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

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

CONTACT US
OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107

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

CALL 207-799-2868
FAX 207-799-1841
CAPE CARE 207-799-4388
POOL 207-799-3184
FITNESS CENTER 207-767-0190
EMAIL cservices@capeelizabethschools.org
WEB www.capecommunityservices.org

HOURS
Monday-Friday 8:00 am—4:30 pm
School Vacation Hours 7:30 am—3:30 pm
Closings 1/1, 1/20, 2/17, 4/20

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

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

REGISTRATION OPENS:
On line for Cape Residents:
Sunday, December 15th at 8:00 pm
In Office for Cape Residents:
Monday, December 16th at 8:00 am
Non-residents - Friday, December 20th at 8:00 am
REGISTRATION INFORMATION

Online registration begins at 8:00 pm on December 15th at www.capecommunityservices.org. Click “Register Online Now”. Sign in or create an account. In-person or over the phone registration begins at 8:00 am on December 16th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins December 20th. Email confirmations will be sent for all transactions.

FEES & DISCOUNTS
A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for residents age 62 and older. Walk-in fees are not discounted.

A non-taxpayer fee will automatically be applied to all programs and activities. Fees $50 and under will be $3, $51 - $100 will be $5 and all fees over $101 will be $7. An additional 10% will be applied to memberships and parties.

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

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

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

POOL/FITNESS CENTER MEMBERSHIP SUSPENSION OR CANCELLATION POLICY
Medical – Members may submit medical documentation in the event they need to suspend or cancel their membership due to injury/illness. The suspended time will be added to extend the membership. Cancellations will be prorated.

Non-Medical – Annual members may suspend their membership for a minimum of one month and a maximum of three months once during their membership year and will be assessed a $25 processing fee to do so. We are unable to accommodate non-medical suspensions for monthly or quarterly members.

INCLEMENT WEATHER POLICY
Adult Classes – If school is canceled, all adult classes prior to 4:00 pm are canceled. If school has a two-hour delay, all classes prior to 10:00 am are canceled. Evening classes will be posted by 4:00 pm whenever possible.

Youth Classes – If school is canceled, all youth classes are canceled.

MEDIA POLICY
Community Services may photograph, videotape and record 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 accommodations to participate in one of our programs, please call Community Services at 799-2868.
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HEALTH, WELLNESS AND ENRICHMENT

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<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/TIME</th>
<th>DATES</th>
<th>FEE</th>
<th>PROGRAM #</th>
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<tbody>
<tr>
<td>Lighthouse Masters Swim</td>
<td>Monday/Wednesday/Friday 5:30-6:30 am</td>
<td>1/6 - 5/29</td>
<td>$472</td>
<td>22-200</td>
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<tr>
<td>Hiit - High Intensity Interval Training</td>
<td>Monday*/Wednesday/Friday 5:30 –6:30 am</td>
<td>1/8 – 3/6 (W, F) 3/9– 4/17 (M, W, F)</td>
<td>$144</td>
<td>22-100</td>
</tr>
<tr>
<td>Early Bird Cycling</td>
<td>Tuesday/Thursday 5:45-6:30 am</td>
<td>1/7 – 3/5 3/10 – 4/16</td>
<td>$144</td>
<td>22-102</td>
</tr>
<tr>
<td>Water Works</td>
<td>Monday/Wednesday/Friday 8:00-8:45 am</td>
<td>1/3-1/31 2/3-2/28 3/2-3/30 4/1-4/29</td>
<td>$72</td>
<td>22-201</td>
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<tr>
<td>Step Aerobics</td>
<td>Mondays 8:00 - 8:50 am</td>
<td>1/6 -2/24 3/9 - 4/13</td>
<td>$48</td>
<td>22-104</td>
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<tr>
<td>Body Dynamics</td>
<td>Monday/Wednesday/Friday 9:00-10:00 am</td>
<td>1/6- 2/21 3/2 - 4/17</td>
<td>$95</td>
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<tr>
<td>Women On Weights</td>
<td>Wednesday/Friday 9:00-10:00 am</td>
<td>1/8 – 2/28 3/4 - 4/17</td>
<td>$112</td>
<td>22-108</td>
</tr>
<tr>
<td>Fit To Live Yoga</td>
<td>Tuesday/Thursday 10:15-11:00 am</td>
<td>3/17-3/31 4/2-4/16</td>
<td>$40</td>
<td>22-112</td>
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<tr>
<td>Aqua Cardio Core</td>
<td>Wednesday 1:00-1:50 pm</td>
<td>1/8-1/29 2/5-2/26 3/4-3/25</td>
<td>$40</td>
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<tr>
<td>Essentrics</td>
<td>Tuesday/Thursday 8:30-9:30 am</td>
<td>1/2-1/30 2/4-2/27</td>
<td>$81</td>
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<tr>
<td>Cardio Core-Ageous</td>
<td>Tuesday/Thursday 8:30-9:30 am</td>
<td>3/3-3/24</td>
<td>$63</td>
<td>22-116</td>
</tr>
<tr>
<td>Saturday Cycle</td>
<td>Saturday 7:30 - 8:30 am</td>
<td>1/11 – 4/11</td>
<td>$126</td>
<td>22-117</td>
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</table>
# HEALTH, WELLNESS AND ENRICHMENT

## FITNESS LATE DAY/EVENING

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAY/TIME</th>
<th>DATES</th>
<th>FEE</th>
<th>PROGRAM #</th>
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<tbody>
<tr>
<td>NIA with Erin Curren</td>
<td>Thursdays 4:15-5:15 pm</td>
<td>1/2 - 2/6, 2/20 - 3/26</td>
<td>$72</td>
<td>22-118 22-119</td>
</tr>
<tr>
<td>NIA with Erin Curren</td>
<td>Mondays 5:45-6:45 pm</td>
<td>1/6 - 2/10, 2/24 - 3/30</td>
<td>$72</td>
<td>22-120 22-121</td>
</tr>
<tr>
<td>CO/ED WEIGHTS with Susan Janosik</td>
<td>Tuesday/Thursday 5:30-6:30 pm</td>
<td>1/7 - 2/27, 3/3 - 4/16</td>
<td>$112</td>
<td>22-122 22-123</td>
</tr>
<tr>
<td>YOGA ALL LEVELS with Sharon Wilke</td>
<td>Wednesday 6:00-7:15 pm</td>
<td>1/8 - 2/26, 3/4 - 4/22</td>
<td>$88</td>
<td>22-124 22-125</td>
</tr>
<tr>
<td>CSI TRAINING with Susan Janosik</td>
<td>Tuesday/Thursday 6:30-7:30 pm</td>
<td>1/7 - 2/27, 3/3 - 4/16</td>
<td>$126</td>
<td>22-126 22-127</td>
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<tr>
<td>COAST ENDURANCE with Todd Larlee</td>
<td>Tuesday/Thursday 5:30-6:45 pm</td>
<td>1/7-2/27, 3/3-4/16</td>
<td>$165</td>
<td>22-208 22-209</td>
</tr>
</tbody>
</table>

### 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! This class solves the mystery of how to “FIT” it all in. Please bring water, mat & small towel.

**Date:** Tuesday/Thursday (No Class 2/18, 2/20)
**Time:** 6:30 – 7:30 pm
**Location:** Fitness Center
**Instructor:** Susan Janosik
**Walk In Fee:** $12

<table>
<thead>
<tr>
<th>Date</th>
<th>Classes</th>
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<td>$126</td>
<td>22-127</td>
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</tbody>
</table>

### 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 by email at susan-jano@maine.rr.com or by phone at 939-2255 to discuss your program. Please bring mat, towel and water to class.

**Date:** Tuesday/Thursday (No Class 2/18, 2/20)
**Time:** 5:30 – 6:30 pm
**Location:** Fitness Center
**Instructor:** Susan Janosik

<table>
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<td>$112</td>
<td>22-122</td>
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<tr>
<td>3/3-4/16</td>
<td>14</td>
<td>$112</td>
<td>22-123</td>
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</table>
EARLY BIRD CYCLING
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.

Days: Tuesday/Thursday (No Class 2/18, 2/20)
Time: 5:45 – 6:30 am
Location: CECS Spin Room
Instructor: Susan Janosik
Walk in Fee: $12

<table>
<thead>
<tr>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
<th>Program</th>
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<tr>
<td>1/7 – 3/5</td>
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<tr>
<td>3/10 – 4/16</td>
<td>12</td>
<td>$108</td>
<td>22-103</td>
</tr>
</tbody>
</table>

(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 by email at susanjano@maine.rr.com or by phone at 939-2255 to discuss your program. Please bring mat, towel and water to class.

