

CAPE EXPLORER

FALL 2021

September-December

Resident Registration Opens

Online Sunday, Aug 22nd 8:00 pm



COMMUNITY SERVICES

Our Mission at Cape Elizabeth Community Services is to 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

OFFICE The Community Center
343 Ocean House Road
Cape Elizabeth, ME 04107

DIRECTIONS: Community Services is 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.

CALL 207-799-2868
FAX 207-799-1841
CAPE CARE 207-799-4388
POOL/FITNESS CENTER 207-799-3184
EMAIL services@capeelizabetschools.org
WEB www.capecommunityservices.org
HOURS Monday-Friday 8:00 am-4:30 pm
School Vacation Hours 7:30 am-3:30 pm

Closings 9/6, 10/11, 11/25, 11/26, 12/24

OUR STAFF

- Kathy Raftice, Director
Kathleen.Raftice@capeelizabeth.org
- Jane Anderson, Marketing,
Senior Programming
Jane.Anderson@capeelizabeth.org
- Susan Frost, Youth Program Coordinator
Susan.Frost@capeelizabeth.org
- Kelly Phinney, Cape Care Coordinator
Kelly.Phinney@capeelizabeth.org
- Linda Strunk, Adult Program Coordinator
Linda.Strunk@capeelizabeth.org
- Andrew Kemp, Pool & Fitness Center
Supervisor
Andrew.Kemp@capeelizabeth.org
- Chris Cutter, Ft. Williams Park Coordinator
Christian.Cutter@capeelizabeth.org

COMMUNITY SERVICES COMMITTEE

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



REGISTRATION OPENS

On line for Cape Residents—Sunday, August 22nd
at 8:00 pm

In Office for Cape Residents—Monday, August 23rd
at 8:00 am

Non-Residents-Friday, August 27th at 8:00 am

REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, August 22nd at www.capecommunityservices.org. Click "Register Online Now". Sign in or create an account. In-person or over the phone registrations will begin at 8:00 am on March 23rd at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868.

Non-resident registrations begin Friday, August 27th. Email confirmations will be sent for all transactions.

FEES & DISCOUNTS

A 20 % taxpayer discount will be applied to programs, activities and memberships for resident seniors age 62 and older except where noted.

A non-taxpayer fee will be applied to all programs, activities, memberships and parties. Fees \$50 and under will be \$3, \$51 - \$100 will be \$5 and all fees over \$101 will be \$7. No non-resident fee applied to seniors age 62 and older except where noted.

A 2.99% credit card processing fee will be incurred on all credit card transactions.

Active Network charges a non-refundable convenience fee for booking online.

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

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

MEDIA POLICY

Community Services may photograph, videotape and record in other ways 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.

ACCESSIBILITY

If you have a disability and need any accommodations to participate in one of our programs, please call the Community Services Office at 799-2868.

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

Unless otherwise noted under program descriptions, the following withdrawal policies apply:

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.



HEALTH, WELLNESS & ENRICHMENT



BODY DYNAMICS

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. Drop-ins welcome \$10

Days: Mon/Wed/Fri (no class 10/11, 11/26)

Time: 9:00 –10:00 am

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
9/13-10/29	20	\$160	222-100
11/1-12/29	25	\$200	222-101

CARDIO STRENGTH INTERVAL TRAINING

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! This class solves the mystery of how to "FIT" it all in.

Days: Tues/Thurs (no class 11/25)

Time: 6:15-7:15 pm

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/14-10/28	14	\$126	222-102
11/2-12/23	15	\$135	222-103

COED WEIGHTS

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 .

Days: Tues/Thurs (no class 11/25)

Time: 5:15-6:15 pm

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/21-10/28	12	\$108	222-104
11/2-12/23	15	\$135	222-105

EARLY BIRD CYCLE

Gear up and get ready to ride! Prepare yourself for a fun, ultimate calorie and fat burning class, while reaching optimal fitness levels. Motivational coaching led by an experienced instructor will teach you cycling hills, sprints, flats all set to inspirational music. For those of you who would like to join in on the fun and get geared up and in shape now is the time. All levels welcome.

Days: Tues/Thurs (no class 11/25)

Time: 5:45-6:30 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/14-10/28	14	\$126	222-106
11/2-12/23	15	\$135	222-107

AFTERNOON CYCLE -NEW!

Pick up your afternoon with our afternoon cycle! Same great format as our Early Bird Cycle.

Days: Tues/Thurs (no class 11/25)

Time: 4:15-5:00 pm

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/14-10/28	14	\$126	222-108
11/2-12/23	15	\$135	222-109

SATURDAY CYCLE

These rides combine hill climbing, training power, fast flats and speed that will challenge your legs and cardiovascular system. Get ready to torch a ton of calories. Resistance bands will be incorporated to strengthen and build endurance in the upper body & core. Bring a go hard attitude with a conquer all mentality. Boot Camp on the bike!

Dates: Saturday 10/30- 12/18 (no class 11/27)

Time: 7:30-8:30 am

Instructor: Susan Janosik

Fee: \$63 (7 classes)

Program # 222-110



STEP AEROBICS

Join us for 45 minutes of aerobic exercise - since one can always take a step class to the floor plus it provides variety, we alternate our classes: one week is steps (which anyone can do on the floor) and the next is aerobics without the step Drop-ins welcome \$10

Days: Mondays (no class 10/11)

Time: 8:00-8:50 am

Instructor: Anne Cass

Date	Classes	Fee	Program #
9/13-10/25	6	\$48	222-111
11/1-12/20	8	\$64	222-112

HEALTH, WELLNESS & ENRICHMENT

HIGH INTENSITY INTERVAL TRAINING

This fitness formula combines strength building with low to high intensity alternated with intervals of low to high intensity of plyometrics, cardio, and core all in 60 minutes. This workout brings the essence of functional exercise and athlete training together with drills that build a body that works, a push-harder workout culture and a supportive group spirit! Please bring weights, water & mat to class. (no class 10/11,11/26)

Time: 5:30-6:30 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
M/W/F 10/4-10/29	11	\$99	222-135
W/F 11/3-12/22	14	\$126	222-113

WOMEN ON WEIGHTS

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 susan-jano@maine.rr.com or at 939-2255 to set up a workout orientation. Please bring a MAT, towel and water to class.

Days: Wed/Fri (no class 11/26)

Time: 8:45-9:45 am

Instructor: Susan Janosik

Date	Classes	Fee	Program #
9/22 - 10/29	12	\$108	222-114
11/3 - 12/17	13	\$117	222-115

CORE & MORE

Build core stability and strength and get some upper and lower body work, too Use weights, foam rollers, Yoga Tune Up balls, and softshell balls and pilates for an intense, well rounded workout. All equipment provided except a mat.

Days: Tuesday/Thursday

Time: 9:00-10:00 am

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
10/5-10/28	8	\$80	222-118
12/2-12/23	7	\$70	222-119

ESSEINTRICS®

RELEASE, REBALANCE & RESTORE

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. Drop-ins welcome CECS \$13/ Ft Williams \$10

Days: Tuesday/Thursday (no class 11/11, 11/25)

Time: 9:00-10:00 am

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
Tuesdays in September-Drop-in only Ft Williams		\$10	
CECS Thurs only 9/9-9/30	4	\$40	222-116
Tues/Thurs 11/2-11/30	7	\$70	222-117

WANT TO TRY ESSEINTRICS®? New to Essentrics or just getting back to it? Wondering whether your hard core athletic feats would be enhanced with Essentrics? Learn the moves and understand the whys behind this great rebalancing, restorative workout that builds long, strong muscles. Enjoy music and movement and leave feeling taller and smarter.

