CAPE EXPLORER
WINTER 2023

RESIDENT REGISTRATION OPENS ONLINE SUNDAY DECEMBER 18th 8:00 PM
OUR MISSION
Provide versatile community programs offering educational, cultural, recreational and social enrichment opportunities to a wide segment of the citizenry.

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

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

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

CALL 207-799-2868
FAX 207-799-1841
POOL/FITNESS CENTER 207-799-3184
EMAIL cservices@capeelizabethschools.org
WEB www.capecommunityservices.org

HOURS
Monday-Friday  8:00 am—4:30 pm
School Vacation Hours  7:30 am—3:30 pm
Closings  1/2, 1/16, 2/20, 4/17

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

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

REGISTRATION OPENS:
Online for Cape Residents:
SUNDAY, DECEMBER 18TH AT 8:00 PM

In Office for Cape Residents:
MONDAY, DECEMBER 19TH AT 8:00 AM

NON-RESIDENTS
FRIDAY, DECEMBER 23RD AT 8:00 AM
FEES & DISCOUNTS
A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for residents age 62 and older. Walk-in fees are not discounted.

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

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

Scholarships and/or reduced tuitions may be available to qualified residents. Applications available upon request.

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

CREDITS AND REFUNDS
Full refunds are given when a program you register for is cancelled.

Withdrawals 5 business days prior to the first class (excluding weekends and holidays) receive a full refund (less a $10 processing fee) or an account credit (less a $5 processing fee).

Withdrawals 2 – 4 business days prior to the first class will receive a 50% refund (less a $10 processing fee) or an account credit (less a $5 processing fee).

Withdrawals less than 2 business days before the first class, no refund or credit will be provided.

Programs less than $20 receive a 50% refund or credit. Online transaction fees are non-refundable.

Withdrawals due to medical conditions or injuries require a doctor’s note to be considered for a credit for a future use or refund.

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

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

INCLEMENT WEATHER POLICY
Adult Classes - If school is cancelled, all adult classes prior to 4:00 pm are cancelled. If school has a two-hour delay, all classes prior to 10:00 am are cancelled. Evening classes will be posted online and/or notified via email by 4:00 pm whenever possible.

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

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

ACCESSIBILITY
If you have a disability and need accommodations to participate in one of our programs, please call Community Services at 799-2868.
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 1/16, 2/20, 4/17)
Time: 9:00 –10:00 am
Location: CS Activity Room
Instructor: Elaine Talevi

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ESSENTRICS® & PILATES-HALF AND HALF
30 minutes of standing Essentrics® followed by 30 minutes of mat Pilates gives you the winter fitness routine you need. Essentrics® is a full body posture, mobility, core strength and balance workout that leaves you feeling and looking longer and stronger every time you attend. The Pilates half of this hour adds breathing, centering, body awareness, core power and endurance. This intermediate class builds on your 2022 skills. Drop ins welcome $13.

Date: Tuesday/Thursday 1/3-2/28
Time: 9:00-10:00 am
Location: CS Activity Room
Instructor: Sarah MacColl
Fee: $170
Program # 233-106

LUNCHTIME FITNESS FUSION *NEW*
Come join Liz at lunch 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 work out! You might have met Liz this summer filling in for Elaine, but also through the years (decades) at The Bay Club, Union Fitness, Be Fit, Regency Health Club, The Woodlands or as the Head Aerobic Instructor at Hannaford Corp office in Scarborough.

Days: Tues/Thurs
Time: 11:30-12:30 pm
Location: CS Activity Room
Instructor: Liz Beausang

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CORE AND MORE: SHORT AND SWEET
Summer adventures require Spring workouts. This 3-week full body workout includes weight work, leg work and mat core. We’ll finish each class with stretching.

Date: Tuesday/Thursday 4/4-4/20
Time: 9:00-10:00 am
Location: CS Activity Room
Instructor: Sarah MacColl
Fee: $60
Program # 233-107

STEP AEROBICS
Join us for 45 minutes of aerobic exercise. We alternate our classes: one week is steps (which anyone can do on the floor) and the next is aerobics without the step. Drop-ins welcome $10
Days: Mondays (no class 1/16, 2/20)
Time: 8:00-8:50 am
Instructor: Anne Cass

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JETTI FIT WALKING *NEW*
Transform Your Walk Into a Fun, Full-Body Workout! Learn from Susan how to power up your walking as she guides you through using Jetti Poles to transform your body. 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.

Date: Saturdays 1/14-3/25 (no class 2/25)
Time: 9:00-10:00 am
Location: CS Activity Room/outdoors weather permitting
Instructor: Susan Janosik
Fee: $120
Program # 233-172
HEALTH, WELLNESS AND ENRICHMENT

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. Core stability through functional training and balance are incorporated into your workouts, too. 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 jointeffort-training@gmail.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Days: Wed/Fri
Time: 8:45-9:45 am
Instructor: Susan Janosik

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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. Core stability through functional training and balance are incorporated into your workouts, too. 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.

Days: Tues/Thurs
Time: 5:15-6:15 pm
Location: Fitness Center
Instructor: Susan Janosik

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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! This class solves the mystery of how to "FIT" it all in.

Days: Tues/Thurs
Time: 6:15-7:15 pm
Location: Spin Room/outdoors
Instructor: Susan Janosik

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SATURDAY CYCLE
These rides combine hill climbing, training power, fast flats and speed that will challenge your legs and cardiovascular system. Get ready to torch a ton of calories. Resistance bands will be incorporated to strengthen and build endurance in the upper body & core.

Dates: Saturday 1/7-4/8 (no class 2/18)
Time: 7:30-8:30 am
Instructor: Susan Janosik
Fee: $117
Program # 233-114

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.

Days: Mon/Wed/Fri (no class 1/16)
Time: 5:30-6:30 am
Location: MS Gym
Instructor: Susan Janosik

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OULA DANCE FITNESS

Oula is YOUR hour, YOU deserve to be at the top of your list! Oula merges cardio with 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. No dance experience is necessary and coordination is not required. 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
Time: 6:00-7:00 pm Drop Ins welcome $12
Instructor: Cholla Foote

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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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YOGA SOLUTIONS FOR HEALTHY SHOULDERS, BACK & HIPS

This one hour class uses traditional yoga postures that are accessible to most in order to revive and mitigate discomfort within the body while lengthening, strengthening and stabilizing key muscles that can contribute to chronic and acute discomfort. In this class, students will use a chair for seated postures but all should be able and prepared to move around a yoga mat during each session. No yoga experience necessary. Drop ins $12

Day: Friday (no class 1/13, 3/17)
Time: 10:15-11:15 am
Location: CECS Activity Room
Instructor: Annie Ware, Half Moon Yoga Co.

