

WAVES



Keeping Cape Active

Spring 2020

SPRING FORWARD

Turn your clock ahead on March 8th for DayLight Savings. Then, set your alarm for 8:00 pm on March 29th for online registration or 8:00 am on March 30th for in person or over the phone registration.

Along with the tried and true, Spring brings some new and exciting programs for the toddler to the teen to the stay at home mom and for those of us who are getting older. Start by getting bathing suit ready and join Mallory on Tuesdays or Meara on Thursdays for **SHINE™ Dance Fitness** which incorporates Jazz, Hip Hop, and Ballet all while dancing to today's hits (think 97.9). The 60-minute class includes songs that encompass full body movements as well as songs aimed to target legs, arms and abdominals. All ages and abilities are welcome.



Join Instructor Mary Gray 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 their child/children on the court. This **Family Tennis** format has proven to be extremely successful AND a great time!



Imagine having an office with a water view. If you register for the **Blended American Red Cross Lifeguarding Course**, you can have just that. Instructor Casey Parent Murphy will have you ready to go to work by combining online and instructor led skill sessions for those ages 15 and older. Certified lifeguards are always in demand!

Möchten Sie Deutsch lernen? If you don't understand now, you likely will after eight weeks with Nicole Walther who will teach you conversational skills, grammar and about the German culture in **German for Beginners**.

Improve your body's alignment, posture, mobility and bone strength by awakening your own self-correcting intelligence with Feldendrais Practitioner Gretchen Langner in **The Skeleton is Key**. Once you have mastered these skills, move onto **There is No Pill for Posture**. These movement intelligence techniques will enable you to follow through on your tennis swing without falling on the court, crouch down to play with your grandchild, or bend over your guitar or still dance on stage.

Does your child like to write? Does she/he have a story to tell? Let **Writing for Young Authors** help the aspiring writer begin the process. Classes will explore story types, essential components, idea and character development and dialogue, imaginative language, and action verbs. Grades 3 & 4.



Got uke? **Group Youth Ukulele** will help your 3rd - 8th grader play ukulele in a fun group setting. Through musical games and singing, we'll develop our musicianship skills together and learn a few songs that are great for beginners.

Are you ready to ditch plastic in 2020? Come learn the basics in this free workshop offered by **GoGo Refill** owner Laura Marston. Laura is going to help us learn to say no to single use plastic and provide simple steps to a low-waste life. And if you cannot attend her workshop, visit her shop in Millcreek. (64 E Street, S Portland) with your refillables. It is an experience for your senses and you can't help but feel good when you shop there.



And finally, if you are feeling crafty, you can design your own **floor cloth** with **Artist Paige Carter** who is hosting a weekend-long workshop at her Cape Elizabeth studio. Or, perhaps you would like to learn to weave with willows and pine needles or how to ferment food in which case with **ReWild Maine** Director and Instructor, Zack Rouda, who will facilitate two basket making classes and a sauerkraut and kimchi making class.

Don't forget to turn back your clocks and set your alarm!

WHAT ARE YOUR KIDS DOING THIS SUMMER?

Believe it or not, Summer is right around the corner and we are in the final stages of planning our Summer Camp offerings. Registration begins on March 30th. Rec camp will run from 8:30 am - 3:00 pm for seven weeks, from June 22 thru August 7. (No camp on July 3 & July 31). Before Camp Care (7:15 am) and After Camp Care (until 5:30 pm) are available at an additional cost for all campers through the fifth grade.

We try to maintain a low camper/counselor ratio depending on the age group and limit the number of campers per age group to keep that ratio low so early registration is necessary especially for the younger campers.

Little Cubs Camp (Ages 3 - K) takes place at the Community Center and is led by Cape Care Preschool teachers and CECS staff. This camp includes weekly themes, bus orientation, swim lessons and lots of fun.

This year Adventure Camp (Grades 1-5) and Teen Scene Camp (Grades 6-9) will be newly located on the Middle School Campus giving us access to two gyms, two playgrounds, large sports fields, stage, and art and game rooms. Parent and bus drop off and pick up will be streamlined at their respective circles on the campus improving camper's transitions. Bus transportation is available for all Adventure and Teen Scene campers. Both indoor and outdoor daily activities include arts and crafts, tennis, theater, swim lessons, archery, dance, weekly themes, and field trips. [Summer Camp Themes and Field Trip Schedule 2020](#)

In addition to seven weeks of Teen Scene, Adventure and Little Cubs Camp, Youth Coordinator Susan Frost has lined up twenty additional offerings to help keep your kiddos busy this summer. Join us for one of our specialty basketball, Global Premier Soccer (GPS) led soccer, baseball and tennis camps plus summer karate. Or, if your child loves the water, they can paddle Kettle Cove and the Spurwink River or fish Great Pond and Higgins Beach! Is your child into the arts? We have several theater and dance camps, a middle-school band camp and even a comedy club! Or maybe STEM is up their alley. Check out our Science Extravaganza and Minecraft camps. [See our full list of specialty camps.](#)



FORT WILLIAMS PARK TOURS

If you have never taken the opportunity to learn about the history of Fort Williams Park or ascended the 85 steps to the spectacular view that awaits you from the observation deck at the top of the lighthouse, join local historian Jim Rowe for one or both **free** guided tours. Coming in May, Jim is offering a two hour guided walking tour of the park and the unique opportunity to climb our famous beacon. Typically the lighthouse is only open to the public on Maine Open Lighthouse Day (September 12, 2020) however, Portland Head Light Museum Director, Jeanne Gross had given special permission for Jim to escort three groups of ten each who are up for the climb to take in the view so few get to see.



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