

CAPE EXPLORER

SPRING/SUMMER 2025



**KEEPING CAPE
ACTIVE**

SPRING PROGRAM REGISTRATION OPENS 3/30

CAPE COMMUNITY SERVICES



ONLINE

CAPECOMMUNITYSERVICES.ORG

FOR RESIDENTS
SPRING/SUMMER
PROGRAMS

SUNDAY 3/30 8 PM

YOUTH SUMMER CAMPS
SUNDAY 4/6 8 PM



IN PERSON

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

FOR RESIDENTS
SPRING/SUMMER
PROGRAMS

MONDAY 3/31 8 AM

YOUTH SUMMER CAMPS
MONDAY 4/7 8 AM



BY PHONE

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

FOR RESIDENTS
SPRING/SUMMER
PROGRAMS

MONDAY 3/31 8 AM

YOUTH SUMMER CAMPS
MONDAY 4/7 8 AM

Non-resident program registration opens Friday, April 4/summer camps Friday, April 11

3 WAYS TO REGISTER



IMPORTANT INFO

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



Adult Fitness

INTRODUCTORY ESSENTRICS®

Wondering about Essentrics®? Google it! Join newbies for two classes to see if this is the right workout for you. Get the Essentrics® basics of strength, flexibility, and range of motion and enjoy moving to music to sharpen your brain-body connection and get away from it all for an hour. Our classes have grown larger, especially in the summer at Fort Williams where we'll start again June 3. Come check it out. You might get hooked and continue inside and out. (And feel better inside and look better outside.) Note to past participants: if you'd like to join this week-long class for a slower more basic workout, great. Drop ins \$15

Date: Tuesday/Thursday 4/15-4/17

Time: 9:00-10:00 am

Location: CS Activity Room

Fee: \$24

Instructor: [Sarah MacColl](#)

Program # 254-102

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. 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. of the class is choreographed to music. Visit essentric.com FMI. Drop-ins welcome \$14.

Date: Tuesday/Thursday 4/22-5/22

Time: 9:00-10:00 am

Location: CS Activity Room

Fee: \$120

Instructor: [Sarah MacColl](#)

Program # 254-103

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 \$12

Days: Tues/Thurs 4/29-6/12

Time: 8:00- 8:50 am

Location: CS Activity Roo

Fee: \$140

Instructor: Liz Beausang

Program # 254-104



OUTDOOR ESSENTRICS® AT THE FORT



TUESDAYS & THURSDAYS
JUNE -AUGUST 28th
SEPT 9 -OCT 2
9:00-10:00 am

Join Sarah MacColl at the flagpole at the Fort. If weather is uncooperative, class will be canceled by 8 am.

No registration required
\$10 drop-in fee per class.

Please bring a mat.

FMI contact Sarah at me.fit@me.com

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

Days: Mon/Wed/Fri (no class 5/26, 8/25, 8/27, 8/29, 9/1)

Time: 9:00 -10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi/ Joanie Frustaci

Date	Classes	Fee	Program #
4/28-6/6	17	\$136	254-105
6/9-7/11	14	\$112	261-100
7/21-9/5	17	\$136	261-101

Adult Fitness

COED WEIGHTS - SPRING

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 4/29-6/17

Time: 5:15-6:15 pm

Location: Fitness Center

Fee: \$150

Instructor: Susan Janosik

Program # 254-106

CARDIO & STRENGTH INTERVAL (CSI) TRAINING - SPRING

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 4/29-6/17

Time: 6:15-7:15 pm

Location: Spin Room/outdoors

Fee: \$150

Instructor: Susan Janosik

Program # 254-107

CARDIO & STRENGTH (CSI) TRAINING SUMMER

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights. Core stability through functional training and balance are incorporated into your workouts.

Days: Tues/Thurs 7/8-8/21

Time: 6:00 pm – 7:00 pm

Location: CS Spin Room

Fee: \$140

Instructor: Susan Janosik

Program # 261-102



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 jointefforttraining@gmail.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Days: Wed/Fri

Location: Fitness Center

Time: 8:45-9:45 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
4/30-6/20	16	\$160	254-108
7/9-8/22	14	\$140	261-103

JETTI FIT WALKING

Transform Your Walk Into a FUN, Full-Body Workout! Learn how to power up your walking as Susan 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 207 939-2255 or susan@jointefforttraining.com.

Date: Wednesdays 5/7-6/25

Time: 4:00-5:00 pm

Location: meet at the Children's Garden/Fort Williams Park

Instructor: Susan Janosik

Fee: \$96

Program # 254-142

HIGH INTENSITY INTERVAL TRAINING

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 60 minutes. This workout brings the essence of functional exercise and athlete training together with drills that build a body that works, a push-harder workout culture and a supportive group spirit! Please bring weights, water & mat to class. (no class 5/26)

Days: Mon/Wed/Fri 4/30-6/13

Time: 5:30-6:30 am

Location: CS Spin Room

Fee: \$190

Instructor: Liz Beausang

Program # 254-109

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.

Days: Friday 5/2-5/30

Time: 10:05-11:05

Fee: \$50

Location: CECS Activity Room

Instructor: Patricia Marett

Program # 254-110



Days: Tuesday/Thursdays (*no class 6/19)

Time: 9:00 - 10:00 am

Location: CECS Activity Room

Instructor: Patricia Marett

Date	Classes	Fee	Program #
6/3-7/17*	13	\$130	261-104
7/24-8/28	11	\$110	261-105

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 4/2-5/21

Time: 12:00-1:00 pm

Fee: \$104

Location: CS Activity Room

Instructor: Kristin Sutton

Program # 254-100



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. Attire: comfortable clothing that allows free range of movement. Footwear: ballet slippers, jazz shoes, or bare feet.

Days: Mondays 4/7-5/19

Time: 12:00-1:00 pm

Fee: \$90

Location: CECS Activity Room

Instructor: Kristin Sutton

Program # 254-101

OULA DANCE FITNESS ©

Oula is a dance fitness format that uses easy to learn dance moves and recognizable music to help you gain confidence, process emotions, AND get a workout. If you are looking for something fun to add into your weekly routine, come dance with us! No prior experience necessary, coordination not required. Drop-ins welcome \$15

Days: Thursdays

Time: 6:00-7:00 pm

Location: CECS Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
5/1-6/12	7	\$84	254-111
7/3-7/31	5	\$60*	261-106
8/7-8/21	3	\$36*	261-107

**Register for July & August for \$80!

BALLROOM DANCE FOR COUPLES

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

Date: Tuesdays 5/20-6/24

Time: 6:00-7:00 pm

Location: CS Activity Room

Instructor: Patty Medina

Fee: \$144 per couple

Program # 254-112



Adult Fitness

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 relaxing space to soft tissue within the body, let go of tension, focus on breath, and let any stresses fall away. All levels beginner-friendly. Drop-ins \$13.

Date: Tuesday 5/6-6/10
Time: 10:15-11:15 am
Fee: \$72
Location: CECS Activity Room
Instructor: Annie Ware, Half Moon Yoga Co.
Program # 254-113

GENTLE HATHA YOGA

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

Days: Mondays and/or Wednesdays
Time: 10:15-11:30 am (no class 5/26)
Location: CS Activity Room or Williams Park
Instructor: Sharon Wilke

Date	Classes	Fee	Program #
Mon 5/5-6/30	8	\$88	254-114
Wed 5/7-6/25	8	\$88	254-115

Mon 7/7-8/18	7	\$77	261-108
Wed 7/2-8/20	8	\$88	261-109

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/or Wednesdays
Time: 6:00-7:15pm (no class 5/26)
Location: CS Activity Room
Instructor: Sharon Wilke

Date	Classes	Fee	Program #
Mon 5/5-6/30	8	\$88	254-116
Wed 5/7-6/25	8	\$88	254-117

Mon 7/7-8/18	7	\$77	261-110
Wed 7/2-8/20	8	\$88	261-111



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

Date: Tuesday 4/29-6/17
Time: 1:15-2:30 pm
Fee: \$80
Location: CS Activity Room
Instructor: Stephanie Carlson
Program # 254-118

FOUNDATIONAL STRENGTHENING FOR QIGONG

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

Dates: Thursdays 5/1-6/17
Time: 10:10-10:30 am
Fee: \$24
Location: CS Activity Room
Instructor: Stephanie Carlson
Program # 254-119

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.of its holistic nature, qigong is a wonderful exercise practice to improve physical balance and, therefore, the performance of daily activities.In this class we will be learning a set of simple qigong movements as well as focusing on other balance exercises and practices.

Dates: Thursdays 5/1-6/17
Time: 10:30-11:30 am
Fee: \$80
Location: CS Activity Room
Instructor: Stephanie Carlson
Program # 254-120

ADULT OUTDOOR TENNIS

Classes will focus on learning the fundamentals of tennis strokes/grips and footwork. Players will learn the basics and how to rally and keep score. Classes will be held in a low pressure environment - no prior experience needed.

Date: Saturday 4/26-5/17
Time: 8:00-9:00 am
Location: HS Tennis Courts
Fee: \$72
Instructor: Niamh Colpitts, PRT Certified/USPTA Member
Program # 254-121

SUMMER TENNIS MATCHPLAY (Adults 18+) ALL LEVELS WELCOME

First 30 minutes consist of warmups, skills, drills and developing strategy for matchplay. Next 60 minutes players will play singles and/or doubles matches using proper scoring with players of similar playing ability. This is a fun, low pressure environment. Please bring tennis racket, tennis shoes, WATER and good energy!

Time: 6:00-7:30 pm (*no class 7/16)
Location: HS Tennis Courts
Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Date	Classes	Fee	Program #
5/21-6/25	6	\$175	254-122
7/2-8/13*	6	\$175	261-112

ADULT 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 as we get ready for spring. Drop-ins welcome \$6 (no session 4/20)
Date: Sunday 4/13- 6/15
Time: 6:00-7:30 pm
Fee: \$72
Location: HS Gymnasium (5/25-6/15 outdoor field tbd)
Instructor: David Peary
Program # 254-123

ADULT CO-ED VOLLEYBALL

Designed for adults and high school students to have an opportunity to play organized, pick-up volleyball on a regulation size court. This is a fun workout in a competitive atmosphere. We encourage anyone of varying abilities to participate.