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4-WEEK INTRO TO FLOW YOGA *NEW*

This is a four-week dynamic slow-paced flow class with a focus on the foundations of yoga poses. Flow-based classes tie breath to movement. Focus will be on strengthening, lengthening, and stretching through seated, standing and supine postures. We will also work through the fundamentals of sun salutations to bring heat to the body. No yoga experience required.

Day: Tuesdays 3/7-3/28
Time: 9:00 -10:00 am
Fee: $40
Location: CECS Activity Room
Instructor: Annie Ware, Half Moon Yoga Co.
Program # 233-125
LUNCH BREAK YOGA with Annie Ware
Sneak away from your desk or errands to spend 45 min taking care of your mind & body. Our bodies thrive on movement and breath. Lunch Break Yoga is the perfect relief from a sedentary or hectic morning. In this class, we will slowly flow through classic yoga postures as well as incorporating yin yoga. No yoga experience required. Drop-ins welcome $10
Day: Friday (no class 1/13, 3/17)
Time: 11:45-12:30 pm
Location: C ECS Activity Room
Instructor: Annie Ware, Half Moon Yoga Co.

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 alignm ent, breathing and meditation. Drop-ins welcome $13
Days: Mondays or Wednesdays (no class 1/16, 2/6, 2/8, 2/20)
Time: 10:15-11:30 am
Location: CS Activity Room
Instructor: Sharon Wilke

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 and Wednesdays (no class 1/16, 2/6, 2/8, 2/20)
Time: 6:00-7:15 pm
Location: CS Activity Room
Instructor: Sharon Wilke

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. The Chinese word “qi” refers to the life-force energy that animates all living things. The key to maintaining robust levels of this energy source is to work towards balancing all of the energies of our being: body, mind, and spirit. The word “gong” means to “work,” so pursuing a practice of Qigong literally means to work towards building strong, vital life-force energy. 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. Participants should wear loose fitting clothing and sturdy footwear.
Days: Thursdays
Time: 10:15-11:15 am
Location: CS Activity Room
Instructor: Stephanie Carlson

TAI CHI
Tai Chi is an ancient Chinese art that when practiced regularly generate greater range of motion(ROM), strength, and coordination, all of which enhance stability. We will also use these practices to explore proper body mechanics and energy flow for more efficient and effortless movement. In addition to improving function, the practice of Tai Chi can profoundly impact general well-being and sleep quality. We will be using Dr. Yang’s Evidence-Based Curriculum of meditation and agility exercises
Day: Tuesday
Time: 1:15-2:30 pm
Location: CS Activity Room
Instructor: Stephanie Carlson
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 1/16)
Location: Richards Community Pool
Instructor: Todd Larlee

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COAST ENDURANCE
Train to gain the skills and confidence to succeed in triathlons and open water swims. These challenging workouts will enable you to arrive at your competition prepared through repetition and consistency no matter your level of experience or fitness in swimming. Athletes must be able to swim 200 yards without stopping.

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

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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
Time: 8:00 - 8:55 am
Location: Richards Community Pool
Instructor: Patty Medina

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

Location: Richards Community Pool
Instructor: Kirsten Read

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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. (No class 2/11, 3/11)

Dates: Saturdays
Time: 8:00-8:45 am
Location: Richards Community Pool
Instructor: Kirsten Read

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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.

Date: Sunday, 1/8-3/19
Fee: $66
Location: HS Gymnasium
Instructor: David Peary & David Croft

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<td>6:30 - 8:00 pm</td>
<td>David Peary</td>
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ADULT TENNIS –ALL LEVELS
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: Saturdays
Time: 8:00-9:00 am
Instructor: Niamh Colpitts, PRT Certified/USPTA Member
Location: Pond Cove Gym

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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. All abilities welcome.

Date: Wednesday, 3/1-5/17 (No session 4/19)
Time: 7:00 - 10:00 pm
Fee: $4 PAY AT DOOR
Location: HS Gym
Supervisor: Bob Wooten

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 1/11 - 3/22 (No class 2/22)
Time: 6:00 - 9:00 pm
Fee: $110
Location: HS Wood Shop
Instructor: John Fabish
Program # 233-144

ZOOM MAINE DRIVING DYNAMICS (MDD)
A certified MDD Instructor teaches in a format that engages students with lectures, videos and class discussion. Those completing will receive a three-point credit reduction on their record and students 55+ can receive an insurance discount.

Dates: Monday 1/9 and Wednesday 1/11
Time: 4:30-7:00 pm
Fee: $40, age 62 and older $30
Location: CC Community Room
Instructor: Certified Maine Driving Dynamics Instructor
Program # 233-145

ZOOM APPLE COMPUTER SERIES
Bern Shanfield, a local Mac enthusiast and owner of Mac Help Now, is offering weekly one hour Zoom based meetings for 12 consecutive weeks on Apple computer related topics. Topics can include basic and intermediate usage and troubleshooting of MacOS devices depending upon the interest of those attending.

Date: Wednesday 1/18 - 4/12
Time: 10:00 - 11:00 am
Fee: FREE/Registration Required to receive zoom link
Instructor: Bern Shanfield. Owner- Mac Help Now
Program # 233-146

KNIFE AND TOOL SHARPENING *NEW*
Learn how to sharpen knives, axes, pruners, scissors, and other blade tools. Bring your own dull tools that need to be touched up, or come to practice sharpening some of our tools. We'll cover the basic theory behind sharpening edge tools and practice using a variety of sharpening stones.

Date: Wednesday 1/25
Time: 6:00-8:00 PM
Fee: $35
Location: CECS Community Room
Instructor: Zack Rouda, Rewild Maine
Program # 233-147
WATERCOLOR STUDIO
This class is for all watercolorists, from beginner thru intermediate. Each week we will look at 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. Please bring your own supplies. A list of suggestions will be emailed before the first class.

