CAPE EXPLORER

Fall 2023
CAPE ELIZABETH COMMUNITY SERVICES
CAPE COMMUNITY SERVICES

ONLINE
CAPECOMMUNITYSERVICES.ORG
FOR RESIDENTS
SUNDAY 8/27 8 PM
FOR NON-RESIDENTS
FRIDAY 9/1 8 AM

IN PERSON
343 OCEAN HOUSE RD
M-F 8 AM-4:30 PM
FOR RESIDENTS
MONDAY 8/28
FOR NON-RESIDENTS
FRIDAY 9/1

BY PHONE
207-799-2868
M-F 8 AM-4:30 PM
FOR RESIDENTS
MONDAY 8/28
FOR NON-RESIDENTS
FRIDAY 9/1

3 WAYS TO REGISTER

IMPORTANT INFO

- Full refunds are given when a program is cancelled.

- Withdrawals 5 business days prior to first class receive full refund/ 2-4 business days 50% (less processing fees) / less than 2 business days, no refund.

- A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for Cape residents age 62 and older.

- ActiveNet charges a convenience fee and credit card processing fee when booking online. The fees are non-refundable.

- A non-taxpayer fee will be added to all programs and activities. Fees $50 and under will be $3, $51-$100 will be $5, and all fees over $100 will be $7. An additional 10% will be added to memberships/parties.
**SPURWINK CHURCH RENTAL**

Listed on the National Register of Historic Places, Spurwink Church is available to rent for ceremonies, celebrations of life, and christenings for guests up to 150 people from May to October. Call 799-2868 FMI.

**FORT WILLIAMS PARK RENTAL SITES**

Within Fort Williams Park’s ninety acres, there are four sites available to reserve for ceremonies, and four sites available to rent for gatherings for groups up to 150 from mid-April to mid-October. Contact 799-2868 or visit www.portlandheadlight.com FMI.

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**ADULT FITNESS**

**ADULT ART & ENRICHMENT**

**OUTINGS & ENTERTAINMENT**

**AQUATICS**

**YOUTH ACTIVITIES**

**PLEASANT MTN SKI Program**

**MEMBERSHIPS/Pool & Fitness**

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**TOWN NUMBERS**

- Community Services 799-2868
- High School 799-3309
- Middle School 799-8176
- Pond Cove 799-7339
- Thomas Memorial Library 799-1720
- Town Hall 799-0881
- Non-Emergency Fire 799-6409
- Non-Emergency Police 799-3323

CECS Tax ID # 01-6000-100
**BODY DYNAMICS**
A balanced program of stretching, strengthening, aero-bics, toning to increase energy, flexibility, and endurance in a **fun** and challenging aerobic experience for men and women. Drop-ins welcome $10
**Days:** Mon/Wed/Fri (no class 10/9, 11/10, 11/24)
**Time:** 9:00 –10:00 am
**Location:** CS Activity Room
**Instructor:** Elaine Talevi

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**ESSENTRICS® AT THE FORT**
Strengthen your core and lengthen your look as you enjoy music to move to. Essentrics combines joint mobility, fascial re-education and muscular strength to give you the alignment you need to walk, lift, hike, bike, ski and swim....well.
**Days:** Tuesday/Thursday in September
**Time:** 9:00-10:00 am
**Location:** Fort Williams
**Instructor:** Sarah MacColl
**Fee:** Drop in cash/check only $10 per class at the Fort

**ESSENTRICS® RELEASE REBALANCE RESTORE**
Essentrics is a full body posture, mobility, core strength and balance program that builds long strong muscles using your own body weight and proprioception. The interconnectedness of all body parts and the musculo-skeletal communication system throughout the fascia makes Essentrics a perfect way to wake up all the muscles and have fun doing it. Most of the class is choreographed to music. Visit essentric.com FMI. Drop ins welcome $14.
**Date:** Tuesday/Thursday (no class 11/23)
**Time:** 9:00-10:00 am
**Location:** CS Activity Room
**Instructor:** Sarah MacColl

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**HIGH INTENSITY INTERVAL TRAINING**
This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 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 weights, water & mat to class. (no class 10/6, 10/9, 10/16,11/3,11/24)
**Days:** Mon/Wed/Fri
**Time:** 5:30-6:30 am
**Location:** Lower Spin Room CECS
**Instructor:** Susan Janosik

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ADULT FITNESS

STEP AEROBICS
Join us for a 45 minute step class! We begin with a short warm-up, proceed to use the step bench for 30-35 minutes with water breaks, and then cool down for 5 minutes. Participants vary in their ability, and the instructor will make every effort to gear the class to the level of the participants. Anne Cass has been teaching step aerobics since the 80’s, and continues to enjoy it! Drop-ins welcome $10
Days: Mondays (no class 10/9, 11/6)
Time: 8:00-8:50 am
Instructor: Anne Cass
Date Classes Fee Program #
9/11-10/23 6 $48 242-110
10/30-12/11 6 $48 242-111

COED WEIGHTS
Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at susanjano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.
Days: Tues/Thurs (no class 10/5, 11/2, 11/23)
Time: 5:15-6:15 pm
Location: Fitness Center
Instructor: Susan Janosik
Date Classes Fee Program #
9/12-11/9 16 $144 242-112
11/14-12/21 11 $99 242-113

WOMEN ON WEIGHTS
Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at susanjano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.
Days: Wed/Fri (no class 10/6, 11/3, 11/24)
Time: 8:45-9:45 am
Instructor: Susan Janosik
Date Classes Fee Program #
9/13-11/8 15 $135 242-116
11/15-12/22 11 $99 242-117

CARDIO STRENGTH
INTERVAL 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, plyometrics and cardio machines to push the cardio!
Days: Tues/Thurs (no class 10/5, 11/2, 11/23)
Time: 6:15-7:15 pm
Location: Spin Room/outdoors
Instructor: Susan Janosik
Date Classes Fee Program #
9/12-11/9 16 $144 242-112
11/14-12/21 11 $99 242-113

OULA DANCE FITNESS
Oula is YOUR hour, YOU deserve to be at the top of your list! Oula merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. Cholla’s class is designed to be inclusive for all, and welcomes participants of all fitness levels. Every Oula class empowers participants to trust their bodies and process their emotions through music, movement, and a community connection. Oula is all about how it FEELS!!
Days: Thursdays (No class 11/23)
Time: 6:00-7:00 pm Drop Ins welcome $12
Instructor: Cholla Foote
Date Classes Fee Program #
9/7-10/19 7 $70 242-118
11/2-12/14 6 $60 242-119

CAPTURE THE ESSENCE OF CAPE ELIZABETH WITH OUR KITCHEN TOUR
September 23, 2023
10:00 a.m. to 4:00 p.m.
Tickets available at www.ceef.us/kitchen-tour

A tour of stunning Cape Elizabeth kitchens showcasing premier architects, kitchen designers, builders and craftsmanship. Come be inspired!

And for more information go to ceef.us or scan the QR code below.

All proceeds benefit Cape Elizabeth Education Foundation, fostering innovation and excellence in Cape Elizabeth schools.
ADULT FITNESS

BALLROOM DANCE FOR COUPLES
Learn the basics and beyond of how to Waltz, Rumba, Cha-cha, Merengue, Salsa, and Foxtrot. This class focuses on technique and connection tips to be able to move smoothly and in-sync with your partner. Learn fun patterns for those special events such as weddings, vacations, anniversaries, and social gatherings. Please bring a partner and class fee is per couple.

**Date:** Monday  
**Time:** 7:00-8:00 pm  
**Location:** CS Activity Room  
**Instructor:** Patty Medina

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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! In the beginner class we will cover all of the basics and you will be flapping across the floor in no time. In the intermediate level we will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome at both levels.

**Dates:** Wednesdays 9/13-12/13 (no class 11/22)  
**Time:** 11:45-12:45 Intermediate/12:45-1:45 Beginner  
**Fee:** $117  
**Location:** CC Activity Room  
**Instructor:** Kristin Sutton  
**Program #**  
Intermediate: 242-122  
Beginner: 242-123

DEEP STRETCH YOGA
This is a deeply restorative class focusing on longer holds and total-body stretches inspired by the yin yoga practice. This class provides a calm and relaxing space to lengthen soft tissue within the body, let go of tension, focus on breath, and let any stresses fall away. All levels welcome and beginner-friendly. Drop ins $12.

**Day:** Tuesday  
**Time:** 10:15-11:15 am  
**Location:** CECS Activity Room  
**Instructor:** Annie Ware, Half Moon Yoga Co.

