

CAPE EXPLORER

FALL 2025

FALL 2025



FALL REGISTRATION
OPENS
SUNDAY 8/24
8 PM
FOR RESIDENTS

CAPE COMMUNITY SERVICES



ONLINE

CAPECOMMUNITYSERVICES.ORG

**FOR RESIDENTS
FALL PROGRAMS
SUNDAY 8/24 8 PM**

**NON RESIDENTS
FRIDAY 8/29 8 AM**



IN PERSON

**343 OCEAN HOUSE RD
M-F 8 AM-4:30 PM**

**FOR RESIDENTS
FALL PROGRAMS
MONDAY 8/25 8 AM**

**NON RESIDENTS
FRIDAY 8/29 8 AM**



BY PHONE

**207-799-2868
M-F 8 AM-4:30 PM**

**FOR RESIDENTS
FALL PROGRAMS
MONDAY 8/25 8 AM**

**NON RESIDENTS
FRIDAY 8/29 8 AM**

3 WAYS TO REGISTER



IMPORTANT INFO

- Full refunds are given when a program is canceled.
- Withdrawls 5 business days prior to first class receive full refund(less processing fee)/ 2-4 business days 50% (less processing fees) / less than 2 business days, no refund.
- A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for Cape residents age 62 and older.
- ActiveNet charges a convenience fee and credit card processing fee when booking online. The fees are non-refundable.
- A non-taxpayer fee will be added to all programs and activities. Programs \$50 and under will be \$3, \$51-\$100 will be \$5, and all programs over \$100 will be \$7. An additional 10% will be added to memberships/parties.

Adult Fitness



ESSENTRICS® AT THE FORT

Strengthen your core and lengthen your look as you enjoy music to move to. It combines joint mobility, fascial re-education and muscular strength to give you the alignment you need to walk, lift, hike, bike, ski and swim....well.

Date: Tuesday/Thursday September (no class 9/2, 9/4)

Time: 9:00-10:00 am

Location: Fort Williams

Instructor: Sarah MacColl

Fee: Drop in cash/check only \$10 per class at the Fort

ESSENTRICS® RELEASE REBALANCE RESTORE

Essentrics is a full body posture, mobility, core strength and balance program that builds long strong muscles using your own body weight and proprioception. The interconnectedness of all body parts and the musculoskeletal communication system throughout the fascia makes Essentrics a perfect way to wake up all the muscles and have fun doing it. Visit Essentrics.com FMI. Drop-ins welcome \$14.

Date: Tuesday/Thursday (no class 11/27)

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
10/2-11/6	11	\$132	262-103
11/13-12/18	10	\$120	262-104

BODY DYNAMICS

A balanced program of stretching, strengthening, aerobics, toning to increase energy, flexibility, and endurance in a **fun** and challenging aerobic experience for men and women. Drop-ins welcome \$10

Date: Mon/Wed/Fri (no class 10/13, 11/28)

Time: 9:00-10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
9/8-10/31	23	\$184	262-105
11/3-12/19	20	\$160	262-106

PILATES *NEW*

Based on classic mat Pilates, this class will be an all-around workout that will increase your stability, flexibility and strength. Participants will have the chance to learn fundamental principles of Pilates such as proper breathing techniques, core engagement and controlled movements. The class focuses on deep core, strength, posture and overall body awareness. We will progressively adapt sessions throughout the term according to class needs. Drop ins-welcome \$15

Location: CS Activity Room

Instructor: Emanuela Porcelli

Date: Tuesday (no class 11/11)

Time: 10:30-11:20 am

Date	Classes	Fee	Program #
9/9-10/21	7	\$98	262-107
10/28-12/16	7	\$98	262-108

Date: Wednesday

Time: 8:00-8:50 am

Date	Classes	Fee	Program #
9/10-10/22	7	\$98	262-109
10/29-12/17	8	\$112	262-110

Date: Friday (no class 11/28)

Time: 11:10-12:00 pm

Date	Classes	Fee	Program #
9/12-10/24	7	\$98	262-111
10/31-12/19	7	\$98	262-112



FITNESS FUSION

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 work out! Drop ins-welcome \$15

Date: Tues/Thurs (no class 11/11, 11/27)

Time: 8:00-8:50 am

Location: CS Activity Room

Instructor: Liz Beausang

Date	Classes	Fee	Program #
9/2-10/30	18	\$234	262-113
11/4-12/18	12	\$156	262-114

Adult Fitness

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.

Dates: Mon/Wed/Fri (Wed/Fri only in December)

Time: 5:30-6:30 am (no class 10/13, 11/28, 12/1, 12/8, 12/15)

Location: CS Spin Room

Instructor: Liz Beausang

Date	Classes	Fee	Program
10/1-11/7	16	\$176	262-115
11/10-12/19	14	\$154	262-116

MEN ADD STRENGTH (MAS) *NEW*

Has it been a while since you have worked out in a gym or at home? Have you been doing the same workout for a long time? Are you coming back from an injury or surgery? Do you want to get stronger, healthier, more flexible & build a stronger core & better balance? If you answered yes to any of the above or have other fitness goals in mind, then this class is for you! MAS provides strength training using barbells, Kettlebells, free weights, body weight & exercise machines. This men's class is for all fitness levels. This class includes a 45 minute personal session before the class starts. After registering, call Susan to set up your 1 on 1 appt. to get set up on a program that best suits you. 207-939-2255.

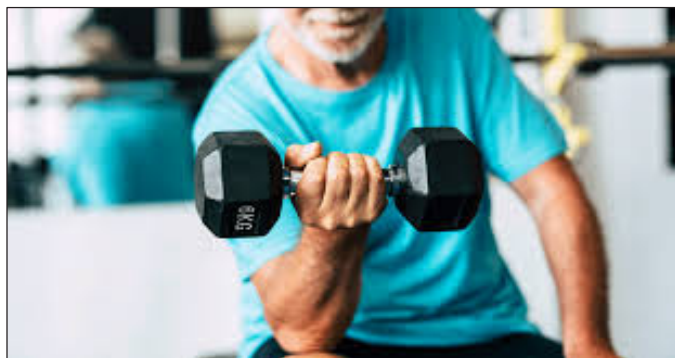
Dates: Mon/Thurs (no class 10/13, 11/13, 11/27)

Time: 8:45-9:45 am

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/15-10/23	11	\$150	262-117
10/27-12/18	14	\$180	262-118



WOMEN ON WEIGHTS

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at susanjano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Dates: Wed/Fri (no class 11/14, 11/28)

Time: 8:45-9:45 am

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/10-10/24	14	\$140	262-119
10/29-12/19	14	\$140	262-120

COED WEIGHTS

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at 939-2255.

Dates: Tues/Thurs (no class 11/11, 11/13, 11/27)

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/9-10/23	14	\$140	262-121
10/28-12/18	13	\$130	262-122

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!

Dates: Tues/Thurs (no class 11/11, 11/13, 11/27)

Time: 6:15-7:15 pm

Location: Spin Room

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/9-10/23	14	\$140	262-123
10/28-12/18	13	\$130	262-124

Adult Fitness

ZUMBA

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, improve your coordination, and enjoy yourself while getting your cardio done. No dance experience necessary. Bring a water bottle, a towel, and your smile. Drop-ins welcome \$12. (no class 11/29)

Dates: Tues/Thurs 9/2-9/30

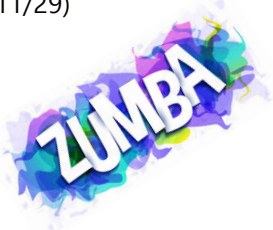
Time: 9:00-9:50 am

Fee: \$90

Location: CECS Activity Room

Instructor: Patricia Marett

Program # 262-125



Dates: Friday 10/3-12/12 (no class 11/28)

Time: 10:10-11:00 am

Fee: \$100

Location: CECS Activity Room

Instructor: Patricia Marett

Program # 262-126

OULA DANCE FITNESS

Oula is YOUR hour, YOU deserve to be at the top of your list! merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. Cholla's class is designed to be inclusive for all, and welcomes participants of all fitness levels. Every Oula class empowers participants to trust their bodies and process their emotions through music, movement, and a community connection. Oula is all about how it FEELS!!

