

CAPE EXPLORER

WINTER 2026



RESIDENT
REGISTRATION
OPENS

SUNDAY, DECEMBER
21ST 8PM

KEEPING CAPE ACTIVE



ONLINE REGISTRATION OPENS SUNDAY 12/21 8:00 PM



IMPORTANT INFO

- Full refunds are given when a program is canceled.
- Withdrawls 5 business days prior to first class receive full refund (less processing fee) / 2-4 business days 50% (less processing fee) / less than 2 business days, no refund.
- A 20% taxpayer discount will automatically be deducted to applicable programs, activities and memberships for Cape residents age 62 and older.
- ActiveNet charges a convenience fee and credit card processing fee when booking online. The fees are non-refundable. Phone/in person bookings do not incur fees.
- A non-taxpayer fee will be added to all programs and activities. Programs of \$50 and under=\$3 fee, \$51-\$100=\$5, and programs over \$100=\$7. An additional 10% will be added to memberships/parties.
- Register for members of your immediate family only.

INCLEMENT WEATHER POLICY

ADULT CLASSES- If school is canceled, all adult classes prior to 4pm are canceled. If school has a two-hour delay, all classes prior to 10 am are canceled. Evening classes will be posted by 4pm whenever possible.

YOUTH CLASSES- If school is canceled, all youth classes are canceled.



IN PERSON/BY PHONE
REGISTRATION OPENS
MONDAY 12/22
8:00 AM-4:30 PM

NON-RESIDENT
REGISTRATION OPENS
MONDAY 12/29
8:00 AM



Adult Fitness

STRENGTH/CARDIO	DAY	TIME	DATES	FEE	PROGRAM #
HIGH INTENSITY INTERVAL TRAINING HIIT	WED/FRI	5:30-6:30 am	1/7-2/27	\$154	263-101
			3/4-4/15	\$154	263-102
JETTI FIT WALKING	SATURDAY	7:30-8:30 am	1/10-3/14	\$108	263-103
FITNESS FUSION	TUES/THURS	8:00-8:50 am	1/8-2/10	\$130	263-104
			3/3-4/9	\$156	263-105
WOMEN ON WEIGHTS	WED/FRI	8:45-9:45 am	1/7-2/13	\$132	263-106
			2/25-4/17	\$154	263-107
BODY DYNAMICS	MON/WED/FRI	9:00-10:00 am	1/5-2/25	\$152	263-108
			3/9-4/27	\$176	263-109
ESSENTRICS	TUES/THURS	9:00-10:00 am	1/6-1/27	\$84	263-110
			2/3-2/24	\$84	263-111
PILATES	TUESDAY	10:30-11:20 am	1/6-2/10	\$86	263-112
			3/3-4/14	\$100	263-113
	FRIDAY	11:10-12:00 pm	1/9-2/13	\$86	263-114
			3/6-4/10	\$86	263-115
MEN ADD STRENGTH/ WOMEN ON WEIGHTS COMBO	MON/THURS	11:00-12:00 pm	1/12-2/26	\$121	263-116
			3/2-4/16	\$132	263-117
COED WEIGHTS	TUES/THURS	5:15-6:15 pm	1/6-2/12	\$132	263-118
			2/24-4/16	\$154	263-119
CARDIO STRENGTH INTERVAL TRAINING / CSI	TUES/THURS	6:30-7:30 pm	1/6-2/12	\$132	263-120
			2/24-4/16	\$154	263-121

HIGH INTENSITY INTERVAL TRAINING with Liz Beausang

Location: CECS Spin Room
(No class 2/18, 2/20)

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 60 minutes. This workout brings drills that build a body that works, a push harder workout culture and a supportive group spirit! Please bring weights, water & mat to class.

JETTI FIT WALKING

WITH SUSAN JANOSIK
Location: start at Fitness Center
(No class 2/21)

Transform your walk into a fun, full body workout! This indoor walk will teach you how power up your walking while guided using Jeti Poles to transform your body. Increase cardiovascular fitness and boost muscle strength and endurance while building community in a group setting. Reach out to Susan with any questions at 939-2255.

FITNESS FUSION

WITH LIZ BEAUSANG
Location: CS Activity Room
Drop ins-welcome \$15

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!



Adult Fitness

WOMEN ON WEIGHTS

WITH **SUSAN JANOSIK**
Location: CEHS Fitness Center
(No class 3/25, 3/27)

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

BODY DYNAMICS

WITH **ELAINE TALEVI**
Location: CS Activity Room
Drop-ins welcome \$10
(No class 1/19, 2/16, 2/18, 2/20)

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.

CARDIO STRENGTH INTERVAL TRAINING

WITH **SUSAN JANOSIK**
Location: CS Spin Room
(No class 3/24, 3/26)

This class combines Cardio & Strength Intervals! This combination will keep the class intensity cranking but can be modified when needed. We will use free weights, machines & body weight for strength training and jump ropes, plyometrics and cardio machines to push the cardio!

MEN ADD STRENGTH (MAS) WOMEN ADD WEIGHTS COMBO
WITH **SUSAN JANOSIK**
Location: CEHS Fitness Center
(No class 1/19, 2/16, 2/19, 3/23, 3/26)

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



PILATES

WITH **EMANUELA PORCELLI**
Location: CS Activity Room
Drop ins-welcome \$15

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

COED WEIGHTS

WITH **SUSAN JANOSIK**
Location: CEHS Fitness Center
(No class 3/24, 3/26)

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

ESSENTRICS® RELEASE REBALANCE RESTORE

WITH **SARAH MACCOLL**
Location: CS Activity Room
Drop-ins welcome \$14

Lengthen and strengthen your muscles, mobilize your joints, and enjoy some choreographed-to-music routines to build your brain health and coordination. Class starts with 15 minutes of upper body weight work with free weights this winter. If you need balance and core work, and you used to love aerobics in the 80's, this class is for you. We don't jump around, torquing our knees with big hair like we used to. The moves are gentler, massaging our fascia and improving our range of motion. If you are new to Essentrics® and/or have questions, call Sarah at 207-799-2424. Essentrics®.com FMI

Curious about ESSENTRICS?
Join Sarah for a
FREE intro/demo class
Tuesday, DEC 30th
9:00-10:00 am

Adult Fitness

	DAY	TIME	DATES	FEE	PROGRAM #
JAZZ	MONDAY	12:00-1:00 PM	1/5-2/23	\$90	263-122
			3/9-4/20	\$105	263-123
LINE DANCING	MONDAY	5:00-6:00 PM	1/5-2/23	\$72	263-124
			3/9-4/13	\$72	263-125
TAP	WEDNESDAY	12:00-1:00 PM	1/7-5/6	\$270	264-100
OULA	THURSDAY	6:00-7:00 PM	1/8-2/12	\$66	263-127
			3/5-4/16	\$77	263-128
ZUMBA	FRIDAY	10:10-11:00 AM	1/9-2/20	\$70	263-129
	TUESDAY/THURSDAY	9:00-10:00 AM	3/3-4/23	\$160	263-130

LINE DANCING

WITH **AMY BATES**
Drop-ins welcome \$15
(No class 1/19, 2/16)

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



All dance fitness classes are located at CECS Activity Room

JAZZ DANCE

WITH **KRISTIN SUTTON**
(No class 1/19, 2/16)

Jazz dance is a uniquely American art form with roots in African dance. It combines many styles and techniques from street styles to Broadway to ballet. Incorporating a range of musical genres, jazz classes are a great workout and a fun way to release stress! For footwear, please wear ballet slippers, jazz shoes, or go in bare feet.

ADULT ADVANCED BEGINNER TAP

WITH **KRISTIN SUTTON**

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.

