

Cape Explorer

Keeping Cape Active

Spring/Summer 2019 April -August



Photo courtesy of Jim Newton

Resident Registration Opens
Online March 24 8:00pm

CAPE ELIZABETH COMMUNITY SERVICES

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

CONTACT US

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

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

CALL 207-799-2868

FAX 207-799-1841

CAPE CARE 207-799-4388

POOL 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

Summer/Vacation Hours 7:30 am -3:30 pm

Closings 4/15, 5/27, 7/4, 9/2

OUR STAFF

- Kathy Raftice, Director of CECS and Fort Williams Park
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- Kelly Phinney, Cape Care Coordinator
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ADVISORY COMMISSION

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

REGISTRATION OPENS;

On line for Cape Residents—Sunday,
March 24th 8:00pm

In Office for Cape Residents—Monday,
March 25th 8:00am

Non-Residents-Friday, March 29th 8:00 am

REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, March 24th 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 25th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868.

Non-resident registrations begin Friday, March 30th. 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.

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.

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

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.

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.



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HEALTH, WELLNESS AND ENRICHMENT

BODY DYNAMICS

Increase energy, flexibility, and endurance in this fun and challenging aerobic experience for men and women. A balanced program of stretching, strengthening, aerobics, toning and cool-down is provided. Bring a mat or towel to class.

Date: Mon/Wed/Fri (No Class 5/27)

Time: 9:00 am – 10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi and Joanie Frustaci

Walk In Fee: \$8

Date	# of Classes	Fee	Program
4/17 - 5/17	14	\$70	94-100
5/20 - 6/14	11	\$55	94-101

BODY DYNAMICS - SUMMER

Date: M/W/F (No Class 7/3, 7/5, 8/19, 8/21, 8/23, 9/2)

Time: 9:00 am - 10:00 am

Date	# of Classes	Fee	Program
6/17 - 7/20	13	\$65	20-100
7/29 - 8/6	14	\$70	20-101



CO/ED WEIGHTS

Experience all the benefits strength training has to offer! Increase muscle strength, endurance, and bone density by using free weights, exercise machines, and barbells. Core stability through functional training and balance are incorporated into your workouts. 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 939-2255 to discuss your program. Please bring towel and water to class.

Date: Tues/Thurs, 4/23 - 6/13

Time: 5:30 pm – 6:30 pm

Location: Fitness Center

Instructor: Susan Janosik

Fee: \$128

Program # 94-102

CSI 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, plyometric and cardio machines to push the cardio! Please bring water, mat & small towel.

Date: Tues/Thurs, 4/23 - 6/13

Time: 6:30 pm – 7:30 pm

Location: Fitness Center

Instructor: Susan Janosik

Fee: \$144

Program # 94-103

SUMMER CIRCUIT TRAINING

Train with Susan on Tuesdays then continue as a group on Thursday with your own self-guided workout plan.

Date: Tues/Thurs, 7/9 - 8/22

Time: 6:00 pm – 7:00 pm

Location: Fitness Center

Instructor: Susan Janosik

Fee: \$98

Program # 20-102

WOMEN ON WEIGHTS

Experience all the benefits strength training has to offer! Increase muscle strength, endurance, and bone density by using free weights, exercise machines, and barbells. Core stability through functional training and balance are incorporated into your workouts. 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 939-2255 to discuss your program. Please bring towel and water to class.

Date: Wed/Fri, 4/24 - 6/14

Time: 9:00 am – 10:00 am

Location: Fitness Center

Instructor: Susan Janosik

Fee: \$144

Program # 94-104

HEALTH, WELLNESS AND ENRICHMENT

HIGH INTENSITY INTERVAL TRAINING (HIIT)

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometric, cardio and core all within 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 towel & water to class.

Date: Wed/Fri, 4/24 - 5/10

Time: 5:30 am – 6:30 am

Location: Middle School Gymnasium

Instructor: Susan Janosik

Fee: \$54

Program # 94-105

COAST ENDURANCE

At these specifically tailored and structured pool workouts athletes will 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. The benefits of these are many; increased fitness, confidence, technical efficiency, open water skills and massive education. Athletes must be able to swim 200 yards without stopping. Requirement for class: front end swim snorkel (made by Finis), fins and ankle band. FMI please email todd@coastendurance.com.



Date: Tues/Thurs (No Class 7/4, 7/23, 7/25)

Time: 5:30 pm – 6:30 pm

Location: Richards Community Pool

Instructor: Todd Larlee

<u>Date</u>	<u># of Classes</u>	<u>Fee</u>	<u>Program</u>
4/23 - 6/6	14	\$126	94-200
6/11 - 8/8	15	\$135	20-200

SPIN

Gear up and get ready to ride. Prepare yourself for a fun, ultimate calorie and fat burning class, while reaching optimal fitness levels. Motivational coaching led by an experienced instructor will teach you cycling hills, sprints, and flats all set to inspirational music. All levels welcome.

Date: Tues/Thurs (No Class 7/2, 7/4)

Time: 6:00 am – 6:45 am

Location: CECS Spin Room

Instructor: Susan Janosik

<u>Date</u>	<u># of Classes</u>	<u>Fee</u>	<u>Program</u>
4/23 - 6/13	16	\$144	94-106
6/18 - 8/22	18	\$162	20-103

MORE THAN CORE

Loosen up your spine, mobilize your hips and shoulders, and strengthen your core with a huge variety of work including Pilates, foam rolling, and therapy balls. Some weight work with dumbbells. Bring a mat.

Date: Tues/Thurs (No Class 7/4, 7/25)

Time: 8:30 am – 9:30 am

Location: Activity Room

Instructor: Sarah MacColl

Drop in fee: \$10

<u>Date</u>	<u># of Classes</u>	<u>Fee</u>	<u>Program</u>
5/7 - 6/13	12	\$96	94-107
6/18 - 8/1	12	\$96	20-104
8/6 - 8/22	6	\$48	20-105



HEALTH, WELLNESS AND ENRICHMENT

GENTLE/BEGINNING 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.

Date: Wed

Time: 10:15 am - 11:30 am (No Class 7/3)

Location: CS Activity Room

Instructor: Sharon Wilke

Walk In Fee: \$13

Date	# of Classes	Fee	Program
4/24 - 6/12	8	\$88	94-108
6/19 - 7/31	6	\$66	20-106

A COUPLE OF QUACKS GOAT YOGA ***NEW***

Get out your mat; goat yoga comes to Cape! Join us at Couple of Quacks Farm for a mindful yoga practice full of downward dogs and baby goats! Class will be held in the barn or pasture (weather dependent) with time before and after to mingle, pet and play with our baby goats. You're encouraged to rest as needed, push when wanted, and cuddle the goats as often as you'd like. Florence is certified at Kripalu and welcomes all humans at all levels interested in experiencing the mental, emotional, and physical benefits of breath, movement, and animal connection. All you need is your mat! Minimum age 14.

Date: Sat (No Class 5/26, 9/1)

Time: 10:00 am - 11:45 am

Fee: \$120

Location: 18 Old Ocean House Road

Instructor: Florence Gonsalves

Date	# of Classes	Fee	Program
5/18 - 7/13	8	\$120	20-107
7/20 - 9/14	8	\$120	21-100



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.

Date: Wed

Time: 6:00 pm – 7:15 pm

Location: Activity Room

Instructor: Sharon Wilke

Walk-in Fee: \$13

Date	# of Classes	Fee	Program
4/24 - 6/12	8	\$88	94-109
6/19 - 7/31	6	\$66	20-108

DISCOVER YOUR MOVEMENT THROUGH NIA

Combining dance, martial arts and mindfulness, Nia (pronounced "nee-ah") tones your body while transforming your mind. More than just a workout, It's a holistic fitness practice addressing - body, mind and soul. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced. Nia is non-impact, ideally practiced barefoot, and adaptable to individual needs and abilities. Erin Curren is a Nia Black Belt with 10 years of Nia teaching experience in Maine. She brings her love of improv, authentic joyful energy and encouragement to every class. Email Erin at erin@erincurren.com with questions. FMI www.erincurren.com

Location: CS Activity Room

Instructor: Erin Curren, Nia Black Belt Teacher

Walk In Fee: \$15

THURSDAY 4:15 pm – 5:15 pm

Date	# of Classes	Fee	Program
5/9 - 5/30	4	\$48	94-110
6/6 - 6/27	4	\$48	94-111
7/18 - 8/8	4	\$48	20-109

MONDAY EVENINGS 5:45 pm -6:45 pm

Date	# of Classes	Fee	Program
4/29 - 5/20	4	\$48	94-112
6/3 - 6/24	4	\$48	94-113
7/22 - 8/12	4	\$48	20-110

HEALTH, WELLNESS AND ENRICHMENT

SOCIAL BALLROOM DANCE SERIES

Partner dancing has many benefits including improved mental health, happiness levels, increased life satisfaction and improved social confidence. Recent studies report the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. Warm up your winter nights learning the basics of many different styles of dancing. Bring a partner if possible.

Date: Tues

Time: 7:00 pm – 8:00 pm

Fee: \$33 per person/per session

Location: CC Activity Room

Instructor: Patty Medina

Spring Latin Mix 4/9 - 4/23 Program: 94-114

Wedding Party Mix 5/4 - 5/21 Program: 94-115

TAI CHI & QIGONG FOR BALANCE

Tai Chi and Qigong are ancient Chinese arts that when practiced regularly generate greater range of motion (ROM), strength, and coordination, all of which enhance stability. We will also use these practices to explore proper body mechanics and energy flow for more efficient and effortless movement. In addition to improving function, the practice of Qigong and Tai Chi can profoundly impact general well-being and sleep quality. We will be using Dr. Yang's Evidence-Based Curriculum of meditation and agility exercises, as well as his 7-step form and related Qigong series. Introductory level.

Date: Monday, 4/22 -6/3 (No Class 5/27)

Time: 10:30 am - 11:45 am

Fee: \$60

Location: CS Activity Room

Instructor: Stephanie Carlson

Program # 94-116

ADAPTIVE AQUATICS



This low impact water exercise class is designed for those with disabilities caused by aging bodies, surgery preparation or recovery, and other debilitating illnesses. Our wheelchair accessible pool will provide opportunity for water walking and strengthening exercises in shallow water. Rubber soled shoes are suggested. Caretakers are free.

Date: Tues/Thurs

Time: 1:00 pm - 2:00 pm

Walk In Fee: \$8

Location: Richards Community Pool

Instructor: Chris Robichaud

Date	# of Classes	Fee	Program
4/16 - 5/16	10	\$70	94-201
5/21 - 6/20	10	\$70	94-202

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. Fee includes the \$15 lab fee for the CEHS woodshop.

Date: Wednesdays, 4/4-6/13 (10 classes) (no class 4/18)

Time: 6:00 pm - 9:00 pm

Fee: \$95.00

Location: HS Wood Shop

Instructor: John Fabish

Program # 94-117

FREE CPR TRAINING

Bystander CPR saves lives. You can make a difference before EMT's arrive. Learn CPR from your community fire department. Open to Cape Elizabeth residents 14 and older. A sense of community is vital in establishing peace, harmony and togetherness. And because community is important to us, we're sponsoring this free CPR Certification Class to those with whom we share our community.

