

# CAPE EXPLORER



## Keeping Cape *Active*

SPRING/SUMMER 2026

- ▶ Summer Camp Registration opens 3/22
- ▶ Spring Program Registration opens 3/29

# CAPE COMMUNITY SERVICES



## ONLINE

CAPECOMMUNITYSERVICES.ORG  
FOR RESIDENTS

YOUTH SUMMER CAMPS

» SUNDAY 3/22 8 PM

SPRING/SUMMER PROGRAMS

» SUNDAY 3/29 8 PM

Non-resident summer camp registration Friday 3/27  
spring/summer program registration Friday 4/3



## IN PERSON

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

FOR RESIDENTS

YOUTH SUMMER CAMPS

MONDAY 3/23 8 AM

SPRING/SUMMER  
PROGRAMS

MONDAY 3/30 8 AM



## BY PHONE

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

FOR RESIDENTS

YOUTH SUMMER  
CAMPS

MONDAY 3/31 8 AM

SPRING/SUMMER  
PROGRAMS

MONDAY 3/30 8 AM

## 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.  
**SUMMER OFFICE HOURS 7:30 am - 3:30 pm**

Cover photo: Amy Bates, Line Dance Instructor

courtesy of Ang Foley angfoleyfoto.com

# Adult Fitness

STRENGTH/CARDIO CLASSES	DAY	TIME	DATES	FEE	PROGRAM #
<b>HIIT - HIGH INTENSITY INTERVAL TRAINING</b>	WED/FRI	5:30-6:30 am	4/27-6/12*	\$220	264-102
<b>JETTI FIT WALKING</b>	SATURDAY	7:30-8:30 am	3/28-4/25	\$60	264-103
	WEDNESDAY AT FT. WILLIAMS	4:00-5:00 pm	5/6-6/24	\$96	264-104
<b>FITNESS FUSION</b>	TUES/THURS	8:00-8:50 am	4/28-6/11	\$182	264-105
<b>WOMEN ON WEIGHTS</b>	WED/FRI	8:45-9:45 am	4/29-6/26*	\$187	264-106
			7/8-8/21	\$154	271-100
<b>BODY DYNAMICS</b>	MON/WED/FRI	9:00-10:00 am	5/4-6/5*	\$112	264-107
			6/8-7/10*	\$112	271-101
			7/20-9/4*	\$144	271-102
<b>ESSENTRICS</b>	TUES/THURS	9:00-10:00 am	4/28-5/26	\$108	264-108
			6/4-9/3 FORT WILLIAMS PARK \$10 drop in fee		
<b>PILATES</b>	TUESDAY	10:30-11:20 am	4/28-6/16	\$112	264-109
			6/23-7/14	\$56	271-103
	FRIDAY	11:10-12:00 pm	5/1-6/12	\$98	264-110
<b>MEN ADD STRENGTH/ WOMEN ON WEIGHTS COMBO</b>	MON/THURS	11:00-12:00 pm	4/27-6/25*	\$187	264-111
			7/6-8/20	\$154	271-104
<b>COED WEIGHTS</b>	TUES/THURS	5:15-6:15 pm	4/28-6/25	\$198	264-112
<b>CARDIO STRENGTH INTERVAL TRAINING / CSI</b>	TUES/THURS	6:15-7:15 pm	4/28-6/25	\$198	264-113
		6:00-7:00 pm	7/7-8/20	\$154	271-105

## HIGH INTENSITY INTERVAL TRAINING with Liz Beausang

(\*No class 5/25)

**Location: CECS Spin Room**

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

## JETTI FIT WALKING

WITH SUSAN JANOSIK

**Location: Fort Williams**

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

Registration for Jetti opens 3/22



# Adult Fitness

## 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 workout!

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## BODY DYNAMICS

WITH ELAINE TALEVI/JOANIE FRUSTACI

**Location: CS Activity Room**  
**Drop-ins welcome \$10**  
**(\*No class 5/25, 6/19, 8/17, 8/19, 8/21)**

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.

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## ESSENTRICS® RELEASE REBALANCE RESTORE

WITH SARAH MACCOLL

**Location: CS Activity Room/**  
**after 6/4 Fort Williams Park**

Lengthen and strengthen your muscles, mobilize your joints, and enjoy some choreographed-to-music routines to build your brain health and coordination. The moves are gentle, massaging our fascia and improving our range of motion. If you are new to Essentrics® and/or have questions, call Sarah at 207-799-2424. Essentrics®.com FMI



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## MEN ADD STRENGTH (MAS) WOMEN ADD WEIGHTS COMBO

WITH SUSAN JANOSIK

**Location: CEHS Fitness Center**  
**(\*No class 5/25)**

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

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## WOMEN ON WEIGHTS

WITH SUSAN JANOSIK

**Location: CEHS Fitness Center**  
**(\*No class 6/19)**

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.

## COED WEIGHTS

WITH SUSAN JANOSIK

**Location: CEHS Fitness Center**

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.

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## CARDIO STRENGTH INTERVAL TRAINING

WITH SUSAN JANOSIK

**Location: CS Spin Room/**  
**outdoors**

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!

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## 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. You will learn the fundamental principles of Pilates such as proper breathing techniques, core engagement and controlled movements. We focus on deep core, strength, posture and overall body awareness. We will progressively adapt sessions throughout the term according to class needs.

# Adult Dance Fitness

	DAY	TIME	DATES	FEE	PROGRAM #
<b>LINE DANCING</b>	MONDAY	5:15-6:15 PM	5/4-5/18	\$36	264-114
<b>BALLROOM DANCE</b>	TUESDAY	6:00-7:00 PM	5/19-6/23	\$144	264-115
<b>OULA</b>	THURSDAY	6:00-7:00 PM	5/7-6/18	\$84	264-116
			7/2-7/30*	\$60	271-106
			8/6-8/20*	\$36	271-107
<b>ZUMBA</b>	FRIDAY	10:10-11:00 AM	5/1-5/29	\$50	264-117
	TUESDAY/THURSDAY	9:00-10:00 AM	6/2-7/9	\$120	271-108
			7/21-8/27	\$120	271-109



## LINE DANCING

WITH AMY BATES

**Drop-ins welcome \$15**

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.

## 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.

## OULA DANCE FITNESS

WITH CHOLLA FOOTE

**Drop-ins welcome \$15**

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

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.

## ZUMBA

WITH PATRICIA MARETT

**Drop-ins welcome \$12**

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

\*All dance fitness classes are located at CECS Activity Room\*

# Adult Movement

## GENTLE HATHA YOGA

WITH SHARON WILKE

Drop-ins welcome \$13  
(\*NO CLASS 5/25, 5/27)

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 5/25, 5/27)

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\*

## TAI CHI

WITH STEPHANIE CARLSON

Drop-ins welcome \$10  
(\*No class 5/13, 5/20)

Tai Chi 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/7 step form.

## FOUNDATIONAL STRENGTH FOR QIGONG

WITH STEPHANIE CARLSON

Drop-ins welcome \$4 (\*No class 5/14, 5/21) Using gentle exercises and stretches that can be modified, we will strengthen the foundational muscles necessary for more easeful movement. We will then take this stability into the immediately following Qigong class.

## MONTHLY CHAIR YOGA

WITH MARTHA WILLIAMS

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

## QIGONG FOR BALANCE & HEALTH

WITH STEPHANIE CARLSON

Drop-ins welcome \$10  
(\*No class 5/14, 5/21)

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

	DAY	TIME	DATE	FEE	PROGRAM #
<b>GENTLE HATHA YOGA</b>	MONDAY	10:15-11:30 AM	5/4-6/29*	\$88	264-118
			7/6-8/10	\$66	271-110
	WEDNESDAY		5/6-6/24*	\$66	264-119
			7/1-8/12	\$77	271-111
<b>YOGA ALL LEVELS</b>	MONDAY	6:15 - 7:30 PM	5/4-6/29*	\$88	264-120
			7/6-8/10	\$66	271-112
	WEDNESDAY		5/7-6/24*	\$66	264-121
			7/1-8/12	\$77	271-113
<b>TAI CHI</b>	WEDNESDAY	1:30-2:30 PM	4/22-6/17*	\$70	264-122
<b>FOUNDATIONAL STRENGTH</b>	THURSDAY	10:10-10:30 PM	4/23-6/18*	\$28	264-123
<b>QIGONG</b>	THURSDAY	10:30-11:30 PM		\$70	264-124
<b>MONTHLY CHAIR YOGA</b>	FRIDAY	12:15-1:15 PM	5/1, 6/5, 7/10, 8/7		264-125

