

WINTER/SPRING 2022 January - April



CAPE EXPLORER

Keeping Cape Active

REGISTRATION INFORMATION

OUR MISSION

Provide versatile community programs offering educational, cultural, recreational and social enrichment opportunities to a wide segment of the citizenry.

Our commitment to lifelong learning creates a flexible and comprehensive delivery of services which meets the changing needs and interest of the community. We are committed to enhancing and improving the quality of life for the residents of Cape Elizabeth.

Cover photo courtesy of Gaylin Zimmerman

CONTACT US

OFFICE 343 Ocean House Road
Cape Elizabeth, ME 04107

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.

CALL 207-799-2868

FAX 207-799-1841

CAPE CARE 207-799-4388

POOL/FITNESS CENTER 207-799-3184

EMAIL cservices@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 1/1, 1/17, 2/21, 4/18

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,
Chris.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, DECEMBER 19TH AT 8:00 PM

In Office for Cape Residents:

MONDAY, DECEMBER 20TH AT 8:00 AM

NON-RESIDENTS

THURSDAY, DECEMBER 23RD AT 8:00 AM



REGISTRATION INFORMATION

Online registration begins at 8:00 pm on Sunday, December 19th at www.capecommunityservices.org. Hover over "Programs" and click "Register". Sign in or create an account. In-person or over the phone registration begins at 8:00 am on Monday, December 20th at Community Services, 343 Ocean House Road, Cape Elizabeth, 207-799-2868. Non-resident registration begins Thursday, December 23rd. 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 added to all programs and activities to those under age of 62. 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 added to memberships and parties.

ActiveNet charges a convenience fee and a credit card processing fee when booking online. The fees are non-refundable.

Scholarships and/or reduced tuitions may be available to qualified residents. Applications available upon 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 **five business days** prior to the first class receive a full refund (less a \$10 processing fee) or an account credit (less a \$5 processing fee).

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 \$10 processing fee) or an account credit (less a \$5 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 for a future use or refund.

There are **no refunds** after the start of the second class.

POOL/FITNESS CENTER MEMBERSHIP SUSPENSION OR CANCELLATION POLICY

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 online and/or notified via email 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.

ACCESSIBILITY

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



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

Date: Mon/Wed/Fri (no class 1/17, 2/21)

Time: 9:00 –10:00 am

Location: CS Activity Room

Instructor: Elaine Talevi

Date	Classes	Fee	Program #
1/3-2/23	21	\$168	223-100
3/2-4/15	20	\$160	223-101



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.

Date: Wed/Fri

Time: 5:30-6:30 am

Location: CS Spin Room

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/5-2/18	14	\$126	223-102
3/2-4/15	14	\$126	223-103

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

Time: 6:15-7:15 pm

Location: CS Spin Room

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/4-2/17	14	\$126	223-104
3/1-4/14	14	\$126	223-105

SHiNE DANCE FITNESS™

SHiNE™s 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 #
1/4-2/8	6	\$54	223-108
3/1-4/5	6	\$54	223-109

OULA DANCE FITNESS ©

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

Time: 6:00-7:00 pm

Location: CECS Activity Room

Instructor: Cholla Foote

Date	Classes	Fee	Program #
1/6-2/10	6	\$55	223-110
3/3-4/7	6	\$55	223-111



HEALTH, WELLNESS & ENRICHMENT

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 1/17, 2/21)

Time: 8:00-8:50 am

Location: CECS Activity Room

Instructor: Anne Cass

Date	Classes	Fee	Program #
1/3-2/14	6	\$48	223-106
3/7-4/11	6	\$48	223-107

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.

Date: Tues/Thurs

Time: 5:15-6:15 pm

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/4-2/17	14	\$126	223-112
3/1-4/14	14	\$126	223-113



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

Time: 8:45-9:45 am

Location: Fitness Center

Instructor: Susan Janosik

Date	Classes	Fee	Program #
1/5-2/18	14	\$126	223-114
3/2-4/15	14	\$126	223-115

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

Location: CECS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
2/1-2/24	8	\$80	223-116

ESSENTRICS®

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 \$13

Days: Tuesday/Thursday

Time: 9:00-10:00 am

Location: CECS Activity Room

Instructor: Sarah MacColl

Date	Classes	Fee	Program #
1/4-1/27	8	\$80	223-117
4/5-4/28	8	\$80	223-118

HEALTH, WELLNESS & ENRICHMENT

YOGA SOLUTIONS FOR HEALTHY SHOULDERS, BACK & HIPS

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 \$12

Date: Friday 1/7- 4/8 (no class 1/21, 2/4, 2/25)

Time: 10:15-11:15 am

Fee: \$110

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 223-121

LUNCH BREAK YOGA with Annie Ware

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 1/7- 4/8 (no class 1/21, 2/4, 2/25)

Time: 11:45-12:30 pm

Fee: \$88

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co.

Program # 223-122

YIN YOGA with Annie Ware

Yin yoga is a slower practice that uses yoga postures to stretch and target both the deep connective tissues and the fascia throughout the body. Based in ancient Chinese philosophies, the aim of yin yoga is to improve circulation in the joints and increase range of motion by holding poses and thereby unblocking the flow of energy within the body. No prior yoga experience required. Drop ins welcome \$12

Date: Tuesdays

Time: 10:15-11:15 am

Location: CECS Activity Room

Instructor: Annie Ware, Half Moon Yoga Co

Date	Classes	Fee	Program #
1/4-2/15	7	\$70	223-123
3/1-4/5	6	\$60	223-124

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 1/17) 10:15-11:30 am

Location: CECS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program #
1/3-2/14	6	\$66	223-125
3/7-4/11	6	\$66	223-126

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

Date	Classes	Fee	Program #
1/5-2/9	6	\$66	223-127
3/2-4/13	7	\$77	223-128

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 1/17) 6:00-7:15 pm

Location: CECS Activity Room

Instructor: Sharon Wilke

Date	Classes	Fee	Program
1/3-2/14	6	\$66	223-129
3/7-4/11	6	\$66	223-130

Days: Wednesdays 6:00- 7:15 pm

Date	Classes	Fee	Program
1/5-2/9	6	\$66	223-131
3/2-4/13	7	\$77	223-132



HEALTH, WELLNESS & ENRICHMENT

TAI CHI & QIGONG FOR BALANCE

Tai Chi and Qigong are ancient Chinese arts that when practiced regularly generate greater range of motion (ROM), strength, and coordination, all of which enhance stability. In addition to improving function, the practice of Qigong and Tai Chi can profoundly impact general well-being and sleep quality. We will be using Dr. Yang's Evidence-Based Curriculum of meditation and agility exercises, as well as his 7-step form and related Qigong series. Introductory level.