OULA DANCE FITNESS

WITH **CHOLLA FOOTE**
Drop-ins welcome \$15

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

ZUMBA

WITH **PATRICIA MARETT**
Drop-ins welcome \$12

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

Adult Fitness

GENTLE HATHA YOGA

WITH SHARON WILKE

Drop-ins welcome \$13

(NO CLASS 1/19, 2/16)

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

YOGA ALL LEVELS

WITH SHARON WILKE

Drop-ins welcome \$13

(NO CLASS 1/19, 2/16)

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.

All movement/yoga classes are located at CECS Activity Room

QIGONG FOR BALANCE & HEALTH

WITH STEPHANIE CARLSON

Drop-ins welcome \$10

Qigong is an ancient Chinese art derived from the Taoist philosophy, that utilizes meditation, repetitive movements, and breath work with our internal energy (or qi). Qigong is a wonderful, holistic exercise practice to improve physical balance and the performance of daily activities. In this class, we will be learning a set of simple Qigong movements as well as focusing on other balance exercises and practices.

MONTHLY CHAIR YOGA

WITH MARTHA WILLIAMS

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

TAI CHI

WITH STEPHANIE CARLSON

Drop-ins welcome \$10

Tai Chi, when practiced regularly generates greater range of motion (ROM), strength, and coordination, all of which enhance stability. Tai Chi can profoundly impact general well-being and sleep quality. We will be using Dr. Yang's Evidence-Based Curriculum of meditation and agility exercises, as well as his 7 step form.

FOUNDATIONAL STRENGTH FOR QIGONG

WITH STEPHANIE CARLSON

Drop-ins welcome \$4

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

	DAY	TIME	DATE	FEE	PROGRAM #
GENTLE HATHA YOGA	MONDAY	10:15-11:30 AM	1/5-2/23	\$66	263-131
			3/9-4/20	\$77	263-132
	WEDNESDAY		1/7-2/18	\$77	263-133
			3/4-4/22	\$88	263-134
YOGA ALL LEVELS	MONDAY	6:15 - 7:30 PM	1/5-2/23	\$66	263-135
			3/9-4/20	\$77	263-136
	WEDNESDAY	6:00 - 7:15 PM	1/7-2/18	\$77	263-137
			3/4-4/22	\$88	263-138
TAI CHI	WEDNESDAY	1:30-2:30 PM	1/14-2/18	\$60	263-139
			3/4-4/8		263-140
FOUNDATIONAL STRENGTH	THURSDAY	10:10-10:30 PM	1/15-2/19	\$24	263-141
			3/5-4/9		263-142
QIGONG	THURSDAY	10:30-11:30 PM	1/15-2/19	\$60	263-143
			3/5-4/9		263-144
MONTHLY CHAIR YOGA	FRIDAY	12:15-1:15 PM	1/2, 2/6, 3/6, 4/3	FREE for residents/NR \$15	263-145

Adult Fitness

	DAY	TIME	DATES	FEE	PROGRAM #
ADULT INDOOR SOCCER	SUNDAY	5:00-6:30 PM	1/11-3/22	\$88	263-146
		6:30-8:00 PM	1/11-3/22	\$88	263-147
ADULT VOLLEYBALL	WEDNESDAY	7:00-10:00 PM	3/4-5/13	\$5 DROP IN FEE	
DROP IN HOOPS	WEDNESDAY	8:15-10:00 PM	1/7-4/15	\$5 DROP IN FEE	
INTERMEDIATE TENNIS	SATURDAY	8:00-9:00 AM	1/3-2/14	\$90	263-148
	SATURDAY	8:00-9:00 AM	2/28-3/28	\$90	263-149
PICKLEBALL	TUESDAY	7:00-8:30 PM	1/6-2/10	\$108	263-150
ADULT SKATE	TUESDAY/ THURSDAY	8:30-9:00 AM	1/6-1/20	\$100	263-151
			1/27-2/10	\$100	263-152

ADULT INDOOR SOCCER

WITH DAVID CROFT

(5:00) & DAVID PEARY (6:30)

Location: HS Gym

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

ADULT VOLLEYBALL

Location: HS Gym (No VB 4/22)

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.

DROP IN HOOPS/ ADULT BASKETBALL

Location: MS Gym

(No hoops 2/18) This program is offered for adults who want a good work out while playing full court games in an atmosphere of fast paced and friendly competition.

ADULT INTERMEDIATE TENNIS

WITH NIAMH COLPITTS

Location: PC Gym (1/10 MS Gym)

(No class 1/17, 1/24)

This class is for players who have moved beyond beginner basics and can sustain a rally, but still need to work on technique and strategy. Classes will focus on depth and directional control on shots, as well as developing use of top spin during match play. All while having fun!

PICKLEBALL

WITH JIM CLARK

Location: PC Gym

If you have taken Jim Clark's Beginner Pickleball class in the past two years and are interested in continuing to develop skills while playing games with others of a comparable level, then this weekly clinic is for you. Jim will focus on a particular skill/technique and then devote the rest of the session to organized play. Pond Cove gym has space for one court, so enrollment will be capped at 10 participants to allow for adequate space and playing time.

ADULT SKATE

WITH FAYE DIBELLA

Location: Cape Community Arena

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



Adult Art & Enrichment

WATERCOLOR STUDIO

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

Date: Session III: Wednesday 1/14-2/11

Time: 10:15-12:15 pm

Location: CS Community Room

Fee: \$75

Instructor: Marty Clark

Program #263-153

Date: Session IV: Wednesday 2/25-3/25
(no class 11/26)

Time: 10:15-12:15 pm

Location: CS Community Room

Fee: \$75

Instructor: Marty Clark

Program #263-154

COLORED PENCIL WORKSHOP

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

Date: Wednesday 4/1-4/15 3 classes

Time: 10:15-12:15 pm

Location: CS Community Room

Fee: \$55

Instructor: Marty Clark

Program # 263-155

OPEN ART SPACE

Once again, CECS is offering space for painters and drawers to bring their own projects to work on. No formal instruction is provided, but we help each other with advice and share supplies as needed. This is open to ALL skill levels and all media

Tuesdays 1/6-4/28

Time: 10:15 - noon

Fee: \$3 drop in

Location: CS Community Room

EVENING WATERCOLOR WORKSHOP

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

Date: Thursday 2/26

Time: 6:00-8:00 pm

Fee: \$75 (discounts not applicable)

Location: CS Community Room

Instructor: Brooke Lambert

Program #263-156

EMBROIDERY WORKSHOP

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

Date: Thursday 3/19

Time: 6:00-8:00 pm

Fee: \$65 (discounts not applicable)

Location: CS Community Room

Instructor: Jen Weidner

Program #263-157



THE JANUARY SKETCHING ADVENTURE: A CREATIVE EXPEDITION *NEW*

Grab your kit. Your 31-day artistic safari begins this January! Join our popular sketching event for a 31-day journey of creative growth. Receive daily email prompts to ignite your imagination, all from the comfort of your home. Work at your own pace and explore new tools and techniques in a supportive, private Facebook community.

Daily Field Notes: Track down creative inspiration with fresh prompts delivered daily.

Forge Your Own Path: Trek at your own pace, from home, in a supportive online Basecamp.

Technique Spotlights: Catch live on Zoom or recorded demos to see new artistic terrain.

Pack Light: All you need is a sketchbook and a few core tools to get started.

Don't just make a resolution—go on an adventure and find your unique visual voice. For more details and information, visit <https://bit.ly/3JwPj0l>

Date: prompts starting 1/1 - 1/31

Fee: \$45

Instructor: Steve Addario

Program # 263-158

MINDFUL MUSE WINTER'S END SKETCHBOOK: a 6-week Pen, Ink, & Watercolor Journey

Are you looking for a creative escape from the last weeks of winter and early spring in Maine? Join us for an immersive 6-week course designed to get you comfortable and confident with the dynamic combination of pen and ink sketching and loose watercolor washes. Whether you're a seasoned artist or picking up a pen for the first time, this class will provide the foundational skills and supportive environment to develop your unique sketching style. Come chase away the late winter blues and discover the joy of capturing the world around you with pen, ink, and watercolor!

