214-310

CELEBRATING MAINE THROUGH ART

(Gr.1-4)

Join us for an afternoon of Maine inspired art making. Artists will build a strong foundation of art understandings through projects that are based on the beauty of Maine and its many great artists. Artists will work with a variety of materials to create one of a kind works of art that are designed to celebrate their own creative talents but to also celebrate and learn from their surroundings.

Dates: Wednesdays, April 28 - June 2

Time: 2:00-3:00 pm

Fee: \$90

Instructor: Kristine Biegel, Creative Child

Program # 214-339

LEARN TO SEW WORKSHOP (Gr: 3-6)

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

Dates: Wednesdays, April 7 - May 19

(No class 4/21)

Time: 22:00 - 4:00 pm

Fee: \$90

Instructor: Jeanette Guglielmetti

Program # 214-341



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 26 - June 7 (no class 5/31)

Time: 2:00 - 2:30 pm

Fee: \$68

Instructor: Julie Wilkes, Brio Dance Studio

Program # 214-309

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.

Dates: Tuesdays, April 27 – June 8

Fee: \$97

Instructor: Julie Wilkes, Brio Dance Studio

Grades K - 2

Time: 3:15 - 4:15 pm

Program # 214-315

Grades 3 - 8

Time: 4:15 - 5:15 pm

Program # 214-316

MUSICAL THEATER (Gr: 1-4)

Learn to sing, dance, and act in this fun and energetic class! Students will learn songs and dances from popular Broadway shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem.

Dates: Thursdays, April 8 - June 3 (No class 4/22)

Time: 3:15 - 4:45 pm

Fee: \$170

Instructor: Barry Brinker

Program # 214-318



YOUTH PROGRAMS

VIRTUAL COOKING CLUB (Gr: 5-8)

Our mission is to teach children how to eat responsibly as well as feel confident in their kitchens. We will cover lessons in culinary arts, nutrition, sanitation, culinary math, culinary geography along with a bit of etiquette thrown in for good measure.

During each session we will have a cooking lesson, make a delicious recipe and then have a closing discussion. We prepare recipes from all types of cuisines and cover savory as well as desserts. We will also create our own cookbook and compile recipes and pictures. Parents will be given a list of ingredients to buy each week (\$10 or less).

Dates: Mondays, May 10-June 21 (no class 5/31)

Time: 5:30 - 6:30 pm

Fee: \$90

Instructor: Fun Chefs LLC

Program #: 214-340

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. Practices for the Maroon Cohort are held on Mondays, Gold Cohort on Tuesdays and both the Maroon and Gold Cohorts will participate in age-appropriate length "Fun Run Meets" on Wednesdays in Cape Elizabeth. We also hope to host another town on occasion in accordance with CDC Guidelines. **In order to run this program, parent volunteers are needed for each practice!**

Time: 3:00 - 4:00 pm

Instructor: Tom Leen & Volunteer Coaches

Maroon Cohort

Dates: Mon. & Wed, April 26—June 9 (No class 5/31)

Fee: \$78

Program # 214-319



Gold Cohort

Dates: Tues. & Wed, April 27—June 9

Fee: \$84

Program # 214-320

SATURDAY OUTDOOR TENNIS (Gr: K-6th)

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

Fee: \$90

Instructor: Coach Niamh Colpitts

Dates: Saturdays, May 8 – June 19 (No Class 5/29)

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	214-321
Orange Ball (Gr: 3-4)	10:15 - 11:15 am	214-322
Green Ball (Gr: 5-6)	11:30 am - 12:30 pm	214-323

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!

