CAPE EXPLORER

RESIDENT REGISTRATION OPENS SUNDAY, DEC. 13TH 8PM



KEEPING CAPE ACTIVE WINTER 2027

ONLINE REGISTRATION OPENS SUNDAY 12/13 for residents 8:00 PM

www.capecommunityservices.org

IN PERSON/BY PHONE

(207) 799-2868 OPENS MONDAY 12/14

8:00 am - 4:30 pm

NON-RESIDENT OPENS FRIDAY 12/18 8:00 am - 4:30 pm



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.

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 fee, and programs over $100 = $7. An additional 10% will be added to memberships/parties.**
- **Register for members of your immediate family only.**

OUR MISSION

Provide versatile community programs offering educational, cultural, recreational and social enrichment opportunities to a wide segment of the citizenry. Our commitment to lifelong learning creates a flexible and comprehensive delivery of services which meets the changing needs and interest of the community. We are committed to enhancing and improving the quality of life for the residents of Cape Elizabeth.

Cover Photo credit Brianna Soukup

Adult Fitness

CLASSES	DAY	TIME	DATES	FEE	PROGRAM #
BOOT CAMP	WED/FRI	5:30-6:30 am	1/20-2/26*	$120	273-101
			3/3-4/30*	$168	273-102
JETTI FIT WALKING	SATURDAY	7:30-8:30 am	1/16-3/27*	$120	273-103
FITNESS FUSION	TUES/THURS	8:00-8:50 am	1/19-2/23*	$117	273-104
			3/2-4/13	$169	273-105
WOMEN ON WEIGHTS	WED/FRI	8:45-9:45 am	1/6-2/26*	$154	273-106
			3/3-4/16*	$132	273-107
HEAD TO TOE *NEW*	MON/FRI	7:30-8:30 am	1/4-2/26*	$192	273-108
BODY DYNAMICS	MON,WED/FRI	9:00-10:00 am	1/11-2/26*	$152	273-109
			3/8-4/26	$176	273-110
ESSENTRICS	TUES/THURS	9:00-10:00 am	1/5-2/11	$144	273-111
WEIGHTED WORKOUT WITH ESSENTIAL ESSENTRICS *NEW*			3/9-4/15	$144	273-112
MAT PILATES Intermediate	FRIDAY	10:10-11:00 am	1/8-2/12	$84	273-113
			3/5-4/16	$98	273-114
SENIOR MAT PILATES	FRIDAY	11:10-12:00 pm	1/8-2/12	$84	273-115
			3/5-4/16	$98	273-116
MEN ADD STRENGTH/ WOMEN ON WEIGHTS COMBO	MON/THURS	11:00-12:00 pm	1/7-2/25*	$143	273-117
			3/1-4/15	$154	273-118
COED WEIGHTS	TUES/THURS	5:15-6:15 pm	1/12-2/25*	$132	273-119
			3/2-4/15	$154	273-120
CARDIO STRENGTH INTERVAL TRAINING / CSI	TUES/THURS	6:15-7:15 pm	1/5-2/25	$154	273-121
			3/2-4/15	$154	273-122

BOOT CAMP

with Liz Beausang
(*no class 2/17, 2/19, 4/14, 4/16, 4/21,4/23)
Location: CECS Spin Room
This fitness formula combines strength building with alternated intervals of low to high intensity of plyometrics, cardio, and core! Please bring weights, water & mat to class.

FITNESS FUSION

with Liz Beausang
Location: CS Activity Room
(*no class 2/16, 2/18)
Drop ins-welcome $15
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!

JETTI FIT WALKING

with Susan Janosik
Location: meet at CEHS Fitness Center (*no class 2/13)
Transform Your Walk Into a FUN, Full-Body Workout with Jetti poles! Increase cardiovascular fitness, boost muscle strength and endurance while building community in a group setting.

Adult Fitness

ESSENTRICS®
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. The moves are gentle, improving our range of motion. FMI visit essentrics.com

WEIGHTED WORKOUT WITH ESSENTIAL ESSENTRICS® *NEW*
20 minurtes weights work, 20 minutes Essentrics. A recipe for strength and stability, plus the miracle of Essentrics: stretching that also strenghtens. New to Essentrics? FMI visit essentrics.com

HEAD TO TOE *NEW*
with Suzie Poulin
Location: CS Activity Room
(no class 1/18-make up 1/20, 2/15 make up 2/17)
Rev up your core, building functional strength and sculpting the entire body in this invigorating conditioning class designed for all levels, working at your own pace using weights, body bars, med & stability balls and bands.

BODY DYNAMICS
with Elaine Talevi
Location: CS Activity Room
Drop-ins welcome $10
(*no class 1/18, 2/15)
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.

INTERMEDIATE MAT PILATES
With Emanuela Porcelli
Location: CS Activity Room
Drop ins-welcome $15
(*no class 2/19, 4/23)
Building on fundamental skills such as Pilates breathing, core stability, body alignment and controlled movements, this class introduces flowing sequences, increased repetition, coordination and endurance, while still applying precise technique.

SENIOR MAT PILATES
With Emanuela Porcelli
Location: CS Activity Room
Drop ins-welcome $15
(*no class 2/19, 4/23)
Designed to support overall health and vitality through gentle and effective movements. Sessions will focus on improving pulmonary capacity, enhancing circulation, increasing flexibility, expanding range of motion and building balance for every day stability.

COED WEIGHTS
with Susan Janosik**
Location: CEHS Fitness Center
(*no class 2/16, 2/18)
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 and knees.

WOMEN ON WEIGHTS
with Susan Janosik **
Location: CEHS Fitness Center
(*no class 2/17, 2/19)
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..

MEN ADD STRENGTH (MAS) WOMEN ADD WEIGHTS COMBO
with Susan Janosik**
Location: CEHS Fitness Center
(*no class 1/18, 2/15)
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. All fitness levels..

CARDIO STRENGTH INTERVAL TRAINING
with Susan Janosik
Location: CS Spin Room
(*no class 2/16, 2/18)
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!

** If you are new to these classes, please contact Susan Janosik to set up a weight program 207-939-2255.

Adult Fitness

	DAY	TIME	DATES	FEE	PROGRAM #
LINE DANCING BEGINNER	MONDAY	5:15-6:15 pm	1/4-4/5*	$144	273-123
LINE DANCING IMPROVER		6:30-7:30 pm			273-124
JAZZ	MONDAY	12:00-1:00 pm	1/4-2/22*	$90	273-125
			3/8-4/26	$120	273-126
TAP - ADV. BEG	WEDNESDAY	12:00-1:00 pm	1/6-5/5	$270	273-127
OULA	THURSDAY	6:00-7:00 pm	1/7-2/11	$72	273-128
			3/4-4/15	$84	273-129

LINE DANCING



with Amy Bates
Drop ins welcome $15
(* No class 1/18, 2/15)
Join in on the recent popularity of line dancing! This is such a great way to move your body, exercise your brain, dance away your worries and make new friends. In Amy's classes, the #1 goal is to have FUN and the best move on the dance floor is always a SMILE. There are two options depending on your experience level:

BEGINNER LINE DANCING

Are you brand new or maybe you've taken lessons before but prefer a slower-paced class? This one's for you. 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.

IMPROVER LINE DANCING

This class is for those of you who've taken beginner lessons and want to challenge yourself and pick up the pace a bit. We will learn high beginner and improver level dances that are popular in honky tonks across the country.