Date: Tuesday 3/1-3/29

Time: 8:45 -10:00 am

Fee: \$50

Location: CS Activity Room

Instructor: Stephanie Carlson

Program # 223-133

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. Tap shoes are required but used shoes may be available from the instructor.

Dates: Wednesdays 1/19-5/25

Intermediate Time: 11:45-12:45 pm

Beginner Time: 1:00- 2:00 pm

Fee: \$171

Location: CC Activity Room

Instructor: Betsy Dunphy

Beginner Program # 223-119

Intermediate Program # 223-120



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.



Date: Sunday, 1/9-3/20

Fee: \$66

Location: HS Gymnasium

Instructor: David Peary & David Croft

Time	Supervisor	Program
5:00 - 6:30 pm	David Croft	223-134
6:30 - 8:00pm	David Peary	223-135



ADULT 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 - no prior experience needed.

Date: Sundays

Time: 8:00-9:00 am

Location: PC Gym

Instructor: Niamh Colpitts, PRT Certified/USPTA Member

Date	Classes	Fee	Program #
1/9-2/13	6	\$90	223-136
3/6-4/10	6	\$90	223-137

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.

Date: Tues/Thurs

Time: 5:30-6:30 pm

Location: Richards Community Pool

Instructor: Todd Larlee

Date	Classes	Fee	Program
1/4-2/22	15	\$135	223-200
3/1-4/19	15	\$135	223-201

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. (no class 3/22)

Level/Dates	Time	Fee	Program
PCR-A Sun 1/2-2/13	10-11am	\$105	223-202
PCR-E&B Sun 1/2-2/13	11-12pm	\$105	223-203
PCR-A&E Tues 1/4-2/15	1-2 pm	\$105	223-204
PCR-A&E Fri 1/7-2/18	11:30-12:30	\$105	223-205
PCR-A Sun 2/27-4/10	10-11am	\$105	223-206
PCR-E&B Sun 2/27-4/10	11-12pm	\$105	223-207
PCR-A&E Tues 3/1-4/12	1-2 pm	\$90	223-208
PCR-A&E Fri 3/4-4/15	11:30-12:30	\$105	223-209



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.

Date: Mon/Wed/Fri 1/3-4/15

Time: 5:30-6:45 am (no class 1/17, 2/21, 2/23, 2/25)

Fee: \$410

Location: Richards Community Pool

Instructor: Marcel Da Ponte

Program # 223-210

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.

Date: Mon/Wed/Fri

Time: 8:00 - 8:55 am

Location: Richards Community Pool

Instructor: Susan Farady

Date	Classes	Fee	Program
1/3-1/28	12	\$78	223-211
2/2-2/25	11	\$72	223-212
3/2-3/28	12	\$78	223-213
4/1-4/27	12	\$78	223-214

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.

Date: Saturdays

Time: 8:00-8:45 am

Location: Richards Community Pool

Date	Classes	Fee	Program #
1/8-2/12	6	\$60	223-215
3/5-4/9	6	\$60	223-216

HEALTH, WELLNESS & ENRICHMENT



RETIREMENT BY DESIGN -NEW!

Thinking about retirement can bring to mind some questions:

- What will I do when I retire?
- Am I saving enough?
- Will I even be able to retire?

Join us for our presentation Retirement By Design. We'll discuss how you can translate your vision for retirement into tangible goals. Whether you are 10 or 40 years from retirement, you'll learn investment strategies you can use now to help design the retirement you want tomorrow.

Date: Thursday 1/27

Time: 6:00-7:00 pm

Location: CS Community Room

Fee: Free/Registration required

Presenter: Jacki Farrell, Financial Advisor Edward Jones

Program # 223-138

MAKEUP TECHNIQUES FOR YOUR FEATURES - NEW!

Do you avoid wearing makeup because you don't like looking "made up"? Have your features changed with time and you're not sure what to do? Come learn easy makeup tips that give you an enhanced, natural appearance! Together with the instructor and classmates, we'll identify your face, eye and lip shapes then we'll teach you easy application techniques for your features. **STUDENTS ARE REQUIRED TO BRING MAKEUP TO APPLY DURING CLASS ALONG WITH A SMALL MIRROR.**

Date: Tuesday 1/25

Time: 5:30-8:00 pm

Fee: \$35 (discounts not applicable)

Location: CS Community Room

Instructor: Candace Sanborn/Radiant Image

Program # 223-139

BEST HAIRSTYLES, GLASSES, NECKLINES AND JEWELRY FOR YOUR FACE - NEW!!

Learn what looks good for your face shape! In this fun class, you'll learn your face shape and tips for enhancing your appearance by working with your facial features. We'll teach you hairstyle do's and don'ts for your face shape as well as glasses, jewelry, clothing patterns and necklines that harmonize with your features. You'll also be draped in different necklines so you can see which ones flatter you. Come on your own or grab a friend and learn some great tips that will help you look your best!

Date: Thursday 3/31

Time: 5:30-8:30 pm

Fee: \$35 (discounts not applicable)

Location: CS Living Room

Instructor: Candace Sanborn/Radiant Image

Program # 223-140



For more information on Candace Sanborn/Radiant Image visit <https://radiantimage.me/>



HEALTH, WELLNESS & ENRICHMENT

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. Fee includes the \$15 lab fee for the CEHS woodshop.

Date: Wednesday 1/12 - 3/23 (No class 2/23)

Time: 6:00 - 9:00 pm

Fee: \$95

Location: HS Wood Shop

Instructor: John Fabish

Program # 223-141



WATERCOLOR PAINTING

This class is for all watercolor painters, from beginner thru advanced. We will be painting landscapes from your photos, and still life set up in class. We will spend several weeks on color mixing and composition as well as specific watercolor skills as needed. Please bring a landscape photo to the first class as well as your painting materials.

Date: Wednesdays, 2/9-3/23 (no class 2/23)

Time: 10:00 - 12:00 pm

Fee: \$60

Location: CS Community Room

Instructor: Martha Clark

Program # 223-142

COLORED PENCIL WORKSHOP

There's more to colored pencils than color! Day one of this workshop we will cover layering, shading, blending and burnishing, and yes, even how to correct mistakes! Samples of various brands and types of pencils and papers will be available for you to try out. On day two, you will be creating your own masterpiece, utilizing skills from the previous week.

