COMMUNITY SERVICES

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

CONTACT US
OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107
DIRECTIONS Located in the Community Center next to Cape Elizabeth High School. Turn into the high school entrance and take the first right into the parking area.
CALL 207-799-2868
FAX 207-799-1841
CAPE CARE 207-799-4388
POOL 207-799-3184
FITNESS CENTER 207-767-0190
EMAIL cservices@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 4/19, 5/31, 7/5

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
  Christian.Cutter@capeelizabeth.org

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

REGISTRATION OPENS:
Online for Cape Residents:
Sunday, March 28th at 8:00 pm
In Office for Cape Residents:
Monday, March 29th at 8:00 am
Non-residents - Friday, April 2nd at 8:00 am
REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, March 28th at www.capecommunityservices.org. Click “Register Online Now”. Sign in or create an account. In-person or over the phone registrations will begin at 8:00 am on March 29th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registrations begin Friday, April 2nd. Email confirmations will be sent for all transactions.

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

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

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

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

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

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

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

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

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

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

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

ACCESSIBILITY
If you have a disability and need any accommodations to participate in one of our programs, please call the Community Services Office at 799-2868.
BODY DYNAMICS
A balanced program of stretching, strengthening, aerobics, toning to increase energy, flexibility, and endurance in a fun and challenging aerobic experience for men and women.
Days: Mon/Wed/Fri (no class 7/5, 7/19-23, 8/16-20, 9/6)
Time: 9:00 –10:00 am
Instructor: Joanie Frustaci

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STEP AEROBICS
Step on up for a great 40 minute cardio blast geared towards all ability levels.
Days: Mondays (no class 5/31, 7/5)
Time: 8:00 - 8:50 am
Instructor: Anne Cass

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MARCH/APRIL ESSENTRICS® & PILATES
Get the balanced workout you need to build a strong core and a lean look. Essentrics rebalances joints and improves posture. Pilates adds definition.
Days: Tues/Thurs 3/16-4/29
Time: 8:30-9:30 am
Fee: $182
Instructor: Sarah MacColl
Program # 214-120

CO-ED WEIGHTS/CSI TRAINING
Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights. Core stability through functional training and balance are incorporated into your workouts.
Days: Tues/Thurs
Time: 5:30 pm – 6:30 pm
Instructor: Susan Janosik

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INDOOR 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.
Days: Thursdays
Time: 8:30-9:30 am
Instructor: Sarah MacColl

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OUTDOOR ESSENTRICS AT THE FORT
MAY 4TH-AUGUST 17TH
(no class 7/20)
Join Sarah MacColl at the flagpole at the Fort weather permitting.

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No registration required/$10 drop in fee per class.
**GENTLE HATHA YOGA**

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

**Days:** Mondays  
**Time:** 10:15 am - 11:30 am  
**Instructor:** Sharon Wilke

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**Days:** Wednesdays  
**Time:** 10:15 am - 11:30 am

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<td>8/4-8/25-Fort</td>
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**ADULT TENNIS (BEGINNER)**

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

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

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**ADULT TAP - INTERMEDIATE**

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

**Dates:** Wednesdays 6/2-6/23  
**Time:** 11:45-12:45 pm  
**Fee:** $36  
**Instructor** Betsy Dunphy  
**Program #** 214-119
COAST ENDURANCE
Train to gain the skills and confidence to succeed in triathlons and open water swims. These challenging workouts will enable you to arrive at your competition prepared through repetition and consistency no matter your level of experience or fitness in swimming. Athletes must be able to swim 200 yards without stopping.

Days: Tues/Thurs  
Time: 5:30 pm – 6:45 pm  
Location: Richards Community Pool  
Instructor: Todd Larlee

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

PACE RACE CHASE
(ADVANCED, ENTRY LEVEL, BEGINNER)
Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. Open to swimmers and triathletes of all levels. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. For specific information on levels visit www.capecommunityservices.org under Program Registration.

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

LIGHOUSE MASTERS
An adult (18 +) competitive swim club that emphasizes technique, conditioning, and race strategies. This is a program for the accomplished competitive swimmer who would like to improve his/her competitive lap skills.

Time: 5:30 - 6:45 am (no class 5/31)
Instructor: Marcel Da Ponte

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

WATER WORKS
A low-impact exercise program, working all the major muscle groups. The buoyancy of the water is an excellent way to alleviate pressure on the joints improve posture and range of motion. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys.

Days: Mon/Wed/Fri (No class 7/5)
Time: 8:00 - 8:55 am / July session 7:45-8:40 am
Instructor: Patty Medina

Date Classes Fee Program
Ace your game on our updated pickleball courts at the Fort.
MAINE DRIVING DYNAMICS (MDD)
A certified MDD Instructor teaches in a format that engages students with lectures, videos and class discussion. Those completing will receive a three-point credit reduction on their record and students 55+ can receive an insurance discount.

**Dates:** Saturday, April 10th
**Time:** 9:00 am – 2:00 pm
**Fee:** $40, age 62 and older $30
**Location:** CC Living Room
**Instructor:** Certified Maine Driving Dynamics Instructor
**Program #** 214-106

VIRTUAL COOKING CLASS SERIES- NEW!
Zoom with chef/food stylist Stacey Stolman for some cooking adventures from the comfort of your own kitchen.

**FRENCH INSPIRATIONS**
The famous quote from Casablanca... “we’ll always have Paris”... In this French inspired class we will make delicious gougeres to nibble on while we prepare classic onion soup.