# Adult Sports

		DAY	TIME	DATE	FEE	PROGRAM
<b>SOCCER</b>		SUNDAY	6:00-7:30 PM	4/12-6/14	\$80	264-126
<b>VOLLEYBALL</b>		WEDNESDAY	7:00-10:00 PM	THROUGH 5/13	\$5 DROP IN FEE	
<b>BASKETBALL- DROP IN HOOPS</b>		WEDNESDAY	8:15-10:00 PM	THROUGH 5/29	\$5 DROP IN FEE	
<b>TENNIS</b>		SATURDAY	8:00-9:00 AM* *5/2 1:00-2:00 PM	4/25-5/16	\$80	264-127
<b>SUMMER MATCHPLAY TENNIS</b>	<b>BEGINNER</b>	WEDNESDAY	5:00-6:00 PM	5/27-7/1	\$120	271-114
				7/8-8/19*		271-115
	<b>INTERMEDIATE</b>		6:00-7:30 PM	5/27-7/1	\$180	271-116
				7/8-8/19*		271-117
<b>PICKLEBALL</b>	<b>BEGINNER-LEARN TO PLAY</b>	TUESDAY/ THURSDAY	5:00-6:30 PM	5/26-6/11	\$108	264-128
	<b>ADVANCED BEGINNER</b>	TUESDAY/ THURSDAY	8:30-10:00 AM	6/2-6/23	\$126	264-129
	<b>INTERMEDIATE</b>		10:00-11:30 AM	6/2-6/23	\$126	264-130
	<b>INTERMEDIATE PLUS</b>	MONDAY/ WEDNESDAY	10:30-12:00 PM	6/1-6/22	\$126	264-131

## ADULT SOCCER

WITH DAVID PEARY

Location: HS Gym/Multipurpose Field 5/24-6/14

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

## 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

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 Sports



## PICKLEBALL- BEGINNER LEARN TO PLAY!!

**LOCATION: FORT WILLIAMS PICKLEBALL COURTS**

This sport is action packed but easy on the body. People of all ages are playing and we are bringing an introductory class to you. 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.

## ADVANCED BEGINNER/ INTERMEDIATE PICKLEBALL

**LOCATION: FORT WILLIAMS PICKLEBALL COURTS**

For those who have played the game and are looking to improve their strategy, court awareness and all-around skills, this class can help. Topics will include drops and drives, tethering, when to attack, when to employ a soft game, how to defend against bangers. Please note, instructor reserves the right to shift players between groups for balanced play.

## PICKLEBALL INTERMEDIATE PLUS

**LOCATION: FORT WILLIAMS PICKLEBALL COURTS**

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.

## ADULT OUTDOOR TENNIS

**WITH NIAMH COLPITTS**  
(\*TIME CHANGE FOR 5/2 1:00)

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

## SUMMER MATCHPLAY TENNIS

**WITH NIAMH COLPITTS**  
(\*NO MATCHPLAY 7/15)

The first 30 minutes will focus on the fundamentals of tennis including warmups, court positioning and the basics of consistency and maintaining ball control. Next 30 minutes players will learn proper scoring with point play with other players in a low pressure environment.

\*Intermediate class must have prior match experience.

## WHAT'S HAPPENING AT THE FORT?



## RANGER WALK & TALK AROUND FORT WILLIAMS!

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:** Everyday starting May 11th

**Time:** 3:00 pm

**Fee:** FREE / registration not required

**Location:** Meeting at Visitor Services next to Battery Blair (near central parking)



## CAPE ELIZABETH RESIDENT OPEN LIGHTHOUSE DAY



**SUNDAY**  
**MAY 17th**  
**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 \$10 per walk **4/28** Runaway Farm, **5/5** Robinson Woods, **5/12** Great Pond, **5/19** Hobstone Woods, **5/26** Davis Parcel

**Dates:** Tuesdays

**Time:** 9:00 - 10:30 am

**Instructor:** Amy Melissa Witt Earth Walkers

**Fee:** \$50

**Program #** 264-132

## REDISCOVERING NATURE'S MAGIC

**\*NEW\***

Awaken your inner Green Witch (yes, she's in there), sprinkle in some Earth gratitude, and rediscover the simple joy of growing, listening, and partnering with the wild world around you. Remember what it feels like to be connected with Nature instead of being a bystander. Most importantly, rediscover the wisdom that restores wonder, sparks awe, and brings your spirit back to life. Nature's magic is waiting for you — and she loves to play.

**Dates:** Tuesdays 5/26-6/9 (3 sessions)

**Time:** 6:00-7:30 pm

**Location:** CS Community Room

**Instructor:** Amy Melissa Witt Earth Walkers

**Fee:** \$75

**Program #** 264-133

## MEET THE WILDFLOWERS

Do you like to walk in the woods? Are you drawn to the abundant + beautiful wildflowers you see? Are you curious to know what they are? Let's take a walk at Gull Crest to meet some of these Maine native beauties. It's guaranteed your future walks will be more enriched as a result.

**Dates:** Saturday 6/6

**Time:** 9:00 - 11:00 am

**Location:** Gull Crest (meet in the parking lot near rink & community garden)

**Instructor:** Amy Melissa Witt Earth Walkers

**Fee:** \$15

**Program #** 264-134

## BACKYARD HERBALISM: TEAS & TINCTURES **\*NEW\***

An immersive, hands-on introduction to working directly with medicinal herbs through teas and tinctures. Participants will explore a curated selection of herbs provided by the instructor to better understand how to identify them by sight, smell, taste and traditional use. Emphasis is on foundational skills for making hot & cold infusions and simple tinctures. We will focus on herbal remedies for insomnia, anxiety and mental clarity. Attendees will leave with practical knowledge, confidence and a deeper relationship with medicinal plants that are easy to obtain and grow in their own backyard.

**Date:** Saturday 7/11

**Time:** 9:00-10:30 am

**Location:** CS Community Room

**Instructor:** Jill Skrabalak

**Fee:** \$35

**Program #** 271-118

## TONG REN HEALING WORKSHOP

**\*NEW\***

The Oriental Cultural Institute, "OCI", utilizes non-invasive energies to improve wellness in children, youths, and adults. Thanks to OCI's founder, healer, and acupuncturist, Tom Tam, individuals with serious diseases, such as pancreatic cancer, ALS, heart problems, stress, depression and other mind body conditions, find relief with no drugs and no side effects. This class begins with a brief Introduction to "standing meditation" to cultivate "energy". Then individual treatments will be administered for mental, Physical, and spiritual wellness. We believe that "energetic medicine " should be the first line of defense against disease and not a last resort. All classes are free and 100 percent of all donations go to OCI a 501 (c) (3) non profit corporation. We cordially invited you to go quantum!!!

**Date:** Saturday 5/9, 5/16

**Time:** 10:00-11:00 am

**Location:** CS Community Room

**Instructor:** Shaw Sprague

**Fee:** Free - registration required

**Program #** 264-135



# Adult Art & Enrichment

## **BOTANICAL GELLI PRINTS \*NEW\***

In this class you will learn to make unique and colorful botanical gelli prints. Students will collaborate to make prints together and also make unique prints of their own using botanical and natural found materials: leaves, flowers, grasses, pine needles, feathers, etc. We will provide a variety of these materials and students are encouraged to collect natural materials of their own! In this engaging and creative class, students will gain a greater understanding and appreciation for the medium of printmaking while having fun and embracing experimentation. Wear your favorite paint outfit! Beginners welcome!

**Date:** Tuesday 5/26

**Time:** 6:00-9:00 pm

**Fee:** \$85 (discounts not applicable)

**Location:** CS Community Room

**Instructor:** Brooke Lambert

**Program #** 264-136



## **SPRING ACRYLIC PAINTING WORKSHOP**

In this relaxed atmosphere, you will be introduced to painting with acrylic, including techniques in color mixing, observational painting, and composition. We will cover wet on wet and wet and dry brush techniques, sgraffito/combing, overlays/glazing, gel mediums, pattern making, and masking. You will come away from this class with beautiful paintings of your own and a greater appreciation for the medium of acrylic painting. Her work can be seen at [www.brookelambertartist.com](http://www.brookelambertartist.com).

**Date:** Tuesday 6/16

**Time:** 6:00-8:00 pm

**Fee:** \$75 (discounts not applicable)

**Location:** CS Community Room

**Instructor:** Brooke Lambert

**Program #** 264-137

## **THE SKETCHING HABIT: DRAWING YOUR WORLD IN 6 WEEKS**

Stop waiting for the "perfect" subject and start finding art in your everyday life. This course is designed for anyone who wants to capture memories without the pressure of a formal studio. We'll focus on the world right in front of you—from the coffee cup on your table to the energy of a local park. You will master a simple, portable toolkit of pen and watercolor to sketch quickly and effectively on location. Whether indoors or out, you'll learn to document your days with confidence, turning ordinary moments into a vibrant visual journal.