Date: Wednesdays 1/19, 1/26

Time: 10:00 - 12:00 pm

Fee: \$25

Location: CS Community Room

Instructor: Martha Clark

Program # 223-143

LET'S HAVE A CUP OF TEA! **NEW!!**

Everything's better with a good cup of tea. Don't you agree? You can easily buy herb tea in pre-packaged bags, but often they aren't the real thing. Why not be creative and blend your own teas with herbs from your garden to share with family or friends? It's as easy as choosing the scents that appeal to you and blending your favorite choices. Learn which popular herbs complement each other, sample some different blends, and get excited to create your own special brew!

Date: Monday 1/24

Time: 6:30 - 8:00 pm

Fee: \$30 (includes \$5 material fee/discounts not applicable)

Location: CS Community Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 223-144



HEALTH, WELLNESS & ENRICHMENT

MAINE DRIVING DYNAMICS

This is a State of Maine sponsored 5-hour defensive driving course to improve their defensive driving abilities. Those completing the course will receive a three-point credit reduction on their driving record and students 55 and older can receive an insurance discount from their insurance company.

Date: Saturday, January 8

Time: 9:00 – 2:00 pm

Fee: \$40, Age 65 and older \$25, \$3 non-resident fee

Location: CC Living Room

Instructor: Certified Maine Driving Dynamics Instructor

Program # 223-145

ZOOM APPLE COMPUTER SERIES **NEW!!**

Bern Shanfield, a local Mac enthusiast and owner of Mac Help Now, is offering weekly one hour Zoom based meetings for 12 consecutive weeks on Apple computer related topics. Topics can include basic and intermediate usage and troubleshooting of MacOS devices depending upon the interest of those attending.

Date: Wednesday 1/5 - 3/23

Time: 10:00 - 11:00 am

Fee: FREE/Registration Required to receive zoom link

Instructor: Bern Shanfield. Owner- Mac Help Now

Program # 223-146

MAKE YOUR YARD A POLLINATOR PARADISE! - **NEW!!**

Pollinators have suffered greatly from habitat loss, pesticide use, and the spread of invasive plant species. As a result, planting a pollinator garden is more important now than ever. Even a small garden can make a huge difference. Learn how to create a landscape that supports pollinators including butterflies, bees, moths, and hummingbirds with plants that serve as host plants and provide nectar/pollen throughout the growing season.

Date: Tuesday, April 5th

Time: 6:30 - 8:00 pm

Fee: \$30 (discounts not applicable)

Location: CS Community Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 223-147

SIMPLE LANDSCAPING DESIGN FOR BEGINNERS - **NEW!!**

Are you a do-it-yourselfer who wants to give your yard a simple makeover or design a new garden? Do you need to add curb appeal to the house you are getting ready to put on the market? Or do you simply want to enjoy enhanced beauty in your backyard? Learn how to assess your needs, evaluate your site, come up with a plan, and select the right plants.

Date: Tuesday, March 22nd

Time: 6:30 - 8:30 pm

Fee: \$35 (discounts not applicable)

Location: CS Living Room

Instructor: Amy Melissa Witt/Earth Walkers, LLC

Program # 223-148



HEALTH, WELLNESS & ENRICHMENT

For all CELT programs, participants should wear proper footwear, and register 48 hours in advance of the program to receive notice of cancellation.

RUNAWAY FARM WINTER NATURAL HISTORY WALK - NEW!!

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT's newest properties, Runaway Farm. The gentle hike will lead you through this Natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter.

Date: Saturday 1/8

Time: 10:00 am - noon

Fee: \$6 per person

Location: Gull Crest parking lot, Spurwink Road

Program # 223-150

WINTER WONDERLAND - NEW!!

Ever wondered if the Gull Crest ski trails are groomed? Are you wondering about winter fat tire biking or snowshoeing here in Cape? Join Cape Nordic and CELT for a midday ski, walk, snowshoe or bike and meet others anxious to get out on our trails. Waxing tips, trail info, kids treasure hunt, skate and classic Nordic technique demos. Questions? Contact Sarah MacColl @ 207-799-2424 text or voice.

Date: Saturday 1/8

Time: noon - 2:00 pm

Fee: FREE/registration required

Location: Gull Crest parking lot, Spurwink Road

Program # 223-151

SNOW SHOE 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 for weather.

Outing is subject to acceptable weather conditions.

Date: Saturday 1/22

Time: 12:30 – 2:30 pm

Fee: \$6 per person

Location: Meet at Robinson Woods kiosk on Shore Rd.

Program # 223-149

ROBINSON WOODS WINTER EXCURSION

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT's most popular properties, Robinson Woods. The gentle hike will lead you through this Natural Habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals have to survive winter. Meet in the parking lot of the Cape Elizabeth Methodist Church, 280 Ocean House Road (Route 77) to begin this program.

Date: Saturday 2/5

Time: 10:00 - 12:00 pm

Fee: \$6 per person

Location: Parking lot of the Cape Elizabeth Methodist Church, 280 Ocean House Road

Program # 223-152



OUTINGS & ENTERTAINMENT

BROADWAY GOES POP

Journey through pop music's greatest Broadway moments at this fun, upbeat cabaret show at Good Theater. From Burt Bachrach to Elton John this is the perfect mood elevator for a Maine winter day. Requirements: Proof of vaccination, ID, and mask. **No refunds after January 7th.**

Date: Saturday, January 22

Time: 11:45 am - 3:15 pm

Fee: \$23.00 (Includes Ticket & Transportation)

Program # 223-153

PLANETARIUM

Let's venture to the Southworth Planetarium to experience "Season of Light!" NPR's Noah Adams narrates this full-dome planetarium program about the history and astronomy of the holiday season. Masks required.

Date: Thursday, January 6

Time: 12:15 pm - 2:15 pm

Fee: \$10.00 (Includes admission & transportation)

Program # 223-154

STOLEN MEMORIES: WOMEN IN THE HOLOCAUST

Footlight Theatre brings real-life accounts of the women in the Holocaust to the stage. Written from their diaries, memoirs, interviews, letters and books, this powerful premiere was written by those women who were there. Requirements: Masks. No refunds after March 9th.

Date: Saturday, March 26

Time: 1:00 pm - 4:30 pm

Fee: \$25.00 (Includes Ticket & Transportation)

Program # 223-155

LUNCH AT THE CLUB

Casual dining at pub style establishment overlooking the Riverside Golf Course.