**Date:** Sunday, April 18th
**Time:** 4:00-5:00 pm
**Fee:** $25 plus ingredients
**Program #** 214-167

**OYSTERS - SHUCK & SAUCE**
How to shuck oysters with ease. We will also prepare a mignonette sauce, cocktail sauce and make a classic oysters Rockefeller.

**Date:** Sunday, May 16th
**Time:** 4:00-5:00 pm
**Fee:** $25 plus ingredients
**Program #** 214-168

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

**Date:** Sunday, June 13th
**Time:** 4:00-5:00 pm
**Fee:** $25 plus ingredients
**Program #** 214-169

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

**Date:** Sunday, May 16th
**Time:** 1:00 - 3:00 pm
** Fee:** $30
**Instructor:** Reid Emmerich of Root Wild Kombucha
**Program #** 214-173

**OPEN WOOD SHOP**
If you are a beginner, safe operation of woodworking equipment and basic woodworking skills will be covered. If you are a veteran, consultation will be provided as needed. Come to class prepared to start your project.

**Date:** Wednesday, 4/7-6/16 (no class 4/21)
**Time:** 6:00 - 9:00 pm
**Fee:** $95
**Instructor:** John Fabish
**Program #** 214-128

**ART TOGETHER AGAIN**
Painting and drawing workshop for all media (except oil), at all levels (including beginner). Each week a short lesson on ways to improve your art is followed by time to work on your personal project. Please bring your own supplies and project ideas.

**Days:** Wednesdays
**Time:** 10:00 am - noon
**Instructor:** Marty Clark
**Program #** 214-121

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

**Date:** Tuesdays, May 5th - June 30th
**Time:** Anytime between 9:00 – 12:00 pm
**Walk-in Fee:** $3
**Location:** CC Meeting Room/CECS outdoor
CELT MEDICINAL HERB WALK
Join Mischa Schuler, herbalist and owner of Wild Carrot Herbs on a walk through Robinson Woods. As the plants reawaken to spring, we will visit with these extraordinary beings in their young stages of growth. Our evening will be rich with herbal folklore and inspired by the full moon and setting sun.
**Date:** Thursday, May 6
**Time:** 6:00-7:30 pm
**Fee:** $6
**Program #** 214-100

CELT NATURE WALK - INVASIVE PLANTS
Join Mike Hankes, a member of CELT’s Stewardship Committee, to learn about Invasive Plants found in Cape Elizabeth. You can expect to learn how to identify specific invasive plant species, eradication strategies, and why invasive species pose a threat to an ecosystem.
**Date:** Wednesday, June 9
**Time:** 6:00-7:30 pm
**Fee:** $6
**Program #** 214-103

CELT NATURE WALK - VERNAL POOLS & WILD FLOWERS
Learn more about Capes’ natural habitats and their unique flora and fauna from Cape Elizabeth Land Trust volunteer, and naturalist, Tony Owens.
**Date:** Tuesday, May 18
**Time:** 9:00-11:00 am
**Fee:** $6
**Program #** 214-102

CELT AMPHIBIAN PROGRAM
Join CELT Education Committee members Erika Rhile, and Lisa Gent to learn about herpetology, and get a guided walk through Robinson Woods. Explore amphibian habitat, observe salamander eggs, and potentially hear peepers and wood frogs on this excursion in Robinson Woods.
**Date:** Monday, May 10
**Time:** 7:00 - 9:00 pm
**Fee:** $6
**Program #** 214-101

CELT - TIDEPOOLING THE ROCKY SHORE
Explore the rocky intertidal zone of Maine and see what kinds of plant and animal critters thrive in this special habitat at Kettle Cove! Join Philip Mathieu of CELT to search for crabs, snails and other marine life.
**Date:** Wednesday, May 26
**Time:** 5:00 - 6:00 pm
**Fee:** $6
**Program #** 214-105

NATIONAL TRAIL’S DAY CROSS TOWN SELF GUIDED WALK
Take a self-guided tour on Cape Elizabeth’s Cross Town Trail to celebrate the weekend of National Trails Day. Beginning at Portland Head Light, located at Fort Williams, this walk will traverse seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape’s great places. Hikers can embark on the journey anytime during the weekend of June 6 – June 7
**Date:** Weekend of June 6-7
**Fee:** FREE
**Program #** 214-104

INVASIVE BITTERSWEET BASKETS - NEW!
Frustrating to gardeners and arborists, bittersweet is widely considered a useless bane on wild land. Learn to make a beautiful basket of invasive round-leafed bitter-sweet! We’ll cover identification, responsible collection, materials processing and storage, and creation, including the basics of stake-and-strand twining and weaving.
**Date:** Sunday, June 6th
**Time:** 10:00-2:00 pm
**Fee:** $45
**Program #** 214-174
It is with optimistic enthusiasm that we resume day trip programs. We will alternate rows on our 14 passenger van to accommodate a maximum of seven passengers plus the driver. In addition to mask wearing, social distancing and hand hygiene, we will adhere to protocols at the places we visit. Your safety is our priority.