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FITBALL YOGA
The Benefits of working with a Stability Fitball are many. Combined with Yoga, will help to connect you to your center of gravity, activate the stabilizing postural muscles and allow the body to relax into the poses. The use of a chair also used in this practice, assists and reduces wrist and back strain. The one thing that ensures how we look as we age, stay limber and protect our joints is to have Good Posture!!! Drop ins welcome $10

**Days:** Tues/Thurs  
**Time:** 12:00-1:00 pm  
**Location:** CS Activity Room  
**Instructor:** Patty Medina

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NIA (Non-Impact Aerobics)/MOVING TO HEAL *NEW*
Designed for people who are seeking a joyful and gentle fitness practice, whether dancing with injury or illness. The focus of each 45 minute class is to feel better, based on the philosophy that through movement we find health. Set to soul-stirring music, simple guided choreography encourages building now-body awareness to personalize movement for comfort and pleasure. Taught seated and/or standing. EveryBody is welcome.

**Date:** Friday  
**Time:** 11:00 - 11:45 am  
**Location:** CS Activity Room  
**Instructor:** Fae Spath

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GENTLE HATHA YOGA
Reduce stress, improves overall fitness, increases flexibility and build self-confidence, body awareness and nurture the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation. Drop-ins welcome $13
Days: Mondays (no class 10/9)
Time: 10:15-11:30 am
Location: CS Activity Room
Instructor: Sharon Wilke

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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. Drop-ins welcome $13
Days: Mondays (no class 10/9)
Time: 6:00-7:15 pm
Location: CS Activity Room
Instructor: Sharon Wilke

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TAI CHI
Tai Chi generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. In addition to improving function, the practice can profoundly impact general well-being and sleep quality.
Date: Tuesday (no class 10/10, 11/21)
Time: 1:15-2:30 pm
Location: CS Activity Room
Instructor: Stephanie Carlson

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CHAIR PILATES -
Warm up for Quigong with 20 minutes of seated Pilates using arm weights/ or without. If using hand weights please bring the appropriate weight for you of 1/2, 1, or 2lbs. Weights with hand straps can be helpful, but please bring what you’re comfortable with. Focus will be on improving functional mobility while maintaining trunk stability. There will also be some lower body, strengthening exercises at times.
Dates: Thursdays (no class 11/23)
Time: 10:10-10:30 am
Location: CS Activity Room
Instructor: Stephanie Carlson

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QIGONG FOR BALANCE AND HEALTH
Qigong is an ancient Chinese art derived from the Taoist philosophy, that utilizes meditation, repetitive movements, and breath to work with our internal energy or qi. Because of its holistic nature, qigong is a wonderful exercise practice to improve physical balance and, therefore, the performance of daily activities. In this class we will be learning a set of simple qigong movements as well as focusing on other balance exercises and practices.
Dates: Thursdays (no class 11/23)
Time: 10:30-11:30 am
Location: CS Activity Room
Instructor: Stephanie Carlson

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LEARN TO PLAY PICKLEBALL – BEGINNER
This sport is action packed but easy on the body. People of all ages are playing and we are bringing an introductory class to you. This game is played outdoors on a badminton-sized court and slightly modified tennis net. Beginners welcome! We will have extra paddles for those looking to try it out.
**Dates:** Tuesdays 9/5 - 10/10 (6 classes)
**Time:** 5:00–6:30 pm
**Fee:** $60
**Location:** Fort Williams Pickleball Courts
**Instructor:** Jim Clarke & Roger Rioux
**Program #** 242-140

ADVANCED BEGINNER/INTERMEDIATE PICKLEBALL
For those who have played the game and are looking to improve their strategy, court awareness and all-around skills, this class can help. Topics will include drops and drives, tethering, when to attack, when to employ a soft game, how to defend against bangers.
**Date:** Tuesdays/Thursdays 9/7-9/28
**Time:** 8:00–9:30 am Advanced Beginner
9:30-11:00 am Intermediate
**Fee:** $70
**Location:** Fort Williams Pickleball Courts
**Instructor:** Glenn Jordan, 2022 national champion
**Program #** Advanced Beginner 242-141
# Intermediate 242-142

INTERMEDIATE PLUS
For those who have taken the Intermediate class and/or received permission from the instructor, this once-per-week class will focus on drills and strategic play to develop and sharpen your pickleball skills. We will cover court positioning, soft vs. hard game, stacking, speedups, resets and more.
**Date:** Wednesday 9/6-9/27
**Time:** 10:30 am -12:00 pm
**Fee:** $40
**Location:** Fort Williams Pickleball Courts
**Instructor:** Glenn Jordan, 2022 national champion
**Program #** 242-143

ADULT INTERMEDIATE TENNIS
The first 30 minutes of class will focus on the fundamentals of tennis strokes/grips and footwork. The last 30 minutes of class will focus on match play. Class will be held in a low pressure environment.
**Date:** Saturday
**Time:** 8:00-9:00 am (no class 10/7, 11/25)
**Instructor:** NiamhColpitts, PRT Certified/USPTA Member
**Location:** outdoor 1st session @ HS Tennis Courts/indoor 2nd session @ PC Gym
**Program #**

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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, 11/5 – 12/17
**Fee:** $42
**Location:** HS Gymnasium
**Program #**

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<td>5:00-6:30</td>
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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 9/13-11/15
**Time:** 7:00 pm - 10:00 pm
**Drop in Fee:** $5
**Location:** HS Gym
**Supervisor:** Bob Wooten

DROP IN HOOPS - ADULT BASKETBALL
This program is offered for adults 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 Cape residents.
**Date:** Wednesdays 9/13-12/13
**Time:** 8:00-9:45 pm
**Drop in Fee:** $4
**Location:** MS Gym
**Supervisor:** Christopher Casey
LINOCUT PRINTMAKING WORKSHOP *NEW*
This class will cover techniques in carving linoleum, composition, ink mixing, and printing. At their own pace students will learn how to create a design and carve it in linoleum using carving tools. Students will learn how to ink and print their linoleum blocks by hand. In a relaxed and welcoming environment students will create many beautiful prints of their own as well as collaborate with their classmates. This class is suitable for beginners and can be adjusted for all levels of experience.

**Date:** Saturday 9/30
**Time:** 12:00-2:00 pm
**Fee:** $75
**Location:** CS Community Room
**Instructor:** Brooke Lambert
**Program #** 242-148

FALL ACRYLIC WORKSHOP
In this relaxed atmosphere, you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. We will cover wet on wet and wet and dry brush techniques, sgraffito/combing, overlays/glazing, gel mediums, pattern making, and masking. You will come away from this class with beautiful paintings of your own and a greater appreciation for the medium of acrylic painting. Her work can be seen at www.brookelambertartist.com.

**Date:** Saturday 10/21
**Time:** 12:00-2:00 pm
**Fee:** $75
**Location:** CS Community Room
**Instructor:** Brooke Lambert
**Program #** 242-149

OPEN ART STUDIO
**TUESDAYS 10am-12pm Sept. 19-Dec. 12**
We are excited to offer an old favorite- OPEN ART STUDIO. In years past many of Cape’s art lovers met weekly to share their art skills and each other’s friendship. Once again, Community Services is offering space for painters and drawers to bring their own projects to work on; no formal instruction is provided, but we help each other with advice and share supplies as needed. This is open to ALL skill levels and all media! This studio space is provided on a drop-in basis, no needed to preregister; sign in at Community Services desk and pay a $3 fee.

WATERCOLOR PAINTING FOR BEGINNERS
Introduction to the world of Watercolor. In this two week class, you will learn the basic techniques and materials used in watercolor painting. Options for selecting high quality, but budget friendly supplies will be discussed. No need to bring any paint, paper or brushes; the instructor will provide these materials. Please do bring a container (16 oz or larger) for rinsing your brushes, and paper for note taking.

**Date:** Wednesday 9/20-9/27
**Time:** 10:00 am - 12:00 pm
**Fee:** $80
**Location:** CECS Community Room
**Instructor:** Marty Clark
**Program #** 242-150

WATERCOLOR STUDIO
This class is for all watercolorists, from beginner thru intermediate. Each week we will look at a different concept or technique (eg. color mixing, salt application, values, etc.) to explore in your own project or one I provide. Giving each painter an opportunity to try new ideas, improve skills and enjoy painting in a relaxed setting. Time will be allowed for individual help, especially for beginners. (Beginners: if unsure about which paints, etc to buy, the instructor can supply you for the first week and give you suggestions for later purchases).