Date: Wednesday evenings through 5/15 (no session 4/17)
Time: 7:00 pm - 10:00 pm
Drop in Fee: \$5 pay at the door
Location: HS Gym
Supervisor: Bob Wooten

Adult Fitness

DROP IN HOOPS/ADULT BASKETBALL

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.

Date: Wednesdays 4/30-5/28
Time: 8:15-10:00 pm
Drop in Fee: \$5
Location: MS Gym
Supervisor: Christopher Casey

PICKLEBALL- BEGINNER LEARN TO PLAY!!

This sport is action packed but easy on the body. People of all ages are playing and we are bringing an introductory class to you.This game is played outdoors on a badminton-sized court and slightly modified tennis net. Beginners welcome! We will have extra paddles for those looking to try it out.

Dates: Mondays & Wednesdays 6/2-6/18 (6 classes)
Time: 5:00-6:30 pm
Fee: \$108
Location: Fort Williams Pickleball Courts
Instructor: Jim Clarke
Program # 254-124



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

Dates: Tuesdays/Thursdays 5/27-6/17
Time: 8:00-9:30 am Advanced Beginner
9:30-11:00 am Intermediate
Fee: \$126
Location: Fort Williams Pickleball Courts
Instructor: Glenn Jordan, 2022 national champion
Program # Advanced Beginner 254-125
Program # Intermediate 254-126

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 5/28-6/18
Time: 10:30 am -12:00 pm
Fee: \$72
Location: Fort Williams Pickleball Courts
Instructor: Glenn Jordan, 2022 national champion
Program #254-127

Adult Art & Enrichment

SOAP FROM SCRATCH *NEW*

Come make your own soap from scratch! Learn how to combine sodium hydroxide and natural oils to make a soap to your liking. Jen Gray, owner of Cape Gold LLC, has been making soap for years, often using local ingredients. Please bring eye protection, rubber gloves, a long sleeved shirt and long pants as well as closed shoes, as we will be working with sodium hydroxide. Soaps created will be available for the participants to cure at home a few days after the lesson.

Date: Monday 4/28
Time: 6:00-8:00 pm
Fee: \$40 (includes \$10 material fee)
Location: CS Community Room
Instructor: Jen Gray, [Cape Gold LLC](#)
Program # 254-128



MAKE YOUR OWN LOTION *NEW*

Come make your own luxurious lotions! You'll be shocked at how simple and easy lotion making can be, and how you can customize your own product. You'll be able to take home your own lotions at the end of the evening. Come learn with Jen of Cape Gold LLC who has been making lotions for years, often incorporating local ingredients.

Date: Wednesday 6/4
Time: 6:00-8:00 pm
Fee: \$60 (includes \$30 material fee)
Location: CS Community Room
Instructor: Jen Gray, [Cape Gold LLC](#)
Program # 254-129

WIRE WRAPPED RINGS with Elise

Come join us for a fun & creative event where you can learn how to make your very own wire wrapped rings with Elise Marie DeSigns. Learn how to use bead wrap wire and select beads, how to find your ring size, and use a ring mandrel. Create unique jewelry pieces you can wear or gift to loved ones. No experience is necessary and materials will be provided. Visit www.elisemariedesigns.com

Date: Thursday 5/1
Time: 5:30-7:00 pm
Location: CS Community Room
Instructor: Elise DeSalvo, [Elise Marie DeSigns](#)
Fee: \$65
Program # 254-130

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 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 many beautiful watercolor paintings of your own 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 4/30
Time: 6:00-8:00 pm
Fee: \$75
Location: CS Community Room
Instructor: [Brooke Lambert](#)
Program # 254-131

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 6/4
Time: 6:00-8:00 pm
Fee: \$75
Location: CS Community Room
Instructor: [Brooke Lambert](#)
Program # 254-132



Adult Art & Enrichment

WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will look at a different concept or technique 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.

Date: Wednesdays 4/30-5/28
Time: 10:15 - 12:15 pm
Location: CS Community Room
Instructor: Martha Clark
Fee: \$65
Program # 254-133



OPEN OUTDOOR ART SPACE *NEW*

Whatever media you enjoy bring it with! Each week we will meet at a different venue: beach, coffee shop, garden, to name a few. Take your art supplies outside, develop your observational skills, connect with your environment and with other artists - no matter where you're starting from. On site you will be guided by Steve Addario and Marty Clark.

Suggested supplies: sketchbook, pen & ink and/or pencils. **Optional:** colored pencils, watercolors, acrylics - whatever is easily portable for you is best.

Date: Tuesdays 7/1-7/29
Time: 10:00-12:00 pm
Fee: \$100
Location: TBD weekly per instructors
Instructor: Steve Addario & Martha Clark
Program # 261-113

30 DAY SKETCHING ADVENTURE *NEW*

Done from the comfort of your home, follow daily email prompts to spark your imagination and inspire your creativity. Complete them daily or at your own pace. Exploring the tools and techniques that inspire you. This is about embracing the process and celebrating your progress, no matter where you're starting from. We'll share our work on a private Facebook group, offer encouragement and celebrate each other's growth. This includes an introductory live session on Zoom, ie., a welcome session, answering questions about how to use the Facebook group, posting pictures, and an exploration of tools. There will also be artist demos to show how they might work with the prompt for the day. Each Zoom session will be recorded and available.

Date: welcome zoom 5/31 3pm daily emails 6/1-6/30
Fee: \$30
Location: CS Community Room
Instructor: Steve Addario
Program # 254-134

MINDFUL MUSE LOOSE SKETCHING *NEW*

Unleash your inner artist and discover the joy of loose sketching! This class is designed for adults of all skill levels, even if you haven't picked up a pencil since grade school. We'll explore playful techniques, abandon the pressure of perfection, and tap into your natural creativity. Through fun exercises and a relaxed atmosphere, you'll learn to capture the essence of your subjects with expressive lines and spontaneous marks. No prior experience is necessary - just a willingness to experiment and embrace the beauty of imperfection. Come join us and rediscover the simple pleasure of putting pencil to paper!

Supplies: Sketchbook and pencils (you can also use fountain pens, micron pens, and similar tools.) **Optional Supplies:** watercolor, colored pencils, brush pens, pastels and any other media you have and want to explore.

Date: Thursdays 4/10-5/8
Time: 1:00-2:30 pm
Fee: \$95
Location: CS Community Room
Instructor: Steve Addario
Program # 254-135

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 6/3
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 # 254-136



Adult Art & Enrichment

SPRING RESET: DECLUTTER & SIMPLIFY FOR A FRESH START*NEW*

As the seasons change, it's the perfect time to refresh not just your home, but your mindset. This workshop combines the essentials of spring decluttering with a simplified approach to downsizing and organization, helping you create a home that supports your well-being. Learn practical, stress-free strategies for letting go of clutter, streamlining your space, and setting up systems that make daily life easier. Discover how a clutter-free environment can boost energy, reduce stress, and help you feel more at peace in your home. Walk away with actionable steps and a fresh perspective on how to make this season a true reset for your space and your life.

Date: Wednesday 4/30

Time: 6:00-7:00 pm

Fee: \$30

Location: CC Community Room

Instructor: Amy Smith, [Arranged by Amy Organizing](#), Professional Organizer

Program # 254-137

PERSONAL SAFETY/SELF DEFENSE COLLEGE BOUND WOMEN

According to the Department of Justice between 20% and 25% of women will experience a completed and/or attempted rape during their college career. What have you done to prepare yourself or your daughter for this very real threat? class was created to help young females prepare themselves for exactly these types of threats not only in a college setting, but anywhere. Students will be taught to listen to their intuition in order to help identify and avoid obvious threats to their safety. If the threat is unavoidable, the students will be taught some very basic and retainable self-defense moves to help them escape. The class is ideal for mothers and daughters to take together, as it starts a dialogue that needs to happen. class is part lecture/part defensive moves/escapes.

Date: Monday 5/5

Time: 6:00 – 9:00 pm

Fee: \$20

Location: CS Lower Level Fitness Area/Spin Room

Instructor: Chief Paul Fenton, Cape Elizabeth Police Department and Dave Galvan, School Resource Officer

Program # 254-138

****ALL PROCEEDS TO SUPPORT PROJECT GRADUATION****

WATER CULTURE ORCHIDS *NEW*

Have you bought a phalaenopsis orchid in the last few years and now that the flowers have fallen it has done nothing? Water culture just might be the way to wake them up! In this class, we'll discuss orchid growing conditions and basic care to prepare a non-blooming orchid for water culture.

Date: Monday 4/14

Time: 6:00-8:00 pm

Fee: \$65 (includes \$15 material fee)

Location: CC Community Room

Instructors: Terri Maher

Program # 254-139

RANGER WALK & TALK AROUND FORT WILLIAMS! *NEW*

Drop in for a guided group walk through Fort Williams Park, and have the opportunity to meet and get the inside scoop with one of our knowledgeable Park Rangers/Greeters.

Dates: Mondays & Thursdays

Time: 3:00 pm

Fee: FREE / registration not required

Location: Meeting at Battery Blair (near central parking)



INLINE & ROLLERSKATING ON FAMILY HEALTH & FITNESS DAY! *NEW*

Celebrate the National Recreation and Parks Association's Family Health & Fitness Day, by joining us for a morning of skating alongside fellow enthusiasts of all ages. Rollerskating (and blading) is a low-impact cardiovascular exercise that improves balance and stabilizer muscles, with less joint and knee stress than running. Bring your own skates, helmet and pads!