**Date:** Thursday 4/23-5/28

**Time:** 1:00-2:30 pm

**Fee:** \$150\*

**Location:** 1st day in CS Community Room/then offsite local locations

**Instructor:** Steve Addario

**Program #** 264-138

## **THE JUNE SKETCHING ADVENTURE: FINDING CALM IN THE WILD.**

Creative Explorers, it's time to pack your kits! This June, we're trading daily stress for the quiet joy of our sketchbooks. Whether you're on a beach or at your kitchen table, work at your own pace with daily email prompts designed to ignite your imagination.

Sketch Buddy returns to guide our way, leading us to our supportive online Basecamp and a few live videoconference sessions. This isn't a race to a museum gallery; it's a journey to rediscover the joy of seeing. Whether a seasoned artist or a first time explorer, join our crew to rediscover the joy of shared creativity and connection. The trail is open.

**Date:** prompts starting 6/1

**Fee:** \$45\*

**Instructor:** Steve Addario

**Program #** 264-139

\*Limited scholarships available, contact Steve at [roadtcreativity@gmail.com](mailto:roadtcreativity@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 V: Wednesday 4/29-5/27

**Time:** 10:15-12:15 pm

**Location:** CS Community Room

**Fee:** \$75

**Instructor:** Marty Clark

**Program #**264-140

## COLORED PENCIL WORKSHOP

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

## SOAP FROM SCRATCH

Learn how to combine sodium hydroxide and natural oils to make a soap to your liking. Jen Gray, 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 to cure at home a few days after the lesson.

**Date:** Wednesday 4/29

**Time:** 6:00-8:00 pm

**Fee:** \$60 (includes \$30 material fee)

**Location:** CS Community Room

**Instructor:** Jen Gray,  
owner Cape Gold LLC

**Program #** 264-144



## BEACH CLUB CRAFTS \*NEW\*

Dive into summer with Artist Mary Jane Ham for an afternoon of coastal creativity! You'll master the art of decoupage on delicate shells and clay pots, and let your brush fly as you paint vibrant designs on canvas beach totes, and create art using rocks. Every session is a fresh chance to explore new mediums, play with color, and handcraft your own unique gifts or souvenirs. Sign up for one or all four!

**LOCATION:** for all crafts: CS Community Room

**FEE:** for each craft \$30



### DECOUPAGE SEA SHELLS

**Date:** Monday, May 18th

**Time:** Noon - 2:00 pm

**Program #** 264-142

### HAND-PAINTED BEACH TOTE

**Date:** Friday, June 5th

**Time:** Noon - 2:00 pm

**Program #** 264-143

### DECOUPAGE CLAY PLANT POTS

**Date:** Friday, July 10th

**Time:** 2:00 - 4:00 pm

**Program #** 271-119

### ROCK ART: GARDEN OR SEAGULL ROCK ART

**Date:** Monday, August 3rd

**Time:** 2:00 - 4:00 pm

**Program #** 271-120

## MAKE YOUR OWN LOTION

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:** Thursday 5/14

**Time:** 6:00-8:00 pm

**Fee:** \$60 (includes \$30 material fee)

**Location:** CS Community Room

**Instructor:** Jen Gray, Cape Gold LLC

**Program #** 264-141

# Adult Art & Enrichment

## **HANDS-ON HERB-INFUSED PASTA** **\*NEW\***

Join Chef Chris Toy for a hands-on class to master fresh pasta making! We'll infuse the dough with intense, farm-fresh flavors—creating a colorful medley of mushroom, basil, and tomato pasta. You'll finish your creations with a choice of a rich tomato-red wine or a creamy vodka sauce. Get ready to roll, knead, and eat!

**Date:** Monday 6/15

**Time:** 5:00 - 8:00 pm

**Fee:** \$85

**Location:** CS Community Room

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

**Program #** 264-145

## **WOK AND CLEAVER BOOT CAMP**

Master the Wok and Cleaver with Chef Chris Toy! Learn hands-on techniques: slicing ingredients, stir-frying, oven roasting, and steaming rice. Take home a complete specially curated kit including Wok, Cleaver, Spatula, Cutting Board, cookbook with recipes. Kit cost: \$100. Households can register for two seats and only pay for one kit!

**Date:** Wednesday 6/17

**Time:** 5:00 - 8:00 pm

**Fee:** \$195 (includes \$100 kit cost)

**Location:** CS Community Room

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

**Program #** 264-146

## **LEARN TO PLAY MAH JONGG**

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

**Date:** Tuesdays 5/5-6/9

**Time:** 12:00 pm-2:00 pm

**Fee:** \$60 (does not include card)

**Location:** CS Community Room

**Instructor:** Sandy Larlee & Janie Zimmerman

**Program #** 264-147

## **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:** Friday 6/12

**Time:** 10:00-12:00 pm

**Program #** 264-148



**Date:** Wednesday 8/5

**Time:** 10:00-12:00 pm

**Program #** 271-126



## **GAME DAY WEDNESDAYS!!**

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 5/6-8/26

**Time:** 10:00-11:30 am

**Location:** CS Conference Room



# Adult Aquatics

ALL 18+	DAY	TIME	DATES	FEE	PROGRAM
<b>WATER WORKS</b>	MON/WED/FRI	8:00-8:55 AM	5/1-5/29*	\$78	264-200
		7:45-8:40 AM 6/22-7/31	6/1-6/29	\$85	264-201
			7/1-7/31	\$91	271-200
			8/17-9/30*	\$124	271-201
<b>LIGHTHOUSE MASTERS</b>	MON/WED/FRI	5:30-6:45 AM	5/4-6/12*	\$170	264-202
<b>COAST ENDURANCE</b>	TUES/THURS	5:30-6:45 PM	5/5-7/23	\$264	264-203
<b>PACE RACE CHASE ADVANCED</b>	SUNDAY	10:00-11:00 AM	4/26-5/31*	\$75	264-204
<b>PACE RACE CHASE BEGINNER/MID LEVEL</b>	SUNDAY	11:00-12:00 PM	4/26-5/31*	\$75	264-205
<b>PACE RACE CHASE ALL LEVELS</b>	TUESDAY	1:00-2:00 PM	4/28-5/26	\$75	264-206
			6/2-6/30	\$75	264-207
			7/7-7/28	\$60	271-202
<b>PACE RACE CHASE ALL LEVELS</b>	FRIDAY	11:30-12:30 PM	4/24-5/29	\$90	264-208
			6/5-6/26	\$60	264-209
			7/10-7/31	\$60	271-203
<b>ADULT SWIM LESSONS</b>	WEDNESDAY	5:30-6:15 PM	4/1-5/6	\$60	264-210
			5/13-6/17		264-211

## PACE RACE CHASE ADVANCED, ENTRY LEVEL, BEGINNER

(\* NO WORKOUT 5/24)

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



## COAST ENDURANCE WITH TODD LARLEE

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 & PATTY MEDINA (\*No class 5/25, 9/7)

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 5/25)

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.

# Adult Outings & Entertainment

## ACTIVITY LEVELS

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

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

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

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

## GRANDMA GATEWOOD TOOK A WALK

Public Theater in Lewiston presents the New England premiere of this true and inspiring adventure. Discover the remarkable story of Emma Gatewood who, at 67, proceeded to hike the 2,000-mile Appalachian Trail in 1955. She became the first woman to conquer the trail solo in a single season. After the performance, we will have lunch together at Fish Bones Grill. (Separate Checks). **No refunds after April 24th.**

### Level I.

**Date:** Wednesday, May 13

**Time:** 8:00 am - 2:00 pm

**Fee:** \$34 pp (Includes bus and show)

**Program #** 264-150

## THE LIFE AND TIMES OF THE TEMPTATIONS

The Temptations are coming to Ogunquit Playhouse in Ain't Too Proud. Relive the journey from Detroit to the Rock & Roll Hall of Fame through the signature dance moves and silky harmonies that defined an era. Featuring "My Girl," "Just My Imagination," and "Papa Was a Rolling Stone," it's a powerhouse tale of loyalty, betrayal, and the brotherhood that changed music forever. **No refunds after April 21st.**

### Level I.

**Date:** Thursday, May 21

**Time:** Noon - 6:00 pm

**Fee:** \$85 pp (Includes bus & show)

**Program #** 264-151

## FOSTER'S DOWNEAST CLAMBAKE

Join over 150 Mainers from nine area recreation departments for an authentic Maine clambake at Foster's rustic pavilion in York Harbor, where you will enjoy Maine hospitality and live entertainment. Indulge in their crowd-pleasing lobster or roasted chicken, served with steamed clams, corn-on-the-cob, roasted potatoes and onions, and a delicious slice of native blueberry cake for dessert. Vegetarian Option. Come experience the best of Maine cuisine! **No refunds after June 3rd. Level I.**