JAZZ DANCE

with Kristin Sutton
(*No class 1/18, 2/15)
Jazz combines many styles and techniques from street styles to Broadway to ballet. Incorporating a broad range of musical genres, jazz classes are a great workout and a fun way to release stress! Class will begin with a warm up consisting of stretching, isolations and across-the-floor combinations, followed by choreography For footwear, please wear ballet slippers, jazz shoes, or go in bare feet.

OULA DANCE FITNESS

with Cholla Foote
Drop-ins welcome $15
OULA merges cardio with follow along choreography, mindfulness practices, and an energetic pop soundtrack. This class 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.

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. **Previous tap experience and knowledge of basic tap steps required**.

Adult Fitness

	DAY	TIME	DATE	FEE	PROGRAM #
GENTLE HATHA YOGA	MONDAY/ WEDNESDAY	10:15-11:30 am	1/4-2/17*	$132	273-130
			3/1-4/26	$187	273-131
YOGA ALL LEVELS	WEDNESDAY	6:00 - 7:15 pm	1/6-2/17	$77	273-132
			3/3-4/21	$88	273-133
TAI CHI	WEDNESDAY	1:30-2:30 pm	3/3-4/21	$80	273-134
FOUNDATIONAL STRENGTH	THURSDAY	10:10-10:30 am	3/4-4/22	$32	273-135
QIGONG	THURSDAY	10:30-11:30 am	3/4-4/22	$80	273-136
MONTHLY CHAIR YOGA	FRIDAY	12:15-1:15 pm	1/8,2/5, 3/5, 4/2	FREE	273-137

GENTLE HATHA YOGA

with Sharon Wilke
Drop-ins welcome $13
(*No class 1/18, 2/15)
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
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.

FOUNDATIONAL STRENGTH FOR QIGONG

with Stephanie Carlson
Drop-ins welcome $4
We will use gentle strengthening and stretching exercises in sitting and/or on a mat to support better body mechanics in the qigong class which immediately follows.

QIGONG FOR BALANCE & HEALTH

with Stephanie Carlson
Drop-ins welcome $10
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 simple Qigong movements as well as focusing on other balance exercises and practices.

TAI CHI FOR BETTER FUNCTION

with Stephanie Carlson
Drop-ins welcome $10
Tai chi supports our daily functioning through improved ROM, strength, coordination, agility, and overall balance. This 8 week session will explore Master Yang's 7 Step Evidence Based curriculum and is appropriate for all levels..

MONTHLY CHAIR YOGA



$15 for non residents
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.

Adult Fitness

	DAY	TIME	DATE	FEE	PROGRAM
SOCCER	SUNDAY	5:00-6:30 PM	1/10-3/28*	$88	273-138
		6:30-8:00 PM		$96	273-139
VOLLEYBALL	WEDNESDAY	7:00-10:00 PM	3/3-5/12*	$5 DROP IN FEE	
BASKETBALL DROP IN HOOPS	WEDNESDAY	8:15-10:00 PM	1/6-4/14*	$5 DROP IN FEE	
ALL LEVELS TENNIS	SATURDAY	9:00-10:00 AM	2/27-4/3	$120	273-140
PICKLEBALL	TUESDAY/ THURSDAY	7:00-8:30 PM	1/12-1/28	$108	273-141
ADULT SKATE	TUESDAY/ THURSDAY	8:30-9:00 AM	1/5-1/21	$120	273-142
			1/26-2/11		273-143

DROP IN HOOPS/ ADULT BASKETBALL

Location: MS Gym (No 4/21)

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 SOCCER

with David Croft (5:00 PM, NO SOCCER 1/17) AND David Peary (6:30 PM, YES 1/17)

Location: HS Gym

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 4/21)

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

ADULT ALL LEVELS TENNIS

with Niamh Colpitts

Location: Pond Cove Gym This class is for players who are new to tennis or returning players. Classes will cover basic fundamentals of tennis and court positioning, as well as correct grips and proper scoring in a fun, low key environment. All levels welcome.

PICKLEBALL

with Jim Clark

Location: Pond Cove Gym

This If you have taken Jim Clark's Beginner Pickleball class in the past and are interested in continuing to develop skills while palying games with others of a comparable level, then this weekly clinic is for you. Jim will focus on a particular skill then devote the rest of the session to organized play.

ADULT SKATE (18+)

(SNOW DAY make up dates S1:1/22 & 1/25 S2: 2/23 & 2/25)

Whether you are newer to the sport or revisiting/continuing on your skating journey, this class fosters a welcoming environment with support! This 30 minute lesson involves targeted group and individual instruction. Please keep the safety of your body in mind, use necessary protective gear including helmets and consult with your doctor if you're longing to skate yet feeling at all physically hesitant to partake in this class. We are excited to support you on starting or continuing your journey!

Adult Art & Enrichment

LEARN TO PLAY 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. Please note, game is played in groups of four, so attendance at all sessions is requested. Cards may be purchased at Nationalmahjonggleague.org/store

Time: 9:30-11:30 am
Fee: $72 + bring your own 2026 Mah Jongg card
Location: CS Community Room
Instructor: Sandy Larlee & Janie Zimmerman

Date: Session 1: Mondays 1/4-2/22 (no class 1/18, 2/15)
Program # 273-144

Date: Session 2: Mondays 3/8-4/12
Program # 273-145

ADVANCED BEGINNER/BEGINNER MAH JONGG

Build your Mah Jong confidence with this class geared towards individuals who have either taken our "Learn to Play" class or have basic game knowledge and a community to play with. We will assist with game strategies and development. Please note that while guidance is available as needed, this session is **not intended for absolute beginners**. Come meet and mix with new players and sharpen your skills!
Time: 12:30-2:30 pm
Fee: $48 + bring your own 2026 Mah Jongg card
Location: CS Community Room
Instructor: Sandy Larlee & Janie Zimmerman

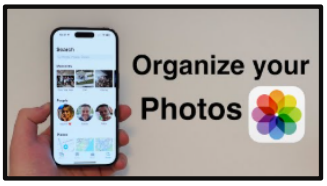
Date: Session 1: Mondays 1/25-2/22 (no class 2/15)
Program # 273-146

Date: Session 2: Mondays 3/22-4/12
Program # 273-147

MASTERING IPHONE PHOTOS *NEW*

The first iPhone came out almost 20 years ago! And it has revolutionized the way we take photos. The iPhone Photos app has undergone many recent changes which make organizing, using and sharing our photos even easier. Join this class to explore the full Photos app and learn simple steps to build a photo library that is organized and easy to enjoy.
Location: CS Community Room
Fee: $30
Instructor: Andrea Bryant, Ocean House Memories
Date: Friday 2/26
Time: 10:30 am - 12:00 pm
Program # 273-148

Date: Tuesday 3/9
Time: 6:00-7:30 pm
Program # 273-149



EMBROIDERY WORKSHOP (ages 12+)

Join us for a fun and creative beginner embroidery workshop where you'll learn the basics of hand embroidery in a relaxed, supportive environment! All materials are provided - including a cozy sweatshirt or t-shirt that you'll get to personalize with a unique embroidery pattern. Leave with a wearable piece of art and the skills/materials to keep stitching on your own!
Dates: Thursday 3/11
Time: 6:00-8:00 pm
Location: CS Community Room
Fee: $70
Instructor: Jen Weidner
Program # 273-150