Days: Wednesday
Time: 10:00-12:00 pm
Location: CS Community Room
Instructor: Marty Clark

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WINTER ACRYLLIC WORKSHOP *NEW*
Learn how to create beautiful and colorful acrylic paintings! In this class you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. At your own pace you will learn how to paint still lifes using acrylic paint in a relaxed and welcoming environment. This class will cover wet on wet and wet dry brush techniques, sgrafitto/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 understanding and appreciation for the medium of acrylic painting. Brooke is a printmaker and painter and graduate of Massachusetts College of Art and Design. Her work is shown widely in New England, in New York, and beyond. Her work can be seen at www.brookelambertartist.com.

Date: Saturday 1/21
Time: 2:00-4:00 PM
Fee: $75
Location: CECS Community Room
Instructor: Brooke Lambert
Program # 233-150

BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING
Learn what colors look good on you! In this fun 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! FMI visit http://www.radiantimage.me/

Date: Tuesday 4/11
Time: 5:30-8:00 pm
Fee: $35 (discounts not applicable)
Location: CS Community Room
Instructor: Candace Sanborn, Radiant Image
Program # 233-151

HOW TO DRESS FOR YOUR BODY SHAPE *NEW*
Learn simple techniques to create the illusion of a slimmer body or more curves! Dressing for Illusion is about knowing how to wear color, clothing styles and embellishments to trick the eye into seeing something different on the body than is really there, such as the appearance of slimmer hips, a flatter stomach, having more curves, or a taller, leaner figure. Learn simple techniques to help you look your best! FMI visit http://www.radiantimage.me/

Date: Tuesday 3/21
Time: 5:30-8:00 pm
Fee: $35 (discounts not applicable)
Location: CS Meeting Room
Instructor: Candace Sanborn, Radiant Image
Program # 233-152

BEST HAIRSTYLES, GLASSES & NECKLINES FOR YOUR FACE SHAPE
Learn what looks good for your face shape! Learn your face shape and tips for enhancing your appearance by working with your facial features. We’ll teach you hairstyle dos and don’ts plus glasses and necklines that harmonize with your features. You’ll get to choose one of those things that you want the instructor to provide you with specific guidance. FMI visit http://www.radiantimage.me/

Date: Thursday 1/19
Time: 5:30-8:00 pm
Fee: $35 (discounts not applicable)
Location: CS Meeting Room
Instructor: Candace Sanborn, Radiant Image
Program # 233-153
HEALTH, WELLNESS AND ENRICHMENT

SIMPLE LANDSCAPING DESIGN FOR BEGINNERS - 3 PART WORKSHOP *NEW*
Are you a do-it-yourselfer who wants to give your yard a simple makeover or design a new garden? Do you need to add curb appeal to the house you are getting ready to put on the market? Or do you simply want to enjoy enhanced beauty in your backyard? Whatever your final goal, knowing some basic landscape design techniques will make it easier for you. Learn how to assess your needs, evaluate your site, come up with a plan, and select the right plants.

**Date:** Tuesdays 4/4-4/18  
**Time:** 6:30 - 8:30 pm  
**Fee:** $75 (discounts not applicable)  
**Location:** CS Community Room  
**Instructor:** Amy Melissa Witt/Earth Walkers, LLC  
**Program #** 233-154

MAKE YOUR YARD A POLLINATOR PARADISE!
Pollinators have suffered greatly from habitat loss, pesticide use, and the spread of invasive plant species. As a result, planting a pollinator garden is more important now than ever. Even a small garden can make a huge difference. Learn how to create a landscape that supports pollinators including butterflies, bees, moths, and hummingbirds with plants that serve as host plants and provide nectar/pollen throughout the growing season.

**Date:** Tuesday 4/25  
**Time:** 6:30 - 8:00 pm  
**Fee:** $30 (discounts not applicable)  
**Location:** CS Community Room  
**Instructor:** Amy Melissa Witt/Earth Walkers, LLC  
**Program #** 233-155

CELT’s CROSSTOWN WINTER WALK
Join CELT education team member and Maine Master Naturalist Amy Witt, and CELT Stewardship Committee member, Hans Hackett for our winter Crosstown Walk. Beginning at Kettle Cove State Park, this walk will traverse over seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape’s great places. The walk takes approximately four hours and includes a BYO lunch stop with hot beverages at the CELT Office. Hikers will meet at Fort Williams Park and carpool to Kettle Cove. Participants should be 12 years or older; please call CELT about younger ages. Please make sure to register at least 48 hours in advance so we can inform you about any trail conditions or weather changes. **This trail can be icy this time of year, so please be prepared with ice traction.**

**Dates:** Saturday 2/4  
**Time:** 10:00 am–2:00 pm  
**Fee:** $6 per person (discounts not applicable)  
**Location:** Meet at Fort Williams (parking lot closest to the lighthouse)  
**Instructor:** Amy Witt, Maine Master Naturalist  
**Program #** 233-156

ROBINSON WOODS WINTER EXCURSION
Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT’s most popular properties, Robinson Woods. The gentle hike will lead you through this natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter. Participants should wear proper footwear and register 48 hours in advance of the program to receive notice of cancellation. **This trail can be icy this time of year, so please be prepared with ice traction.**

**Dates:** Saturday 1/7  
**Time:** 10:00 am–12:00 pm  
**Fee:** $6 per person (discounts not applicable)  
**Location:** Meet at the parking lot of the CE Methodist Church, 280 Ocean House Rd.  
**Instructor:** Amy Witt, Maine Master Naturalist  
**Program #** 233-157

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**HEALTH, WELLNESS AND ENRICHMENT**

**ROBINSON WOODS WINTER EXCURSION**
Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT’s most popular properties, Robinson Woods. The gentle hike will lead you through this natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter. Participants should wear proper footwear and register 48 hours in advance of the program to receive notice of cancellation. **This trail can be icy this time of year, so please be prepared with ice traction.**

**Dates:** Saturday 1/7  
**Time:** 10:00 am–12:00 pm  
**Fee:** $6 per person (discounts not applicable)  
**Location:** Meet at the parking lot of the CE Methodist Church, 280 Ocean House Rd.  
**Instructor:** Amy Witt, Maine Master Naturalist  
**Program #** 233-157

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OUTINGS AND ENTERTAINMENT

FLAGSHIP FLIX
Come enjoy a Tuesday movie with us! We will choose the movie the week before we head to Falmouth’s Flagship Cinema. They offer power reclining seats, digital projection and surround sound, and a comfortable atmosphere.