**EASTERN CEMETERY TOUR**
Guided walking tour of the oldest historic landscape in Portland including history, prominent historical figures and early gravestone art. Uneven terrain. Lunch on own following tour at Otto’s Pizza. Rain date July 1st.
- **Date:** Tue, June 29, 2021
- **Time:** 11:30 AM to 2:30 PM
- **Fee:** $10.00
- **Program #** 214-140

**GILSLAND FARM AND LUNCH**
Maine Audubon’s Gilsland Farm peony’s should be in full bloom (unless nature has other plans). Lunch on own at Foreside Tavern following our visit. Rain date June 17th.
- **Date:** Tue, June 15, 2021
- **Time:** 9:30 AM to 2:30 PM
- **Fee:** $5.00
- **Program #** 214-148

**MCCLAUGHLIN GARDEN TOUR & LUNCH**
Listed as a Cultural Landscape on the Natl Register of Historic Places, McLaughlin Garden & Homestead is also home to New England’s largest collection of over 200 species of lilacs. With any luck, our guided tour will coincide with their peak bloom. Rain date May 27th.
- **Date:** Tue, May 25, 2021
- **Time:** 8:45 AM to 3:00 PM
- **Fee:** $30.00
- **Program #** 214-141

**FERRY BEACH RETREAT & CONFERENCE CENTER TOUR**
Guided walking tour of the historic property dating back to the early 1900s including buildings and gardens. Lunch on own at Ken’s Place following the tour.
- **Date:** Wed, May 19, 2021
- **Time:** 10:00 AM - 2:30 PM
- **Fee:** $15.00
- **Program #** 214-142

**HACKMATACK THEATER & LUNCH**
Summer theater performed at Berwick’s quaint Hackmatack Playhouse. Show TBD. Lunch at Fogarty’s Restaurant & Bakery on own prior to the show.
- **Date:** Thu, August 19, 2021
- **Time:** 10:30 AM to 5:00 PM
- **Fee:** $35.00
- **Program #** 221-101

**OXFORD CASINO**
One armed bandits? Craps? Blackjack? Know when to hold’em; know when to fold’em, or just come along for some wicked good fun! Lunch available onsite/on own.
- **Date:** Thu, May 13, 2021
- **Time:** 9:00 AM to 3:00 PM
- **Fee:** $10.00
- **Program #** 214-147

**MAINE WILDLIFE PARK**
Guided tour of park which is home to over 30 species of Maine wildlife that cannot be returned to their natural habitats. Lunch on own at Fishermen’s Net following our visit. Rain date June 3rd.
- **Date:** Wed, June 2, 2021
- **Time:** 9:00 AM to 2:30 PM
- **Fee:** $16.00
- **Program #** 214-145
ROYAL RIVER TRAIL WALK
Join Horticulturist, Educator, Naturalist, and Director of Earth Walkers, Amy Witt, as we learn about the vibrant life that is present in the river and the adjoining landscape. Trail highlights include waterfalls, wildlife, and wildflowers. Rain date June 10th.
Date: Wed, June 9, 2021
Time: 8:15 AM to 10:15 PM
Fee: $30.00
Program # 214-144

SAINT ANTHONY MONASTERY
Self-guided walking tour of monastery and shrines followed by lunch on own at Merriland Farm Cafe. Rain date July 16th.
Date: Wed, July 14, 2021
Time: 11:00 AM to 4:00 PM
Fee: $10.00
Program # 221-104

SONGO RIVER QUEEN II
Two hour paddle boar cruise that takes in the beautiful scenery along the eastern and western shores of Long Lake. Pack a lunch or purchase onboard. Rain date July 31st.
Date: Wed, July 28, 2021
Time: 11:00 AM to 5:00 PM
Fee: $40.00
Program # 221-107

DIMILLO’S ON THE WATER
Enjoy lunch and spectacular views of Portland Harbor onboard Maine’s own floating restaurant.
Date: Thu, May 6, 2021
Time: 11:45 AM to 2:00 PM
Fee: $5.00
Program # 214-146

ISLAND LOBSTER CO.
Ferry to Peaks Island and enjoy views of Casco Bay and the island comings and goings.
Date: Wed, June 23, 2021
Time: 11:30 AM to 3:30 PM
Fee: $10.00
Program # 214-143

HARRASEEKET LUNCH & LOBSTER CO.
Family owned and operated with views of the beautiful harbor and fishing boats bringing in their daily catch.
Date: Fri, July 9, 2021
Time: 11:00 AM to 2:00 PM
Fee: $10.00
Program # 221-103
FIT TO LIVE YOGA – TUESDAYS/THURSDAYS
Using a chair as a prop, along with modified poses, this unique program focuses on seniors and others who need a specialized approach to Yoga. It can be helpful to people with arthritis or back issues.

Days: Tuesdays/Thursdays
Time: 10:15 – 11:00 am
Instructor: Patty Medina

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DIAMOND’S EDGE RESTAURANT
Enjoy a short ferry ride and a fresh, taste tempting lunch while overlooking Diamond Cove.

Date: Fri, August 13, 2021
Time: 11:15 AM to 3:15 PM
Fee: $15.00
Program # 221-100

CYNDI’S DOCKSIDE
Causal dining on the shore of Middle Range Pond with indoor and outdoor seating, and beautiful lake views.

Date: Thu, July 1, 2021
Time: 11:00 AM to 3:00 PM
Fee: $10.00
Program # 221-102

RUN OF THE MILL
Pub food at this casual riverside location.