Adult Art & Enrichment

WATERCOLOR PAINTING for BEGINNERS

Discover the wonderful world of Watercolor. In this class, you will learn the basic watercolor techniques wet-in-wet, dry brush and graded washes. Basic art concepts such as value and perspective and of course color mixing will also be covered. The first week, the instructor will provide paint, brushes and watercolor paper. Options for selecting high quality, budget friendly watercolor materials will be discussed to help you purchase your supplies. Please bring a container (16 oz or larger) for rinsing your brushes, and paper for note taking.
Date: Wednesday 1/6-1/27
Time: 10:15 am - 12:15 pm
.Fee: $60
Location: CS Community Room
Instructor: Martha Clark
Date: Program # 273-151

WATERCOLOR STUDIO

This class is for all watercolorists, from beginner thru intermediate. Each week we will explore a different art concept or watercolor technique. Giving each painter an opportunity to try new ideas, improve skills and enjoy painting in a relaxed setting Beginners: the instructor will provide supplies for the first week and give you suggestions for later purchases. All others please bring watercolor brushes, 100 % cotton watercolor paper, rinse container, pencil and paper for note taking, and oh yes, watercolor paint!
Location: CS Community Room
Time: 10:15-12:15 pm
Fee: $70
Instructor: Marty Clark

Session 1
Dates: Wednesday 2/3-3/10 (no class 2/17)
Program # 273-152

Session 2
Dates: Wednesday 3/24-4/28 (no class 4/21)
Program # 273-153

BEYOND THE PALETTE: WATERCOLOR & INK ADVENTURES *NEW*

Ready to take your watercolor practice out into the real world? This course is the perfect next step for watercolor basics graduates (see Marty Clarks 4 week course) looking to expand their skills, as well as an inviting doorway for newcomers who want a supportive framework for painting. By pairing the structured "safety net" of waterproof ink lines with fluid watercolor techniques, we remove the pressure of the blank page and focus on a mindful, process-over-product approach (Fun over perfection.) The adventure includes hands-on studio sessions as well as inspiring, on-location sketching field trip. You will leave with a vibrant sketchbook full of memories, a deeply developed personal style, and the confidence to sketch anywhere.
Location: CS Community Room
Instructor: Steve Addario, Sketching Adventures
.Fee: $119
Date: Thursdays 3/18-4/22
Time: 1:00-2:30 pm
Program # 273-154

OPEN ART SPACE

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

Date: Tuesdays 1/5-4/27
Time: 10:15-noon
Fee: $3 drop in
Location: CS Community Room

Adult Art & Enrichment

INSPIRATION SPARKS: A 4-WEEK SKETCHING CHALLENGE! *NEW*

🎨 Kickstart Your Creative Habit This January!
Do you want to draw, paint, or create more often, but struggle to find the time? Skip the pressure of long art projects and join a supportive online community for the Inspiration Sparks Sketching Challenge! We will explore one fun creative theme each week with short, bite-sized sketching prompts delivered right to your inbox.
Dates: online kickoff 1/3
Fee: $45
Instructor: Steve Addario
Program # 273-155

EVENING MURAL PAINTING FOR BEGINNERS

Turn your creative sparks into larger-than-life works of art - or beautiful custom accents for your home this winter! Join us for a fun, beginner-friendly mural painting course. No prior experience is needed. All materials are provided.

In this supportive class, you'll learn the exact scaling, layout, and painting tools used by muralists while helping to bring a large-scale mural to life inside the Community Center. Best of all, you'll discover how these same professional techniques can be brought home to add life to your own living room, bedroom, nursery, or bathroom. Whether you dream of painting a large public mural, lettering a beloved poem onto a wall, or adding small decorative flourishes to a quiet corner, you'll leave with the confidence to try it. Once you know the tools, no project is too small!
Dates: Wednesdays, January 13 and 20 (2 classes)
Time: 6-8:30 pm
Location: CS Community Room
Fee: $125
Instructors: Phaedra Schmidt, Mural Marketing LLC and Steve Addario, Sketching Adventures
Limited scholarships available. Contact Steve at roadtocreativity@gmail.com
Program # 273-156



BEST CLOTHING & MAKEUP COLORS FOR YOUR COLORING

In this fun interactive class, you'll be draped in a variety of colors to learn about warmer and cooler tones to determine what types of colors look best on you. You'll also receive recommendations for eye shadows, blush and lipsticks, along with sunglasses colors and jewelry metals to flatter your coloring!! Please wear a lower neckline to class.
Date: Tuesday 3/16
Time: 5:30-8:00 pm
Fee: $35
Location: CS Community Room
Instructor: Candace Sanborn, Radiant Image
Program # 273-157

OPEN WOOD SHOP *It's BACK!!

If you are a beginner, safe operation of woodworking equipment and basic woodworking skills will be covered. If you are a veteran, consultation will be provided as needed. Come to class prepared to start your project. Fee includes the $15 lab fee which will go to CEHS wood shop.
Date: Wednesday 1/13-3/24
Time: 6:00-9:00 pm
.Fee: $110
Location: HS Wood Shop
Instructor: John Fabish
Date: Program # 273-158

Adult Art & Enrichment

THE SHIPWRECKS OF CAPE ELIZABETH

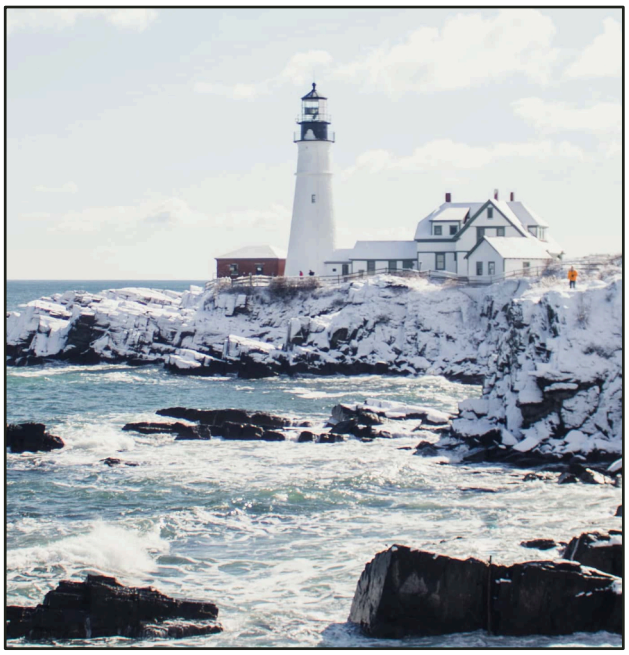
FREE

Learn about a few of the nearly one-hundred shipwrecks that have occurred in waters off Cape Elizabeth.
Location: CS Community Room
Instructor: Dominic Walker, Fort Williams Visitor Services Supervisor
Fee: FREE (Registration Required)
Date: Thursday 1/14
Time: 6:00-7:00 pm
Program # 273-159

AROUND THE WORLD AT PORTLAND HEAD *NEW*

FREE

Discover the global connections at Fort Williams & Portland Head Light, including some stories from their roughly one-million annual visitors.
Location: CS Community Room
Instructor: Dominic Walker, Fort Williams Visitor Services Supervisor
Fee: FREE (Registration Required)
Date: Wednesday 3/10
Time: 6:00-7:00 pm
Program # 273-160