**Time:** 11:45 am—3:00 pm (approximately)
**Fee:** $10.00 (Includes Transportation and Ticket)
**Date:** January 10
**Program #233-159**
**Date:** March 14
**Program #233-161**
**Date:** February 14
**Program #233-160**
**Date:** April 11
**Program #233-162**

LYRIC THEATER PREVIEW NIGHT
Thursday nights at 7:00 pm, Lyric Music Theater invites you see their latest production for just $10 payable at the door. Reservations are required ten days prior to the show. The theater is located at 176 Sawyer Street in South Portland. For your convenience, there is a parking lot across the street from the theater.

WAIT UNTIL DARK
Frederick Knott’s thriller is the story of Susy Hendrix, a recently blinded housewife who unwittingly possesses a doll filled with illicit drugs. Harry Roat, a brutal and sophisticated criminal, coerces two small-time thugs into helping him con Susy into giving up the doll. A battle of wits ensues as Susy and the young girl upstairs launch a counterplot against the thieves. Reservations accepted through January 16th.

**Date:** Thursday, January 26
**Time:** 7:00 pm
**Program #233-163**

CURTAIN. THE MUSICAL
It’s the brassy, bright, and promising year of 1959. Boston’s Colonial Theater is host to the opening night performance of a new musical. When the leading lady mysteriously dies on stage the entire cast and crew are suspects. Enter a local detective, who just happens to be a musical theater fan and the backstage mayhem commences! Curtains was the last collaboration of John Kander and Frank Ebb, the composers of such hits as Chicago and Cabaret. Reservations accepted through March 13th.

**Date:** Thursday, March 23
**Time:** 7:00 pm
**Program #233-164**

OLD FASHIONED SLEIGH RIDE
Over the hill and through the woods to High View Farm we go. Upon arrival, we will enjoy a private half hour horse drawn sleigh ride to a forest camp fire for hot cocoa and a marshmallow roast before heading back to the farm. Then we will skip up the road to Harrison Village to enjoy lunch at the Olde Mill Tavern.

**Date:** Wednesday, January 25
**Time:** 9:30 am—3:00 pm
**Fee:** $32.00 (Includes Transportation and Sleigh Ride.)
**Program #233-165**

SWEET GOATS AND BLUEBERRY SENORITAS (WORLD PREMIERE)
Beatriz, a Cuban American baker in Maine, tries to figure out whether she should stay with the community she’s developed, or reunite with her estranged mother in Miami. Along the way Beatriz explores what it means to belong as she cooks up the recipes of her childhood with the raw ingredients of Maine. This is a Maine Made Play commissioned by Portland Stage. Mask required performance. No refunds after January 23rd.

**Date:** Thursday, February 9
**Time:** 1:00 pm—4:30 pm
**Fee:** $40.00 (Includes Transportation and Show)
**Program #233-166**
OUTINGS AND ENTERTAINMENT

JOHN F. KENNEDY PRESIDENTIAL LIBRARY & MUSEUM AND THE EDWARD M. KENNEDY INSTITUTE
In honor of President’s Day, we will visit The John F. Kennedy Presidential Library. The library is one of fifteen presidential libraries and the only one in New England. The museum walks visitors through the life and times of President Kennedy’s one thousand days in office. Next, we will head over to the Edward M. Kennedy Institute, whose role is to educate as to the importance of the US Senate. We will have lunch followed by a simulated Senate session and live floor debate in a full-scale reproduction of the Senate Chamber. After which we will have time to tour the exhibits. Please bring drinks, snacks and a bag of lunch. There are no restaurants onsite. There is a very small cafe at the JFK library if you want to grab a quick bite there or to go.

Date: Thursday, February 23
Time: 7:15 am - 5:30 pm
Fee: $80.00 (Includes luxury transportation and tours)
Program # 233-167

ST PATRICKS CELEBRATION
What better way to celebrate than with Irish Tenor Emmet Cahill, Star of PBS Phenomenon Celtic Thunder. Along with the Emerald String Quartet and The Dublin City Dancers, Emmet will take us on a musical journey performing Irish classics and nostalgic favorites. Join us as we travel to the Danversport Yacht Club in Danvers, Massachusetts for this sure-to-be sell-out show. No refunds after February 18th.

Date: Wednesday, March 8
Time: 9:00 am—6:00 pm
Fee: $105.00 (Includes Transportation, Plated Luncheon and Show)
Program #233-168

CAPE ELIZABETH HIGH SCHOOL ANNUAL JAZZ CABERET
Featuring eight jazz groups from the high school and the CEMS Jazz Ensemble. Dan Davey, Director of Jazz Studies at Mt. Hood Community College in Oregon will be the guest artist. No registration required.

Date: Friday, March 24th
Time: 6:00 pm
Location: CEHS Auditorium
Fee: $10 pp, $5 seniors, $25 family cap payable at the door.

THE GREEN LADLE RESTAURANT
We will experience the student run culinary school restaurant at the Lewiston Regional Technical Center. The restaurant is only open to the public two days per week with a new theme each week. Students rotate through positions, from food prep to head chef to hosting and serving.

Date: Thursday, March 23
Time: 10:00 am –1:30 pm
Fee: $25.00 (Includes transportation & lunch. Gratuity not included.)
Program #233-169

EXTRASOLAR PLANETS & LUNCH
We will visit the Southworth Planetarium to view this exciting new show which describes how astronomers search for planets circling other stars. Only a few Earth-like planets have been found, and as of yet, no extra-terrestrial life has been found on any of the worlds discovered so far. Following the show, we will head to Bissell Brothers Brewing for lunch on our own.

Date: Thursday, April 6
Time: 9:45 am—2:00 pm
Fee: $12.00 (Includes transportation and admission. Lunch on own.)
Program #233-170

LUNCH AT UNION RESTAURANT
Located in the Press Hotel, we will gather at The Market Table which is nestled near the front of the restaurant featuring abundant natural light, a custom-built walnut table, and mid-century modern seating for semi-private dining. The breakfast and brunch menu incorporates locally sourced ingredients in every bite.