Vicki Kennedy, RE/MAX Oceanside
Tamika Donahue, Academy Mortgage



Saturday, April 6th
9:00 am - 12:00 pm
Cape Elizabeth Fire Dept.
2 Jordan Way

Pre-Registration Required
Program: 94-301

HEALTH, WELLNESS AND ENRICHMENT

GOLF FOR BEGINNERS

Learn the basics of golf while working on the correct grip, stance, and posture necessary for starting out. Practice driving, chipping and putting while learning the rules of the game and proper golf etiquette. Weekly ball fees included. No jeans or t-shirts are permitted and participants must supply own clubs.

Date: Wed, 5/1 - 5/22

Time: 6:00 pm – 6:45 pm

Fee: \$125

Location: Purpoodock Club

Instructor: Dan Britt

Program # 94-118

PICKELBALL DROP IN

This spring we will offer drop in pickle ball for experienced players. Three courts will be available.

Date: Mon, 4/1 - 5/13 (No drop in April 4/15)

Time: 6:00 pm – 8:00 pm

Instructors: Roger Rioux & Jim Clark

Drop in Fee: \$3

Location: CE Middle School Gym

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.

Date: Sun, 4/7 - 5/12 (No Class 4/21)

Time: 6:30 pm – 8:00 pm

Instructor: David Peary

Fee: \$30

Location: HS Gymnasium

Program # 94-119

SINK OR SWIM: 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.



ner

Date: Sat, 4/27 - 6/8 (No Class 5/25)

Time: 8:00 am - 8:45 am

Fee: \$60

Location: Richards Community Pool

Instructors: Jess Blake & Schyla St. Laurent

Program # 94-203

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: Wed, 3/6 – 5/22 (No drop in 4/17)

Time: 7:00 pm - 10:00 pm

Drop in Fee: \$4

Location: HS Gym

Supervisor: Bryan Connelly

SOFTBALL LITE *NEW*

A beloved Hudson Valley institution since 2001 comes to Cape Elizabeth! Enjoy a fun game every week. All skill levels. We try to pick even teams depending on who shows up. The critical rule is to not make anyone else feel bad, nor ever apologize for making an error or striking out. Ages 14-99 Just bring a glove.

Date: Sat 7/13-8/17 (no drop in 8/3)

Time: 9:00 -11:00 am

Instructor: Jonathan Fisher

Drop in Fee: \$3

Location: HS Softball Field

HEALTH, WELLNESS AND ENRICHMENT

PERSONAL SAFETY/SELF DEFENSE FOR COLLEGE BOUND WOMEN *NEW*

According to the Department of Justice between 20% and 25% of women will experience a completed and/or attempted rape during their college career. What have you done to prepare yourself or your daughter for this very real threat? This class was created to help young females prepare themselves for exactly these types of threats not only in a college setting, but anywhere. Students will be taught to listen to their intuition in order to help identify and avoid obvious threats to their safety. If the threat is unavoidable, the students will be taught some very basic and retainable self-defense moves to help them escape. The class is ideal for mothers and daughters to take together, as it starts a dialogue that needs to happen.. The class is part lecture/part defensive moves/escapes.

Date: Thursday, June 13

Time: 6:00 pm – 7:30 pm

Fee: \$21

Location: CC Community Room

Instructor: Chief Paul Fenton and Sargent Ben Macisso

Program # 94-120

HOLISTIC HEALTH: MEDICINAL PLANT EFFICACY & USE *NEW*

Discover the simplicity of holistic health care and learn strategies to manage your individual health considerations using natural remedies. Weekly topics include sleep health, in-home environmental toxins, aging, digestion, and choosing and using essential oils. Course includes individual wellness plan development and coaching, ten 5ml doTerra Essential Oils, and DIY project materials.

Date: Thurs, May 2 - May 23

Time: 6:00 pm- 8:00 pm

Fee: \$165

Location: CC Living Room

Instructor: Dr. Patti Frohloff, Holistic Health Coach & Educator

Program # 94-121

SPRING WELLNESS GROUP

Have you been wanting to start or reignite your journey towards a healthier lifestyle? Join Nicolaus Bloom, Holistic Health Coach for an 8-week program to create personalized healthy meal plans, define goals, and explore the practical, emotional, mental, and spiritual tools that help keep you focused on your journey. With the fellowship of this group, stay focused on creating your best healthy habits for feeling great mentally, physically, and spiritually.

Date: Tues, 4/23 – 6/11

Time: 6:00 pm – 7:30 pm

Fee: \$125

Location: CS Living Room

Instructor: Nicolas Bloom, Certified Health Coach

Program # 94-122

INFLAMMATION AND ILLNESS—CREATING BALANCE FOR WELLNESS *NEW*

Learn about inflammation and how it relates to your health and wellness. The focus will be on the basics of inflammation in regards to sugar, glycemic index, digestion and sleep. In this two-part class, you will learn some simple user friendly information on how your diet and lifestyle can affect your health. Personal tips and facts will be shared from Theresa's recent publication Eat Sleep Poop. She draws from her own personal experience, research and professional health coach training. You will discover subtle adjustments to make for improving your health and feel better.

Date: Wed, 4/24 and 5/1

Time: 5:30 pm - 7:30 pm

Fee: \$55

Location: CECS Living Room

Instructor: Theresa Freeman PT, LMT, CHC

Program # 94-123

HEALTH, WELLNESS AND ENRICHMENT

NATIONAL TRAILS DAY CROSS TOWN WALK

Join **Cape Elizabeth Land Trust's** Executive Director, Cindy Krum, Vice President, Chris Pezzullo, current board member, and past CELT board president, Kathleen Janick for the Annual Spring Cross Town Walk. Beginning at Portland Head Light, this walk will traverse seven miles of both Town and CELT trails offering a unique overview of Cape's diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond.

Date: Sat, June 1

Time: 8:00 am - 1:30 pm

Fee: \$10 (Includes picnic lunch)

Location: Portland Head Light (parking lot closest to the lighthouse). Pre arranged carpool back to park.

Program # 94-124

ADVANCED BEGINNER MAH JONGG CLASS

This advanced beginner Mah Jongg class will focus on strategy and deconstructing the new, 2019 card. If you have taken the instructors prior classes or you are familiar with playing Mah Jongg you are welcomed to join this class. Expect a fast paced fun class learning how to play faster and become a more strategic player. Please purchase and bring the 2019 National Mah Jongg League card to each class. (www.nationalmahjonggleague.org)

Date: Wed, May 15th & 22nd

Time: 6:30 PM - 8:30 pm

Location: CECS Community Room

Fee: \$22

Instructors: Sharon Ash Tancredi and Hiromi Dolliver

Program # 94-125

NATURE JOURNALING ***NEW***

Cape Elizabeth Land Trust is proud to welcome Bowdoin College Professor Emeritus, Nathaniel T. Wheelwright, for a lecture on Nature Journaling. Professor Wheelwright and best-selling author Bernd Heinrich wrote *The Naturalist's Notebook* to teach nature lovers of all ages to be more mindful, curious and knowledgeable about the natural world, using a calendar-journal format and Heinrich's classic illustrations as inspiration. Professor Wheelwright's presentation will describe the origin of the project and the joys, challenges and fulfillment of keeping a systematic nature journal.

Date: Tues, April 30

Time: 7:00 - 8:00 pm

Fee: \$6

Location: CELT 330 Ocean House Rd.

Program # 94-126

THE STATE OF RECYCLING IN 2019: FROM NATIONAL TRENDS TO LOCAL IMPACTS

NEW

Do you know what happens to your recyclables once you put them in the container at the Recycling Center, or in the Silver Bullets behind Town Hall? Join us for a panel discussion with ECOMaine's Kevin Roche & Katrina Venhuizen and Cape Elizabeth Public Works Director, Robert Malley, to learn about recent changes in recycling markets nationally and the financial and environmental impacts on our recycling efforts in Cape Elizabeth. Sponsored by the CE Recycling Committee.

Date: Tues, May 28th

Time: 6:00 PM - 7:00 pm

Fee: Free

Location: CECS Community Room

Program # 94-127

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! Join Natasha Rathlev of the **Cape Elizabeth Land Trust** on this summer evening to search for crabs, snails and other marine life. Lace-up, closed-toed shoes that can get soaking wet recommended.

Date: Fri, May 17

Time: 4:30 - 5:30 pm

Location: Kettle Cove Beach

Fee: \$6/family

Program # 94-128

SACRED LANDSCAPES: HEALING THE LAND

NEW

The **Cape Elizabeth Land Trust** is thrilled to offer a presentation led by Ted Carter, of Ted Carter Inspired Landscapes, about bringing ourselves into harmony with our surroundings. Ted will discuss how he, along with Calen & Jini Rayne, incorporate the practices of Feng Shui, geomancy, and earth energies to design a thoughtful landscape design that is in harmony with the land.

FMI www.sacredlandscapes.com.

Date: Thurs, April 4

Time: 7:00 pm - 8:00 pm

Fee: \$6

Location: CECS Community Room

Program # 94-129

HEALTH, WELLNESS AND ENRICHMENT

GARDENING FOR MINDFULNESS *NEW*

Gardening can be a way to find a release from the daily stress and tension we tend to face. Gardening and mindfulness connect us to the natural world around us, which can bring us pleasure and peace. In this three part series, we will explore the following areas; What is Mindfulness, Designing a Mindful Garden, and Mindful Gardening Practices. Amy Melissa Witt is the founder and director of Earth Walkers www.earthwalkers.me. Judy Violette has extensive medicinal herbal training and is a Master Gardener.

Date: Tues, 5/21 - 6/4

Time: 6:00 pm - 8:00 pm

Fee: \$50

Location: CC Meeting Room

Instructors: Amy Witt & Judy Violette

Program # 94-130

CELT NATIVE PLANTS NATURE WALK

Join The Wild Seed Project's Heather McCargo to learn about plant life in Maine. In this walk, we will learn about some of the wildflowers, ferns, shrubs and trees native to Maine. Heather will talk about which species are adaptable to gardens and developed landscapes, the threats to their survival, and inspire you with their unusual reproductive strategies and edible and medicinal properties. Please dress appropriately with footwear for possible wet walking.

Date: Thurs, May 23

Time: 5:00 pm – 6:30 pm

Fee: \$8

Location: Robinson Woods Kiosk

Program # 94-131

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 - learning to recognize their patterns across the refreshed landscape. Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.

Date: Thurs, May 16

Time: 6:00 pm – 7:30 pm

Fee: \$6

Location: Robinson Woods Kiosk

Program # 94-132

PICTURE PERFECT PLANTS

Do you love plants (especially native plants and plants for pollinators?) Do you like to take pictures of plants but just can't seem to get the perfect shot? Join horticulturist Amy Melissa Witt and professional photographer Michael Leonard for an evening in the Children's Garden at Fort Williams. Amy will introduce you to the plants in the garden and Michael will show you how to make your best shots using a phone or camera. Bring your enthusiasm and your phone or camera to take pictures.