FORT WILLIAMS & CAPE HISTORY MUSEUM TOUR *NEW*

Always meant to stop in, but haven't? Visit rooms and view artifacts not normally open to the public - such as an original 17th century Jordan family will! Come explore this gem of a museum. Cape Elizabeth Historical Preservation Society volunteer docents will offer a guided tour of the museum's exhibits on Fort Williams' historic significance as well as the history of Cape Elizabeth itself. And, CEHPS archivists will share how you can access the online database that contains over 16,900 digital images and information.
Time: 10:00 am - 11:30 am
Location: Bldg. 326, 1000 Shore Road, Cape Elizabeth - the large brick building. Enter through the front door.
Fee: Free (though donations to CEHPS welcomed

FREE

Date: Saturday 3/13
Program # 273-161

Date: Monday 3/15
Program # 273-162

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 Conference Room
Instructor: Jacki Farrell, Financial Advisor Edward Jones
Fee: FREE (Registration Required)
Date: Tuesday 2/9
Time: 10:00-12:00 pm
Program # 273-163

FREE

Date: Wednesday 4/14
Time: 10:00-12:00 pm
Program # 273-164

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.

GAME DAY FRIDAYS!



Join your friends and neighbors for a fun-filled morning 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 play with others.



Date: Fridays
Time: 10:00am-11:30am
Location: CS Conference Room

DOWNSIZING TO SELL SEMINAR

If you are considering a move now or in the future, you owe it to yourself to be prepared. Reserve your seat for this FREE 90 minute seminar on practical solutions for decluttering and getting your home ready to sell.



Date: Tuesday, January 5
Time: 1:00pm-2:30pm
Free - Registration Required
Location: CS Community Room
Presenter: Rachel Davis, Legacy Living
Program #: 273-165

AN OLD-FASHIONED FAMILY MURDER

Join your friends at the Good Theater for a comedy to die for! A murder. A mystery. A mother. With backstabbing, love and some mother-knows-best advice, it soon becomes clear that nothing – and no one – is what it seems. **No refunds after January 7. Level I**

Date: Wednesday, January 27
Time: 1:00pm-4:30pm
Fee: $35 (includes bus and show)
Program #: 273-166

SEAGLASS ART WORKSHOP

In this hands-on Sea Glass Art Workshop, you'll design your own framed masterpiece using an assortment of sea glass, shells, driftwood, starfish, and other coastal treasures. Whether you're a seasoned crafter or trying something new, this class is a fun and memorable way to connect with the beauty of the Maine coast. Once we have created our seaglass project, we will have lunch at Federal Jacks. **No refunds after December 30.**

Level I



Date: Thursday, January 14
Time: 8:45am-2:45pm
Fee: $48 (Includes bus & workshop)
Program #: 273-167

VINTAGE HOLLYWOOD VALENTINE'S DAY PARTY

The red carpet is rolling out for you! Bring a friend to the South Portland Rec Center and step into the golden age of Hollywood for the afternoon. Dress to impress as you walk the red carpet, sip cider, and celebrate with an afternoon of vintage Hollywood magic. Social hour with bite-sized apps, lunch and dessert will be served. A special musical guest and Valentine's treats included.

No refunds after January 29. Level I



Date: Friday, February 12
Time: 11:40am-2:15pm
Fee: $29 (includes bus, lunch & entertainment)
Program #: 273-168

THE REAL SHERLOCK HOLMES

Join us at the Portland Stage for a hilarious whodunit! A young medical student, Arthur Conan Doyle, tags along with his professor to investigate a murder. In this fast-paced whodunit, traveling from ballrooms to bogs, we hear the story of how the Real Sherlock Holmes came to be. **No refunds after January 19. Level I**



Date: Thursday, February 18
Time: 1:00 pm-4:30pm
Fee: $60 (includes bus and show)
Program #: 273-169

Adult Outings

BACKYARD BIRDING

Your backyard provides a window into the natural world and there are a number of steps you can take to make it wildlife-friendly. Join Maine Audubon here at CECS for a program to learn best practices for attracting and supporting birds in your yard throughout the colder months. **No refunds after February 9.**

Date: Tuesday, February 23
Time: 1:00pm-2:00pm
Fee: $17
Location: CS Community Room
Program #:273-170



THE GREEN LADLE & BATES ART MUSEUM

We will start our afternoon with lunch at the Green Ladle, which is the culinary arts program at Lewiston Regional Technical Center. After lunch we will head over to the Bates Museum of Art. The Dragon Bridge to Heaven: Yao Shamanic Art will be on exhibit and includes ritual books, shamans' vestments, crowns and masks, weapon rattles, spirit money stamps, and scrolls. **No refunds after February 17.** **Level II**

Date: Thursday, March 4
Time: 9:45am-2:30pm
Fee: $33 (includes bus, lunch & museum)
Program #: 273-171

ALL ABOUT BALANCE

This is an educational workshop led by a Doctor of Physical Therapy. Participants will gain insights into the anatomy and physiology of their balance systems, how these systems change with age, and evidence-based interventions to enhance balance.
No refunds after February 25. **Level I**

Date: Friday, March 12
Time: 11:00am-12:00pm
Fee: $17
Location: CS Community Room
Program #: 273-172

REBEL WITHOUT A CAUSE

Bring your friends and join us for a fun movie outing with fellow recreation groups to see the classic film Rebel Without A Cause, starring James Dean & Natalie Wood. The fee includes the movie, popcorn, fountain soda and bus. You can also order from Smitty's menu for any items you'd like to purchase.
No refunds after March 17. **Level I**



Date: Wednesday, March 31
Time: 10:15am-2:30pm
Fee: $24
Program #: 273-173

MOMIX BOTANICA

Portland Ovations presents an immersive visual theater experience that follows the rhythms of the seasons. The performance combines high-energy contemporary dance and acrobatics with inventive props, whimsical puppetry, and cinematic projections set to a diverse score ranging from natural birdsong to Vivaldi**.** After the show we will walk to The Press Hotel for lunch at The Union.
.**No refunds after March 18.** **Level I**

Date: Thursday, April 8
Time: 9:00am-1:15pm
Fee: $13 (includes bus and show)
Program #: 273-174

GOAT HIKE

We will be visiting Ten Apple Farm in Gray. We will start with a tour of the farm followed by a hike. The hike consists of an approximately 1.5 mile loop through the woods on lightly groomed trails. Along the way we'll talk about the wide variety of things goats are used for, and you'll learn a thing or two about raising and caring for goats. After the hike, you'll be able to sample some fresh goat milk and cookies! **No refunds after April 14**.
Level III



Date: Wednesday, April 28
Time: 9:00am-1:00pm
Fee: $33
Program #: 273-175

Aquatics

ALL 18+	DAY	TIME	DATES	FEE	PROGRAM
WATER WORKS	MON/WED/FRI	8:00-8:55 AM	1/4-1/27*	$72	273-200
			2/1-2/24*	$65	273-201
			3/1-3/29*	$78	273-202
			4/2-4/28*	$72	273-203
LIGHTHOUSE MASTERS	MON/WED/FRI	5:30-6:45 AM	1/4-2/24*	$200	273-204
			3/1-4/28*	$230	273-205
COAST ENDURANCE	TUES/THURS	5:30-6:45 PM	1/5-2/25*	$117	273-206
			3/2-4/29*	$144	273-207
PACE RACE CHASE	SUNDAY (ADVANCED)	10:00-11:00 AM	1/3-2/21*	**$120**	273-208
			3/7-4/18	**$105**	273-209
	SUNDAY (BEG/MID LEVEL)	11:00-12:00 PM	1/3-2/21*	**$120**	273-210
			3/7-4/18	**$105**	273-211
	TUESDAY (ALL LEVELS)	1:00-2:00 PM	1/5-2/16	$105	273-212
			3/2-4/20	$120	273-213
	FRIDAY (ALL LEVELS)	11:30-12:30 PM	1/8-2/19	$105	273-214
			3/5-4/23	**$120**	273-215
ADULT SWIM LESSONS	WEDNESDAY	5:45 - 6:30 PM	1/6-2/10	**$60**	273-216
			2/24-3/31		273-217