Date: Thursday, April 20
Time: 11:00 am—1:30 pm
Fee: $5 (Includes Transportation, Lunch on own)
Program #233-171
WINTER SESSION 1 JANUARY 5TH - FEBRUARY 18TH (no class Mon. 1/16, Sat. 2/11)
Mondays 1/9-2/13 (no class 1/16) (5 classes)
Thursdays 1/5-2/9 (6 classes)
Saturdays 1/7-2/18 (no class 2/11, 6 classes)
Registration for Session 1 opens online Sunday, December 18th 8:00 pm

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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 4/4-5/25 (no class 4/13, 4/18 & 4/20)

**Time:** 3:00-4:15 pm
**Fee:** $156
**Program #**233-264
WINTER SESSION 2: FEBRUARY 27TH – APRIL 15TH (no class Sat. 3/11)

Mondays 2/27 - 4/3 (6 classes)
Thursdays 3/2 - 4/6 (6 classes)
Saturdays 3/4 - 4/15 (no class 3/11, 6 classes)

Registration for Session 2 opens Monday, February 6th 8:00 am

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ADULT INNER TUBE WATER POLO

Come join us this winter and play Inner Tube Water Polo. Join as an individual or with friends & co-workers to enjoy this fun & healthy sport. This is the perfect game for those athletes looking for a low impact workout and staying competitive in the process.

The program will run Wednesdays, March 1-April 5th, 7:00 – 10:00 pm in the Don Richards Pool. To join visit www.cascobaysports.com

SPLASH PARTIES/ POOL RENTALS

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Café must be rented for your “party portion” at an additional fee. All bookings must be made through Community Services.

CASH OR CHECK ONLY

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

OPTIONS AVAILABLE

Saturdays : 2:45 – 3:45 pm & 3:45 – 4:45 pm
Sundays:  1:15 – 2:15 pm
Café immediately following pool rental
RENTALS/VACATION CAMPS

SPURWINK CHURCH AND FORT WILLIAMS PARK RENTALS

2023 Reservations for Cape Elizabeth residents opens December 1, 2022.

Rental Season
May 1—October 31, 2023
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.

CAFE CARE OPEN HOUSE
FEBRUARY 28, 2023 FROM 5:30 TO 7:00
Anyone interested in information about Cape Care programs: Preschool (3-4 yr olds) Pre-K (4-5 yr olds), Before School Care and After School Care available for Preschool-Grade 5, please stop by to meet staff and see our classrooms.

VACATION CAMPS (Kindergarten - 5th Grade)
School vacation camp is designed for kids who want to get out and play with friends during the day while parents are working. Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects for this four day camp. Cost for the week will include daily snack and field trip cost. Please register by February 6th to reserve a space for February Vacation Camp. There is no before or after care available.

FEBRUARY VACATION CAMP 2023
Dates: February 21-24 Tuesday - Friday
Time: 8:00 am - 4:00 pm
Location: CECS classrooms
Fee: Resident $245.00
Program #233-395

APRIL VACATION CAMP 2023
Dates: April 18-21 Tuesday-Friday
Time: 8:00 am - 4:00 pm
Location: CECS classrooms
Fee: Resident $245.00
Program #233-396
YOUTH PROGRAMS

SPINNING SPROUTS (Ages: 3-5 years)
Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention.

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

**SESSION 1**
- **Dates:** Mondays, 1/9 - 2/27 (no class 1/16, 2/20)
- **Fee:** $86
- **Program #:** 233-311

**SESSION 2**
- **Dates:** Mondays, 3/6 - 4/3
- **Fee:** $72
- **Program #:** 233-312

LITTLE SAMURAI S (Ages: 3-5 years)
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
**Instructor:** Dragon Fire Martial Arts.
**Fee:** $86
**Location:** Community Center Spin Room

**SESSION 1**
- **Dates:** Wednesdays, 1/4 - 2/8
- **Program #:** 233-313

**SESSION 2**
- **Dates:** Wednesdays, 3/1—4/5
- **Program #:** 233-314

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

**Date:** Wednesday. February 22
**Time:** 10:00 - 11:30 am
**Fee:** $6/parent & 1 child
**Location:** Meet at end of Fenway Rd
**Instructor:** Cape Elizabeth Land Trust
**Program #:** 233-315

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.

**Instructor:** Dragon Fire Martial.

**SESSION 1**
- **Dates:** Monday/Wednesday, 1/4 - 2/13 (no class 1/16)
- **Fee:** $158
- **Location:** Community Center Spin Room

**SESSION 2**
- **Dates:** Monday/Wednesday, 2/27 - 4/10
- **Fee:** $186
- **Location:** Pond Cove Gym
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

**GRADES K-2**

**Day:** MONDAYS
**Time:** 3:05 - 4:05
**Location:** Community Center Activity Room

**Session 1**
- Dates: 1/9 - 2/27
- (no class 1/16, 2/20)
- Fee: $86
- Program # 233-320

**Session 2**
- Dates: 3/6 - 4/3
- Fee: $72
- Program # 233-321

Day: TUESDAYS
Time: 3:05 - 4:05
Location: Pond Cove Gym

**Session 1**
- Dates: 1/3 - 2/14
- Fee: $100
- Program # 233-322

**Session 2**
- Dates: 2/28 - 4/4
- Fee: $86
- Program # 233-323

**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.
Instructor: Julie Wilkes, Brio Dance Studio

**Time:** 3:05 - 4:05 pm
**Location:** Community Center Activity Room

**Session 1**
- Dates: Wednesdays, 1/4 - 2/15
- Fee: $100
- Program # 233-328

**Session 2**
- Dates: Wednesdays, 3/1 - 4/5
- Fee: $86
- Program # 233-329

**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, 1/6 - 3/31 (no class 2/24, 3/10, 3/17)
**Fee:** $186
**Location:** Pond Cove Gym
**Instructor:** Mairead Stillson

**Beginners: Grades K - 4**
**Time:** 3:05 - 4:05 pm (2/3 half day: 12:05-1:05)
**Program #** 233-330

**Advanced: Grades 3 - 8**
**Time:** 4:05 - 5:05 pm (2/3 half day: 1:05-2:05)
**Program #** 233-331
YOUTH PROGRAMS

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 builds strength, encourages creativity, and improves self-esteem. An informal performance will be held during the last class. No previous experience is required.