Date: Tues, July 9

Time: 6:00 pm - 7:30 pm

Fee: \$25

Location: Children's Garden, Ft. Williams

Instructors: Amy Melissa Witt & Michael Leonard

Program # 20-111

CELT VERNAL POOLS & WILD FLOWERS NATURE WALK

Learn more about Capes' natural habitats and their unique flora and fauna from Cape naturalist Tony Owens. Sponsored by the **Cape Elizabeth Land Trust**, this walk will increase your awareness and appreciation of the varied open spaces here in Cape Elizabeth. Walk will be held rain or shine so dress appropriately with footwear for wet walking.

Date: Tues, May 14

Time: 9:00 am - 11:00 am

Fee: \$6

Location: Robinson Woods Kiosk

Program # 94-133

MAINE DRIVING DYNAMICS

This is a State of Maine sponsored 5-hour defensive driving course which includes basic discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. Those completing the course will receive a three-point credit reduction on their driving record and students 55 and older can receive an insurance discount.

Date: Saturday, April 6

Time: 9:00 pm – 2:00 pm

Fee: \$40, Age 65 and older \$25, \$3 non-resident fee

Location: CC Living Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 93-152

HEALTH, WELLNESS AND ENRICHMENT

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: Tuesday, 3/26 - 6/19

Time: Anytime between 9:00 – 12:00 pm

Walk-in Fee: \$3

Location: CC Meeting Room



MINDFUL LANDSCAPE DRAWING

This class is designed for beginners as well as experienced students of drawing. The basic principles of line, shading, and composition, and value, negative and positive space will be covered while opportunity will be available for focusing on finer details and textural effects from still life and landscape subjects. Mindfulness exercises will be utilized to allow the inner artist to unfold naturally.

Date: Tues, 4/23 – 5/14

Time: 12:30 pm – 2:30 pm

Fee: \$57 (includes materials)

Location: CC Living Room

Instructor: Chris Reed

Program # 94-134

SUMMER PLEIN AIR PAINTING ***NEW***

This class will provide students with the opportunity to explore landscape painting at Fort Williams Park and Kettle Cove. The class will incorporate simple painting exercises to gain an understanding of color mixing and composition. Open to all skill levels.

Date: Tues, 7/16 – 8/13

Time: 5:30 pm – 7:30 pm

Fee: \$71 (includes materials)

Instructor: Chris Reed

Program # 20-112

ITALIAN - BEGINNER 2

Join this fun class of Italian Language. This is not an advance class but you will need few very basic grammar knowledge of the language. During this class we will learn the language and we will all share curiosities about the Italian culture and traditions.

Date: Tues, 5/21 - 6/25

Time: 6:00 pm- 7:30 pm

Fee: \$60

Instructor: Carola Airaghi

Program # 94-158

EXPLORING WATERCOLORS

Watercolor art utilizes many traditional techniques, from dry brush to wet-into-wet. But the real adventure begins with salt! Contemporary watercolorists use many fun and experimental ways to enhance their paintings. In this five week class we will explore some of these options: salt, plastic wrap, stamping, pouring, and negative painting. We will also take a look at other forms watercolor comes in (pencil, crayon, markers) and how to incorporate them into a painting. This class is for all levels of painters, and will include instruction in basic watercolor techniques for those who need it. Supply list provided.

Date: Wed, 4/24 – 5/22

Time: 10:00 am - 12:00 pm

Fee: \$60

Location: CS Living Room

Instructor: Martha Clark

Program # 94-135

GUIDED FOREST BATHING EXPERIENCE

NEW

Forest Bathing, also known as "Shinrin-Yoku," refers to the practice of spending time in forested areas for the purpose of enhancing health, wellness, and happiness. Studies have demonstrated a wide array of health benefits, especially in the cardiovascular and immune systems, and for stabilizing and improving mood and cognition. Forest Bathing is a fun, relaxing way to shed stress, connect with your soul, and give your body the things it needs to feel happy and healthy. Enjoy a gentle stroll through fields and forest while opening your senses to the medicine of the forests. The duration of the walk will span approximately three hours and engage participants in a series of sensory immersions and conclude with a tea ceremony of foraged plants. Participants need to dress appropriately to match the weather conditions. Please bring a water bottle, bug spray, and anything else you need to be comfortable.

Date: Sat, June 1 (Rain Date June 2)

Time: 9:30 am - 12:30 pm

Location: TBD

Instructor: Jeff Brogan, Maine Coast Explorers

Fee: \$30

Program # 94-136

OUTINGS, ARTS & ENTERTAINMENT

FROM SAILS TO ATOMS

Take advantage of this rare opportunity for an “insider’s” tour focused on the rich history of Portsmouth Naval Shipyard. Shipyard Historian & Museum Director, Joseph Gluckert will lead the tour with visits to the Peace Treaty Exhibit Rooms and Heritage Center. Lunch on own at Warren’s Lobster House with views of Piscataquis River and the shipyard.

Date: Tues, May 7

Time: 8:15 am - 3:00 pm

Fee: \$7 (Admission & Transportation)

Program # 94-137

COSMOS TOUR

Visit to Southworth Planetarium for *HUBBLE Vision 2*, a fascinating tour with the best and most exciting images of the Hubble Space Telescope woven into an engaging story of cosmic exploration.

Date: Thurs, May 9

Time: 12:30 pm - 2:30 pm

Fee: \$10 (Admission & Transportation)

Program # 94-138

WINSLOW HOMER STUDIO TOUR

Experience an extraordinary opportunity to walk in Homer’s footsteps and to see the same dramatic views of sea and sky that influenced his artistic vision. One of the most significant locations in the history of American art, the Studio, located at Prouts Neck, Maine, is where the great American artist Winslow Homer (1836-1910) lived and painted many of his masterpieces from 1883 until his death. A National Historic Landmark, the renovated Winslow Homer Studio celebrates the artist’s life, encourages scholarship on Homer, and educates audiences to appreciate the artistic heritage of Winslow Homer and Maine.

Date: Thurs, May 23

Time: TBD (10:00 - 2:00 or 1:00 - 5:00)

Fee: \$53 (Admission & Transportation)

Program # 94-139

WRIGHT IN WOLFEBORO

In addition to serving as a knowledgeable guardian of our cultural heritage, the 20,000 sq. ft. Wright Museum will be hosting *Righting a Wrong: Japanese Americans and World War II*. On loan from the Smithsonian’s National Museum of American History, the exhibit traces the story of this incarceration and the people who survived. Lunch on own at Oak Street Bistro nestled in the quintessential New England town of Alfred, Maine.

Date: Wed, May 29

Time: 10:15 am - 5:15 pm

Fee: \$17 (Admission & Transportation)

Program # 94-140

PINELAND FARMS

Choose from the freshest breads, soups, salads, and sandwiches in the Pineland Farms Market & Deli featuring delicious foods made right there. Work off lunch by taking the self-guided farm tour with the opportunity to learn about different farming methods, animal jobs and products.

Date: Tues, June 11 (Rain Date June 12th)

Time: 10:45 am - 2:30 pm

Fee: \$12 (Admission & Transportation)

Program # 94-141

PICNIC AT THE BALLPARK

Heading to Hadlock Field to watch the Portland Sea Dogs play the Richmond Flying Squirrels from the comfort of the Coca-Cola Picnic Grove adjacent to the right field. We have assigned stadium seats, reserved picnic tables (covered) and all the hamburgers, hot dogs, BBQ pulled chicken, baked beans, coleslaw and Sea Dogs Biscuits (ice cream) we can eat!

Date: Thurs, June 6

Time: 10:30 am

Fee: \$29 (Admission & Transportation)

Program # 94-142



OUTINGS, ARTS & ENTERTAINMENT

WELLS RESERVE TOUR

The Wells Reserve at Laudholm is a National Estuarine Research Reserve with its headquarters listed on the National Register of Historic Places. The coastal lands comprising the Wells Reserve include 2,250 acres of upland fields and forests, freshwater and estuarine wetlands, and a beach-and-dune system. Our guided walk will include an overview of the site, nature walk and estuary ecology. Lunch on own at Duffy's Tavern & Grill in Kennebunk.



Date: Wed, June 19 (Rain Date June 26)

Time: 10:30 am - 2:30 pm

Fee: \$12.50 (Admission & Transportation)

Program # 94-143

FOSTER'S DOWNEAST CLAMBAKE

This traditional New England clam bake features clam chowder, fresh steamers and Maine lobster with drawn butter, corn on the cob, roasted potatoes and onions, homemade rolls, and blueberry cake for dessert. You may substitute lobster entree with barbecue chicken or polenta with roasted vegetables and marinara. No refunds after June 10th.

Date: Thur, June 20

Time: 10:30 am - 2:30 pm

Fee: \$44 (Lunch & Transportation)

Program # 94-144

RIPCORD

A sunny room on an upper floor is prime real estate in Bristol Place Senior Living Facility, so when cantankerous Abby is forced to share her room with new-arrival Marilyn, she has no choice but to get rid of the infuriatingly chipper woman by any means necessary. A seemingly harmless bet between the old women quickly escalates into a dangerous game of one-upmanship that reveals not just the tenacity of these worthy opponents, but also deeper truths that each would rather remain hidden. Funny, inappropriate, and heartfelt! Performed at the historic Waterville Opera House. No refunds after June 6th.

Date: Sun, June 23

Time: 12:00 pm - 5:15 pm

Fee: \$30 (Admission & Transportation)

Program # 94-145

"ALWAYS...PATSY CLINE"

The musical play, complete with down home country humor, true emotion, and even some audience participation. Includes many of Patsy's unforgettable hits such as Crazy, I Fall to Pieces, Sweet Dreams and Walking After Midnight. Performed at Berwick's quaint summer theatre, Hackmatack Playhouse in Berwick, ME. Lunch on own at Fogarty's Restaurant & Bakery prior to the show. No refunds after June 12th.

Date: Thurs, June 27

Time: 10:30 am - 5:00 pm

Fee: \$29 (Admission & Transportation)

Program # 94-146

OCEAN SCIENCES LAB TOUR

Bigelow Laboratory for Ocean Sciences is a 60,000 square-foot, shore-based campus located in East Boothbay, Maine, on the Damariscotta River estuary. The Laboratory's primary research focus is on the microbial life and biogeochemical dynamics of the world's ocean, advancing society's understanding of the interactions between ocean ecosystems, global processes, and the environment. Meet different scientists and learn about a variety of ocean research projects that they are leading here in the Gulf of Maine and internationally. Lunch on own at Taste of Maine (Rain) in Woolwich or Sprague's Lobster (Shine) in Wiscasset.

Date: Thurs, July 11

Time: 10:30 am - 4:30 pm

Fee: \$10 (Admission & Transportation)

Program # 20-113



OUTINGS, ARTS & ENTERTAINMENT

SHAKER VILLAGE TOUR

Guided tour of historic and ongoing heritage at world's only active Shaker Community established in 1783.