Date: Tuesday/Thursday (No Class 2/18, 2/20)
Time: 5:45 – 6:30 am
Location: CECS Spin Room
Instructor: Susan Janosik
Walk in Fee: $12

(HIIT) HIGH INTENSITY INTERVAL TRAINING
High Intensity Interval Training 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: Monday (3/9+)/Wednesday/Friday
(No Class 2/19, 2/21)
Time: 5:30 – 6:30 am
Location: Middle School Gymnasium
Instructor: Susan Janosik
Walk in Fee: $12

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<tr>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
<th>Program</th>
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<tbody>
<tr>
<td>1/8 – 3/6 (W, F)</td>
<td>16</td>
<td>$144</td>
<td>22-100</td>
</tr>
<tr>
<td>3/9 – 4/17 (M, W, F)</td>
<td>18</td>
<td>$162</td>
<td>22-101</td>
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</table>

SATURDAY CYCLE
Come and join this high intensity, zero impact, full body workout on the bike! This ride combines resistance training power & speed to challenge the legs and cardiovascular system that will torch a ton of calories. This is Boot Camp on the bike!

Date: Saturday, 1/11 – 4/11 (No Class 2/22)
Time: 8:00 – 9:00 am
Fee: $117
Location: CECS Spin Room
Instructor: Susan Janosik
Walk in Fee: $12
Program: 22-117

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<tr>
<th>Date</th>
<th>Classes</th>
<th>Fee</th>
<th>Program</th>
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<tbody>
<tr>
<td>1/6 - 2/10</td>
<td>5</td>
<td>$60</td>
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<tr>
<td>2/24 - 3/30</td>
<td>6</td>
<td>$72</td>
<td>22-121</td>
</tr>
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</table>

NIA (“NEE-AH”)
Nia is a full-body workout that is easy on the joints, and promotes flexibility, agility, stability and strength. Nia offers traditional fitness benefits, relaxation, and more esoteric benefits such as improved concentration, self-discovery and healing. It is a sensory-based movement practice that draws from martial arts, dance, yoga, Tai Chi and more. If you have any questions please email instructor @ www.erincurren.com. Please pre-register in order for us to meet the minimum of 6 participants.

Date: Thursday
Time: 4:15 – 5:15 pm
Location: CS Activity Room
Instructor: Erin Curren, Nia Black Belt Teacher
Walk In Fee: $15

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<thead>
<tr>
<th>Date</th>
<th>Classes</th>
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<tr>
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<tr>
<td>2/20 - 3/26</td>
<td>6</td>
<td>$72</td>
<td>22-119</td>
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</tbody>
</table>

Day: Monday (No Class 1/20)
Time: 5:45 - 6:45 pm
Location: CS Activity Room
Walk In Fee: $15

<table>
<thead>
<tr>
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<tr>
<td>2/24 - 3/30</td>
<td>6</td>
<td>$72</td>
<td>22-121</td>
</tr>
</tbody>
</table>
ESSENTRICS®
RELEASE, REBALANCE & RESTORE
Release tight muscles, rebalance joints and restore the body. Essentrics is a no equipment full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. The creator of Essentrics, Miranda Esmonde-White, is the founder of Classical Stretch on PBS. If you want more information about Essentrics, go to www.essentrics.com.

Date: Tuesdays/ Thursdays
Time: 8:30-9:30 am
Walk In Fee: $10.00 per class
Location: CC Activity Room
Instructor: Sarah MacColl

Date # of Classes Fee Program #
1/2-1/30 9 $81 22-114
2/4-2/27 8 $72 22-115

CARDIO CORE-AGEOUS *NEW*
Challenge your core, coordination, and cardio capacity. This high intensity, low impact step interval class combines balance, agility and core work. You choose the number of risers to make the intensity hard enough. The simple choreography will keep your heart rate up. Finish with a full ten minutes of stretching and foam rolling.

Date: Tuesdays/ Thursdays
Time: 8:30-9:30 am
Walk In Fee: $10.00 per class
Location: CC Activity Room
Instructor: Sarah MacColl

Date # of Classes Fee Program #
3/3-3/24 7 $63 22-116

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/towel to class.

Date: Mon/Wed/Fri (no class 1/20/217)
Time: 9:00 – 10:00 am
Location: CS Activity Room
Instructor: Elaine Talevi and Joanie Frustaci
Walk In Fee: $8

Date Classes Fee Program
1/6 - 2/24 6 $48 22-104
3/9 - 4/13 6 $48 22-105

AQUA CARDIO CORE
Run, ski, bicycle, kick, and lunge in the deep end of the pool where your core and heart will be challenged but your joints take a break from pounding the pavement. Use floatation dumbbells or aqua belt and work as hard as you want. “Enjoy” high intensity interval training and core moves (or just act like you are: breathe hard and we’ll never know.)

Date: Wednesdays
Time: 1:00 – 1:50 pm
Location: Richards Community Pool
Instructor: Sarah MacColl
Walk In Fee: $12

Date # of Classes Fee Program #
1/8-1/29 4 $40 22-205
2/5-2-26 4 $40 22-206
3/4-3/25 4 $40 22-207

STEP AEROBICS:
Each class will be 5 minutes of warming up, 40 minutes of stepping, and 5 minutes of cooling down. My goal is to provide a fun workout for anyone who comes. I have always loved steps, have taught in the past at a couple of gyms, and sometimes subbed for Sarah MacColl’s classes - she is no longer teaching steps, and I still want to step it up! I hope you’ll join me. Questions to annebcass@gmail.com.

Dates: Mondays (No Class 1/20, 2/17)
Time: 8:00 - 8:50 am
Location: CC Activity Room
Instructor: Anne Cass

Date # of Classes Fee Program #
1/6 - 2/24 6 $48 22-104
3/9 - 4/13 6 $48 22-105
Lighthouse Masters
An adult (18+) competitive swim club that emphasizes technique, conditioning, and race strategies. This is a program for the accomplished competitive swimmer who would like to improve his/her competitive lap skills.
**Date:** Mon/Wed/Fri (No class 1/20, 2/17, 4/20, 5/25)
**Time:** 5:30 - 6:45 am
**Location:** Richards Community Pool
**Instructor:** Marcel Da Ponte

<table>
<thead>
<tr>
<th>Date</th>
<th># of Classes</th>
<th>Fee</th>
<th>Program #</th>
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<tbody>
<tr>
<td>1/6-5/29</td>
<td>59</td>
<td>$472</td>
<td>22-200</td>
</tr>
</tbody>
</table>

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:** Tuesday/Thursday (no class 1/28, 3/19, 4/9)
**Time:** 5:30 – 6:45 pm
**Location:** Richards Community Pool
**Instructor:** Todd Larlee

<table>
<thead>
<tr>
<th>Date</th>
<th># of Classes</th>
<th>Fee</th>
<th>Program #</th>
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<tbody>
<tr>
<td>1/7-2/27</td>
<td>15</td>
<td>$165</td>
<td>22-208</td>
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<tr>
<td>3/3-4/16</td>
<td>12</td>
<td>$132</td>
<td>22-209</td>
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</tbody>
</table>

Pace Race Chase *NEW*
Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. This is open to swimmers and triathletes of all levels. Every workout, regardless of level, will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Some video (above or underwater) is taken every workout and emailed. Questions to kgirlread@gmail.com.

**E Group: Entry Level** (Pace between 1:50-2:20 per 100yds) You can swim at least 2 lengths w/out stopping, swim with your face in the water but may need help breathing, may have never had interval training or technique help before and you want to swim more efficiently or want to enter a race.

**A Group: Competent/Competitive** (Pace between 1:20-1:50 per 100 yds) You have likely swum with me or another masters team, can swim at least 500 yds continuously, you have swum Peaks to Portland or similar, and you want yardage, HIIT, speed & technique.

**TUESDAYS**
- 11:30 - 12:30
  - 1/7-2/11
  - $90
  - 22-212
- 2/25 -4/14
  - $90
  - 22-213

**FRIDAYS**
- 11:30-12:30
  - 1/7-2/7
  - $90
  - 22-214
- 2/21-4/3
  - $90
  - 22-215

**SUNDAYS**
- 10:00 - 11:00
  - 1/5-2/9
  - $90
  - 22-216
- 2/23 - 4/5
  - $90
  - 22-217

Sink or Swim: Adult Swim Lessons (16+)
This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals.

**Dates:** Saturdays
**Time:** 8:00-8:45 am
**Location:** Richards Community Pool

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ADAPTIVE AQUATICS
This low impact water exercise class is designed for those with inabilities caused by aging bodies, surgery preparation or recovery, and other debilitating illnesses. This class will benefit participants by improving range of motion, joint pain relief, stiffness, strengthening, and recovery time. 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:** Tuesdays/ Thursdays  
**Time:** 1:00 – 2:00 pm  
**Walk In Fee:** $8.00 per class  
**Location:** Richards Community Pool  
**Instructor:** Chris Robichaud

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INNER TUBE WATER POLO
Come join us this Winter and play Inner Tube Water Polo. Join as an individual or with friends & co-workers to enjoy this fun & healthy sport. This is the perfect game for those athletes looking for a low impact workout and staying competitive in the process. The program will run Wednesdays, February 26 - June 17, 7:00 – 10:00 pm in the Don Richards Pool. To join visit www.cascobaysports.com.