Date: Thursday 3/5- 4/9

Time: 1:00-2:30 pm

Fee: \$150

Instructor: Steve Addario

Program # 263-159



FOR DETAILS: Visit <https://bit.ly/3JwPj0l>

LINOCUT PRINTMAKING WORKSHOP

This popular 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.

Time: 6:00-8:00 pm

Fee: \$75

Location: Community Room

Instructor: Brooke Lambert

Date: Thursday 1/29

Program # 263-160

Date: Thursday 4/9

Program # 263-161

FORT WILLIAMS WINTER SLIDESHOW TALKS

All talks 6:00-7:00 CS Community Room

Hosted by Dominic Walker, Fort Williams Visitor Supervisor



***FREE*
registration
required**

2/12 THE SHIPWRECKS OF CAPE ELIZABETH

Learn the how and why about specific wrecks that occurred here in town. **Program** #263-162

3/5 INTRODUCTION TO RECREATIONAL TRAILS

Learn the history, anatomy and design fundamentals of the trails. **Program** #263-163

3/19 ECOMAINE PRESENTS: LITTER & THE IMPORTANCE OF 'LEAVE NO TRACE'

Come listen to an environmental educator from Ecomaine to learn more about the consequences of litter within our community. **Program** #263-164

3/31 THE NAMES AT FORT WILLIAMS PARK

Learn the personal biographies on Seth Williams and the namesakes of the 6 artillery batteries. **Program** #263-165

Adult Art & Enrichment

LEARN TO PLAY MAH JONGG *NEW*

This Introduction to American Mah Jongg class is for adults who want to learn the fascinating tile game of Mah Jongg. Players use tiles and the National Mah Jongg League's annual card to put together winning hands, similar to Gin Rummy. In this class you will learn the basics of the game. You will learn to identify the tiles, understand the Mah Jongg card, and become familiar with game play. Mah Jongg is very popular across the United States and the Mah Jongg playing community is growing in Southern Maine. Join the fun and meet new people. All you need is willingness to learn.

Date: Tuesdays 1/6-2/10

Time: 12:30 pm-2:30 pm

Fee: \$60 (includes card)

Location: CS Community Room

Instructor: Sandy Larlee & Janie Zimmerman

Program #263-166

LEARN TO PLAY DOMINOES/ CRIBBAGE *FREE*

Time: 12:00 pm-2:00 pm

Location: CS Community Room

DOMINOES DAYS

Date: Monday 1/5

Program #263-167

Date: Monday 3/2

Program #263-168

CRIBBAGE DAYS

Date: Monday 2/2

Program #263-169

Date: Monday 4/6

Program #263-170

GAME DAY WEDNESDAYS!! *FREE*

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: Wednesdays 1/7-4/29

Time: 10:00-11:30 am

Location: CS Community Room



EXPERIENCE NATURE ON THE CAPE

Are you a nature enthusiast who loves to experience nature up close? Are you 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.

The walk schedule is as follows:

1/27 Town Farm/Spurwink Trail

2/3 Hobstone Woods

2/10 Gull Crest

2/17 Davis Parcel

Date: Tuesdays 1/27-2/17

Time: 10:00 am-11:30 am

Fee: \$40

Instructor: Amy Witt/Earth Walkers, LLC

Program #263-171

DROUGHT SMART PLANTS FOR MAINE LANDSCAPES *NEW*

Selecting drought-tolerant plants conserves water usage while providing beauty and function in the landscape. With more frequent incidences of drought throughout Maine, it makes conservation and economic sense to select drought-tolerant plants, many of which are native, pollinator and bird friendly. We will explore a diverse selection of drought tolerant perennials, trees, and shrubs that will quickly become the stars of your landscape.

Date: Tuesday 3/24

Time: 6:00 pm-7:30 pm

Fee: \$30 (discounts not applicable)

Location: CS Community Room

Instructor: Amy Witt/Earth Walkers, LLC

Program #263-172

BUILDING BONDS OF FRIENDSHIP AT MIDLIFE AND BEYOND *NEW*

Making friends when we were younger was almost spontaneous, but now it may seem challenging. How do I turn acquaintances into closer friendships? Learn a host of fun ways to seed, feed, and weed friendships and enhance your network of positive connections!

Date: Wednesday 2/25

Time: 6:00 pm-7:30 pm

Fee: \$30

Location: CS Conference Room

Instructor: Vicki Field

Program #263-173

Adult Art & Enrichment

BEST HAIRSTYLES, GLASSES & NECKLINES FOR YOUR FACE SHAPE

Learn what looks good for your face shape! In this class, you'll learn about face shapes, identify your own, then learn the most flattering hairstyles, glasses, necklines and clothing patterns for your features. You'll be draped in different necklines and try on a variety of sunglasses and eyeglasses to see which ones look best on you!

Date: Tuesday 4/7

Time: 5:30 - 8:00 pm

Fee: \$35 (discounts not applicable)

Location: CS Community Room

Instructor: Candace Sanborn, Radiant Image

Program #263-174

SOUND IMMERSION MEDITATION *NEW*

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

Fee: \$35 (discounts not applicable)

Location: CC Activity Room

Instructor: JoAnn Dowe

Date: Sunday 1/11

Time: 3:00-4:15 pm

Program # 263-175

Date: Sunday 3/1

Time: 3:00-4:15 pm

Program # 263-176



RETIREMENT: MAKING YOUR MONEY LAST

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

Location: CS Community Room

Instructor: Jacki Farrell, Financial Advisor Edward Jones

Fee: FREE (Registration Required)

Date: Tuesday 2/3

Time: 10:00-12:00 pm

Program #263-177

Date: Tuesday 4/7

Time: 10:00-12:00 pm

Program #263-178

MEDICARE OPEN ENROLLMENT

You're enrolled in a Medicare Advantage Plan (Part C) and realize you need to make a change. Licensed Medicare agents Matt Orlando and Cindy Cogswell will walk you through the options. This annual period runs from January 1 to March 31. During this time, beneficiaries can make one change to their coverage, with the changes taking effect on the first day of the month following the selection.

Date: Monday, January 26

Time: 10:00-11:00 am

Fee: FREE (Registration Required)

Location: South Portland Senior Center

Program #263-179

DOWNSIZING TO SELL SEMINAR *NEW*

If you are considering a move now or in the future, you owe it to yourself to be prepared. Reserve your seat today for this free 90-minute seminar on practical solutions for decluttering and getting your home ready to sell by following the five easy steps as outlined in the Downsizing Made Easy Guide.

Date: Friday 1/23 (weather make up date 1/30)

Time: 10:30-noon

Fee: FREE (Registration Required)

Location: CS Community Room

Presenter: Rachel Davis, Legacy Living Real Estate

Program #263-180

Adult Outings

ACTIVITY LEVELS

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

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

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

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

GET YOUR GOLDEN TICKET!

Join five children from around the world who find one of the coveted Golden Tickets hidden in a Wonka Bar, winning a once-in-a-lifetime tour of the mysterious chocolate factory run by the eccentric chocolatier Willy Wonka (Gene Wilder) and his small, orange-skinned workers, the Oompa-Loompas. Six recreation departments have reserved a private showing of the 1970s musical fantasy film "Willy Wonka & the Chocolate Factory" at Smitty's Theater in Windham. Fresh buttery popcorn and soda included. No refunds after February 20th. Level I.

Date: Friday, February 27

Time: 8:30 am - 1:30 pm

Fee: \$17 pp (Includes bus and movie)

Program # 263-181

WMTW TOUR & LUNCH

Discover how a newscast is produced from a production perspective on this guided tour of ABC affiliate WMTW in Westbrook. The tour will focus on how the studio and control room equipment are used to create a show. After the tour, we will head to City Farmhouse Kitchen & Bar, where the menu emphasizes coastal Maine flavors. No refunds after February 3rd. Level I.