Lunch on own at Cyndi's Dockside Restaurant.

Date: Wed, July 17

Time: 8:30 am - 2:00 pm

Fee: \$18 (Admission & Transportation)

Program # 20-114

PADDLE BOAT CRUISE

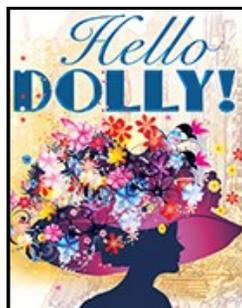
Enjoy a two hour cruise aboard the Songo River Queen II that takes in the beautiful scenery along the eastern and western shores of Long Lake. With views of Mt. Washington, Birch Point, Long Island, Arrowhead Point, Camp Takajo, Pine Island, and Pleasant Mountain to give you something to look forward to throughout the cruise. The replica of the famed Mississippi River Paddle Wheelers has two decks including an open upper deck with a canopy for protection from the sun and rain, as well as a fully enclosed lower deck and restrooms. Pack a lunch or purchase on board.

Date: Tues, July 23 Rain or Shine

Time: 11:30 am - 4:30 pm

Fee: \$38 (Cruise and Transportation)

Program # 20-115



HELLO DOLLY

Follow the romantic and comic exploits of Dolly Gallagher Levi, a strong-willed matchmaker, in this blockbuster Broadway hit with all its humor, romance, high-energy dancing, and some of the greatest songs in musical theater history.

Performed at Pickard Theater by

Maine State Music Theater. No refunds after June 20th.

Date: Thur, July 25

Time: 12:30 pm -5:15 pm

Fee: \$71

Program # 20-116

THE DROWSY CHAPERONE

When a die-hard theatre fan plays his favorite cast album, the characters come to life in this hilarious musical farce. The Drowsy Chaperone is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another. It has been called "one of the top ten funniest musicals ever on Broadway." Produced by City Theater at Biddeford's Historic Opera House. No refunds after July 18th.

Date: Sun, August 4

Time: 1:00 pm - 4:30 pm

Fee: \$24 (Admission & Transportation)

Program # 20-117

ICELAND

Join EF Go Ahead Tours to put yourself at the center of Iceland's untamed natural landscapes. Inhale fresh Icelandic air, tap into the country's natural restorative powers, and discover geysers and waterfalls. Tour Package includes four-night stay, seven meals, four guided sightseeing tours. Highlights include Great Geysir geothermal area, Thingvellir National Park and the Golden Waterfall, Gullfoss, Seljalandsfoss, Eyjafjallajokull Volcano and the Blue Lagoon. The pace of this tour is average and includes about two hours of walking each day across moderately uneven terrain. Registration Deadline May 31.

Dates: August 10 - 15

Fee: \$3409 do/\$3999 sgl (\$300 deposit upon registration)

To register <https://grouptoursite.com/tours/recreationmaine> or call 1-800-438-7672.

Reference Tour Number: 70260680

RED SOX

Travel via motor coach to Boston and the famous Fenway Park to watch the team loved by all of New England take on the Angels of Anaheim. All children must be accompanied by an adult. Return time will depend upon the end of the game. Seats are in Grandstand 22, Rows 16-18, the great view behind the plate and undercover!

Date: Sun, August 11

Time: 9:30 am (Depart from Cabela's Park & Ride Lot)

Fee: \$122 (Admission & Transportation)

Program # 20-118

OUTINGS, ARTS & ENTERTAINMENT

LATITUDE 43° 45' 1" LONGITUDE -69° 59' 32"

Enjoy a narrated scenic cruise through Potts Harbor, past Eagle Island and Haskell Island with a peek at Mackerel Cove before arriving at Bailey Island. Two-hour layover to explore the island and enjoy lunch on your own at Cook's Lobster & Ale House.

Date: Tues, August 6 (Rain Date August 7)

Time: 9:30 am - 4:15 pm

Fee: \$25 (Cruise & Transportation)

Program # 20-119

FWP WALKING TOUR

Join longtime Cape Elizabeth resident and Historical Preservation Society member, Jim Rowe on a guided walking tour of Fort Williams Park. Two hour tour will focus on the three distinct historical aspects of Fort Williams Park; the Fort itself, Portland Head Light and the Goddard Mansion ruin.

Date: Wed, August 21 (Rain Date August 23)

Time: 8:30 am - 10:30 am

Fee: No Charge

Location: Battery Blair, Fort Williams Park

Program # 20-121

Date: Mon, August 26 (Rain Date August 28)

Time: 6:00 pm - 8:00 pm

Fee: No Charge

Location: Battery Blair, Fort Williams Park

Program # 20-122



CALIFORNIA SUITE

Sweet. And Sassy. And Simon: As in Simon, arguably America's foremost and celebrated comedy writer. On the one-year anniversary of his passing, you'll clearly hear his voice and laugh along with this suite of stories, West-Coast style. Performed at The Winnepesaukee Playhouse in Meredith, NH. Lunch on own at Phat Boys restaurant prior to the show in quaint Cornish, ME.

No refunds after August 7th.

Date: Thurs, August 29

Time: 10:15 am - 6:00 pm

Fee: \$37 (Admission & Transportation)

Program # 20-120



CAPE COD

Four nights and five days exploring Cape Cod and Martha's Vineyard. While on Cape Cod, enjoy guided tours of Hyannis and Sandwich with stops at the JFK Museum, JFK Memorial and Sandwich Glass Museum. Ferry over to Martha's Vineyard for a free day to explore this island's unique shops, quaint restaurants, and historical sites. And then off on a guided tour of the Outer Cape including the Eastham Windmill, Cape Cod Natl Seashore Race Point Visitor Center and the Marconi Station area before stopping in Provincetown and Chatham.

Date: September 16-20

Fee: \$549 do/\$684 sgl (Deposit Due May 1, Final Due July 1)

Program # 20-123

SENIORS

WATER WORKS

Come join us for the best overall body exercise program there is! You'll work all the major muscle groups including the hard-to-get hips, thighs and stomach areas. We start in the shallow end, progress to the deep end and finish with arm exercises and stretching. You'll be amazed how you can get your heart rate up, increase your flexibility and be energized for the day!



Dates: Mon/Wed/Fri

Time: 8:00 am - 8:55 am (6/24- 8/9 7:45 am -8:40 am)

Location: Richards Community Pool

Instructor: Patty Medina

No class 4/15, 5/27, 7/5

Walk in Fee: \$7

<u>Date</u>	<u>#of Classes</u>	<u>Fee</u>	<u>Program</u>
4/1 - 4/29	12	\$72	94-204
5/1 - 5/31	13	\$78	94-205
6/3 - 6/28	12	\$72	94-206
7/1 - 8/9	17	\$102	20-201

FIT TO LIVE

Attention adults age 60+, get in shape and stay in shape. This program will offer activities such as standing and chair aerobics, walking, and other group exercises. "Fit to Live" improves balance, flexibility & strength, as well as, providing a valuable social network. Get in shape as part of your overall wellness lifestyle.

Date: Tues

Time: 10:15 am – 11:00 am

Location: CS Activity Room

Instructor: Patty Medina

Walk In Fee: \$9

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
4/23 - 5/21	5	\$40	94-147
6/4 - 6/25	4	\$32	94-148

FIT TO LIVE YOGA

Patty Medina has studied with and received her Yoga certification from Peggy Cappy, a nationally recognized Yoga teacher. 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.

Day: Thurs

Time: 10:15 am – 11:00 am

Location: CS Activity Room

Walk in Fee: \$9

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
4/25 - 5/23	5	\$40	94-149
6/6 - 6/27	4	\$32	94-150

Date: Monday

Time: 1:30 pm – 2:15 pm

Walk In Fee: \$9

<u>Date</u>	<u>Classes</u>	<u>Fee</u>	<u>Program</u>
4/22 - 5/20	5	\$40	94-151



SENIORS

CLUB 62+

Sign up to dine out. Park at the Community Center and climb aboard and together we will set out on a culinary adventure in search of unique experiences, favorite meals, new cuisines or just a view to enjoy among the company of others. Meals on own. Please be prepared to pay in cash.

CULINARY ARTS LUNCHEON

Enjoy a gourmet dining experience and a spectacular view of Casco Bay while the talented culinary arts students of Southern Maine Community College learn the fine art of running a full-service restaurant. No refunds/cancellations after April 10th.

Date: Fri, April 19

Time: 11:45 am - 2:15 pm

Fee: \$18 (Transportation & Lunch)

Program # 94-152

THE DOLPHIN MARINA & RESTAURANT

Located at the water's edge of Pott's Harbor at Basin Point in South Harpswell, this family owned and operated establishment offers unrivaled views of Casco Bay and its many islands.

Date: Fri, May 3

Time: 10:00 am - 2:15 pm

Fee: \$10 (Transportation)

Program # 94-153

PARKER'S RESTAURANT

Portland neighborhood favorite, Parker's offers a casual friendly atmosphere, reasonable prices, quality food and daily luncheon specials.

Date: Wed, May 22

Time: 11:00 am - 1:30 pm

Fee: \$5 (Transportation)

Program # 94-154

THE CLAMBAKE RESTAURANT

Sitting on Maine's largest salt water marsh, the Clambake offers a large selection of seafood or grill menu items and air conditioned indoor seating.

Date: Tues, May 14

Time: 11:00 am - 2:00 pm

Fee: \$7 (Transportation)

Program # 94-155

DIMILLO'S RESTAURANT & LOUNGE

Serving fine food since 1982 on the only floating restaurant on the upper East Coast.

Date: Tues, July 9

Time: 11:00 am - 1:30 pm

Fee: \$3 (Transportation)

Program # 20-124



HARRASEEKET LUNCH & LOBSTER

Landmark family operated restaurant located on the beautiful South Freeport waterfront offering fresh seafood, homemade desserts and both indoor and outdoor dining.

Date: Fri, August 9

Time: 11:00 am - 2:00 pm

Fee: \$7 (Transportation)

Program # 20-125



SENIORS

FANTASY WALK - MAINE'S COVERED BRIDGES

Join us on our first Fantasy Walk. Beginning May 1st and for the next 120 days, participants will wear a pedometer wherever they go, record their steps and report them to us weekly. We will mark each participants progress on our map at the Community Center as you "walk" to each of Maine's nine covered bridges covering 449 miles from Windham to Littleton. Group walks departing from the Community Center on Tuesdays. Walking sticks available on loan.

Date: Tues, May 7 - August 27

Time: 9:00 am - 10:00 am

Fee: \$15 (pedometer if needed)

Program # 94-156



A MATTER OF BALANCE

Nationally recognized program designed to reduce the fear of falling and encourage physical activity. Participants will set goals and increase activity level, strength and balance and learn how to reduce fall risks. Instruction by UNE Physical Therapy Students and Southern Maine Agency on Aging.

