

CAPE EXPLORER

Keeping Cape Active

January & February
2021



COMMUNITY

SINCE SERVICES 1977

CAPE ELIZABETH, MAINE

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.

Contact Us

Community Services
343 Ocean House Road
Cape Elizabeth, ME 04107
207-799-2868 call
207-799-1841 fax
cservices@capeelizabethschools.org email
www.capecommunityservices.org web
207-799-3184 pool
207-767-0190 fitness center

Hours

Monday-Friday
8:00 am—4:30 pm Summer/School Vacation Hours 7:30 am—3:30 pm
Closings 1/1, 1/18, 2/15, 4/19, 5/31

Directions - Located in the Community Center next to Cape Elizabeth High School. Turn into the high school entrance and take the first right into the parking area.

Our Staff

[Kathy Raftice, Director](#)

[Jane Anderson, Marketing, Senior Programming](#)

[Chris Cutter, Ft. Williams Park Coordinator](#)

[Susan Frost, Youth Program Coordinator](#)

[Kelly Phinney, Cape Care Coordinator](#)

[Linda Strunk, Adult Program Coordinator](#)

[Andrew Kemp, Pool & Fitness Center Supervisor](#)

Community Services Committee

Andrea Ernst	Amy Lombardo
Sarah MacColl	Jonathan Mortimer
Jill Palmore	Terri Patterson
Tara Simopoulos	

Registration

On line for Cape Residents:	Sunday, December 20th at 8:00 pm
In Office for Cape Residents:	Monday, December 21st at 8:00 am

Non-residents - December 23rd at 8:00 am

Registration Information

Online registration begins at 8:00 pm on December 20th at www.capecommunityservices.org. Click "Register Online Now". Sign in or create an account. In-person or over the phone registration begins at 8:00 am on December 21st at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868.

Non-resident registration begins December 23rd at 8:00 am. .
Email confirmations will be sent for all transactions.

Fees & Discounts

A 20 % taxpayer discount will automatically be deducted to applicable programs, activities and memberships for residents age 62 and older. Walk-in fees are not discounted.

A non-taxpayer fee will automatically be applied to all programs and activities. Fees \$50 and under will be \$3, \$51 - \$100 will be \$5 and all fees over \$101 will be \$7. An additional 10% will be applied to memberships and parties.

There is a non-refundable convenience fee and a credit card processing fee when booking online.

Scholarships and/or reduced tuitions are available to qualified residents. Applications available by request.

Program Cancellations

We reserve the right to cancel programs due to low enrollment. The cost will be refunded or credited to your account. Online transaction fees are non-refundable.

Program Withdrawals

Withdrawals at least two business days prior to the first class receive a full refund (less a \$5 processing fee) or an account credit (less a \$2 processing fee). Programs less than \$20 receive a full refund or credit. Online transaction fees are non-refundable.

Withdrawals less than two full business days prior to the first class and before the start of the second class receive a 50% refund (less a \$5 processing fee) or an account credit (less a \$2 processing fee). Programs less than \$20 receive a 50% refund or credit. Online transaction fees are non-refundable.

Withdrawals due to medical conditions or injuries require a doctor's note to receive a credit toward a future program or activity.

Pool/Fitness Center Membership

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

Non-Medical – Annual members may suspend their membership for a minimum of one month and a maximum of three months once during their membership year and will be assessed a \$25 processing fee to do so. We are unable to accommodate non-medical suspensions for monthly or quarterly members.

Inclement Weather Policy

Adult Classes - If school is canceled, all adult classes prior to 4:00 pm are canceled. If school has a two-hour delay, all classes prior to 10:00 am are canceled. Evening classes will be posted by 4:00 pm whenever possible.

Youth Classes – If school is canceled, all youth classes are canceled.