TRY THE CLASS: Tues. 10/26 and Thurs. 10/28 10:00-11:00 am in the Activity Room at CECS \$20

OULA DANCE FITNESS - NEW!

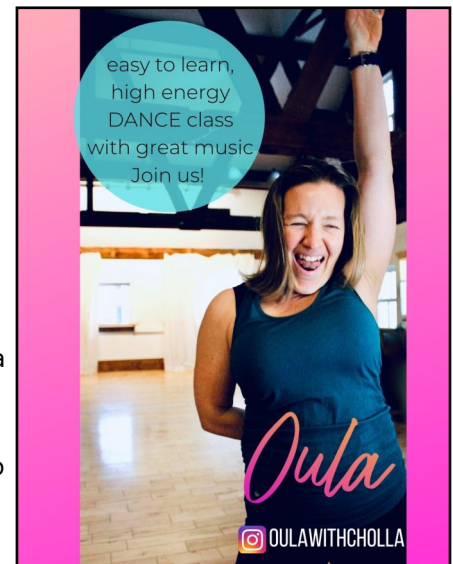
Oula is a dance fitness format that uses easy to learn dance moves and recognizable music to help you gain confidence, process emotions, AND get a workout. If you are looking for something fun to add into your weekly routine, come dance with us! No prior experience necessary, coordination not required. Drop-ins welcome \$12.

Days: Thursdays (No class 11/11, 11/25)

Time: 6:00-7:00 pm

Instructor: Cholla Foote

Date	Classes	Fee	Program #
9/9-10/14	6	\$60	222-120
10/21-12/9	6	\$60	222-121



HEALTH, WELLNESS & ENRICHMENT

SHiNE DANCE FITNESS™ - NEW!

SHiNE™ is a high energy dance fitness class that is rooted in hip-hop, jazz and ballet. The routines are choreographed to get your heart pumping and your energy flowing. The songs are easy to follow and are set to your favorite current hits. SHiNE™ is open to everyone at all fitness levels and dance experience is not required. Drop-ins welcome \$10

Days: Tuesdays

Time: 5:45-6:45 pm

Location: CECS Activity Room

Instructor: Rachel Rosenfield

Date	Classes	Fee	Program #
9/7-10/19	7	\$56	222-122
10/26-12/7	7	\$56	222-123

LUNCH BREAK YOGA with Annie Ware -NEW!

Sneak away from your desk or errands to spend 45 min taking care of your mind & body. Our bodies thrive on movement and breath. Lunch Break Yoga is the perfect relief from a sedentary or hectic morning. In this class, we will slowly flow through classic yoga postures as well as incorporating yin yoga. No yoga experience required.

Drop-ins welcome \$10

Date: Friday 9/3- 12/17 (14 classes-no class 10/29, 11/26)

Time: 12:00-12:45 pm

Fee: \$110

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 222-124

GENTLE HATHA YOGA

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. Drop-ins welcome \$13

Days: Mondays (no class 10/11) 10:15-11:30 am

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
9/13-10/25	6	\$66	222-125
11/1-12/20	8	\$88	222-127

Days: Wednesdays 10:15 am - 11:30 am

Date	Classes	Fee	Program #
9/1-10/27	9	\$99	222-129
11/3-12/22	7	\$77	222-131



YOGA SOLUTIONS FOR HEALTHY SHOULDERS, BACK & HIPS - NEW!

This 45 minute class uses traditional yoga posture that are accessible to most in order to revive and mitigate discomfort within the body while lengthening, strengthening and stabilizing key muscles that can contribute to chronic and acute discomfort. In this class, students will use a chair for seated postures but all should be able and prepared to move around a yoga mat during each session. No yoga experience necessary. Drop ins welcome \$10

Date: Friday 9/3-12/17 (14 classes-no class 10/29, 11/26)

Time: 10:15-11:00 am

Fee: \$110

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

YOGA ALL LEVELS

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 Drop-ins welcome \$13

Days: Mondays (no class 10/11) 6:00-7:15 pm

Instructor: Sharon Wilke

Date	Classes	Fee	Program
9/13-10/25	6	\$66	222-134
11/1-12/20	8	\$88	222-136

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program
9/1-10/27	9	\$99	222-138
11/3-12/22	8	\$88	222-140

HEALTH, WELLNESS & ENRICHMENT

COAST ENDURANCE

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 no matter your level of experience or fitness in swimming. Athletes must be able to swim 200 yards without stopping.

Days: Tues/Thurs (no class 11/11, 11/25)

Time: 5:30-6:45 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program
9/7-10/28	16	\$176	222-200
11/2-12/21	14	\$154	222-201

PACE RACE CHASE

(ADVANCED, ENTRY LEVEL, BEGINNER)

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

Level/Dates	Time	Fee	Program
PCR-A Sun 9/12-10/31	10-11am	\$120	222-202
PCR-E&B Sun 9/12-10/31	11-12pm	\$120	222-203
PCR-A&E Tues 9/14-10/26	1-2 pm	\$105	222-204
PCR-A&E Fri 9/10-10/29	11:30-12:30	\$120	222-205
PCR-A Sun 11/7-12/26	10-11am	\$120	222-206
PCR-E&B Sun 11/7-12/26	11-12pm	\$120	222-207
PCR-A&E Tues 11/2-12/21	1-2 pm	\$120	222-208
PCR-A&E Fri 11/5-12/24	11:30-12:30	\$120	222-208



LIGHTHOUSE MASTERS

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

Days: Mon/Wed/Fri

Time: 5:30-6:45 am (no class 10/11, 11/26)

Instructor: Marcel Da Ponte



Date	Classes	Fee	Program #
9/8-10/29	22	\$220	222-210
11/1-12/22	22	\$220	222-211

WATER WORKS

A **low-impact** exercise program, working all the major muscle groups. The buoyancy of the water is an excellent way to alleviate pressure on the joints improve posture and range of motion. We start in the shallow end with a cardio session to build stamina, progress to the deep end using belts and buoys.

Days: Mon/Wed/Fri (no class 9/6)

Time: 8:00 - 8:55 am

Instructor: Patty Medina

Date	Classes	Fee	Program
9/1- 9/29	12	\$78	222-212
10/1-10/29	13	\$85	222-213
11/1-11/29	13	\$85	222-214
12/1-12/22	10	\$65	222-215

ADULT SWIM LESSONS-SINK OR SWIM (16+)

This program is geared towards the beginner or intermediate swimmer. Basic swimming skills are taught along with water comfort, stroke improvement and endurance. The focus will be on individual needs and goals. (No class 11/27)

Dates: Saturdays

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	#of Classes	Fee	Program #
9/11-10/16	6	\$60	222-216
10/23-12/4	6	\$60	222-217

HEALTH, WELLNESS & ENRICHMENT

LEARN TO PLAY PICKLEBALL – BEGINNER

This sport is action packed but easy on the body. People of all ages are playing and we are bringing an introductory class to you. This game is played outdoors on a badminton-sized court and slightly modified tennis net. Beginners welcome! We will have extra paddles for those looking to try it out.



Dates: Mondays & Wednesdays, 9/13-9/29 (6 classes)
Time: 5:30–7:00 pm
Fee: \$42

Location: Fort Williams Pickleball Courts
Instructor: Roger Rioux
Program #222-142

INTERMEDIATE PICKLEBALL CLINIC-NEW!