INTERMEDIATE ADULT TAP
Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! For the intermediate level, we will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome.

**Date:** Wednesday, 1/8 – 5/20 (No class 2/19 & 4/22)  
**Intermediate Time:** 11:45 - 12:45 pm  
**Fee:** $162  
**Location:** CC Activity Room  
**Instructor:** Betsy Dunphy  
**Program #** 22-128

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.

**Day:** Tuesday  
**Time:** 7:00 – 8:00 pm  
**Fee:** $30 per person/per 3 week session  
$40 for 4 week sessions/ **Drop in** $12 pp  
**Location**: CC Activity Room  
**Instructor:** Patty Medina

| Spring Swing Mix | 3/17, 3/24, 3/31 | Program # 22-129 |
| Spring Latin Mix | 4/7, 4/14, 4/21, 4/28 | Program # 22-130 |
| Wedding Party Mix | 5/5, 5/12, 5/19 | Program # 22-131 |

Learn the beautiful Waltz and other styles that are popular at wedding and cruises like Merengue & Cha Cha.

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. 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. Intermediate level designed for those who have taken beginner session.

**Dates:** Mondays  
**Time:** 9:00-10:15 Intermediate/10:30-11:45 Beginner  
**Location:** Inter. CC Living Room/Beg. CC Activity Room  
**Instructor:** Stephanie Carlson

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<td>Intermediate 3/2-4/6</td>
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FAMILY TENNIS - *NEW*
Mary Gray is excited to introduce indoor Family Tennis on Sunday mornings - see Youth pg. 28 For details.
**YOGA MORNINGS GENTLE/BEGINNING HATHA**

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.

**Day:** Wednesday  
**Time:** 10:15 - 11:30 am  
**Location:** CS Activity Room  
**Instructor:** Sharon Wilke  
**Walk in Fee:** $13

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**ADULT INDOOR SOCCER (CO-ED)**

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

**Dates:** Sundays, 1/5 – 3/29 (12 session - no session 2/16)  
**Time:** 6:30 – 8:00 pm  
**Fee:** $72.00  
**Location:** HS Gymnasium  
**Instructor:** David Peary

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<td>6:30– 8:00 pm</td>
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**WOMEN’S INDOOR SOCCER *NEW***

New in 2020! Due to growing interest, we are offering a women’s indoor soccer session! This session is geared towards women who have played competitively in the past, and are looking to get a great workout, play hard, but also stay healthy and keep it light-hearted. This first session is only 6 weeks, so sign up and give it a shot!

**Dates:** Sundays 1/19 - 3/1 (6 sessions no session 2/16)  
**Time:** 8:00 - 9:15 pm  
**Fee:** $36  
**Location:** HS Gymnasium  
**Instructor:** Molly Brown  
**Program #** 22-136

**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.

**Day:** Wednesday  
**Time:** 6:00 – 7:15 pm  
**Location:** CS Activity Room  
**Instructor:** Sharon Wilke  
**Walk in Fee:** $13

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**“UNDER 40” HOOP (co-ed)**

This program is offered for adults under the age of 40 (and no longer in high school) who want a good workout while playing full-court games in an atmosphere of fast-paced and friendly competition. Limited to 15 players per night with priority given to residents of Cape.

**Date:** Thursday, 1/2 – 4/9 (no program 2/20)  
**Time:** 8:00 - 9:45 pm  
**Fee:** $4 Pay at Door  
**Location:** MS Gym  
**Supervisor:** Brian Wissley

**“OVER 40” HOOP (CO-ED)**

If you are “over 40” or just play like it, then this program is for you! Full court play is encouraged in this friendly, yet competitive atmosphere. The fast-paced play will provide a fun and rewarding workout.

**Date:** Wednesday, 1/8 - 5/13 (no program 2/19 & 4/22)  
**Time:** 8:00 - 10:00 pm  
**Fee:** $4 Pay at Door  
**Location:** MS Gym  
**Supervisor:** Sal Deschino

**ADULT CO-ED VOLLEYBALL**

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

**Date:** Wednesday, 2/26 - 5/20 (No session 4/22)  
**Time:** 7:00 - 10:00 pm  
**Fee:** $4 Pay at Door  
**Location:** HS Gym  
**Supervisor:** Bryan Connelly
HEALTH, WELLNESS AND ENRICHMENT

COLORED PENCIL WORKSHOP *NEW*
There’s more to colored pencils than color! Blending, shading and burnishing are just some of the topics we’ll explore in this one day workshop. Bring your questions and pencils to learn new tricks and techniques - and yes, how to fix a mistake! If you have a favorite paper or coloring book, bring that too. Samples of various brands and types of pencils and papers will be available for you to try out.

**Date:** Thursday 1/23  
**Time:** 10:00 - 12:00 pm  
**Fee:** $20  
**Location:** CC Living Room  
**Instructor:** Marty Clark  
**Program #** 22-137

WATERCOLOR STUDIO
This class is for watercolorists at all levels, including beginners. Each week we will explore a new painting skill; you may choose to paint a still-life or bring in your own landscape photo. Class material will be adapted to the specific needs and interests of each student. Instruction in basic watercolor methods and materials will be provided for beginners, while experienced painters will work more independently.

**Date:** Wednesday, 3/25 - 4/29 (we will have class during vacation week 4/22)  
**Time:** 10:00 - 12:00 pm  
**Fee:** $65  
**Location:** CC Living Room  
**Instructor:** Marty Clark  
**Program #** 22-137

**Date:** Thursday, 3/26 - 5/7 (No Class 4/23)  
**Time:** 7:00 - 9:00 pm  
**Fee:** $65  
**Location:** CC Living Room  
**Instructor:** Marty Clark  
**Program #** 22-138

MINDFUL LANDSCAPE OIL PAINTING
This class is open to beginners as well as those looking to build upon prior experience in landscape oil painting. The basic skills of mixing colors, applying paint, developing composition and value will be acquired through the use of landscape photos. Each class will begin with a meditative exercise for minimizing inhibitions and fears associated with the creative process. A supply kit is available with a student discount at The Art Mart in Portland.

**Date:** Tuesdays  
**Time:** 12:30 - 2:30 pm  
**Location:** CC Living Room  
**Instructor:** Chris Reed  
**Program #**

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MINDFUL LANDSCAPE DRAWING
This class is designed for beginners as well as experienced students of drawing. The basic principles of line, shading, composition, value, negative and positive space will be covered while the opportunity will be available for focusing on finer details and textural effects from landscape photos. Mindful exercises will be utilized to allow the inner artist to unfold naturally. A supply kit is available with a student discount at The Art Mart in Portland.

**Date:** Thursdays  
**Time:** 12:30 - 2:30 pm  
**Location:** CC Living Room  
**Instructor:** Chris Reed  
**Program #**

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

**Date:** Tuesday, 1/7 - 6/16  
**Time:** Anytime between 9:00 – 12:00 pm  
**Walk-in Fee:** $3

**Location:** CC Meeting Room
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: Wednesday, 1/8 - 3/18 (No class 2/19)
Time: 6:00 - 9:00 pm
Location: HS Wood Shop
Instructor: John Fabish
Program # 22-166

MAINE DRIVING DYNAMICS (MDD)
This is a State of Maine sponsored 5-hour defensive driving course that offers all drivers the opportunity to improve their defensive driving abilities. The course includes basic discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. A certified Maine Driving Dynamics Instructor in a format that engages students with lectures, videos and class discussion/participation teaches the MDD course. 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 from their insurance company.

Dates: Saturday, April 4th
Time: 9:00 am – 2:00 pm
Fee: $40, age 65 and older $30
Location: CC Living Room
Instructor: Certified Maine Driving Dynamics Instructor
Program # 22-144

DRIVER EDUCATION
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 15 years of age by the course starting date.

Time: 6:00 - 8:30 pm
Location: CECS Living Room
Instructor: Tim O’Carroll
Program #

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BEGINNER III ITALIAN
In this class, we will learn verbs and conjugations and build foundations for Italian conversations.

Dates: Tuesdays, 1/14 - 2/25 (no class 2/18)
Time: 6:15 -7:15 pm
Fee: $60
Location: CS Meeting Room
Instructor: Carola Airaghi
Program # 22-146

SELF DEFENSE
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 retrievable 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 content is also very useful to women of any age. The class is ½ lecture and ½ defensive moves/escapes. All proceeds from workshop will go towards Project Graduation.

