

CAPE EXPLORER

Fall 2026



Keeping
Cape
ACTIVE

Elaine Talevi, CECS Instructor since 1982

resident
registration
opens
SUNDAY,
AUGUST 23rd
8 PM



ONLINE REGISTRATION OPENS SUNDAY 8/23 for residents 8:00 PM

www.capecommunityservices.org

IN PERSON/BY PHONE 799-2868
REGISTRATION OPENS
MONDAY 8/24 7:30 AM-3:30 PM

NON-RESIDENT REGISTRATION
OPENS
FRIDAY 8/28 7:30 AM



IMPORTANT INFO

- Full refunds are given when a program is canceled.
- Withdrawals 5 business days prior to first class receive full refund (less processing fee) / 2-4 business days 50% (less processing fee) / 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. Phone/in person bookings do not incur fees.
- A non-taxpayer fee will be added to all programs and activities. Programs of \$50 and under = \$3 fee, \$51-\$100 = \$5 fee, and programs over \$100 = \$7. An additional 10% will be added to memberships/parties.
- Register for members of your immediate family only.



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.

Adult Movement

STRENGTH/CARDIO CLASSES	DAY	TIME	DATES	FEE	PROGRAM #
BOOT CAMP	WED/FRI	5:30-6:30 am	9/30-11/6	\$144	272-101
			11/9-12/18*	\$144	272-102
JETTI FIT WALKING	WEDNESDAY	4:00-5:00 pm	9/2-10/14	\$84	272-103
FITNESS FUSION	TUES/THURS	8:00-8:50 am	9/8-10/29	\$195	272-104
			11/3-12/17	\$169	272-105
WOMEN ON WEIGHTS	WED/FRI	8:45-9:45 am	9/2-10/16	\$154	272-106
			11/4-12/23*	\$132	272-107
BODY DYNAMICS	MON/ WED/FRI	9:00-10:00 am	9/21-10/30*	\$136	272-108
			11/2-12/18*	\$152	272-109
ESSENTRICS	TUES/THURS	9:00-10:00 am	<i>September Fort Williams</i>	<i>\$10 drop in fee</i>	
			10/1-11/5	\$132	272-110
			11/10-12/17*	\$132	272-111
MAT PILATES-Beginner	TUESDAY	10:30-11:20 am	9/8-10/27	\$112	272-112
			11/3-12/15	\$98	272-113
MAT PILATES- Intermediate	FRIDAY	10:10-11:00 pm	9/11-10/30	\$112	272-114
			11/6-12/18*	\$84	272-115
MAT PILATES-Older Adult	FRIDAY	11:10-12:00 pm	9/11-10/30	\$112	272-116
			11/6-12/18*	\$84	272-117
MEN ADD STRENGTH/ WOMEN ON WEIGHTS COMBO	MON/THURS	11:00-12:00 pm	8/31-10/19*	\$143	272-118
			11/5-12/21*	\$132	272-119
COED WEIGHTS	TUES/THURS	5:15-6:15 pm	9/1-10/15	\$154	272-120
			11/5-12/22*	\$132	272-121
CARDIO STRENGTH INTERVAL TRAINING / CSI	TUES/THURS	6:15-7:15 pm	9/1-10/15	\$154	272-122
			11/5-12/22*	\$132	272-123

BEGINNER MAT PILATES

With Emanuela Porcelli

Location: CS Activity Room

Drop ins-welcome \$15

This beginner-friendly, full-body workout is based on classical Pilates and is designed for those new to the practice or looking to refresh their fundamental skills. We will focus on deep core stability, posture, overall body awareness, and alignment. Please note that while the workout proceeds at a slower pace to ensure precision, it remains physically challenging.

INTERMEDIATE MAT PILATES

With Emanuela Porcelli

Location: CS Activity Room

Drop ins-welcome \$15

(*No class 11/27)

This class is perfect for those who are ready to take the next step in their Pilates practice. Building on fundamental skills such as Pilates breathing, core stability, body alignment and controlled movements, this class introduces flowing sequences, increased repetition, coordination and endurance, while still applying precise technique.

OLDER ADULT MAT PILATES

With Emanuela Porcelli

Location: CS Activity Room

Drop ins-welcome \$15

(*No class 11/27)

Designed to support overall health and vitality through gentle and effective movements. Sessions will focus on improving pulmonary capacity, enhancing circulation, increasing flexibility, expanding range of motion and building balance for every day stability. Exercises will be performed at a comfortable pace with attention to proper breathing and alignment. Participants are encouraged to listen to their bodies and progress at their own level in a supportive environment.

Adult Movement

BODY DYNAMICS

With Elaine Talevi

Location: CS Activity Room

Drop-ins welcome \$10

(*No class 10/12, 11/11, 11/27)

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.

ESSENTRICS® RELEASE REBALANCE RESTORE with Sarah MacColl

Location: September Fort Williams Park

Oct-Dec. CS Activity Room

(*No class 11/26)

Drop-ins welcome \$14 Lengthen and strengthen your muscles, mobilize your joints, and enjoy some choreographed-to-music routines to build your brain health and coordination. The moves are gentle, massaging our fascia and improving our range of motion. September will be drop in only at the Fort. If you are new to Essentrics® and/or have questions, call Sarah at 207-799-2424. Essentrics.com FMI



BOOT CAMP

with Liz Beausang

(*11/9 FOR 11/11 AND 11/23

FOR 11/27)

Location: CECS Spin Room

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 drills that build a body that works, a push harder workout culture and a supportive group spirit! Please bring weights, water & mat to class.

MEN ADD STRENGTH (MAS) WOMEN ADD WEIGHTS COMBO

with Susan Janosik

Location: CEHS Fitness Center

(*No class 9/7,10/12, 11/12, 11/26)

Has it been a while since you have worked out in a gym or at home? Do you want to get stronger, healthier, more flexible & build a stronger core & better balance? MAS/WOW provides strength training using barbells, Kettlebells, free weights, body weight & exercise machines. This class is for all fitness levels. For first time participants, please contact Susan to get set up on a program that best suits you. 207-939-2255.

WOMEN ON WEIGHTS

with Susan Janosik

Location: CEHS Fitness Center

(*No class 11/11,11/13, 11/27)

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 can be modified for delicate backs, shoulders, knees, etc. After registering, first time participants should contact Susan at susan@jointefforttraining.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

FITNESS FUSION

with Liz Beausang

Location: CS Activity Room

Drop ins-welcome \$15

(no class 9/17)

Come join Liz for a variety of heart pumping movements to burn some calories followed by strength training. We will turn and burn with drumsticks, weights and bands for a full body workout!

JETTI FIT WALKING

with Susan Janosik

Location: Fort Williams

Transform Your Walk Into a FUN, Full-Body Workout! Increase cardiovascular fitness, bone density, and boost muscle strength and endurance while building community in a group setting. Reach out to Susan with any questions at 207 939-2255 or susan@jointefforttraining.com.

COED WEIGHTS

with Susan Janosik

Location: CEHS Fitness Center

(*No class 11/12, 11/26)

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 939-2255.

CARDIO STRENGTH INTERVAL TRAINING

with Susan Janosik

Location: CS Spin Room

(*No class 11/12, 11/26)

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!

Adult Movement

All dance fitness classes are located at CECS Activity Room

	DAY	TIME	DATES	FEE	PROGRAM #
LINE DANCING	MONDAY	5:00-6:15 PM	9/28-11/23*	\$104	272-124
JAZZ	MONDAY	12:00-1:00 PM	9/14-12/7*	\$180	272-125
BALLROOM DANCE	TUESDAY	6:00-7:00 PM	9/15-10/13	\$130	272-126
			10/20-11/17	\$130	272-127
TAP ADVANCED BEGINNER	WEDNESDAY	12:00-1:00 PM	9/9-12/9*	\$180	272-128
OULA	THURSDAY	6:00-7:00 PM	9/3-10/15	\$84	272-129
			10/22-12/10*		272-130
ZUMBA	TUESDAY	9:00-10:00 AM	9/1-9/29	\$50	272-131

LINE DANCING

with Amy Bates

Drop-ins welcome \$15

(*No class 10/12)

Ever wanted to learn how to line dance? Now's your chance! In this active class we will review fundamental line dancing moves, learn each new dance in bite-size chunks so you're not overwhelmed, practice, have a great time, and practice some more to build confidence on the dance floor. Learn popular and trending dances found in honky tonks across the country.

JAZZ DANCE

with Kristin Sutton

(*No class 10/12)

Jazz dance is an uniquely American art form with roots in African dance. It combines many styles and techniques from street styles to Broadway to ballet. Incorporating a broad range of musical genres, jazz classes are a great workout and a fun way to release stress! Class will begin with a warm up consisting of stretching, isolations and across-the-floor combinations, followed by choreography. For footwear, please wear ballet slippers, jazz shoes, or go in bare feet.

BALLROOM DANCE FOR COUPLES

with Patty Medina

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.

ADULT ADVANCED BEGINNER TAP

with Kristin Sutton

(*No class 11/11, 11/25)

Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! In this Advanced Beginner class, we will cover warm-ups, go over some new steps and combinations and begin some simple routines. **Previous tap experience and knowledge of basic tap steps required.**



OULA DANCE FITNESS

with Cholla Foote

Drop-ins welcome \$15

(no class 11/26)

OULA merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. This 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.

ZUMBA

with Patricia Marett

Drop-ins welcome \$12

Have fun, burn calories, and dance your way to fitness with Zumba. Using Latin inspired rhythms, along with pop songs and oldies, you will master easy dance steps to obtain a full body workout. Relieve your stress and improve your coordination while getting your cardio done. No dance experience necessary. Bring a water bottle, a towel, and your smile.

Adult Movement

VINYASA FLOW YOGA

with Alexandra Smith

Drop-ins welcome \$15 ***NEW***
(*No class 9/24, 11/26)

Equal parts effort and ease. We'll build strength, balance, and mobility through a dynamic vinyasa flow, then slow it down with longer holds and stretches to find stillness. Expect mindful movement, a breath-centered practice, and a welcoming atmosphere. All levels welcome with modifications offered throughout.

MONTHLY CHAIR YOGA

with Martha Williams

No prior experience needed for this gentle and mindful practice of movement and deep breathing, which helps to calm the nervous system and focus the mind. Free for residents/ \$15 for non residents. Registration required.

YOGA ALL LEVELS

with Sharon Wilke

Drop-ins welcome \$13
(*No class 9/7, 10/12, 11/11)

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.