Date: Tue, July 20, 2021
Time: 11:30 AM to 3:00 PM
Fee: $10.00
Program # 221-106

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

Date: Wed, August 4, 2021
Time: 12:00 PM to 3:00 PM
Fee: $10.00
Program # 221-105
<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th># Classes</th>
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<tr>
<td>Barnacles 1</td>
<td>Sat</td>
<td>10:30 - 11:00 am</td>
<td>4</td>
<td>$36</td>
<td>April 214-217</td>
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<tr>
<td></td>
<td>Sat</td>
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<td>$36</td>
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</table>
## Registration Information

### Summer Sessions

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

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

<table>
<thead>
<tr>
<th>Level</th>
<th>Day</th>
<th>Time</th>
<th># Classes</th>
<th>Fee</th>
<th>Program</th>
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### Weekday Spring Sessions

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<td>May 214-262</td>
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</table>
Registration for Summer Camp will begin on March 28, at 8:00pm. Register online at www.capecommunityservices.org, in person at CECS office or by calling the office @ 207-799-2868. When registering your child, the camp they attend is determined by the grade they will be entering in the Fall (School year 21/22).

**LITTLE CUBS (AGES 3-5 INCLUDING THOSE GOING INTO KINDERGARTEN)**

Lead by the Preschool Staff

A great way for your child to enjoy some summer fun with other preschoolers. Weekly themes will surround story time and arts & crafts. Campers will participate in swim lessons, school bus orientation and safety, and outdoor play. Campers must be three as of June 15 and must be fully potty/toilet trained.

**Dates:** June 21 - August 5  
**Location:** Community Center  
**Hours:** 8:30 am to 3:00 pm

**ADVENTURE CAMP (GRADES 1-5)**

Lead by Kelly Phinney & CECS Staff

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

**Dates:** June 21-August 5  
**Location:** Cape Elizabeth Middle School Campus  
**Hours:** 8:30 am to 3:00 pm

**TEEN SCENE (GRADES 6-9)**

Lead by Kelly Phinney & CECS staff

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

**Dates:** June 21–August 5  
**Location:** Cape Elizabeth Middle School Campus  
**Hours:** 8:30 am - 3:00 pm

**CAMP PRICING**

Five day week of camp $200.00 (Weeks 1,2,4,5,& 6)  
Four day week of camp $160.00 (Weeks 3 & 7)  
NO camp on Monday, July 5th, or Friday, August 6th.  
First week payment due upon registration, with subsequent weeks put on a payment plan.

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

**BEFORE/AFTER CAMP CARE**

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

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

CELT’S LITTLE EXPLORERS (Ages: 3-5 w/adult)
Join CELT volunteer, Lisa Gent, on a gentle hike through Robinson Woods where we will play games and explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life.
Date: Friday, May 21
Time: 9:00 – 10:00 am
Fee: $6/family.
Instructor: Lisa Gent
Program # 214-308

LYRICAL BALLET (Gr: K-3)
Lyrical is a dance style that combines ballet and jazz techniques. Known for its expressive and fluid qualities, Lyrical is ideal for the dancer who wishes to explore their creativity and emotions through dance.
Pre-K students considered upon approval from Brio Dance Studio.
Dates: Mondays, April 26 - June 7 (no class 5/31)
Time: 3:15 - 4:15 pm
Fee: $83
Instructor: Julie Wilkes, Brio Dance Studio
Program # 214-310

CELEBRATING MAINE THROUGH ART (Gr.1-4)
Join us for an afternoon of Maine inspired art making. Artists will build a strong foundation of art understandings through projects that are based on the beauty of Maine and its many great artists. Artists will work with a variety of materials to create one of a kind works of art that are designed to celebrate their own creative talents but to also celebrate and learn from their surroundings.
Dates: Wednesdays, April 28 - June 2
Time: 2:00-3:00 pm
Fee: $90
Instructor: Kristine Biegel, Creative Child
Program # 214-339

LEARN TO SEW WORKSHOP (Gr: 3-6)
Learn the basics of the timeless craft of sewing and create your own projects! All materials will be provided in class.
Dates: Wednesdays, April 7 - May 19 (No class 4/21)
Time: 2:00 - 4:00 pm
Fee: $90
Instructor: Jeanette Guglielmetti
Program # 214-341

SPINNING SPROUTS (Ages: 3-5 years)
Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention.
Dates: Mondays, April 26 - June 7 (no class 5/31)
Time: 2:00 - 2:30 pm
Fee: $68
Instructor: Julie Wilkes, Brio Dance Studio
Program # 214-309

HIP/HOP (Gr: K-8)
Hip Hop is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps and improvisation or “freestyle”. Hip hop is a street style of dance and will use upbeat music.
Dates: Tuesdays, April 27 – June 8
Fee: $97
Instructor: Julie Wilkes, Brio Dance Studio
Program # 214-315

MUSICAL THEATER (Gr: 1-4)
Learn to sing, dance, and act in this fun and energetic class! Students will learn songs and dances from popular Broadway shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem.
Dates: Thursdays, April 8 - June 3 (No class 4/22)
Time: 3:15 - 4:45 pm
Fee: $170
Instructor: Barry Brinker
Program # 214-318
YOUTH PROGRAMS

VIRTUAL COOKING CLUB (Gr: 5-8)
Our mission is to teach children how to eat responsibly as well as feel confident in their kitchens. We will cover lessons in culinary arts, nutrition, sanitation, culinary math, culinary geography along with a bit of etiquette thrown in for good measure.
During each session we will have a cooking lesson, make a delicious recipe and then have a closing discussion. We prepare recipes from all types of cuisines and cover savory as well as desserts. We will also create our own cookbook and compile recipes and pictures. Parents will be given a list of ingredients to buy each week ($10 or less).
**Dates:** Mondays, May 10-June 21 (no class 5/31)
**Time:** 5:30 - 6:30 pm
**Fee:** $90
**Instructor:** Fun Chefs LLC
**Program #:** 214-340