Media Policy

Community Services may photograph, videotape and record program participant activities for distribution through our newsletter, publications, website and social media and on occasion local media outlets such as newspapers, radio stations and commercial television stations. Should you not agree to the terms of this policy, please email linda.strunk@capeelizabeth.org to be excluded

ADULT & SENIOR PROGRAMS

SNOWSHOE OUTING IN ROBINSON WOODS

Join Cape Elizabeth Land Trust volunteer, Tony Owens for a two-hour snowshoe adventure through the snow laden trail network of Robinson Woods. This program is designed for winter outdoor enthusiasts, and we will explore the fields, woods and wetlands to gain a unique winter perspective of this wonderful property. Please bring your own equipment and dress accordingly. Outing is subject to acceptable weather conditions. All participants must register at least 48 hours in advance to receive notification regarding Covid-19 policies, changes or cancellation. Proceeds to CELT.

Date: Sat, January 30, 2021

Time: 12:30pm to 2:30pm

Location: Robinson Woods Kiosk, Shore Rd.

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

Program # 213-111



BODY DYNAMICS

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

Date: Monday/Wednesday/Friday, 1/4 - 1/29 (No class 1/18). 11 classes

Time: 9am to 10am

Location: CC Activity Room

Fee: Resident: \$55.00.

Program #213-100

Date: Monday/Wednesday/Friday, 2/1-2/26 (No class 2/15), 11 classes

Time: 9am to 10am

Location: CC Activity Room

Fee: Resident: \$55.00

Program #213-101

STEP AEROBICS

The goal for instructor **Anne Cass** is to provide a fun workout for anyone who comes. She has always loved steps and has taught in the past at a couple of gyms. Throw it back and join her!. Questions to annebcass@gmail.com. **Instructor:** Anne Cass

Dates: Mondays, 1/4-2/22 (No class 1/18, 2/15). 7 classes

Time: 8am to 8:45am

Location: CC Activity Room

Fee: Resident: \$56.00

Program # 213-114

ESSEINTRICS® & PILATES - Essentials for Power and Posture



In this combo Essentrics/Pilates class, **Sarah MacColl** will release tight muscles, rebalance joints and restore your 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 creator of Essentrics, Miranda Esmonde-White, is the founder of Classical Stretch on PBS. FMI visit essentrics.com.

Dates: Tuesday/Thursday, 1/5-1/28, 8 classes

Time: 8:30am to 9:30am

Location: CC Activity Room at Community Center

Fee: Resident: \$104.00.

Program # 213-112

Dates: Tuesday/Thursday, 2/2 - 2/25, 8 classes

Time: 8:30am to 9:30am

Location: CC Activity Room at Community Center

Fee: Resident: \$104.00

Program #213-113

GENTLE HATHA YOGA

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

Dates: Mondays, 1/4 -1/ 25 (No class 1/18). 3 classes

Time: 10:15am to 11:30am

Location: CC Activity Room at Community Center

Fee: Resident: \$33.00.

Program # 213-102

Dates: Mondays, 2/ 1 - 2/22 (No class 2/18). 3 classes

Time: 10:15am to 11:30am

Location: CC Activity Room at Community Center

Fee: Resident: \$33.00

Program #213-106

Dates: Wednesdays, 1/6- 1/27. 4 classes

Time: 10:15am to 11:30am

Location: CC Activity Room at Community Center

Fee: Resident: \$44.00.

Program # 213-103

Dates: Wednesdays, 2/2-2/24. 4 classes

Time: 10:15am to 11:30am

Location: CC Activity Room at Community Center

Fee: Resident: \$44.00.

Program # 213-107

YOGA

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

Dates: Mondays, 1/4- 1/25 (No class 1/18). 3 classes

Time: 6pm to 7:15pm

Location: CC Activity Room at Community Center

Fee: Resident: \$33.00.

Program # 213-104

Dates: Mondays, 2/1- 2/22 (No class 2/15). 3 classes

Time: 6pm to 7:15pm

Location: CC Activity Room at Community Center

Fee: Resident: \$33.00.