PACE RACE CHASE

ADVANCED, ENTRY LEVEL, BEGINNER *time change 2/7

Join Coach Kirsten Read in a daytime masters swimming small group workout. Every workout combines technique focus/drills, endurance, pacing, and strategy focusing on freestyle. Video taken every workout and emailed. FMI on levels visit www.capecommunityservices.org

ADULT SWIM LESSONS

(16+)

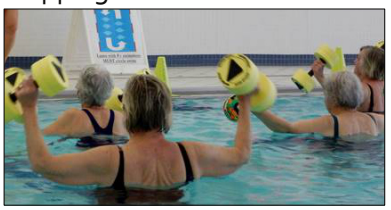
This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals.

COAST ENDURANCE

WITH TODD LARLEE

(*No class 2/11, 2/16, 2/18, 4/20, 4/22)

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.



WATER WORKS

WITH SUSAN FARADY

(*No class 2/15, 3/5, 4/19. The last day of the month is held for snow day make up)

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

LIGHTHOUSE MASTERS

WITH TODD LARLEE

(***No workout 1/18, 2/15, 2/17, 2/19, 4/19, 4/21, 4/23)**

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

Aquatics

WINTER SESSION 1:
January 7 – February 27
Thursdays-1/7-2/11 (6 classes)
Saturdays-1/9-2/27 (no class 2/13, 2/20, 6 classes)

WINTER SESSION 2:
February 25 - April 3
Thursdays- 2/25-4/1 (6 classes)
Saturdays-2/27-4/3 (6 classes)

***Registration for Winter 2 opens for residents Monday 2/8 8:00am, non-residents Friday 2/12 8:00 am**

				Session 1	Session 2*
BARNACLES 1/2	Thursday	10:00-10:30 am		273-218	273-238
BARNACLES 1	Saturday	9:00 - 9:30 am		273-219	273-239
BARNACLES 2		9:30 - 10:00 am		273-220	273-240
TURTLES		10:00-10:30 am		273-221	273-241
DUCKLINGS 1/2	Thursday	10:30 - 11:00 am		273-222	273-242
DUCKLINGS 1	Saturday	9:00 - 9:30 am		273-223	273-243
		10:00-10:30 am	$45	273-224	273-244
DUCKLINGS 2		9:00 - 9:30 am		273-225	273-245
		10:30 - 11:00 am		273-226	273-246
DOLPHINS 1		9:30 - 10:00 am		273-227	273-247
		10:00-10:30 am		273-228	273-248
DOLPHINS 2		9:30 - 10:00 am		273-229	273-249
		10:30 - 11:00 am		273-230	273-250
LEVEL 1		9:00 - 9:45 am		273-231	273-251
		10:30 - 11:15 am		273-232	273-252
LEVEL 2		9:00 - 9:45 am		273-233	273-253
		10:30 - 11:15 am	$60	273-234	273-254
LEVEL 3		9:45 - 10:30 am		273-235	273-255
		10:30 - 11:15 am		273-236	273-256
LEVEL 4/5		9:45 - 10:30 am		273-237	273-257

Cape Cyclones Swim Club **(grades 3-8)**

This developmental program provides the opportunity for swimmers to improve their stroke technique in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool with a basic freestyle stroke, one length on their back and be comfortable submerging their heads under water. We do require all swimmers to have a pair of goggles that do not cover the nose. Swimmers will participate in friendly swim meets with the focus on setting goals and improving personal best times. Swim meet with SoPo Riptide TBD.

Dates: Tuesday/Thursday 4/6-5/27 (no class 4/15, 4/20, 4/22)
Time: 3:00-4:15 pm (parent pick up or extended Cape Care only, **no late bus**)
Fee: $165
Program # 273-258

Youth

RHYTHMIC GYMNASTICS
(Age 4 - Gr 2)

Join our rhythmic gymnastics class to 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.

Location: CS Activity Room
Instructor: Asya Vinokur, Maine Rhythmic Gym.

AGES 4 - 5

Day: Thursdays, 2:30 - 3:00 pm

Session 1:	**Session 2:**
Dates: 1/7 - 2/11	**Dates:** 3/4 - 4/8
Fee: $90	**Fee:** $90
Program # 273-310	**Program #** 273-311

GRADES K - 2

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

Session 1:	**Session 2:**
Dates: 1/7 - 2/11	**Dates:** 3/4 - 4/8
Fee: $120	**Fee:** $120
Program # 273-312	**Program #** 273-313

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, 1/4 - 3/1 (no class 1/18, 2/1, 2/15)
Fee: $86
Program # 273-314

SESSION 2

Dates: Mondays, 3/8 - 4/5
Fee: $72
Program # 273-315

Winter Fun Days

Come enjoy sledding, snow-building, and free hot chocolate with our community at Fort Williams Park's Ship Cove area! A number of sleds will be available for public use.

Jan. 10th, Feb. 7th, & Mar. 7th.
12pm-2pm
(weather dependent)

LITTLE SAMURAIS (Ages: 4-5)

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 never give up!

Time: 2:15 - 2:45 pm
Instructor: Dragon Fire Martial Arts
Location: CS Spin Room

SESSION 1

Dates: Wednesdays, 1/6 - 2/24 (No class 2/17)
Fee: $100
Program # 273-316

SESSION 2

Dates: Wednesdays, 3/3—4/14 (No class 3/24)
Fee: $86
Program # 273-317

BUILD A BIRDHOUSE
(Caregiver & Child)

Young builders will learn basic woodworking skills while crafting their very own birdhouse to take home. It's the perfect opportunity for them to get their hands dirty, have fun, and create something special for the birds just in time for spring nesting season. All materials and tools provided!