Dates: Thursdays (No class 11/27)

Time: 6:00-7:00 pm Drop-ins welcome \$15

Location: Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
9/4-10/16	7	\$80	262-127
10/23-12/11	7	\$80	262-128



BALLROOM DANCE FOR COUPLES

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

Dates: Tuesdays (no class 11/11)

Time: 6:00-7:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/9-10/7	5	\$120	262-129
10/14-11/18	5	\$120	262-130

JAZZ DANCE

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.

Dates: Mondays 9/8-12/8 (no class 10/13)

Time: 12:00-1:00 pm

Fee: \$195

Location: CECS Activity Room

Instructor: Kristin Sutton

Program # 262-131

ADULT ADVANCED BEGINNER TAP

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

Dates: Wednesdays 9/10-12/10 (no class 11/26)

Time: 12:00-1:00 pm

Fee: \$195

Location: CC Activity Room

Instructor: Kristin Sutton

Program # 262-132

Adult Fitness

JETTI FIT WALKING FORT WILLIAMS

Transform Your Walk Into a Fun, Full-Body Workout! Learn from Susan how to power up your walking as she guides you through using Jeti 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 939-2255 or susan@jointefforttraining.com.

Dates: Wednesdays 9/10-10/29

Time: 4:00-5:00 pm

Location: Fort Williams Park - park in overflow/meet near the Children's Garden

Instructor: Susan Janosik

Fee: \$96

Program #262-133

FITBALL YOGA

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!!!** Drop-ins welcome \$12

Dates: Tues/Thurs (no class 11/11, 11/27)

Time: 12:00-1:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Date	Classes	Fee	Program #
9/16-10/28	14	\$154	262-134
11/4-12/11	10	\$110	262-135

FREE MONTHLY CHAIR YOGA

Join Martha, a certified yoga instructor on the first Friday of each month from 11:00 am to Noon at the Community Center. **Registration is Required.**

No prior experience is necessary for this gentle and mindful practice of movement and deep breathing, which helps to calm the nervous system and focus the mind.

Dates: 1st Friday of every month (9/5, 10/3, 11/7, 12/5)

Time: 12:15-1:15 pm

Fee: free to residents / \$15 for Non-Residents

Location: CECS Activity Room

Instructor: Martha Williams, certified yoga instructor

Program #262-136

GENTLE HATHA YOGA

Reduce stress, improves overall fitness, increases flexibility and build self-confidence, body awareness and nurture the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation. Drop-ins welcome \$13

Dates: Mondays (no class 10/13)

Time: 10:15-11:30 am

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/8-10/20	6	\$66	262-137
11/17-12/22	6	\$66	262-138

Dates: Wednesdays 10:15 am-11:30 am

Date	Classes	Fee	Program #
9/3-10/22	8	\$88	262-139
11/5-12/17	7	\$77	262-140

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

Dates: Mondays (no class 10/13)

Time: 6:00-7:15 pm

Location: CS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/8-10/20	6	\$66	262-141
11/17-12/22	6	\$66	262-142

Dates: Wednesdays 6:00-7:15 pm

Date	Classes	Fee	Program #
9/3-10/22	8	\$88	262-143
11/5-12/17	7	\$77	262-144



Adult Fitness

TAI CHI

Tai Chi, when practiced regularly generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. 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, as well as his 7 step form. Drop-ins \$10

Dates: Tuesdays (no class 10/14, 11/11)

Time: 1:15-2:30 pm

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/9-10/21	6	\$60	262-145
10/28-12/9	6	\$60	262-146

STRENGTHENING FOR QIGONG

Strengthen the foundational muscles necessary for more easeful and pain free sitting, standing and walking. Use gentle exercises and stretches that can be modified to build more balanced muscle tone and to improve your posture. This will include mat, sitting and/or wall work. We will then take this stability into the immediately following Qigong class. Drop-ins welcome \$4

Dates: Thursdays (no class 10/16, 11/27)

Time: 10:10-10:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/11-10/23	6	\$24	262-147
10/30-12/11	6	\$24	262-148

QIGONG FOR BALANCE & HEALTH

Qigong is an ancient Chinese art derived from the Taoist philosophy, that utilizes 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. In this class, we will be learning a set of simple qigong movements as well as focusing on other balance exercises and practices.

Dates: Thursdays (no class 10/16, 11/27)

Time: 10:30-11:30 am

Location: CS Activity Room

Instructor: Stephanie Carlson

Date	Classes	Fee	Program #
9/11-10/23	6	\$60	262-149
10/30-12/11	6	\$60	262-150

PICKLEBALL- BEGINNER LEARN TO PLAY!!

Join in on the Pickleball phenomena! This sport is action packed but easy on the body. This game is played outdoors on a badminton-sized court and slightly modified tennis net. We will have extra paddles for those looking to try it out.

Dates: Mondays & Wednesdays 9/8-9/24 (6 classes)

Time: 5:00-6:30 pm

Fee: \$108

Location: Fort Williams Pickleball Courts

Instructor: Jim Clark

Program #262-151



ADVANCED BEGINNER/ INTERMEDIATE PICKLEBALL

For those who have played the game and are looking to improve their strategy, court awareness and all-around skills, this class can help. Topics will include drops and drives, tethering, when to attack, when to employ a soft game, how to defend against bangers.

Dates: Tuesdays/Thursdays 9/9-10/2 (8 classes)

Time: 8:00-9:30 am Advanced Beginner

9:30-11:00 am Intermediate

Fee: \$144

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan, 2022 national champion

Program # Advanced Beginner 262-152

Intermediate 262-153

PICKLEBALL INTERMEDIATE PLUS

For those who have taken the Intermediate class and/or received permission from the instructor, this once-per-week class will focus on drills and strategic play to develop and sharpen your pickleball skills. We will cover court positioning, soft vs. hard game, stacking, speedups, re-sets and more.

Dates: Wednesdays 9/10-10/1

Time: 10:30-12:00 pm

Fee: \$72

Location: Fort Williams Pickleball Courts

Instructor: Glenn Jordan,

2022 national champion

Program #262-154

Adult Fitness

SOCCER - INDOOR (CO-ED)

Are you over 30 in mind and body? If the answer is "yes" to these questions, come join a convivial group of mature soccer players as we carry our passion indoors for the colder months.

Dates: Sundays, 11/2-12/14

Fee: \$56

Location: HS Gymnasium

Time	Supervisor	Program #
5:00-6:30 pm	David Croft	262-155
6:30-8:00 pm	David Peary	262-156

TENNIS - ADULT INTERMEDIATE

The first 30 minutes of class will focus on the fundamentals of tennis strokes/grips and footwork. The last 30 minute of class will focus on match play. Class will be held in a low pressure environment.

Dates: Saturdays

Time: 8:00-9:00 am (no class 10/4, 11/29)

Instructor: Niamh Colpitts, PRT Certified/USPTA Mem.

Location: outdoor 1st session @ HS Tennis Courts/
indoor 2nd session @ PC Gym

Date	Classes	Fee	Program #
9/6-10/18	6	\$108	262-157
11/1-12/13	6	\$108	262-158

BASKETBALL - ADULT DROP IN HOOPS

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. Limited to 15 players per night with priority given to Cape residents.

Dates: Wednesdays 9/10-12/10 (no hoops 11/26)

Time: 8:00-9:45 pm

Drop in Fee: \$5

Location: MS Gym

Supervisor: Christopher Casey

VOLLEYBALL - CO-ED

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.

Dates: Wednesdays 9/10-11/12

Time: 7:00-10:00 pm

Drop in Fee: \$5

Location: HS Gym

Supervisor: Bob Wooten

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.

Dates: 12/15, 12/16, 12/17, 12/18 (make up class 1/5)

Time: 8:30-9:00 am

Fee: \$80

Location: Cape Community Arena

Instructor: Faye Dibella

Program #262-159

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.

Date: Wednesdays 12/17, 1/7-2/11

Time: 8:00-9:00 pm

Location: Cape Ice Arena

Instructor: CCAG Volunteers

Fee: \$175

Program #263-100



Adult Art & Enrichment

BREATHING THROUGH STRESS

NEW

Is stress dominating your thoughts or keeping you up at night? It can eat away at our health and well-being, but the good news is that a few rounds of mindful breathing can help you hit the reset button. In this workshop, you'll identify your stress triggers, practice different breathing techniques, and create a plan that can transform the way you respond to stress. We'll close with a nourishing guided meditation.

Susan Tompkins is a certified life coach and owner of 3C Clarity, LLC, a coaching business that helps people live their Best Life. Inspired by Maine's woods and waters, Tompkins conducts 1:1 coaching journeys, women's circles, Energy Art workshops and employee enrichment programs.