GENTLE HATHA YOGA

with Sharon Wilke

Drop-ins welcome \$13
(*No class 9/7, 10/12, 11/11)

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.

FITBALL YOGA

with Patty Medina

(*No class 11/26)
Drop-ins welcome \$12

The Benefits of working with a Stability Fitball are many. Combined with Yoga, it will help to connect 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, limber and protect our joints is to have **Good Posture!!!**



	DAY	TIME	DATE	FEE	PROGRAM #
GENTLE HATHA YOGA	MONDAY/ WEDNESDAY	10:15-11:30 am	8/31-10/28*	\$176	272-132
			11/2-12/23*	\$165	272-133
YOGA ALL LEVELS	MONDAY	6:30 - 7:45 pm	8/31-10/26*	\$77	272-134
			11/2-12/21*	\$88	272-135
	WEDNESDAY	6:00 - 7:15 pm	9/2-10/28*	\$99	272-136
			11/4-12/23*	\$77	272-137
VINYASA FLOW YOGA	THURSDAY	4:30-5:30 pm	9/10-10/29*	\$84	272-138
			11/5-12/17*	\$72	272-139
TAI CHI	WEDNESDAY	1:30-2:30 pm	9/9-12/9	\$120	272-140
FOUNDATIONAL STRENGTH	THURSDAY	10:10-10:30 am	9/10-10/15	\$24	272-141
			10/29-12/10*		272-142
QIGONG	THURSDAY	10:30-11:30 am	9/10-10/15	\$60	272-143
			10/29-12/10*		272-144
FITBALL YOGA	TUES/THURS	12:00-1:00 pm	9/15-10/22	\$132	272-145
			10/27-12/10*	\$143	272-146
MONTHLY CHAIR YOGA	FRIDAY	12:15-1:15 pm	9/4, 10/2, 11/6, 12/4	FREE	272-147

Adult Movement

TAI CHI FOR BETTER FUNCTION

with Stephanie Carlson

Drop-ins welcome \$10
(*No class 11/11, 11/25)

Tai chi supports our daily functioning through improved ROM, strength, coordination, agility, and overall balance. This 12 week session will explore Master Yang's 7 Step Evidence Based curriculum in more depth and is appropriate for all levels. Loose clothing and supportive footwear is recommended.

FOUNDATIONAL STRENGTH FOR QIGONG

with Stephanie Carlson

Drop-ins welcome \$4
(*No class 11/26)

This class will emphasize the activation of the body's deep, stabilizing muscles to improve overall posture and balance. We will use gentle strengthening and stretching exercises in sitting and/or on a mat to support better body mechanics in the qigong class which immediately follows.

QIGONG FOR BALANCE & HEALTH

with Stephanie Carlson

Drop-ins welcome \$10
(*No class 11/26)

We will utilize meditation, repetitive movements, and breath work with our internal energy (or qi). Qigong is a wonderful, holistic exercise practice to improve physical balance and the performance of daily activities. We will be learning a set of simple Qigong movements as well as focusing on other balance exercises and practices.

Adult Sports & Recreation

ADULT SOCCER

with David Croft (5:00 PM) AND
David Peary (6:30 PM)

Location: HS Gym

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 and move outdoors as the weather improves.

DROP IN HOOPS/ ADULT BASKETBALL

Location: MS Gym (No hoops
11/11, 11/25)

This program is offered for adults who want a good work out while playing full court games in an atmosphere of fast paced and friendly competition.

ADULT VOLLEYBALL

Location: HS Gym

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.

POND HOCKEY - ADULT LEARN TO PLAY

This co-ed program is for adults who want to learn to play pond hockey on Wednesday evenings in a relaxed and supportive environment. The emphasis will be on having fun and experiencing the joy that pond hockey offers. We will provide instruction on skating, stick handling, passing, and shooting, and play stress-free cross-ice games together. Players are expected to wear helmets with cages and gloves, and to bring their own hockey sticks.

ADULT TENNIS

with Niamh Colpitts

Intermediate Session 1:
HS COURTS

All Levels Session 2:

POND COVE GYM

(*NO CLASS 9/19, 10/3, 11/28)

This class is for players who have an existing foundation in tennis and are looking to take their game to the next level. Classes will focus on technique development and strategy for match play all while having fun!

ADULT SKATE (18+)

Ice skating is a lifelong sport and this class is honoring the joy of ALL adult levels! Whether you are newer to the sport or revisiting/continuing on your skating journey, this class fosters a welcoming environment with support! This 30 minute lesson involves targeted group and individual instruction. Please keep the safety of your body in mind, use necessary protective gear including helmets and consult with your doctor if you're longing to skate yet feeling at all physically hesitant to partake in this class. We are excited to support you on starting or continuing your ice skating journey! Please contact Faye DiBella at fayedibella@gmail.com for further support or guidance.



Adult Sports & Recreation

		DAY	TIME	DATE	FEE	PROGRAM
SOCCER		SUNDAY	5:00-6:30 PM	11/1-12/20	\$64	272-148
			6:30-8:00 PM	11/1-12/20	\$64	272-149
VOLLEYBALL		WEDNESDAY	7:00-10:00 PM	9/9-11/4	\$5 DROP IN FEE	
BASKETBALL- DROP IN HOOPS		WEDNESDAY	8:15-10:00 PM	9/9-12/9*	\$5 DROP IN FEE	
TENNIS	INTERMEDIATE	SATURDAY	8:00-9:00 AM	9/5-10/24*	\$120	272-150
	ALL LEVELS			11/14-12/19*	\$100	272-151
PICKLEBALL	BEGINNER-LEARN TO PLAY	TUESDAY/THURSDAY	4:30-6:00 PM	9/8-9/24	\$108	272-152
	ADVANCED BEGINNER	TUESDAY/THURSDAY	8:30-10:00 AM	9/15-10/6	\$126	272-153
	INTERMEDIATE		10:00-11:30 AM			272-154
	INTERMEDIATE PLUS	MONDAY/WEDNESDAY	10:30-12:30 PM	9/16-10/7*	\$144	272-155
ADULT SKATE		MON-THURS	8:30-9:00 AM	12/14-12/17	\$80	272-156
POND HOCKEY LEARN TO PLAY		WEDNESDAY	8:00-9:00 PM	12/16; 1/6-2/10	\$175	273-100

ADVANCED BEGINNER/ INTERMEDIATE PICKLEBALL

with Glenn Jordan
Location: Fort Williams Pickleball Courts

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. Please note, instructor reserves the right to shift players between groups for balanced play.

PICKLEBALL INTERMEDIATE PLUS

with Glenn Jordan
Location: Fort Williams Pickleball Courts (*No class 9/21)

For those who have taken the Intermediate class and/or received permission from the instructor, this 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, re-sets and more.

PICKLEBALL- BEGINNER LEARN TO PLAY!!

with Jim Clark
Location: Fort Williams Pickleball Courts

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! Bring your own paddle or we have extra paddles for those who need.



Adult Art & Enrichment

EXPERIENCE NATURE ON THE CAPE WALKING GROUP

Are you a nature enthusiast who loves to experience nature up close? Are you new to Cape or interested in getting to know Cape Elizabeth's beautiful trails? Join us as we walk, explore, and experience all that Cape's trails have to offer including the trees, plants, and critters that make a particular habitat their home. Hiking poles available at CECS free of charge. The walk schedule is as follows, but subject to change: Drop ins available \$10 per walk

10/1 - Great Pond 10/22 - Robinson Woods
10/8 - Winnick Woods 10/29 - Kettle Cove & Crescent Beach
10/15 - Gull Crest

Dates: Thursdays

Time: 9:00-10:30 am

Fee: \$50

Instructor: Amy Melissa Witt/Earth Walker

Program # 272-157



SOUND IMMERSION MEDITATION

Please join me for a one hour of deep relaxation and restoration. Ancient cultures have used sound for healing for 1000's of years. Sound therapy has gained widespread recognition as a healing practice. During the sound immersion, participants, while lying down on a yoga mat or sitting comfortably, listen to and absorb the vibrations from selected sound vibration instruments paired with vocalizing to create a mesmerizing soundscape. As rhythmic sounds wash over the body, they trigger the release of feel-good chemicals, dampen pain signals, and bring about a sense of relaxation, balance, and well-being. Bring your yoga mat, a blanket, a water bottle and something to cover your eyes. Comfort is key! See you there!

Time: 3:00-4:15 pm

Location: CC Activity Room

Fee: \$39 (discounts do not apply)

Instructor: JoAnn Dowe

Date: Sunday 10/4

Program # 272-158

Date: Sunday 11/1

Program # 272-159

Date: Sunday 12/6

Program # 272-160



BACK TO SCHOOL REDO

Ever wonder what it would be like to go back to high school? Join Cape Elizabeth High School Leadership Experience students for two 75-minute classes. This unique intergenerational program allows community members to experience modern classroom life firsthand. Based on the student's schedule, you may choose from Advanced Placement courses like history, literature, physics, government, and science, as well as English, Algebra, Spanish, Technical Theater, and Quantum Reasoning. Upon registration, you will receive a list of classes with descriptions from which to choose.

Date: Tuesday, October 20th

Time: 7:30 - 11:30 am

Location: CEHS

Program # 272-161

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, fruits, branch and bark patterns. Enjoy a sunset walk on one of Cape Elizabeth's beautiful Land Trust trails and meet the trees.

Dates: Wednesday 9/30

Time: 5:00-6:30 pm

Location: Robinson Woods

Instructor: Amy Melissa Witt/Earth Walkers

Fee: \$15 (discounts do not apply)

Program # 272-162

EVENING WATERCOLOR WORKSHOP

In this class, you will be introduced to painting with watercolor, including techniques in color mixing, observational painting and composition. At your own pace, you will learn how to paint a still life using watercolor in a relaxed and welcoming environment. This class will cover wet on wet and wet on dry techniques, masking, pressing, shading and light techniques, ink washes and pattern making. You will come away from this class with beautiful watercolor paintings and a greater understanding and appreciation for the medium of watercolor. This class is suitable for beginners and can be adjusted for all levels of experience.

Date: Monday 10/5

Time: 6:00-8:00 pm

Location: CS Community Room

Fee: \$75

Instructor: Brooke Lambert

Program # 272-163

Adult Art & Enrichment

COLORED PENCIL WORKSHOP

The glory of colored pencils is versatility. A relaxing hour with a coloring book or a drawing so detailed it almost passes for oil painting; that's colored pencil! In this class we'll look at both basic and advanced pencil techniques. We'll also look at three pencil types (waxy, oily and watersoluble) as well as the importance of paper surfaces. In addition there will be small projects each week to perfect your skills.