Date: Saturday, 2/13, 12:00 - 3:00 Pm
Fee: $40/caregiver & child
Location: CS Community Room
Instructor: Dominic Walker
Program # 273-318



Youth

ANIMAL TRACKING FOR FAMILIES (Caregiver & Child)

Children and their caregivers will join CELT education coordinator, Ali Gustavson, on a light hike through Runaway Farm.
Participants will search for signs of the changing seasons, animal tracks and winter adaptations. They will also get a chance to practice tracking.
Participants should wear warm, dry clothing and sturdy footwear for potentially icy conditions.
Date: Monday, 2/1, 10:30 - 11:30 am
Fee: $6/parent & 1 child, $3 add'l child
Location: 1 Gull Crest Ave. Upper Parking Lot of Gull Crest Field, closest to Spurwink Ave.
Instructor: Cape Elizabeth Land Trust
Program # 273-

CHORUS (Gr. 3-4) *NEW*

3rd and 4th graders are invited to come and sing in a choral setting. This class will conclude with a brief concert for family and friends during our final class!
Dates: Tuesdays, 3/2 - 4/6
Time: 3:05 - 4:05 pm
Fee: $43
Location: PC Music Room
Program # 273-320

TAP & JAZZ (Gr: K - 3)*NEW*

This class explores beginning tap and jazz techniques. Each class will include warm-up, stretching, rhythm exercise, progressing dance steps, working with classmates and improvisation. Tap shoes are required for this class.
Day: Wednesdays
Time: 3:05 - 4:05 pm
Fee: $103
Location: CS Activity Room
Instructor: Brio Dance Studio

SESSION 1	SESSION 2
Dates: 1/6 - 2/10	**Dates:** 2/24 - 4/7*
Program # 273-321	**Program #** 273-322

* No class 3/24

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:	Session 2:
Dates: 1/5 - 2/9	**Dates:** 2/23 - 4/6*
Fee: $103	**Fee:** $120
Program #: 273-323	**Program #:** 273-324

GRADES 3-5
Day: Tuesdays, 4:05 - 5:05

Session 1:	Session 2:
Dates: 1/5 - 2/9	**Dates:** 2/23 - 4/6*
Fee: $103	**Fee:** $120
Program #: 273-325	**Program #:** 273-326

* No class 2/16

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:	Session 2:
Dates: 1/4 - 3/1*	**Dates:** 3/8 - 4/5
Fee: $103	**Fee:** $86
Program # 273-327	**Program #** 273-328

GRADES 3-5
Time: 4:05 - 5:05 pm

Session 1:	Session 2:
Dates: 1/4 - 3/1*	**Dates:** 3/8 - 4/5
Fee: $103	**Fee:** $86
Program # 273-329	**Program #** 273-330

*No class 1/18, 2/1, 2/15

Youth

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: 1/8 - 4/2 (No class 2/19, 3/12, 3/19)
Fee: $186
Location: Pond Cove Gym
Instructor: Mairead Stillson

BEGINNERS: (Gr: K-4)

Time: 3:05 - 4:05 pm
Program # 273-331

ADVANCED: (Gr: 3-8)

Time: 4:05 - 5:05 pm
Program # 273-332

SHiNE DANCE FITNESS (Gr: 5 - 8) *NEW*

Love music? Love to dance? SHiNE Dance Fitness™ is a high-energy class set to the hottest pop and hip hop hits! Get ready to learn fun, easy-to-follow choreography. Laugh, move, and make new friends in a supportive, judgment-free space. More than a workout, SHiNE is a community where you can sweat, smile, and leave feeling stronger, happier, and totally ready to SHiNE!

Day: Thursdays
Time: 2:45 - 4:00 pm
Fee: $90
Location: HS Cafeteria
Instructor: Rachel Rosenfield

SESSION 1

Dates: 1/7 - 2/11
Program # 273-333

SESSION 2

Dates: 2/25 - 4/1
Program # 273-334

MUSICAL THEATER (Gr: K-2)

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. Please note: due to the shorter session there will not be a final performance.

Dates: Mondays, 4/5 - 5/24 (No class 4/19)
Time: 3:05 - 4:30 pm
Fee: $115
Location: PC Cafetorium
Program # 273-335

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. 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 Spin Room
Instructor: David Cimato
Fee: $77

GRADES 1-2

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

Session 1:	**Session 2:**
Dates: 1/8 - 2/12	**Dates:** 2/26 - 4/9*
Program # 273-336	**Program #** 273-337

GRADES 3-4

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

Session 1:	**Session 2:**
Dates: 1/4 - 3/1**	**Dates:** 3/8 - 4/12
Program # 273-338	**Program #** 273-339

GRADES 5-8

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

Session 1:	**Session 2:**
Dates: 1/8 - 2/12	**Dates:** 2/26 - 4/9*
Program # 273-340	**Program #** 273-341

* No class 3/19 ** No class 1/18, 2/1, 2/15

Youth

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.
Time: Thursdays, 3:05 - 4:05 pm
Location: CS Community Room
Instructor: Natalie Hoch

SESSION 1
Dates: 1/7 - 2/11
Fee: $115
Program # 273-342

SESSION 2
Dates: 3/4 - 4/8 (No class 3/18)
Fee: $96
Program # 273-343

ART CLUB (Gr: 3-4)

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

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

Session 1:	**Session 2:**
Dates: 1/5 - 2/9	**Dates:** 2/23 - 4/6
Fee: $120	**Fee:** $140
Program # 273-344	**Program #** 273-345

GRADE 4
Time: Mondays, 3:05 - 4:05 pm
Fee: $120

Session 1:	**Session 2:**
Dates: 1/4 - 3/1*	**Dates:** 3/8 - 4/12
Program # 273-346	**Program #** 273-347

* No class 1/18, 2/1, 2/15

STRING, BLING & EVERYTHING (Gr: 5-7)

Middle schoolers are invited to focus on new and expanded crafting! Macrame, simple sewing, jewelry, fashion, paper art and yarn. This will be a familiar and free environment to take materials (and some simple skills) to make new imaginative creations.
Session 1 will progress into Session 2, but students are welcome to join both or just one!

Day: Tuesdays, 2:30 - 4:00 pm
Location: Middle School Art Room
Fee: $150
Instructor: Natalie Hoch

SESSION 1
Dates: 1/5 - 2/9
Program # 273-348

SESSION 2
Dates: 3/2 - 4/6
Program # 273-349

PRINT & BOOK MAKING (Gr: 5 - 7) *NEW*

Join us for an exploration of all things print! Throughout this course, we will play around with a wide variety of printmaking techniques including monotype and linoleum block carving on both paper and fabric. Additionally, we will learn to showcase our printed work through making our very own books using snake, pamphlet, and accordion binding.
Dates: Thursdays, 1/7 - 2/11
Time: 2:30 - 4:00 pm
Fee: $120
Location: Middle School Art Room
Instructor: Hannah Babcock
Program # 273-350



Youth

DRAWING CLASS (Gr: 5 - 7)

In this session, kids will explore different drawing techniques, experiment with various art materials, and bring their imaginations to life on paper. Each week, students will work on fun projects such as self portraits, landscapes, animals, and more, developing their skills and confidence as young artists.

Dates: Thursdays, 3/4 - 4/8
Time: 2:30 - 4:00 pm
Fee: $120
Location: Middle School Art Room
Instructor: Hannah Babcock
Program # 273-351

KARATE KIDS (Gr: K-8)

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

Instructor: Dragon Fire Martial Arts
Location: Pond Cove Gym

SESSION 1
Dates: Monday/Wednesday, 1/4 - 2/24*
Fee: $172

Beginner	Advanced
Time: 3:05 - 4:05 pm	**Time:** 4:05 - 5:05 pm
Program # 273-352	**Program #** 273-353

SESSION 2
Dates: Monday/Wednesday, 3/3 - 4/14
Fee: $186

Beginner	Advanced
Time: 3:05 - 4:05 pm**	**Time:** 4:05 - 5:05 pm**
Program # 273-354	**Program #** 273-355

* No class 1/18, 2/1, 2/15, 2/17
** 3/24 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: $155
Location: CS Community Room
Instructor: Lighthouse Health and Safety

SESSION 1	SESSION 2
Date: Saturday, 1/23	**Date:** Saturday, 3/27
Program # 273-356	**Program #** 273-357

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 hands-on 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 are included in addition to 30 hours of in-person classroom time.