**Date:** Thursday, June 11th

**Time:** 10:00 am - 3:00 pm

**Fee:** \$55 pp (Includes bus and meal)

**Program #** 264-152

## EARLY SUMMER BLOOMS

In mid-June the Coastal Maine Botanical Gardens in Boothbay offers a peak early-summer experience. Find a vibrant landscape dominated by colorful peonies, lupines, iris, and rhododendrons, complemented by early shrub roses and ornamental Allium. The gardens are exceptionally lush during this period, with perennials in full bloom across themed areas like the Giles Rhododendron Garden, the Lerner Garden of the Five Senses, and the Arbor Garden. **No refunds after June 1st. Level II.**

**Date:** Tuesday, June 16

**Time:** 9:15 am - 4:15 pm

**Fee:** \$ 36.50 pp (Includes bus & admission)

**Program #** 264-153

COASTAL MAINE  
BOTANICAL  
GARDENS 

## BROADWAY HIT HELLO DOLLY!

Ogunquit Playhouse performs one of the most entertaining musical comedies of all time, Hello, Dolly! Join socialite-turned-matchmaker Dolly Levi as she travels to Yonkers, New York, to find a wife for the curmudgeonly "half-a-millionaire" Horace Vandergelder. As she busies herself finding mates for the suitors, Dolly realizes it's her turn to find her own perfect match. **No refunds after May 22nd. Level I.**

**Date:** Wednesday, June 24

**Time:** Noon - 6:00 pm

**Fee:** \$85 pp (Includes bus & show)

**Program #** 264-154

# Adult Outings & Entertainment

## LAVENDER HILL FARM EXPERIENCE

It's harvest time! We are heading to Berwick, Maine, to join the festivities. We'll start with a shady outdoor picnic (bring your own). Meet Milken the Sheep, the farm's woolly ambassador. Enjoy an aromatic walk through the farm's unique "LavYrinth," a triple-spiral lavender labyrinth. Watch the farmer demonstrate harvesting lavender techniques. Last stop, the farm store. **No refunds after June 22nd. Level II.**

**Date:** Tuesday, June 30

**Time:** 9:45 am - 2:15 pm

**Fee:** \$40 pp (Includes bus & farm experience)

**Program #** 264-155

## FORT MCKINLEY TOUR AND LUNCH

Depart Portland on a scenic cruise to Great Diamond Island for a guided golf cart tour of Fort McKinley's historic military complex. Led by volunteer guides, you will explore the original barracks and learn about the fort's operational history in defending the U.S. coastline, as well as its modern reincarnation as the private residential community. The excursion concludes with lunch at Diamond's Edge Restaurant (Separate Checks). **No refunds after July 1st. Level II.**

**Date:** Wednesday, July 8

**Time:** 8:15 am - 3:00 pm

**Fee:** \$10 pp (Includes bus & cruise). Bring \$20 donation to museum.

**Program #** 271-121

## CITY OF ANGELS OGUNQUIT PLAYHOUSE



In 1940s Hollywood, novelist Stine adapts his detective stories for film, blurring the lines between his Technicolor reality and the black-and-white film noir of his imagination. As his fictional detective navigates a world of shadows, Stine faces his own temptations and pressures to compromise his art. This Tony Award-winning production features a sensational jazz score. **No refunds after June 22nd. Level I.**

**Date:** Thursday, July 23rd

**Time:** Noon - 6:00 pm

**Fee:** \$85 pp (Includes bus & show)

**Program #** 271-122

## PARTNERS FOR WORLD HEALTH

Tour this Maine-based nonprofit dedicated to collecting surplus medical supplies and equipment to redistribute them to communities in need, both locally and internationally. Following the tour, we will head to Riverside Golf Course for lunch (Separate Checks). **No refunds after July 29th. Level I.**

**Date:** Wednesday, August 5th

**Time:** 9:45 - 1:30 pm

**Fee:** \$ 5 pp (Includes bus & tour) Donations Appreciated.

**Program #** 271-123



## BIDDEFORD MILLS MUSEUM & TOUR

Former mill-worker led history tour of the Pepperell Mill Campus highlights various stages in the textile manufacturing process and features a visit to an underground lagoon where the Saco River flowed through tunnels to power the mills. This is a fascinating in-depth tour of Maine's rich textile history. **No refunds after August 10th. Level III.**

**Date:** Tuesday, August 18th

**Time:** 1:15 - 4:15 pm

**Fee:** \$ 28.50 pp (Includes bus & tour)

**Program #** 271-124

## THE MEL BROOKS MUSICAL

Based on the 1968 film, The Producers follows shady producer Max Bialystock and timid accountant Leo Bloom as they plot to get rich by staging a guaranteed flop. They over-fund a disastrous musical about Hitler, intending to pocket the excess capital after it fails; however, their plan backfires when the show unexpectedly becomes a massive hit, landing them both in jail.

**No refunds after July 26th. Level I.**

**Date:** Thursday, August 27th

**Time:** Noon - 6:00 pm

**Fee:** \$ 85 pp (Includes bus & show)

**Program #** 271-125

# Youth Aquatics

## SPRING SESSION: APRIL 30-JUNE 20

Thursdays 4/30– 6/4 (6 classes)  
Saturdays 5/9-6/20 (6 classes—no class 5/23)

Level	Day	Time	# Classes	Fee	Program#
<b>Barnacles 1/2</b>	Thurs	10:00 - 10:30 am	6	\$45	264-212
<b>Barnacles 1</b>	Sat	9:00 - 9:30 am	6	\$45	264-213
<b>Barnacles 2</b>	Sat	9:30 - 10:00 am	6	\$45	264-214
<b>Turtles</b>	Sat	10:00 - 10:30 am	6	\$45	264-215
<b>Ducklings 1</b>	Thurs	10:30 - 11:00 am	6	\$45	264-216
	Sat	9:00 - 9:30 am	6	\$45	264-217
	Sat	10:00 - 10:30 am	6	\$45	264-218
<b>Ducklings 2</b>	Thurs	11:00 - 11:30 am	6	\$45	264-219
	Sat	9:00 - 9:30 am	6	\$45	264-220
	Sat	10:30 - 11:00 am	6	\$45	264-221
<b>Dolphins 1</b>	Sat	9:30 - 10:00 am	6	\$45	264-222
	Sat	10:00 - 10:30 am	6	\$45	264-223
<b>Dolphins 2</b>	Sat	9:30 - 10:00 am	6	\$45	264-224
	Sat	10:30 - 11:00 am	6	\$45	264-225
<b>Level 1</b>	Sat	9:00 - 9:45 am	6	\$60	264-226
	Sat	10:30 - 11:15 am	6	\$60	264-227
<b>Level 2</b>	Sat	9:00 - 9:45 am	6	\$60	264-228
	Sat	10:30 - 11:15 am	6	\$60	264-229
<b>Level 3</b>	Sat	9:45 - 10:30 am	6	\$60	264-230
	Sat	10:30 - 11:15 am	6	\$60	264-231
<b>Level 4/5</b>	Sat	9:45 - 10:30 am	6	\$60	264-232

## SUMMER SESSIONS

June - Monday/Wednesday 6/22-7/8 , Tuesday/Thursday 6/23-7/9

July - Monday/Wednesday 7/13-7/29, Tuesday/Thursday 7/14-7/30, Friday 6/26-7/31

Level	Day	Time	# classes	Fee	Program
<b>Barnacles</b>	Friday	10:00 - 10:30 am	6	\$45	June/July 271-204
<b>Turtles</b>	Friday	10:30 - 11:00 am	6	\$45	June/July 271-205
<b>Ducklings 1</b>	Mon/Wed	8:00 - 8:30 am	6	\$45	June 271-206
	Mon/Wed	8:00 - 8:30 am	6	\$45	July 271-207
<b>Ducklings 2</b>	Mon/Wed	8:00 - 8:30 am	6	\$45	June 271-208
	Mon/Wed	8:00 - 8:30 am	6	\$45	July 271-209
<b>Level 1</b>	Tu/Th	8:00 - 8:30 am	6	\$45	June 271-210
	Tu/Th	8:00 - 8:30 am	6	\$45	July 271-211
<b>Level 2</b>	Tu/Th	8:00 - 8:30 am	6	\$45	June 271-212
	Tu/Th	8:00 - 8:30 am	6	\$45	July 271-213



# Youth Spring



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

Sunday, May 31st

FMI: [capechallenge5k@gmail.com](mailto:capechallenge5k@gmail.com)

### 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 educator, Lisa Gent on a gentle hike through Robinson Woods where we will explore the habitat around us while we search for birds, reptiles, amphibians, mammals and plant life. Lots of hands-on explorations and games included! Please dress in comfortable clothes and bring a water bottle. All participants must register at least at least 48 hours in advance of the program to receive notification of changes or cancellation.

