

# Community Services Fall Catalog

## ADULT & SENIOR / FITNESS & MOVEMENT

As we slowly reintroduce indoor fitness classes, please note that our maximum capacity for the Activity Room is **eight participants per one instructor**. Per CDC guidelines, participants are spaced 14 feet apart and windows will be open to increase ventilation. Please dress accordingly. We request you hand sanitize upon entering the Community Center and continue wearing your mask until in position for class. We appreciate your collective cooperation in creating a safe environment.

### **BODY DYNAMICS**

Location: CC Activity Room

Fee: Resident: \$60.00. Non-resident: \$65.00.

Mon/Wed/Fri, October 2 - October 30

Increase energy, flexibility, and endurance in this fun and challenging aerobic experience for men and women. A balanced program of stretching, strengthening, aerobics, toning and cool-down is provided. Bring a mat/towel to class. October class will be taught by Joanie Frustaci.

Program # 212-107 8am to 8:45 am Fri Instructor: Joanie Frustaci

### **CSI TRAINING/CO ED WEIGHTS**

Location: Parking Lot of CECS

Fee: Resident: \$63.00. Non-resident: \$68.00.

Tue/Thurs, September 8 - Tue, September 29

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Core stability through functional training and balance are incorporated into your workouts, too. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at 939-2255 or [susan@jointefforttraining.com](mailto:susan@jointefforttraining.com) to discuss your program. Please bring a towel, MAT and water bottle to class.

Program # 212-105 6pm to 7pm

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## **CSI TRAINING/CO ED WEIGHTS**

Location: Parking Lot of CECS

Fee: Resident: \$81.00. Non-resident: \$86.00

Thu, October 1 - Thu, October 29

Experience all the benefits that strength training has to offer! Increase muscle strength, endurance and bone density by using free weights, exercise machines, and barbells. Core stability through functional training and balance are incorporated into your workouts, too. Workouts are designed to meet your ability, so exercises can be modified for delicate backs, shoulders, knees, etc. First time participants should contact Susan at 939-2255 or [susan@jointefforttraining.com](mailto:susan@jointefforttraining.com) to discuss your program. Please bring a towel, MAT and water bottle to class.

Program # 212-106 6pm to 7pm

## **ESSEINTRICS**

Release tight muscles, rebalance joints and restore the body. Essentrics is a no equipment full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. The creator of Essentrics, Miranda Esmonde-White, is the founder of Classical Stretch on PBS. If you want more information about Essentrics, go to [www.essentrics.com](http://www.essentrics.com).

Location: Fort Williams Park

Fee: Resident: \$36.00. Non-resident: \$39.00.

Wed, September 2 - Wed, September 30

Program # 212-100 8:30am to 9:30am Instructor Sarah MacColl

Location: CC Activity Room at Community Center

Fee: Resident: \$65.00. Non-resident: \$70.00.

Mon, September 14 - Mon, September 28

Program #212-101 9am to 10am Instructor Sarah MacColl

## **STEP AEROBICS**

Each class will be 5 minutes of warming up, 45 minutes of stepping, and 10 minutes of cooling down. My goal is to provide a fun workout for anyone who comes. I have always loved steps and have taught in the past at a couple of gyms! I hope you'll join me. Questions to [annebcass@gmail.com](mailto:annebcass@gmail.com).

Location: CC Activity Room

Fee: Resident: \$56.00. Non-resident: \$61.00

Tue/Thurs, September 8 - September 29

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## **GENTLE HATHA YOGA**

This practice of Yoga reduces stress, improves overall fitness, increases flexibility, builds self-confidence, body awareness, and nurtures the spirit. This class is a basic introduction to Hatha Yoga including postures, structural alignment, breathing and meditation.

Location: Fort Williams Park

Fee: Resident: \$44.00. Non-resident: \$47.00

**Mon, August 31 - Mon, September 28**

Program # 212-108 10:15am to 11:30am Instructor: Sharon Wilke

Location: CC Activity Room at Community Center

Fee: Resident: \$33.00. Non-resident: \$36.00. Discount for 62+

**Mon, October 5 - Mon, October 26** No class 10/12

Program # 212-125 10:15am to 11:30am Instructor: Sharon Wilke

Location: Fort Williams Park

Fee: Resident: \$55.00. Non-resident: \$60.00

**Wed, September 2 - Wed, September 30**

Program # 212-110 10:15am to 11:30am Instructor: Sharon Wilke

Location: CC Activity Room at Community Center

Fee: Resident: \$44.00. Non-resident: \$47.00. Discount for 62+

**Wed, October 7 - Wed, October 28**

Program # 212-126 10:15am to 11:30am Instructor: Sharon Wilke

## **ALL LEVELS YOGA**

Continuing to build on yoga fundamentals, this all levels class is appropriate for those new to yoga, as well as the experienced students. Focus will be on improving flexibility, and strength and increasing body awareness.