**GRADES K-2**
- **Date:** Mondays, 1/9 – 3/20 (No class 1/16, 2/20)
- **Time:** 3:05 - 4:30 pm
- **Fee:** $135
- **Location:** High School Cafeteria
- **Instructor:** Barry Brinker
- **Program #** 233-332

**GRADES 3-4**
- **Dates:** Thursdays, 1/5 – 3/16 (No class 2/23)
- **Time:** 3:05 - 4:45 pm
- **Fee:** $150
- **Location:** Pond Cove Gym
- **Instructor:** Barry Brinker
- **Program #** 233-333

MUSICAL THEATER WORKSHOP (Gr: 5-8)
Explore the wonderful world of Broadway in this fun and lively 3 hour workshop designed for Middle School students! We will be learning a song, a scene, and some choreography from a popular Broadway show. All levels welcome.

- **Time:** 11:30 - 2:30 pm
- **Fee:** $40
- **Location:** High School Cafeteria
- **Instructor:** Barry Brinker

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. Students successfully completing the course receive American Red Cross certification that does not expire. Please bring a lunch.

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

**SESSION 1**
- **Date:** Saturday, January 28
- **Program #** 233-337

**SESSION 2**
- **Date:** Saturday, March 18
- **Program #** 233-338

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 20 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.

- **Time:** 6:00 - 8:30 pm
- **Fee:** $555/Session
- **Location:** Community Center Community Room
- **Instructor:** Tim O’Carroll

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<td>Session 3: Mon - Thurs, 3/13 - 3/30</td>
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INTRO TO KNITTING (Ages 8-12) *NEW*
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 scarf to take home - an approachable project that's perfect for honing his/her new knitting skills.
All materials provided.
**Time:** 3:05 - 4:30 pm
**Fee:** $100
**Location:** Pond Cove Library
**Instructor:** Elizabeth Carroll
**SESSION 1**
**Dates:** Wednesdays, 1/4 - 2/8
**Program #** 233-342

**SESSION 2**
**Dates:** Wednesdays, 3/1 - 4/5
(3/22 half-day 12:05-1:30)
**Program #** 233-343

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 beading, felting, printmaking, clay and more.
**Time:** 3:05 - 4:05 pm
**Fee:** $90
**Location:** Pond Cove Art Room
**Instructor:** Maryjane Johnston

**SESSION 1:**
**Dates:** Tuesdays, 1/3 - 2/7
**Program #** 233-344

**SESSION 2**
**Dates:** Tuesdays, 2/10 - 4/4
**Program #** 233-345

HISTORY OF JEWELRY (Gr. 5-8) *NEW*
Come dive into the history of jewelry in this 6 week class. From Victorian, Art Nouveau and Art Deco to Retro and Mid-Century, students will learn what was going on in the world and how jewelry and fashion were influenced. They will have the opportunity to see, touch, try pieces from the past and take some fun and interactive photos! Students will use these different styles and pieces to inspire the creation of their own piece over the course of this class to take home!
**Dates:** Thursdays, 1/5 - 2/9
**Time:** 2:30-3:30 pm
**Fee:** $110
**Location:** TBD
**Instructor:** Nicole Souter
**Program #** 233-346

JEWELRY MAKING (Gr: 2-4) *NEW*
Come bead around with Martha for some great real jewelry making. Make some unique necklaces, arm bracelets, ankle bracelets and more. There will be many different styles of fashion jewelry to be made. Please bring a pair of pliers if you have them.
**Dates:** Tuesdays, 1/10 - 2/14
**Time:** 3:05 - 4:05 pm
**Fee:** $110
**Location:** TBD
**Instructor:** Martha Pulsifer
**Program #** 233-347
YOUTH PROGRAMS

BRICK BY BRICK MAINE LEGO MYTHICAL CREATURES! (Gr: K-3)
Join us for this fabulously fun 6 week session where we investigate mythical creatures! Weekly builds may include an alien, a UFO and a dragon! Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!
Dates: Tuesday, 1/3 - 2/7
Time: 3:05 - 4:05 pm
Fee: $108
Location: Community Center Community Room
Instructor: Brick by Brick Maine
Program # 233-348

BRICK BY BRICK MAINE LEGO AMAZING ANIMALS! (Grades K-3)
Join us for this amazing 6 week session where we learn about and build animals! Weekly builds may include a dog, a monkey and a kitten! Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once complete, students can free build with a huge assortment of Lego bricks!
Date: Tuesday, 2/28 - 4/4
Time: 3:05 - 4:05 pm
Fee: $108
Location: Community Center Community Room
Instructor: Brick by Brick Maine
Program # 233-349

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 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 of chess increases higher level thinking skills, advance math and reading skills, and builds self-confidence. Beginners and experienced players welcomed!
Fee: $60
Location: Community Center Community Room
Instructor: David Cimato

GRADES 1-2
Day: FRIDAYS
Time: 3:05 - 4:05

Session 1
Dates: 1/6 - 2/10
(no class 2/24, 3/10)
Program # 233-350

Session 2
Dates: 2/17 - 4/7
Program # 233-351

GRADES 3-4
Day: MONDAYS
Time: 3:05 - 4:05

Session 1
Dates: 1/9 - 2/27
(no class 1/16, 2/20)
Program # 233-352

Session 2
Dates: 3/6 - 4/10
Program # 233-353

GRADES 5-8
Day: FRIDAYS
Time: 4:05 - 5:05
Location: Community Center Activity Room

Session 1
Dates: 1/6 - 2/10
(no class 2/24, 3/10)
Program # 233-354

Session 2
Dates: 2/17 - 4/7
Program # 233-355
CHEMYSTERY (Gr: K-2)
Become a Chemist and mix up some CHEMystery! Explore the water cycle, test how fast things flow, model structure of atoms, mix polymers, combine crazy chemical concoctions and more!
**Dates:** Mondays, 1/9—2/13 (no class 1/16)
**Time:** 3:05 - 4:05 pm
**Fee:** $95
**Location:** Pond Cove Art Room
**Instructor:** High Touch High Tech
**Program #** 233-356

PLANTIMAL PARTY (Gr: K-2)
Enter the world of biology and learn about fascinating creatures and where they live. Explore everything from plants and bees to octopuses and jellyfish. Even the tiniest organisms are included!
**Dates:** Mondays, 3/6 - 4/10
**Time:** 3:05 - 4:05 pm
**Fee:** $114
**Location:** Community Center Spin Room
**Instructor:** High Touch High Tech
**Program #** 233-358