**Date:** Wednesday, May 13

**Time:** 9:00 – 10:00 am

**Fee:** \$6/family

**Location:** Robinson Woods Parking Lot on Shore Road

**Instructor:** Lisa Gent

**Program #:** 264-304

### 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 with our challenging and rewarding classes.

**Dates:** Thursdays, May 7 - June 11

**Time:** 2:30 - 3:00 pm

**Fee:** \$90

**Location:** CS Activity Room

**Instructor:** Asya Vinokur, Maine Rhythmic Gymnastics

**Program #:** 264-305

### 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 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 29 - June 10

**Time:** 2:15 - 2:45 pm

**Fee:** \$100

**Location:** CS Spin Room

**Instructor:** Dragon Fire Martial Arts

**Program #:** 264-306

### 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.

**Dates:** Mondays, April 27 - June 15 (no class 5/25)

**Time:** 2:30 - 3:00 pm

**Fee:** \$100

**Location:** CS Activity Room

**Instructor:** Julie Wilkes, Brio Dance Studio

**Program #:** 264-307

### 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, June 13

**Time:** 9:00 am - 2:30 pm

**Fee:** \$145

**Location:** CS Community Room

**Instructor:** Lighthouse Health and Safety

**Program #:** 264-308

# Youth Spring

## **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.

**Dates:** Mondays, April 27 - June 15, (No class 5/25)

**Fee:** \$120

**Location:** CS Activity Room

**Instructor:** Brio Dance Studio

### **GRADES K - 2**

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

**Program #:** 264-309

### **GRADES 3 - 5**

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

**Program #:** 264-310

## **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.

**Fee:** \$120

**Location:** CS Activity Room

**Instructor:** Julie Wilkes, Brio Dance Studio

### **GRADES K - 2**

**Day:** TUESDAYS

**Dates:** April 28 - June 9

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

**Program #:** 264-311

**Day:** WEDNESDAYS

**Dates:** April 29 - June 10

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

**Program #:** 264-312

### **GRADES 3 - 5**

**Day:** TUESDAYS

**Dates:** April 28 - June 9

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

**Program #:** 264-313



## **IRISH DANCE (Gr: K - 8)**

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

**Dates:** Fridays, May 1 - June 12

**Fee:** \$130

**Location:** Pond Cove Gym

**Instructor:** Mairead Stillson

### **BEGINNERS (Gr: K - 4)**

**Time:** 3:05 - 4:05 pm (5/8 Half day: 12:05 - 1:05 pm)

**Program #:** 264-314

### **ADVANCED (Gr: 3 - 8)**

**Time:** 4:05 - 5:05 pm (5/8 Half day: 1:05 - 2:05 pm)

**Program #:** 264-315



## **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 7 - June 11

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

**Fee:** \$120

**Location:** CS Activity Room

**Instructor:** Asya Vinokur, Maine Rhythmic Gymnastics

**Program #:** 264-316

# Youth Spring

## **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:** Thursdays, May 7 - June 11

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

**Fee:** \$113

**Location:** CS Community Room

**Instructor:** Natalie Hoch

**Program #:** 264-317

## **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 7 - June 11

**Time:** 4:15 - 5:15 pm

**Fee:** \$132

**Location:** CS Community Room

**Instructor:** Natalie Hoch

**Program #:** 264-318

## **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.

**Dates:** Wednesdays, April 29 - June 3

**Time:** 3:05 - 4:30 pm

**Fee:** \$110

**Location:** CS Spin Room

**Instructor:** Elizabeth Carroll

**Program #:** 264-319



## **ART CLUB (Gr: 2 - 4)**

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

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

**Fee:** \$120

**Location:** Pond Cove Art Room

**Instructor:** Maryjane Johnston

### **GRADE 2**

**Dates:** Thursdays, April 30 - June 4

**Program #:** 264-320

### **GRADE 3**

**Dates:** Wednesdays, April 29 - June 3

**Program #:** 264-321

### **GRADE 4**

**Dates:** Tuesdays, April 28 - June 2

**Program #:** 264-322



## **SEWING WORKSHOP (Ages: 8 - 12)**

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

All materials provided.

**Dates:** Wednesdays, April 29 - June 3

**Time:** 3:05 - 5:00 pm

**Fee:** \$120

**Location:** CS Spin Room

**Instructor:** Jeanette Guglielmetti

**Program #:** 264-323

# Youth Spring

## **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 27 - June 8 (No class 5/25)

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

**Fee:** \$120

**Location:** Pond Cove Art Room

**Instructor:** Jillian Gaare

**Program #:** 264-324

## **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, April 29 - June 3

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

**Fee:** \$138

**Location:** CS Community Room

**Instructor:** Fun Chefs LLC

**Program #:** 264-325

## **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!

**Dates:** Wednesdays, 4/29 - 6/3

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

**Fee:** \$130

**Location:** CS Meeting Room

**Instructor:** Graham Dickson

**Program #:** 264-337

## **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 27 - June 10 (no class 5/25)

**Fee:** \$186

**Location:** Pond Cove Gymnasium

**Instructor:** Dragon Fire Martial Arts

### **Beginner**

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

**Program #:** 264-326

### **Advanced**

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

**Program #:** 264-327

## **CELT 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 7 - June 4 (no class 5/21)

**Time:** 3:00 - 5:00 pm

**Fee:** \$66

**Location:** Off Campus

**Instructor:** Cape Elizabeth Land Trust

**Program #:** 264-328



## **GET HOOKED FISHING CLUB! (Gr: 4 - 6)**

Join us for this free and fun outdoor class instructed by volunteers from the Cape Elizabeth Police Department. Kids will learn about fish, how to fish and where to fish.

**Days:** Wednesdays

**Dates/Location/Time:**

- May 20: Fort Williams Park: 4:30 - 7:00 pm
- May 27, June 3, June 10: Great Pond: 3:45 - 5:30 pm  
OR 5:30 - 7:15 pm\*

**Fee:** Free

**Instructor:** Cape PD & Spurwink Rod/Gun Club Members

**Program #:** 264-329

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

# Youth Spring

## **BRICK BY BRICK MAINE LEGO DEEP SPACE EXPLORATION! (Gr: K - 3)**

Join us for this 7 week class as we launch into the stratosphere! Weekly builds may include a space shuttle, a UFO and an alien with a four-legged friend. After reading a short story related to the build of the week, students will compete a step by step build of that object followed by free building time with a huge assortment of Lego bricks!

**Dates:** Tuesdays, April 28 - June 9

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

**Fee:** \$160

**Location:** CS Spin Room

**Instructor:** Brick by Brick ME

**Program #:** 264-330



## **FORENSIC FUN (Gr: K - 1)**

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

**Dates:** Mondays, April 27 - June 8 (No class 5/25)

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

**Fee:** \$125

**Location:** CS Spin Room

**Instructor:** High Touch High Tech

**Program #:** 264-331

## **BIOLOGY BRAINIACS (Gr: 2 - 4)**

Become a Biology Brainiac as we explore the world of biology! Get your brain buzzing and take an up-close look at your eyes. Learn about your bones, dig deep through layers of skin, dissect organs, get a microscopic view of your cells, build a model of and extract DNA!

**Dates:** Tuesdays, April 28 - June 2

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

**Fee:** \$130

**Location:** CS Community Room

**Instructor:** High Touch High Tech

**Program #:** 264-332



## **CHESS CLUB (Gr: 1 - 8)**

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

**Fee:** \$68

**Location:** CS Community Room

**Instructor:** David Cimato

### **GRADES 1 - 2**

**Dates:** Fridays, May 1 - June 12 (No class 5/8)

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

**Program #:** 264-333

### **GRADES 3 - 4**

**Day:** Mondays, April 27 - June 8 (No class 5/25)

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

**Program #:** 264-334

### **GRADES 5 - 8**

**Dates:** Fridays, May 1 - June 12 (No class 5/8)

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

**Program #:** 264-335

## **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 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 4 - 21

**Time:** 6:00 pm - 8:30 pm

**Location:** CS Community Room

**Program #:** 264-336

### **SESSION 2**

**Dates:** Monday - Thursday, July 6 - 23

**Time:** 8:30 - 11:00 am

**Location:** Cape Elizabeth High School

**Program #:** 271-300

# Youth Spring Sports

## SPRING/SUMMER TENNIS PROGRAMS

For more information about Spring/Summer Tennis programming see the program descriptions below the grid and on the next page. If you're looking for a Tennis summer camp, check the sports camps section!