**Date:** Wednesday 10/4-11/8
**Time:** 10:00 am - 12:00 pm
**Fee:** $80
**Location:** CECS Community Room
**Instructor:** Marty Clark
**Program #** 242-151

COLOR YOURSELF HAPPY WITH ENERGY ART *NEW*
Part art. Part mindfulness. All joy! Come try Energy Art, the visual equivalent of journaling. Using pastels and paper, you’ll color and blend to express thoughts on paper. Susan Tompkins will lead guided meditations as you create. Don’t worry, no previous art experience is required! Learning Energy Art can help you feel grounded, reduce stress, and live in the present moment.

**Date:** Tuesday 10/17
**Time:** 6:00-7:30 pm
**Fee:** $50
**Location:** CECS Community Room
**Instructor:** Susan Tompkins, CTACC
**Program #** 242-152
ADULT ART & ENRICHMENT

BRAIN HEALTH & YOU *NEW*
Do you want to age with grace and vitality but worry your cognitive health is declining? Now is the time to learn these valuable and approachable strategies. This 3-part series is designed to empower you with meaningful information and give you easy-to-implement strategies to improve memory and cognition through dynamic discussion, visuals and handouts. Whether you have a family history of brain conditions or simply want to be proactive, together as a group, we explore everything from food as medicine to stress reduction.
**Date:** 3 Thursdays 10/5-10/19
**Time:** 9:00-10:00 am
**Fee:** $50 (discounts apply)
**Instructor:** Abby Johnston, Functional Medicine Certified Health Coach
**Program #** 242-153

BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING
Is your closet full of black-colored clothing? Would you like to learn what other colors look good on you? In this fun interactive class, you’ll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You’ll also receive recommendations for eye shadows, blush and lipsticks for your coloring so you can put the two together to create a more vibrant you!
**Date:** Tuesday 10/3
**Time:** 5:30-8:00 pm
**Fee:** $35
**Location:** CECS Community Room
**Instructor:** Candace Sanborn, Radiant Image
**Program #** 242-156

FAIR PLAY 101: HOW TO DIVIDE HOUSEHOLD TASKS FAIRLY *NEW*
Do you constantly feel overwhelmed trying to keep you household running? Is the majority of the mental load on your plate? Relief is in sight. Imagine a life with less resentment, more levity, and more time to pursue your life passions. You will be introduced to the Fair Play Method, a time and anxiety-saving system that offers couples a completely new way to divvy up their domestic responsibilities. You’ll leave the course with a new vocabulary for talking/thinking about domestic life and a plan for finding more equity at home. . FMI visit [www.donebeinggood.com](http://www.donebeinggood.com)
**Date:** Thursday 10/19
**Time:** 6:00-8:00 pm
**Fee:** $30
**Instructor:** Sandi Konta, Certified Fair Play Method Facilitator
**Program #** 242-154

DARNING AND MENDING CLOTHING *NEW*
Hand sewing, darning, fixing, and mending clothing are age-old, keystone human skills. Patches can be made to be beautiful as well as functional. Learn the vital art of sewing, darning and mending. We’ll study cross-hatch hole-mending, then employ a few simple stitches to create a functional cloth pouch. Bring your holy garments! We have an assortment of yarns and fabrics. We’ll fix as much as we can in the time we have, and students may take materials home to finish repairs.
**Date:** Monday 10/23
**Time:** 5:30 - 7:30 pm
**Fee:** $35
**Location:** CS Community Room
**Instructor:** Zack Rouda, Rewild Maine
**Program #** 242-157

JOURNAL MAKING *NEW*
We will make journals with upcycled items such as cereal boxes, cardboard, book covers, manila folders etc. We will bind pages together, adding pockets/folders and other fun accessories. By the end of this session, you will walk away with a beautiful journal made by your own personal, creative touch.
**Date:** Friday 9/15-10/6
**Time:** 10:00 am - 12:00 pm
**Fee:** $70
**Instructor:** Sayali Robles
**Program #** 242-155

ZOOM APPLE COMPUTER SERIES
Bern Shanfield, a local Mac enthusiast and owner of Mac Help Now, offers a weekly one hour Zoom based meetings on Apple computer related topics. Topics can include basic and intermediate usage and troubleshooting of MacOS devices depending upon the interest of those attending. Join in when you are available!
**Date:** Wednesdays
**Time:** 10:00 - 11:00 am
**Fee:** FREE email linda.strunk@capeelizabeth.org for Zoom link!
**Instructor:** Bern Shanfield. Owner- Mac Help Now
DON’T BE CHICKEN!!! ROTISSERIE CHICKEN PREPARED 3 WAYS *NEW*
This class is the perfect class for those who are on a budget and want to extend your grocery bill. We will discuss great places to go to ‘think out of the box’ and help you save money without sacrificing taste. We will make a Chicken Chili Cobbler, Mou Shu Chicken and a rich and delicious Greek Chicken Soup that will impress your family and friends and satisfy your picky eaters.
Location: CS Community Room
Fee: $35
Instructor: Stacey Stolman
Date: Wednesday 10/18
Time: 5:30 - 7:00 pm
Program # 242-158

Date: Friday 10/20
Time: 10:15-11:30 am
Program # 242-159

HOW TO EAT ACORNS *NEW*
Acorns, or oak nuts, have remained an important and nutritious food source for many animals, including humans, around the world for hundreds of thousands of years. The oak tree has sustained human civilization since its inception in countless ways. Why have we in our modern culture nearly forgotten how to harvest, process, honor and eat this incredible gift? Learn to identify, harvest, process, store, and use acorns in the kitchen. Delicious bread, muffins and other snacks may be available as free samples.
Date: Monday 9/25
Time: 5:30 - 7:30 pm
Fee: $45
Location: CS Meeting Room
Instructor: Zack Rouda, Rewild Maine
Program # 242-160

INVASIVE BITTERSWEET BASKETS
Frustrating to gardeners and arborists, bittersweet is considered a largely useless bane on wildland. Learn to weave a bittersweet basket. We’ll employ several different weaving techniques in order to create a strong, beautiful basket for foraging, or use in the kitchen or garden. We’ll shoot for a basket about 9” wide and 7” deep, with or without a handle. This is a class for beginners, but some hand strength and dexterity is required.
Date: Saturday 12/16
Time: 9:00 am - 4:00 pm
Fee: $95
Location: CS Community Room
Instructor: Zack Rouda, Rewild Maine
Program # 242-164

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 9/20-12/6 (no class 11/22)
Time: 6:00 - 9:00 pm
Fee: $120
Location: HS Wood Shop
Instructor: John Fabish
Program # 242-161

ADULT UKULELE *NEW*
The ukulele is now more popular than ever before, and very affordable. This versatile instrument is no longer just for Hawaiian music. It’s used for rock, jazz, classical, folk and even heavy metal. Have a great time learning to play chords and tunes, while also being introduced to tablature and music sight-reading. Students need to provide own ukulele.
Date: Tuesday 9/12-10/17
Time: 10:00-11:00 am
Fee: $86
Location: CS Meeting Room
Instructor: Candice Belanger
Program # 242-162

SPANISH *NEW*
Introduction to Spanish will help students acquire the fundamentals of pronunciation & grammar, practical vocabulary, useful phrases and the ability to understand basic reading, writing and speak simple Spanish. We will have fun learning with interactive participation!
Date: Tuesday 9/12-10/31
Time: 6:30-7:30 pm
Fee: $80
Location: CS Meeting Room
Instructor: Cyndi McCormack
Program # 242-163
TREES OF THE SOLSTICES & OTHER EARTH CELEBRATIONS  *NEW*
Did you know that Elder (Sambucus) is one of the trees of Samhain, the Celtic festival celebrating the harvest and the beginning of Winter? Samhain is a time of death and rebirth. Elder is the perfect tree to invite in for this festival because it is a tree of endings and beginnings. Meet the trees and plants associated with the eight Celtic festivals that celebrate and honor the Earth’s seasons, including the summer and winter solstices. Celebrating the seasons helps you reconnect to the Earth and Nature. Inviting and spending time with the plants for each festival helps deepen your connection.

**Date:** Wednesday 10/25
**Time:** 6:30-8:30 pm
**Fee:** $30
**Location:** CECS Meeting Room
**Instructor:** Amy Melissa Witt/Earth Walkers, LLC
**Program #** 242-165

WHAT TREE IS THAT?
Did you know that a large Oak tree can drop thousands of acorns in one year? Or that trees are able to communicate and defend themselves against attacking insects? Get to know the names and assets of some of Maine’s 66 native tree species and how to identify them.