ENGINEERING & ENERGY (Gr: 3-4)
Learn all about physics from Newton to flight, light, and electricity. Find ROY G BIV, launch a rocket and more. Follow energy as it transforms and finds other forms.
**Dates:** Tuesdays, 1/10—2/14
**Time:** 3:05 - 4:05 pm
**Fee:** $114
**Location:** Community Center Spin Room
**Instructor:** High Touch High Tech
**Program #** 233-357

EARTH-O-SPHERE (Gr: 3-4)
Discover all there is to know about the Earth from the layers underground and fossils to the sun! Blast into space and learn about Mars and the moon.
**Dates:** Tuesdays, 3/7 - 4/11
**Time:** 3:05 - 4:05 pm
**Fee:** $114
**Location:** Community Center Spin Room
**Instructor:** High Touch High Tech
**Program #** 233-359

MAD LAB MEDLEY (Gr: K-4)
Join us in discovering the many ways science helps us explore our world! “Mad Lab Medley” is full of exciting sampler “courses” aimed to meet the varied interests and imaginations of today’s young minds! Unravel the mystery of chemistry by watching crystals form in a water glass. Experiment with hovercrafts, foaming concoctions and Technicolor Blenders. Grab your ticket to the stars with your own pocket sky map. Walk in the shoes of detectives and examine fingerprints, mystery powders and ink samples. Learn about how different animals adapt to their environments and get bug-eyed with Insect-A-Vision take-homes sure to challenge your perspective. From telescope to microscope and everything in between, this class will leave you inspired by the wonders of science!
**Dates:** Thursdays, 1/12—3/9 (no class 2/23)
**Time:** 3:05 - 4:05 pm
**Fee:** $142
**Location:** Community Center Spin Room
**Instructor:** Mad Science
**Program #** 233-360
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, 1/3—2/9  
**Time:** 2:30 - 4:00 pm  
**Fee:** $108  
**Location:** Middle School, Gymnasium Lobby  
**Instructors:** Chris Drake  
**Program #** 233-361

SATURDAY INDOOR TENNIS (Gr: 1-6)
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  
**Location:** Pond Cove Gym  
**Instructor:** Niamh Colpitts, PTR Certified /USPTA Member

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<th>Dates: Saturdays, 1/7 – 2/11</th>
<th>Grade</th>
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<td>Green Ball (Gr: 5-6)</td>
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<td>Green Ball (Gr: 5-6)</td>
<td>11:00 am - 12:00 pm</td>
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SEACOAST UNITED SOCCER SKILLS
Our indoor winter clinics are the perfect way to extend your child’s soccer experience.
**Date:** Sundays, 1/8 - 2/5  
**Fee:** $70  
**Location:** Pond Cove, Gymnasium  
**Instructors:** Seacoast United Soccer Staff

Seacoast Mini Kickers (Ages 3-5)
The Seacoast Mini Kickers curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 3
**Time:** 2:00 - 2:45 pm  
**Program #** 233-368

Seacoast Juniors (Gr: K-1)
The Seacoast Juniors curriculum teaches soccer fundamentals to young players in a fun, high energy environment. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 4
**Time:** 2:45 - 3:30 pm  
**Program #** 233-369
LEARN TO SKATE (Ages: 4-7 years)  *NEW*
This program focuses on teaching preschool through early elementary aged children the skating skills needed to develop the preliminary coordination, balance, and strength to maneuver on ice skates. This class is for a newer skater or a skater with little skating experience. The following skills will be taught during this class:
- Proper way to fall
- Proper way to get up (unassisted)
- Balance on two feet
- Marching
- Dip in Place
- Two foot glide

A limited number of skates and helmets will be available for use during this program.

**Dates:** Saturdays, 1/7 - 2/11
**Time:** 8:00 - 8:50 am
**Fee:** $90
**Location:** Cape Ice Arena
**Instructor:** CEHS Hockey Coaches and Players
**Program #** 233-370

LEARN TO PLAY (HOCKEY!) (Ages: 6-12 yrs)  *NEW*
Learn to Play is a beginner/intermediate program for skaters ages 6-12 that introduces players to the game of hockey. This program focuses on developing player’s skills (power skating, stick handling, passing, shooting, etc.) in small stations and sense of the game. Players will build up over the course of the season to experience cross-ice games. Hockey equipment is necessary for all participants. A limited number of skates and helmets will be available for use during this program.

**Dates:** Saturdays, 1/7 - 2/11
**Time:** 9:00 - 9:50 am
**Fee:** $90
**Location:** Cape Ice Arena
**Instructor:** CEHS Hockey Coaches and Players
**Program #** 233-371

FAMILY ICE FISHING
"Flag!!" The one word everyone wants to hear when ice fishing! We will learn how to set ice fishing traps, bait the hooks, use a Jig Pole and catch fish through the ice! Feel free to bring your own fishing gear, bucket to sit on, as well as ice skates. Please wear boots, mittens/gloves and a hat.

Any Questions, call Scott Shea, Maine Guide (207) 751-3450

**Date:** Sunday, 1/9
**Location:** Great Pond
**Fee:** $20

**Session 1**
**Time:** 9:00—10:45
**Program #** 223-372

**Session 2**
**Time:** 11:00—12:45
**Program #** 223-373

CAPE ICE ARENA MS HOCKEY SEASON PASS (Gr. 4-8)  *NEW*
Let’s play some hockey! Join your middle school friends this winter on Tuesday, Wednesday and Thursday afternoons. Season pass includes admission for all afternoon games (and is non-transferable). Hockey gear and stick is required.

**Fee:** $50
**Location:** Cape Ice Arena
**Program #** 233-374

**CO-ED**
**Dates:** Tues/Wed/Thurs, 1/3 - 2/16
**Time:** 3:45 - 4:45 pm

**GIRLS**
**Dates:** Wednesdays, 1/4 - 2/15
**Time:** 5:00 - 6:00 pm
YOUTH PROGRAMS

CAPE YOUTH TRAVEL LACROSSE (Grades 3-6)
REGISTRATION DEADLINE IS TUESDAY, FEBRUARY 28TH. NO LATE REGISTRATIONS
Cape Youth Lacrosse is looking for girls and boys of all experience levels. Teams of equally balanced skill levels offered for 3rd/4th Grade and 5th/6th Grade. The season begins mid-March and ends mid-June with two practices a week and weekend games/tournaments. Teams will be formed after the end of the indoor practice session.