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
Instructor: Mary Gray, PTC Certified Coach							
SPRING AFTERNOON TENNIS	264-350	Gr. 1-2	Tues	4/28 - 6/2	3:30pm - 4:15pm	Fort Williams Tennis Courts	\$90
	264-351	Gr. 3-4			4:15pm - 5:00pm		
	264-353	Gr. 1-2	Thurs	4/30 - 6/4	3:30pm - 4:15pm		
	264-354	Gr. 3-4			4:15pm - 5:00pm		
SPRING FAMILY TENNIS	264-352	Age 4-5	Tues	4/28 - 6/2	5:00pm - 6:00pm	CEHS Tennis Courts	\$140
	264-346	Age 4-5	Sun	4/26 - 6/7 *no class 5/24	9:00am - 10:00am		
	264-347	Age 6-7			10:00am - 11:00am		
	264-348	Age 8+			11:00am - 12:00pm		
SUMMER FAMILY TENNIS	271-342	Gr. K-3	Tues	8/11-9/15	5:00pm - 6:00pm	CEHS Tennis Courts	
	271-336	Gr. 4-8	Thurs	8/13-9/17	5:00pm - 6:00pm		
SUMMER AFTERNOON TENNIS	271-334	Gr. 1-2	T/Th	7/7 - 7/16	3:30pm - 4:15pm	CEHS Tennis Courts	\$90
	271-335	Gr. 3-4			4:15pm - 5:00pm		
	271-340	Gr. 1-2	7/21 - 8/6	3:30pm - 4:15pm			
	271-341	Gr. 3-4		4:15pm - 5:00pm			
Instructor: Niamh Colpitts, PTR/USPTA Certified							
SATURDAY OUTDOOR TENNIS	264-343	Gr. 1-2	Sat	4/25 - 5/16* *5/2 times are 2:00, 3:00, 4:00	9:00am - 10:00am	CEHS Tennis Courts	\$80
	264-344	Gr. 3-5			10:00am - 11:00am		
	264-345	Gr. 6-8			11:00am - 12:00pm		

### SPRING/SUMMER FAMILY TENNIS (Ages 4-5, 6-7, 8+)

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! The \$140 registration fee includes one adult and one child.

### CO-ED FUTSAL

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

**Instructor(s):** Jeff Davis

### SPRING/SUMMER AFTERNOON TENNIS (Gr: 1-2, 3-4)

Join Coach Mary Gray for six days of USTA Quickstart Tennis designed to help learn 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!



### SATURDAY OUTDOOR TENNIS (Gr: 1-8)

Calling tennis players of all abilities! Niamh is PTR/USPTA Certified and has created a program geared to player ability, starting with the basics of balance coordination to tennis concepts and playing matches and hitting "with intention."

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
CO-ED FUTSAL	264-349	Gr. 3-4	Tues	4/28 - 6/2	3:15pm - 4:15pm	Pond Cove Gym	\$50

# Youth Spring Sports

## 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.

**No Clinic On:** 5/23 (Memorial Day Weekend)

**Girls Instructor:** Varsity Coach, Alex Spark

**Boys Instructor:** Varsity Coach, Ben Raymond

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
GIRLS JUNIOR LACROSSE	264-355	Gr. K-4	Sat	5/2 - 5/30	9:00pm - 10:30am	Hannaford Field	\$75
BOYS JUNIOR LACROSSE	264-356						

## CROSS-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!**

**No Practice On:** 4/20/26, 4/22/26, 5/25/26

**Race Dates:** 5/6, 5/13, 5/20, 5/27, 6/6 (Championship Meet)

**Instructor:** Ryan McCalmon & Parent Coaches

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
CROSS-COUNTRY	264-363	Gr. 1-6	M/W	4/13 - 5/27, 6/6	3:05pm - 4:05pm	Cape Schools Campus	\$70

## MIDDLE SCHOOL ULTIMATE FRISBEE (Gr: 5 - 8)

Experience the ultimate team sport! Combining the best of lacrosse, soccer, and basketball, Ultimate Frisbee builds teamwork and sportsmanship in a high-energy environment perfect for any athletic background. Led by a veteran Cape High coach, join a program with a 13-year legacy of state titles and national-level alumni. Just bring cleats and a water bottle—we'll provide the fun!

**Instructor:** Tim Hebda, veteran Ultimate Player, Cape HS Girl's Ultimate Coach

**No Ultimate will be held:** 4/17, 4/24, 5/8

**Rain Dates (if needed):** Wednesday, 5/27 and 6/3

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
MIDDLE SCHOOL ULTIMATE FRISBEE	264-342	Gr. 5-8	Fri	4/3 - 6/12	4:30pm - 6:00pm	Lower Gull Crest Fields	\$65

## CHALLENGER SPORTS SOCCER

### TinyTykes (Age 2-5)

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.

### Soccer Skills (Age 6-7)

International coaches from Challenger Sports will provide instruction on all the fundamentals of soccer like dribbling, passing, shooting! With the World Cup coming stateside this summer it's the perfect opportunity for players to experience a new way to scrimmage and learn about the World Cup at the same time!

**No Soccer will be held:** 5/24/26

**Instructors:** Challenger Sports Coaches and Staff

Name	Program #	Age/Grade	Days	Dates	Times	Location	Fee
SOCCER SKILLS	264-357	Age 6-7	Sun	5/3 - 6/14	2:00pm - 3:00pm	Moulton Field	\$120
TINY TYKES	264-358	Age 4-5			3:00pm - 3:45pm		
	264-359	Age 2-3			3:45pm - 4:30pm		

# Summer Camps

## **MR. REAGAN'S THEATER CAMP (Ages: 6-12)**

Campers will learn to hone their improvisational skills with action and physical comedy games. Campers will learn to adapt and become flexible thinkers and performers. The improv games will include games such as: park bench, the shapes Olympics, and spaghetti.

Actors will showcase their talents on the last day of camp to family and friends. Come join the creative, fast-paced, and spontaneous fun! No experience necessary!

**Dates:** Monday - Friday, August 17 - 21

**Time:** 9:00 am - 12:30 pm

**Fee:** \$225

**Location:** Pond Cove Gym and Playground

**Instructor:** Patrick Reagan

**Program #:** 271-301



## **MUSICAL THEATER CAMP "THE ARISTOCATS" (Gr: 1 - 6)**

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

**Dates:** Monday - Friday, August 3 - 7

**Time:** 9:00 am - 3:00 pm

**Fee:** \$300

**Location:** CEHS Theater

**Instructor:** Barry Brinker

**Program #:** 271-302



## **"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 10 - 14

**Time:** 9:00 am - 3:00 pm

**Fee:** \$300

**Location:** Pond Cove/Middle School Cafetorium

**Instructor:** Brio Dance Studio

**Program #:** 271-303

## **"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](http://www.briodancestudio.com).

**Dates:** Monday - Friday, August 10 - 14

**Time:** 9:00 am - 12:00 pm

**Fee:** \$200

**Location:** Pond Cove/Middle School Cafetorium

**Instructor:** Brio Dance Studio

**Program #:** 271-304

## **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 24 - 28

**Time:** 9:00 am - 1:00 pm

**Fee:** \$250

**Location:** Fort Williams Picnic Shelter

**Instructor:** Stillson Irish Dance

**Program #:** 271-305

# Summer Camps

## 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.

**Time:** Monday - Friday, 9:00 - 1:00 pm

**Fee:** \$300

**Location:** CS Community Room

**Instructor:** Natalie Hoch

### Session 1

**Dates:** July 20 - 24

**Program #:** 271-306

### Session 2

**Dates:** August 17 - 21

**Program #:** 271-307

## DECORATIVE DESIGN CAMP (Gr: 3 - 7)

Join us for an exploration of creative freedom, decorative design and summertime fun! We will craft with 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. We will pop outside for fresh air and some activity, and possibly take a trip to the beach! Price of the class includes all art supplies.

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

**Fee:** \$330

**Location:** CS Community Room

**Instructor:** Natalie Hoch

### Grades 3 - 4

**Dates:** July 27 - 31

**Program #:** 271-308

### Grades 5 - 7

**Dates:** August 10 - 14

**Program #:** 271-309

## TEXTILES CAMP (Gr: 5 - 6)

This creative textile art camp invites students To explore fabric, fiber, and fashion in fun and sustainable ways! Campers will learn beginner hand-sewing skills and simple stitching techniques while repurposing old clothing and textiles into new creations. Projects may include tote bags, patchwork designs, soft sculptures, and wearable art. This camp encourages creativity, resourcefulness, and self-expression while helping students discover the artistic potential in everyday materials.

**Dates:** August 3 - 7

**Time:** Monday - Friday, 9:00 - 1:00 pm

**Fee:** \$300

**Location:** PC Art Room

**Instructor:** Jillian Gaare

**Program #:** 271-311

## PAGES & PAINTBRUSHES (Gr: 4 - 5)

Join us for a magical week of storytelling, poetry, handmade bookmaking, and vibrant art projects. Campers will grow as readers, writers, and artists while making lasting memories. This camp is designed to feel expressive, and adventure-based — not like summer school. Literacy is woven naturally into hands-on art, nature exploration, and storytelling experiences.