Date: Mon & Fri June 7 - July 1

Time: 9:30 am - 11:30 am

Location: CS Living Room

Fee: Free (Residents) \$25 (Non-Residents)

Program # 94-157

TECH TIME

Fourth Wednesday, Monthly

10:30 am - 12:00 pm

Thomas Memorial Library

FREE

Trouble accessing your email, getting onto the internet, increasing your text size? Bring your questions, smartphones or tablets for assistance.

COMMUNITY THEATER

The Portland Players and Lyric Music Theater invite you to attend their live theater productions on Preview Night prior to Opening Night at a reduced rate. **Call us at 799-2868** to reserve a seat. Pay for and pick up your ticket at the Box Office on performance night. Curtain time for both theaters is 7:30 pm. Reservation deadline on the Thursday prior to the performance.

Mar 21	Camelot	TPP
Mar 28	The Bridges of Madison County	LMT
May 16	Guys & Dolls	TPP
June 6	The Hunchback of Notre Dame	LMT
TPP	The Portland Players	\$5.00
LMT	Lyric Music Theater	\$10.00

CLASSIC CINEMA

Tuesdays at Flagship Cinema in Falmouth. Bus departs from Community at 9:15 am. We will be back after the movie.

Charade	April 9th	Program: 93-173
Operation Petticoat	May 28th	Program: 93-174

YOUTH PROGRAMS

BARNACLES 1 (6-18 MONTHS OLD)

This parent with child in the water program is a water orientation class with the instructor guiding the parent in teaching their child basic skills of swimming in a play-group atmosphere.

BARNACLES 2 (18 MONTHS-3+ YEARS OLD)

This parent with child program is structured with an emphasis placed on independence and group learning. Class consists of structured instructional time, safety skills, and playtime.

TURTLES: (2-1/2-4 YEARS OLD)

Prerequisite: Barnacles 2, or permission from pool staff. This parent/child class will allow children to continue working on water comfort and basic swimming skills, while working on becoming more independent in the water, and working towards swimming without direct parent participation.

DUCKLINGS/DOLPHINS (3-6 YEARS OLD)

Children are grouped by ability level and taught personal safety skills, underwater skills, independent swimming skills, and floating skills. Our caring and supportive instructors will help build the confidence and strength of each swimmer while enabling them to grow independently in the water.

Ducklings 1: This class is for the beginner swimmer that cannot swim independently with a flotation device, or is wearing a 3 cell bubble belt. Ideal for the child who has not been in a lesson setting, the child will become better acclimated to the water and will focus on basic water and safety skills. *Prerequisite* - age 3 by start of class. *Skills Taught:* water adjustment & paddle stroke

Ducklings 2: *Prerequisite:* swim 1/2 length of the pool with 2 bubbles **horizontally** and be comfortable putting his/her face under water. *Skills Taught:* water adjustment & paddle stroke

Dolphins 1: *Prerequisite:* swim 1/2 length of the pool with 1 bubble and be comfortable with rhythmic breathing and back floating. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water

Dolphins 2: *Prerequisite:* swim length of the pool without flotation, be comfortable rhythmic breathing, basic freestyle, and backstroke. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, and introduction to treading water.

PROGRESSIVE LESSONS (AGES 6+ YEARS OLD)

Children are grouped by ability level within this age group and are introduced to all of the strokes and focus on personal growth, safety, rescue skills, diving, and water games. Classes are 45 minutes long with a ratio of 5-8 swimmers per instructor (*based on skill level*).

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

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

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

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

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



YOUTH PROGRAMS

SPRING SESSION April 22 - June 8

Mondays 4/22 - 6/3 (No Class 5/27)

Thursdays 4/25 - 6/6

Saturdays 4/27 - 6/8 (No Class 5/25)

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	7	\$53	94-207
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	94-208
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	94-209
Turtles	Sat	10:00 - 10:30 am	6	\$45	94-210
Ducklings 1	Thurs	10:30 - 11:00 am	7	\$53	94-211
	Sat	9:00 - 9:30 am	6	\$45	94-212
	Sat	10:00 - 10:30 am	6	\$45	94-213
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	94-214
	Thurs	11:30 - 12:00 pm	7	\$53	94-215
	Sat	9:00 - 9:30 am	6	\$45	94-216
	Sat	10:30 - 11:00 am	6	\$45	94-217
Dolphins 1	Mon	10:00 - 10:30 am	6	\$45	94-218
	Thurs	11:00 am - 11:30 am	7	\$53	94-219
	Sat	9:30 - 10:00 am	6	\$45	94-220
	Sat	10:00 - 10:30 am	6	\$45	94-221
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	94-222
Level 1	Sat	9:00 - 9:45 am	6	\$56	94-223
	Sat	10:30 - 11:15 am	6	\$56	94-224
Level 2	Sat	9:00 - 9:45 am	6	\$56	94-225
	Sat	10:30 - 11:15 am	6	\$56	94-226
Level 3	Sat	9:45 - 10:30 am	6	\$56	94-227
	Sat	10:30 - 11:15 am	6	\$56	94-228
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	94-229

CAPE CYCLONE SWIM CLUB (GRADES 3-8)

This developmental program provides the opportunity for swimmers to improve their stroke technique and build endurance in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool with a basic freestyle stroke, one length on their back and be comfortable submerging their heads under water. Each swimmer will be evaluated on the first day and placed into a group with similar abilities. Swimmers will participate in friendly swim meets against the South Portland Rip Tide Swim Club, with the main focus on setting goals, and improving personal best times. Swim meet Friday, May 17th.

Date: Tues/Thurs, 4/2 - 5/23 (No Class 4/16 & 4/18)

Time: 3:00 - 4:15 pm *Parent pick-up only, no late bus.*

Location: Richards Community Pool

Fee: \$160

Instructors: Casey Murphy, Tom DeYoung, Alina Perez and CS Swim Staff

Program: 93-238

YOUTH PROGRAMS

SUMMER SESSION

Session 1: Monday/Wednesday 6/24-7/10, Tuesday/Thursday 6/25-7/11 (No Class 7/4)

Session 2: Monday/Wednesday 7/15-7/31 Tuesday/Thursday 7/16-8/1

Barnacles 1 & 2 and Turtles: Friday 6/28-8/2 (No Class 7/5)

Level	Day	Time	# Classes	Fee	Program
Barnacles 1/2	Friday	10:00 - 10:30 am	5	\$38	20-202
Turtles	Friday	10:30 - 11:00 am	5	\$38	20-203
Ducklings 1	Mon/Wed Session 1	8:45 - 9:15 am	6	\$45	20-204
	Mon/Wed Session 2	8:45 - 9:15 am	6	\$45	20-205
Ducklings 2	Mon/Wed Session 1	8:45 - 9:15 am	6	\$45	20-206
	Mon/Wed Session 2	8:45 - 9:15 am	6	\$45	20-207
Dolphins 1	Mon/Wed Session 1	8:45 - 9:15 am	6	\$45	20-208
	Mon/Wed Session 2	8:45 - 9:15 am	6	\$45	20-209
Level 1	Tu/Th Session 1	8:30 - 9:00 am	5	\$38	20-210
	Tu/Th Session 2	8:30 - 9:00 am	6	\$45	20-211
Level 2	Tu/Th Session 1	8:30 - 9:00 am	5	\$38	20-212
	Tu/Th Session 2	8:30 - 9:00 am	6	\$45	20-213
Level 3	Tu/Th Session 1	8:30 - 9:00 am	5	\$38	20-214
	Tu/Th Session 2	8:30 - 9:00 am	6	\$45	20-215

SPLASH PARTIES/ POOL RENTALS

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

Cash or Check only.

\$165 - Inflatable, pool & whirlpool (max 40)

\$ 95 – Pool only (max 40)

\$ 75 – Pool only (max 20)

\$ 65 – Café Rental (1 hr)

OPTIONS AVAILABLE UNTIL 6/16

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

Sundays: 1:00 – 2:00 pm

Café immediately following pool rental

SUMMER OPTION AFTER 6/16

Sundays: 1:00-2:00/No Café Available

YOUTH PROGRAMS

GOOD NIGHT, CAPE ELIZABETH

(Ages: 2-6 w/adult)

Children ages 2-6 (with an adult) are invited to the CELT office to enjoy a bedtime hour about butterflies & their habitat in Maine, during the **Cape Elizabeth Land Trust** event. Join author, Melissa Kim, and CELT volunteer, Jill Darling for stories, a craft, and a brief visit outdoors to learn about butterflies and their habitat in Cape Elizabeth. Come in your pajamas, and bring a snack. Parents/Guardians must be present.

Date: Tuesday, May 21

Time: 6:00 pm – 7:00 pm

Fee: \$6/parent & 1 child. Each additional child \$3.

Location: CELT office: 330 Ocean House Road

Instructor: Jill Darling

Program # 94-302

LITTLE EXPLORERS (Ages: 3-5 w/adult)

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

Date: Friday, May 17

Time: 9:00 am – 10:00 am

Fee: \$6/family.

Location: Meet at Robinson Woods parking/Shore Road

Instructor: Lisa Gent

Program # 94-303



Toddler Open Gym

Moms, Dads and Nannies have a chance to have some special time with your child. All gym equipment and mats will be pulled out and may be used freely under your guidance.

Dates: Fridays, April 26 – May 17

Time: 10:30 am-12:00 pm

Walk-in Fee: \$5/Family

Location: CECS Activity Room

YOUTH PROGRAMS

BOUNCING BUDS (Ages: 2-3 Years)

Come explore the art of dance with Brio Dance Studio in our Bouncing Buds class! This class is created for the young dancer and incorporates pre-ballet and creative movement steps. Each class will include music, props, group and partner dancing, individual attention and lots of fun! Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

Dates: Thursdays, May 2 - June 6

Time: 9:15 am-10:00 am

Fee: \$78

Location: Community Center, Living Room

Instructor: Julie Wilkes

Program # 94-304

TAP/JAZZ (Grade: K-3)

This class explores beginning tap and jazz techniques. Each class will include warm-up, stretching, rhythm exercises, progressing dance steps, working with classmates and improvisation. This class is perfect for the dancer that loves to move and tap their toes! Please note that visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

Dates: Fridays, May 3 - June 7 (No Late Bus)

Time: 3:00 pm-4:00 pm

Fee: \$83

Location: CECS Activity Room

Instructor: Julie Wilkes

Program # 94-305

SPINNING SPROUTS (Ages: 3-5 years)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention. Dance encourages self-confidence, balance and coordination to aid in the development of your child. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

Dates: Thursdays, May 2 - June 6

Time: 10:15 am-11:00 am

Fee: \$78

Location: Community Center, Community Room

Instructor: Julie Wilkes

Program # 94-306

HIP/HOP (Grade: K-3)

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. All classes will be sensitive to age appropriate steps and music. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans. Please contact Brio Dance Studio Office at 253-1700 for any additional information.