Date: Tuesday, February 10

Time: 9:45 am - 2:30 pm

Fee: \$10 pp (Includes bus & tour)

Program # 263-182

DUNN FAMILY MAPLE FARM TOUR

We are headed to Buxton to learn about maple sugaring from the Dunn family, a tradition that has been passed down for five generations. Scott Dunn will guide us through the process from preparation to the final stages. Since we are visiting before Maine Maple Sunday Weekend, their farm store will be stocked with their finished syrup and other maple confections for purchase. On our way home we will stop for a bite at Sebago Brewing in Gorham. No refunds after March 4th. Level III

Date: Wednesday, March 11

Time: 9:30 am - 2:30 pm

Fee: \$12 pp (Includes bus)

Program # 263-183

MOSAIC ART WORKSHOP & LUNCH

Whether you're an experienced crafter or want to try something new, join us for a hands-on class in Kennebunk, where you'll learn the fundamentals of cutting, arranging, and grouting while designing either a lighthouse or a lobster. Once we've completed our memorable Maine Coast masterpiece, we will have lunch at Federal Jacks. No refunds after January 9th. Level I.

Date: Thursday, January 15

Time: 8:45 am - 3:00 pm

Fee: \$50 pp (Includes bus & workshop)

Program # 263-184

THE GREAT STATE OF ILLUSTRATION IN MAINE EXHIBIT

Explore the works of renowned artists such as Ashley Bryan, Barbara Cooney, Dahlov Ipcar, Melissa Sweet, Chris Van Dusen, N.C. Wyeth, and more at the Falmouth Memorial Library. This exhibition showcases the rich and diverse cultural heritage of Maine illustrators through narrative imagery. Featuring over 80 illustrators with strong ties to Maine. After our visit to the library, we will stop for lunch at Portland Pie Company. No refunds after January 21st. Level I.

Date: Wednesday, January 28

Time: 10:00 am - 2:00 pm

Fee: \$10 pp (Includes bus)

Program # 263-185

BALLET & BRUNCH

Experience the beauty of ballet by attending Portland Ballet's Building Ballet series. Led by Artistic Director Nell Shipman and the dancers of the Portland School of Ballet, Building Ballet offers a behind-the-scenes look at the process of creating and performing a ballet. After the presentation, we will head to Sinful Kitchen to enjoy their yummy food. No refunds after March 6th. Level I.

Date: Friday, March 20

Time: 9:00 am - 1:30 pm

Fee: \$16 pp (Includes bus & ballet)

Program # 263-186

THE PEKING ACROBATS

The Peking Acrobats are a world-renowned acrobatic troupe that highlights ancient Chinese traditions through their incredible performances. Their shows feature a variety of acts, including trick cycling, tumbling, juggling, somersaults, and contortion. These performances are often accompanied by traditional Chinese music played by live musicians. Following the performance at Merrill Auditorium, we will walk across the street to the Press Hotel and enjoy lunch at Union Restaurant. No refunds after March 11th. Level I.

Date: Thursday, March 26

Time: 9:00 am - 1:00 pm

Fee: \$15 pp (Includes bus & show)

Program # 263-187

HIKE WITH THE HERD

We will be visiting Ten Apple Farm in Gray for a two-hour guided educational and recreational experience. The visit includes an introduction to the farm and its goats, followed by a 1.5-mile hike with a herd of Alpine dairy goats through the woods on lightly groomed trails. No refunds after March 11th. Level III.

Date: Tuesday, April 14 / Rain Date April 28th

Time: 12:15 pm - 4:30 pm

Fee: \$35 pp (Includes bus & experience)

Program # 263-188



AMERICAN HERITAGE MUSEUM

Join the towns of Cape Elizabeth, South Portland, Standish, and Yarmouth for a motor coach bus trip to the American Heritage Museum in Hudson, Massachusetts. There, you will explore an extensive collection of military artifacts, including one of the largest private collections of tanks in the world. The exhibits are arranged chronologically, showcasing America's conflicts from the Revolutionary War to the present day. Discover and engage with our heritage through the history of warfare, the national efforts to develop new military technologies, and the human impact of America's fight to preserve the freedoms we all cherish.

After our museum visit, we will head to the Longfellow Wayside Inn, America's oldest operating inn, located in Sudbury, Massachusetts. Enjoy a delicious three-course meal in this warm and historic setting, known for its charm and award-winning dishes. No refunds after March 6th. Level II.

Date: Thursday, April 2

Time: 7:30 am - 5:00 pm

Fee: \$115 (Includes bus, museum, lunch)

Program # 263-189

Aquatics

	DAY	TIME	DATES	FEE	PROGRAM
WATER WORKS	MON/WED/FRI	8:00-8:55 AM	1/12-1/28	\$52	263-200
			2/2-2/25	\$72	263-201
			3/2-3/27	\$65	263-202
			4/1-4/27	\$78	263-203
LIGHTHOUSE MASTERS	MON/WED/FRI	5:30-6:45 AM	1/5-2/27	\$200	263-204
			3/2-4/29	\$230	263-205
COAST ENDURANCE	TUES/THURS	5:30-6:30 PM	1/6-2/26	\$117	263-206
			3/3-4/30	\$144	263-207
PACE RACE CHASE ADVANCED	SUNDAY	10:00-11:00 AM	1/4-2/15*	\$105	263-208
			3/1-4/19	\$120	263-209
PACE RACE CHASE BEGINNER/MID LEVEL	SUNDAY	11:00-12:00 PM	1/4-2/15*	\$105	263-210
			3/1-4/19	\$120	263-211
PACE RACE CHASE ALL LEVELS	TUESDAY	1:00-2:00 PM	1/6-2/17	\$105	263-212
			3/3-4/21	\$120	263-213
PACE RACE CHASE ALL LEVELS	FRIDAY	11:30-12:30 PM	1/2-2/20	\$120	263-214
			3/6-4/17	\$105	263-215
ADULT SWIM LESSONS	WEDNESDAY	5:45-6:30 PM	1/7-2/11	\$60	263-216
			2/18-3/25		263-217

PACE RACE CHASE (ADVANCED, ENTRY LEVEL, BEGINNER) * 2/8 afternoon sessions due to AM swim meet time TBD

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

COAST ENDURANCE WITH TODD LARLEE (No workout 2/12, 2/17, 2/19, 4/21, 4/23)

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.

ADULT SWIM LESSONS-SINK OR SWIM (16+)

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

WATER WORKS WITH SUSAN FARADY (No class 3/6, 3/20)

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

LIGHTHOUSE MASTERS WITH TODD LARLEE (No workout 1/19, 2/16, 2/18, 2/20, 4/20, 4/22, 4/24)

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

Aquatics



SESSION I

Monday 1/5-2/23
Thursday 1/8-2/12
Saturday 1/10-2/28
NO CLASSES 1/19, 2/14, 2/16, 2/21

SESSION 2

Monday Session 2 3/2-4/6
Thursday Session 2 2/26-4/2
Saturday Session 2 3/7-4/11

			TIME	SESSION 1		SESSION 2
BARNACLES 1/2	\$45	Thursday	10:00-10:30 AM	263-218		263-239
BARNACLES 1		Saturday	9:00-9:30 AM	263-219		263-240
BARNACLES 2		Saturday	9:30-10:00 AM	263-220		263-241
TURTLES		Saturday	10:00-10:30 AM	263-221		263-242
DUCKLINGS 1		Thursday	10:30-11:00 AM	263-222		263-243
		Saturday	9:00-9:30 AM	263-223		263-244
			10:00-10:30 AM	263-224		263-245
DUCKLINGS 2		Thursday	11:00-11:30 AM	263-225		263-246
		Saturday	9:00-9:30 AM	263-226		263-247
			10:30-11:00 AM	263-227		263-248
DOLPHINS 1		Saturday	9:30-10:00 AM	263-228		263-249
			10:00-10:30 AM	263-229		263-250
DOLPHINS 2		Saturday	9:30-10:00 AM	263-230		263-251
			10:30-11:00 AM	263-231		263-252
LEVEL 1	Saturday	9:00-9:45 AM	263-232		263-253	
		10:30-11:15 AM	263-233		263-254	
LEVEL 2	Saturday	9:00-9:45 AM	263-234		263-255	
		10:30-11:15 AM	263-235		263-256	
LEVEL 3	Saturday	9:45-10:30 AM	263-236		263-257	
		10:30-11:15 AM	263-237		263-258	
LEVEL 4/5	Saturday	9:45-10:30 AM	263-238		263-259	