Dates: Sundays, May 9 - June 20 (No class 5/30)

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

Instructor: Coach Mary Gray

Age	Time	Program #
5 - 8	10:00 - 11:00 am	214-324
9 - 12	11:00 am - 12:00 pm	214-325



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. Students must be at least 15 years of age by the course starting date. 10 Hours of driving instruction included in addition to classroom time.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Fee: \$495/Session

Instructor: Tim O'Carroll

Session 1: 6:00 pm - 8:30 pm, May 10 - 27

Program # 214-300

Session 2: 8:30 am-11:00 am, June 2-July 9 (no class 7/5)

Program # 221-300

Session 3: 8:30 am-11:00 am, July 26- August 12

Program # 221-301

YOUTH PROGRAMS

JUNIOR LACROSSE (Gr: K-6)

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

Fee: \$70

Boys

Dates: Sundays, April 25 - May 23

Time: 9:00 - 10:30 am

Instructor: Varsity Coach, Ben Raymond

Program # 214-326

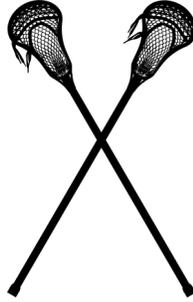
Girls

Dates: Saturdays, April 24 - May 22

Time: 8:30 - 10:00 am

Instructor: Varsity Coach, Alex Spark

Program # 214-327



ENGINEERING MANIA (Gr: K-4)

Do you have an excessive enthusiasm for science? Or as we call it, "Mad Science Maine-ia"! Let's nourish that enthusiasm and upkeep that curiosity through exciting exploration into the many exciting aspects of Engineering!

Dates: Tuesdays, April 6 - June 1 (No Class 4/20)

Time: 3:15 pm - 4:15 pm

Fee: \$132

Instructor: Mad Science Staff

Program # 214-330

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 26 – June 9 (No class 5/31)

Fee: \$169

Instructor: Dragon Fire Martial Arts.

Grades K - 2

Time: Mon 3:00 - 4:00 pm, Wed 2:00 - 3:00 pm

Program # 214-328

Grades 3 - 8

Time: Mon 4:00 - 5:00 pm, Wed 3:00 - 4:00 pm

Program # 214-329

IRISH DANCE (Gr: K-6)

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

Dates: Fridays, April 30 - June 11

Fee: \$125

Instructor: Mairead Stillson

Beginners Gr: K - 4

Time: 3:15 - 4:15 pm

Program # 214-331

Advanced Gr: 3 - 6

Time: 4:15 - 5:15 pm

Program # 214-332



APRIL VACATION CAMP (Gr: PRE K-6)

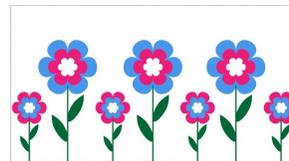
School vacation camp is designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects for this four-day camp. Price includes field trip fees. Campers must bring water bottle and lunch. Field trips TBA

Dates: Tuesday - Friday 4/20-4/23

Time: 8:00 am - 4:00 pm

Fee: \$208

Program # 213-344



YOUTH PROGRAMS

THEATER CAMP (Ages: 6-11)

The Knee High Man wanted to be big like everybody else, so he called on his friends to lend him a hand. The only problem was he didn't find the answer he was looking for. This humorous play will help develop skills such as: voice projection, stage presence, and teamwork.

Dates: Monday-Friday, August 16 - 20

Time: 9:00 am - 3:00 pm

Fee: \$210

Instructor: Patrick Reagan

Program # 221-302



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

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 23 -27

Time: 9:00 am - 4:00 pm

Fee: \$275

Instructor: Brio Dance Studio

Program # 221-304

"PRINCESS DANCE" CAMP (Ages: 3 years - 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!