For those who have played the game and are looking to improve their strategy, court awareness and all-around skills, this three hour clinic can help. Topics will include drops and drives, tethering, when to attack, when to employ a soft game, how to defend against bangers.

Date: Saturday 9/11 (rain date 9/12)
Time: 9:00-noon
Fee: FREE! Registration required

Location: Fort Williams Pickleball Courts
Instructor: Glenn Jordan, four time Atlantic Regional gold medalist and 2018 U.S. Nationals silver medalist.
Program # 222-143

ADULT 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 with no prior experience needed.

Time: 8:00–9:00 am (no class 10/9, 11/27)
Instructor: Niamh Colpitts, PRT Certified/USPTA Member
Location: HS Tennis Courts/PC Gym 2nd session

Date	Classes	Fee	Program #
Saturdays 9/11- 10/23	6	\$90	222-148
Saturdays 10/30 - 12/11	6	\$90	222-149

ADULT TAP

After a long year, its time to dust off those shoes in the back of your closet and get your shuffle ball change on! Tap dancing is fun and easy, bringing rhythm, great music, non-stop movement and gentle aerobic exercise into one hour of happy sounds! In the beginner class we will cover all of the basics and you will be flapping across the floor in no time. In the intermediate level we will cover warm-ups, go over some new steps and combinations and begin some simple routines. Seniors are welcome at both levels. If you are not sure which level is right for you, start with the beginner class and go from there. Tap shoes are required but used shoes may be available from the instructor.

Dates: Wednesdays 9/15 - 12/8
Intermediate Time: 11:45-12:45 pm
Fee: \$117
Location: CC Activity Room
Instructor: Betsy Dunphy
Program #222-146

Beginner Time: 1:00- 2:00 pm
Fee: \$117
Location: CC Activity Room
Instructor: Betsy Dunphy
Program #222-147

ADULT INDOOR SOCCER (CO-ED)

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

Dates: Sundays, 11/21 – 12/19
Fee: \$30
Location: HS Gymnasium

Time	Supervisor	Program #
5:00-6:30 pm	David Croft	222-148
6:30–8:00 pm	David Peary	222-149

HEALTH, WELLNESS & ENRICHMENT

OPEN PAINTING STUDIO

Join fellow painters in a non-classroom painting/drawing environment. Share ideas and suggestions, or just enjoy companionship while painting. Bring your own materials and projects.

Date: Tuesdays 9/14-12/14

Time: Anytime between 9:00–12:00 pm

Walk-in Fee: \$3

Location: CC Meeting Room

MAINE DRIVING DYNAMICS (MDD)

A certified MDD Instructor teaches in a format that engages students with lectures, videos and class discussion. Those completing will receive a three-point credit reduction on their record and students 55+ can receive an insurance discount.

Dates: Saturday, November 20th

Time: 9:00 am–2:00 pm

Fee: \$40, age 62 and older \$30

Location: CC Community Room

Instructor: Certified Maine Driving Dynamics Instructor
Program #222-152

WATERCOLOR PAINTING for BEGINNERS

Introduction to the art of Watercolor Painting. In this three week class, you will learn the basic watercolor techniques used in contemporary painting. Options for selecting high quality, but budget friendly supplies will be discussed. No need to bring any paint, paper or brushes as you will be using artist grade materials, provided by the instructor (\$10 fee- payable to instructor). Please do bring a container (16 oz or larger) for rinsing your brushes, and paper for note taking.

Dates: Wednesdays 9/22-10/6

Time: 10:00 am-noon

Fee: \$30

Location: CECS Living Room

Instructor: Marty Clark

Program #222-150

OPEN WOOD SHOP

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.

Date: Wednesday, 9/22-12/8 (no class 11/24)

Time: 6:00-9:00 pm

Fee:\$105

Instructor: John Fabish

Program # 222-153

WATERCOLOR PAINTING - BEGINNER thru INTERMEDIATE

Painters at all levels are invited to join me in an exploration of this fascinating medium. Some of the topics to be covered are painting strokes -both basic and complex, color theory and mixing, and use of value and perspective. Class material will be adapted to the specific needs of each student; additional topics to be added as interest demands.

Date: Wednesdays 10/13-11/17

Time: 10:00 am-noon

Fee: \$60

Location: CECS Living Room

Instructor: Marty Clark

Program #222-151



CELT'S CROSS TOWN WALK

Join CELT staff and 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 and includes a picnic lunch at Kettle Cove. Hikers will meet at the Portland Head Light and will carpool (arranged prior to walk) back to Fort Williams after the picnic. Snacks, drinks and lunch provided. Participants should be 12 years or older; please call about younger ages.

Date: Saturday October 2

Time: 8:00 am-1:30 pm

Fee: \$10 per person

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

Program # 222-154

HEALTH, WELLNESS & ENRICHMENT

All CELT participants must register at least 48 hours in advance of the program to will receive notification of changes or cancellation.

CELT'S PADDLING GREAT POND

Join Nancy Zane, of Northstar Adventures on a 2-hour guided paddle of Great Pond. This CELT sponsored event will allow participants to learn more about kayaking while exploring Great Pond. Participants are encouraged to wear appropriate clothing for kayaking, and the program is designed for people ages 8 and up. Kayaks and life preservers will be provided. If participants choose to pack a lunch, they may join Nancy after the program for a picnic on the shores of Great Pond. For more information about Northstar Adventures visit www.northstaradventures.me.

Date: Sunday, August 29

Time: 10:00 am–12:00 pm

Fee: \$25

Location: Great Pond: Fenway Rd entrance

Program #222-155



CELT MUSHROOM PROGRAM IN ROBINSON WOODS

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.

Date: Saturday September 11

Time: 9:00 am-12:00 pm

Location: Robinson Woods Kiosk - Shore Road

Cost: \$10 per person

Program #222-156

CELT'S TREE IDENTIFICATION IN ROBINSON WOODS

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.

Date: Sunday, October 17

Time: 10:00 am–12:00 pm

Fee: \$6

Location: Robinson Woods Kiosk, Shore Rd

Program #222-157

IN THE THICK OF IT; CELT NEW ENGLAND COTTONTAILS PROGRAM

Join Philip Mathieu, CELT's Education Coordinator, for a 1.5 hour **CELT sponsored** walk on Sunday October 13 from 2:00pm-3:30 pm. Learn 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. All proceeds go to CELT.

Date: Sunday, October 3

Time: 2:00-3:30 pm

Location: Runaway Farm. Meet at the parking lot by the soccer fields at Gull Crest (1 Gull Crest Drive)

Fee: \$6 per person

Program #222-158



HEALTH, WELLNESS & ENRICHMENT

MAKING SAUERKRAUT AND KIMCHI

Lacto-fermentation is a metabolic process in which glucose and other sugars are converted into living cellular energy. It is an anaerobic fermentation that has been employed for thousands of years around the world. Fermented foods are an excellent source of vitamins and may promote a healthy gut biome. We can use the same basic principles to ferment many different foods to create a variety of products. We'll follow a few time-tested and honed recipes to craft delicious and healthy fermented foods. Everyone gets one pint of sauerkraut and one pint of kimchi to take home!

Date: Saturday, October 23

Time: 1:00-3:00 pm

Fee: \$35

Instructor: Rewild Maine

Program #222-159



INVASIVE BITTERSWEET BASKETS

Frustrating to gardeners and arborists, bittersweet is widely considered a useless bane on wild land. Learn to make a beautiful basket of invasive round-leaved bittersweet! We'll cover identification, responsible collection, materials processing and storage, and creation, including the basics of stake-and-strand twining and weaving.