Date: Thursday, March 3

Time: 11:00 am - 1:30 pm

Fee: \$7.00 (Includes transportation only)

Program # 223-156

WILBUR'S OF MAINE FACTORY TOUR & LUNCH (TENTATIVE)

Join us as we travel to Freeport for a guided tour where we will learn about the founders/owners of this family owned chocolate factory and get a peak behind the scenes into the world of candy making. Lunch at Gritty McDuff's Freeport following the tour.

Date: Wednesday, February 9

Time: 9:45 am - 2:00 pm

Fee: \$15.00 (Includes transportation and tour)

Program # 223-157



NIAGARA FALLS IN THE FALL 7 DAYS/6 NIGHTS

Join folks from Standish, Falmouth and Gorham on this Diamond Tours trip to Niagara Falls and Toronto October 2 - 8, 2022. Price includes motor coach transportation, overnight accommodations, ten meals, two guided tours and more. Detailed information and itinerary available by calling CECS at 799-2868. \$75 deposit due upon registrations. Final payment due July 26.

Date: October 2 - 8, 2022

Fee: \$639.00 pp/dbl. \$873.00 pp/sgl

Program # 223-158

OUTINGS & ENTERTAINMENT

GET YOUR IRISH ON

We will travel to the Old Robie School in Gorham to join our nearby recreation departments for a festive St. Patrick's Day themed luncheon with traditional food and entertainment.

Date: Wednesday, March 16

Time: 10:45-2:00 pm

Fee: \$28 (Includes transportation and lunch)

Program # 223-159

PORTLAND FISH EXCHANGE TOUR & BRUNCH

America's first all-display fresh seafood auction opened in 1986. We will have a guided tour of the 22,000 square foot facility and with any luck get to watch an auction.

Buyers & sellers can access the auction either on premise or remotely. We will follow the tour with brunch nearby.

Date: Monday, March 21

Time: 9:00 am - 12:30 pm

Fee: \$5.00 (Includes transportation and tour (free))

Program # 223-160



MAINE MINERAL & GEM MUSEUM

Open just over a year in the quaint town of Bethel, the 15,000 square foot museum showcases Maine's geological history and displays gemstones, minerals and meteorites in its over 1,200 exhibits. We will visit the museum for 1.5 hours before heading to Sunday River Brewing Company for lunch.

Date: Wednesday, April 6

Time: 8:30 am - 4:00 pm

Fee: \$25.00 (Includes transportation and admission, lunch on your own)

Program # 223-161

CEMETERY STROLL & LUNCH

Located on the banks of the Saco River, the 25 acre Laurel Hill Cemetery lawn merges with marsh grasses at the river's edge. In the late Spring, tens of thousands of daffodils are in bloom. On this excursion, we will stroll at our leisure along the lawn paths to take in these beauties. Afterwards, will stop for lunch at a mystery location.

Date: Thursday, April 28

Time: 10:30 am - 2:30 pm

Fee: \$10.00 (Includes transportation, lunch on your own)

Program # 223-162

OUTINGS & ENTERTAINMENT

TOPICAL TUESDAYS

11:00 am - 1:00 pm

Monthly gathering at the Community Center featuring a variety of speakers, presenters and entertainment. Come listen, learn and laugh while socializing with fellow community members. Registration is \$15 pp and includes guest speaker and lunch.

On-the-Menu

JANUARY 25

GET ON THE BRAIN TRAIN

presented by Sarah MacColl
Program # 223-163

Come work on your working memory, attention, executive function and processing speed in this introduction to brain health.

FEBRUARY 22

OWLS OF MAINE

presented by Chewonki Foundation
Program # 223-164

This program will introduce us to the habits and adaptations of Maine's native owls. The special features of these nocturnal birds are discussed using slides, diagrams, taxonomic displays and live owls. Hoot! Hoot!

MARCH 29

FIGHTING FRAUD

Presented by Detective Ben Davis
Program # 223-165

Simple steps each of us can take to protect ourselves and our families from scammers.

APRIL 19

THE QUEEN OF THE MIST

presented by DeeDee Wacksman
Program # 223-166

Learn about the woman who went over Niagara Falls and lived to tell about it!

FORT WILLIAMS PARK



The staff at Fort Williams Park hosted a wide range of groups this season, from Graduation to Little League to Soccer to Fishing Lessons to Pickleball and Tennis Lessons to larger events. As the park shifts gears to sledding and snowshoeing we're preparing and scheduling for our 2022 season. Keep an eye out for some great activities in the year ahead and we look forward to seeing in the park.

Thank you to all for a fantastic 2021 season.



Please check our website for fee changes and availability of our site rental and ceremony sites.

YOUTH PROGRAMS

WINTER SESSION 1 JANUARY 3RD - FEBRUARY 12 (no class Mon. 1/17)

Mondays 1/3-2/14 (no class 1/17) (6 classes)

Thursdays 1/6-2/10 (6 classes)

Saturdays 1/8-2/12 (6 classes)

Registration for Session 1 opens online Sunday, December 19th 8:00 pm

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	223-217
Barnacles 1	Sat	9:00 – 9:30 am	6	\$45	223-218
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	223-219
Turtles	Sat	10:00 - 10:30 am	6	\$45	223-220
Ducklings 1	Mon	11:00—11:30 am	6	\$45	223-221
	Thurs	10:30 – 11:00 am	6	\$45	223-222
	Sat	9:00 - 9:30 am	6	\$45	223-223
	Sat	10:00 - 10:30 am	6	\$45	223-224
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	223-225
	Thurs	11:00 - 11:30 am	6	\$45	223-226
	Sat	9:00 - 9:30 am	6	\$45	223-227
	Sat	10:30—11:00 am	6	\$45	223-228
Dolphins 1	Mon	10:00 – 10:30 am	6	\$45	223-229
	Thurs	11:30 am – 12:00 pm	6	\$45	223-230
	Sat	9:30 - 10:00 am	6	\$45	223-231
	Sat	10:00 – 10:30 am	6	\$45	223-232
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	223-233
	Sat	10:30 -11:00 am	6	\$45	223-234
Level 1	Sat	9:00 - 9:45 am	6	\$56	223-235
	Sat	10:30 - 11:15 am	6	\$56	223-236
Level 2	Sat	9:00 - 9:45 am	6	\$56	223-237
	Sat	10:30 - 11:15 am	6	\$56	223-238
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 with the main focus on setting goals, and improving personal best times.

Parent pick-up or extended care only, no late bus.