All supplies will be provided. You will be using a variety of pencil and paper styles, by the end of this class you should have a clear idea of which pencil and paper you want and reliable sources. (Note: this is not a "how to draw" class, rather a how to "apply color" to your drawings).

Date: Wednesday 9/9-9/30

Time: 10:15 am -12:15 pm

Fee: \$80

Location: CS Community Room

Instructor: Marty Clark

Program # 272-164

WATERCOLOR PAINTING STUDIO

Watercolor is the simplest of painting media, at the same time the most difficult?? Join us this fall to answer this burning question. This class is for beginners thru intermediate. Each week we will explore a different art concept or watercolor technique. We will be painting from simple still lifes or landscape photos, feel free to bring in your own photo references. The goal is to try new ideas, improve skills and enjoy painting in a relaxed setting. You are encouraged to ask questions as the direction of the class is set by the needs of the students rather than a formal lesson plan. Time will be allowed for individual help, especially for beginners.

Beginners, all supplies for the first week are provided, this gives us time to talk about basic materials you will need. All others, please bring watercolor brushes, 100 % cotton watercolor paper, rinse container, pencil and paper for note taking, and oh yes, watercolor paint!

Date: Wednesday 10/14-12/9 (no class 11/25)

Time: 10:15 am -12:15 pm

Fee: \$120

Location: CS Community Room

Instructor: Marty Clark

Program # 272-165



THE MIXED MEDIA SKETCHING HABIT: DRAWING YOUR WORLD (INDOOR EDITION) ^{*NEW*}

Want to build the confidence to sketch anywhere, anytime? This 6-week course focuses on the "urban sketching" style, exploring how to simplify the world around you using mixed media (ex., fine-line pens, water-soluble graphite/markers, and light watercolor). Designed to be fresh and engaging for returning students while remaining highly accessible to beginners, this class explores foundational elements like line, shape, perspective, value, and texture.

Students will work from real-life objects they bring themselves, culminating in two indoor on-location sessions to practice sketching comfortably in public spaces. Weekly Breakdown:

Week 1: The Art of Seeing (Line & Shape in the Art Room)

Week 2: The Illusion of Space (Form & Perspective in the Art Room)

Week 3: On-Location Architecture (Line & Perspective at Thomas Memorial Library)

Week 4: Playing with Contrast (Value & Depth in the Art Room)

Week 5: On-Location Cozy Spaces (Texture & Media at a local cafe)

Week 6: Your Visual Voice (Composition & Celebration in the Art Room)

Date: Thursdays 10/15-11/19

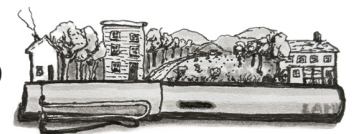
Time: 1:00-2:30 pm

Fee: \$150

Location: CS Community Room/site locations

Instructor: Steve Addario. Sketching Adventures

Program # 272-166



OPEN ART SPACE

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!

Date: Tuesdays starting 9/8

Time: 10:15-noon

Fee: \$3 drop in

Location: CS Community Room

Adult Art & Enrichment

THE JOYFUL MURALS SERIES ^{*NEW*}

Discover how to transform everyday inspiration into vibrant public art. This new two-course series introduces participants to the complete mural-making process - from finding inspiration and designing for scale to painting a finished mural. Ideal for beginners, no prior mural experience is needed. Participants can choose either course (or both) based on interests.

COURSE 1: FINDING JOY & SCALING UP

Learn to see your surroundings with fresh eyes by exploring the colors, textures, and patterns that make your community unique. Participants will create their own original mural concept through sketches or photo mood boards and learn practical methods for scaling and transferring their designs to a window, panel or wall.

Dates: Saturdays 9/12 and 9/19

Time: 9:30 am – 12:00 pm

Location: CS Community Room

Instructors: Phaedra Schmidt, Mural Marketing LLC and Steve Addario, Sketching Adventures

Fee: \$175

Program # 272-167

COURSE 2: BRINGING A MURAL TO LIFE

Continue your mural journey by learning the fundamentals of mural painting, including selecting materials, preparing surfaces, and applying painting techniques. Participants will receive individualized support as they develop their own mural project to work on at home. The class will also collaborate on and paint a large-scale mural in the Community Center.

Dates: Saturdays 11/7, 11/14 and 12/5

Time: 9:30 am – 12:00 pm

Location: CS Community Room 11/7 & 11/14/CS Activity Room 12/5

Instructors: Phaedra Schmidt, Mural Marketing LLC and Steve Addario, Sketching Adventures

Fee: \$195

Program # 272-168

LINOCUT PRINTMAKING WORKSHOP

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: Monday 11/9

Time: 6:00-8:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program # Program # 272-169

CAPE ADULT SEWING WORKSHOP

Sewing is an awesome skill! Let's get together twice a month at the Cape Sewing Workshop. The reasons for sewing are varied and your experience (or lack of) is typical with many sewers. We will gather to master your sewing machine, sew new projects, learn new techniques, fix or patch clothing, and more. You will build your sewing skills and CONFIDENCE. Four local sewers will lead the sessions. Help transporting your sewing machine and a loaner sewing machine is available.

Dates: every other Thursday 9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17

Time: 10:00 am-12:00 pm

Location: CS Community Room

Fee: \$40

Instructor: Jeanette Guglielmetti & volunteers

Program # 272-170

CARHARTT BEANIE EMBROIDERY WORKSHOP

Join us for a fun and creative beginner embroidery workshop where you'll learn how to embroider on a Carhartt knit hat (beanie) in a relaxed, supportive environment! All materials are provided - including your cozy knit Carhartt beanie. Leave with a finished, wearable piece of art and the skills/materials to keep stitching on your own!

Dates: Thursday 10/15

Time: 6:00-8:00 pm

Location: CS Community Room

Fee: \$70

Instructor: Jen Weidner

Program # 272-171



Adult Art & Enrichment

LEARN TO PLAY MAH JONGG

This Introduction to American Mah Jongg class is for adults who want to learn the fascinating tile game of Mah Jongg. Players use tiles and the National Mah Jongg League's annual card to put together winning hands, similar to Gin Rummy. In this class you will learn the basics of the game. You will learn to identify the tiles, understand the Mah Jongg card, and become familiar with game play. Join the fun and meet new people. All you need is willingness to learn. Please note, game is played in groups of four, so attendance at all sessions is requested.

Time: 9:30-11:30 am

Fee: \$72 + bring your own 2026 Mah Jongg card

Location: CS Community Room

Instructor: Sandy Larlee & Janie Zimmerman

Date: Session 1: Mondays 9/14-10/26 (no class 10/12)
Program # 272-172

Date: Session 2: Mondays 11/2-12/7
Program # 272-173



BEGINNER/ADVANCED BEGINNER MAH JONGG

Build your Mah Jongg confidence with this class geared towards individuals who have either taken our "Learn to Play" class or have basic game knowledge and a community to play with. We will assist with game strategies and development. Please note that while guidance is available as needed, this session is not intended for absolute beginners. Come meet and mix with new players and sharpen your skills!

Time: 12:30-2:30 am

Fee: \$48 + bring your own 2026 Mah Jongg card

Location: CS Community Room

Instructor: Sandy Larlee & Janie Zimmerman

Date: Session 1: Mondays 9/28-10/26 (no class 10/12)
Program # 272-174

Date: Session 2: Mondays 11/16-12/7
Program # 272-175

NEW

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, along with sunglasses colors and jewelry metals to flatter your coloring!! Please wear a lower neckline to class.

Date: Tuesday 11/10

Time: 5:30-8:00 pm

Fee: \$35

Location: CS Community Room

Instructor: Candace Sanborn, Radiant Image
Program # 272-176

UNDERSTANDING THE BODY'S SUPERHIGHWAY

NEW

Scientists have identified a body-wide network called the interstitium, calling it a "new" organ. But is it "new", or just something long overlooked? We will explore this superhighway and its implications for health, movement, and exercise. You'll learn how the interstitium works with the fascia and lymphatic system to form an interconnected network for communication and fluid transport. Understanding this can reshape how you approach your fitness goals, recovery, flexibility, and overall well-being. In the second workshop, we will gain a clearer view of the body as an integrated system rather than separate parts. This perspective supports smarter workouts, improved movement, fewer injuries, better recovery, and greater confidence in caring for your body. We will explore what tools/equipment are useful to improve fluid dynamics, breaking up adhesions and restoring tissue glide.

Date: Saturday 10/3 & 10/17

Time: 9:30-11:00 am

Fee: \$40 (\$5 discount if enrolled in Patty's Water Works class)

Location: CS Community Room

Instructor: Patty Medina

Program # 272-177

WHY HEALTHY HABITS DON'T STICK (AND WHAT ACTUALLY HELPS)

Most of us already know what we should be doing to improve our health. So why is lasting change so difficult? Join local pharmacist Candace Viola, PharmD, for an engaging, interactive discussion exploring why healthy habits can be so hard to maintain-and what the science tells us actually helps. Rather than focusing on another list of nutrition or exercise tips, this program offers a fresh perspective on building a healthier life through practical, sustainable changes that fit real life.

Date: Wednesday 10/7

Time: 6:00 -7:00 pm

Fee: Free (registration required)

Location: Community Room

Instructor: Candace Viola

Program # 272-193

Adult Art & Enrichment

CREATING A BALANCED LIFE

Learn how to create a life that consistently honors your highest values and priorities by using a simple but surprisingly powerful visual tool, the Life Balance Wheel. By seeing your life as an interconnected system and observing how the different sectors of your life interact, you'll discover how specific choices leading to simple and gradual change can move you toward greater satisfaction and fulfillment in life. Participants will see how strengths and previously unrecognized patterns support the discovery of leverage points for positive change. This workshop is suitable for adults of any age and can be particularly valuable during periods of transition or confusion about priorities.

Date: Saturday 10/3

Time: 1:00-3:00 pm

Fee: \$40

Location: CS Community Room

Instructor: Polly Bennell, InterPlay Creative Coaching and Consulting

Program # 272-178

NEW

ALL THINGS MEDICARE

Information Session hosted by Cindy Cogswell and Matt Orlando, who collectively have 40+ years of experience helping people navigate Original Medicare, private Medicare Insurance options (Medicare Advantage and Medicare Supplements), and related senior programs. Key Topics include: New Industry-wide updates, changes to Medicare for 2027, Tips on evaluating your Medicare Supplement or Medicare Advantage plan, understanding "Annual Notice of Change, what to do if you're new to Medicare, and more!