X-COUNTRY RUNNING (Gr: 1-6)
Lace up your sneakers for some trail running! Participants should be comfortable running/jogging a 1 mile course without assistance. Practices for the Maroon Cohort are held on Mondays, Gold Cohort on Tuesdays and both the Maroon and Gold Cohorts will participate in age-appropriate length "Fun Run Meets" on Wednesdays in Cape Elizabeth. We also hope to host another town on occasion in accordance with CDC Guidelines. **In order to run this program, parent volunteers are needed for each practice!**
**Time:** 3:00 - 4:00 pm
**Instructor:** Tom Leen & Volunteer Coaches

**Maroon Cohort**
**Dates:** Mon. & Wed, April 26—June 9  (No class 5/31)
**Fee:** $78
**Program #:** 214-319

**Gold Cohort**
**Dates:** Tues. & Wed, April 27—June 9
**Fee:** $84
**Program #:** 214-320

SATURDAY OUTDOOR TENNIS (Gr: K-6th)
Calling tennis players of all abilities! Classes are geared to player ability, starting with the basics of balance coordination to tennis concepts and playing matches and hitting "with intention".
**Fee:** $90
**Instructor:** Coach Niamh Colpitts
**Dates:** Saturdays, May 8 – June 19 (No Class 5/29)

<table>
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<tr>
<th>Grade</th>
<th>Time</th>
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<tr>
<td>Orange Ball (Gr: 3-4)</td>
<td>10:15 - 11:15 am</td>
<td>214-322</td>
</tr>
<tr>
<td>Green Ball (Gr: 5-6)</td>
<td>11:30 am - 12:30 pm</td>
<td>214-323</td>
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FAMILY TENNIS
Adults will focus on the development of their own skills, while also learning how to work with your child/children on the court. This format has proven to be extremely successful AND a great time!
**Dates:** Sundays, May 9 - June 20 (No class 5/30)
**Fee:** Parent and Child $132, Additional Child $60
**Instructor:** Coach Mary Gray

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<tr>
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<tr>
<td>9 - 12</td>
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THE RIGHT CHOICE DRIVING SCHOOL
The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O’Carroll, owner and director, comes to us with 20 years of experience with Cape students. Students must be at least 15 years of age by the course starting date. 10 Hours of driving instruction included in addition to classroom time.
**Dates:** Mondays, Tuesdays, Wednesdays & Thursdays
**Fee:** $495/Session
**Instructor:** Tim O’Carroll

**Session 1:** 6:00 pm - 8:30 pm, May 10 - 27
**Program #:** 214-300

**Session 2:** 8:30 am-11:00 am, June 2-July 9 (no class 7/5)
**Program #:** 221-300

**Session 3:** 8:30 am-11:00 am, July 26- August 12
**Program #:** 221-301
YOUTH PROGRAMS

JUNIOR LACROSSE (Gr: K-6)
Don’t miss the chance to experience the fastest land sport in Maine. Varsity Lacrosse Coaches, along with High School Varsity players, will introduce the sport to young players by teaching the skills and techniques of the game. Participants are required to supply their own stick, ball, helmet, shoulder pads & gloves.

Fee: $70

Boys
Dates: Sundays, April 25 - May 23
Time: 9:00 - 10:30 am
Instructor: Varsity Coach, Ben Raymond
Program # 214-326

Girls
Dates: Saturdays, April 24 - May 22
Time: 8:30 - 10:00 am
Instructor: Varsity Coach, Alex Spark
Program # 214-327

KARATE KIDS (Gr: K-8)
Empower your children with important life skills as well as valuable techniques to protect themselves while building strength and awareness with this course in kid’s karate. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills.

Dates: Mon & Wed, April 26 – June 9 (No class 5/31)
Fee: $169
Instructor: Dragon Fire Martial Arts.

Grades K - 2
Time: Mon 3:00 - 4:00 pm, Wed 2:00 - 3:00 pm
Program # 214-328

Grades 3 - 8
Time: Mon 4:00 - 5:00 pm, Wed 3:00 - 4:00 pm
Program # 214-329

ENGINEERING MANIA (Gr: K-4)
Do you have an excessive enthusiasm for science? Or as we call it, “Mad Science Maine-ia”!? Let’s nourish that enthusiasm and upkeep that curiosity through exciting exploration into the many exciting aspects of Engineering!

Dates: Tuesdays, April 6 - June 1 (No Class 4/20)
Time: 3:15 pm - 4:15 pm
Fee: $132
Instructor: Mad Science Staff
Program # 214-330

IRISH DANCE (Gr: K-6)
We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline.

Dates: Fridays, April 30 - June 11
Fee: $125
Instructor: Mairead Stillson

Beginners Gr: K - 4
Time: 3:15 - 4:15 pm
Program # 214-331

Advanced Gr: 3 - 6
Time: 4:15 - 5:15 pm
Program # 214-332

APRIL VACATION CAMP (Gr: Pre K-6)
School vacation camp is designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects for this four-day camp. Price includes field trip fees. Campers must bring water bottle and lunch. Field trips TBA

Dates: Tuesday - Friday 4/20-4/23
Time: 8:00 am - 4:00 pm
Fee: $208
Program # 213-344
THEATER CAMP (Ages: 6-11)
The Knee High Man wanted to be big like everybody else, so he called on his friends to lend him a hand. The only problem was he didn’t find the answer he was looking for. This humorous play will help develop skills such as: voice projection, stage presence, and teamwork.