Dates: Thursday, February 27th
Time: 5:00 -8:00 pm
Fee: $25 per family
Location: CS Community Room
Instructor: Chief Paul Fenton and Sargent Ben Macron
Program # 22-145
OUTINGS, ARTS & ENTERTAINMENT

NEWS CENTER MAINE
TOUR & LUNCH
Guided tour of studio, weather center, production control and newsrooms. Watch News Center at Noon live broadcast.
Walk to nearby Green Elephant to enjoy their Asian inspired vegetarian fare. Lunch on own.

Date: Friday, January 31
Depart: 11:00 - 2:15 pm
Fee: $3 pp (Transportation)
Program # 22-147

EXPEDITION REEF
Immerse yourself in an undersea adventure in this full dome planetarium show which provides a close up look at part of our planet many people have never experienced. Explore the secrets of the “rain forests of the sea” and embark on an oceanic safari to the world’s most vibrant and endangered marine ecosystems – coral reefs. Discover how corals grow, feed, reproduce, and support over 25% of all marine life on Earth - while facing unprecedented threats from climate change, habitat destruction, and over fishing.

Date: Wednesday, January 29
Time: 12:15 - 2:30 pm
Fee: $8 pp (Admission & Transportation)
Program # 22-148

CANDLEPIN BOWLING CHALLENGE
Let’s lace up those bowling shoes for a little friendly, fun competition on a wintry day. Prizes for top scorers.

Date: Wednesday, February 19
Time: 8:30 - 11:00 am
Location: Westport Bowling Lanes
Fee: $10 pp (Lanes, Shoes & Transportation)
Program # 22-149

PORTLAND POPS
Multi-instrument phenom, Dave Bennett joins the Portland Symphony Orchestra to present A Whole Lotta Shakin’: Swing to Rock. This salute to the Roots of Pop will have you rocking in your seat... Swing Era to early rockabilly and country, to Elvis, Jerry Lee Lewis, Johnny Cash, the Beatles and more. No refunds after 1/30/20.

Date: Sunday, February 23
Time: 1:45 - 5:00 pm
Fee: $56 pp (Tickets & Transportation)
Program # 22-150

LUNCH & LEARN
Tour the Gulf of Maine Research Institute (GMRI) lab and education facility located on the Portland waterfront. This informal session provides an introduction to their work and an opportunity to better understand GMRI’s role in the community. Join us to hear the latest news about the Gulf of Maine, meet GMRI staff, and enjoy casual conversation over a complimentary lunch.

Date: Thursday, March 5
Time: 11:00 am - 1:30 pm
Fee: $3 pp(Tour, Lunch & Transportation)
Program # 22-151

SPRING MUSIC CONCERT
This concert will feature over 160 Cape Elizabeth High School musicians as they celebrate "Music in Our Schools Month!" The concert will showcase the instrumental and choral ensembles performing marches to contemporary works. It promises to be a fantastic evening highlighting the accomplishments of CEHS student musicians.

Date: Thursday, March 19
Time: 7:00 - 9:00 pm
Fee: Free
Location: CEHS Auditorium
LITTLE WOMEN THE MUSICAL
Performing in Biddeford’s Historic Opera House, City Theater brings to life this timeless, captivating story following the adventures of sisters, Jo, Meg, Beth and Amy March growing up in the Civil War America. No refunds after 1/30/20.

Date: Sunday, March 22
Time: 12:45 - 4:30 pm
Fee: $29 pp (Transportation & Ticket)
Program # 22-152

JAZZ CABERET
Featuring eight ensembles from both the high school and middle school performing works by Count Basie, Duke Ellington, Thad Jones and many more. Maine native Trent Austin will be joining the big bands. He is a highly sought after clinician and guest performer and we are thrilled to host him here in Cape Elizabeth.

Date: Friday, March 27
Time: 6:00 - 9:00 pm
Location: CEHS Auditorium
Fee: $5 pp (Payable at Door)

MAINE STATE BALLET
Performing Beauty and the Beast, the fairy tale production of a young girl, Belle who becomes captive by the Beast. This story of love will charm you as will the scenes and costumes with their sense of fantasy, whimsy and stagecraft. No refunds after 1/15/20.

Date: Sunday, April 5
Time: 1:00 - 4:15 pm
Fee: $28.50 pp (Ticket & Transportation)
Program # 22-153

COLBY MUSEUM OF ART
With the new Alfond-Lunder Family Pavilion, expanded collection, and vibrant exhibition program, the Colby Museum is a destination to experience great art. Lunch on own at onsite Café.

Date: Thursday, April 16
Time: 8:30 am - 2:30 pm
Fee: $10 pp (Transportation)
Program # 22-154

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

Date: Wednesday, April 22
Time: 9:00 am - 3:00 pm
Fee: $7 pp (Transportation)
Program # 22-155

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 one week prior to the performance.

Jan 20 Love/Sick LMT
Jan 23 Casa Valentina TPP
Mar 19 Pride & Prejudice TPP
Mar 19 Fun House LMT
TPP The Portland Players $5.00
LMT Lyric Music Theater $10.00
OUTINGS, ARTS & ENTERTAINMENT

CLUB 62+
Sign up to dine out. Park at the Community Center and climb aboard our 14 passenger mini bus and together we will set out on a culinary adventure in search of unique experiences, favorite meals, new cuisines or just a beautiful view to enjoy among the company of others. Meals are on own unless otherwise noted. Please be prepared to pay in cash. Eight person minimum.

NORTH 43 BISTRO
Overlooking Spring Point Marina, Fort Gorges and Portland’s West End, enjoy Chef Stephanie’s fixed lunch menu including your choice between two entrees and a dessert for $15 per person not including beverage or gratuity.

Date: Thursday, January 9
Time: 11:45 - 1:45 pm
Fee: $3 pp (Transportation)
Program # 22-156

OLD PORT SEA GRILL
Located in the heart of Portland’s Old Port, the Old Port Sea Grill offers a seafood driven menu focusing on a variety of local and imported fresh fish and shellfish. Non seafood items also available.

Date: Wednesday, January 22
Time: 11:15 - 1:15 pm
Fee: $3 pp (Transportation)
Program # 22-159

NONSEUCH RIVER BREWING
Enjoy locally inspired cuisine and seasonal favorites. Each delicious dish is handcrafted to please your palate including soups, salads, sandwiches and seafood.

Date: Friday, February 7
Time: 11:00 - 1:15 pm
Fee: $5 pp (Transportation)
Program # 22-157

CELEBRATING ST. PATRICK’S DAY
Enjoy a catered boiled dinner before the Stillson School of Irish Dance perform traditional Irish step dance in their sparkling, colorful costumes. Director Carleen Moran Stillson will tell us about the history of the dance and explain the reasons for the costume designs. No refunds after 2/27/2020.

Date: Friday, March 13
Time: 11:30 - 1:00 pm
Fee: $20 pp (Lunch & Entertainment)
Location: CE Fire Station
Program # 22-160

VALENTINE’S DAY LUNCH
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 after 1/30/2020.

Date: Friday, February 14
Time: 11:45 - 1:45 pm
Fee: $21 pp (Lunch, Gratuity & Transportation)
Program # 22-158
For those of you 62 and older, our goal is to engage you in activities that keep you connected, active, learning and laughing. We encourage you to get involved in your community by participating in our activities and events. Enroll in a fitness class, attend Senior Swim, join us for a lunch or hop aboard our mini bus for one of our guided tours or day-trips. **To ensure our programming is successful, please register early.** A minimum of eight participants is required.

### Celebrating Maine Series

Thousands of years of history have shaped the Maine we are today. We thought we would kick off Maine’s Bicentennial with a selection of Maine focused exhibits and performances.

#### HOLDING UP THE SKY; WABANAKI PEOPLE, CULTURE, HISTORY & ART
Exploring philosophies of leadership and obligation of Wabanaki residence in what is now known as Maine. The Maine Historical Society exhibit was guided by a team of advisors and includes historic and contemporary works, everything from ash baskets to haute couture fashion.

- **Date:** Wednesday, January 15
- **Time:** 9:30 - 12:00 pm
- **Fee:** $8 pp (Guided Tour, Admission & Transportation)
- **Location:** Maine Historical Society
- **Program #** 22-161

#### ALMOST MAINE
Offering charming vignettes about love and life in a remote, mythical almost-town called Almost, Maine, this beloved critically acclaimed play broke box office records and delighted audiences across the globe after its premiere at Portland Stage in 2004. No refunds after 1/15/2020.

- **Date:** Thursday, February 6
- **Time:** 1:15 - 4:30 pm
- **Fee:** $42 pp (Ticket & Transportation)
- **Location:** Portland Stage Company
- **Program #** 22-162

#### STATE OF MIND; BECOMING MAINE
This Maine Historical Society’s exhibit will feature manuscripts and items relating to statehood and the changing landscape from yesterday to today and looking ahead to tomorrow.