Location: Fort Williams Park

Fee: Resident: \$44.00. Non-resident: \$47.00

Mon, August 31 - Mon, September 28

Program #212-109 6pm to 7:15pm Instructor: Sharon Wilke

Location: CC Activity Room at Community Center

Fee: Resident: \$33.00. Non-resident: \$36.00. Discount for 62+

Mon, October 5 - Mon, October 26 No class 10/12

Program # 212-127 6pm to 7:15pm Instructor: Sharon Wilke

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Location: Fort Williams Park

Fee: Resident: \$55.00. Non-resident: \$60.00

Wed, September 2 - Wed, September 30

Program # 212-111 6pm to 7:15pm Instructor: Sharon Wilke

Location: CC Activity Room at Community Center

Fee: Resident: \$44.00. Non-resident: \$47.00. Discount for 62+

Wed, October 7 - Wed, October 28

Program # 212-128 6pm to 7:15pm Instructor: Sharon Wilke

## **FIT TO LIVE YOGA**

Patty Medina has studied and received her Yoga certification from Peggy Cappy, a nationally recognized Yoga teacher. Using a chair as the primary prop, along with modified poses, this unique program focuses on seniors and others who need a specialized approach to Yoga. It can be helpful to people with arthritis or back issues. Please bring a mat to class.

Tuesday/Thursday October 1 - October 29

Location: CC Activity Room at Community Center

Program # 212-122 10am to 10:45am Instructor: Patty Medina

Fee: Resident: \$90.00. Non-resident: \$95.00.

Tuesday/Thursday November 3 - Tue, November 24

Location: CC Activity Room at Community Center

Program # 212-123 10am to 10:45am

Fee: Resident: \$70.00. Non-resident: \$75.00.

Tuesday/Thursday December 1 - December 17

Location: CC Activity Room at Community Center

Program # 212-124 10am to 10:45am

Fee: Resident: \$60.00. Non-resident: \$65.00.

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## AQUATICS

### **PACE RACE**

Join Coach Kirsten Read, past winner of Peaks to Portland in a daytime masters swimming small group workout. This is open to swimmers and triathletes of all levels. Every workout, regardless of level, will be a combination of technique focus/drills, endurance, pacing, and strategy - focusing on freestyle. Some video (above or underwater) is taken every workout and emailed. Questions to [kgirlread@gmail.com](mailto:kgirlread@gmail.com)

#### A- Advanced

Competent/Competitive

Your pace is between 1:20 - 1:50 per 100 yards

You have likely swum with me or another masters team

You can swim at least 500 yards continuously

You have swum Peaks to Portland or similar

You want yardage, interval training, speed work, technique - a mix of everything to prep you for your events

#### E- Entry Level

Your pace is between 1:50 - 2:20 per 100 yards

You can swim at least 8 lengths of the pool without stopping

You can swim with your face in the water

You may never have had interval training or technique help before

You want to swim more efficiently or faster or want to enter a race

#### B -Beginner

You already basically know how to swim and can make it at least one length

You might not put your face in yet or feel comfortable when you do

Breathing may be a problem

You have never learned proper technique

You know that you can be more efficient

This is not an Adult Learn to Swim Program but one step up from that

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## **PACE RACE CHASE A**

Fee: Resident: \$60.00. Non-resident: \$65.00  
Sun, September 6 - Sun, September 27

Program # 212-206 1pm to 2pm

## **PACE RACE CHASE A**

Fee: Resident: \$60.00. Non-resident: \$65.00  
Sun, October 4 - Sun, October 25

Program # 212-207 1pm to 2pm

## **PACE RACE CHASE E & B**

Fee: Resident: \$45.00. Non-resident: \$48.00  
Sun, September 13 - Sun, September 27

Program # 212-208 2pm to 3pm

## **PACE RACE CHASE E & B**

Fee: Resident: \$60.00. Non-resident: \$65.00  
Sun, October 4 - Sun, October 25

Program # 212-209 1pm to 2pm

## **PACE RACE CHASE A & E**

Fee: Resident: \$60.00. Non-resident: \$65.00.  
Fri, September 4 - Fri, September 25