CAPE CYCLONE SWIM CLUB (GRADES 3-8)

This developmental program provides the opportunity for swimmers to improve their stroke technique and build endurance in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool with a basic freestyle stroke, one length on their back and be comfortable submerging their heads under water. Swimmers will participate in friendly swim meets with the main focus on setting goals and improving personal best times. **PARENT PICK UP OR EXTENDED CARE ONLY, NO LATE BUS.**

Dates: Tuesday/Thursday 4/7-5/28 (no class 4/21, 4/23)

Time: 3:00-4:15 pm (parent pick up or extended care only)

Fee: \$154

Program #263-260



Youth Programs

LITTLE SAMURAI (Ages: 4-5)

Little Samurai students will improve hand/eye coordination through exercises and games designed specifically for their age. They will also learn the basic principles of Martial Arts such as respect for others, rewards with hard work and to never 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.

Time: 2:15 - 2:45 pm

Instructor: Dragon Fire Martial Arts

Fee: \$86

Location: CS Spin Room

SESSION 1

Dates: Wednesdays, 1/7 - 2/11

Program # 263-309

SESSION 2

Dates: Wednesdays, 3/4—4/8

Program # 263-310



SPINNING SPROUTS (Ages: 3-5)

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

Time: 2:30 - 3:00 pm

Instructor: Julie Wilkes, Brio Dance Studio

Location: CS Activity Room

SESSION 1

Dates: Mondays, 1/5 - 3/2 (no class 1/19, 2/2, 2/16)

Fee: \$86

Program # 263-311

SESSION 2

Dates: Mondays, 3/9 - 4/6

Fee: \$72

Program # 263-312

RHYTHMIC GYMNASTICS (Ages: 4-5)

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 in this challenging class.

Time: 2:30 - 3:00 pm

Fee: \$90

Location: CS Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

SESSION 1

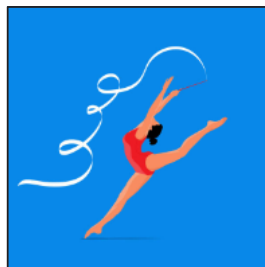
Dates: Thursdays, 1/8 - 2/12

Program # 263-313

SESSION 2

Dates: Thursdays, 3/12—4/16

Program # 263-314



ANIMAL TRACKING FOR FAMILIES (Caregiver & Child)

Children and their caregivers will join CELT education program coordinator, Ali Gustavson, on a walk through Runaway Farm to explore this property in the winter and look for common animal tracks.

Participants will meet at the upper parking lot of Gull Crest and spend an hour taking a light hike through Runaway Farm Preserve and exploring the habitats around them. They will search for signs of the changing seasons, animal tracks and winter adaptations. They will also get a chance to practice tracking, weather permitting. Participants should wear warm, dry clothing and sturdy footwear for potentially icy conditions. The outing is subject to weather conditions and all participants must register at least 48 hours in advance of the program to receive notification regarding changes or cancellation.

Date: Monday, 2/2, 10:30 - 11:30 am

Fee: \$6/parent & 1 child, \$3 add'l child

Location: 1 Gull Crest Ave. Meet at the Upper Parking Lot of Gull Crest Field, closest to Spurwink Ave.

Instructor: Cape Elizabeth Land Trust

Program # 263-315

LYRICAL BALLET (Gr: K-5)

Lyrical is a dance style that combines ballet and jazz techniques. Known for its expressive and fluid qualities, Lyrical is ideal for the dancer who wishes to explore their creativity and emotions through dance.

Day: Mondays

Location: CS Activity Room

Instructor: Brio Dance Studio

GRADES K-2

Time: 3:05 - 4:05 pm

Session 1:

Dates: 1/5 - 3/2*

Fee: \$103

Program # 263-316

Session 2:

Dates: 3/9 - 4/6

Fee: \$86

Program # 263-317

GRADES 3-5

Time: 4:05 - 5:05 pm

Session 1:

Dates: 1/5 - 3/2*

Fee: \$103

Program # 263-318

Session 2:

Dates: 3/9 - 4/6

Fee: \$86

Program # 263-319

*No class 1/19, 2/2, 2/16

FLAMENCO DANCING (Gr: K - 2)

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.

Throughout the program, you'll build confidence, technique, and a deeper connection to the rich cultural history of Flamenco.

Day: Thursdays

Time: 3:05 - 4:05 pm

Fee: \$80

Location: CS Spin Room

Instructor: Mariangel Gonzalez & Rosi Gonzalez

SESSION 1

Dates: 1/8 - 2/12

Program # 263-320

SESSION 2

Dates: 3/5 - 4/9

Program # 263-321

Youth Programs

HIP HOP (Gr: K-5)

Hip Hop is a fast-paced and high-energy class. This class will include conditioning, stretching, basic hip hop steps and improvisation or "freestyle". Hip hop is a street style of dance and will use upbeat music.

Location: CS Activity Room

Instructor: Julie Wilkes, Brio Dance Studio

GRADES K-2

Day: Tuesdays, 3:05 - 4:05

Session 1:

Dates: 1/6 - 2/24*

Fee: \$120

Program #: 263-322

Session 2:

Dates: 3/3 - 4/7

Fee: \$103

Program #: 263-323

Day: Wednesdays, 3:05 - 4:05

Session 1:

Dates: 1/7 - 2/25**

Fee: \$120

Program #: 263-324

Session 2:

Dates: 3/4 - 4/8***

Fee: \$103

Program #: 263-325

GRADES 3-5

Day: Tuesdays, 4:05 - 5:05

Session 1:

Dates: 1/6 - 2/24*

Fee: \$120

Program #: 263-326

Session 2:

Dates: 3/3 - 4/7

Fee: \$103

Program #: 263-327

* No class 2/17

** No class 2/18

***3/25 Half Day Class 12:05 - 1:05

IRISH DANCE (Gr: K-8)

We aspire to teach Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, and develops concentration, coordination and discipline.

Dates: 1/9 - 3/27 (No class 2/20, 3/13)

Fee: \$186

Location: Pond Cove Gym

Instructor: Mairead Stillson

BEGINNERS: (Gr: K-4)

Time: 3:05 - 4:05 pm

Program # 263-328

ADVANCED: (Gr: 3-8)

Time: 4:05 - 5:05 pm

Program # 263-329

Youth Programs



Birthday Dance Party



Let Community Services 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)

DECORATIVE DESIGN STUDIO (Gr: 3-6)

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, ceramics, clay, canvas and faux leather. Price of the class includes all art supplies, as well as, several decorated pieces that students will bring home.

Day: Thursdays

Location: CS Community Room

Instructor: Natalie Hoch

GRADES 3-4

Dates: 1/8 - 2/12

Time: 3:05 - 4:05 pm

Fee: \$132

Program # 263-330

GRADES 5-6

Dates: 1/8 - 2/12*

Time: 4:30 - 5:30 pm

Fee: \$110

Program # 263-331

*No class 1/29

LITTLE CRAFTERS (Gr: K-2)

Explore, play, paint and create in this fun introduction to decorative painting. Little crafters will consider patterns, colors and images that inspire us. We will decorate small objects made of wood, wax, canvas and clay. Price of the class includes all art supplies, as well as, 2-4 decorated pieces that students will bring home.