Date: Friday 10/16

Time: 10:30-noon

Location: CS Community Room

Instructor: Cindy Cogswell & Matt Orlando

Fee: FREE (Registration Required)

Program # 272-179



AGE-FRIENDLY RESOURCE FAIR

Friday, September 18, 2026

9:00 am - Noon

**South Portland Community Center
21 Nelson Road**

Over 40 vendors for every aging person and their families.

RETIREMENT: MAKING YOUR MONEY LAST

We'll discuss ways to help you work toward achieving your retirement goals-what matters most to you. A key focus will be how to provide for your income needs, including your retirement income for the future. We'll also explore how to address important concerns such as inflation, health care expenses, market volatility and unexpected events.

Location: CS Conference Room

Instructor: Jacki Farrell, Financial Advisor Edward Jones

Fee: FREE (Registration Required)

Date: Thursday 9/17

Time: 10:00-12:00 pm

Program # 272-180

Date: Friday 11/20

Time: 10:00-12:00 pm

Program # 272-181

SENIOR INVESTMENT FRAUD: NEW SCAMS AND HOW TO AVOID THEM

The presentation will cover increasingly common scams targeting seniors, including relationship investment scams (which often start with a wrong number text or social media message), affinity fraud, celebrity endorsement schemes, and imposter scams. Attendees will learn practical steps to protect themselves, including how to recognize red flags like pressure to invest quickly, requests for payment via gift cards or cryptocurrency, and too-good-to-be-true promises. Other topics will include how to research investments and investment professionals using free S.E.C. resources like Investor.gov, as well as how to protect your online accounts from fraud.

Date: Friday 9/25

Time: 10:00-11:00 am

Location: CS Community Room

Instructor: Eric Giroux, Senior Counsel U.S. Securities and Exchange Commission

Fee: FREE (Registration Required)

Program # 272-182

Adult Outings & Entertainment

ACTIVITY LEVELS

Look for the activity level in each program description so you know what to expect before registering.

Level I involves minimal extra walking, sitting, standing, or stair climbing.

Level II involves walking up to 60 minutes on uneven terrain or stairs with opportunities to rest.

Level III requires confident, unassisted mobility, extensive walking, flights of stairs, and some strength or athleticism.

MILLION DOLLAR QUARTET

Maine State Music Theatre and The Public Theatre present the story of the legendary 1956 jam session at Sun Record Studios in Memphis, where Carl Perkins, Jerry Lee Lewis, Elvis Presley, and Johnny Cash came together. This Broadway hit features a catalogue of timeless classics, including "Blue Suede Shoes," "Great Balls of Fire," "I Walk the Line," and "Hound Dog." **No refunds after August 24th. Level I**

Date: Wednesday, September 9

Time: 12:30 - 5:30 pm

Fee: \$68.50

Program #: 272-100

FORT MCKINLEY TOUR & LUNCH

Depart Portland on a scenic cruise to Great Diamond Island for a guided golf cart tour of Fort McKinley's historic military complex. Led by volunteer guides, you will explore the original barracks and learn about the fort's operational history in defending the U.S. coastline, as well as its modern reincarnation as the private residential community. The excursion concludes with lunch at island restaurant if they are still open (Separate Checks). **No refunds after September 11th. Level II.**

Date: Friday, September 18th

Time: 9:30 am - 3:00 pm

Fee: \$10 plus \$20 cash donation

Program #: 272-189

THE BATH IRON WORKS STORY

The tour begins in the immersive exhibit BIW: Building America's Navy where you'll get a high-tech look at the people, processes, and ships of Bath Iron Works and discover why "Bath Built is Best Built." From there, you'll board the City of Bath trolley for a narrated ride past the expansive yard. Your expert guide will detail the history of the yard and highlight key elements of the shipyard. Finally, the trolley will drop you off to board the museum's cruise boat Merrymeeting for a one-hour cruise featuring a spectacular, close-up look at naval destroyers in the water. **No refunds after September 11th. Level II**

Date: Friday, September 25th

Time: 11:00 am - 4:30 pm

Fee: \$67

Program #: 272-190

AMERICAN INDEPENDENCE CENTER & LUNCH

Explore the evolution of American democracy on this docent-led tour of the Ladd-Gilman House and Folsom Tavern in Exeter, NH. The center offers a uniquely hyper-local look at the American Revolution, right where it happened and immerses you in the nation's founding through original 18th-century artifacts. Highlights include an authentic 1776 Dunlap Broadside of the Declaration of Independence and original drafts of the U.S. Constitution. Lunch on your own at SeaDog Brewery following the tour. **No refunds after September 25th. Level I**

Date: Thursday, October 1st

Time: 8:45 am - 3:00 pm

Fee: \$23

Program #: 272-191

FRYBURG 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. **No refunds after September 25th. Level III**

Date: Tuesday, October 6

Time: 8:30 am - 4:30 PM

Fee: \$10

Program #: 272-192

Adult Outings & Entertainment

LITTLE SHOP OF HORRORS

Kicking off Good Theater's 23rd Season, this deviously delicious sci-fi comedy has been devouring the hearts of theatergoers. Little Shop of Horrors follows Seymour, a hapless floral assistant who discovers a mysterious plant with a dangerous appetite. As romance, fame, and fortune begin to bloom, so does the plant's insatiable hunger. **No refunds after September 30th. Level I**

Date: Wednesday, October 14th
Time: 1:15 - 4:30 pm
Fee: \$36
Program #: 272-183

SMALL TOWN

Ogunquit Playhouse presents the world premiere of the John Mellencamp jukebox musical "Small Town". The narrative follows star-crossed lovers Jack and Diane as they navigate a multigenerational community facing economic turmoil in the American heartland. It features reimaged versions of Mellencamp's classic hits like "Jack and Diane," "Hurts So Good," and "Small Town". **No refunds after September 25th. Level I**

Date: Wednesday, October 28th
Time: 12:15 - 6:00 pm
Fee: \$85
Program #: 272-184

THE SNOWFLAKE TRAIL

This annual open house of small businesses in Limington, Limerick and Newfield, Maine offers distinctive shopping experience showcasing eight small businesses. Along the trail, you can explore locally made artisan French-style chocolates, Maine Maple syrup, and local foods. You'll also have the chance to meet talented artists and craftsmen and visit an alpaca farm. **No refunds after October 30th. Activity Level II**

Date: Friday, November 6th
Time: 9:00 am - 4:30 pm
Fee: \$15
Program #: 272-185

CONVERSATIONS WITH MOTHER

Good Theater presents this semi-autobiographical, two-actor comedy-drama by Matthew Lombardo. It tracks the five-decade relationship between Maria, a strong-willed Italian-American matriarch, and her free-spirited gay son, Bobby. Through humor and heart, this relatable portrait captures their tense, tender, and beautifully messy family bond. **No refunds after October 30th. Level I**

Date: Wednesday, November 18th
Time: 1:15 - 4:30 pm
Fee: \$36
Program #: 272-186

HOLIDAY TEA PARTY

Travel in your festive attire to The Lady Mary Inn in North Berwick, Maine's most impressive wooden Queen Anne-Eastlake Victorian style mansion. Throughout the fully decorated manor, the experience includes hot tea, seasonal sandwiches, house-made scones, and classic petit fours. The Inn retains its 11-foot high decoratively painted ceilings, gilded friezes, classic woodwork stained glass windows, and ornate fireplaces. **No refunds after December 1st. Level I**

Date: Thursday, December 10th
Time: 10:15 am - 2:30 pm
Fee: \$50
Program #: 272-187

MARY POPPINS

Get ready for Mary Poppins to fly over the rooftops of London and into The Music Hall! The Ogunquit Playhouse presents the popular Disney musical this holiday featuring songs from the film including "A Spoonful of Sugar", "Supercalifragilisticexpialidocious", and "Chim Chim Cher-ee." Mary Poppins has captivated audiences for generations, and now the enchanting story, unforgettable songs and breathtaking dance numbers will dazzle and delight. **No refunds after November 13th. Level I**

Date: Wednesday, December 16th
Time: 11:30 am - 5:30 pm
Fee: \$85
Program #: 272-188

Aquatics

ALL 18+	DAY	TIME	DATES	FEE	PROGRAM
WATER WORKS	MON/WED/FRI	8:00-8:55 AM	10/2-10/30	\$85	272-200
			11/2-11/30	\$85	272-201
			12/2-12/30*	\$78	272-202
LIGHTHOUSE MASTERS	MON/WED/FRI	5:30-6:45 AM	9/9-10/30*	\$220	272-203
			11/2-12/18	\$210	272-204
COAST ENDURANCE	TUES/THURS	5:30-6:45 PM	9/8-10/29	\$176	272-205
			11/3-12/17*	\$143	272-206
PACE RACE CHASE ADVANCED	SUNDAY	10:00-11:00 AM	9/13-10/25*	\$105	272-207
			11/1-12/13	\$105	272-208
PACE RACE CHASE BEGINNER/MID LEVEL	SUNDAY	11:00-12:00 PM	9/13-10/25*	\$105	272-209
			11/1-12/13	\$105	272-210
PACE RACE CHASE ALL LEVELS	TUESDAY	1:00-2:00 PM	9/1-10/27	\$135	272-211
			11/3-12/15	\$105	272-212
PACE RACE CHASE ALL LEVELS	FRIDAY	11:30-12:30 PM	9/4-10/30	\$135	272-213
			11/6-12/18	\$105	272-214
ADULT SWIM LESSONS	WEDNESDAY	6:00-6:45 PM	9/9-11/4	\$90	272-215

PACE RACE CHASE ADVANCED, ENTRY LEVEL, BEGINNER (* NO WORKOUT 5/24)

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

COAST ENDURANCE WITH TODD LARLEE (*No class 11/26)

Train to gain the skills and confidence to succeed in triathlons and open water swims. 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. Must be able to swim 200 yards without stopping.

WATER WORKS WITH PATTY MEDINA & SUSAN FARADY (*No class 12/25)

A **low-impact** exercise program, working all the major muscle groups. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys.

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.

LIGHTHOUSE MASTERS WITH TODD LARLEE (*No workout 10/12)

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.