Date: Saturday,
December 4

Time: 10:00-2:00 pm

Fee: \$55

Instructor: Rewild Maine

Program #222-160

LEARNING & DEVELOPING APPLE DEVICE SKILLS - NEW!

Learn to better use and troubleshoot your iPhone, iPad, or Mac. Get your questions answered while developing your device skills. General format will be a Q & A session followed by tips and/or new topics such as introduction to new core apps. Participants need to bring an Apple device (iPhone, iPad or Mac) to meeting along with their curiosity and desire to learn.

Days: Thursdays

Time: 10:00-11:00 am

Instructor: Bern Shanfield

Fee: Free - Registration Required

Date	Classes	Program #
9/16-9/30	3	222-161
10/14-10/28	3	222-162

CLUB LUNCH 62+

Together we will set out on a culinary adventure in search of unique experiences, favorite meals, new cuisines or just a beautiful view to enjoy among the company of others. Meals are on own. Park at the Community Center and climb aboard our 14 passenger mini bus and let us do the driving. Fee includes transportation only. Please be prepared to pay for your meal in cash. Eight person minimum. \$5 Transportation Fee.

Rivalries, Falmouth

Date: Thursday, September 9

Time: 11:15 am - 1:30 pm

Program # 222-174

Joseph's by the Sea, Old Orchard Beach

Date: Monday, September 20

Time: 11:45 am - 2:45 pm

Program # 222-175

Wilson County Barbeque, Portland

Date: Monday, October 18

Time: 12:00 pm - 2:30 pm

Program # 222-176

Friendsgiving at the Community Center

Date: Friday, November 5

Time: 12:00 pm - 2:00 pm

Fee: \$15

Program # 222-177

DiMillo's on the Water, Portland

Date: Wednesday, December 8

Time: 11:45 am - 2:00 pm

Program # 222-178

Holiday Luncheon (Location TBD)

Date: Friday, December 10

Time: 12:00 pm - 2:30 pm

Fee: TBD

Program # 222-179

OUTINGS & ENTERTAINMENT

WISCASSET HISTORIC HOUSE TOURS & LUNCH

Step back in time on this narrated walking tour of two unique Maine landmarks. Built in the early 1800's, Castle Tucker is one of the most complete and original Victorian homes in the United States, and the Federal style Nickels-Sortwell House was built by a sea captain and restored by an industrialist. It is also a National Historic Landmark. Visit these two house museums in downtown Wiscasset. **There will be a lot of standing, walking and stairs on this tour.** Lunch on own at Sarah's Café.

Date: Friday, October 1

Time: 8:30 am - 3:30 pm

Fee: \$30 (Includes Admission & Transportation)

Program # 222-163

WALK AMONG THE SHADOWS

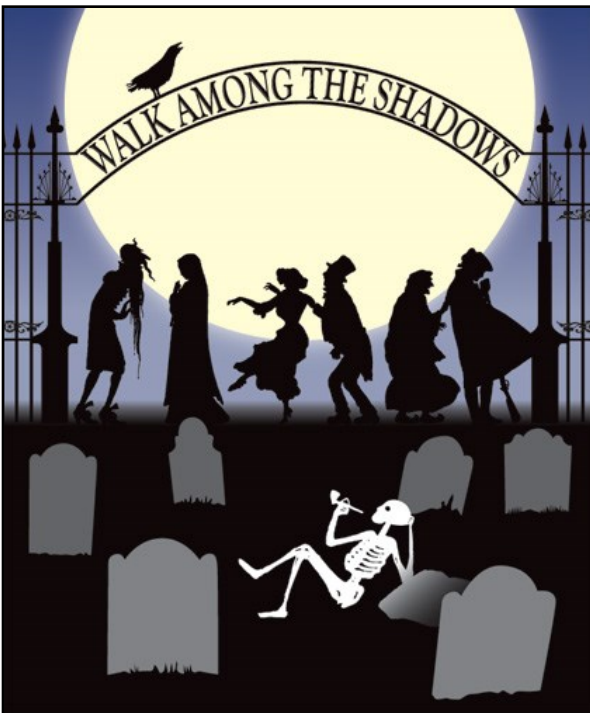
Walk along Eastern Cemetery's Funeral Lane guided by lantern-carrying specters, and enjoy costumed actors who embody the spirits of people buried there and portray important events in our history. We will grab a quick bite at Otto's prior to the walk.

Date: Thursday, October 28

Time: 5:00 pm - 7:45 pm

Fee: \$10 (Includes Transportation & Show)

Program # 222-164



BRUNSWICK NAVAL AVIATION MUSEUM

Join us for a visit to the first museum in the world to document and preserve the history and legacy of maritime patrol aviation and especially the role played by Naval Air Station in Brunswick (NASB). Lunch on own at Wild Oats Bakery & Café.

Date: Wednesday, November 17

Time: 9:30 am - 2:00 pm

Fee: \$10 (Includes Admission (Free) & Transportation)

Program # 222-165

PSO'S MAGIC OF CHRISTMAS

Be entertained by music from The Nutcracker, festive carols, and the "Hallelujah!" chorus from Handel's Messiah. Be moved by hundreds of voices lifted in sacred song, the awe-inspiring power of the Kotzschmar Organ, and the miraculous story of the Christmas season. Terrace Rows C & D. **No refunds after 11/30.**

Date: Friday, December 17

Time: 1:00 pm - 4:30 pm

Fee: \$48 (Includes Ticket & Transportation)

Program # 222-166

SUCCESSFUL AGING EXPO & LUNCH

Join aging Mainers, adult children, boomers and professionals for exhibits, screenings, and speakers featuring products, services and information especially targeted to healthy aging. Lunch on own at Broad Arrow Tavern.

Date: Wednesday, October 6

Time: 9:15 am - 2:45 pm

Fee: \$10 (Includes Admission (Free) & Transportation)

Program # 222-167

OUTINGS & ENTERTAINMENT



OYSTER FARM & FALL FOLIAGE CRUISE

Join hosts Chip and Olga for their leaf peepers cruise to find out how oyster farmers prepare the farm equipment and sow the world-famous Damariscotta River oysters, while bald eagles, ospreys and migratory birds hover around. Bring snack or purchase oysters onboard.

Date: Thursday, September 30. Rain Date October 13

Time: 11:00 am - 4:30 pm

Fee: \$40 (Includes Transportation and Cruise)

Program # 222-168

PRIVATE TEA TASTING

At Dobra Teahouse we will explore tea from origin, made from centuries old traditions, passed down within families generation to generation. Teas that come from the hillsides, mountains and valleys of the tea countries of Asia and beyond. We'll explore teas from each of the six classes – white, yellow, green, oolong, black and pu-er. We'll brew a few, share some history and technique, traditions, how to taste tea and how to make selections going forward based on quality, comparable similarities, and personal taste.

Date: Wednesday, November 10

Time: 9:15 am - 12:30 pm

Fee: \$30 (Includes Tasting & Transportation)

Program # 222-169

BACK TO SCHOOL

Cape Elizabeth High School Seniors invite senior citizens in our community to join them back at school. This popular senior-to-senior program matches seniors who attend two morning classes together and then convene in the Achievement Center to enjoy coffee and conversation.