Dates: Tuesdays, April 30 - June 4

Time: 3:00 pm - 4:00 pm

Fee: \$83

Location: Pond Cove, Gymnasium

Instructor: Julie Wilkes

Program # 94-307



YOUTH PROGRAMS

MINDFUL ABSTRACT PAINTING

(Grade: 2nd-4th)

Students will have the opportunity to explore abstract painting through a variety of techniques. Mindfulness exercises will complement each student's creative process of expressing themselves in new ways. Ideas will be generated by other paintings, stories, and objects of interest

Dates: Thursdays, April 25 - May 30

Time: 3:00 pm-4:00 pm

Fee: \$85 (Includes Materials)

Location: CECS Living Room

Instructor: Chris Reed

Program # 94-308

TAKE A BITE OUT OF SCIENCE

(Grade: K-5th)

In this sampler "course" children unravel the mystery of Chemistry and watch crystals form in a water glass, experiment with hovercrafts, build and take home Technicolor Blenders to demonstrate Newton's color wheel invention. Watch stardust burn, walk in the shoes of a detective and examine fingerprints, mystery powders, ink samples, and teeth impressions. Get bug eyed with an Insect-A-Vision take home that gives you an insects point of view. Whether you like your science savory, spicy, or sweet, this class is sure to satisfy your curious appetite. No food is consumed in this class.

Dates: Thursdays, April 11 - June 6 (No Class 4/18)

Time: 3:00 pm - 4:00 pm

Fee: \$110

Location: Pond Cove, Health Room

Instructor: Mad Science Staff

Program # 94-309



CHARACTER DRAWING (Grade: 2-4)

This class will provide an opportunity for students to create characters from their own imagination. Drawing demos of people and animals will provide the basic principles of proportion, lighting, shading, composition, and gesture. Students are encouraged to bring in photos, stuffed animals, and other objects for inspiration.

Dates: Tuesdays, April 23 - May 28

Time: 3:00 pm - 4:00 pm

Fee: \$85 (Includes Materials)

Location: Pond Cove, Art Room

Instructor: Chris Reed

Program # 94-310

DRIVER EDUCATION / THE RIGHT CHOICE DRIVING SCHOOL

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director, comes to us with 20 years of experience with Cape students. Right Choice Driving School and their Instructors are licensed by the State of Maine. Students must be at least 15 years of age by the course starting date.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Session 1: 6:00 pm - 8:30 pm, May 6th - May 23th

Session 2: 8:30 am -11:00 am, June 24th - July 12th (No Class on July 4th) (Class on Friday, July 12th)

Session 3: 8:30 am-11:00 am, July 22rd - August 8th

Fee: \$495/Session

Location: High School Room 305

Instructor: Tim O'Carroll

Program # **Session 1** 94-311

Session 2 20-300

Session 3 20-301

YOUTH PROGRAMS

SPRING MINECRAFT (Grade: 2-8)

Minecraft is a popular video game that generates a world filled with possibility, limited only by our own imagination. The game can be as simple or as complicated as you want, letting people of all ages enjoy it. Join us for a Spring blast!

Location: Middle School, Computer Lab

Fee: \$50

Instructor: Jack Duffy

Grade: 2nd-4th

Dates: Tuesdays, April 23 - May 21

Time: 3:00 pm - 4:00 pm

Program # 94-312

Grade: 5th-8th

Dates: Mondays, April 22- May 20

Time: 2:30 pm - 4:00 pm

Program # 94-313

HIKE CLUB (Grade: 3rd-4th)

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

Dates: Thursdays, May 2—May 23

Time: 3:00 pm—5:00 pm

Fee: \$42

Location: Pond Cove, Lobby

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

Program # 94-314

X-COUNTRY RUNNING (Grade: 1-6)

This competitive level program requires all participants to be comfortable running/jogging a one mile course without assistance. For the Race: participants will be grouped into age divisions—Ages: 6 & 7 distance 1/2 mile; Ages: 8 & 9 distance 3/4 mile; Ages: 10 - 12 distance 1 mile. Practices are held on Mondays, with a few Wednesdays until the meets begin. All practices will be held on school campus. Pick up at the Pond Cove circle. We will join other communities for weekly meets on Wednesdays to be held at various sites. In order to run this program, parent volunteers are needed for each practice maintaining a ratio of 1:10. Parent carpooling will be used for transportation to competitive meets and is the responsibility of individual parents. **The "all league meet" will be 1:00 pm, June 1st, at Twin Brook, 185 Tuttle Rd, Cumberland, ME** Rain Date: 6/2

Dates: Mondays & Wednesdays, April 22—May 29
(No Program 5/27)

Time: 3:00 pm-4:00 pm

Fee: \$65 (Mandatory uniform shirt \$10 if needed)

Location: Pond Cove Campus/Lobby

Instructor: Volunteer Coaches

Program # 94-315



APRIL VACATION CAMP (K-6TH)

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. Swimming daily and field trips to Color Me Mine, Bounce Zone, and Urban Air.

Date: Tuesday - Friday 4/16-4/19

Time: 8:00 am - 4:00 pm

Fee: \$168

Location: CC After Care Room

Program # 93-319

YOUTH PROGRAMS

JUNIOR LACROSSE FOR BOYS (Grade: K-6)

Don't miss the chance to experience the fastest land sport in Maine. Boys Varsity Lacrosse Coach, Ben Raymond, 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. Field shoes are recommended.

Dates: Sundays, April 21 - May 19

Time: 9:00 am - 10:30 am

Fee: \$70 (fee includes reversible jersey)

Location: Hannaford Field

Instructor: Varsity Coach, Ben Raymond

Program # 94-317

ANIMATION: CREATE YOUR OWN STOP MOTION FILM (Grades 2-4)

Learn filmmaking while having fun! Illustrate your own original comics and bring them to life!

Dates: Tuesdays, April 23 - May 28

Time: 3:00 pm - 4:00 pm

Fee: \$185

Location: PC Creation Station

Instructor: Laura Cowie & Katherine Nicoll

Program # 94-320

ANIMATION: CREATE YOUR OWN STOP MOTION FILM (Grades 5-8)

Learn filmmaking while having fun! Illustrate your own original drawing or use claymation and bring them to life!

Dates: Thursdays, April 25-May 30

Time: 2:30 pm - 4:00 pm

Fee: \$185

Location: CEMS Library

Instructor: Laura Cowie & Katherine Nicoll

Program # 94-321

JUNIOR LACROSSE FOR GIRLS (Grade: K-6)

Don't miss the chance to experience the fastest land sport in Maine. Girls Varsity Lacrosse Coach, Alex Spark, 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, eye goggles and mouth guard. Field shoes are recommended.

Dates: Saturdays, April 20 - May 18

Time: 8:30 am - 10:00 am

Fee: \$70 (fee includes reversible jersey)

Location: Hannaford Field

Instructor: Varsity Coach, Alex Spark

Program # 94-319

NATURAL WONDERS (Grade: K-2)

Investigate the natural wonders on our world as we visit extreme scenes from the desert to the sea. Get buggy and explore insects, birds, predators and prey! Don't get blown away by the weather when we experience some strong air and meteorology madness!

Dates: Thursdays, May 9 - June 6

Time: 3:00 pm - 4:00 pm

Fee: \$86

Location: CECS Living Room

Instructor: Genia Sklute

Program # 94-322

BIOLOGY BRAINIACS (Grades: 3-4)

Become a Biology Brainiac as we explore the world of Biology! Get your brain buzzing and take an up close look at your eyes. Learn about your bones, dig deep through layers of skin and organs, explore your cells and get a tune up in our body shop!

Dates: Tuesdays, May 14 - June 11

Time: 3:00 pm - 4:00 pm

Fee: \$86

Location: CECS Living Room

Instructor: Genia Sklute

Program # 94-323

YOUTH PROGRAMS

ACTING UP! (Grades 3-4)

For young aspiring or curious actors, dancer, or singers who are ready to learn the ins and outs of theater and performance skills in a fun, non-competitive, no pressured environment. We focus on theater games and improvisation which tap into our creative energies. Using problem solving skills, creative movement, imagination, humor, and skill building exercises, we will play, build, work and create different scenarios each week. No memorization is required for these classes.

Dates: Tuesdays, April 30 - May 28

Time: 3:00 pm-4:00 pm

Fee: \$60

Location: CECS Community Room

Instructor: Betsy Dunphy

Program # 94-324

ACTING UP! (Grades 5-7)

Dates: Tuesdays April 30 - May 28

Time: 4:15 pm-5:15 pm

Fee: \$60

Location: Community Center, Community Room

Instructor: Betsy Dunphy

Program # 94-325

SPRING TENNIS LESSONS

(Ages: 4, 5, & Grade: K-8th)

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.

Dates: Saturdays, April 27 – June 8 (No Class May 25)

Fee: \$72

Location: High School, Tennis Courts

Instructor: Mary Gray

Grade	Time	Program #
4, 5, & Kindergarten	9:00 am - 9:45 am	94-332
Beginners Gr 1-4	9:45 am -10:30 am	94-333
Intermediate Gr 3-4	10:30 am-11:15 am	94-334
MS Ladder Play	11:15 am - 12:00 pm	94-335

KARATE (Grade 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. These programs are designed to teach self-protection through confidence building karate techniques. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills. Sempai Sue Curran—a DKJ black belt in Ishinryu, Shotokan and Kyusho Jitsu.

***** NO LATE BUS on Early Release Days *****

Dates: Mondays & Wednesdays

Session 1 April 8 – May 13 (Early Release May 1)

Session 2 May 15 – June 17 (Early Release May 27)

No classes on April 15, 17 and May 27

Fee: \$115

Location: Community Center, Activity Room

Instructor: Sempai Sue Curran

KARATE LITTLE NINJAS (Ages: 3-5)

Time: 2:15 pm-3:00 pm

Early Release Start Time: 1:15 pm - 2:00 pm on May 1 & 15 and June 5

Program # **Session 1** 94-326

Session 2 94-327

KARATE KIDS (Grade: K-2)

Time: 3:00 pm - 4:00 pm

Early Release Start Time: 2:00pm-3:00pm on May 1 & 15 and June 5

Program # **Session 1** 94-328

Session 2 94-329

KARATE NINJAS (Grade: 3-8)

Time: 4:30 pm-5:30 pm

Early Release Start Time: 3:30 pm - 4:30 pm on May 1 & 15 and June 5

Program # **Session 1** 94-330

Session 2 94-331

YOUTH PROGRAMS

Registration for Summer Camp must be in person at CECS office or by calling the office @ 207-799-2868. When registering your child, the group they enter is determined by ***the grade they will be entering in the Fall*** (School Year 2019-2020).

CAMP PRICING

Register for all seven weeks and pay in full you will receive a 10% discount. Not ready to pay in full up front? Register for weeks interested in and pay the first week in full and you are good to go. Refunds **issued only if withdrawal is received by 3:00 pm the Wednesday prior** to the next week of camp by calling 799-2868.