Aquatics

FALL 1: SEPTEMBER 10– OCTOBER 17

Thursdays-9/10-10/15 (6 classes)

Saturdays-9/12-10/17 (6 classes)

FALL 2: OCTOBER 22 - DECEMBER 13

Thursdays-10/22-12/3 (no class 11/26, 6 classes)

Saturdays-10/31-12/12 (no class 11/28, 6 classes)

*Registration for Fall 2 opens Monday, Oct. 5th
for residents and Friday, Oct. 9th for non-residents

Level	Day	Time	Fee	FALL 1: 9/10-10/17	*FALL 2: 10/31-12/13
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	272-216	272-237
	Thurs	10:30 - 11:00 am	\$45	272-217	272-238
Barnacles 1	Sat	9:00 - 9:30 am	\$45	272-218	272-239
Barnacles 2	Sat	9:30 - 10:00 am	\$45	272-219	272-240
Turtles	Sat	10:00 - 10:30 am	\$45	272-220	272-241
Ducklings 1	Sat	9:00 - 9:30 am	\$45	272-221	272-242
	Sat	10:00 - 10:30 am	\$45	272-222	272-243
Ducklings ½	Thurs	11:00 - 11:30 am	\$45	272-223	272-244
Ducklings 2	Sat	9:00 - 9:30 am	\$45	272-224	272-245
	Sat	10:30 - 11:00 am	\$45	272-225	272-246
Dolphins 1	Sat	9:30 - 10:00 am	\$45	272-226	272-247
	Sat	10:00 - 10:30 am	\$45	272-227	272-248
Dolphins 2	Sat	9:30 - 10:00am	\$45	272-228	272-249
	Sat	10:30-11:00 am	\$45	272-229	272-250
Level 1	Sat	9:00 - 9:45 am	\$60	272-230	272-251
	Sat	10:30 - 11:15 am	\$60	272-231	272-252
Level 2	Sat	9:00 - 9:45 am	\$60	272-232	272-253
	Sat	10:30 - 11:15 am	\$60	272-233	272-254
Level 3	Sat	9:45 - 10:30 am	\$60	272-234	272-255
	Sat	10:30 - 11:15 am	\$60	272-235	272-256
Level 4/5	Sat	9:45 - 10:30 am	\$60	272-236	272-257

Cape Cyclones

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 comfortable submerging their heads under water. Swimmers will participate in friendly swim meets with the main focus on setting goals improving personal best times

Dates: Tuesday/Thursday September 8th - November 12th (no class 11/5)

Time: 3:00-4:15 pm***

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

Fee: \$209

Program # 272-258



Youth Programs

LITTLE SAMURAI (Ages: 4 - 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 begin Kindergarten.

Time: Wednesdays, 2:15 - 2:45 pm

Fee: \$86

Location: CS Spin Room

Instructor: Dragon Fire Martial Arts

SESSION 1

Dates: 9/9 - 10/14

Program # 272-300

SESSION 2

Dates: 10/21 - 12/9 (no class 11/11, 11/25)

Program # 272-301



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: Mondays, 2:30 - 3:00 pm

Fee: \$86

Location: CS Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1

Dates: 9/14 - 10/26, (no class 10/12)

Program # 272-302

SESSION 2

Dates: 11/9 - 12/14

Program # 272-303

CELT'S LITTLE EXPLORERS

(Ages: 3 - 5 w/Adult)

Join CELT 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 educator, 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 receive notification of changes or cancellation.

Date: Wednesday, October 7

Time: 9:00 - 10:00 am

Fee: \$6/parent & child; each add'l child - \$3

Location: Robinson Woods Kiosk (off of Shore Road)

Instructor: Lisa Gent

Program # 272-304

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 least 11 years old prior to class date and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive an American Red Cross certification that does not expire. Please bring a lunch.

Time: 9:00 am - 2:30 pm

Fee: \$145

Location: CS Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

Date: Saturday, 10/24

Program # 272-305

SESSION 2

Dates: Saturday, 12/5

Program # 272-306

Youth Programs

RHYTHMIC GYMNASTICS (Age 4 - Gr 2)

Join our rhythmic gymnastics and learn the beauty and skill of this exciting sport. Our experienced coach teaches fundamental techniques, coordination and flexibility with various apparatuses including hoops, balls, and ribbons. Beginner kids are welcome to join our inspiring community of gymnasts. Increase your balance, strength and focus in this challenging class.

Location: CS Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

AGES 4 - 5

Day: Thursdays, 2:30 - 3:00 pm

Session 1:

Dates: 9/10 - 10/8

Fee: \$75

Program # 272-307

Session 2:

Dates: 10/22 - 12/10*

Fee: \$90

Program # 272-308

GRADES K - 2

Day: Thursdays, 3:05 - 4:05 pm

Session 1:

Dates: 9/10 - 10/8

Fee: \$100

Program # 272-309

Session 2:

Dates: 10/22 - 12/10*

Fee: \$120

Program # 272-310

* No class 11/5, 11/26



CELT 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, 9/10 - 10/1

Time: 3:00 - 5:00 pm

Fee: \$66

Location: CELT Trails

Instructor: Cape Elizabeth Land Trust

Program # 272-311

SONG WIZARDS WORKSHOP (Gr: 2 - 6)

In this hands-on workshop, students will work together to write, perform, and record an original song from scratch. Along the way, they'll explore rhythm, melody, and lyrics - then bring their ideas to life using real studio tools like synthesizers, drum machines, microphones, and other fun gear. The kids will get to experiment with sounds, make beats, and use their voices to make songs they can listen to for years to come. Led by a professional musician + producer, the workshop encourages collaboration, play, and confidence. At the end, families will receive the professionally edited recording of the final song. No experience needed - just bring your imagination!

Fee: \$130

Instructor: Graham Dickson

GRADES 2 - 4

Day: Thursdays, 3:05 - 4:05 pm

Location: CS Spin Room

Session 1:

Dates: 9/10 - 10/15

Program # 272-312

Session 2:

Dates: 10/29 - 12/10*

Program # 272-313

GRADES 5 - 6

Day: Tuesdays, 2:30 - 3:30 pm

Location: CS Meeting Room

Session 1:

Dates: 9/15 - 10/20

Program # 272-314

Session 2:

Dates: 11/3 - 12/8

Program # 272-315

* No Class 11/26, 11/5 HD Class - 12:05 - 1:05

MUSICAL THEATER (Gr: K - 4)

Explore the wonderful world of Broadway in this fun and lively class! Students will learn songs and dances from popular shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem. No previous experience is required.

Instructor: Barry Brinker

Fee: \$195

GRADES K - 2

Dates: Mondays, 9/14 - 12/14 (No Class 10/12)

Time: 3:05 - 4:30 pm

Location: HS Cafeteria

Program # 272-316

GRADES 3 - 4

Dates: Thursdays, 9/10 - 12/10 (No Class 11/26)

Time: 3:05 - 4:45, 11/5 Half-Day Class - 12:05 - 1:45

Location: PC Gym

Program # 272-317

Youth Programs

IRISH DANCE (Gr: K - 8)

We aspire to teach 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.

Location: Pond Cove Gym

Instructor: Stillson Irish Dance

SESSION 1

Dates: Fridays, 9/11 - 10/23 (No Class 10/9)

Fee: \$111

Beginner:

Time: 3:05 - 4:05 pm

Program # 272-318

Advanced:

Time: 4:05 - 5:05 pm

Program # 272-319

SESSION 2

Dates: 10/30 - 12/18 (No Class 11/6, 11/20, 11/27)

Fee: \$93

Beginner:

Time: 3:05 - 4:05 pm

Program # 272-320

Advanced:

Time: 4:05 - 5:05 pm

Program # 272-321

HIP HOP (Gr: K - 5)

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.

Day: Tuesdays

Instructor: Julie Wilkes, Brio Dance Studio

Location: CS Activity Room

Fee: \$103

GRADES K - 2

Time: 3:05 - 4:05 pm

Session 1:

Dates: 9/15 - 10/20

Program # 272-322

Session 2:

Dates: 11/3 - 12/8

Program # 272-323

GRADES 3 - 5

Time: 4:05 - 5:05 pm

Session 1:

Dates: 9/15 - 10/20

Program # 272-324

Session 2:

Dates: 11/3 - 12/8

Program # 272-325

LYRICAL BALLET (Gr: K - 5)

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. **Dancers can also extend their dance experience with our mini Tap class described below!**

Location: CS Activity Room

Fee: \$103

Instructor: Brio Dance Studio

GRADES K - 2

Day: Mondays, 3:05 - 4:05 pm

Session 1:

Dates: 9/14 - 10/26*

Program # 272-326

Session 2:

Dates: 11/9 - 12/14

Program # 272-327

GRADES 3 - 5

Day: Wednesdays, 3:05 - 4:05 pm

Session 1:

Dates: 9/9 - 10/14

Program # 272-328

Session 2:

Dates: 10/21 - 12/9**

Program # 272-329

*No class 10/12

**No class 11/11, 11/25; 12/9 HD Class - 12:05 - 1:05

TAP 1 (Gr: K - 2) *NEW*

This class can be added to Lyrical Ballet

Tap 1 is an introduction to tap. In this class we will work on rhythms, musicality, and learning beginner tap steps. Tap shoes are required for this class.

If your dancer is in need of tap shoes, please email Julie at for information regarding our used tap shoe program. Please send your dancer in comfortable clothes and indoor sneakers. No jeans please. Please contact Julie at briodancestudio@gmail.com with any questions.

Day: Mondays, 4:05 - 4:35 pm

Location: CS Activity Room

Fee: \$52

Instructor: Brio Dance Studio

SESSION 1

Dates: 9/14 - 10/26, (no class 10/12)

Program # 272-330

SESSION 2

Dates: 11/9 - 12/14

Program # 272-331



Youth Programs

LITTLE CRAFTERS (Gr: K - 2)

Experiment, play, paint and create in this fun exploration of decorative crafting. We will consider patterns, colors and images that inspire us. Projects include decorating small objects made of wood, wax, canvas and clay, and creating unique pieces of art out of up-cycled textiles and paper. Price of the class includes all art supplies. Students will bring home several decorated artworks!