**Fall is an excellent time to learn to identify native trees by their leaves and fruits, branch, and bark patterns.**

**Date:** Tuesday 9/19
**Time:** 5:00 - 6:30 pm
**Fee:** $15
**Location:** Great Pond/Meet on Fenway Road
**Instructor:** Amy Melissa Witt/Earth Walkers, LLC
**Program #** 242-168

Join CELT programs this fall! All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

- **NATIONAL TRAILS DAY CROSS TOWN WALK**
  Join CELT Educators for an 8.2 mile walk highlighting Cape’s great places including Spurwink Marsh, Robinson Woods and Great Pond.
  **Sat, October 7**
  - Full Day Walk 8:00 am - 1:30 pm/ $10 Program # 242-169
  - Half Day Walk 10:30 am - 1:30/ $10 Program # 242-170

- **IN THE THICK OF IT; CELT’S NEW ENGLAND COTTONTAILS PROGRAM**
  Join Sarah Dudek from the Maine Department of Inland Fisheries and Wildlife for a walk at Runaway Farm. Participants of this CELT sponsored event will enjoy learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help!
  **Sunday, October 15 from 2:00pm - 3:30 pm/ $6 per person Program # 242-171

- **CELT MUSHROOM PROGRAM IN ROBINSON WOODS**
  Join mushroom expert Dan Agro of AgroMyco about edible and medicinal mushrooms. Topics include the best times of the year to find local medicinal/culinary mushrooms, ideal growing environments and what to look for in the forest, species identification and how to preserve and/or cook. This is an educational program and there will not be any foraging.
  **Saturday, September 16 from 9:00-12:00pm/ $10 per person Program #242-172**
WHALE WATCH GLOUCESTER, MA
Come spend the afternoon on the “Hurricane II” as we travel out of Gloucester to see a wide variety of whale species whom migrate to the coast every year to feed on the abundant natural resources. From the Humpback to the Fin whale, you never know who will come to the surface for a visit.
Date: Tuesday, September 12
Time: 9:15 am - 6:15 pm
Fee: $96 (Includes Transportation, Tour and Box Lunch)
Program # 242-173

LL BEAN FACTORY TOUR
Meet the cutters, stitchers, and vampers who craft Maine’s iconic hunting boots at the manufacturing plant in Brunswick on this guided tour. This tour involves extensive walking. Following the tour we will scoot down the road to the Wild Oats Bakery & Café for lunch on your own.
Date: Wednesday, September 20
Time: 8:30 am - 2:00 pm
Fee: $10 (Includes Transportation and Tour)
Program # 242-174

AGE FRIENDLY RESOURCE FAIR
South Portland Recreation Center is hosting over 40 vendors and service providers that focus on healthy aging, wellness & activity, home safety, balance, and mobility. Ride with us or attend on your own.
Date: Friday, September 22
Time: 8:45 am - 11:15 am
Fee: $3 (Includes Transportation, Free Admission)
Program # 242-175

PRIVATE WINE TASTING AND TOUR (Pictured Above)
Enjoy the foliage along the way to Sandown, NH for a unique experience at Zorvino Vineyards. With each 2 oz pour of five preselected wines, our educator will share notes and details of the wine and winemaking process. Additionally, we will tour the production space and grounds. Prior to the tour, you may enjoy something to eat at a table inside the winery or on their outdoor patio.
Date: Thursday, September 28
Time: 9:00 am - 4:30 pm
Fee: $50 (Includes Transportation, Tasting and Tour. Lunch on your Own)
Program # 242-176

FRYEBURG FAIR
Fryeburg Fair sits on 185 acres and has over 100 buildings, over 3,000 animals, exhibition halls, midway, craft center, food booths, entertainment, and much more. Let’s go!
Date: Tuesday, October 3
Time: 8:30 am - 4:30 pm
Fee: $10 (Includes Transportation. Admission is Free)
Program # 242-177

FREEPORT FALL FESTIVAL
Together over 175 of the best New England artists, makers and local food producers gather on the LLBean campus, Key Bank lawn, and Freeport Village Station courtyard. Stroll around town at your own pace visiting exhibits and enjoying Fall in Maine.
Date: Friday, October 6
Time: 11:15 am - 5:00 pm
Fee: $5 (Includes Transportation)
Program # 242-178
SOPO HOSTS FALL HARVEST GATHERING
Let us sip, savor and celebrate autumn! Come gather with us for a harvest-inspired meal. Along with the meal, there will be a presentation and of course a few games with prizes! Think fall inspired food, desserts, drinks and more!
Date: Tuesday, October 17
Time: 11:45 am - 2:15 pm
Fee: $17 (Includes Transportation and Lunch)
Program #: 242-179

TOOTSIE @ THE OGUNQUIT PLAYHOUSE
The celebrated 1982 film is adapted for the stage by taking struggling actor Michael Dorsey out of the world of daytime television and into the realm of Broadway with even more poignant and hilarious results. Sally Struthers is part of the cast! No refunds after September 20.
Date: Sunday, October 22
Time: 12:45 - 6:00 pm
Fee: $85 (Includes Transportation and Show)
Program #: 242-180

KENNEBUNKPORT GHOST WALK
Get in the Halloween spirit! Our local paranormal guide will narrate this 90-minute one mile walking tour of strange tales, haunted inns, roaming spirits and unique mysteries in the Kennebunks. Tour ends at the Nonantum Resort where you can enjoy lunch on your own at Latitudes Bar & Grill.
Date: Thursday, October 26 (Rain or Shine)
Time: 8:45 am - 2:00 pm
Fee: $35 (Includes Tour and Transportation, Lunch on own)
Program #: 242-181

HOLOCAUST & HUMAN RIGHTS CENTER
(Pictured Above)
Located at UMaine Augusta, we will learn about Kristallnacht: The Night of Broken Glass when on November 9 and 10, 1938, hundreds of synagogues and Jewish institutions all over the German Reich were attacked, vandalized, looted, and destroyed. We will also view the exhibits at the Michael Klahr Center. A quick stop for lunch at Two Maine Guys before we head home.
Date: Wednesday, November 1
Time: 8:30 am - 3:00 pm
Fee: $15 (Includes Transportation. Lunch on Own)
Program #: 242-182

TURKEY DINNER & PIE RAFFLE
Invitation Accepted. The Town of Scarborough is hosting a Thanksgiving lunch and we are invited. Let’s join them and see how many pies we can win!
Date: Wednesday, November 15
Time: 10:45 am - 1:30 pm
Fee: $11 (Includes Lunch and Transportation)
Program #: 242-183

SOUND OF MUSIC
We will travel to the Portsmouth Music Hall for this beloved classic tale of Maria, a governess for the von Trapp family, set against the backdrop of Austria at the beginning of World War II. This heartwarming tale of love, family, and the resilience of the human spirit features some of the most unforgettable songs ever composed for the stage. No refunds after October 31st.
Date: Thursday, November 30
Time: 11:30 am - 5:30 pm
Fee: $80 (Includes Transportation and Performance)
Program #: 242-184
OUTINGS AND ENTERTAINMENT

STONE MOUNTAIN HOLIDAY
Nestled in the foothills of the White Mountains in Brownfield, the Stone Mountain Arts Center is a beautiful timber frame music hall. For this one day, it will be our own performance venue where we will enjoy the generous portions of a home style luncheon while listening to owner and singer-songwriter Carol Noonan perform traditional holiday music. No refunds after November 22nd.

Date: Wednesday, December 6
Time: 10:00 am - 3:00 pm
Fee: $62 (Includes Transportation, Lunch and Concert)
Program # 242-185

GARDENS AGLOW (Pictured Above)
Join us for this spectacular light show at the Coastal Maine Botanical Gardens in Boothbay, Maine! This seasonal celebration returns to its roots as a walking event with a new, reimagined design and more than 750,000 LED lights woven through 14 acres of central gardens.

Date: Thursday, December 14
Time: 2:30 pm - 7:30 pm
Fee: $ 31 (Includes Transportation, Admissions & Brown Bag Dinner)
Program # 242-186

SOPO HOSTS HOLIDAY HAPPINESS MEAL
Come on and get happy! Put all your worries, stress aside, from the holiday madness and join us we enjoy a holiday meal. Chase the winter blues away with this fun time with friends. We will be offering lots of food, fun, games with prizes and entertainment!