Dates: Monday - Friday, August 23 - August 27

Time: 9:00 am - 12:00 pm

Fee: \$135

Instructor: Brio Dance Studio

Program # 221-306

LION KING CAMP (Gr: 1-5)

"Hakuna Matata"! Join us after camp for a fun and active time learning some musical numbers from "The Lion King". We will be playing drama games, rehearsing scenes, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 26-30

Time: 3:00 - 5:00 pm

Fee: \$85

Instructor: Barry Brinker

Program # 221-307

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, 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 9 - 13

Time: 9:00 am - 3:00 pm

Fee: \$225

Instructor: Barry Brinker

Program # 221-303

BEAUTY AND THE BEAST CAMP (Gr: 1-5)

"Be Our Guest" after camp for a fun and active time learning a few musical numbers from "Beauty and the Beast". We will be playing drama games, rehearsing scenes, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 12-16

Time: 3:00 - 5:00 pm

Fee: \$85

Instructor: Barry Brinker

Program # 221-305

SUMMER ART CAMP (Gr: 3-6)

Join us for a week of creative art making. Artists will build a strong foundation of art understandings through a variety of projects that are both 2D and 3D. This program offers up the opportunity to experiment and play with a wide range of materials all while learning about the power of colors, lines, composition and much more. We will take inspiration from the world around us allowing every artist to create unique works of art that celebrate their own creative styles.

Dates: Monday-Friday, August 23-27

Time: 8:00 am - 12:00 pm

Fee: \$250

Instructor: Kristine Biegel, Creative Child

Program # 221-338



YOUTH PROGRAMS

BOYS 3 V 3 BASKETBALL (Gr: 3-8)

Develop your basketball skills in a simplistic yet competitive OUTDOOR 3 on 3 setting! Each week consists of warm-up/skill development time where we will instruct on the fundamentals and conclude each session with 3-on-3 game play where players have the opportunity to apply the skills they have learned.

Time: Grade 7/8 2:00-3:30; Grade 5/6 3:45 - 5:15; Grade 3/4 5:30 - 7:00

Fee: \$75 per week OR \$200 for all 3 weeks

Instructor: HS Boys Varsity & JV Coaches and Players



Session	Gr. 7 & 8 Program #	Gr: 5 & 6 Program #	Gr: 3 & 4 Program #
June 21 - June 24	214-333	214-334	214-335
June 28 - July 1	221-308	221-309	221-310
July 6 - July 9	221-311	221-312	221-313

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 21 - 25

Time: 9:00 am—3:00 pm

Fee: \$215

Location: Upper/Lower Lions Field

Instructor: Dan Sullivan

Program # 214-336

SEACOAST UNITED SKILLS SOCCER CAMP (Ages: 7 -14)

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

Dates: Monday - Friday, August 2 - 6

Time	Fee	Program #
9:00 am - 12:00 pm	\$120	221-314
9:00 am - 3:00 pm	\$195	221-315

Dates: Monday - Friday, August 9 - 13

Time	Fee	Program #
9:00 am - 12:00 pm	\$120	221-316
9:00 am - 3:00 pm	\$195	221-317

SEACOAST GRASSROOTS CAMP (Ages: 3 -6)

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

Time: 9:00 - 10:00 am

Fee: \$70

Instructor: Seacoast United Soccer Coaches

Dates	Program #
Monday - Friday, August 2 - 6	221-318
Monday - Friday, August 9 - 13	221-319



YOUTH PROGRAMS

ST. PETER'S GRAND SLAM TENNIS (Gr: 2-9)

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

Time: Full Day, 9:00 am-4:00 pm (M-TH) and 9:00 am-12:00 pm (Friday) Half Day, 9:00 am-12:00 pm (M-F)

Instructor: Wayne St. Peter & Staff

Option	Dates	Fee	Program #
Full Day	6/21-6/25	\$275	214-337
Half Day	6/21-6/25	\$200	214-338
Full Day	8/16-8/20	\$275	221-320
Half Day	8/16-8/20	\$200	221-321

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.