Date: Tuesday 10/14

Time: 6:30-7:30 pm

Location: CS Conference Room

Instructor: Susan Tompkins, 3C Clarity

Fee: \$30

Program #262-160

LISTENING TO NATURE ***NEW***

Nature is speaking to us all the time, but we are usually too busy to take notice. Here's an opportunity to leave the outer world chatter behind and listen to the wisdom from the natural world. As we walk on the trails at Runaway Farm, we will take time to observe, journal and/or sketch what nature is showing and telling us. Writing prompts will be given. All levels of writers are welcome. Please bring a notebook or sketchbook and a pen that you really love to write with!

Date: Friday 10/3

Time: 9:00-10:30 am

Location: Runaway Farm

Instructor: Amy Melissa Witt/Earth Walkers

Fee: \$30

Program #262-161



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 better? 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

9/23 - Great Pond

10/14 - Robinson Woods

9/30 - Winnick Woods

10/21 - Fort Williams

10/7 - Runaway Farm

Dates: Tuesdays

Time: 9:00-10:30 am

Instructor: Amy Melissa Witt/Earth Walkers

Fee: \$50

Program #262-162

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 9/9

Time: 10:15-noon

Fee: \$3 drop in

Location: CS Community Room

Adult Art & Enrichment

WATERCOLOR PAINTING FOR BEGINNERS

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

Date: Thursday 9/11-9/25

Time: 10:00-12:00 pm

Location: CS Community Room

Fee: \$60

Instructor: Marty Clark

Program #262-163



WATERCOLOR STUDIO

This class is for all water colorists, from beginner thru intermediate. Each week we will explore a different art concept or technique, giving each painter an opportunity to try new ideas, improve skills and enjoy painting in a relaxed setting. Time will be allowed for individual help, especially for beginners. Beginners: The instructor will provide supplies for the first week and give you suggestions for later purchases. All others please bring watercolor paint and brushes, 100% cotton watercolor paper, rinse container, and pencil and paper for note taking.

Date: Session I: Wednesday 10/1-10/29

Time: 10:15-12:15 pm

Location: CS Community Room

Fee: \$75

Instructor: Marty Clark

Program #262-164

Date: Session II: Wednesday 11/5-12/10
(no class 11/26)

Time: 10:15-12:15 pm

Location: CS Community Room

Fee: \$75

Instructor: Marty Clark

Program #262-165



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: Wednesday 11/19

Time: 6:00-8:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program #262-166

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: Wednesday 10/8

Time: 6:00-8:00 pm

Fee: \$75

Location: CS Community Room

Instructor: Brooke Lambert

Program #262-167

Adult Art & Enrichment

MINDFUL MUSE ART JOURNALING

Unleash your inner artist this September with Mindful Muse Loose Sketching! This class is designed for everyone, whether you're picking up a pen for the very first time or you're a seasoned artist looking to simplify your approach and cultivate a regular, stress-free practice. Through the fluid mediums of pen and ink in your sketchbook, we'll explore the joy of quickly capturing ideas and observations. Our goal isn't perfection, but presence: we'll embrace and even plan for "mistakes," allowing them to guide our creative flow. You'll learn to relax, get ideas on paper with ease, working from real life when possible and photos otherwise. Come discover the liberating power of loose sketching!. Drop ins allowed \$25 per session.

Dates: Thursdays 9/18-10/9

Time: 1:00-2:30 pm

Location: CS Community Room

Fee: \$100

Instructor: Steve Addario

Program #262-168

COLORED PENCIL WORKSHOP

There's more to colored pencils than color! In this workshop, we will explore colored pencil skills, such as layering, shading and blending and yes, even how to correct mistakes! Samples of various brands and types of pencils/papers will be provided by the instructor. Each week you will create a small colored pencil painting using different techniques. Because this is not a 'how to draw' class, you will be provided with predrawn materials allowing you to concentrate on using colored pencils as an art medium.

Date: Wednesday 9/10-9/24

Time: 10:15-12:15 pm

Location: CS Community Room

Fee: \$60

Instructor: Marty Clark

Program #262-169



POINTED PEN CALLIGRAPHY WITH A MODERN TWIST *NEW*

In this workshop you will learn the basics of pointed pen calligraphy using a steel edged pointed nib and ink. You will be taught a simple alphabet that will become the groundwork for variations with a modern twist. With the instructions provided, you will be able to continue to practice on your own, developing your own style. We will start with the basic tools and strokes and progress to fun projects. So, come join the fun! You will be amazed at what you can do! Lefties are always welcome.

Dates: Saturday 9/6-9/20

Time: 9:30-12:30 pm

Location: CS Conference Room

Fee: \$175 plus \$25 material costs payable to instructor on the first day of class

Instructor: Delphine Frank

Program #262-170

EMBROIDERY WORKSHOP *NEW*

Join us for a fun and creative beginner embroidery workshop where you'll learn the basics of hand embroidery in a relaxed, supportive environment! All materials are provided - including your choice of a comfy sweatshirt or t-shirt - and you'll get to personalize it with a unique embroidery pattern. Leave with a finished, wearable piece of art and the skills/materials to keep stitching on your own! Materials will include a project bag containing an embroidery hoop, needle, threads, scissors, designs and their apparel item of choice.

Dates: Thursday 11/6

Time: 6:00-8:00 pm

Location: CS Conference Room

Fee: \$65

Instructor: Jen Weidner

Program #262-171



Adult Art & Enrichment

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: Thursday 11/20

Time: 5:30-8:00 pm

Fee: \$35

Location: CS Community Room

Instructor: Candace Sanborn, [Radiant Image](#)

Program #262-172

WOK AND CLEAVER BOOT CAMP

Participants will learn how to season, care for, and use a Chinese wok and cleaver. The recipes for the class will include stir-frying, oven roasting, and preparing steamed rice. Each student will take home a specially selected kit including a lightweight cast iron wok, wok spatula, carbon steel cleaver, honing steel, a heavy duty cutting board, and one of Chris Toy's 6 cookbooks. The retail value of the kit is \$230. (Those in the know bring containers just in case!)

Date: Tuesday 10/7

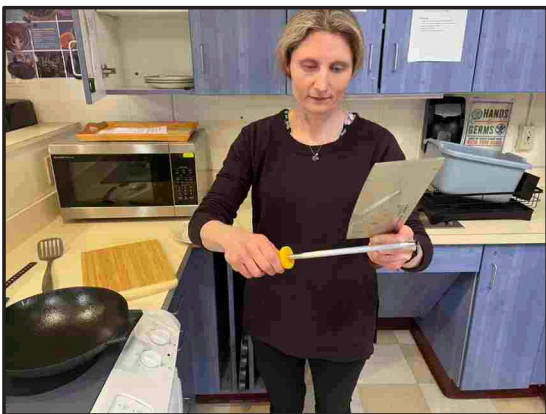
Time: 5:00-8:00 pm

Fee: \$195

Location: CS Community Room

Instructor: [Chris Toy](#), Cooking Instructor, Author, Maker
Learn more about me at christoy.net

Program #262-173



HOW TO START YOUR NEW HOME PROJECT: CREATING MOOD BOARDS WITH SURF ROAD INTERIORS *NEW*

Learn our interior design studio starts a new project by preparing a mood board! Participants will be provided with materials to create a mood board for their own space and entered into a raffle to win a free consultation with/Surf Road.

Date: Wednesday 10/1

Time: 6:00-8:00 pm

Location: CS Community Room

Fee: \$30

Instructor: Liz Kirby,
[Surf Road Interiors](#)

Program #262-174



ORACLE CARDS & INTUITION

Overcoming doubt and learning to trust your intuition can be tricky. Discover how oracle cards can help boost your confidence and strengthen your connection to your inner voice. In this workshop, you'll explore a variety of decks and learn how to read cards for yourself and others. It's a fun, interactive workshop where participants bond quickly over their shared curiosity and excitement to learn.

Susan Tompkins is a certified life coach and owner of 3C Clarity, LLC, a coaching business that helps people live their Best Life. Inspired by Maine's woods and waters, Tompkins conducts 1:1 coaching journeys, women's circles, Energy Art workshops and employee enrichment programs.

Date: Tuesday 9/30

Time: 6:30-7:30 pm

Location: CS Conference Room

Instructor: Susan Tompkins, 3C Clarity

Fee: \$30

Program #262-175

Adult Art & Enrichment



AGE-FRIENDLY RESOURCE FAIR

Friday, September 12, 2025
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 *NEW*

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.