- **Date:** Wednesday, March 18
- **Time:** 2:00 - 4:00 pm
- **Fee:** $8 pp (Guided Tour & Transportation)
- **Location:** Maine Historical Society
- **Program #** 22-163

#### 20x20: MARKING 200 YEARS OF MAINE HISTORY
Docent led museum highlights tour, lunch on own ending with bicentennial exhibit presenting twenty stories of Maine’s past, present, and future for 200 years of statehood.

- **Date:** Wednesday, April 1
- **Time:** 10:00 - 1:15 pm
- **Fee:** $18 pp (Admission, Guided Tour & Transportation)
- **Location:** Portland Museum of Art
- **Program #** 22-164

#### PATH TO STATEHOOD
This 90-minute docent led tour will start in the award winning Made in Maine exhibit, followed by 12,000 Years in Maine highlighting the first inhabitants and ending with the Path to Statehood, its Bicentennial exhibit. Lunch on own at nearby Cross Café.

- **Date:** Friday, April 10
- **Time:** 7:45 am - 2:00 pm
- **Fee:** $10 pp (Guided Tour & Transportation)
- **Location:** Maine State Museum
- **Program #** 22-165
**SENIORS**

**FIT TO LIVE YOGA –TUESDAYS/THURSDAYS**
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.

**Dates:** Tuesdays/Thursdays  
**Time:** 10:15 – 11:00 am  
**Walk in Fee:** $9.00 per class  
**Location:** CS Activity Room  
**Instructor:** Patty Medina

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**WATER WORKS**
Come join us for the best overall low-impact exercise program there is! You’ll work all the major muscle groups, increase muscle tone, build strength and endurance. The buoyancy of the water is an excellent way to alleviate pressure on the joints improve posture and range of motion. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys for an awesome core workout and finish with water weights. The stretching and relaxation session completes a well rounded program. You will be energized for the day!

**Date:** Mon/Wed/Fri  (No class 1/20, 2/17 & 4/20)  
**Time:** 8:00 - 8:55 am  
**Walk in Fee:** $7  
**Location:** Richards Community Pool  
**Instructor:** Patty Medina

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**TECH TIME**
Fourth Wednesday, Monthly  
10:30 - 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.

**SENIOR OPEN SWIM**
Monday - Friday  
9:00 am - 10:00 am  
Richards Community Pool  
**Walk in Fee:** $4

Need to increase your strength, improve your heart health, flexibility, mental well being, or reduce risk of falling or osteoporosis? Swimming can offer all these benefits and the Richards Community Pool is open exclusively for you on weekdays.
YOUTH PROGRAMS

BARNACLES 1 (6-18 MONTHS OLD)
This parent with child in the water program is a water orientation class with the instructor guiding the parent in teaching their child basic skills of swimming in a play-group atmosphere.

BARNACLES 2 (18 MONTHS-3+ YEARS OLD)
This parent with child program is structured with an emphasis placed on independence and group learning. Class consists of structured instructional time, safety skills, and playtime.

TURTLES: (2-1/2-4 YEARS OLD)
Prerequisite: Barnacles 2, or permission from pool staff. This parent/child class will allow children to continue working on water comfort and basic swimming skills, while working on becoming more independent in the water, and working towards swimming without direct parent participation.

DUCKLINGS/DOLPHINS (3-6 YEARS OLD)
Children are grouped by ability level and taught personal safety skills, underwater skills, independent swimming skills, and floating skills. Our caring and supportive instructors will help build the confidence and strength of each swimmer while enabling them to grow independently in the water.

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

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

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

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

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.

PRIVATE SWIM LESSONS
Private swim lessons are available for any skill level, from water adjustment to triathlon training. Separate from group lessons, they are based on instructor availability and can be set up any day during the week. Lessons are 30 minutes in length and set up in a one, two or three participant to one instructor ratios. Please fill out the request form on our website and the aquatic coordinator will be in touch to schedule your lessons as soon as possible! Lesson packages are available in four 30 minute sessions.

Visit www.capecommunityservices.org to complete our online request form.

Rates:
1 swimmer—$100 ($25 per lesson)
2 swimmers—$160 ($20 per swimmer/lesson)
3 swimmers—$180 ($15 per swimmer/lesson)
## YOUTH PROGRAMS

### 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. We do require all swimmers to have a pair of goggles that do not cover the nose. We suggest TYR Vesi or Speedo Vanquisher styles (available on Amazon) Swimmers will participate in friendly swim meets against the South Portland Rip Tide Swim Club, with the main focus on setting goals, and improving personal best times. Maximum: 40 participants.

*Parent pick-up or extended care only, no late bus.* (No class April Vacation week)

**Dates:** Tuesday/Thursday April 2 - May 28th  
**Time:** 3:00 4:15 pm  
**Location:** Richards Community Pool  
**Fee:** $140  
**Instructors:** Jess Blake, Tom DeYoung, Alina Perez and CS Swim Staff  
**Program #** 22-274

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**SESSION 1 JANUARY 2 - FEBRUARY 10**  
Mondays 1/6 - 2/10 (No Class 1/20)  
Thursday 1/2 - 2-6  
Saturdays 1/4-2/1
## YOUTH PROGRAMS

### SESSION 2 FEBRUARY 24 - APRIL 4

Mondays  2/24 – 4/6  
Thursdays  2/27 – 4/9  
Saturdays  2/29 – 4/4  

Registration Opens: Monday, February 10th

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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**

Saturdays: 2:45 – 3:45 pm & 3:45 – 4:45 pm
Sundays: 1:00 – 2:00 pm
Café immediately following pool rental

Become a strong swimmer and be part of a fun team at Coastal Maine Aquatics (CMA)! A USA Swimming sanctioned club, we offer year-round coaching to all levels of young swimmers, age 6 to 18, from basic stroke development, to collegiate level competition, and everything in between. Practices are close-by -- at the CEHS pool and the S.P. Community Center pool. For more information, contact head coach Marcel DaPonte at marcel@coastalmaineaquatics.com.

Swim fast...have fun....join CMA!
YOUTH PROGRAMS

BOUNCING BUDS (Ages 2-3)
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 visitors are not allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing. No Jeans please. Please contact the Brio Dance Studio office at 253-1700 for any additional information.

Day: Thursday
Time: 9:30 - 10:00 am
Location: Community Center, Living Room
Instructor: Julie Wilkes, Brio Dance Studio

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* Snow Dates 2/27 & 4/16

SPINNING SPROUTS (Ages 3-5)
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 visitors are not allowed during class. Requirements: each student will need to bring a pair of socks or flexible shoes and dress shoes (for tap technique) to every class. Ballet and tap shoes are recommended, but not required. Please send your dancer in comfortable clothing. No Jeans please. FMI contact Brio Dance Studio at 253-1700.

Day: Thursday
Time: 10:15 - 11:00 am
Fee: $78
Location: Community Center, Community Room
Instructor: Julie Wilkes

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* Snow Dates 2/27 & 4/16

TODDLER GYM (Ages 1-3)
Moms, Dads and Caregivers: 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: Friday, 1/10 – 4/3 (no session 2/21)
Time: 10:30 - 12:00 pm
Walk-in Fee: $5/Family
Location: Community Center, Activity Room

CAPE CARE OPEN HOUSE
Tuesday, March 3rd
5:30 pm - 7:00 pm

Come check out Cape Care Preschool. Meet the teachers, see the classrooms, and learn about all of our programs.

Half and Full Day Preschool
Caterpillars 3 - 4 year olds
Butterflies 4 - 5 year olds
Before Care 7:15 to 8:30 am
After Care 2:30 to 5:30 pm
YOUTH PROGRAMS

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

Date: Thursday, February 20
Time: 9:30 - 10:30 am
Fee: $6/parent & 1 child - additional child $3
Location: Meet at the end of Fenway Rd
Instructor: Philip Mathieu
Program # 22-316

MINDFUL DRAWING & PAINTING (Grades 2–4)
Students will have the opportunity to draw from imagination or from a particular object of choice using graphite, charcoal, pastels, colored pencils and markers. Tempera paintings will be made from drawings or as new projects altogether. Mindfulness exercises will be used to complement the creative process. Materials included.

Day: Tuesday
Time: 3:00 - 4:00 pm
Location: Community Center, Meeting Room
Instructor: Chris Reed
Program # 22-317

MINDFUL SCULPTING (Grades 2–4)
This class will provide students with the opportunity to explore a variety of ways to create sculptures using clay, paper, cardboard, cups, wire and other objects. Mindfulness exercises will be used to generate creative ideas.