Program # 213-108

Dates: Wednesdays, 1/6-1/27. 4 classes

Time: 6pm to 7:15pm

Location: CC Activity Room at Community Center

Fee: Resident: \$44.00.

Program # 213-105

Dates: Wednesdays, 2/3-2/24.. 4 classes

Time: 6pm to 7:15pm

Location: CC Activity Room at Community Center

Fee: Resident: \$44.00.

Program # 213-109

namaste

ADULT SUNDAY INDOOR TENNIS (BEGINNER)

Classes will focus on learning the fundamentals of tennis strokes/grips and footwork. Players will learn the basics and how to rally and keep score. Classes will be held in a low pressure environment, singles format (6 max) with no prior experience needed.

Dates: Sundays, 1/3-2/7. 6 classes

Time: 8am to 9am

Location: PC Gymnasium at CE Pond Cove Elementary

Instructor: Niamh Colpitts

Fee: Resident: \$90.00.

Program # 213-110

AQUATIC PROGRAMS

All programs take place at the Donald L. Richards Community Pool

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.

Dates: Tuesday/Thursday 1/5-2/25. 16 classes

Time: 5:30pm-6:30pm

Instructor: Todd Larlee

Fee: Resident: \$144.00

Program # 213-202

SPRINGBOARD DIVING (AGES 14 +)

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 Durafirm stands with movable fulcrums and diving into water 12 ft. deep. Subjects of instruction and coaching include:

- Safely and productively getting the most out of a diving board,
- Mechanics and technical aspects of competitive diving,
- Importance of proper body and head alignment,
- Line-ups and entries,
- Building a list of dives suitable for competition,
- Mental aspects of learning new dives,
- Performing well in competition, and
- 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.

Dates: Saturdays, 1/9 - 2/27 (No class 2/20). 7 classes

Time: 1:00 - 3:00 pm

Fee: \$320.00

Program #: 213-319



PACE RACE CHASE

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
[Link to determine swim level](#)

PACE RACE CHASE A

Dates: Sundays, 1/3 -2/28. 9 classes
Time: 1pm to 2pm
Fee: Resident: \$135.00
Program #213-205

PACE RACE CHASE E & B

Dates: Sundays, 1/3- 2/28. 9 classes
Time: 2:15pm to 3:15pm
Fee: Resident: \$135.00.
Program #213-206

PACE RACE CHASE A & E

Dates: Tuesdays, 1/5- 2/23. 8 classes
Time: 1pm to 2pm
Fee: Resident: \$120.00.
Program #213-203

PACE RACE CHASE A & E

Dates: Fridays, 1/1-2/26. 9 classes
Time: 11:30am-12:30pm
Fee: Resident: \$135.00.
Program #213-204

WATER WORKS

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!

Date: Monday/Wednesday/Friday, 1/4-1/29. 12 classes
Time: 8am to 8:55am
Fee: Resident: \$78.00
Program # 213-207

Date: Monday/Wednesday/Friday, 2/1-2/26. 12 classes
Time: 8am to 8:55am
Fee: Resident: \$78.00
Program # 213-208

SWIM LESSONS

PRIVATE SWIM LESSONS

Private swim lessons are currently **available on Saturdays only** for any skill level, from water adjustment to triathlon training. Separate from group lessons, they are based on instructor availability. Lessons are 30 minutes in length and set up in a one, two or three family members to one instructor. Please fill out the [request form](#) and the aquatic coordinator will be in touch to schedule your lessons as soon as possible! Lesson packages are available in four 30 minute sessions.

Rates: 1 swimmer — \$100 (\$25 per lesson)
 2 swimmers — \$160 (\$20 per swimmer/lesson)
 3 swimmers — \$180 (\$15 per swimmer/lesson)

DUCKLING/DOLPHINS (Ages 3 - 6) Children are grouped by ability level and taught personal safety, underwater, independent swimming, and floating skills. Our caring and supportive instructors will help build the confidence and strength of each swimmer while enabling them to grow independently in the water.