Date: November 4
Program #: 222-170

Date: December 2
Program #: 222-171

Date: February 3
Program #: 222-172

Date: March 3
Program #: 222-173



THURSDAYS FROM 8:30 AM - 11:30 AM

OUR NATION'S CAPITAL TOUR 7 DAYS/6 NIGHTS

Join along with the company of other communities on this Diamond Tours excursion trip to Washington, DC. Included in this incredible price is your motor coach transportation, overnight accommodations, ten meals, two guided tours, and more. Detailed information and itinerary available online at capecommunityservices.org. \$75 deposit due upon registration. Balance due January 31.

Date: April 7 - 13, 2022

Fee: \$769 pp/dbl occupancy. Add'l \$285 sgl occupancy

Program # 222-180

STONE MOUNTAIN ARTS CENTER

Enjoy a home cooked meal served with love while listening to Carol Noonan perform traditional Christmas and holiday music at the beautiful timber frame music hall nestled in the foothills of the White Mountains. No refunds after 11/13.

Date: Wed., Dec 1st

Time: 10:00 am - 3:30 pm

Fee: \$50 (Lunch, Transportation & concert)

Program # 222-181

YOUTH PROGRAMS

FALL SESSION 1: SEPTEMBER 11TH—OCTOBER 25TH (no class Mon. 10/11)

Mondays 9/13-10/25 (no class 10/11) (6 classes)

Thursdays 9/16-10/21 (6 classes)

Saturdays 9/11-10/16 (6 classes)

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	222-218
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	222-219
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	222-220
Turtles	Sat	10:00 - 10:30 am	6	\$45	222-221
Ducklings 1	Mon	11:00—11:30 am	6	\$45	222-222
	Thurs	10:30 - 11:00 am	6	\$45	222-223
	Sat	9:00 - 9:30 am	6	\$45	222-224
	Sat	10:00 - 10:30 am	6	\$45	222-225
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	222-226
	Thurs	11:00 - 11:30 am	6	\$45	222-227
	Sat	9:00 - 9:30 am	6	\$45	222-228
	Sat	10:30—11:00 am	6	\$45	222-229
Dolphins 1	Mon	10:00 - 10:30 am	6	\$45	222-230
	Thurs	11:30 am - 12:00 pm	6	\$45	222-231
	Sat	9:30 - 10:00 am	6	\$45	222-232
	Sat	10:00 - 10:30 am	6	\$45	222-233
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	222-234
	Sat	10:00 - 10:30 am	6	\$45	222-235
Level 1	Sat	9:00 - 9:45 am	6	\$56	222-236
	Sat	10:30 - 11:15 am	6	\$56	222-237
Level 2	Sat	9:00 - 9:45 am	6	\$56	222-238
	Sat	10:30 - 11:15 am	6	\$56	222-239
Level 3	Sat	9:45 - 10:30 am	6	\$56	222-240
	Sat	10:30 - 11:15 am	6	\$56	222-241
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	222-242

CAPE CYCLONE SWIM CLUB (GRADES 3-8)

This developmental program provides the opportunity for swimmers to improve their stroke technique and build endurance in a fun, non-competitive environment. Swimmers looking to participate must be able to swim one length of the pool with a basic freestyle stroke, one length on their back and be comfortable submerging their heads under water. We do require all swimmers to have a pair of goggles that do not cover the nose. We suggest TYR Vesi or Speedo Vanquisher styles (available on Amazon). Swimmers will participate in friendly swim meets against the South Portland Rip Tide Swim Club, with the main focus on setting goals, and improving personal best times.

Parent pick-up or extended care only, no late bus. (No class 10/28, 11/2, 11/11)

Dates: Tuesday/Thursday September 14-November 18th (17 classes)

Time: 3:00-4:15 pm

Swim Meet with South Portland Rip Tide: TBD

Fee: \$204

Program #222-243



YOUTH PROGRAMS

FALL SESSION 2: OCTOBER 28th – DECEMBER 14th (No class 11/11, 11/25, 11/27)

Mondays 11/1-12/6 (6 classes)

Thursdays 10/28-12/16 (no class 11/11, 11/25) (6 classes)

Saturdays 10/23-12/4 (no class 11/27) (6 classes)

Registration for Session 2 opens Monday, October 18th

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	222-244
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	222-245
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	222-246
Turtles	Sat	10:00 - 10:30 am	6	\$45	222-247
Ducklings 1	Mon	11:00—11:30 am	6	\$45	222-248
	Thurs	10:30 - 11:00 am	6	\$45	222-249
	Sat	9:00 - 9:30 am	6	\$45	222-250
	Sat	10:00 - 10:30 am	6	\$45	222-251
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	222-252
	Thurs	11:00 - 11:30 am	6	\$45	222-253
	Sat	9:00 - 9:30 am	6	\$45	222-254
	Sat	10:30—11:00 am	6	\$45	222-255
Dolphins 1	Mon	10:00 - 10:30 am	6	\$45	222-256
	Thurs	11:30 am - 12:00 pm	6	\$45	222-257
	Sat	9:30 - 10:00 am	6	\$45	222-258
	Sat	10:00 - 10:30 am	6	\$45	222-259
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	222-260
	Sat	10:00 - 10:30 am	6	\$45	222-261
Level 1	Sat	9:00 - 9:45 am	6	\$56	222-262
	Sat	10:30 - 11:15 am	6	\$56	222-263
Level 2	Sat	9:00 - 9:45 am	6	\$56	222-264
	Sat	10:30 - 11:15 am	6	\$56	222-265
Level 3	Sat	9:45 - 10:30 am	6	\$56	222-266
	Sat	10:30 - 11:15 am	6	\$56	222-267
Level 4/5	Sat	9:45 - 10:30 am	6	\$56	222-268

SPLASH PARTIES/ POOL RENTALS

Fees include exclusive use of the entire pool and all lifeguard services for one hour. The Café must be rented for your "party portion" at an additional fee.

All bookings must be made through Community Services. **Cash or Check only/starting Oct. 2**

\$165 - Inflatable, pool & whirlpool (max 40)

\$ 95 - Pool only (max 40)

\$ 75 - Pool only (max 20)

\$ 65 - Café Rental (1 hr)

OPTIONS AVAILABLE

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

Sundays: 1:15 - 2:15 pm

Café immediately following pool rental



Fort Williams is a wonderful location for family reunions and all of life's celebrations. Reservations for Cape residents opens on **December 1st**. Don't forget to make your reservation early! Non-resident reservations begin on January 1, 2022.

FMI visit www.capecommunityservices.org.

YOUTH PROGRAMS

CELT'S LITTLE EXPLORERS

(Ages: 3-5 w/adult)

Join CELT volunteer, Lisa Gent, on a gentle hike through Robinson Woods where we will play games and explore the habitat around us while we search for birds, reptiles and amphibians, mammals and plant life.

Date: Friday, October 1

Time: 9:00 – 10:00 am

Fee: \$6/parent & child; each add'l child - \$3

Instructor: Lisa Gent

Program #: 222-322

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.

Time: 1:45 - 2:30 pm

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1

Dates: Mondays, 9/13 - 10/25 (no class 10/11)

Fee: \$86

Program #: 222-323

SESSION 2

Dates: Mondays, 11/1 - 12/13

Fee: \$100

Program #: 222-324

LYRICAL BALLET (Gr: 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.

Pre-K students considered upon approval from Brio Dance Studio.

Time: 3:00 - 4:00 pm

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1

Dates: Mondays, 9/13 - 10/25 (no class 10/11)

Fee: \$86

Program #: 222-325

SESSION 2

Dates: Mondays, 11/1 - 12/13

Fee: \$100

Program #: 222-326

HIP/HOP (Gr: K-6)

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.