Fee: \$115

Location: CS Community Room

Instructor: Natalie Hoch

THURSDAYS, 3:05 - 4:05 pm

SESSION 1

Dates: 9/10 - 10/15

Program # 272-332

SESSION 2

Dates: 10/22 - 12/10*

Program # 272-333

FRIDAYS, 3:05 - 4:05 pm

SESSION 1

Dates: 9/11 - 10/16

Program # 272-334

SESSION 2

Dates: 10/30 - 12/11**

Program # 272-335

* No class 11/5, 11/26

** No class 11/27

FIBER ARTS (Gr: 2) *NEW*

Calling all makers! We'll turn fabric into art as we sew adorable Pizza Pillows, experiment with vibrant Shibori-style dyeing, and learn simple embroidery stitches. Students will build confidence with fiber arts while creating projects they'll be excited to show off and use at home.

Dates: Thursdays, 10/22 - 12/10 (No class 11/5, 11/26)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

Program # 272-336



ART CLUB (Gr: 2 - 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: \$120

Instructor: Maryjane Johnston

Location: Pond Cove Art Room

GRADE 2

Dates: Thursdays, 9/10 - 10/15

Program # 272-337

GRADE 3

Dates: Wednesdays, 9/9 - 10/14

Programs # 272-338

GRADE 4

Dates: Tuesdays, 9/15 - 10/20

Program # 272-339



FUNKY CHICKENS (Gr: 3 - 4) *NEW*

Get ready for some feathered fun! Design and build your own wildly imaginative chicken using paper mâché, colorful feathers, sparkling jewels, and lots of creative embellishments. Will your chicken be silly, glamorous, goofy, or totally over-the-top? There are no limits to your imagination as you create a one-of-a-kind bird bursting with personality!

Dates: Wednesdays, 10/21 - 12/16 (No class 11/11, 11/25, 12/9)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

Program # 272-340

Youth Programs

MINI MAKERS (Gr: 3 - 4) *NEW*

Step into the magical world of miniatures! Design and build charming pop-up paper houses, then transform ordinary tins into cozy, one-of-a-kind beds for adorable miniature creatures. Let your imagination run wild as you create pint-sized worlds filled with creativity and surprise!

Dates: Tuesdays, 10/27 - 12/1

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

Program # 272-341



DRAWING CLASS (Gr: 5 - 7) *NEW*

In this session, kids will explore different drawing techniques, experiment with various art materials, and bring their imaginations to life on paper. Each week, students will work on fun projects such as self portraits, landscapes, animals, and more, developing their skills and confidence as young artists.

Dates: Mondays, 11/9 - 12/14

Time: 2:30 - 4:00 pm

Fee: \$120

Location: Middle School Art Room

Instructor: Maryjane Johnston

Program # 272-344

POLYMER CLAY/BEADING/JEWELRY MAKING (Gr: 5 - 7) *NEW*

Join us for a fun and creative jewelry making and beading class designed especially for middle schoolers! In this hands-on session, students will learn how to make beautiful beaded jewelry using a variety of colorful beads. Plus, they'll get the chance to create their own polymer clay beads to add a special touch to their creations. Whether making bracelets, necklaces, or keychains, kids will develop new skills, express their style, and walk away with their own handmade jewelry.

Dates: Mondays, 9/14 - 10/26 (No Class 10/12)

Time: 2:30 - 4:00 pm

Fee: \$120

Location: Middle School Art Room

Instructor: Maryjane Johnston

Program # 272-342

DUCT TAPE WALLET WORKSHOP (Gr: 5 - 7) *NEW*

Join us for a fun and creative class where kids will learn how to make their own stylish duct tape wallets! Kids will choose from a variety of colorful duct tape patterns, learn basic wallet-making techniques, and walk away with a personalized, functional wallet they created themselves.

Date: Friday, 11/20

Time: 2:30 - 4:00 pm

Fee: \$25

Location: Middle School Art Room

Instructor: Maryjane Johnston

Program # 272-343

STRING, BLING & EVERYTHING (Gr: 5 - 7) *NEW*

Middle schoolers are invited to focus on new and expanded crafting! Macrame, simple sewing, jewelry, fashion, paper art and yarn. This will be a familiar and free environment to take materials (and some simple skills) to make new imaginative creations.

Session 1 will progress into Session 2, but students are welcome to join both or just one!

Day: Tuesdays, 2:30 - 4:00 pm

Location: Middle School Art Room

Fee: \$150

Instructor: Natalie Hoch

SESSION 1

Dates: 9/15 - 10/20

Program # 272-345

SESSION 2

Dates: 11/3 - 12/8

Program # 272-346



Youth Programs

SEWING WORKSHOP (Ages 8 - 12)

Sewing is a creative, enjoyable, and lifelong skill. In this sewing session hand sewing basics are reviewed and practiced. Confident sewers will begin learning about and safely using the sewing machine. Students will select simple machine projects to practice new skills. All students may continue hand sewing projects. Come and enjoy sewing unique stuff! Materials will be provided.

Time: Wednesday, 3:05 - 5:00 pm

Fee: \$120

Location: CS Spin Room

Instructor: Jeanette Guglielmetti

SESSION 1

Dates: 9/9 - 10/14

Program # 272-347

SESSION 2

Dates: 10/21 - 12/9*

Program # 272-348

*No Class 11/11, 11/25, 12/9 HD Class 12:05 - 2:00 pm



BRICK BY BRICK MAINE LEGOS (Gr: K - 3)

Join us for one or both of these fun 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: Tuesdays, 3:05 - 4:05 pm

Location: CS Spin Room

Instructor: Lisa Gent, Brick by Brick Lego

Fee: \$160

LEGO ARCTIC EXPLORATION!

Learn all about the Arctic! Weekly builds may include a feisty polar bear, an arctic snowmobile and a scary angler fish.

Dates: 9/15 - 10/27

Program # 272-349

LEGO POLICE TRAINING ACADEMY

Get ready to train at the police academy! Weekly builds may include a police car, helicopter and speed boat.

Dates: 11/3 - 12/15

Program # 272-350

JEWELRY STUDIO (Gr: 3 - 4)

Come bead around with Ms. Gaare for some great real jewelry making. Make stretchy bracelets, corded necklaces, wire wrapped pendants, beaded earrings and more! There will be many different styles of fashion jewelry to be made. All materials included.

Time: Mondays, 3:05 - 4:05 pm

Fee: \$120

Location: Pond Cove Art Room

Instructor: Jillian Gaare

SESSION 1

Dates: 9/14 - 10/26*

Program # 272-351

SESSION 2

Dates: 11/9 - 12/14

Program # 272-352

*No Class 10/12

BAKESHOP (Gr: 2 - 4)

Join Fun Chefs as we learn the basics of baking. In each class we will learn the fundamentals such as measuring, ingredients, and proper cooking and decorating techniques, to create delicious baked goods, both sweet and savory.

Dates: Wednesdays, 9/9 - 10/14

Time: 3:05 - 4:15 pm

Fee: \$140

Location: CS Community Room

Instructor: Fun Chefs LLC

Program # 272-353

HOLIDAY BITES & BAKES (Gr: 2 - 4)

This 6-week series provides a hands-on opportunity for participants to learn how to prepare a variety of delicious sweet and savory treats that are perfect for the upcoming holiday season. Each class will be filled with a delicious festive recipe and loads of fun while learning essential cooking techniques, basic food prep skills and best practices for kitchen safety.

Dates: Wednesdays, 10/21 - 12/16 (No class 11/11, 11/25, 12/9)

Time: 3:05 - 4:15 pm

Fee: \$140

Location: CS Community Room

Instructor: Fun Chefs, LLC

Program # 272-354



Youth Programs

FORENSIC FUN (Gr: K - 1)

Calling all detectives for this fun exploration of forensic science! We will investigate a crime scene, test mystery powders, get a closeup on teeth prints and fingerprints, learn about different tools used to analyze a crime and so much more!

Date: 9/14 - 10/26 (No class 10/12)

Time: 3:05 - 4:05 pm

Fee: \$130

Location: CS Spin Room

Instructor: High Touch High Tech

Program # 272-355

CREEPY CRAWLY WORLD (Gr: K - 1)

It's a creepy crawly world! Explore bug homes, glowing fireflies, and beautiful butterflies. Glow like a jellyfish, scare a squid, and act like an octopus!

Date: 11/9 - 12/14

Time: 3:05 - 4:05 pm

Fee: \$130

Location: CS Spin Room

Instructor: High Touch High Tech

Program # 272-356

MATTER MATTERS (Gr: 2 - 4)

Discover how yummy science can be by making lemonade, gummies, and homemade ice cream while exploring the properties of matter. Dive into chemistry with colorful mixtures and Oobleck, learn about water's unique properties, and create a layered density bottle for hands-on fun!

Date: 9/15 - 10/20

Time: 3:05 - 4:05 pm

Fee: \$130

Location: CS Community Room

Instructor: High Touch High Tech

Program # 272-357

CHEM FUN (Gr: 2 - 4)

Dive into the world of science with hands-on activities like creating bubbles, rainbows, and building bubble cities, while exploring water properties, molecular interactions, and gas. Learn about pH and chromatography, and make your own special slime in our interactive lab!

Date: 11/3 - 12/15

Time: 3:05 - 4:05 pm

Fee: \$152

Location: CS Community Room

Instructor: High Touch High Tech

Program # 272-358

CIRCUIT MAKERS 101 (Gr: K - 2) *NEW*

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class day consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Circuit Lab staff will make sure participants create a project that they can be proud of each day. Most class days include a take-home project.

Date: , 9/11 - 10/23 (No Class 10/9)

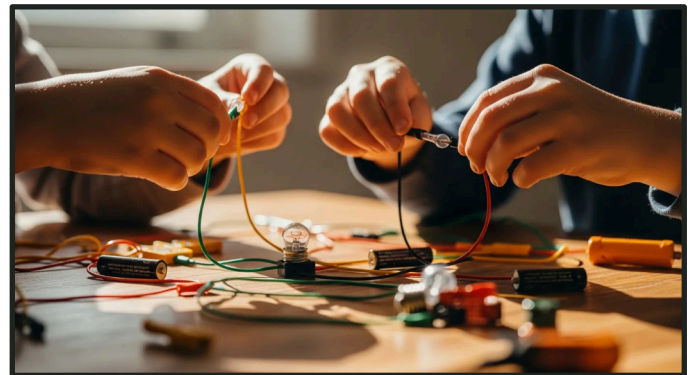
Time: 3:05 - 4:30 pm

Fee: \$180

Location: CS Activity Room

Instructor: Circuit Lab

Program # 272-359



ROBOT COMMANDERS 101 (Gr: K - 2) *NEW*

Understanding how software can interact with robots is a key skill for the STEM jobs of tomorrow. In this class we provide several active, playful activities, where students learn about what it means to write, debug, and execute computer programs that communicate with different robotic devices. Using the power of code, students will turn Sphero SPRK+ robots into Magic 8 Balls, automated Red Light / Green Light games, and the arcade classic Pong – and Unruly Splats will become our voting machines, relay races, guessing games, and more.