Dates: Thursdays, 3/5 - 4/16 (No class 3/12)

Time: 3:05 - 4:05 pm

Fee: \$113

Location: CS Community Room

Instructor: Natalie Hoch

Program # 263-332

ART CLUB (Gr: 2-4)

Art club is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with different mediums each week.

Fee: \$120

Location: Pond Cove Art Room

GRADE 2

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

Session 1:

Dates: 1/8 - 2/12

Instructor: Jillian Gaare

Program # 263-333

Session 2:

Dates: 3/5 - 4/9

Instructor: MJ Johnston

Program # 263-334

GRADE 3

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

Dates: 3/4- 4/15 (No class 3/25)

Instructor: Maryjane Johnston

Program # 263-335

GRADE 4

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

Session 1:

Dates: 1/6 - 2/10

Instructor: Jillian Gaare

Program # 263-336

Session 2:

Dates: 3/3 - 4/7

Instructor: MJ Johnston

Program # 263-337



USE YOUR NOODLE! (Gr: 2-4)

Join us for an exciting cooking class where we'll explore the art of noodle dishes from around the world. Each week chefs will have a lesson in culinary arts along with lessons in nutrition, sanitation, culinary math and culinary geography all while learning a new noodle recipe - including making homemade noodles - and creating their own cookbook/journal to keep!

Dates: Wednesdays, 1/7 - 2/11

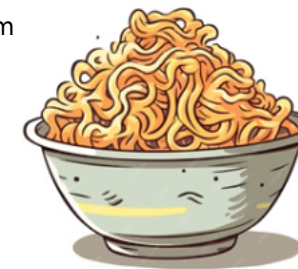
Time: 3:05 - 4:05 pm

Fee: \$138

Location: CS Community Room

Instructor: Fun Chefs LLC

Program # 263-338



BAKESHOP (Gr: 2-4)

Each week we will bake a sweet or savory treat and learn about what it takes to be a great baker. We will learn how to measure, the science of baking, working with various types of doughs and batters, plus decorating tips and tricks. Students will learn the chemistry behind baking and create their own cookbook/journal to keep.

Dates: Wednesdays, 3/4 - 4/15 (No class 3/25)

Time: 3:05 - 4:05 pm

Fee: \$138

Location: CS Community Room

Instructor: Fun Chefs LLC

Program # 263-339

KNITTING (Ages: 8-12)

Ignite your creative spark in this project based course. By the end of the session, your student will have created a cute project to take home - an approachable project that's perfect for honing his/her new knitting skills. Knitting needles and all materials provided.

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

Fee: \$110

Location: CS Conference Room

Instructor: Elizabeth Carroll

Session 1

Dates: 1/7 - 2/11

Program # 263-340

Session 2

Dates: 3/4 - 4/8*

Program # 263-341

*3/25 Half-Day time 12:05 - 1:30 pm

SONG WIZARDS WORKSHOP (Gr: 2 - 4)

In this hands-on workshop, students will work together to write, perform, and record an EP with 3 original songs from scratch. Along the way, they'll explore rhythm, melody, and lyrics - then bring their ideas to life using real studio tools like synthesizers, drum machines, microphones, and other fun gear. The kids will get to experiment with sounds, make beats, and use their voices to make songs they can listen to for years to come. Led by a professional musician + producer, the workshop encourages collaboration, play, and confidence. At the end, families will receive 3 professionally edited recordings of the final songs. No experience needed - just bring your imagination!

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

Fee: \$130

Location: CS Spin Room

Instructor: Graham Dickson

SESSION 1

Dates: 1/7 - 2/11

Program # 263-342

SESSION 2

Dates: 3/4 - 4/8*

Program # 263-343

*3/25 Half-day - 12:05 - 1:05 pm



Youth Programs

MUSICAL THEATER (Gr: K-4)

Explore the wonderful world of Broadway in this fun and lively class! Students will learn songs and dances from popular shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem. No previous experience is required. Please note that there will be an informal performance at the end of Session 2 only.

Instructor: Barry Brinker

GRADES K-2

Day/Time: Mondays, 3:05 - 4:30

Location: High School Cafeteria

Session 1:	Session 2:
Dates: 1/5 - 2/23*	Dates: 3/30 - 5/18**
Fee: \$75	Fee: \$105
Program # 263-344	Program # 263-345

GRADES 3-4

Day/Time: Thursdays, 3:05 - 4:45

Location: Pond Cove Gym

Session 1:	Session 2:
Dates: 1/8 - 2/26***	Dates: 4/2 - 5/21****
Fee: \$105	Fee: \$105
Program # 263-346	Program # 263-347

* No class 1/19, 2/2, 2/16

** No class 4/20

*** No class 2/19

**** No class 4/23

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 in this challenging class.

Time: 3:05 - 4:05

Fee: \$120

Location: CS Activity Room

Instructor: Asya Vinokur, Maine Rhythmic Gymnastics

SESSION 1

Dates: Thursdays, 1/8 - 2/12

Program # 263-348

SESSION 2

Dates: Thursdays, 3/12 - 4/16

Program # 263-349

CHESS CLUB (Gr: 1-8)

"Check Mate!" Chess is a fun game that helps foster intellectual growth while having fun. It's not about Kings, Queens, and Rooks, but rather, quadrants and coordinates, thinking strategically and foreseeing consequences. It's about lines and angles, weighing options and making decisions. Chess might be the perfect teaching and learning tool. The game of chess increases higher level thinking skills, advances math and reading skills, and builds self-confidence. Beginners and experienced players welcomed!

Location: CS Community Room

Instructor: David Cimato

Fee: \$68

GRADES 1-2

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

Session 1:	Session 2:
Dates: 1/9 - 2/27*	Dates: 3/6 - 4/10**
Program # 263-350	Program # 263-351

GRADES 3-4

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

Session 1:	Session 2:
Dates: 1/5 - 3/2***	Dates: 3/9 - 4/13
Program # 263-352	Program # 263-353

GRADES 5-8

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

Session 1:	Session 2:
Dates: 1/9 - 2/27*	Dates: 3/6 - 4/10**
Program # 263-354	Program # 263-355

* No class 2/6, 2/20

** No class 3/13

*** No class 1/19, 2/2, 2/16



Youth Programs

EARTHSCAPADES (Gr: K-1)

From the creepy crawlies that live on the surface to the beautiful gems buried way deep in the Earth, this program will journey through the magnificent marvels of Earth and the features that make it so unique. We will examine those and many other questions through hands-on, fun, science activities.

Dates: Mondays, 1/5 - 3/2 (no class 1/19, 2/2, 2/16)

Time: 3:05 - 4:05 pm

Fee: \$125

Location: CS Spin Room

Program # 263-356



EARTH-O-SPHERE (Gr: K-1)

Dig in! Discover the layers underneath our feet and how fossils got there. Learn where magnetism is coming from and how it protects us. Explore what the sun is made of and why it is so important for our existence. Blast into space and learn about Mars and the moon.

Dates: Mondays, 3/9 - 4/13

Time: 3:05 - 4:05 pm

Fee: \$125

Location: CS Spin Room

Program # 263-357

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

Join us for one or both of these fabulously fun 6-week sessions! Classes begin with a short lesson related to the build of the week. Once the weekly build is completed, students will enjoy free building time with a huge tub of Lego bricks!

Time: 3:05 - 4:05 pm

Location: CS Spin Room

LEGO JUNGLE EXPEDITION!

Get ready to build items associated with the Amazon! Weekly builds may include a jungle buggy, pontoon plane and a tropical toucan!

Date: Tuesdays 1/6 - 2/10

Fee: \$137

Program # 263-360



LEGO Winter Fun!

In this class we will build fun winter items! Weekly builds may include a snowmobile, plow truck and an ice dragon!

Date: Tuesdays 2/24 - 4/7

Fee: \$160

Program # 263-361



Youth Programs

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.