Dates: Monday-Friday, August 16 - 20
Time: 9:00 am - 3:00 pm
Fee: $210
Instructor: Patrick Reagan
Program # 221-302

“SO YOU THINK YOU CAN DANCE” CAMP (Gr: 1-5)
Campers will learn different dance styles (ballet, contemporary, Jazz and hip hop), discuss good nutrition choices, explore the relationship between music and dance, work with partners and in a group and learn about improvisation and what it takes to be a choreographer.

Dates: Monday-Friday, August 23 - 27
Time: 9:00 am - 4:00 pm
Fee: $275
Instructor: Brio Dance Studio
Program # 221-304

“PRINCESS DANCE” CAMP (Ages: 3 years - Gr: K)
Join Brio Dance Studio for a week of dancing with the princesses! Each day will focus on a different Disney Princess. Daily activities will include: stretching; dance class; healthy snacks; craft time; princess manners; and dress up! Come explore the art of dance while learning the story of Frozen, Moana, and others!

Dates: Monday - Friday, August 23 - August 27
Time: 9:00 am - 12:00 pm
Fee: $135
Instructor: Brio Dance Studio
Program # 221-306

LION KING CAMP (Gr: 1-5)
“Hakuna Matata”! Join us after camp for a fun and active time learning some musical numbers from “The Lion King”. We will be playing drama games, rehearsing scenes, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 26-30
Time: 3:00 - 5:00 pm
Fee: $85
Instructor: Barry Brinker
Program # 221-307

JUNGLE BOOK CAMP (Gr: 1-6)
In one fun-filled week, students will learn songs, dances, and scenes from “The Jungle Book”! Each day will include drama games, dancing, and team building skills. Students will also be creating props, costumes, and scenery for their show. It will culminate with a performance on the last day of camp.

Dates: Monday-Friday, August 9 - 13
Time: 9:00 am - 3:00 pm
Fee: $225
Instructor: Barry Brinker
Program # 221-303

BEAUTY AND THE BEAST CAMP (Gr: 1-5)
“Be Our Guest” after camp for a fun and active time learning a few musical numbers from “Beauty and the Beast”. We will be playing drama games, rehearsing scenes, and learning choreography. It will culminate with an informal performance on the last day of camp.

Dates: Monday-Friday, July 12-16
Time: 3:00 - 5:00 pm
Fee: $85
Instructor: Barry Brinker
Program # 221-305

SUMMER ART CAMP (Gr: 3-6)
Join us for a week of creative art making. Artists will build a strong foundation of art understandings through a variety of projects that are both 2D and 3D. This program offers up the opportunity to experiment and play with a wide range of materials all while learning about the power of colors, lines, composition and much more. We will take inspiration from the world around us allowing every artist to create unique works of art that celebrate their own creative styles.

Dates: Monday-Friday, August 23-27
Time: 8:00 am - 12:00 pm
Fee: $250
Instructor: Kristine Biegel, Creative Child
Program # 221-338
BOYS 3 V 3 BASKETBALL (Gr: 3-8)
Develop your basketball skills in a simplistic yet competitive OUTDOOR 3 on 3 setting! Each week consists of warm-up/skill development time where we will instruct on the fundamentals and conclude each session with 3-on-3 game play where players have the opportunity to apply the skills they have learned.
**Time:** Grade 7/8 2:00 - 3:30; Grade 5/6 3:45 - 5:15; Grade 3/4 5:30 - 7:00
**Fee:** $75 per week OR $200 for all 3 weeks
**Instructor:** HS Boys Varsity & JV Coaches and Players

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<thead>
<tr>
<th>Session</th>
<th>Gr. 7 &amp; 8 Program #</th>
<th>Gr. 5 &amp; 6 Program #</th>
<th>Gr. 3 &amp; 4 Program #</th>
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<tbody>
<tr>
<td>June 21 - June 24</td>
<td>214-333</td>
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<td>June 28 - July 1</td>
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<td>July 6 - July 9</td>
<td>221-311</td>
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CAPE BASEBALL CAMP (Ages: 7-12)
Keep your baseball season going or just get ready for All-Stars. Former college players, coaches and high school players will bring you an exciting and quality baseball camp right in your own back yard. The camp will cover specific skills for the various positions, game situations and tactics, and games will be played daily.
**Dates:** Monday—Friday, June 21 - 25
**Time:** 9:00 am—3:00 pm
**Fee:** $215
**Location:** Upper/Lower Lions Field
**Instructor:** Dan Sullivan
**Program #** 214-336

SEACOAST GRASSROOTS CAMP (Ages: 3 -6)
Grassroots soccer camps are a unique way for young children to get involved in the game of soccer. In each class, the main objective is to teach while having fun. The overall theme is for children to relate having fun with playing soccer and to develop the necessary skills to be a competitive player in the future.
**Time:** 9:00 - 10:00 am
**Fee:** $70
**Instructor:** Seacoast United Soccer Coaches
**Dates**
- Monday - Friday, August 2 - 6 221-318
- Monday - Friday, August 9 - 13 221-319

SEACOAST UNITED SKILLS SOCCER CAMP (Ages: 7 -14)
Our professional, dedicated, full time coaching staff will offer sessions full of fun technical challenges and game play. These classes then incorporate their skill work into scrimmage play allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success.
**Instructor:** Seacoast United Soccer Coaches

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<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Program #</th>
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<tr>
<td>Monday - Friday, August 2</td>
<td>9:00 am - 12:00 pm</td>
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<td>9:00 am - 3:00 pm</td>
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<tr>
<td>Monday - Friday, August 9</td>
<td>9:00 am - 12:00 pm</td>
<td>$120</td>
<td>221-316</td>
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<td></td>
<td>9:00 am - 3:00 pm</td>
<td>$195</td>
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ST. PETER’S GRAND SLAM TENNIS (Gr: 2-9)
These Juniors tennis camps are fun, yet challenging and instructional for players of all skill levels. For the beginner, a progressive format is followed. For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy and competitive match play. No refunds up to one week prior to first day.