Date: Saturday 6/14

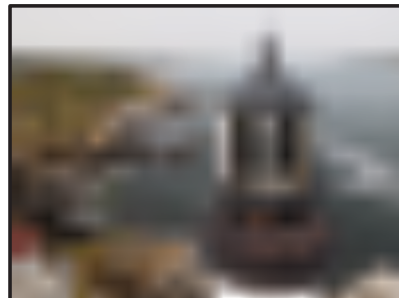
Time: 9:00-12:00 pm

Fee: FREE / registration not required

Location: Fort Williams Park (off leash section of the park)



CAPE ELIZABETH RESIDENT OPEN Lighthouse DAY



SUNDAY, MAY 18TH 9-4 PM

Adult Art & Enrichment

EXPERIENCE NATURE ON THE CAPE WALKING GROUP APRIL & MAY

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

4/22 Kettle Cove & Crescent Beach

4/29 Great Pond

5/6 Gull Crest

5/13 Robinson Woods

5/20 Runaway Farm

5/27 Fort Williams

Dates: Tuesdays

Time: 9:00 – 10:30 am

Instructor: Amy Melissa Witt Earth Walkers

Fee: \$60

Program # 254-140



EXPERIENCE NATURE ON THE CAPE WALKING GROUP JUNE & JULY

6/3 Fort Williams

6/10 Great Pond

6/17 Gull Crest

6/24 Robinson Woods

7/1 Winnick Woods

7/8 Runaway Farm

Dates: Tuesdays

Time: 8:30 – 10:00 am

Instructor: Amy Melissa Witt/Earth Walkers

Fee: \$60

Program # 261-114

MEET THE WILDFLOWERS

Do you like to walk in the woods?

Are you drawn to the abundant and beautiful wildflowers you see? you curious to know what they are? take a walk at Great Pond to meet some of these Maine native beauties. It's guaranteed your future walks will be more enriched as a result.

Date: Saturday 5/31 (rain date 6/1)

Time: 9:00 – 11:00 am

Fee: \$15 (discounts do not apply)

Location: Great Pond (Fenway Rd. trail head)

Instructor: Amy Witt, Earth Walkers, LLC

Program # 254-141

LANDSCAPING 101-A MINI COURSE FOR BEGINNERS - 2 PART WORKSHOP

Are you a do-it-yourselfer who wants to give your yard a simple makeover or design a new garden? you need to add curb appeal to the house you are getting ready to put on the market? 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 4/1-4/8

Time: 6:00 – 8:00 pm

Fee: \$60

Location: CS Meeting Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 253-159

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: Wednesday 4/30

Time: 6:30 – 8:00 pm

Fee: \$30

Location: CS Community Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 253-157



Adult Enrichment

FREE MONTHLY CHAIR YOGA

Join Martha, a certified yoga instructor on the first Friday of each month. 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. You will be able to stretch and move while sitting in your chair, with a few standing and balancing postures that are accessible to everyone.

Dates: Fridays 5/2, 6/6, 7/11, 8/1

Time: 11:15- 12:10 pm

Fee: free to residents but **registration is required** / \$15 for Non-Residents

Location: CS Activity Room

Instructor: Martha Williams, certified yoga instructor

Program # 254-145

GAME DAY MONDAY

Join your friends and neighbors for a fun-filled afternoon of classic card and board games! We will have a selection of games available to play, and you're welcome to bring your own to enjoy with others.

Date: Mondays, March 3rd - April 28th and May 5th - July 28th (Does not meet 4/21 or 5/26)
Time: Noon - 1:30 pm
Location: Community Center

LEARN TO PLAY DOMINOES

Join father/daughter duo David and Laura and learn to play the simplest basic version of Classic Dominoes.

Date: Monday, March 31

Time: Noon -1:30 pm

Location: Community Center

Program # 254-146



Date: Monday, April 14

Time: Noon -1:30 pm

Location: Community Center

Program # 254-147



BUILDING BETTER BALANCE

This presentation will focus on the body systems that can influence your balance including medications and environmental risks. Additionally, she will teach you how to safely fall and get up.

Date: Friday 5/2

Time: 10:00-11:00 am

Fee: FREE but registration required

Location: CS Community Room

Instructor: Rachel Boutin, PT, DPT, GCS

Program # 254-148

ABC'S (AND D) OF MEDICARE

Are you considering retirement? New to the area? Do you need assistance in selecting the best healthcare/medicare plan or adjusting your current one? If you answered yes to any of these questions, with experienced benefits consultants Cindy Cogswell & Matt Orlando as they guide you through the rules, eligibility periods, common pitfalls and will be available to answer your questions or review any concerns you may have.

Date: Friday 8/1

Time: 9:30-11:00 am

Fee: Free but registration is required

Location: CC Community Room

Program # 261-117

TECH TROUBLESHOOTING

Technology should bring people together, not cause frustration. CEHS Teen Tech Support is a student-led initiative dedicated to helping older adults navigate their devices with confidence. Our friendly volunteers will walk you through texting, calling, using apps, managing emails, and troubleshooting common tech issues, all in a simple, clear, and practical way. We use this technology every day, and we're here to share what we know so you can stay connected with family and friends without confusion. Join us at the Community Center to bridge the generation gap and make out community more united than ever.

Date: Monday, March 31

Time: 8:00 - 9:00 am

Program # 254-149

Date: Tuesday, April 8

Time: 8:00 - 9:00 am

Program # 254-151

Date: Wednesday, April 2

Time: 9:30 - 10:30 am

Program # 254-150

Date: Thursday, April 10

Time: 9:30-10:30 am

Program # 254-152

HEALTHY HEARTS, HAPPY LIVES!

This presentation will cover the risk factors associated with heart-related issues and how lifestyle modifications can promote a healthy heart. We will also discuss evidence regarding the most effective types of exercises for maintaining heart health.

Date: Friday 6/6

Time: 10:00-11:00 am

Fee: FREE but registration required

Location: CS Community Room

Instructor: Lindsay Dunstan, PT, DPT, GCS

Program # 254-153

Outings and Entertainment

ACTIVITY LEVELS

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

Level I involves minimal extra walking, sitting, standing, or stair climbing, for example, restaurants, some theaters, and walking tours.

Level II involves walking up to 60 minutes on uneven terrain or stairs. There will be 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.

25TH ANNUAL HAMPTON BEACH SAND SCULPTING CLASSIC

Join us for a visit to the largest master sand sculpting competition in the Northeast United States! You'll have the opportunity to view completed works of art created by a local artists, as well as works in progress by ten world-class masters. During our four-hour visit, explore the sculptures, the beach, and boardwalk at your own pace. Activity Level II. Register by June 6th.

Date: Friday, June 13

Time: 9:00 am - 4:00pm

Fee: \$15 pp (Includes transportation)

Program # 254-154

WHO'S AFRAID OF VIRGINIA WOOLF AT PORTLAND STAGE

Edward Albee's dark comedy with its razor-sharp dialogue follows the unraveling marriage of Martha and George on the night of a university faculty party. After-party drinks with newly-wed guests Nick and Honey lead to painfully awkward moments as the younger couple gets caught in the hosts' crossfires. Activity Level I. No refunds after April 30th.

Date: Thursday, May 29

Time: 1:00 - 4:30 pm

Fee: \$45 pp (Includes transportation and show)

Program # 254-158

MAINE STATE SOCIETY FOR THE PROTECTION OF ANIMALS

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 enjoy a picnic lunch alongside the paddocks. Activity Level II. Register by June 20th.

Date: Wednesday, June 25

Time: 9:30 am - 1:00 pm

Fee: \$15 pp (Includes transportation and box lunch. Donations welcome.)

Program # 254-156

CANDLE MAKING IN KENNEBUNKPORT

Create your signature scent in a vessel of your choosing and let the Sea Love Candle Bar team guide you through the process. While your candle is cooling, enjoy a couple of hours strolling around Dock Square to enjoy lunch and visit the shops. Activity Level I. Register by April 28th.

Date: Wednesday, May 7

Time: 10:00 am - 3:30 pm

Fee: \$60 pp (Includes transportation and candle-making experience)

Program # 254-157

COME FROM AWAY

Kick off the summer theater season at the Ogunquit Playhouse with the remarkable true story Come From Away. The hit musical shares the incredible story of the 7,000 air passengers from all over the world who were grounded in the wake of 9/11 and the Newfoundland town of Gander that took them in. Activity Level I. No refunds after April 19th.

Date: Wednesday, May 21

Time: Noon - 6:00 pm

Fee: \$87 pp (Includes transportation and show)

Program # 254-158

RED SOX VS. ANGELS

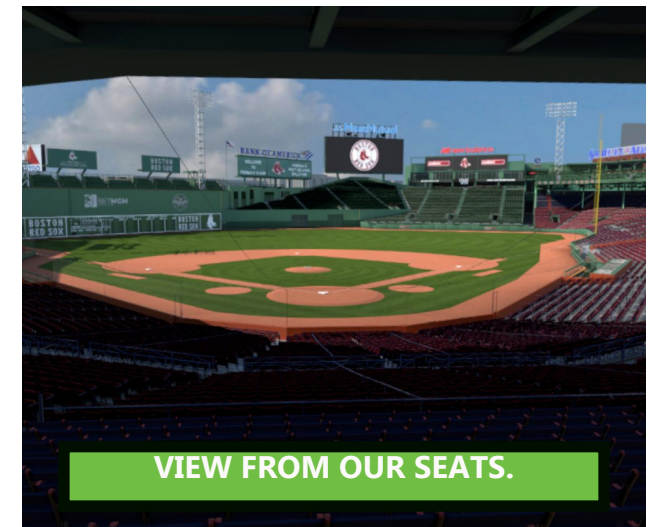
We are heading to Fenway Park to enjoy the classic summer pastime of baseball! Join us, along with neighboring recreation departments from Portland, South Portland, and Cumberland, as we board a luxury motorcoach for our trip to Boston. We'll catch a mid-day game from the covered grandstand behind home plate. Activity Level II. No refunds after May 16th.

Date: Wednesday, June 4

Time: 10:00 am - 6:00 pm

Fee: \$120 pp (Includes transportation, game, onboard snacks, and movies)

Program # 254-159



VIEW FROM OUR SEATS.