Instructor: Julie Wilkes, Brio Dance Studio

SESSION 1

Dates: Tuesdays, 9/14 - 10/26

Fee: \$100

Grades K - 2

Time: 3:00 - 4:00 pm

Program #: 222-327

Grades 3 - 6

Time: 4:00 - 5:00 pm

Program #: 222-329

SESSION 2

Dates: Tuesdays, 11/9 - 12/14

Fee: \$86

Grades K - 2

Time: 3:00 - 4:00 pm

Program #: 222-328

Grades 3 - 6

Time: 4:00 - 5:00 pm

Program #: 222-330

MUSICAL THEATER (Gr: 1-4)

Learn to sing, dance, and act in this fun and energetic class! Students will learn songs and dances from popular Broadway shows. This high energy class strengthens coordination, encourages creativity, and improves self-esteem.

Dates: Thursdays, 9/9 - 12/9 (no class 10/14, 11/11, 11/25)

Time: 3:00 - 4:30 pm

Fee: \$155

Instructor: Barry Brinker

Program #: 222-331



YOUTH PROGRAMS

IRISH DANCE (Gr: K-8)

We aspire to teach the Irish Dance as a tradition, a sport and an art form. Irish dance is a healthy activity that increases poise, confidence, develops concentration, coordination and discipline.

Fee: \$107

Instructor: Mairead Stillson

SESSION 1

Dates: Fridays, 9/10 - 10/22 (no class 10/8)

Beginners: GR. K - 4

Time: 3:00 - 4:00 pm

Program #: 222-332

Advanced: GR. 3 - 8

Time: 4:00 - 5:00 pm

Program #: 222-334

SESSION 2

Dates: Fridays, 10/29 - 12/17 (no class 11/12, 11/26)

Beginners: GR. K - 4

Time: 3:00 - 4:00 pm

Program #: 222-333

Advanced: GR. 3 - 8

Time: 4:00 - 5:00 pm

Program #: 222-335

KARATE KIDS (Gr: K-8)

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



Fee: \$169

Instructor: Dragon Fire Martial Arts.

SESSION 1

Dates: Monday/Wednesday, 9/13 - 10/27 (No Class 10/11)

Grades K - 2

Time: 3:00 - 4:00 pm

Program #: 222-336

Grades 3 - 8

Time: 4:00 - 5:00 pm

Program #: 222-337

SESSION 2

Dates: Monday/Wednesday, 11/3 - 12/20 (No Class 11/24)

Grades K - 2

Time: 3:00 - 4:00 pm

Program #: 222-338

Grades 3 - 8

Time: 4:00 - 5:00 pm

Program #: 222-339

DRIVER EDUCATION / THE RIGHT CHOICE DRIVING SCHOOL



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 State of Maine. Students must be at least 15 years of age by the course starting date. 10 Hours of driving instruction included in addition to classroom time.

Dates: Mondays, Tuesdays, Wednesdays & Thursdays

Time: 6:00 - 8:30 pm,

Fee: \$540/Session

Instructor: Tim O'Carroll

SESSION

Session 1: 9/13 - 9/30

Session 2: 10/18 - 11/4

Session 3: 11/29 - 12/16

PROGRAM

222-340

222-341

222-342

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

Join us as we explore deep space and what we might find beyond the stratosphere! Our weekly builds will include a rocket, space shuttle, robot and an alien. Classes begin with a short lesson specific to the theme followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Date: Tuesdays 9/14 - 10/19

Time: 3:00 - 4:00 pm

Fee: \$96

Instructor: Brick by Brick Maine

Program #: 222-355

BRICK BY BRICK MAINE: LEGO WINTER FUN! (Gr: K-3)

Join us as we build objects associated with winter! Our weekly builds will include a polar bear, snow plow, and an igloo. Classes begin with a short lesson specific to the theme followed by students creating their own build of the week. Once complete, students can free build with a huge assortment of Lego bricks!

Date: Tuesdays 11/9 - 12/14

Time: 3:00 - 4:00 pm

Fee: \$96

Instructor: Brick by Brick Maine

Program #: 222-356

YOUTH PROGRAMS

INNOVATION NATION (Gr: K-4)

Calling all innovators...! Come blast off into the 21st century as we inspire your inner innovator! Embark upon a quest for alternative energy and experiment with solar power and fuel cells. Explore the planet's atmosphere and make a meteorological station. Learn about robots as you laugh hysterically at an animated automaton. Hop on board the chemistry express and perform split-second chemical reactions that go like mad. Get charged up about current electricity by building circuits. Conduct hair raising experiments and watch flying saucers skyrocket from our Van De Graff Generator! Wire your brain by creating a real telephone network to talk to your classmates. Experiment with lasers, learn the principles of radar technology, and so much more!

Dates: Thursdays, 10/14-12/16 (No class 11/11, 11/25)

Time: 3:15 pm - 4:15 pm

Fee: \$130

Instructor: Mad Science Staff

Program #: 214-330

EARTHSCAPADES (Gr: K-2)

From the creepy crawlies that live on the surface of the beautiful gems buried way deep.....learn all there is to know about the Earth.

Date: Mondays, 9/20 - 10/25 (No class 10/11)

Time: 3:00 - 4:00 pm

Fee: \$90

Instructor: High Touch High Tech

Program: 222-343

PLANTIMAL PARTY (Gr: K-2)

Enter the world of biology and learn about fascinating creatures and where they live. Explore everything from plants and bees to octopuses and jellyfish. Even the tiniest organisms are included!

Date: Mondays, 11/1 - 11/29

Time: 3:00 - 4:00 pm

Fee: \$90

Instructor: High Touch High Tech

Program: 222-344

EARTH-O-SPHERE (Gr: 3-4)

Discover all there is to know about the Earth from the layers underground and fossils to the sun! Blast into space and learn about Mars and the moon.

Date: Tuesdays, 9/21 - 10/19

Time: 3:00 - 4:00 pm

Fee: \$90

Instructor: High Touch High Tech

Program: 222-345

ENGINEERING AND ENERGY (Gr: 3-4)

Learn all about physics from Newton to flight, light, and electricity. Find ROY G BIV, launch a rocket and more.

Date: Tuesdays, 11/9 - 12/7

Time: 3:00 - 4:00 pm

Fee: \$90

Instructor: High Touch High Tech

Program: 222-346

CHESS CLUB (Gr: 1-5) **NEW!**

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

Time: 3:00 - 4:00 pm

Fee: \$60

Instructor: David Cimato

SESSION 1:

Dates: Wednesdays, 9/15 - 10/20

Program #: 222-352

SESSION 2

Dates: Wednesdays, 11/3 - 12/15 (No class 11/24)

Program #: 222-353



YOUTH PROGRAMS



AFTERSCHOOL ART STUDIO (Gr: 1-4) NEW!

Come join our after school art program! We will explore a variety of mediums and projects all while building a strong foundation of understanding colors, lines, composition and delivering a unique message designed for each artist to explore and shine.

Time: 3:00 - 4:00 pm

Fee: \$90

Instructor: Kristine Biegel, Creative Child

SESSION 1:

Dates: Wednesdays, 9/15 - 10/20

Program #: 222-347

SESSION 2

Dates: Wednesdays, 11/3 - 12/15 (No class 11/24)

Program #: 222-348

HIKE CLUB (Gr: 3-4)

Join us for fresh air and outdoor exercise! Enjoy the beauty of our hometown hiking sections of the Land Trust and Green Belt Trails. Each hike will be roughly two miles covering different terrain and habitats. Bring a snack, water bottle and good walking shoes (possibly boots). Hikers will be bused to the chosen trail of the day. Parents must pick up hiker at the specified trail each week. *Emails will be sent each week on location of pick up.