Ducklings 1: This class is for the beginner swimmer that cannot swim independently with a flotation device, or is wearing a 3 cell bubble belt. Ideal for the child who has not been in a lesson setting, the child will become better acclimated to the water and will focus on basic water and safety skills. *Prerequisite* - age 3 by the start of class. *Skills Taught:* water adjustment & paddle stroke

Ducklings 2: *Prerequisite:* swim 1/2 length of the pool with 2 bubbles **horizontally** and be comfortable putting his/her face under water. *Skills Taught:* water adjustment & paddle stroke

Dolphins 1: *Prerequisite:* swim 1/2 length of the pool with 1 bubble and be comfortable with rhythmic breathing and back floating. *Skills Taught:* rhythmic breathing, basic elementary backstroke, basic front crawl, and introduction to treading water

Dolphins 2: *Prerequisite:* swim length of the pool without flotation, be comfortable rhythmic breathing, basic freestyle, and backstroke. *Skills Taught:* rotary breathing, basic elementary backstroke, basic front crawl, introduction to treading water, diving and breath support.

PROGRESSIVE LESSONS (Ages 6+ years old) Children are grouped by ability level within this age group and are introduced to all of the strokes and focus on personal growth, safety, rescue skills, diving, and water games.

Level 1: *Prerequisite* - Age 6 or older (may or may not be wearing a flotation device. *Skills Taught:* rhythmic breathing, basic freestyle, personal safety, back floating

Level 2: *Prerequisite* - swim length of pool comfortably without flotation device & be able to put face underwater. *Skills Taught:* freestyle, backstroke, diving and treading water.

JANUARY 1 - 30, 2021

Level	Day	Time	# Classes	Fee	Program #
Ducklings 1	Sat	8:30 - 9:00 am	4	\$36	213-209
		10:45 - 11:15 am			213-218
		11:30 - 12:00 pm			213-221
Ducklings 2	Sat	8:30 - 9:00 am	4	\$36	213-210
		10:00 - 10:30 am			213-217
		11:30 - 12:00 pm			213-222
Dolphins 1	Sat	9:15 - 9:45 am	4	\$36	213-212
		10:00 - 10:30 am			213-216
		11:30 - 12:00 pm			213-223
Dolphins 2	Sat	9:15 - 9:45 am	4	\$36	213-213
		10:45 - 11:15 am			213-219
Level 1	Sat	8:30 - 9:00 am	4	\$36	213-211
		9:15 - 9:45 am			213-214
Level 2	Sat	10:00 - 10:30 am	4	\$36	213-215
		10:45 - 11:15 am			213-220



Cape Care has space available before school, after school and for hybrid learning. Parent drop off and/or pick up as there are no busses to the Community Center. All children are screened at arrival (temperature check, and hand sanitizing).

Before School Care Opens at 7:15 am

Preschool through 6th grade enjoy supervised free play prior to school.

- Kindergarten through Grade 4 are walked to school at 8:20 am.
- Middle Schoolers walk on their own at 7:45 am.
- Hybrid Learning Care children transition to doing their classroom work.

Hybrid Learning Care 8:30 am to 3:00 pm

Kindergarten through 6th grade.

- Daily schedule allows for supervised instructional time for children to work on their school work.
- WiFi access for completing google classroom work, zoom meetings, reading time.
- Additional activities and playtime incorporated for those students once they have completed their work.

After School Care 2:30 pm to 5:30 pm

Preschool through 6th grade enjoy indoor and outdoor activities.

- Pond Cove students are walked from the school to the Community Center.
- Middle School students walk to the Community Center on their own.
- Hybrid Learners are transitioned to After School Care.

FMI contact Kelly.Phinney@capeelizabeth.org.