Days: Monday - Thursday
Time: 6:00 - 8:30 pm
Fee: $625
Location: CS Community Room
Instructor: Tim O'Carroll

SESSION	PROGRAM #
Session 1: 1/25 - 2/11*	273-358
Session 2: 3/22- 4/8	273-359

* No class 1/19

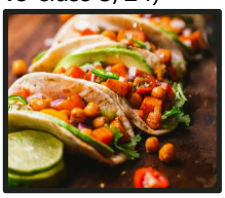
Youth

BAKING 101 (Gr: 2-4)

Join Cape Elizabeth High School Home Economics teacher, Sarah Boeckel, to learn the basics of baking!
In each class, we will cover fundamentals such as measuring, understanding ingredients, and mastering proper cooking and decorating techniques. Participants will create a variety of delicious baked goods, both sweet and savory.
Dates: Wednesdays, 1/6 - 2/10
Time: 3:05 - 4:15 pm
Fee: $120
Location: CS Community Room
Instructor: Sarah Boeckel
Program # 273-360

STREET FOOD FESTIVAL (Gr: 2-4)

In this hands-on culinary adventure young chefs will explore global cultures, bold flavors, and fun handheld foods as students work together to make foods made popular by street vendors from around the world.
Dates: Wednesdays, 2/24 - 4/7 (No class 3/24)
Time: 3:05 - 4:15 pm
Fee: $120
Location: CS Community Room
Instructor: Sarah Boeckel
Program # 273-361



CIRCUIT MAKERS 101 (Gr: K - 2)

Let's get creative with electricity! In this hands-on class, students will gain experience with creating their own electronics; designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Most classes include a take-home project. Please note: due to high interest, this class is a repeat of the session offered in the fall.
Date: Fridays, 1/8 - 2/12
Time: 3:05 - 4:30 pm
Fee: $180
Location: CS Community Room
Instructor: Circuit Lab
Program # 273-362

SONG WIZARDS WORKSHOP (Gr: 2 - 4)

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. They will 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.
Time: Thursdays, 3:05 - 4:05 pm
Fee: $130
Location: CS Spin Room
Instructor: Graham Dickson

SESSION 1	**SESSION 2**
Dates: 1/7 - 2/11	**Dates:** 3/4 - 4/8
Program # 273-363	**Program #** 273-364

ROBOT COMMANDERS 101 (Gr: K - 2)

Understanding how software can interact with robots is a key skill for the STEM jobs of tomorrow. In this class we provide several active, playful activities, where students learn about what it means to write, debug, and execute computer programs that communicate with different robotic devices. Using the power of code, students will turn Sphero SPRK+ robots into Magic 8 Balls, automated Red Light / Green Light games, and the arcade classic Pong – and Unruly Splats will become our voting machines, relay races, guessing games, and more. Please note: due to high interest, this class is a repeat of the session offered in the fall.
Date: Fridays, 2/26 - 4/9 (No Class 3/19)
Time: 3:05 - 4:30 pm
Fee: $180
Location: CS Community Room
Instructor: Circuit Lab
Program # 273-365

Youth

BUGS, BUGS, BUGS (Gr: K-2)

Become an entomologist and learn all about bugs, bugs, bugs! Explore the main features, bug senses, and some bugs that aren't actually bugs. Discover bug life cycles and much more!

Dates: Mondays, 1/4 - 3/1 (no class 1/18, 2/1, 2/15)
Time: 3:05 - 4:05 pm
Fee: $130
Location: CS Community Room
Program # 273-366



ENERGY & ME (Gr: 2-4)

Discover electricity and energy! Learn about current electricity, static electricity, and solar radiation. Explore illusions and refraction.

Dates: Tuesdays, 1/5 - 2/9
Time: 3:05 - 4:05 pm
Fee: $130
Location: CS Community Room
Program # 273-368

EPIC ENGINEERING (Gr: 2-4)

Become an architect and engineer as you learn about buildings and arches. Complete STEM Challenges as you build towers, skyscraper scaffolding, and a magnetic racetrack and more.

Dates: Tuesdays, 2/23 - 4/6
Time: 3:05 - 4:05 pm
Fee: $150
Location: CS Community Room
Program # 273-369

EARTHWORKS (Gr: K-2)

Travel the world from the boreal forest to the desert and learn about cool animals and their adaptations. Discover the different biomes on Earth. Learn about soil, earthworms, and different species' homes in this hands-on series filled with explorations.

Dates: Mondays, 3/8 - 4/12
Time: 3:05 - 4:05 pm
Fee: $130
Location: CS Community Room
Program # 273-367



AFTERSCHOOL GYM GAMES (Gr: K-2) *NEW*

Give your child an active, screen-free way to wind down after the school bell rings! Mr. Purin's Afterschool Gym Games brings kids together for fast-paced, inclusive physical fun in a safe and supportive environment. From classic favorites like dodgeball and capture the flag to creative team relays and cooperative challenges, every session is designed to get hearts pumping and build confidence. Kids will develop teamwork, sportsmanship, and motor skills while making new friends.

Time: Thursdays, 3:05 - 4:05 pm
Fee: $60
Location: PC Gym



SESSION 1
Dates: 1/7 - 2/11
Program # 273-370

SESSION 2
Dates: 3/4 - 4/8
Program # 273-371

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 Zoo Animals!
Let's visit animals at the zoo! Weekly builds may include a polar bear, an eagle and a shark!
Date: Tuesdays, 1/5 - 2/9
Fee: $137
Program # 273-372

LEGO Sports Fun!
In this class we will learn about and build athletic figures/items! Weekly builds may include a hockey player, a baseball player and jet ski!
Date: Tuesdays, 2/23 - 4/6
Fee: $160
Program # 273-373

Youth

CAPE COMMUNITY ARENA SKATING PROGRAMS

All skating programs will be held at Cape Community Arena.

Name	Age/Grade	Days	Dates	Fee	Times	Program #
Super Skate - Snowflakes	Age 3-5	Saturday	1/2/27 - 2/13/27	$105	8:00 - 8:30 am	273-374
Super Skate - Penguins	Age 6-7				8:30 - 9:15 am	273-375
Super Skate - Polar Bears	Age 8-12				9:15 - 10:00 am	273-376
Group Skate - Basics	Age 5-10	Sunday	1/3/27 - 2/21/27	$140	8:00 - 8:30 am	273-377
					8:30 - 9:00 am	273-378
Group Skate - Beginners	Age 6-12				9:00 - 9:30 am	273-379
					9:30 - 10:00 am	273-380
Creative Movement	Age 7-12	Weds	1/6/27 - 2/10/27	$120	4:00 - 5:00 pm	273-381

SUPER SKATE (Ages: 3-12)

Super Skate is an introductory 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. **Instructor: Monica Malcomson**

Make Up (if needed): 2/20/27, 2/27/27



SNOWFLAKES are new skaters who are ready to explore the sport and gain initial confidence with support along the way. This class will introduce the very beginning fundamentals of ice skating.

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. 15 minute warm up, followed by 20 min instruction and 15 min for dynamic and collaborative skating games.***Helmets are required.**



POLAR BEARS will learn skating safety, balance/stability, forward skating, how to properly fall and get up, stopping and backwards skating. Instructon is dependent on the levels of the participants and will be flexible. ***Helmets are required.**



GROUP SKATE (Age: 6-12)

BASICS: This class builds core mechanics like stopping, safe falling, and forward glides. Skaters must be able to stand independently on the ice while mastering essential control through fun, interactive drills.