Date: Friday 10/3

Time: 10:00-12:00 pm

Location: CS Community Room

Instructor: Jacki Farrell, Financial Advisor Edward Jones

Fee: FREE registration required

Program #262-176

Date: Thursday 11/13

Time: 5:30-7:30 pm

Location: CS Community Room

Fee: FREE registration required

Program #262-177

ADVANCED CARE MEDICAL PLANNING *NEW*

Do you know the difference between the different advance care planning documents? Making medical decisions for yourself or loved ones can be difficult but having the right documentation in place will help prevent a crisis and help make sure wishes are followed in the event of a crisis. We will review what the different documents mean, who should have them and how to get them completed. Get prepared now for what may happen in the future.

Date: Friday 11/7

Time: 10:00-10:30 am

Location: Community Room

Instructor: Jana Grant, Northern Light Health

Fee: FREE registration required

Program #262-181

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED *NEW*

Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. Social Security: Your questions answered is a 15-minute presentation that discusses how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.

Date: Thursday 10/16

Time: 5:30-7:30 pm

Location: CS Community Room

Instructor: Jacki Farrell, Financial Advisor Edward Jones

Fee: FREE registration required

Program #262-178

Date: Tuesday 11/18

Time: 5:30-7:30 pm

Location: CS Community Room

Fee: FREE registration required

Program #262-179

ALL THINGS MEDICARE - FROM THE BASICS (A, B, C & D) TO MAJOR 2026 UPDATES *NEW*

Join Matt Orlando and Cindy Cogswell, licensed Medicare Agents with over 40 years of combined experience in Medicare related insurance options, to discuss Medicare Basics and important 2026 updates and changes. It's an interactive meeting, with the opportunity to breakout for personalized questions at the end. Whether you are brand new to Medicare, or sifting through 2026 changes, Matt and Cindy will cover all the pertinent information and answer questions. After the meeting you should have the clarity you need to feel comfortable about your health care going into 2026.

Date: Friday 11/7

Time: 9:00-12:00 pm 10:00

Instructor: Matt Orlando & Cindy Cogswell

Fee: FREE registration required

Program #262-180

Outings & Entertainment

THE IRISH... AND HOW THEY GOT THAT WAY

The The Public Theatre in Lewiston presents the Maine State Music Theatre's musical revue that highlights the experiences of Irish and Irish Americans in the 20th and 21st centuries. Combining historical narratives, music, and storytelling, the production uses various artistic mediums to depict their struggles and cultural identity. A small cast plays multiple characters, serving as narrators, and features music from traditional Irish folk songs to contemporary hits. Activity Level I. Non-refundable.

Date: Thursday, September 4th

Time: 12:15 - 5:30 PM

Fee: \$56 pp (Transportation and Show)

Program #262-102

SABBATHDAY LAKE VILLAGE TOUR & LUNCH

Join us for this guided tour of the last active Shaker community in the US. The 1750 acre farm includes 18 buildings, a museum, and a gift shop. Following our visit, we will enjoy lunch on our own at Nonesuch River Brewing on the shores of Range Pond. Activity Level II. Register by Friday, September 12th.

Date: Monday, September 22

Time: 8:45 am - 2:30 pm

Fee: \$30 pp (Transportation & Tour)

Program #262-183

MAINE STATE SOCIETY FOR THE PROTECTION OF ANIMALS (MSSPA)

Meet the horses close up on this guided farm tour which is home to MSSPA. We will learn about this private nonprofit shelter that welcomes horses rescued from abuse or surrendered by their owners. Additionally, we will learn about the rehabilitation process, amazing recoveries, and the joy of adoption. Following the tour, we will head to Red City Ale House on the Presumpscot River for lunch on our own. Activity Level II. Register by October 1st.

Date: Tuesday, October 21st

Time: 9:15 am - 1:30 pm

Fee: \$5 pp (Transportation & Tour)

Program #262-184

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. For example, restaurants, some theaters, and walking tours.

LEVEL II involves walking up to 60 minutes on uneven terrain or stairs with opportunities to rest. For example boat rides, theaters, shopping, and fairs.

LEVEL III requires confident, unassisted mobility, extensive walking, flights of stairs, and some strength or athleticism. For example, outdoor adventures and boat trips.

COOK'S LOBSTER & ALE HOUSE

Join us for a trip to Garrison Cove on Bailey's Island for lunch on your own. You can enjoy your meal either indoors or outdoors. Take a walk along the beach, listen to the sound of the surf, watch the passing boats, breathe in the fresh sea air, and admire the beautiful Cribstone Bridge. Activity Level I. Register by October 1st

Date: Wednesday, October 8th

Time: 10:15 am - 3:30 pm

Fee: \$10 pp (Transportation)

Program #262-185

IT SHOULDA BEEN YOU

In this 90-minute musical at Good Theater in Portland, nothing is as it seems. Religions clash, Machiavellian plots are unveiled, promises are broken, secrets are revealed, and hope arises from the most unexpected places. Is it the latest conflict in the Middle East? No, it's simply the Steinberg wedding. Activity Level I. No refunds after September 10th.

Date: Wednesday, October 15th

Time: 12:45 - 4:00 pm

Fee: \$33 pp (Transportation and Show)

Program #262-186

Outings & Entertainment

SEA GLASS ART WORKSHOP & LUNCH

Travel with us to Kennebunk for a hands-on class where you will design your own framed masterpiece using an assortment of sea glass, shells, driftwood, starfish, and other coastal treasures. Whether you're a seasoned crafter or trying something new, this class is a fun and memorable way to connect with the beauty of the Maine coast. When you are finished creating, Batson River Restaurant is just a six minute walk from The Creative Soul Studio and have lunch on your own. Activity Level I. Register by October 31st.

Date: Thursday, November 13

Time: 9:15 am - 3:00 pm

Fee: \$40 pp (Transportation & Workshop)

Program #262-187

MAINE CLASSIC CAR MUSEUM

The museum began operating in 2019 to showcase its collection of fifty classic cars ranging from the 1913 to the 1990s, as well as rare curiosities and automobilia. The museum exhibits are rope-less and station-less, allowing visitors to experience the cars up close. Lunch on our own at Mike's American Diner. Activity Level I. Register by November 7th.

Date: Tuesday, November 18th

Time: 9:00 am - 1:30 pm

Fee: \$20 pp (Transportation and Admission)

Program #262-188



IRVING BERLIN'S WHITE CHRISTMAS THE MUSICAL

The Portsmouth Music Hall presents the Ogunquit Playhouse production of this holiday classic. Veterans Bob Wallace and Phil Davis are thriving after the war with a successful song-and-dance act. With romance in mind, Phil tricks Bob into following two beautiful singing sisters to their upcoming show at a Vermont lodge, which unbeknownst to them is owned by their former army commander. Activity Level I. Non-refundable after October 31st.

Date: Thursday, December 4

Time: 11:30 am - 5:30 pm

Fee: \$85 pp (Transportation and Show)

Program #262-189

PORTLAND SYMPHONY ORCHESTRA

Enjoy door to door service without the parking hassle as we attend the symphony's holiday matinee. With its delightful combination of nostalgic traditions, wondrous surprises, and an array of holiday favorites, Magic of Christmas promises to be a memorable celebration of joy, wonder, and the spirit of the season. Featuring exceptional musical performances from your Portland Symphony Orchestra, the Magic of Christmas Chorus, the PSO Children's Chorus, and special guests. Activity Level I. No refunds after November 14th.

Date: Friday, December 19th

Time: 1:00 - 5:00 pm

Fee: \$57 pp (Transportation and Show)

Program #262-190

Aquatics

COAST ENDURANCE

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.