Outings and Entertainment



WOOD ISLAND LIFE SAVING STATION

Established in 1908, this historic station was home to the courageous "surfmens" of the US Life Saving Service, the precursor to the US Coast Guard. After 60 years of neglect, a restoration project began in 2016 to save this important site from demolition. Once on the island, explore the restored buildings, watch engaging videos documenting the restoration, and stories of heroism and maritime adventures. Activity Level III. No refunds after June 20th.

Date: Thursday, July 10
Time: 11:45 am - 6:00 pm
Fee: \$50 pp (Includes transportation, cruise, & museum)
Program # 261-118

PEARY-MACMILLAN ARCTIC MUSEUM

The Arctic Museum is the only museum in the lower 48 states dedicated entirely to Arctic Studies. The museum's collection includes artifacts from Peary and MacMillan's expeditions, anthropological objects, Inuit art, films, archival papers, publications, and natural history specimens. After the tour, we will head to Wild Oats Bakery & Cafe for lunch on our own. Activity Level I. Register by July 11th.

Date: Tuesday, July 22
Time: 9:00 am - 1:30 pm
Fee: \$10 pp (Includes transportation and museum)
Program # 261-119

TITANIC THE MUSICAL

An emotionally stirring and unforgettable journey unfolds in the final days aboard this "ship of dreams." The real stories of immigrants and the privileged class intertwine in a lush musical experience performed at the Ogunquit Playhouse. Activity Level I. No refunds after August 28th.

Date: Thursday, October 2
Time: Noon - 6:00 pm
Fee: \$87 pp (Includes transportation and performance)
Program # 262-100

THOS. MOSER FURNITURE WORKSHOP TOUR

Discover the passionate 70 woodworkers who create functional works of art at the 80,000-square-foot workshop in Auburn. Founded over 50 years ago by Thomas Moser, the Moser family continues to run the company the way it was started... to handcraft each piece of furniture signed and dated by the person who crafted it. Activity Level II. Register by August 1st.

Date: Friday, August 8
Time: 8:45 am - 12:30 pm
Fee: \$10.00 pp (Includes transportation and free tour)
Program # 261-120

CABBAGE ISLAND

Your journey to Cabbage Island starts at Pier 6 in beautiful Boothbay Harbor. Enjoy a narrated scenic cruise as you take in Maine's stunning coastline. Upon arriving, you will be served a traditional Downeast clambake, including fish chowder, two lobsters or half-baked chicken, clams, corn on the cob, potatoes, onion, a hard-steamed egg, and Maine's finest blueberry cake. After lunch, explore the wooded trails, play horseshoes, or take a stroll along the shore. Activity Level III. No refunds after August 8th.

Date: Tuesday, August 19
Time: 8:30 am - 7:00 pm
Fee: \$130 pp (Includes transportation, cruise, and lobster bake)
Program # 261-121

WHEN ELVIS MET THE BEATLES WORLD PREMIERE

The musical world premiere happens this fall at the Ogunquit Playhouse. Travel back to the evening of August 27, 1965, when Elvis Presley and The Beatles, the biggest stars in the music world, met for the first and only time. The Fab Four visited the King of Rock 'n' Roll at his mansion in Beverly Hills during a night off from their U.S. tour. What started as awkward small talk soon transformed into an impromptu jam session. Activity Level I. No refunds after August 9th.

Date: Thursday, September 11
Time: Noon - 6:00 pm
Fee: \$87 pp (Includes transportation and show)
Program # 261-122

ONCE AT HACKMATAACK THEATER

In this enchanting tale, a Dublin street musician is on the verge of giving up on his dream when a beautiful young woman unexpectedly takes an interest in his haunting love songs. As their chemistry deepens, his music reaches powerful new heights. However, their unlikely connection proves more profound and complex than a typical romance. Activity Level I. No refunds after August 30th.

Date: Thursday, September 18
Time: Noon - 6:00 pm
Fee: \$50 pp (Includes transportation and performance)
Program # 262-101

Adult Aquatics

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 4/28-6/13 (no class 5/26)
Time: 5:30-6:45 am
Location: Richards Community Pool
Instructor: Todd Larlee
Fee: \$200
Program # 254-200

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
Time: 5:30-6:45 pm
Location: Richards Community Pool
Instructor: Todd Larlee

Date	Classes	Fee	Program #
4/29-6/5	12	\$132	254-201
6/10-7/24	14	\$154	261-200



PACE RACE CHASE (ADVANCED, ENTRY LEVEL, BEGINNER)

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. Open to swimmers and triathletes of all levels. Every workout will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Video taken every workout and emailed. For specific information on levels visit www.capecommunityservices.org under Program/Register, search under Pace Race Chase in ActiveNet.

Location: Richards Community Pool
Instructor: Kirsten Read

Level	Dates	Time	Fee	Program #
PRC-Advanced	Sun 4/27-5/18	10:00-11am	\$60	254-205
PRC-Beginner/Mid Level	Sun 4/27-5/18	11-12pm	\$60	254-206
PRC-All Levels (A,M,B)	Tues 4/29-5/27	1-2 pm	\$75	254-207
PRC-All Levels (A,M,B)	Fri 4/25-5/23	11:30-12:30	\$75	254-208
PRC-All Levels (A,M,B)	Tues 6/3-6/24	1-2 pm	\$60	254-209
PRC-All Levels (A,M,B)	Fri 5/30-6/27	11:30-12:30	\$75	254-210
PRC-All Levels (A,M,B)	Tues 7/1-7/29	1-2 pm	\$75	261-203
PRC-All Levels (A,M,B)	Fri 7/11-8/1	11:30-12:30	\$60	261-204

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 and progress to the deep end using belts and buoys.

Date: Mon/Wed/Fri (no class 5/26, 7/4, 9/1)
Time: 8:00 - 8:55 am
Location: Richards Community Pool
Instructor: Patty Medina

Date	Classes	Fee	Program #
5/2-5/31	12	\$78	254-203
6/2-6/30**	13	\$85	254-204
7/2-8/1**	13	\$85	261-201
8/18-9/29	18	\$117	261-202

****7:45-8:40 from 6/16-8/1**

ADULT SWIM LESSONS (16+)

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

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

Date	Classes	Fee	Program #
4/9-5/14	6	\$60	254-211
5/21-6/25	6	\$60	254-212

Youth Aquatics

SPRING SESSION: APRIL 28-JUNE 14

Mondays 4/28 - 6/9 (6 classes—no class 5/26)

Thursdays 5/1- 6/5 (6 classes)

Saturdays 5/3-6/14 (6 classes—no class 5/24)

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	254-213
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	254-214
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	254-215
Turtles	Sat	10:00 - 10:30 am	6	\$45	254-216
Ducklings 1	Mon	10:30 - 11:00 am	6	\$45	254-217
	Thurs	10:30 - 11:00 am	6	\$45	254-218
	Sat	9:00 - 9:30 am	6	\$45	254-219
	Sat	10:00 - 10:30 am	6	\$45	254-220
Ducklings 2	Mon	10:00 - 10:30 am	6	\$45	254-221
	Thurs	11:00 - 11:30 am	6	\$45	254-222
	Sat	9:00 - 9:30 am	6	\$45	254-223
	Sat	10:30 - 11:00 am	6	\$45	254-224
Dolphins 1	Sat	9:30 - 10:00 am	6	\$45	254-225
	Sat	10:00 - 10:30 am	6	\$45	254-226
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	254-227
	Sat	10:30 - 11:00 am	6	\$45	254-228
Level 1	Sat	9:00 - 9:45 am	6	\$56	254-229
	Sat	10:30 - 11:15 am	6	\$56	254-230
Level 2	Sat	9:00 - 9:45 am	6	\$56	254-231
	Sat	10:30 - 11:15 am	6	\$56	254-232
Level 3	Sat	9:45 - 10:30 am	6	\$56	254-233
	Sat	10:30 - 11:15 am	6	\$56	254-234
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	254-235

SUMMER SESSIONS

June - Monday/Wednesday 6/23-7/9 , Tuesday/Thursday 6/24-7/10

July - Monday/Wednesday 7/14-7/30, Tuesday/Thursday 7/15-7/31, Friday 6/20-8/1

Level	Day	Time	# classes	Fee	Program
Barnacles	Friday	10:00 - 10:30 am	6	\$45	June/July 261-205
Turtles	Friday	10:30 - 11:00 am	6	\$45	June/July 261-206
Ducklings 1	Mon/Wed	8:00 - 8:30 am	6	\$45	June 261-207
	Mon/Wed	8:00 - 8:30 am	6	\$45	July 261-208
Ducklings 2	Mon/Wed	8:00 - 8:30 am	6	\$45	June 261-209
	Mon/Wed	8:00 - 8:30 am	6	\$45	July 261-210
Level 1	Tu/Th	8:00 - 8:30 am	6	\$45	June 261-211
	Tu/Th	8:00 - 8:30 am	6	\$45	July 261-212
Level 2	Tu/Th	8:00 - 8:30 am	6	\$45	June 261-213
	Tu/Th	8:00 - 8:30 am	6	\$45	July 261-214

Youth Programs



**READY, SET, RACE
CAPE
CHALLENGE**
5K, Kids Fun Run, One
Mile Race

**Sunday, May
18th**

**capechallenge5k@gmail.com
or visit on Facebook
Cape Challenge 5k**

CELT'S LITTLE EXPLORERS

(Ages: 3 - 5 w/adult)

Children and caregivers will spend an hour exploring the natural wonders of the Maine woods in spring during this **Cape Elizabeth Land Trust** event. Join CELT volunteer, Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life. Lots of hands on explorations and games included! Please dress in comfortable clothes and bring a water bottle.