YOUTH PROGRAMS

SPINNING SPROUTS (AGES: 3-5 YEARS)

Come explore the art of dance with Brio Dance Studio in our Spinning Sprouts class! Your child will be taught basic ballet, basic tap and creative movement steps. Each class will incorporate music, props, group and partner dancing and individual attention. 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. An email will be sent out prior to the start of class with full details regarding our safety protocols and social distancing guidelines. Please contact Brio Dance Studio at 253-1700 or briodancestudio@gmail.com for any additional information. **Instructor:** Brio Dance Studio

Dates: Mondays, 1/4 - 2/22 (No class 2/15). 6 classes.

Time: 2:00 - 2:30 pm

Location: CC Activity Room at Community Center

Fee: \$68.00

Program #: 213-316

LYRICAL BALLET (GRADES: K-3)

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

Instructor: Brio Dance

Dates: Mondays, 1/4 - 2/22 (No class 2/15). 6 Classes.

Time: 3:15 - 4:15 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Fee: \$83.00

Program #: 213-310



HIP/HOP

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.

Instructor: Brio Dance Studio

GRADES: K-2

Dates: Tuesdays, 1/5 - 2/23 (No class 2/16). 7 Classes.

Time: 3:15 - 4:15 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Fee: \$97.00

Program #: 213-308

GRADES: 3-5

Dates: Tuesdays, 1/5 - 2/23 (No class 2/16). 7 Classes.

Time: 4:15 - 5:15 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Fee: \$97.00

Program #: 213-309

IRISH DANCE BEGINNERS (GRADES: 1-4)

Learn the basics of Irish Dancing in this introductory course. We aspire to teach Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. 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. **Instructor:** Stillson Irish Dance

Dates: Fridays, 1/8 - 2/26 (No class 2/19). 7 Classes.

Time: 3:15 - 4:15 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Fee: \$125.00

Program #: 213-313

IRISH DANCE ADVANCED (GRADES: 3-6)

Students in grades 3-6 will build upon the basics of Irish Dancing in this advanced course. We aspire to teach Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline. 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.

Instructor: Stillson Irish Dance

Dates: Fridays, 1/8 - 2/26 (No class 2/19). 7 Classes.

Time: 4:15 - 5:15 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Fee: \$125.00

Program #: 213-314

MUSICAL THEATER (GRADES: 1-4)

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

Dates: Thursdays, 1/7 - 2/25 (No class 2/18). 7 Classes.

Time: 3:15 - 4:45 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Fee: \$98.00

Program #: 213-305

KARATE KIDS

Empower your children with important life skills as well as valuable techniques to protect themselves while building strength and awareness. This program is 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. **Instructor:** Dragon Fire Martial Arts



GRADES: K-2

Dates: Mondays/Wednesdays, 1/4 - 2/24 (No class 1/18, 2/15, 2/17). 13 classes.

Time: Monday, 3:00 - 4:00 pm; Wednesday, 2:00 - 3:00 pm

Location: CC Activity Room at Community Center

Fee: \$169.00

Program #: 213-311

GRADES: 3-8

Dates: Mondays/Wednesdays, 1/4 - 2/24 (No class 1/18, 2/15, 2/17). 13 classes.

Time: Monday, 4:00 - 5:00 pm; Wednesday, 3:00 - 4:00 pm

Location: CC Activity Room at Community Center

Fee: \$169.00

Program #: 213-312

MAD SCIENCE TAKE A BITE OUT OF SCIENCE (GRADES: K-4)

Do you have a big appetite for fun and insatiable curiosity? Come "Take a Bite Out of Science" with our indulging afterschool program full of exciting sampler "courses" that will satiate your imagination! Unravel the mystery of chemistry and watch crystals form in a water glass. Experiment with hovercrafts and mix up a foaming crazy concoction. Build and take-home a Technicolor Blender to demonstrate Newton's color wheel invention and even learn about adaptations of wild animals. Grab your ticket to the stars and investigate the sky with your own pocket sky map. Walk in the shoes of a detective and examine fingerprints, mystery powders, and ink samples. Get bug eyed with an Insect-A-Vision take home that gives you an insect's point of view. Whether you like your science savory, spicy, or sweet, this class is sure to satisfy your inquisitive appetite.