Days: Tues/Thurs (no class 11/27)

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/2-10/30	18	\$198	262-200
11/4-12/18	13	\$143	262-201

LIGHTHOUSE MASTERS

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

Days: Mon/Wed/Fri

Time: 5:30-6:45 am (no class 10/13, 11/28)

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program #
9/3-10/31	25	\$250	262-202
11/3-12/22	21	\$210	262-203

PACE RACE CHASE (ADVANCED, ENTRY LEVEL, BEGINNER)

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. FMI on levels visit www.capecommunityservices.org

Location: Richards Community Pool

Instructor: Kirsten Read

Level	Dates	Time	Fee	Program #
PRC-Advanced	Sun 9/7-10/26	10-11am	\$120	262-209
PRC-Beginner/Mid Level	Sun 9/7-10/26	11-12pm	\$120	262-210
PRC-All Levels	Tues 9/2-10/28	1-2 pm	\$135	262-211
PRC-All Levels	Fri 9/5-10/31	11:30-12:30	\$135	262-212
PRC-Advanced	Sun 11/2-12/14	10-11am	\$105	262-213
PRC- Beginner/Mid Level	Sun 11/2-12/14	11-12pm	\$105	262-214
PRC-All Levels	Tues 11/4-12/16	1-2 pm	\$105	262-215
PRC-All Levels	Fri 11/7-12/19	11:30-12:30	\$105	262-216



WATER WORKS

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.

Date: Mon/Wed/Fri

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Patty Medina/Susan Farady

Date	Classes	Fee	Program #
10/1-10/31	14	\$91	262-204
11/3-11/28	12	\$78	262-205
12/1-12/29	13	\$85	262-206

ADULT SWIM LESSONS-SINK OR SWIM (16+)

This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals.

Dates: Wednesdays (No class 11/26)

Time: 6:00-6:45 pm

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
9/10-10/15	6	\$60	262-207
10/22-12/3	6	\$60	262-208

Aquatics

Fall 1: September 8– October 20

Mondays-9/8-10/20 (no class 10/13, 6 classes)

Thursdays-9/11-10/16 (6 classes)

Saturdays-9/13-10/18 (6 classes)

Fall 2: October 23 - December 13

Mondays-10/27-12/1(6 classes)

Thursdays-10/23-12/4 (no class 11/27, 6 classes)

Saturdays-11/1-12/13 (no class 11/29, 6 classes)

****Registration for Fall 2 opens Monday, Oct. 6th for residents and Friday, Oct. 10th for non-residents**

Level	Day	Time	Fee	FALL 1 9/8-10/20	*FALL 2 10/21-12/9
Barnacles ½	Thurs	10:00 - 10:30 am	\$45	262-217	262-241
Barnacles 1	Sat	9:00 - 9:30 am	\$45	262-218	262-242
Barnacles 2	Sat	9:30 - 10:00 am	\$45	262-219	262-243
Turtles	Sat	10:00 - 10:30 am	\$45	262-220	262-244
Ducklings 1	Mon	11:00 - 11:30 am	\$45	262-221	262-245
	Thurs	10:30 - 11:00 am	\$45	262-222	262-246
	Sat	9:00 - 9:30 am	\$45	262-223	262-247
	Sat	10:00 - 10:30 am	\$45	262-224	262-248
Ducklings 2	Mon	10:30 - 11:00 am	\$45	262-225	262-249
	Thurs	11:00 - 11:30 am	\$45	262-226	262-250
	Sat	9:00 - 9:30 am	\$45	262-227	262-251
	Sat	10:30 - 11:00 am	\$45	262-228	262-252
Dolphins 1	Mon	10:00 - 10:30 am	\$45	262-229	262-253
	Sat	9:30 - 10:00 am	\$45	262-230	262-254
	Sat	10:00 - 10:30 am	\$45	262-231	262-255
Dolphins 2	Sat	9:30 - 10:00am	\$45	262-232	262-256
	Sat	10:30-11:00 am	\$45	262-233	262-257
Level 1	Sat	9:00 - 9:45 am	\$60	262-234	262-258
	Sat	10:30 - 11:15 am	\$60	262-235	262-259
Level 2	Sat	9:00 - 9:45 am	\$60	262-236	262-260
	Sat	10:30 - 11:15 am	\$60	262-237	262-261
Level 3	Sat	9:45 - 10:30 am	\$60	262-238	262-262
	Sat	10:30 - 11:15 am	\$60	262-239	262-263
Level 4/5	Sat	9:45 - 10:30 am	\$60	262-240	262-264

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. 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 Sept. 9-Nov.13th (no class 11/11)

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

Fee: \$209

Program #262-265



Youth Programs

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 8

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 # 262-300



NATURE BINGO *NEW* (Ages: 3 - 10 w/Adult)

Take a walk with a naturalist to learn about the fun and exciting natural world in Fort Williams Park. See how many squares you can check off on your bingo card while learning about the animals, birds, trees, and flowers that live in the park.

Date: Saturday, October 18

Time: 9:00 – 10:30 am

Fee: \$10/parent & child; each add'l child - \$3

Location: Fort Williams Park

Instructor: Amy Witt/Earth Walkers, LLC

Program # 262-301

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 - 2:50 pm

Location: Community Center Spin Room

Instructor: Dragon Fire Martial Arts

SESSION 1

Dates: 9/10 - 10/22

Fee: \$100

Program # 262-302

SESSION 2

Dates: 10/29 - 12/10 (no class 11/26)

Fee: \$86

Program # 262-303

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: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1

Dates: 9/8 - 10/20, (no class 10/13)

Program # 262-304

SESSION 2

Dates: 10/27 - 12/8, (no class 11/10)

Program # 262-305



Youth Programs

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 - 2:30 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

Date: Saturday, 10/25

Program # 262-306

SESSION 2

Dates: Saturday, 12/6

Program # 262-307

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

GRADES K - 2

Dates: 9/8 - 12/8 (No Class 10/13, 11/10)

Time: 3:05 - 4:30 pm

Location: HS Cafeteria

Fee: \$180

Program # 262-308

GRADES 3 - 4

Dates: 9/11 - 12/11 (No Class 11/27)

Time: 3:05 - 4:45

Location: PC Gym

Fee: \$195

Program # 262-309

SONG WIZARDS WORKSHOP *NEW* (Gr: 2 - 4)

In this hands-on workshop, students will work together to write, perform, and record an EP with 3 original songs 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 3 professionally edited recordings of the final songs. No experience needed - just bring your imagination!

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

Fee: \$130

Location: Community Center Meeting Room

Instructor: Graham Dickson

SESSION 1

Dates: 9/17 - 10/22

Program # 262-310

SESSION 2

Dates: 10/29 - 12/10 (No Class 11/26)

Program # 262-311



RHYTHMIC GYMNASTICS (Gr: K - 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.

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

Fee: \$100

Location: Community Center Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

SESSION 1

Dates: 9/11 - 10/9

Program # 262-312

SESSION 2

Dates: 10/23 - 11/20

Program # 262-313

Youth Programs

LYRICAL BALLET (Gr: K - 4)

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.

Day: Mondays

Location: Community Center Activity Room

Fee: \$103

Instructor: Brio Dance Studio

GRADES K - 2

Time: 3:05 - 4:05 pm

Session 1:

Dates: 9/8 - 10/20*

Program # 262-314

Session 2:

Dates: 10/27 - 12/8**

Program # 262-315

GRADES 3 - 4

Time: 4:05 - 5:05 pm

Session 1:

Dates: 9/8 - 10/20*

Program # 262-316

Session 2:

Dates: 10/27 - 12/8**

Program # 262-317

*No class 10/13

**No class 11/10

FLAMENCO DANCING (Gr: 1 - 2)

Dive into the world of Flamenco with this beginner-friendly program! We will teach the fundamentals of braco (graceful arm movements) and zapateo (rhythmic footwork), while also discovering key Flamenco vocabulary like palmas (hand claps) and understanding the structure of a traditional Flamenco performance. No previous dance experience is necessary. Throughout the program, you'll build confidence, technique, and a deeper connection to the rich cultural history of Flamenco.

Day: Thursdays

Time: 3:05 - 4:05 pm

Fee: \$80

Location: Community Center Spin Room

Instructor: Mariangel Gonzalez & Rosi Gonzalez

SESSION 1

Dates: 9/11 - 10/16

Program # 262-318

SESSION 2

Dates: 10/30 - 12/11 (no class 11/27)

Program # 262-319

HIP HOP (Gr: K - 4)

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

Location: Community Center Activity Room

Fee: \$103

GRADES K - 2

Day: TUESDAYS

Time: 3:05 - 4:05 pm

Session 1:

Dates: 9/9 - 10/14

Program # 262-320

Session 2:

Dates: 10/28 - 12/9*

Program # 262-321

Day: WEDNESDAYS

Time: 3:05 - 4:05 pm

Session 1:

Dates: 9/10 - 10/15

Program # 262-322

Session 2:

Dates: 10/29 - 12/10**

Program # 262-323

GRADES 3 - 4

Day: TUESDAYS

Time: 4:05 - 5:05 pm

Session 1:

Dates: 9/9 - 10/14

Program # 262-324

Session 2:

Dates: 10/28 - 12/9*

Program # 262-325

* No Class 11/11

** No class 11/26



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

Fee: \$111

Instructor: Stillson Irish Dance

BEGINNERS (Gr: K-4)

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

Session 1:

Dates: 9/5 - 10/17 *

Program # 262-326

Session 2:

Dates: 10/24 - 12/12 **

Program # 262-327

ADVANCED (Gr: 3 - 8)

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

Session 1:

Dates: 9/5 - 10/17 *

Program # 262-328

Session 2:

Dates: 10/24 - 12/12 **

Program # 262-329

* No class 10/10

** No class 11/21, 11/28

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. Please bring a pair of pliers if you have them.