Day: Thursday
Time: 3:00 - 4:00 pm
Location: Community Center, Living Room
Instructor: Chris Reed
Program # 22-319

BRICK BY BRICK MAINE LEGO WINTER FUN! (Grades K-3)
Join us for this 8 week session where we build things associated with winter! Our weekly Lego builds will include a snow plow, an igloo, a polar bear and an ice dragon! Classes will begin with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once their individual project is completed to their liking, students can free build with a huge assortment of Lego bricks!

Dates: Tuesday, 1/28 - 3/24 (No class on 2/18)
Time: 3:00 - 4:00 pm
Fee: $106
Location: Pond Cove, Health Room
Program # 22-321

BRICK BY BRICK MAINE LEGO OCEANIC FUN! (Grades K-3)
Join us for the spring session where we celebrate the creatures and activities of the ocean! Our weekly builds will include a shark, a crab, a sea turtle and a submarine. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once their individual project is completed to their liking, students can free build with a huge assortment of Lego bricks!

Date: Tuesday, 4/28 - 6/2
Time: 3:00 - 4:00 pm
Fee: $80
Location: Pond Cove, Health Room
Program # 22-322

SUPER SITTER SKILLS (Ages 11 & Up)
Learn childcare essentials, safety, safe play, basic care, first aid, leadership and professionalism to help you be the best sitter you can be. Students must be at 11 years old prior to class date and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive American Red Cross certification and keep the workbook. In this hands-on, interactive course, lifesaving skills will be practiced on manikins and fellow participants. Please bring a lunch.

Date: Saturday, Mar. 7
Time: 8:30 am - 4:00 pm
Fee: $84
Location: Community Center, Community room
Instructor: Karen Seymour
Program # 22-323
MUSICAL THEATER (Grades K-4)
Learn to sing, dance, and act in this fun and energetic class! Students will learn songs and dances from popular Broadway shows. This high energy class builds strength, encourages creativity, and improves self-esteem. An informal performance will be held during the last class. No previous experience is required.

GRADES K – 1
Date: Thursday, 1/2 – 3/12 (No class 2/20)
Time: 3:00 - 4:10 pm
Fee: $135
Location: Community Center, Activity Room
Instructor: Barry Brinker
Program # 22-324

GRADES 2 - 4
Dates: Thursday, 3/26 – 6/4 (No class 4/23)
Time: 3:00 - 4:10 pm
Fee: $135
Location: Community Center, Activity Room
Instructor: Barry Brinker
Program # 22-325

DRAMA KIDS (Grades K-4)
Come ‘ACT UP’ in this exciting class! Kids who take Drama Kids classes have tons of fun and develop important confidence-building skills that will help them personally and academically. Activities include improvisations, mini-scripts, speaking skills, character analysis, theater games, creative movement and an informal performance. If you want your child to get a jump on achievement, enroll them today!
Dates: Wed, 1/8 - 4/8 (No class 2/19 & 3/18)
Time: 3:00-4:00 pm, Early Release Time 2:00-3:00 pm
Fee: $190
Location: Pond Cove, Gymnasium
Instructor: Jennifer Harriman
Program # 22-326

IRISH DANCE BEGINNERS (Grades K-4)
Students in grades K-4 will learn the basics of Irish Dancing with a ten week introductory course. We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Riverdance on Broadway and most recently finished a year long US National Tour with Rockin’ Road to Dublin. No late bus on Fridays, parent pick up only.
Date: Friday, 1/10/20 - 3/27/20 (No class 2/21, 3/13)
Time: 3:00 - 4:00 pm
Fee: $165
Location: Pond Cove Gymnasium
Instructor: Mairead Stillson
Program # 22-327

IRISH DANCE ADVANCED (Grades K-4)
Students in grades K-8 will build upon the basics of Irish Dancing with a 10 week advanced course. No late bus on Fridays, parent pick up only.
Date: Friday, 1/10/20 - 3/27/20 (No class 2/21, 3/13)
Time: 4:15 - 5:15 pm
Fee: $165
Location: Pond Cove Gymnasium
Instructor: Carlene & Mairead Stillson, Stillson School of Irish Dance
Program # 22-328
TAP/JAZZ (Grades K-2)
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 parents and visitors will be asked to wait in the lobby during class time.

Day: Friday
Time: 3:00-4:00 pm
Location: Community Center, Activity Room
Instructor: Julie Wilkes, Brio Dance Studio

Dates               Fee    Program
1/10 - 2/14         $83    22-329
3/6 - 4/10          $83    22-230

TAP/JAZZ 2 (Grades 3-5)
This class is for dancers who have taken at least one year of tap and jazz or ballet and are ready to take their training to the next level. We will build upon skills taught in beginning tap and jazz classes. Each class will include a warm-up, stretching, rhythm, exercises, progressing dance steps, working with classmates and improvisation. We ask that all dancers bring tap shoes each week to class. Please contact the Brio Dance Studio office at 253-1700 with class placement questions and for additional information. Ask about our shoe swap program!

Day: Friday
Time: 4:00-5:00 pm
Location: Community Center, Activity Room
Instructor: Julie Wilkes, Brio Dance Studio

Dates               Fee    Program
1/10 - 2/14         $83    22-331
3/6 - 4/10          $83    22-332

HIP/HOP (Grades 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 send your dancer in comfortable clothes and indoor sneakers. No jeans please.

Day: Tuesday
Time: 3:00 - 4:00 pm
Location: Pond Cove Gymnasium
Instructor: Julie Wilkes, Brio Dance Studio

Dates               Fee    Program
1/7 - 2/11          $83    22-333
3/3 - 4/7           $83    22-334

DRUM/PERCUSSION GROUP (Grades 3-4)
This class is an opportunity to develop musicianship through drumming and other various percussion instruments. We will work on a variety of different drum beats, percussion, melodies and mallet techniques.

GRADE 3
Date: Thursday, 1/9 – 1/30
Time: 3:00 - 4:00 pm
Fee: $20
Location: Pond Cove, Music Room
Instructor: Rebecca Bean
Program # 22-335

Group will perform with the 3rd Grade Concert on February 5th* at 6:30 pm in the Pond Cove Cafeteria.

* Snow date is 2/6. Please note this is the same night as the Ski Bus to Shawnee Peak. Students who enroll in this group should plan to make a commitment to be available for the concert night and the snow date.

GRADE 4
Date: Tuesday, 1/7 – 1/28       * Snow date is 2/4
Time: 3:00 - 4:00 pm
Fee: $20
Location: Pond Cove, Music Room
Instructor: Rebecca Bean
Program # 22-336

Group will perform with the 4th Grade Concert on February 3rd at 6:30 pm in the Pond Cove Cafeteria.
High Touch High Tech of Maine offers hands-on workshops that foster authentic science learning—bringing scientific concepts out of the classroom & into the everyday lives of students. Join Dr. Genia Sklute as she unleashes the scientist in all of us.

**EARTHSCAPADES (Grades K-2)**
From the creepy crawlies that live on the surface to the beautiful gems buried way deep.............learn all there is to know about the Earth.

- **Date:** Monday, 1/6 - 2/24 (No class 1/20 & 2/17)
- **Time:** 3:00 - 4:00 pm
- **Fee:** $105
- **Location:** Pond Cove, Health Room
- **Program #** 22-337

**PLANTIMAL PARTY (Grades K-2)**
Enter the world of biology and learn about fascinating creatures and where they live. Explore everything from plants and bees to octopuses and jellyfish. Even the tiniest organisms are included!

- **Date:** Monday, 3/16 - 4/27 (No 4/20)
- **Time:** 3:00 - 4:00 pm
- **Fee:** $105
- **Location:** Pond Cove, Health Room
- **Program #** 22-338

**EARTH-O-SPHERE (Grades 3-4)**
Discover all there is to know about the Earth from the layers underground and fossils to the sun! Blast into space and learn about Mars and the moon.

- **Date:** Tuesday, 1/7 - 2/11
- **Time:** 3:00 - 4:00 pm
- **Fee:** $105
- **Location:** CECS, Living Room
- **Program #** 22-339

**ENGINEERING AND ENERGY (Grades 3-4)**
Learn all about physics from Newton to flight, light, and electricity. Find ROY G BIV, launch a rocket and more.

- **Date:** Tuesday, 3/3 - 4/7
- **Time:** 3:00 - 4:00 pm
- **Fee:** $105
- **Location:** CECS, Living Room
- **Program #** 22-340

**FINALLY FUN SCIENCE PART 1 (Grades 5-7)**
Finally.....have some fun with science as we roll up our sleeves and do REAL science experiments. Explore everything from engineering and chemistry to biology and space as we make hover crafts, roller coasters, salt bonds, craters, neurons, and so much more!

- **Date:** Friday, 1/10 - 2/14
- **Time:** 2:30 - 3:45 pm
- **Fee:** $115
- **Location:** CEMS Art Room
- **Program #** 22-341

**FINALLY FUN SCIENCE PART 2 (Grades 5-7)**
Finally.....have some fun with science as we roll up our sleeves and do REAL science experiments. Explore everything from engineering and chemistry to biology and space as we make hover crafts, roller coasters, salt bonds, craters, neurons, and so more!