Date: Wednesday, May 14

Time: 9:00 - 10:00 am

Fee: \$6/family

Location: Robinson Woods Parking Lot on Shore Road

Instructor: Lisa Gent

Program #: 254-304

LEARNING WITH YAYA -

SPANISH FOR KIDS (Ages: 1 - 5 w/Adult)

Have your little one learn Spanish with a native speaker! This Spanish immersion program is designed for the little ones and their caregivers. Children will learn Spanish through play, songs, books, and movement, while also encouraging parental involvement in the learning process. Yael is originally from Costa Rica and holds a Masters Degree in Speech and Language Pathology-Bilingual Extension from Columbia University in NYC. For questions on the program, please reach out to Yael at learningwithyaya@gmail.com

Dates: Tuesdays, April 29 - June 3

Fee: \$95

Location: Community Center Community Room

Instructor: Yael Herszkopf Mayer

Time: 9:30 - 10:15 am

Program #: 254-305

LITTLE SAMURAI (Ages: 4 - 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, rewards with hard work and to give up! The techniques taught will build skills that will help them in the older children's program when they reach the age of 5 and have begun Kindergarten.

Dates: Wednesdays, April 30 - June 11

Time: 2:15 - 2:50 pm

Fee: \$100

Location: Community Center Spin Room

Instructor: Dragon Fire Martial Arts

Program #: 254-306



SPINNING SPROUTS (Ages: 3 - 5 years)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention.

Dates: Mondays, April 28 - June 9 (no class 5/26)

Time: 2:30 - 3:00 pm

Fee: \$86

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

Program #: 254-307

SUPER SITTER SKILLS (Ages 11 - 15)

This American Red Cross Babysitter's Training course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. The course consists of interactive lessons featuring video, activities, games and tools babysitters can use to build their knowledge and skills, manage their babysitting business, develop leadership skills and keep themselves and others safe, as well as basic first aid for children and infants. Students must be at least 11 years old prior to class date and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive American Red Cross certification that does not expire. Please bring a lunch.

Date: Saturday, May 31

Time: 9:00 am - 3:00 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Lighthouse Health and Safety

Program #: 254-308



Youth Programs

Birthday Dance Party

Let Community Services host your child's next birthday party led by Brio Dance Studio. Parties include music, dance, crafts, props, and more! Popular themes include "Princess", "Frozen", and "Hip Hop", but we are happy to accommodate your own custom theme!

Please visit capecommunityservices.org to request a date.

Parties are booked in two-hour blocks. One-hour dance party followed by one-hour party/refreshment.

Fee: \$225 (non-residents subject to a 10% surcharge)

IT'S A MYSTERY COOK! (Gr: 2 - 4)

Get ready for a culinary challenge! In this mystery-themed class, students will put their detective hats on and try to guess the recipe of the week using only the provided ingredients. Each week, we'll work together to analyze the ingredients, make deductions, and then cook the mystery dish! We will journal our recipes and students will leave with a cookbook full of their favorite recipes to keep.

Dates: Wednesdays, April 30 - June 4

Time: 3:05 - 4:05 pm

Fee: \$130

Location: Community Center Community Room

Instructor: Fun Chefs LLC

Program #: 254-309

KARATE KIDS (Gr: K - 8)

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

Dates: Mon/Wed, April 28 - June 9 (no class 5/26)

Fee: \$172

Location: Pond Cove Gymnasium

Instructor: Dragon Fire Martial Arts

Beginner

Time: 3:05 - 4:05 pm

Program #: 254-310

Advanced

Time: 4:05 - 5:05 pm

Program #: 254-311

HIKE CLUB (Gr: 3 - 4)

Join us 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). 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, May 8 - 29

Time: 3:00 - 5:00 pm

Fee: \$66

Location: Off Campus

Instructor: Cape Elizabeth Land Trust

Program #: 254-312

GET HOOKED! (Gr: 4 - 6)

Join us for this free and fun combination of indoor and outdoor classes instructed by volunteers from the Cape Elizabeth Police Department and the Spurwink Rod & Gun Club. Kids will learn about fish, how to fish and where to fish.

Days: Thursdays

Dates/Location/Time:

- May 15: Fort Williams Park: 4:30 - 7:00 pm
- May 22 - June 12: Great Pond: 3:45 - 5:30 pm OR 5:30 - 7:15 pm*

Fee: Free

Instructor: Cape PD & Spurwink Rod/Gun Club Members

Program #: 254-313

*NOTE: Group will be split into two so timing will depend on which group you are in.



Youth Programs

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.

Dates: Mondays, April 28 - June 9, (No class 5/26)

Time: 3:05 - 4:05 pm

Fee: \$103

Location: Community Center Activity Room

Instructor: Brio Dance Studio

Program #: 254-314



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.

Fee: \$103

Location: Community Center Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

GRADES K - 2

Day: TUESDAYS

Dates: April 29 - June 3

Time: 3:05 - 4:05 pm

Program #: 254-315

Day: WEDNESDAYS

Dates: April 30 - June 4

Time: 3:05 - 4:05 pm

Program #: 254-316

GRADES 3 - 4

Day: TUESDAYS

Dates: April 29 - June 3

Time: 4:05 - 5:05 pm

Program #: 254-317

GRADES 5 - 8

Day: MONDAYS

Dates: April 28 - June 9, (No class 5/26)

Time: 4:05 - 5:05 pm

Program #: 254-318

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, May 2 - June 13

Fee: \$130

Location: Community Center Activity Room

Instructor: Mairead Stillson

BEGINNERS (Gr: K - 4)

Time: 3:05 - 4:05 pm (5/9 Half day: 12:05 - 1:05 pm)

Program #: 254-319

ADVANCED (Gr: 3 - 8)

Time: 4:05 - 5:05 pm (5/9 Half day: 1:05 - 2:05 pm)

Program #: 254-320

RHYTHMIC GYMNASTICS (Gr: K - 2)

Join our rhythmic gymnastics class 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 with our challenging and rewarding classes.

Dates: Thursdays, May 8 - June 5

Fee: \$100

Location: Community Center Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

Time

3:05 - 4:05 pm

4:05 - 5:05 pm

Program

254-321

254-322

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: Mondays/Wednesdays, April 14 - May 28 (no class 4/21, 4/23, 5/26)

Race Dates: 5/7, 5/14, 5/21, 5/28, 6/7 (Championship Meet)

Time: 3:05 - 4:05 pm

Fee: \$66

Location: Cape Schools Campus

Instructor: Ryan McCalmon & Parent Coaches

Program # 254-347

Youth Programs

DECORATIVE MIXED MEDIA ARTS (Gr: 3 - 4)

Creative freedom and art discovery await! This class will offer a lighthearted and fun way to explore decorating, painting, creating, design and construction. We will consider patterns in nature and seek inspiration from water, trees, flowers and geometric design. Students will be free to paint and decorate a wide array of materials, including wood, wax, ceramics, clay, canvas and faux leather. We will also construct 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 works of art!

Dates: Thursdays, May 8 - June 12

Time: 3:05 - 4:05 pm

Fee: \$132

Location: Community Center Community Room

Instructor: Natalie Hoch

Program #: 254-323

NEW 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.

Dates: Mondays, April 28 - June 9 (No class 5/26)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Pond Cove Art Room

Instructor: Jillian Gaare

Program #: 254-324



FIBER ARTS STUDIOS

INTERMEDIATE KNITTING (Ages 8 - 12)

Develop and take your knitting skills to the next level in this six-week class. class is designed for those who have mastered the basics of beginning and need help with their current projects or want to start a new project.

Dates: Wednesdays, April 30 - June 4

Time: 3:05 - 4:30 pm

Fee: \$110

Location: Community Center Spin Room

Instructor: Elizabeth Carroll

Program #: 254-329

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!

Dates: Tuesdays, April 29 - June 3

Time: 3:05 - 4:05 pm

Fee: \$113

Location: Pond Cove Cafetorium

Instructor: Natalie Hoch

Program #: 254-325

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 beading, felting, printmaking, clay and more.

Time: 3:05 - 4:05 pm

Fee: \$90

Location: Pond Cove Art Room

Instructor: Maryjane Johnston

GRADE 2

Dates: Thursdays, May 1 - June 5

Program #: 254-326

GRADE 3

Dates: Wednesdays, May 7 - June 11

Program #: 254-327

GRADE 4

Dates: Tuesdays, April 29 - June 3

Program #: 254-328

SEWING (Ages 8 - 12)

Treat yourself and learn how to sew. The art of sewing is fun and rewarding. Discover how easy it is to learn to stitches 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. All materials provided.

Dates: Wednesdays, April 30 - June 4

Time: 3:05 - 5:00 pm

Fee: \$120

Location: Community Center Spin Room

Instructor: Jeanette Guglielmetti

Program #: 254-330

Youth Programs

BRICK BY BRICK MAINE LEGO

WOODLAND CREATURES! (Gr: K - 3)

Join us for this fun session where we learn about the animals around us! Weekly builds include a cunning fox, furry hedgehog and rascally rabbit. 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: Tuesdays, May 6 - June 10

Time: 3:05 - 4:05 pm

Fee: \$128

Location: Community Center Spin Room

Instructor: Brick by Brick ME

Program #: 254-331



GOLD RUSH (Gr: K - 2)

In this series we will dig deep into the layers of the Earth and uncover many hidden treasures. We will visit the "rock factory", dig for minerals and perform some cool tests. We will learn about fossils and how they are formed as we become paleontologists, discover what our soil is made of, dig into the layers of the Earth and much more!

Dates: Mondays, April 28 - June 9 (No class 5/26)

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Community Center Spin Room

Instructor: High Touch High Tech

Program #: 254-332

ENGINEERING & ENERGY (Gr: 3 - 4)

Learn all about physics from Newton's Laws of Motion to natural light. Apply those ideas as you design and build things that can fly and hover. Discover different types of machines and build a crane and so much more!