Date: , 10/30 - 12/18 (No Class 11/6, 11/27)

Time: 3:05 - 4:30 pm

Fee: \$180

Location: CS Activity Room

Instructor: Circuit Lab

Program # 272-360

Youth Programs

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.

Days: Mondays/Wednesdays

Location: Pond Cove Gym

Instructor: Dragon Fire Martial Arts.

SESSION 1

Fee: \$172

Dates: 9/9 - 10/21 (No Class 10/12)

Beginner

Time: 3:05 - 4:05 pm

Program # 272-361

Advanced

Time: 4:05 - 5:05 pm

Program # 272-362

SESSION 2

Fee: \$186

Dates: 10/26 - 12/14 (No class 11/11, 11/25)

Beginner

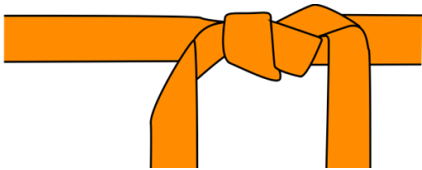
Time: 3:05 - 4:05 pm

Program # 272-363

Advanced

Time: 4:05 - 5:05 pm

Program # 272-364



DRIVER EDUCATION - THE RIGHT CHOICE DRIVING SCHOOL

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director, comes to us with 25 years of experience with Cape students. Right Choice Driving School and their Instructors are licensed by the State of Maine. Students must be at least 15 years of age by the course starting date. 10 Hours of driving instruction included in addition to classroom time.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Time: 6:00 - 8:30 pm

Fee: \$625/Session

Location: CS Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: 9/14 - 10/1

Session 2: 10/19 - 11/5

Session 3: 11/30 - 12/17

PROGRAM

272-365

272-366

272-367

CHESS CLUB (Gr: 1 - 8)

Chess is a fun game that fosters intellectual growth while having fun. It's not about Kings, Queens, and Rooks, but rather, quadrants and coordinates, 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 increases higher level thinking skills, advances math and reading skills, and builds self-confidence. Beginners and experienced players welcomed!

Fee: \$77

Instructor: David Cimato

GRADES 1 - 2

Time: Fridays, 3:05 - 4:05 pm

Location: CS Spin Room

Session 1:

Dates: 9/11 - 10/23*

Program # 272-368

Session 2:

Dates: 10/30 - 12/18**

Program # 272-369

GRADES 3 - 4

Time: Mondays, 3:05 - 4:05 pm

Location: CS Community Room

Session 1:

Dates: 9/14 - 10/26***

Program # 272-370

Session 2:

Dates: 11/9 - 12/14

Program # 272-371

GRADES 5 - 8

Time: Fridays, 4:05 - 5:05 pm

Location: CS Spin Room

Session 1:

Dates: 9/11 - 10/23*

Program # 272-372

Session 2:

Dates: 10/30 - 12/18**

Program # 272-373

* No class 10/9

*** No class 10/12

** No class 11/6, 11/27

OUTDOOR CLUB (Gr: 5 - 8)

Join officers from the Cape Elizabeth Police Department for adventures in our Outdoor Club! This program offers a range of hands-on activities that builds new life skills, encourages teamwork, personal growth, and a deeper appreciation for nature. Participants will canoe into the Spurwink River, explore the Eastern Trail by bike in Scarborough hike along Shore Road to Fort Williams and go up into Portland Head Light! Parents are responsible for getting participants to/from outing locations.

Dates: Wednesdays, 9/2 - 9/16(9/17)

Time: 4:00 - 7:00 pm

Fee: Free

Location: Various Locations throughout Cape Elizabeth

Instructor: CEPD

Program # 272-374

Youth Sports

CROSS-COUNTRY RUNNING (Gr: 1 - 6)

Lace up your Nikes 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 (parent transportation required). In order to run this program, **parent volunteers are needed for each practice!**

Race Dates: 9/23, 9/30, 10/7, 10/14, 10/17 (Championship Meet), 10/18 (Rain Date)

Instructor: Volunteer Coaches

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Cross-Country	272-382	Gr. 1-6	M/W	9/14 - 10/18	3:05pm - 4:05pm	Cape Schools Campus	\$70

FALL FIELD HOCKEY PROGRAMS

For more information about Field Hockey programming see the program descriptions below the program registration pages in Activenet.

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Girls Field Hockey (Gr. K-2)	272-394	Gr. K-2	Sat	9/12 - 10/24	9:00am - 10:00am	Hannaford Field	\$75
Girls Field Hockey MS Prep	272-395	Gr. 3-4	Sat/ Tues	9/12 - 10/27	Sat: 9:00am - 10:00am	Sat: Hannaford Field	\$100
	272-396	Gr. 5-6			Tues: 3:05 - 4:05pm	Tues: Holman Field	

GIRLS FIELD HOCKEY (Gr. K-2)

Led by Cape High School Field Hockey coaches and players, our "Stick Stars" program introduces young athletes to the fundamentals of field hockey. Saturday morning sessions focus on stick skills, basic rules, team play, and FUN! It's the perfect foundation for players to build confidence on the field.

Instructor(s): HS Varsity Coaches and Players

GIRLS FIELD HOCKEY MS PREP (Gr. 3-6)

Led by Cape High School Field Hockey coaches and players, our "Stick Stars" program introduces young athletes to the fundamentals of field hockey. Saturday morning sessions focus on stick skills, basic rules, team play, and FUN! It's the perfect foundation for players to build confidence on the field.

Instructor(s): Volunteer Coaches



FALL VOLLEYBALL PROGRAMS

For more information about Volleyball programming see the program descriptions below the program registration pages in Activenet.

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Girls Volleyball (Gr. 3-6)	272-397	Gr. 3-6	Sat	9/12 - 10/18	9:00am - 10:00am	CEHS Gym	\$75
Girls MS Volleyball (Gr. 6-8)	272-398	Gr. 6-8	TBD	9/9 - 10/28	TBD	CEHS Gym	\$120

GIRLS VOLLEYBALL (Gr. 3-6)

Bump, set, and spike with the Varsity Team! This weekly clinic is the perfect place to learn foundational skills, build hand-eye coordination, and develop on-court awareness in a fun, team environment. Led by our High School Varsity Coaches and players, athletes will rotate through skill stations and wrap up every session with rotating scrimmages!

Instructor(s): HS Varsity Coaches and Players



GIRLS MS VOLLEYBALL (Gr. 6-8)

Volleyball is one of the fastest-growing sports in the nation, and our middle school program is the perfect place to jump in! Whether you're brand new to the court or looking to sharpen your skills, you'll master the fundamentals, learn game strategy, and build a team mentality that translates to any sport. Practices are twice a week, with exciting games scheduled against local area schools!

Instructor(s): Volunteer Coaches

Youth Sports

FALL TENNIS PROGRAMS

For more information about Fall Tennis programming see the program descriptions below the program registration pages in Activenet.

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Instructor: Mary Gray							
Fall Afternoon Beginner Tennis	272-383	Gr. 1-2	Tues	9/8 - 10/13	3:45pm - 4:30pm	Fort Williams Tennis Courts	\$120
	272-384	Gr. 3-4			4:30pm - 5:15pm		
	272-385	Gr. 1-2	Thurs	9/10 - 10/15	3:45pm - 4:30pm		
	272-386	Gr. 3-4			4:30pm - 5:15pm		
Fall Family Tennis	272-387	Age 4-5	Tues	9/8 - 10/13	5:15pm - 6:15pm		\$140
	272-388	Age 4-5	Sun	9/13 - 10/18	9:00am - 10:00am	CEHS Tennis Courts	\$120
	272-389	Age 6-7			10:00am - 11:00am		
	272-390	Age 8-12			11:00am - 12:00pm		
	272-400	Age 4-5		11/1 - 12/13	9:00am - 10:00am	MS Gym	\$140
	272-401	Age 6-7			10:00am - 11:00am		
	272-402	Age 8-12			11:00am - 12:00pm		
Instructor: Niamh Colpitts							
Saturday Outdoor Tennis	272-391	Gr. 1-2	Sat	9/5 - 10/24	9:00am - 10:00am	CEHS Tennis Courts	\$120
	272-392	Gr. 3-5			10:00am - 11:00am		
	272-393	Gr. 6-8			11:00am - 12:00pm		
Saturday Indoor Tennis	272-406	Gr. 1-2		11/14 - 12/19	9:00am - 10:00am	Pond Cove Gym	\$100
	272-407	Gr. 3-5			10:00am - 11:00am		
	272-408	Gr. 6-8			11:00am - 12:00pm		

FALL FAMILY TENNIS (Ages 4-5, 6-7, 8-12)

Designed for adults and kids to play together, this program focuses on building adult skills while giving you the playbook to practice effectively with your child. Expect lots of rallies, laughs, and skill-building for all ages.

Registration includes one child + one adult. One additional child or adult may be added to your registration for \$75

Instructor: Mary Gray, PTR Certified

No Family Tennis: 10/11/26

FALL AFTERNOON TENNIS (Gr: 1-2, 3-4)

Ready, set, rally! Led by Coach Mary Gray, this USTA Quickstart clinic is designed to get young players comfortable on the court. Beginners and returning players alike will master footwork, sharpen their strokes, and build game-ready confidence through fun, high-energy drills! **Instructor:** Mary Gray, PTR Certified

SATURDAY OUTDOOR/INDOOR TENNIS (Gr: 1-2, 3-5, 6-8)

Learn to lay with purpose! PTR/USPTA Certified Coach Niamh Colpitts builds player skills starting with essential footwork and balance, then leveling up to match strategy and intentional shot-making. Perfect for all abilities, whether you're building a foundation or refining your game!

No Outdoor Tennis On: 9/19/16, 10/3/26

No Indoor Tennis On: 11/28/26



Youth Sports

MIDDLE SCHOOL ULTIMATE FRISBEE (Gr: 5 - 8)

Experience the ultimate team sport! Combining the best of lacrosse, soccer, and basketball, Ultimate Frisbee builds teamwork and sportsmanship in a high-energy environment perfect for any athletic background. Just bring cleats and a water bottle—we'll provide the fun!