Program # 212-202 11:30am to 12:30pm

## **PACE RACE CHASE A & E**

Fee: Resident: \$75.00. Non-resident: \$80.00  
Fri, October 2 - Fri, October 30

Program # 212-203 11:30am to 12:30pm

## **PACE RACE CHASE A & E**

Fee: Resident: \$75.00. Non-resident: \$80.00  
Tue, September 1 - Tue, September 29

Program # 212-204 1pm to 2pm

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## **PACE RACE CHASE A & E**

Fee: Resident: \$75.00. Non-resident: \$80.00

Tue, October 6 - Tue, October 27

Program # 212-205 1pm to 2pm

## **COAST ENDURANCE**

At these specifically tailored and structured pool workouts athletes will train to gain the skills and confidence to succeed in triathlons and open water swims. These challenging workouts will enable you to arrive at your competition prepared through repetition and consistency. The benefits of these workouts are many: increased fitness, confidence, technical efficiency, open water skills and massive education. Athletes must be able to swim 200 yards without stopping. Requirement for class: front end swim snorkel, ankle band and fins. FMI please email [todd@coastendurance.com](mailto:todd@coastendurance.com).

Location: Richards Community Pool at Richards Pool and Fitness Center

Fee: Resident: \$99.00. Non-resident: \$104.00

Tue/Thurs, September 1 - Tue, September 29

Program # 212-200 5:30pm to 6:45pm Instructor: Todd Larlee

Location: Richards Community Pool at Richards Pool and Fitness Center

Fee: Resident: \$99.00. Non-resident: \$104.00

Tues/Thu, October 1 - Thu, October 29

Program # 212-201 5:30pm to 6:45pm

## **WATER WORKS**

Come join us for the best overall body exercise program there is! You'll work all the major muscle groups including the hard-to-get hips, thighs, and stomach areas. We start in the shallow end, progress to the deep end and finish with arm exercises and stretching. You'll be amazed how you can get your heart rate up, increase your flexibility and be energized for the day!

Location: Richards Community Pool at Richards Pool and Fitness Center

Fee: Resident: \$78.00. Non-resident: \$83.00.

Monday/Wednesday/Friday September 2 - September 30

Program # 212-210 8am to 8:55am Instructor: Patty Medina

Monday/Wednesday/Friday October 2 - Fri, October 30

Fee: Resident: \$78.00. Non-resident: \$83.00.

Program # 212-211 8am to 8:55am

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## ADULT ENRICHMENT

### MAINE DRIVING DYNAMICS (MDD)

This is a State of Maine sponsored 5-hour defensive driving course that offers all drivers the opportunity to improve their defensive driving abilities. The course includes basic discussion of collision avoidance techniques, safety issues, driver habits and attitudes, and the basic elements that constantly challenge drivers. A certified Maine Driving Dynamics Instructor in a format that engages students with lectures, videos and class discussion/participation teaches the MDD course. Those completing the course will receive a three-point credit reduction on their driving record and students 55 and older can receive an insurance discount from their insurance company.

Location: CC Community Room at Community Center

Fee: Resident: \$30.00. Non-resident: \$43.00

Sat, November 21, 2020

Program #212-114 9am to 2pm

Location: CC Living Room at Community Center

Fee: Resident: \$30.00. Non-resident: \$43.00

Tue, December 15 & Thu, December 17

Program #212-115 6pm to 8:30pm

## ADULT / BACK TO NATURE

### CELT'S TREE IDENTIFICATION IN ROBINSON WOODS

Location: Robinson Woods Kiosk

Fee: Standard charge: \$6.00. (Non-resident): \$9.00

Sat, October 17, 2020

Join Todd Robbins, Cape Elizabeth's Tree Warden, on a 2-hour guided tour of Robinson Woods focused on tree identification. This CELT sponsored event will instruct participants how to identify different trees in Maine, while having the opportunity to enjoy Robinson Woods during peak foliage. Participants should wear appropriate clothing for walking through the woods, and the program will run rain or shine. All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

Program #212-120

10am to Noon

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## **IN THE THICK OF IT; MAINE'S NEW ENGLAND COTTONTAIL**

Location: Kettle Cove State Park

Fee: Standard charge: \$6.00. (Non-resident): \$9.00

Sun, October 4, 2020

Join Jeff Tash, New England Cottontail Habitat Restoration Coordinator, for a 1.5 hour CELT sponsored walk at Pollack Brook Preserve. Participants will enjoy learning about the state-endangered New England Cottontail, the conservation effort taking place to recover the species here in southern Maine, and what you can do to help! Cape Elizabeth is home to the largest known population of New England cottontails in Maine. The cottontails' range has declined by 86% over the past 50 years due to loss of large thicket and young forest habitats. Come learn about where they live, what other animals also need these thickets, and what we are doing to help cottontails rebound in Maine.