Dates: Tuesdays, April 29 - June 3

Time: 3:05 - 4:05 pm

Fee: \$120

Location: Community Center Community Room

Instructor: High Touch High Tech

Program #: 254-333



CHESS CLUB (Gr: 1 - 8)

"Check Mate!" 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: \$68

Location: Community Center Community Room

Instructor: David Cimato

GRADES 1 - 2

Dates: Fridays, May 2 - June 13 (No class 5/9)

Time: 3:05 - 4:05

Program #: 254-334

GRADES 3 - 4

Day: Mondays, April 28 - June 9 (No class 5/26)

Time: 3:05 - 4:05

Program #: 254-335

GRADES 5 - 8

Dates: Fridays, May 2 - June 13 (No class 5/9)

Time: 4:05 - 5:05

Program #: 254-336

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.

Fee: \$625

Instructor: Tim O'Carroll

SESSION 1

Dates: Monday - Thursday, May 5 - 22

Time: 6:00 pm - 8:30 pm

Location: Community Center Community Room

Program #: 254-337

SESSION 2

Dates: Monday - Thursday, July 7 - 24

Time: 8:30 - 11:00 am

Location: Cape Elizabeth High School

Program #: 261-300

Youth Programs

SPRING AFTERNOON BEGINNER 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 April 29 - June 5

Fee: \$86

Location: Fort Williams Tennis Courts

Instructor: Coach Mary Gray, PTR Certified

Age	Time	Program #
Gr. 1 - 2	3:30 - 4:15 pm	254-342
Gr. 3 - 4	4:15 - 5:00 pm	254-343



JUNIOR LACROSSE (Gr: K - 4)

Don't miss the chance to experience the fastest land sport in Maine. Varsity Lacrosse Coaches, along with High School Varsity players, will introduce the sport to young players by teaching the skills and techniques of the game. Boys are required to supply their own equipment including stick, helmet, shoulder and elbow pads & gloves. Girls will need their own stick and lacrosse goggles.

Fee: \$70

Location: Hannaford Turf Field

Girls

Dates: Saturdays, April 26 - May 31 (No class May 24)

Time: 8:00 - 9:30 am

Instructor: Varsity Coach, Alex Spark

Program # 254-348

Boys

Dates: Sundays, April 27 - June 1 (No class May 25)

Time: 9:00 - 10:30 am

Instructor: Varsity Coach, Ben Raymond

Program # 254-349



FAMILY TENNIS

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

Fee: Parent and Child \$132, Additional Child \$60

Instructor: Coach Mary Gray

Dates: Sundays, April 27 - June 1

Location: HS Tennis Courts

Age	Time	Program #
4 - 5	9:00 - 10:00 am	254-338
6-7	10:00 - 11:00 am	254-339
8+	11:00 am - 12:00 pm	254-340

Dates: Tuesdays/Thursdays, April 29 - June 5

Location: Fort Williams Tennis Courts

Age	Time	Program #
4 - 5, K	5:00- 6:00 pm	254-341

SATURDAY OUTDOOR TENNIS (Gr: 1 - 8)

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

Dates: Saturdays, April 26 - May 17

Fee: \$72

Location: High School Tennis Courts

Instructor: Niamh Colpitts

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	254-344
Orange Ball (Gr: 3-5)	10:00 - 11:00 am	254-345
Green Ball (Gr: 6-8)	11:00 am - 12:00 pm	254-346

Summer Camps

MR. REAGAN'S THEATER CAMP (Ages: 7-11)

Mr. Reagan's Theater Camp is a great way to develop and hone theater skills. Actors will learn a variety of skills such as: voice projection, improv and animation. Campers will build confidence and teamwork by creating skits, games and plays.

Mr. Reagan is a fifth grade teacher in Scarborough, Maine. He has been teaching theater in the classroom for twenty-three years and run theater camps in the area for over ten years. Every show is an opportunity to grow and be creative! No experience necessary!

A performance for family and friends will be on Friday at 12:00pm at the Natureland Gazebo.

Dates: Monday - Friday, August 18 - 22

Time: 9:00 am - 12:30 pm

Fee: \$225

Location: Pond Cove Gym and Playground

Instructor: Patrick Reagan

Program #: 261-301

MUSICAL THEATER CAMP

"101 DALMATIANS" (Gr: 1 - 6)

In one fun-filled week, students will learn songs, dances, and scenes from "101 Dalmatians"! Each day will include drama games, singing, dancing, and team building skills. Students will also be creating props, costumes, and scenery for their show. It will culminate with a performance on the last day of camp.

Dates: Monday - Friday, August 4 - 8

Time: 9:00 am - 3:00 pm

Fee: \$275

Location: CEHS Theater

Instructor: Barry Brinker

Program #: 261-302



MUSICAL THEATER CAMP

"BEAUTY AND THE BEAST" (Gr: 1 - 6)

Join us after camp for a fun and active time learning musical numbers from the wonderful story of

"BEAUTY AND THE BEAST". We will be playing drama games, singing songs, and learning choreography. Invite your friends and family to join us on July 18 @ 5:00pm for an informal performance.

Dates: Monday - Friday, July 14 - 18

Time: 3:00 - 5:00 pm

Fee: \$125

Location: Pond Cove Gym

Instructor: Barry Brinker

Program #: 261-303

"SO YOU THINK YOU CAN DANCE" CAMP (Gr: 1 - 5)

Throughout the week, campers will learn different dance styles (ballet, contemporary, Jazz and hip hop), discuss good nutrition choices, explore the relationship between music and dance, work with partners and in a group and learn about improvisation and what it takes to be a choreographer.

Dates: Monday - Friday, August 11 - 15

Time: 9:00 am - 3:00 pm

Fee: \$300

Location: Pond Cove/Middle School Cafetorium

Instructor: Brio Dance Studio

Program #: 261-304

"PRINCESS DANCE" CAMP

(Ages: 3 yrs - Gr. K)

Join Brio Dance Studio for a week of dancing with the princesses! Each day will focus on a different Disney Princess. Daily activities will include: stretching; dance class; healthy snacks; craft time; princess manners; and dress up! Come explore the art of dance while learning the story of Frozen, Moana, and others! **Campers must be fully potty trained to attend this session.**

For more information about Brio Dance Studio, visit www.briodancestudio.com.

Dates: Monday - Friday, August 11 - 15

Time: 9:00 am - 12:00 pm

Fee: \$200

Location: Pond Cove/Middle School Cafetorium

Instructor: Brio Dance Studio

Program #: 261-305

FLAMENCO DANCING (Gr: 3 - 4)

Dive into the world of Flamenco with this beginner-friendly program! We will teach the fundamentals of braceo (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 - bring your enthusiasm!

Throughout the program, you'll build confidence, technique, and a deeper connection to the rich cultural history of Flamenco, culminating in a vibrant performance at the end. It's a fun and creative way to explore this passionate dance form and immerse yourself in its energy and tradition!

Dates: Mondays and Wednesdays, June 30 - August 6

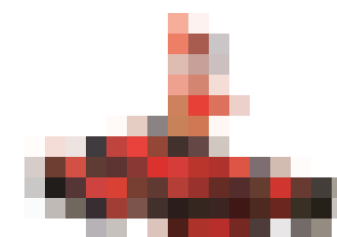
Time: 3:15 - 4:45 pm

Fee: \$120

Location: Community Center Activity Room

Instructor: Mariangel Gonzalez & Rosi Gonzalez

Program # 261-306



Summer Camps



IRISH DANCE CAMP (Gr: 1 - 6)

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

Dates: Monday - Friday, August 25 - 29

Time: 9:00 am - 1:00 pm

Fee: \$250

Location: Fort Williams Picnic Shelter

Instructor: Stillson Irish Dance

Program #: 261-307

MIXED MEDIA ARTS & OUTDOOR CAMP (Gr: 3 - 7)

Join us for exploration of creative freedom, decorative design and summertime fun! During the mornings we will create: using up-cycled materials and mixed media - including wood, beads, plaster, clay, fabric and canvas. Projects will include decorating, painting, constructing, sculpting, and assembling home decor, jewelry, sculpture and wall hangings. In the afternoons we will move and play: going for hikes, practicing henna tattoos, experimenting with nail art and more. Price of the class includes all art supplies. Campers will bring home several decorated pieces!

Time: Monday - Friday, 10:00 - 3:00 pm

Fee: \$315

Location: Community Center Community Room

Instructor: Natalie Hoch

Grades 3 - 4

Dates: July 14 - 18

Program #: 261-308

Grades 5 - 7

Dates: July 28 - August 1

Program #: 261-309

LITTLE CRAFTERS CAMP (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. Campers will bring home several decorated artworks!

Time: Monday - Friday, 10:00 - 3:00 pm

Fee: \$315

Location: Community Center Community Room

Instructor: Natalie Hoch

Session 1

Dates: July 21 - 25

Program #: 261-310

Session 2

Dates: August 18 - 22

Program #: 261-311

MIXED MEDIA ARTS & DESIGN CAMP (Gr: 5 - 7)

Specifically tailored for middle school artists and art-curious 5th-7th graders, this camp is an exploration of creative freedom, decorative design and summertime fun. Using up-cycled materials and mixed media - including wood, beads, plaster, clay, fabric, canvas - we will decorate, paint, construct, sculpt, and assemble home decor, jewelry, sculpture and wall hangings (and practice henna tattoos!). Price of the class includes all art supplies. Campers will bring home several decorated pieces!

Dates: Monday - Friday, July 7 - 11

Time: 12:30 - 3:30 pm

Fee: \$160

Location: Community Center Community Room

Instructor: Natalie Hoch

Program #: 261-312

DIY SPA CAMP (Gr: 5 - 8)

Indulge in a week of creativity and self-care! This fun and interactive program invites campers to explore the art of making their own spa products. From bath bombs to facial masks, body butters and lip care, campers will learn how to create (and bring home!) relaxing and rejuvenating treatments. Taught by Cape's own Jen Gray, owner of Cape Gold!

Time: Monday - Friday, 9:00 am - 12:00 pm

Fee: \$150

Location: Community Center Community Room

Instructor: Jen Gray, Cape Gold

Grades 5 - 6

Dates: July 7 - 11

Program #: 261-313

Grades 7 - 8

Dates: August 25 - 29

Program #: 261-314



OUTTA THIS WORLD SPACE CAMP (Gr: 1 - 6)

Blast off into space! Discover what it takes for humans to survive in space. Explore the sun, moon, planets, and stars. Explode a supernova, play with ferrofluid, and make your own Alpha Centauri Goo!