All materials included.

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

Fee: \$120

Location: Pond Cove Art Room

Instructor: Jillian Gaare

SESSION 1

Dates: 9/8 - 10/20 (No Class 10/13)

Program # 262-330

SESSION 2

Dates: 10/27 - 12/8 (no class 11/10)

Program # 262-331

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!

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

Fee: \$113

Location: Community Center Community Room

Instructor: Natalie Hoch

SESSION 1

Dates: 9/11 - 10/16

Program # 262-332

SESSION 2

Dates: 10/30 - 12/11 (no class 11/27)

Program # 262-333

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: \$90

Location: Pond Cove Art Room

GRADE 2

Day: THURSDAYS

Session 1:

Dates: 9/11 - 10/16

Instructor: Jillian Gaare

Program # 262-397

Session 2:

Dates: 10/23 - 12/4*

Instructor: MJ Johnston

Program # 262-334

GRADE 3

Day: WEDNESDAYS

Session 1:

Dates: 9/10 - 10/15

Instructor: Jillian Gaare

Programs # 262-398

Session 2:

Dates: 10/22 - 12/3**

Instructor: MJ Johnston

Program # 262-335

GRADE 4

Day: TUESDAYS

Session 1:

Dates: 9/9 - 10/14

Instructor: Jillian Gaare

Program # 262-399

Session 2:

Dates: 10/21 - 12/2***

Instructor: MJ Johnston

Program # 262-336

*(No class 11/27)

**(No Class 11/26)

*** (No Class 11/11)

Youth Programs

LEARN TO SEW (Ages 8+)

Treat yourself and learn how to sew. The art of sewing is fun and rewarding. Discover how easy it is to learn to stitch and make lovely projects for yourself or as gifts for others.

Simply enjoy the art of stitching while improving your sewing skills. Select your projects and materials and start mastering your unique skills.

Materials will be provided.

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

Fee: \$120

Location: Community Center Spin Room

Instructor: Jeanette Guglielmetti

SESSION 1

Dates: 9/10 - 10/15

Program # 262-337

SESSION 2

Dates: 10/29 - 12/10 (no class 11/26)

Program # 262-338

INTERMEDIATE KNITTING (Ages 8+)

Develop and take your knitting skills to the next level! This class is designed for those who have mastered the basics of beginning knitting and need help with their current projects or want to start a new project. All materials and needles provided.

Time: Wednesdays, 3:05 - 4:30 pm

Fee: \$110

Location: Community Center Spin Room

Instructor: Elizabeth Carroll

SESSION 1

Dates: 9/10 - 10/15

Program # 262-339

SESSION 2

Dates: 10/29 - 12/10 (No class 11/26)

Program # 262-340



#RECIPES (Gr: 2 - 4)

Have you ever wanted to cook like a famous influencer? Fun Chefs is going viral and teaching our young chefs some of the most famous recipes from sites like Tasty and Instagram. Each class will be filled with a delicious recipe, loads of fun and students will say, What a "cool idea"!

Dates: Wednesdays, 9/10 - 10/15

Time: 3:05 - 4:05 pm

Fee: \$138

Location: Community Center Community Room

Instructor: Fun Chefs, LLC

Program # 262-341



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, 10/22 - 12/3 (No class 11/26)

Time: 3:05 - 4:05 pm

Fee: \$138

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Program # 262-342

Youth Programs

PLANT LAB FUN (Gr: K - 1)

Are plants alive? What do they need to survive & thrive? Do we (mammals) have something in common with plants? Answer those questions as we explore everything plants. Use plants for art, learn about invasive species, explore all the ways plants defend themselves, learn about extinct plants, make a plant fossil and much more fun hands-on plants science!

Date: , 9/15 - 10/27 (No Class 10/13)

Time: 3:05 - 4:05 pm

Fee: \$125

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 262-343



IT'S A SMALL WORLD: MICROSCOPY & CHEMISTRY (Gr: 2 - 4)

Discover the tiniest things that are the building blocks of EVERYTHING around us! From atoms to molecules and what is the Periodic Table? We will zoom in and examine things through microscopes; find out how plants look like up close, examine tiny organisms, like tardigrades, also known as water bears and so much more!

Date: , 9/16 - 10/21

Time: 3:05 - 4:05 pm

Fee: \$125

Location: Community Center Community Room

Instructor: High Touch High Tech

Program # 262-344

KARATE KIDS (Gr: K - 8)

Empower your children with important life skills as well as valuable techniques to protect themselves while building strength and awareness with this course in kid's karate. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills.

Location: Pond Cove Gym

Fee: \$186

Instructor: Dragon Fire Martial Arts.

SESSION 1

Dates: Mon/Wed, 9/8 - 10/22 (No Class 10/13)

Beginner

Time: 3:05 - 4:05 pm

Program # 262-347

Advanced

Time: 4:05 - 5:05 pm

Program # 262-348

SUPERPOWERS: THE AMAZING POWERS OF NATURE (Gr: K - 1)

Does nature have superpowers? In this series we will explore the amazing powers found in nature. From flying squirrels to the survivors of the big extinction. Are there any species that lived during the Jurassic period and can still be spotted alive on Earth? We will examine those and so many other questions through hands-on, fun, science activities.

Date: , 11/3 - 12/15 (No class 11/10)

Time: 3:05 - 4:05 pm

Fee: \$125

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program # 262-345

INVENTIONS & ENGINEERING: INVENTORS, ENGINEERS & PROBLEM SOLVERS (Gr: 2 - 4)

Calling all problem solvers who love challenges! We will encounter many problems, from engineering, to forensics. Did someone say hidden messages? Uncover how you can write secret messages, build a bridge, solve a crime scene mystery, find the missing bird and more. We will have fun working together as we look for solutions to those and other challenges.

Date: , 10/28 - 12/9 (No class 11/11)

Time: 3:05 - 4:05 pm

Fee: \$125

Location: Community Center Community Room

Instructor: High Touch High Tech

Program # 262-346



SESSION 2

Dates: Mon/Wed, 10/27 - 12/15 (No Class 11/10, 11/26)

Beginner

Time: 3:05 - 4:05 pm

Program # 262-349

Advanced

Time: 4:05 - 5:05 pm

Program # 262-350

Youth Programs

CHESS CLUB (Gr: 1 - 8)

"Check Mate!" Chess is a fun game that 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!

Location: Community Center Community Room

Fee: \$68

Instructor: David Cimato

GRADES 1 - 2

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

Session 1:

Dates: 9/5 - 10/17*

Program # 262-351

Session 2:

Dates: 10/24 - 12/5**

Program # 262-352

GRADES 3 - 4

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

Session 1:

Dates: 9/8 - 10/20***

Program # 262-353

Session 2:

Dates: 10/27 - 12/8****

Program # 262-354

GRADES 5 - 8

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

Session 1:

Dates: 9/5 - 10/17*

Program # 262-355

Session 2:

Dates: 10/24 - 12/5**

Program # 262-356

* No class 10/10

** No class 11/28

*** No class 10/13

**** No class 11/10



BRICK BY BRICK MAINE LEGOS

(Gr: K - 3)

Join us for one or both of these fabulously fun 7-week sessions! Classes begin with a short lesson related to the build of the week. Once the weekly build is completed, students will enjoy free building time with a huge tub of Lego bricks!

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

Location: Community Center Spin Room

Fee: \$160

LEGO FIRE BRIGADE!

We need your help to extinguish Lego City fires! Weekly builds may include a fire helicopter, fire motorcycle and fire ATV!

Date: 9/9 - 10/21

Program # 262-357

LEGO FALL FUN

Get ready to celebrate what makes Autumn great! Weekly builds may include a burly football player, a gruesome jack-o-lantern and an acorn.