Program #212-119

2pm to 3:30pm

## **MUSHROOMING IN ROBINSON WOODS**

Location: Robinson Woods Kiosk Shore Road

Fee: Standard charge: \$10.00. Non-resident: \$9.00

Sat, September 26, 2020

Join mushroom expert Dan Agro of AgroMyco on this CELT sponsored event about edible and medicinal mushrooms. Topics for discussion are the best times of the year to find local medicinal and culinary mushrooms, ideal growing environments and what to look for in the forest, safe and thorough species identification and how to preserve and/or cook your mushrooms. There will not be any foraging during the program; it is designed to be an educational program to learn about these fascinating organisms.

Program #212-117

9am to Noon

## **CELT CROSS TOWN WALK**

Location: Meet at Portland Headlight in the parking lot closest to the lighthouse.

Fee: Resident: \$6.00. Non-resident: \$9.00

Sat, October 3, 2020

Join Cape Elizabeth Land Trust volunteers for the annual Fall Cross Town Walk. Beginning at Portland Head Light, located at Fort Williams, this CELT sponsored walk will traverse over seven miles of both Town of Cape Elizabeth and CELT trails highlighting Cape's great places. This walk offers a unique overview of Cape's diverse ecosystems including Spurwink Marsh, Robinson Woods and Great Pond. The walk takes approximately three and one half hours. Hikers will meet at the Portland Head Light and will carpool (arranged

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prior to walk) back to Fort Williams after a picnic at Kettle Cove that each participant brings for her/himself. Snacks, drinks and lunch should be brought by each participant. Participants should be 12 years or older; please call about younger ages. All participants must register at least 48 hours in advance of the program and will receive notification of changes or cancellation.

Program # 212-121                      8am to 1:30pm

## **ADULT & SENIOR / ARTS & CRAFTS**

### **WATERCOLOR STUDIO**

Location: CC Community Room at Community Center

Fee: Resident: \$65.00. Non-resident: \$70.00

Wed, September 23 - Wed, October 28

Experience Art's most playful and creative medium. Join fellow watercolor artists at all levels to join me in an exploration of this fascinating medium, to learn new techniques and further expand your existing knowledge. Lessons in basic watercolor methods will be provided as needed; more advanced techniques and information will be offered on an individual basis. We will begin with landscapes based on your personal photos or references from other sources. In later lessons, we will work on student created still life. In order to provide a Covid safe environment, masks are to be worn and social distancing will be observed.

Program #212-112    10am to Noon            Instructor: Marty Clark

### **COLORED PENCIL WORKSHOP**

Location: CC Community Room at Community Center

Fee: Resident: \$30.00. Non-resident: \$33.00

Wed, November 4 - Wed, November 11

There's more to colored pencils than color! Day one of this workshop we will cover blending, layering, shading and burnishing, and yes, even how to correct mistakes! Samples of various brands and types of pencils and papers will be available for you to try out. On day two, you will be creating your own masterpiece, utilizing skills from the previous week. Supplies: Bring whatever pencils and paper/coloring book you already have. If you wish to wait till after day one to purchase pencils, you may use my sample pencils. I will be happy to give you advice on purchasing your first set. In order to provide a Covid safe environment, masks are to be worn at all times, and social distancing will be observed.

Program # 212-113    10am to Noon                      Instructor: Marty Clark

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## YOUTH PROGRAMS

### **GIRLS FIELD HOCKEY (GRADES K-6)**

Location: High School, Hannaford Field

Fee: Resident: \$56.00. Non-resident: \$61.00

Sat, September 19 - Sat, October 17

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Saturday mornings. Each player must wear/bring her own equipment (eye goggles, mouth guard, shin guards, stick and water bottle). No class on 10/10.

Program #212-300      High School, Hannaford Field      8am to gam

### **YOUTH FALL SOCCER BOY CAPERS (GRADES: 1-2)**

Location: High School, Hannaford Field

Fee: Resident: \$56.00. Non-resident: \$61.00

Sat, September 19 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. (No class 10/10).

212-306 High School, Hannaford Field 8am to gam

### **YOUTH FALL SOCCER CO-ED CAPERS (GRADES: 3-6)**

Location: High School, Hannaford Field

Fee: Resident: \$56.00. Non-resident: \$61.00

Sat, September 19 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. (No class 10/10).