5 day week...\$175.00 (Weeks 1, 3, 4, 5, & 7)

4 day week...\$140.00 (Week 6)

3 day week...\$120.00 (Week 2)

LITTLE CUBS

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. Week 1 Ocean Exploration, Week 2 A Bug's Life, Week 3 At the Farm, Week 4 Backyard Garden, Week 5 Maine Authors, Week 6 Out in Space, Week 7 Days of the Dinosaurs. Campers will also participate in swim lessons, school bus orientation and safety, and outdoor play on the Cape Care playground.

Dates: June 24 - August 9

Location: Community Center

Ages: 3-5 yrs old (Campers must be 3 as of June 15 and must be fully potty/toilet trained)

Hours: 8:30 am to 3:00 pm



ADVENTURE CAMP

Lead by Peter Mullen and CECS Staff

Adventure Camp offers structured activities the first half of the day. Campers will be with children their own age as well as some camp wide activities, with counselor led rotations of indoor and outdoor activities including: tennis, archery, basketball, art, gymnastics, field sports, games and daily swim lessons. Campers will participate in a number of these sometimes wet, sometimes messy, but always fun activities. Weekly theme days and field trips to amusement parks and beaches add to the adventure.

Dates: June 24-August 9

Location: Cape Elizabeth High School

Grades: 1st - 5th graders (As of Fall 2019)

Hours: 8:30 am to 3:00 pm

Bus: Available during regular camp hours



YOUTH PROGRAMS

TEEN SCENE

Lead by 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 daily, and weekly field trips to amusement parks, the beach, and our amazing White Water Rafting trip.

Dates: June 24– August 9

Location: Tech Wing of CEHS

Grades: 6th - 9th (As of Fall 2019)

Hours: 8:30 am - 3:00 pm

Bus: Available during regular camp hours

"JUST FOR THE DAY" TRIPS (6th-9th)

Join us for our field trip days to amusement parks, and water parks, the beach and don't forget the White Water Rafting trip. Cost includes transportation, a camp t-shirt, and admission to park.

Where: Meeting at the Tech wing of the HS by 8:30 am

Return: Times will vary due to distance.

Supervisor: CECS Staff

BEFORE/AFTER CAMP CARE

Before Camp Care will be available starting at 7:15 am for parents that need to be to work early. Before care drop off will be at Community Center for those ages 3 thru 6th grade. Weekly charge is \$25.00

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 \$40.00

Registrations for Before Care and After Care will only be accepted and **refunds will only be issued if received by 3:00 pm the Wednesday prior to the next week of camp by calling 799-2868**. Payment in full for the following week is also due by this time. Due to staffing requirements, exceptions cannot be accommodated.

<u>Date</u>	<u>Destination</u>	<u>Fee</u>	<u>Program #</u>
6/27	Canobie Lake Park	\$60	20-337
7/11	Funtown/Splashtown	\$60	20-338
7/18	Scarborough Beach	\$50	20-339
7/25	Aquaboggan	\$60	20-340
8/14-15	White Water Rafting	\$225	20-341



YOUTH PROGRAMS

BRICK BY BRICK MAINE (Entering K-4) LEGO ARTIC EXPEDITION!

Can you fend off polar bears and brave blizzards to save the Artic Ice Cap? Can you lead a research mission in the mobile laboratory to learn the secrets of the mysterious ice crystals? Are you up for the challenge? If so we want you! Join us as we set up our base camp and laboratory in the Arctic to learn about the people, plants, and animals which can survive in this frigid territory. Camp participants will stay focused with educational stories, Lego builds, games and challenges which promote collaboration, critical thinking and fun! Daily sessions will include time for creative free-building too. Campers should bring lunch, am/pm snack and sunscreen every day.

Dates: Monday-Friday, August 26-August 30

Time: 9:00 am - 3:00 pm

Fee: \$260

Location: CECS Living Room

Program # 20-342

101 DALMATIANS CAMP (Grade entering 1-6)

Come sing, dance and act this summer! In one fun filled week, students will learn songs, dances and scenes from "101 Dalmatians"! 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 for parents and friends.

Dates: Monday-Friday, August 12 - 16

Time: 9:00 am - 3:00 pm

Fee: \$210

Location: CECS Activity Room

Instructor: Barry Brinker

Program # 20-343



REACTIONS IN ACTION CAMP

(Grade entering 2-6)

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

www.maine.madscience.org

Parents may drop off as early as 8:45 am. Parents need to pick up their child by 3:00 pm. If parents are more than 10 minutes late to pick up their child we have a late fee of \$1/minute.

Dates: Monday-Friday, August 12 - 16

Time: 9:00 am - 3:00 pm

Fee: \$280

Location: CECS Community Room

Instructor: Mad Science Staff

Program # 94-344

AFTER CAMP MOVIE MAKING

(Grades entering 2-5)

In one week students will work together to write, direct and film an original movie. Students will produce their own film from page to screen and take on leadership roles as writers, set and costume designers, actors, directors, and editors. The course will culminate with a film screening in true Hollywood style!

Dates: Monday-Friday, June 24 - 28 (5 Classes)

Time: 3:00 pm-5:00 pm

Fee: \$200

Location: High School, Library

Instructor: Laura Cowie & Katherine Nicoll

Program # 94-345

YOUTH PROGRAMS

ST. PETER'S GRAND SLAM TENNIS (Grade: 2nd-9th)

These Juniors tennis camps are fun, yet challenging and instructional for players of all skill levels. For the beginner, a progressive format is followed. Each session teaches basic tennis strokes and strategy in an enthusiastic, but low pressure environment that features the Net Generation program (www.netgeneration.usta.com). 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.

Date: Monday-Friday

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)

Location: High School, Tennis Courts

Instructor: Wayne St. Peter & Staff

Option	Dates	Fee	Program #
Full Day	6/24-6/28	\$260	20-346
Half Day	6/24-6/28	\$182	20-347
Full Day	8/19-8/23	\$260	20-348
Half Day	8/19-8/23	\$182	20-349

EARTH IN SPACE (Grade: K-2)

From panning for gems to the planets wonderful resources we are sure to discover how our Earth works ! Discover why the Earth is our living planet. Become an astronaut and take a trip to Mars!

Dates: Thursdays, July 11 - August 8

Time: 3:00pm - 4:00pm

Fee: \$86

Location: CECS Living Room

Instructor: Genia Sklute

Program # 20-350

SUMMER KARATE (Grade: 1-8)

Continue your climb to a black belt, by working on all the karate skills you learned throughout the year with Sensei Sue Curran. We will meet each Mondays, throughout the summer to keep working on balance, coordination, and mental focus in a non-competitive environment, karate kicks, blocks and basic self-defense. If students are attending day camp any given Monday, staff will walk students over to C.S. building, parents can pick up at 5:00pm at Community Center.

Date: Mondays, June 24 - July 29

Time: 3:30 pm - 5:00 pm

Fee: \$115

Location: Community Center, Activity Room

Instructor: Sensei Sue Curran

Program # 20-351

WIZARDING CAMP (Grades entering 4-8)

Attend summer classes at Hogwarts school! Witches and wizards will be sorted into houses, take classes like potions and herbology, and compete in games of quidditch. The week will end with a celebration and end-of-camp feast!

Dates: Monday-Friday, July 8 - July 12

Time: 3:00pm-5:00pm

Fee: \$200

Location: High School, Library

Instructor: Laura Cowie & Katherine Nicoll

Program # 20-352

POLYMER PLAYGROUND (Grades: 3-4)

This program is for the chemist enthusiast that loves to create mixtures, solutions, and polymers. What's a polymer you say? After this series your children will teach YOU because they will have combined, mixed, and unmixed all kinds of cool chemicals.

Dates: Tuesdays, July 9 - August 6

Time: 3:00 pm - 4:00 pm

Fee: \$86

Location: CECS Living Room

Instructor: Genia Sklute

Program # 20-353

YOUTH PROGRAMS

“SO YOU THINK YOU CAN DANCE” CAMP (Grade entering 1-5)

Does your child tap their toes constantly? Do you find them dancing around their room when they think no one is watching? We have the camp for them! Check out our “So You Think You Can Dance” Camp with Brio Dance Studio! Throughout the week, campers will learn different dance styles (ballet, contemporary, Jazz and hip hop), discuss good nutrition choices, explore the relationship between music and dance, work with partners and in a group and learn about improvisation and what it takes to be a choreographer. On Friday there will be a camper performance for family & friends! The performing arts aid in the growth of a child’s self-confidence, coordination and creative expression. Join us for a week of fun, learning and dance appreciation! For more information about Brio Dance Studio, please visit www.briodancestudio.com. Campers will need to bring a lunch, snacks, water bottle and sunscreen each day.

Dates: Monday-Friday, August 26 -30

Time: 9:00 am - 3:00 pm

Fee: \$200

Location: Community Center, Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Program # 20-354

MOVIE MAKING CAMP (Grade entering 2-8)

In one week students will work together to write, direct and film an original movie. Students will produce their own film from page to screen and take on leadership roles as writers, set and costume designers, actors, directors, and editors. The course will culminate with a film screening in true Hollywood style!

Dates: Monday-Friday,

Session 1: (Grade 2-5) June 24 - June 28

Time: 3:00 pm-5:00 pm

Fee: \$200

Location: High School, Library

Instructor: Laura Cowie & Katherine Nicoll

Program # 20-355

“PRINCESS DANCE” CAMP (Ages 3 years— entering Kindergarten)

Doesn’t every little girl deserve the royal treatment? We think so! Join Brio Dance Studio for a week of dancing with the princesses! 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! The performing arts aid in the growth of a child’s self-confidence, coordination and creative expression. Join Brio Dance Studio for a week of fun, learning and finding your inner princess!

Please note that Brio Dance Studio does not allow visitors during class time

Dates: Monday - Friday, August 26 - August 30

Time: 9:00 am - 12:00 pm

Fee: \$130

Location: Community Center, Community Room

Instructor: Sarah Walker

Program # 20-356



YOUTH PROGRAMS

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. Players will receive instruction to enable everyone to reach their full potential. Camp times may vary based on school snow days.

Dates: Monday—Friday, June 24-June 28

Time: 9:00 am—3:00 pm

Fee: \$195

Location: Upper/Lower Lions Field

Instructor: Dan Sullivan

Program # 20-357

CAPE BOYS BASKETBALL PROGRAM (Grade 5-8)

All boys entering grades 5 through 8 will have the opportunity to benefit from this multi-week program. Under the leadership of Coach Jim Ray and staff, players will work on individual offensive and defensive fundamentals as well as team concepts that will make for a more fluid transition into the next season. The teaching will be progressive and although attendance is not required each week, it is recommended to help build on skills taught and practiced in prior weeks. Registration deadline: Friday by 3:00pm prior to the week of registration.

Dates: Mondays - Thursdays, June 24-July 25 (5 weeks, no class on July 4)

Time: 2:30 pm - 4:00 pm

Fee: \$45 per week

Location: High School, Gymnasium

Instructor: Varsity Coach Jim Ray

<u>Session</u>	<u>Program #</u>
June 24 - June 27	20-361
July 1 - July 3	20-362
July 8 - July 11	20-363
July 15 - July 18	20-364
July 22 - July 25	20-365

GPS JUNIORS CAMP (Ages: 3-6)

The GPS Juniors curriculum coaches 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.