Dates: Thursdays, 9/16-10/7 (4 Classes)

Time: 3:00-5:00 pm

Fee: \$44

Location: TBD weekly

Instructor: Mrs. Bucci & Mrs. Tweedie, PC Teachers

Program # 222-369

BEGINNER/ADVANCED BEGINNER SEWING (Gr: 3-6)

Learn the basics of the timeless craft of sewing and create your own projects! Advanced beginners will build on their skills. All materials will be provided in class.

Time: 3:00 - 5:00 pm

Fee: \$90

Instructor: Jeanette Guglielmetti

SESSION 1:

Dates: Wednesdays, 9/15 - 10/20

Program #: 222-349

SESSION 2

Dates: Wednesdays, 11/3 - 12/15

(No class 11/24)

Program #: 222-350



COOKING 101 (Gr: 2-5)

Does your child spend their free time pulling ingredients out of the pantry? Do they beg to watch Chopped Jr., and try to make all the recipes on their own? Then come cook with Fun Chefs! Each week we will have a lesson in culinary arts along with lessons in nutrition, sanitation, culinary math and culinary geography. We will also mix in some cooking challenges.

Time: 3:00 - 4:00 pm

Fee: \$120

Instructor: Fun Chefs, LLC

SESSION 1:

Dates: Wednesdays, 9/15 - 10/20

Program #: 222-351

SESSION 2

Dates: Wednesdays, 11/3 - 12/15 (No class 11/24)

Program #: 222-352

YOUTH PROGRAMS

SATURDAY TENNIS (Gr: 1-6)

Calling tennis players of all abilities! Classes are geared to player ability, starting with the basics of balance coordination to tennis concepts and playing matches and hitting "with intention".

Fee: \$90

Instructor: Niamh Colpitts, PTR Certified /USPTA Member

Session 1 - OUTDOOR

Dates: Saturdays, 9/11 – 10/23 (No Class 10/9)

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	222-309
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	222-310
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	222-311

Session 2 - INDOOR

Dates: Saturdays, 10/30 – 12/11 (No Class 11/27)

Grade	Time	Program #
Red Ball (Gr: 1-2)	9:00 - 10:00 am	222-315
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	222-316
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	222-317

FALL AFTERNOON BEGINNER TENNIS

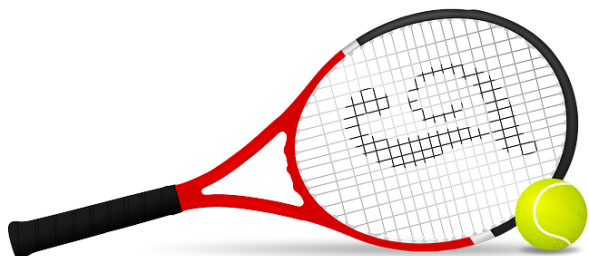
Join Coach Mary Gray for USTA Quickstart Tennis designed to help players learn and play the game of tennis. The size of the court and the equipment is adapted for each age group. The format allows the students to feel comfortable even if they have never played before!

Dates: 9/14 - 10/21

Fee: \$86

Instructor: Coach Mary Gray, PTR Certified

Age	Time	Program #
4 - 5	Tuesdays, 4:45 - 5:30 pm	222-318
Gr. 1 - 2	Thursdays, 3:30 - 4:15 pm	222-319
Gr. 3 - 4	Thursdays, 4:30 - 5:15 pm	222-320



FALL SUNDAY FAMILY TENNIS

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!

Dates: Sundays, 9/12 - 10/24 (No class 10/10)

Fee: Parent and Child \$132, Additional Child \$60

Instructor: Coach Mary Gray, PTR Certified

Age	Time	Program #
4 - 5	9:00 - 10:00 am	222-312
6 - 7	10:00 - 11:00 am	222-313
8 - 12	11:00 am - 12:00 pm	222-314

X-COUNTRY RUNNING (Gr: 1-6)

Lace up your sneakers for some trail running! Participants should be comfortable running/jogging a 1 mile course without assistance. We will join other communities for weekly meets on Wednesdays to be held at various sites. In order to run this program, parent volunteers are needed for each practice! **The "all league meet" will be held on Saturday, October 16th.**

Dates: Mon/Wed, 9/13 - 10/13 (No Class 10/11)

Time: 3:00 - 4:00 pm

Fee: \$54

Instructor: Tom Leen & Volunteer Coaches

Program #: 222-321

TRAVEL SOFTBALL (Ages: 8 - 12) **NEW!**

Let's get Maine softball in from the cold! With access to indoor gyms and Plaisted Field we'll keep the softball momentum through the Fall and Winter. As a registered Amateur Softball Association (ASA) travel team, we'll scrimmage other ASA teams and get player's skills tuned for the 2022 season. Scrimmage time/location will vary, but will most likely be on Saturdays or Sundays. Should the player decide to play in 2022, there will be the option to play in tournaments (additional fees would apply).

Date: Sundays, 9/12 – 12/19

Time: 1:30 - 3:00 pm

Fee: TBD

10U (AGES 8-10)

Dates: 9/12, 9/26, 10/24, 11/7, 11/21, 12/5, 12/20

Time: 1:30 - 3:00 pm

Program #: 222-367

12U (AGES 11-12)

Dates: 9/19, 10/3, 10/17, 10/31, 11/14, 12/12

Time: 3:00 - 4:30 pm

Program #: 222-368

YOUTH PROGRAMS

GIRLS FIELD HOCKEY (Gr: K-6)

Cape field hockey varsity players offer the "Stick Stars" field hockey program on Saturday mornings.

Dates: Saturdays, 9/11 - 10/16 (no class 10/9)

Fee: \$70

Instructor: HS Coaches and players

Time: 8:00 - 9:00 am

Program #: 222-300



GIRLS TRAVEL FIELD HOCKEY (Gr: 3-6)

All players & levels welcome (including beginners) but concurrent enrollment in the Saturday skills session is strongly recommended. This extra practice will support young athletes working on their skills as a team in a more competitive setting. The season begins mid-September and runs through the end of October. Three Weekend Play Days, Dates TBD.

Parent volunteers are critical for the success of our travel programs! We need your involvement to succeed. We will be looking for Administrators and Coaches!

Dates: Mondays, 9/13 - 10/18 (No Class 10/11)

Fee: \$70

Time: 3:15 - 4:30 pm

3rd/4th Grade

Program #: 222-306

5th/6th Grade

Program #: 222-307

YOUTH FALL SOCCER (Gr: Pre-K-6)

This program is designed for children to learn, develop and enhance their overall 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 and team play.

Dates: Saturdays, 9/11-10/16 (no class 10/9)

Fee: \$70

Instructor: Varsity Coaches & Players

Little Capers (Ages: 3-5)

Time: 10:30 - 11:15 am

Program #: 222-301

Kinder Capers (K)

Time: 11:30 am-12:15 pm

Program #: 222-302

Boys Capers (Gr: 1-2)

Time: 8:00 - 9:00 am

Program #: 222-303

Girls Capers (Gr: 1-2)

Time: 9:15 - 10:15 am

Program #: 222-304

Co-Ed Capers (Gr: 3 - 6)

Time: 9:15 - 10:15 am

Program #: 222-305

GIRLS VOLLEYBALL (Gr: 3-6)

This program is designed for children to learn and develop their volleyball skills while having fun and gaining experience on the court as part of a team. Participants will work on developing volleyball skills and game play.