212-308 High School, Hannaford Field 9:15am to 10:15am

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## **YOUTH FALL SOCCER GIRLS CAPERS (GRADES: 1-2)**

Location: High School, Hannaford Field  
Fee: Resident: \$56.00. Non-resident: \$61.00  
Sat, September 19 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. (No class 10/10).

212-307 High School, Hannaford Field 9:15am to 10:15am

## **YOUTH FALL SOCCER KINDER CAPERS (K)**

Location: High School, Hannaford Field  
Fee: Resident: \$56.00. Non-resident: \$61.00  
Sat, September 19 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. (No class 10/10).

212-305 High School, Hannaford Field 11:30am to 12:15pm

## **YOUTH FALL SOCCER LITTLE CAPERS (AGES 3-5)**

Location: High School, Hannaford Field  
Fee: Resident: \$56.00. Non-resident: \$61.00  
Sat, September 19 - Sat, October 17

This program is designed for children to learn, develop and enhance their overall soccer skills while having fun and gaining experience on the field as part of a team. Participants will work on developing soccer skills including dribbling, passing, and foot/eye coordination. After skill sessions teams will play each other following a rotating schedule. Participants will be divided into teams with Cape Varsity soccer players assigned as their coaches. (No class 10/10).

212-304 High School, Hannaford Field 10:30am to 11:15am

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## **DRIVER EDUCATION-THE RIGHT CHOICE**

Location: CC Community Room at Community Center

Fee: Resident: \$495.00. Non-resident: \$502.00

Mon, September 14 - Thu, October 1

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director comes to us with 20 years of experience with Cape students. Right Choice Driving School and their Instructors are licensed by the Secretary State of Maine. Students must be at least 15 years of age by the course starting date. For more information contact Right Choice Driving School, 207-767-6114 or [rightchoicedriving@live.com](mailto:rightchoicedriving@live.com)

212-309 CC Community Rm 6pm to 8:30pm M Tu W Th Instructor: Tim O'Carroll

## **DRIVER EDUCATION-THE RIGHT CHOICE**

Location: CC Community Room at Community Center

Fee: Resident: \$495.00. Non-resident: \$502.00

Mon, November 2 - Thu, November 19, (no class 11/11, rescheduled to 11/13)

The Right Choice Driving School continues to serve students in Cape Elizabeth. Tim O'Carroll, owner and director comes to us with 20 years of experience with Cape students. Right Choice Driving School and their Instructors are licensed by the Secretary State of Maine. Students must be at least 15 years of age by the course starting date. For more information contact Right Choice Driving School, 207-767-6114 or [rightchoicedriving@live.com](mailto:rightchoicedriving@live.com)

212-333 CC Community Rm 6pm to 8:30pm M Tu W Th Instructor: Tim O'Carroll

## **OUTDOOR YOGA GAMES & MOVEMENT (GRADES K-3)**

Location: Holman Field

Fee: Resident: \$71.00 Non-resident: \$76.00

Mon, September 14 - Mon, October 5

Come and get silly with Off the Mat as we stretch and move with yoga games and poses. Classes will consist of partner poses, mindfulness and meditation, obstacle courses and more! Each class will allow participants to burn off built up energy and will end with time to decompress through savasana or a simple yoga nidra.

Proper distancing guidelines will be followed, children will have the option to wear masks, hand sanitizer will be used before and after class, as well as before and after partner poses.

212-314 Holman Field 3:00pm to 4:00pm Instructor: Off the Mat Yoga

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## **MUSICAL THEATER (GRADES 1-4)**

Location: Courtyard between Pond Cove and Middle School

Fee: Resident: \$98.00 Non-resident: \$103.00

Thurs, September 10 - Thurs, October 29 (No class 10/1, class on 10/22: 12:00 – 1:30 PC Half-Day)

Explore the wonderful world of Broadway in this fun and lively class! Students will learn songs and dances from popular shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem. No previous experience is required.

212-317 Courtyard between PC & MS 3:00pm to 4:30pm Instructor: Barry Brinker

## **BOYS FALL BASKETBALL (GRADES 5-8)**

Location: Community Center Rear Parking Lot

Fee: Resident: \$56.00. Non-resident: \$61.00

Wed, September 23 - Wed, October 14

HS Girls Assistant Coach Jeff Mitchell will instruct young players in a clinic setting by introducing fundamental basketball skills, rules and other aspects of the game. The focus will be on skills, drills and fun/competitive games. The format will maintain social distancing (3 boys to a basket) and will require each player to have their own ball. The programs will cap out at 24 players for each week.