Dates: Tuesdays, 1/12 - 2/23 (No class 2/16). 6 classes.

Time: 3:15 - 4:15 pm

Location: CC Community Room at Community Center

Instructor: Mad Science of Maine

Fee: \$99.00

Program #: 213-315



DRIVER EDUCATION-THE RIGHT CHOICE

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 of the State of Maine. Course also includes 10 hours of behind the wheel driving time that the instructor will schedule directly with the student once class time begins.

Students must be at least 15 years of age by the course starting date. For more information contact Right Choice Driving School, 207-318-1445 or rightchoicedriving@live.com. **Instructor:** Tim O'Carroll

SESSION 1

Dates: Mondays - Thursdays, 1/25 - 2/11. 12 Classes.

Time: 6:00 - 8:30 pm

Location: CC Community Room at Community Center

Fee: \$495.00

Program #: 213-303

SESSION 2

Dates: Mondays - Thursdays, 3/1 - 3/18. 12 Classes.

Time: 6:00 - 8:30 pm

Location: CC Community Room at Community Center

Fee: \$495.00

Program #: 213-304

SUNDAY INDOOR TENNIS (GR. K-2)

RED BALL CLINIC - RACQUET SIZES: 19" - 23"

Join CEHS/MS Coach Niamh Colpitts on Sundays this winter for socially distanced tennis lessons! Ideal for beginners, with little or no tennis experience. Classes focus on balance, coordination and building motor skills, including throwing, catching and rolling balls. Coach will help players by creating a simple foundation of move, stop, hit and recover by focusing on a consistent contact point on the forehand and backhand. Coach will also help players define the area so they know what is in and out. They also get a sense of where they are in the court and learn how to send and receive the ball.

Dates: Sundays, 1/3 - 2/7. 6 Classes.

Time: 9:00 - 10:00 am

Location: PC Gymnasium at CE Pond Cove Elementary

Instructor: Niamh Colpitts

Fee: \$90.00

Program #: 213-300

SUNDAY INDOOR TENNIS (GRADES: 3-4)

ORANGE BALL CLINIC - RACQUET SIZES: 23" - 25"

Join CEHS/MS Coach Niamh Colpitts on Sundays this winter for socially distanced tennis lessons! This class will be for beginners or players with some previous exposure to tennis. Basic concepts of tennis are introduced, players are taught how to play matches and keep score. Players learn how to contact the ball on the move, and hit off either foot. Maximum Class Size: 8

Dates: Sundays, 1/3 - 2/7. 6 Classes.

Time: 10:00 - 11:00 am

Location: PC Gymnasium at CE Pond Cove Elementary

Instructor: Niamh Colpitts



Fee: \$90.00

Program #: 213-301

SUNDAY INDOOR TENNIS (GRADES: 5-6)

GREEN BALL CLINIC - RACQUET SIZES: 26" - 27"

Join CEHS/MS Coach Niamh Colpitts on Sundays this winter for socially distanced tennis lessons! Green ball players play on a full size tennis court. It is important that players have the physical skills required to cover the full court and control the body in this dynamic environment. These young players are now learning how to hit "with intention", meaning doing something with the ball that affects the opponent. Problem solving along with reacting and coping with many different situations on the court is a large part of green ball tennis. Maximum Class Size: 8

Dates: Sundays, 1/3 - 2/7. 6 Classes.