- **Date:** Friday, 3/13 - 5/1 (No class 4/17 & 4/24)
- **Time:** 2:30 - 3:45 pm
- **Fee:** $115
- **Location:** CEMS Art Room
- **Program #** 22-342
MAD SCIENCE ENERGIZE IT! (Grades K-4)
Hop on board the Mad Science express for a high-speed, hands-on science experience guaranteed to energize your mind! Explore the many facets energy, forces, motion, potions, and yes...slime! Reach for your potential...and kinetic energy as you experiment with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel mysteries of magic using science. Slide down the colorful pH scale and make liquids bubble, fizz, and pop. Learn the physics of optical illusions and build your own periscope. Ooze into a gooey hour of sliming around and make multiple slime concoctions. Act out hot molecule movements and discover some unusual applications of glow-in-the dark technology. Explore forces by making centrifuges, spinning gyroscopes, and building your own center of gravity game. This program is so energizing, even gravity won't keep you down! Put your seat belt on...these energetic classes are going to make you have a blast!

**Date:** Thursday, 1/23 – 3/19 (No class 2/20)
**Time:** 3:00 - 4:00 pm
**Fee:** $116
**Location:** Pond Cove, Health Room
**Instructor:** Mad Science Staff
**Program #** 22-343

WARRIOR YOGA GAMES (Grades K-4)
In this class, students will learn basic yoga poses in a fun and unique manner. This yoga class isn’t about perfecting alignment it’s about making yoga fun and accessible to all! Warrior Yoga includes games, imagination, partner poses, silly breathing techniques, art, stories and more. It gives students an outlet to be creative in their own bodies and minds and to be a Warrior of Strength for, not only themselves, but for others as well. The techniques taught will help them understand how to identify and control their own emotions, and will teach them to be a kind presence to others and themselves. This class allows them to just be themselves! No experience necessary.

**Date:** Monday (No class 1/20)
**Time:** 3:00 - 4:00 pm
**Location:** Session 1-Community Center Living Room/Session 2 & 3 Pond Cove, Gymnasium

TABLE TENNIS/PING PONG (Grades 5-8)
Join your friends after school for a challenging round of table tennis. Skills, drills, team spirit, and leadership opportunities await any player at any level who has a love for the game! Get in on the fastest growing racquet sport in the world. Table tennis is a healthy form of exercise that is good for the brain. Come join other players as we build the Cape table tennis legacy.

**Date:** Mon/Wed, 1/13 – 2/12 (No class on 1/20)
**Time:** 2:30 - 4:00 pm / Early Release Time 1:30 - 3:00 pm
**Fee:** $75
**Location:** Middle School, Gymnasium Lobby
**Instructors:** Chris Drake & Volunteers
**Program #** 22-347

BEGINNERS YOUTH GROUP GUITAR (Grades 3-8)
The best time to learn music is when you’re young and guitar is a great introduction to it. This class is a beginner’s class and a continuation, if you have taken it before. Students will be taught melodies and chords to play their favorite tunes. Learning guitar in a group format is an interactive and fun experience. The instructor has taught children in individual and group settings for many years. Students will need to provide their own guitars. If helpful, the instructor will gladly provide guidance on the purchase of a guitar. Hal Leonard Guitar Method Book 1 is required for the class (not included).

**Date:** Wednesday, 2/5-4/15 (No class 2/19)
**Time:** 5:30-6:30pm
**Fee:** $150
**Location:** Community Center, Meeting Room
**Instructors:** John Johnstone
**Program #** 22-348
YOUTH PROGRAMS

WINTER MINECRAFT (Grades 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 winter blast!

Location: Middle School, Computer Lab
Instructor: Jack Duffy
Fee: $50

GRADES 2-4
Day: Tuesday
Time: 3:00 – 4:00 pm
Date          Classes   Program
1/14 - 2/11   5         22-349
3/3 - 3/31    5         22-350

GRADES 5-8
Day: Monday (no class 1/20 & 2/17)
Time: 2:30 – 4:00 pm
Date          Classes   Program
1/13 - 2/24   5         22-351
3/2 - 3/30    5         22-352

MINECRAFT FEBRUARY VACATION CAMP (Grades 2-8)
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 a winter vacation blast!

Date: Tuesday – Friday, 2/18 - 2/21
Time: 8:30 - 11:30 am
Fee: $108
Location: Middle School Computer Lab/ Library Learning Commons
Instructor: Jack Duffy
Program # 22-353

MOVIE MAKING (Grades 1-4)
Write, act and star in an original short film! Together students will create an original character, write a screenplay and bring their story to life on screen. During production everyone will have the chance to take on leadership roles as actors, directors, camera operators, editors and production managers. Using Movie editing software students will polish their work, score their movie, add sound effects and create titles and credits. The course will culminate with a private film screening for students in true Hollywood style!

Day: Tuesday Time: 3:00 - 4:00 pm
Location: Pond Cove, Media Center
Instructors: Laura Cowie & Katherine Nicoll, Unwritten Roads

GRADES 2-4
Date          Classes   Fee     Program
1/7 - 2/25    7         $129   22-354
No class 2/18

GRADES 1-4
Date          Classes   Fee     Program
4/7 - 5/26    7         $129   22-355
No class 4/21

FEBRUARY/APRIL VACATION CAMP (Grades K-6)
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 lunch and a water bottle. Field trips TBA

FEBRUARY VACATION CAMP
Date: Tuesday-Friday, 2/18 - 2/21
Time: 8:00 am - 4:00 pm
Fee: $168
Location: CC After Care Room
Program # 22-356

APRIL VACATION CAMP
Date: Tuesday - Friday, 4/21 - 4/24
Time: 8:00 am - 4:00 pm
Fee: $168
Location: CC After Care Room
Program # 22-357

MINECRAFT FEBRUARY VACATION CAMP (Grades K-6)
(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 winter blast!)
YOUTH PROGRAMS

KARATE
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

KARATE LITTLE NINJAS (Ages 3-5)
Day: Mon/Wed, No class 2/17, 2/19, 3/18, 5/25
Time: 2:15 - 3:00 pm/Early Release Time 1:15 - 2:00 pm
Location: CC Activity Room

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<tr>
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<td>3/11 - 4/15</td>
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<td>4/29 - 6/3</td>
<td>$115</td>
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KARATE KIDS (Grades K-2)
Day: Mon/Wed, No class 2/17, 2/19, 3/18, 5/25
Time: 3:00 - 4:00 pm/Early Release Time 2:00 - 3:00 pm
Location: CC Activity Room

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<td>4/29 - 6/3</td>
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KARATE NINJAS (Grades 3-8)
Day: Mon/Wed, 2/17, 2/19, 3/18, 5/25
Time: 4:30 - 5:30 pm/Early Release Time 3:30-4:30 pm
Location: CC Activity Room

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<td>4/29 - 6/3</td>
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GLOBAL PREMIER SOCCER (GPS) SKILLS
You have previously enjoyed Global Premier Soccer in our Spring, Summer and Fall sessions here in Cape. Now take a kick at their indoor winter clinics. It is the perfect way to extend your child’s soccer experience. The Skills 11 is the first step on the ladder of the club soccer development pyramid and by joining the program your child gets the opportunity to work with our licensed full time coaching staff.

Fee: $62
Location: Pond Cove, Gymnasium
Instructors: GPS Staff

GPS MINI KICKERS (Ages 3-4)
The GPS Mini Kickers curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 3

Date: Sunday, 1/5 – 2/2/20
Time: 2:00 - 2:45 pm
Program # 22-367

GPS JUNIORS (Ages 5-6)
The GPS Juniors curriculum teaches soccer fundamentals to young players in a fun, high energy environment. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 4

Date: Sunday, 1/5 – 2/2/20
Time: 3:00 - 3:45 pm
Program # 22-368

GPS SKILLS 11 (Grades 1-2)
The GPS Skills 11 program will focus on 1v1 attacking moves taken from some of the best players in the world. The program will focus on ball mastery and encourage our players to be confident in trying to execute a variety of 1v1 moves in both non-pressure, 1v1 situations. Ball Size: 4

Date: Sunday, 1/5– 2/2/20
Time: 4:00 - 5:00 pm
Program # 22-369
### INDOOR TENNIS CLINICS (Age 4-Grade 8)

Tennis players can continue to develop their tennis talent through the winter months. These indoor tennis clinics provide a great opportunity for new-comers to develop basic skills or for veteran players to tune-up their game. Players should bring their own tennis racket if they have one. Please wear sneakers and comfortable clothing.