212-315 CC Rear Parking Lot 2:45 pm to 3:45 pm Instructor: Jeff Mitchell

## **BOYS FALL BASKETBALL (GRADES 2-4)**

Location: Community Center Rear Parking Lot

Fee: Resident: \$56.00. Non-resident: \$61.00

Wed, September 23 - Wed, October 14

HS Girls Assistant Coach Jeff Mitchell will instruct young players in a clinic setting by introducing fundamental basketball skills, rules and other aspects of the game. The focus will be on skills, drills and fun/competitive games. The format will maintain social distancing (3 boys to a basket) and will require each player to have their own ball. The programs will cap out at 24 players for each week.

212-316 CC Rear Parking Lot 4:00 pm to 5:00 pm Instructor: Jeff Mitchell

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## **SPRINGBOARD DIVING (ages 14 +)**

Location: Richards Community Pool

Fee: Resident: \$228. Non-Resident: \$235

Saturdays, October 3 - 31

Here's your opportunity to prepare for the indoor diving season this year! We will be using two, 1-meter, 16' Duraflex Maxiflex Model B cheese boards mounted on Duraform stands with movable fulcrums and diving into water 12 ft. deep.

Subjects of instruction and coaching include:

1. Safely and productively getting the most out of a diving board
2. Mechanics and technical aspects of competitive diving
3. Importance of proper body and head alignment
4. Line-ups and entries
5. Building a list of dives suitable for competition
6. Mental aspects of learning new dives and performing well in competition
7. Having fun with diving

Prerequisite: Previous athletic training in either diving or some other sport. Individual athletes must be able to do a standing headfirst dive off the diving board and swim a minimum of 15 yards.

Instructor Info: Mike Bartley, past national platform and international springboard diving champion is the diving coach for Bates College and Cape Elizabeth HS. He has been college DIII Diving Coach of the Year for New England and NESCAC Coach of the Year. His divers have produced 28 NCAA All American titles, one Maccabian Games Championship and 25 Maine State High School championships.

212-319 Richards Community Pool

1:00 pm to 3:00 pm Instructor: Mike Bartley

## **SPINNING SPROUTS (Ages 3-5)**

Fee: Resident: \$78. Non-Resident: \$83

Thursdays, September 10 - October 15

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 dancing and individual attention. Dance encourages self-confidence, balance and coordination to aid in the development of your child. Please note that parents and visitors will not be allowed during class. We recommend each child attend class wearing flexible shoes or socks and comfortable clothing, no jeans.

212-321 CECS Community Room

10:15 am to 11:00 am

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## **HIP HOP (Grades: K-2)**

Fee: Resident: \$93. Non-Resident: \$98

Tuesdays, September 15 - October 27

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. All classes will be sensitive to age appropriate steps and music. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing sneakers and comfortable clothing, no jeans please.

An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines.

212-322 CECS Rear Parking Lot                      3:00 pm to 4:00 pm

## **HIP HOP 2 (Grades: 3-5)**

Fee: Resident: \$93. Non-Resident: \$98

Tuesdays, September 15 - October 27

This fast paced, high energy 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. All classes will be sensitive to age appropriate steps and music. Please note that parents and visitors are not allowed during class. We recommend each child attend class wearing sneakers and comfortable clothing, no jeans please.

An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines.

212-323 CECS Rear Parking Lot                      4:00 pm to 5:00 pm                      Instructor: Brio Dance

## **LYRICAL BALLETT (Grades: K-3)**

Fee: Resident: \$83. Non-Resident: \$88

Mondays, September 14 - October 26 (No class 10/12)

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. Dancers are requested to wear form fitting clothing. Ballet shoes or bare feet are best.

An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines.

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212-324 Pond Cove Gym  
Studio

3:00 pm to 4:00 pm

Instructor: Brio Dance

## **CELT'S LITTLE EXPLORERS (ages 3-5 w/adult)**

Fee: Resident: \$6. Non-Resident: \$9

Fri, October 2

Join CELT Board Member, Lisa Gent, as we explore Robinson Woods in October. Children and caregivers will spend an hour exploring the natural wonders of Maine with Cape Elizabeth Land Trust Board Member, Lisa Gent. During this CELT sponsored event we'll take a gentle hike through Robinson Woods where we will explore the habitat around us and search for signs of the changing season. Please dress in comfortable clothes and bring a water bottle. Participants registering at least 48 hours in advance of the program will ensure they will receive notification of changes or cancellation.