Date: Tuesday, December 19
Time: 11:45 am - 2:15 pm
Fee: $20 (Includes Transportation and Lunch)
Program # 242-187

CHARLESTON, SOUTH CAROLINA
Leave behind the mud and slush of March in Maine and travel with area recreation departments to see cherry blossoms, azaleas, daffodils, honeysuckle, jasmine, and wisteria in Charleston SC. Included in this trip is a guided tour of Charleston, where we will explore the historic and culinary influences of the Gullah Heritage and visit the manicured gardens at the National Historic Landmark, Middleton Place. We will visit a Charleston Plantation where we will learn about the daily life and the relationships among the men, women, and children who lived and worked there before, during, and after slavery. We will have some time in the Charleston City Market, one of the nation’s oldest public markets with over 300 vendors, enjoy a scenic harbor cruise, and take a trolley tour of a Charleston Tea Garden. On our way home we will visit Maymont, a 100-acre Victorian estate and public park in Richmond, Virginia. It contains Maymont Mansion, now a historic house museum, an arboretum, formal gardens, native wildlife exhibits, and a nature center. This trip is 9 days/8 nights. Deposit is due at registration. The final balance is due January 9. No refund unless a replacement can be found after January 9th. Participants must be able to navigate getting on and off a coach bus, climb and descend stairs, and walk a fair amount over sometimes uneven terrain.

Date: Saturday, March 16 – Sunday, March 24, 2024
Fee: $1344 pp/db $1764 pp/sgl (Includes Transportation, Lodging, All Breakfasts, Six Dinners, and Admissions to Scheduled Attractions)
Program # 242-188
**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. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. FMI on levels visit www.capecommunityservices.org.  
**Location:** Richards Community Pool  
**Instructor:** Kirsten Read  
**Level/Dates** | **Time** | **Fee** | **Program #**  
--- | --- | --- | ---  
PCR-A Sun 9/10-10/29 | 10-11am | $120 | 242-200  
PCR-E&B Sun 9/10-10/29 | 11-12pm | $120 | 242-201  
PCR-A&E Tues 9/5-10/31 | 1-2 pm | $135 | 242-202  
PCR-A&E Fri 9/8-10/27 | 11:30-12:30 | $120 | 242-203  
PCR-A Sun 11/5-12/17 | 10-11am | $105 | 242-204  
PCR-E&B Sun 11/5-12/17 | 11-12pm | $105 | 242-205  
PCR-A&E Tues 11/7-12/19 | 1-2 pm | $105 | 242-206  
PCR-A&E Fri 11/3-12/22 | 11:30-12:30 | $120 | 242-207  

**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 (no class 11/23)  
**Time:** 5:30-6:45 pm  
**Location:** Richards Community Pool  
**Instructor:** Todd Larlee  
**Date** | **Classes** | **Fee** | **Program #**  
--- | --- | --- | ---  
9/5-10/31 | 17 | $187 | 242-209  
11/2-12/21 | 14 | $154 | 242-210  

**ADULT SWIM LESSONS-SINK OR SWIM (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 (No class 10/9, 10/28, 11/25)  
**Time:** 8:00-8:45 am  
**Location:** Richards Community Pool  
**Instructor:** Sarah MacColl  
**Date** | **#of Classes** | **Fee** | **Program #**  
--- | --- | --- | ---  
9/11-10/31 | 6 | $60 | 242-211  
10/21-12/9 | 6 | $60 | 242-212  

**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.  
**Days:** Mon/Wed/Fri  
**Time:** 5:30-6:45 am (no class 10/9, 11/10, 11/24)  
**Location:** Richards Community Pool  
**Instructor:** Todd Larlee  
**Date** | **Classes** | **Fee** | **Program #**  
--- | --- | --- | ---  
9/6-10/30 | 23 | $230 | 242-213  
11/1-12/22 | 21 | $210 | 242-214  

**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.  
**Date:** Mon/Wed/Fri (no class 12/25)  
**Time:** 8:00 - 8:55 am  
**Location:** Richards Community Pool  
**Instructor:** Patty Medina/Susan Farady  
**Date** | **Classes** | **Fee** | **Program #**  
--- | --- | --- | ---  
10/2-10/30 | 13 | $85 | 242-215  
11/1-11/29 | 13 | $85 | 242-216  
12/1-12/27 | 11 | $72 | 242-217  

**WATER CORE & CARDIO **NEW**  
Grab a flotation belt or noodle or floatation dumbbells and “run”, “ski”, “bike” and kick to get the cardio core workout that is so easy on the joints and lets you go at your own pace. Interval cardio segments plus core exercises will be the high point of your week.  
**Date:** Thursdays 10/5-11/30 (no class 11/23)  
**Time:** 1:15-2:00 pm  
**Location:** Richards Community Pool  
**Instructor:** Sarah MacColl  
**Fee:** $96  
**Program #** 242-218
### 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. 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 with the main focus on setting goals and improving personal best times.

*Parent pick-up or extended care only, no late bus.*

**Dates:** Tuesday/Thursday September 12- November 16th

**Time:** 3:00-4:15 pm (parent pick up or extended Cape Care only, no late bus)

**Fee:** $220

**Program #** 242-267

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### AQUATICS

**Fall 1: September 9– October 19**
- Mondays-9/11-10/23 (no class 10/9, 6 classes)
- Thursdays-9/14-10/19 (6 classes)
- Saturdays -9/9-10/14 (6 classes)

**Fall 2: October 21 - December 9**
- Mondays -10/30-12/4 (6 classes)
- Thursdays-10/26-12/7 (no class 11/23, 6 classes)
- Saturdays-10/21-12/9 (no class 10/28, 11/25, 6 classes)

**Registration for Fall 2 opens Tuesday, Oct. 10th**

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<th>Level</th>
<th>Day</th>
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**CELT’S LITTLE EXPLORERS** (Ages: 3 - 5 w/Adult)
Join CELT educators as we explore Robinson Woods in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust Board Member, Lisa Gent. During this CELT sponsored event we’ll take a gentle hike through Robinson Woods where we will explore the habitat around us and search for signs of the changing season. Please dress in comfortable clothes and bring a water bottle. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

**Date:** Friday, October 6
**Time:** 9:00 – 10:00 am
**Fee:** $6/parent & child; each add’l child - $3
**Location:** Robinson Woods Lot
**Instructor:** Lisa Gent
**Program #** 242-300

**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.

**Time:** 2:00 - 2:45 pm
**Location:** Community Center Activity Room
**Instructor:** Julie Wilkes, Brio Dance Studio

**Session 1**
**Dates:** Mondays, 9/13 - 10/25
**Fee:** $100
**Program #** 242-301

**Session 2**
**Dates:** Mondays, 11/6 - 12/11
**Fee:** $86
**Program #** 242-302

**LITTLE SAMURAI*S** (Ages: 3 - 5)
Little Samurai students will improve hand/eye coordination through exercises and games designed specifically for their age. They will also learn the basic principles of Martial Arts such as respect for others, earning rewards with hard work and to never give up! The techniques taught will build skills that will help them move into the older children's program when they reach the age of 5 and have begun Kindergarten.

**Time:** 2:05 - 2:50 pm
**Fee:** $100
**Location:** Community Center Activity Room
**Instructor:** Dragon Fire Martial Arts

**Session 1**
**Dates:** Wednesdays, 9/13 - 10/25
**Program #** 242-303

**Session 2**
**Dates:** Wednesdays, 11/1 - 12/20 (no class 11/22)
**Program #** 242-304
**NEW** MUSIC TIME WITH CANDICE  
(18 Mths – 3 Yrs, w/Adult)
Join us on Wednesday mornings to explore all things musical! Kids and their grownups will experiment with different musical instruments while sing-a-longs fill the space propelled by the voices of all! We love experimenting with various child friendly percussion instruments like egg shakers, tone bells, hand drums, rhythm sticks and so much more! We also do lots of dancing with colorful scarves, ribbons, parachutes and other various movement activities that are designed to provide a stimulating, positive experience for both the children and care-givers. This class helps to also improve balance and coordination, introduce social skills in a group “play” environment and, above all, promote a fun association with music... that can last a lifetime.  
**Time:** 9:00 - 9:45 am  
**Location:** Community Center Living Room  
**Fee:** $86  
**Instructor:** Candice Belanger  

**SESSION 1**  
**Dates:** Wednesdays, 9/13 - 10/18  
**Program #** 242-305

**SESSION 2**  
**Dates:** Wednesdays, 11/1 - 12/13 (no class 11/22)  
**Program #** 242-306

**NEW** LEARNING WITH YAYA - SPANISH FOR KIDS (Ages: 1 - 5 w/Adult)  
Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process.  
Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC. For questions on the program, please reach out to Yael at learningwithyaya@gmail.com  
**Day:** Tuesdays (no class 11/28)  
**Fee:** $75  
**Location:** Community Center Living Room  
**Instructor:** Yael Herszkopf Maye

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<td>4 - 5</td>
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<td>10/31 - 12/12</td>
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</table>
### SUPER SITTER SKILLS (Ages 11 - 15)
This American Red Cross Babysitter’s Training course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. The course consists of interactive lessons featuring video, activities, games and tools babysitters can use to build their knowledge and skills, manage their babysitting business, develop leadership skills and keep themselves and others safe, as well as basic first aid for children and infants. Students must be at 11 years old prior to class date and must attend the session in its entirety for Red Cross certification.