Dates: Tuesday/Thursday 4/5-5/26 (no class 4/19 & 4/21)

Time: 3:00-4:15 pm

Fee: \$168

Program #223-239

YOUTH PROGRAMS

WINTER SESSION 2: FEBRUARY 28 – APRIL 9

Mondays 2/28 - 4/4 (6 classes)

Thursdays 3/3 - 4/7 (6 classes)

Saturdays 3/5 - 4/9 (6 classes)

Registration for Session 2 opens Monday, February 7th 8:00 am

Level	Day	Time	# Classes	Fee	Program#
Barnacles 1/2	Thurs	10:00 - 10:30 am	6	\$45	223-243
Barnacles 1	Sat	9:00 - 9:30 am	6	\$45	223-244
Barnacles 2	Sat	9:30 - 10:00 am	6	\$45	223-245
Turtles	Sat	10:00 - 10:30 am	6	\$45	223-246
Ducklings 1	Mon	11:00—11:30 am	6	\$45	223-247
	Thurs	10:30 - 11:00 am	6	\$45	223-248
	Sat	9:00 - 9:30 am	6	\$45	223-249
	Sat	10:00 - 10:30 am	6	\$45	223-250
Ducklings 2	Mon	10:30 - 11:00 am	6	\$45	223-251
	Thurs	11:00 - 11:30 am	6	\$45	223-252
	Sat	9:00 - 9:30 am	6	\$45	223-253
	Sat	10:30—11:00 am	6	\$45	223-254
Dolphins 1	Mon	10:00 - 10:30 am	6	\$45	223-255
	Thurs	11:30 am - 12:00 pm	6	\$45	223-256
	Sat	9:30 - 10:00 am	6	\$45	223-257
	Sat	10:00 - 10:30 am	6	\$45	223-258
Dolphins 2	Sat	9:30 - 10:00 am	6	\$45	223-259
	Sat	10:30 - 11:00 am	6	\$45	223-260
Level 1	Sat	9:00 - 9:45 am	6	\$56	223-261
	Sat	10:30 - 11:15 am	6	\$56	223-262
Level 2	Sat	9:00 - 9:45 am	6	\$56	223-263
	Sat	10:30 - 11:15 am	6	\$56	223-264
Level 3	Sat	9:45 - 10:30 am	6	\$56	223-265
	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**
- ✓ \$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

ADULT INNER TUBE WATER POLO

Come join us this Fall and play Inner Tube Water Polo. Join as an individual or with friends & co-workers to enjoy this fun & healthy sport. This is the perfect game for those athletes looking for a low impact workout and staying competitive in the process.

The program will run Wednesdays, March 2-April 6th, 7:00 - 10:00 pm in the Don Richards Pool. To join visit www.cascobaysports.com



YOUTH PROGRAMS

CAPE CARE PRESCHOOL OPEN HOUSE

MARCH 16TH, FROM 5:30 TO 6:30 at Community

Services Cape Care classrooms (upstairs to the right)

If you are interested in hearing about Cape Care

Preschool, meeting teachers, and seeing classrooms

please join us. We have 3 preschool classrooms:

Caterpillar class for 3-year-olds, Chrysalis class for 3

& 4-year-olds, and Butterfly class for 4 & 5-year-

olds planning to attend Kindergarten the following

year. Details about the program can be found at

www.capecommunityservices.org



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: 2:00 - 2:45 pm

Instructor: Julie Wilkes, Brio Dance Studio

Fee: \$86

Location: Community Center Activity Room

SESSION 1

Dates: Mondays, 1/3 - 2/14 (no class 1/17)

Program # 223-301

SESSION 2

Dates: Mondays, 3/7 - 4/11

Program # 223-302

MAD SCIENCE ENERGIZE IT! (Age 3 - Gr. 4)

Explore the many facets energy, forces, motion, potions, and yes...slime! Reach for your potential...and kinetic energy as you experiment with gadgets, cars, and catapults. Discover how to make objects disappear and reappear as we unravel mysteries of magic using science. Slide down the colorful pH scale and make liquids bubble, fizz, and pop. Learn the physics of optical illusions and build your own periscope. Put your seat belt on... these energetic classes are going to make you have a blast!

Date: Thursdays, 1/13 - 3/10 (No class 2/24)

Location: Community Center Community Room

Instructor: Mad Science Staff

Ages 3-5

Time: 2:30 - 3:00 pm

Program # 223-303

Gr. K-4

Time: 3:15 - 4:15 pm

Program # 223-304

LITTLE SAMURAI (Ages: 3 - 5 years)

Little Samurai students will improve hand/eye coordination through exercises and games designed specifically for their age. They will also learn the basic principles of Martial Arts such as respect for others, earning rewards with hard work and to never give up! The techniques taught will build skills that will help them move into the older children's program when they reach the age of 5 and have begun Kindergarten.

Time: 2:00 - 2:45 pm

Instructor: Dragon Fire Martial Arts.

Fee: \$78

Location: Community Center Spin Room

SESSION 1

Dates: Wednesdays, 1/5 - 2/9

Program #: 223-305

SESSION 2

Dates: Wednesdays, 3/2—4/6

Program # 223-306

ANIMAL TRACKING FOR FAMILIES (Ages 6+)

Join Cape Elizabeth Land Trust Coordinator Philip Mathieu at the Great Pond Fenway Road trailhead to learn common winter animal tracks and practice tracking. Participants will receive a hand-held track guide that they will then use to identify various tracks along the trail. Warm, dry clothing and footwear are a must. Children attending should be at least 6 years old and accompanied by an adult. The outing is subject to acceptable weather conditions. All participants must register at least 48 hours in advance of the program to receive notification of changes or cancellation.

Date: Wednesday, February 23

Time: 10:00 - 11:30 am

Fee: \$6/parent & 1 child

Location: Meet at end of Fenway Rd

Instructor: Philip Mathieu

Program: 223-307



YOUTH PROGRAMS

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

Location: Pond Cove Gymnasium

SESSION 1

Dates: Tuesdays, 1/4 - 2/15

Fee: \$100

Grades K - 2

Time: 3:15 - 4:15 pm

Program # 223-308

Grades 3 - 6

Time: 4:15 - 5:15 pm

Program # 223-309

SESSION 2

Dates: Tuesdays, 3/8 - 4/12

Fee: \$86

Grades K - 2

Time: 3:15 - 4:15 pm

Program # 223-310

Grades 3 - 6

Time: 4:15 - 5:15 pm

Program # 223-311

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 not only provides great exercise, but increases poise, confidence, develops concentration, coordination and discipline.