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

Fee: \$120

Location: Pond Cove Art Room

Instructor: Jillian Gaare

SESSION 1

Dates: 1/5 - 3/2*

Program # 263-362

SESSION 2

Dates: 3/9 - 4/13

Program # 263-363

* No class 1/19, 2/2, 2/16



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.

Fee: \$172

Instructor: Dragon Fire Martial Arts

Location: Pond Cove Gym

SESSION 1

Dates: Monday/Wednesday, 1/5 - 2/25

Beginner

Time: 3:05 - 4:05 pm

Program # 263-364

Advanced

Time: 4:05 - 5:05 pm

Program # 263-365

SESSION 2

Dates: Monday/Wednesday, 3/4 - 4/13

Beginner

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

Program # 263-366

Advanced

Time: 4:05 - 5:05 pm**

Program # 263-367

* No class 1/19, 2/2, 2/16, 2/18

** 3/25 half day classes will take from 12:05 - 1:05 and 1:05 - 2:05 pm

SUPER SITTER SKILLS (Ages: 11-15)

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

Time: 9:00 am - 2:30 pm

Fee: \$145

Location: CS Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

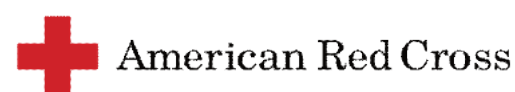
Date: Saturday, January 24

Program # 263-368

SESSION 2

Date: Saturday, April 4

Program # 263-369



DRIVER EDUCATION

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director, comes to us with 25+ years of experience with Cape students. Right Choice Driving School is 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 are included in addition to classroom time.

Time: 6:00 - 8:30 pm

Fee: \$625

Location: CS Community Room

Instructor: Tim O'Carroll

SESSION

Session 1: Mon - Thurs, 1/5 - 1/26*

Session 2: Mon - Thurs, 3/9 - 3/26

PROGRAM

263-370

263-371

* No class 1/19

Youth Programs

SUPER SKATE (Ages: 3-12)

Super Skate is an introductory class for skaters ages 3 - 12 (broken into two age groups) who enjoy the sport and want to gain more exposure to the fundamentals. It is a large class that thrives on community building and bolsters confidence through games and play. The class structure consists of an independent warm up, a short guided instructional time, and ends with dynamic games to build strength, stamina, resilience, and a sense of belonging and love for the sport.

Helmets are required for all Super Skate programs.

Dates: Saturdays, 1/3 - 2/14 (Make-up sessions, if needed, 2/21 and 2/28)

Fee: \$105

Instructor: CCAG

Location: Cape Community Arena

PENGUINS (Age 3-5)

Time: 8:00 - 8:50 am

Program # 263-373

Penguins will learn skating safety, balance/stability, forward skating, how to properly fall and get up, and begin to learn how to stop. Instruction is dependent on the levels of the given participants and will be flexible. Participants should be focused on having fun and enjoying the sport while learning something new and building confidence! *Helmets are required for this class.

POLAR BEARS (Age 6-12)

Time: 9:00 - 9:50 am

Program # 263-374

Polar Bears will learn skating safety, balance/stability, forward skating, how to properly fall and get up, stopping and beginning to work on backwards skating. Participants should be focused on having fun and enjoying the sport while hopefully learning something new and building confidence! *Helmets are required for this class.

GROUP SKATING LESSONS (Ages: 5-12)

Group skating lessons are limited to a maximum class size of 10. Please note that the age range for the below classes are a guideline and the most important component is the participants' abilities in order to feel comfortable in the class. Skates and helmets are required. Please contact Coach Katherine at kgkusturin@gmail.com for further guidance.

Helmets are required for all Group Skating Lessons.

Fee: \$140

BASICS SKILLS CLASS (Ages: 5-10)

This class is for hockey and figure skaters who want more direct coaching than Super Skates offers and focuses more closely on small group instruction of foundational skating skills. Your skater must be able to stand on the ice alone and support their own body weight (we do have buckets for some additional support). We will learn how to properly fall and get up, stop, march, jump in place, turn around, two-foot glide, and begin forward swizzles. This class is engaging in fun and interactive ways for all participants to improve their foundational skills and safe body control.

Dates: Sundays, 1/4 - 2/8, 2/22 (Make-up sessions, if needed, 2/15 and 3/1)

Time: 8:00 - 8:30 am

Time: 8:30 - 9:00 am

Program # 263-375

Program # 263-376

BEGINNER CLASS (Ages: 6-12)

This class is for hockey and figure skaters who have a grasp of most of the basic skills (described in the Basic Skills class description) and want to expand their foundational elements skill set. Your skater must have experience with safely falling, getting up, marching/moving forward independently and forward two-foot glides. We will review those elements and continue with swizzles, 1-foot glides, dips, steering and backwards swizzles/skating. The main difference between this class and Basic Skills is that your skater will start to learn how to go backwards and thus should be able to independently move forward prior to entering this class.

Dates: Sundays, 1/4 - 2/8, 2/22 (Make-up sessions, if needed, 2/15 and 3/1)

Time: 9:00 - 9:30 am

Time: 9:30 - 10:00 am

Program # 263-377

Program # 263-378

Youth Programs

CHALLENGER SPORTS SOCCER SKILLS

TinyTykes has been created by childcare specialists to introduce children aged 2–5 years to the basic skills of soccer through a series of fun games, stories, songs and skill building activities. In addition, children will explore and learn in a relaxed and fun environment building upon their motor, social, physical, and emotional skills.

Sessions run for 45 minutes and are held once a week. Shin guards are recommended.

Date: Sundays, 1/4 - 2/8

Fee: \$120 Resident/\$130 Non-Resident

Location: Pond Cove Gym

Instructors: Challenger Sports TinyTykes Staff

TINYTYKES (Ages 2-3)

Time: 2:00 - 2:45 pm

Program # 263-389

TINYTYKES (Ages 4-5)

Time: 3:00 - 3:45 pm

Program # 263-390

SUNDAY INDOOR FAMILY TENNIS

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

Instructor: Mary Gray, PTR Certified

Location: Middle School Gym

Session 1

Dates: Sundays, 1/11 - 2/8

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

Age	Time	Program #
4 - 5	9:00 - 10:00 am	263-391
6 - 7	10:00 - 11:00 am	263-392
8 - 12	11:00 am - 12:00 pm	263-393

Session 2

Dates: Sundays, 3/1 - 4/5

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

Age	Time	Program #
4 - 5	9:00 - 10:00 am	263-396
6 - 7	10:00 - 11:00 am	263-397
8 - 12	11:00 am - 12:00 pm	263-398

INDOOR FUTSAL

Join your friends for some Futsal this winter! Faster than soccer, and played in a tighter space, futsal helps players make quick decisions, build confidence on the ball, and promotes creativity. We will begin with a short warm-up followed by an hour of play!

Maximum: 12 participants per program

Fee: \$50

Location: Pond Cove Gym

Instructor(s): Jeff Davis

Session 1

Date: Tuesdays, 1/6 - 2/10

Grade		Program #
Grades 3 - 4	3:15 - 4:15 pm	263-379
Grades 9 - 12	4:15 - 5:15 pm	263-380

Session 2

Date: Tuesdays, 3/3 - 4/7

Grade		Program #
Grades 3 - 4	3:15 - 4:15 pm	263-394
Grades 9 - 12	4:15 - 5:15 pm	263-395

SATURDAY INDOOR TENNIS (Gr: 1- 8)

Calling tennis players of all experience levels! Classes are geared toward player ability, starting with the basics of balance, coordination, hitting "with intention," all the way to tennis concepts, and playing in small matches.