212-318 Robinson Woods Parking Lot 9:00 am to 10:00 am

Instructor: Lisa Gent

## **FALL TENNIS (Ages 4/5 yrs. & K w/adult)**

Fee: Resident: \$86. Non-Resident: \$91

Sat, September 12 - Sat. October 24

Join Coach Mary Gray for USTA Quickstart Tennis which is a format designed to help kids learn and play the game of tennis. The size of the court and the equipment is adapted for this age group. The format allows the students to feel comfortable even if they have never played before! Lessons will include 'match- like" activities to enhance learning and the spirit of the game. (No Class on 10/10)

212-310 High School Tennis Courts 9:30 am to 10:15 am

Instructor: Mary Gray

## **FALL TENNIS - BEGINNER (Grades 1 - 4)**

Fee: Resident: \$86. Non-Resident: \$91

Sat, September 12 - Sat. October 24

Join Coach Mary Gray for USTA Quickstart Tennis which is a format designed to help kids learn and play the game of tennis. The size of the court and the equipment is adapted for this age group. The format allows the students to feel comfortable even if they have never played before! Lessons will include 'match- like" activities to enhance learning and the spirit of the game. (No Class on 10/10)

212-310 High School Tennis Courts 10:30 am to 11:15 am

Instructor: Mary Gray

# Community Services Fall Catalog

## **FALL TENNIS - INTERMEDIATE (Grades 3 - 4)**

Fee: Resident: \$86. Non-Resident: \$91

Sat, September 12 - Sat. October 24

Join Coach Mary Gray for USTA Quickstart Tennis which is a format designed to help kids learn and play the game of tennis. The size of the court and the equipment is adapted for this age group. The format allows the students to feel comfortable even if they have never played before! Lessons will include 'match- like" activities to enhance learning and the spirit of the game. (No Class on 10/10)

212-310 High School Tennis Courts      11:30 am to 12:15 pm      Instructor: Mary Gray

## **SUNDAY FAMILY TENNIS**

Fee: Resident: \$135. Non-Resident: \$142, for 2 family members, additional fee applies for additional family members

Sat, September 20 - Sat. October 24

Join us on Sundays to enjoy some indoor tennis as a family! 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! If you are interested in tennis, you have a child who already plays, or you wish to introduce your child to this wonderful lifetime sport, give this new format a try!

Adults may register with any number of children.

212-325 High School Tennis Courts      10:15 am to 11:00 am      Instructor: Mary Gray

## **IRISH DANCE BEGINNERS (Grades: 1-4)**

Fee: Resident: \$107. Non-Resident: \$114

Fridays, September 25 - October 30

Students in grades 1-4 will learn the basics of Irish Dancing with a six week introductory course. We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Lord of the Dance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin.

212-327 CECS Activity Room      3:00 pm to 4:00 pm      Instructor: Stillson Dance

# Community Services Fall Catalog

## **IRISH DANCE ADVANCED (Grades: 3-6)**

Fee: Resident: \$107. Non-Resident: \$114

Fridays, September 25 - October 30

Students in grades 3-6 will build upon the basics of Irish Dancing with a six week advanced course. We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. We aim to develop strong dancers, teach teamwork and foster friendships among our students. Most importantly, our goal is that students will gain confidence, be inspired and have fun! Instructor Mairead Stillson has performed professionally with Lord of the Dance on Broadway and most recently finished a year long US National Tour with Rockin' Road to Dublin.

\* Please note that students must have previously taken Irish Dance Beginners.

212-328 CECS Activity Room                      4:15 pm to 5:15 pm Instructor: Stillson Dance

## **KARATE KIDS (Grades: K-2)**

Fee: Resident: \$72. Non-Resident: \$77

Wednesdays, September 23 - October 28

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. These programs are designed to teach self-protection through confidence building karate techniques. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills. Taught by Dragon Fire Martial Arts.

212-329 Courtyard at PC/MS (CECS Activity Room) 3:00 - 4:00 pm

Instructor: Dragon Fire Martial Arts

## **KARATE KIDS (Grades: 3-8)**

Fee: Resident: \$72. Non-Resident: \$77

Wednesdays, September 23 - October 28

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. These programs are designed to teach self-protection through confidence building karate techniques. Increase listening skills, balance and confidence during a fun and safe class that encourages focus through basic karate skills. Taught by Dragon Fire Martial Arts.