Dates: Monday - Friday, July 14 - 18

Time: 9:00 am - 3:00 pm

Fee: \$420

Location: CEHS Cafeteria

Instructor: High Touch High Tech

Program #: 261-315

WATER WATER EVERYWHERE CAMP (Gr: 1-6)

Calling all Hydro Heroes! Join us for a week of water fun as we experiment with water science. Dive into the magical world of water, from raging storms to gentle rivers. Discover how water shapes our world and why it's so essential to life. Explore the special characteristic of water and much more.

Dates: Monday - Friday, August 11 - 15

Time: 9:00 am - 3:00 pm

Fee: \$420

Location: Community Center Community Room

Instructor: High Touch High Tech

Program #: 261-316



LEGO ROBOTICS CAMP (Gr: 3 - 5)

Join us in designing and building Lego Robots! This camp will improve your child's ability to think creatively and problem-solve through various challenges, culminating in a final activity that brings together all of the skills they've learned. Each day will explore a separate facet of engineering including coding, building and design. By the end of the week, your child will have a deeper understanding of the engineering process.

Dates: Monday-Friday, August 4 - 8

Time: 9:00 am - 12:00 pm

Fee: \$150

Location: Community Center Community Room

Instructor: Cape Elizabeth High School Robotics Team

Program #: 261-317

Summer Camps

CEMS BAND CAMP (Gr: 6 - 9)

The CEMS Band Camp is a day camp for current middle school band students who are rising 6th, 7th, 8th or 9th graders. The daily schedule includes full band rehearsals, sectional rehearsals, jazz ensembles, as well as supervised snack and recreation time. The band camp staff includes CEMS band directors Caitlin Ramsey and Missy Shabo, CEHS band director Rob Wheeler, as well as several other area middle school band directors.

Dates: Monday - Friday, August 11 - 15

Time: 8:00 am - 12:00 pm

Fee: \$190

Location: Middle School Band Room

Instructor: Caitlin Ramsey, Missy Shabo & Rob Wheeler

Program #: 261-318

MASTER CHEF JUNIOR CAMP (Ages: 8 - 14)

Calling all young CHEFS! Let your child unleash their inner Chef during this three day program where they will have the opportunity to work in groups and create recipes from a mystery basket full of a variety of ingredients. Each day will have a team competition.

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

Dates: Monday - Wednesday, June 23 - 25

Time: 9:00 am - 12:00 pm

Fee: \$180

Location: Community Center Community Room

Instructor: Fun Chefs, LLC

Program #: 261-319



Summer Camps



NEW THE DONALD TUBBS JUNIOR POLICE ACADEMY CAMP (Gr: 6 - 8)

This summer, join the CEPD for an opportunity to learn about the role of a police officer in the community. Modeled after actual Police Academy curriculum, participants will engage in daily physical training, learn self-defense tactics, basic emergency first aid training and receive instruction in crime scenes and forensics. The program will also include a field trip or two off campus and other fun surprises! This camp honors the memory of Sgt. Donald Tubbs, who served as a Cape Elizabeth Police Sergeant from 1971 to 1997. Sgt. Tubbs was the department's first DARE Officer and was recognized as Maine's DARE Officer of the Year. He was passionate about working with Cape's youth.

Dates: Monday - Friday June 30 - July 3

Time: 11:00 am - 3:00 pm

Fee: \$150

Location: CEPD, CECS, and CESD campus

Instructor: CEPD

Program #: 261-321

KIDS FISHING CAMP (Ages: 8 and up)

Participants will meet every day at 9 am to go fishing! No experience or equipment is necessary. We will learn about knots, lures, baits, fly fishing & kayak fishing for freshwater and salt water fish!!

On Monday and Tuesday, we will fish Great Pond and attempt to catch some pickerel, yellow perch and bass. On Wednesday and Thursday, we will meet at Kettle Cove to fish for Salt Water Species with the hopes of catching some mackerel and Striped Bass. Friday's location will depend on a vote from the participants.

Dates: Monday - Friday, July 7 - 11

Time: 9:00 am - 12:00 pm

Fee: \$240

Location: Great Pond and Kettle Cove

Instructor: Seaspray Staff

Program #: 261-320

NEW ARCHERY & WILDERNESS SKILLS CAMP (Ages: 10 - 14)

Join Registered Maine Guide and Certified USA Archery Instructor, Winn Brown, for a week of archery and foundations for wilderness survival skills! Campers will learn range safety, proper shooting techniques, and foundational skills through daily archery lessons. We will also incorporate a daily wilderness skill session on topics ranging from basic navigation to starting a fire, water purification, primitive outdoor cooking techniques and more.

Dates: Monday - Friday, July 7 - 11

Fee: \$225

Instructor: Maine School of Archery

AM Camp

Time: 9:00 am - 12:00 pm

Program #: 261-322

PM Camp

Time: 1:00 - 4:00 pm

Program #: 261-323



SUMMER FOOTBALL CLINIC (Gr: 2 - 8)

Come join the Cape Elizabeth HS Football team this Summer for our youth clinics!

Sessions for 2nd - 4th graders will be focused on the fundamentals of football with an emphasis on skills relevant to flag football.

Our 5th - 8th grade sessions will focus on the fundamentals and rules of the 11 man game.

No equipment other than cleats and shorts are required!

Fee: \$60

Instructor: CEHS Football Coaches and Players

Summer

Dates: Monday-Thursday, June 16 - 19

Location: Gull Crest Fields

Age	Time	Program #
Gr. 2-4	4:00 - 5:00 pm	261-324
Gr. 5-8	5:00 - 6:00 pm	261-325

Summer Camps

CAPE BASEBALL CAMP (Ages: 7 - 12)

Keep your baseball season going or just get ready for All-Stars. Former college players, coaches and high school players will bring you an exciting and quality baseball camp right in your own back yard. The camp will cover specific skills for the various positions, game situations and tactics, and games will be played daily.

Dates: Monday - Friday, June 23 - 27

Time: 9:00 am - 12:00 pm

Fee: \$215

Location: Upper/Lower Lions Field

Instructor: Dan Sullivan

Program #: 261-326



APEX JUNIOR TENNIS CAMP (Ages 6 - 18)

Our camps are geared towards those beginner to intermediate level students aged 6 -18 years and are designed to help players of all ages and abilities to develop a love for this great life-long sport. Our teaching staff are either PTR or USPTA certified Tennis Teaching Professionals and all our camps are under adult supervision. On poor weather days, we will do our best to move sessions indoors.

A limited number of half day spots are available for Ages 6 - 8 only.

Dates: July 14-18

Location: High School Tennis Courts

Instructor: Apex Tennis Staff

Option	Time	Fee	Program #
Full Day	9:00 - 3:00*	\$400	261-333
Half Day	9:00 - 12:00	\$300	261-334

*Monday - Thursday, 9:00 - 3:00; Friday 9:00 - 12:00

MAINEIAX SUMMER LAX CAMP (Gr: 1 - 8)

Our MaineIax Lacrosse Camp offers a developmentally appropriate lacrosse curriculum designed to help players of all different skill levels the chance to learn, enhance or refine their game! Campers will work on different skills each day, play small sided mini-games and have fun all while improving their lacrosse IQ! All campers must be US Lacrosse members for insurance purposes. To obtain a membership, please visit: usalacrosse.com/membership.

Dates: Monday - Thursday, July 21 - 24

Location: Hannaford Turf Field

Instructor: MaineIax Coaches

Grade	Time	Fee	Program #
Girls 1-2	9:30 - 10:45 am	\$140	261-327
Boys 1-2	9:30 - 10:45 am	\$140	261-328
Girls 3-5	9:30 - 12:00 pm	\$195	261-329
Girls 6-8	9:30 - 12:00 pm	\$195	261-330
Boys 3-5	9:30 - 12:00 pm	\$195	261-331
Boys 6-8	9:30 - 12:00 pm	\$195	261-332

FIELD HOCKEY CAMP (Gr: 1 - 6)

Join Cape field hockey HS coaches and players you'll learn how to play field hockey through a variety of formats. From speed and agility training to both team and individual field hockey drills, you're sure to improve every aspect of your field hockey game.

Dates: Monday-Friday, August 18 - 22

Time: 9:00 -10:30 am

Fee: \$110

Location: Holman Field

Instructor: HS Varsity Coaches and HS Players

Program #: 261-335



Summer Camps

SEACOAST GRASSROOTS CAMP (Ages: 3 - 5)

Grassroots soccer camps are a unique way for young children to get involved in the game of soccer. In each class, the main objective is to teach while having fun. The overall theme is for children to relate having fun with playing soccer and to develop the necessary skills to be a competitive player in the future.

Fee: \$95

Location: Middle School Multipurpose Field

Instructor: Seacoast United Soccer Coaches

Dates	Time	Program #
Mon-Fri, July 28 - Aug 1	9:00 - 10:00 am	261-336
Mon-Fri, July 28 - Aug 1	10:00 - 11:00 am	261-337
Mon-Fri, August 4 - 8	9:00 - 10:00 am	261-338



SEACOAST UNITED SKILLS SOCCER CAMP (Ages: 6 - 12)

Our professional, dedicated, full time coaching staff will offer sessions full of fun technical challenges and game play. These classes then incorporate their skill work into scrimmage play allowing all players a chance to recognize how their confidence with the ball relates to game play situations and success.

Instructor: Seacoast United Soccer Coaches

Location: Capano Fields

AGES 6 - 9

Dates: Monday - Friday, July 28 - August 1

Time	Fee	Program #
Half-Day 9:00am - 12:00pm	\$175	261-339
Full-Day 9:00 am - 3:00 pm	\$255	261-340

Ages 10-12

Dates: Monday - Friday, August 4 - 8

Time	Fee	Program #
Half-Day 9:00am - 12:00pm	\$175	261-341
Full-Day 9:00 am - 3:00 pm	\$255	261-342

EVERTON SOCCER CAMP *NEW! (Ages: 5 - 18)

A genuine, authentic connection to the professional soccer club in England will mean a different and exciting experience for players ages 7-18!