Fee: \$180

Instructor: Mairead Stillson, Stillson School of Irish Dance

Location: Pond Cove Gymnasium

Dates: Fridays, 1/7 - 4/1 (no class 2/25, 3/11, 3/18)

Beginners: GR. K - 4

Time: 3:15 - 4:15 pm

Program # 223-312

Advanced: GR. 3 - 8

Time: 4:15 - 5:15 pm

Program # 223-313



KARATE KIDS (Gr: K - 8)

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

Instructor: Dragon Fire Martial Arts.

Location: Pond Cove Gymnasium

SESSION 1 *

Dates: Monday/Wednesday, 1/3 - 2/14 (no class 1/17)

Fee: \$156

Grades K - 2

Time: 3:15 - 4:15 pm

Program # 223-316

Grades 3 - 8

Time: 4:15 - 5:15 pm

Program # 223-317

SESSION 2 *

Dates: Monday/Wednesday, 2/28 - 4/11

Fee: \$169

Grades K - 2

Time: 3:15 - 4:15 pm

Program # 223-318

Grades 3 - 8

Time: 4:15 - 5:15 pm

Program # 223-319

*class will take place at regular time on half days

YOUTH PROGRAMS

ART CLUB (Gr: 3-4)

Art Club is open to dedicated students who have a desire to explore their creativity outside of the Art Room! We will experiment with beading, felting, printmaking, clay and more.

Time: 3:15 - 4:15 pm

Fee: \$90

Instructor: Maryjane Johnston

SESSION 1

Dates: Tuesdays, 1/4 - 2/8

Program # 223-320

SESSION 2

Dates: Tuesdays, 3/1 - 4/5

Program # 223-321



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: 3:15 - 4:15 pm

Instructor: Julie Wilkes, Brio Dance Studio

Fee: \$86

Location: Community Center Activity Room

SESSION 1

Dates: Mondays, 1/3 - 2/14 (no class 1/17)

Program # 223-322

SESSION 2

Dates: Mondays, 3/7 - 4/11

Program # 223-323

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 builds strength, encourages creativity, and improves self-esteem. An informal performance will be held during the last class. No previous experience is required.

SESSION 1

Date: Thursdays, 1/6 – 3/10 (No class 2/24)

Time: 3:15 - 4:45 pm

Fee: \$ 126

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 223-324

SESSION 2

Dates : Thursdays, 3/24 – 5/19(No class 4/21)

Time: 3:15 - 4:45 pm

Fee: \$ 112

Location: Pond Cove Gym

Instructor: Barry Brinker

Program # 223-325

MUSICAL THEATER WORKSHOP (Gr: 5-8)

Explore the wonderful world of Broadway in this fun and lively 3 hour workshop designed for Middle School students! We will be learning a song, a scene, and some choreography from a popular Broadway show. All levels welcome.

Time: 11:30 am - 2:30 pm

Fee: \$ 35

Location: High School Cafeteria

Instructor: Barry Brinker

Date	Program #
January 12	223-326
February 9	223-327
March 23	223-328
April 6	223-329
May 11	223-330

YOUTH PROGRAMS

NATURAL WONDERS (Gr: K-2)

Investigate the natural wonders of our world as we visit extreme scenes from the desert to the sea. Have fun as we learn about deserts and see how animals and plants adapt to these harsh climates. Explore the amazing survival of animals in the rainforest, in Antarctica, deep in the ocean and more!

Dates: Mondays, 1/10—2/28 (no class 1/17, 2/21)

Time: 3:15 - 4:15 pm

Fee: \$108

Location: Community Center Living Room

Instructor: High Touch High Tech

Program # 223-331

TO THE MOON AND BEYOND (Gr: K-2)

Is there anybody out there? We will explore together what is beyond our atmosphere. From the Moon to Mars, what keeps it all moving and what else is there? Learn about comets and meteors and how they impact the surface of the Moon and Mars. Get ready to pack for your next space trip, get a taste of space food and so much more!

Dates: Mondays, 3/14 - 4/11

Time: 3:15 - 4:15 pm

Fee: \$90

Location: Community Center Living Room

Program # 223-333



EDISON'S WORKSHOP (Gr: 3-4)

Join us on an electrifying journey through everything electricity! Experience for yourself everything about static and current electricity, touch lightning, build circuits and so much more!

Dates: Tuesdays, 3/8 - 4/5

Time: 3:15 - 4:15 pm

Fee: \$90

Location: Community Center Living Room

Instructor: High Touch High Tech

Program # 223-334

SPRINGBOARD DIVING (AGES 14+)

Join Bates College/Cape HS Diving Coach Mike Bartley this winter to take your diving technique to the next level.

Subjects of instruction and coaching include:

1. Mechanics of competitive diving
2. Importance of proper body and head alignment
3. Line-ups and entries
4. Building a list of dives suitable for competition
5. Mental aspects of competitive diving

Pre-requisite: 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.

Dates: Sundays, 3/6 - 4/10

Time: 3:30 - 5:30 pm

Fee: \$270

Location: Donald Richards Pool

Instructor: Mike Bartley

Program # 223-374



YOUTH PROGRAMS

CHESS CLUB (Gr: 1-5)

"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!

Fee: \$60

Instructor: David Cimato

SESSION 1

Dates: Fridays, 1/7 - 2/11

Time: 3:15 - 4:15 pm

Program # 223-335

Time: 4:15 - 5:15 pm

Program # 223-336

SESSION 2

Dates: Tuesdays, 2/18 - 4/8 (no class 2/25, 3/11)

Time: 3:15 - 4:15 pm

Program # 223-337

Time: 4:15 - 5:15 pm

Program # 223-338

BEGINNER WOODWORKING (Gr: 2-4)

Do you know a child who wants to learn how to build things with wood, but you don't know the first thing about woodworking? No problem! Students in these 1 day workshops will leave with a project having learned shop safety, hand tools and what they are used for, knowledge of different species of wood and how to plan their work and work their plan.

Time: 12:00 - 2:30 pm

Fee: \$35

Location: Community Center Spin Room

Instructor: Chris Cutter

Date	Program #
January 12	223-339
February 9	223-340
March 23	223-341
April 6	223-342
May 11	223-343

BRICK BY BRICK MAINE LEGO FIRE BRIGADE! (Gr: K-3)

The alarm has sounded: a menacing fire has broken out in Lego City! Join us as we build the equipment needed to fight this fire! Our weekly builds may include a fire motorcycle, and ATV and helicopter. 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!