212-330 Courtyard at PC/MS (CECS Activity Room) 4:15 - 5:15 pm

Instructor: Dragon Fire Martial Arts

# Community Services Fall Catalog

## **X COUNTRY RUNNING (Grades: 1-6 Maroon Cohort)**

Fee: Resident: \$52. Non-Resident: \$57

Mondays & Wednesdays, September 23 - October 28

Does your child love to run? Are you looking for a way to burn off some of that excess after school energy in a safe and positive environment? The primary focus of this POPULAR program is to promote running as a fun activity and a great way to stay healthy.

Participants should be comfortable running/jogging a 1 mile course without assistance. Our practice will take us into the wooded trails behind the High School and the HS Track. Practices for the Maroon Cohort are held on Mondays and both the Maroon and Gold Cohorts will participate in "Fun Run Meets" on Wednesdays in Cape Elizabeth (no meets against other communities this fall). Each week's meet will feature a different theme including a pajama race and a superhero race! Meet participants will be grouped into grade divisions - Grades 1/2 distance 1/2 mile; Grades 3/4 distance 3/4 mile; Grades 5/6 distance 1 mile. Pick up after practice is at the Pond Cove circle.

In order to run this program, parent volunteers are needed to maintain a ratio of 1:5 so that we can break into smaller groups and ensure adequate social distancing. Please contact Susan Frost at 799-2868 if you can volunteer.

Transportation to/from Wednesday meets will be the responsibility of individual parents.

212-331 CE School Campus  
Instructor: Tom Leen

3:15 - 4:15 pm - Monday, 3:00 - 4:00pm Wednesday

# Community Services Fall Catalog

## **X COUNTRY RUNNING (Grades: 1-6 Gold Cohort)**

Fee: Resident: \$52. Non-Resident: \$57

Tuesdays & Wednesdays, September 23 - October 28

Does your child love to run? Are you looking for a way to burn off some of that excess after school energy in a safe and positive environment? The primary focus of this POPULAR program is to promote running as a fun activity and a great way to stay healthy.

Participants should be comfortable running/jogging a 1 mile course without assistance. Our practice will take us into the wooded trails behind the High School and the HS Track. Practices for the Gold Cohort are held on Tuesdays and both the Gold and Maroon Cohorts will participate in "Fun Run Meets" on Wednesdays in Cape Elizabeth (no meets against other communities this fall). Each week's meet will feature a different theme including a pajama race and a superhero race! Meet participants will be grouped into grade divisions - Grades 1/2 distance 1/2 mile; Grades 3/4 distance 3/4 mile; Grades 5/6 distance 1 mile. Pick up after practice is at the Pond Cove circle.

In order to run this program, parent volunteers are needed to maintain a ratio of 1:5 so that we can break into smaller groups and ensure adequate social distancing. Please contact Susan Frost at 799-2868 if you can volunteer.

Transportation to/from Wednesday meets will be the responsibility of individual parents.

212-332 CE School Campus

Mon/Wed, 3:00 - 4:00pm Instructor: Tom Leen

## **YOGA GAMES & MOVEMENT (GRADES K-3)**

Location: Community Center Living Room

Fee: Resident: \$71.00 Non-resident: \$76.00

Monday October 19 - Monday November 9

Come and get silly with Off the Mat as we stretch and move with yoga games and poses. Classes will consist of partner poses, mindfulness and meditation, obstacle courses and more! Each class will allow participants to burn off built up energy and will end with time to decompress through savasana or a simple yoga nidra.

Proper distancing guidelines will be followed, children will wear masks while indoors, hand sanitizer will be used before and after class, as well as before and after partner poses.

212-334 CC Living Room

3:00pm to 4:00pm Instructor: Off the Mat Yoga

# Community Services Fall Catalog

## **VIRTUAL FALL MINECRAFT (GRADES 3-5)**

Fee: Resident: \$72.00. Non-resident: \$77.00

Wednesdays, October 14 - November 18, 6 classes

Grades 3-5

Minecraft is a popular video game that generates a world filled with possibility, limited only by your own imagination. The game can be as simple or as complicated as you want, a great way for kids to build and interact. Play from home in group closed-play, supervised to help keep things friendly and digitally safe. Minecraft only allows for chat (text) communication so we'll be adding in a Zoom communication component so that players can see and speak to one another, which should make things more fun! Each week will be a new exotic location, exploring highlights from exciting ancient cultures from around the world, filled with engaging treasure hunts and building challenges - so grab your mining pick and let's dig in!

**Requirements:** Minecraft Bedrock edition (not Java edition), the ability to connect on zoom, and at least a minimum experience with the game to move around comfortably within the game.

212-335      Virtual    10:00 am to 12:00 pm    Instructor: Kim Case