Cape Explorer
Keeping Cape Active

Resident Registration Opens Online March 24 8:00pm

Photo courtesy of Jim Newton
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@capeelizabethschools.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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- Jane Anderson, Mktg & Senior Programming
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- Andrew Kemp, Pool & Fitness Ctr Supervisor
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  Kerry.Kertes@capeelizabeth.org

ADVISORY COMMISION
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
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 even 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.
INDEX

SENIOR PROGRAMS
Aerobics 17, 19
Aquatics 18
Fit to Live/Yoga 18
Luncheons 19
Tech Time 20
Theater 15-20

ADULT PROGRAMS
Aquatics 6, 7, 8
Body Dynamics 5
CE Land Trust 11, 12
CPR 8
CSI Training 5
Core 6
Dance 8
Day Trips 14, 15
Drawing 13
Driving 11
Gardening 12
Golf 9
HITT 6
Italian 13
Lunch/Brunch 16, 17
Mah Jongg 11
Movies 19
NIA 7
Nature 11, 13
Painting 13
Parenting 12
Pickleball 9
Self Defense 10
Senior Programs 16, 17, 18
Softball 9
Soccer 9
Spin 6
Tech Time 16
Theater 15-20
Tours/Trips 14-17
Tai Chi 8
Volleyball 9
Weights 5
Weight Loss/Wellness 10
Wood Shop 8
Yoga 7

YOUTH PROGRAMS
Acting 29
Baseball 35
Basketball 35
CE Land Trust 24
Drawing 26
Dance 25, 32, 34
Filmmaking 28, 32
Fishing 37
Karate 29, 33
Lacrosse 28
Legos 32
Minecraft 27, 36
Paddling 37
Painting 26
Running 27
Science 26, 32, 33
Soccer 35
Swim Club 20
Swim Lessons 22-23
Tennis 29, 33
Theater 28
Toddler Gym 23
Vacation Camps 27, 30, 31
Yoga 30

TEEN PROGRAMS
Acting 28
Drivers Ed 26
Filmmaking 34
Karate 29, 33
Minecraft 27, 36
Paddling 37
Swim Lessons 9
Swim Club 21
Tennis 29
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

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<thead>
<tr>
<th>Date</th>
<th># of Classes</th>
<th>Fee</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>4/17 - 5/17</td>
<td>14</td>
<td>$70</td>
<td>94-100</td>
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<tr>
<td>5/20 - 6/14</td>
<td>11</td>
<td>$55</td>
<td>94-101</td>
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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

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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:** Wed/Fri, 4/24 - 6/14
**Time:** 9:00 am – 10:00 am
**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
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

Date                  # of Classes   Fee        Program
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

Date                  # of Classes   Fee        Program
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

Date                  # of Classes   Fee        Program
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

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GENTLE/BEGINNING HATHA YOGA

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

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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: $13

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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

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A COUPLE OF QUACKS GOAT YOGA

THURSDAY 4:15 pm – 5:15 pm

MONDAY EVENINGS 5:45 pm -6:45 pm

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

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

Date                  # of Classes         Fee            Program
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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
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 beginning 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.
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

SOFTWARE 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
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.nationalmahjongleague.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.

FMIL www.sacredlandscapes.com

Date: Thurs, April 4
Time: 7:00 pm- 8:00 pm
Fee: $6
Location: CECS Community Room
Program # 94-129

NATURAL 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.nationalmahjongleague.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.

FMIL www.sacredlandscapes.com

Date: Thurs, April 4
Time: 7:00 pm- 8:00 pm
Fee: $6
Location: CECS Community Room
Program # 94-129
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

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
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
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 Piscataqua 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
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 clambake 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
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, Seljalandfoss, 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
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 Winnipesaukee 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
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

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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

Date | Classes | Fee  | Program |
-----|---------|------|---------|
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

Date | Classes | Fee  | Program |
-----|---------|------|---------|
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

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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
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: rhythmic breathing, basic freestyle, personal safety, back floating

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)

<table>
<thead>
<tr>
<th>Level</th>
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<th>Fee</th>
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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
**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)

<table>
<thead>
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**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
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
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
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

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

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

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
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

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

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

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
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

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

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

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

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<tr>
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</table>

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 DKI 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

<table>
<thead>
<tr>
<th>Program #</th>
<th>Session 1</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>94-326</td>
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<td>94-327</td>
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</table>

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

<table>
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<tr>
<th>Program #</th>
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<tbody>
<tr>
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<td>94-329</td>
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</table>

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

<table>
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<tr>
<th>Program #</th>
<th>Session 1</th>
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</tr>
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<tr>
<td>94-331</td>
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</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Pricing</th>
<th>Description</th>
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<tbody>
<tr>
<td>5 day week</td>
<td>$175.00 (Weeks 1, 3, 4, 5, &amp; 7)</td>
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<tr>
<td>4 day week</td>
<td>$140.00 (Week 6)</td>
</tr>
<tr>
<td>3 day week</td>
<td>$120.00 (Week 2)</td>
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</tbody>
</table>

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

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.