**Day:** Saturday  
**Fee:** $60  
**Location:** Pond Cove Gymnasium  
**Instructor:** Coach Mary Gray

#### SESSION 1  1/11/20 - 2/8/20

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<tr>
<th>Grade</th>
<th>Time</th>
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<tbody>
<tr>
<td>Ages 4-K</td>
<td>10:15-11:00 am</td>
<td>22-370</td>
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<tr>
<td>Gr. 1-2</td>
<td>11:00-11:45 am</td>
<td>22-371</td>
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<tr>
<td>Gr. 3-4</td>
<td>11:45 am-12:30 pm</td>
<td>22-372</td>
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<tr>
<td>MS Ladder Play</td>
<td>12:30 pm -1:15 pm</td>
<td>22-373</td>
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#### SESSION 2  3/7/20 - 4/4/20

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<td>Gr. 3-4</td>
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<tr>
<td>MS Ladder Play</td>
<td>12:30 pm -1:15 pm</td>
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### THURSDAY INDOOR TENNIS (Age 4-Grade 5)

Join Coach Mary Gray for USTA Quickstart Tennis designed to help players learn and play the game of tennis. The size of the court and 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.

**Date:** Thursday, 1/16 - 2/27, No class 2/20  
**Fee:** $72  
**Location:** Pond Cove Gymnasium  
**Instructor:** Coach Mary Gray

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<tr>
<td>Ages 4-K</td>
<td>4:30-5:15</td>
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### SUNDAY FAMILY TENNIS *NEW*

Join us on Sundays to enjoy some indoor tennis as a family! Adults will focus on the development of their own skills, while also learning how to work with your child/children on the court. This format has proven to be extremely successful AND a great time! If you are interested in tennis, you have a child who already plays, or you wish to introduce your child to this wonderful lifetime sport, give this new format a try!

Adults may register with any number of children. Clinics offered are based on **the age of the youngest participant**. Choose accordingly!

**Day:** Sunday  
**Location:** Pond Cove Gymnasium  
**Fee:** 2 Participants $114  
3 Participants $165  
4+ Participants $213  
**Instructor:** Coach Mary Gray

#### SESSION 1  1/12/20 - 2/9/20

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<td>6-8</td>
<td>11:00-11:45 am</td>
<td>22-382</td>
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<td>9-11</td>
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#### SESSION 2  3/8/20 - 4/5/20

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<td>6-8</td>
<td>11:00-11:45 am</td>
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<td>9-11</td>
<td>11:45 am-12:30 pm</td>
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![Image of children playing tennis](image-url)
CAPE YOUTH TRAVEL LACROSSE (Grades 3-6)
REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 28TH. NO LATE REGISTRATIONS

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

VERY IMPORTANT: All families, including returning players, should plan to attend the Parent/Player Meeting. Players must attend at least one practice in the week leading up to a game in order to be eligible to play in that week’s games. Practice cancellations due to weather will not be counted against a player.

BOYS LACROSSE

*BOYS MANDATORY PARENT MEETING*
Tuesday, March 3rd at 6:00 pm - MS Library.
Uniform fitting immediately following.

3RD/4TH GRADE - At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

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

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

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

Fee: $160 (complete uniform), $120 (required new short only)

Boys 3/4 Program # 23-300
Boys 5/6 Program # 23-301

Boys Contact: Katy Wallace at kathryndanawallace@gmail.com

GIRLS LACROSSE

*GIRLS MANDATORY PARENT MEETING*
Wednesday, March 4th at 6:00pm – MS Library
Uniform fitting immediately following.

3RD/4TH GRADE - At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

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

Indoor practice: Tues/Thurs; 3/10/20 - 3/26/20
Time: 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.
Location: CEMS Gym

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

Fee: $160 (complete uniform), $120 (required new short only)

Girls 3/4 Program # 23-302
Girls 5/6 Program # 23-303

Girls Contact: JoElle Stoecklein at jojo1012@me.com

Instructors: Parent volunteers are critical for the success of our Travel Programs! We need your involvement to succeed. Please join the fun. Inquire about helping as a Team Administrator, Equipment Manager, Cape Classic Planning Committee Member and Coaching. Coaching clinics are available.
SHAWNEE PEAK ALPINE SKI PROGRAM (Grades 3-10)

Skiers and riders in grades 3-10, will head to Shawnee Peak for an evening of skiing or snowboarding. Beginners and advanced skiers/riders alike will benefit from the one hour instruction and have an opportunity to free ski for the remaining hour. Beginning skiers/riders will remain with instructors until they are comfortable getting on and off the lift without assistance. Advanced skiers/riders in 6th grade and up, will have the option of free ski/ride with no lessons. Parent chaperones are needed for this program. **WE ARE ONLY ABLE TO TAKE 2 BUSSES/100 KIDS MAX. NO 3RD BUS THIS SEASON!!**

**Date:** Thursday, 1/16-2/27 (no program on 2/20 make up 3/5, if needed)
**Time:** 3:00-8:45 pm
**Program #** 22-387

**Fees:**
A) * Lift Ticket Only $278
B) Lift Ticket and Lessons $373
C) * Lift Tickets and Rentals $392
D) Lift Ticket, Lessons & Rentals $487
E) Helmet Rentals $48

*Available to students in grades 6 -10 who demonstrate appropriate ski level.

**Ski Levels:** Please choose the level that best describes your child’s ski ability
1. First time Skiers
2. Skied a few times without formal instruction
3. Wedge turns on easy terrain, controls speed with shape of turn
4. Matches skies at the end of turn, begins to explore blue terrain
5. Finishes turns with skis parallel
6. Open track parallel uses edges and pressure in turns
7. Skis parallel all the time, rhythm & movement in turns
8. Aggressive carved turns, able to control speed on all terrain

**Snowboard Levels:** Please choose the level that best describes your child’s snowboard ability
1. First time snowboarder
2. Snowboarded some
3. Fairly proficient border

Please contact Community Services for more information or to register. Space is limited.

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NORDIC SKI/PARENT & CHILD (GRADE K-5)

Cape Nordic will once again run a non-competitive Youth Nordic Ski program for new and intermediate skiers. The focus will be on fun games and activities to improve balance and increase comfort on skis. This is a family program designed for parent/child. Skiers will also be eligible to participate in New England Nordic Ski Association, the Bill Koch League. FMI: [www.nensa.net](http://www.nensa.net)

**Date:** Sunday 1/5, 1/12, 1/26, & 2/2 (Make up 2/9)
**Time:** 12:30 - 2:00 pm
**Fee:** $50
**Location:** Gull Crest Fields
**Instructors:** Debora Hatton & Cape Nordic Volunteers
**Program #** 22-388
Cape Elizabeth Community Services (CECS) has been managing Fort Williams Park since January 2019. Our treasured park is host to a variety of mixed uses throughout the year and we work cooperatively with numerous stakeholders, public works, seasonal park rangers, greeters, and vendors to ensure our residents and visitors alike have a safe and enjoyable experience.

As you know, Fort Williams Park is a beautiful location to gather for a wedding ceremony, family reunion or a company picnic. There are eight locations within the park that may be rented for various events.

Residents may reserve spaces available within the park beginning December 1st for 2020. (Non-residents January 1st). Groups greater than 150 require approval by CECS Director.

Contact Community Services at 799-2868 or visit our web site at www.capecommunityservices.org for more information.
RICHARDS COMMUNITY POOL AND FITNESS

MEMBERSHIP RATES
Memberships may be purchased at Community Services or at the Fitness Center during regular business hours. **Children age 13 and under may not use the facilities at the Fitness Center.**

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<td>$337/ $296/ $469</td>
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<td>Couple</td>
<td>$67/ $65/ $90</td>
<td>$155/ $151/ $216</td>
<td>$469/ $428/ $663</td>
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<tr>
<td>Family</td>
<td>$95/ $111/ $127</td>
<td>$263/ $251/ $335</td>
<td>$826/ $801/ $1,132</td>
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**FITNESS CENTER SCHEDULE**

January 1—April 1

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

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<td>$5/ $5/ $8</td>
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*** Please note, a 10% additional fee applies to all non-resident memberships.***

**SPLASH PARTIES / POOL RENTALS**

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Café may be rented for your “party portion” at an additional fee. All bookings must be made through Community Services. Splash parties are **CASH OR CHECK ONLY**. Visit www.capecommunityservices.org for a printable reservation form.

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

- 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.
November 18-February 16th

**LAP SWIM LAKES AVAILABLE**
(minimum of 2 lanes / maximum of 6)

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**SENIOR SWIMS**
(Adults 65 years old & older)

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**OPEN SWIMS**
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*Open Swim with Inflatable

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February 17-June 21

**LAP SWIM LAKES AVAILABLE**
(minimum of 2 lanes / maximum of 6)

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*Open Swim with Inflatable

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CAPE ELIZABETH COMMUNITY SERVICES—www.capecommunityservices.org