Fee: \$81

Instructor: Coach Mary Gray

Grade	Date	Days	Time	Program #
Beginners (Grade 1-4)	July 6 - 22	Tuesdays/Thursdays	3:45 - 4:30 pm	221-323
Beginners (Grade 1-4)	August 10 - 26	Tuesdays/Thursdays	3:45 - 4:30 pm	221-324
Intermediates (Grade 3-4)	July 6 - 22	Tuesdays/Thursdays	4:45 - 5:30 pm	221-325
Intermediates (Grade 3-4)	August 10 - 26	Tuesdays/Thursdays	4:45 - 5:30 pm	221-326
Middle School Match Play	July 6 - 22	Tuesdays/Thursdays	5:45 - 6:30 pm	221-327
Middle School Match Play	August 10 - 26	Tuesdays/Thursdays	5:45 - 6:30 pm	221-328

FIELD HOCKEY CAMP (Grades: 3-6)

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 16 - 20

Time: 9:00 am-11:00 am

Fee: \$100

Instructor: Coaches Maura Bisogni and Diane Nicholson

Program # 221-329

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.

Dates: Monday-Thursday, August 2 - 5

Time: 9:00 am-1:00 pm

Fee: \$195

Instructor: Coach Mary Gray

Program # 221-322



FLAG FOOTBALL SKILLS TRAINING (Gr.: K-6)

Join us on Wednesdays for Flag Football skills clinics. We will work on the basics — throwing, route-running and flag-pulling! — while also building a foundation for the fall season. Players will also learn how to properly read and call plays from the coaches who are involved in the NFL Flag program.

Dates: Wednesdays, August 4 - 25

Time: 5:00 - 6:30 pm

Fee: \$65

Instructor: CJ Lampman, HS Football Players

Program # 221-337

YOUTH PROGRAMS

MASTER CHEF JUNIOR CAMP (Ages: 8-14)

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

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

Dates: Monday-Friday, August 9 - 13

Time: 9:00 am - 12:00 pm

Fee: \$180

Instructor: Fun Chefs, LLC

Program # 221-330

KIDS PADDLING CAMP (Ages: 9 and up)

Join us for an exciting week of stand up paddle boarding and kayaking instruction! Instructors from Seaspray Kayaking will return to lead everyone through a fun week of games and challenges.

Dates: Monday - Friday, July 12 - July 16

Instructor: Seaspray Staff

Fee: \$265

<u>Times</u>	<u>Program #</u>
9:00 am - 12:00 pm	221-332
1:00 pm - 4:00 pm	221-333

KIDS FISHING CAMP (Ages: 8 and up)

This camp will make the adults jealous! Get up every day and go fishing! We will learn about knots, lures, baits, fly fishing, kayak fishing and paddle board fishing for freshwater and saltwater fish!

Dates: Monday - Friday, July 19 - 23

Instructor: Seaspray Staff

Time: 8:00 am - 12:00 pm

Fee: \$225

Program # 221-335



SPY ACADEMY CAMP (Gr: 1-6)

Become a Mad Science secret spy and take a fascinating journey into the world of detection, forensics, and classified information. Go undercover with your spy name and decode messages from other agents using your top secret tools and techniques. Join the Mad Science Bureau of Investigation and sniff out forgeries and counterfeits. By the end of this Spy Academy week you'll be a real Mad Science Secret Agent equipped with take home investigation tools!

Dates: Monday-Friday, August 16 - 20

Time: 9:00 am - 3:00 pm

Fee: \$330

Instructor: Mad Science of Maine

Program # 221-331



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, small ensembles, as well as supervised snack and recreation time. The band camp staff includes CEMS band director Caitlin Ramsey and Scarborough Middle School band director Missy Shabo.

Date: Monday - Friday, August 16 - 20

Time: 8:00 am - 12:00 pm

Fee: \$175

Instructor: Caitlin Ramsey and Missy Shabo

Program # 221-334

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.

Date: Monday - Friday, August 9 - 13

Time: 9:00 am - 1:00 pm

Fee: \$250

Instructor: Stillson Irish Dance

Program # 221-336

Stillson Irish Dance Camp under the Picnic Shelter this summer.