“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

<table>
<thead>
<tr>
<th>Date</th>
<th>Destination</th>
<th>Fee</th>
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<td>6/27</td>
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<tr>
<td>7/11</td>
<td>Funtown/Splashtown</td>
<td>$60</td>
<td>20-338</td>
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<tr>
<td>7/18</td>
<td>Scarborough Beach</td>
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<td>7/25</td>
<td>Aquaboggan</td>
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<tr>
<td>8/14-15</td>
<td>White Water Rafting</td>
<td>$225</td>
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</table>
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 potions, slimy polymers, color changing liquids, dry ice bubbles, and solids that disappear in an instant! Start out the week learning about laboratory equipment at your personal lab tech bench. Then, slide down the PH scale and spend a day finding out how different chemicals react when mixed together. Build and break molecules and grow crystals in a petri dish. Ooze into a gooey day of making crazy concoctions such as glow putty, glow spheres in a test tube, thermochromic mixtures, and guar gum brain goo! Round out this radical week by manipulating matter in all of its three states! Take home a full set of Mad Science lab gear that includes a graduated cylinder, a flask, test tubes, goggles, and a lab coat. Come take a walk on the wild side of chemistry! 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
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
“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

“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

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
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

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

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
**Session** | **Program #**
--- | ---
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 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
**Program #** 20-359

<table>
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<th>Time</th>
<th>Fee</th>
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<tr>
<td>9:00 am - 3:00 pm</td>
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</table>
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)

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<thead>
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<td>Session 2: July 15 - July 19</td>
<td>20-367</td>
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<table>
<thead>
<tr>
<th>Grade: 5th - 8th</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1: July 8 - July 12</td>
<td>20-368</td>
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<tr>
<td>Session 2: July 15 - July 19</td>
<td>20-369</td>
</tr>
<tr>
<td>Time: 12:30 pm - 3:30 pm</td>
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</table>

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

<table>
<thead>
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<th>Grade</th>
<th>Date</th>
<th>Days</th>
<th>Time</th>
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<td>Beginners (Grade 1-4)</td>
<td>June 25 - July 30</td>
<td>Tuesdays</td>
<td>3:15 pm-4:00 pm</td>
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<tr>
<td>Beginners (Grade 1-4)</td>
<td>June 27 - August 1</td>
<td>Thursdays</td>
<td>3:15 pm-4:00 pm</td>
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<td>Beginners (Grade 1-4)</td>
<td>August 13 - August 29</td>
<td>Tuesdays/Thursdays</td>
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<td>Intermediates (Grade 3-4)</td>
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<td>Tuesdays</td>
<td>4:00 pm-4:45 pm</td>
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<td>Intermediates (Grade 3-4)</td>
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<tr>
<td>Intermediates (Grade 3-4)</td>
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<td>Tuesdays/Thursdays</td>
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<td>4, 5, &amp; Kindergarten</td>
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<td>Middle School Ladder Play</td>
<td>June 25 - July 30</td>
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<td>5:30 pm-6:30 pm</td>
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<tr>
<td>Middle School Ladder Play</td>
<td>August 13 - August 29</td>
<td>Tuesdays/Thursdays</td>
<td>5:30 pm-6:30 pm</td>
<td>20-381</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Times</th>
<th>Fee</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 am - 4:00 pm</td>
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<td>20-382</td>
</tr>
<tr>
<td>9:00 am - 12:00 pm</td>
<td>$250</td>
<td>20-383</td>
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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

<table>
<thead>
<tr>
<th>Times</th>
<th>Fee</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am-12:00 pm</td>
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</tr>
</tbody>
</table>
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.

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
- 9:15 am - 10:15 am

**Program #**
- 21-304
- 21-305

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
**Fee:** $70
**Location:** Hannaford Field
**Instructor:** Danielle Bishop

**Boys Capers**

**Girls Capers**

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

**Program #**
- 21-306

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
- 9:15 am - 10:15 am

**Program #**
- 21-304
- 21-305

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
- 9:15 am - 10:15 am

**Program #**
- 21-304
- 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
- 11:30 am - 12:15 pm

**Program #**
- 21-302
- 21-303

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
- 11:30 am - 12:15 pm

**Program #**
- 21-302
- 21-303

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

<table>
<thead>
<tr>
<th>Age (on race day)</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>7-11</td>
<td>21-307</td>
</tr>
<tr>
<td>12-15</td>
<td>21-308</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>Ages</th>
<th>Resident Pool/Fitness/Combo</th>
<th>Non-Resident Pool/Fitness/Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>*4-10</td>
<td>$3/na/na</td>
<td>$4/na/na</td>
</tr>
<tr>
<td>11+</td>
<td>$5/ $5*/ $8*</td>
<td>$6/ $6*/ $10*</td>
</tr>
</tbody>
</table>

*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.

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

*** 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.

<table>
<thead>
<tr>
<th>Options Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturdays: 2:45 - 3:45 pm</td>
</tr>
<tr>
<td>3:45 - 4:45 pm</td>
</tr>
<tr>
<td>Sundays: 1:00 - 2:00 pm (only option after 6/16)</td>
</tr>
</tbody>
</table>

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.
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