Time: 11:00 am - 12:00 pm

Location: PC Gymnasium at CE Pond Cove Elementary

Instructor: Niamh Colpitts

Fee: \$90.00

Program #: 213-302

NORDIC SKI/PARENT & CHILD (GRADES: K-5)

Cape Nordic will once again run a non-competitive Youth Nordic Ski program for new and intermediate skiers. The focus will be on fun games and activities to improve balance and increase comfort skis. This is a family program designed for parent/child. Skiers will need to provide their own equipment.

Dates: Sundays, 1/10 - 2/7 (No class 1/24). 4 Classes.

Time: 12:30 - 2:00 pm

Location: Gull Crest Fields

Instructor: Debora Hatton & Cape Nordic Volunteers

Fee: \$50.00

Program #: 213-307



SHAWNEE PEAK PROGRAM (Grades 3 - 8)

We are offering the Shawnee Peak Ski Board Program with additional precautions and adjustments. Most exciting is we will be going on Wednesdays (Remote Learning Day) which will allow for almost four hours of ski/ride time! We have chartered two motorcoaches to accommodate a total of 44 to 50 students (22 - 25 per bus). Siblings will be asked to sit together. Masks will be worn on the bus at all times, unless eating or hydrating. Participants in grades 3 - 5 must take lessons. (5th graders may waive the lessons if approved by Kelly). Free skiing and riding will be available only for those in grades 6 - 8. Parent chaperones are needed for this program.

Options: (all options include transportation)

- A) Lift Ticket Only \$ 336.00
- B) Lift Ticket and Lessons \$ 444.00
- C) Lift Ticket and Rentals \$ 444.00
- D) Lift Ticket, Lessons & Rentals \$ 558.00
- E) Helmet Rental \$ 50

Dates: Wednesdays, 1/13 - 2/24 (No class 2/17, Makeup date 3/3). 6 Classes.

Time: 12:00 - 7:00 pm

Location: Meet at CECS rear parking lot

Program #: 213-306

SHAWNEE PEAK WEDNESDAY PASS (for non-program participants)

Alternatively, if you are not comfortable having your child ride the bus or they are on the waitlist and you have the ability to drive them to Shawnee Peak, you may consider purchasing a pass to ski every Wednesday so they are able to ski.

The Wednesday Pass offers twice the skiing. You can ski every Wednesday... all day, all night, and all-season for \$190. Get there when you want, ski or ride as long as you want, and leave when you're done with your last run.

Community Services is coordinating this season ticket offer only available to groups of twenty or more participants. This offer is not available directly through Shawnee Peak.

The pass is valid starting Monday, January 4th, and is good for the season, with the exception of February Vacation (2/15 to 2/19).

To claim your pass, register each individual online and provide a \$50 non-refundable deposit. Once we have twenty or more we will contact you to collect the total balance due.

Shawnee Peak small print - Operating schedule may be subject to change at any time. We reserve the right to limit sales & capacity. Product is final sale and not refundable and not transferable.

Need equipment or lessons? Contact [Shawnee Peak](#) for information on winter equipment rentals (skis/boots/poles or snowboard/boots and a helmet for \$199) or lesson availability and options.

Program # 213-320

RICHARDS COMMUNITY POOL & FITNESS CENTER

Due to Covid-19, we are not accepting walk-ins. Cape Elizabeth residents and members may make a reservation online to reserve a time slot to work out or swim laps.

Additional restrictions apply and availability is subject to change.

Memberships may be purchased through Community Services during regular business hours.

	MONTHLY Pool/Fitness/Combo	QUARTERLY Pool/Fitness/Combo	ANNUALLY Pool/Fitness/Combo
Individual	\$39/ \$36/ \$56	\$100/ \$87/ \$134	\$337/ \$296/ \$469
Couple	\$67/ \$65/ \$90	\$155/ \$151/ \$216	\$469/ \$428/ \$663
Family	\$95/ \$111/ \$127	\$263/ \$251/ \$335	\$826/ \$801/\$1,132

*** Please note, a 10% additional fee applies to all non-resident memberships.***