Dates: Monday - Friday, August 5- August 9

Time: 9:00 am- 12:00 pm

Fee: \$70

Location: Hannaford Field

Instructor: Global Premier Soccer Coaches

Program # 20-358

GPS CAMP (Ages: 7-14)

All of our camps are taught at a level where children will be challenged during the week and have an incredible soccer experience at the same time. Each day our professional trainers will cover a different theme and skills to keep the players immersed in a world of soccer. The children will enjoy ample scrimmage time each day to practice and perfect the skills that they have learned.

Dates: Monday - Friday, August 5 -August 9

Location: Hannaford Field

Instructor: Global Premier Soccer Coaches

<u>Time</u>	<u>Fee</u>	<u>Program</u>
9:00 am - 12:00 pm	\$100	20-359
9:00 am - 3:00 pm	\$150	20-360



YOUTH PROGRAMS

MINECRAFT CAMP (Grades entering 2nd-8th)

Minecraft is a popular video game that generates a world filled with possibility, limited only by your own imagination. The game can be as simple or as complicated as you want, letting people of all ages enjoy it. Join us for one or all of our camps this summer.

Dates: Monday - Friday

Fee: \$135

Instructor: Jack Duffy

Location: Middle School, Computer Lab

(Use Door #19 to get into the Middle School)

Grade: 2nd - 4t Program

Session 1: July 8 - July 12 20-366

Session 2: July 15 - July 19 20-367

Time: 8:30 am - 11:30 am

Grade: 5th - 8th Program

Session 1: July 8 - July 12 20-368

Session 2: July 15 - July 19 20-369

Time: 12:30 pm - 3:30 pm

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. Including setting, passing, hitting and hand/eye coordination. Participants will be divided into teams with Cape varsity volleyball players assigned as their coaches. Teams will rotate through different skill stations with their coach and the help of our Cape varsity volleyball coach. After skill session's teams will play each other following a rotating schedule.

Dates: Saturdays, September 7 - October 5

Time: 9 am - 10 am

Fee: \$70

Location: High School, Gymnasium

Instructor: Varsity Coach Sarah Boeckel

Program # 21-300

SUMMER NIGHT TENNIS (Grade: Pre K-8th)

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: \$72

Location: High School, Tennis Courts

Instructor: Coach Mary Gray

Grade	Date	Days	Time	Program #
Beginners (Grade 1-4)	June 25 - July 30	Tuesdays	3:15 pm-4:00 pm	20-370
Beginners (Grade 1-4)	June 27 - August 1	Thursdays	3:15 pm-4:00 pm	20-371
Beginners (Grade 1-4)	August 13 - August 29	Tuesdays/Thursdays	3:15 pm-4:00 pm	20-372
Intermediates (Grade 3-4)	June 25-July 30	Tuesdays	4:00 pm-4:45 pm	20-373
Intermediates (Grade 3-4)	June 27-August 1	Thursdays	4:00 pm-4:45 pm	20-374
Intermediates (Grade 3-4)	August 13-August 29	Tuesdays/Thursdays	4:00 pm-4:45 pm	20-375
4, 5, & Kindergarten	June 25-July 30	Tuesdays	4:45 pm-5:30 pm	20-376
4, 5, & Kindergarten	June 27-August 1	Thursdays	4:45 pm-5:30 pm	20-377
4, 5, & Kindergarten	August 13 - August 29	Tuesdays/Thursdays	4:45 pm-5:30 pm	20-378
Middle School Ladder Play	June 25 - July 30	Tuesdays	5:30 pm-6:30 pm	20-379
Middle School Ladder Play	June 27 - August 1	Thursdays	5:30 pm-6:30 pm	20-380
Middle School Ladder Play	August 13 - August 29	Tuesdays/Thursdays	5:30 pm-6:30 pm	20-381

YOUTH PROGRAMS

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. The week will conclude with a full day of surfing and Paddling on Friday! A snack and drink will be provided daily and all kayakers will receive a kayaking T-shirt! Half day and full day options available.

What to Bring: Bathing suit/nylon shorts, towel, sun block, sunglasses/strap, hat, windbreaker/fleece, water shoes/sandals/old sneakers, water bottle, (Lunch—full day participants). *Kayakers should be prepared for a change in weather conditions. If a change in the schedule is made, all participants will be notified by phone.

Dates: Monday - Friday, July 22 - July 26

Location: Kettle Cove (Spurwink River on Friday)

Instructor: Seaspray Staff

Times	Fee	Program #
9:00 am - 4:00 pm	\$350	20-382
9:00 am - 12:00 pm	\$250	20-383

KIDS FISHING CAMP (Ages 9 and up)

This camp will make the adults jealous! Get up every day and go fishing! Participants will meet at 8am each day to go fishing. No experience or equipment is necessary. We will learn about knots, lures, baits, fly fishing, kayak fishing and paddle board fishing for freshwater and saltwater fish! There will be a prize for fish caught (and the big one that got away!) A snack will be provided daily however participants are encouraged to bring a water bottle. Please be prepared for a change in weather conditions.

What to Bring: Bathing suit/nylon shorts, towel, sun block, sunglasses/strap, hat, windbreaker/fleece, water shoes/sandals/old sneakers, water bottle, If you have a fishing rod, tackle box, & life jacket please bring with you. If a change in the schedule is made, all participants will be notified by phone.

Dates: Monday - Friday, July 8 - 12

Location: M/T/W Great Pond (end of Fenway Rd)
TH/F Spurwink River Bridge Drop off and pick up at Higgins Beach

Instructor: Seaspray Staff

Times	Fee	Program #
8:00 am-12:00 pm	\$225	20-384



YOUTH PROGRAMS

*** Please note that registration for our Fall sports offerings will begin on June 2 online and June 3 in person. This will hopefully allow you additional time to plan your Fall.**

GIRLS FIELD HOCKEY (Grade: K-6)

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Saturday mornings. Each player must wear/bring her own equipment (eye goggles, mouth guard, shin guards, stick and water bottle). Youth equipment packages will be available to order for an additional \$65 and include: stick, ball, mouth guard, eye goggles & shin guards.

Dates: Saturdays, September 7 - October 5

Fee: \$70

Location: Hannaford Field

Instructor: Danielle Bishop

Time: 10:00 am - 11:00 am

Program # 21-301

YOUTH FALL SOCCER (Grade: 1-2)

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. After skill sessions teams will play each other following a rotating schedule.

Dates: Saturdays, September 7 - October 5

Fee: \$70

Location: Hannaford Field

Instructor: Varsity Coaches & Player

Boys Capers

Girls Capers

Time: 8:00 am - 9:00 am

Time: 9:15 am - 10:15 am

Program # 21-304

Program # 21-305

GPS PREMIER SOCCER (Ages: 3 - Grade: K)

This program is the first step on the ladder for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the club soccer development pyramid. GPS gives your child a opportunity to work with their licensed full time coaching staff. Participants will work on developing soccer skills including dribbling, passing and foot/eye coordination.

Dates: Saturdays, September 7 - October 5

Fee: \$65

Location: Hannaford Field

Little Capers (Ages: 3-5)

Kinder Capers (K)

Time: 10:30 am - 11:15 am

Time: 11:30 am-12:15 pm

Program # 21-302

Program # 21-303

GPS PREMIER SOCCER (Grade: 3-6)

GPS introduces a program geared towards players who want to improve their play in a fun and developmental environment. These camps encompass all ages, abilities and genders and feature a unique blend of skill development, player challenges and game play. The curriculum in place are age specific allowing your child to master a wide variety of skills; all while growing an appreciation and love for the game.

Dates: Saturdays, September 7 - October 5

Time: 9:15 am -10:15 am

Fee: \$70

Location: Hannaford Field

Program # 21-306

TRI BY THE SEA—YOUTH TRIATHLON (Ages: 7-15)

Getting involved in a lifetime sport such as a triathlon is a simple solution to staying active as you transition from childhood to adulthood. Experience the thrill of winning the moment you cross the finish line. Improve overall physical fitness, self-confidence, motor and leadership skills. Learn the importance of teamwork, sportsmanship and how to deal with success and failure. Check our Facebook page for updates!

Date: Sunday, September 29

Time: 8:00am-10am

Location: CE High School, Campus

<u>Age (on race day)</u>	<u>Program #</u>
7-11	21-307
12-15	21-308



RICHARDS COMMUNITY POOL & FITNESS CENTER

FITNESS CENTER SCHEDULE

April 1– August 23

Monday - Thursday 5:30 am - 9:00 pm
 Friday 5:30 am - 7:00 pm
 Saturday & Sunday 7:00 am - 5:00 pm

Detailed pool schedule on back cover

POOL & FITNESS CENTER WALK-IN FEES

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

*children under 4 are free to the pool

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

MEMBERSHIP RATES

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

	MONTHLY Pool/Fitness/Combo	QUARTERLY Pool/Fitness/Combo	ANNUALLY Pool/Fitness/Combo
Individual	\$39/ \$36/ \$56	\$100/ \$87/ \$134	\$337/ \$296/ \$469
Couple	\$67/ \$65/ \$90	\$155/ \$151/ \$216	\$469/ \$428/ \$663
Family	\$95/ \$111/ \$127	\$263/ \$251/ \$335	\$826/ \$801/ \$1,132

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

SPLASH PARTIES / POOL RENTALS

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

CHECK ONLY. Visit

www.capecommunityservices.org for a printable reservation form.

- \$ 165** – Inflatable, pool & whirlpool (max 40)
- \$ 95** - Pool & whirlpool (max 30)
- \$ 95** - Pool only (max 40)
- \$ 75** - Pool only (max 20)
- \$ 65** - Cafe rental (1 hr)

Options Available

Saturdays: 2:45 - 3:45 pm

3:45 - 4:45 pm

Sundays: 1:00 - 2:00 pm (only option after 6/16)

The Cafe, if rented, would be available immediately following pool time (not available after 6/17).

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

Cape Elizabeth Town Hall
320 Ocean House Road

Postal Customer
Cape Elizabeth, ME 04107

March 18– June 23

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

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

SENIOR SWIMS

(Adults 62 years old & older)

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

OPEN SWIMS

(Children 10 & under must be with an adult)

Tu, F _____ 10:00 - 11:30 am
Wed _____ 11:30 am -1:00 pm
Friday _____ 5:30 -7:00 pm
Saturdays _____ 1:30-2:30 pm*
Saturdays _____ 5:00 -6:00 pm
Sundays _____ 11:45am -12:45 pm
Sundays _____ 2:15 -3:15 pm*

June 24—August 9

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

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

SENIOR SWIMS

(Adults 62 years old & older)

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

OPEN SWIMS

(Children 10 & under must be with an adult)

M, Tu _____ 2:45 pm -3:45 pm
W, Th _____ 2:45 pm -3:45 pm*
Sundays _____ 11:45 am -12:45 pm
Sundays _____ 2:15 pm -3:15 pm*

* Open Swim with Inflatable