Date: 10/28 - 12/16 (No Class 11/11)

Program # 262-358

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.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Time: 6:00 - 8:30 pm

Fee: \$625/Session

Location: Community Center Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: 9/8 - 9/25

Session 2: 10/20 - 11/6

Session 3: 12/1 - 12/18

PROGRAM

262-359

262-360

262-361

Youth Programs

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, 9/11 - 10/2

Time: 3:00 - 5:00 pm

Fee: \$66

Location: CELT Trails

Instructor: Cape Elizabeth Land Trust

Program # 262-362

OUTDOOR CLUB *NEW* (Gr: 5 - 8)

Join officers from the Cape Elizabeth Police Department for adventures in our Outdoor Club! This new 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 will be responsible for getting participants to/from outing locations.

Dates: Wednesdays, 9/17 - 10/1

Time: 4:30 - 6:30 pm

Fee: Free

Location: Various Locations throughout Cape Elizabeth

Instructor: CEPD

Program # 262-363



X-COUNTRY RUNNING (Gr: 1 - 6)

Lace up your sneakers for some trail running!

Participants should be comfortable running/jogging a 1 mile course without assistance. We will join other communities for weekly meets on Wednesdays to be held at various sites (parent transportation required). In order to run this program, parent volunteers are needed for each practice!

Dates: Mon/Wed, 9/8 - 10/18 (No Class 10/13)

Time: 3:05 - 4:05 pm

Location: CESD Campus

Fee: \$66

Instructor: Coach Ryan McCalmon & Parent Volunteers

Program # 262-364



SATURDAY MORNING TENNIS (Gr: 1 - 8)

Calling tennis players of all abilities! Classes are geared to player ability, starting with the basics including: balance, coordination, tennis concepts, playing matches, and hitting "with intention."

Fee: \$108

Instructor: Niamh Colpitts, PTR/USPTA Certified

SESSION 1 - OUTDOOR

Dates: Saturdays, 9/6- 10/18 (No Class 10/4)

Location: High School Tennis Courts

<u>Grade</u>	<u>Time</u>	<u>Program #</u>
Grade: 1 - 2	9:00 - 10:00 am	262-365
Grade: 3 - 5	10:00 - 11:00 am	262-366
Grade: 6 - 8	11:00 am - 12:00 pm	262-367

SESSION 2 - INDOOR

Dates: Saturdays, 11/1 - 12/13 (No Class 11/29)

Location: Pond Cove Gym

<u>Grade</u>	<u>Program #</u>
Grade: 1 - 2	9:00 - 10:00 am 262-368
Grade: 3 - 5	10:00 - 11:00 am 262-369
Grade: 6 - 8	11:00 am - 12:00 pm 262-370

Youth Programs

FALL FAMILY TENNIS

Adults will focus on the development of their own skills, while also learning how to work with your child/children on the court. This format has proven to be extremely successful AND a great time!

Instructor: Coach Mary Gray, PTR Certified

SESSION 1 - OUTDOOR

Dates: Sundays, 9/7- 10/5

Fee: Parent and Child \$115, Additional Child \$54

Location: High School Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	262-371
6 - 7	10:00 - 11:00 am	262-372
8 - 12	11:00 am - 12:00 pm	262-373

Dates: Tuesdays/Thursdays, 9/9 - 9/25

Fee: Parent and Child \$138, Additional Child \$65

Location: Fort Williams Tennis Courts (parent transport required)

Age	Time	Program #
4 - 5	4:30 - 5:30 pm	262-374

SESSION 2 - INDOOR

Dates: Sundays, 10/26 – 12/7 (No Class 11/30)

Fee: Parent and Child \$138, Additional Child \$65

Location: Middle School Gym

Age	Time	Program #
4 - 5	9:00 - 10:00 am	262-375
6 - 7	10:00 - 11:00 am	262-376
8 - 12	11:00 am - 12:00 pm	262-377

FALL AFTERNOON TENNIS (Gr: 1 - 4)

Join Coach Mary Gray for USTA Quickstart Tennis designed to help players learn and play the game of tennis. The size of the court and the equipment is adapted for each age group. The format allows the students to feel comfortable even if they have never played before!

Dates: Tuesdays/Thursdays, 9/9 - 9/25

Time: 4:00 - 5:00 pm

Location: Fort Williams Tennis Courts

Fee: \$114

Instructor: Coach Mary Gray, PTR Certified

Program #: 262-378

YOUTH FALL SOCCER (Gr: Pre-K - 6)

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.

Dates: Sundays, 9/7 - 10/5

Location: Hannaford Turf Field

Fee: \$70

Instructor: Varsity Coaches & Players

LITTLE CAPERS (Ages: 3-5)

Time: 10:00 - 10:45 am **OR** **Time:** 11:30 - 12:15 am

Program # 262-379

Program # 262-380

KINDER CAPERS (K)

Time: 10:45 am - 11:30 pm

Program # 262-381

BOYS CAPERS (Gr: 1-2)

Time: 8:00 - 9:00 am

Program # 262-382

GIRLS CAPERS (Gr: 1-2)

Time: 9:00 - 10:00 am

Program #: 262-383

CO-ED CAPERS (Gr: 3 - 6)

Time: 9:00 - 10:00 am

Program # 262-384



Youth Programs

GIRLS VOLLEYBALL (Gr: 3 - 6)

This program is designed for children to learn and expand their volleyball knowledge while having fun and gaining experience on the court as part of a team. Participants will work on developing volleyball skills and game play.

Dates: Saturdays, 9/6 - 10/18 (No Class 9/27, 10/11)

Time: 9:00 - 10:00 am

Location: HS Gym

Fee: \$70

Instructor: Varsity Coach Boeckel & Players

Program # 262-385



GIRLS FIELD HOCKEY (Gr: K - 6)

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Sunday mornings. The focus will be on skill development, sportsmanship, basic rules and FUN! Equipment including stick, mouth guard and shin guards are required. This program includes skill days and inter-community play days (Dates TBD).

Dates: Saturdays, 9/6 - 10/18 (No class 10/11)

Time: 9:00 - 10:00 am (Time will extend on play days)

Location: Hannaford Turf Field

Fee: \$100

Instructor: HS Coach and players

Program # 262-387

NEW! GIRLS MS VOLLEYBALL (Gr: 6 - 8)

Our new middle school volleyball program will focus on introducing young athletes to the sport, developing fundamental skills, and fostering teamwork. The program emphasizes participation and enjoyment, while also providing opportunities to learn the rules and strategies of volleyball. Practices will be twice a week and we will play games against other area schools.

Dates: Mondays/Wednesdays, 9/8 - 10/29

Time: 5:30 - 7:00 pm

Location: HS Gym

Fee: \$120

Instructor: Dean Dadmun & Volunteer Coaches

Program # 262-386



GIRLS FIELD HOCKEY MIDDLE SCHOOL PREP (Gr: 3 - 5)

All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. Parent volunteers are critical for the success of this program! We need your involvement to succeed.

Dates: Tuesdays, 9/9 - 10/14

Time: 3:05 - 4:05 pm

Fee: \$70

Location: Holman Field

Program # 262-388

Youth Programs

MIDDLE SCHOOL ULTIMATE FRISBEE (Gr: 5 - 8)

Ultimate Frisbee is an exciting team sport that combines elements of lacrosse, soccer, and basketball. The game promotes teamwork, communication, and good sportsmanship while providing a fun, high-energy experience that anyone can enjoy regardless of their athletic background.

Middle schoolers will be instructed by a veteran Ultimate player and coach of Cape's girl's club team with help from high school players to progressively build their skills over the course of this eight-session program. Over the past 13 years, both boys and girls Cape Ultimate teams have won several state titles and boasts many alums that have not only played in youth national and world championships but also play at top college programs, such as Colorado, UVM, Tufts, Williams, Middlebury, Navy, Carleton, Oregon, UCSD, USCB, UNCW, and Maine. You only need cleats or sturdy sneakers along with a water bottle. Each participant will receive a disc and exposure to an amazing sport.