Dates: Tuesday, 1/4 - 2/8

Time: 3:15 - 4:15 pm

Fee: \$96

Location: Community Center Community Room

Instructor: Lisa Judd

Program # 223-344



BRICK BY BRICK MAINE LEGO PLANES, TRAINS & AUTOMOBILES! (Grades K-3)

Join us for this session as we build the vehicles required to traverse Lego City! Our weekly builds may include a car with gas pump, an airplane and a train. Class begins with a short lesson specific to the theme, followed by students creating their own Lego build of the week. Once their individual project is completed to their liking, students can free build with a huge assortment of Lego bricks!

Date: Tuesday, 3/1 - 4/5

Time: 3:15 - 4:15 pm

Fee: \$96

Location: Community Center Community Room

Instructor: Lisa Judd

Program # 223-345

YOUTH PROGRAMS

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: 3:15 - 4:15 pm

Fee: \$120

Instructor: Fun Chefs LLC

SESSION 1

Dates: Wednesdays, 1/5 - 2/9 (class will take place at regular time on 1/12 and 2/9 half-days)

Program # 223-346

SESSION 2

Dates: Wednesdays, 3/2 - 4/6 (class will take place at regular time on 3/23 and 4/6 half-days)

Program # 223-347



TABLE TENNIS/PING PONG (Gr: 5-8)

Join your friends after school for a challenging round of table tennis. Skills, drills, team spirit, and leadership opportunities await any player at any level who has a love for the game! Get in on the fastest growing racquet sport in the world. Table tennis is a healthy form of exercise that is good for the brain. Come join other players as we build the Cape table tennis legacy.

Date: Tues/Thurs, 1/4—2/10

Time: 2:30 - 4:00 pm

Fee: \$108

Location: Middle School, Gymnasium Lobby

Instructors: Chris Drake

Program # 223-348

SUPER SITTER SKILLS (Ages 11 - 15)

This American Red Cross Babysitter's Training course provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants. The course consists of interactive lessons featuring video, activities, games and tools babysitters can use to build their knowledge and skills, manage their babysitting business, develop leadership skills and keep themselves and others safe, as well as basic first aid for children and infants. Students must be at 11 years old prior to class date and must attend the session in its entirety for Red Cross certification. Students successfully completing the course receive American Red Cross certification that does not expire. Please bring a lunch.

Time: 9:00 am - 3:30 pm

Fee: \$125

Location: Community Center, Community Room

Instructor: Lighthouse Health and Safety

SESSION 1

Date: Saturday, January 22

Program # 223-349

SESSION 2

Date: Saturday, April 2

Program # 223-350

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

PROGRAM

Session 1: 1/3 - 1/21 *

223-351

Session 2: 1/31 - 2/17

223-352

Session 3: 3/14 - 3/31

223-353

* No Class 1/17, class will be held on 1/21

YOUTH PROGRAMS

SCHOOL VACATION CAMPS Our experienced staff will lead fun indoor and outdoor activities, field trips, and projects. Cost for the week will include daily snack and field trip costs. Space is limited. There is no before or aftercare available. Camp runs 8:00 - 4:00 pm.

DECEMBER VACATION CAMP

Dates: December 27-31, 2021

Program # 222-370

Fee: \$260.00

FEBRUARY VACATION CAMP

Dates: February 22-25, 2022 (Tu-F)

Program # 222-392

Fee: \$240.00

APRIL VACATION CAMP

Dates: April 19-22, 2022 Tu-F

Program # 222-393

Fee: \$240.00



LACROSSE FEBRUARY VACATION CAMP

(Gr: 3-6) Get ready for the upcoming season with indoor lacrosse camp this February! Each day will feature a combination of instruction, skills development and fun game play.

Date: Tuesday – Friday, 2/22 - 2/25

Fee: \$90

Location: MS Gym

BOYS:

Time: 9:00 - 11:00 am

Program # 223-354

GIRLS:

Time: 11:30 am - 1:30 pm

Program # 223-356

CO-ED MULTI-SPORT APRIL VACATION

CAMP (Gr: 1-4) This April break variety of sports by incorporating basic sport skills and equipment into modified age-appropriate games and activities that are lots of fun. Team participation and sportsmanship will be stressed in a fun and active environment. Each day will feature a different sport and may include: basketball, floor hockey, soccer and volleyball.

Date: Tuesday – Friday, 4/19 - 4/22

Time: 9:00 am - 12:00 pm

Fee: \$120

Location: Middle School Gym

Program # 223-357

SHAWNEE PEAK SKI/RIDE PROGRAM (Grades 3 - 8)

We will be taking **two buses** this year. Parent chaperones are needed for this program. *Masks will be worn on the bus at all times unless children are eating or hydrating.*

Registration opens 12/19 at 8:00 pm online & 12/20 at 8:00am in person.

Program Dates: January 13, 20, 27, February 3, 10, 17 (make up date March 3)

Time: 3:05pm- 8:45pm leaving school campus immediately after school and returning by 8:45pm
Lessons (1 hour) will be offered for all participants, those in 3 - 5 grade must take lessons. Freeskiing and riding will be available for those in the 6 - 8 grade if they are proficient skier/riders.

Shawnee Peak Information Zoom Meeting.
Parent and student participation is required on January 6th. Waivers and rental fitting forms to be completed online

Options: (all options include transportation)

- A) Lift Ticket Only \$345
- B) Lift Ticket and Lessons \$ 457.00
- C) Lift Ticket and Rentals \$ 445.00
- D) Lift Ticket, Lessons & Rentals \$ 577.00
- E) Helmet Rental \$ 54.00
- F) Transportation Only \$ 150.00 (if you have a seasons pass or purchase a group pass)

Program # 223-300

YOUTH PROGRAMS

SUNDAY INDOOR 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

Location: Pond Cove Gym

Instructor: Niamh Colpitts, PTR Certified /USPTA Member

SESSION 1

Dates: Sundays, 1/9 – 2/13

<u>Grade</u>	<u>Time</u>	<u>Program #</u>
Red Ball (Gr: 1-2)	9:00 - 10:00 am	223-358
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	223-359
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	223-360

SESSION 2

Dates: Sundays, 3/6 – 4/10

<u>Grade</u>	<u>Time</u>	<u>Program #</u>
Red Ball (Gr: 1-2)	9:00 - 10:00 am	223-361
Orange Ball (Gr: 3-4)	10:00 - 11:00 am	223-362
Green Ball (Gr: 5-6)	11:00 am - 12:00 pm	223-363

ICE FISHING

"Flag!!!" The one word everyone wants to hear when ice fishing! We will learn how to set ice fishing traps, bait the hooks, use a Jig Pole and catch fish through the ice!