Instructor: Volunteer Coaches

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Middle School Ultimate Frisbee	272-377	Gr. 5-8	TBD	9/8 - 10/11	TBD	Fort Williams Park	\$65

CAPE COMMUNITY ARENA SKATING PROGRAMS

For more information about Fall Skate programming see the program descriptions below and the program registration pages in Activenet.

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Learn to Play Hockey	273-309	Age 6-12	Mondays	12/14/16 - 2/8/27	4:00pm - 5:00pm	Cape Community Arena	\$180
Super Skate Snowflakes	273-306	Age 3-5	Sat + Sun	12/12/26 - 12/20/26	8:00am - 8:30am		\$60
Super Skate Penguins	273-307	Age 6-7			8:30am - 9:15am		
Super Skate Polar Bears	273-308	Age 8-12			9:15am - 10:30am		

SUPER SKATE (Ages: 3-12)

Super Skate is an introductory class that thrives on community building and bolsters confidence through games and play. The class structure consists of an independent warm up, a short guided instructional time, and ends with dynamic games to build strength, stamina, resilience, and a sense of belonging and love for the sport. **Instructor: Monica Malcomson**

Make Up (if needed): 12/28/26

LEARN TO PLAY HOCKEY (Age: 6-12)

Learn to Play Hockey is for skaters who are new to hockey. Rotate through 5-stations focused on essential skills and ending each session with fun games. Hockey equipment is required! A limited number of helmets, skates, and sticks are available for use in this program.

Instructor: Pat Butsch and volunteers

No LTP Hockey: 12/28/26, 1/18/2027

Make Up (if needed): 2/22/27

YOUTH FALL SOCCER PROGRAMS

For more information about Fall Soccer programming see the program descriptions below the program registration pages in Activenet.

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Little Capers	272-378	Age 3-5	Sundays	9/13/26 - 10/11/26	9:00am - 9:45am	Hannaford Field	\$60
Little Capers	272-379	Age 3-5			9:45am - 10:30am		
Co-Ed Capers	272-380	Gr. K-2			10:30am - 11:30am		\$75
Co-Ed Futsal	272-399	Gr. 3-4	Tues	11/10 - 12/15	3:15pm - 4:15pm	Pond Cove Gym	\$50

CAPERS FALL SOCCER (Age 3-5, Gr: K - 2)

This program is designed for children to learn, develop, and enhance their overall knowledge while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, foot/eye coordination, and team play. **Instructors: Varsity Coaches and Players**

CO-ED FUTSAL (Gr: 3-4)

Boys and Girls! Join your friends for some Futsal this Fall! Faster than soccer, and played in a tighter space, futsal helps players make quick decisions, build confidence on the ball, and promotes creativity. We will begin with a short warm-up followed by an hour of play. **Instructor(s):** Jeff Davis

No Futsal: 11/24/26

Youth Sports

FALL BASKETBALL PROGRAMS

For more information about Fall Basketball programming see the program descriptions below and the program registration pages in Activenet.

Name	Program #	Age/ Grade	Days	Dates	Times	Location	Fee
Clinics							
Little Capers Basketball Clinic	272-403	Age 4,5,K	Sun	11/8 - 12/13	9:00am - 10:00am	CEHS Gym	\$70
Girls Basketball Clinic (Gr. 1-2)	272-404	Gr. 1-2			10:00am - 11:15am		
Boys Basketball Clinic (Gr. 1-2)	272-405				11:15am - 12:30pm		
Girls 3v3 Hoops Skills	272-409	Gr. 3-4	Sat	11/7 - 12/19	8:00am - 9:15am		\$100
Girls Full-Court Hoops Experience	272-410	Gr. 5-6			9:15am - 10:30am		
Rec League Basketball							
Girls Rec Basketball (Gr. 3-4)	273-300	Gr. 3-4	-	11/1/26 - 1/24/27	Games Sundays Practice TBD	Games: Falmouth HS	\$100
Boys Rec Basketball (Gr. 3-4)	273-302						
Girls Rec Basketball (Gr. 5-6)	273-301	Gr. 5-6		11/1/26 - 2/6/27	Games Saturdays Practice TBD	Games: SoPo/ Scarb/CE	
Boys Rec Basketball (Gr. 5-6)	273-303						
Boys Rec Basketball (Gr. 7-8)	273-305	Gr. 7-8		12/1/26 - 3/17/27	Games Wednesdays Practice TBD		
Boys Rec Basketball (Gr. 9-12)	273-304	Gr. 9-12			Games Tuesdays Practice TBD		

LITTLE CAPE BALL (4, 5 & K)

Little Cape Ball is the perfect place to start your child's journey in Basketball! Facilitated by enthusiastic parent volunteers, our goal is for children to learn the most basic elements of the game in an environment focused on fun!

No clinic: 11/29/26

SUNDAY BASKETBALL CLINICS (Gr: 1-2)

Enthusiastic parent volunteers instruct players in the fundamentals of Basketball building a foundation for the transition to league play in 3rd grade!

No clinic: 11/29/26

REC LEAGUE BASKETBALL (Gr: 3-12)

Our Recreational Basketball League is meant for individuals of all skill levels who want to play in a less competitive atmosphere. This league emphasizes learning, teamwork, and sportsmanship.

Gr. 3/4 and 5/6 programs begin with practices in early November with games starting in December.

Gr. 7/8 Boys and HS Boys seasons will begin with practices in early December with games starting in January.

GIRLS 3v3 HOOPS SKILLS (Gr. 3-4)

Let's hit the court! Players of all skill levels; join 20-year coaching veteran and Colby College standout Christine Casterella and her Varsity players for a 3v3 basketball experience! 3v3 is a proven way to develop Basketball skills and boost overall sports IQ. Players will put their new skills to the test in a 3v3 mini-tournament to close out the program!

No clinic: 11/28/26

GIRLS FULL-COURT HOOPS EXPERIENCE (Gr. 5-6)

Time to level up! Join coach Christine Casterella and her Varsity players for a program that accelerates basketball development. Players will apply skills learned in 3v3 to 5v5 full-court play. Come sharpen your skills, elevate your sports IQ, and get a competitive edge you'll take to every sport you play!

No clinic: 11/28/26



Vacation Camps

VACATION CAMPS (Gr: K - 4)

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 camp. Price includes field trip fees. Field Trips TBD.

Min13 campers.

Time: 8:00-4:00 pm

Location: CECS

VACATION	DAYS	DATE	FEE	PROGRAM #
DECEMBER	Monday	12/28	\$80	272-411
DECEMBER	Tuesday	12/29	\$80	272-412
FEBRUARY	Tuesday - Friday	2/16 - 2/19	\$285	273-401
APRIL	Tuesday - Friday	4/20 - 4/23	\$285	273-402

SPECIAL CARE DAYS (Gr: K - 4)

Cape Care will provide care for Kindergarteners thru 4th graders on No School Teacher Professional Development or Parent/Teacher Conference days for registered participants. Full days will include a field trip and free swim at the pool (if time allows), Half days will include free swim at the pool and outdoor play.

Full Day Time: 8:30am - 5:30pm

Half Day Time: 12:00pm - 5:30pm

DATE	CARE OPTION	GRADES	COST	PROGRAM #
October 9	Full Day	K - 4	\$80	272-413
November 5	Half Day Regular Preschool & Pre-K Day	K - 4	\$55	272-414
November 6	Full Day	K - 4	\$80	272-415
December 9	Half Day	K - 4	\$55	272-416
February 1	Full Day	K - 4	\$80	273-403
March 19	Full Day	K - 4	\$80	273-404
March 24	Half Day No School for Preschool & Pre-K	K - 4	\$55	273-405
April 15	Half Day Regular Preschool & Pre-K Day	K - 4	\$55	273-406
May 7	Half Day Preschool & Pre-K dismissal at 12:00pm	Pre K - 4	\$55	274-400



**Pleasant
Mountain**

**2027 PLEASANT MOUNTAIN
SKI/RIDE PROGRAM(Gr: 3 - 8)**

REGISTRATION: NOVEMBER 8TH ONLINE AT 8:00 PM

This program is open to skiers and riders in grades 3 - 8 who want to learn how to ski or snowboard, or simply enjoy time on the mountain with friends. We will take 2 coach buses to Pleasant Mountain, leaving directly after school on Thursday afternoons and returning by 8:45 PM. For more information email Kelly Phinney kelly.phinney@capeelizabeth.gov. An informational meeting will be held Jan 7th at 6:00 pm.

Program Dates: Thursdays, January 14- February 25 (Make-up date of 3/4 if needed)

Program #: 273-400

RICHARDS COMMUNITY POOL & FITNESS CENTER

POOL AND FITNESS SCHEDULES CAN BE FOUND ONLINE AT WWW.CAPECOMMUNITYSERVICES.ORG

MEMBERSHIP	month pool/fitness/combo	quarter pool/fitness/combo	annual pool/fitness/combo
INDIVIDUAL	\$48 / \$44 / \$66	\$115 / \$100 / \$152	\$375 / \$330 / \$520
COUPLE	\$78 / \$76 / \$104	\$175 / \$171 / \$242	\$520 / \$475 / \$734
FAMILY	\$109 / 127* / \$144*	\$294 / \$281* / \$373*	\$913 / \$866* / \$1250*

Memberships may be purchased at CECS during regular business hours.

Please note, a 10% additional fee applies to all non-resident members.

POOL DROP INS ages 4-10 or resident 62+ \$5 / \$6 (non-resident), ages 11+\$6 / \$7 (nr)

FITNESS CENTER DROP INS \$6 / \$7 (non-resident) *ages 14+ only

DROP IN CASH OR CHECK ONLY



POOL PARTIES

POOL PARTIES

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Cafe may be rented at an additional fee immediately following the pool rental.

FEES

\$190 Inflatable, pool & whirlpool (max 40)
\$125 Pool & whirlpool (max 40)
\$85 Cafe rental (1 hour)

Non-residents add 10% to above fees.

OPTIONS

SATURDAYS: 2:45-3:45 PM OR 3:45-4:45 PM
SUNDAYS: 1:15-2:15 PM



scan to
BOOK

POOL/FITNESS CENTER MEMBERSHIP SUSPENSION OR CANCELLATION POLICY

MEDICAL - Members may submit medical documentation in the event they need to suspend their membership due to injury/illness. The suspended time will be added to extend the membership. Cancellations will be prorated.

NON-MEDICAL - Annual members may suspend their membership for a minimum of one month and 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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