**Time:** 9:00 am - 3:30 pm  
**Fee:** $125  
**Location:** Community Center Community Room  
**Instructor:** Lighthouse Health and Safety

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<tr>
<td><strong>Date:</strong> Saturday, 10/28</td>
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<td><strong>Program #</strong> 242-311</td>
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### 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.

**Instructor:** Julie Wilkes, Brio Dance Studio

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<th>GRADES K - 2</th>
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| **Program #** 242-313 | **Program #** 242-314 |  

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| **Session 1:** | **Session 2:**  
| **Dates:** 9/12 - 10/24 | **Dates:** 10/31 - 12/12 |  
| **Program #** 242-317 | **Program #** 242-318 |  

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</table>
| **Session 1:** | **Session 2:**  
| **Dates:** 9/11 - 10/30 ** | **Dates:** 10/6 - 12/11 |  
| **Program #** 242-319 | **Program #** 242-320 |  

* No Class 11/22

** ** No class 10/9
YOUTH PROGRAMS

IRISH DANCE (Gr: K - 8)
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, 9/8 - 12/15 (no class 10/6, 10/27, 11/10, 11/17, 11/24)
**Fee:** $186

**Location:** Pond Cove Gym
**Instructor:** Stillson Irish Dance

**Beginners: (Gr: K-4)**
- **Time:** 3:05 - 4:05 pm, 12/8 Half-Day: 12:05 - 1:05 pm
- **Program #** 242-321

**Advanced: (Gr: 3-8)**
- **Time:** 4:05 - 5:05 pm, 12/8 Half-Day: 1:05 - 2:05 pm
- **Program #** 242-322

MUSICAL THEATER (Gr: 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 strengthens coordination, encourages creativity, and improves self-esteem.

**Fee:** $195
**Instructor:** Barry Brinker

**GRADES: K-2**
- **Dates:** Mondays, 9/11 - 12/11 (no class 10/9)
- **Time:** 3:05 - 4:30 pm
- **Location:** HS Cafeteria
- **Program #** 242-323

**GRADES: 3-4**
- **Dates:** Thursdays, 9/14 - 12/14 (no class 11/23)*
- **Time:** 3:05 - 4:45
- **Location:** PC Gym
- **Program #** 242-324

* 10/26 half day school time 12:05 - 1:45

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.

**Time:** 3:05 - 4:05 pm
**Location:** Community Center Activity Room
**Instructor:** Julie Wilkes, Brio Dance Studio

**SESSION 1:**
- **Dates:** Mondays, 9/11 - 10/30 (no class 10/9)
- **Fee:** $100
- **Program #** 242-325

**SESSION 2:**
- **Dates:** Mondays, 11/6 - 12/11
- **Fee:** $86
- **Program #** 242-326

ART CLUB (Gr: 3 - 4)
Art club is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with different mediums each week.

**Time:** 3:05 - 4:05 pm
**Fee:** $90
**Location:** Pond Cove Art Room
**Instructor:** Maryjane Johnston

**SESSION 1:**
- **Dates:** Tuesdays, 9/19 - 10/24
- **Program #** 242-327

**SESSION 2**
- **Dates:** Wednesdays, 11/7 - 12/12
- **Program #** 242-328
YOUTH PROGRAMS

PLANT LAB FUN (Gr: K - 2)
Are plants alive? What do they need to survive & thrive? Do we (mammals) have something in common with plants? Answer those questions as we explore everything plants. Use plants for art, learn about invasive species, explore all the ways plants defend themselves, learn about extinct plants, make a plant fossil and much more fun hands-on plants science!
Date: Mondays, 9/11 - 10/23 (No class 10/9)
Time: 3:05 - 4:05 pm
Fee: $118
Location: Pond Cove Library
Instructor: High Touch High Tech
Program #: 242-329

SUPERPOWERS: THE AMAZING POWERS OF NATURE (Gr: K - 2)
Does nature have superpowers? In this series we will explore the amazing powers found in nature. From flying squirrels to the survivors of the big extinction. Are there any species that lived during the Jurassic period and can still be spotted alive on Earth? We will examine those and so many other questions through hands-on, fun, science activities.
Date: Mondays, 11/6 - 12/11
Time: 3:05 - 4:05 pm
Fee: $118
Location: Pond Cove Library
Instructor: High Touch High Tech
Program #: 242-330

IT’S A SMALL WORLD: MICROSCOPY & CHEMISTRY (Gr: 3 - 4)
Discover the tiniest things that are the building blocks of EVERYTHING around us! From atoms to molecules and what is the Periodic Table? We will zoom in and examine things through microscopes; find out how plants look like up close, examine tiny organisms, like tardigrades, also known as water bears and so much more!
Date: Tuesdays, 9/12 - 10/17
Time: 3:05 - 4:05 pm
Fee: $118
Location: Pond Cove Library
Instructor: High Touch High Tech
Program #: 242-331

INVENTIONS & ENGINEERING: INVENTORS, ENGINEERS & PROBLEM SOLVERS (Gr: 3 - 4)
Calling all problem solvers who love challenges! We will encounter many problems, from engineering, to forensics. Did someone say hidden messages? Uncover how you can write secret messages, build a bridge, solve a crime scene mystery, find the missing bird and more. We will have fun working together as we look for solutions to those and other challenges.
Date: Tuesdays, 11/7 - 12/12
Time: 3:05 - 4:05 pm
Fee: $118
Location: Pond Cove Library
Instructor: High Touch High Tech
Program #: 242-332
YOUTH PROGRAMS

CHESS CLUB (Gr: 1 - 8)
"Check Mate!" Chess is a fun game that incorporates and helps foster intellectual growth while having fun. It's not about Kings, Queens, and Rooks, but rather, quadrants and co-ordinates, thinking strategically and foreseeing consequences. It's about lines and angles, weighing options and making decisions. Chess might just be the perfect teaching and learning tool. The game of chess increases higher level thinking skills, advance math and reading skills, and builds self-confidence. Beginners and experienced players welcomed!
Location: Community Center Community Room
Instructor: David Cimato

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* No class 10/6  ** No class 11/10, 11/24  *** No class 10/9

BRICK BY BRICK MAINE LEGOS (Gr: K - 3)
Join us for one or all of these fabulously fun 6 week sessions! Classes begin with a short lesson related to the build of the week. Once the weekly build is completed, students will enjoy free building time with a huge tub of Lego bricks!
**Time:** 3:05 - 4:05 pm  
**Location:** Community Center Community Room  
**Fee:** $121

LEGO ARCTIC EXPEDITION!
Fend off polar bears and brave blizzards to save the Arctic Ice Cap! Weekly builds may include a polar bear, an Arctic Flyer and an ugly angler fish!
**Date:** Tuesdays 9/12 - 10/17
**Program #** 242-339

LEGO FIRE BRIGADE!
Develop a team of top fire fighters to tame the menacing blaze in Lego City! Weekly builds may include a fire motorcycle, a fire ATV and a helicopter!
**Date:** Thursdays 9/14 - 10/19
**Program #** 242-340

LEGO DEEP SEA EXPEDITION!
Discover the mysteries of the seabed! Weekly builds may include a submarine, a scuba diver and an octopus!
**Date:** Tuesdays 10/31 - 12/12 (no class 11/7)
**Program #** 242-341

LEGO JUNGLE EXCURSION!
Grab a machete and forge a path through the jungle! Weekly builds may include a monkey, a jungle buggy and a sea plane!
**Date:** Thursdays 11/2 - 12/14 (No class 11/23)
**Program #** 242-342
YOUTH PROGRAMS

INTRO TO SEW & SEWING LAB (Gr: 3 - 7)
Join Jeanette Guglielmetti to learn and improve your sewing skills and create your own projects!