YOUTH PROGRAMS

FALL PROGRAMS

Please note that registration for our Fall sports offerings will begin on **June 6 online and June 7 in person.** This will hopefully allow you additional time to plan your Fall.

GIRLS FIELD HOCKEY (Gr: K-6)

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Saturday mornings.

Dates: Saturdays, Sept. 11 - Oct. 16 (no class 10/9)

Fee: \$70

Location: Hannaford Field

Instructor: HS Coaches and players

Time: 8:00 - 9:00 am

Program # 222-300



GIRLS TRAVEL FIELD HOCKEY (Gr: 3-6)

All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. The season begins mid-September and runs through the end of October. Three Weekend Play Days, Dates TBD.

Parent volunteers are critical for the success of our travel programs! We need your involvement to succeed. We will be looking for Administrators and Coaches!

Mandatory Parent Meeting: June 30th 6pm, CECS

Dates: Mondays, Sept. 13 - Oct. 18 (No Class 10/11)

Fee: \$70

Location: TBD

Time: 3:15 - 4:30 pm

3rd/4th Grade

Program # 222-306

5th/6th Grade

Program # 222-307

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

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

Dates: Saturdays, Sept. 11 - Oct. 16 (no class 10/9)

Fee: \$70

Location: Hannaford Field

Instructor: Varsity Coaches & Players

Little Capers (Ages: 3-5)

Time: 10:30 - 11:15 am

Program # 222-301

Kinder Capers (K)

Time: 11:30 am-12:15 pm

Program # 222-302

Boys Capers (Gr: 1-2)

Time: 8:00 - 9:00 am

Program # 222-303

Girls Capers (Gr: 1-2)

Time: 9:15 - 10:15 am

Program #: 222-304

Co-Ed Capers (Gr: 3 - 6)

Time: 9:15 - 10:15 am

Program # 222-305

GIRLS VOLLEYBALL (Grade: 3-6)

This program is designed for children to learn and develop their volleyball skills while having fun and gaining experience on the court as part of a team. Participants will work on developing volleyball skills and game play.

Dates: Saturdays, Sept. 11 - Oct. 16 (no class 10/9)

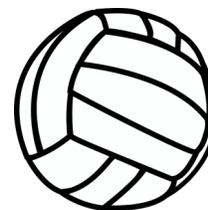
Fee: \$70

Location: High School, Gymnasium

Time: 9:00 - 10:00 am

Instructor: Varsity Coach Sarah Boeckel & Varsity Players

Program # 222-308



REGISTRATION INFORMATION

Our goal is to provide a safe and supportive recreational facility to our patrons. Our pool and fitness center are currently operating under a sign-up system only and we are unable to allow drop ins for either lap swim or the fitness center at this time. Residents may secure time slots without a membership by paying a \$5 fee per visit. All non-residents must be a member to secure times. Please visit www.capecommunityservice.org for updates and sign up details.

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. Members will be extended the suspended time to their 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.

	MONTHLY Pool/Fitness/Combo	QUARTERLY Pool/Fitness/Combo	ANNUALLY Pool/Fitness/Combo
Individual	\$43/ \$40/ \$60	\$104/ \$91/ \$138	\$341/ \$300/ \$473
Couple	\$71/ \$69/ \$94	\$159/ \$155/ \$220	\$473/ \$432/ \$667
Family	\$99/ \$115/ \$131	\$267/ \$255/ \$339	\$830/ \$805/ \$1,136

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

POOL/FITNESS SAFETY PROTOCOLS

- Please arrive 15 minutes prior to your time and ready to enter.
- Wear a face covering when you are not in the swimming pool.
- Your temperature will be taken prior to entering the facility. If your temperature is higher than 100.4, you will not be permitted in the building.
- Only **registered** guests will be permitted entrance into the building. No equipment will be provided however, swimmers may bring in their own for their own personal use.
- The locker room are open for changing only.

Swimmers who do not comply with these procedures will have their privileges suspended.