BEGINNER: Designed for skaters who have mastered basic skills, this class expands foundational elements with greater power and control. Skaters will work on swizzles, 1-foot glides, dips, steering, and backwards skating.

Make Up (if needed): 2/21/27, 2/28/27

CREATIVE MOVEMENT (Age: 7-12)

Explore musicality, edge work, and expressive choreography designed for skaters ready to move beyond the basics. Join Coach Monica for this dynamic performance class and take the spotlight in our exciting end-of-season Winter Fest showcase!

Youth

WINTER TENNIS PROGRAMS

Name	Age/Grade	Days	Dates	Times	Location	Fee	
Instructor: Niamh Colpitts							
Saturday Indoor Tennis	Gr. 1-4	Sat	2/27-4/3	10:00am - 11:00am	Pond Cove Gym	$120	273-382
	Gr. 5-8			11:00am - 12:00pm			273-383
Instructor: Mary Gray							
Sunday Family Tennis	Age 4-5	Sun	1/10 - 2/7	9:00am - 10:00am	MS Gym	$100	273-384
	Age 6-7			10:00am - 11:00am			273-397
	Age 8-12			11:00am - 12:00pm			273-398
	Age 4-5		2/28 - 4/11	9:00am - 10:00am		$140	273-385
	Age 6-7			10:00am - 11:00am			273-399
	Age 8-12			11:00am - 12:00pm			273-410

SATURDAY INDOOR TENNIS

Learn to play with purpose! PTR/USPTA Certified Coach Niamh Colpitts builds player skills starting with essential footwork and balance, then leveling up to match strategy and intentional shot-making. Perfect for all abilities, whether you're building a foundation or refining your game!



SUNDAY FAMILY TENNIS

Designed for adults and kids to play together, this program focuses on building adult skills while giving you the playbook to practice effectively with your child. Expect lots of rallies, laughs, and skill-building for all ages.

Registration includes one child + one adult. One additional child or adult may be added to your registration for $75

CAPERS WINTER SOCCER PROGRAMS

Name	Age/Grade	Days	Dates	Times	Location	Fee	Program #
Tiny Tykes	Age 2-3	Sundays	1/10-2/21	3:00 pm - 3:45 pm	Pond Cove Gym	$120	273-386
	Age 4-5			3:45 pm - 4:30 pm			273-387
Co-Ed Futsal	Gr. 5-6	Tuesdays	1/5/27 - 2/9	3:30 pm - 4:30 pm		$60	273-388
	Gr. 3-4		2/23- 4/13	3:15 pm - 4:15 pm		$80	273-389
	Gr. 9-12		1/5 - 3/2	4:30 pm - 5:20 pm		$80	273-390

Youth

TINY TYKES (AGE 2-3, 4-5)

Turn weekend energy into big soccer fun! Our Little Capers program teaches fundamental footwork, dribbling, and passing to players ages 3 through 5. **Instructors: Challenger Sports**

No TinyTykes: 2/14

CO-ED FUTSAL

Boys and Girls! Join your friends for some Futsal this Fall! 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

No Futsal 2/16

SPRING REC LACROSSE PROGRAMS

Note: Junior Lacrosse programs can be found in the Spring/Summer Brochure.

Name	Age/Grade	Games	Dates	Fee	Program #
Boys Lacrosse	Gr. 1-2	Sundays	3/22 (indoor) - 6/13	$145	273-391
	Gr. 3-4				273-392
	Gr. 5-6				273-393
Girls Lacrosse	Gr. 1-2				273-394
	Gr. 3-4				273-395
	Gr. 5-6				273-396

REGISTRATION DEADLINE IS FRIDAY, FEBRUARY 5TH

Cape Youth Lacrosse is looking for players of all experience levels! We'll be participating in the Maine Region of the Massachusetts Youth Lacrosse League again for the 2027 season. All levels will be lead by parent volunteers.

Teams of equally balanced proficiency will be offered for all grades. The season begins late March and ends mid-June with two practices a week, Sunday games, and a jamboree in Cumberland. Teams will be formed after the first 2-3 practices. March practices will be inside.

1ST - 4TH GRADE

At these levels, 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.

Game Dates: 5/2. 5/9, 5/16, 5/23, 6/6, 6/13
Girls Jamboree Date: Saturday, 5/8/27
Boys Jamoree Date: Saturday, 5/15/27



Youth

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	2/16-2/19	$290	273-401
APRIL	Tuesday - Friday	4/20-4/23		273-402

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 1	FULL DAY 8:30 am - 5:30 pm	$80	273-403
MARCH 19	FULL DAY 8:30 am - 5:30 pm		273-404
MARCH 24	HALF DAY 12:00 pm - 5:30 pm No School for Preschool & Pre-K	$55	273-405
APRIL 15	HALF DAY 12:00 pm - 5:30 pm Regular Preschool & Pre-K day		273-406
MAY 7	HALF DAY 12:00 pm - 5:30 pm Half Day for Preschool & Pre-K		274-407

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
- **ADVENTURE CAMP** for Grades 1-6 daily Monday-Friday* 8:30am-3:00pm
- **TEEN EXTREME CAMP** for Grades 7 & 8 is Tuesday-Thursday* 8:30-3:00

* Except as noted below

WEEK 1	JUNE 23-25 (3 DAY WEEK)
WEEK 2	JUNE 28-JULY 2
WEEK 3	JULY 6-9 (4 DAY WEEK)
WEEK 4	JULY 12-16
WEEK 5	JULY 19-23
WEEK 6	JULY 26-30
WEEK 7	AUGUST 2-6

CAPE CARE 2027-28

SAVE THE DATES!

FEBRUARY 1	Accepting Applications for Current Cape Care families
FEBRUARY 22	Accepting Applications for all NEW Preschool, Pre-K (Lottery) and Before & After Care
MARCH 12	Deadline for Pre-K Applications
MARCH 15	Lottery for Pre-K if needed

RICHARDS COMMUNITY POOL & FITNESS CENTER

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

	month POOL / FITNESS / COMBO	quarter POOL / FITNESS / COMBO	annual POOL / FITNESS / COMBO
INDIVIDUAL	$48 / $44 / $66	$115 / $100 / $152	$375 / $330 / $520
COUPLE	$78 / $76 / $104	$175 / $171 / $242	$520 / $475 / $734
FAMILY	$109 / 127*/ $144*	$294 / $281*/ $373*	$913 / $866* / $1250*

*ages 14 + only

Drop in fees

pool	resident	non-resident
ages 4-10	$5	$6
ages 11-61	$6	$7
ages 62+	$5	$6
fitness	**resident**	**non-resident**
ages 14+	$6	$7

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 maximum of three months once during their membership year and will be assessed a $25 processing fee to do so. We are unable to accomodate non-medical suspensions for monthly or quarterly.

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

POOL PARTIES

POOL PARTIES

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Cafe may be rented 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

Cape Elizabeth Town Hall
320 Ocean House Road
Cape

Postal Patron Local
Non-Profit Organization
U.S. Postage
PAID
Permit No. 106
Portland, ME

Postal Customer

Cape Elizabeth, ME 04107

PASSPORT SERVICES

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 for adults < 5 years expired.



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 DS-11 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.