**Location:** Community Center Spin Room

**Instructor:** Jeanette Guglielmetti

**INTRO TO SEW (Gr: 3 - 4)**
This 6 week long class provides a comprehensive curriculum that covers the essentials of sewing, from basic stitches, cutting out a pattern and fabric to creating simple projects. Students will also be learning sewing safety, the parts of the sewing machine, how to use a sewing machine and practice sewing straight lines and turns. 

*All materials provided.*

**Dates:** Wednesdays, 9/13 - 10/18

**Time:** 3:05 - 5:05 pm

**Fee:** $100

**Program #** 242-343

**SEWING LAB (Gr: 5 - 7)**
This is an opportunity for intermediate/advanced students in Grades 5 - 7, to work on individual projects. Students should have a basic understanding of sewing and will learn the terminology and techniques required to successfully complete a project.

Students should come to class with a specific project appropriate for the six week class length, including a pattern and all fabric required.

**Dates:** Wednesdays, 11/1 - 12/13 (No class 11/22)

**Time:** 2:45 - 4:45 pm

**Fee:** $90

**Program #** 242-344

**BAKING 101 (Gr: 2 - 5)**
Come join Fun Chefs as we learn the basics of baking. Each class we will learn the fundamentals such as measuring, ingredients and proper cooking and decorating techniques, and create delicious baked goods, both sweet and savory. Recipes include soft baked pretzels, banana bread, Pizza pinwheels and cookie/cupcake decorating.

**Time:** 3:05 - 4:05 pm

**Fee:** $130

**Location:** Community Center Community Room

**Instructor:** Fun Chefs LLC

**Day:** Wednesdays

**SESSION 1:**

**Dates:** 9/13 - 10/18

**Program #** 242-345

**SESSION 2**

**Dates:** 11/1 - 12/13 (No class 11/22)

**Program #** 242-346

**KNITTING 101 (Ages 8 - 12)**
Learn the timeless skill of knitting in this six-week class. Students are taken through the very basics of knitting including how to cast on, knit and purl. By the end of the session, your student will have created a cute project to take home.

**Time:** 3:05 - 4:30 pm

**Fee:** $100

**Location:** Pond Cove Library

**Instructor:** Elizabeth Carroll

**SESSION 1:**

**Dates:** Wednesdays, 9/13 - 10/18

**Program #** 242-347

**SESSION 2**

**Dates:** Wednesdays, 11/1 - 12/13 (No class 11/22)

**Program #** 242-348
**NEW** UKULELE RIFFS & RHYTHMS  
(Gr: 4 - 6)
Rock out to your favorite tune on this easy and fun instrument—the ukulele! Students will learn the four basic chords – C, G, Am, and F. Once you have a handle on these four chords, you’ll be able to play tons of songs. We will then move on to adding ukulele riffs in your playing. (A ukulele riff is a series of notes played within a song that creates a catchy melody.) Often the riff is repeated several times throughout the song and is easily recognizable.

Students will need to bring their own ukulele.

**Time:** 3:05 - 4:05 pm  
**Location:** Middle School Library  
**Fee:** $86  
**Instructor:** Candice Belanger

**SESSION 1**
**Dates:** Tuesdays, 9/12 - 10/17  
**Program #** 242-349

**SESSION 2**
**Dates:** Tuesdays, 10/31 - 12/5  
**Program #** 242-350

**TABLE TENNIS/PING PONG (Gr: 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:** Tues/Thurs, 10/24 - 12/14 (No Class 11/23)  
**Time:** 2:30 - 4:00 pm  
**Fee:** $135  
**Location:** Middle School, Gymnasium Lobby  
**Instructor:** Chris Drake  
**Program #** 242-351

**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.

**Location:** Pond Cove Gym  
**Fee:** $200  
**Instructor:** Dragon Fire Martial Arts.

**Session 1**
**Dates:** Monday/Wednesday, 9/11 - 10/30 (No Class 10/9)  
**Beginner**  
**Time:** 3:05 - 4:05 pm  
**Program #** 242-352  
**Advanced**  
**Time:** 4:05 - 5:05 pm  
**Program #** 242-353

**Session 2**
**Dates:** Monday/Wednesday, 11/1 - 12/20 (No Class 11/22)  
**Beginner**  
**Time:** 3:05 - 4:05 pm  
**Program #** 242-354  
**Advanced**  
**Time:** 4:05 - 5:05 pm  
**Program #** 242-355
YOUTH PROGRAMS

SATURDAY MORNING TENNIS (Gr: 1 - 8)
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: Niamh Colpitts, PTR/USPTA Certified

Session 1 - OUTDOOR
Dates: Saturdays, 9/9– 10/21 (No Class 10/7)
Location: High School Tennis Courts

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<tr>
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<td>Grade: 3 - 5</td>
<td>10:00 - 11:00 am</td>
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<td>Grade: 6 - 8</td>
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Session 2 - INDOOR
Dates: Saturdays, 10/28 – 12/16 (No Class 11/11, 11/25)
Location: Pond Cove Gym

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<td>11:00 am - 12:00 pm</td>
<td>242-361</td>
</tr>
</tbody>
</table>

FALL 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!
Fee: Parent and Child $132, Additional Child $60
Instructor: Coach Mary Gray, PTR Certified

Dates: Sundays, 9/10 - 10/15
Location: High School Tennis Courts

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 5</td>
<td>9:00 - 10:00 am</td>
<td>242-362</td>
</tr>
<tr>
<td>6 - 7</td>
<td>10:00 - 11:00 am</td>
<td>242-363</td>
</tr>
<tr>
<td>8 - 12</td>
<td>11:00 am - 12:00 pm</td>
<td>242-364</td>
</tr>
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</table>

Dates: Tuesdays, 9/12 - 10/17
Location: Fort Williams Tennis Courts

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 - 5</td>
<td>4:45 - 5:45 pm</td>
<td>242-365</td>
</tr>
</tbody>
</table>

FALL AFTERNOON TENNIS (Gr: 1 - 4)
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 the equipment is adapted for each age group. The format allows the students to feel comfortable even if they have never played before!
Dates: 9/12 - 10/19
Fee: $86
Instructor: Coach Mary Gray, PTR Certified

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
<th>Program #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gr. 1 - 2</td>
<td>Tuesdays, 3:45 - 4:30 pm</td>
<td>242-366</td>
</tr>
<tr>
<td>Gr. 1 - 2</td>
<td>Thursdays, 3:45 - 4:30 pm</td>
<td>242-367</td>
</tr>
<tr>
<td>Gr. 3 - 4</td>
<td>Thursdays, 4:45 - 5:30 pm</td>
<td>242-368</td>
</tr>
</tbody>
</table>
YOUTH PROGRAMS

GIRLS VOLLEYBALL (Gr: 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, 9/9 - 10/14 (no class 10/7)
Fee: $70
Time: 9:00 - 10:00 am
Instructor: Varsity Coach Sarah Boeckel & Varsity Players
Program # 242-369

HIKE CLUB (Gr: 3 - 4)
Join the Cape Elizabeth Land Trust for fresh air and outdoor exercise! Enjoy the beauty of our hometown hiking sections of the Land Trust and Green Belt Trails. Each hike will be roughly two miles covering different terrain and habitats. Bring a snack, water bottle and good walking shoes (possibly boots). We will also review basic navigation skills using compasses and maps. Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week at 5:00 pm.
Dates: Thursdays, 9/14 - 10/5
Time: 3:00 - 5:00 pm
Fee: $48
Location: CELT Trails
Instructor: Cape Elizabeth Land Trust
Program # 242-370

YOUTH 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, 9/9 - 10/14 (no class 10/7)
Fee: $70
Location: Hannafoard Turf Field
Instructor: Varsity Coaches & Players

LITTLE CAPERS (Ages: 3-5)
Time: 10:00 - 10:45 am OR Time: 10:45 - 11:30 am
Program # 242-371 Program # 242-372

KINDER CAPERS (K)
Time: 11:30 am-12:15 pm
Program # 242-373

BOYS CAPERS (Gr: 1-2)
Time: 8:00 - 9:00 am
Program # 242-374

GIRLS CAPERS (Gr: 1-2)
Time: 9:00 - 10:00 am
Program # 242-375

CO-ED CAPERS (Gr: 3 - 6)
Time: 9:00 - 10:00 am
Program # 242-376
YOUTH PROGRAMS

GIRLS FIELD HOCKEY (Gr: K - 6)
Cape field hockey varsity players offer the “Stick Stars” field hockey program on Sunday mornings. The focus will be on skill development, sportsmanship, basic rules and FUN! Equipment including stick, mouth guard, eye goggles and shin guards are required. This program includes skill days and inter-community play days (dates TBD).