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

**Instructor:** Wayne St. Peter & Staff

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<tr>
<th>Option</th>
<th>Dates</th>
<th>Fee</th>
<th>Program #</th>
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<tr>
<td>Full Day</td>
<td>6/21-6/25</td>
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<tr>
<td>Half Day</td>
<td>6/21-6/25</td>
<td>$200</td>
<td>214-338</td>
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<tr>
<td>Full Day</td>
<td>8/16-8/20</td>
<td>$275</td>
<td>221-320</td>
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<tr>
<td>Half Day</td>
<td>8/16-8/20</td>
<td>$200</td>
<td>221-321</td>
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MATCH POINT TENNIS CAMP (Ages: 8-14)
Come and join us for a great time on the courts! This exciting camp features excellent instruction coupled with fun and engaging games, drills, and match play. Campers will learn basic stroke technique, advanced play and specialty shots, as well as the finer points of competitive play.

**Dates:** Monday-Thursday, August 2 - 5
**Time:** 9:00 am-1:00 pm
**Fee:** $195

**Instructor:** Coach Mary Gray

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SUMMER AFTERNOON TENNIS (Gr: 1-8)
Join Coach Mary Gray for six days of USTA Quickstart Tennis designed to help players ten and under learn and play the game of tennis. The size of the court and the equipment is adapted for this age group. The format allows the students to feel comfortable even if they have never played before! Lessons will include “match-like” activities to enhance learning and the spirit of the game. Beginners, intermediates and advanced players will work on stroke fundamentals, strategies and court movement while playing games and matches.

**Fee:** $81

**Instructor:** Coach Mary Gray

<table>
<thead>
<tr>
<th>Grade</th>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Program #</th>
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<tbody>
<tr>
<td>Beginners (Grade 1-4)</td>
<td>July 6 - 22</td>
<td>Tuesdays/Thursdays</td>
<td>3:45 - 4:30 pm</td>
<td>221-323</td>
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<tr>
<td>Beginners (Grade 1-4)</td>
<td>August 10 - 26</td>
<td>Tuesdays/Thursdays</td>
<td>3:45 - 4:30 pm</td>
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<tr>
<td>Intermediates (Grade 3-4)</td>
<td>July 6 - 22</td>
<td>Tuesdays/Thursdays</td>
<td>4:45 - 5:30 pm</td>
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<tr>
<td>Intermediates (Grade 3-4)</td>
<td>August 10 - 26</td>
<td>Tuesdays/Thursdays</td>
<td>4:45 - 5:30 pm</td>
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<tr>
<td>Middle School Match Play</td>
<td>July 6 - 22</td>
<td>Tuesdays/Thursdays</td>
<td>5:45 - 6:30 pm</td>
<td>221-327</td>
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<tr>
<td>Middle School Match Play</td>
<td>August 10 - 26</td>
<td>Tuesdays/Thursdays</td>
<td>5:45 - 6:30 pm</td>
<td>221-328</td>
</tr>
</tbody>
</table>

FIELD HOCKEY CAMP (Grades: 3-6)
Join Cape field hockey HS coaches and players where you’ll learn how to play field hockey through a variety of formats. From speed and agility training to both team and individual field hockey drills, you’re sure to improve every aspect of your field hockey game.

**Dates:** Monday-Friday, August 16 - 20
**Time:** 9:00 am-11:00 am
**Fee:** $100

**Instructor:** Coaches Maura Bisogni and Diane Nicholson

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FLAG FOOTBALL SKILLS TRAINING (Gr.: K-6)
Join us on Wednesdays for Flag Football skills clinics. We will work on the basics — throwing, route-running and flag-pulling! — while also building a foundation for the fall season. Players will also learn how to properly read and call plays from the coaches who are involved in the NFL Flag program.

**Dates:** Wednesdays, August 4 - 25
**Time:** 5:00 - 6:30 pm
**Fee:** $65

**Instructor:** CJ Lampman, HS Football Players

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**YOUTH PROGRAMS**

**MASTER CHEF JUNIOR CAMP (Ages: 8-14)**
Calling all young CHEFS! Let your child unleash their inner Chef during this week-long program where they will have the opportunity to work in groups and create recipes from a mystery basket full of a variety of ingredients. Each day will have a team competition.

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

**Dates:** Monday-Friday, August 9 - 13
**Time:** 9:00 am - 12:00 pm
**Fee:** $180
**Instructor:** Fun Chefs, LLC
**Program #** 221-330

**KIDS PADDLING CAMP (Ages: 9 and up)**
Join us for an exciting week of stand up paddle boarding and kayaking instruction! Instructors from Seaspray Kayaking will return to lead everyone through a fun week of games and challenges.

**Dates:** Monday - Friday, July 12 - July 16
**Instructor:** Seaspray Staff
**Fee:** $265

**Times** | **Program #**
--- | ---
9:00 am - 12:00 pm | 221-332
1:00 pm - 4:00 pm | 221-333

**KIDS FISHING CAMP (Ages: 8 and up)**
This camp will make the adults jealous! Get up every day and go fishing! We will learn about knots, lures, baits, fly fishing, kayak fishing and paddle board fishing for freshwater and saltwater fish!