Dates: Monday-Friday, July 7 - 11

Location: Hannaford Turf Field

Instructor: Everton FC Academy Staff

Junior Toffees Program (Ages 5-7):

The Junior Toffee Program guides players through a variety of exciting activities, technical skill sessions, and small-sided games. Players not only learn the fundamentals needed to become a well-rounded player, but they also experience the joy, passion, and camaraderie that are central to Everton's values.

Time: 9:00am -10:30am OR 11am -12:30pm

Fee: \$156

Program #: 261-343

Developmental Level Player Program (Ages 7-18):

The Developmental Player Program features sessions designed around the 'Six Brilliant Basics' (passing, receiving, finishing, dribbling, turning/screening, and defending). Each session will be carefully structured alongside Everton player-themed practices and skill games.

Option	Time	Fee	Program #
Full Day	9:00 - 3:00	\$450	261-344
Half Day	9:00 - 12:00	\$258	261-345

All programs will offer participants a goodie bag, access to digital benefits for the 2025/26 season, and an opportunity for select players to be invited back to England for an Everton experience.

***Host families are needed for Coaches from England for the duration of the camp. Host families will receive a waived camp fee.**

GIRLS BASKETBALL CAMP (Gr: 5 - 8)

A strong focus of this camp is on teaching and developing the fundamentals needed to play team basketball. Skill stations each day will focus on individual fundamentals in dribbling, passing, shooting, rebounding and defensive principles. Games and competition will occur daily. Players will be exposed to all forms of competition from 1 v. 1 up to 5 v. 5.

Dates: Monday - Thursday, June 30 - July 3

Time: 9:00 am - 2:00 pm

Fee: \$235

Location: High School Gym & Outdoor Courts

Instructor: HS Varsity Coach Casterella & HS Players

Program #: 261-346

Summer Camps

SUMMER AFTERNOON TENNIS (Gr: 1 - 4)

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

Days: Tues/Thurs

Fee: \$86

Instructor: Coach Mary Gray

Location: High School Tennis Courts

SESSION 1 - JULY 8 - 24

Grade	Time	Program #
Beginners (Gr 1-2)	3:30 - 4:15 pm	261-347
Intermediates (Gr 3-4)	4:15 - 5:00 pm	261-348

SESSION 2 - AUGUST 5 - 21

Grade	Time	Program #
Beginners (Gr 1-2)	3:30 - 4:15 pm	261-349
Intermediates (Gr 3-4)	4:15 - 5:00 pm	261-350



SUMMER FAMILY TENNIS *NEW* (Gr: K - 8)

Join Coach Mary Gray for six days of USTA Quickstart Tennis designed for parent and child/children to work together and individually. Family tennis will focus on development and skills, as well as team work. This format has proven to be very successful and a great time!

Days: Tues/Thurs

Fee: Parent and Child \$132, Additional Child \$60

Instructor: Coach Mary Gray

Location: High School Tennis Courts

SESSION 1 - JULY 8 - 24

Grade	Time	Program #
Family Play (Gr.4-8)	5:00 - 6:00 pm	261-351

SESSION 2 - AUGUST 5 - 21

Grade	Time	Program #
Family Play (Gr.K-3)	5:00 - 6:00 pm	261-352

MATCH POINT TENNIS CAMP (Ages: 8 - 14)

Come and join us for a great time on the courts! This exciting camp features excellent instruction coupled with fun and engaging games, drills, and match play. Campers will learn basic stroke technique, advanced play and specialty shots, as well as the finer points of competitive play. Players learn through small group clinics along with individual attention in order to maximize skill development. Please bring a racket, water bottle, lunch/snacks, and tennis shoes.

Fee: \$240

Location: High School Tennis Courts

Instructor: Coach Mary Gray

SESSION 1 - JUNE 30 - JULY 3

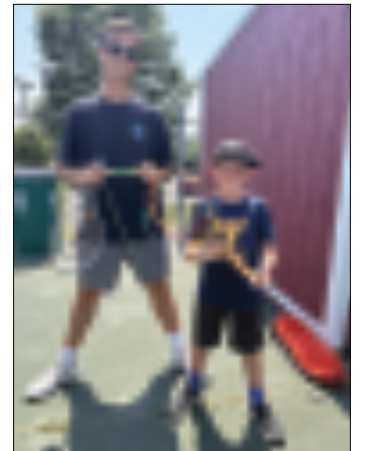
Time: 9:00 am - 2:00 pm

Program #: 261-353

SESSION 2 - JULY 28 - AUGUST 1

Time: 9:00 am -1:00 pm

Program #: 261-354



GRAND SLAM TENNIS CAMP (Gr: 2 - 9)

These tennis camps are fun, yet challenging and instructional for players of all skill levels. For the beginner, a progressive format is followed. For the intermediate and advanced players, every session consists of intense drills to refine strokes, conditioning exercises, strategy and competitive match play.

Location: High School Tennis Courts

Instructor: Grand Slam Tennis Staff

JUNE 17 - 20

Option	Time	Fee	Program #
Full Day	9:00 - 4:00*	\$250	261-355
Half Day AM	9:00 - 12:00	\$175	261-356
Half Day PM	1:00 - 4:00**	\$130	261-357

AUGUST 11 - 15

Option	Time	Fee	Program #
Full Day	9:00 - 4:00*	\$320	261-358
Half Day AM	9:00 - 12:00	\$215	261-359
Half Day PM	1:00 - 4:00**	\$170	261-360

*Monday - Thursday, 9:00 - 4:00; Friday 9:00 - 12:00

** Half Day PM is Monday - Thursday only

Summer REC Camp

**Registration for Summer Camps begins April 6th @ 8:00 pm
at www.capecommunityservices.com**

or April 7th in person at CECS office or by calling the office @ 207-799-2868.

When registering your child, their group is determined by the grade they will be entering in Fall 2025.

The first week of payment is due in full upon registration, all subsequent weeks will be charged every other week beginning 4/14/2025. Before and After Camp care requires additional registration and payment.

LITTLE CUBS

Ages 3.8 (must be 3 as of October 15th, 2024) through 5 years old, including those going into Kindergarten.

Lead by the Preschool Staff & Counselors
Enjoy some summer fun with other preschoolers/Pre-K & K friends. Weekly themes, swim lessons, outdoor play, story time and arts & crafts

Hours: 8:30 am to 2:45 pm

Location: Cape Care Playground/Community Center

****CAMPERS MUST BE FULLY POTTY/TOILET TRAINED****

LITTLE CUBS /ADVENTURE

CAMP DATES:

CAMP DATES:	COST:
Week 1: June 25-27	\$165.00
Week 2: June 30-July 3	\$220.00
Week 3: July 7-11	\$275.00
Week 4: July 14-18	\$275.00
Week 5: July 21-25	\$275.00
Week 6: July 28-Aug 1	\$275.00
Week 7: August 4-8	\$275.00

Before Camp Care 7:15-8:30 am

Cost: Week 1 \$30, Week 2 \$40, Weeks 3-7 \$50

After Camp Care 2:45-5:30

Cost: Week 1 \$45, Week 2 \$60, Weeks 3-7 \$75

WHITE WATER RAFTING

This 3 day adventure will include a trip to Moxie Falls where we will do ropes course, hiking, river float, swimming, other outdoor activities and of course white water rafting on the Kennebec River.

Dates: August 12-14

Time: leaving CECS at 6:45 am 8/12

Return: 6:00 pm 8/14

Cost: \$425

ADVENTURE CAMP

**Gr: 1-6
(GRADE AS OF FALL 2024)**

Campers will be grouped with children their own age for camp activities, indoor/outdoor activities including swim lessons, art, dance, drama, field sports and more. Weekly field trips to amusement parks and beaches add to the adventure.

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am to 3:00 pm



TEEN EXTREME Gr: 7 & 8 (TUESDAY, WEDNESDAY, THURSDAY)

Teens will have the chance to hang out with friends 3 days a week. Field trips will include local beaches and amusement parks, with one day on campus for activities. Week 1 Teen Extreme will be Wednesday, Thursday, Friday.

Location: Cape Elizabeth Middle School Campus

Hours: 8:30 am - 3:00 pm

Fee: \$165

END OF SUMMER FUN DAYS AUGUST 12-14!! (Gr. 1-6)

Sign up for one day, two days or all three!

FUNTOWN/SPLASHTOWN (Tuesday)

AQUABOGGAN (Wednesday)

SEA DOGS GAME (Thursday)

8:30 am - 4:00 pm

Cost: \$75 per day

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.

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

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

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

SUMMER POOL PARTIES- SUNDAY ONLY 6/15-7/27 no cafe

CHECK AVAILABILITY AND BOOK YOUR
POOL PARTY ONLINE WITH A CREDIT
CARD AT

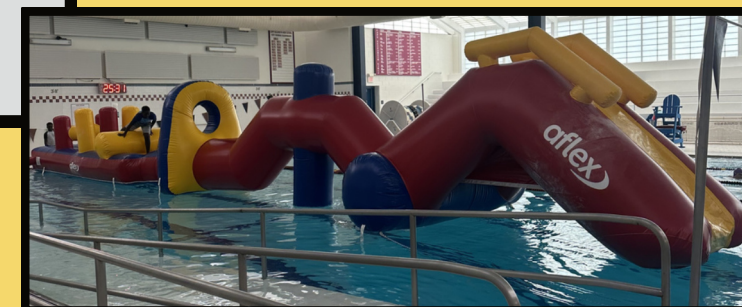
CAPECOMMUNITYSERVICES.ORG

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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5th annual

2025 SUMMER CONCERT SERIES



**Mondays
July 7th -
August 11th
6:00 pm**

Sounds by
the Sea

fort williams park

www.capecommunityservices.org