Dates: Sundays, 9/10 - 10/15 (no class 10/8)
Time: 9:00 - 10:00 am (Time will extend on play days)
Fee: $100
Instructor: HS Coach and players
Program # 242-377

GIRLS FIELD HOCKEY MIDDLE SCHOOL PREP (Gr: 3 - 5)
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. Players may participate in inter-community play days. Parent volunteers are critical for the success of this program! We need your involvement to succeed. We will be looking for Coaches!

Dates: Tuesdays, 9/12 - 10/17
Fee: $70
Time: 3:05 - 4:05 pm
Program # 242-379

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. We will join other communities for weekly meets on Wednesdays to be held at various sites. In order to run this program, parent volunteers are needed for each practice!

Dates: Mon/Wed, 9/11 - 10/11 (No Class 10/9)
Time: 3:05 - 4:05 pm
Fee: $54
Instructor: Laura Fourre & Volunteer Coaches
Program # 242-378
**YOUTH PROGRAMS**

## BASKETBALL SKILLS

**LITTLE CAPE BALL (4, 5 & K )**
Looking to get your little one involved in the great game of basketball? Little Cape Ball is the perfect place to start! This weekend program is aimed at introducing the sport through fun drills and relay games. Our goal is to give children the opportunity to try the sport in a fun, relaxed environment.

**Date:** Sundays, 1/7 – 2/4  
**Time:** 9:00 - 10:00 am  
**Fee:** $70  
**Location:** High School Gym  
**Instructor:** Parent volunteers needed  
**Program #** 243-300

### SUNDAY BASKETBALL CLINICS (Gr: 1 - 2)
Each Sunday a program leader, with the aid of volunteer parents, will instruct young players in fundamental basketball skills, rules and other aspects of the game. Players will be divided into stations to practice their new skills and play games.

**Date:** Sundays, 1/7 – 2/4  
**Fee:** $70  
**Location:** High School Gym  
**Boys:**  
**Time:** 10:00 - 11:15 am  
**Program #** 243-301  
**Girls:**  
**Time:** 11:15am - 12:30pm  
**Program #** 243-302

### SATURDAY BASKETBALL CLINICS (Gr: 3 - 6)
Varsity Coaches Jeff Mitchell and Chris Casterella along with their HS players will instruct young players in a clinic setting by introducing fundamental basketball skills, rules and other aspects of the game. Players will be divided into stations to practice their new skills and play games.

**Date:** Saturdays, 12/2 – 2/3 (No Class 12/23, 12/30)  
**Fee:** $100  
**Location:** High School Gym  

<table>
<thead>
<tr>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gr</td>
<td>Time</td>
</tr>
<tr>
<td>3/4</td>
<td>9:15-10:30</td>
</tr>
<tr>
<td>5/6</td>
<td>10:30-11:45</td>
</tr>
</tbody>
</table>

## TRAVEL & HOUSE BASKETBALL LEAGUES  
(Gr: 3 - 8)

**REGISTRATION DEADLINE IS SEPT. 20!**
In order to set up this program, we need to know interest to organize and secure gym time. There are no fees as of yet and we will have official registration sign ups, tryouts and details by October.

### GIRLS
We will participate in a 5th and 6th grade girls competitive travel league which includes teams from surrounding communities. Travel team tryouts, if necessary, will be held in November, times and dates TBD. Weekend games will begin in December. Teams will have 1-2 practices/week and 1-2 weekend games.

If numbers allow, we will have a 4th/5th/6th house team to practice skills and play games once/week in house with little to no travel to other towns.

Please sign up at www.capecommunityservices.org:  
5th/6th Travel Program #: 243-306  
4th/5th/6th House Program # 243-307

### BOYS
Cape Elizabeth Community Services will be offering travel basketball for grades 3 - 8. Travel teams will be capped at 12 players/team and practice twice/week and play on weekends.

**Travel Teams**
3rd/4th, 5th, 6th, 7th, 8th

**House League Offering: Grades 4-6**
In addition to the travel teams, we will be offering a "House League" for players that are interested in a league that doesn't require out of town travel or weekend play. This will be offered during the week and will be for any player in grades 4-6. This includes skill development and games.

Please sign up at www.capebasketball.org/travel. Please indicate your interest in Travel, House League or both within the sign up sheet.
PLEASANT MOUNTAIN SKI/RIIDE
PROGRAM (Grades 3 - 8)

We will be taking TWO coach buses to Pleasant Mountain. These trips are designed for the beginner and advanced skier or snowboarder, with lessons for all levels. Participants in 6-8 grade may choose to freeski or snowboard.

Parent chaperones are needed for this program. I will need 3 to 4 chaperones per bus.

REGISTRATION OPENS
NOVEMBER 12TH AT 8:00 PM ONLINE.

Program Dates: January 11, 18, 25, February 1, 8, 15 (make up date Feb.29th if needed)
Time: 3:00pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm
Lessons (1.5 hour) will be available for all participants, those in 3 - 5 grade must take lessons. Freeskiing and riding will be available for those in the 6 - 8 grade if they are proficient skier/riders.

**Pleasant Mountain Information Zoom Meeting. Parent and student participation is required on January 4th at 6pm.**

PLEASANT MOUNTAIN
SKI/RIIDE PROGRAM OPTIONS
Waivers and rental forms to be completed online, once registration has closed.

BASE PRICE FOR TRANSPORTATION IS $180 then add options:

+ LIFT TICKET $188.00 (6 weeks, Thursday night with group)

+ ADD LESSONS $188.00 (lessons are available for all grades, and 3 & 4th graders must do lessons, exception must go through Kelly Phinney)

+ ADD RENTALS $188.00

+ ADD A HELMET RENTAL $60.00 (Helmets are mandatory)

+ NIGHT PASS $250.00 (good for every evening @ 3:30pm, All rates, hours of operation, dates and times are subject to change without notice. Pricing for 4 or more visits. Holiday/ vacation weeks are blacked out & not included; 12.26.23-1.1.24, 1.13-1.15.24, 2.17-2.23.24

PROGRAM # 243-310
RICHARDS COMMUNITY POOL & FITNESS CENTER

Memberships may be purchased at CECS during regular business hours. Please note, a 10% additional fee applies to all non-resident members.

<table>
<thead>
<tr>
<th>MEMBERSHIP INFO</th>
<th>MONTHLY pool/fitness/combo</th>
<th>QUARTERLY pool/fitness/combo</th>
<th>ANNUALLY pool/fitness/combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL</td>
<td>$43/ $40/ $60</td>
<td>$104/ $91/ $138</td>
<td>$341/ $300/$473</td>
</tr>
<tr>
<td>COUPLE</td>
<td>$71/ $69/ $94</td>
<td>$159/ $155/ $220</td>
<td>$473/ $432/$667</td>
</tr>
<tr>
<td>FAMILY</td>
<td>$99/ $115/ $131</td>
<td>$267/ $255/ $339</td>
<td>$830/ $805/$1,136</td>
</tr>
</tbody>
</table>

Drop ins available for pool ages 4-10 $3/$4(nr), ages 11+ $5/$6(nr) **cash or check only**
Drop ins for the Fitness Center $5/$6 (nr) Minimum age 14

Pool and fitness schedules can be found on our website. www.capecommunityservices.org

POOL PARTIES

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Cafe may be rented for your 'party portion' at an additional fee.

*Payments are cash/check only.*

**FEES**

- $175 Inflatable, pool & whirlpool (max 40)
- $110 Pool & whirlpool (max 40)
- $75 Cafe rental (1 hour) non-residents add 10%
  - All swimmers 6 and younger must have adult in water at all times.
  - All swimmers 12 and younger are required to take a swim test prior to swimming.

**OPTIONS**

- Saturdays: 2:45-3:45 pm
- 3:45-4:45 pm
- Sundays: 1:15-2:15 pm

- **PLAN AHEAD!** Please note, pool parties typically book out 1-2 months in advance.
CAPE COMMUNITY EVENTS

September
9  Maine Open Lighthouse Day
   Fort Williams Park
23  Cape Elizabeth Kitchen Tour

October
21  Harvest Festival - Pond Cove School
27  Trunk or Treat - Community Services

November
11  Cape Elizabeth Community Hockey Night
    Mariner's vs. Adirondack Thunder
13-17 Instructor Appreciation Week
    Community Services

December
8  Gingerbread Decorating
    Community Services