**Dates:** Monday - Friday, July 19 - 23
**Instructor:** Seaspray Staff
**Time:** 8:00 am - 12:00 pm
**Fee:** $225
**Program #** 221-335

**SPY ACADEMY CAMP (Gr: 1-6)**
Become a Mad Science secret spy and take a fascinating journey into the world of detection, forensics, and classified information. Go undercover with your spy name and decode messages from other agents using your top secret tools and techniques. Join the Mad Science Bureau of Investigation and sniff out forgeries and counterfeits. By the end of this Spy Academy week you’ll be a real Mad Science Secret Agent equipped with take home investigation tools!

**Dates:** Monday-Friday, August 16 - 20
**Time:** 9:00 am - 3:00 pm
**Fee:** $330
**Instructor:** Mad Science of Maine
**Program #** 221-331

**CEMS BAND CAMP (Gr: 6-9)**
The CEMS Band Camp is a day camp for current middle school band students who are rising 6th, 7th, 8th or 9th graders. The daily schedule includes full band rehearsals, sectional rehearsals, small ensembles, as well as supervised snack and recreation time. The band camp staff includes CEMS band director Caitlin Ramsey and Scarborough Middle School band director Missy Shabo.

**Date:** Monday - Friday, August 16 - 20
**Time:** 8:00 am - 12:00 pm
**Fee:** $175
**Instructor:** Caitlin Ramsey and Missy Shabo
**Program #** 221-334

**IRISH DANCE CAMP (Gr: 1-6)**
For students who are new to Irish Dance, summer camp is a great way to learn a lot of Irish Dance in a short amount of time! For returning students, summer camp allows them to grow leaps and bounds in Irish Dance! All dancers will improve their technique and learn new skills while having fun alongside their friends. The Stillson School of Irish Dance has been teaching for over 30 years and aims to teach the fundamentals of Irish Dance as a tradition, a sport, and an art form.

**Date:** Monday - Friday, August 9 - 13
**Time:** 9:00 am - 1:00 pm
**Fee:** $250
**Instructor:** Stillson Irish Dance
**Program #** 221-336

Stillson Irish Dance Camp under the Picnic Shelter this summer.
FALL PROGRAMS
Please note that registration for our Fall sports offerings will begin on June 6 online and June 7 in person. This will hopefully allow you additional time to plan your Fall.

GIRLS FIELD HOCKEY (Gr: K-6)
Cape field hockey varsity players offer the “Stick Stars” field hockey program on Saturday mornings.
**Dates:** Saturdays, Sept. 11 - Oct. 16 (no class 10/9)
**Fee:** $70
**Location:** Hannaford Field
**Instructor:** HS Coaches and players
**Time:** 8:00 - 9:00 am
**Program #** 222-300

GIRLS TRAVEL FIELD HOCKEY (Gr: 3-6)
All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. The season begins mid-September and runs through the end of October. Three Weekend Play Days, Dates TBD.

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

**Mandatory Parent Meeting:** June 30th 6pm, CECS

**GIRLS FALL SOCCER (Gr: Pre-K-6)**
This program is designed for children to learn, develop and enhance their overall skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination and team play.

**Dates:** Saturdays, Sept. 11 - Oct. 16 (no class 10/9)
**Fee:** $70
**Location:** Hannaford Field
**Instructor:** Varsity Coaches & Players

**Little Capers (Ages: 3-5)**
**Time:** 10:30 - 11:15 am
**Program #** 222-301

**Kinder Capers (K)**
**Time:** 11:30 am-12:15 pm
**Program #** 222-302

**Boys Capers (Gr: 1-2)**
**Time:** 8:00 - 9:00 am
**Program #** 222-303

**Girls Capers (Gr: 1-2)**
**Time:** 9:15 - 10:15 am
**Program #:** 222-304

**Co-Ed Capers (Gr: 3 - 6)**
**Time:** 9:15 - 10:15 am
**Program #:** 222-305

**GIRLS VOLLEYBALL (Grade: 3-6)**
This program is designed for children to learn and develop their volleyball skills while having fun and gaining experience on the court as part of a team. Participants will work on developing volleyball skills and game play.

**Dates:** Saturdays, Sept. 11 - Oct. 16 (no class 10/9)
**Fee:** $70
**Location:** High School, Gymnasium
**Time:** 9:00 - 10:00 am
**Instructor:** Varsity Coach Sarah Boeckel & Varsity Players
**Program #:** 222-308
Our goal is to provide a safe and supportive recreational facility to our patrons. Our pool and fitness center are currently operating under a sign-up system only and we are unable to allow drop ins for either lap swim or the fitness center at this time. Residents may secure time slots without a membership by paying a $5 fee per visit. All non-residents must be a member to secure times. Please visit www.capecommunityservice.org for updates and sign up details.

**POOL/FITNESS CENTER – MEMBERSHIP SUSPENSION OR CANCELLATION POLICY**

**Medical** – Members may submit medical documentation in the event they need to suspend or cancel their membership due to injury/illness. Members will be extended the suspended time to their membership. Cancellations will be prorated.

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

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<th><strong>MONTHLY</strong></th>
<th><strong>QUARTERLY</strong></th>
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<tr>
<td>Family</td>
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<td>$267/ $255/ $339</td>
<td>$830/ $805/ $1,136</td>
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*** Please note, a 10% additional fee applies to all non-resident memberships.***

**POOL/FITNESS SAFETY PROTOCOLS**

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

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