Dates: Tuesdays/Thursdays, 9/9 - 10/2

Fee: \$75

Location: Fort Williams

Time: 4:30 - 6:00 pm

Program # 262-389



LITTLE CAPE BALL (4, 5 & K)

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

Dates: Sundays, 11/16 - 12/14

Time: 9:00 - 10:00 am

Location: High School Gym

Fee: \$70

Instructor: Parent Volunteer Coaches

Program # 262-390

GIRLS BASKETBALL CLINIC (Gr: 3-6)

Varsity Coach Chris Casterella, along with her HS players, will instruct young players in a clinic setting by introducing fundamental basketball skills, rules, and other aspects of the game.

Location: High School Gym

Dates: Saturdays, 11/1 - 12/20 (No Class 11/29)

Fee: \$100

Gr. 3-4

Time: 8:00 - 9:15 am

Program # 262-393

Gr. 5-6

Time: 9:15 - 10:30 am

Program # 262-394

SUNDAY BASKETBALL CLINICS (Gr: 1-2)

Each Sunday a program leader, with the aid of volunteer parents, will instruct young players in fundamental basketball skills, rules and other aspects of the game. Players will be divided into stations to practice their new skills and play games.

Dates: Sundays, 11/16 - 12/14

Location: High School Gym

Fee: \$70

Instructor: Parent Volunteer Coaches

Girls

Time: 10:00 - 11:15 am

Program # 262-391

Boys

Time: 11:15 - 12:30 pm

Program # 262-392

BOYS BASKETBALL CLINIC (Gr: 3-6)

Varsity Coach Jon Ruterbories and his high school players will lead a series of 3-hour basketball clinics. Each weekly session will focus on a specific skill or skill-set, such as shooting, dribbling, or offensive moves.

These clinics are designed to provide a concentrated learning experience, allowing players to refine particular aspects of their game in a shorter period.

Dates: Saturdays, 12/6, 12/20, 1/10, 1/24

Time: 10:30 am - 1:30 pm

Location: High School Gym

Fee: \$120

Program # 263-300

Youth Programs

REC LEAGUE BASKETBALL

(GR: 3 - 12)

Our Recreational Basketball League offers a fun, inclusive, and competitive environment for players of all skill levels to enjoy the game of basketball. Designed for individuals who love the sport but prefer a relaxed atmosphere, this league emphasizes teamwork, sportsmanship, and physical fitness over intense competition.

The league provides players with the opportunity to develop techniques and principles in 1-2 practices a week.

Regularly scheduled games take place once a week at an area gym, with trained referees and scorekeepers.

Parent coaches will be needed!

The season will start at the beginning of January and run through mid-February. Specific dates and times are TBD.

We encourage you to sign up as early as possible so we can determine number of teams and plan for practice times. Deadline to sign up is October 31.

Fee: \$100

Girls

Grade 3/4 Program # 263-301

Grade 5/6 Program # 263-302

Boys

Grade 3/4 Program # 263-303

Grade 5/6 Program # 263-304

Grade 7/8 Program # 263-305

Grade 9-12 Program # 263-306



CAPE COMMUNITY ICE ARENA

SUPER SKATE (Ages: 3-10 yrs)

This introductory class is for skaters who enjoy the sport and want to gain more exposure to the fundamentals. This large class thrives on community building and bolsters confidence through games and play. We start with an independent warm up, followed by a short guided instructional time, and end with dynamic games to build strength, stamina, resilience, and a sense of belonging and love for the sport.

Dates: Sat/Sun, 12/13, 12/14, 12/20, 12/21

Fee: \$60

Instructor: Monica Malcomson & CCAG Volunteers

PENGUINS (Age 3-5)

Time: 8:00 - 8:50 am

Program # 262-395

POLAR BEARS (Age 6-10)

Time: 9:00 - 9:50 am

Program # 262-396

CREATIVE MOVEMENT ON ICE

(Ages: 7-12)

This class is designed for skaters who love the performance aspect of the sport and want to explore musicality and creative movement on ice. It is helpful for the flow of this class if skaters are beyond the basics/ beginner level and steady on their feet while moving/ gliding. We will work on forward and backward skating with edge work and movements set to music and choreography! Last year this group performed a student led performance at our end of season CCAG Winter Fest!

Dates: Wed, 12/17 - 2/11 (No Class 12/24, 12/31)

Time: 4:00 - 4:30 pm

Fee: \$140

Instructor: Monica Malcomson

Program # 263-307

LEARN TO PLAY (HOCKEY!)

(Ages: 6-12 yrs)

Learn to Play is a beginner/intermediate program that introduces players to the game of hockey. This program focuses on developing a player's skills (skating, stick handling, passing, shooting, etc.) in small stations and a 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.

Dates: Mondays, 12/15, 1/5, 1/12, 1/26, 2/2, 2/9

Time: 4:00 - 5:00 pm

Fee: \$180

Instructor: CCAG Volunteers

Program # 263-308

Youth Programs

2026 PLEASANT MOUNTAIN SKI/RIDE PROGRAM(Gr 3 - 8)



**Pleasant
Mountain**



Skiers and riders in grades 3-8, if you want to learn to ski or snowboard or just go skiing/snowboarding with friends. We will take **2** coach buses to Pleasant Mountain leaving directly after school on Thursday afternoon and return by 8:45 pm. For more information email Kelly Phinney kelly.phinney@capeelizabeth.gov.
An informational meeting will be held **Dec 11th at 6:00 pm**

REGISTRATION OPENS NOVEMBER 2ND ONLINE AT 8:00PM

Dates: Thursday nights January 15-February 26 (no trip 2/19. Make up date 3/5 if needed)
Time: 3:00pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm
Fee: TBD fall 2025
Program # 263-400

In order to run a successful and safe program, we rely on **PARENT VOLUNTEERS** to help on the bus and at the mountain. You do not have to know how to ski or board to help out.

DECEMBER VACATION CAMP (K-4th)

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.

Dates: Monday - Wednesday 12/29-12/31

Time: 8:00-4:00 pm

Location: CECS

Fee: \$215.00 (3 days)

Program # 262-423

SPECIAL CARE DAYS(K-4TH)

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.

Date	Care Option	Cost	Program #
Oct 10 th	Full Day 8:30-5:30pm	\$75.00	262-420
Nov 10 th	Full Day 8:30-5:30pm	\$75.00	262-421
Dec 12 th	Half Day 12:00-5:00pm	\$50.00	262-422



RICHARDS COMMUNITY POOL & FITNESS CENTER

Memberships may be purchased at CECS during regular business hours. Please note, a 10% additional fee applies to all non-resident members. New fees effective 9/1.

POOL DROP INS ages 4-10 or resident 62+ \$5, ages 11+ \$6 / \$7 (nr)
FITNESS CENTER DROP INS \$6 / \$7 (nr) ages 14+ only cash or check only

MEMBERSHIP INFO	MONTHLY pool/fitness/combo	QUARTERLY pool/fitness/combo	ANNUALLY 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/ \$886*/ \$1,250*

*family members must be over 14 to use the Fitness Center

POOL PARTIES

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

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

**BOOK YOUR POOL PARTY ONLINE AT
CAPECOMMUNITYSERVICES.ORG**

PLAN AHEAD!

Please note, pool parties typically fill 2-3 months in advance.

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.



Cape Elizabeth Town Hall
320 Ocean House Road

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PASSPORT SERVICES

Planning international travel? For your convenience, CECS accepts passport application form DS-11 on behalf of the U.S. Department of State. Please note, we do not process renewals.



WHAT YOU NEED TO BRING

- **APPLICANT**
Anyone applying, including newborn babies, must be present for the passport acceptance.
- **MINORS AGE 18 & UNDER**
It is **REQUIRED** that minors apply with both parents listed on their birth certificates. If both parents cannot be present, additional documentation is required.
- **AGE 18 & IT**
Parental permission must be demonstrated either by writing the check payment, being listed as the emergency contact or being present at the appointment.
- **PROOF OF U.S. CITIZENSHIP**
Certified U.S. birth certificate OR previous U.S. Passport
- **PHOTO IDENTIFICATION**
Maine Driver's license or Maine ID (out of state must bring additional photo ID)
- **PASSPORT PHOTO** - We **do not** provide this service
- **COMPLETED FORMS** - We recommend completing the necessary forms prior to your appointment to make the process faster.
- **PAYMENT** - You will need one check/money order **per** application and a separate payment of check/money order/cash for CECS. Credit cards **not** accepted as payment.

**PASSPORT
SERVICES BY
APPOINTMENT ONLY**

**TUESDAY/THURSDAY
10:00-12:30 pm**

FRIDAY 9-11:30 am

**FMI or to schedule an appointment visit
www.capecommunityservices.org**