Dates: Saturdays, 9/11 - 10/16 (no class 10/9)

Fee: \$70

Time: 9:00 - 10:00 am

Instructor: Varsity Coach Sarah Boeckel & Varsity Players

Program #: 222-308



YOUTH PROGRAMS

CAPE YOUTH BASKETBALL (AGE 4 - 6TH GR.)

LITTLE CAPE BALL (Ages: 4, 5 & K)

Looking to get your little one involved in the great game of basketball? Little Cape Ball is the perfect place to start! This weekend program is aimed at introducing the sport through fun drills and relay games. Our goal is to give children the opportunity to try the sport in a fun, relaxed environment. Last two Saturdays are open gym no instruction.

Date: Saturdays, 1/8 – 2/12)

Time: 9:00 - 10:00 am

Fee: \$70

Instructor: Parent volunteers need-



BASKETBALL (Gr: 1 - 2 CO-ED)

Each Saturday for 6 weeks a program leader, with the aid of volunteer parents, will instruct young players in fundamental basketball skills, rules and other aspects of the game. Players will be divided into stations to practice their new skills. (Ball handling, passing, shooting, lay-ups, rebounding, pivoting, defense, etc.) Second week 3 v 3 games will take place at the end of practices.

Date: Saturdays, 1/8 – 2/12

Time: 11:45 am - 1:00 pm

Fee: \$70

Program # 222-358

BASKETBALL (Gr: 3 - 6)

Varsity Coaches Jeff Mitchell and Chris Casterella along with their HS players will instruct young players in a clinic setting by introducing fundamental basketball skills, rules and other aspects of the game. Games and Clinics will be held on Saturday mornings, along with additional 3 v 3 games during the week (TBA). This is an in-house league, which will need the assistance of parent volunteer coaches for the teams.

Date: Saturdays, 12/4 – 2/5 (No Class 12/25, 1/1)

Fee: \$90

BOYS		
Grade	Time	Program #
5/6	8:00 - 9:15 am	222-359
3/4	9:15 - 10:30 am	222-360

GIRLS		
Grade	Time	Program #
5/6	9:00 - 10:15 am	222-361
3/4	10:30 - 11:45 am	222-362

TRAVEL BASKETBALL

5TH & 6TH GRADE BOYS & GIRLS

Cape Elizabeth Community Services will participate in a 5th and 6th grade boys and girls competitive travel league which includes teams from surrounding communities. Travel team assessments, if necessary, will be held in October, times and dates TBD. Weekend games will begin in November. Teams will have one or two practices per week and one or two weekend games. Fee includes travel league fee, practice t-shirt and Saturday clinics. **Volunteer coaches are needed to run this program successfully.** If interested, please contact CECS at 799-2868.

Dates/Time: TBD

Fee: \$150

BOYS	
Grade	Program #
5	222-363
6	222-364

GIRLS	
Grade	Program #
5	222-365
6	222-366



REGISTRATION INFORMATION

FITNESS CENTER SCHEDULE

August 23—December 20

Monday - Thursday 5:30 am - 9:00 pm

Friday 5:30 am - 7:00 pm

Saturday & Sunday 7:00 am - 5:00 pm

Detailed pool schedule on back cover

POOL & FITNESS CENTER WALK-IN FEES

Ages	Resident Pool/Fitness/ Combo	Non-Resident Pool/Fitness/Combo
*4-10	\$3 /na/na	\$4/na/na
11+	\$5/ \$5*/ \$8*	\$6/ \$6*/ \$10*

MEMBERSHIP RATES

Memberships may be purchased at Community Services or at the Fitness Center during regular business hours.

**Children age 13 and under may not use the facilities at the Fitness Center.*

	MONTHLY Pool/Fitness/Combo	QUARTERLY Pool/Fitness/Combo	ANNUALLY Pool/Fitness/Combo
Individual	\$43/ \$40/ \$60	\$104/ \$91/ \$138	\$341/ \$300/ \$473
Couple	\$71/ \$69/ \$94	\$159/ \$155/ \$220	\$473/ \$432/ \$667
Family	\$99/ \$115/ \$131	\$267/ \$255/ \$339	\$830/ \$805/ \$1,136

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

SPLASH PARTIES / POOL RENTALS - Starting Saturday, Oct. 2nd!!

Fees include exclusive use of the entire pool and all life-guard services for one hour. The Café may be rented for your "party portion" at an additional fee. All bookings must be made through Community Services. Splash parties are **CASH OR CHECK ONLY**. Visit www.capecommunityservices.org for a printable reservation form.



\$ 165 – Inflatable, pool & whirlpool (max 40)

\$ 95 - Pool & whirlpool (max 30)

\$ 95 - Pool only (max 40)

\$ 75 - Pool only (max 20)

\$ 65 - Cafe Rental (1 hr)

- All swimmers 6 yrs old and younger must have an adult in the water with them at all times
- All swimmers 12 yrs old and younger are required to take a swim test prior to swimming.

OPTIONS AVAILABLE

Saturdays: 2:45 – 3:45 pm

3:45 –4:45 pm

Sundays: 1:15—2:15 pm

The Café, if rented, would be available immediately following pool time

Cape Elizabeth Town Hall
320 Ocean House Road

Postal Patron Local
Non-Profit Organization
U.S. Postage
PAID
Permit No. 100
Portland, ME

Postal Customer
Cape Elizabeth, ME 04107

RICHARDS COMMUNITY POOL SCHEDULE

AUGUST 23 - NOVEMBER 14 LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F _____ 6:45 am - 7:55 am
Tu, Th _____ 5:30 am - 9:00 am
M thru F _____ 10:00 am - 2:30 pm
M, Tu, Th, F _____ 5:30 pm - 7:00 pm
Wednesdays _____ 6:00 pm - 7:00 pm
Saturdays _____ 11:30 am - 1:15 pm
Sundays _____ 6:00 am - 12:00 pm
Sundays _____ 3:30 pm - 5:30 pm

SENIOR SWIMS

(Adults 65 years old & older)

M-F _____ 9:00 - 10:00 am

OPEN SWIMS

(Children 10 & under must be with an adult)

Tu, F _____ 10:00 am - 11:30 am
Friday _____ 5:30 pm—7:00 pm
Saturdays _____ 1:30 pm-2:30 pm *
Saturdays _____ 5:00 pm-6:00 pm
Sundays _____ 12:00 pm -1:00 pm
Sundays _____ 2:15 pm-3:15 pm *

NOVEMBER 15- DECEMBER 20 LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F _____ 6:45 am - 7:55 am
Tu, Th _____ 5:30 am - 9:00 am
M thru F _____ 10:00 am - 2:30 pm
M - Th _____ 5:30 pm-6:30 pm
Wednesdays _____ 6:00 pm - 7:00 pm
Saturdays _____ 11:30 am - 1:15 pm
Sundays _____ 6:00 am - 12:00 pm
Sundays _____ 3:30 pm - 5:30 pm

SENIOR SWIMS

(Adults 65 years old & older)

M-F _____ 9:00 am-10:00 am

OPEN SWIMS

(Children 10 & under must be with an adult)

Tu, F _____ 10:00 am - 11:30 am
Saturdays _____ 1:30 pm-2:30 pm*
Saturdays _____ 5:00 pm—6:00 pm
Sundays _____ 12:00 pm -1:00 pm
Sundays _____ 2:15 pm-3:15 pm *

* with inflatable



COMMUNITY
SINCE SERVICES 1977

CAPE ELIZABETH, MAINE