Students will:

- Write poems under trees
- Visit the Portland Museum of Art
- Paint by the ocean
- Make handmade books
- Write stories
- Turn outdoor adventures into creative writing and art projects

This camp blends visual arts, creative writing, nature exploration, poetry & storytelling and bookmaking.

**Dates:** Monday - Friday, June 22 - 26

**Time:** 9:00 am - 2:00 pm

**Fee:** \$300

**Location:** CS Spin Room

**Instructor:** Maryjane Johnston & Alison Hawkes

**Program #:** 271-310



## CLAY CAMP (Gr: 5 - 6)

In this hands-on clay camp, students will explore the exciting world of ceramics! Young artists will learn foundational hand-building techniques such as slab construction, coil building, and sculptural forming while creating both functional and imaginative pieces. Campers will design projects such as pottery, textured tiles, and small sculptures while developing patience, craftsmanship, and creative problem-solving skills. This camp is perfect for students who enjoy working with their hands and want to experiment with a versatile, three-dimensional art material.

**Dates:** July 13 - 17

**Time:** Monday - Friday, 9:00 - 1:00 pm

**Fee:** \$300

**Location:** PC Art Room

**Instructor:** Jillian Gaare

**Program #:** 271-312

# Summer Camps

## STEAM IN MOTION CAMP (Gr: 1 - 5)

Dive into the world of STEAM! From science, technology, and engineering to art and math. We will explore the laws of newton, figure out what makes things move and how they stop, become engineers as we design and build different types of structures, explore geometry in science, create art with nature and chemistry and take part in some fun STEM challenges.

**Dates:** Monday - Friday, July 13 - 17

**Time:** 9:00 am - 3:00 pm

**Fee:** \$430

**Location:** CS Spin Room

**Instructor:** High Touch High Tech

**Program #:** 271-313

## EARTHWORKS CAMP (Gr: 1 - 5)

Dive deep into geological history as you learn about the formation of the Earth. Explore the different layers inside the Earth and where volcanoes come from. Learn everything about fossils & dinosaurs as you examine fossils like a real paleontologist. Go back in history & learn what it is like to be an archeologist as we explore Egyptology science and so much more fun, hands-on science.

**Dates:** Monday - Friday, August 10 - 14

**Time:** 9:00 am - 3:00 pm

**Fee:** \$430

**Location:** CS Spin Room

**Instructor:** High Touch High Tech

**Program #:** 271-314

## 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 3 - 7

**Time:** 9:00 am - 12:00 pm

**Fee:** \$150

**Location:** CS , Spin Room

**Instructor:** Cape Elizabeth High School Robotics Team

**Program #:** 271-315

## NEW! CIRCUITRY AND CODING: FROM FLASHLIGHTS TO ROBOTS CAMP (Gr: 1 - 3)

This fun full day camp combines two of Circuit-Lab's most popular courses (Circuit Makers and Robot Commanders) for five days of fun! Engage in active, playful activities as you learn to build introductory circuitry projects and write computer programs that communicate with robotic devices. We will turn wires, batteries, lights, motors, and switches into hands-on projects that can move on their own, light up, and fly! Using the power of code, we will make Unruly Splats into interactive relay races and voting machines, and Sphero SPRK+ robots into Magic 8 Balls, automated Red Light / Green Light games, and the arcade classic Pong.

**Dates:** Monday - Friday, June 29 - July 3

**Time:** 9:00 am - 3:45 pm

**Fee:** \$450

**Location:** CS Spin Room

**Instructor:** Circuit Lab

**Program #:** 271-316



## 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 17 - 21

**Time:** 8:00 am - 12:00 pm

**Fee:** \$190

**Location:** Middle School Band Room

**Instructor:** Caitlin Ramsey, Missy Shabo & Rob Wheeler

**Program #:** 271-317

# Summer Camps

## 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:** Wednesday - Friday, June 24 - 26

**Time:** 9:00 am - 12:00 pm

**Fee:** \$190

**Location:** CS Community Room

**Instructor:** Fun Chefs, LLC

**Program #:** 271-318

## JUNIOR POLICE ACADEMY CAMP (Gr: 6 - 9)

JPAC is a physically active, week long, day camp that will provide kids with activities that develop communication, decision-making skills, teamwork and leadership. Campers will learn about the role of police in their community and the importance of the department's Guiding Values: Integrity, Respect, Leadership, Fairness and Service. Campers will take part in team building games, self defense instruction, mock investigation, exploration field trips, and see live demonstrations from different police specialities (SWAT, K9, Dive Team, Marine Resources, etc)! We have partnered with South Portland Recreation for this exciting camp! The program will be led by the Cape Elizabeth and South Portland Police Departments and will take place in South Portland.

**Dates:** Monday - Friday July 13 -17

**Time:** 8:00 am - 4:00 pm

**Fee:** \$80

**Location:** South Portland Community Center

**Instructor:** CEPD & SoPoPD

**Program #:** 271-319



## 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:** \$185

**Location:** CS Community Room

**Instructor:** Jen Gray, Cape Gold



### Grades 5 - 6

**Dates:** July 6 - 10

**Program #:** 271-320

### Grades 7 - 8

**Dates:** August 24 - 28

**Program #:** 271-321

## KIDS FISHING CAMP (Ages: 9 - 14)

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, we will meet at Kettle Cove to fish for Salt Water Species with the hopes of catching some mackerel and Striped Bass. Thursday we will head to the Spurwink River and Friday Higgins beach!

**Dates:** Monday - Friday, July 13 - 17

**Time:** 9:00 am - 12:00 pm

**Fee:** \$245

**Location:** Off Campus

**Instructor:** Seaspray Staff

**Program #:** 271-322

## KIDS PADDLING CAMP (Ages: 9 - 14)

Join us for an exciting week of stand up paddle boarding and kayaking! Seaspray Kayaking will return to lead everyone through a fun week of games and challenges, including kayak sailing, fishing and a big expedition to play in the surf at Higgins Beach on Friday!

**Dates:** Monday - Friday, August 10 - 14

**Time:** 9:00 am - 12:00 pm

**Fee:** \$370

**Location:** Off Campus

**Instructor:** Seaspray Staff

**Program #:** 271-323



# Summer Sports Camps

## YOUTH SPORTS CAMP PROGRAMS BY WEEK

This quick reference is a list of what sports camps are being offered each week. For more information about the camps please review the program descriptions following this quick reference. If registering by grade, base it on the grade your child is entering in the Fall.

### WEEK: 6/22 - 6/26

Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
Cape Baseball Camp	264-361	Age 7-12	M-F	-	9:00am - 12:00pm	Lions Fields	\$215
Match Point Tennis Camp	264-362	Age 8-14		-	9:00am - 1:00pm	CEHS Tennis Courts	\$240
Girls Basketball Camp	264-360	Gr. 5-8	M-Th	6/22 - 6/25	9:00am - 2:00pm	Middle School Gym	\$250

### WEEK: 6/29 - 7/3

Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
Grand Slam Tennis Full Day	271-328	Gr. 2-9	M-F	-	M-Th: 9:00am - 4:00pm Fri: 9:00am - 12:00pm	CEHS Tennis Courts	\$325
Grand Slam Tennis AM Half-Day	271-329	Gr. 2-9		-	9:00am - 12:00pm		\$220
Grand Slam Tennis PM Half-Day	271-330	Gr. 2-9	M-Th	6/29 - 7/2	M-Th: 1:00pm - 4:00pm		\$175

### WEEK: 7/6 - 7/10

Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
CAS Soccer Camp Full-Day	271-331	Age 6-18	M-F	-	9:00am - 3:00pm	Hannaford Field	\$400
CAS Soccer Camp Half-Day	271-332	Age 6-18		-	9:00am - 12:00pm		\$250
CAS Soccer Camp Goalkeeper Half-Day	271-333	Age 7-18		-	9:00am - 12:00pm		\$250

### WEEK: 7/13 - 7/17

Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
APEX Tennis Camp Full-Day	271-337	Age 6-18	M-F	-	M-Th: 9:00am - 3:00pm Fri: 9:00am - 12:00pm	CEHS Tennis Courts	\$400
APEX Tennis Camp AM Half-Day	271-338	Age 6-8		-	9:00am - 12:00pm		\$300
APEX Tennis Camp PM Half-Day	271-339	Age 6-8	M-Th	7/13 - 7/16	12:00pm - 3:00pm		\$240

### WEEK: 7/20 - 7/24

Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
MAINEIAX BOYS LAX CAMP	271-355	Gr. 1-2	M-Th	7/20 - 7/23	9:30am - 10:45am	Hannaford Field	\$140
	271-356	Gr. 3-8			9:30am - 12:00pm		\$195
MAINEIAX GIRLS LAX CAMP	271-358	Gr. 1-2			9:30am - 10:45am		\$140
	271-359	Gr. 3-8			9:30am - 12:00pm		\$195