Fee: \$90

Location: Pond Cove Gym

Instructor: Niamh Colpitts, PTR Certified /USPTA Member

Session 1

Dates: Saturdays, 1/3 - 2/14

1/10/26: Class will be in the Middle School gym

1/17/26: No Class

1/24/26: No Class

Grade		Program #
Grades 1 - 2	9:00-10:00 am	263-381
Grades 3 - 5	10:00-11:00 am	263-382
Grades 6 - 8	11:00-12:00 pm	263-383

Session 2

Dates: Saturdays, 2/28 - 3/28

Grade		Program #
Grades 1 - 2	9:00 - 10:00 am	263-384
Grades 3 - 5	10:00 - 11:00 am	263-385
Grades 6 - 8	11:00 - 12:00 pm	263-386

Youth Programs

CAPE YOUTH TRAVEL LACROSSE (Gr: 3-6)

REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 28TH. NO LATE REGISTRATIONS.

Cape Youth Lacrosse is looking for girls and boys of all experience levels! Teams of equally balanced proficiency will be offered for 3rd/4th Grade and 5th/6th Grade. The season begins in Early April and ends mid-June with two practices a week and weekend games/tournaments. Teams will be formed after the end of the indoor practice sessions.

3RD/4TH GRADE

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

5TH/6TH GRADE

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

Indoor practice: Starts Early April

Time:

3rd/4th Gr.: 5:30-6:30pm

5th/6th Gr.: 6:30-7:30pm

Days: TBD, 2 x/week

Location: Middle School Gym

Outdoor practice: Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.

Fee: \$200 (complete uniform), \$145 (if you own a current uniform)

GIRLS

Girls 3/4 Program # 264-300

Girls 5/6 Program # 264-301

COACHES: Parent volunteers are critical for the success of our Travel Programs! Inquire about helping as a Team Administrator or Coach. Coaching clinics are available.

BOYS

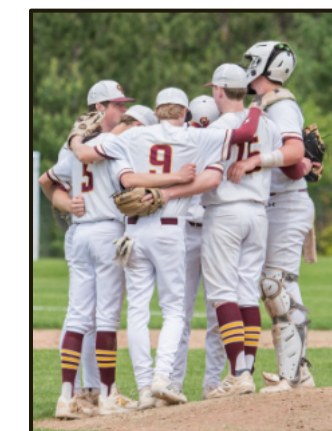
Boys 3/4 Program # 264-302

Boys 5/6 Program # 264-303

CAPE BASEBALL CLINICS (Gr. 3 - Gr. 8)

Come join HS Coach Dutton and his coaching staff and players for our baseball clinics! Over these 3 week, 1 hour sessions, players will gear up for the upcoming season by working on throwing, fielding, batting skills, and more! The gym will be split for grades 3-4 and 5-6. Grades 7-8 will be combined.

Program Registration information, Schedule, Fees, and Location, will be shared in Mid-December.



Youth Programs

VACATION CAMPS (K-4)

School Vacation Camp is designed for kids who want to get out and play with friends. Our experienced staff will lead fun indoor and outdoor activities, field trips and projects for camp. Price includes field trip fees. Field Trip TBD/Min 13 campers.

TIME: 8:00 am - 4:00 pm

LOCATION: CECS

FEBRUARY	Tuesday - Friday	2/17-2/20	\$285	263-401
APRIL	Tuesday - Friday	4/21-4/24		263-402

SPECIAL CARE DAYS (K-4)

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

DATE	CARE OPTION	COST	PROGRAM #
FEB 2	FULL DAY 8:30 am - 5:30 pm	\$75	263-403
MARCH 13	FULL DAY 8:30 am - 5:30 pm		263-404
MARCH 25	HALF DAY 12:00 pm - 5:30 pm No School for Preschool & Pre-K	\$50	263-405
APRIL 17	HALF DAY 12:00 pm - 5:30 pm Regular Preschool & Pre-K day		263-406
MAY 8	HALF DAY 12:00 pm - 5:30 pm No School for Preschool & Pre-K		263-407



SUMMER CAMP PREVIEW!

We know that it is difficult to plan your child's summer activities with multiple camp options available and family vacations, so here are the weeks that CECS Summer Rec Camp will be offered:

- **LITTLE CUBS CAMP** for Preschool-Kindergarten (ages 3.8-5) is daily Monday-Friday 8:30am-2:45pm (except July 4th week)
- **ADVENTURE CAMP** for Grades 1-6 daily Monday-Friday 8:30am-3:00pm (except July 4th week)
- **TEEN EXTREME CAMP** for Grades 7 & 8 is Tuesday-Thursday 8:30-3:00 (except June 24-26 week)

WEEK 1	JUNE 24-26 (3 DAY WEEK)
WEEK 2	JUNE 29-JULY 2 (4 DAY WEEK)
WEEK 3	JULY 6-10
WEEK 4	JULY 13-17
WEEK 5	JULY 20-24
WEEK 6	JULY 27-31
WEEK 7	AUGUST 3-7

CAPE CARE

SAVE THE DATES!

- **FEBRUARY 2** Accepting Applications for current Cape Care families
- **FEBRUARY 23** Accepting Applications for all NEW Preschool, Pre-K and Before & After Care
- **MARCH 20** - Deadline for Pre-K Applications
- **MARCH 23** - Lottery for Pre-K if needed

RICHARDS COMMUNITY POOL & FITNESS CENTER

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

MEMBERSHIP INFO	MONTHLY POOL/FITNESS/COMBO	QUARTERLY POOL/FITNESS/COMBO	ANNUALLY POOL/FITNESS/COMBO
INDIVIDUAL	\$48/\$44/\$66	\$115/\$100/\$152	\$375/\$330/\$520
COUPLE	\$78/\$76/\$104	\$175/\$171/\$242	\$520/\$475/\$734
FAMILY *FITNESS 14+ ONLY	\$109/\$127*/\$144*	\$294/\$281*/\$373*	\$913/\$866*/\$1,250*

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

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

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

POOL PARTIES

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

FEES

\$190 Inflatable, pool & whirlpool (max 40)

\$125 Pool & whirlpool (max 40)

\$85 Cafe rental (1 hour)

Non-Residents add 10% to above fees

OPTIONS

Saturdays: 2:45-3:45 pm or 3:45-4:45 pm

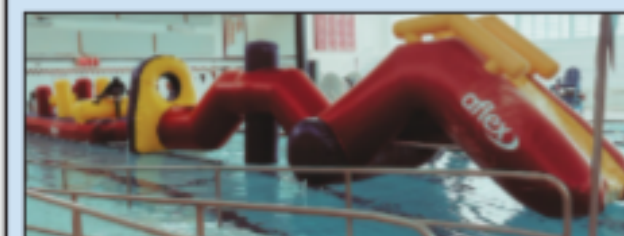
Sundays: 1:15-2:15 pm

BOOK YOUR POOL PARTY ONLINE AT
CAPECOMMUNITYSERVICES.ORG

POOL/FITNESS CENTER MEMBERSHIP SUSPENSION OR CANCELLATION POLICY

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

Non-Medical - Annual members may suspend their membership for a minimum of one month and 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.



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P A S S P O R T S E R V I C E S

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



WHAT YOU NEED TO BRING

APPLICANT - Anyone applying, including newborn babies, must be present for the passport acceptance.

MINORS AGE 15 & UNDER - It is REQUIRED that minors apply with both parents listed on their birth certificates. If both parents cannot be present, additional documentation is required.

AGE 16 & 17 Parental awareness must be demonstrated either by writing the check payment, being listed as the emergency contact or being present at the appointment.

PROOF OF U.S. CITIZENSHIP - Certified U.S. birth certificate OR previous U.S. Passport

PHOTO IDENTIFICATION - Maine Driver's license or Maine ID (out of state must bring additional photo ID)

PASSPORT PHOTO - We do not provide this service

COMPLETED FORMS - We recommend completing the necessary forms prior to your appointment to make the process faster.

PAYMENT - You will need one check/money order per application and a separate payment of check/money order/cash for CECS. Credit cards not accepted as payment.

PASSPORT SERVICES BY APPOINTMENT ONLY

Tuesday/Thursday 10:00-12:30, Friday 9-11:30.

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