**BOYS LACROSSE**
*BOYS MANDATORY PARENT MEETING*  
**Tuesday, February 28, 6:00 pm - Community Center.** Uniform fitting immediately following.

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

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

**Indoor practice:** Mon/Wed; 3/6 - 4/12  
**Time:** 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.  
**Location:** CEMS Gym  
**Outdoor practice:** Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.  
**Fee:** $175 (complete uniform), $120 (if you own current uniform)  
**Boys 3/4 Program #** 234-300  
**Boys 5/6 Program #** 234-301

**GIRLS LACROSSE**
*GIRLS MANDATORY PARENT MEETING*  
**Wednesday, March 1, 6:00pm – Community Center**  
Uniform fitting immediately following.

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

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

**Indoor practice:** Tues/Thurs; 3/7 - 4/11  
**Time:** 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.  
**Location:** CEMS Gym  
**Outdoor practice:** Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.  
**Fee:** $175 (complete uniform), $120 (if you own current uniform)  
**Girls 3/4 Program #** 234-302  
**Girls 5/6 Program #** 234-303

**INSTRUCTORS NEEDED:** Parent volunteers are critical for the success of our Travel Programs! We need you involvement to succeed. Please join the fun. Inquire about helping as a Team Administrator or Coach  
Coaching clinics are available.
2023 PLEASANT MOUNTAIN SKI/RIDE PROGRAM (Grades 3 - 8)

We will be taking two buses to Pleasant Mountain for six week program. Parent chaperones are needed for this program. Registration opens December 18th at 8:00 pm online.

Program Dates: January 12, 19, 26, February 2, 9, 16 (make up date March 2)

Time: 3:05pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm

Lessons (1 hour) will be offered 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 5th.**

Pleasant Mountain

NORDIC SKI/PARENT & CHILD

Cape Nordic will once again run a non-competitive Youth Nordic Ski program for new and intermediate skiers. The focus will be on fun games and activities to improve balance and increase comfort on skis. This is a family program designed for parent/child. If interested, please email Deb Hatton at deb.scanlon.hatton@gmail.com

PELEASANT MOUNTAIN SKI/RIDE PROGRAM

PROGRAM BASE PRICE FOR TRANSPORTATION $176.00

Then add options:
A) Lift Ticket Thursday Night Only add $172.00
B) Night Season Pass - add $235.00*
C) Lessons - add $144.00
D) Rentals- add $162.00
E) Helmet Rental-add $60.00
(helmets are mandatory)

PROGRAM # 233-397

* The Night Season Pass is a discounted season pass valid every night the mountain is open Monday-Saturday (and on Holiday Sundays) from 3:30 pm to close. If you want the Night Season Pass only, without transportation, please call CECS at 799-2868.
RICHARDS COMMUNITY POOL/FITNESS CENTER

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

<table>
<thead>
<tr>
<th>FITNESS CENTER SCHEDULE</th>
<th>Ages</th>
<th>Resident Pool/Fitness/Combo</th>
<th>Non-Resident Pool/Fitness/Combo</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1— June 12</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday - Thursday</td>
<td><em>4-10</em></td>
<td>$3 /na/na</td>
<td>$4/na/na</td>
</tr>
<tr>
<td>Friday</td>
<td>11+</td>
<td>$5/ $5/ $8</td>
<td>$6/ $6/ $10</td>
</tr>
<tr>
<td>Saturday/Sunday</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<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></td>
<td></td>
</tr>
<tr>
<td>$43/ $40/ $60</td>
<td>$104/ $91/ $138</td>
<td>$341/ $300/ $473</td>
</tr>
<tr>
<td>COUPLE</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$71/ $69/ $94</td>
<td>$159/ $155/ $220</td>
<td>$473/ $432/ $667</td>
</tr>
<tr>
<td>FAMILY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$99/ $115/ $131</td>
<td>$267/ $255/ $339</td>
<td>$830/ $805/ $1,136</td>
</tr>
</tbody>
</table>

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

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

- $175 – Inflatable, pool & whirlpool (max 40)
- $110 - Pool & whirlpool (max 30)
- $75 - Cafe Rental (1 hr)
  - All swimmers 6 yrs old and younger must have an adult in the water with them at all times
  - All swimmers 12 yrs old and younger are required to take a swim test prior to swimming.

OPTIONS AVAILABLE
Saturdays: 2:45 – 3:45 pm
3:45 – 4:45 pm
Sundays: 1:15 – 2:15 pm
The Café, if rented, would be available immediately following pool time.
# Richards Community Pool Schedule

## November 21 - February 20

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, W, F</td>
<td>6:45 am - 8:00 am</td>
</tr>
<tr>
<td>Tu, Th</td>
<td>5:30 am - 9:00 am</td>
</tr>
<tr>
<td>M thru F</td>
<td>10:00 am - 2:30 pm</td>
</tr>
<tr>
<td>M - Th</td>
<td>5:30 pm - 6:30 pm</td>
</tr>
<tr>
<td>Saturdays</td>
<td>11:30 am - 1:15 pm</td>
</tr>
<tr>
<td>Sundays</td>
<td>6:00 am - 12:00 pm</td>
</tr>
<tr>
<td>Sundays</td>
<td>3:30 pm - 5:30 pm</td>
</tr>
</tbody>
</table>

**Senior Swims** (Adults 65+)
- **M-F**: 9:00 - 10:00 am

**Open Swims**
- (Children 10 & under must be with an adult)
  - **Tu, W, F**: 10:00 - 11:30 am
  - **Saturdays**: 1:30-2:30 pm*
    - 5:00-6:00 pm
  - **Sundays**: 12:00 pm - 1:00 pm*
    - 2:15 - 3:15 pm

## February 21 - June 12

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, W, F</td>
<td>6:45 - 8:00 am</td>
</tr>
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- (Children 10 & under must be with an adult)
  - **Tu, W, F**: 10:00 – 11:30 am
  - **Saturdays**: 1:30 pm–2:30 pm*
    - 5:00 – 6:00 pm
  - **Sundays**: 12:00 pm-1:00 pm*
    - 2:15 – 3:15 Swim

*with Inflatable