Feel free to bring your own fishing gear, bucket to sit on, as well as ice skates. Boots, mittens/gloves and a hat are required. Limited registration available. Any Questions, Call Scott Shea, Maine Guide (207) 751-3450

GRADES 4-6

Date: Wednesday, 2/9

Time: 12:30 - 2:30 pm

Fee: \$15

Program # 223-364

FAMILY ICE FISHING

Date Sunday, 1/9

Fee: \$20

Session 1

Time: 9:00—10:45

Program # 223-365

Session 2

Time: 11:00—12:45

Program # 223-366

PLEASE NOTE FOR REGISTRATION: Registration is for your entire family attending. Please sign up only the adult who will be attending and then indicate number of attendees in the space provided.

SEACOAST UNITED SOCCER SKILLS

Our indoor winter clinics are the perfect way to extend your child's soccer experience.

Fee: \$70

Location: Pond Cove, Gymnasium

Instructors: Seacoast United Soccer Staff

SEACOAST MINI KICKERS (Ages 3-4)

The Seacoast Mini Kickers curriculum teaches soccer fundamentals to young players in a fun, high energy environment. Our curriculum also facilitates the development of motor and coordination skills. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 3

Date: Sundays, 1/9—2/13 (no class 1/16)

Time: 2:00 - 2:45 pm

Program # 223-367

SEACOAST JUNIORS (Ages 5-K)

The Seacoast Juniors curriculum teaches soccer fundamentals to young players in a fun, high energy environment. All sessions are held in a fun and positive environment, where players are encouraged to play with a smile on their face. Ball Size: 4

Date: Sundays, 1/9—2/13 (no class 1/16)

Time: 2:45 - 3:30 pm

Program # 223-368

SEACOAST FUTURES (Grades 1-2)

The Seacoast Futures program will focus on ball mastery and encourage our players to be confident in trying to execute a variety of 1v1 moves, ball passing, striking and receiving. Ball Size: 4

Date: Sundays, 1/9– 2/13 (no class 1/16)

Time: 3:30 - 4:30 pm

Program # 223-369



YOUTH PROGRAMS

CAPE YOUTH TRAVEL LACROSSE (Grades 3-6)

REGISTRATION DEADLINE IS MONDAY, FEBRUARY 28TH. NO LATE REGISTRATIONS

Cape Youth Lacrosse is looking for girls and boys of all experience levels. Teams of equally balanced skill levels offered for 3rd/4th Grade and 5th/6th Grade. The season begins mid-March and ends mid-June with two practices a week and weekend games/tournaments. Teams will be formed after the end of the indoor practice session.

VERY IMPORTANT: All families, including returning players, should plan to attend the Parent/Player Meeting. Players must attend at least one practice in the week leading up to a game in order to be eligible to play in that week's games. Practice cancellations due to weather will not be counted against a player.



BOYS LACROSSE

BOYS MANDATORY PARENT MEETING

Tuesday, March 1st, 6:00 pm - Community Center.

Uniform fitting immediately following.

3RD/4TH GRADE - At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

5TH/6TH GRADE - The 5th & 6th Grade lacrosse program is where young athletes are honing their technical skills and begin building their tactical skills in a more competitive setting.

Indoor practice: Tues/Thurs; 3/9/20 - 3/25/20

Time: 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.

Location: CEMS Gym

Outdoor practice: Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.

Fee: \$175 (complete uniform), \$120 (if you own current uniform)

Boys 3/4 Program # 223-370

Boys 5/6 Program # 223-371

Boys Contact:

Susan Frost at capeboysyouthlacrosse@gmail.com

GIRLS LACROSSE

GIRLS MANDATORY PARENT MEETING

Wednesday, March 2nd, 6:00pm - Community Center

Uniform fitting immediately following.

3RD/4TH GRADE - At this level, young athletes begin developing their fundamental technical skills. The emphasis at this age group is on instilling a love and excitement of playing, while developing the skills and techniques that will be valuable for future lacrosse programs.

5TH/6TH GRADE - The 5th & 6th Grade lacrosse program is where young athletes are honing their technical skills and begin building their tactical skills in a more competitive setting.

Indoor practice: Mon/Wed; 3/10/20 - 3/26/20

Time: 5:30-6:30pm 3rd/4th Gr.; 6:30-7:30pm 5th/6th Gr.

Location: CEMS Gym

Outdoor practice: Once practice fields are approved for use, practices will be held outdoors at Gull Crest Field.

Fee: \$175 (complete uniform), \$120 (if you own current uniform)

Girls 3/4 Program # 223-372

Girls 5/6 Program # 223-373

Girls Contact: Gaylin Zimmerman and Stephania

Leonhirth at capegirlslacrosse@gmail.com

Instructors: Parent volunteers are critical for the success of our Travel Programs! We need your involvement to succeed. Please join the fun. Inquire about helping as a Team Administrator, Equipment Manager, Cape Classic Planning Committee Member and Coaching. Coaching clinics are available.

REGISTRATION INFORMATION

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

FITNESS CENTER SCHEDULE

January 1— June 13

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

Friday 5:30 am - 7:00 pm

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

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

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

SPLASH PARTIES / POOL RENTALS

Fees include exclusive use of the entire pool and all lifeguard 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 Customer

Cape Elizabeth, ME 04107

RICHARDS COMMUNITY POOL SCHEDULE

NOVEMBER 22 - FEBRUARY 21ST

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F	_____	6:45 am - 8:00 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
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
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OPEN SWIMS

(Children 10 & under must be with an adult)

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

*Open Swim with Inflatable

FEBRUARY 22 - JUNE 13

LAP SWIM LANES AVAILABLE

(minimum of 2 lanes / maximum of 6)

M, W, F	_____	6:45 - 8:00 am
Tu, Th	_____	5:30 - 9:00 am
M thru F	_____	10:00 am - 2:30 pm
M, Tu, Th, F	_____	5:30 pm - 7:00 pm
Wed	_____	6:00—7:00 pm
Saturdays	_____	11:30 am - 1:15 pm
Sundays	_____	6:00 - 12:00 pm
Sundays	_____	3:30 - 5:30 pm

SENIOR SWIMS

(Adults 65 years old & older)

M-F	_____	9:00—10:00 am
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OPEN SWIMS

(Children 10 & under must be with an adult)

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

*Open Swim with Inflatable

CAPE ELIZABETH COMMUNITY SERVICES—www.capecommunityservices.org