### WEEK: 7/27 - 7/31

Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
Seacoast Soccer Minis	271-345	Age 3-5	M-Th	7/27 - 7/30	9:00am - 9:45am	Capano Fields	\$95
Seacoast Soccer Full-Day	271-343	Age 6-9		7/27 - 7/30	9:00am - 3:00pm		\$255
Seacoast Soccer AM Half-Day	271-344	Age 6-9		7/27 - 7/30	9:00am - 12:00pm		\$175

# Summer Sports Camps

Week: 8/3 - 8/7							
Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
Seacoast Soccer Minis	271-348	Age 3-5	M-Th	8/3-8/6	9:00am - 9:45am	Capano Fields	\$95
Seacoast Soccer Full-Day	271-346	Age 10-13			9:00am - 3:00pm		\$255
Seacoast Soccer AM Half-Day	271-347				9:00am - 12:00pm		\$175
Week: 8/10 - 8/14							
Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
Grand Slam Tennis Full Day	271-349	Gr. 2-9	M-F	-	M-Th: 9:00am - 4:00pm Fri: 9:00am - 12:00pm	CEHS Tennis Courts	\$325
Grand Slam Tennis AM Half-Day	271-350			9:00am - 12:00pm	\$220		
Grand Slam Tennis PM Half-Day	271-351		M-Th	8/10 - 8/13	M-Th: 1:00pm - 4:00pm		\$175
Week: 8/17 - 8/21							
Program Name	Program #	Age/Grade	Days	Dates (if different)	Times	Location	Fee
Field Hockey Camp	271-353	Gr. 1-6	M-F	-	9:00am - 10:30am	Holman Field	\$110
Match Point Tennis Camp	271-352	Age 8-14		-	9:00am - 1:00pm	CEHS Tennis Courts	\$240

## MATCH POINT TENNIS CAMP (Ages: 8 - 14)

This exciting camp features fun and engaging games, drills, and match 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. **Instructor:** Mary Gray, PTC Certified Coach

## CAPE BASEBALL CAMP (Ages: 7 - 12)

Former college players, coaches and high school players bring you an exciting and quality baseball camp in your own backyard. The camp will cover specific skills for the various positions, game situations, and games will be played daily.

**Instructor:** Dan Sullivan

## GRAND SLAM TENNIS CAMP (Gr: 2 - 9)

These tennis camps are fun 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, conditioning exercises, strategy and competitive match play.

**Instructor:** Grand Slam Tennis Staff

### Schedule Note:

PM Half-Day is Monday - Thursday

Full-Day and AM Half-Day finish at 12:00pm on Friday

## GIRLS BASKETBALL CAMP (Gr: 5 - 8)

This camp focuses on teaching and developing the fundamentals needed to play team basketball. Skill stations each day focus on fundamentals of offense and defense.

**Instructor:** HS Varsity Coach Casterella & HS Players

## 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. **Instructor:** HS Varsity Coaches and HS Players

## APEX JUNIOR TENNIS CAMP (Ages 6 - 18)

Our camps are designed to help players of all ages and abilities develop a love for Tennis. Our staff are PTR or USPTA certified Tennis Teaching Professionals. **Instructor:** Apex Tennis Staff

### Schedule Note:

PM Half-Day is Monday - Thursday

Full-Day and AM Half-Day finish at 12:00pm on Friday

## 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! All campers must be US Lacrosse members for insurance purposes. **Instructor:** MaineIax Coaches and Staff

## SEACOAST SOCCER CAMPS

**Seacoast Minis (Ages 3-5)** soccer camps are a unique way for young children to get involved in the game of soccer. We want children to connect fun with soccer and develop skills for the future.

**Seacoast Skills (Ages 6-13)** classes incorporate 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.

**Schedule Note: Camps are Mon - Thurs with Fridays held as Rain Dates (as needed)**

## COMMUNITY ATHLETIC SOLUTIONS (CAS) SOCCER CAMP (Ages: 5 - 18)

Our international coaching staff from the UK, Europe, and South America deliver carefully designed programs that foster technical skills and tactical smarts at each player's own pace. All participants receive a ball and shirt!

**Goalkeeper Camp Note:** Goalkeeper Camp participants have the option to extend their experience to a full day for an additional fee. **Instructor:** Community Athletic Solutions Coaches and Staff

# Summer REC Camp

**Registration for Summer Camps begins March 22 @ 8:00 pm  
at [www.capecommunityservices.org](http://www.capecommunityservices.org)**

**or March 23rd 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 2026**

The first week of payment is due in full upon registration, all subsequent weeks will be charged every other week beginning 4/6/2026. Before and After Camp care requires additional registration and payment.

## **LITTLE CUBS (AGES: 3.8 - 5)**

**Must be 3 as of October 15th, 2025**

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 - 2:45 pm

**Location:** Cape Care Playground/Community Center

**\*\*CAMPERS MUST BE FULLY TOILET TRAINED\*\***

## **ADVENTURE CAMP (Gr: 1-6)**

**(GRADE AS OF FALL 2026)**

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.

**Hours:** 8:30 am - 3:00 pm

**Location:** Cape Elizabeth High School Campus

## **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.

**Hours:** 8:30 am - 3:00 pm

**Location:** Cape Elizabeth High School Campus

**Fee:** \$165

## **CAMP DATES**

## **COST**

Week 1: June 24-26	\$165
Week 2: June 29-July 2	\$220
Week 3: July 6-10	\$275
Week 4: July 13-17	\$275
Week 5: July 20-24	\$275
Week 6: July 27-31	\$275
Week 7: August 3-7	\$275

**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

## **END OF SUMMER FUN DAYS**

### **AUGUST 11, 12, 13 (Gr. 1-6)**

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

8:30 am - 4:00 pm

Cost: \$80 per day

	<b>PROGRAM #</b>
<b>SPLASHTOWN</b> (Tuesday)	271-410.1
<b>FUNTOWN</b> (Wednesday)	271-410.2
<b>AQUABOGGAN</b> (Thursday)	271-410.3

## **WHITE WATER RAFTING**

**(Gr: 6-8)**

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 11-13

**Departs:** CECS at 8:15 am 8/11,

**Return:** 6:00 pm 8/13

**Fee:** \$450

**Program #:** 271-411

# RICHARDS COMMUNITY POOL & FITNESS CENTER

POOL & FITNESS SCHEDULES CAN BE FOUND ONLINE AT [WWW.CAPECOMMUNITYSERVICES.ORG](http://WWW.CAPECOMMUNITYSERVICES.ORG)

MEMBERSHIP INFO	MONTHLY POOL/FITNESS/COMBO	QUARTERLY POOL/FITNESS/COMBO	ANNUALLY POOL/FITNESS/COMBO
<b>INDIVIDUAL</b>	\$48 / \$44 / \$66	\$115 / \$100 / \$152	\$375 / \$330 / \$520
<b>COUPLE</b>	\$78 / \$76 / \$104	\$175 / \$171 / \$242	\$520 / \$475 / \$734
<b>FAMILY</b> <small>*FITNESS 14+ ONLY</small>	\$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

**SUNDAYS:** 1:15-2:15 pm

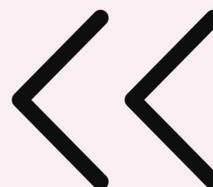
**SUMMER POOL PARTIES ARE SUNDAYS ONLY 6/14-7/26 NO CAFE**

**BOOK YOUR POOL PARTY ONLINE AT [CAPECOMMUNITYSERVICES.ORG](http://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.



Cape Elizabeth Town Hall  
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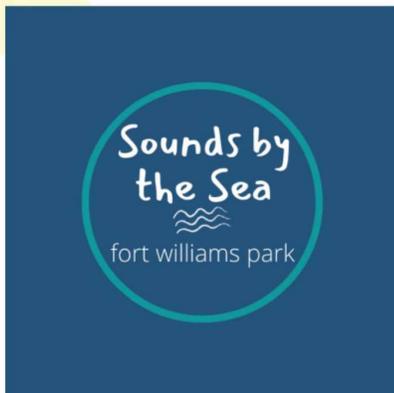
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Cape Elizabeth, ME 04107

# 2026 SUMMER CONCERT SERIES

July 6 / Bailey's Mistake  
July 13 / Joan Kennedy Trio  
July 20 / Curse of Kona  
July 27 / The STEM Brothers  
August 3 / Bluehill  
August 10 / Portland Symphony  
Orchestra Ensemble

Mondays at 6:00 pm  
[www.capecommunityservices.org](http://www.capecommunityservices.org)



Did you know CECS offers  
**PASSPORT  
SERVICES?**  
visit [capecommunityservices.org](http://capecommunityservices.org)  
for details!!

